Dear Lonoke County 4-H’ers...

Have you set your New Year’s Resolutions for 2015? What about including 4-H in your goals? Set a goal to attend more meetings, new camps, and all of the county activities! I look forward to seeing each of you this year.

Sara Beth Waller
swaller@uaex.edu - 501-676-8285

January

5 Camp Leadership WS Reg. Due
8 Farm to You - Lonoke Primary
12 Volunteer Training
16-17 Camp Leadership Workshop
19 Extension Office Closed
21 Judging Team Meeting
23 Ambassador WS Reg. Due
23 Record Books Due
23 State 4-H Scholarships Due

February

2 Entrepreneur Camp Reg. Due
6-7 BB Gun Championships
13-14 Ambassador Workshop
20-22 Entrepreneur Camp
23 Vet Science Meeting
27-28 Volunteer Leader Forum
25 Teen Star & Ambassador Apps Due

March

10 Farm to You - Lonoke Elementary
14 County O’Rama and 4-H Cooks
23-27 Spring Break

Volunteer Training

A volunteer training will be held on Monday, January 12 at 6pm. Please make plans to attend, especially if you are a club leader! Also, bring another adult from your club so they can learn about other volunteer opportunities in 4-H. We will be discussing spring 4-H activities and competitions – this is a great time to learn about them!

Judging Team Meeting

Are you interested in competing in Livestock Judging, Livestock Skills, Dairy Judging or Poultry Judging contests? Are you interested in learning more about Arkansas livestock? Come to our Judging Team informational meeting on Wednesday, January 21 at 6pm at the Extension Office. We will discuss the different contests, what’s involved in judging teams, and set a practice schedule!!!

https://www.facebook.com/LonokeCounty4H

University of Arkansas, United States Department of Agriculture and County Governments Cooperating. The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.
**County O’Rama & 4-H Cooks**

County O’Rama and 4-H Cooks will be held on the same day this year: **Saturday, March 14**. 4-H Cooks dishes must be entered by 9:30am and O’Rama contests will begin at 10am.

*4-H Cooks* Categories are Dairy: Main Dish & Desserts (recipes must contain at least 5 dairy products), Rice: Main Dish & Other, and Baked Goods: Cakes & Cookies. Bring TWO copies of the recipe form for each dish, one with the youth’s name, and one without.

*County O’Rama*: Competitions include illustrated talks, talent, fashion revue, wildlife and tree identification, bait casting, bicycle and BB gun shooting. For more information on any contest contact your club leader or the Extension office. Junior and Senior contestants will have the opportunity to compete at the District level.

**Entrepreneur Camp**

Think you want to own your own business one day? Dream of being your own boss? Entrepreneur Camp could be for you! Camp is **February 20-22** at 4-H Camp in Ferndale. Cost is $155, but the Lonoke Co. 4-H Foundation has some scholarship money available. Basic camp is for 9-13 year olds, Advanced camp for 14-19 year olds. Deadline to register on 4-H online is **February 2nd**.

**High Adventure**

Are you an adventure junkie who loves the outdoors and hiking? This trip is for you! The High Adventure team is traveling to North Carolina **July 26-August 2**. The trip is open to 13-19 year olds, but space is limited so register now! Cost is $625, but scholarship opportunities are available if interested.

**Teen Leader Announcements**

- Teen Leaders will be assisting with the Farm To You program at Lonoke Primary on January 8th. Let Sara Beth know if you want to help teach.
- If you have been a 4-H member for at least 3 years, consider applying for Teen Star and Ambassador. Sara Beth can help!
- Start working on your Record Books NOW!

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**Volunteer Corner**

- Arkansas 4-H online re-set on August 31, you and your members should begin re-enrolling for the new year!
- Read the newsletter and share all relevant information with your club members.
- Make plans to attend the Volunteer Training on January 12th at 6pm.
- Remember, Sara Beth is available to help “Make the Best Better” when it comes to your club and your 4-H’ers!

**Re-Enrollment Time!!**

Arkansas 4-H Online will reset for the new year on August 31! This means ALL PROFILES will be set to “Inactive”. To remain a 4-H member, **YOU MUST REENROLL** as soon as possible!! You must be registered to be considered a 4-H member, to participate in county, district, or state activities, etc. If you need assistance, contact Miss Sara Beth. Visit: [https://Arkansas.4honline.com](https://Arkansas.4honline.com)

**Ways to Increase Interest in 4-H Club Meetings**

1. Provide a well-planned program.
2. Accomplish something.
3. Provide for group participation.
4. Allow several people to have a part on the program.
5. Socialize – Have fun and fellowship!
6. Run the meeting on a businesslike basis.
7. Summarize accomplishments.
Section I: Main Project

In this section you will describe your main project, including the change you are helping bring about through your project. Your main project is whatever project you are interested in. Examples include: tours, publications, educational booths, shows, demonstrations seen, individual instruction, exhibits, camps, competitions, websites, books, magazines, or interviews. Finally in this section you will describe how your project shaped or changed you.

The easiest section! In 100 words or less describe what difference your 4-H project made in your life.

Section II: Leadership

Leadership. First, you will record any leadership activity in 4-H, such as planning, leading, teaching, conducting, organizing, coordinating, directing, demonstrating, talks and demonstrations. You can report up to 5 years, and include approximately how many people were reached. Then you will record any elected or appointed leadership roles you hold in 4-H, such as club officer, county council officer, or 4-H Ambassador.

Section III: Community Service

4-H’ers are great at community service projects and this is where you report any project you helped with!

Section IV: Awards & Promotion

First list awards you have won in 4-H such as shooting sports competitions, county, district, or state O’Rama. 4-H cooks, Ross Photography, County, district or state fair. Then, record ways you have promoted 4-H such as giving a speech to your class or sports team about 4-H, working the 4-H kitchen at county fair, designing an educational booth at county fair, decorating and riding on the 4-H parade float, etc.

Section V: 4-H Impact

The easiest section! In 100 words or less describe what difference 4-H has made in your life.

Section VI: Photos

It should include an intro, information on your main project, other 4-H projects and activities, along with your leadership and community service activities. It is important to reflect what you have learned over your 4-H career. 5 pages max.

Section VII: Photos

There should be 4 pages of photos: One of main project, one of other projects, one of leadership, and one of community service. If your main project is photography, look on the website for instructions.

Record Books

I know Record Books are challenging and time consuming, and the first year is always the hardest - but trust me, they are worth it! Record Books are the best way to earn 4-H Scholarships and awards!!! Record Books are due January 23rd. so there is still time to turn one in this year! I’m going to break down the sections below, and you can always find tips, tricks, instructions, and examples at:
http://uaex.edu/4h-youth/resource-library/project-books.aspx

Report Form:

Section I: Main Project. Your main project is whatever project you spend the most time working on. You need to report what your goals were for the previous year, and list 3 things you’ve learned. Then you provide an overview of your project (including up to 5 years of work.) Examples are number of livestock raised, shown, and sold; number of photos taken, edited, and entered at fair; number of shooting sports practices and competitions; number of outfits sewn, sold, or donated. If you need ideas, the website has more detailed examples, or Miss Sara Beth can help! Next, you will report all educational activities in this project area such as tours, demonstrations seen, individual instruction, exhibits, workshops, camps, competitions, websites, books, magazines, or interviews. Finally in this section you will report an overview and educational experiences for up to 3 other projects you are involved in. Again, you can report up to 5 years of work.

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Always remember you can contact Sara Beth for help!!!