The 2016 Lonoke County 4-H Achievement Banquet will be Friday, December 9th at 6pm. Hick's Farm is allowing us to use their barn this year. This is always a fun night to celebrate the achievements of all of our 4-H members. The theme is “Breakin’ Records with 4-H” and décor will be 50’s themed! The main meat dish, but we ask that you bring either a side dish or dessert to share! If you are planning to attend, please email Sara Beth at sbjohnson@uaex.edu with a head count, so we can plan.

4-H Project Night: Wildlife

Each month we will explore a 4-H new project area. December’s project will be Wildlife! We are checking out the wildlife boxes from the state office, so we will have furs and skulls and skat to look at! We will learn a little about wildlife habitats too! Project night is Thursday, December 15th at 6pm at the extension office.
4-Clovers 4-H Club

The 4-Clovers 4-H Club will have a 4-H meeting and program the last Tuesday of each month, at 4pm at the Cabot! December’s meeting will be on the 27th.

4-H Judging Team

The 4-H Judging Team will practice December 6th from 4:30pm until 5:30pm. Join us to learn about judging dairy, beef cattle, sheep, pigs, goats, and poultry! We also compete in beef and dairy quiz bowl. For more information, email: sbjohnson@uaex.edu

Lonoke Library Yoga Days

Lonoke Library will be hosting 4-H Yoga Days on the first Monday of each month at 4pm. Come out and work on your balance, flexibility, and strength, while having a great time!

Vet Science Meetings

The Vet Science special interest group will meet December 19th at 6pm. We have a real treat for this month’s meeting: Dr. Heidi Ward, Arkansas Extension Veterinarian, is coming to do a hands on activity with our 4-H’ers! You don’t want to miss this meeting. Remember, youth can start the vet science program at any time, we just recommend they are at least 13 years old.

Record Books

4-H Record Books are due at the end of January! Record Books are a written history of your project work and a narrative of your success and learning in 4-H. This is also how 4-H’ers earn college scholarships! Abundant information on record books can be found at: http://uaex.edu/4h-youth/resource-library/project-books.aspx or by asking Mrs. Sara Beth. The earlier you start, the easier it will be!

It’s Re-Enrollment Time!

Are you an “Active” member? If you haven’t re-enrolled since September 1st, you aren’t! Get started now by visiting the website: https://arkansas.4-Honline.com. Log in using your email address and password (if you forgot, no worries, they will email you!). Beside each youth you will click “Edit”, scroll down to select “Re-enroll for 2016-17”, make sure all the information is up-to-date, and finally make sure you click “Submit enrollment” at the end! If you have any issues, call the office at 501-676-3124 and we will walk you through it!

Citizenship Washington Focus

Citizenship Washington Focus (CWF) registration is open! The dates for the CWF program are July 8-15, 2017. Delegates will learn about the democratic process and their role as citizens while they experience our nation’s capital. They will get the inside scoop about how government really works from prominent guest speakers. In addition, they will participate in bill writing workshops, a national issues form, mock elections, and congressional sessions. Delegates must be 14 years of age by January 1, 2017. The cost for youth is $1,100. All applications via 4-H Online are due December 23, 2016. Complete payment is due by January 16, 2017. The registration fee will cover program costs, transportation, dinner theatre ticket, group picture taken on Capitol Hill, CWF polo, and CWF souvenir pack.

Lonoke County 4-H Foundations offers some scholarship money for this trip. If you are interested in going to CWF, let Mrs. Sara Beth know by December 1, and she can confirm the scholarship amount.
Arkansas 4-H Camps

Below you will find some information on 2017 Arkansas 4-H Camps and Workshops. Keep an eye out in future newsletters for more details.

Entrepreneur Camp (9-19 year olds)
Dates: January 27-29  Registration Due: January 9  Registration Fee: $155

Camp Leadership – Basic (14-19 year olds)
Dates: April 7-8  Registration Due: March 20  Registration Fee: $95

Camp Leadership – Advanced (14-19 year olds)
Dates: April 8-9  Registration Due: March 20  Registration Fee: $100

High Adventure - New Mexico Backpacking (13-19 year olds)  Registration Fees: $650
Dates: July 30-Aug. 6  Registration Due: Feb. 1  REQUIRED: Parent/Camper Rally - March 11

Shakedown - April 21-23

Equine - Spring Break (12-18 year olds)
Dates: March 20-23  Registration Due: March 1  Registration Fee: $385

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4-H Calendar

December
5  4-H Yoga - Lonoke Library - 4pm
6  Judging Practice - 4:30 pm
9  4-H Achievement Banquet
15 Project Night - “Wildlife”
19 Vet Science Meeting - 6pm
25 Christmas

Healthy Meeting Challenge

Looking for a way to pledge your health to better living and make your 4-H Club healthier? You are invited to participate in the Healthy Meeting Challenge. Clubs can earn points for healthy behaviors at meetings, like doing 15 minutes of physical activity or offering water and healthy snacks. The top 3 clubs in each district will be recognized at District O’Rama. Sign up to participate at: http://bit.ly/HMCEntry

County O’Rama and 4-H Cooks

County O’Rama and 4-H Cooks will be held on Saturday, March 4, 2017. 4-H Cooks dishes must be entered between 10:30-11am. We will have hot dogs and chips at 11, and O’Rama competitions will begin at 11:30am.

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.

Fall Teen Leader Workshop

Lonoke and Prairie County 4-H members discovered what it means to be good citizens at their fall workshop. 4-H’ers learned about the legislative process, experienced what it’s like to participate in a federal election, developed their own definition of citizenship, and participated in candid discussions about politics, policy, and public influence. Arkansas Farm Bureau guided the 4-H’ers through the Congressional Insight simulation activity, where teens divided into two teams, and each team was assigned a freshman congressman or congresswomen in the U.S. House of Representatives. Teens learned the importance of setting goals, listening to staff members, staying in touch with their constituencies, planning a budget, working with the media, and what affects the legislative decisions made by our lawmakers. At the end of the simulation, each team ran for re-election with one team winning their race and the other losing by a small margin.