

Brazos County 4-H Connection

TEXAS A&M
AGRI LIFE
EXTENSION

PRAIRIE VIEW A&M UNIVERSITY

Cooperative Extension Program

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To Make the Best Better in January 2013

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COUNTY COUNTDOWN



Teen Retreat

January 4-6, 2013

Texas 4-H Conference Center Brownwood



Who? Senior age 4-H members, 13-19 and Adult Sponsors

Why? Develop leadership skills through workshops and hands-on learning experiences

How? Register on 4-H Center website between Nov 1—Dec 28

Cost? Registration includes 2 nights lodging, 4 meals, snacks and all program supplies.

Youth \$105, Adults \$70 Chaperone fee

- Teen Retreat at the Texas 4-H Conference Center provides a state level leadership experience for 4-H Youth ages 13-19.
- The Program is designed to allow teens to explore new or revised projects and curricula resources and return to implement them in their counties
- Featured projects will be Robotics, Fitness Challenge, Dancing, "Bubbles in Food", and a Veterans Service project
- Join other teen 4-H members and learn how to lead an Outdoor Challenge program in your County!
- Workshops feature hands-on interaction
- Service Learning— you will make and deliver a fleece blanket to injured or disabled veterans

Register now.... go to the 4-H Center website www.texas4hcenter.tamu.edu and click on Register NOW Link



Volunteer today. Inspire for a lifetime

Arvitta Scott
CEP Agent
4-H & Youth Development
Brazos County Extension
arvitta.scott@ag.tamu.edu



Captured Rainwater-Your Liquid Gold!

Brazos County Master Gardeners will host a water conservation seminar

When: Saturday, February 16, 2013, 9:30-2:30

Where: The Brazos Center

Registration is \$45 a person and is due February 11, 2013 to the Brazos County Master Gardeners

More information available at www.brazosmg.com

<http://brazos.agrilife.org/> • 2619 Highway 21 West, Bryan 77803 • 979.823.0129

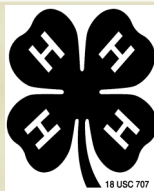
Educational programs of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture and the County Commissioners Courts of Texas Cooperating. Individuals with disabilities who require assistance in order to participate are encouraged to contact our office.

Dustin Coufal
County Extension Agent
Agriculture & Natural Resources

Jerod Meurer
County Extension Agent
4-H and Youth Development

Flora Williams
County Extension Agent
Family and Consumer Sciences

Arvitta Scott
CEP Agent
4-H & Youth Development



COUNTY COUNTDOWN

Brazos County Food Show

"Healthy Holidays"

When: January 21, 2013, 8:30 a.m.

Where: St. Joseph Catholic Church

600 East 26th Street

Bryan, Texas

Cost: \$5 Entry fee

For more info contact us at the office at (979)-823-0129

"A Journey Though My Plate"

Brazos County 4-H Food and Nutrition Workshop

When: Saturday January 12, 2013 from 9:00am - 1:30pm

Where: Wellborn Community Center

Registration Fee is \$10 and is due by January 4, 2013

Bring:

- One cantaloupe per family, one fresh pineapple per person, purple grapes, a flower cookie cutter, a knife, kitchen scissors, a cutting board, a melon baller, and a basket or flower pot, 2-5 minute presentation or demonstration, a large mixing bowl, a rolling pin, a loaf pan (8X4 inch), & an ice chest or large insulated bag

To Register Call or Email

(979)823-0129 or gjhoyt@ag.tamu.edu

2013 State Roundup

The 2013 Texas 4-H roundup will be held back in College Station, Texas on the campus of Texas A&M University. The week will start with registration pickup on Monday, June 10, 2013 and end on Friday, June 14, 2013. For more info check out ;

<http://texas4-h.tamu.edu/youth/roundup/index.php>



2013 Updated BCYLS Show Rule Book

Is now posted go to : <http://bcyla.net/>



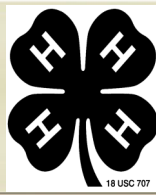
Major Livestock Show Organization Meeting

Ft. Worth meeting will be January 7, 2013 at 6:30PM at the Extension office

San Antonio and San Angelo meeting will be January 31, 2013 at 6:30PM at the Extension Office

