



“The Talk”

OCTOBER 2013

Project Highlight: Foods & Nutrition

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What’s Cookin’?

At their table was a brown paper sack with the secret ingredients. “What could be inside?” they wondered. Time began. Groups rushed to open their bag to see what was inside. Some team members began pulling out ingredients, while others rushed to wipe the table clean in order to practice safe food-handling procedures. There was no recipe, so the chefs had to be creative. They thought, “How do we get started? What should we prepare?” Their 40 minutes began ticking away.

Peanut butter and honey were measured. Pasta was cooked. Some teams used their hot plate to cook rice. Others began chopping vegetables. And ground beef was being browned at some cook stations. Certain team members began to figure their cost per serving and nutritional value. Judges wandered the aisles checking out team spirit. Time ticks away.

Cleaning begins. You could hear, “Hurry! Hurry! We’ve got to finish and clean before time is up!” A few teams were cool and collected, while others raced through their final seconds to make sure all is done. Time is up and each group sits with their different versions of the dish...and different they were!

Judging begins. Each 4 or 5-member team makes their presentation to two judges about their dish, convincing them that what they concocted was right. Groups shared the knowledge they learned through their project about nutrition, how their dish fits into the My Plate, the cost per serving, food safety, and more.

Sounds fun, doesn’t it??? Well, you could be a part of this excitement, too! Join in with your local Food & Nutrition project group and become a part of a Food Challenge team!

Watch the 4-H Monday Memo for the announcement of the Limestone County 4-H Food Show & Food Challenge. It will be at the end of the month or early November.

The District 8 4-H Food Show & Food Challenge is set for Wednesday, December 11, 2013 in Belton at the Bell County Expo Center for teams that qualify at the county event.

Photography News

The 2013 Limestone County 4-H Photography contest had 28 entries this year from 11 4-H members. Of the 28 entries, 24 photographs moved on to district competition.

4-H members who entered the contest this year were: Marshall Melasky, Sabrina Gonzales, Sara Hall, Madison Melasky, Abigail Bristow, Alan Gonzales, Rebecca Fisher, Joshua Keys, Hannah Hall, Jacob Fisher, and Olivia Keys.

If you would like to see the District 8 4-H photographs, they will be displayed at the Heart O' Texas Fair, Waco, from October 3 to 12, 2013, in the Creative Arts Exhibit Building.

Your Name Here!

Would you like to see your article in print? You could be featured in the next Limestone County 4-H "The Talk" newsletter. We want this newsletter to be about YOU!

Please submit your articles, preferably with photographs, to the Extension office. If you want to discuss a story idea, talk to David or Vanessa. The stories need to be about 4-H—a project experience, a club meeting, camp, community service, etc.

Deadline is the 24th of each month. Articles will be published at the editors' discretion.

Still a few County Livestock Show Checks In Office!

We still have a few checks and plaques here at the extension office from the county show. Come get them!!!

Exhibitors must bring your written, addressed and stamped thank-you notes to the Extension office before you will receive your check. **Checks arrived in the Extension office in early July and will become invalid 90 days after written.** So, it's important to contact us as soon as possible. Questions? Call 729-5314.

County Steer Validation

If you are planning on showing a steer(s) at the 2014 Limestone County Fair, then you will need to bring your steer(s) to be validated on October 19, 2013 from 8:00 am to 10:00 am at the Groesbeck Auction barn.

Steers must weigh at least 300 pounds with no grace on the day of validation. The gain contest starts at the day of validation on 10/19. At show time, steers will have to weigh a minimum of 900 pounds.

Exhibitors can validate as many steers as they wish, but each exhibitor can only show 2 steers and sell only the top placing steer. Steers must be dehorned.

NEW OPPORTUNITY

Are you interested in being a guest editor for Limestone County 4-H's Facebook page? If so, contact Vanessa at the Extension office to apply.

