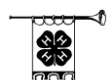


Lampasas County Extension Office, P.O. Box 231, Lampasas, TX 76550

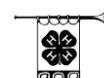
(512) 556-8271, x140

E-mail: [lampasas-tx@tamu.edu](mailto:lampasas-tx@tamu.edu)

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



## 4-H News



JANUARY 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/>

### 2012 4-H Registration

All 4-Hers must re-enroll to verify membership for livestock shows, contests, and for the 4-H mailing list. EVERYONE – Leaders and 4-Hers will need to re-enroll on 4-H Connect at

<https://www.4honline.com/Login>

It is mandatory that all 4-H leaders & youth annually enroll to be eligible to participate in 4-H. A participation fee of \$25 will hopefully insure that Texas AgriLife Extension Service will continue to deliver the highest quality 4-H program in the world.

### Gingerbread Houses at the Lampasas Keystone Museum

Lampasas 4-Hers won lots of awards for the Gingerbread House contest at the Keystone Museum. Shown pictured taking first place for Children/Youth Organizations was the Kempner/Oakalla 4-H club with their Gingerbread House village. The results for the Children's Division Ages 8-13 Sydney Dishman took first place, Kirsten Johnson second place and Zak Dishman third place. Also pictured is the 4-H fiber optic Christmas tree featuring pictures of 4-Hers, clovers, candy canes and 4-H stuffed farm animals. Great job everyone!





## 2012 4-H Volunteer Conference

The dates for the 2012 4-H Volunteer Conference have been set! Mark your calendars – and share the date with others – for July 27th – 29th in San Antonio. More details later.

## Texas Youth Saves

Join the hundreds of Texas youth who are making a difference with their money by becoming Savers. Young Texas Saves is a community based effort to empower youth to increase their saving and become more financially capable. Through Young Texas Saves, young people are challenged to take the first step in reaching their financial goals by making a savings commitment.

In the month of February every 4-H club in Texas is challenged to present the Young Texas Saves program at their monthly meeting. The presentation includes a short PowerPoint with real life examples of the impact of saving and investing at a young age, handouts for members and parents with tips on saving and investing and provides 4-H members the opportunity create a saving goal and commit to making it happen. Young Texas Saves program materials will be available January 1, 2012. For more information about Texas Youth Saves contact county agents Karen or Heath.

## Share the Fun 2012!

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!

## Family Safety

### Swallowing Coin Lithium Batteries – A Serious Threat to Small Children

*Simple actions can protect children from a growing safety hazard.*

#### **The Risk**

Common items like small remote controls, calculators, watches, car key fobs, flameless tea lights and bathroom scales often have powerful batteries inside, which look like a coin.

- **These batteries are extremely dangerous if swallowed.**
- Many devices that use coin lithium batteries have easy-to-open battery compartments.
- These gadgets are often left within the reach of children. They may even be favorite play-things or use to entertain kids.
- The batteries are often “invisible” to consumers because they come already inserted in devices.

#### **The Potential Impact**

If a coin-sized button battery gets stuck in a child’s throat, the saliva triggers an electrical current. This causes a chemical reaction that can severely burn the esophagus in as little as two hours. It is important to know that:

- Damage can continue even AFTER the battery is removed.
- Repairing the damage is painful and can require feeding tubes, breathing tubes and multiple surgeries.
- In some cases, children have died.
- Spotting the problem is difficult. Children can usually breathe with the battery in their throat.

**What You Can Do**

Parents can take simple steps to protect their children.

- Look in your home for any item that may contain coin-sized button batteries.
- Place devices out of sight and out of reach of small children.
- Keep loose or spare batteries locked away.
- Share this life-saving information with caregivers, friends, family members and sitters.

If parents or caregivers suspect that a child has swallowed a coin-sized button battery, they should get help fast:

- Go to the emergency room immediately. Tell doctors and nurses that it might be a battery.
- If possible, provide the identification number found on the battery’s package.
- Do not let the child eat or drink until a chest x-ray can determine if a battery is present.
- Do not induce vomiting.

