



Focus on 4-H



February 2011

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Webpage: <http://www.ugaextension.com/lamar/4H/index.html>

Lamar County Extension • 118 Academy Drive, Suite A • Barnesville, GA 30204 • 770-358-5163

HAPPY VALENTINE'S DAY!

CAMP SPACES STILL AVAILABLE!

The Lamar County 4-H Club wants you to go to camp! Camp spaces are still available! Have your parents come in and sign you up today!

Cloverleaf Camp will be held at Rock Eagle 4-H Center from July 4-8 for 5th and 6th graders. The cost for camp will be **\$285**. Camp costs can be paid in installments.

Junior Camp will be held at Fortson 4-H Center from July 4-8 for 7th and 8th graders. The cost for camp will be **\$310**. Camp costs can be paid in installments.

Senior Camp will be held at Rock Eagle 4-H Center from July 4-8 for 9th and 12th graders. The cost for camp will be **\$285 plus the cost of transportation (which will be determined at a later date)**. Camp costs can be paid in installments.



MAKE HALF YOUR GRAINS WHOLE!

In our January 5th Grade Club Meetings, we discussed the Food Pyramid and took a closer look at the Grains group!



The 4-H'ers learned that any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. When asked to name foods from the Grains group, the 4-H'ers did an awesome job in naming whole wheat bread, brown rice, oatmeal, breakfast cereals and grits as examples.

The amount of grains you need to eat depends on your age, gender and level of physical activity. Most Americans consume enough grains, but few are whole grains. At least 1/2 of all the grains eaten should be whole grains.

Grains are divided into two subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. The 4-H'ers learned that eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

After the lesson on grains, the 4-H'ers made a healthy snack using whole grain foods from the Grains group! The 4-H'ers made sure to follow food safety rules by making sure that their hands and utensils were clean and sanitized before preparing the snack for their classmates!

LAMAR COUNTY 4-H IS ON FACEBOOK!

Lamar County 4-H has a Facebook page! Become a member of the Lamar County Georgia 4-H group. Go to our page for current happenings of the Lamar County 4-H program, photos from activities and upcoming events. Make sure to type in Lamar County Georgia 4-H in the search box! And, tell your parents to become members, too!



Welcome to our new of 4-H'ers at
St. George's Episcopal School!





COMMUNITY SERVICE ALERT!!

BINGO AT THE HERITAGE INN NURSING HOME!

Help with BINGO at the Heritage Inn Nursing Home from 3:00 p.m. – 4:00 p.m. on February 2 and 16.



We will sit with the residents and make sure that they hear the numbers and place the chips on their cards! Ms. Jackson will be at the elementary school at 2:50 p.m. to pick up the 4-H'ers that have permission to help. 4-H'ers will be picked up in the 4-H bus. Please have your parents call the 4-H office (this is VERY important) at 770-358-5163 and sign you up to help for either day. This activity is limited to fourteen (14) 4-H'ers **YOU WILL NEED TO HAND MS. JACKSON A NOTE FROM YOUR PARENT GIVING YOU PERMISSION TO RIDE THE BUS TO THE NURSING HOME BEFORE YOU GET ON THE BUS!** Your parents can pick you up from the nursing home beginning at 4:05 p.m.

JOIN THE 2011 POULTRY & EGG SCIENCE TEAM

If you are you looking to be part of an exciting 4-H activity, join our 2011 Poultry & Egg Science Team! At the team practices, you will learn how to judge and handle live chickens and grade eggs (like the ones you see in the grocery store)!



You will also compete in a contest with other 4-H'ers at the Henry County Extension facility in McDonough! The contest will be held on Tuesday, April 12. **THIS IS A CRCT DAY! Before you sign up, make sure that your parents know that the contest date is a CRCT test date!** Have your parents call the 4-H office by Monday, February 7, 2011, if you would like to be a part of the team. Because of transportation limitations, we can have up to **13** students participate on the team. **Our first official team practice will be on February 15!**

Elementary School Students: 3:00 – 4:00
Middle and High School Students: 4:15 – 5:00

IT'S TIME TO SIGN UP FOR THE PROJECT ACHIEVEMENT COMPETITION!

Fifth and sixth grade 4-H'ers, it's time to select your project category for the 2011 Cloverleaf Project Achievement competition that will be held in Douglasville on April 16 (4-H officers, you have been hearing about this contest since September)! Cloverleaf Project Achievement is just like the Literacy Days that are held at LCES and LCMS every year! With the Project Achievement Competition, you make a presentation on something you like, or a hobby that you have or something that you are interested in like soccer or race cars or scrapbooking. For example, do you like to sing or are you in the chorus? You can sing a song in the Performing Arts-Vocal project category? Is there a specific country that you like or visited? You can tell us about it in the International project category. Do you like or have a dog? You can tell us about him in the Dog Care & Training project category. Does your family recycle? You can tell us why recycling is important and things you can recycle in the Conservation project category. There are 65 project categories from which you can to choose!

You will have until **Friday, February 11** to call the 4-H office and sign up for a presentation project category so call the 4-H office to get the project category that you want! You can find all the competition information including project categories on the Lamar County 4-H webpage. 4-H officers will receive this information in the mail!

