



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

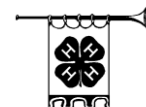
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4-H News



OCTOBER 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 October 12th 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 Or Melody Miserlian at 541-227-3256 or mmiserlian@hotmail.com.

SULPHUR CREEK CLUB

The Sulphur Creek Club will be meeting October 20th at 6 pm at the County Showbarn. Karen DeZarn will be talking about food and fashion. A mexican dinner will be served. Check FaceBook for sign-up announcement for what to bring. If anyone has questions they can call Angie Andrews **512-734-3860**.

Swine Club

1st 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.

Shotgun Meeting - Look for information in an email and on Facebook or contact Clint Lang at 512-556-2822 or langfam1106@gmail.com.

Rabbit Project

Rabbit project meetings are scheduled for October 5th & 19th at the showbarn. For more information contact Angie Andrews at 512-734-3860.

4-H ENROLLMENT OPEN NOW

As of September 24 there are still 93 members who have not re-enrolled for the new 4-H year. Do not delay. Enroll today!

Change of Guard



Mary Kemper the Office Administrator is retiring after 8 years of service. Please welcome Becca Dishman as the new Office Administrator and we ask your patience during this time of transition.

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.

4-H One Day

The Texas 4-H Youth Development Program is excited to release the information for the 2015 One Day 4-H and to announce a “featured” service project for our seventh year of “Making a Difference In One Day” - One Day 4-H.

The 2015 event will take place on Saturday, October 10, 2015 across the state of Texas. This day will conclude our celebrations for the 2015 National 4-H Week scheduled for October 4th to 10th. As in the past each 4-H program on the club, county, and district level can select the focus of their project based on the needs of their community(s). However, for 2015, we are offering a “ready-made” community service project for each county in collaboration with the Texas A&M Forest Service. In 2015, the Texas A&M Forest Service is celebrating their 100th year of conserving and protecting Texas forests. As part of their celebration, Texas 4-H is joining with them to host an educational event to plant a commemorative Bur Oak Tree (the only tree that is adaptable to all 254 counties) in each of our counties as a One Day 4-H Project. This project is a great opportunity for 4-H to partner with the Commissioners Court or other local government to honor the purpose of the Forest Service by planting a tree on the public property for decades to enjoy and appreciate.

Lampasas’ 4-H One Day is scheduled for October 10 at 9 am on the south side of the court house. This year’s project is a commemoration of the 100th Anniversary of the Texas Forest Service in partnership the AgriLife Extension with a planting of a Burr Oak Tree on the south side of the County Court House. Let’s have a good showing for this event.



A fundamental purpose of the 4-H Program is to highlight our program’s success and especially the youth that are involved in it. Each year, during National 4-H Week, the local and county 4-H clubs/groups have the opportunity to showcase what they have gained from their membership in 4-H through activities and events at the local and county level. The Texas 4-H Youth Development Program develops a National 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. National 4-H Week will be October 4-10, 2015.

For more information go to:

<http://texas4-h.tamu.edu/4hweek>

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.

District 7 4-H Scholarship Training

Any 4-Her interested in applying for a 4-H Scholarship there will be a training from 6:30-8:30 p.m. at the Llano County Extension Office on December 8. It would be beneficial for our youth to hear this message prior to their senior year, so we are encouraging Freshman, Sophomores, and Juniors to attend if they are interested. Many of the things that end up making youth not eligible cannot be fixed by the time they are seniors so it does not hurt for them to hear this info early!

Paper Clover Drive October 7th –18th

Tractor Supply Co. continues to support 4-H with their Paper Clover Program. As always TSC 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.

This is a major fundraiser for 4-H and it is important to make the most of this opportunity.

Work dates to man the Clover drive are October 10 and 17. Check FaceBook and email notifications for sign-up times.

Sheep & Goat Validation

October 24 from 9 am to noon at the show barn. All sheep and goats will be tagged at this time and you will also do your county stock show entries. Please call Heath if you have any questions.

