

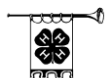


Lampasas County Extension Office, P.O. Box 231, Lampasas, TX 76550

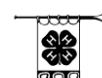
(512) 556-8271, x140

E-mail: lampasas-tx@tamu.edu

Home Page: <http://lampasas-tx.tamu.edu>



4-H News



JUNE 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/>

the Texas 4-H website beginning with the 2011-2011 4-H Year.

* *Record Books* will still be printed and turned in (in hardcopy form) to be judged by the deadline set by your local County Extension Office.

LOCATION & RESOURCES:

<http://www.4hreports.com>

You do not have to submit a record book for judging. It is optional. It is mandatory to do a record book to qualify for the God Star and Silver Star awards.

DATES TO REMEMBER

Record Book deadlines: County – Jun 20th, District July 5.

Leader Lab: June 26 – June 28 in New Braunfels, registration on 4-H Connect is May 15 – June 1.(see attached for details)

New 4-H Record Book System!

Record Book deadlines:

County – June 20th, District July 5.

Have you started your 4-H Record Book? Recordkeeping is a very valuable skill taught to members of the Texas 4-H program. Members are encouraged to keep project records and have these records reviewed annually by submitting a Texas 4-H *Record Book*.

Important Details:

* There are three (3) levels of *Record Books* based on 4-H age (junior, intermediate, and senior). Information requested for each level will progressively add on to each other. The junior & intermediate books is simplified from the current *Record Book*. The senior level book will be similar to the current *Record Book* with some minor edits.

* Parts of the report form will be standardized to allow for ease of completion and judging.

* Much of the data from previous *Record Books* that a member may have saved on their home computer may be 'cut and pasted' into the new forms.

* All 4-H members (juniors, intermediates, and seniors) will begin using the new online forms or new paper forms that will be available for download from

District 7 Trainings for 4-H'ers, Parents and Leaders

This year there are special training workshops to help everyone understand various 4-H projects and activities. Let's load up the cars and caravan to nearby counties for these trainings to be held from 6:30-8:30 p.m. The topics, dates and locations are:

Program Management (Working with club manager, club officer, county council, volunteer leader assoc., etc) - **July 21** in Brady (Other dates are available, but are in counties farther away. Check with the Extension office for dates and locations.)

4-H Spring Ho Float

The 4-H Spring Ho float will be sponsored by Tractor Supply. If you plan on riding the float please dress in 1970's Retro clothing and bring your water guns. More information will be in the July newsletter.

4-H Clothing Workshop for Jr. & Intermediate Ages

If you are a 4-Her age 8-13 as of Sept. 1, 2011 and are interested in Clothing Construction, Buying, Embellished Apparel, Jewelry Making, Non-Apparel Sewing or Fashion Storyboard we are doing hands-on workshops. The workshops will be scheduled on a case by case basis the first and last week of June. The District 7 Fashion Show is Thursday July 19 in San Angelo. County entry Deadline is June 29. You only have to go to San Angelo on July 19 if you are modeling in the construction or buying categories. All other entries can be entered for you by the county

agent. Check out all the details at: <http://d74-h.tamu.edu/district-events/junior-and-intermediate-fashion-show> . Reserve your spot and express your interest in a particular category so the office can prepare accordingly. Call 512-556-8271 Ext. 140 if you are interested. One volunteer judge is needed on July 19. Several participants can ride to the event with Karen DeZarn. Below are the categories and sample entries:

Jewelry Making – Necklace/Earring Set
Embellished Apparel – Must be wearable clothing – Tops (t-shirts, blouses, jackets) & Bottoms (pants, skirts, shorts, Capri's)
Non-Apparel Sewing – Pillows, Quilts, Tote Bags, Small Electronic Device covers, Aprons
Construction – Dressy, Single Garment, Specialty, Sportswear/Casual
Buying – Pant Type (pants, shorts, Capri's, swimsuits, pajamas), Dress Type (dresses, skirts, night gowns)
Fashion Storyboard – Wearable, Accessory, Jewelry, Non-wearable, pet clothing – The theme this year is inspired by nature's four elements – Fire, Water, Earth, or Wind

Annual County Steer Validation

The annual County Steer validation for all state-wide livestock shows has been slated for June 19th, 2012. All county 4-H and FFA youth who will be exhibiting show steers at any major stock show must validate their animal in order to be eligible to show this fall or in 2012 spring shows. Students will have their club calves tagged with an EID (Electronic Identification Device), nose-printed, and have hair pulled for possible DNA testing. Additionally, all participants and family members will sign an ethics pledge. Please make plans to participate and each steer tag ordered is \$10.00 a piece and checks should be made payable to the Lampasas County Youth Livestock Show. Steer validation will be held at the Mike Atkinson Ranch beginning at 4pm on Monday evening, June 19th, 2012. County Steer Validation committee members are Brad Barnett, Lometa AGSCI Teacher, Heath Lusty, Lampasas County Extension Agent, Ricky Prescott, LMS Ag Sci teacher, and Steer Validation Chair- Dr. Steve Forsythe, Lampasas HS AgSci teacher. Entry fees for County and purchase of the tags will be facilitated by the LCYL Show Officials. For more information, you may contact Forsythe at 564-2367

Major Stock Show Validation

The County-wide major stock show validation has been set for all interested 4-H and FFA members planning to show at a major livestock show in 2012. An estimated 65 steers will be validated beginning at **4pm, on Tuesday, June 19th, 2012 at the Mike Atkinson Ranch**. All 4-H members and FFA members aged 8 years or older and in the third grade are eligible to exhibit market steers in 2012-2013.

