

IRION COUNTY 4-H NEWS

August 2016



Upcoming Events:

Silver Clover Banquet

- August 1st
- Zetner's Daughter

4-H Meeting

- August 11th
- 5:30 p.m. at Annex
- Officer Elections take place

Clover Kids Cooking Camp

- August 16th and 18th
- Deadline to Register is August 5th

Sheep and Goat Tags

- Orders are due and paid by August 19th

Adult Leaders and Council Fall Meeting

- August 27th
- Grape Creek Baptist Church

4-H Meetings

- Second Thursday of Each Month

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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.**



State 4-H Congress

Cy Brooks represented Irion County at State 4-H Congress on July 17th- 20th in Austin. Cy wrote and proposed a bill on required drug testing for drivers license in the state of Texas. He toured the Capital, sat in on public hearings, and participated in a mock trial.



Leadership Training

Dolan Rushing and Oscar Narvaez attended a multi-county leadership training hosted by District 10 4-H Specialist and County Extension Agents. They learned the characteristics of a good leader, communication skills, how to recruit new members and many more skills they can bring back to their club.



Silver Clover

The Silver Clover award recognizes 4-H Volunteers and their contribution in length of service. Thirty leaders in District 7 have been chosen through a competitive process to receive the Silver Clover recognition. The recognition includes a steak meal and awards presentation to present the coveted custom-made Silver 4-H Clover.

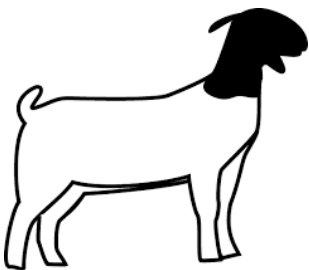
This year Irion County recognizes Terry Criner for his continued support and success through the shooting sports program. Irion County 4-H will forever be grateful for everything you have done.

Congratulations Terry!



Re-enrollment for the 2016-2017 4-H year starts on August 15th. Please visit <https://tx.4honline.com> to register.

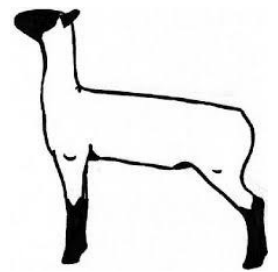
Sheep and Goat Tags



It's that time again to order major stock show sheep and goat validation tags. If you are planning on showing at any major stock show or the county show, you must have your lambs and goats validated. Tags must be ordered and PAID for by **Friday, August 19.**

Market Lambs, Market Goats, Wether Does, Wether Dams: \$12.00 each

Registered Sheep & Registered Boer Goats: \$10.00



Rabbit Project



- Want to do a 4-H Animal Project but think you don't have enough space to raise an animal? The rabbit project is a great way to get involved no matter where you live. You'll learn about the basics of how to care for a rabbit, including proper nutrition, and you can even show your rabbits at the County Stock Show and other major Stock Shows across Texas. There are three project options:
- Market Rabbit Project- In this project you will learn how to breed and raise rabbits for meat
 - Rabbit Breeding Project- This project will involve breeding and raising rabbits for desired or unique characteristics
 - Pet Project- Maintain rabbits as pets in this project
- The American Rabbit Breeders Association currently recognizes 49 unique rabbit breeds that you can choose from to best fit your situation and child. Please visit www.arba.net to learn more about rabbits and breeds or call the extension office at 325-835-2711 for help locating rabbits or for more information.
- Rabbit Project classes will be offered this fall to help you get started with your project!

Poultry Project

What is poultry? Chickens, Turkeys, Ducks, and Geese are just a few examples of poultry. This project teaches members production and marketing by managing projects. Project topics include turkeys, egg production, and development from egg to chick. This project is a great way to learn about food sources and animal production, while making new friends! If you are interested in the poultry project, please visit <http://texas4-h.tamu.edu/projects/poultry/> for more information!

Food & Nutrition Project

The 4-H Foods and Nutrition Project Provides fun opportunities for you to learn how to make healthy food choices, improve your energy level and alertness, help keep you from getting sick, and learn all about nutrients and how they work. All of this knowledge helps prepare you to compete in Foods and Nutrition Competitions: Food Challenge & Food Show!

Food Challenge is modeled after such competitions as the Food Network's "Iron Chef," and challenges teams to create a dish using only mystery ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation to the judges.

Practices start in the late fall!

Food Show focuses on 4-H members' ability to properly prepare a dish in one of four different categories, present orally the nutritional value and preparation techniques to a panel of judges, and demonstrate food safety and proper food handling and storage techniques.

