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January, 2013

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# Happy New Year!

## Fashion Club

## 4-H Camp!

Fashion Club Meeting: It will be Tuesday - January 29, at 4:30 p.m. at the 4-H Office Auditorium.



You may begin signing up! Get your name on the list to go to 4-H Camp Grant Walker July 29 – August 2. Cost will be \$200 which includes transportation, meals, lodging, t-shirt, camp picture and a great time. There will be a \$50 down payment (non-refundable) to hold you a spot.



## February Demonstration Month

Reminder! February is Demonstration Month; this means for you to plan to do a demonstration at your February Club meeting. A demonstration should consist of introduction, procedure, and summary. Don't forget your visual aid. Most important is to PRACTICE your demo.



## 4-H Food & Fitness Board

Food and Fitness Club meeting: Thursday, January 31, at 4:30 p.m. at the 4-H Office Auditorium.



# AgExpo

Don't miss AgExpo! January 18-19. At the Ike Hamilton Expo Center in West Monroe. Come visit the mini farm, and learn the importance of agriculture to Louisiana.

**Ouachita 4-H Strawberry Sale**  
**\$15/flat**

More information will come out in the February newsletter on how to order.

# 2013 Honey Bee Essay Contest



This year's theme is "Reducing the Usage of Bee-Killing Pesticides in my Community". Essays are due to the 4-H Office by February 1, 2013.

## 4-H Calendar

### January 2013:

- 12 - Northeast Dist. Horse Show
- 18-19 Ag Expo
- 23-26 Northeast Dist. Livestock Show
- 29- 4-H Fashion Board Meeting
- 31- 4-H Food & Fitness Meeting

### February 2013:

- Demonstration Month! Sign up with Leader
- 1- Honey Bee Essay due
- 19- 4-H Food & Fitness Meeting
- 26- 4-H Fashion Board Meeting

[Don't forget to register for 4-H Camp](#)

### *Healthy New Year's Resolutions for Kids*

- \*I will drink reduced-fat milk and water every day, and drink soda and fruit drinks only on special occasions.
- \*I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
- \*I will always wear a helmet when bicycling.
- \*I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- \*I'll be nice to other kids. I'll be friendly to kids who need friends – like someone who is shy, or is new to my school.
- \* I'll never give out personal information such as my name, home address, school name or telephone number on the Internet. Also, I'll never send a picture of myself to someone I chat with on the computer without my parent's permission.

# Northeast 4-H Jr. Horse Show

If you love riding horses and would like to learn the competition part.



This would be a great show to enter. The show will be held in Delhi on Saturday, January 12, 2013. Classes offered include: Stock Horse Pleasure, Ground work, Showmanship, Western Horsemanship or English Equitation, Trail Class, and Stake Race. If interested, please call Mr. Brandon at 323-2251.



*Ouachita Parish 4-H*  
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(318) 323-2251

*Made Available By:*  
**Brandon Reeder, Assistant Extension Agent**  
**Markaye Russell, Extension Agent**

**NOTE:** If you have a disability which requires special assistance for your participation in any of the meetings or activities, please call the Ouachita Parish Extension Office at 323-2251.

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