We are looking for mature and responsible 4-Hers with a Facebook account who want to talk about what they are learning & discovering in 4-H. Each 4-H editor will be responsible for a month during the 4-H year. During your assigned month, you will need to post a few times per week on something happening in 4-H. Photo-rich posts preferred.



4-H Costume Dance Party

Mexia 4-H Club is hosting a costume dance party for all Limestone County 4-Hers!

When: Saturday, October 26th, 2013, 7 to 11 pm

Where: Old Thornton School

4-H members are responsible for drinks & snacks.

RSVP w/ Cathy Owens at (254) 723-1232 with what you plan to bring.

Parents, siblings, and friends are welcome!!!

Holiday Classic

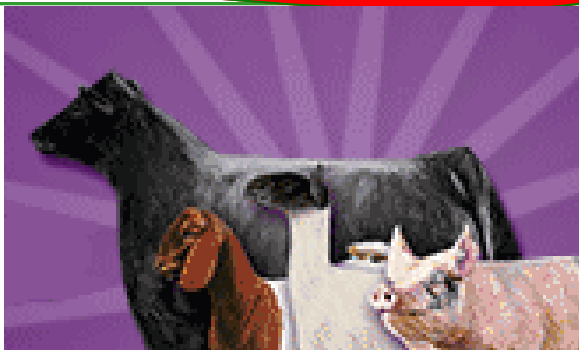
On November 9-10, 2013, the Holiday Classic educational clinics and show will be held in Belton at the Bell County Expo Center. Don't think this is too far to travel...this show is so unique. It is one of the few **FREE** shows to show in. Exhibitors will attend a specie educational clinic on Saturday afternoon where there will be a drawing for a set of clippers at each specie seminar (goats, lambs, cattle, pigs) - must be present to win! Then, on Saturday evening, everyone will enjoy a **FREE** dinner. Then, on Sunday all shows will be conducted. Exhibitors **must** attend the clinics on



Saturday to show on Sunday. This program is **FREE**

because we have wonderful sponsors from across our 21 county district pitching in to make this show possible for our youth. There is also a raffle, tickets are \$1 each or 6 for \$5, with a total value of prizes to be raffled of over \$2,500! Drawing for the raffle will be held on November 10th.

If you are a first year member, need more time in the ring, or just love to learn and show, then make Belton your destination on November 9-10!! Call David if you have any questions at 254-729-5314.



Limestone County 4-H Council Starting Up

Join us at the Extension office on Monday, October 21, 6 pm, for a 4-H Council meeting. All club officers are welcome to attend. This is a great leadership opportunity and looks good in your recordbooks & scholarship applications!

At the same time, we will also have a 4-H Adult Leaders meeting. This is for all adult leaders, club managers, and interested parents.

Awesome New Camp!

Texas 4-H is holding a Re-Fashion Retreat—tons of learning & fun! Vanessa is planning to attend and

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Re-Fashion



December 13-15, 2013

The Re-Fashion Retreat features educational sessions conducted by the Texas 4-H Clothing & Textiles youth advisory board member, fashion industry leaders and extension staff. They will be conducting hands-on educational workshops.

This new program will focus on increasing your knowledge and skills in the “Trashion Show” and a refashioning project. Don’t miss out on a weekend full of fun and exciting activities.



Retreat



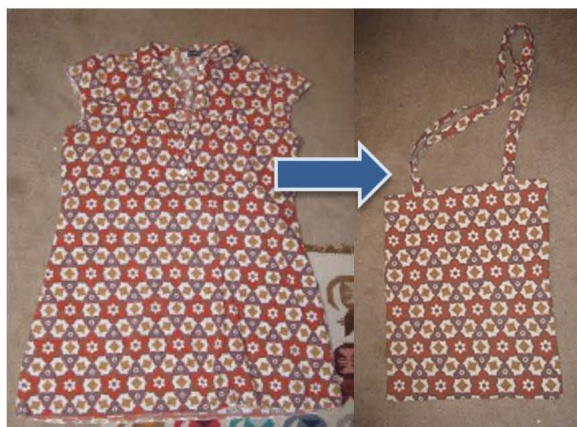
Shooting Sports News

Limestone County 4-H Open Invitational Archery Tournament—on October 12, 2013 at the Limestone County Fairgrounds, with a check-in time of 8 am and start time of 9 am. Registration deadline was September 30, 2013. Fee is \$20 for 4-H members & \$30 for non-4-H members. Spaces are limited so contact Jimmy Owens, 254-625-2505, or Cathy Owens, 254-723-1232 for more information.

