

Lampasas County 4-H News

March 2016

4-H Club Meetings



Oakalla/Kempner Club

The Oakalla/Kempner Club will not be meeting during the month of March.

For more information, contact Lisa Jorstad at 254-432-6088 or charity9900@yahoo.com or contact Melody Miserlian at 541-227-3256 or m m i s e r - lian@hotmail.com.

Lometa 4-H Club

The next meeting is March 28th at 5:30 at the L&M Garden club building. For more information, contact Megan Lusty at 940-507-2079.



Sulphur Creek Club

Sulphur Creek Club will meet March 22nd (due to the regular meeting date being during Spring Break) at 6 p.m. Bring a potluck dish and drinks for your family. Ruger Miserlian will be our guest speaker talking about showing goats. If anyone has questions, they can call Angie Andrews at 512-734-3860.

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Project Information

4-H Shooting Sports Projects

- The Air Rifle Project We will meet the 1st and 3rd Saturdays of each month from 3:00 - 4:30 at the show barn. Contact Rusty Calk at 915-478-7681 or rusty.calk@yahoo.com
- **Shotgun Project** Watch for information in an email and on Facebook or contact Clint Lang at 512-734-1300 or langfam1106@gmail.com.

Rabbit Project

• No meetings this month. For more information contact Angle Andrews at 512-734-3860.

Dog Project

• The Dog Project will meet every Tuesday @ 6:00 pm at the showbarn. Contacts: Kasey Schwartzer at 512-525-1152 (lampasasanimalshelter@gmail.com) or Kandie Walkos at 830-613-2596.

4-H Fashion Show/Clothing Project

Senior level (high school) 4-Hers interested in the 4-H Fashion Show project which includes buying, sewing/construction and fashion storyboard need to begin working on this project. The deadline for the county will be April 20 with the district contest during the District Roundup May 7. For the Jr. and Intermediate levels, the county deadline will be

early July with the district competition July 19th. Both contests are in San Angelo. Call Karen DeZarn to schedule one on one or group lessons.

Gail Eltgroth and Lanetta Sprott are offering a class at the Lometa Good Shepherd Catholic Church Family Life Center on Sunday, Monday & Tuesday, March 13-15, 2-4 p.m. for youth interested in a beginning

sewing class where you can learn to thread the machine and do basic stitching. This is not 4-H, but is open to anyone. Call Gail at 512-626-5969 to verify time and reserve a spot. This would be an excellent starter class for those that want to sew for the district 4-H Fashion Show in July. Spread the word. I'll be helping if any youth need a ride to Lometa.

4-H Trashion Show

The contest is open to any Intermediate or Senior-level 4-H member who has a desire to turn trash into fashion, to create fun wearable garments from discarded material, and to recycle and repurpose "junk" into fabulous and fantastic fashion. Entrants are encouraged to let their imaginations go, be

wildly inventive, and to "think outside of the recycle bin." 4-H member/teams will submit a video application to YouTube by the April 1, 2016, deadline. A team of judges will evaluate the entries, and the top 10 entries will be asked to compete in the Trashion Show Invitational event. The teams chosen will go

through an interview process and model their garment in the Fashion Show at Texas 4-H Roundup. For more information, go to: http://fcs.tamu.edu/files/2015/01/trashion-show-general-rules-and-guidelines.pdf.

Duds to Dazzle—Clothing (Recycling) Project

4-H members form teams of three to five members. Teams will be assigned one of the following categories: Wearable, Accessory/Jewelry, or Nonwearable. Teams will use the item(s) provided along with any supply closet items to design and create a unique product. Each team will have 60 minutes to complete their finished product. While teams do not select their category beforehand, they can still prepare for the competition. Ample preparation will give them confidence and the skills to help them do their best. Preparation can include having practice

challenges, studying contest resources and the design process, learning how to care for textiles, becoming knowledgeable on safety precautions to utilize while sewing and crafting, learning about consumer purchasing trends and different venues, and gaining knowledge on how to price and market merchandise for a target audience.

In addition to designing and constructing an item, team members must provide a 5 minute presentation to a panel of judges. At least three team members must have speaking roles in the presentation. Judg-

es may also ask questions of the team members. Reviewing the score card for Duds to Dazzle will help 4-H members prepare for the presentation and question-and-answer segment of the judging process.

Contact Karen DeZarn if you are interested in participating in this project. After School dates can be scheduled. Project leaders are needed as well. The county deadline to register for grades 3-12 is March 22nd and the district contest is April 7 in Coleman.

