the Fort Bender

Fort Bend County 4-H Program **November 2013**

TEXAS A&M AGRILIFE EXTENSION

PRAIRIE VIEW A&M UNIVERSITY
Cooperative Extension Program

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Scholarship Training

Date: Tuesday, November 19, 2013
Time: 6:30 pm
Place: Fort Bend Co. Extension Office Conference Room
RSVP: Friday, November 15, 2013

4-H members who are in 8th grade up to a Senior in High School are encouraged to attend the Scholarship Training. The training will cover available scholarships and include ways for helping make your scholarship application as competitive as possible.

RSVP for the training by Friday, November 15th to Victoria at victoria.zwahr@ag.tamu.edu or at 281-342-3034.

4-H Cake Decorating Workshop

The Cake Decorating Workshop will have two series where you will learn about the different types of icings, decorating techniques and the types of tools you can use and how they create different patterns.

The 1st series is November 21st at 6:00 pm
The 2nd series is December 5th at 6:00 pm

The workshop will take place at the Texas A&M AgriLife Extension Annex Meeting Room. Located at 1402 Band Road; Rosenberg, Texas.

Cost for the Workshop is $50. (non-refundable)

Registration is required and limited to the first 16 paid participants. The cost of the Workshop includes: Wilton's beginner's baking kit, instruction booklet and 4 hours of training.

For more information contact Angela Bosier,
4-H Program Assistant at (281) 342-3034 ext.7007 or by email at Angela.Bosier@ag.tamu.edu

Re-Fashion Retreat

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 you knowledge and skills in the "Trashion Show" and a refashioning project. Don't miss out on a weekend full of fun and exiting activities!

The Retreat will be on Friday December 13th - through Sunday December 15th, and is open to all 4-H members 8 & up and Adult Chaperones. It will be held at the Texas 4-H Conference Center in Brownwood. Cost for the Retreat will be $115 for youth and $80 for Adult Chaperones. (this includes two night lodging, four meals, two evening snacks and program fees) Register at texas4hcenter.tamu.edu. Registration for this Retreat will be open Oct 7th to Dec 8th.

FORT BEND COUNTY 4-H FOOD SHOW & FOOD CHALLENGE

The Food Show is a simple contest where the kids decide on a recipe, prepare it at home, and present it at the contest to be judged. This year's them is *Budget Wise Recipes.* During the judging of the Food Show the judges will ask questions on food safety, basic nutrition, preparation, and how their recipe relates to the theme.

The Food Challenge is one of newer contests. It's the 4-H version of the television show on Food Network called "Chopped ". A team of kids will use their creativity to create a dish from a basket of mystery ingredients. They will figure out the portion, calculate serving size, cost analysis, and discuss the safe food handling skills. This contest gives 4-Hersan opportunity to work as a team and learn from other team members, as well as, displays their leadership skills.

The Fort Bend County 4-H Food Show & Food Challenge will be held December 7, 2013 with registration at 8:30 am.

Entry forms are due to the Extension Office by 5 pm on November 22, 2013. Forms can be found online at http://fortbend.agrilife.org/fortbend4h/. There will be a $5.00 registration fee per person entering in the Food Challenge. Registration covers the cost of supplies for the contest.

For more information contact Angela Bosier,
4-H Program Assistant at (281) 342-3034 ext.7007 or by email at Angela.Bosier@ag.tamu.edu.

Beekeeping Essay Contest

The Beekeeping Essay Contest is sponsored by The Foundation for the Preservation of Honey Bees, Inc. For over 50 years, the American Beekeeping Federation has been serving the needs of the U.S. beekeeper. Any youth interested in participating in the contest must follow the instructions for the Texas selection process. Each State Winner, including the national winners, receives an appropriate book about honey bees, beekeeping, or honey. Entries will need to be submitted electronically no later than January 10, 2014. Rules and guidelines can be found at http://texas4-h.tamu.edu/project_entomology/beekeeping.

Consumer Decision Making

Consumer Decision Making is a judging contest designed to teach youth to observe, compare and make consumer based decisions based on facts. 4-H'ers use their consumer knowledge to rank similarly based products to fit a given scenario. Team members learn to organize their thoughts and to defend their decisions in oral reasons.

