

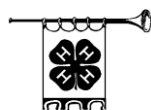


Lampasas County Extension Office, P.O. Box 231, Lampasas, TX 76550

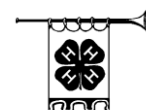
(512) 556-8271, x140

E-mail: lampasas-tx@tamu.edu

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



4-H News



OCTOBER 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

[./Handbook/Lampasas 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.*



HAUNTED HOUSE

4-h IS HOSTING A Haunted House as a fund raiser. It will be part of the Squared Silly activities, 5:00 – 7:30 PM on October 26.

We need volunteers, props, and donations. There will be a planning meeting on Monday Oct. 7 at 5:00 PM in the County Annex conference room. Please contact the office or Misty Erwin at 512-525-6031 with suggestions or questions. Items needed for the haunted house are costumes, Halloween decorations, scary ideas & materials, such as: ghosts, goblins,

strobe lights, spider webs, fabric (white or black), skulls, old sheets, masks, etc.

COUNTY COUNCIL NEWS

The 2013-2014 County Council is in full swing!

New council officers are

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

The council held their first planning meeting at Tractor Supply Co. this past Tuesday, September the 24th to discuss upcoming events.

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

October 12th is OneDay 4-H.

This day has been designated as the official Texas 4-H day of community service across the state. Let's get out into our community and help out. If you have an idea or know of a need let your club leaders or someone on the county council know. This is our opportunity to give back!

2013 National 4-H Week

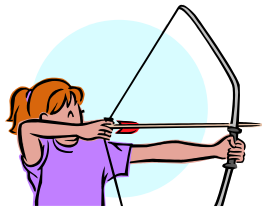
National 4-H Week will be October 6th through the 12th, 2013. The Texas 4-H and Youth Development Program will be releasing the 4-H Week Kit to help County Extension Offices, 4-H members, and volunteers design a National 4-H Week plan that works for them will be ready for distribution by Sept.1. For National 4-H information, go to www.4-h.org/resource-library/promotional-toolkits.

Paper Clover Drive October 9th – 20th.

Tractor Supply Co. continues to support 4-H with their Paper Clover Program and this year they are offering even more incentives! In addition to the money raised from Paper Clover sales, our local store has donated an electric smoker to be given away in a drawing of those who purchased Paper Clovers. Also, they will be giving a 5% discount to 4-H

members for project supplies when you show your membership card. If you don't have your membership card, stop by the Extension Office and get more info.

The next open County Council meeting will be held at 5:30 on Monday, November 4th at the County Annex Bldg.



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

The Texas A&M AgriLife Extension Service office in Lampasas County has set an organizational 4-H youth archery club meeting for 6 p.m. Tuesday, October 8 at the conference room in the County Annex, located at 409 S Pecan St.

“Archery is the rising star in Texas youth shooting sports,” said Heath Lusty, AgriLife Extension agent in Lampasas County. “This meeting is meant to let 4-H members and their parents meet Jamie Smart, our new club manager, and get acquainted with the sport and the direction the club might take. I’d also like to encourage anyone other youth that are not in 4-H that have an interest in archery to come find out what it’s all about. Joining 4-H is easy and open to any youth ages 8 and in the 3rd grade through 12th grade.

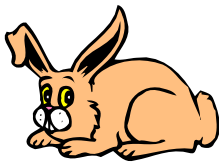
“Archery has been part of the 4-H shooting sports project since the beginning, but is now experiencing renewed interest as there are currently many archery matches held throughout the state,” Lusty said. “It’s also quite a multi-faceted sport, offering participants everything from target archery and 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.

Sheep/Goat Validation

Sheep & goat validation will be held on Tuesday, October 22 from 4-6 pm at the county show barn. All sheep & goats must be validated at this time to be eligible to show at the county show and 2014 majors. If you still haven’t enrolled in 4-H for the 2013-2014 year please do so **BEFORE** October 22. You can enroll online at <https://texas.4honline.com> or if you don’t have internet access you can come by the office and Mary can do it for you. You will be required to pay for tags, family dues, and county entry at validation. You will also be required to provide your quality counts verification number at time of entry. ***If you do not have a quality counts verification # then you WILL NOT be allowed to enter the county show!!!*** Do not let this slip by you! Go to the

quality counts website.....
(<http://agrilife.org/qualitycounts/>)
and take the test and get verified ASAP if you haven’t already done so. Rabbits and heifers can also be validated at this time and you are required to bring your animal for inspection. Heifers must have registration papers presented to show officials as well.



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 or 713-962-6077.

- 10/12- Rabbit Judging and Showmanship
- 10/26- Rabbit Health and Grooming
- 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.

Calf Scrambles

Every shows calf scramble is different so visit the websites below for more details. Entries must go through Heath.

- Heart of Texas -***
http://www.hotfair.com/events_detail.aspx?id=102
- Fort Worth -*** http://www.fwssr.com/?page_id=78
- San Antonio -*** <http://www.sarodeo.com/livestock-show/sign-up-rules>
- San Angelo -***
<http://i.saffireevent.com/files.ashx?t=fg&f=Calf%20Scramble%283%29.pdf&rid=SanAngeloRodeo>
- Houston -***
<http://rodeohouston.com/ExhibitorContestant/CalfScramble.aspx>
- Austin -***
http://www.rodeoaustin.com/events_detail.aspx?id=1192

Livestock Judging

Anyone interested in learning to judge livestock needs to contact Heath at the office. First practice will be 9/3 at 4:30 pm at the Extension office. There will be several contests to attend this fall including our District 4-H contest on December 6 in San Angelo.

