Meet Your 2019-2020 County 4-H Council

Five seniors, three juniors, one sophomore, and two middle schoolers-one team. Throughout the year, these committed 4-H’ers will be the first to arrive and the last to leave 4-H events. Their responsibilities will include planning county-wide events, setting up, supervising, and tearing down activities, introducing new 4-H project opportunities, and representing Cooke County 4-H to the local community. These 4-H’ers are the officers of the 2019-2020 Cooke County 4-H Council.

To become an officer, a 4-H member must have previously represented their club during County Council meetings as a Club President or Council Delegate. They must apply for a position on the Council, present a speech during the elections, and then win the majority vote.
JACQUELINE SMITH  
*President*

**Age:** 17  
**School:** Home-schooled  
**Club:** Red River 4-H Club  
**Years in 4-H:** 9  
**Favorite Project:** Health & Personal Safety  
**Fun Fact:** I'm a Type One Diabetic

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What would you like to accomplish as a member of the County Council?  
I would like to be able to share my 4-H experiences through County Council leadership and increase membership in Cooke County.

What do you look forward to the most this year in 4-H?  
I am looking forward to Citizenship Washington Focus this year.

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SAMANTHA TORRES  
*1st Vice President*

**Age:** 18  
**School:** Gainesville High School  
**Club:** Sharpshooters 4-H Club  
**Years in 4-H:** 7  
**Favorite Project:** Shooting Sports  
**Fun Fact:** I have a Starbucks YouTube Vlog

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SAMANTHA FISHER  
*2nd Vice President*

**Age:** 16  
**School:** Lindsay High School  
**Club:** Lindsay 4-H Club  
**Years in 4-H:** 8  
**Favorite Project:** Swine  
**Fun Fact:** In my first year of showing pigs, my pig outweighed me by 200 pounds

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What would you like to accomplish as a member of the County Council?  
I hope to spread more information about the organization within the public schools here in the county. I believe that anyone can find anything to be involved with.

What do you look forward to the most this year in 4-H?  
I really look forward to the competitions and final memories with everyone since I am in my Senior year now. I look forward to being with my 4-H family and having more fun than ever with them.

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NICK FISHER  
*3rd Vice President*

**Age:** 17  
**School:** Lindsay High School  
**Club:** Lindsay 4-H Club  
**Years in 4-H:** 9  
**Favorite Project:** Swine  
**Fun Fact:** The weekend before Kindergarten I fell on a trailer hitch, busted my lip, and started school with stitches

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What would you like to accomplish as a member of the County Council?  
I would like to get to work with the Cloverkids more.

What do you look forward to the most this year in 4-H?  
Showing my heifer this year at county and at the Fort Worth Show.
**Cameron Trammell**  
Secretary / Treasurer  
Age: 16  
School: Whitesboro High School  
Club: Red River 4-H Club  
Years in 4-H: 8  
Favorite Project: Food & Nutrition  
Fun Fact: I’m a woodworker

**What would you like to accomplish as a member of the County Council?**  
I would like to encourage more young’ns to join 4-H, and for the ones that are already in, I would like to encourage them to try and get on County Council.

**What do you look forward to the most this year in 4-H?**  
I look forward to getting to know all the young’ns this year and making some new friends.

**Caitlyn Taylor**  
Parliamentarian  
Age: 15  
School: Home-schooled  
Club: Red River 4-H Club  
Years in 4-H: 8  
Favorite Project: Fashion & Interior Design  
Fun Fact: I can call giraffes

**Rachel Samek**  
Health & Safety Officer  
Age: 16  
School: Home-schooled  
Club: Sharpshooters 4-H Club  
Years in 4-H: 4  
Favorite Project: Food & Nutrition  
Fun Fact: I want to go into culinary arts, specifically baking

**What would you like to accomplish as a member of the County Council?**  
Get to know new people and do my best to make sure nobody feels left out.

