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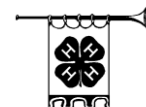
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## 4-H News



SEPTEMBER 2015

### 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/>

### 4-H Club Meetings\*

#### OAKALLA/KEMPNER 4-H

Oakalla/Kempner will be meeting on September 14th at 6pm at Taylor Creek Elementary School Cafeteria. For more information contact the club manager Lisa Jorstad at 254-432-6088 or [charity9900@yahoo.com](mailto:charity9900@yahoo.com) Or Melody Miserlian at 541-227-3256 or [mmiserlian@hotmail.com](mailto:mmiserlian@hotmail.com).

#### SULPHUR CREEK CLUB

The Sulphur Creek Club will be meeting September 15th at 6 pm at the Farm Bureau. Record Book training will be conducted by Heath Lusty. A spaghetti dinner will be served. Check FaceBook for sign-up announcement to sign up for what to bring. If anyone has questions they can call Angie Andrews **512-734-3860**.

#### Swine Club

1<sup>st</sup> meeting October 5 at 6pm in the Show Barn.

#### 4-H Shooting Sports Projects

**Air Rifle Meeting** - TBA Contact Rusty Calk at 915-478-7681 or [rusty.calk@yahoo.com](mailto:rusty.calk@yahoo.com).

**Shotgun Meeting** - Look for information in an email and on Facebook or contact Clint Lang at 512-556-2822 or [langfam1106@gmail.com](mailto:langfam1106@gmail.com).

### Horse Project

For more information contact Shelley Kozma at 817-845-5041 or Kim Pearce at 512-556-3183.

### Welcome to the 2015-16 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 2015-16 Texas 4-H year. The 2014-15 year has come to an end and 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. Enrollment fee is \$20 per child until Oct. 31 where it will increase to \$25 per child.

*When accessing the registration link, use a browser other than MS-EXPLORER, such as FireFox.*

### QUALITY COUNTS

Quality Counts Verification will be a part of the process for entry in all 2015-2016 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.

### 2016 Major show Swine Validation Tags

Orders are due to Heath by 9/25. Anyone planning to show barrows at any major or a gilt at the Texas Stars Gilt Show in San Angelo must pre-order the number of tags you think you will need. If you are only showing at county then this does not apply to you.

## **FOOD & NUTRITION PROJECT**

**(4-H FOOD SHOW & FOOD CHALLENGE etc.)**

*Project information meeting will be Thursday September 17<sup>th</sup>, 5:30p.m. at the county annex conference room.*

Practices are every Wednesday or Thursday (choose one) from 4-5:30pm in October & November until contest. Karen DeZarn will pick up from Lampasas schools if requested. Please RSVP. Classes usually held in County Annex conference room or where individuals arrange i.e. class rooms at Lometa or Kempner.

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.

A Food & Nutrition project helper(s) is needed.

One option is to do a Food & Nutrition display. Topics like maintaining Food Safety, and Kitchen Safety. Recipes submitted should reflect this year's theme, PICNIC PERFECT.

The four Food Show food categories align with MyPlate: protein, fruits and vegetables, grains and dairy. This will allow 12 Lampasas 4-Hers to advance to District, 4 from each of the age groups (Junior, Intermediate, and Senior).

Let the office know if you plan on participating in the Food & Nutrition project by the end of September. The District food show will be on Saturday November 21 in Abilene with county entries due to district by November 10<sup>th</sup>. Recipes are due to Karen by October 14<sup>th</sup>. Check the District-7 website for the format at <http://d74-H.tamu.edu> (under events).

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 December 15 in San Angelo.

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 10 in Coleman.

## **District 7 4-H Silver Clover**

### **Recognition Banquet**

SAN ANGELO - Texas A&M AgriLife Extension Service's annual District 7 4-H Silver Clover Recognition Banquet recently honored 29 adult leaders at Zentner's Daughter Steak House in San Angelo.

The event, celebrating its 48th year, recognized the volunteers for their role in the success of AgriLife Extension's West Central District 4-H youth program, said Garry Brannon, AgriLife Extension 4-H specialist at San Angelo.

"Outstanding volunteers are the key to the long-running success of our entire 4-H program," Branham said. "Their dedication and commitment are what make 4-H members successful in the myriad subject areas the program encompasses."

The honorees were:

Brown County, Gina Goforth; Burnet County, Bill Felps; Callahan County, Tammy Ivy; Coke County, Orlando De La Garza; Concho County, Daniel Lange; Irion County, Allen Drennan; Jones County, Keith Porter; **Lampasas County, Tina Loeffler**; Llano County, Gary Howell; and Mason County, Randall and Peggy Brown.



