

4-H Camp



You may begin signing up! Get your name on the list to go to 4-H Camp Grant Walker for May 26-30, 2008. Cost will be \$140 which will include transportation, meals,

lodging, t-shirts, camp picture and a great time. There will be a \$50 down payment (non refundable) too hold you a spot.



Check Out Junior Leaders,

The next Junior Leader meeting will be held Monday, January 8, 2008 at 5:30 p.m. at the 4-H office in West Monroe. Please contact the 4-H Office at 323-2251 for more information.



4-H with New Orleans Hornets will be February 22, 2008 against the Houston Rockets at 7 pm. Tickets are \$18. This is a

great family event and Ouachita 4-H will order your tickets. I will need to order no later than January 31, 2008. For more information call the 4-H Office.

4-H and the Mudbugs

Mark your calendar and order tickets now for the 4-H Night at the Mudbugs hockey game in Shreveport on March 15, 2008. 4-H'ers., parents, and your friends are welcome to come out and cheer the Mudbugs on to victory. The Mudbugs will host the Oklahoma Blazers at the CenturyTel Arena. Group ticket prices will be \$10.00 if tickets are ordered by Jan. 19, 2007. Tickets are \$12.00 ordered by Feb. 20, 2007. Call the 4-H office for ticket information. Tickets must be pre-paid before placing order.

AG ALLEY!

Don't miss Ag Alley! Come visit the mini farm, Borden's Elsie the cow and learn how horses, sweet potatoes, cotton, rice and horticultural is very important to our state. **January 18-19, 2008** is Ag Expo which is held at the Ike Hamilton Pavilion in West Monroe. Learn hands on about our area's Agriculture industries.

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.

Equine Club Meeting

The equine club will meet at the 4-H office on January 22, 2008 at 6 pm. We will be getting prepared for demonstrations and judging contest for the District and State Horse Show. If you are interested in being part of these teams let Mr. Jason know so we can get you lined up.

2008 Honey Bee Essay Contest



This year's theme is "Pollinator Conservation". Insects pollinate more than 95 crops grown in U.S. These crops are worth \$19 billion, and they could not be grown without their insect pollinators. Essayists should explore measures being used or needed to protect and conserve pollinating insects, especially honey bees, and to reduce the factors mentioned above that negatively affect pollinating insects. Essays are due to the 4-H Office on January 31, 2008.

Birthday Cooking

Celebration



When: February 19, 2008 @ 3:00 p.m.

Where: 4-H Office

Theme: 4-H 100th Birthday!

See flyer for more details!!!!

4-H Calendar

January 2008:

- 7 Jr. Leader Meeting – 5:30 p.m.
- 18-19 Ag Expo – Monroe Civic Center
- 22 Equine Club Meeting- 4-H Office
- 30 2008 4-H Food & Fitness Expo – Delhi
- 31 Northeast Livestock Show - Delhi

February 2008:

- 2 NE Livestock Show – Delhi Wraps-Up
- 18 President Day
- 19 Birthday Cooking Celebration Contest



Snack Time!



Snacks can be good for us, if we make good choices. Snacking has become a way of life for both adults and children. A recent study reported that over 95 percent of the women and children in this country have at least one snack each day. Kids like you benefit from healthy snacks. Snacks can provide the additional foods you need.

Help your parents shop and pick out your own healthy snacks at the store. Plan your snacks throughout the day, and carry with you so you don't get hungry! Try to pick your snacks based on the suggested number of servings in the My Pyramid.

2008 State Food & Fitness Camp

Ouachita Parish can send 4 people from the ages of 10-13 to the State Food and Fitness camp which will be held on Saturday, February 23, 2008 11:00 a.m. and concludes at 11:00 a.m. on Sunday, February 24, 2008. The camp is held at Camp Grant Walker in Pollock and the cost is \$40.00. Please note that you will be responsible for your own transportation. If you have any questions, please call the 4-H Office and ask for Mrs. Markaye.

Ouachita Parish 4-H

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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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