



Lampasas County 4-H News

September 2016

4-H Clubs & Projects

Lometa 4-H Club

Lometa Club will be meeting on Monday, September 26th, at 6:00 p.m. at the L&M Garden Club. There will be a potluck dinner, so bring a dish to share! Contact: Megan Lusty at 940-507-2079.

Oakalla/Kempner Club

O/K club will have their meeting on September 19th at 6 p.m. at Taylor Creek Elementary School. Contacts: Lisa Jorstad at 254-432-6088 or charity9900@yahoo.com or contact Melody Miserlian at 541-227-3256 or mmiserlian@hotmail.com.

Sulphur Creek Club

The next Sulphur Creek club meeting will be Tuesday, September 20th at 6:00 p.m. at the showbarn. Kelli Isom and sons will give a show lamb presentation. We will be having fajitas, Please bring a dessert or side to go with it. Contact: Gennifer Brister at 325-330-2895 or nursegenny1974@hotmail.com.

County Council/Parent Leader Meeting

There will be a County Council & Parent Leader meeting on Monday, September 12th at 5:30 at the County Annex. All parents and 4-Hers are invited to attend. Club officers & delegates are expected to attend!

Project Information

4-H Shooting Sports Projects

- **Air Rifle Project** - 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

- The next rabbit project meeting will be on September 13th at 6 p.m. in the County Annex Conference Room. Contact: Angie Andrews at 512-734-3860

Dog Project

- The Dog Project will have meetings on September 7th and 21st at 6:00 p.m. The meetings will be at Sarah Rugo's house. She has a fenced 1/2 acre to use. Those interested need to contact her for the address. All dogs **MUST have rabies AND current vaccinations. Please bring copies of records.** Contact: Sarah Rugo at 979-627-5511

Inside this issue:

*Enrollment 2
*Food & Nutrition Project

*Stock show info & Validation dates 3

*Awards info 4
*Virtual Summit

*Service project 5
*Fall meeting

Calendar 6

One Day 4-H 7

GAK Camp 10

2016-2017 4-H Enrollment Heart of Texas Entries Recordbook Results

It's time to enroll in 4-H! The enrollment fee is \$20 per child until Oct. 31 where it will increase to \$25 per child. There are 3 clubs in which to enroll this year - Sulphur Creek Club, Oakalla/Kempner Club, and Lometa Club. Current members will only need to log into their family profile on 4-H Connect:

<https://texas.4honline.com/Login.aspx?403D4079444C6D387A6E595A2F6F3D>

New members will need to create a family profile.

Entries for the Heart of Texas Show in Waco are due to Heath by **September 15th!**

Senior member **Taylor Loeffler** received 7th place at the state level for her recordbook. Congratulations Taylor!

Livestock Judging Practice Chick Orders

Livestock judging practices will be every Wednesday from 4-5 at the county extension office starting this Wednesday, September 7th. Anyone interested is invited to attend.

Chick orders for the county stock show will be emailed soon. Orders will be due no later than October 1st! Price per chick is \$1.74 with the minimum quantity set at 25.

Food & Nutrition Project

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

Project information meeting will be Thursday, September 22nd, 5:30p.m. at the county annex conference room.

Practices will be 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. One option is to do a Food & Nutrition poster display. This year's theme, Family Favorites also applies. It can be any dish that families enjoy - made in a more healthy way. Consider family heritage and focus on a dish that represents this. Let the office know if you plan on participating in the Food & Nutrition project by mid-October. The District food show will be on Thursday, November 17th in Abilene with county entries due to district in early November. Recipes are

due to Karen by the end of October. 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 the 4-H **Food Challenge** which is similar to TV's Iron Chef. The district Food Challenge contest is in San Angelo during the stock show on January 25th.

The District **Nutrition Quiz Bowl** helps 4-H members enhance and demonstrate their knowledge and skills in a competitive setting. <http://fcs.tamu.edu/foodandnutrition/4-hyouth.php>

The District Quiz Bowl is November 8th in Coleman.

2017 Major Show Swine Validation Tags

Orders are due to Heath by **September 23rd**. 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.

