



# Lubbock County 4-H News



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November - December, 2022

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## 4-H MEMBERSHIP

If you have not completed your 4-H membership on 4-H Online it is time to do so. An enrollment fee of \$30 per year, per member (official 4-H age 9 or in the 3<sup>rd</sup> grade through age 18) is now required for participation in any 4-H meeting, contest or activity. Use the following link to access the new system:

<https://v2.4honline.com/#/user/sign-in>

4-H Volunteers must also re-enroll every year and complete the required online videos. Please double check your profile - several of you have homework (videos to watch) in order for your profile to be approved.

**This will be your last 4-H Newsletter until the 4-H enrollment is completed. Please contact Ronda if you have any questions.**

## 2022 CHILDREN'S 4-H BARNYARD

The Lubbock County Extension Staff would like to say "THANKS" to everyone who assisted with the 2022 Children's 4-H Barnyard at the South Plains Fair.

We also want to thank our sponsors for this year: the South Plains Fair, Purina Mills - for providing the feed for the animals, and Western Hay Yard for providing the hay for decorations.

And finally, we want to thank each of the families and individuals who provided animals and exhibits for the Barnyard. Without these individuals and their animals, we would not be able to operate. Thank you to: DC Livestock, the Townsend Agency, the Jackson's, Caprock BeeKeepers Association, the DeSautel's, Billy Scott family, the Chapman family, the Baldrige family and the Martin's.

If you need any type of accommodation to participate in this program or have questions about the physical access provided, please contact Ronda Alexander at 806-775-1740 at least 2 weeks prior to the program or event.

*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.*

**Parents and 4-H'ers:**

If you have questions about the Lubbock County 4-H program, need assistance or need more information about an event, activity or project, please give us a call. We're here to serve you, but you must let us know when you need assistance or have special interest areas.

**SCHOLARSHIPS*****4-H Foundation Scholarship Training***

Scholarship applications are currently available on line at the 4-H Foundation website. A county scholarship preparation meeting will be held on **Wednesday, November 28 at 7:00 p.m. at the County Extension Office**. Any youth in High School and their parents will find this training helpful. For anyone planning on applying for a scholarship this year please review the scholarship guidelines. A District training will be held by the new 4-H Specialist Bailee Wright on **Tuesday, November 22 at 6:30pm** at the District Office. Please RSVP to <https://forms.gle/MEGHKipNmdXwA86b6> if you want to attend.

**PARENT- LEADERS ASSOCIATION  
TEEN COUNCIL MEETINGS**

Our next 4-H Parent Leaders and Teen Council meetings are planned for **January 23** at the County Extension Office.

**TEXAS 4-H CENTER WEBSITE**

While you are surfing the web, don't forget to visit the Texas 4-H Center's website:  
<http://texas4hcenter.tamu.edu/>

You never know what you might find. You might even want to do a little Christmas shopping.

**TEEN COUNCIL**

For November and December, we don't have regular Monday night meetings. For November, we will meet at Fore Golf on **Nov 10 from 7-8:30pm**; please RSVP to Ronda by *November 9* if you plan to attend so that we can make a reservation. If you commit to attending, you will be responsible for paying the fee.

For December, we will conduct our regular Service Projects tentatively scheduled are:

- Dec 4 2-5pm - Fiber Max Center for Discovery - Kids Christmas Program
- Dec 11 3-5pm - Lubbock State Supported Living Center - Wrapping Presents
- Dec 17 10-6pm - Salvation Army - Ring the Bell Kettle Campaign
- Dec 29 1-3pm - MOW - Weekend Sack Preparation

**LUBBOCK COUNTY 4-H ON-LINE**

If you lose your 4-H newsletter, there's still hope. You may now access the 4-H newsletter as well as various other sources of information at: <http://lubbock.agrilife.org/>

**CLUB MANAGERS**

We will have a 4-H Club Manager Training on **Wednesday, December 14 at 6:30pm** at the County Extension Office. Our training will cover 4-H using 4-H Online.

