



YOUNG COUNTY 4-H CLOVER CONNECTION

AUGUST 2021



Extension Office Manager

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ENROLL TODAY

4-H is for YOU ! 4-H is for FUN !



County Extension Agent

Family & Community Health
Penny Berend
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940-549-0737 cell 940-256-1436

2021-2022 4-H ENROLMENT

Welcome NEW & RETURNING 4-H Members!

Young County 4-H Enrollment kicks off September 1 through the <https://texas.4honline.com/> registration link. All returning and new 4-H members will need to go online and update their membership status beginning September 1-October 31 following the state 4-H office notification.

4-H enrollment starts over at the beginning of every year so please complete this required task for 2021-2022 Young County 4-H membership requirement. Also be sure to update information like age, grade, and project interest as these details help our project leaders tremendously!

Please contact the Extension Office if you need help updating your enrollment or have difficulty setting up a family and/or member profile.



County Extension Agent

Ag & Natural Resources
Savanna Williams
savanna.williams@ag.tamu.edu
940-549-0737

**Graham Area United Way is a proud supporter of our
Young County 4-H program!**



The members of Texas A&M AgriLife will provide 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.



YOUNG COUNTY 4-H CLOVER CONNECTION

Seeking 4-H Volunteers, Parents and Youth to Showcase their 4-H Project!

YOUNG COUNTY AGRILIFE EXTENSION

4-H EXPLOSION

KICK-OFF EVENT

JOIN US FOR 4-H FELLOWSHIP!

AUGUST 7, 2021 | 9:00 AM - 11:00 AM
DOWNTOWN SQUARE
CORNER OF OAK & 2ND STREET

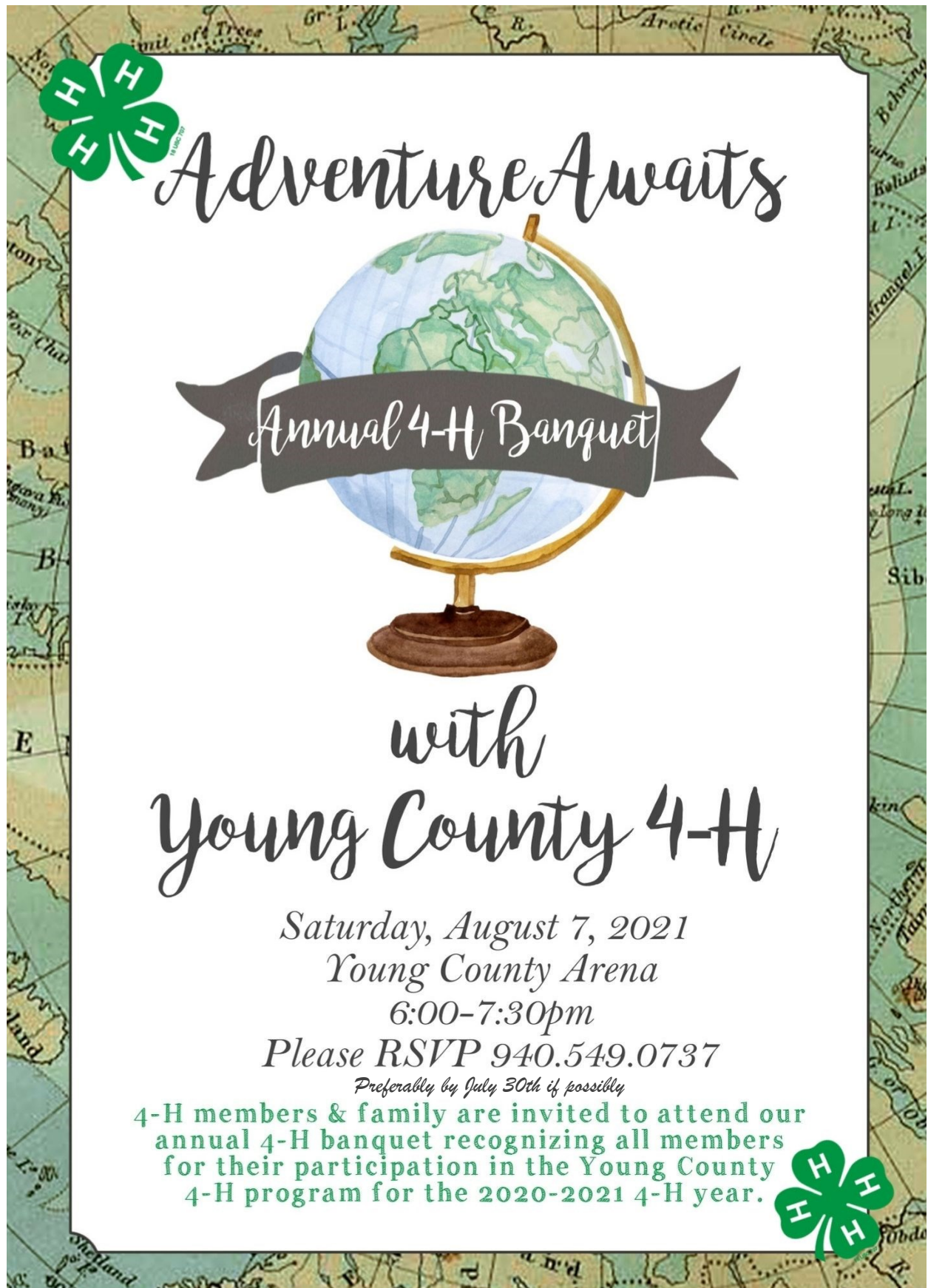
LEARN ABOUT OUR COUNTY 4-H PROGRAM,
THE MANY PROJECTS AVAILABLE, CLUB OPPORTUNITIES, AS WELL
AS VOLUNTEER OPPORTUNITIES IF INTERESTED.
4-H VOLUNTEERS & EXTENSION STAFF WILL BE AVAILABLE TO
ANSWER QUESTIONS.

