

# 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>

May-June 2012  
Vol. 4

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## Texas AgriLife Extension Service Cochran County

### Event & Program Information Dates

State Horse Validation due May 1st  
D-2 Council Applications due May 2nd  
D-2 Roundup Contest May 5th Levelland  
Cochran 4-H Club & Adult Leader Meeting May 7th Activity Bldg. 6 p.m.  
tentative  
Texas Plains Can Drive Due May 22nd  
Leader Lab South Plains College May 29-31st  
D-2 Horse Show Lubbock June 16th  
D-2 Trap Shoot June 23rd tentative  
Electric Camp June 25th-29th

### 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 April-2012*

## Did you know ?

State Roundup will be held at Texas  
Tech, this year!!!!!!

**June 11th– 14th  
Texas Tech Univ.  
Lubbock, TX**

### Awards & Results:

#### Houston Stock Show

Chanci Harvey 2nd place duroc swine division  
Jacob Silhan 6th place shorthorn steer division  
Scyelar Trull 8th place Duroc swine heavy weight division  
Nash Willingham 4th place light weight Simmental beef division

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



### 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](http://www.glorybe.com)

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

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

#### D-2 Events

D-2 Council Applications due May 2nd

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

Texas Plains Can Drive Due May 22nd

Leader Lab South Plains College May 29-31st

State Roundup June 11-15th at Texas Tech

D-2 Horse Show Lubbock June 16th

D-2 Trap Shoot June 23rd tentative

Electric Camp June 25th-29th

## 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](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:

Cabbage is an exceptionally high source of vitamin C. It is high in fiber and has moderate amounts of calcium and Potassium. It is high in Vitamin K which helps with blood coagulation and other body functions.

Cabbage along with cauliflower, brussels sprouts, and broccoli belong to a class of vegetables called cruciferous vegetables. Cruciferous vegetables are rich in compounds that help fight cancer.

REMEMBER that overcooking of cabbage is the villain of a strong odor or flavor.

When cutting use the core as a holder and cut diagonally across the leaves.

Cabbage has omega 3 and an anti-inflammatory property.

**PREPARATION**- Wash the cabbage. Shred, slice or cut wedges for the more compact varieties. Bok choy can be cut in small bite size pieces. Cabbage can be braised, boiled, sautéed, steamed, stir-fried or microwaved. Equivalent one 1 1/2 pound cabbage = 8 cups, shredded

**FLAVOR ENHANCER** -Apples, pears, raisins, curry, caraway, dill



# Texas AgriLife Extension Service Cochran County



## Cochran County Extension Office

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Production: Natalie Silhan

### Calendar 2012:

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

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

State Horse Validation due May 1st

Taking State Fair swine tags due May 2nd

D-2 Council Applications due May 2nd

D-2 Roundup Contest May 5th Levelland

Cochran 4-H Club & Adult Leader Meeting May 5th Activity Bldg. 6 p.m. tentative

Texas Plains Can Drive Due May 22nd

Leader Lab South Plains College May 29-31st

State Fair & Steer Validations due by June 29th

State Roundup June 11-15th

D-2 Horse Show Lubbock June 16th

D-2 Trap Shoot June 23rd tentative

Electric Camp June 25th-29th

**D-2 Recordbooks July 11th**

*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:

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### 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.**