2015 Junior Leadership Retreat

Join us for the 2015 Junior Leadership Retreat November 13-15 at the Texas 4-H Conference Center. It will be a great weekend full of fun, dancing and making great friends. Registration is now open!

BROWNWOOD – 4-H members ages 9-14 accompanied by adult chaperones will have an opportunity to hone their skills in several program

areas during the Junior Leadership Retreat Nov. 7-9 at the Texas 4-H Conference Center near Lake Brownwood.

“The Junior Leadership Retreat features Texas 4-H Council members conducting hands-on educational workshops with younger 4-H members,” said Mark Carroll, center program director.

The 4-H Junior Leadership Retreat at Lake Brownwood will be Nov. 13-15. The program will focus on knowledge and skills in five different project areas. (Texas A&M AgriLife Extension Service photo)

He said this year’s program will focus on increasing knowledge and skills in five 4-H project areas — Livestock Skill-a-thon, International & Global Education, Leather Craft, Share the Fun, & Judging.

Retreat registration begins at 7:30 p.m. Nov. 13, followed by general orientation at 9 p.m. and adult chaperone orientation at 9:30 p.m.

Each county sending 4-H youth to the retreat must provide adult chaperones for the weekend.

Nov. 14 activities start at 7:30 a.m., followed by a flag ceremony and breakfast, with the first of the day’s three general assembly’s beginning at 8:30 a.m. The remainder of the day will have concurrent sessions on the five programming areas.

Evening activities will start at 6:15 p.m. with a flag lowering ceremony and dinner, followed by a 7:30 p.m. presentation on state and national opportunities for 4-H youth and a costumed theme dance.

Adjournment is set for 11 a.m. Nov. 15.

“While this is a learning retreat, the main ingredient for the whole weekend is a sense of fun,” Carroll said. “The State 4-H Council members take pride in showcasing their creativity, which will become apparent at the Saturday Night Theme Dance. This year’s theme is ‘Welcome to the Jungle,’ where attendees will come dressed up as their favorite Jungle Animal or character. All the council members plan to be in costume, so it should be fun for everyone.”

After the Saturday evening dance, campers will gather for the closing ceremony and to reflect on the day’s activities. ***(Lampasas 4-H will pay ½ of the registration.)***

Individual registration is \$115 for youth and \$80 for adult chaperones. The fees include two nights lodging, four meals, snacks and program fees. Online registration is currently available through Nov. 3 at <http://texas4hcenter.tamu.edu>. The site also provides a property tour and directions.

2015 Junior Leadership Retreat

November 13-15

Dance Theme: Welcome to the Jungle

Texas 4-H Conference Center, Brownwood



- 4-H State Council Members led workshops
- 4-H members age 9-14
- Dancing, games & lots of FUN!
- Register : texas4hcenter.tamu.edu
- \$115 for youth & \$80 for adults
- Each county is responsible for providing adult chaperones



“A LOT OF GROUPS GO OUT THERE AND TALK ABOUT IT—WE GO OUT THERE AND **ACTUALLY DO IT.”**

JOIN THE REVOLUTION OF RESPONSIBILITY

FOOD & NUTRITION PROJECT
(4-H FOOD SHOW & FOOD CHALLENGE etc.)

Practices are every Thursday from 4-5:30pm in October 1, 8, 15, 22 & November TBA 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 with Karen i.e. class rooms at Lometa or Kempner or at schools.

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 10th. Recipes are due to Karen by October 14th. 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 The District Quiz Bowl is November 10 in Coleman.

2016 Photography Rules & Guidelines
(see attachment)

Watch for emails and Facebook postings for November workshop information. The 2015 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 theme for 2016 is: 4-H, Ribbons, Awards 7 Recognition. The theme will focus 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 and have impact.

