

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>

January-February 2012
Vol. 1

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Texas AgriLife Extension Service Cochran County

Event & Program Information Dates

Cochran County Stock Show - January 11-14th, 2012

Southwestern Exposition and Livestock Show - Ft. Worth Jan 13th - Feb 4th 2012—<http://www.fwsr.com/>

San Antonio Stock Show & Rodeo - San Antonio Feb 8th - Feb 25th 2012
<http://www.sarodeo.com/>

San Angelo Stock Show & Rodeo - San Angelo Feb 16th - Feb 26th 2012
<http://www.sanangelorodeo.com/>

Houston Livestock Show & Rodeo - February 28th - March 15th 2012
<http://www.hlsr.com/>

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

Meeting Dates & Contacts:

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

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

Cochran 4H Gun Club

TBA -2012

Did you know ?

TAES Cochran 4-H County Programs

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:

D-2 4-H Food Show Results November 5th:

Kimberly Silhan (not pictured) Intermediate 4th place bread & cereal; Karissa Presley intermediate main dish 7th place; Kaylee Presley intermediate nutritious snacks 6th place; Kari Sutton intermediate fruit & vegetables 6th place

South Plains Fair Results:

Intermediate Cochran 4-Her Kaylee Presley placed 3rd clothing - jacket and 3rd place food entries cookies, honorable mention and Intermediate Cochran 4-Her Karissa Presley placed 1st in clothing PJ's, 1st place food entry cake, 3rd placed food entry candy



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/>

Tentative Dates: April 1st D-2 Photography entries due

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:

Nutrient Analysis

Phytonutrients are the health-protective substances in plant foods – fruits, vegetables and grains – that promote health and help reduce risk of chronic disease.)

Walnuts contain no *trans* fat, no cholesterol and no sodium.

Walnuts are a good source of dietary fiber and protein. They are also a good source of **folic acid, vitamin B6, magnesium, phosphorus, and copper**. In addition, walnuts contain many antioxidants that may help protect cells from free radical damage

Walnuts are one of the best known sources of melatonin, a powerful antioxidant that is associated with reducing risk of developing Alzheimer's, Parkinson's Disease, and certain types of cancer.

Many Asian cultures believe the shape of a food is related to its health benefits. Thus, they believe the heart-shaped walnut is good for heart health. Numerous research studies have proven this is true!

Information for this program was adapted From a handout Simply Good Food by BLT Assistant Melissa Rubalcado Crosby County /

<http://www.walnuts.org>



Texas AgriLife Extension Service Cochran County



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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.

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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.