**What do you look forward to the most this year in 4-H?**  
Being able to learn more so I can do well in competitions.

**Clara Raabe**  
Communications & Technology Officer  
Age: 18  
School: Home-schooled  
Club: Valley View 4-H Club  
Years in 4-H: 11  
Favorite Project: Outdoor Ed & Living Skills  
Fun Fact: I’ve read over 15,000 news articles to prepare for extemporaneous speaking contests

**What would you like to accomplish as a member of the County Council?**  
My goal is to help develop new opportunities, like workshops and field trips, for 4-Hers in our county to expand their current projects and start new ones.

**What do you look forward to the most this year in 4-H?**  
I’m really excited to travel to 4-H events across Texas with my friends for the last time.
GEORDAN SPAETH
Youth Board Officer
Age: 17
School: Sacred Heart Catholic School
Club: Lindsay 4-H Club
Years in 4-H: 8
Favorite Project: Theater & Performing Arts
Fun Fact: I groom and lead horses as a volunteer at a Therapeutic Equestrian Center

What would you like to accomplish as a member of the County Council?
I would like to get more of the local children interested in 4-H. There are so many of them that think 4-H is just about the livestock, but there is so much more to discover!

What do you look forward to the most this year in 4-H?
I always look forward to the Cooke County Youth Fair and the Share the Fun Competitions. This year in particular, I look forward to possibly competing in the major fairs in Texas, like the State Fair.

JOE FISHER
AG Relations Officer
Age: 13
School: Lindsay Junior High School
Club: Lindsay 4-H Club
Years in 4-H: 6
Favorite Project: Food & Nutrition
Fun Fact: I love to bake and decorate cakes

What would you like to accomplish as a member of the County Council?
This year I am the AG Relations officer so I am hoping to be able to assist with AG related projects throughout the year.

What do you look forward to the most this year in 4-H?
I am looking forward to all the Food Challenge competitions and showing my pig at the Livestock Show.

MADDIE WILLIAMS
FCS Relations Officer
Age: 13
School: Lindsay Junior High School
Club: Lindsay 4-H Club
Years in 4-H: 5
Favorite Project: Sheep
Fun Fact: I am the youngest of 5 children

What would you like to accomplish as a member of the County Council?
I want to accomplish having better leadership skills with junior members and be their favorite camp counselor!

What do you look forward to the most this year in 4-H?
I look forward to getting to know the senior 4-H members.
At the end of the summer, 4-Hers have the opportunity to be honored for their outstanding acts of service and leadership at the Cooke County 4-H Achievement Banquet. To earn an invitation to the banquet, 4-H members must complete 1-4 projects and participate in at least two 4-H contests. Over 60 youth fulfilled these requirements for the 2018-19 banquet, 25 of which received a special award or recognition. As per tradition, the 2018 Gold Star Recipients and 4-H alumni Katelyn McCormick and Matthew Smith returned to serve as the masters of ceremony. Thank you to Katelyn, Matthew, and all other volunteers that made this event possible!
4-HERS LEARN LEADERSHIP SKILLS AT COUNTY 4-H OFFICER TRAINING

At the Cooke County 4-H Officer Training on July 30th, 45 4-Hers participated in hands-on leadership training and teamwork activities to become skilled officers of their 4-H clubs.

Participants learned the responsibilities of a club officer, how to work with their club managers and fellow officers, and the importance of parliamentary procedure during club business meetings. Members of the County 4-H Council led group discussions and activities to teach the youth how to perform their duties in their elected positions, such as President, Vice President, Secretary, and Reporter. Council Officers also taught the participants how to play fun ice-breakers like "Yee-Haw" and "Bop the Weasel" to bring back to their clubs.

After the event, 4-Hers and their families headed to the Leonard Park Aquatic Center to end the day with a pool party.

OVER $1500 RAISED AT UNITED WAY FUNDRAISER

Cooke County 4-H’ers fired up the grill and flipped burgers to raise money for United Way at the annual Glenn Polk Car Show on August 17, 2019.

The sizzling burgers and fresh fix ‘ins helped raise over $1500. The funds from the event will go towards programs that educate youth, such as United We Read, which provides books to over 800 children in Cooke County schools.