The 2016 Rules and Guidelines are posted on the Texas 4-H Photography website at:
http://texas4-h.tamu.edu/project_photography

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

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/files/2015/01/15_TX4H_PhotoJudgingRules.pdf

2015 Annual Pet Appreciation Day

The 2015 Pet Appreciation Day dog wash at Tractor Supply was very successful. Volunteers took in \$195 in donations. Thanks to all who participated.



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.

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

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

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

Leadership Washington Focus

Leadership Washington Focus (LWF) is a 4-H leadership program for youth entering grades 7 through 9. The program will take place at the National 4-H Youth Conference Center, just 1 mile from the Washington, D.C. border. For more than 50 years, thousands of 4-H'ers have participated in our high school program, Citizenship Washington Focus and now we are happy to introduce its precursor for middle school 4-H'ers, LWF. Middle school 4-H delegates will:

- Build confidence in their ability to motivate and direct others in meaningful action
- Practice effective communication with others through group discussion and public speaking
- Work with others to create and accomplish goals
- Develop an understanding of their own personal leadership style
- Exchange ideas, practice respect, and form friendships with other 4-H'ers from across the nation.
- Experience hands-on learning using the historical backdrop of Washington, D.C.

Tuition costs for Leadership Washington Focus is \$588.00 (inclusive of tax); tuition includes:

- Lodging at the National 4-H Youth Conference Center for the duration of the program
- All meals during the program
- All site visits during the program
- Transportation during the program (this does not include travel to or from the Center)
- Souvenir pack including: LWF bag, LWF T-shirt, and LWF water bottle

Led by our team of program assistants, delegates will learn by doing and leave LWF with the experiences, tools, and connections to be leaders in their communities today.

Participants will enjoy:

- Motivational speakers and educational workshops that increase individual leadership capability and build lifetime skills for success
- Activities that encourage and form new lasting friendships with other 4-H youth
- An enthusiastic staff of young adults that work directly with them

Participants are immersed in the culture and history of our nation through on-site workshops at D.C.'s most spectacular sights.

Destinations include, but are not limited to:

- White House and Lafayette Park
- Ford's Theatre
- National Archives
- Presidential and war monuments and memorials
- Smithsonian museums
- and more!

One of the week's signature events, called "Nightview," is a spectacular evening tour where delegates will reflect on the different types of leadership conveyed through the symbolism of our national monuments and memorials.

In between tours, youth can relax at the National 4-H Youth Conference Center, Washington, D.C.'s premier youth and leadership hotel. The hotel is situated on a 12-acre campus, minutes from downtown D.C., featuring a hotel café all-you-can eat buffet, 24-hour uniformed security, a fitness center, full-court basketball and volleyball court, recreation room with pool tables and arcade games, free parking, and more.



TEXAS A&M AGRI LIFE EXTENSION

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October	2015						
					1	2	3
					Food & Nutrition Project practice 4-5:30 pm @ County Annex conf. room		
4	5	6	7	8	9	10	
National 4-H Week	*Swine Club meeting 6pm @ County Showbarn *Rabbit Project meeting 6 pm @ the back part of County Showbarn			Food & Nutrition Project practice 4-5:30 pm @ County Annex conf. room		*One Day 4-H 9am tree planting on south side of courthouse. * Paper Clover Drive at Tractor Supply	
11	12	13	14	15	16	17	
	Oakalla/Kempner meeting 6pm @ Taylor Creek Elementary		Food & Nutrition recipes due to Karen	Food & Nutrition Project practice 4- 5:30pm @ County Annex conf. room.		Paper Clover Drive at Tractor Supply	
18	19	20	21	22	23	24	
	Rabbit Project meeting 6 pm @ the County Showbarn	Sulphur Creek Club meeting 6pm @ the County Showbarn		Food & Nutrition Project practice 4-5:30 pm @ County Annex conf. room	Swine validation tag orders due	Sheep & Goat validation 9am - noon @ showbarn	
25	26	27	28	29	30	31	
512-556-8271 EXT 140		4-H Events & Activities					