



## Up-Coming Events

- January 11, 4-H Cooking Club 3:15, Extension office
- January 18, Anglers club, Extension office 3:15
- January 25, Home School Club, Extension Office, 10:00
- January 25 Archery Club, Extension Office, 3:15
- January 26, Senior commodity pick-up 2:00-4:00
- February 1, Mayo Community 4-H Club Meeting, Extension Office 3:15
- February 8, 4-H Cooking Club Meeting, Extension Office 3:15
- February 15, 4-H Angler Club Meeting, Picket Lake 3:15
- February 22, Archery Club Meeting 3:15
- March 21-24 Suwannee Valley Youth Livestock Show & Sale

## Setting Goals, Not Resolutions in 2022

By Shawn Jackson

As we ring in 2022, many of us make New Years Resolutions and too often they are broken after a few days or weeks. Maybe it is time to try a different approach. After all, those unhealthy or undesired habits that you are trying to change probably took years to develop, so how can you expect to change them in just a matter of days or weeks. In 2022, why not change your mindset to reaching goals throughout the year? This will be especially more beneficial when encouraging youth to make changes. For example, asking a child to have better grades in the new year for a resolution is overwhelming and difficult. A better choice would be improved grades on a weekly basis. After a few weeks, the goal may be to maintain the good grades being made. This same concept can be applied to becoming healthier through diet and exercise by setting short term goals with regular review of progress. Instead of having failed resolutions, be willing to modify goals as needed to continue your progress. One simple tip for achieving goals is to use the SMART goal method. This acronym is a simple way to remember to make goals that are S=specific goals, M=measurable, A=attainable, R=relevant at T=timely or trackable. Use this or other simple goal reaching strategies to help youth, your family and yourselves be the best you in 2022. Lafayette County Extension encourages you to make one of your goals serving others this new year. If you would like to be a volunteer in the community or work with local youth, reach out to us at 386-294-1279.

### December Agriculture Report

Although there wasn't much rainfall in December, there were many days of high humidity with cloud cover which, unfortunately, are the perfect conditions for diseases to attack plants. Keep a check on your garden vegetables and your lawn to scout for any signs of disease.

December Rainfall Totals (in)			
	2021	2020	2019
<b>Cooks Hammock</b>	0.72	4.82	3.48
<b>Mallory Swamp</b>	1.03	3.65	4.11
<b>Midway Tower</b>	1.97	4.18	3.2

Winter cover crops are in the ground and starting to flourish around the county to replenish soil nutrients and for some to serve as forages.

Now is the time for planting deciduous fruit trees to give their roots time to develop before the warm, dry spring months. Also prune and fertilize existing trees.

Don't forget to protect plants and animals from the cold days we may have in the coming months!

*Happy  
New Year  
2022*

# Lafayette 4-H Holds Annual Holiday Bake-Off

By Shawn Jackson

Over 30 Lafayette County Youth participated in the 2021 Lafayette 4-H Holiday Bake-off. Dishes ranged from ham and turkey sliders to cupcakes and Christmas Candy. Submissions were judged on taste, presentation and holiday festiveness. Judges for the event were from the Mayo Women's Club, Gray's Construction, and Lafayette County Road Department. It was a difficult task of narrowing the field down to one winner, who was Holland Jackson with his Holiday Lemon Pound Cake. He was awarded a three foot golden spoon for his efforts. Holland's entry was the winner of the four different age division winners. He is an intermediate 4-H member. Other division winners included AJ Swinson from the Senior Division, Miles Jackson from the Jr. division and Cloverbud Emily Elizabeth Jackson. All recipes were compiled into a holiday cookbook and given to 4-H members.



Holiday Bake-off runners up AJ Swinson, Emily Elizabeth Jackson, Miles Jackson, and first please winner Holland Jackson

## FWC Visits Lafayette 4-H Anglers Club

By Shawn Jackson

Due to inclement weather, the December 4-H Anglers Club fishing trip had to be postponed and the meeting was held indoors at the county extension office. Fortunately, FWC Officer Mitchell Cline was willing to attend the meeting with short notice as a club guest. Officer Cline discussed the different types of freshwater fish common to North Florida, different classifications of fish and the many different laws pertaining to freshwater angling. He also bravely answered questions from 4-H members. Many of the questions asked were regarding when a fisher is required to have a fishing license and different scenarios that may be questionable. Lafayette 4-H is very appreciative to Officer Cline for taking the time to visit Lafayette 4-H Anglers on short notice and looks forward to him coming meetings again in the future.



Angler Club 4-H members listen to FWC Officer Mitchel Cline.

IFAS Extension is an equal opportunity Institution. We encourage all races, religions and ethnicities to attend our summer programs. There are scholarships available for minority and underprivileged children. Please contact our office for more information.