Consumer Decision Making Informational Meeting

We will be holding a Consumer Decision Making Informational Meeting on Thursday, November 21, at 6:30 PM at the Fort Bend County AgriLife Extension Office.

Please RSVP to this informational meeting by November 19. Please RSVP to Victoria Zwahr at 281.342.3034 or at victoria.zwahr@ag.tamu.edu.

If you have any questions about the meeting or would like more information please contact Joe W. Mask at joe.mask@ag.tamu.edu.

4-H TEEN LEADERSHIP RETREAT AT THE TEXAS 4-H CONFERENCE CENTER

4-H members ages 13-19 will have an opportunity to hone their 4-H project skills during several programs at the Teen Leadership Retreat to be held Jan. 10-12 at the Texas 4-H Conference Center on Lake Brownwood.

The Teen Leadership Retreat will have 4-H volunteers, 4-H specialists and college professors conducting hands -on educational workshops with 4-H members from throughout the state. The retreat will begin with registration at 7 p.m. Jan. 10, followed by general orientation at 9 p.m., then an adult chaperone orientation at 9:30 p.m.

The retreat will include 5 different educational workshops on January 11th and the day's activities will conclude with an evening dance. The retreat will finish up the weekends activities at 10 am on Sunday, January 12th.

Individual registration is $115 for youth and $80 for adult chaperones. The fees include two-nights lodging, four meals, snacks and program fees. Each county sending 4-H youth to the retreat must also provide adult chaperones for the weekend. Online registration begins November 1st at http://texas4hcenter.tamu.edu.

MAJOR SHOW ENTRY MEETING

Major Show Entry Meeting will be Tuesday, November 12, 2013 at the AgriLife Extension Office, Room 120. The meeting will start at 6pm.

If you plan on exhibiting a project or participating on a Horse Judging Team for a Major Show you are required to be at this meeting.

We will be filling out the necessary forms needing in order for you to participate.

Major Show Dates

Fort Worth Stock Show & Rodeo
January 17 thru February 8

San Antonio Livestock Exposition
February 6 thru February 23

Star of Texas Fair and Rodeo
March 1 thru March 16

Houston Livestock Show and Rodeo
March 4 thru March 23

Texas 4-H 2013-2014 Photography Rules and Guidelines now available online.

This years theme category is "What's Your Why?" This category allows 4-H members to capture photos of why they are in Texas 4-H. It could be photos of friends in 4-H, projects, leadership activities, community service experiences, or anything that tells the story of why they love 4-H!
The 2014 Texas 4-H Photography Contest Rules and Guidelines are now available on -line at:
http://texas4-h.tamu.edu/photography_contest.

Texas 4-H Volunteer Conference - ONLINE

The Texas 4-H & Youth Development Program will be hosting a VIRTUAL volunteer conference. The conference will kick-off with online trainings in November, scheduled for Thursday, November 7th and Tuesday, November 12th. Any volunteer can participate in any of the one-hour, web-based workshops offered throughout the day and evening. A description of the topics, their times, their event ID, and Participant Instructional page all can be found at http://texas4-h.tamu.edu/volunteer_conference.

THURSDAY, NOVEMBER 7, 2013

Time	Topic	Presenter
11:30 am	Invitational Contests	Kyle Merten
11:30 am	Teen Retreat	Mark Carroll
12:30 pm	Clothing & Textiles	Angela McCorkle
12:30 pm	Consumer Decision Making	L. Saldana & A. Hart
7:00 pm	4-H Program Update	Chris Boleman
7:30 pm	Tax filing	Chris Boleman
7:30 pm	Shooting Sports Opportunities	Larry Hysmith
8:30 pm	Preparing to Apply for 4-H Scholarships	Toby Lepley
8:30 pm	Ag Product ID	Amy Dromgoole

TUESDAY, NOVEMBER 12, 2013

Time	Topic	Presenter
11:30 am	Tax filing	Chris Boleman
11:30 am	Preparing to Apply for 4-H Scholarships	Toby Lepley
11:30 am	Quiz Bowls	Kevin Chilek
12:30 pm	Ag Product ID	Amy Dromgoole
12:30 pm	Shooting Sports Opportunities	Larry Hysmith
12:30 pm	Volunteer Award Opportunities	Toby Lepley
7:00 pm	4-H Program Update	Chris Boleman
7:30 pm	Clothing & Textiles	Angela McCorkle
7:30 pm	Invitational Contests	Kyle Merten
7:30 pm	Quiz Bowls	Kevin Chilek
8:30 pm	Consumer Decision Making	L. Saldana & A. Hart
8:30 pm	Teen Retreat	Mark Carroll

TEXAS A&M AGRILIFE EXTENSION

Educational programs of the Texas A&M 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

The Houston Livestock Show and Rodeo invites students to participate in the fourth annual Horticulture Competition.