4-Her’s also got to vote on their favorite antique car. The winner of the Kid’s Choice Award was James Mose from Madill, OK with his 1973 Chevy Nova.

RECORD BOOK RESULTS

Over twenty youth submitted record books in fifteen different project categories this year. Four senior-level Cooke County 4-Her’s advanced to the State Record Book Competition. Congratulations Amelia, Geordan, Jacqueline, and Zehary!

Amelia Becker
Agriculture Science
9th Place

Geordan Spaeth
Theatre & Performance Arts
7th Place

Jacqueline Smith
Health & Personal Safety
4th Place

Zehary Dawe
Rabbit
4th Place
Start the Year Off Right!

Whether you're 8 or 18, following these tried-and-true tips will help you navigate your way forward into the new school year.

1. Set Goals
   Have you ever tried to go somewhere without knowing where you were going? Of course not! Writing down your goals is the same thing as deciding where you'd like to go on a trip: Once you know your destination, you can plan the route to get there and avoid distractions. Ask yourself these questions: What do I want to achieve this year? What skills do I want to gain? What new activities do I want to try?

2. Keep a Calendar
   As you get older, your responsibilities increase— as well as your activities. Keeping a calendar helps you stay on track not only with 4-H events, but also with school, sports, band, and other activities. You're less likely to be taken by surprise by an assignment you forgot about, and less likely to miss out on fun 4-H opportunities. That's not even mentioning the benefits when record book season comes around!

3. Read the Rules
   No one wants to get disqualified after studying hard for a contest. Make sure you read the most up-to-date rules and guidelines for the 4-H contests you plan to compete in this year. Additionally, reading the judging scorecard helps you identify your strengths and weaknesses in a contest by allowing you to compare your current capabilities to what the judges will be expecting from you.

4. Follow 4-H Online
   Stay updated on the latest 4-H meetings, workshops, contests, and events by following Cooke County 4-H on Facebook (@CookeTX4H) and Instagram (Coming Soon)! Information can also be found on the Texas 4-H Facebook page (@texas4h), District IV 4-H website (https://d44-h.tamu.edu/), and Cooke County 4-H website (https://cooke.agrilife.org/4h-and-youth-development/).

5. Meet New People
   When you attend your first club meeting, get to know your club managers, officers, and fellow members. Attend a County 4-H Council business meeting to meet the officers and adult leaders that make county-wide events happen. Participate in a new event or activity to meet 4-Hers from other clubs and projects! As you meet new people, you'll make new friends, learn about other 4-H projects, and open new opportunities to learn, grow, and have fun!
September Project:

Pyramid Bean Bag Chickens

*It’s National Sewing Month and Chicken Month! What better way to celebrate than make these little bean bags?*

- Felt
  - One 20cm x 11cm rectangle for the body
  - Felt for the beak, crown, and waddle
- Rice
- Cotton stuffing
- Scissors
- Pins
- Permanent Marker

1. Cut out your 20cm x 11cm fabric rectangle and felt pieces (comb, beak, waddle).
2. Place your comb, beak, and waddle on the top right hand corner of the felt rectangle (pattern-side up).
3. Fold the felt rectangle up.
4. Sew across the top and right hand side. Leave the left hand side open for stuffing.
5. Turn the bag right-side out. Use marker to draw eyes.
6. Stuff the bean bag with 1/3 way with rice and 1/3 with stuffing.
7. Take the sides of the bottom of the bag and pinch inwards. Tuck in the fabric and sew it shut.