2014 4-H Shooting Sports Postal League dates—mark these on your calendar! **Match dates: Nov. 4, 2013 - April 14, 2014. Registration open Oct. 1-27, 2013**, \$10 per event; Late Registration Oct. 28-Nov. 3, 2013, \$12 per event; scores due April 30, 2014.

can take along any 4-Hers that enroll in the camp. Questions? Give us a call at the office.

Join us for the Fun!



WHO: 4-H members ages 8 & up (and Adult Chaperones)

WHAT: State level development program

WHERE: Texas 4-H Conference Center, Brownwood

WHEN: Friday, December 13 arrive 6:30-7:30 p.m. through Sunday, December 15.

COST: \$115 for youth, \$80 for Adult Chaperones (includes two nights lodging, four meals, two evening snacks and program fees)

To Register... Go to the 4-H Center website: texas4hcenter.tamu.edu
Click on **Register Now** link- Registration will open Oct. 7 - Dec. 8
Remember, each county is responsible for providing adult chaperones.

All re-fashion examples obtained from Refashion Co-op
<http://refashionco-op.blogspot.com/2013/05/all-your-dress-refashions.html>



Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status.



Enroll in 4-H!

2013



September 1 marks the date for the new 4-H year and time to fill out a new enrollment form. Even if you have done this before, each year we start fresh and sign up again.

As we've announced in earlier newsletters and club meetings, a participant fee will be required to be a member of 4-H. From Sept. 1—Oct. 31 the fee is \$20.00 per member, then beginning Nov. 1 will be \$25.00 per member.

*****Must be a 4-H member by November 1, 2013 to participate in County Show.*****

******You must fill out enrollment form and Wanda has to enter it online and fees must be paid by October 30th!!!******

******DO NOT wait until the last minute or forget about entering 4-H and miss out on being eligible to show or participate in the 2014 Limestone County Fair******

Also, if you have questions about any upcoming events, we can help you with that as well.

Attention 4-H & Youth Development Advisory Board Members—next meeting will take place on Monday, October 28th, at 6 pm in the Extension Office.

We look forward to seeing you there!

October

- 9/27-10/20 State Fair of Texas, Dallas
- 10/1-10/27 Registration open for Postal League
- 10/3-12—Heart O' Texas Fair & Rodeo, Waco
- 10/6-12 National 4-H Week
- 10/12 One Day 4-H
- 10/12 Limestone County 4-H Open Invitational Archery Tournament, LC Fairgrounds
- 10/15 Last day to submit photos online for 2013 Texas State Preservation Board photo contest
- 10/19 Market Steer Validation for County Show
- 10/21 4-H Adult Leaders meeting, Ext. Office, 6 pm
- 10/21 4-H Council meeting, Ext. Office, 6 pm
- 10/22 Major Show Lamb & Goat validation
- 10/28 4-H & Youth Development Advisory Board meeting, Ext. Office, 6 pm
- 10/30 4-H green enrollment form and participation fee due by **NOON** to the county office for county show eligibility

TBA County Food Challenge / Food Show

November

- 11/4 Major show sign-up night
- 11/9-10 Holiday Classic, Belton
- 11/11 Veteran's Day Holiday—office closed
- 11/28-29 Thanksgiving Holiday—office closed

December

- 12/11 D8 Food Challenge & Food Show in Belton
- 12/24-25 Christmas Holiday—office closed

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Your business tag line here.