Practices have begun! Call or watch Facebook for upcoming practice dates.

2016 Photography Rules & Guidelines

The 2016 Texas 4-H Photography Rules and Guidelines are now available online. The categories have remained the same for the 2016 contest; however, some of the descriptions have been updated to address questions pertaining to what is allowable in each of the categories. The optional theme category for 2016 is: 4-H, Ribbons, Awards & Recognition.

The theme will focus on Still Life arrangements of 4-H Awards & ribbons. The arrangement and position of the item will be strongly evaluated as well as the quality of the photo. Photo should create emotion.



The 2016 Rules and Guidelines are posted on the Texas 4-H Photography website at:

http://texas4-h.tamu.edu/ projects/photography-video/

The County contest for Jr. & Intermediate requires the 8 by 10 photos to be mounted on foam board backing which the office can supply.

District deadline to turn in photos is March 16-18.

Photography Judging Contest

Besides entering photos in the 4-H photography contest there is an option for youth (Intermediate or Senior) to take part in a judging contest. It is an invitational contest so there is not elimination. It will take part on Tuesday, June 9 as

part of Texas 4-H Roundup at College Station. Judging teams will consist of 4 members or individuals can participate.

See the following link for complete contest rules. http://texas4-h.tamu.edu/projects/
photography-video/



San Antonio Calf Scramble Winner

Pictured at right is Breighton Loeffler, winner of a 2016 San Antonio Livestock Show & Rodeo calf scramble certificate. Congratulations, Breighton!





4-H Has Talent

Do you have what it takes to be a star? Have you always pictured yourself performing on the Big Stage? Then the 2016 Texas 4-H Roundup- 4-H Has Talent Competition is for you!! So sing a song, do a dance, tell a joke or just do something unusual! Get the chance to show your skills on stage in front of nearly 4,000 fellow 4-H'ers, parents, volunteers, and 4-H faculty.

Deadline is **April 1st.** See attachment in the February newsletter.

Texas 4-H Roundup

Texas 4-H Roundup is a qualifying and invitational event for youth between the ages of II and I8 that have successfully placed in a qualifying event at the district level or signed up to compete in an invitational event at the state level. County and district Roundup's are open to all ages of 4-H members from 9 to I8. Texas 4-H Roundup includes approximate-

ly 50 different contests and workshops that test 4-H members on life skills in such attributes are decision making, public speaking, organization, and working with others. These contests include such things as Fashion Show, Food Show, an assortment of judging contests, and educational presentations. The 2016 Texas 4-H Roundup will be held in College Station, Texas on

the campus of Texas A&M University from June 6th to June 10th, 2016. http://texas4-h.tamu.edu/

roundup

The qualifying event is the District 7 4H Roundup to be held on May 7 at the West Texas Training Center in San Angelo. The county deadline for submission is April 15th so be getting ready.

Consumer Decision Making

Several 4-Hers participated in the Consumer Decision Making District Contest at the San Angelo Stock Show on February 19th.





Pictured above are front row from left: Karen DeZarn,, County FCS extension agent, Jayme Wills, Alyssa Parra, and Ali Lord. Back row: Ruger Miserlian, Emily Lusty, and Catherine Hicks.

Texas Brigades Summer Camp

Registration is open for the Texas Brigades summer wildlife leadership camp.

The Texas Brigades is a wild-life-focused leadership development program for high school youth (ages 13-17). There are six different

camps: Bobwhite Brigade, Buckskin Brigade, Bass Brigade, Waterfowl Brigade, Ranch Brigade, and Coastal Brigade. You will be introduced to habitat management, hone your communication skills, and develop a land ethic. The state's leading

wildlife and fisheries biologists and land managers serve as instructors and mentors. Each camp is 4 ½ days long. For more information, go to their website at: http://www.texasbrigades.org/

2016 Horse Validation

Open on 4-H Connect March I through May I.

- March I April 15 \$10 per horse
- April 16 May 1 \$20 per horse

Horses must be **owned** and **validated** by the 4-H mem-

ber, their parents, grandparents, legal guardian, or sibling by **May I** st of each year. A horse that has been validated before must be re-validated (and paid) each year, if it is to be shown.

The validation of multiple

horses is encouraged, so the 4-H member has options, in case of an unforeseen accident, injury, or death of one of the horses.