At the Cooke County 4-H Council Meeting on September 16th, Tim Cortez—the Cooke County Veteran Services Officer—instructed 4-Hers on how to make a good impression during an interview. Mr. Cortez has volunteered numerous times to interview 4-Hers who applied for special awards presented at the Achievement Banquet. Here are some of the tips he shared:

1. Eat a banana! The potassium in bananas will help you relax before the interview
2. Dress to impress: Come to the interview clean and professionally dressed
3. Plan answers to the questions you know the interviewers will ask you
4. Practice answering questions in front of a mirror
5. Plan a question to ask your interviewers
6. Show confidence: Speak loudly and make eye contact. Smile!
7. Show personality
8. Repeat the question they ask you, then answer
9. If they ask you if you have any weaknesses, answer honestly but turn your weakness into a strength
"Momma G"
An interview of Phyllis Griffin, Cooke County Agrilife Extension Agent

Where did you grow up?
I grew up in Cookson, Oklahoma and went to high school in Tahlequah, Oklahoma. I lived 20 miles out in the country! There were 4 of us, 2 boys and 2 girls. We all did 4-H, but my sister and I were the most involved.

Were you in 4-H as a youth?
Yes, I was in 4-H in Cherokee County, Oklahoma [8 years old] thru collegiate 4-H at Oklahoma State University. My main projects were clothing and textiles, housing and food and nutrition.

What 4-H achievement are you most proud of?
Receiving the trip, as an award, to go to Citizenship Washington Focus in Washington DC. Only 2 youth in the county received the award each year. The American Legion paid for the trip. At the time Oklahoma 4-H sent several bus loads each summer.

How has 4-H helped you as an adult?
It gave me the desire to never give up. There is always tomorrow to try again, sometimes you learn more when you lose than when you win every time. It prepares you more realistically about life.

What did you do after graduating from High School?
I received all 3 of my Degrees from Oklahoma State University, all from the college of Home Economics [as it was called back then]. BS-Clothing, Textiles and Fashion Merchandising-1976; BS-Home Economics Education-1978; and MS-Home Economics Education and Consumer Education-1979. Turned in the final version of my masters thesis, after successfully defending it, on one day and the next I was interviewing for my first post college job as a special education Vocational Home Economics teacher in Muskogee, Oklahoma at the junior high. I did that for 2 years, then moved to the high school and became part of a 3 person Vocational Home Economics Department, and taught there for 8 years before moving to Parkersburg, West Virginia when my husband got a job at Mountain State Steel Foundry. We were there for 5 years, then Toledo Ohio. In 1994, we moved to Texas. First to San Antonio, Gainesville, Ft Worth/Benbrook, and back to Gainesville. The 10 years between Parkersburg and Gainesville [the last time] I volunteered in each location, which really helped me get to know each community. YWCA in Parkersburg, Master Gardeners in Bexar, Tarrant and Cooke Counties, and in each location I have forwarded my membership in Delta Kappa Gamma, a national women's teacher honor society. It has always been a great group of gals. I kept my voter registration up to date in each state too.

How did you become the AgriLife Extension Agent of Cooke County?
We moved here in 1998 and I took the Master Gardener course that was offered, from that I got to know the Ag and FCS agent here in the county. There was an opening for the 4-H agent, I applied and the rest is history! I became the Cooke County 4-H and Youth Development County Extension Agent in October 2000.
What was Cooke County 4-H like when you became the Agent?
There were more members but they were not as active in a variety of projects as they are now. When I started there were only 2-3 record books turned in. Members are involved in a variety of projects now. The top projects used to be livestock, the food show and Share the Fun. Now, members try all sorts of projects and do well.

What were your goals as the new Extension Agent?
My goals were to get clubs in all parts of the county and to have the club managers and members work together as a county. When we started doing Relay for Life as a county was when all of the clubs started to work together, fighting cancer. We used to have a camp site and stay overnight, we did it all big time.

What is your favorite part of being an Extension agent?
Watching shy young juniors grow and mature into confident senior members.

What would you like to accomplish this year?
Let's see... This year I would like to increase our membership to 300. I would like to see the STEM projects get established in the county, especially robotics.

What event do you look forward to the most?
I really enjoy Share the Fun or the Educational presentations; each contest can produce the most life changes in a member.

Why do you think 4-H is important to Cooke County?
4-H is important to Cooke County because it provides, as the saying goes, “equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife”. 4-H can provide an opportunity to succeed at something that children may not have otherwise.