FOR MORE DETAILS PLEASE CALL
940.549.0737 OR VISIT YOUNG-TX@TAMU.EDU




YOUNG COUNTY 4-H CLOVER CONNECTION

EVERYONE - Past and Present are Welcome to join to us Celebrate our 4-H Youth and Volunteers!



Adventure Awaits



Annual 4-H Banquet

with
Young County 4-H

Saturday, August 7, 2021
Young County Arena
6:00-7:30pm
Please RSVP 940.549.0737
Preferably by July 30th if possible

4-H members & family are invited to attend our annual 4-H banquet recognizing all members for their participation in the Young County 4-H program for the 2020-2021 4-H year.



YOUNG COUNTY 4-H CLOVER CONNECTION

4-H AWARD RECOGNITION



4-H Recognition



The Annual 4-H Banquet is a long standing tradition where Young County 4-H has the opportunity to recognize its members, leaders, coaches, parents, and Friends of 4-H. All 4-H members in attendance will receive a certificate. Those members having competed in a county, district, or state contest will also be recognized.

4-H members are encouraged to email any photos showcasing 4-H project meetings, practices, contests, etc. to the Young County Extension office at young-tx@tamu.edu.

4-H volunteers play a significant role in our 4-H program. They devote many hours to the development of our youth and without them our 4-H program would not be possible. Help us show our love by attending banquet and providing a special thank you to your 4-H leader, coach, mentor, etc.

In addition, those receiving special 4-H awards will also be honored for their commitment to excellence in 4-H.

If you are interested in learning more about 4-H special award opportunities please visit the Young County AgriLife Extension website under the 4-H & Youth section. Applications and award guidelines are available year round.