Recipe Rally

In the 4-H Recipe Rally, intermediate and senior 4-H members are challenged with selecting, creating, and/or altering a recipe and submitting a video, via YouTube. The video should highlight the 4-H member demonstrating the prepa-

ration of the recipe while also highlighting nutrients; food safety practices, serving size and cost analysis, as well as their inspiration for selection or creation of the recipe. The theme for the 2016 contest is "Picnic Perfect" Information

such as guidelines, online entry form and training video can be found at http://texas4-h.tamu.edu/wp-content/uploads/Recipe-Rally-Overview-2016.pdf. The due date is April Ist. (See Attachment on page 10)

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/wp-content/uploads/2015/09/educational_presentation.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 at West Texas Training Center and the state 4-H Roundup in College Station is June 6-10. 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 per county

Share-the-Fun - 2 entries for juniors and 2 entries for seniors per county. Wouldn't it be nice for there to be so many entries that we could have a county Share-the-fun/Roundup???

Go Texan Scholarship

The Lampasas County Area Go Texan scholarship application was sent in an email on January 21st. You can also contact the extension office for a copy. The turn in date is March 21, 2016. (The Monday we get back from spring break.)

Contact Tina Loeffler at 512-556-5544 (work) or 512-734 -1237 (cell) if you have any questions.

County Stock Show Thank-You Notes

All 4-Hers who participated in the Lampasas County Youth Livestock Show—Don't forget to send handwritten thank you notes to all buyers and add-ons of your show animals. Stop by the extension office for your add-on list.

Before you mail them off, bring your notes by the office or make copies of them to show us in the office that you wrote your thank you notes.

4-H Enrollment

Please enroll in 4-H if you haven't already done so this year. Go to https://texas.4honline.com to enroll today. Enrollment fee is \$25 per child now that the Oct. 31 deadline has passed.

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

Houston Livestock Show & Rodeo Scholarships

The 2016 Houston Livestock Show & Rodeo Scholarship Applications went live November 4th.

I am sending this information on behalf of Lampasas County Area Go Texan and the "Area Go Texan Scholarship" however there are several types of scholarships that OUR Lampasas County students can apply for as well...

Please look at the new SAT guidelines and minimum test scores that apply to the different types of applications... The Area Go Texan requirement is 950 minimum score with the Math and Verbal scores only!! Yes, they have changed, only using two of the scores and they do not have to come

from the same test. Student's BEST score in each category will be used...

When students apply, they will "check boxes" for all of the types that they are applying for (ex: AGT, Military, Exhibitor) but the student can only win one scholarship...

Something new... There are 2 scholarships that allow home schooled students to apply... Exhibitor & 4-H.

Feel free to call me for a visit about all the new changes and I'll gladly drop off printed materials as well...

I will come talk with your students and/or parents, during or after school, about our HLSR & County scholarship and the general idea and importance of scholarships and their future as young adults if you would like... I will also do this in smaller groups if there is a need...

RODEOHOUSTON



Thank you,

Tina Leeffler

Hoffpauir's Ranch & Supply
Retail Manager
tinaloeffler@sbcglobal.net
512-556-5444 (work)
512-734-1237 (cell)
512-556-5203 (fax)

Photography Field Trip

A group of 4-Hers went on a field trip to see Merritt Roman's rock and mineral collection. He gave a great tour and told many interesting stories of his findings. Pictured left to right: Kasi Andrews, Dominick Questel, Ruger Miserlian, Mr.



Romans, Zac Dishman, Sydney Dishman, Alyssa Parra, and Jayme Wills.

Share the Fun

Do you have a talent to share with your fellow 4-H members? Singing? Dancing? Playing an instrument? Acting? Then sign up for Share -The-Fun! Guidelines have been released and you can plan on the same six categories as last year: Celebrate 4-H, Choreographed Routines, Musical/ Instrumental, Solo/ Band Performance, Poetry/Prose, and Vocal. An entry can be an individual or in teams up to 9 4-H members.

Check out the Texas 4-H Roundup webpage for the rules and more information!



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

http://texas4h.tamu.edu/ recordbooks/

Make an appointment with Heath or Karen to get started.

