

# Young County 4-H News

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## 4-H Record Books

It's time to start those 4-H record books. Pick your favorite project category to enter in (the one you are the most active in) and go to [http://texas4-h.tamu.edu/youth\\_recordbooks](http://texas4-h.tamu.edu/youth_recordbooks) to get started. Contact us at the Extension Office if you need any help. Record books will be due to the Extension Office June 1 to go to the District Record Book Judging Contest. *Record books are required for project awards and Gold Star applicants, and are an important resource when filling out scholarship applications in high school.*

Young County Record Books are due before 4:30 on Wednesday, June 1, 2016.

Please contact Maranda or Justin for help with your record book. All forms are available online.

## Dog Project

We have had a new interest in beginning at 4-H Dog Project again. We are still organizing details but need to know HOW MUCH interest there is. Please let us know by email or phone if you would like to participate.

Lessons would likely be one time per week, for approximately 1 hour. Date & Location to be determined.

## South Plains Livestock Judging Camp

Justin is looking to carry a group of 4-Hers to South Plains College for a Reasons only camp. Camp is held May 30-June 1, in Levelland, TX. Please contact Justin Rogers for more information. 940-549-0737



## Northern Oklahoma College Sheep Field Day & OSU Big 3 Animal Science Field Day

Justin is looking to carry a group of 4-Hers, leaving July 17 to Tonkawa, OK for the Northern Oklahoma College Sheep Field Day on July 18. The trip will continue on to Stillwater, July 19-21 for the Big 3 Animal Science Field Day at Oklahoma State University. Please contact Justin Rogers for more information. 940-549-0737

If you need  
assistance in securing  
or locating show  
animals, please  
contact Justin.

940-549-0737

## Teen Leader Lab

Camp registration will be thru 4-H Connect and will close **June 1st**.

District Teen Leadership Lab will be held June 13-15 2016 at the Texas 4-H Center in Brownwood. The theme this year is "Christmas in June".

There will be workshops and activities dealing with Leadership, Public Speaking, Business Meeting Basics, Career and Technology, Personal Leadership Development, and of course DANCING!

The cost will be **\$165** per **4-H member** and **\$125** for **adult chaperones**. This includes three meals, two snacks, two night's lodging, limited accident insurance, a resource fee, facilities fee, program items, and a camp shirt.

Dress casual! Bring clothes and shoes for active sports, recreation and nightly dance. (No flip flops during dance.)

PARTICIPANTS MUST BE:

- Grades 8-12
- 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

## Steer & Heifer Validation

If you plan to show a steer or heifer during the 2016-2017 show season you must bring your animal Monday, June 27 to the Young County Arena at 4:00 pm. Please be prepared to pay county show entry fees (\$25.00) and major show tag fees (\$13.00). Check is the preferred method of payment. Please call Justin if you have questions. 940-716-8610

## County Council

Please don't forget the County Council meeting on Monday, May 16 at 6:00 at the County Extension Office.

**WE WILL BE HOSTING**

**OFFICER ELECTIONS!**

**Members of the Young County 4-H Council plan and coordinate 4-H activities in the county.** The Young County 4-H Council also promotes county, district and state level 4-H activities.

County Council is comprised of 4-H members from each of the various 4-H clubs in the County. Clubs are encouraged to have two to three council delegates who will attend the County 4-H Council meetings. In addition to the club council delegates and presidents, membership to the council is open to all 4-H'ers of Young County.

The Young County 4-H County Council serves as a communication channel. Council delegates represent their club and relay information and ideas from their club to the council. The council delegates also relay information from the council to their club to keep the members up to date on county-wide activities and events.

## Parents & Leaders Meeting

**Mark your calendars now for May 16!**

All 4-H parents and leaders are encouraged to become part of the Parents & Leaders Association.

This association is composed of volunteer 4-H leaders who meet and work together to support the youth of Young County 4-H.

The Parent Leaders Association works in conjunction with the County 4-H Council to plan and coordinate county-wide 4-H activities. The Parent & Adult Leaders Association works to financially assist the 4-H youth through fund raising projects. The Association is also useful as a meeting forum in which leaders may exchange ideas.

