



Lubbock County 4-H News



Lubbock County Extension Office • (806) 775-1740 • Fax (806) 775-1758 • <http://lubbock.agrilife.org/>
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November - December, 2023

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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 3rd 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.

2023 CHILDREN'S 4-H BARNYARD

The Lubbock County Extension Staff would like to say "THANKS" to everyone who assisted with the 2023 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 and HF&C Feeds - 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: the Townsend Agency, the Jackson's, Caprock BeeKeepers Association, the DeSautel's, Billy Scott family, the Dalton 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 **Tuesday, November 28 at 6:00 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 **Monday, November 6 at 6:00pm** 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 22** 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 prepare lunch and have an "Etiquette Dinner" on Monday, **November 20 from 11am-2pm** at the County Extension Office. All Teen Council members are welcomed to attend. Please RSVP to Ronda by *Thursday, November 16* if you plan to attend. There is no cost to attend!

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

- Dec 3 1-5pm - Fiber Max Center for Discovery - Kids Christmas Program
- Dec 9 10-4pm - Salvation Army - Ring the Bell Kettle Campaign
- Dec 10 2-4pm - Lubbock State Supported Living Center - Wrapping Presents

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 **Tuesday, December 12 at 5:30pm** at the County Extension Office. Our training will cover 4-H Projects and Contests.

**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 3rd, 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 1, if you would like to volunteer.*

4-H ADULT & YOUTH ADVISORY BOARD

Tuesday, December 12 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.

**TEXAS TECH LADY RAIDER OR
RED RAIDER BASKETBALL GAMES**

We have a contact with Texas Tech to purchase group tickets for Basketball games. If your family or 4-H Club is interested, please contact Ronda for more details. Tickets must be purchased in groups of 15 or 20 or more.

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.

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 **Thursday, December 14** at 5:30 p.m. *Please RSVP by December 13*, 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 28 from 2-3pm** at the Meals on Wheels Offices at 2304 34th 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 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.

2024 4-H Archery Program

The Lubbock County 4-H Archery meets weekly on Tuesdays from 6-8pm at the Range, 5840 49th. 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

Practices for beginners will begin on January 2nd at 6pm.

2024 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 49th.

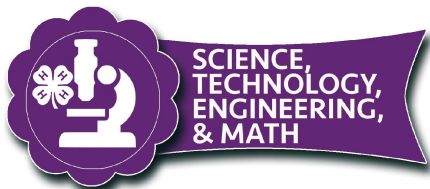
Competition includes:

- 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.

*Practices will not be held the week of Thanksgiving or from December 21 through January 8.

2024 Shotgun Program

Practices will be held beginning the end of February. Please contact the Extension Office to sign up if you are interested. 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 2023-24 Photography contest. You may pick up the new rules from the Extension Office or you may access them at

https://texas4-h.tamu.edu/wp-content/uploads/photography_rules_24.pdf

Just a reminder photos must place 1st 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 2023-24 will include:

animals-domestic
animals-wildlife
catch-all
details & macro
elements of design
enhanced
food

landscape & nature
leading line
long exposure
motion/action
people
plant/flora
shadow/silhouette
Theme-Abandoned

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

4-H ROBOTICS PROJECT

Plans are underway for the STEM Robotics project. Practices will be held weekly at the CEO in January. Competition teams for grades 3-8 will then be formed starting in February to compete at the TTU GEAR competition in April. Intermediate and Senior 4-H members can also compete at Ag Robotics Challenges at the major Livestock Shows as well as the Texas 4-H Robotics Challenge at the Texas 4-J Roundup in June as team space allows. Specific dates for practices will be in the January 4-H Newsletter. If you have more questions, please contact Stephanie Barnes at gigi@jtiptonbarnes.com. She will be coordinating the Robotics project.

SOUTH PLAINS REGIONAL SCIENCE AND ENGINEERING FAIR

The South Plains Regional Science and Engineering Fair will be held on February 22 at the United Spirit Arena. Registration and paperwork is due by February 9. There is a \$25 entry fee to participate. Please contact Ronda for specific rules, forms and guidelines.



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 3rd 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 25; the County 4-H Roundup is scheduled for March 2nd.



COUNTY 4-H FCH QUIZ BOWL PRACTICE CONTEST

A County FCH Quiz Bowl Practice Contest will be held on **Tuesday, November 14 at 6pm** at the County Extension Office. Teams will compete against other in preparation for District. *Please RSVP to Ronda by November 13 if you have a team to practice.* Registration for District is due on 4-H Online by November 6; District will be held in Sundown - beginning at 10:15 am on November 17; after District Food Show. There is a \$15 registration fee for each team member to compete at District.