**Like us on Facebook**

For daily updates on local IFAS, 4-H News and events, visit and "like" our FB Page "UF IFAS Extension Lafayette County 4-H."

# Cooking Club Learns How to

By Shawn Jackson

The Lafayette 4-H Cooking Club enjoyed an afternoon of making Christmas cookies at their December Meeting. Ms. Emily Beach led the meeting teaching them to make her sugar cookie recipe. Once the members had mastered the skill of making the dough the right consistency, to roll out without sticking, they chose holiday themed cookie cutters to press out cookies for baking. These included shapes of Christmas trees, bells, candy canes, stars and holly. After being baked and cooling, 4-Hers decorated their cookies with homemade sugar cookie icing made of powder sugar and corn syrup. Enough cookies were made to enjoy at the meeting for snack and take home to share with 4-Hers families.



# Homeschool Club Learns About Respecting Others

By Shawn Jackson

The 4-H Homeschool Club met in December for a morning of learning, making holiday snacks and crafts. Homeschool Club members started morning club meeting with the pledge to the American and 4-H Flags before baking sugar cookies in holiday shapes. After a snack of chips, cookies and sweet-cakes, there was time for book reading that focused on the learning topic of the day, “Treating others the way you wish to be treated” and “we’re more alike than different”. Before the meeting came to a close, members made candy cane Christmas ornaments with red and white beads and pipe cleaners. The Homeschool Club is new to Lafayette 4-H. Parents of homeschool youth can call the extension office to learn more about enrolling their child in 4-H and the homeschool club that meets the third Tuesday of each month.



Above, Homeschool 4-H members participating in Christmas activities. This new club is open to local homeschool youth interested in joining 4-H.

## Caring for Poinsettias after Christmas

By Emily Beach

Every year we purchase beautiful poinsettias but most people don't know how to care for them during the year to see their vibrant blooms again the next Christmas. There are a few important guidelines to follow but if these steps are taken, you can enjoy these plants year after year.

At the beginning of the year, fertilize with an all-purpose houseplant fertilizer at recommended rates. Continue to provide adequate light and water for prolonged bloom for several weeks. As you progress through the year you will want to check for signs of insects and treat if necessary and fertilize monthly. In the spring, remove faded and dried parts of the plant and add soil if needed; during this time you will also want to keep the plant in a very bright interior location. During the summer months, poinsettias can be trimmed and it can be fertilized again while being kept outside in indirect light. In July, you will want to move the plant to full sun for it to get at least six hours of direct light daily.

Here comes the tricky part, starting on or near Sept. 21, give the plant 13 hours of uninterrupted darkness (put the plant in a closet, basement, or under a box) and 11 hours of bright light each day. Continue to water when surface of the soil is dry to the touch but do not fertilize or trim anymore. At Thanksgiving, discontinue the short day/long night treatment. Put the plant in a sunny area that gets at least six hours of direct light. Then by Christmas, you will enjoy your "new" poinsettia and you can start the cycle all over again.

## Get Ready for the 2022 SVYLSS!

By Emily Beach

Exhibitors should be well on the way with feeding, grooming, and training animals to get ready for the livestock show in March. Record book links, rules, and other information have been sent to your emails and all of the information can be found on the "Suwannee Valley Youth Livestock Show and Sale" Facebook page.

**NEW INFORMATION!!!** This year there will be a heifer show in conjunction with the steer show. Exhibitors can add 2 additional heifers to their existing projects or any 4-H or FFA member who resides in Lafayette, Suwannee, or Hamilton county can register to show up to 2 heifers at the show.

**Registration must be completed by February 1, 2022 with a \$20 entry fee** for anyone that hasn't already paid due to having a swine or steer entry. Registration form and payment information can be found on the Facebook page or can be emailed by contacting Emily Beach at [elbeach@ufl.edu](mailto:elbeach@ufl.edu).

### 2022 SVYLSS Schedule of Events

<b>Record Book Due</b>	March 14, 2022 at 11:59pm (NO RB FOR HEIFERS)
<b>Swine Weigh-In</b>	March 21, 2022 at 8:00-10:00 am ( <i>Trailers must be in line by 10:00</i> )
<b>Swine Showmanship</b>	March 21, 2022 at 6:30pm
<b>Steer &amp; Heifer Weigh-in</b>	March 22, 2022 at 8:00-10:00am ( <i>Trailers must be in line by 10:00</i> )
<b>Swine Show</b>	March 22, 2022 at 6:30 pm
<b>Steer &amp; Heifer Show</b>	March 23, 2022 6:30 pm
<b>Sale</b>	March 24, 2022 9:00 am