

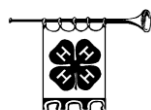


Lampasas County Extension Office, P.O. Box 231, Lampasas, TX 76550

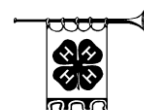
(512) 556-8271, x140

E-mail: lampasas-tx@tamu.edu

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



4-H News



MAY 2013

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/>

IMPORTANT **COUNTYWIDE 4-H MEETING**

There will be a countywide general and leadership 4-H meeting scheduled for Tuesday May 28 at 5:30 p.m. in the county annex building conference room. Record book training will also be held in conjunction with this meeting. There will be no other club meetings.

*See Attachments at end of newsletter
for additional information on
Fashion, Chef Camp, and Leader Lab.*

Bloomin' Fest Results

Bloomin' Fest booth was a success. The bake sale, face painting, and bean bag toss brought in \$170.

Thanks to all of the volunteers.

Baked Goods donors and booth workers:

Nadow Family

Allen Family

CC & Heather Carnes

Angela Beisel

Zac & Sydney Dishman

Brighton & Taylor Loeffler

Casey Gautier

Paper Clover Drive

Please volunteer to help with the Paper Clover Drive at Tractor Supply on Saturday May 11 & 18, 8:30 am to 2:30 pm. Contact the office to sign up & bring baked goods to the office on Friday or Saturday morning.

Steer Validation

June 18th @ Mike Atkinson's, 4PM

Lampasas 4-H Shooting Sports

The shooting sports program will be shooting on May 19th at 2 PM at the Texas Star Shooting ranch.

Contact Casey Garret at 972-838-5777.



Those participating in the first county 4-H shooting practice at the Texas Star Shooting Ranch. (Ryan Baxter, Rick Baxter, Brighton Loeffler, Tristan Rogers, Casey Garrett, Ruger Miserlain, Hunter Ramsey, Logan Wirth).

Multi County 4-H Camp

There will be a Multi County 4-H Camp head on July 09-11, 2014 at the Heart of Texas Bible Camp in Brady, TX. The cost is \$50 per person or \$45 if more than one family member attends. Each camper must be a 4-H member that has completed a 4-H Connect registration in their county by June 03, 2013. Camp registration deadline is July 01, 2013. Due to space limitations, registrations will be accepted on a first come, first serve basis until the camp is full. Check with the extension office for additional details.

Show Lambs & Goats

It's time to start looking for county and major show lambs and goats for the 2014 show season. If you need help finding good quality animals, Heath will be more than happy to help you.

District Photography Competiton Results **Best in Class-1, Blue-14, Red-9, White-1**

People Category: Monica Garza – Blue

Animals/Wildlife Category: Luke Kepner-Blue,
Monica Garza - Red

Animals/Domestic Category: Luke Kepner – Blue,
Monica Garza – Red

Marine/Aquatic Category: Monica Garza - Blue

Elements of Design Category: Monica Garza – Red

Nature & Landscape Category: Monica Garza – Red,
Zak Dishman – Red

Plant/Flora Category: Monica Garza – Blue,
Luke Kepner - Blue

Details & Macro Category: Monica Garza – Blue,
Luke Kepner – Blue

Digital Darkroom Category: Luke Kepner – Red,
Monica Garza – White

Theme Category (Texas Holidays): Monica Garza -
Blue

Night Photography Category: Luke Kepner – Blue,
Monica Garza - Red

Food Category: Monica Garza - Blue

Dominant Color Category: Monica Garza - Blue

Catch All Category: Luke Kepner – Blue,
Monica Garza – Red

Storyboard: Monica Garza – Best in Class, Luke
Kepner - Blue



Plant/Flora Category: Luke Kepner - Blue

Leadership Lab

Check attachment for information regarding the 2013 District 7 Leadership Lab in New Mexico, June 25 – 28. Lab is for ages 13 – 19. *See Attached Flyer*

Jewelry Making Workshop

Karen is working with Judy Kennedy to schedule a date to be announced for a jewelry making workshop. The junior/intermediate earrings and necklace sets can be turned in before May 31st for the District Jr./Int. 4-H Fashion Show contest. Any 4-H'er can enter this show. Remember, the County Fair also has a jewelry category. Check the County website for the County Fair catalog or stop by the office.

Juniors and Intermediates Fashion Show/Clothing Project

County Deadline is Mid June. The work dates are after school, May 21, 23, 28,29, & 30. Contact Karen if anyone needs picked up from Lampasas middle school.