**CHRISTMAS COMMUNITY SERVICE AT  
BAYER AG MUSEUM**

4-H has been asked to assist with a kids Christmas Event at the Bayer Museum of Agriculture on **Sunday, December 4<sup>th</sup>, 1-5p.m.** to assist with the children's activities. 4-H'ers will assist the younger children attending with the activities. So 4-H'ers need to be Intermediate or Senior age in order to assist. *Please RSVP by December 2, if you would like to volunteer.*

***'23 CAPITAL CITIZENSHIP TOUR***

This summer we hope to be able to go to Washington, D.C. for the Capital Citizenship Tour for Lubbock County. We will have a planning and information meeting to discuss the tour on **Monday, November 28 at 6pm** at the County Extension Office. If you are unable to attend the planning meeting - but interested in learning about the trip, please contact Ronda.

### BLAIR FOUNDATION

The Blair Foundation provides support for Lubbock area children in Foster Care. They have contacted Lubbock County 4-H to see if we would be willing to coordinate a Christmas Community Service Drive to benefit them. Please contact Ronda if any of you would be willing to coordinate the community service drive. This would be a great Record-book Service project.

### 4-H ADULT & YOUTH ADVISORY BOARD

**Wednesday, December 7 at 6:30 p.m.** will be the date of our next 4-H Adult and Youth Advisory Board meeting. The meeting will be held at the County Extension Office.

### SCHOOL EXCUSE POLICY

4-H members who plan to participate in livestock shows and miss school classes must sign up for the livestock shows at sign-up.



The Extension Office will make a request for your school absence prior to the event (livestock show). **This request will list only your intent to attend a certain stock show. All the dates will be listed on the excuse for the particular stock show. It is the 4-H member's responsibility to notify the school of the exact dates you will be missing.** This request will also indicate a check for the 4-H members academic eligibility for extracurricular activities; the 4-H'er, their parents and the sponsoring show will be notified. Any non-compliance by such 4-H'ers will be penalized by the school districts policy (Discipline Management System).

*4-H members and families need to take the following actions—*

1. Complete the 4-H school excuse form.
2. Work with school instructors on homework, tests, etc. prior to the absence;
3. **Check with school officials at least 7 days prior to absence to see that you are on the request list and determine eligibility; and notify the school officials of the exact days you will be absent.**
4. Monitor your own personal 10 day / 90% absence / attendance requirements as outlined by your school district; and

5. Thank school officials for their cooperation. Any changes in procedures/policies will be noted at sign up.

### SMILE.AMAZON.COM

Please sign up through "smile.amazon.com" to help raise money for Lubbock County 4-H. Please use the following link to sign up:

<https://smile.amazon.com/ch/75-2316167>

They will donate a portion of your purchase to Lubbock County 4-H.

### 4-H RECORDBOOKS

If you are interested in 4-H recordbooks and record keeping, plan to attend the county Recordbook training which will be held on **Wednesday, December 15** at 6:00 p.m. *Please RSVP by December 14*, if you plan to attend. If you can't make this one, there will be more scheduled in the Spring or you may have one scheduled specifically for your 4-H Club.

### MEALS ON WHEELS COMMUNITY SERVICE

We will have a county-wide Community Service for Meals on Wheels on **Thursday, December 29 from 2-3pm** at the Meals on Wheels Offices at 2304 34<sup>th</sup> Street. We will be putting together their weekend sacks (350 are distributed each week.) *Please RSVP to Ronda by December 16 if you plan to attend or have questions.*

### 4-H CLOVER KID OPPORTUNITIES

Did you know that 4-H is for everyone! As the new school year is upon us, Lubbock County is creating new, fun and exciting ways to incorporate the 4-H Clover Kids into our program. Clover Kids are available for children ages 5 to 8 years (K-2). At each meeting there will be an activity and a 4-H project learning experience for each youth to be involved in. Clover kids do not pay an enrollment fee, but they must be enrolled in 4-H.

Our next Clover Kid meeting is planned for **Wednesday, November 16 at 5:30**. Our program will be a tour of goat and swine projects.

For December, we will be meeting on **Wednesday, December 7 from 5:30-6:30pm** at the County Extension Office. We will be doing a community service project for Meals on Wheels.