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.

Junior Leadership Retreat

Junior Leadership Retreat is the premiere youth teaching youth statewide leadership retreat for junior and intermediate level 4-H members! Members of the Texas 4-H Council coordinate and conduct all of the educational workshops and recreational activities. It is a great weekend of learning and exploring, don't miss out!

When? November 8-10, 2013 at the Texas 4-H Conference Center in Brownwood

Deadline to Register is November 4

Cost? \$105 for youth and \$70 for Adult Chaperones. This includes two nights lodging in the dorms (bring your own linens), four meals, two evening snacks and all the program supplies.

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.

What to expect? Arrive Friday night between 6:00 and 8:00 pm; we'll start with recreation and getting to know one another through ice breakers and other activities. Saturday there will be five concurrent educational workshops for participants. You'll learn about 4-H projects and activities. Other workshops on teambuilding and leadership round out the day's program. Saturday night — we'll have a Costume Party! Check back later for the theme. Sunday it's rise and shine and then we'll wrap up all the activities. You'll be on your way home by 11:00 am

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 posterboard, cardboard, or plywood, and should fit on a card table.

This year's County Food Show will be **Saturday, November 2nd** in the Lampasas County Conference Room from 1-4 p.m. The District food show will follow on November 16 in Abilene with county entries due to district by November 7th. Check out the D-7 website for additional information at <http://d74-h.tamu.edu>.

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 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

Watch for emails and Facebook postings for November workshop information. The 2014 Texas 4-H Photography Rules and Guidelines are now available online. The categories have remained the same for the 2014 contest; however, some of the descriptions have been updated to address questions pertaining to what is allowable in each of the categories. The theme for 2014 is: "What Is Your Why?" This optional category will be for photographs of why youth are part of 4-H in Texas. 4-H members are to think about why they are a member of Texas 4-H, it could focus on leadership, project experience(s), community service, a 4-H meeting, volunteers, or 4-H friends.

One of the major changes in the 2014 Texas 4-H Photography Contest is the scoring criteria. We have simplified the number of criteria and clarified the descriptions of each. With this change also comes an additional award ranking where youth may be only awarded a participation ribbon for their photo.

The 2014 Rules and Guidelines are posted on the Texas 4-H Photography website at:
http://texas4-h.tamu.edu/project_photography

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
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

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.

<http://texas4-h.tamu.edu/youth/roundup/index.php>
Leaders 4 Life
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 October 14th 6:00 PM 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 October 15th. 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 the Tuesday October 21st 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 October 8th at 6:00 PM in the Show Barn. Dinner will be provided. 2013-14 club managers are Bobby Gene Carroll 512-525-1540 and Chad Hopson 512-734-5126.

Sincerely,

Heath Lusty
CEA – AG/NR

Karen DeZarn
CEA – FCS

District 7 Livestock Clinic & Project Show

Saturday, November 23, 2013

Runnels County Show Barn/ Ballinger Community Center



- 7:00 a.m. Barns Open and Arrival
10:00 a.m. Entries Due for Jackpot Show
10:00 a.m. Livestock Clinics Begin for Swine, Sheep, Goats, and Cattle
12:00 noon Jackpot Showmanship Show (\$5 entry fee)
Jackpot Shows Begin for Swine, Sheep, Goats, and Cattle (\$10 per head, no limit)
Cattle – American, British, European
Sheep – Finewool, Cross, Southdown, Mediumwool
Swine – Duroc, Hamp, WOPB, BOPB, Cross
Goats – Classes determined by number of entries

You must participate in the clinics to enter and show in the Jackpot Show

The clinic and show are open to all 4-H and FFA age youth, parents and adult leaders

Concessions provided by Runnels County 4-H

Sponsored by the District 7 Project Development Committees for Swine, Cattle, and Sheep and Goats.

For More Information, contact:

Marty Gibbs
CEA-AG
Runnels County
(325)365-2219

Jamie Osbourne
CEA-AG
Llano County
(325)247-5159

Jerry Kidd
CEA-AG
Menard County
(325)396-4787

Zach Wilcox
CEA-AG
Nolan County
(325)235-3184

Junior Leadership Retreat 2013



TEXAS A&M
AGRI LIFE
EXTENSION

WHO: 4-H members ages 9-14 (and Adult Chaperones)

WHAT: State level leadership development program

WHERE: Texas 4-H Conference Center, Brownwood

WHEN: Friday November 8 arrive 7:30-8:30 p.m. through Sunday, November 10 depart by 11:00 a.m.

COST: **\$115** for youth, **\$80** for Adult Chaperones (includes two nights lodging, four meals, two evening snacks and program fees)

Junior Leadership Retreat features Texas 4-H Council members conducting hands-on educational workshops with younger 4-H members. Don't miss out on a weekend full of fun and exciting activities.

This year, the program will focus on increasing your knowledge and skills in five 4-H project opportunities. Projects include vet science, leadership, bullying & inclusion, "trashion show" and archery.

State 4-H Council members take pride in showcasing their creativity at the Saturday Night Theme Dance! The theme is "The Final Screening", so come dressed as your favorite movies character. Don't miss out on this fabulous costume party. All of the State Council members will be in costume, join them!

To Register... Go to the 4-H Center website: texas4hcenter.tamu.edu

Click on [Register Now](#) link- Registration will open Sept. 2 - Nov. 3

Remember, each county is responsible for providing adult chaperones.