Dinner Tonight—Healthy Cooking School

Our 2016 Fall Dinner Tonight! Healthy Cooking School will be held on September 29th from 6 -8 p.m. at the Lampasas Farm Bureau. Please spread the word! Cost is \$10 for the first 50 to register. \$20 after that. Discount due to sponsorship of Farm Bureau & Ajinomoto Windsor Foods.

Lampasas County Youth Livestock Show Validation Dates/Entry Deadlines

Steers:

Thursday, June 16, 2016: 4:00-6:00 pm (*Atkinson Ranch*)

Heifers:

Tuesday, October 25, 2016: 4:00-6:00 pm (*Showbarn*)

Sheep/Goats

Tuesday, October 25, 2016: 4:00-6:00 pm (*Showbarn*)

Broilers

Orders due by October 1st

Date and time: TBA (*High School*)

County show entry forms and fees due at chick validation/pick-up

Swine

Tuesday, November 22, 2016: 4:00-6:00 pm (*Showbarn*)

Rabbits

Monday, November 28, 2016: 4:00-6:00 pm (*Showbarn*)

Bring registration papers if the rabbits are pedigreed

Ag Mechanics/Food Fair

Entries due by Wednesday, November 30, 2016 (entry forms will be available at the swine validation on November 22)

***All county show entry applications and all fees due by November 30th.

No applications will be accepted after November 30th.

No exceptions!!!

The county stock show catalogue has been sent to all members emails. It is also available online at:

<http://lampasas.agrilife.org/files/2015/06/2017-Livestock-Show-Catalogue-FINAL.pdf>

Awards Program

The Lampasas County awards program was held on August 6th at the Farm Bureau building. Twenty-five members and their families were in attendance. Members were presented with year pins and recognized for their projects and achievements. Club officers were also recognized.

Sierra Gordon District 7 council president was the guest speaker. She gave a presentation on leadership opportunities beyond the county level.

Club Leaders were recognized for their service were:

Oakalla/Kempner Club - Lisa Jorstad & Melody Miserlian

Sulphur Creek Club - Angie Andrews

Lometa Club - Megan Lusty & Debbie Fortner

Receiving 4-H achievement awards for the county were:

Rookie Award: Shiann Burkett & Emily Hobson-Lusty

Silver Star Award: Kasi Andrews & Ruger Miserlian

Gold Star Award: Sydney Dishman

The 2016 **Friend of 4-H award** was presented to Judge Wayne Boultinghouse (pictured at right).

Angie Andrews (pictured below with husband Todd) was presented with the Silver Clover award for service to 4-H. She was also honored during the District 7 4-H Silver Clover Recognition Banquet at Zentner's Daughter Steak House in San Angelo.



Texas 4-H Virtual Summit

The 4-H Virtual Summit will be September 1st & 2nd. This is an online conference for volunteers to learn more about 4-H programs. To see the schedule, go to: [http://texas4-](http://texas4-h.tamu.edu/volunteer/)

[h.tamu.edu/volunteer/](http://texas4-h.tamu.edu/volunteer/)

There are no fees to participate!



District 7 Service Project

We are challenging 4-H members in District 7 to take part in showing support to groups that impact EVERY community Large and Small.... Commonly referred to as First Responders. This could be one of many groups: Fire Department / EMT's / Police Department / Sheriff's Department / DPS / Volunteer Fire Department / Etc.

These groups protect and serve our neighborhoods and communities; We want to show our support for them as well.

The project: Put together a care package with a personal note and deliver to the local group of your choice. This gives you the opportunity to show your local support but have an impact district & statewide. One of the sessions conducted at the Fall Meeting on Saturday was on the topic

of service. All participating youth spent some time writing "thank you" notes to First Responders. These notes are also available to include in your care packages if you desire.

Ideas for items to include in your "care package":

Personal Thank You Notes

Cookies

Candy

Beef Jerky

Snacks in general :)

Game Books (cross-word puzzles, sudoku, etc)

Movies

Books

I'm sure you all have more ideas... the possibilities are endless.

