

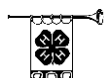


Lampasas County Extension Office, P.O. Box 231, Lampasas, TX 76550

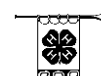
(512) 556-8271, x140

E-mail: lampasas-tx@tamu.edu

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



4-H News



FEBRUARY 2011

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 Leader & Parent Meeting February 24

Leaders and parent meeting will be held Thursday February 24 at 5:30 PM at the County Annex Conference Room. Discussion about having a central 4-H Club, fundraising ideas, organizing a Leader Association, future meeting dates and sharing plans for 2011-12, 4-Hers participating in the parades, county fair project completion, 4-H projects etc. Please notify the office with agenda items and RSVP your attendance.

Possible 4-H Fundraiser

Check out www.pettreats4youth.com which is a website that has a possible fundraiser for 4-H. It is pet treats for dogs, cats, and horses. We have some samples in the office. This will be discussed at the February 24 Leader & Parent meeting. The 5 oz bags purchase for \$2.00 and sell for \$4.00. We can decide on whether to take orders or buy bulk and have the product in hand to sell to customers, and also whether to sell this spring or wait until fall.

Thank-You Notes

This is a reminder to any 4-Her, who participated in the Lampasas Youth Livestock Association Auction, to send a Thank You note to your buyer. If you need the name(s) contact the Extension office.

4-H Scholarships

All 4-H scholarship applications are due to the District Office on Friday, February 11th. Call Karen by Feb 4 if you are working on an application.

Photography Project

Photography Project is in the planning stages. If you are interested in participating, please send your contact information to the 4-H office, including your phone number and email address. Be watching your emails for the complete schedule to follow. If you have any questions, please contact Tina Loeffler, 512-734-1237 or tinaloeffler@sbcglobal.net

You can check the Lampasas Extension website for a link to the new 4-H Photography Contest Rules for year 2010 - 2011. <http://lampasas-tx.tamu.edu/> These rules will apply to the Senior photography members advancing to state. The county rules will be the same as last year for submission. The county workshop will be March 31 at 4 PM in the conference room of the county annex. Judging will take place the first week of April. If you have a suggestion for a 4-H photography judge please notify Karen DeZarn

New Tractor Supply Store

4-Hers will be participating in the grand opening of the Tractor Supply Co. store on Saturday, March 19. Save the date. More information will be coming

4-H Educational Presentations

If you aren't already doing demonstrations or presentations at your 4-H club meetings now is the time to begin. Also if you want to participate in the district or state 4-H Roundup you need to begin practicing. An educational presentation or demonstration can be done in so many different areas. The best way to see all the categories is to refer to the current Texas 4-H Roundup Participant Guidelines. View or download at:

<http://texas4-h.tamu.edu/library/files/2011%20Rules%20and%20Guidelines%20UPDATED%201-20-11.pdf>

Texas 4-H Roundup is the event where all educational presentations are given for competition. The Texas 4-H Roundup Guide provides the updated categories and detailed rules related to each category. Educational presentations can be presented in subjects, such as beef, food & nutrition, clothing & textiles, companion animal, shooting sports, and

family life, to name just a few. There is also one category that is called “open” or all those other cool projects 4-H members are doing on their own. The district roundup in San Angelo is May 7 and the state 4-H Roundup in College Station is June 13-17. County Agent, Karen DeZarn has printed material, a PowerPoint, and a VCR video describing demonstrations/educational presentations and talks. Let's see some involvement at the club, county, district and state level!!

Educational Presentation - any number of junior entries/3 senior entries

Share-the-Fun - 2 entries for juniors and 2 entries for seniors

Fashion Storyboard a New Project for 4-H Clothing

A 4-H Clothing Fun and informational day has been scheduled for Sunday afternoon March 13 at 2 PM in the County Annex Conference Room. We will explain the Fashion Storyboard and other 4-H Clothing projects. The 4-H Fashion Storyboard is an industry-inspired method of displaying original designs. The best storyboards create vivid visual images that are interesting and appealing to viewers. The storyboard “tells the story” of the designer’s idea. The storyboard includes original illustrations and flats, as well as additional materials (such as photos from the internet or magazines, paper, fabric swatches, patterns, etc.) that have influenced the unique design. Resources Texas 4-H Fashion Storyboard Website http://texas4-h.tamu.edu/storyboard/index_storyboard.php.