## State 4-H Fundraiser

Our District 3 4-H Council is holding a fundraiser for Eli's Fund which provides financial support for veterinary bills for medically retired veteran's service dogs and retired military dogs at the Texas A&M College of Veterinary Medicine. This is in support of the Texas 4-H Council's fundraiser. Our district voted to challenge each chartered 4-H club in our district to contribute a minimum of \$10, and to place a coin jar in each county extension office. We have a coin jar available. Jars will be collected and tallied at ***District Roundup on May 18*** for a county competition. Checks can be made payable to Baylor 4-H.

## State 4-H Roundup

The following contests do not require individuals to qualify at district level contests. Contests are open to all 4-H members who are in the 6th – 12th grades as of the September 1, 2015 school year. Invitational contests include:

- 4-H Fun Run / Walk
- Agriculture Product Identification
- Archery
- Discover Scientific Method Research Poster
- Healthy Lifestyles
- Hippology
- Invitational Livestock Judging
- Invitational Meat Judging and Identification
- Livestock Skill-a-thon
- Poultry Judging
- Photography Judging
- Swine Quiz Bowl
- Robotics Challenge
- Vet Science Skill-a-thon
- Wildlife Challenge



The following workshops do not require individuals to qualify. Workshops are open to anyone. Workshops include:

Ag Product ID...Easy as 1-2-3	Come join us for a hands-on workshop on what the Ag Product ID Contest is and hear from a County Extension Agent on how to put a team together!  You will complete a mock contest. You will also learn about how to complete the scantron and where to find resources for the contest.
ATV Rider Course	Have FUN riding and ATV for 3 hours. We provide everything except clothing. You must take an online ECourse to participate, you'll get a nationally recognized completion certificate when finished and its required for riding an ATV on public land anywhere in the US.
Basics of Dorper Sheep	Will cover the basics of running Dorper sheep for commercial and show ring production. Will also cover breed characteristics for full blood animals and market lamb classification.
Farm Service Agency: Youth Loan Workshop	USDA Farm Service Agency (FSA) is a government agency designed to walk with you through a lifetime of farming and ranching. From Youth Loans to Microloans to Disaster Assistance, FSA has programs to support Texas Aggies through it all.
Fishing Extravaganza	Learn things to make you a successful fisherperson! Fish sometimes escape us an anglers, join us during this session at 4-H Roundup to take some of the mystery out of fishing. Major areas that will be covered are Crappie, Catfish and Bass!

Food & World Culture	America is one of the worlds leading producers of agricultural products, but what do American youth really know about the origins of the foods they eat. This workshop allows youth to learn what countries some of their favorite foods originated in.
International Opportunities in 4-H	This workshop will provide information about International Opportunities available in Texas 4-H. Exchange Programs with Japan, International Study Tours and a new program called GLOBE –Global Leadership Opportunities Beyond Education. Come check it out and expand your cultural awareness and understanding!
Meat Science Grilling Workshop	Details coming soon!
Roundup Leadership JAM!	Roundup Leadership JAM! Brings an energetic, fun-filled experiential approach to learning about leadership, understanding collaboration, communication, trust and support, leading and following. YOU will be totally in the driver’s seat as you complete the assignments.  Both youth and adults can participate in Leadership JAM! Just be prepared for hands-on learning and FUN!
Social Media Strategy	Learn the basic social media skills to improve your social media game, get more likes, and reach your audience. Simple social media plays to keep in your play book that is guaranteed to help you win the game.
Texas Turfgrass Industry	This workshop will allow attendees to explore the many opportunities that exist in the turfgrass industry including tours of Kyle Field, Blue Bell Park, the Texas A&M University Campus Golf Course, and Turfgrass Research Lab. We will highlight the fields of plant biology, plant physiology, soil science, and others with regard to how they factor into careers in the green industry.
Choose a Major – Change Your Future	Navigating the college application process can be challenging. In order to maximize your time on campus, it is to your advantage to choose a major that suits your talent and interest. Join us for an interactive discussion about how to select the right path to get you on the road to accomplishing your professional goals. Members from Texas A&M Admissions and the College of Agriculture & Life Sciences will discuss helpful hints for the admission process. Blinn Community College will also join the conversation to talk about the path as a transfer student from a community college perspective.
Scholarships & Financial Aid	If you are considering college, knowing how to apply and secure funding is half the battle. Join the Department of Student Financial Aid for a session on how you too can pay for college. Included in this session will be: types of aid available, how & when to apply for scholarships, documentation needed and more.

