Dear Lonoke County 4-Hers:

March means it’s time for County O’Rama! This is one of my most favorite activities – there is something for everyone! Look for more details inside. Please make plans to attend – it’s always loads of fun!!

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

March

- 10 Farm to You @ LES
- 11 Judging Team Practice
- 11 T-Shirt Orders Due
- 14 County O’Rama & 4-H Cooks
- 16 Vet Science Meeting
- 18 Judging Team Practice
- 23-27 Spring Break
- 25-26 Teen Leader Workshop

April

- 1 Judging Team Practice
- 8 Judging Team Practice
- 11 4-H 5K @ Ferndale
- 12-18 Volunteer Appreciation Week
- 15 Judging Team Practice
- 20 Vet Science Meeting
- 22 Judging Team Practice
- 24-25 Camp Leadership Workshop - State
- 30 Teen Leader Conf Registration

May

- 2 Miss Sara Beth’s Wedding ♥
- 15 Farm Safety Day @ LES

Sara Beth Waller
County Agent – 4-H

Dianne Bowen
County Agent – Family & Consumer Science

Keith Perkins
County Agent – Agriculture

Jeff Welch
County Agent – Staff Chair

JOIN THE CLUB

Lonoke County 4-H Clubs
- Lonoke Wild Rabbits 4-H Club
- Hog Wild 4-H Club
- South Bend Achievers 4-H Club
- Rocking Horseshoe 4-H Club
- Lonoke County 4-H/EHC Sewing Club
- Lonoke County 4-H Shooting Sports Club
- Lonoke County 4-H Teen Leaders Club
- Special Interest (SPIN) 4-H Groups
  - Vet Science SPIN Group
  - Judging Team SPIN Group

ARKANSAS 4-H

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.
**Arkansas 4-H T-Shirts**

The Arkansas Association for Extension 4-H Agents is excited to announce a statewide 4-H! These affordable, fashionable shirts are a great way to promote a united 4-H front across our state. The shirts will be Kelley Green. The words inside the state outline were provided by Extension Agents. Both short sleeve and long sleeve options are available. Cost ranges from $8-$15. I must receive your payment before I order your shirts. The deadline is **March 11**. If you miss the deadline, there is nothing I can do - the state is ordering the shirts. Order form can be found on the Facebook page, or can be picked up at the Extension Office. Drop your order forms and payments by the Extension Office, or mail them to Lonoke Co. CES, P.O. Box 357, Lonoke, AR 72086.

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**Teen Leader Announcements**

- **Teen Leaders** will be assisting with the Farm To You program at Lonoke Elementary on March 10th. Let Sara Beth know if you want to help teach.
- **Teen Leaders** will be traveling to the 4-H Day at the Capitol on March 18th – this is an awesome opportunity for them to meet and visit with our state legislature!
- The Spring Break Teen Leader Workshop will be held March 25-26. We will be learning about the Heifer International Program. On the 26th we will take a field trip to Heifer Ranch in Perryville. I need to know if you are attending no later than March 10, and need $10 for the Ranch tour.
- **May 15**th is Farm Safety Day with 5th grade at Lonoke Elementary. Teens will be needed to teach lessons.
- **Teen Leader Conference** will be held June 10-12, deadline to sign up is April 30th. Half of the cost will be covered by the 4-H Foundation.

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**Vet Science Meeting**

The Vet Science SPIN Club will meet Monday, March 16 at 6pm. The lesson will be Chapter 4 Lesson 1 on Anatomy and Physiology of Animals. 4-H Volunteer Bailey Parker will be teaching the lesson. This is a detailed lesson so please make sure you read the chapter before the meeting!

**Judging Team Practice**

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? The Lonoke County 4-H Judging Team will meet for practices on Wednesdays from 5:30pm-6:30pm at the Extension Office. Melanie Fuhrman and Bailey Parker will be training the teams!

**County O’Rama**

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.
4-H Poster Contest
The 4-H Poster contest is open to all 4-H members ages 9-19. Posters should be 14" x 22" and may be horizontal or vertical, but cannot contain any copyrighted material such as cartoon characters and cannot have any three dimensional items on them. The 4-H members name, age, county, full address and brief interpretation of art work must be affixed to the back of the poster in the upper left hand corner. The top ten winners will be recognized at District 4-H O-Rama. The theme for 2015 is “It’s Your Time” or you can create a theme and poster to go with it. The deadline for this year’s poster art contest will be Friday, April 24, 2015.

4-H Science Kits
The Arkansas 4-H Office has Science Kits available for check out for club meetings. Kits can be reserved for two weeks at a time, but the county agent must reserve them. Below is the list of kits, if you are interested in any kit for your next 4-H meeting, let Sara Beth know!
Kits: GPS, Windmills, Dry Ice Bubble Machine, Flip Video Recorders, Cameras, Hydrogels, Binoculars, Robotics, Rockets, Ecobots, Circuit Kit.

4-H Project Tip Sheets
Are you wondering what else you can do in your project area? What activities can you do, are there community service projects, how can I gain leadership? Take a look at the 4-H project Tip Sheets available on the Arkansas 4-H website: http://www.uaex.edu/4h-youth/resource-library/project-books.aspx
Scroll to the bottom, click on “Project Tip Sheets”, and select your project. If your project isn’t on there yet – don’t worry, there are more to come!

4-H Projects