Share the Fun

The Share The-Fun-Contest will be held on May 7 in San Angelo and winners advance to State which will be June 16, 2011. Youth may only compete in one Share-The- Fun Category.

OBJECTIVES:

- To provide an opportunity for 4-H youth to develop a spirit of cooperation through working together to develop self confidence through public appearance.
- To stimulate interest and encourage a broad-based recreation program in Texas 4-H at the club and county level.
- To encourage 4-H members to discover and develop their talents.
- To provide for social, cultural, and leadership development of 4-H youth.

CATEGORY DESCRIPTIONS for Individuals or groups of 1-9 participants:

Four (4) minutes for set-up and break down; maximum of six (6) minutes for presentation for a total of ten (10) minutes per act.

POETRY/PROSE - Acts which showcase poetry or prose are required.

VOCAL - Vocal presentation may be done a cappella or with an accompaniment CD/tape. All members in the act must be singing. No lip sync will be allowed.

MUSICAL – Musical presentation may be musical instruments accompanied by background tape or an instrumental performance only.

SOLO/BAND PERFORMANCE – All 4-H members entered in the category must be a part of the act by playing a musical instrument, singing, or both (solo performance must play an instrument and sing.)

CHOREOGRAPHED ROUTINES — No speaking to form a skit or story line. The act requires choreography and can be demonstrated through twirling, pom pom squad routines, jump rope teams, basketball dribbling exhibitions, or dance (jazz, tap, country & western, ballroom, etc.)

CELEBRATE 4-H – May be a 4-H based story line promoting 4-H, community service, a project, or activity. This category may also address a specific youth issue and present ways in which this issue can be addressed through 4-H efforts. May incorporate music, vocal selections, and/or choreographed routines but these aspects cannot be more than half of the performance. Skits can be humorous, creative and make fun of but not degrade Extension employees or the 4-H program. All 4-H members entered in the category must be a part of the act. Judging will be based on material chosen, talent, creativity, showmanship, costumes, and props.

Blooming Fest

Save the date of April 2. There are discussions regarding a 4-H/Extension booth at the festival.

4-H Camp

McCulloch County (Brady) has a 4-H camp at a local Bible campground. They have invited Lampasas County 4-Hers to attend. The camp is June 7-9 for \$40 - arrive at camp around 4 PM on June 7 and leave at 9 AM on June 9. Campers swim at the city pool, have a dance and some activities at the local civic center and are involved in shooting sports, crafts, games and other activities. RSVP if possible interest.

State 4-H Camp at Brownwood - County Camps

County Camp programs at the Texas 4-H Conference Center are designed to provide an opportunity for youth to experience summer camp while enjoying the advantage of meeting youth from across the State. Participants will enjoy canoeing, swimming, the climbing wall, drama, riflery, archery, arts and crafts, games, special events and more! I am planning on reserving space at camp for July 11-13, 2011. The cost is \$168 for youth. To see other specifics check the website at:

http://texas4hcenter.tamu.edu/summer_camps_&_programs/ .

Any adult wishing to chaperone RSVP early to Karen DeZarn.

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:

Educational Presentation, Share-the-Fun/Public Speaking - March TBD in Llano

Record Books - May 10 in San Saba at the Civic Center in Mill Pond Park

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.)

Lone Star Silversmith

The Texas 4-H Foundation is excited to announce a new alliance partner, Lone Star Silversmith. Lone Star Silversmith has created a line of 4-H jewelry items that can be sold/ordered directly through Lone Star Silversmith and sold exclusively within the state of Texas. Lone Star Collections will donate 10% of all sales of the Texas 4-H line of jewelry to the Texas 4-H Youth Development Foundation in support of the statewide 4-H youth program.

<http://texas4hfoundation.org/files/2010/12/4-H-Jewelry.pdf>

4-H and Youth Development Volunteers are Needed

Below are explanations of various kinds of volunteers for Extension. Please review and consider one of these positions or inform friends and relatives that volunteers are needed to help the programs expand and grow. Please inform the office of any suggestions.

VOLUNTEERS are essential to the successful implementation of the 4-H program. Volunteers can serve in a variety of roles including *club manager, project leader, activity leader, event judge, event chaperone, committee member, and mentor*. Working directly with youth, 4-H volunteers help youth set goals and reach achievements through various project experiences. To learn more about roles and responsibilities of 4-H volunteers, an online orientation is available at:

<http://texas4-h.tamu.edu/volunteers/training/>. More information about volunteering with the 4-H and Youth Development Program can also be found at <http://texas4-h.tamu.edu/volunteers/>.