**4-H Community Service Project**

4-Hers filled bags with food and toiletries and distributed them to the elderly residents at Pecan Grove Apts. They were much appreciated. Pictured are Megan Longoria, Taylor Ann Menard, Kory Menard, & Brandon Longoria



Pictured below are Alicia Menard and father.



Picture below are Taylorann Menard and a resident of Pecan Creek.



**2012 4-H Photography Project**

**CATEGORIES**

- ANIMALS - DOMESTIC
- ANIMALS - WILDLIFE
- CATCH ALL
- DETAILS & MACROS
- DIGITAL DARKROOM
- DOMINANT COLOR
- ELEMENTS OF DESIGN
- FOOD
- MARINE/AQUATICS
- NATURE/LANDSCAPE
- NIGHT PHOTOGRAPHY
- PEOPLE
- PLANT/FLORA
- STORY BOARD
- THEME :

Theme photos focus on a subject as announced and outlined in the contest rules. For 2011-2012 the theme is “Trains.” This theme allows 4-H members to take photos of all types of trains. The train theme includes both real and model trains. Photo subject must be either the engine or a train car. Photos of train accessories such as stations/depots, signs, tracks, etc are not allowed. All necessary safety precautions and laws must be adhered to during photo capturing.

*Examples include: front of an antique train engine, old caboose, etc*

The county contest will be at the end of March and the District deadline will be mid-April. Workshops are being planned and will be announced in the next newsletter.

## **MARK YOUR CALENDAR**

### **Upcoming Due Dates!**

12/3 – Lampasas Pig Show  
12/13 – Scholarships @ San Saba Civic Center Mill  
Pond Park 6:30pm.  
12/17 – Lometa Project Show  
01/04 - 01/07 – County Stock Show

### **4-H Healthy Lifestyles Invitational**

County agent, Karen DeZarn would like to get a group of interested 4-Hers together to practice for the Healthy Lifestyles Invitational. The classes and resources for the 2012 4-H Healthy Lifestyles Invitational Contest are now available at:

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

Previous contest classes from which we can study are also posted on the web site. The contest is held during Texas 4-H Roundup and is open to intermediate and senior 4-H members. Youth may compete as teams or individuals. Contact Karen before the end of January if you are interested in participating.

### **MASH Camp**

*Courtney Dodd, Extension Program Specialist*  
The Medical, Athletic Training, Safety & Health Camp provides youth an opportunity to learn about nutrition, physical activity, health and safety, as well as explore a variety of careers available in the health and medical fields. Activities include tours and hands-on experiences of Texas A&M College of Medicine, Health Science Center, College of Veterinary Medicine, A&M Athletic facilities, and TEEEX Disaster City. The camp is scheduled for **June 27-29, 2012** and is open to youth ages 13-17 (at the time of the camp).

### **New 4-H Record Book System!**

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*. In an effort to update the current *Record Book* system, a committee of 4-H faculty has polled 4-H members, 4-H parents, and Extension faculty to request suggestions to improve the process. It has been highly recommended and requested by many members, parents, and Extension staff that the Texas 4-H recordkeeping system (*Record Books*) be available as an online, data entry system that easily allows for updates, editing, and printing.

So, State 4-H announced. Important Details:

\* There will be three (3) levels of *Record Books* based on 4-H age (junior, intermediate, and senior). Information requested for each level will progressively add on to each other. The junior & intermediate books will be significantly simplified from the current *Record Book*. The senior level book

will be similar to the current *Record Book* with some minor edits.

\* Parts of the report form will be standardized to allow for ease of completion and judging.

\* Much of the data from previous *Record Books* that a member may have saved on their home computer may be 'cut and pasted' into the new forms.

\* All 4-H members (juniors, intermediates, and seniors) will begin using the new online forms or new paper forms that will be available for download from the Texas 4-H website beginning with the 2011-2011 4-H Year.

