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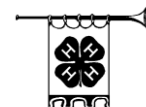
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## 4-H News



NOVEMBER 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/>

### Updated County 4-H Membership Guide

[./HandbookLampasas 4-H New Member's Guide - 13-14.pdf](#)

(The updated version says "Let's Go Let's Grow on the front cover.)

### Welcome to the 2013-14 Texas 4-H Year!

It is that time of year for your 4-H enrollment to go inactive and to start re-enrolling for the 2013-14 Texas 4-H year. The 2012-13 year has come to an end and a special thanks goes out to all the 4-H members, volunteers, parents, county Extension Agents, and county support staff that helped make it a great year. Go to <https://texas.4honline.com> to enroll today. *When accessing the registration link, use a browser other than MS-EXPLORER, such as FireFox.*



### Paper Clover Drive

**October 9<sup>th</sup> – 20<sup>th</sup> Results**

Huge success! Sold over \$1000 in clovers! Great job County Council members.



Haunted House Spooks



Chris & Kimberly Snead

### HAUNTED HOUSE

#### Fundraiser Results

The 1<sup>st</sup> Haunted House was a big success. Thank you to all that helped with planning, set up, the event & cleanup. The amount raised was \$1350!!!!

### 4-H Game Booths at Taylor Creek

#### Elementary Fall Festival

Thanks to Hanna Carnes & Ashley Watson for helping with the ring toss and turkey balloon darts games. This was the 2<sup>nd</sup> year for 4-H to be involved.



Sulphur Creek Club members

### October 12<sup>th</sup> is OneDay 4-H.

Sulphur Creek collected donations for the Lampasas Animal Shelter. Collect over 150 lbs of pet food and over \$60 in monetary donations.

Kempner/Oakalla organized, cleaned and put shelves in the Oakalla Library. They also painted benches at community center.



### Carol of Lights

Karen is requesting help for the 4-H fundraiser. 4-H will sell glow lights during the Christmas parade, which is part of the Carol of Lights festival. Middle and high school age 4-Hers interested in helping contact the office. We will meet at 4pm on Saturday December 2<sup>nd</sup> at the extension office. Call Karen DeZarn if you have questions.

### Major Stock Show Entries

Entries for major stock shows (Kerrville, Ft Worth, San Angelo, San Antonio, Austin, Houston) will be done by appointment in the Extension November 12-14. You need to call Heath and schedule an appointment! Be sure that you have taken and passed the Quality Counts test and have a verification number. Without a Quality Counts verification number, you cannot enter any major show

### Pig, Rabbit, & Heifer Validation

Validation will be held at 4 pm on November 26 at the show barn. Major show validation tags for pigs cost \$10 each. You will also do your county entries at this time. **Any remaining rabbits and heifers must be physically present at this time to be validated and do county entries.** Be sure that you have enrolled in 4-H and paid your dues prior to validation or you will be required to do so on this day. You will not be allowed to enter the county show otherwise!



### Annual Christmas Tree & Gingerbread House Contest & Exhibition

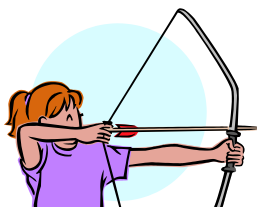
This year's annual Christmas Tree Contest at the Keystone Square Museum is an invitation to create a tree inspired by the theme "*Holly Jolly Christmas*".

This theme brings to mind whimsy, happiness, smiles, holly leaves & berries, Frosty the Snowman, jingle bells, etc. You are only limited by your imagination. An award will be given to the tree that comes closest to the theme of the exhibition.

Decorated Trees may be delivered on Saturday, November 30, between 9am and 3pm or on Monday December 2, between 4pm and 7pm. All participants must provide their own artificial trees and glitter is forbidden.

For more information, call the museum at 512-556-2224.

The museum will also hold its annual Gingerbread House contest. Anyone interested in making a Gingerbread House contact the extension office. A work day is tentatively scheduled for Friday November 22 at 4 PM in the county annex conference room. Completed houses should be brought to the Keystone Museum Thursday December 5 between 4-6 pm The annual tour of Homes will be held on Sunday, December 1, from 1-5 pm.



### Lampasas County 4-H to offer new 4-H Archery Club

Archery is the rising star in Texas youth shooting sports, it is easy to join and open to any youth ages 8 and in the 3<sup>rd</sup> grade through 12<sup>th</sup> grade.