DISTRICT 4-H CONTESTS

Meats Judging Practices

- Nov 7 - 5:30pm - TTU Meats Lab
- Nov 9 - 5:15pm - HEB (Meet in the Meat Department - we will look at retail cuts)
- Nov 14 - 5:30pm - TTU Meats Lab
- Nov 16 - 5:15pm Meet at County extension Office

Registration Due on 4-H Online by November 9th.

District Contest - Friday November 17 at 2pm at TTU.

Friday, December 8

- District Livestock Quiz Bowl, Levelland
-open to all teams (teams must have 4 members to compete) Registration due on 4-H Online by November 30th.

Saturday, December 2, Lubbock County Office - 9am

- District Consumer Decision-Making Contest - Jr. & Intermediate

Monday, December 4, Lubbock County Office

- District Consumer Decision-Making Contest - Seniors
Registration is due on 4-H Online by November 27.

Pre-registration is due on 4-H Online, through your 4-H Profile. 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 6 or 9	4:30-6:30pm
November 13 or 16	4:30-6:30pm
November 20	4:30-6:30pm
November 30	4:30-6:30pm

Practices are come and go - you may come anytime between 4:30 and 6:30pm to place the classes, practices are being held in the first floor meeting room.

The County Practice Contest will be held on **Monday, November 27 from 4:30-8pm**; you may come anytime between 4:30 and 8pm to place the classes. Awards and placings will be presented at the November 30 practice. Registration is due on 4-H Online by November 27.



LIVESTOCK PROJECTS

**Major Show and County
Stock Show Entries
Tuesday through Thursday
November 7, 8, 9, 2023
8 a.m. - 4:30 p.m.**

County Extension Office, 916 Main, Suite 401

Dates for the 2024 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 9th !

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 8 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 13 at 5:30 pm**.

4-H HORSE QUIZ BOWL

If you are interested in participating in the 4-H Horse Quiz Bowl, please contact Ronda to sign-up. Practices will be held 1-2 times a week until the District Contest which will be held on **Tuesday, December 5**. Practices are being on Mondays from 6-7pm at the County Extension Office on the 1st Floor. Practice dates are November 6, 13, 20, 27 and December 4; Registration is due on 4-H Online by November 30.

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 2023-24 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.

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

Lubbock County Extension Staff
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Cory Edwards Brant Baugh
CEA-Family & Community Health CEA-Agriculture

Christina Reid Robert Scott
CEA-Horticulture CEA-Agriculture

Open Amber Bozeman
Urban & Youth Development 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

Chocolate Covered Strawberry Bark

Servings: 10

- 3 cups vanilla greek yogurt nonfat
- 2 tablespoons mini chocolate chips
- 1 cup strawberries, sliced

1. Combine the yogurt and most of the chocolate chips.
2. Spread the yogurt mixture into an even layer on a baking tray, approximately a ½ inch thick.
3. Sprinkle with chocolate chips and sliced strawberries.
4. Place in the freezer and let chill for 1 hour or until completely frozen.
5. Break into small pieces and serve. Store any leftovers in the freezer.

Nutrition Facts	
10 servings per container	
Serving size 1 piece (87g)	
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 20mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 5g Added Sugars	10%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 68mg	6%
Iron 0mg	0%
Potassium 116mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Source: <https://dinnertonight.tamu.edu/recipe/chocolate-covered-strawberry-bark/>



MAINTAIN, NO GAIN

Maintain, No Gain is a six-week course dedicated to helping you maintain your weight during the holidays. The goal of this program is for you to maintain your weight within 2 pounds. We also encourage you to focus on consuming 5 servings of vegetables and fruits each day, as well as continue to engage in regular physical activity. We will walk you through interactive activities and scenarios to help you learn how to make correct decisions. You will also gain access to weekly printable logs to keep track of your habits and progress throughout the course. We hope that you join us and Maintain, No Gain this holiday season! See flyer for details.



