



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

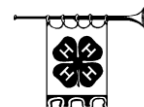
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## 4-H News



NOVEMBER 2012

### Learn More About 4-H

<http://texas4-h.tamu.edu/>

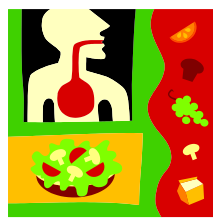
Use this link to learn

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/>



### FOODS AND NUTRITION EXHIBIT COMPETITION

4-H members of all ages can compete in the Foods and Nutrition Exhibit Competition which will be held in conjunction with the District Food Show. Food and Nutrition Exhibits 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. There is no limit to the number of entries per county. Exhibits may be entered by an individual or as a group. Turn in your exhibits to the county office before the end of the day on November 15. Next year the entry will be in conjunction with the Food Show. The contest this year is free. Next year there will be a \$5 fee.

### 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 office the week of November 5-14. 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!

### 4-H Council and 4-H Parent/Leader

There will be a 4-H Council and Leader meeting on **Thursday, November 15 at 5:30** at the County Annex. All 4-Hers and parents are welcome. The Club Presidents and Delegates are required to attend the Council meeting. 4-H Parents/Leaders will have a meeting in the office at the same time. If any youth needs a ride from school to the office call or email to arrange.



### Upcoming Workshops for Photography and Shooting Sports

Be checking your December newsletter. There will be a photography workshop and possible field trip and a shooting sports planning meeting.

### Livestock Judging

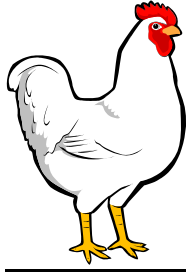
Practices and contests will start soon so if you're interested in learning how to evaluate livestock, let Heath know ASAP! The district contest will be in San Angelo on December 7 but we will go to as many contests this fall as possible.

### Pig, Rabbit, & Heifer Validation

Validation will be held at 4 pm on November 20 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!

### 4-H Game Booths at Taylor Creek Elementary Fall Festival

Thanks to Hanna Carnes, Ashley & Dawn Watson for helping with the ring toss and turkey balloon darts games. Thanks also to Alicia Menard for asking 4-H to be involved.



### **Broiler Pick-Up**

County Show broilers will be picked up on November 14th, 2012 by Dr. Christine Byrd at Texas A&M- expected pick up time for all broiler showers will begin at 3:30pm until 5pm at the LHS Ag Facility.



### **Horse Project Informational Meeting**

There will be a horse project informational and organizational meeting on Monday, November 5 at 6 pm at Tractor Supply. You do not have to own a horse to participate. If you're interested in learning about horses from basic care to advanced anatomy then this meeting is for you. For more info, call Heath at the Extension office. Dena Wilks, owner of Rock'n S Enterprises, has agreed to teach horse related educational classes for 4-H. To learn more about Dena and her background and qualifications visit her website at <http://www.hippiehorsetraining.com/>.

### **Child Protection Training**

Many of us have seen the news of unfortunate situations in which young people have been taken advantage of. In Texas, the last legislative session resulted in Senate Bill 1414 being passed and signed into law, requiring adults who work with youth in camp or over-night program settings to be trained on how to identify and properly report such incidents. As the largest youth development program in Texas, 4-H is committed to ensuring the proper training of our volunteers so we can continue a safe and healthy environment for our youth members. In the coming months, County Extension Agents will be working with adult volunteers in assessing their need to be trained through the Child Protection Program. The training can be completed on-line through 4-H CONNECT and takes approximately 30 to 45 minutes to complete.

### **District 7 4-H Community Service Project**

The 2012-2013 Community Service Project for our 4-H district will be to collect funds to provide gift baskets for families who have a child with pediatric cancer and are staying at Trent's Retreat. Be thinking of a way to raise the funds. Each county in the

district is being asked to raise money which will purchase as many of the \$50 gift baskets as possible. Funds are due to the District 7 office by Spring of 2013.