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin.
The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Families and exhibitors must fill out all validation materials, ethics pledges, and make sure they obtain their state-wide "Quality Counts" certification to be eligible to show. At this year's validation, steers will be tattooed, EID ear tags will be placed in each animal, and nose prints and hair samples will be taken as part of the State Validation process. Families may pay their 2013 County Show entries and Lometa Show entries, pay their 2012-2013 FFA dues (\$5.00 for Jr. FFA membership-grades 3rd- 8th grade) and senior FFA dues-\$15.00 for grades 9th-12th). Local County show officials will be on hand to receipt all families for their steer tags ordered (\$10.00 each) and for other fees.

All steer exhibitors need to participate on this County-wide date. Lampasas County Steer Validation Committee members are Heath Lusty, Brad Barnett, Ricky Prescott, and Dr. Steve Forsythe and they represent 4-H and Lometa and Lampasas ISD AgriScience/FFA programs. For more information, contact Dr. Steve Forsythe, Lampasas County Steer Validation Chair at 564-2333

QUALITY COUNTS

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.

The Quality Counts Verification can be found at the below web address.

<http://agrilife.org/qualitycounts/verification/>

THANKS!

A big thanks goes to Robin Allen for selling \$45 worth of 4-H Pet Treats.

Awards Ceremony and Recruiting

It was discussed and decided upon at the 4-H Youth Council meeting of May 24 that there would be a End of the year Awards ceremony – Recruitment – Swim Party. Detailed information will follow in the next newsletter.

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

Meetings are held at the Oakalla Community Center.
Person of contact: Robin Allen at
robredeemed@gmail.com

TAYLOR CREEK 4-H CLUB

Meetings are held in the cafeteria at Taylor Creek.
Contact: Alicia Menard at
lampasainfo@sbcglobal.net or 254-449-2007

SULPHUR CREEK 4-H

Contact: Jill Carroll at
lampasaschamber@sbcglobal.net or 512-556-7435



4-Hers completed quilt for 2012 4-H Quilt Challenge

Standing L-R Kirsten Johnson and Kayla Frankenstein and seated L-R Anaya Yancy and Angela Beisel. These girls completed this year's Quilt Challenge quilt which will be displayed at the state 4-H Roundup at Texas Tech in Lubbock June 11-15.

Sincerely,

Heath Lusty
CEA – AG/NR

Karen DeZarn
CEA – FCS



Bell County 4-H Hosts The:

4-H Statewide Photography Workshop

June 21-22, 2012

**Bell County Expo,
Belton, Texas**

June 21st: 8:45am- 4:00pm
(Check in: 8:00-8:45am)
June 22nd: 8:30am- 12:00pm
(Check in: 8:00-8:30am)

**Join us for the 4-H Statewide Photography
Workshop!**

**Learn new and basic photography
techniques!**

**Registration is
\$20 per adult and
youth**

**The second day will be a field trip to the
antique tractor fairgrounds where we
will take pictures of tractors, old build-
ings, people in costume, and horses.
Entry form is attached! Schedule and
speakers to be posted soon:**

**[http://agrilife.org/bell4h/projects/photographyproject/
statewide-4-h-photography-workshop/](http://agrilife.org/bell4h/projects/photographyproject/statewide-4-h-photography-workshop/)**



Statewide 4-H Photography Workshop

Registration Form

June 21-22, 2012

June 21st: 8:45am- 4:00pm (Check in: 8:00-8:45am)

June 22nd: 8:30am- 12:00pm (Check in: 8:00-8:30am)

(You may use one form per family or County)

Make Checks payable to: Bell 4-H

Mail Registration form and payment to:

Texas AgriLife Extension Service-Bell County

1605 North Main Room 102, Belton, Texas 76513

Registration Deadline: June 4th

Cost for Photography Workshop is \$20 for youth and adults.

The cost includes lunch (first day), snacks, a packet of information and a take-home project.

There will also be door prizes including a digital camera!!!

Names of Participants:	Youth	Adult	Total

Payment Amount Enclosed \$ _____

Mailing Address: _____

City: _____ **State:** _____ **Zip:** _____

County: _____

Email Address: _____

(To be used for future Photography Workshops)

Fruit Smoothie

Fruit Smoothie

Serving Size: 1/2 of recipe

Yield: 2 servings

Ingredients:

1 large banana
1 cup fresh peaches or strawberries
1 small carton (8 ounces) vanilla yogurt
1/2 cup fruit juice

Instructions:

1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into 2 glasses. Serve right away.

Cost:

Per Recipe: \$ 1.42

Per Serving: \$ 0.71

Source:

Adapted from:
Pennsylvania Nutrition Education Network
Website Recipes

The Pennsylvania Nutrition Education Program

Author:
Pennsylvania Nutrition Education Program

Rating and Reviews

Average Rating



(5.0000 on a scale of 1-5)

Nutrition Facts			
Serving Size 1/2 of recipe (316g)			
Servings Per Container			
Amount Per Serving			
Calories 210		Calories from Fat 15	
		% Daily Value*	
Total Fat 2g		3%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Cholesterol 5mg		2%	
Sodium 75mg		3%	
Total Carbohydrate 44g		15%	
Dietary Fiber 3g		12%	
Sugars 35g			
Protein 7g			
Vitamin A 2%		Vitamin C 90%	
Calcium 20%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			