4-H cooking classes will be offered this fall to help you get ready for Food Show!

**Join
Now!**





Irion County Junior 4-H Camp



Pictured from Left to Right: Back Row: Oscar Narvaez, Heri Arredondo, Cooper Mullinax, Schraeder Seahorn, Daniel Crutchfield, Cannon Harris, Annabelle Carrell, Savannah Rogers, Hallie Carrell, Dolan Rushing. Front Row: Zane Jackson, Guthrie McCrea, Kyleigh Yant, Grady Jackson, William Crutchfield, Kellen Carrell, Luke Seahorn. Not Pictured: James Crutchfield, Anna Chappell, Laramy Rico.

The Irion County Junior 4-H Camp had 17 energized participants. They learned about nutrition, wildlife, how rivers form, about teasing & bullying, and how to make their own pizza! They also made Tie Dye T-Shirts, slime, sun dials, handprint clovers, picture frames and went on a scavenger hunt. They made their way through an obstacle course and ended with a swim party!

A huge Thank You goes out to Oscar Narvaez, Dolan Rushing, and Laramy Rico for all of your help! We couldn't of done it without you!



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Irion County 4-H Clover Kids Cooking Camp

- Learn to cook with your friends!
- **Free** for all 4-H Clover Kids (grades K-2)
- If you're not a 4-H member yet, register on-line on 4-H connect:
texas.4honline.com
(registration is free for Clover Kids!)

AUGUST 16TH
& 18TH

10:00AM – 1:00PM
LUNCH IS INCLUDED!



**Contact the Extension Office by
Aug. 5th to register: 835-2711**

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WIN !!!!!

2016 Polaris Ranger ETX 4X4



Irion County Junior Livestock Association



Irion County Junior Livestock Association



ONLY 200 Tickets SOLD - \$100.00 each

All proceeds to benefit the Irion County Junior Livestock Show!!!!

Drawing will be held on September 5, 2016.

For more information call: Dale Harris at 325-450-0796

Tickets are available at the Extension Office, Rico's Café, and Wool and Mohair.

10 tips

**Nutrition
Education Series**

be food safe

10 tips to reduce the risk of foodborne illness



A critical part of healthy eating is keeping foods safe. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness—**Clean, Separate, Cook, and Chill**. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

CLEAN

1 wash hands with soap and water

Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

2 sanitize surfaces

Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.

3 clean sweep refrigerated foods once a week

At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.

4 keep appliances clean

Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.

5 rinse produce

Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.



SEPARATE

6 separate foods when shopping

Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

7 separate foods when preparing and serving

Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

COOK AND CHILL

8 use a food thermometer when cooking

A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.



9 cook food to safe internal temperatures

One effective way to prevent illness is to check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F (www.isitdoneyet.gov).

10 keep foods at safe temperatures

Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F).



Go to www.ChooseMyPlate.gov for more information.
Go to www.fsis.usda.gov for food safety information.

DG TipSheet No. 23
October 2012
USDA is an equal opportunity
provider and employer.



REGISTER TODAY!

SATURDAY

AUGUST 27TH

\$7 PER PERSON

The District 7 **PROJECT DEVELOPMENT COMMITTEES** need **YOU** to be successful! The purpose of these district-wide committees is to develop project training opportunities for specific projects. The nine committees will be:

Beef
Clothing
Consumer Education
Foods & Nutrition
Horse
Photography
Natural Resources/Shooting Sports
Sheep/ Goats
Science, Engineering, & Technology
Swine

Each of these ten committees are made up of volunteers and youth interested in that project area. Each committee plans one educational training yearly to expand the educational opportunities in District 7. This is a great opportunity to gain new knowledge in your project area and work with other volunteers and youth from across the district. Each committee elects 3 youth officers. This means we have **30 district leadership opportunities in District 7.**

The schedule for the day will be:

8:45 – 9:30 Registration
9:30 – 10:00 Morning General Session
10:00 – 12:00 District 4-H Council & Volunteer Leaders Association Meetings
12:00 – 1:00 Lunch – Provided by District 7 Adult Leaders Association
1:00 – 2:30 Project Development Committee Training/Workshops
Project Development Committee Business Meeting
Orientation for new officers
2:30 – 3:00 Committee reports

The **District 7 4-H Council** and the **District 7 Volunteer Leaders Association** will also meet.

Every parent, leader and 4-H member is invited to participate.

The success of this new opportunity lies within each of you - please mark your calendar and plan to attend! Contact your County Extension Office to register.

**Location: Grape Creek Baptist Church
9781 Grape Creek Rd., San Angelo, TX 76901**