- Fashion Show Construction Categories
 - Dressy
 - Single Garment
 - Specialty
 - Sportswear/Casual
- Fashion Show Buying Categories
 - A: Pant Type i.e. Pants, shorts, capris, swimsuits, pajamas
 - B: Dress Type i.e. Dresses, skirts, night gowns
- Embellished Apparel
 - Tops
 - Bottoms
- Jewelry Making – Necklace/Earring Set is the only category
- Non Apparel Sewing
 - Pillows
 - Quilts or Throws
 - Tote Bags
 - Small Electronic Device Cover
 - Aprons
 - Other (of your choice)
- Fashion Storyboard – The theme this year is ***Be True to Who You Are***
As Dr. Seuss says, “Why fit in when you were born to Standout!” Who cares what anyone else thinks. Go with your emotion. Show your passion! Sow the you that is you in your original fashion.
Categories
 - Wearable
 - Accessory
 - Jewelry
 - Non-Wearable
 - Pet Clothing

Record Keeping and Record Books



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. The primary purposes of completing a record book are for a young person to develop the skills necessary to set goals, work toward achieving those goals, reflect on his/her experiences, and set new and higher goals for themselves. A secondary

benefit is to prepare young people for the process of completing quality academic scholarship applications. Record book forms can be found at http://texas4-h.tamu.edu/youth_recordbooks and the Family Guide to the Texas 4-H Record book can be picked up at the extension office or found at http://texas4-h.tamu.edu/files/2012/04/rb_family_guide.pdf

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

A record book must be turned in to receive awards such as Rookie, Silver Star & Gold Star Awards. The County Record book deadline is July 1 to be turned in to the Extension Office.

A record book training is scheduled for Tuesday May 28 at 5:30 p.m. in the county annex building conference room in conjunction with the county wide meeting..



Chris Longoria holding his dish prepared for the San Antonio Stockshow Food Challenge

New Better Living for Texas Facebook Page

The BLT program provides nutrition education to assist limited resource individuals and families acquire the knowledge, skills and behaviors necessary to maximize resources, have nutritionally sound diets, and improve health status and self-sufficiency. See attached recipe suggestion.

<https://www.facebook.com/BetterLivingForTexansLampasasCounty>



Pet treats made by 4-H members and donated to the Lampasas Animal Shelter 4-H on the Internet (AJ Nadow, Casey Gautier, Brandon and Megan Longoria).

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>

Better Living for Texans

<https://www.facebook.com/BetterLivingForTexansLampasasCounty>



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

<http://www.facebook.com/groups/199928750048104>

County 4-H Membership Guide

<http://lampasas-agrilife-org.wpengine.netdna-cdn.com/files/2011/04/Lampasas-4-H-New-Members-Guide-12-132.pdf>

**Update your 4-H New Members guide by
downloading it from the Lampasas
Extension website.**

4-H Club Meetings*

OAKALLA/KEMPNER 4-H

The next meeting will be on the Tuesday May 28, County annex conference room. Leaders: Robin Allen at 713-530-6545 & Lisa Kepner at 512-489-2275.

SULPHUR CREEK 4-H

The next meeting will be on the Tuesday May 28, County annex conference room. .
Contact: Becca Dishman becs@sbcglobal.net or 512-556-3763 or Mandy Gautier 713-504-5223 for additional information.

Lampasas 4-H Club

The next meeting will be on the Tuesday May 28, County annex conference room. Leaders: Karen DeZarn and Karen Longoria at 512-556-8271.

Swine Club

The next meeting will be on the Tuesday May 28, County annex conference room. Judy Kennedy 512-734-0180 and Heath Lusty 817-584-6628.

Sincerely,



Heath Lusty
CEA – AG/NR



Karen DeZarn
CEA – FCS

District 7 4-H Leadership Lab

Sacramento Assembly, Sacramento, New Mexico

June 25 - 28, 2013

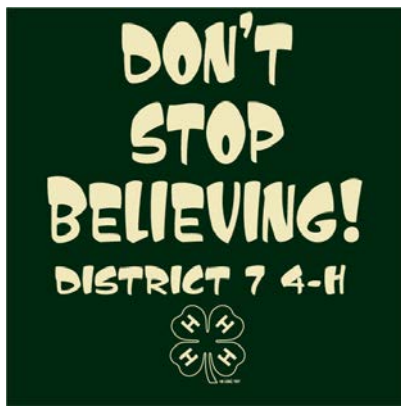
**District 4-H Council
Officer Elections and
Business Meeting...**