YOUNG COUNTY 4-H CLOVER CONNECTION

Fall Livestock Project

YOUNG COUNTY 4-H



Livestock Project Information



<p><u>Market Steer</u></p> <p>The beef project teaches the fundamentals of the beef cattle industry by allowing youth to explore the areas of animal husbandry, livestock selection, health, and care, in addition to the showing of beef cattle at local, county, state, and national cattle shows.</p>	<p>Purchase Price: \$1000-\$10,000*</p> <p>Other Expenses: \$1,500-\$2,500</p> <p>Days on Feed: 200-365</p> <p>Approx. Age at Show: 14-18 months</p> <p>Facility Cost: \$500-\$1,000</p> <p>Daily Time Requirements: 1-2 hours/day</p> 
<p><u>Market Swine - Validation: 11/16 & 11/18</u></p> <p>The swine project teaches participants proper methods of selecting, feeding, raising, breeding and marketing swine. Either market or breeding animals can be raised. In the 4-H swine project, youth learn animal husbandry, livestock selection, health, and care of pigs.</p>	<p>Purchase Price: \$200-\$1,000*</p> <p>Other Expenses: \$300-\$800</p> <p>Days on Feed: 120-150</p> <p>Approx. Age at Show: 6-8 months</p> <p>Facility Cost: \$500-\$1,000</p> <p>Daily Time Requirements: 1-2 hours/day</p> 
<p><u>Market Lamb - Validation: 10/25</u></p> <p>The sheep project teaches youth to care for live animals while learning about animal health and nutrition, breeding, selection and marketing. In the 4-H sheep project individuals learn decision making, record keeping, responsibility, sportsmanship and leadership. They may participate in market projects, breeding projects and non-competitive projects.</p>	<p>Purchase Price: \$200-\$1,000*</p> <p>Other Expenses: \$300-\$800</p> <p>Days on Feed: 120-150</p> <p>Approx. Age at Show: 6 months</p> <p>Facility Cost: \$300-\$1,000</p> <p>Daily Time Requirements: 2-4 hours/day</p> 
<p><u>Market Goat - Validation: 10/25</u></p> <p>The meat goat project involves raising and caring for live animals while learning about animal health, nutrition, breeding, selection, and marketing. The 4-H goat project offers outstanding opportunities for individuals to gain experience in decision making, record keeping, responsibility, sportsmanship, and leadership.</p>	<p>Purchase Price: \$300-\$1,500*</p> <p>Other Expenses: \$300-\$700</p> <p>Days on Feed: 120-150</p> <p>Approx. Age at Show: 9-13 months</p> <p>Facility Cost: \$300-\$1,000</p> <p>Daily Time Requirements: 2-4 hours/day</p> 
<p><u>Market Rabbit - Validation: 12/15</u></p> <p>The rabbit project teaches proper methods of caring for, raising, breeding and marketing rabbits. There are two project options: Market Rabbit Project (breeding and raising rabbits for meat); Rabbit Breeding Project (breeding and raising rabbits for desired or unique characteristics).</p>	<p>Purchase Price: \$35-\$50 per rabbit</p> <p>Other Expenses: \$25-\$150</p> <p>Days on Feed: 40-60 days</p> <p>Approx. Age at Show: 65-85 days</p> <p>Facility Cost: \$100-\$250</p> <p>Daily Time Requirements: 1-2 hours/day</p> 

The above prices are all estimates to help you get started. "Other expenses" includes feed, feed additives, feeders, buckets, tubs, health care, health papers, entry fees, halters, show sticks and other miscellaneous items. The figures used are approximate costs and may vary on an individual basis. Facility cost is a one-time initial startup cost but may have upkeep costs. The high \$\$ amount will usually not be profitable.

For more information regarding these livestock project opportunities and to place a validation tag order, please contact Savanna at the Extension Office
940.549.0737

Interested in participating in the Young County 4-H Fall Food & Nutrition Project?

Those planning to compete in the Food Show and/or Food Challenge Contest are encouraged to call the Extension Office & Sign-Up! Go ahead and recruit your team members ahead of time too if you already have friends in mind. This will help with the organizing of teams prior to program kick-off.

Get Ready:

**1st Fall FCH Project kicks-off in
late August/September! Be watching for updates**

FAMILY & COMMUNITY HEALTH *Food & Nutrition*

Do you love food or cooking?

If you want to be a star in the kitchen and become healthier, try the food and nutrition project!

You'll learn:

- To make healthy food choices
- How nutrition affects health
- How to prepare nutritious meals and snacks
- To prepare and store foods safely

Learning experiences focus on:

- General nutrition
- Meal planning
- Food purchasing and budgeting
- Food preparation
- Food safety
- Food and nutrition related careers

TEXAS 4-H IS FOR KIDS OF ALMOST ANY AGE – GRADES K-2 CAN BE IN CLOVER KIDS IF OFFERED IN YOUR AREA. FROM 3RD-12TH GRADES, YOU CAN BE A REGULAR 4-H MEMBER. ALL 4-H MEMBERS MUST BE ENROLLED IN AT LEAST ONE PROJECT. WHEN YOU CHOOSE A PROJECT, YOU WILL PARTICIPATE IN VARIOUS HANDS-ON ACTIVITIES, LEARN NEW SKILLS, DO COMMUNITY SERVICE, OR EVEN MAKE SPEECHES ABOUT YOUR PROJECT.