Parent leaders and others are coming up with ideas. There will be more info later. Please see the attached flyer on page 9.



Fall District 4-H Meeting

We had a great group attend the District 7 Fall Meeting. 4-H members attending were Kasi Andrews, Fyness Gorecki, Aj Nadow, Taylor Loeffler, Johnathan Harris, Emily Hobson-Lusty, Sara Hobson-Lusty, Alyssa Parra, Shiann Burkett, Savannah Folkner, & Dianne Ledford. Parents attending were Angie Andrews, Becka Nadow, Jennifer Parra, Linda Kay Burkett, & Barbara Ledford. Agents, Heath Lusty & Karen DeZarn were also in attendance.

We had 3 members elected to committee offices.

Taylor Loeffler - Vice Chair district swine committee

Kasi Andrews - Vice Chair district photography committee

Dianne Ledford - Secretary district clothing committee

September 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Texas 4-H-----	2 Virtual Summit	3
4	5 Labor Day Holiday - Office closed	6	7 *Dog Project meeting @ 6 @ showbarn *Livestock Judging @4 @ co. office	8	9	10
11	12 County Council/Parent Leader Meeting @ 5:30 in conference room @ county annex	13 Rabbit project meeting @6 in conference room	14 Livestock Judging @4 @ co. office	15	16	17
18	19 Oakalla/Kempner Club meeting @ 6 @Taylor Creek School	20 Sulphur Creek Club meeting @ 6 @ Showbarn	21 *Dog Project meeting @ 6 @ showbarn *Livestock Judging @4 @ co. office	22 Food project meeting @ 5:30 in conference room	23	24
25	26 Lometa Club meeting @ 6 @ Garden Club building	27	28 Livestock Judging @4 @ co. office	29	30	

TEXAS A&M AGRI LIFE 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://lampasas-tx.tamu.edu>



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



4-H motto: To Make The Best Better

**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 pub-
lic presentation

* If you are elected as a club officer
completes duties expected of that
office

Parents please support your chil-
dren to complete these expecta-
tions 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. Con-
tact Heath or Karen if interested.



SATURDAY, OCTOBER 8, 2016

If you would like to purchase a One Day 4-H t-shirt, please get your order in to the office and we will place an order for the county. We will need your order by September 8th so we can make the final deadline.

2016 ONE DAY T-SHIRTS NOW AVAILABLE



Show your 4-H pride during your
community service project for
One Day 4-H

ALL SHIRTS
\$6.00 each

free shipping on all orders!

Cool New Design!

Free Shipping!

THE DEADLINE FOR ORDERING IS:

SEPTEMBER 9, 2016

T-Shirts will be mailed for
delivery by September 30th
(Great for those projects on October 1st!)

ORDER ON LINE AT:
www.agrilifebookstore.org

Keyword Search: One Day, or by Item #: 4H-012

DISTRICT 7
4-H

SUPPORT YOUR FIRST RESPONDERS

2016-17 SERVICE PROJECT



District 7 4-H is challenging each of you to support your local First Responders (Law Enforcement, Fire Department, Emergency Medical Services, Etc.) by putting together care packages and delivering them to the organization of your choice. While your contribution will be local, the impact will be statewide!

A reporting site will be made available to everyone throughout the year where you can easily report your efforts .



GAK CAMP

GRANDPARENTS AND KIDS

OCTOBER 21-23, 2016

WHAT IS GAK CAMP?

GAK Camp is a brand new program designed as a retreat for grandparents and kids to connect on a new level. Activities are geared towards bonding and communication between the generations.



HOW TO REGISTER

texas4hcenter.tamu.edu

or

click the "sign up" button on our Facebook page:

Texas 4-H Center - Lake Brownwood

COST

\$120 per person - dorm lodging

\$150 per person - hotel-style lodging



Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in this program are encouraged to contact the Texas 4-H Center to determine how reasonable accommodations can be made. Educational programs of the Texas A&M AgriLife Extension are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, The United States Department of Agriculture and the County Commissioners Courts of Texas cooperating.