### **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 preparation 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 2013 contest is "Dairy?" Information such as guidelines, online entry form and training video can be found at

[http://texas4-h.tamu.edu/healthy\\_lifestyles](http://texas4-h.tamu.edu/healthy_lifestyles).

The due date is February 1<sup>st</sup>.



### **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 *Sounds of Christmas*.

Remember all of those wonderful sounds that instantly remind you of Christmas. The sound of Christmas bells, choirs singing the Christmas Carols we all love to hear; the sounds of children laughing as they get ready for Santa, and of shoppers, busily about their way. Any of these could be the focus of your tree – musical notes or instruments, bells, choirs, images of children (young or old) getting ready, and what would Christmas be without the music of toys. 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 24, between 9am and 3pm or on Monday November 26, between 4pm and 7pm. All participants must provide their own artificial trees and glitter is forbidden.

The trees will be judged by the public on Saturday, December 1, during the Carol of Lights. They will be on display through December 17. Prizes will be awarded. Trees must be picked up on Monday, December 17, between 10 am and 12 noon or 4 pm and 7 pm.

For more information, call the museum at 512-556-2224 or Gay Gorman at 512-556-8998.

The museum will also hold its annual Gingerbread House contest. Deliver your Gingerbread House to the museum on November 29 4-6 pm. The annual tour of Homes will be held on Sunday, December 2, from 1-5 pm.

### **Boot Scoot Jingle 5K**

Karen is requesting help for a 4-H fundraiser. 4-H will co-sponsor the 2012 Boot Scoot Jingle 5K Fun Run & Walk which is part of the Carol of Lights Festival in Lampasas on Saturday, Dec. 1<sup>st</sup>. Help will be needed with preparations, manning registration and the water stations, handing out refreshments and of course participation in the run. The 5K is in the morning and 4-H has also been asked to work a popcorn stand from 3-7 (prior to the parade). Any and all interested people contact the extension office.

### **New Team Project – Consumer Decision Making**

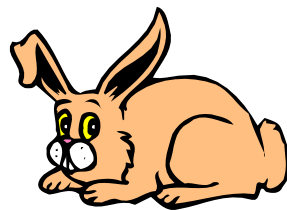
Good consumer skills can help you get more for your money. Consumer Decision Making gives youth the opportunity to make wise decisions when shopping. Consumer Decision Making is a judging contest designed to teach kids to observe, compare and make consumer based decisions based on facts. 4-Hers use their 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 **Tuesday November 27**, 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! Cost is \$10 per member. There are 3-5 members per team. Payment is due by end of November. Weekly practices will be scheduled tentatively on Thursdays at 4p.m.

Thursday Feb. 4 - County Deadline for Consumer Decision Making Teams

Thursday Feb. 22 - District Consumer Contest– at the San Angelo Stock Show

Guidelines can be found at:

[http://texas4-h.tamu.edu/project\\_consumer/cdm](http://texas4-h.tamu.edu/project_consumer/cdm)



### **Changes to the Rabbit division for the 2013 County Show**

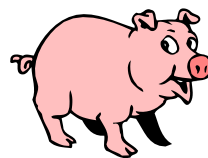
I'm happy to announce that big changes were approved by the board for the 2013 rabbit division at the County Stock Show! Please review the attached rules and contact me or Rod Freeman if you have any questions.

Highlights are:

- *Format changed to 4-class/6-class system. This should be a familiar format to those of you that show rabbits anywhere else.*
- *Breeds greatly expanded! You now have the option to choose from over 40 different breeds instead of the 3 we had in the past.*
- *Added sale slots! All first place rabbits will qualify for the premium sale for a total of 12. In addition, showmanship winners will sell!*

Be sure to thank your Board of Directors for approving these changes. I sincerely believe they will make the rabbit project and show more fun and interesting but most importantly be more appealing to kids who don't show, which will help the rabbit project grow! *SEE RULES AT END OF NEWSLETTER.*

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



### **Attention Swine Exhibitors**

The 2012 Texas fair and rodeo season is right around the corner. The Texas Pork Producers Association, the Texas Animal Health Commission and the Texas A&M AgriLife Extension Service would like to share important information to help ensure that show hogs remain healthy.

