

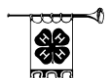


Lampasas County Extension Office, P.O. Box 231, Lampasas, TX 76550

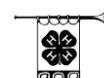
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4-H News



AUGUST 2012

Learn More About 4-H

<http://texas4-h.tamu.edu/>

Use this link to learn

All about state 4-H programs find publications
(project guides, record keeping information, etc.)

<http://d74-h@tamu.edu>

Use this link to learn about District 7 4-H happenings
(district contests, etc.)

<http://texas4h-ctr.tamu.edu/>

*Sheep & Goat Tag
orders for 2013 major
stock shows are due
August 24.*

Awards Ceremony and Pool Party

Scheduled for Sunday, August 19 at Hanna Pool from 6:00 PM to 8:00 PM. Party is restricted to 100 people. Email Mary at mkemper@ag.tamu.edu with how many from your family will be in attendance. Reservations will close at 100.

Fall District 4-H Meeting

*Project Development Committees (see below)

*District Council

*Adult Leaders Association

Saturday, August 18, 2012
District 7 Fall Meetings
Grape Creek Baptist Church
9781 Grape Creek Rd.
San Angelo, TX. 76901

The District 7 **PROJECT DEVELOPMENT COMMITTEES** need **YOU** to be successful!

The purpose of these district-wide committees is to develop project training opportunities for specific projects. The nine committees will be:

Beef, Clothing, Consumer Education, Foods & Nutrition, Horse, Photography, Natural Resources, Sheep/Goats, Shooting Sports, Swine

The schedule for the day will be:

8:45 – 9:30 Registration

9:30 – 10:00 Morning General Session

10:00 – 12:00 District 4-H Council & Volunteer Leaders Association Meetings

12:00 – 1:00 Lunch – Provided by District 7 Adult Leaders Association

1:00 – 2:30 Project Development Committee Training/Workshops

Project Development Committee Business Meeting
Orientation for new officers

2:30 – 3:00 Committee reports

Cost is \$7/person

Contact the Extension office if you plan to attend and for information on carpooling.

PET APPRECIATION DAY

Pet Appreciation Day is scheduled for Saturday August 18 at the Tractor Supply. We need adult and 4-H member volunteers to man the dog wash. This year the event has been expanded to include dog adoptions. Jim Harrelson said last year was a big success, so let's do it again. Please contact the extension office to volunteer.

Changes to the Rabbit division for the 2013 County Show

I'm happy to announce that big changes were approved by the board for the 2013 rabbit division at the County Stock Show! Please review the attached rules and contact me or Rod Freeman if you have any questions.

Highlights are:

- Format changed to 4-class/6-class system. This should be a familiar format to those of you that show rabbits anywhere else.

- Breeds greatly expanded! You now have the option to choose from over 40 different breeds instead of the 3 we had in the past.
- Added sale slots! All first place rabbits will qualify for the premium sale for a total of 12. In addition, showmanship winners will sell!

Be sure to thank your Board of Directors for approving these changes. I sincerely believe they will make the rabbit project and show more fun and interesting but most importantly be more appealing to kids who don't show which will help the rabbit project grow! *SEE RULES AT END OF NEWSLETTER.*

If you are interested in participating in the Rabbit Project for the upcoming year, contact Rob Freeman at 254-535-9583.

QUALITY COUNTS

Quality Counts Verification will be a part of the process for entry in all 2012-2013 major shows. This year at the Heart O' Texas Livestock Show, we will be following along with other Major Livestock Shows across Texas and supporting the Quality Counts Program. Along with the State Fair of Texas, this fall we will be requiring the Quality Counts Verification Number to be included on the entry forms in order for the exhibitors to show at any of our Junior, Jackpot and Scramble Shows.

This means youth exhibitors will need to demonstrate their knowledge of the Six Pillars of Character and the Eight Core Concepts presented in the Quality Counts Curriculum. **To do this, they will need to pass an online test on the website (<http://qualitycounts.tamu.edu/>) and acquire a Quality Counts Verification number.** A Verification number is obtained by answering 80% of the questions correctly on an online test. You will need it when entering majors. If you lose it then you will have to take the test again and get a new number. You will not be allowed to enter without it.

2012 Record Book Judging Results

Record books were judged on Tuesday July 10. Six Lampasas 4-Hers completed record books, and the results are as follows:

Senior level:

Katelynn Cataldo – Photography - White

Intermediate level:

Sydney Dishman – Poultry – Blue

Matthew Kepner – Rabbits – Blue

Teresa Tschoerner – Photography - White

Junior level:

Lucas Kepner – Photography – Blue

Zac Dishman – Rabbit – Green

Keep up the good work.

Start now keeping track of your 4-H work for next year. Go to the district website for information:

<http://d74-h.tamu.edu/district-events/record-book-judging>

2012 District Fashion Show Results

Junior Division:

Jewelry – Casey Gautier 1st place; Andrew Allen 4th place; Sydney Dishman 5th place; Hailey Johnson 6th place; Anaya Yancy participation.

Storyboard (wearable) – Anaya Yancy 6th place.

(Natural Fiber – Cotton)Construction/Sprtswr/Casual – Anaya Yancy 6th place; Brenda Atkins, participation.

Intermediate Division:

Jewelry – Kayla Frankenstein 1st place.

Storyboard (wearable) – Angelia Ford 4th place; Jessi Ford, participation.

Storyboard (pet costume) – Ashlynn Ford, participation.

(Natural Fiber – Cotton)Construction/Sprtswr/Casual – Angela Beisel 6th place.

Construction/Dresses – Kayla Frankenstein 4th place.