\* *Record Books* will still be printed and turned in (in hardcopy form) to be judged by the deadline set by your local County Extension Office.

LOCATION & RESOURCES:

**<http://www.4hreports.com>**

(AVAILABLE FOR USE STARTING OCTOBER 15)

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

The 2011-2012 Community Service Project for our 4-H district will be to collect funds to purchase premie car seats for the Children's Miracle Network. Be thinking of a way to raise the funds. Each county in the district is being asked to raise \$100 which will purchase one car seat for the Network. Funds are due to the District 6 office by May 1<sup>st</sup>.

### **Recipe Rally –a new 4-H contest**

Want to know more about the 4-H Recipe Rally? You can view an online training at: **<http://www.youtube.com/watch?v=9-u0c1hfz-0>**.

The video is less than 8 minutes, so it won't take too much time to learn the basics about the opportunity presented to intermediate and senior 4-H members.

4-H members may submit a video entry at any time, throughout the 4-H year. However, the official deadline for all video entries to be posted on YouTube with required information sent to Courtney Dodd is Midnight on Wednesday, February 1, 2012.

The video is also linked on the 4-H Healthy Lifestyles Program Page, under the Recipe Rally section at the bottom of the page. The direct link to the page is: **[http://texas4-h.tamu.edu/projects/healthv\\_lifestyles/index.php](http://texas4-h.tamu.edu/projects/healthv_lifestyles/index.php)**.

A one-page overview is also attached and available on the 4-H healthy lifestyles page, in addition to:

- 4-H Recipe Rally Score sheet
- Instructions on how to post a video to YouTube
- Sample Recipe Rally Video

## **State 4-H Roundup**

The 2012 State 4-H Roundup will be in a new location this year. It will be June 11-14 in Lubbock. You must enter 4-H project competitions and win at the county and district levels to advance to State 4-H Roundup. Begin now planning your project entries.

## **Clover Kids**

The Sulphur Creek 4-H Club will be offering membership for Clover Kids. This is for youth in grades K-2<sup>nd</sup>. The purpose of Clover Kids is to help youth learn social skills, develop self-esteem and build family strengths. They will meet during the regular club meetings on the 2<sup>nd</sup> Tuesdays of each month at the Farm Bureau. They may arrange other activities as well. There is not an annual fee for these youth. The Clover Kids managers are Christina Hopson and Myrlann Hopson. Thank you to these dedicated individuals for volunteering to manage the Clover Kids group.

## **District 4-H Trip Planned for July 2012 to Scotland and Ireland**

Parents and 4-Hers can travel to Scotland and Ireland with 4-H. Start planning now to visit Edinburgh, Glencoe, Loch Ness, Glasgow, Belfast and Dublin. The travel size will be 25. If you plan now you can have 20 monthly payments of \$151 after an initial payment of \$275. A 4-H group recently returned from London, Paris, and Rome. They shared great pictures and stories of their trip. Check out the flyer at the county office.

## **Shooting Sports Project**

Lampasas County 4-H will provide supervision and instruction for Members that wish to participate in a **Shooting Sports Project** that involves **shotgun shooting**. Participants will be provided formal safety training and shooting instruction and there will be opportunities to shoot recreationally and competitively.

### **Eligibility**

- ☐ Register for 2011-2012 4-H Membership.
- ☐ Complete and submit required waiver of liability prior to live fire.

### **Project Completion Requirements**

- ☐ Attend safety training and orientation on **Mon Jan 23 at 6:30 p.m.** in the County Annex Conference Room. Do not bring guns or ammo to this session.
- ☐ Attend at least 1 range training session. Sun Jan 29 or Sun Feb 12 at 2:00 p.m.
- ☐ Attend at least 2 shooting activities. 1-2 activities will be scheduled monthly through April.
- ☐ **4-H Members that have participated in Shooting Sports Project previously** must participate in at least 3 shooting activities.