Leadership Advisory Boards

Each county Extension Program has a Leadership Advisory Board (LAB) made up of volunteers that help develop a long-term vision for the County Extension Program, advocates for and interprets the program throughout the county, and helps develop resources for the county program. LABs are critical

to Extension's ability to provide locally relevant educational programs.

Program Area Committees

Each Extension program area has a Program Area Committee that is made up of volunteers that help Extension respond rapidly to critical needs and issues. These volunteers are instrumental in ensuring that Extension programs are relevant to local needs by helping identify, plan, implement, and evaluation educational programs. Volunteers that serve on Extension Program Area Committees help strengthen the effectiveness and impact the programs have on the community.

Volunteer Leader Conference in San Antonio July 29-31

The Texas 4-H and Youth Development Program will be sponsoring a state-wide leader training to be held July 29-31 in San Antonio to prepare the new generation of 4-H volunteers to lead and instruct our members. Highlights of the conference will include:

- * High energy, dynamic, and engaging conference addressing the emerging issues of youth development and the Texas 4-H Program
- * A 2 1/2 day conference filled with quality educational workshops and general sessions
- * Motivational speakers & an update on the state of the Texas 4-H and Youth Development Program
- * This is on target to become a bi-annual event (off years of Texas 4-H Congress).
- * Conference will include web-based video streaming of some sessions for those that cannot attend in person

Why a volunteer conference? The opportunities for our youth, our volunteers, and our 4-H Program continue to grow. With the growth comes the resources and training possible. As our 4-H Program continues to expand and become more vital to the youth of Texas, it is imperative that we effectively engage and empower our volunteer network. Our volunteers need access to the highest quality educators and resources so they are best equipped to return to their counties and work in partnership with their local County Extension Agents to further develop our youth. This has never been more important as we consider how to most effectively lead our youth.

More to Come! Stay Tuned! There will be more information coming about this great volunteer opportunity in the coming months as the plans for the conference are being finalized. Please save the date and consider attending the conference.

Surf the Net

Included in this newsletter is an information sheet with links to childhood nutrition. Check it out.

4-H STOCK TRAILER USE

The stock trailer is currently being stored at the Brown's Feed Store back lot. In order to use the trailer one must come to the Extension office during office hours and sign the trailer out. When returning it you will need to come back to office to sign it back in.

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-tx.tamu.edu/> 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.

www.orientaltrading.com We also just found out that you can purchase 4-H novelty items from Oriental Trading.

RECYCLE FOR CASH

Triple R Recycling at 1500 FM 580 (512)556-8132 in Lampasas will recycle aluminum cans, white office paper, computer paper, newspaper, plastic, cardboard, and non-ferrous metals. If you designate 4-H as the recipient, they will pay 4-H for the materials brought to them. This is a great way to recycle, keep the environment clean and make money for the 4-H program. Everyone benefits!!

DIABETES PROGRAM

Karen DeZarn will be hosting a diabetes education program called Do Well Be Well with Diabetes. It is a 5 week series and will be offered on Monday evenings from Feb. 28- Mar. 28, 5:30 - 8 PM in the conference room in the County Annex. Cost will be \$15/person. Please spread the word and have interested individuals contact the Extension Office at 512-556-8271 Ext 143.

4-H Club Meetings*

OAKALLA/KEMPNER 4-H

Next Meeting is February 3 @ 5:00 PM.

Photography Project meets each Thursday at the OCC at 5:30. Contact Debbie Tschoerner for more info 512-489-2657.

Contact Robin Allen 713-530-6543 to sign up.

TAYLOR CREEK 4-H CLUB

Club meeting date: Tuesday, February 1st, from 4:00pm - 5:00pm in the cafeteria

Contact: Alicia Menard at

lampasasinfo@sbcglobal.net or 254-449-2007

SULPHUR CREEK 4-H

Tuesday, Feb. 15, 5:00 PM @ Farm Bureau Bldg.

Will be learning about corn. Everyone who attends is encouraged to bring food labels that include corn.

There will also be apple tasting.

Contact Jill Carroll at

lampasaschamber@sbcglobal.net or 512-556-5172

CLAY BREAKERS Shooting Sports Club

Bertram Shoot:

We will be having shooting practice at 10 AM at the Bertram Range on February 5, 12, 19. Please call Katie Allmand or email at 512-734-1334 or

katie.allmand@gmail.com if you have questions or need directions.