Join us as we take the "Journey" to the 2013 District 7 Leadership Lab in Sacramento, New Mexico! The event will be held June 25-28, 2013. Come and join other 4-Her's from District 7 and enjoy of fun as we work together to build leadership skills and character necessary for success! There will be three outstanding and innovative sessions that will help build your leadership and teamwork skills while having a blast! They include:

- ✿ Challenge Course Activities
- ✿ Leaders 4 Life Program
- ✿ Outdoor Activities

4-H members who are eligible according to their District by-laws can run for a District Office on their District Council. We are looking for a strong group of candidates to run and lead District 7 for the 2013-2014 year! If you are interested in running for an office or learning how you can pursue this in the future, talk with you County Extension Agent before it is too late. Applications for District 7 are due June 3, 2013.





What to Bring

- 😊 Sack lunch for trip
- 😊 Sheets, blankets/ sleeping bag
- 😊 Pillow
- 😊 Towels, wash cloths, personal toiletries
- 😊 Shoes for outdoor activities/free time
- 😊 Clothes for 4 days and 3 nights
- 😊 Jacket (New Mexico weather is cool!)
- 😊 Sun Screen, Lip Balm, Flashlight

What NOT to Bring

- ⊘ Cell Phone (no phone service in mountains)
- ⊘ Radios/iPods/iPads, etc.
- ⊘ CD's
- ⊘ Video Games
- ⊘ Ropes and Roping Dummies
- ⊘ Fireworks
- ⊘ Water Balloons, Water Guns, Silly String, etc.
- ⊘ Expensive Jewelry
- ⊘ Excessive snacks or drinks

What NOT to Wear

- ⊘ "Daisy Duke" shorts
- ⊘ Halter tops
- ⊘ Spaghetti strap tops (straps must be at least 3" wide)
- ⊘ Shirts that show the mid-riff
- ⊘ Clothing or caps that advertise alcohol/tobacco products or obscene material

The Dances...

Yes, as always, there will be dances! Come prepared to move around the dance and look for some other fun evening activities as well!



Registration...

Registration will be conducted via the 4-H Connect May 15 – June 3. Late registration will be June 4-6. If you have not set up a profile on 4-H Connect, **do so NOW** so that the county can verify and certify you as a 4-H member on the system. This must be done **before** you can actually register for the event! The 4-H connect website is: <https://texas.4honline.com/>



The Cost...

The cost of Leadership Lab will be \$300. This fee includes 8 meals, 3 nights lodging, limited insurance, a T-shirt, and

more! However, if you wait too long, the registration fee goes up! Late registration will open on June 4-6 for an additional late fee of \$20.00.

For more information, contact your local county Extension agent:

Karen DeZarn or
Heath Lusty

512-556-8271 Ext 140

kidezarn@ag.tamu.edu
rhlusty@ag.tamu.edu

Fashion Camp

The Retail Management Program is hosting fashion camp 2013 for ages 10 to 18. Fashion Camp is dedicated to enhancing each camper's knowledge of fashion – ranging from lessons and activities on fashion show production and other activities that enhance their individual style and sense of creativity. Campers explore the world of fashion, but at the same time learn many aspects of their own personal style. Each day is beneficial, creative, and tons of fun! After a week full of fashion activities, a fashion show will be held in celebration of a job well done for all of the campers' family and friends. A reception will kick off the event at 12:30 followed by our annual fashion show at the Frazier Alumni Pavilion located southwest of the Football Stadium.

2013

Application Available Online!!

www.fashioncamp.hs.ttu.edu

Extended Deadline for all applications

May 31st, 2013

Before May 15th: \$475

After May 15th: \$575

***A minimum non-refundable
deposit of \$50 is due with
application**



For more information:
Retail Management
Texas Tech University
Fashion.camp@ttu.edu
T. (806) 742-3068 Ext.295
F. (806) 742-3042

Texas Tech

Fashion

Camp

2013

June 24-28, 2013

Ages 10-18



Curriculum includes:

Modeling

Professional Photo-shoot

Learning about famous fashion designers

Fashion show preparation/
fashion show

..And so much more!



○Costs:

Cost per camper is \$475 before May 15th and \$575 after May 15th. This includes: room & board, meals, camp t-shirt, and supplies
(Certified check or money order)

○Ages:

10-18

○Applications:

All applications are due by May 31st, 2013. Applications can be found on our website:
www.fashioncamp.hs.ttu.edu

○Housing:

All campers will be housed in Stangel/Murdough at Texas Tech University campus.

