

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>

November-December 2010
Vol. 7

Page 1

- 4-H Meeting Contacts
- Upcoming/Event information
- Did you know?
- Club Meeting Dates
- Awards & Results

Page 2-3

- Recipe of the month
- Manager/Volunteer Info.
- 4-H Center Web-site info.
- County Web-page Info.
- Shirley's Tip Corner
- D-2 & Area Programming
- Volunteer Information

Page 4

- 2010-11 4-H Calendars
- Reminders & Suggestions



Texas AgriLife Extension Service Cochran County

Event & Program Information Dates

Swine validation November TBA
Nov 1st D-2 Food Show Reg Due by 12 p.m.
Nov. 13th D-2 Food Show Levelland High School
Nov. 5-19th D-2 Consumer Decision Registration
Nov. 10th Ft. Worth Entries Due
Nov. 23rd County & All other major Show entries due
Dec. 4th D-2 Consumer Decision Making Contest Tahoka
Cochran Stock Show Jan 12-15th
Ft. Worth Livestock and Rodeo—Jan 14-Feb 5th 2011
<http://www.fwssr.com>
San Antonio Livestock & Rodeo—Feb 3-20th 2011
<http://www.sarodeo.com>
San Angelo Livestock & Rodeo—Feb. 17-27th
<http://www.sanangelorodeo.com>
Cochran County Photography Contest March TBA
Houston Livestock & Rodeo—March 1-20th
<http://www.hlsr.com>
Star of Texas Austin TX—March 11-26th
<http://www.rodeoaustin.com>
D-2 Photography Contest Reg. due April 1st

Meeting Dates & Contacts:

Cochran 4H—Patsy Burton & Andra
Hoots Managers, Kimberly Silhan Club
Pres. & Kaylee Presley V-Pres. Nov 2nd 6:30
p.m.
Dec 7th 6:30
p.m.

Cochran 4H Gun Club March 2011
TBA

Did you know ?

Bananas are the world's most popular fruit after tomatoes. In western countries, they could account for 3% of a grocer's total sales.



Awards & Results:

South Plains Fair Results:

Karissa Pressley : Food Category Pickles 2nd place, Apple Jelly 2nd place, Chocolate Fudge 1st Place, Strawberry Cake 2nd Place, Banana Nut Bread 1st Place, Cookies Honorable Mention, Clothing Category Skirt 1st place, Jacket 1st Place

Kaylee Presley : Food Category Brownie 1st place, Yellow Cookie Bars Honorable Mention, Rice Krispies 1st Place, Elderberry Jelly 1st Place ,Apple Jelly 1st Place, Clothing Category Leotard 1st Place, Warm up Suit 2nd Place

Shelby Cleavinger 14th place lamb, Nash Willingham 3rd place steer, Paxton Willingham 2nd & 3rd place heifer, 5th & 10th place steer, Caleb Wilson 10th & 11th place lamb, Lane Wilson 12th place lamb

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.



4H Adult Leader & Management Corner:

What parents can do:

- Hold 4-H meetings in their home.
- Help members select, finance and manage their projects.
- Encourage record keeping.
- Help members get to meetings and events.
- Attend 4-H meeting and events.
- Serve on committees to help plan and conduct 4-H events.
- Help leaders conduct project work.
- Help leaders find other qualified adults to conduct project work and help with 4-H activities.
- Share special talents, such as piano playing, song leading, flower arranging, camp leadership and crafts.



Reference: This publication is an edited and updated version of the "Texas 4-H Leaders Handbook." Produced

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>
You never know what you might find.

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>

Warm Creamy Bacon Dip

- 1-16 oz. Sour Cream
- 1-3 oz. jar Hormel bacon bits
- 2 c. shredded cheddar cheese
- 1-8 oz. cream cheese, softened
- 1 c. chopped green onions

Heat oven to 400* F. Combine all ingredients. Place in 1 quart baking dish. Cover. Heat 25 to 30 minutes or until hot. Serve with assorted fresh vegetables, crackers, and/or chips.

Serving Options: Dip may also be placed in hollowed round sourdough loaf, wrapped in foil and heated in 400 * F. oven for 30 minutes.

SCHOLARSHIP OPPORTUNITY

Outstanding graduating high school seniors are eligible for scholarships in amounts up to \$8000 You can apply at <http://soilcrop.tamu.edu/scholarships.html>

UNDERGRADUATE DEGREE CHOICES:

Agronomy

Turfgrass Management Option

Soil & Crop Management Option

Agro-Industry Option

Plant & Environmental Soil Science

Soil Science Emphasis

Plant Science Emphasis

FOR MORE INFORMATION

Staci Frerich

Recruitment Advisor

sfrerich@ag.tamu.edu

361-290-0988

<http://soilcrop.tamu.edu>

**QUOTE OF THE MONTH**

**"Only those who dare to fail greatly
can ever achieve greatly."
- Robert F. Kennedy**

D-2 & State Events

Nov 1st D-2 Food Show Reg Due by 12 p.m.

Nov. 13th D-2 Food Show Levelland High School

Nov. 5-19th D-2 Consumer Decision Registration

Dec. 4th D-2 Consumer Decision Making Contest Tahoka

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

Health Factoid:

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:

P ½ cup of fruit

P 1 medium piece of fruit

P ¼ cup of dried fruit

P ½ cup (4 ounces) of 100% fruit or vegetable juice

P 1 cup of leafy vegetables

P ½ cup of cooked or raw vegetables

P ½ cup of salsa

P ½ cup of tomato sauce

P 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!



Calendar 2010-2011:

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

All meetings held at Activity Bldg unless otherwise notified.

Swine validation November TBA

Nov 1st D-2 Food Show Reg Due by 12 p.m.

Nov 2nd Cochran 4H Club Meeting 6:30 p.m. Activity Bldg.

Nov. 13th D-2 Food Show Levelland High School

Nov. 5-19th D-2 Consumer Decision Registration

Nov 10th Ft. Worth Entries Due

Nov. 23rd County and all other Major Show Entries Due

Dec. 4th D-2 Consumer Decision Making Contest Tahoka

Cochran Stock Show Jan 13-15th

Ft. Worth Livestock and Rodeo—Jan 14-Feb 5th 2011

<http://www.fwssr.com>

San Antonio Livestock & Rodeo—Feb 3-20th 2011

<http://www.sarodeo.com>

San Angelo Livestock & Rodeo—Feb. 17-27th

<http://www.sanangelorodeo.com>

Houston Livestock & Rodeo—March 1-20th

<http://www.hlsr.com>

Star of Texas Austin TX—March 11-26th

<http://www.rodeoaustin.com>

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.



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

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. Forms may be picked up from your club manager or the County Extension Office. Please also remember that all 4-H Volunteer working directly with youth must have also submitted a volunteer screening form. These may be completed online on 4H Connect.

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 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) 266-5215, as soon as possible to advise us of the auxiliary aid or service that you will require.

