

# FCH MONTHLY NEWSLETTER

Live Oak and McMullen County



## UPCOMING DATES

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7.5 District Record  
Book Closes

7.6-7.7 Live Oak County  
Camp

7.11 D12 Record Book  
Judging

## WHAT'S NEW?

NEW in August, we are going to have a Cooking Well with Diabetes class! It will be every Saturday from 4:30 to 5:30 at the Catholic Church in Tilden, TX!

You can expect to make your own dish and learn how to eat smarter! There will be lots of tips and tricks to keep your blood sugar level at home.

Each person participating will also get many recipes to take home! if you wish to participate, please call 361-274-3323.

## WHAT'S NEW?

For the Live Oak County Fair participants, please do not forget to pick up your checks and ribbon money by July 31st! If it is not picked up, it will be donated back to the fair association!

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Be on the lookout for new dates for programs and what to expect throughout the 4-H year!

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NEW for McMullen County! To be recognized in your project area at awards banquet, you must participate in one contest during the 4-H year!

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## UPCOMING DATES

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6.11 Commissioners Court

7.13 Award Interviews in McMullen

7.14 Healthy South Texas Ambassador Summit

7.29-31 D12 Officer Retreat