Tina Loeffler with her husband Lee.

Also, McCulloch County, Teresa and Darrel Keese, and Heather Jo Ashton; Menard County, Wanda Martinez, and Dora Wright; Mills County, Jana Edington and Brandon Bartek; Nolan County, Mike Hart; Runnels County, Kenneth Fischer and Kim Castleberry; San Saba County, Bucky and Tana Lusty, and Autumn Castro; Schleicher County, Luann Shipman; Sterling County, Wendy Justiss; Taylor County, Pete Welch, and Colby Caton; and Tom Green County, Janice Trees and Mark Barta.

Branham said the 4-H Youth Development Program offers many projects, activities and events tailored to support and enhance volunteer participation and adult involvement in young people's lives.

"This banquet is our unique way to show these individuals who are so important to our success, the appreciation they so justly deserve."

Honorees are nominated from counties in the district, Branham said. Finalists are then chosen by a committee comprised of area electric cooperative personnel and AgriLife Extension officials.



The banquet has been sponsored from the beginning by the rural electric cooperatives serving the 23 counties in AgriLife Extension’s District 7 in West Central Texas.

Sponsors are Central Texas Electric Cooperative, Coleman County Electric Cooperative, Concho Valley Electric Cooperative, Hamilton County Electric Cooperative, Big Country Electric Cooperative, Southwest Texas Electric Cooperative and Taylor Electric Cooperative.

**District 7 Fall Meeting**

Lampasas members attended 2015 4-H Fall District meeting in Grape Creek on Saturday, Aug. 22.

Kasi Andrews was elected Secretary of the Consumer Decision Making Committee.

Sydney Dishman was elected Sec. of the Photography Committee, Taylor Loeffler was elected as a District 7 Ambassador, and Ruger Miserlian.

Lampasas adults attending were agent, Karen DeZarn, Angie Andrews and Tina Loeffler.



Chair – Katie Pantoja – Nolan  
Vice Chair – Cheyenne Martinez – Menard  
Sec – Sydney Dishman – Lampasas (far left)



Kasi Andrews far right.



Ambassadors (Taylor Loeffler back row far right)



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. It also qualifies the 4-Her for local and district awards. Get started now for next year’s due date.

**T-Shirt Design Contest**  
**(see attached flyer)**

## **Will You Be a 4-H Member in Good Standing?**

- Select one or more projects for in-depth study
- Record what you learn (record book)
- Attends meetings regularly and is an active participant
- Completes a community service project (or becomes involved in a group community service project)
- Participates in some form of public presentation
- If you are elected as a club officer completes duties expected of that office

Parents please support your children to complete these expectations and volunteer to help at club and/or project meetings with such things as supplying drinks, snacks and/or activities. Volunteers are needed for project management and new club management. Contact Heath or Karen if interested.

## **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>

Sincerely,



Heath Lusty  
CEA – AG/NR



Karen DeZarn  
CEA – FCS



# Lampasas County 4-H T-Shirt Design Contest



## Contest Rules:

- ✓ Contest is open to ANY active Lampasas County 4-H member
- ✓ T-Shirt design can be in color or black and white.
- ✓ The theme of the design should be 4-H related and “clean”.
- ✓ The drawing must fit on an 8.5 x 11 paper.
- ✓ Design must be the student’s own artwork and submitted with their name, parent’s name, phone number, and parents email address.
- ✓ Contest begins August 24, 2015 and all entries must be submitted by October 1, 2015 to the Extension Office.
- ✓ Judging will take place October 5<sup>th</sup> and winner will be announced by October 6<sup>th</sup>.

## Winner gets:

- Bragging rights
- To see their design worn by others
- Free T-Shirt

If you have any questions please contact Angie Andrews at 512.734.3860 or [angie.andrews02@gmail.com](mailto:angie.andrews02@gmail.com)



# TEXAS A&M AGRI LIFE EXTENSION

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPTEMBER 2015							
			1	2	3	4	5
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
	Oakalla/Kempner meeting 6pm @ Taylor Creek Elementary	Sulphur Creek Club meeting 6pm @ the Farm Bureau.		Food Project information meeting 5:30pm @ County Annex conf. room.			
20	21	22	23	24	25	26	
					Swine validation tag orders due today.		
27	28	29	30	OCTOBER 1	OCTOBER 2	OCTOBER 3	
512-556-8271 EXT 140		4-H Events & Activities					