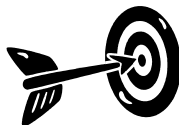
### MOM'S AFTERNOON OUT - CHRISTMAS WREATH WORKSHOP

On **Saturday, November 12 from 3-5pm** we will have a Christmas Mesh Wreath Making Workshop at the Brentwood Club House - Brentwood Circle. Cost is \$25 to cover the cost of supplies (all supplies will be provided). *Please RSVP to Ronda by November 10, if you plan to attend.* Snacks will be provided, participants may bring their own beverage.

### 4-H PROJECTS



### SHOOTING SPORTS PROJECTS



The 4-H Shooting Sports project is one that is not designed for individual study. Due to safety concerns, a minimum of one certified coach is required to supervise any 4-H Shooting Sports event or practice session. We offer 3 discipline trainings in Lubbock County. They include 3-Position Smallbore Rifle, Archery, and Shotgun.

#### 2022 4-H Archery Program

The Lubbock County 4-H Archery meets weekly on Tuesdays from 6-8pm at the Range, 5840 49<sup>th</sup>. There is a weekly project range fee for this project. Levels of Competition available are:

- District 4-H Archery Contest in May
- Invitational Shoots
- State 4-H Indoor Archery Match
- State Postal League

#### 2022 3-Position Rifle Program

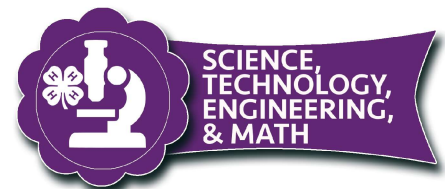
The 3-position rifle project involves indoor .22 caliber rifle shooting in the prone, standing, and kneeling positions. Firearms are provided. Practices have begun and will held on Mondays and Thursdays at 6pm. To participate in this project there is a \$10 program fee per person, per meeting; this covers the range fee, ammunition and equipment upkeep fees. Practices are held at the Range, located at 5840 49<sup>th</sup>.

Competition includes:

- County and District competition - Jr, Intermediate & Sr. Levels.
- Optional Statewide Postal League Competition - Intermediate and Seniors Only.
- State Rifle Match Competition - Seniors Only - qualifying event. Top 3 teams at District.

#### 2022 Shotgun Program

Practices are held on alternating Sunday afternoons (Nov 20, Dec 4) at 4pm at Rocking P Vet Services. 4-H'ers must provide their own equipment and ammunition. There is a practice fee to cover the cost of the clays. The District Contest is held in June.



### PHOTOGRAPHY PROJECT

#### Photography Contest Rules

It is never too early to begin thinking about and taking photos for the 2022-23 Photography contest. You may pick up the new rules from the Extension Office or you may access them at

<https://texas4-h.tamu.edu/projects/photography-video/>

Just a reminder photos must place 1<sup>st</sup> at the county contest in order to advance to state. The county contest is held mid-March. Watch the newsletter for more details. Juniors and Intermediates will have the same categories, although specifics about District haven't been determined yet. You can start taking photos now. Clovers may also submit photography entries in these categories.

Categories for 2022-23 will include:

animals-domestic	landscape & nature
animals-wildlife	leading line
catch-all	long exposure
details & macro	motion/action
elements of design	people
enhanced	plant/flora
food	shadow/silhouette
	Theme-Reflections

For county - entries are due the Monday after Spring Break; 4-H'ers may submit a 4x6 print in each category.



#### 4-H PUBLIC SPEAKING

This year, the District 4-H Public Speaking project will be conducted in the Spring. An information meeting will be held on **January 3<sup>rd</sup> at 6 pm** at the County Extension Office to provide information about the different options available in this project; and to assist 4-H'ers getting started in this project. The County and District competition will be held with face to face presentations again. District is scheduled for March 27; the County 4-H Roundup is scheduled for March 2<sup>nd</sup>.