Youth Exhibitors may choose from a variety of competition categories, including:

Dining with a Texas Flair Design: Exhibitors design a floral arrangement to enhance a western themed table setting provided by the Show. Entries are limited to the first 100 participants.

Rodeo Cup Floral Design: Up to sixty exhibitors will compete on Sunday, March 9, 2014. Each exhibitor creates a Wedding Bouquet and Interpretive Design. Ten finalists compete in the Surprise Situation category.

Container Grown Plants: Exhibitors will plant and cultivate 3 or more examples of plant life in a container.

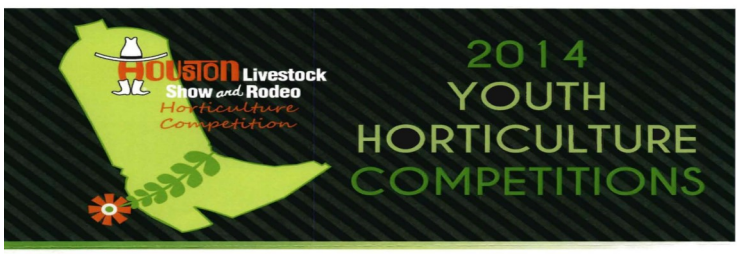
Photography: Exhibitors will take a photograph representative of the theme Texas Reflections and Shadows.

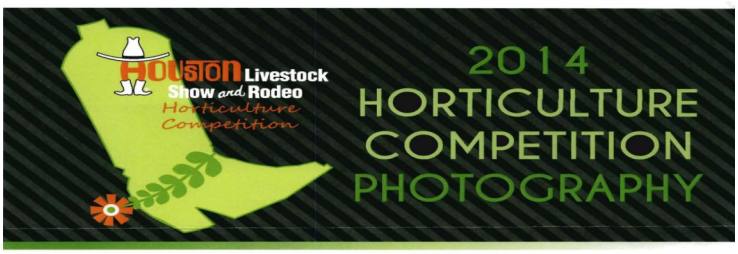
Landscaping: Individual and/or teams of exhibitors will come to Reliant Park on Sunday, March 2, 2014 between 10:00 a.m. and 3:00 p.m. to create a miniscape using plant life native or adapted to the Texas Gulf Coast region. Entries are limited to the first fifty entry forms received.

Cash prizes will be awarded to the top 10 in each category, and the top 3 in each category also receive trophies. All entries are displayed at Reliant Park during the 2014 Houston Livestock Show and Rodeo.

For rules and entry forms visit the website http://hlsr.com/ExhibitorContestant/horticulture.aspx. Please contact Laura Lambert at 832-667-1068 or lambert@rodeohouston.com with any questions.

We look forward to seeing you at the 2014 Houston Livestock Show and Rodeo Youth Horticulture Competition!





Houston Livestock Show and Rodeo
Horticulture Competition

2014 YOUTH HORTICULTURE COMPETITIONS

CATEGORIES

- Container Grown Plants
- Photography
- Rodeo Cup – Floral
- Dining with a Texas Flair – Floral

LANDSCAPING

Outdoor Planter Competition

Enter as an individual, team, club, chapter or group to display your green thumb talents in a large wood planter. Materials up to $150 will be reimbursed.

AWARDS

- Trophies for First – Third Place
- **Cash Awards**
- First Place –$1,000
- Second Place – $750
- Third Place –$500
- Fourth Place –$250
- Finalists (Fifth – Tenth) – $100

NO ENTRY FEES!

Visit www.rodeohouston.com for rules and entry form.

ENTRY DEADLINE: JAN. 31, 2014

March 4 –23, 2014 | www.rodeohouston.com/events/horticulture.aspx

HOUSTON Livestock Show and Rodeo
Horticulture Competition

2014 HORTICULTURE COMPETITION PHOTOGRAPHY

THEME

Texas Reflections and Shadows

- Photography entries are limited to subjects related to horticulture, flower arrangements, gardens and landscapes.
- Photographs must incorporate a reflection and/or shadow.
- All photographs must include plant material.
- Each entry must be titled.