Do you have any advice for 4-Her’s on how to “make the best better” this year?
Try something new. If you’re older, figure out a way to share your knowledge of your favorite project with members younger than yourself. Treat other people the way you want to be treated, don't gossip, try to cut back on electronic devices and social media. More hearts and spirits have been broken by careless words on social media that people think disappear. Try to remember that once words are seen by someone they can't be unseen. Work on having 'real' face to face friends and then when you are with them talk and interact with them face to face.

Finally, What's a fun fact about you?
I started driving a hay truck in my families' hay fields when I was 12 years old!
THE BACKPACK BUDDY PROGRAM
VISTO’s Backpack Buddy program delivers backpacks full of nutritious meals to over 850 children in Cooke County schools. Two days’ worth of food is packed and sent to children identified by school officials as being “at-risk” for hunger. Cooke County 4-H assists this program by volunteering on Thursdays to pack and deliver backpacks to Edison Elementary School in Gainesville. If you’d like to help, find a date that works for you (see schedule to the right) and contact Phyllis Griffin to volunteer.

BIRTHDAY IN A BOX
Cooke County 4-H partners with VISTO to deliver “birthdays in boxes” to children across Cooke County that cannot afford a birthday party. 4-Her’s collect shoe boxes, wrap them in decorative paper, and fill each box with cake mix, icing, cutlery, napkins, party supplies, and toys. The boxes are delivered by VISTO. You can help by collecting shoe boxes, wrapping paper, boxed cake mixes, containers of icing, cutlery, etc. and dropping them off the Extension Office, or by packing and wrapping boxes. Contact Phyllis Griffin to volunteer!

October

- October 10: VISTO- Pack and deliver VISTO Backpacks for Edison School
- October 12: United Way Booth at Depot Day- Handing out books for the United We Read project
- October 17 @ 4:30-8pm: United Way’s Power of the Purse Dinner- need 25 volunteers to serve food & drinks
- October 24: VISTO- Pack and deliver VISTO Backpacks for Edison School
- October 26 @ 1-3pm: Cooke County’s ‘One Day 4-H’ afternoon of service
- October 26 @ 5-8:30pm: Zoo Boo at Frank Buck Zoo- need 10-12 volunteers to lead kids’ games

November

- November 7: VISTO- Pack and deliver VISTO Backpacks for Edison School
- November 8-9: Sell-o-rama Bake Sale- major fund raiser for the entire Cooke County 4-H program
- November 8-9: Sell-o-rama- possible Citizen Washington Focus (CWF) fund raiser booth
- November 21: VISTO- Pack and deliver VISTO Backpacks for Edison School

December

- December 3: TEEA Winter Social- make and serve the meal (CWF fundraiser for those who help)
- December 6 @ 5-8pm: Gala at the Stanford House- need 15 helpers to serve food
Mark Your Calendar!

October

- Deadline to order Broiler chicks for the CCJLS..................................................October 11
- Application & deposit due for the Citizenship Washington Focus trip..................October 15
- “Gearing Up for Robotics!” Adult/Teen Leader Workshop...................October 22 @ 6-7:30 pm
- Cooke County One Day 4-H.......................................................................................October 26

November

- District IV Photography Contest Registration Deadline..............................November 1
- The Livestock Club’s “Fun Show” at the Fairgrounds........................................November 2
- Major Shows signup night at the CEO......................................................November 6 until 7pm
- Deadline for Fort Worth Stock Show entries.................................................November 7
- Junior Leadership Retreat at TX 4-H Conference Center............................November 8-10
- CCJLS validation at the Fairgrounds.............................................................November 18 @ 6pm
- Registration deadline for the rest of the Major Shows.................................November 20
- “Gifts from the Heart” Workshop at Sarah’s on the Square.....................November 21 @ 5-7:30pm
- Pioneer Days in Texas (working title).......................................................November 23 @ 3:30-9pm