#### COUNTY 4-H FOOD SHOW

Entries for the County 4-H Food Show are due to Ronda by **Wednesday, November 9<sup>th</sup> at 5pm**. Entry information is in the 4-H Food and Nutrition Project Newsletter which was emailed the first of October or may be found on the County website.

#### DISTRICT 4-H CONTESTS - DECEMBER

**Saturday, December 3 in Sundown.** The contests will include:

- District Food Show - 9 am (must place 1<sup>st</sup> at County to compete)
- District FCH Quiz Bowl - 10:30 am  
-open to all teams (teams must have 4 members to compete)

#### Tuesday, December 6

- District Livestock Quiz Bowl  
-open to all teams (teams must have 4 members to compete)

**Saturday, December 10,** Lubbock County Office - Jr. & Intermediate

- District Consumer Decision-Making Contest

**Monday, December 12,** Lubbock County Office - Seniors pm

- District Consumer Decision-Making Contest

Pre-registration is due on 4-H Online, through your 4-H Profile; contact Ronda for Registration deadlines.

Each of the Quiz Bowls have resources available to assist in preparing for these contests. There is still time to get started, contact Ronda to obtain the study materials.

#### COUNTY CONSUMER PRACTICE DATES

November 10	4:30-7pm
November 14	4:30-7pm
November 29	4:30-7pm
December 5	4:30-7pm

Practices are come and go - you may come anytime between 4:30 and 7pm to place the classes, practices are being held in the first floor meeting room.

The County Practice Contest will be held on **Thursday, December 1 from 4:30-7pm**; you may come anytime between 4:30 and 7pm to place the classes. Awards and placings will be emailed.





## LIVESTOCK PROJECTS

**Major Show and County  
Stock Show Entries  
Monday through Wednesday  
November 1, 2, 3, 2022  
8 a.m. - 4:30 p.m.  
County Extension Office, 916 Main,  
Suite 401**

*Dates for the 2023 Livestock Shows* can be found on our website <http://lubbock.agrilife.org/>. Click Program Areas - 4-H Livestock and scroll to the bottom for Major Stock Shows.

### *Entries for Non-Livestock Show Contests at Major Livestock Shows*

**DEADLINE IS NOV 6<sup>th</sup> !**

If you plan to compete in a Major Livestock Show, in a non-livestock show competition (i.e. public speaking, horse judging, food challenge, etc.) please do not wait until the posted stock show deadline to complete your entry at the County Extension Office. The majority of these entries must go through the County Extension Office and be submitted when stock show entries are sent in. This requires some time and expense to send these entries in. Please contact us early, to let us know you plan to enter and we will let you know when the office deadline is. Robert does not wait until the last day to send in entries, therefore if you miss the county entry submission, you will have to pay any additional expenses, as well as postage for this to be sent in. Some Livestock Shows also include an office/paperwork fee in addition to the contest entry fee. If you have questions, please contact us immediately - DO NOT WAIT UNTIL THE LAST DAY TO ENTER!



## SWINE PROJECT

### *Validation*

All swine projects (barrows) must be validated for ownership in late November. This includes barrows which will be shown at Lubbock County and all major livestock shows.

Validation consists of ear tagging, hair samples, recording ear notches and completion of the appropriate forms. The validation process will be conducted similar to last year.

All members with swine will be notified of validation times and locations. If you are not notified by *November 21* - call the office for details.

## LIVESTOCK JUDGING

If you are interested in participating contact Robert to get on the list. Watch the "Lubbock 4-H Livestock" FACEBOOK page for details.

## 4-H VET SCIENCE

Vet Science project meetings are open to youth 12 and older. Our next meeting will be held on **Wednesday, November 9 at 5:30pm** at the County Extension Office. At our monthly meetings, we review lessons from the 100 lesson Vet Science Curriculum. For December, we will meet on **December 14 at 5:30 pm**.

## 4-H HORSE QUIZ BOWL

If you are interested in participating in the 4-H Horse Quiz Bowl, please complete the following link: [https://docs.google.com/forms/d/1VmLDkRDUyuCsNZ7bRidSVkk33kEYFcc6tGmmH\\_xjMw/viewform?chromeless=1&edit\\_requested=true](https://docs.google.com/forms/d/1VmLDkRDUyuCsNZ7bRidSVkk33kEYFcc6tGmmH_xjMw/viewform?chromeless=1&edit_requested=true) to sign-up. Practices will be held 1-2 times a week until the District Contest which will be held on **Tuesday, December 6**.

