

# 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>

September-October 2011  
Vol. 6

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## Texas AgriLife Extension Service Cochran County

### Event & Program Information Dates

South Plains Fair: Sept 19th-October 1st (Art entries due 9/20 & Food due 9/22nd) <http://www.southplainsfair.com>

State Fair of Texas: Sept 30th— October 23rd <http://www.bigtex.com>

County Food Show : October TBA      Goat & Lamb Validation October TBA

D-2 Food Show: November 5th      Swine Validation November TBA

D-2 Consumer Decision Making: December 3rd

Cochran County Stock Show - January 11-14<sup>th</sup>, 2012

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

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

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

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

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

**Last Deadline to reg. is Nov 10th, 2011 for All Shows NO EXCEPTIONS**

### Meeting Dates & Contacts:

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

2nd Tuesday of every month-Activity Board Room 6 p.m.

Cochran 4H Gun Club

TBA -2012

## Did you know ?

Major change for 2011-2012 is the Quality Counts verification required for all 4H & FFA youth exhibiting livestock (market and/or breeding) at major livestock shows in Texas (including the Ft. Worth Livestock Show, San Antonio Stock Show & Rodeo, Houston Livestock Show and Rodeo, Star of Texas Fair in Austin, San Angelo Livestock Show, Sandhills Stock Show in Odessa, State Fair of Texas in Dallas, and Heart O' Texas Fair in Waco). The verification process will require junior exhibitors to pass an online test that measures their knowledge on quality assurance and character education content items. Study guide and test link can be made at <http://qualitycounts.tamu.edu/>. All youth are required to do this and failure to do so will result in not being able to register for any major shows. Our office will have to pull a verification ID number assigned to each youth who have passed in order to register them for any major shows. Without the ID number, showing they have passed, we will not be able to register them for any major shows.

### Awards & Results:

#### D-2 Recordbook Results 2011:

Intermediates: Kaylee Presley 2nd in clothing & textile; Karissa Presley 2nd in photography, Brie Dewbre 1st in shooting sports

#### North Region golf Challenge 2011:

Seniors Jake McClendon, Taylor McLendon & Dee Blackstock placed 2nd

#### State Trap Results 2011:

Kolby Dewbre 6th individual

Kolby & Kerby Dewbre 3rd place team

#### 2011 Cochran 4H Appreciation Banquet & Award Results:

Garrett Baker: Golf, Horse Quiz, Livestock Judging, swine & 6 yr; Peyton Baker: Golf, Horse Quiz, Leader Lab, Livestock judging, swine & 5 yr;

Brent Butler: Beef, Golf, Horse Quiz, Lamb, Livestock Judging, Shooting & 6 yr; Travis Butler : Golf, shooting, 11\* yr; Brie Dewbre :Horse Quiz, Shooting record-book, 6\* yr; Kerby Dewbre : Horse Quiz, Shooting, 10\* yr; Kolby Dewbre : Horse Quiz, Shooting, 10\* yr; Jackson Greener : Goat, 1\* yr; Leah Hoots: Clothing/Fashion Design, lamb 7\* yr; Matthew Hoots: Shooting, 3rd yr; Karissa Presley:Clothing/Fashion, Food/nutrition, goat, photography, recordbook, swine, performing arts, 3\* yr; Kaylee Presley:Clothing/Fashion, recordbook, Food/nutrition, swine, 3\* yr; Jacob Silhan :beef, 8\* yr; Kimberly Silhan: beef, clothing/fashion, food/nutrition, 5\* yr;

Matthew Silhan: beef, 2\* yr; Billy Sutton: livestock judging, swine, 1\* yr; Kari Sutton :clothing/fashion, livestock judging, swine, 1\* yr; Bobby Taylor : Horse quiz, swine, 3rd yr; Levi Taylor: swine, 2<sup>nd</sup> yr; Paxton Willingham : beef, goat, golf, horse quiz, Lamb 4<sup>th</sup> yr; Nash Willingham :beef, goat, lamb 2<sup>nd</sup> yr

Outstanding Junior 4Her: Kari Sutton; Outstanding Intermediate 4Hers: Brent Butler & Karissa Presley; Outstanding Senior 4Her Paxton Willingham

Distinguished Adult Leader Award : Wade Baker

Bob Benson Golf Participants 2011: 4 squad team: Cheri Butler, Brent & Travis Butler & Jake McLendon placed 2nd



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:**

Welcome to the Texas 4-H and Youth Development Program and your role as a leader within the program. As either a club manager, project leader, activity leader, or an adult, it is very important for you to have the best resources possible to make your job of shaping the future of young people the easiest it can be.

It is important that as leader within the program you are familiar with the various aspects of both 4-H and youth development. The more you know about the audience you are working with, the more effective you will be, and the more successful the youth will be. At any time you need assistance, advice, or guidance with your leadership role in 4-H please feel free to contact your local TAES office.

Thank you for making the 4-H and Youth Development Program in Texas the largest youth development program in Texas. It is only because of the great volunteers that we can have such a positive impact on the youth of today and tomorrow.

