



TEXAS A&M AGRI LIFE EXTENSION

Lamb County 4-H Times

**NEW 4-H YEAR STARTS
SEPTEMBER 1ST!**

September, 2017

Let's Go...Let's Grow!

4-H Enrollment 2017-2018

It's time to enroll in the 2017-2018 4-H year. The Texas 4-H and Youth Development Program will charge an annual participation fee 2016-17, the enrollment fee is \$20 from Sept 1 – October 31.

Enrollment fee after Nov. 1 is \$25.

The participant fee will ensure that the Texas A&M AgriLife Extension Service can continue to deliver the highest quality 4-H program in the world. A recent national research study shows:

Members reporting better grades, higher level of academic competence, and an elevated engagement in school.

Two times as many members likely to plan to go to college than non-members.

Members that reveal significantly lower drug, alcohol and cigarette use than their peers.

Members are three times more likely to actively contribute to their communities when compared with youth that do not participate in 4-H.

Clover kids (children in grades Kindergarten through 2nd grade) may also enroll. There is no enrollment fee for them.

Texas is proud to boast the largest 4-H membership enrollment, total 4-H participation, and the largest volunteer base in the United States. The enrollment fee is an investment in the youth of Texas.

All Adult Leaders will need to enroll at this time also. There is a \$10.00 fee for the volunteer screening process which is a part of the Youth Protection Standards.

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Come be a part of
**MAKING THE BEST
BETTER!**

Go to

<https://texas.4honline.com> to
begin the enrollment
process.

If you have any
questions, please call Lamb
County Extension Office at
806-485-9135.

Food & Nutrition Project

It's time to kick off the Food & Nutrition Project! The Food and Nutrition Project is open to all 4-H members. Activities vary based on age and years of experience. Many of the projects involve practicing food preparation skills including food safety; learning to eat healthy, understanding the connection of a recipe to My Plate; and learning about nutrients in foods and the health benefits they provide for your body.

Food and Nutrition Project meetings will include:

- Food Project Meetings
- Food Challenge Workshops
- Nutrition Quiz Bowl Sessions

4-H FOOD SHOW:

The theme for the 2018 Food Show is **“Fresh from the Farm”**. This theme will allow participants the opportunity to explore many aspects of fresh foods, physical activity, and the value of locally grown foods. Another aspect to consider is the simpler life of the farm and the importance of family and working together. In addition, 4-H members can discuss the growing season their dish is associated with: late spring and early summer, high summer, and early fall. As well as, discussing where the ingredients for their dish were grown, especially if purchased from a local producer or farmers market or possibly harvested from their own garden.



FOOD CHALLENGE

CONTEST:

At the Food Challenge, teams of 3 to 5 4-H members receive a list of ingredients and have 40 minutes to create a dish. The teams then present their dish to judges are scored on preparation, serving size, food safety concerns, nutritional value and cost.



FOOD AND NUTRITION QUIZ

BOWL :

A “Quiz Bowl” is a quiz game that tests teams of 3-4 on their knowledge of food and nutrition. Up against the clock, the 4-Hers buzz in to answer a question and earn points for correct answers. Teams advance in a tournament-system bracket to win the competition.



Livestock Updates:



Sheep and Goat Validation:

Lamb and Goat Validation will be held on **October 30, 2017** at the Springlake-Earth Ag Barn.

Heifer Validation:

Heifers will need to be validated this year for the Lamb County Jr. Livestock Show and all of the major shows next January-March. Order tags (UIN Numbers) through the Springlake-Earth FFA website by **Wednesday September 20, 2017**. The site is: <http://www.springlake-earthffa.org/Validation/LambCountyValidation.aspx>

The validation cost is \$20 per head. County only Heifers do not need UIN Numbers. County only Heifers will also only show in the AOB class unless registration papers are provided.

Submit Original Heifer registration papers to Lamb County Extension Office by **Wednesday, October 18, 2017**. Please be prepared to leave them with us in the office a for a short while until we can complete the process.

Swine Validation

Tag Orders:

Tag order deadline for Swine tags is **Friday, September 22, 2017**. You can order your tags at <http://www.springlake-earthffa.org/Validation/LambCountyValidation.aspx>

- All requested information must be provided before submitting form.
- After submitting form, the order will not be completed until payment for tags has been received. Payment must be received within **ten (10) days or tags will not be ordered.**
- ordered tags must be paid for regardless of use.

