

# Irion County 4-H News

July 2016



## Upcoming Events:

### 4-H Congress

- July 17th– 20th

### District 7 4-H Jr/Int Fashion Show—Grape Creek, TX

- Tuesday July 19th
- Registration open on 4-H Connect: June 20—July 4

### Leadership Training for County Officers

- July 25th in Eldorado

### Irion County Junior 4-H Camp

- July 27th, 28th, & 29th
- Deadline to Register is July 11th

### Silver Clover Banquet

- August 1st
- Zetner's Daughter

### Cloverkid Cooking and Sewing Camp

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

### 4-H Meetings

- Second Thursday of Each Month
- Beginning in August

## 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 is a **community**  
of **young**  
**people**  
**across America**  
who are learning  
**leadership,**  
**citizenship** and  
**life skills.**

## District 4-H Horse Show



Lauren Feller represented Irion County at the District 4-H Horse Show in Llano on June 13th.

Lauren Placed 4th in Stakes, 8th in Poles, and 12th in Barrels.

Great Job Lauren!



## State 4-H Roundup

Congratulations to Nathan Chacon, Cade Cramer, and Cy Brooks as they represented Irion County in the Mohair Judging Competition at the State 4-H Roundup in College Station on June 8th.

Cy Placed 6th overall and placed 4th on the grading rail.

Way to go!

Pictured from left to right: Nathan Chacon, Cade Cramer, Cy Brooks





## District Leadership Lab

Maci Jo Benson, Cass Benson, and Caleb Arp attended the 2016 Leadership Lab in Brownwood, TX at the 4-H Center. They enjoyed three days and two nights of fun as they worked together with youth across Texas to build leadership skills and character necessary for success! Maci Jo and Caleb attended workshops that included Parliamentary procedure, communication, and service learning while Cass helped develop and present the workshops as a District Officer. They had a great time dancing and participating in the color run as well. It was a bittersweet ending for Cass as he retired from his position as a District 7 4-H Officer. You've done a great job the past year Cass!



We are looking for Senior 4-H'ers who would like to help out with the Irion County Junior 4-H Camp on July 27th, 28th, and 29th. Please contact the extension office if you are interested!

## 4-H Livestock Mentor Training

The West Region 4-H Livestock Mentor training is set for July 30 in San Angelo. The training will be held at the Tom Green County 4-H Building from 9:30 a.m. to 2:00 p.m. This training is designed for both new recruits and currently active mentors. Current mentors will attend a session designed for their needs and receive recognition for the difference they make in their local program. A 4-H Livestock Mentor should be a respected individual in their community and have adequate experience and expertise to assist new and inexperienced 4-Hers in the livestock program. There is a \$35 registration fee for the volunteers and spouses may attend for an additional \$20. The deadline to sign up your volunteer is **July 22**.

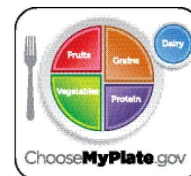


United States Department of Agriculture

## 10 tips

### Nutrition Education Series

# eating foods away from home



## MyPlate 10 tips for eating out

Restaurants, convenience and grocery stores, or fast-food places offer a variety of options when eating out. But larger portions can make it easy to eat or drink too many calories. Larger helpings can also increase your intake of saturated fat, sodium, and added sugars. Think about ways to make healthier choices when eating food away from home.

### CALORIES

Now on the Menu

#### 1 consider your drink

Choose water, fat-free or low-fat milk, unsweetened tea, and other drinks without added sugars to complement your meal.

**6** fill your plate with vegetables and fruit  
Stir-fries, kabobs, or vegetarian menu items usually have more vegetables. Select fruits as a side dish or dessert.

#### 2 savor a salad

Start your meal with a salad packed with vegetables to help you feel satisfied sooner. Ask for dressing on the side and use a small amount of it.



**7** compare the calories, fat, and sodium  
Many menus now include nutrition information. Look for items that are lower in calories, saturated fat, and sodium. Check with your server if you don't see them on the menu. For more information, check [www.FDA.gov](http://www.FDA.gov).

#### 3 share a main dish

Divide a main entree between family and friends. Ask for small plates for everyone at the table.

#### 8 pass on the buffet

Have an item from the menu and avoid the "all-you-can-eat" buffet. Steamed, grilled, or broiled dishes have fewer calories than foods that are fried in oil or cooked in butter.

#### 4 select from the sides

Order a side dish or an appetizer-sized portion instead of a regular entree. They're usually served on smaller plates and in smaller amounts.

#### 9 get your whole grains

Request 100% whole-wheat breads, rolls, and pasta when choosing sandwiches, burgers, or main dishes.



#### 5 pack your snack

Pack fruit, sliced vegetables, low-fat string cheese, or unsalted nuts to eat during road trips or long commutes. No need to stop for other food when these snacks are ready-to-eat.



**10** quit the "clean your plate club"  
Decide to save some for another meal. Take leftovers home in a container and chill in the refrigerator right away.

Center for Nutrition Policy and Promotion  
USDA is an equal opportunity provider and employer.

Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)  
for more information.

DG TipSheet No. 41  
Revised January 2016





# Texas 4-H Natural Resources Projects

<http://texas4-h.tamu.edu/projects/natural-resources>

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**AGRI LIFE**  
EXTENSION

4-H Youth Development  
Natural Resources Program



Discover all of the projects, events, and activities offered by the Texas 4-H Natural Resources Program! Join in the FUN of exploring and experiencing the vast natural resources within our state.

Opportunities include 4-H Wildlife Habitat Education Program (WHEP), 4-H Outdoor Challenge, 4-H Wildlife Challenge, 4-H Sportfishing Project, 4-H Wildlife Project, 4-H Shooting Sports, a variety of camp experiences, and a variety of curriculum enrichment school programs. In addition, training opportunities are available for adults and youth throughout the year.



Walking on the wild side is what this project is all about! Youth and adults alike will learn about the natural world around us and its wild inhabitants. This program is designed to be interactive for youth by getting them into wildlife habitats and exploring the everyday requirements of local and statewide wildlife species, and in some cases, species found in other parts of North America. The Texas 4-H Wildlife Habitat Education Project (WHEP) is an interactive program that teaches youth about wildlife, habitat, habitat management, and natural resources stewardship. In addition, life skills such as team work, critical thinking, public speaking, and observation are underlying objectives in this youth development effort. Creating educated and involved stewards of natural resources is the long term goal.



#### Blog:

[tx4hnaturalresources.blogspot.com](http://tx4hnaturalresources.blogspot.com)

#### Facebook:

[www.facebook.com/tx4hnaturalresources](http://www.facebook.com/tx4hnaturalresources)

#### Text Message Updates:

See blog for subscription instructions.

#### Upcoming Events:

Listed on the website at the bottom of each project webpage.  
Also found in the posted document 'Schedule of Trainings/Events/Activities'



**Sportfishing is an easy outdoor activity that is fun for the entire family, and provides more than the catch. The 4-H Sportfishing Program offers this and more within a positive youth development atmosphere.**

**Adult leader training creates local mentors to share the knowledge, experience, and tradition with youth involved in the project.**

**The Shooting Sports Project is a comprehensive introduction to shooting sports safety and the FUNDamentals of archery, pistol, rifle, shotgun, muzzleloading, and hunting. Also offered are local, district, and state-wide family involvement activities and programs for youth of all ages.**



#### 4-H Outdoor Challenge:

Test your outdoor knowledge and skills in this all inclusive outdoor contest! Two person teams compete in a series of 10 action packed events such as: Shooting, Sportfishing, Swimming, Canoeing/Kayaking, Camping/Outdoor Living Skills, Orienteering, Wildlife & Natural Resources Identification, and Outdoor Safety.

#### 4-H Wildlife Challenge:

Explore five different project areas while preparing for this intermediate and senior team State Roundup competition! Three or four person teams compete in Species Identification, Decision Making, and a Knowledge & Skills Quiz.

**Visit our website for detailed information about these projects, programs, events and MUCH MORE! (all project webpages are available from there)**

#### Larry Hysmith

Texas 4-H Natural Resources Program Leader

#### Larry Perez

4-H Shooting Sports Competitive Events Coordinator

4180 Highway 6 South  
College Station, TX 77845

Phone: 979-845-1214

#### Email:

[tx4hnaturalresources@tamu.edu](mailto:tx4hnaturalresources@tamu.edu)

To make the best better...



# Irion County Junior 4-H Camp

July 27th, 28th, & 29th  
Mertzon Community Center  
10 a.m. – 2 p.m.

Cost to attend: **\$10**



ALL Kindergarten—5th Grade Welcome

- Bring a sack lunch on Wednesday & Thursday
- Lunch will be provided on Friday
- Don't forget your swimsuit and sunscreen Friday for the pool party!!
- Scavenger Hunt, Swim Party, Obstacle Course, Tie Dye Shirts, Crafts, Educational Programs, Fun & Games, and More!!



Deadline to register: Monday, July 11th

Contact the Irion County Extension Office at:

209 N Park View St.

Mertzon, TX 76941

Phone: 325-835-2711



**TEXAS A&M**  
**AGRILIFE**  
**EXTENSION**



## 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](http://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. 5<sup>th</sup> 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.**



## Irion County Cooking Camp



Adult leader Natalie Harris, and 4-H'ers Reese Waddell, Daniel Crutchfield, Hayden Waddell, James Crutchfield, Amanda Gonzales, and Ana Gonzales show off the grape jelly they made at 4-H Cooking and Sewing camp in June! The group cooked a lot of different foods, including stuffed green bell peppers, homemade pizza, and hand-breaded chicken tenders. They also sewed some awesome throw pillows. At the end of the week-long camp, they prepared green-chili-chicken casseroles and banana pudding for the community luncheon, and gave a fantastic cooking demonstration to a packed room!

# Join 4-H Today!

TEXAS A&M  
AGRI LIFE  
EXTENSION



Irion County Extension Office

209 N. Park View St.

Mertzon, TX 76941

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