AWARDS

Trophies will be presented to the first, second and third place winners in the youth and adult divisions.

YOUTH

- First Place -$1,000
- Second Place - $750
- Third Place - $500
- Fourth Place -$250
- Finalists (Fifth - Tenth) - $100

ADULT

- First Place -$1,000
- Second Place - $750
- Third Place - $500

NO ENTRY FEES!

Visit www.rodeohouston.com for rules and entry form. | **ENTRY DEADLINE: JAN. 31, 2014**

March 4 -23, 2014 | www.rodeohouston.com/events/horticulture.aspx

Furry Pet

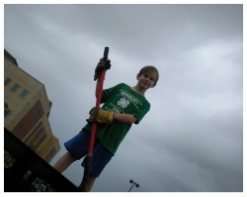
Food and Supply Drive

Fort Bend 4-H collected donations for the cats and dogs at the Fort Bend County Animal Services as part of our community service this year during National 4-H Week.

What can you do in one day?

On Saturday, October 12th, Fort Bend 4-H did some landscaping at the new county justice center, located at 1422 Eugene Heimann Circle in Richmond. They pulled weeds and added mulch to a much needed area of the building.

Representative Phil Stephenson District 85, came out and presented a Texas Flag to Fort Bend 4-H. The flag has been flown over our Texas State Capital. We appreciate his support.



Project Worksite

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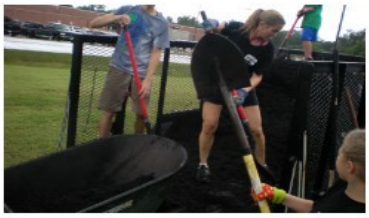


Project Worksite

Food For Thought

United States Marine Corps

The month of November marks a significant event that happened in 1775, the birth of the Marine Corps division. This excerpt taken from History.com explains how they formed.

> During the American Revolution, the Continental Congress passes a resolution stating that "two Battalions of Marines be raised" for service as landing forces for the recently formed Continental Navy. The resolution, drafted by future U.S. president John Adams and adopted in Philadelphia, created the Continental Marines and is now observed as the birth date of the United States Marine Corps.
>
> Serving on land and at sea, the original U.S. Marines distinguished themselves in a number of important operations during the Revolutionary War. The first Marine landing on a hostile shore occurred when a force of Marines under Captain Samuel Nicholas captured New Province Island in the Bahamas from the British in March 1776. Nicholas was the first commissioned officer in the Continental Marines and is celebrated as the first Marine commandant. After American independence was achieved in 1783, the Continental Navy was demobilized and its Marines disbanded.
>
> In the next decade, however, increasing conflict at sea with Revolutionary France led the U.S. Congress to establish formally the U.S. Navy in May 1798. Two months later, on July 11, President John Adams signed the bill establishing the U.S. Marine Corps as a permanent military force under the jurisdiction of the Department of Navy. U.S. Marines saw action in the so-called Quasi-War with France and then fought against the Barbary pirates of North Africa during the first years of the 19th century. Since then, Marines have participated in all the wars of the United States and in most cases were the first soldiers to fight. In all, Marines have executed more than 300 landings on foreign shores.
>
> Today, there are more than 200,000 active-duty and reserve Marines, divided into three divisions stationed at Camp Lejeune, North Carolina; Camp Pendleton, California; and Okinawa, Japan. Each division has one or more expeditionary units, ready to launch major operations anywhere in the world on two weeks' notice. Marines expeditionary units are self-sufficient, with their own tanks, artillery, and air forces. The motto of the service is *Semper Fidelis,* meaning "Always Faithful" in Latin.
>
> -*http://www.history.com/this-day-in-history/birth-of-the-us-marine-corps*

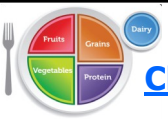
EAGLE, GLOBE AND ANCHOR

There is no better symbol for the purpose we serve than the emblem every Marine earns: the Eagle, Globe and Anchor. The eagle represents the proud nation we defend. It stands at the ready with our coastlines in sight and the entire world within reach of its outstretched wings. The globe represents our worldwide presence. The anchor points both to the Marine Corps' naval heritage and its ability to access any coastline in the world. Together, the eagle, globe and anchor symbolize our commitment to defend our nation—in the air, on land and at sea.