March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		I Dog project meeting @ 6pm @ Showbarn	2 Texas Independence Day— Extension office closed	3	4	5 Air Rifle meeting 3- 4:30 @showbarr
6	7	8 Dog project meeting @ 6pm @ Showbarn	9	10	11	12
13 Begin- ning Sewing Class starts from 2-4pm	14	I5 Dog project meeting @ 6pm @ Showbarn	16	17	18 Last day to turn in photos for photog- raphy con- test	19 Air Rifle meeting 3- 4:30 @showbarn
20	21	22 *Dog project meeting @ 6pm @ Showbarn\ *Sulphur Creek Club meeting @ 6 @ Showbarn	23	24	25 Good Friday— Extension office closed	26
27	28 Lometa 4-H Club meeting @ 5:30 @ the L&M Garden club building.	29 Dog project meeting @ 6pm @ Showbarn	30	31		

4--H motto: To Make The Best Better

TEXAS A&M GRILIFE EXTENSION

Lampasas County Extension Office, P.O. Box 231, Lampasas, TX 76550 (512) 556-8271, x140 E-mail: lampasas-tx@tamu.edu Home Page: http://lampasastx.tamu.edu



FACEBOOK Check out Lampasas 4-H on Facebook. Become a friend! http://www.facebook.com/ groups/199928750048104

Lampasas County 4-H is readily available on the internet Below are links to many sites you may find useful.

*Lampasas County Extension website—http://lampasas.agrilife.org/

*Texas 4-H website—http://texas4-h.tamu.edu/

Use this link to learn all about state 4-H programs & find publications (project guides, record keeping information, etc.)

*State 4-H registration page, 4-H Connect—https://texas.4honline.com/

*National 4-H site including the 4-H mall—http://4-h.org/

*Clothing & Textiles Packet—

http://fcs.tamu.edu/clothing/4h/packet/index.php

*Share the Fun Information—http://texas4-h.tamu.edu/events/roundup/

*District 7 4-H Events— http://d74-h.tamu.edu/

*4-H Shooting Sports— http://texas4-h.tamu.edu/project_shooting/

*4-H Round-Up— 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

*Texas 4-H Conference Center—http://texas4hcenter.tamu.edu/

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.



Texas 4-H Recipe Rally



In the Recipe Rally, 4-H members are challenged with selecting, creating and/or altering a recipe and submitting a video of them demonstrating the preparation of the recipe. Recipes should be a dish that tie to the theme "*Picnic Perfect*."

Guidelines - Video Submission

- The rally is open to any intermediate and senior 4-H member.
- Entries can be individual or in a team of two.
- The theme for 2016 is "Picnic Perfect." Recipes selected for entry should be a dish that ties to this theme.
- There are no limitations on the type of recipe submitted. They can be for a main dish, side, snack, dessert, etc. as long as it ties to the theme.
- All videos submitted will compete against each other for selection to be a part of cooking demonstrations at Texas 4-H Roundup.
- Videos must be submitted by uploading to YouTube by the designated deadline. The direct link to the video must be provided when the 4-H member completes the online entry form.
- Instructions on uploading a video to You Tube are available on the 4.H Roundup page of the Texas 4.H website.
- Videos should be no longer than eight (8) minutes.
- Due to the time limit of the video submission, some food items may be prepared ahead of time (for example, chop onions ahead of time and have them ready for video demonstration).
- 4-H members may only enter a video one time. Multiple video submissions will not be accepted.
- The deadline for all online entries is April 1, 2016.
- Youth will be notified of their selection by May 1, 2016.

For more information, contact:

Courtney Dodd cfdodd@ag.tamu.edu 979.845.6533

For details and access to the online entry form, visit: texas4-h.tamu.edu/events/roundup

Judging Criteria

During the video demonstration, 4-H members should display their public speaking abilities and ability to present and provide a demonstration in front of an audience/camera. Youth may also want to highlight:

- Key steps in preparation of the recipe
- Key nutrients found in dish and their functions
- Food safety practices (This is especially important with a "picnic perfect" theme.)
- Substitutions made, or that could be made, to make recipe healthier
- Serving size and cost analysis

Upon review of the video entries, <u>four finalists</u> will be selected to be a part of the cooking demonstrations at Texas 4-H Roundup!

