

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>

July-August 2011
Vol. 5

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Texas AgriLife Extension Service Cochran County

Event & Program Information Dates

Electric Camp – June 27th– July 1st

D-2 Golf Challenge—July 6th

D-2 Officer Training July 7th

Recordbooks – July 13th

D-2 Food & Nutrition Tour July 14th

State Trap/Skeet—July 18-22nd

Texas Tech 4H Livestock Short Course July 25-27th

August—Re-enrollment fee only \$20 per enrollment between September 1st—October 31st. \$25 after Oct. 31st.

Cochran 4H Banquet August 11th Morton Country Club 6 p.m. Casual-swimming, awards/appreciation & hamburgers RSVP by August 1st

Meeting Dates & Contacts:

Cochran 4H—Patsy Burton & Andra Hoots TBA
Managers, Kimberly Silhan Club Pres. &
Kaylee Presley V-Pres.

Cochran 4H Gun Club TBA

Did you know ?

one day 4-H 2011 DATE ANNOUNCED

Toby Lepley, Extension 4-H and Youth Development Specialist

What is one day in the life of a person? For some it can be a difference of life of having something to eat, it could be having the blood for a car wreck or transfusion, or it could be just having some to talk to. One day does make a difference to thousands in our state! On Saturday, October 8, 2011 the Texas 4-H and Youth Development Program will host its 3rd annual day of community service, one day 4-H 2011. Before your 4-H club wraps up before Summer form a committee and gather ideas for how you can make a difference on October 8th!

Awards & Results:

D-2 Roundup Results:

Karissa Presley 4th Place individual Vocal Join the Fun

Horse Quiz Bowl 2nd Place Team members: Garrett Baker, Kerby Dewbre, Kolby Dewbre & Paxton Willingham

Sr. Livestock Judging:

Billy Sutton placed 34th goat lamb steer swine and 16th overall team

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

Issued in furtherance of Cooperative Extension Work in Agriculture and Home Economics, Acts of Congress of May 8, 1914, as amended, and June 30, 1914, in cooperation with the United States Department of Agriculture, Texas Cooperative Extension, The Texas A&M

University System.



The Texas 4-H and Youth Development Program will be sponsoring a state-wide leader training on July 29-31, 2011 in San Antonio to prepare the new generation of 4-H volunteers to lead and instruct our members. Highlights of the conference will include:

Opening session featuring a dynamic motivational speaker in the field of youth development as well as an update on the state of the Texas 4-H and Youth Development Program.

Sessions on Saturday and Sunday focused on needs provided through agent and clientele surveys ensuring our program leaders are receiving the training they want!

Workshops for Everyone!

Educational Sessions Currently Scheduled:

- 4-H Livestock Project Training
- Leadership (i.e. Leaders4Life)
- Natural Resources (i.e. WHEP, Wildlife Contest, Outdoor Challenge)
- Photography & Videography
- Healthy Lifestyles (i.e. Sports Nutrition, Food Challenge)
- Citizenship (i.e. Keys to the Courthouse Curriculum)

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>

Honey Limeade

Ingredients

- 1 cup lime juice, 5 cups water, 2/3 cup white sugar, 2 tablespoons honey

In a pitcher, combine lime juice, water, sugar and honey. Stir until sugar is dissolved. Chill in refrigerator.

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

Health Factoid:

Making Your Dollar Stretch

1. Cook enough for several meals and freeze the leftovers
2. Cut fruits and vegetables and grate cheese at home rather than buying pre-cut and pre-shred items.

Buy frozen fruits and vegetables in large bags.
Source: CDC, Fruits & Veggies: More Matters

"LET'S MOVE!" WITH THE FIRST LADY.

Courtney Dodd, Extension Program Specialist - 4-H

The 4-H & Youth Development Program has joined with the First Lady's Let's Move! Initiative to solve the challenge of childhood obesity within a generation. A part of this initiative is the opportunity for youth and adults to participate in the Presidential Active Lifestyle Award (PALA) Challenge. Participants can join any number of groups and even start a group for their own 4-H club or county (be sure to join the Texas 4-H & National 4-H groups). The award recognizes those who log their recommended physical activity for six consecutive weeks, five days a week (60 minutes for youth, 30 minutes for adults). For more information, visit the [President's Challenge](#) website.

Let a series of happy thoughts run through your mind. They will show on your face.
Author Unknown

D-2 Events

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

North Region D-2 Golf Challenge July 6th

D-2 Officer & Council Dance July 7th

Recordbooks – July 13th

D-2 Food & Nutrition Tour July 14th



Texas AgriLife Extension Service Cochran County



Cochran County Extension Office

200-B W. Taylor, Morton TX 79346

phone: (806) 266-5215

fax: (806)266-0032

email: cochran-tx@tamu.edu

Web-site: <http://cochran-tx.tamu.edu>

Production: Natalie Silhan

Calendar 2011-2012:

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

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

Electric Camp – June 27th-July 1st

D-2 Officer Training July 7th

Recordbooks – July 13th

D-2 Food & Nutrition Tour July 14th

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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.**

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