Monthly Club Fun Shoot:

Sunday February 27 at Mike Hale Pasture 2:30 until 4:00.

Fort Hood Trap & Skeet League Shoot:

Trap & Skeet League Shoot Sunday February 13th at Ft. Hood 1:30 – 2:00 Warm-Up, Followed by Squatted Rounds, then practice as time allows.

Club Meetings

Meetings scheduled for every 3rd Monday of the month at 6:00 P.M. in the Farm Bureau meeting room.

Feb. 21; Guest Speaker Jim Honea, gun collector

Mar. 21

Apr. 18

May 16

For more information contact Rick Baxter, Lampasas 4-H Shooting Sports Adult Leader at 512-525-4086 or email diamondbax@wildblue.net or the County Extension office at 512-556-8271 ext. 140.

Sincerely,



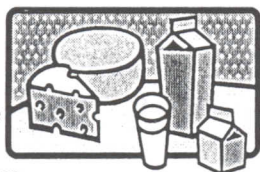
Karen DeZarn
CEA – FCS

Surf The Net

Your Guide to Current Dairy, Health and Nutrition Websites
Making the Biggest Splashes on the Internet

www.dairymax.com This site is home to the Southwest's dairy product promotional organization.

It offers current nutrition and dairy information for the whole family. There are dairy games for kids, trivia, recipes and more.



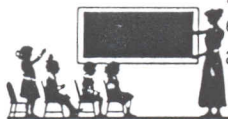
www.got-milk.com This site features some "cool" dairy and nutrition information for kids of all ages. From contests and recipes to dairy trivia and games, this site teaches children all about milk "from cow to you."



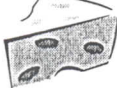
www.gotmilk.com This dairy promotion site features got milk?® gear and goodies from T-shirts to golf balls, fun facts and interactive sections for children.

www.nationaldairycouncil.org "Surf" through the National Dairy Council Nutrition Clinic to find current research and nutrition information and download "Dairy Council Digest" and "The Calcium Counseling Resource."

www.nutritionexplorations.org This National Dairy Council site offers exciting ways to help teach children about nutritious food and a healthy diet. Excellent teaching resources, classroom activities and kids games.



www.ilovecheese.com Ahh, the power of cheese can be found at this site! Through great recipes and serving tips, the whole family can discover the wonderful world of cheese.



www.whymilk.com Learn all about milk while checking out famous milk mustache celebs and experience your personal trainer. Get free brochures, enter contests and get information on events like the Milk Mustache Mobile.



www.cyberdiet.com This site promotes healthy lifestyles through diet and nutrition, exercise and fitness, online E-counseling and much more.

www.kidshealth.org Medical experts from the Nemours Foundation created this interactive site that provides great information for parents, kids and teens.

http://calcium.tamu.edu An interactive site sponsored by the Texas Agricultural Extension Service, which educates young teenagers about the importance of calcium in their diets.

www.eatright.org The American Dietetic Association's site provides food and nutrition information from registered dietitians including "Hot Topic" fact sheets on a variety of subjects.

www.eatsmart.org Washington State Dairy Council's site features nutrition resources, tips, educational materials and a trivia game for kids.



www.exhibits.pacsci.org/nutrition From the Pacific Science Center and Washington State Dairy Council, the Nutrition Café exhibit is a great interactive site for kids and parents with fun nutrition education games and healthy eating tips.

www.healthychoices.org Created by the growers of Washington State Apples, this site provides nutrition education and healthy eating activities for kids, parents, students and teachers. Also available in Spanish.



www.moomilk.com A fun site for kids and adults where you can learn more about milk and cows, and even take a virtual daily tour!



www.nal.usda.gov/fnic The Food and Nutrition Information Center includes food and nutrition resources for teachers, consumers and school personnel. Contains food composition, Guidelines, the Food Guide Pyramid and more!



www.nutritionforkids.com This "24 Carrot Press for Children" addresses a variety of nutrition-related parenting topics through the "Feeding the Kids" newsletter. It is also helpful to children, parents and educators.



www.usda.gov/cnpp This site by the United States Department of Agriculture features an interactive Healthy Eating Index, Food Guide Pyramid information, recipes, video archives, links, and more.