HELP "ApplyTexas" College Essays Writing Workshop

Rising high school seniors, SING-UP for HELP Consulting's hands-on "ApplyTexas" Essays Workshop to jump-start your college application process. This is not a lecture talking about how to write essays! It's a high-impact, hands on workshop where students will actually outline and create drafts of all 3 of their "ApplyTexas" essays. HELP's final editing assistance is included, but will take place via email/online after the workshop. "You can either get HELP or compete against students who do!"

COST: \$300 BEFORE MAY 27<sup>TH</sup>, \$350 AFTER & AT Roundup.

To Register: First choose this workshop opportunity on 4-H Connect, then visit HELP's website at ([www.HELPConsulting.org](http://www.HELPConsulting.org)) to pay and get workshop details.

Registrants will receive confirmation of registration from HELP Consulting, Inc.

Additional information about this year's Roundup can be found at <http://texas4-h.tamu.edu/events/roundup/>

Young County 4-H has a block of rooms reserved at the Courtyard by Marriott. Rooms are \$114.00/night. Anyone is welcome to join us. If you do, I will need to know specifically what dates you will be arriving, departing, # of rooms (who's in each room) and a credit card number (if you're comfortable).

## Livestock Judging Camp at South Plains College

Justin is looking to carry a group of 4-Hers to South Plains College for a Livestock Judging Camp. Camp is held July 28-30, in Levelland, TX. Register by July 20. Please contact Justin Rogers for more information. 940-549-0737

## Healthy Lifestyles

May is Sleep Awareness Month!

Sleep is crucial to physical, emotional and mental health. It's important to make an overall commitment to healthy, restorative sleep no matter your age. Here are some tips from the Better Sleep Council for maintaining a healthy sleep cycle and ensuring the best night's rest:

1. Make sleep a priority by keeping a consistent bedtime and wake schedule, including weekends.
2. Create a bedtime routine that is relaxing. Experts recommend reading a book, listening to soothing music or soaking in a hot bath.
3. Create a room that is dark, quiet, comfortable and cool for the best possible sleep.
4. Evaluate your mattress and pillow to ensure proper comfort and support. If your mattress is five to seven years old, it may be time for a new one. In general, pillows should be replaced every year.
5. Keep work materials, computers and televisions out of the bedroom or put them away at bed

time.

6. Exercising regularly will help you sleep better, but complete workouts and moderately active play time at least two hours before bedtime.

7. Avoid eating, and especially caffeine and sugar close to bedtime. These can lead to poor sleep, keep you awake or disrupt sleep later in the night.

I hope everyone has a happy, healthy May and that everyone sleeps great!

I appreciate everyone who reads my article in the newsletters every month. I've enjoyed getting to do this and I am grateful for the opportunity that I have had to be a Healthy Lifestyle Ambassador. Thanks again!

-Meghan Camp

State 4-H Healthy Lifestyle Ambassador.

## Like Us on Facebook

### **Young County 4-H**

[www.facebook.com/youngcounty4h](http://www.facebook.com/youngcounty4h)

### **Orth 4-H Club**

[www.facebook.com/groups/260703620635266](http://www.facebook.com/groups/260703620635266)

### **Lonestar 4-H Club**

[www.facebook.com/Lone-Star-4-H-Club-186876438072148/](http://www.facebook.com/Lone-Star-4-H-Club-186876438072148/)



**SHAZAAM!**



**COUNTY COUNCIL HAS  
CHALLENGED ALL CLUBS TO A  
CANNED FOOD DRIVE.**

- **START COLLECTING NOW**
- **DEADLINE: MAY 27, 2016**
- **WINNER DECIDED BASED ON WEIGHT!**

**WILL YOU ACCEPT THEIR  
CHALLENGE?**

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# Texas Section Society for Range Management 62<sup>nd</sup> *Youth Range Workshop*

Join participants from across Texas June 26 - July 1, 2016 at the Texas Tech University Campus in Junction, TX for the nation's longest running natural resources workshop for youth.

At the TSSRM Youth Range Workshop, participants gain useful knowledge and skills in the areas of ecology, inventory practices, management and evaluation of resources. Experts from across the state are recruited to teach the participants in fields ranging from watershed management, to prescribed burning, to soil health, and many areas in between.

Additionally, youth are trained in the areas of public speaking, advocacy, and leadership, so that they are armed with the knowledge they need to effectively educate others in the area of rangeland management, regardless of the career path they ultimately choose. The workshop is open to youth who are 14-18 years old, and have completed the 8<sup>th</sup> grade, but have not graduated from high school.