"Archery has been part of the 4-H shooting sports project since the beginning, but is now experiencing renewed interest as there are currently many archery matches held throughout the state," Lusty said. "It's also quite a multi-faceted sport, offering participants everything from target archery and field shooting to hunting and bow-fishing. It's also not as physically taxing as some other sports, so it's one activity that could last a lifetime."



For questions or more information, contact the Extension office at (512) 556-8271 or Archery Club Manager Jamie Smart at (512) 734-5332.

**COUNTY COUNCIL NEWS**

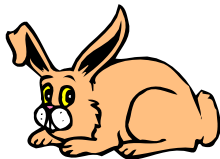
The 2013-2014 County Council is in full swing!

New council officers are

President	Elizabeth Allen
1 <sup>st</sup> VP	Hayden Lusty
2 <sup>nd</sup> VP	Taylor Loeffler
Secretary	Sydney Dishman
Treasurer	Open
Reporter	Casey Gautier

The next scheduled meeting is November 4 at 5:30 PM.

Mark your calendars so that you don’t miss out on the exciting and busy month ahead.



**RABBIT WORKSHOPS**

Howdy 4-Hers! We will be having rabbit workshops starting in September, twice a month on Saturday mornings from 10 to 11:30. The dates of the workshops and what we will be working on at each workshop are listed below. If you have questions or would like to sign up contact Elizabeth Allen at [sweetesue@gmail.com](mailto:sweetesue@gmail.com) or 713-962-6077.

- 11/9- Rabbit Breeding: Creating a Business
- 11/23- Mock Rabbit Show
- 12/14 – Practice Makes Perfect
- 1/4- Preparing for Stock show

**2014 Rabbit Project**

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

**Livestock Projects**

Any 4-H member that has a livestock project needs to contact Heath, if you have not already done so, so he is aware that you have an animal and can begin scheduling project visits. Also, anyone needing help finding show animals can contact Heath for help. Don’t forget that all exhibitors must be quality counts verified BEFORE entering any stock shows including county. This also applies to those of you that have moved from a junior to senior age exhibitor (you turned 14 during this past 4-H year). If you have any questions about quality counts, please contact Heath. Also, the 2014 County Stock Show rule book is out and we have limited copies at the office. You will also be able to pick one up at validations.

**QUALITY COUNTS**

Quality Counts Verification will be a part of the process for entry in all 2013-2014 major & county 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.

**New Team Project –  
Consumer Decision Making**

Good consumer skills can help you get more for your money. Consumer Decision Making gives youth the opportunity to make wise decisions when shopping. Consumer Decision Making is a judging contest designed to teach kids to observe, compare and make consumer based decisions based on facts. 4-Hers use their consumer knowledge to rank similarly based products to fit a given scenario. Kids learn to organize their thoughts and to defend their decisions in oral reasons. Consumer Decision Making is a great way to learn how to shop better! The Consumer project’s first meeting will be held **Thursday December 5<sup>th</sup>** , at 5pm, at the Extension Office Meeting Room! Make sure and come and learn all about the project and what it has to offer. We will be discussing the new classes for this year and preparing for the project! There are 3-5 members per team. Weekly practices will be scheduled tentatively on Thursdays at 4p.m. on Dec. 19 and Jan. 16 or as scheduled.

Friday January 31 is County Deadline for Consumer Decision Making Teams.

Friday February 28 is the District Consumer Contest– at the San Angelo Stock Show. There is a possible large cash award for the senior division.

Guidelines can be found at:  
[http://texas4-h.tamu.edu/project\\_consumer/cdm](http://texas4-h.tamu.edu/project_consumer/cdm)



## **WHAT IS THE FOOD & NUTRITION PROJECT?**

The food and nutrition project helps participants learn to make healthy food choices, improve energy and alertness, reduce disease and illness risks, and gain knowledge of nutrients. Major learning experiences are centered on nutrition, menu planning, food buying, preparation and food safety, careers, and cultural influences.

Food & Nutrition project helper(s) is needed.

Recipes submitted should reflect this year's theme, **BUDGET WISE RECIPES**.

During the scheduled interview time, participants will provide a three-minute oral presentation which is followed by a five-minute interview, leaving one-minute to serve judges the food. Reviewing the recommended resources will enhance interview scores.

The four Food Show food categories align with MyPlate: protein, fruits and vegetables, grains and dairy.