Texas 4-H Roundup - Cooking Demonstrations

- If selected to provide a demonstration at the trade show of Texas 4-H Roundup, youth will conduct a live demonstration of the recipe they prepared in the video submission.
- The cooking demonstration at Texas 4-H
 Roundup will be held at 5:30 pm on Thursday,
 June 9, 2016 at the trade show (on the concourse
 of Reed Arena). Please note that there may be
 slight changes in the schedule due to 4-H
 Roundup scheduling and facility needs.
- Participants will need to be available by 3:00 pm on Thursday, June 9th at 4.H Roundup, to work on preparation of the afternoon program.
- Participants may be asked to bring some cooking supplies for the demonstration; however, all ingredients will be provided.
- Participants selected for the cooking demonstrations are required to register for Texas
 4-H Roundup and pay all associated registration fees

Please note: Youth selected to come to 4-H Roundup will <u>not</u> be competing for placing and awards. Instead, they are being given the opportunity to be a part of a statewide leadership and educational program by providing a cooking demonstration to Roundup participants as they experience the trade show.

80

4-H

FAMILY FISHING DAY

APRIL 23, 2016 TEXAS 4-H CENTER



WHAT IS FAMILY FISHING DAY?

Family Fishing Day is designed for 4-H families to enjoy fishing together.

Participants will undergo a safety demonstration before learning basic fishing skills and spending the day at beautiful Lake Brownwood.

WHAT DO I NEED TO BRING?

- Rod and reel (a limited amount are available for check-out from the Texas 4-H Center)
- Bait and tackle (note that worms and minnows work best in Lake Brownwood)
- Bedding, if you plan to stay at the Texas 4-H Center. Any adult staying overnight must complete Child Protection training and a volunteer screening.

COST

\$30/person

Lodging is available on site Saturday nightfor an additional \$30/person.

HOW TO REGISTER

texas4hcenter.tamu.edu
or
click the "sign up" button on our
Facebook page:
Texas 4-H Conference Center

individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in the program are encouraged to contact the Texas 4-H Center to determine how reasonable accommodations can be made.

Educational programs of the Texas ASM Agril IIIs Extension are open to all people without regard to race color religion, sex national origin, age disability genetic information or veterain status. The Texas ASM University System. The United States Department of Agriculture and the County Conversionan Courts of Texas cooperating.

Texas A&M AgriLife Extension

Presents



Lampasas County

Health Fair

Thursday, March 10, 2016 + 2:00 - 6:00 p.m.

Activities Free to the Community for All Ages

To register to be a vendor or questions call: 512-556-8271, Ext 140

Health Screenings

Including cholesterol, blood pressure, glucose reading, vision screenings, and more!!

Informational Booths:

Aging & Disability Resource Center
Lampasas Nursing & Rehab,
Indigent Care
Better Living for Texans
Seton
Central County Services

Lampasas County Higher Education Center
& More!!

Food

Fun & Games

Giveaways

LOCATION:

Pecan Creek Apartments Club House 205 Riverview Lamp asas



Eli's Fund

A Memorial for Lance Corporal Colton Rusk and Eli, his service dog

November 2015 – June 2016

Eli, a bomb-sniffing military working dog was assigned to US Lance Cpl. Colton Rusk. In December, 2010, Lance Cpl. Rusk was killed by sniper fire in Afghanistan. Eli, ever faithful to his handler was left depressed and alone. He would not leave Lance Cpl. Rusk's cot at the base for several weeks. In February 2011 Lance Cpl. Rusk's family in South Texas was allowed to adopt Eli. The Texas Veterinary Medical Foundation (College of Veterinary Medicine, CVM) has pledged to cover all of Eli's veterinary care for the rest of his life. The CVM established Eli's Fund as a source of financial support for active duty service men and women, medically retired veterans' service animals and retired military animals.

Goal: \$15,000

How to Donate

- From November 2015 through Texas 4-H Roundup in June 2016, Texas 4-H Council challenges all 4-H members and families to financially donate to Eli's Fund.
- 4-H clubs can collect donations, have a bake sale, a car wash or other event; the collected funds would then be donated online

http://vetmed.tamu.edu/giving/opportunities/elis-fund

To read more about Lance Cpl. Rusk and Eli

http://news.nationalgeographic.com/news/2014/05/140523dogs-war-canines-handler-military-marine-labradorafghanistan-family-mourn/

- Tell others about Eli's Fund and encourage them to donate.
- To track the donations made on behalf of Texas
 4-H, in the Additional comments or instructions
 box of the online donation form include:

#Texas4H and your County

- All donations go directly to the Texas A&M Foundation. A minimum \$25 donation is required.
- · To GIVE NOW, you can scan the QR Code





GRILIFE EXTENSION

Educational programs of the Texas A&M AgriLife

Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status.



Texas 4-H Council 2015-2016

Darlene Locke I dlocke@ag.tamu.edu | 979-845-6533