



EBR 4-H Leader Letter

A monthly newsletter for leaders, principals, and friends of 4-H

FEBRUARY 2012

ATTENTION LEADERS!

HAPPY VALENTINE'S DAY!

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Enclosed in this month's leader letter you'll find an invitation to this year's East Baton Rouge 4-H Expo Day! This event is free and all 4-H clubs are encouraged to attend. 4th -8th grade club members will rotate through educational hands on stations while 9th-12th grade members are asked to help guide our younger groups. Don't miss this great event and the chance to get to know other 4-H'ers in our parish! Last year's presenters included the Department of Environmental Quality, the Coastal Conservation Agency, BR Recycling and many of our LSU AgCenter specialists. Contact Mariah Bock for more information and to get signed up!

February is AMERICAN HEART MONTH



We ask each club to have a

Sell hearts for the American Heart Association.

Invite someone to speak on heart health.

Construct a bulletin board with healthy heart tips.

Sponsor a Jump-Rope for Heart event.

EBR ANNUAL COOKERY CONTEST

The Cookery Contest will be held on Saturday, **March 24, 2012.**

Please encourage your 4-H members to enter this contest. Your members will need guidance with finding a recipe, preparing the dish for competition or preparing a talk for the Ambassador Contest. Ask parents or other teachers to help members at your school prepare for the cookery contest.

It is the policy of the Louisiana Cooperative Extension Service that no person shall be subjected to discrimination on the grounds of race, color, nation origin, gender, religion, age or disability.

UPCOMING EVENTS

District Livestock Show:
February 1-4

State Livestock Show:
February 11-18

Mardi Gras:
February 21

District Shooting Sports:
March 10

FOOD & FITNESS CAMP

March 17-18, 2012

Any 9-12 year olds wanting to experience an exciting and fun-filled camp, register for Food and Fitness camp. The camp will be a Disney theme, and campers will enjoy learning about food and fitness in settings of their favorite Disney shows and movies.

Please call Miss Abby at the parish 4-H office to register!

OVERNIGHT CHAPERONE TRAINING

Would you like to attend camp with your 4-Hers'? Hurry and get trained!

FUN FACT:

*The first 4-H club
in Louisiana was
the boys' corn club
in Avoyelles Parish
in 1908.*

Adults age 18 and over who would like to go on an overnight trip with 4-H youth must complete overnight chaperone training and consent to a background check. Please contact any EBR 4-H agent to schedule a time to complete this required training. Training should be completed at least 2 - 3 weeks in advance of the event.

COMMUNITY SERVICE PROJECTS

Let us announce the good deeds that your club is doing!

Please complete and submit your community service form along with any pictures after each event to the East Baton Rouge Parish Office.

MAKE THE BEST BETTER!

Check out the link below for resources you can use as a 4-H Club Leader. Handbooks, planning tools, and interactive games can help you make your 4-H club THE BEST!

<http://www.lsuagcenter.com/en/4H/adults/volunteers/>