Exhibit competition: Any member may enter a Foods & Nutrition Exhibit, which will be held in conjunction with the Food Show. The exhibit should relate to one of the following topics – Basic Nutrition, Food Preparation Skills and Storage, Nutrition and Health, Consumer Information, or Kitchen and food Safety. The exhibit may be freestanding or may be made from poster board, cardboard, or plywood, and should fit on a card table.

Lampasas 4-H is looking for members to be a part of 4-H - **Food Challenge** which is similar to TV's Iron Chef. The 4-H Food Challenge is a contest that allows 4-H members to demonstrate their culinary knowledge and skills. From a set of predetermined ingredients provided, teams of 3 to 5 4-H members must develop a recipe and prepare the dish within 40 minutes. Teams then make a presentation to a judging panel, explaining the preparation steps, serving size, food safety concerns, nutrition value and cost of the dish. The district Food Challenge contest is November 21 in Abilene

We're also hoping to begin Food and Nutrition Teams of 3-4 to compete in the District **Nutrition Quiz Bowl**. A Quiz Bowl helps 4-H members enhance and demonstrate their knowledge and skills in a competitive setting. Two teams compete against each other at one time, answering questions related to the subject matter with the use of an electronic buzzer system. [http://fcs.tamu.edu/food\\_and\\_nutrition/4-h\\_youth.php](http://fcs.tamu.edu/food_and_nutrition/4-h_youth.php) The District Quiz Bowl is November 5 in Coleman.

Practices are every Thursday from 4-5 through October, & November until contest. Karen will pick up from Lampasas schools if need be. Please RSVP. Classes are usually held in County Annex conference room or where individuals arrange.



## **2014 Photography Rules & Guidelines**

The Texas 4-H and Youth Development Program is excited to announce a new opportunity for 4-H members and youth involved, or interested, in the photography project. Starting in 2014, Texas 4-H will host an Invitational Photography Judging Contest at Texas 4-H Roundup. This contest, similar to livestock, consumer decision making, or horse judging will challenge the 4-H members to ability to evaluate and select the correct order for four photographs in a class. In addition to the placing of photographs, contest participants will also participate in problems classes testing their knowledge about cameras, camera settings, photography effects, and more.

The 2014 contest will be held as an invitational contest on Tuesday, June 10, 2013 during Texas 4-H Roundup. Counties can enter as many teams and individuals as they wish and participants must be either intermediate or senior age 4-H members. Registration will be conducted on the Texas 4-H Roundup registration event through 4-H CONNECT.

In an effort to educate our 4-H members, volunteers, parents, and county Extension Agents on the photography judging contest, a website has been created which contains multiple types of resources to help instruct on the contest. The website is **[texas4-h.tamu.edu/photographyjudging](http://texas4-h.tamu.edu/photographyjudging)**.

Resources on the website are:

- **Photography Judging Contest Rules**
- **Photography Judging Contest Basics (powerpoint).** This power point, developed by Bell County 4-H Volunteer, Elizabeth Coffman, provides an outstanding overview and teaching outline for the photography judging contest.
- **Information on how to organize and host a photography judging contest.**
- **Resource for volunteers and coaches to use on explaining judging contest cuts.**
- **Thirty-four (34) classes of practice photos, and six (6) classes of problems classes.**

**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.  
<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](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/project\\_leadership/leaders](http://texas4-h.tamu.edu/project_leadership/leaders)  
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**

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

<http://lampasas.agrilife.org/files/2011/04/Lampasas-4-H-New-Members-Guide-13-14.pdf>

**4-H Club Meetings\***

**OAKALLA/KEMPNER 4-H**

The next meeting will be November 11, 6:00 PM with Pot-Luck dinner at the community center. Leaders: Trisha Pratt at 254-247-6573 & Lisa Kepner at 512-489-2275.

**SULPHUR CREEK 4-H**

Sulphur Creek Club will have meetings every third Tuesday of each month at 5:30 p.m. This month's meeting will be November 19. Heath Lusty the AG agent will be a guest speaker giving a program on sheep on goats. Everyone is invited. Contact: Becca Dishman [becs@sbcglobal.net](mailto: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 the Monday November 18<sup>th</sup> at 5:00pm at the Boy & Girls Club. Club Managers: Karen DeZarn and Karen Longoria at 512-556-8271.

**Swine Club**

This month's meeting will be on November 12<sup>th</sup> at 6:00pm in the Show Barn. Dinner will be provided. 2013-14 club managers are Bobby Gene Carroll 512-525-1540 and Chad Hopson 512-734-2122.

Sincerely,

Heath Lusty  
CEA – AG/NR

Karen DeZarn  
CEA – FCS