Construction/Sprtswr/Casual – Angela Beisel 6th place



Girls that modeled in the Fashion Show (Anaya Yancy, Kayla Frankenstein, and Angela Beisel)



4-H Spring Ho Float

From the Desk of Elizabeth Allen

4-H State Congress was an amazing experience all-around! From staying in a fancy hotel, and working in the Texas Capitol to getting to spend time with friends from my district and dressing up for the “Hoppin’ 50s” theme dinner! I had so much fun and learned so much more than I ever imagined. We were given the chance to work in the Capitol in the very chambers and committee rooms that our state representatives and senate members work. We debated bills written and submitted by Texas 4-H members. These bills reflected Texas and the young people who represented our state. I was in the House of Representatives where we had a lot of heated debates. Issues like texting while driving and horse slaughter for human consumption were debated in both the house and senate, revealing how Texas youth feel about such topics! I was even able to give my own opinion and debate a few bills close to my heart. Even though it was a mock Congress we all took our jobs seriously while having a ton of fun! These were great experiences, I enjoyed every minute, and can’t wait for the next 4-H Congress. I hope it will be just as great as this one!



Texas A&M 4-H Volunteer Conference



Becca Dishman, Steffani Seaver and County Agent, Karen DeZarn attended the 2nd Annual Texas A&M AgriLife Extension Volunteer Conference. They are pictured here in front of the Alamo. They will be updating other 4-H leaders, volunteers and parents about what they learned in San Antonio July 27-29.

4-H on the Internet

Lampasas County 4-H is readily available on the internet. Below are links to many sites you may find useful.

<http://lampasas.agrilife.org/> Lampasas County Extension website.
<http://texas4-h.tamu.edu/> Texas 4-H website.
<http://d74-h.tamu.edu/> District 7 website contains information on District events.
<https://texas.4honline.com/> State 4-H registration page, 4-H Connect.
<http://4-h.org/> National 4-H site including the 4-H mall.
<http://www.national4-hheadquarters.gov/> National 4-H site.
Clothing & Textiles Packet (will be updated for 2012)
<http://fcs.tamu.edu/clothing/4h/packet/index.php>
Share the Fun Information
http://texas4-h.tamu.edu/library/files/youth_roundup_resources_share.pdf
District 7 4-H Events
<http://d74-h.tamu.edu/>
4-H Record Books
<http://www.4hreports.com>
4-H Shooting Sports
<http://texas4-h.tamu.edu/shootingsports/index>
4-H Round-Up
<http://texas4-h.tamu.edu/youth/roundup/index.php>
Leaders 4 Life
<http://texas4-h.tamu.edu/projects/leaders4life/index.php>

FACEBOOK

Check out Lampasas 4-H on Facebook. Become a friend!

http://www.facebook.com/home.php?sk=group_199928750048104

4-H Club Meetings*

OAKALLA/KEMPNER 4-H

The next meeting will be on August 13th at 7:00 PM and will be electing and installing officers for next year at the Oakalla Community Center. Person of contact: Robin Allen at robreedeemed@gmail.com

TAYLOR CREEK 4-H CLUB

Meetings are held in the cafeteria at Taylor Creek. Looking for an adult leader to run the club and determine day and time of the week.

SULPHUR CREEK 4-H

Contact: Becca Dishman becs@sbcglobal.net or 512-556-3763 for additional information.

Sincerely,



Heath Lusty
CEA – AG/NR



Karen DeZarn
CEA – FCS

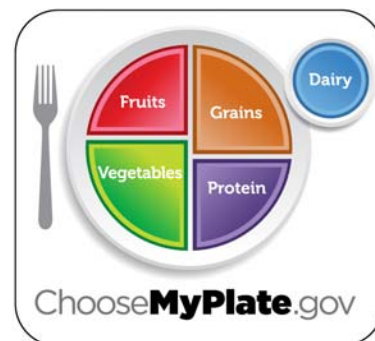
4-H Food Show Update

Food Show Changes

**Changes will take effect
for the 2012-2013 4-H year!**

Categories

- The 4-H Food Show will have new categories, aligned with MyPlate. The categories will be:
 - Protein
 - Fruit & Vegetable
 - Grains
 - Dairy
- All four categories will be allowed over time at the state 4-H Food Show.
- Descriptions of each of the new categories will be provided in the State 4-H Food Show Packet.



Theme

A theme has been selected for this 2012-2013 4-H Food Show, which is HEALTHY HOLIDAYS. When selecting recipes, 4-H members should choose one that coincides with the current year's theme. Please note that a new theme will be selected for each year.

Paperwork

The paperwork/entry forms have been revised to minimize the amount of paperwork required at the state level.

Scorecard

A new scorecard has been developed for use at all competitive levels - county, district and state.

For more information,
contact:

Sharon Robinson
s-robinson@tamu.edu
979-847-9227

Courtney Dodd
cfdodd@ag.tamu.edu
979-845-6533



State 4-H
Food Show Packet
to be released
September 1st!

Chief Soltis and the engineers need to add some healthy milk products to their plate. Circle all the milk products you find.

En Español

Yield: 4 servings

Ingredients:

- 2 cups pineapple, canned and chopped
- 1 cup thawed berries, frozen
- 1 cup yogurt, lowfat vanilla
- 1 peeled and sliced banana
- 1/3 cup raisins

Instructions:

1. In glasses or bowls, layer pineapple, berries, yogurt, banana, and raisins.

Cost:

Per Recipe: \$ 4.13
Per Serving: \$ 1.03

Source:

Adapted from:
Recipes to Grow On
University of Illinois Extension Service

Author:
Illinois, University of, Extension Service
<http://web.aces.uiuc.edu/wellnessways/>