Major Stock Show Sign-Ups:

Tuesday, November 7, 2017
Lamb County Extension Office

One Day 4-H Shirts:

Deadline to order One Day 4-H
T-shirts is

Sunday, September 3, 2017.

Cost is \$7 per a shirt

All shirt sales will support
Hurricane Harvey Victims.

You can order them at
www.oneday4h.org



Lamb County Extension and 4-H on Facebook!

Check out Lamb County Extension and 4-H on Facebook! Event and activity updates will be posted regularly. Also check out the Lamb County Extension website. Newsletters have been posted and events listed.

If you would like one of your club events posted, please call Lamb County Extension at 485-9135 and it will get posted.

The website is located at <http://lamb.agrilife.org>

2017 Fall 4-H Contests

Oct. 23rd, District 2 4-H Food Challenge

Nov. 11th, District 2 4-H Food Show

Nov. 11th, District 2 4-H Nutrition Quiz Bowl

Dec. 9th, Consumer Decision Making Contest

If you are interested in participating in one or more of these contests, please contact Katie. Also, if you are interested in serving as a project leader in one or more of these contests, please contact Katie in the Extension Office.

Hurricane Harvey T-Shirt Fundraiser:

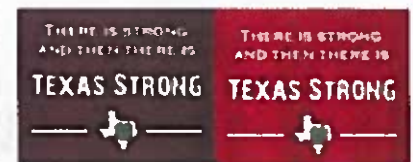
Cost: \$20.00 per a shirt

Available in Maroon, Black or Red

Order form is attached.



Front



Back

Katie Mangold- CEA-FCS

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Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. Individuals with a disability needing an accommodation should contact Graham Henley at least one week in advance.



Calendar of Events:

September 2017

Sept. 1 – 4-H Enrollment Begins

Sept. 11-- Littlefield Food Project

Sept. 11—Littlefield 4-H Club Meeting

Sept. 11—Olton 4-H Club Meeting

Sept. 12 – Olton Food Project Mtg.

Sept. 12– Sudan 4-H Club Meeting

Sept. 18– Littlefield Food Project

Sept. 19 – Olton Food Project Mtg.

Sept. 20—Deadline for ordering UIN #'s for Heifers

Sept. 25– Littlefield Food Project

Sept. 26 – Olton Food Project Mtg.

Sept. 22—Deadline for ordering barrow tags

Sept. 30– Littlefield One Day 4-H Project

October 2017

Oct. 2—Littlefield Food Project

Oct. 2– Littlefield 4-H Club Meeting

Oct. 3—Olton Food Project

Oct. 2-7– National 4-H Week!!

Oct. 9—Littlefield Food Project

Oct. 11—Olton Food Project

Oct. 10– Sudan 4-H Club Meeting

Oct. 16—Littlefield Food Project

Oct. 23– D-2 Food Challenge Contest

Oct. 24—Olton Food Project

Oct. 30– Lamb County Food Show

Oct. 30– Lamb and Goat Validation

November 2016

Nov. 11—District 2 Food Show and Nutrition Quiz Bowl Contests

Nov. 23-28– Texas 4-H Leadership Conference

Nov. 23-28—National 4-H Congress

December 16

Dec. 9 – D-2 Contests for Beef, Horse, and Swine Quiz Bowls

Dec.9—D-2 Consumer Decision Making Contest

HURRICANE HARVEY T-SHIRT FUNDRAISER

ALL NET PROCEEDS WILL GO TO 4-H FAMILIES
EFFECTED BY HARVEY.



Front



Back

\$20.00 each

Colors Available: Black, Maroon & Red

Sizes Available:

Youth Small - X-Large & Adult Small - 3X-Large (2XL & over add \$4)

Name: _____ Phone # _____

4-H County: _____

T-Shirt \$20 each

Quantity _____ Color _____ Size _____

Quantity _____ Color _____ Size _____

Quantity _____ Color _____ Size _____

Total Enclosed _____

**Orders Due
By Sept 21th**

District 2 4-H is partnering with Diamond E, in Snyder, Texas who is providing the shirts.
Please Make Checks Payable To: Diamond E