Influenza or "flu" occasionally can be transmitted from people to pigs and pigs to people. Texas has not had any cases of the H3N2v (variant). Remember: Pork is safe. You can't get flu from eating or handling pork and pork products.

Here are some simple recommendations to help keep you and your animals healthy:

- *If anyone in your family has flu-like symptoms, please do not attend fairs/exhibitions for 7 days after symptoms begin or until you have been fever-free for 24 hours without the use of fever-reducing medications, whichever is longer.*



- *If any of your pigs show signs of flu-like illness on the farm, check with your veterinarian before bringing your pigs to the fair/exhibition.*

While at the show, follow these simple precautions to protect yourself and others:

- *Wash your hands often with soap or use an alcohol-based hand cleaner, especially after you cough or sneeze or have contact with animals.*
- *Cover your nose and mouth with a tissue when you cough or sneeze. If a tissue is not readily available, use your elbow joint to minimize hand contact.*
- *Avoid touching your eyes, nose or mouth.*
- *Do not eat or drink near animals or animal pens.*
- *During the fair/exhibition, monitor your pigs for any signs of illness and report any illness to the veterinarian on-call.*
- *When you come home from a fair/exhibition, be sure to quarantine your hogs, disinfect your trailer and equipment (show boxes, feed pans, etc.), and watch for any illness in your pigs.*

For more information, refer to the *Biosecurity and your Pig Project Guide*

<http://www.pork.org/filelibrary/NPB%20A%20Champions%20Guide%20to%20Youth%20S%20wine%20Exhibition.pdf>

Useful information can also be found on the *Good Habits that Keep You and Your Pigs Healthy Information Sheet*

<http://www.pork.org/filelibrary/ExhibitionPosterExhibitorCopy2012%2008.09.12.pdf>

#### **Other Useful and Helpful Information for Swine Exhibitors**

- **Swine Exhibitor Fact Sheet**
- **Understanding Influenza**
- **Exhibition Poster Visitor**
- **Exhibition Poster Exhibitor**

#### **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.agrilife.org/> 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.

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/projects/leaders4life/index.php>



**FACEBOOK** Check out Lampasas 4-H on Facebook. Become a friend!

<http://www.facebook.com/groups/199928750048104>

#### **County 4-H Membership Guide**

<http://lampasas-agrilife-org.wpengine.netdna-cdn.com/files/2011/04/Lampasas-4-H-New-Members-Guide-12-132.pdf>

### **4-H Club Meetings\***

#### **OAKALLA/KEMPNER 4-H**

The next meeting will be on Monday, November 12 at 7:00 p.m. at the Oakalla Community Center.

Leaders: Robin Allen at 713-530-6545 & Lisa Kepner at 512-489-2275.

#### **SULPHUR CREEK 4-H**

CHANGE TO NORMAL meeting date will be Tuesday, November 13 at 5:30 p.m. in the County Annex conference room.

Contact: Becca Dishman [becs@sbcglobal.net](mailto:becs@sbcglobal.net) or 512-556-3763 or Mandy Gautier 713-504-5223 for additional information.

#### **(NEW) Lampasas 4-H Club**

##### **(including Clover Kids for K-2)**

CHANGE TO NORMAL meeting date will be Tuesday, November 13 at 5:00 p.m. at the Lampasas Boys & Girls Club (do not need to be a member of Boys & Girls to be member of 4-H club). Leaders: Karen DeZarn and Karen Longoria at 512-556-8271.

#### **(NEW) Swine Club**

First meeting will be Tuesday, November 6 at 5:30 p.m. in the Lampasas County Youth Livestock Association (LCYLA) Showbarn. Leaders: Judy Kennedy 512-734-0180 and Heath Lusty 817-584-6628.

Sincerely,

Heath Lusty  
CEA – AG/NR

Karen DeZarn  
CEA – FCS