### ACCIDENTAL/MEDICAL INSURANCE

The Texas 4-H Youth Development Program is pleased to announce that an accidental/medical insurance policy has been purchased through American Income Life for all 4-H members and volunteers for the 2022-23 4-H year. This policy provides blanket coverage for all enrolled 4-H members and approved 4-H volunteers for all 4-H events, including 4-H events and activities that require travel across county and state lines. Therefore, counties no longer have to purchase an annual policy or a policy for individual events and activities throughout the year.

Please keep in mind that this policy is only for enrolled and active 4-H members and approved 4-H volunteers. Therefore, you may want to consider an additional policy for individual events and activities that involve non-4-H members or adults that are not approved 4-H volunteers. American Income Life is a nationally recognized insurance provider for many 4-H activities and events. However, other companies offering similar insurance coverage can be explored.

The policy purchased is also an excess (secondary) policy. For 4-H members and volunteers that have health insurance, their personal policies will be the primary insurance provider for treatment/care with the American Income Life policy providing secondary coverage for costs incurred that were not covered by their primary insurance provider. For 4-H members and/or volunteers that do not have health insurance, this American Income Life policy will provide primary coverage. Those for which this policy will serve as primary coverage, the Policy Number (found on the claim form) will need to be provided to the medical facility providing care for the 4-H youth/adult volunteer.

If any accident, injury or illness occurs at a 4-H event in which insurance coverage must be accessed, you are asked to complete the attached claim form and submit it to the State 4-H office within 10 days of the incident. This form may also be accessed on the publications page of the Texas 4-H Website or at the following direct link:

[https://texas4-h.tamu.edu/wp-content/uploads/2015/09/essentials\\_claimform.pdf](https://texas4-h.tamu.edu/wp-content/uploads/2015/09/essentials_claimform.pdf)

If any accident, injury or illness occurs at a 4-H event in which insurance coverage must be accessed, you need to contact Ronda immediately so that claim information can be properly submitted.

### TEXAS 4-H JERKY JACKPOT

Texas 4-H has teamed up with legendary rodeo announcer Bob Tallman to sell his Authentic Cowboy Beef Jerky. The proceeds will help fund club projects here in our community.



Bob Tallman's jerky comes from high-quality, grass-fed, Texas-raised beef. The jerky comes in four delicious flavors: sweet, peppery, smoky, or spicy. Packages range from 2.5 oz to 8 oz.

To order go to <https://texas4hfoundation.org/>, and there will be a link that will take you to the order page.

*Ronda Alexander*

Ronda Alexander  
County Extension Agent, 4-H  
Lubbock County

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Cory Edwards  
CEA-Family & Community Health

Brant Baugh  
CEA-Agriculture

Christina Reid  
CEA-Horticulture

Robert Scott  
CEA-Agriculture

Open  
Urban & Youth Development

Amber Bozeman  
EA-BLT

Ashlyn Aljoe  
Asst. EA-Family & Community Health

The information given herein is for educational purposes only. References to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the Extension Service is implied.

We will seek to provide reasonable accommodations for all persons with disabilities for any of our meetings. We request that you contact Texas A&M AgriLife Extension Service - (806) 775-1740, as soon as possible to advise us of the auxiliary aid or service that you will require.

### CORY's CORNER

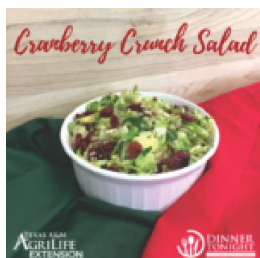
Try this healthier swap instead of the traditional Cranberry sauce this Thanksgiving.