Houston and Star of Texas meeting will be February 27, 2013 at 6:30PM at the Extension Office

Passes will be handed out and we will discuss travel times for each show

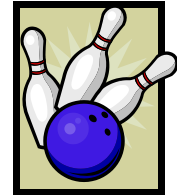


DISTRICT COUNTDOWN

District 9 4-H Winter Council Meeting & Fun Day



January 12, 2013 11:30AM
Conroe's Incredible Pizza Company
230 S Loop 336 W
Conroe, Texas



Register on 4-H Connect by January 7, 2013

\$ 25 Registration Fee includes all you can eat food buffet and drinks throughout visit, laser tag, 1 hour video game play, Go Karts, and \$5 game card.

\$7 for Buffet and Drink only

Adult Leader Advisory Task Force meeting will meet after the council meeting

District 9 4-H Food Show

Friday April 26, 2013

Location: Lone Star Convention & Expo Center in Conroe Texas

Entries Due by January 16, 2013

Theme: Healthy Holidays

Divisions: Junior, Intermediate, and Senior

For more information and entry forms visit

<http://d94h-tamu-edu.wpengine.netdna-cdn.com/files/2010/07/2013-District-9-4-H-Food-Show-fillable-forms.pdf>





STATE SCOOPS

2013 TEXAS 4-H BE KEEPING ESSAY CONTEST

DEADLINE FOR ESSAY : JANUARY 10, 2013



TOPIC:

"Reducing the Usage of Bee-Killing Pesticides in my Community"

Pesticides are a fact of modern life, but misuse or overuse of pesticides, or making poor choices when selecting and applying pesticides can be devastating to honey bees and other pollinators. The 4-H'ers are encouraged to learn about bee-killing pesticides being used in their communities – by homeowners, businesses, or farmers. Then, they should investigate how the impact of those pesticides on honey bees can be lessened.

The scope of the research is an essential judging criterion, accounting for 40% of your score. The number of sources consulted, the authority of the sources, and the variety of the sources are all evaluated.

Personal interviews with beekeepers, farmers and others familiar with the subject are valued sources of information and should be documented. Sources, which are not cited in the endnotes, should be listed in a "Resources" or "Bibliography" list.

Note that "honey bee" is properly spelled as two words, even though many otherwise authoritative references spell it as one word.

NOTE: FOR 2013, ONLY ESSAYS SUBMITTED ELECTRONICALLY WILL BE ACCEPTED.

For more info go to http://texas4-h.tamu.edu/youth/beekeeping/index_youth_beekeeping.php



Horticulture Competition

- Entries Due February 1, 2013
- No entry fee
- Cash for Top Prizes
- Entry Spaces are limited
- Exhibitor must be a Texas Resident, ages 6 to 18

Divisions

- Floral Arrangement
- Landscaping
- Container Grown Plants
- Photography

2013 S.A.L.E. Jr. Shootout

The San Antonio Livestock Exposition is hosting the 1st annual Junior Shootout as part of the 2013 San Antonio Stock Show & Rodeo.

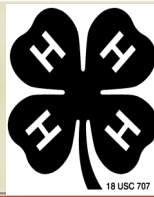
It will be a 100 bird, youth trap shoot, held at the National Shooting Complex in San Antonio on February 8-9, 2013

The shootout is open to all 4H members who are members of an organized 4-H shooting club.

Scholarships and prizes will be awarded in several divisions

For more information and rules go to www.sarodeo.com or contact us at the office at 979-823-0129





STATE SCOOPS

2013 Texas 4-H Opportunity Scholarship Application Now Available On-Line

The 2013 Texas 4-H Opportunity Scholarship Application, Instructions, and Examples are now available for download on the Texas 4-H and Youth Development website.

Many changes have been made for the 2013 scholarship process. Please download and review all applications prior to beginning the scholarship application process. Below are just a few highlights:

- *The Houston Livestock Show and Rodeo will be awarding scholarships to public, private and home school youth starting in 2012.*
- *Courageous Heart applications cannot be considered for the other opportunity scholarship categories.*
- *Grade Point Average can be submitted based on how high school currently is calculating. This allows advanced placement and dual credit courses to count accordingly. However, application must reflect on what value scale GPA is being calculated.*

Visit <http://texas4-h.tamu.edu> to download all necessary instruction and applications.