December

- Cooke County Junior Livestock Show Registration Deadline..................December 3
- Cooke County 4-H Livestock Show Registration Deadline..........................December 13
- Cooke County 4-H Livestock Show...............................................................December 21
- CCJLS Rabbit Validation at the Fairgrounds..................................................December 16 @ 6pm

For more information, please visit Cooke County 4-H – Texas A&M AgriLife Extension on Facebook or contact Phyllis Griffin (pagriffin@ag.tamu.edu)
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<thead>
<tr>
<th>CLUB INFORMATION</th>
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<tbody>
<tr>
<td><strong>AGRICULTURE JUNKIES 4-H CLUB</strong></td>
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<tr>
<td>When: TBA</td>
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<tr>
<td>Where: Old EMS Meeting Room</td>
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<tr>
<td>Beverly Fleitman: <a href="mailto:bevfleitman@ntin.net">bevfleitman@ntin.net</a></td>
</tr>
<tr>
<td>Pennye Taylor: <a href="mailto:christnmom2004@yahoo.com">christnmom2004@yahoo.com</a></td>
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| **COOKE COUNTY 4-H LIVESTOCK CLUB** |
| When: 6:30 pm on the 2nd Monday of every month |
| Where: Cooke County Fairgrounds |
| Beverly Fleitman: bevfleitman@ntin.net |
| Sheila Smith: shsmith@gainesvilleisd.org |
| Angela Roessler: angela.roessler@yahoo.com |

| **COURAGEOUS CANINES 4-H CLUB** |
| When: 6:30 pm on the 4th Tuesday of every month |
| Where: Puppyville (5294 CR 107, Gainesville) |
| Tracie Steed: faithtra2@gmail.com |

| **LINDSAY 4-H CLUB** |
| When: 4:00 pm on 10/13, 11/3, 12/1, 1/5, 2/9, 3/1, 4/5 |
| Where: Lindsay Gun Club |
| Janice Williams: lwandjaw@gmail.com |
| Billie Becker: billiebecker@msn.com |
| Samantha Parkhill: parkhill29@att.net |

| **MIDNIGHT MUSTANGS 4-H CLUB** |
| When: 6:00 pm on the 1st Tuesday of every month |
| Where: St. Paul’s Episcopal Church |
| Rachel Stephens: boldhorsemanship@gmail.com |
| Robin Levison: robin.levison@basicenergyservices.com |
| ***Mounted Meetings: 3rd Sundays @ 2 pm, Location TBA |

| **MUENSTER 4-H CLUB** |
| When: 3:45 pm on the 1st Tuesday of every month |
| Where: Muenster ISD AG Building |
| Wayne Becker: wbecker35@live.com |
| Denise Dangelmayr: jdranch@ntin.net |

| **RED RIVER 4-H CLUB** |
| When: 7:00 pm on the 2nd Tuesday of every month |
| Where: Temple Baptist Church |
| Katy Smith: katysmith800@gmail.com |
| Bernadette Trammell: bernadettejmiller@yahoo.com |
| Jamie Watson: jlh2665@yahoo.com |

| **SHARPSHOOTERS 4-H CLUB** |
| When: 7:00 pm on the 3rd Tuesday of every month |
| Where: New Life Bible Church |
| Laura Eastman: cooke4hsharpshooters@gmail.com |
| Ellen Samek: ellen@sameks.us |

| **VALLEY VIEW 4-H CLUB** |
| When: 7:00 pm on the 3rd Tuesday of every month |
| Where: the ROC of First Baptist Church (Valley View) |
| Susan Raabe: smsraabe@gmail.com |

| **CLOVER KIDS** |
| When: 10-12 on the 4th Saturday of every month |
| Where: Temple Baptist Church |
| Phyllis Griffin: pagriffin@ag.tamu.edu |

| **COOKE COUNTY 4-H COUNCIL** |
| When: 7:00 pm on 11/18, 1/20, 3/23, and 4/20 |
| Where: Landmark Bank Conference Center (Gainesville) |
| Phyllis Griffin: pagriffin@ag.tamu.edu |