The workshop is \$350, and includes all meals, lodging, and educational materials needed during the week. Participants are encouraged to seek out sponsorships from various sources, including soil and water conservation districts or local ranches, and are then asked to go back after the workshop to present what they learned to those sponsors.

For questions regarding the workshop, please contact:  
Hoyt Seidensticker - (210) 414-6603  
Jenny Pluhar - (806) 679-8729  
Paul Loeffler - (432) 386-3101

Applications can be found at  
[www.rangelands.org/texas/youtheducation.htm](http://www.rangelands.org/texas/youtheducation.htm)  
and we encourage you to "like" our Facebook page to check out pictures from previous year's workshops!

<https://www.facebook.com/TSSRMYouthRangeWorkshop/>

Training tomorrow's leaders today in rangeland management and the stewardship of natural resources.







- All camp enrollment is based on grade entering in 2016.
- Register online at [young.agrilife.org](http://young.agrilife.org) or drop registration form (located on back of this flyer) to the Young County Extension Office located at 3201 Hwy 16 South, Graham
- For questions please contact the Extension Office at 940-549-0737
- Space is limited so please call ASAP and sign up!

# 2016 Summer Camps

Fun Opportunities coming your way in Young County!

Camp	Grades	Date & Location	Times	Fee	Description
Safe Sitter 1	Grades 6-12	May 23 & 24 @ County Extension Office	9:00 am - 1:00 pm	\$60.00	Safe Sitter course is a medically accurate program to teach boys and girls ages 11 and up how to handle emergencies when caring for children. The class teaches safe and nurturing child care techniques, behavior management skills and appropriate responses to medical emergencies.
Safe Sitter 2	Grades 6-12	May 25 & 26 @ NCTC	1:00 pm - 4:30 pm	\$60.00	
Gladdening Gardening	Grades 3-7	June 2 @ County Extension Office	9:00 am - Noon	\$40.00	Going green in unexpected ways. Projects will include unique garden art and creative planting methods.
Putting the Pieces Together	Grades 3-12	June 16 @ NCTC	9:00 am - Noon	\$15.00	From participant to leader, including; Use of Resources, Goal Setting, Creativity, Problem Solving, Communication, Cooperation, Conflict Resolution and Self-Responsibility
Simple Sewing	Grades 3-7	June 17 @ Fort Belknap	9:00 am - Noon	\$40.00	Camp activities include: Simple stitches and 2 creative take home projects

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. This information given herein is for educational purposes only.

# REGISTRATION

Name: \_\_\_\_\_

Grade Going Into: \_\_\_\_\_ Age: \_\_\_\_\_

Phone: (\_\_\_\_) - \_\_\_\_\_ - \_\_\_\_\_

Email: \_\_\_\_\_

Cash: \_\_\_\_\_ Check: \_\_\_\_\_ # \_\_\_\_\_

Total Amount Paid: \$ \_\_\_\_\_

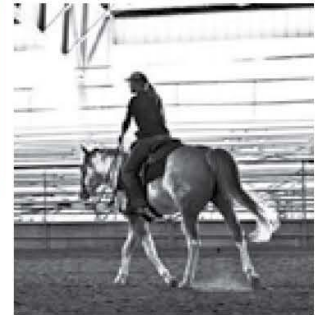
CAMP	FEE
Safe Sitter 1	\$60
Safe Sitter 2	\$60
Gladdening Gardening	\$40
Putting The Pieces Together	\$15
Simple Sewing	\$40
Horsemanship School	25/55
Cupcake Extravaganza	\$35
Arts & Crafts	\$30
Entomology	\$30
Paddle Boarding	\$50
Kitchen Bootcamp	\$50
Bait & Cast	\$40
All Dolled Up	\$45