The Eagle, Globe and Anchor Emblem has been part of the Marine Uniform since 1868 and became the official emblem of the Marine Corps in 1955.

http://www.marines.com/history-heritage/symbols

10 Tips for Vegetarians



ChooseMyPlate.gov

1. Think about protein—Your protein needs can easily be met by eating a variety of plant foods. Sources of protein for vegetarians include beans and peas, nuts and soy products (such as tofu, tempeh). Lacto-ovo vegetarians also get protein from eggs and dairy foods.

2. Bone up on sources of calcium—Calcium is used for building bones and teeth. Some vegetarians consume dairy products, which are excellent sources of calcium. Other sources of calcium for vegetarians include calcium-fortified soymilk (soy beverage, tofu made with calcium sulfate, calcium-fortified breakfast cereals and orange juice, and some dark-green leafy vegetables (collard, turnip, and mustard greens; and bok choy).

3. Make simple changes—Many popular main dishes are or can be vegetarian-such as pasta primavera, pasta with marinara or pesto sauce, veggie pizza, vegetable lasagna, tofu-vegetable stir-fry, and bean burritos.

4. Enjoy a cookout—For barbecues, try veggie or soy burgers, soy hot dogs, marinated tofu or tempeh, and fruit kabobs. Grilled veggies are great, too!

5. Include beans and peas—Beacause of their high nutrient content, consuming beans and peas is recommended for everyone, vegetarians and non-vegetarians alike. Enjoy some vegetarian chili, three bean salad, or split pea soup. Make a hummus-filled pita sandwich.

6. Try different veggie versions—A variety of vegetarian products look-and many taste-like their non-vegetarian counterparts but are usually lower in saturated fat and contain no cholesterol. For breakfast, try soy-based sausage patties or links. For dinner, rather than hamburgers, try bean burgers or falafel (chickpea patties).

7. Make some small changes at restaurants—Most restaurants can make vegetarian modifications to menu items by substituting meatless sauces or nonmeat items, such as tofu and beans for meat, and adding vegetables or pasta in place of meat. Ask about available vegetarian options.

8. Nuts make great snacks—Choose unsalted nuts as a snack and use them in salads or main dishes. Add almonds, walnuts, or pecans instead of cheese or meat to a green salad.

9. Get your vitamin B12—Vitamin B12 is naturally found only in animal products. Vegetarians should choose fortified foods such as cereals or soy products, or take a vitamin B12 supplement if they do not consume any animal products. Check the Nutrition Facts label for vitamin B12 in fortified products.

10. Find a vegetarian pattern for you—Go to www.dietaryguidelines.gov and check appendices 8 and 9 of the *Dietary Guidelines for Americans, 2010* for vegetarian adaptations of the USDA food patterns at 12 calorie levels.

Upcoming Dates and Events to Remember

November 2013

7 Texas 4-H Volunteer Conference
11 *Office Closed—Veteran's Day*
12 Major Show Entry Meeting; Extension Office, 6 pm
12 Texas 4-H Volunteer Conference
15 RSVP deadline for Scholarship Training
15-16 District 9 4-H Junior Leadership Lab
16 Aggiefest Livestock Judging Contest
16 Aggiefest Horse Judging Workshop
19 Scholarship Training; Extension Office, 6:30 pm
19 RSVP deadline for Consumer Decision Making Informational Meeting
21 4-H Cake Decorating Workshop (registration required)
22 Entry for Fort Bend 4-H Food Show & Food Challenge Due
28-29 *Office Closed—Thanksgiving*

December 2013

7 Fort Bend County 4-H Food Show & Food Challenge; Extension Office 8:30 am
24-25 *Office Closed—Christmas*

DAYLIGHT SAVING TIME ENDS NOV 3RD.
REMEMBER TO SET YOUR CLOCKS BACK ONE HOUR!

Want to be in the Newsletter?
If you have photos from a recent 4-H event, feel free to send us some of those photos for the newsletter. We will need who is in the photo, what event it was taken at and the placing or rankings, if available. Please send photos and information to victoria.zwahr@ag.tamu.edu putting *Newsletter* as the subject line.