○Drop off/pick up:

Dorm drop off will be 2-3pm on Monday, June 24th
Dorm pick up will be 9-10am on Friday, June 28th

Chef Camp

The Hospitality and Retail Management Program is hosting Chef Camp 2013 for ages 13 to 18. Chef Camp is dedicated to enhancing each camper's knowledge of culinary arts - ranging from lessons and activities on plating and presentation to learning about foods. Every day is beneficial, creative and tons of fun. After a week full of culinary arts activities, the students will present their skills through a reception for their friends and family at the Frazier Alumni Pavilion. The Frazier Alumni Pavilion is located southwest of the Football Stadium.

2013

Application
Available Online!!

www.chefcamp.hs.ttu.edu

Extended Deadline for

Applications:

May 31st, 2013

Before May 15th: \$650

After May 15th: \$750

***A minimum non-refundable
deposit of \$50 is due with
application**



For more information:

Email: chef.camp@ttu.edu

Tel: 806-742-3068 Ext.295

Texas Tech

Chef Camp

2013

June 24-28, 2013



Ages 13-18



● **Ages:**
13-18

● **Cost:**
Cost per camper is \$650 (early bird special) and \$750 if paid after May 15th. This includes: room & board, meals, camp t-shirt, chef coat, apron, and supplies (Certified check or money order).



● **Applications:**
All applications are due by May 31st, 2013. Applications can be found on our website:
www.chefcamp.hs.ttu.edu



● **Housing:**
All campers will be housed in Stangel/Murdough dormitory on Texas Tech University campus.



● **Drop off/pick up:**
Dorm drop off will be 2-3pm on Monday, June 24th
Dorm pick up will be 9-10am on Friday, June 28th





Healthy Cooking with Spices and Herbs

Alice Henneman, MS, RD, Extension Educator
 NU Cooperative Extension in Lancaster County
 (402) 441-7180 • lahenneman1@unl.edu

UNIVERSITY OF
Nebraska
 Lincoln

Orange-Nectarine Sauce

Serves: 4

Fruit & Vegetable Servings Per Person: 1

Nectarines get their name from the word **nektar**, which means the drink of the gods. This sauce is great with your favorite fruit, like raspberries or pears.

Cook's Comment:* Double your fruit intake by serving this sauce over fruit. It also tastes good as a topping for frozen yogurt! The nutmeg adds just enough flavoring, there's no need to add sugar. For extra pizzazz, use freshly ground nutmeg; start with slightly less as it may be stronger in flavor than nutmeg purchased already ground.

4 medium-sized nectarines
 1/2 cup orange juice
 1/8 teaspoon ground nutmeg

Directions

Pit and slice nectarines and place in blender. Add orange juice and nutmeg and blend until smooth, about 1 minute. Serve over fresh fruit garnished with fresh mint.

Cook's Tips:

- ☛ Make this sauce shortly before serving for the best color.
- ☛ Start by adding just 1/4 cup of orange juice; add more as needed in relation to the size of your nectarines.

Source: Courtesy of National Cancer Institute – Eat 5 A Day for Health: Graham Kerr's "Do Yourself a Flavor" at www.5aday.gov/index-recipe.shtml

Strawberry Smoothie

Serves: 1

Fruit & Vegetable Servings Per Person: 2-1/2

Cook's Comment:* The mint leaves add a refreshing flavor note to this smoothie. Top with a sprig of fresh mint for extra eye appeal.

1 cup unsweetened frozen or fresh strawberries
 1 teaspoon coarsely chopped mint leaves
 1/2 cup 100% orange juice
 1/2 cup low-fat vanilla yogurt

Directions

Place the strawberries, mint leaves, orange juice and yogurt in your blender jar. Whiz until thick and smooth.

Cook's Tips*

- ☛ If you have a larger blender jar that is fairly wide at the bottom, you may find it harder to blend this **single-serving** recipe. However, if you make a **double serving**, there should be enough volume to blend the strawberries until smooth. A blender jar forces food up against the blender walls where it is then redirected back on the blades and blended until the desired consistency. A blender that is wider at the bottom will send smaller volumes of food out toward the sides rather than up and then down toward the center and the blades. The new "smoothie" blenders on the market are narrow on the bottom.
- ☛ I've also poured this recipe into two "fancy" glasses and served it as a dessert for two after a meal.

Source: Courtesy of National Cancer Institute – Eat 5 A Day for Health: Graham Kerr's "Do Yourself a Flavor" at www.5aday.gov/index-recipe.shtml

* **Cook's Comment/Cook's Tips** by each recipe include further suggestions from my experiences making these foods and the types of questions I've received. —Alice Henneman