January 2016

Dear Lonoke County 4-Hers:

Happy New Year!!! New year means new 4-H activities! Check out this newsletter to find out how you can get more involved in 4-H in 2016!

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

Jan

uary

4  4-H Yoga @ Cabot Library 4pm
5  4-H activity @ Cabot Library 4pm
12 Judging Practice
19 Judging Practice
22-23 Camp Leadership Workshop Basic
25 Vet Science Meeting
26 Judging Practice

Febr

uary

1  4-H Yoga @ Cabot Library 4pm
2  4-H activity @ Cabot Library 4pm
2 Judging Practice
5-6 Arkansas BB Gun Contest
9 Judging Practice
12-13 Arkansas 4-H Ambassador Workshop
16 Judging Practice
19-20 4-H Career Camp
23 Judging Practice
24 Keo 4-H Club Meeting
26 4-H Beef Quiz Bowl Contest
26 Livestock Judging Workshop
29 4-H Yoga @ Cabot Library 4pm

March

1  4-H activity @ Cabot Library 4pm
4 Farm to You @ England Elementary
5  4-H Cooks – 9:30am
5 County O’Rama – 10am
14 4-H Yoga @ Cabot Library 4pm
28 4-H Yoga @ Cabot Library 4pm

Record keeping is part of the overall 4-H experience. A 4-H record book is a written history of your project work and a narrative of your success and learning in 4-H. Record keeping helps you make a plan and set goals, be organized, document your project work, evaluate your work, keep track of expenses, make positive decisions when solving problems, and just have fun by seeing what you have accomplished in 4-H.

Record Books include a report form with information on your project areas, leadership, and community service, your 4-H story, and pictures of your 4-H activities. For more information on 4-H record books – contact Mrs. Sara Beth or visit: http://bit.ly/1PMkHtA for the form, instructions, and tips!

Record Books are due to Mrs. Sara Beth by Jan. 22!

Sara Beth Johnson
County Extension Agent - 4-H

Dianna Bowen
County Extension Agent - FCS

Keith Perkins
County Extension Agent - Agriculture

Jeff Welch
County Extension Agent - Staff Chair

4-H GROWS HERE

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County O’Rama & 4-H Cooks
County O’Rama and 4-H Cooks will be held on Saturday, March 5, 2016. 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.

State 4-H Opportunities

- **Camp Leadership Workshop – Basic:** This camp will give you basic skills to use as a 4-H camp counselor. Beneficial for any youth looking to take on a leadership role. Open to youth 14-19, registration due Jan. 8th. Camp is Jan. 22-23. Cost is $95, but half-scholarships are available, contact Mrs. Sara Beth.

- **Career Camp:** Choose from 4 career tracts: Ag/Natural Resources, Family & Consumer Sciences, Health Care, and Trades. You will hear from professionals in those fields and learn about what it takes to get there. Camp is Feb. 19-21, some spots are available at $75. Once those spots are filled, cost is $200, but half scholarships are available.

- **Camp/TLC Scholarships:** Apply on 4-H online for a scholarship for a State 4-H Camp or Teen Leader Conference. Applications are due March 1. You can only win one per year.

- **Arkansas High Adventure:** This year’s high adventure trip is staying in-state! Dates are June 19-25, but registration is due by January 15. Cost is $350, but partial scholarships are available.

- **All registrations are on Arkansas.4honline.com**

New Cabot Library Program
Lonoke County 4-H is partnering with the Cabot Library on two new afterschool programs! The first Tuesday of every month at 4pm, Mrs. Sara Beth will be teaching a 4-H STEM activity. Also, Yoga for Kids, a 4-H program, will be offered every other Monday at 4pm. Upcoming dates are January 4, February 1 & 29 for Yoga and January 5th & February 2nd for STEM! Come join us!

Volunteer Corner

- Always read your newsletter and keep your members up to day on activities, meetings, and upcoming deadlines
- Enrollment resets September 1 so make sure your members are active on 4-H online.
- Follow us on Facebook! This is the best way to keep up with new information between newsletters.

**Yoga for Kids**
Science Technology Engineering Math
4-H Volunteer Conference

The Arkansas 4-H Adult Leaders' Association will be hosting the 2016 4-H Parent and Volunteer Spring Conference at the C. A. Vines Arkansas 4-H Center on February 26 & 27th. This year’s theme will be "4-Hers At The Fair".

There will be workshops in food preservation & preparation, quilting and needlework, Farm Bureau Sewing Guidelines, beef cattle grooming, arts and crafts, grooming of meat goats, photography, fitting sheep, horse grooming, educational displays, vegetables, hog grooming, field crops, and cut flowers and flower arrangements. These will be conducted by judges who will be discussing what 4-Hers need to do to improve their entries for Fair!

The Conference is open to leaders, parents and 4-H youth. We hope that 4-Her’s can attend so that they may ask questions of the judges - whether they are new to exhibiting or have been doing so for years. Fulltime registration is $50 for youth and $70 for adults. Registration is due February 15th!

4-H Day with the Arkansas Razorbacks

This special opportunity is for 4-H members, volunteers, friends and family of 4-H to attend the upcoming Arkansas Razorback Basketball game against South Carolina at Bud Walton Arena on Saturday, March 5th at 4:00 pm! Tickets are only $12.00. Go to the following link http://ev12.evenue.net/cgi-bin/ncommerce3/SEGetEventList?groupCode=MBI&linkID=arkansas&shopperContext=&caller=&appCode= Enter Promo Code: 4HCLOVER16. The deadline to order tickets is March 2nd. Also go to 4-h online to sign-up for the fan tunnel!

*Teen Leaders*

School Enrichment program dates:

- England Elementary – March 4th!
- Farm Safety Day – May ?

Teen Star: 15-18 years old, due March 15
Ambassador: 15-18 years old, due March 15
Teen Leader Conference: Ages 14-19. June 6-9, $180 (half scholarships available)

4-H Judging Team

The 4-H Judging Team has moved practices to Tuesdays. They practice on Tuesdays from afterschool until 6pm at the Extension Office. They are training teams for Beef Quiz Bowl, Dairy Judging, Dairy Quiz Bowl, Livestock Judging, Livestock Skills, and Poultry Judging. You can train for one or you can train for all! If you are curious about the program, just come check out a practice!

Lonoke County 4-H Judging Team

Outdoor Adventurers 4-H Club

The new Outdoor Adventurers 4-H Club in Keo/England will take a break in January – but will start back up in February! FEBRUARY 24th will be the next meeting at 3pm, held at the Keo United Methodist Church. Please help us spread the word!

Vet Science Meetings

The next meeting of the Vet Science SPIN group will January 25th at 6pm. The January meeting’s lessons will be Chapter 11, lessons 5 and 6. We will continue to learn about Non-infectious diseases and Poisonous plants. Remember, you can start in the Vet Science program anytime throughout the year, we just ask that you be at least 13 years old!