Due to County Office by January 28th , 2013

2012 Texas 4-H Photography Contest Rules and Guidelines

- Theme category is "Holiday Season in Texas." This theme allows 4-H members to take photos of any holiday from January 1, 2012 to time of entry. The Holiday Season in Texas theme should have photographs that depict a Texas theme/ flare or western heritage.
- Formatting of photos has been simplified. In 2013 all photos must be able to be printed at the 300dpi at a 3x5 inch size. Max memory size is 1.5MB
- Both entry form and uploading of photos will be done on 4-H CONNECT.
- Time period for entry will be from **APRIL 1, 2012— APRIL 15, 2012**
For additional information go to Texas 4-H Youth and Development Website under Youth Section





Let's Cook Something!!!

Fiesta Casserole

What you need:

Utensils:

- Cutting board & knife
- Large Skillet
- Medium saucepan
- 8 inch x 8 inch baking pan
- Mixing spoon
- Measuring cups & spoons

Prep Time: 10 minutes

Cook Time: 30 minutes

Cost per serving: \$1.09

MyPyramid:

½ cup Milk

3 ounces Meat and Beans

½ ounce Grain

¼ cup Vegetable

Ingredients:

- 1 cup lean ground beef
- ¼ cup onion, chopped
- ½ teaspoon ground black pepper
- 1 14-ounce can pinto beans
- 1 14-ounce can diced tomatoes
- 1 4-ounce can diced green chiles
- 1 clove garlic, chopped in small pieces
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon dried oregano leaves
- ½ cup tomato sauce
- 3 corn tortillas, torn in pieces
- 1 cup low fat cheese, shredded

What to do:

1. Wash your hands and clean your cooking area.
2. Preheat oven 350°F
3. Brown ground beef with onions in large skillet. Drain off fat, once meat is brown.
4. Add ground black pepper and beans to meat.
5. In a medium saucepan, combine tomatoes, chiles, spices, and tomato sauce.
6. Bring mixture to boil, when mixture bubbles. Lower heat, cover and cook for 10 minutes.
7. In an 8 inch x 8 inch baking pan, spread thin layer of tomato sauce on bottom of pan.
8. Top with half of torn tortillas and beef mixture.
9. Cover with remaining tomato mixture and half of cheese.
10. Repeat layers with remaining ingredients, ending with a layer of cheese.
11. Bake for 30 minutes and serve warm.

As always Better Living for Texans (BLT) can provide food stamp eligible and other low income families with nutrition, food safety, and food resource management information. So for more information or any questions, contact Teresa Rivera at the Brazos County Extension Office: 979-823-0129 or email at trivera@ag.tamu.edu. In accordance with federal law and U.S Department of Agriculture's policy, Better Living for Texans Food Stamp Nutrition Education Program is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability.

To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer.



Nutrition Facts

Serving Size 3/4 cup (237g)
Servings Per Container 6

Amount Per Serving

Calories 190 **Calories from Fat 35**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 420mg **18%**

Total Carbohydrate 22g **7%**

Dietary Fiber 6g **24%**

Sugars 4g

Protein 17g

Vitamin A 15% • Vitamin C 25%

Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Brazos County 4-H Calendar January 2013

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Brazos County

Color Legend:
Black—County
Blue—District
Green—State

NOTES:

Fort Worth Stock Show:
January 18-February 9

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Holiday	2	3	4 Teen Retreat	5 Teen Retreat
6 Teen Retreat	7 Ft. Worth Organizational Mtg.	8	9	10 TX Beekeeping Essay Contest deadline 	11 D9 Archery Contest Summaries due -San Antonio Broiler pickup	12 -County Food Workshop -District 9 4H council meeting and fun day
13	14	15 Adult Leader/ Club Manager/ Co. Council mtg. -TBA	16	17	18	19
20	21 Holiday -Co. Food Show -D9 Archery Contest reg. due on Connect	22	23 Houston/Star of TX Broiler pickup	24	25	26
27	28 Opportunity Scholarships due in County office	29	30	31		