MAINTAIN NO GAIN

ENJOY YOUR HOLIDAYS THE HEALTHY WAY



COME-AND-GO REGISTRATION

TWO REGISTRATION OPTIONS:

FRIDAY - NOVEMBER 17, 2023 - 12:00 PM - 1:00 PM

MONDAY - NOVEMBER 20, 2023 - 12:00 PM - 1:00 PM

WEEKLY WEIGH-INS

WEEK 1 WEIGH-IN – MONDAY, NOVEMBER 27, 2023

WEEK 2 WEIGH-IN – MONDAY, DECEMBER 4, 2023

WEEK 3 WEIGH-IN – MONDAY, DECEMBER 11, 2023

WEEK 4 WEIGH-IN – MONDAY, DECEMBER 18, 2023

WEEK 5 WEIGH-IN – WEDNESDAY, DECEMBER 27, 2023

WEEK 6 FINAL WEIGH-IN – TUESDAY, JANUARY 2, 2024

CORY EDWARDS CEA-FCH, LUBBOCK COUNTY

cory.edwards@ag.tamu.edu

806-775-1740





A FUNDRAISING EFFORT FOR A BETTER FUTURE..
the Texas 4-H Foundation's Jerky Jackpot

CHOOSE FROM FOUR GREAT FLAVORS!

PEPPERED HICKORY



Just the right amount
of pepper to make it
taste like a meat stick!

SWEET SMOKED



If you love the
traditional taste of
jerky, this is the one!

BROWN SUGAR BBQ



Tender with a mildly
sweet and smoky flavor.
A favorite!

SAGRADO HATCH CHILE








Tender Hatch Chile
with a touch of lime.
Just a little sizzle at the end!

**Be sure to designate a 4-Her and a
county to receive credit!**

Order Here



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center;">Texas A&M AgriLife Extension Service Lubbock County 4-H NOVEMBER 2023</p>						
			1	2	3	4
5	6 ●6:00pm District Scholarship Training, RSVP on forms link ●4:30-6:30 Co Consumer Practice, CEO ●6-7pm Horse Quiz Bowl Practice, CEO	7 <div style="border: 1px solid black; padding: 2px; text-align: center;">8:00 a.m. - 4:30 p.m. Livestock Show Sign-Up, Lubbock</div> ●5:30 Meats Judging, TTU Meats Lab	8 ●5:30 Vet Science Meeting, CEO	9 ●4:30-6:30 Co Consumer Practice, CEO ●5:15 Meats Judging, HEB	10 ●County Holiday CEO Closed	11 
12	13 ●4:30-6:30 Co Consumer Practice, CEO ●6-7pm Horse Quiz Bowl Practice, CEO	14 ●5:30 Meats Judging, TTU Meats Lab ●6pm County FCH Quiz Bowl Practice Contest, CEO (RSVP to Ronda by 11-13)	15	16 ●4:30-6:30 Co Consumer Practice, CEO ●5:15 Meats Judging Practice, CEO	17	18
19	20 ●11-2pm Teen Council "Etiquette Dinner", CEO (RSVP by 11-16) ●4:30-6:30 Co Consumer Practice, CEO ●6-7pm Horse Quiz Bowl Practice, CEO	21	22	23  <div style="border: 1px solid black; padding: 2px; text-align: center;">County Holidays - Thanksgiving</div>	24	25
26	27 ●4:30-8pm County Consumer Practice Contest, CEO ●6-7pm Horse Quiz Bowl Practice, CEO	28 ●6:00pm County Scholarship Training, CEO	29	30 ●4:30-6:30 Co Consumer Practice, CEO		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Texas A&M AgriLife Extension Service Lubbock County 4-H DECEMBER 2023</p>						
					1	2 ●9am District Consumer Decision Making Contest Jr & Intermediate, CEO
3 ●1-5pm Christmas Community Service, Bayer Museum of Ag (RSVP by 12-1)	4 ●District Consumer Decision-Making Contest (Srs.), CEO ●6-7pm Horse Quiz Bowl Practice, CEO	5	6	7	8 D2 Livestock Quiz Bowl, Levelland (Reg due on 4-H online by 11-30)	9
10 ●3-5pm Lubbock State Supported Living Center - Wrapping presents	11	12 ●5:30pm 4-H Club Manager Training, CEO ●6:30pm 4-H Adult & Youth Advisory Board, CEO	13 ●5:30 Vet Science Meeting, CEO	14 ●5:30pm 4-H Recordbook Training, CEO (RSVP by 12-13)	15	16 ●10-6pm Salvation Army - Ring the Bell Kettle Campaign
17	18	19	20	21	22	23
24	25  Christmas Day	26	27	28 ●2-3pm County-wide Community Service for Meals on Wheels	29	30
	County Holiday - CEO Closed					
31					JANUARY 2024 3 4-H Public Speaking Information Meeting, CEO 22 Teen Council and PLA meeting, CEO	