

Austin County 4-H News

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Welcome



thank you to everyone I have visited with for making my family and me feel right at home here in Austin County. It is a privilege to have an opportunity to come back home and be able to serve a community that has helped shape my life. I have had the privilege of meeting many of you already and I hope to be able to meet and get to know each and every one of you as the year progresses.

Summer has come and gone and it feels like just yesterday that school was getting out and I was moving into my new office here at the Agrilife Extension Office. I know I haven't been here very long but I want to say

Enrollment

It is that time of year again to enroll in 4-H. Please visit <https://texas.4honline.com> and enroll in 4-H today. If you need any help please feel free to call the Agrilife Extension office

and we would be more than happy to assist you. Austin County 4-H has a goal this year to increase membership and I would challenge each member to bring a friend to their next

4-H meeting to expose non-4-H members to the exceptional things that we are doing in Austin County 4-H. Remember you must enroll to show at this year's fair.

4-H Pledge

I pledge my HEAD to clearer thinking, my HEART to greater loyalty,

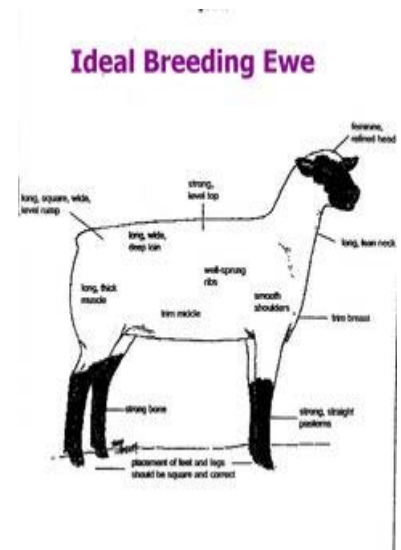
My HANDS to larger service, and my HEALTH to better living, for my club, my community, my country, and my world

Livestock Judging

Livestock judging practice began on Monday, August 26th and will be every Monday in September through October. If you are interested in livestock judging, I encourage you to attend practice to learn more. Live-

stock judging consists of evaluating and placing animals situated in a class of four. It is a good opportunity to learn more about livestock, interact with other 4-H members in your county, and develop a skill set that will benefit you

for the rest of your career. Contact Mr. Travis Gonzales or Mr. Philip Shackelford if you have any questions about the livestock judging team at 979-865-2072.



**4-H Motto:
To Make
The Best
Better!**

4-H Hats

We are currently selling Austin County 4-H hats! If you are interested in supporting the program and purchasing a hat, please contact

the extension office. They are normally \$15. From now through the month of October, they will be on sale for \$12.



Major Show Poultry Orders

We will be taking major show broiler orders for the Houston Livestock Show and Rodeo, San Antonio Livestock Exposition, and the State of Texas beginning on September 2nd. Please come by the extension office to complete the order forms. Broiler orders are due no later than Friday October 3rd at 5:00 pm at the Agrilife Extension Office





Austin County Fair

As most of you know, the Austin County Fair will kick off on Tuesday October 7, 2014 and will continue through that entire week, ending on Sunday, October 12, 2014. Please refer to your 2014 Junior Livestock Rule Book or your 2014 Home Economics Catalog for more information in regards to move in dates, weigh in times, show dates, times etc. If you have any questions, please feel free to contact me or your group project leader.

One Day 4-H

One Day 4-H is being held on October 11, 2014. As most of you know, this is the Saturday of the Austin County Fair. Therefore we will be doing a "Green Out 4-H" event. With this,

we ask that everyone wear a green 4-H shirt to support your county 4-H program, and the organization as a whole.

We will also be handing out promotional 4-H

items. Feel free to contact the office to volunteer. It would be a great opportunity to be an advocate for Austin County 4-H.

4-H Prayer

"Help me, Oh Lord, to live so that the world may be a little better, because thou hast made me"

Extension Celebrates Family Mealtime

September 21-27

"Research shows that compared to children who seldom participate in family meals, children who sit down to regular family meals consume more fruits, vegetables, and fiber, consume less soda and fried foods, and eat less heart damaging saturated and trans fat. Families that eat together also have more time and opportunities to communicate and build relationships and these children tend to perform better academically."

Source: *Make Meals and Memories Together* press release by Amanda Scott, Program Specialist, Expanded Food and Nutrition Education Program, Texas A&M AgriLife Extension Service, Texas A&M System, August 2009

Family Tip Sheet

Benefits of Family Mealtime

Families can experience the positive benefits of family meals by eating together at least four to five times per week:

If possible, start eating meals together as a family when your kids are young. This way, it becomes a habit.

Plan when you will eat together as a family. Write it on your calendar!

During the meal, focus on each other. Turn off the television. Take phone calls later.

Talk about fun and happy things and make meal time stress-free.

Encourage your child to try foods, but do not lecture or force your child to eat.

Provided by: *Make Meals and Memories Together* press release by Amanda Scott, Program Specialist, Expanded Food and Nutrition Education Program, Texas A&M AgriLife Extension Service, Texas A&M System, August 2009

For more information, contact Michelle Allen with Austin County Texas A&M AgriLife Extension Service at 979-865-2072.

**Texas A&M Agrilife Extension
Service - Austin County**

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September 2014

Sun Mon Tue Wed Thu Fri Sat

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



Updates

- Major Show Swine Tags orders - due to the Extension office by September 12th.
- Major Show Swine Tag In will be on November 24, 2014 at the Bellville Ag Science Building from 5:30 to 7:00.
- If you are interested in participating in a calf scramble at a major show please contact the Agrilife Extension office ASAP .
- Major Show poultry orders are due by October 3rd.
- Major Show Entry Night Monday, November 10th 6:00 pm to 8:00pm at the Extension office. If you are showing at any Texas Majors, please ensure that you attend this meeting, so that you can fill out your entries for those specific shows.