#### Cranberry Crunch Salad

Servings: 8

Ingredients:

- 1 pound brussels sprouts, sliced
- 2 cups cooked quinoa, cooled
- 1 cup dried cranberries
- ½ cup chopped pecans or walnuts
- 2 tablespoons agave
- 1 fresh squeezed orange
- 1 tablespoon extra virgin olive oil
- 1/8 tsp salt
- 1/8 tsp pepper



Instructions:

1. Clean prep area, wash hands, and wash produce.
2. Slice brussels sprouts
3. Whisk together dressing ingredients: agave, fresh squeezed orange juice, olive oil, salt and pepper; set aside.
4. Toss together brussels sprouts, quinoa, dried cranberries, chopped pecans, and dressing.

Source:

<https://dinnertonight.tamu.edu/?s=cranberry+crunch+salad>

## Learn to Knit & Crochet with us!

Join us if you would like to learn how to knit or crochet  
Ages 8 & up are welcome!




**Monday**  
**Nov. 14th**  
**3-5pm**



**Monday**  
**Dec 12th**  
**3-5pm**

**\*Please bring your own needles & yarn\***

Groves Branch Library  
5520 19th st  
806-767-3733



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Texas A&M AgriLife Extension Service Lubbock County 4-H <b>NOVEMBER 2022</b>				
		1	2	3	4	5
		8:00 a.m. - 4:30 p.m. Livestock Show Sign-Up, Lubbock				
6	7	8	9 -RSVP for Teen Council Fore Golf **5pm Co. Food Show Entries Due ●5:30 4-H Vet Science Proj Mtg, CEO	10 **RSVP for 11/12 Wreath Class ●4:30-7 Co Consumer Practice, CEO ●7-8:30 Teen Council at Fore Golf	11 ●County Holiday CEO Closed 	12 ● 3-5pm Mom's Afternoon Out - Wreath Class
13	14 ●4:30-7 Co Consumer Practice, CEO	15	16 ●5:30pm Clover Kids	17 ●4-8pm Co Food Show, CEO	18	19
20	21	22 ●6:30pm District Scholarship Training, RSVP on forms link	23	24  County Holidays - Thanksgiving	25	26
27	28 ●6pm Capital Citizenship Tour Mtg, CEO ●7pm Co Scholarship Tr, CEO	29 ●4:30-7 Co Consumer Practice, CEO	30			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center;">Texas A&amp;M AgriLife Extension Service Lubbock County 4-H <b>DECEMBER 2022</b></p>						
<b>JANUARY 2023</b> 31 District 4-H Public Speaking Project Training, CEO 23 PLA & Teen Council Meetings, CEO				1 ●4:30-7pm Co Consumer Practice Contest, CEO	2	3 ●District Contests, Sundown 9am - Food Show 10:30 FCH Quiz Bowl
4 ●2-5pm Fiber Max Center For Discovery - Kids Christmas Pgrm	5 ●4:30-7 Co Consumer Practice, CEO	6 ●District Livestock & Horse Quiz Bowl Contests	7 ●5:30 Clover Kids Mtg, CEO ●6:30 4-H Adult & Youth Adv. Bd Mtg, CEO	8	9	10 ●District Consumer Making Contest - Jr & Intern, CEO
11 ●3-5pm Lubbock State Supported Living Center - Wrapping presents	12 ●District Consumer Making Contest - Srs, CEO	13	14 **RSVP for 12/15 Recordbook Training ●5:30 4-H Vet Science Proj Mtg, CEO ●6:30 Club Manager Tr., CEO	15 ●6pm 4-H Recordbook Training, CEO	16 **RSVP for 12/29 MOW	17 ●10-6pm Salvation Army - Ring the Bell Kettle Campaign
18	19	20	21	22	<div style="border: 1px solid blue; padding: 5px; text-align: center;">             County Holiday - CEO Closed           </div>	24
25  Christmas Day	<div style="border: 1px solid blue; padding: 5px; text-align: center;">             County Holiday - CEO Closed           </div>	27	28	29 ●2-3pm Meals on Wheels- Prepare Weekend Snack bags	30	31

**CEO = Lubbock County Office of the Texas AgriLife Extension Service, 916 Main, Suite 401, Lubbock TX**