

# Newsletter

4-H YOUTH DEVELOPMENT



February 2017

Heart Health Month

4-H Health Month

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## Check It Out

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## 2017 4-H Camp

June 6 - 9

Registration available soon!  
 Pay your fee in 4 installments.  
 Debit & Credit Cards accepted.

4-H is a community of young people across America learning leadership, citizenship and life skills.

Happy Valentine's Day,

Wanda Paris

Wanda Paris

County Extension Agent



## Happy Valentines Day!

Be sure to send an "I Love You" message to all the special *someones* in your life! Make it a habit - not just on Valentine's Day.



## Vet Science

**Clinic** If you are registered for Dr. Rogers' Vet Science Clinic, be sure to complete your homework and turn your book in to Mrs. Wanda at the end of the clinic so you can spend a day with the Vet.



## Country Ham Project

Be sure to mark your calendars for the next two 2017 4-H Country Ham Project dates - February 25 and March 25, at 8:30 a.m. It is important that you be there to process your hams. Maybe one of our hams will be the Grand Champion Ham at the state fair.

## Shooting Sports News

Chase Young will attend 2017 4-H Shooting Sports Camp April 5-8 in Jabez. Chase was selected by the planning committee to serve as a teen leader in the rifle discipline. Don't forget SS Safety meetings this month!



## Summit (LCMS 4-H'ers)

Some of our middle school 4-H members will attend this leadership conference March 9-11. Younger 4-H members can look forward to attending this annual conference.

## TATU

Teens will bring TATU to your class in late February. I am sure none of you will ever use tobacco after learning its dangerous effects.



## Thought for February

Love yourself enough to live a healthy lifestyle - eat nutritious meals, live an active life, say "NO" to "DAT" - drugs, alcohol, alcohol & tobacco.



## 4-H & the Cardinals Team Up

**Think summer - Think baseball. It's as American as apple pie.** Illinois and Missouri 4-H will team up with the St. Louis Cardinals on Saturday, May 20. The Cardinals will play the San Francisco Giants at 6:15 p.m. It will be fun for all and great marketing for 4-H!



No transportation is provided for this trip. Lyon County 4-H is only making the information available and placing the ticket order as a courtesy to our members & volunteers. **Each family is responsible for their own supervision, transportation and any other amenities that go with the trip.**

Because this is a family project of the 4-H program, every participant is asked to conduct themselves in a fashion that is becoming to our organization.

The deadline to register is noon on March 3. There will be **NO** late registration. We will accept cash, check, debit cards or credit cards.

## Congratulations Achievement Winners

### Clover Level 1

Matthew Langhi  
Martin Langhi  
Gavin Young  
Mary Turner  
Megan Burton

### Clover Level 3

Ian Aldridge

### Clover Level 4

Austin Duff

### Clover Level 5

Autumn Kammerdiener

### Clover Level 2

Rose Smith

### Silver

Trey Langhi  
Chase Young  
Liam Burton

## Upcoming Events

Feb 2 TLA & Sewing	Feb 18 Livestock Skillathon
Feb 6 SS Orientation	Feb 20 ATC & SS Safety
Feb 7 Vet Science & Horse	Feb 21 Vet Science, Photo...
Feb 9 Engineering Club	Feb 23 Lego, Embroidery
Feb 11 Country Ham	Family Health Night
Feb 13 4th Grade & SS Safety	Feb 24 LCMS & Teen Clubs
Feb 14 Vet Science	Feb 25 Country Ham
Feb 16 5th Grade, Craft, Sewing Livestock	Feb 28 Outdoors Club
Feb 17 TLC, Culinary Group	LCMS Mammoth Cave Trip

## 4-H Communications Events



Giving a presentation in front of a group doesn't have to be the most frightening thing you will ever do. 4-H speech projects can help you overcome that fear.

After you present your speech in the classroom next month, you may want to participate in **Lyon County Communications Day in late March** in the school library. Winners there can compete in the area contest in early May and possibly qualify to compete in the state contest in Lexington In July.

## February is Heart Health Month The American Heart Association recommendations:



All youth should participate in at least 30 minutes of enjoyable, moderate-intensity activities every day.

They should also perform at least 30 minutes of vigorous physical activities at least 3-4 days each week to achieve and maintain a good level of cardio-respiratory (heart & lung) fitness. If you don't have a full 30-minute activity break each day, try to have at least two 15-minute periods or three 10-minute periods in which you can engage in vigorous activities appropriate to your age, gender and stage of physical and emotional development.

Other ways to build a healthy heart include eating a nutritious diet and avoiding use of all tobacco products.

## Calling Volunteers



The more volunteers we have, the more classes and special projects we can offer. If you know someone with special skills, ask them if they would like to share. We would like to offer a woodworking class if a volunteer steps forward.



**Family Health Night**  
**Thursday, Feb 23, 4:15-5:45 LCMS Gym**

**Watch Lyon County 4-H FaceBook Page for 4-H announcements, activities and pictures!**