



4-H News Flash!!!

February 2023

Livingston Parish
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www.lsuagcenter.com/livingston
Facebook: Livingston Parish 4-H



4-H Calendar:

FEBRUARY

"Heart Fund Month"

2-4	District Livestock Show - Covington
11-18	State 4-H & FFA Livestock Show- Lamar Dixon Gonzales
10	Mardi Gras Mask Contest entries due
11	Shooting Sports Practice
23	Talent/Art Show entries due to 4-H Office
24 th	4-H Scholarship applications due to 4-H Office
25 th	EBR Invitational Shoot
27 th	4-H Summer Camp Call in Day
28 th	Fashion Revue – Southside Elem. 5:30 p.m.

MARCH

1 st	Heart Fund Money due to American Heart Association
	Demonstration Day Entries due to 4-H Office
2 nd	Talent/Art Showcase – Walker Jr. High
4 th	State Rabbit Show
9 th	Demonstration/Public Speaking Day – Doyle High School – 4:00 p.m.
10-11	Jr. Leadership Conference – Pollock
11-18	Southern Regional Shooting Sports
14	4-H Summer Camp Deposit Due
25-April 2 nd	Ag Magic – LSU Parker Coliseum
31 st	Achievement Day, Walker High School

APRIL

1 st	Ascension Invitational Shoot
7 th	4-H Summer Camp fees due
15-22	State Shooting Sports Match

MAY

9 th	Area Cookery Contest – Ponchatoula
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JUNE

5-8	4-H Camp Grant Walker – Pollock
20 th - 22 nd	4-H University – LSU Campus

4-H Record Books: Don't forget to complete your 4-H Record Books!!! A 4-H member must turn in a Record Book in order to participate in Achievement Day and 4-H Camp. Contact your 4-H Leader for due dates.

Demonstration & Public Speaking Day- March 9, 2023; 4:00 p.m., Doyle High School. 4-H members can compete in each contest only once and must bring all equipment needed. There will be three divisions: 4th-5th grades, 6th-8th grades, and 9th-12th grades. Demonstrations must be 2 people. Demonstration, public speech, and illustrated talk categories and rules are all listed in the contest rules. See your 4-H leader for a copy. Please pre-register with your leader before March 1, 2023.

4-H Scholarships:

There are numerous scholarships available through the 4-H program. All seniors that are active 4-H members are encouraged to apply. Applications are available through the 4-H office. Please contact Mrs. Mikaela or Ms. Christy for further details or pick up a copy in person at the 4-H office. Deadline to apply is February 24, 2023.

Achievement Day: BRING A PENCIL TO ACHIEVEMENT DAY!! March 31, 2023, at Walker High School beginning at 9:00 a.m. All club members must submit a 4-H record book. Any articles brought to Achievement Day must be picked up following the adjournment. Lunch will not be offered through Walker High Cafeteria. Each member is responsible for providing his/her own lunch. Concessions will be available for purchase.

Horse Exhibitors: The possession deadline for horses is **April 1, 2023**. Please contact Mrs. Mikaela at the 4-H office, 225-686-3020, if you plan to show horses so you can be added to the contact lists.

4-H Summer Camp – 4th, 5th & 6th Graders:

Are you ready for some fun in the sun? If so, sign up for 4-H Summer Camp. You will enjoy a 4-day, 3-night stay at beautiful 4-H Grant Walker Educational Center in Pollock, LA. There will be swimming, canoeing, archery, rifle, arts & crafts, movies and even dances. The dates for camp this year are **June 5-8, 2023**. The camp fee is **\$250** and is **non-refundable**. So, if you are ready to climb aboard the bus for a week of fun have your parents call the 4-H Office on **February 27, 2023**, beginning at 8:00 a.m. to reserve a space. The 4-H office phone numbers are (225) 686-3020 or (225) 686-3019. Camp space is very limited. Your \$50 deposit is due **March 14th** & the additional \$200 camp fee will be due to 4-H Office by **April 7, 2023**. *You must turn in a 4-H Record Book in order to attend 4-H camp.*

February is American Heart Month:

Heart disease is the #1 cause of death in Louisiana. Proper diet and exercise are keys to maintaining a healthy heart. Here are some tips to reduce the fat and cholesterol in our diets.

- Use cooking methods other than frying. Broiling, baking, steaming, or stir-frying are good choices.
- Choose more vegetables, fruits, whole-grain breads and cereals, dried beans, and peas.
- Use skim or 1% milk.
- Cut down on fat-rich spreads, sauces, dressings, gravies, butter, and margarine.

Character Counts! Corner: This month's pillar is **Caring**. Being a caring 4-H member means living by the "Golden Rule" and treating others the way you want them to treat you. Caring is an important part of 4-H Life Skills:

- **Head** – thinking about ways to let others know we care.
- **Heart** – communicating caring respect to others.
- **Hands** – providing acts of kindness and service to others.
- **Health** – Showing we care about ourselves and others by making healthy lifestyle choices.

4-H UNIVERSITY-EXTRA! EXTRA! READ ALL

ABOUT IT: 8th-12th grade 4-H members can participate in 4-H University at LSU this summer.

- What do I have to do to participate in 4-H University? Tell your 4-H Agents that you are interested! Then they will help you decide what contest to compete in.
- Your agents and volunteer leaders will help train you in your contest area.
- At 4-H University you will compete with 4-H'ers from around the state for exciting prizes and trips.
- Complete form and return to 4-H office by **April 7, 2023**. The dates for 4-H University this year are **JUNE 20-22, 2023**.

NAME: _____

SCHOOL: _____

PHONE: _____

Project areas most interested in: _____

Sincerely,

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