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

At least 1 shooting activity must be Fun shoot at the Pasture.

## **Items Required for Project Participation**

- ☐ Parent, guardian or responsible adult present at all sessions

ITEMS REQUIRED FOR LIVE FIRE ONLY, NOT CLASSROOM INSTRUCTION

- ☐ Ear and Eye Protection
- ☐ Closed toed shoes
- ☐ Proper attire for field activities
- ☐ Shotgun Ammunition
  - 12 Gauge or 20 Gauge (20 Gauge if you do not have your own gun)
  - #8 Shot Preferred, #7 ½ Shot Acceptable
  - At least 1 Box for first session at the Range

## **Costs**

- ☐ None for recreational shoots. (4-H to provide targets)
- ☐ Round fees and registration fees for competitive shoots.

**Project Calendar** (Jan and Feb only, Mar, Apr, May to be posted later)

## **Open Shoot for Returning Members Only!!**

Sun Jan 15, 2:30 p.m. @ Ft. Hood Trap & Skeet

## **Initial Training & Orientation** (Mandatory for New Project Participants)

Mon Jan 23, 6:30 p.m. @ Lampasas County Annex Conference Room (do not bring any supplies)

## **Range Training Session and Fun Shoot for All Members**

Sun Jan 29 and Sun Feb 12, 2:00 p.m. @ Mike Hail Pasture South of Town

## **Open Shoot for Returning and Advanced Shooters**

Sun Feb 26, 2:30 p.m. @Ft. Hood Trap & Skeet

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

## **FACEBOOK**

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

[http://www.facebook.com/home.php?sk=group\\_199928750048104](http://www.facebook.com/home.php?sk=group_199928750048104)

## **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](http://www.orientaltrading.com) We also just found out that you can purchase 4-H novelty items from Oriental Trading.

Clothing & Textiles Packet (will be updated for 2012)

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

Houston Livestock Show Calf Scramble

<http://www.hlsr.com/access/calf-scramble/participate.aspx>

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)

Photography Rules (soon to be updated)

<http://d74-h.tamu.edu/district-events/photography-contest>

District 7 4-H Events

<http://d74-h.tamu.edu/>

4-H Record Books

[http://texas4-h.tamu.edu/youth/recordbooks/index\\_youth\\_recordbooks.php](http://texas4-h.tamu.edu/youth/recordbooks/index_youth_recordbooks.php)

4-H Shooting Sports

[http://texas4-h.tamu.edu/youth/shooting\\_sports/index.php](http://texas4-h.tamu.edu/youth/shooting_sports/index.php)

4-H Round-Up

<http://texas4-h.tamu.edu/youth/roundup/index.php>

4-H Connect

<http://texas.4honline.com>

Leaders 4 Life

<http://texas4-h.tamu.edu/projects/leaders4life/index.php>

Sincerely,



Heath Lusty  
CEA – AG/NR



Karen DeZarn  
CEA – FCS

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

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

Our next meeting will be on January 9th, at the Oakalla Community Center.

Point of contact:

Tricia Pratt ([dragonmaxmerlin@yahoo.com](mailto:dragonmaxmerlin@yahoo.com)), or

Robin Allen ([robredeemed@gmail.com](mailto:robredeemed@gmail.com)).

### **TAYLOR CREEK 4-H CLUB**

*Club meeting date:* Monday, Jan. 23, 5:30 in the Taylor Creek Elementary Cafeteria.

Contact: Alicia Menard at

[lampasasinfo@sbcglobal.net](mailto:lampasasinfo@sbcglobal.net) or 254-449-2007

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

*Club meeting date:* Christmas Party Tuesday January 17 at 5:00 pm at the Farm Bureau Bldg.

Contact: Jill Carroll at

[lampasaschamber@sbcglobal.net](mailto:lampasaschamber@sbcglobal.net) or 512-556-7435