Horsemanship School	Grades 3- Adults	June 20-21 @ Young County Arena	8:00 am- 5:00 pm	YOUTH \$25.00 ADULTS \$55.00	<p><b>HORSE REQUIRED!</b> Receive guided instruction on basic to advanced horsemanship skills and maneuvers. Topics include the following materials: rein aids, lateral movement (hip-in, side-pass, and two-track), collection, stopping, backing, rollbacks, turnarounds (spins), speed control, simple lead changes, and flying lead changes, along with other specialized events, short, interactive lectures, and games.</p>
Cupcake Extravaganza	Grades 3-12	June 23 @ NCTC	9:00 am - Noon	\$35.00	<p>Students will learn to bake, make icings, and decorate with piped icing and fondant. Fabulous hands on learning opportunity! Fee covers all supplies with the exception of your very own cupcakes to decorate. Please bring 1 dozen cupcakes to decorate. We will bake in house as well!</p>
Entomology	Grades 3-7	June 28 @ NCTC	1:00 pm - 4:00 pm	\$30.00	<p>The incredible, edible bug. Facts, crafts and eats. Eating bugs, optional!</p>
Arts & Crafts	Grades 3-7	June 29 @ Fort Belknap	9:00 am - Noon	\$30.00	<p>Come let your artistic side shine! Don't have one? We'll work on it! Lots more than just paint and coloring!</p>
Stand Up Paddle Boarding	Grades 3-12	July 13 Olney & Graham pick up locations	9:00 am- 5:00 pm	\$50.00	<p>We will travel to Fort Worth to Panther Island Pavilion. The fastest growing water sport in the USA. LIFE JACKETS PROVIDED. LUNCH INCLUDED</p>
Kitchen Bootcamp	Grades 3-8	July 19-21 @ NCTC	9:00 am - Noon	\$50.00	<p>Youth will learn or improve on their skills in reading recipes, meal planning, knife safety, table settings and etiquette.</p>
Bait & Cast	Grades 3-12	July 26	9:00 am - 5:00 pm	\$40.00	<p><b>LIFE JACKET REQUIRED!</b> Receive guided instruction from Texas Parks &amp; Wildlife on bait, casting and fishing.</p>
All Dolled Up	Grades 3-12	July 28 @ Fort Belknap	9:00 am - Noon	\$45.00	<p>Come be girly! Participants will learn to make their own hair bows and jewelry.</p>



# Summer Horsemanship School Program

A great, affordable, hands-on opportunity for building a strong foundation and advancing your horsemanship skills



The 2016 dates have been determined, and registration is now open! Sign up today to reserve your spot in the clinic! Youth, parents, and volunteer leaders are all welcome to join in the fun of riding your own horse, enjoying good fellowship with like-minded people, and learning from the Aggie instructors.

## Experience

Participants receive instruction on basic, intermediate, and advanced horsemanship skills and maneuvers and have the opportunity to practice them with guided instruction. Topics include the following maneuvers: rein aids, lateral movement (hip-in, side-pass, and two-track), collection, stopping, backing, rollbacks, turn-arounds (spins), speed control, simple lead changes, and flying lead changes, along with other specialized events, short, interactive lectures, and games.



## Tradition

Over the past 44 years, the program has reached 47,522 youth, parents, and volunteer leaders. A total of 1,362 schools have been conducted, and there have been 240 different college students who have served as instructors in the program.



## Testimonials

Participants have been very pleased with the schools. Comments made about the schools include the following:

- “I learned so much about solving unexpected problems!”
- “The information was very well presented.”
- “The program is excellent for beginner to advanced riders.”
- “The trainers were very knowledgeable and courteous. I learned much.”

TEXAS A&M  
AGRI LIFE  
EXTENSION



Date: June 20-21, 2016 Young County Arena

\$25 per youth rider

Call Young County Extension 940/549-0737



2016

*become*

**LEGENDARY**

*livestock judging camp*



Held at South Plains College, Levelland, TX

**TWO CAMPS**

**You Be The Judge**

(Reasons Only)

**May 30-June 1**

Deadline: May 20

**\$175**

**Livestock Judging 101**

**July 28-30**

Deadline: July 20

**\$250**

\$50 late registration fee.

More information to come!

Any questions, contact Conner Newsom

325-812-8283 or [cnewsom@southplainscollege.edu](mailto:cnewsom@southplainscollege.edu).

*OKLAHOMA STATE UNIVERSITY'S*

# BIG 3

*Field days*

THE MOST TIME-HONORED FIELD DAY IN THE COUNTRY!

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**Sheep Field Day** tuesday, july 19, 2016

**Beef Field Day** wednesday, july 20, 2016

**Swine Field Day** thursday, july 21, 2016

OSU Animal Science Arena

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**FOR MORE INFORMATION:**

**Rusty Gosz**

[rusty.gosz@okstate.edu](mailto:rusty.gosz@okstate.edu)

405.744.6060