

4-H News Flash!!

November/December 2018



4-H Calendar:

November

- 2 **Deadline to turn in 4-H dues**
- 5 Possession date for sheep, goats, cattle & validation kits due.
- 10 Shooting Sports Practice @ Mr. Kemp's
- 13 Jr. Leader Meeting 6:00 pm, Livingston Town Hall
- 14-16 Challenge Camp, Lion King Retreat Center
- 16 Deadline to turn in Talent Show entries
- 17 4-H Day at the LSU Football Game
- 29 Talent Show, Walker Freshman High 6:00 pm

December

- 3 Livestock Entry Forms Due
- 3 Possession date for hogs & validation kits due
- 4 Jr. Leader Meeting/ Christmas Party, 6:00 pm Livingston Town Hall
- 8 Shooting Sports Practice @ Mr. Kemp's

January

- 12 Shooting Sports practice @ Mr. Kemp's
- 15 Food Festival – Lewis Vincent Elementary – Denham Springs – 5:30 p.m.
- 15 Fashion Revue garments due to 4-H Office
- 18-19 Parish 4-H/FFA Livestock Show
- 26-27 State 4-H Fashion Camp-Grant Walker Educational Center.
- 28 Emerald Achievement & Golden Clover Award applications due to 4-H Office

February

- Jan. 31-2 District Livestock Show
- 9-16 State Livestock Show
- 18 Decorate for Fashion Revue 4:00 pm
- 19 Fashion Revue, South Fork Elementary 5:30 pm
- 22 **Record Books and Posters due to 4-H Office, Heart Fund Money due to AHA**
- 28 Demonstration & Public Speaking Day 4:00 p.m.–Doyle High School - Livingston

Livestock Exhibitors:

*All commercial and market animals must be validated. Kits are available at the 4-H office.
Market and commercial sheep, goats, cattle must be validated by November 5th.
Market and commercial hogs must be validated by December 3rd.
*All entry forms are due to Ms. Mikaela on December 3rd.
*The Livingston Parish Livestock show will be January 18-19, 2019.

Talent Show:

The Talent Show will be held on **Thursday, November 29, 2018** beginning at **6:00 p.m. at Walker Freshman High School**. Each club may send one act. The acts will be subdivided into three groups: Elementary (4-5), Junior (6-8), and Senior (9-12). **Leaders, please submit your entries by November 16th**. Awards will be announced at Achievement Day. A service project will be conducted at the Talent Show this year. **We are asking that everyone bring a canned good to be donated to a local food pantry.**

Food Festival:

This contest is open to all active 4-H Club members. It will be held at **Lewis Vincent Elementary on Tuesday, January 15, 2019 at 5:30 p.m.** Contests include: Seafood Cookery, Beef Cookery, Egg Cookery, Poultry Cookery, Bento Lunch Box, and Just for Fun Categories. First place winners from the Seafood, Beef, Egg, Poultry, and Bento contests will compete at the Area Contest in the Spring. Awards will be presented that evening for the cookery. Please see your 4-H Leader or visit our website for complete contest rules.

Fashion Revue:

The Fashion Revue will be held after the holidays again this year. The Ready-To-Wear information sheet and/or garments are due in the 4-H Office by **January 15, 2019** for judging. You must be present for Appearance Judging and the Fashion Show at South Fork Elementary in Walker on **February 19, 2019 at 5:30 p.m.** Contestants will be judged for total appearance as well as construction and each must submit a 30-40 word script. This activity is open to all 4-H members. Contact your 4-H Leader for a copy of the rules or download a copy from our website.

Emerald Achievement Award Applications:

4-H'ers who are 15 years old or older by January 1, 2019, may submit an application showing outstanding leadership abilities to be considered for an Emerald Achievement Award. You may only win once, so previous winners may not apply. If interested, applications may be obtained from 4-H agents, your 4-H leader, or by visiting our website: www.lsuagcenter.com/Livingston. Applications are due in the 4-H office by **January 28, 2019**.

Golden Clover Award Applications:

4-H'ers who are under 14 years of age by January 1, 2019, may submit an application for the Golden Clover Award. 4-Her's must have at least two years of 4-H Club work, including award year. You may only win once, so previous winners may not apply. If interested, applications may be obtained from 4-H agents, your 4-H leader, or by visiting our website: www.lsuagcenter.com/Livingston. Applications are due in the 4-H Office by **January 28, 2019**.

Save the Date:

What: 4-H Night at the Pelicans Basketball Game
When: Friday, February 8, 2019
Where: Smoothie King Center in New Orleans
Game time: 8:30 p.m.
More information will be coming out in the near future on how to order tickets.

Honor Cords:

Seniors who have spent 3 years in 4-H during their high school career and have participated in at least 1 state program in the last three years can apply for a 4-H honor cord. Applications may be submitted online at [http://www.lsuagcenter.com/topics/kids teens/events/awards/honor-cord](http://www.lsuagcenter.com/topics/kids_teens/events/awards/honor-cord) . Deadline for submitting an application is **January 28, 2019**.

CHARACTER COUNTS! Corner:

This month's Pillar is **Responsible**. People of character are responsible. They are accountable, show self-restraint and pursue excellence.

*Being responsible 4-H Members means that we think before we act or talk, are accountable for our actions, and are reliable.

Responsibility is an important part of the 4-H Life Skills:

- **HEAD** - think about ways to show that we are responsible
- **HEART** - showing we care for others by acting in responsible ways
- **HANDS** - being responsible for doing what we say we will do
- **HEALTH** - caring about ourselves and others by being responsible for healthy lifestyle choices

November is National American Diabetes Month:

A time to shine a spotlight on a serious disease that leads to potentially life-threatening complications such as heart disease, stroke, kidney disease, blindness, and amputation.

- 30.3 million people in the U.S. live with diabetes.
- 1.5 million Americans are diagnosed with diabetes every year.
- Diabetes remains the 7th leading cause of death in the United States.

Symptoms of diabetes that often go unnoticed are:

- Urinating often
- Being very thirsty
- Being very hungry
- Unusual tiredness
- Unusual weight loss
- Blurry vision
- Irritability

If you are experiencing these make sure to go see your doctor.

Sincerely,

Mikaela Carender	Christy Sorenson
Assistant Extension Agent	Extension Agent
Livingston Parish	Livingston Parish



MERRY CHRISTMAS & HAPPY NEW YEAR



If you have a disability which requires special assistance for your participation in any of our 4-H activities, please contact Christy Sorenson or Mikaela Carender.