Skills Learned:

- Responsibility
- Nutrition
- Decision Making
- Public Speaking
- Leadership
- Community Service
- Communication
- Teamwork

Project Learning Opportunities:

- Workshops
- Project Meetings
- Industry Professionals
- Tours
- Contests
- Virtual Experiences

Exploration Opportunities:

- Attend project meetings
- Plan and prepare meals for your family
- Do online research related to health and nutrition
- Organize a service learning event such as a food drive
- Give a presentation to a group about a nutrition topic
- Experiment with altering recipes for better health
- Assemble a portfolio of healthy recipes
- Volunteer to help with local food and nutrition events
- Share healthy tips via social media

Want to learn more?

Visit | texas4-h.tamu.edu/projects/food-nutrition/
Contact | your County Extension Agent



TEXAS A&M
AGRI LIFE
EXTENSION

FAMILY & COMMUNITY HEALTH

Food & Nutrition

CONTESTS

Food Challenge

At the Food Challenge, teams of 3-4 students 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.

Family & Community Health (FCH) Quiz Bowl

A "Quiz Bowl" is a quiz game that tests teams of 4 on their knowledge of basic nutrition, consumer information, food and kitchen safety, food preparation skills and storage, and health. 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.

Food Show

At the Food Show you choose a recipe from the contest categories and then prepare and present it to a panel of judges. During your interview with the judges, you will show how you prepared it, the nutrients and ingredients, personal dietary needs, healthy substitutions, and a cost analysis.

Opportunities for all skill levels

Here are some ideas for all skill levels. These are only suggestions, learning should occur based on your interest, experience, and ambition!!

Basic	Intermediate	Advanced
Learn how to read a recipe	Understand food labeling	Analyze foods for nutritional value
Learn how to properly measure	Prepare a healthy meal	Plan, purchase, and prepare a daily menu
Make healthy snacks	Conduct food experiments	Become efficient at advanced culinary skills
Learn about MyPlate and healthy eating patterns	Learn about the science behind ingredients	Design service learning opportunities for your club or county
Classify foods into appropriate food groups	Apply nutrition principles to what you eat	Lead food and nutrition lessons at workshops or online for younger members

EXPLORE GUIDES

Each guide has been developed to support volunteers, County Extension Agents, and even 4-H members, in leading project experiences for youth.

There are six lessons in each book that follow the "do, reflect, apply" model of learning, providing guidance for hands-on exploration and learning about a specific topic.

Food & Nutrition specific guides are:

- Food & Nutrition - Cooking in the Kitchen
- Food & Nutrition - Dollars & Sense
- Food & Nutrition - Food Challenge
- Food & Nutrition - Keeping Food Safe
- Public Speaking

For more information on Food & Nutrition projects visit:

<https://texas4-h.tamu.edu/projects/food-nutrition/>





YOUNG COUNTY 4-H CLOVER CONNECTION



WAYS TO VOLUNTEER



CLUB/PROJECT LEADER

ABOUT 15-30 HOURS PER YEAR

4-H COMMITTEES

4-H FOUNDATION, ULC, HORSE, FAIR (6-30 HOURS PER YEAR)

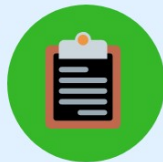


CHAPERONE

OVERNIGHT TRIPS OR 1 TIME EVENTS

RESOURCE LEADER

HELPING IN A SPECIFIC WAY SUCH AS FAIR CONCESSION STAND OR EVENTS (1-10 HOURS PER YEAR)



JUDGE

INTERVIEWS, LIVESTOCK, FOOD, AND DEMONSTRATIONS (1-10 HOURS PER YEAR)



VOLUNTEERS NEEDED

Especially 4-H Project leaders and/or assistants for Fall 2021

Who can volunteer with 4-H?

Anyone age 19+ who cares about young people. You don't need to be a parent or an expert. For some volunteer roles, you will need to complete a background check and have some basic training.

Benefits of Volunteering:

Volunteering with 4-H benefits the young people, the community and you -- the volunteer.

- Pass your knowledge with the next generation.
- Build your own skills as you help young people build theirs.
- You will receive regular training and support.
- Grow your network in your community and the University of Minnesota.
- Feel pride in making a big impact in the lives of young people and adults in your community.
- Make a difference!