



# May Newsletter

## **Jack County**

**100 Main St**  
**Jacksboro, TX 76458**  
**940-567-2132**



## **Jacksboro 4-H Club**

Meets 3rd Monday of  
each month

### **Club Managers**

Stacy Hines  
940-389-4805  
Jana Robinson  
940-507-1841

## **Perrin 4-H Club**

Meets 3rd Monday of each  
month

### **Club Managers**

Kara Hutton  
940-507-1945  
Ashley Murray  
940-445-0770  
Ashley Hamilton  
940-229-4414  
Patty Dudley  
817-233-1505

## **Bryson 4-H Club**

\*Please check Facebook  
for meeting dates and  
time or contact one of  
the club managers.

### **Club Managers**

Sheila Birdwell  
940-550-5234  
Cindy Hand  
940-351-0531

### **4-H Slogan:**

"Learn By Doing"

### **4-H Club Motto:**

"To make the Best Better"

### **4-H Pledge:**

I Pledge my head to clearer thinking  
My Heart to greater loyalty  
My Hands to larger service  
My Health to better living  
For my club, my community,  
My Country and my world.





**WALK  
ACROSS TEXAS!**

TEXAS A&M AGRILIFE EXTENSION

*Jack County  
Walking Dates*

**APRIL 6 - MAY 31, 2020**

Walk Across Texas is a free eight-week program to help people of all ages support one another to establish the habit of regular physical activity.

**Walk Across Texas! : Adult**

Each adult team may include up to 8 team members, all working together to reach the 832 mile goal.

**Walk Across Texas! : Youth**

Each team may include an unlimited number of youth participants, all working together towards the goal of 832 miles.

**TO REGISTER TEAMS OR LEAGUES VISIT**

**<https://howdyhealth.org/programs/>**

**HAVE QUESTIONS?**

TEXAS A&M  
**AGRILIFE**  
EXTENSION

**Jack County Office**  
100 North Main Suite 109  
Jacksboro, TX 76458  
Phone: 940-567-2132  
<http://jack.agrilife.org>

Texas A&M AgriLife Extension is an equal opportunity employer and program provider.  
The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

## WALK ACROSS TEXAS

With all that is going on with the world right now, we need to make sure we take time for our health— Physical and Mental. Walk Across Texas is a great program to help us get up and get moving as well as stay in contact (at least virtually) with our friends and colleagues.

Basically, teams of 8 people walk/ exercise and add their miles together to travel the 832 miles across Texas. There groups can be made up of friends, family, co-workers, 4-H members, or whoever you can get to be on your team.



# Operation Face Mask

## Supporting our Healthcare Professionals

### Instructions:

- Written instructions included
- Video instruction available at <https://youtube/VgHrnS6n4iA>

Fabric: 100% cotton fabric, pre-washed in non-scented laundry detergent (with or without a layer of fusible interfacing)

**Distribution:** Distribution should be coordinated with your county extension agent. There are 3 options available to counties:

- Drop off with Alinda Cox: 940-229-0367
- 
- 

Please note that the first option offers cash awards to the 3 counties who send the most completed masks to Texas Oncology by April 10. County agents have a special submission form for this option; therefore, you must coordinate/communicate with your local agents.

### Special Notes:

- To best comply with social distancing, individuals should work independently to make items. There should be no in person meetings or 'sewing sessions.'
- A system of collecting finished items that maintains recommended social distancing and disinfection protocols (for packaging, not items) will be developed by county offices. Check with your local office for this protocol.
- Some volunteers in high risk categories may need other volunteers to deliver materials for sewing and pick up finished items. Pick-up and delivery could be jobs for volunteers who do not sew and are not in COVID-19 high risk groups.

**\* These fabric face masks are not a replacement for N-95 respirators and other PPE. These masks are meant to be used in situations that will free up N-95 respirators and other masks for higher priority uses.**

**FOR MORE INFORMATION,  
CONTACT YOUR COUNTY EXTENSION AGENT.**

TEXAS A&M  
**AGRI**LIFE  
EXTENSION



**Sunday, May 3rd— Saturday, May 30th, 2020**

TEXAS A&M  
**AGRILIFE**  
EXTENSION



## **FAMILIES READING EVERY DAY**

**1**



**Sign up online and/or with your  
county Extension office**



**2**

**Read together as a family 15  
minutes a day for 2 weeks,  
then 30 minutes a day for 2 weeks;**

**3**



**Track your time online or  
with a paper reading log**



**4**

**Complete the survey about  
your experience**

**It's NOT too late  
to register!!**

**Families  
Reading  
Every  
Day**

**[HTTPS://FCH.TAMU.EDU/FRED](https://fch.tamu.edu/fred)**



## Families Reading Every Day (FRED)

We are doing a Families Reading Every Day program starting on Sunday. I've attached the flyer. It would be great if you would register and read. The program lasts 4 weeks. The goal is to read 15 minutes a day for the first 2 weeks and 30 minutes a day for the next 2. Once you read, you will log on and enter how long you read and how many books you read. Attached at the top of this email is the links and instructions to FRED.

During this program, we are going to have community members and 4-H'ers read a book (5-10 minutes long) on our Jack County 4-H Facebook page. They will either record it and post to the group page, or they can Facelook live stream the read along. The post will stay 24 hours and then be taken down. I have talked with one club manager from each club asking for volunteers. Don't be surprised if you are called and asked to read a book. If you agree to read online, we have to use books published by certain publishers. Scholastic (the ones we all have gotten from the book fair) is one of the publishers that is ok to use. We also have to state **the name of the book, author, illustrator, and publisher at the beginning** – in other words, read the front cover of the book. I would like for everyone to use different books as well, that way we don't have the same book read 9 times. I would love for you to let me know what day you want to read as well as what book.

You are welcome to use fun voices (as long as we can understand them), read to your pet, outside in the garden, etc. Use your imagination and have fun! We probably don't need music in the background because that could become a copyright issue.

(Club Managers – I have a few community members that have volunteered to help. If there is a day that you don't have someone to read, please let me know and I'll contact them.)

Thank you for all of your help!!!

-Alinda

# 2020 Teen Leadership Lab

District Teen Leadership Lab will be held June 16-18, 2020 at the Big Country Baptist Assembly located in Lueders, Texas.

Program— There will be fun hands on workshops and activities focusing on leadership, teambuilding and additional educational opportunities.

Cost— The cost will be \$140 per 4-H member and \$125 for agent chaperones. This includes five meals, two snacks, two night's lodging, limited accident insurance, a resource fee, facilities fee, camp shirt and program materials.

PARTICIPANTS MUST BE-

- Grades 8, 9, 10, 11, 12 as of August 31, 2019
- Enrolled in 4-H
- Interested in or involved in leadership roles
- Have a 4-H project
- Willing to take part in all phases of Teen Leadership Lab
- Willing to assume leadership rolls after they return home
- Willing to share experiences and material with others

Registration— Registration will be open on 4-H Connect from May 1st—June 1st

NO LATE REGISTRATION.

*If anyone is interested in viewing the 2020-2021 District 3 Officer packet, please email: [Rebekah.hefner@ag.tamu.edu](mailto:Rebekah.hefner@ag.tamu.edu) or call our office at 940-567-2132*

**Texas A&M AgriLife Extension Office-Jack  
County:**

Jack-tx@tamu.edu

940-567-2132

**Alinda Cox—CEA-FCH**

ar-cox@tamu.edu

**Charlie Martin—CEA-Ag/NR**

cpmartin@ag.tamu.edu

**Rebekah Hefner—Secretary**

Rebekah.hefner@ag.tamu.edu

---

*“Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.”*

*“The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating”*