#### **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>

#### **Chocolate-Drizzled Trail Mix**

- 3 cups nuts (I used peanuts, almonds, and pecans)
- 1/2 cup sunflower seeds
- 1/2 cup coconut flakes
- 1 cup raisins
- 1/2 cup dried cranberries or cherries & 1 cup chocolate chips
  1. Mix together the nuts, sunflower seeds, coconut flakes, raisins, and dried cranberries or cherries. Spread the mixture on a baking sheet lined with waxed paper.
  2. Melt the chocolate chips in a microwave. Pour the chocolate over the baking sheet in ribbons. Stir to coat everything. Let the chocolate cool, then break the mix into pieces and pack it in individual containers. Makes 12 servings.



## 4-H Supporters

LaQuinta and Fuddrucker's are now proud partners of the Texas 4-H Program. LaQuinta is offering a 15% discount to any wishing to support 4-H. Simply ask for the Texas 4-H Family discount when you make your next reservation with LaQuinta—you will receive a 15% discount and a donation will be made to the Texas 4-H program.

### 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 3<sup>rd</sup> annual day of community service, one day 4-H 2011. Before your 4-H club wraps up for the Summer form a committee and gather ideas on how you can make a difference on October 8<sup>th</sup>!

*During the months of September & October, Cochran 4H will be asking for in-kind donations to be made to the office in order to prepare & send a care package to a very appreciated & special US soldier. The following are used in care packages. Please note that items must be new and unopened. Current biggest needs are for shampoo, conditioner and lotion:*

<b>Food</b>	<b>Entertainment</b> AA &
Powdered Drink Mixes (individual packets are best)	AAA batteries Craft kits
Cookies, crackers, pretzels (in snack sizes)	Scrapbooking materials Books (mysteries, action, drama, science fiction)
Tuna in a pouch	Magazines – new or nearly new
Beef, chicken or turkey jerky	(sports, news, entertainment, travel, nature)
Cheese spread (no aerosol cans!)	Playing cards
Ramen noodles	Small hand-held games
Snack cakes	Crossword puzzles
Gum	CD's/DVD's
Nuts	
Granola bars	<b>Hygiene Supplies</b>
Pop Tarts	<b>** Shampoo and conditioner**</b>
Dried fruit	<b>**Moisturizing lotion**</b>
Trail mix	Facial cleansing pads
Pistachios	Wet Wipes
Raisins	Eye drops
Red licorice twists	Lip balm
Tootsie Rolls (both candy and lollipops)	Toothpaste
Peanut butter Triscuits	Toothbrushes
Wheat Thins	Soap
Canned meats (no pork products)	Body wash
Hard candy	Deodorant
(individually-wrapped)	Sunblock
	Foot powder
<b>Sports Equipment</b>	<b>Miscellaneous</b>
Baseballs	Blank cards
Baseball gloves	Stationary, paper
Soccer balls	Pens
Basketballs	Letters
Volleyballs	Ziploc bags (sandwich,
Squirt guns	
Frisbees	

● Please keep in mind that all food items must be in the manufacturer's original packaging.

● NO chocolate - 110 degree heat and chocolate do not mix well, though M&M's are fine.

● Ziploc bags make sure that potentially leaky items don't make a mess during shipping, and service members use them to keep sand out of their things while in the desert.

*We will, also, be taking canned food items to donate to Helping Hands.*

**"It is common sense to take a method and try it. If it fails, admit it frankly and try another, but above all try something."**

**Franklin D. Roosevelt**

### D-2 Events

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

**Tentative Dates:**

**Meat Judging – November 5, 2011**

**Nutrition Quiz Bowl – November 5, 2011**

**Food Show – November 5, 2011**

**Consumer Decision Making – December 3, 2011**

**Dairy Food Products Judging – December 3, 2011**

**Swine Skill-a-thon – December 3, 2011**

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

### Health Factoid:

Did you know that the percentage of overweight children and adolescents in the US **has nearly tripled since the early 1970's?** More than one in five children between the ages of 6 and 17 are now considered overweight.

Childhood obesity has been linked to diabetes, high blood pressure, depression, anxiety, and poor academic performance. Teachers have a unique opportunity to instill lifelong health and fitness habits in students through nutritional education, gym activities, yoga, and even purposeful play at recess. Many schools, however, lack the basic equipment needed to bring these initiatives to life.

**Balls, books, juggling kits, and even heart rate monitors** are some of the things teachers need to help their students learn about staying fit and healthy. The good news is that you can help bring these supplies to a classroom through [DonorsChoose.org](http://DonorsChoose.org)!

With your support, students can develop healthy habits that will last a lifetime. Check out all the **great projects from teachers passionate about health and fitness.**





# Texas AgriLife Extension Service Cochran County



## Cochran County Extension Office

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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.

South Plains Fair: Sept 19th-October 1st (art entries due 9/20 & food entries due 9/22)

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County Food Show : October TBA      Goat & Lamb Validation October TBA

One Day In 4H Community Service Project October 8th

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Star of Texas - Austin- March 9<sup>th</sup>- 24<sup>th</sup>

**Absolute last Deadline to reg. is Nov 10th, 2011 for All Shows NO EXCEPTIONS**



Agents:

Shirley Sears, CEA-FCS

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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>**

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.

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