



Happy Holidays! From Mrs. Markaye & Mr. Brandon

Agriculture Photography Contest



DON'T FORGET!!! Entries for the 2013 Agriculture Photography Contest are due in the 4-H Office no later than December 21, 2012. Winning photographs will be displayed during Ag Expo in Monroe the month of January. Please see the Agriculture Photography Rules for more details.

Ag Alley

Don't miss Ag Alley! Come visit the mini farm, learn how beef, rice, cotton, sweet potatoes and much more that are important commodities to our state. January 18-19, 2013 at Ag Expo which is held at the Ike Hamilton Pavilion in West Monroe. Learn hands on about our area's Agriculture industries.



4-H Fashion Board

Hold this date: January 29, 2013 at the 4-H Office at 4:30 p.m. Hope to see you then!



4-H Food & Fitness Board

Hold this date: January 31, 2013 at the 4-H Office at 4:30 p.m. Hope to see you then!

February Demonstration Month



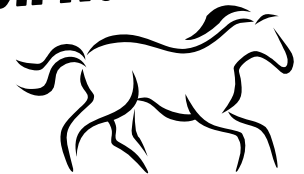
Reminder! February is Demonstration Month. A demonstration should consist of introduction, procedure, and summary. Don't forget your visual aid. During the holidays will be a good time to decide what you're going to do. Most important is PRACTICE your demo.

Ag Expo Livestock Show

The annual Ag Expo Livestock Show will be held January 18-19, 2013 at Ike Hamilton Pavilion. Goats, Lambs, Pigs, and Dairy will show on Friday, January 18th. Cattle will be shown on January 19th. If you have any questions about showing, please contact Mr. Brandon at 323-2251, 4-H Office.

Northeast 4-H Jr. Horse Show

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



part. These 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.

4-H Shooting Sports



4-H Shooting Sports participants are having a blast in shooting a rifle, shotgun, and bow. 4-H'ers had the opportunity to sign up in November and planning to learn to master these disciplines. If you didn't get signed up, then it is too late. Hang in there and you can participate next year.

Cold Weather FUN!

When it is cold outside, sometimes all we want to do is stay inside and curl up on the couch. It is important to make sure that you get exercise and eat a nutritious diet, even in the winter time. With a little creativity, you can find lots of ways to get a little exercise and a LOT of FUN indoors. Gather up as many objects as you can think of that would make a great obstacle course. Pillows, open boxes, and hula-hoops are excellent suggestions. Get your family together and see who can go through the course the fastest. Make bread, soft pretzels or pizza. Kneading, shaping and rolling dough is great for your arm muscles. Take a neighborhood walk.

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 on February 1, 2013.



4-H Calendar

December 2012

- 6 – 4-H Winter Wonderland Dance
- 7 – Parish Cookery Contest
- 21 – Ag Photo's due 4-H Office

January 2013:

- 16-17 – Ag Alley
- 18-19 – Ag Expo
- 23-26 – N. E. District Livestock Show, Delhi

February 2013:

- 1- Honey Bee Essay due
- 9-16 State Livestock Show, Gonzales
- Demonstration Month! Sign up with Leader



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Made Available By:
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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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