




Rocky
Rooster
says:
OUR




“Show good character!”



ENVIRONMENTAL FACTS

Interdependence is when every plant, person, earthworm or bacterium depends on another living thing for its existence. All things in an ecosystem are sustained by each other in a delicate balance of life. If one part/clog is missing it effects the whole system. For example deer get energy from the grass they eat which gets energy from the sun. Therefore, the deer is dependent of the grass directly, and indirectly on the sun to produce the grass.

CHOOSE MyPLATE

10 tips to a great plate

1. balance calories
2. enjoy your food, but eat less
3. avoid oversized portions
4. foods to eat more often
5. make half your plate fruits and vegetables
6. switch to fat-free or low-fat (1%0) MILK
7. make half your grains whole grains
8. eat some foods less often
9. compare sodium in foods
10. drink water instead of sugary drinks



For more information go to www.myplate.gov

4-H Calendar

FEBRUARY

- 3-4 Central District Livestock Show
Alexandria, LA
- 11-19 LSU Livestock Show
Gonzales, LA
- 20-24 Winter Break

MARCH

- 1-3 Southern Livestock Show
Baton Rouge
- 23 4-H Project Books due in
4-H Office
- 9-11 Jr. Leadership Conference

ALL PROJECT BOOKS...

Will be due in the 4-H office no later than March 23 , 2012. So start working on your books. Some schools only allow those who turn in project books to attend Achievement Day activities. You don't want to miss out on the fun. Reporter and Secretary's books are due at this time as well.

4-H CLUB'S & LEADERS OF THE MONTH!!!

*Dodson High School—Mallory Temple
 Cloverbuds*

*Home School —Audrea Hanson
 Junior Club*

*Winnfield Senior High School—Karen Shirley
 Senior Club*

Winn Parish 4-H

119 West Main Street
Room 108
Winnfield, LA 71483

Phone: 318-628-4528
Fax: 318-628-4535

Email: winn@agcenter.lsu.edu

If you have a disability which requires special assistance for your participation in any of the announced meetings or any questions, please do not hesitate to call the office at 628-4528. All 4-H programs are open to students regardless of race, color, creed, sex, religion, national origin or handicap.

Sheryl McDaniel

4-H Agent/Youth Development

Winn Parish Extension Office

smcdaniel@agcenter.lsu.edu

Donny Moon, County Agent

Winn Parish Extension Office

wmoon@agcenter.lsu.edu

The Winn 4-H Newsletter can be accessed online by copying and pasting the following web address:

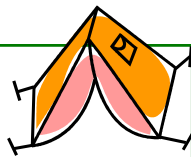
www.lsuagcenter.com/en/our_offices/parishes/Winn/Features/4-H/Newsletters/index.htm

JOIN THE REVOLUTION 
OF RESPONSIBILITY

Look for us on Facebook
www.facebook.com/winn4h

facebook

4-H Roughin' It Camp



Attention all 4th-8th Grade Club Members

The sign-up for 2012 4-H Roughin' It Camp will begin February 16, 2012. Roughin' It Camp is scheduled for April 3-5, 2012 at the Gum Springs Camp Grounds. Sign up is first come first served. WE WILL NOT FAX ANY HEALTH FORMS. YOU MUST COME BY THE OFFICE. THE COST IS \$35.

OUTDOOR SKILLS

RIFLE PRACTICES will be on every Saturday.

1. If it rains between Monday & Friday practice will be at 3pm at the 4-H Complex on Hwy 34.
2. If it does not rain between Monday & Friday practice will be at 9am at the 4-H Complex on Hwy 34.

Questions concerning rifle practice call Mrs. Mary at 623-6215 or Emily at 628-0353.

ARCHERY PRACTICES will be on every Friday at 4pm at the 4-H Complex on Hwy 34

Questions concerning archery practice call Mr. Matt at 209-0738.

SHOTGUN PRACTICES:

At this time Steve is holding practices every other Thursday. 1/26, 2/9.....In February, he will start doubling up on the practices.

*** The kids do not need to bring any ammo but they need to just bring their guns***

MARDI GRAS MINI KING CAKES

3 cinnamon roll packages (I used reduced fat cinnamon flavored by Pillsbury, 8 in each pkg)

**keep the icing that comes in the cinnamon roll packages too!*

1 can (15 oz) apple pie filling or other fruit filling (optional)
food coloring - purple, yellow and green (or use a combo of red and green to make purple)

9 tbsps sugar

Preheat oven to 400 degrees. Generously grease two muffin tins with cooking spray. Open up two packages of cinnamon rolls and set the icing aside. Place each individual cinnamon roll in a muffin spot. Save the third package for later: Shape them as best as you can to be round within the muffin tin. Open your fruit pie filling can, if you use it. The apple pie filling is excellent! Scoop out one teaspoon on top of each cinnamon roll. Once you have spooned out the fruit filling, open up your third and final package of 8 cinnamon rolls. Tear each roll in half and place 1/2 of it on top of each fruit filled roll in the muffin tin pan. Spread it out to cover the rolls as best as you can where you can't see the center. Bake at 400 degrees for 15 to 20 minutes. Divide sugar into three small bowls. Dye each sugar with food coloring. Top with icing and colored sugar. **Note: If you like lots of icing, mix one pkg. of cream cheese and 1/2 cup powdered sugar. Ice cakes with desired topping.**
(Makes 16 mini cakes)



4-H SCHOLARSHIPS

CALLING ALL GRADUATING SENIORS!!

The 2012 Louisiana 4-H scholarship applications are due in the 4-H office by February 20, 2012 at 4:30 pm. To obtain a form, visit your 4-H leader at your school or come by the 4-H office to get a copy. Graduating seniors are the only ones eligible to fill out the application. If you have any questions call Mr. Donny or Mrs. Sheryl at 318-628-4528