4-H STATE HORSE SHOW INTENT FORMS

The intent to show forms for the 2011 State Horse Show are available in the Lamar County 4-H office and on the Lamar County 4-H webpage. If you are a registered 4-H'er living and/or attending school in Lamar County, you must submit intent to show forms to the Lamar County Extension office. If not, you must contact the county extension office where you live and/or attend school for forms. Intent to show forms will be due to the Lamar County 4-H office by Monday, March 7, 2011.



ENTER THE 2011 HORSE SHOW EDUCATIONAL CONTESTS

The Georgia 4-H Program is pleased to offer the 2011 Horse Show Educational Contests for students enrolled in the Lamar County 4-H Program. The contests offered are:

- Public Speaking
- Drawing
- Painting
- Essay
- Photo
- Individual Demonstration
- Team Demonstration



Be on the lookout for more details on the Lamar County 4-H Facebook page and the Lamar County 4-H webpage!

GEORGIA FARM BUREAU MIDDLE SCHOOL ESSAY CONTEST

Are you 6th, 7th, or 8th grade student in Georgia? Do you want a chance to be rewarded for your writing skills? If so, enter the Georgia Farm Bureau Middle School Essay Contest. This contest is for you to use both your writing skills and your knowledge or research of agriculture.



The topic is:

“Agriculture Counts: The Importance of Agriculture in Georgia to Me, My Community, My State, My country and the World”.

Contact the Farm Bureau Office here in Lamar County for more information. The phone number is 770-358-2298.

GEORGIA FARM BUREAU ART CONTEST

Georgia Farm Bureau, your county Farm Bureau and SunTrust Bank, Middle Georgia have an opportunity for you to apply your artistic skills to their annual art contest have an opportunity for 9th -12th graders to use their artistic skills in their annual art contest. Drawings should be representative of modern agriculture found in your county **OR** Georgia’s agriculture industry.



Contact the Farm Bureau Office here in Lamar County for more information. The phone number is 770-358-2298.



LET'S GO TO PUERTO RICO!

4-H GLOBAL CITIZENSHIP & ENVIRONMENTAL EXPEDITION

May 29 - June 5, 2011

Here is an awesome opportunity for Senior 4-H'ers in the 9th – 12th grades to:

- have the benefit of an international experience and learn about Latin American culture, without technically leaving the U.S.
- engage our peers in a meaningful dialogue on 4-H youth development and Citizenship Programs
- learn about the lifestyles of youth in other cultures
- learn about environmental sciences through exploration of a variety of tropical ecosystems

*The cost of the trip will be approximately **\$1145 - \$1245**. No more than 16 Senior 4-H'ers will be selected for this trip. Download the information and an application on the Lamar County 4-H webpage at:*

http://www.georgia4h.org/public/edops/international/exchange/puerto_rico.htm

**Applications are due to the Lamar County 4-H office on
Tuesday, February 8, 2011**



APPLY FOR SOUTHERN RIVERS ENERGY TRUST SCHOLARSHIP

Information and applications for the Southern Rivers Energy Trust Scholarship can be found at:

http://southernriversenergy.com/newsCenter/10-12-0/Southern_Rivers_Seeks_Scholarship_Applicants.aspx

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Sixth and Seventh Grade 4-H Club Meeting

February 10, 2011

3:20 p.m.- 4:20 p.m.

Lamar County 4-H Office

Senior 4-H Club Meeting

February 15, 2011

5:00 p.m.- 6:00 p.m.

Lamar County 4-H Office

UPCOMING CONTESTS



2011 4-H BEEKEEPING ESSAY CONTEST ANNOUNCEMENT AND RULES

Sponsored by

The Foundation for the Preservation of Honey Bees, Inc.

Each year, Georgia 4-H and the University of Georgia's Entomology Department organize the 4-H Beekeeping Essay Contest. This contest is a national competition offered by the Foundation for the Preservation of Honey Bees, Inc. The University of Georgia's Entomology Department will determine the top three essays in Georgia and send the first ranked winner on to compete on the national level, competing against states across the nation. The national winner will be announced by May 1, 2011.

For more information about the contest, please check out their webpage at:

<http://honeybeepreservation.org>

Ag Day 2011 Essay Contest

Deadline is February 4, 2011

This year's theme is "**American Agriculture: Your Food. Your Farmer.**" The national winner will receive \$1,000 and a trip to Washington, D.C. For complete contest details rules and entry form visit:

<http://www.hpj.com/agdayessay/>

GEORGIA 4-H SCHOLARSHIPS AVAILABLE

Headed off to college after graduation? Have you considered the costs? With tuition, books, class supplies, room and board . . . it all adds up quickly. Georgia 4-H'ers are eligible for college scholarships to help with the expense of continuing education after high school.

To be considered for the Georgia 4-H Scholarships, please download the information and application located on the *Georgia 4-H Foundation* webpage at:



http://www.georgia4hfoundation.org/achievement_scholarships.htm

Bring the completed application and supporting materials to the Lamar County 4-H office by **Tuesday, February 22, 2011** for signatures and mailing.



UPCOMING JANUARY AFTERSCHOOL 4-H MEETINGS

Eighth Grade 4-H Club Meeting

February 8, 2011

3:20 p.m.- 4:20 p.m.

Lamar County 4-H Office