

McCulloch 4-H Projects:

Food and Nutrition:

Food Show – (October-County Contest, November Dist. Contest) Individual prepare recipe at home and presents one serving to judges while explaining information on food safety, food preparation principles, nutrient content and functions, and ChooseMyPlate

Food Challenge (Jan. contest)– Group of 3 to 5 must prepare a recipe from ingredients that are placed on their table for the contest. Evaluated on same info as food show.

Nutrition Quiz Bowl (November contest)– Game show format using: American Dietary Guidelines, Food Safety, Cookery Principles, and Choose My Plate info.

Citizenship

Community Service

Companion Animals

Consumer Judging (February contest)– Six categories of items you judge to be the best buys for a given situation. Two parts:

- 1)Rank 1-4 for each of the 4 items on each table.
- 2) Present oral reasons (Junior members are exempt) for how you ranked the items.

Leadership

Leaders 4 Life (March contest)– Judged on: 1) Performance of Parliamentary Procedure in a mock meeting and leadership skills.

Photography (March contest) Placed depending on creativity and impact in 15 categories.

Educational Presentations (May Contest)– Almost any topic of your interest. Could be in the form of a power point, posters, or demonstration. Needs: Introduction, body of information, summary, and list of resources

Share the Fun (May-June Contest)

Poetry/Prose – 1-9 members

Vocal – 1-9 members

Musical Instruments – 1 member

Celebrate 4-H Skits – 1-9 members

Dramady – 2- 9 members

Choreographed Routines 1-9

Band – 2 - 9 members

Clothing and Textiles:

Fashion Story Board- (April Contest) Drawing of a design you created for: 1) wearable clothing, 2) pet clothing, 3)jewelry, 4) non-wearable: furniture, curtains, etc.

Fashion Show Buying (April & July Contest)– Poise & interview about what makes a good purchase

Fashion Show Construction (April & July Contest)– Poise & interview explaining garment construction

Duds to Dazzle (April Contest) – Creativity is required to produce a new garment from supplied used items with your team of 3 to 5 members during a set time period

Shooting Sports – (Sept-July) Shotgun, Rifle & Archery-
Various contests and practices for each throughout the year.

Livestock Projects & Shows (All year): **Beef, Swine, Sheep, Goats, Rabbits.**

Must meet validation dates.

Livestock Judging (Nov./Dec contest, Feb/Mar. contests) – Acquire knowledge for ranking livestock upon their qualities.

Horse Shows/Judging/Quizbowls, Meats Judging, or Wool Judging – (April Contests) Study specifics about each subject and demonstrate knowledge learned in judging contest or quiz bowl format.

SET – Science, Engineering and Technology (May/June Contest)–

Rocket Club, Robotics, and Motion Commotion

Displays: Use scientific method to illustrate subject matter. Categories: Food & Nutrition, Consumer Education, Production Agriculture, Livestock Production, Environment & Natural Resources (including water), Engineering, and Open. The steps are:

1. Name the problem or question.
2. Form an educated guess (hypothesis) of the cause of the problem and make predictions based upon the hypothesis.
3. Test your hypothesis by doing an experiment or study (with proper controls.)
4. Check and interpret your results. Report your results to the scientific community.

Healthy Lifestyle Contest—(June) Teams rank best choices of 4 options in categories pertaining to the following subjects: first aid, physical activity, substance abuse, tobacco cessation, passenger safety, teens and safe driving habits, ATV safety, fad diets, altering recipes, food safety, nutrient functions, sports nutrition, hydration, and sun safety. Then they present a solution to a case study.

Camps - Recreation

Leadership Camps (June, July)– Multi-County Camp in Brady, 4-H Congress, District 7 Leadership Lab, County Leadership Lab, Spectra, Brigades, etc

Record books - (June Contest) This is the application for county awards and county council. Great way for members to discover their organizational skills and record their accomplishments to be ready for scholarships when the time comes. 4-Hers who complete a 4-H record book are eligible for the local 4-H Awards, such as the leadership and the star awards. **In addition to the top county awards, these books are the foundation to many outstanding scholarships that are won each year by graduating seniors.**

Wildlife

Personal Development

Self Determined Projects – **Aerospace, Bicycle, Child care, Computer Science, Dog Care, Entomology, Horticulture, Natural Resources, Public Speaking, Veterinary Science and Much, Much More!**

4-H Year is Sept. 1-Aug. 31. Contest age is determined by the age on Sept. 1

Clubs in McCulloch County are: Clover Kids (K-2 grade County Participation only), **Brady Elementary** (3-5 grade), **Brady Middle** (6-8 grade), **Brady Senior** (9-12 grade), **Rochelle 4-H** (1-12 grades), **McCulloch 4-H** (ALL MCCULLOCH COUNTY 4-Hers)

4-H PRAYER: HELP ME, O GOD TO LIVE SO THAT THE WORLD MAY BE A LITTLE BETTER BECAUSE YOU MADE ME. AMEN.

4-H MOTTO: “TO MAKE THE BEST BETTER”

Each **H** in the clover stands for – **HEAD, HEART, HANDS, HEALTH**

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.

4-H MISSION: 4-H EMPOWERS YOUTH TO REACH THEIR FULL POTENTIAL, WORKING AND LEARNING IN PARTNERSHIP WITH CARING ADULTS.

To take advantage of any of these opportunities, you must register in 4-H Connect:

Go to: <https://texas.4honline.com> OR- <http://mcculloch.agrilife.org>

Click on: Join or 4-H Connect-- Follow directions: Set up profile, County-**McCulloch**, add email, Role- **Family**, Create login. Fill in requested information

Dues are \$20 if you sign up before October 31. On Nov. 1, dues go up to \$25.

Dues are most conveniently paid by Visa or Master Card credit card (or Visa or Master Card debit card) on 4-H Connect.----Call the 4-H office if you have any trouble or do not have a debit or credit card so that arrangements can be made.

The sooner you join, the sooner you start getting emails about all of the opportunities that are offered EVERY MONTH by 4-H.



McCulloch County Projects



McCulloch County Extension Webpage:

<http://mcculloch.agrilife.org/> (All links are on this page)

McCulloch 4-H Facebook page:

<https://www.facebook.com/McCulloch-County-4-H-228374793841276/>

McCulloch 4-H Registration on 4-H Connect:

<https://www.4honline.com/Login.aspx?id=53>

District Website:

<http://d74-h.tamu.edu/>

State Website:

<http://texas4-h.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”