

AgriLIFE EXTENSION

Texas A&M System

Improving Lives. Improving Texas.

On-line Cochran 4H Newsletter can be found at Web-site: <http://cochran-tx.tamu.edu>

March-April 2012
Vol. 3

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Texas AgriLife Extension Service Cochran County

Event & Program Information Dates

Houston Livestock Show & Rodeo - February 28th - March 15th 2012

<http://www.hlsr.com/>

Star of Texas - Austin - March 9th - 24th <http://www.rodeoaustin.com/>

Fashion Story Board Meeting Whiteface Homemaking Room March 1st
3:45 p.m.

Cochran 4H Club Meeting March 5th 6 p.m. activity bldg.

Fashion Story Board Meeting Whiteface Homemaking Room March 6th
3:45 p.m.

Fashion Story Board Meeting Whiteface Homemaking Room March 8th
3:45 p.m.

Fashion Story Board Meeting Whiteface Homemaking Room March 13th
3:45 p.m.

Photo entries due Whiteface Homemaking Room March 19th 3:30 p.m.

County Fashion Show March 24th Activity Building 1 p.m.

D-2 Photography Entry Reg Due March 30th

D-2 Fashion Show April 10th Abernathy Elementary

D-2 Roundup Contest May 5th Reg. Due April 20th

Meeting Dates & Contacts:

Cochran 4-H Club

1st Monday of every month-
Activity Board
Room 7 p.m.
unless otherwise changed

Cochran 4-H Gun Club

TBA -2012

Did you know ?

TAES Cochran 4-H County Program Policy

4-H is a community of young people across America who are learning leadership, citizenship and life skills. 4-H is about having fun, learning, exploring and discovering. In 4-H, young people make new friends, develop new skills, become leaders and help shape their communities.

More than 65,000 Texas youth are enrolled members of 4-H community clubs in Texas. Another 850,000 Texas youth get involved in 4-H through special educational opportunities at school, in after school programs, or at neighborhood or youth centers. These youth live in cities, suburbs, small towns and rural communities.

4-H gives them a chance to pursue their own interests - from photography to computers, from building rockets to raising sheep. A list of 4-H projects is available online. They go places - to camp, to state and national conferences. They learn to be leaders and active citizens.

In 4-H clubs, they serve as officers and learn to conduct meetings, handle club funds, and facilitate group decision-making. In a growing number of communities, 4-H youth serve as youth representatives in municipal or county government or as members of Teen Courts. They give back to their communities. 4-H members get involved in volunteer projects to protect the environment, mentor younger children and help people who are less fortunate.

Awards & Results:

Ft. Worth Stock Show:

4-Her, Jackson Greener, placed 7th with steer project; 4-Her, Paxton Willingham, placed 8th with steer project; and, 4-Her, Nash Willingham placed 2nd with an heifer project.

San Angelo Stock Show:

Over half of out 22 youth entries placed in San Angelo. We are so proud of our 4H youth

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin.



4H Adult Leader & Management Corner:

Equal Opportunity Notification for Educational Programs & Non-Discrimination Policies

Texas AgriLife Extension Service Cochran County does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Requests for accommodation of a disability should be directed to Natalie Silhan, Office Manager, 806-266-5215. Educational programs of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.

TEXAS 4-H CENTER WEBSITE

While you are surfing the web, don't forget to visit the Texas 4-H Center's website: <http://texas4h-ctr.tamu.edu>

COCHRAN COUNTY 4-H ON-LINE

Now has the 4-H newsletter as well as various other sources of information at: <http://cochran-tx.tamu.edu>

Other 4-H Web-sites

Glory Be Collectibles You might want to check out the neat 4-H items at www.glorybe.com

Clover Corner News Check out the Clover Corner News, 4-H's national online newsletter, at: www.4hblogs.org/ccn.

Check out this Website : <http://texas4-h.tamu.edu>

D-2 Events

District Calendar go to: <http://d24-h.tamu.edu/events/>

D-2 Photography Entry Reg Due March 30th

D-2 Fashion Show April 10th Abernathy Elementary

D-2 Roundup Contest May 5th Reg. Due April 20th

YOUTH PROTECTION STANDARDS UPDATE

Courtney Dodd, Extension Program Specialist

A reminder at the start of this 4-H year - all volunteers are to be re-screened every three years. For 4-H volunteers, the need for re-screening is determined on a 4-H year basis. For example, a volunteer screened any time between September 1, 2008 and August 31, 2009 needs to be re-screened at the beginning of this 2011-2012 4-H year. More information on volunteer screening is located online at: http://texas4-h.tamu.edu/agents/agent_yps/agents_yps.php

Shirley's Family Consumer & Better Living for Texans Tip Corner FCS-Agent, Cochran County

Health Factoid:



EAT SMART to Lower Cancer Risk

Vol. 1 No. 8

Fruits & Vegetables the COLOR of Health

*For good health,
fill two-thirds of your
plate with vegetables,
fruits, beans and
whole grains!*



Did you know that adding color to your plate may add years to your life? Fruits and vegetables contain important vitamins, minerals, phytochemicals, antioxidants and fiber — all important in reducing your risk of chronic diseases like cancer. In general, those with the most color — green, red, yellow, orange and blue — have the most nutrients.

Choose at least 2 cups of fruit and 2 ½ cups of vegetables each day. That equals to nine, ½ cup servings of vegetables and fruits a day! What is a serving? One serving is equal to:

For more
information contact:

- ½ cup of fruit
- 1 medium piece of fruit
- ¼ cup of dried fruit
- ½ cup (4 ounces) of 100% fruit or vegetable juice
- 1 cup of leafy vegetables
- ½ cup of cooked or raw vegetables
- ½ cup of salsa
- ½ cup of tomato sauce
- ½ cup of legumes (beans or peas) cooked, frozen or canned

Just remember to enjoy a wide variety of fruits and vegetables — whether fresh, frozen, canned or dried!

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.



Texas AgriLife Extension Service Cochran County



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Calendar 2012:

There's Always Something To Do! Important 4-H Dates

All meetings will be held at the Activity Bldg., unless otherwise notified.

Houston Livestock Show & Rodeo - February 28th - March 15th 2012

<http://www.hlsr.com/>

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The information given herein is for educational purposes only. References to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the Cooperative Extension Service is implied. We will seek to provide reasonable accommodations for all

persons with disabilities for any of our meetings. We request that you contact Texas Cooperative Extension - (806) 775-1680, as soon as possible to advise us of the auxiliary aid or service that you will require.

Agents:

Shirley Sears, CEA-FCS

Email: sasears@ag.tamu.edu

Jeff Molloy, CEA-Ag

Email: jamolloy@ag.tamu.edu

Reminders and/or Suggestions:

Re-enrollment is required for each new program year. Enrollment or re-enrollment can be completed by going to 4H Connect website located on 4honline.com. Please also remember that all 4-H Volunteer working directly with youth must have also submitted a volunteer screening form. These, also, may be completed online on 4H Connect. **There will be a membership fee of \$20 each for enrollment, or re-enrollment, between Sept 1st—Oct 31st. \$25 each for the same after October 31st. Contact office re: any questions you may have. website: <http://tx4-h.tamu.edu/4hconnect/index.html>**

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Texas 4-H homepage, go to: <http://texas4-h.tamu.edu/> for all upcoming event and state 4H info.