

October 2020

Extension Newsletter for County Commissioners Court

What is 4-H?

Scholarships

Each year, the Texas 4-H Youth Development Program awards an estimated \$2.2 million in scholarships to high school seniors. In 2019, 27 youth from the Central District 8 earned \$306,600 in scholarship money for advanced education.

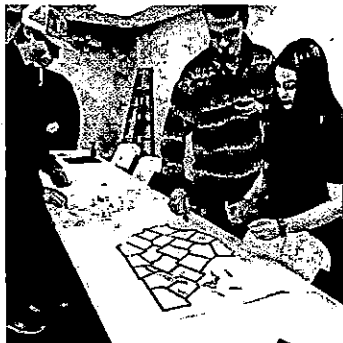
The youth from Bell, Bosque, Coryell, Hamilton, Johnson, Leon, McLennan, Milam, Navarro, Robertson and Williamson Counties are seeking advanced degrees in fields such as Computer Engineering, Civil Engineering, Biology, Pre-Medicine, Radio-Television-Film, Agricultural Science, Business Management, Agricultural Economics, Animal Sciences, Geology, Flight Training, Communications, Poultry Science, Nutrition Science, Nursing, Agribusiness Management, Engineering, Agricultural Leadership, Health Science, Agricultural Leadership and Development, and Biological & Agricultural Engineering. Upon completion of their advanced degrees, many of the youth would like to return to give back to the communities that helped make their futures possible.

The Texas 4-H scholarship program began in 1959. At that time, the Houston Livestock Show & Rodeo awarded youth with scholarships in the amount of \$1,000. Today the largest scholarship award is \$20,000 presented by generous organizations such as San Antonio Livestock Exposition and Houston Livestock Show & Rodeo.

In 2020, the scholarship program will celebrate 62 years of providing college scholarships to Texas 4-H members and continues to be the largest 4-H scholarship program in the United States.

4-H Project Work and Contests

4-H projects are the educational experiences in which youth who are 4-H members participate. A project is defined as consisting of 5-6 new learning experiences, leadership, community service, and exhibition of their project work. Youth engage in learning experiences through a variety of methods such as project meetings, workshops, tours, interviews, research, and more. All youth are encouraged to teach others about what they have learned to gain leadership skills and are also encouraged to help give back to their community. In addition, youth can



engage in competitive events such as presentations, speeches, demonstrations, and/or recordbooks.

Ag and Natural Resources Project Contest Areas (2018-2019)

Ag Product Identification Contest96
Beef, Horse, and Swine Quiz Bowls54
Dairy Cattle Judging35
Holiday Classic.....773
Horse Judging.....38
Horse Show.....60
Livestock Judging155
Meat Judging.....40
Mohair & Wool Judging11 & 25
Other Judging Contests (Entomology, Plant ID, Range, Soil).....60



Andrew Lewis, CEA - AG and Natural Resources
Lorie Stovall, CEA- Family Community Health
VACANT, Asst. CEA- AG



Family & Community Health Project Contest Areas (2018-2019)

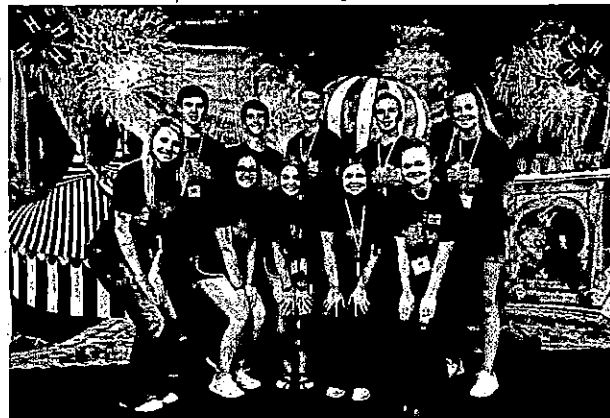
Fashion Show & Fashion Storyboard58 & 38
Duds to Dazzle.....67
Food Challenge & Food Show.....269 & 92
Consumer Decision Making.....122
Nutrition Quiz Bowl.....43

Leadership and Personal Development (2018-2019)

Leaders 4 Life Skillathon38
SURGE (Leadership Lab)126
Photography Entries.....509
Recordbooks (District & State Qualifiers).....276 & 23
Rifle Match & Light Rifle Match.....75 & 110
Roundup (District & State Qualifiers/Representatives)206 & 465

District 8 4-H SURGE (Leadership Lab)

The 4-H Youth Development Program prides itself on teaching leadership & life skills to youth members to help them grow into successful, contributing members of society. One event that teaches and helps youth develop the life skills of our 4-H members, is District 8 4-H SURGE. It is a three-day, two-night program targeted at 4-H members in grade 8-12. District 8 boasts of



having the largest participation in the state for the last several years. Workshops this summer included time management, diversity, stress relief, STEAM in the Kitchen, teamwork, public speaking, and service. The workshops and activities were conducted by County Extension Agents, as well as, the District 8 4-H Council Officer Team, under the direction of their agent advisors.

Another main component to SURGE is teaching youth the value of citizenship and service to their community. This year, campers participated in a hands-on service project. Through the ideas of our D8 4-H Council Officers, they identified plans to construct outdoor game equipment to build during camp and leave as a donation for the Texas 4-H Conference Center to use at future camps.

Agriculture and Natural Resources:

Cotton Variety Trial:

A Cotton Variety Trial was planted in the Barry area with Reed Agriculture with 9 different varieties replicated 4 time. The cotton was planted May 11, and harvested October 9. This information will be published showing performance and quality for producers to use when making decisions on what to plant next season.

County Clean Up Day:

On June 6th after a few minor adjustments Navarro County Clean Up Day had 629 people dispose of 1,223 Cubic Yards of trash.

Oak Tree Management:

An Oak Tree Management and issue identification program was held in June with 24 contacts. The program focused on the increasing numbers of oak trees experiencing a die off in the Blacklands region of Texas and how to improve surviving oak trees as well as possible diseases and pest that our area experiences.

Navarro County Tire Day:

Navarro County Waste Management Committee was able to host the annual Tire Day with minor modifications. 263 tires were col-

4-H and Youth Development:

Navarro County 4H has 14 chartered clubs with 166 students enrolled and 53 adult leaders. We have 2 after school programs with Boys and Girls Club and Dawson ACE.

Food and Fiber Round Up:

Our 19th Annual Program to educate our county 4th grader's and teachers of how agriculture products are produced in Navarro County. Youth gain experience from 7 stations: Pizza and Vegetables, Mobile Dairy, Beef, Swine, Grains, Cotton and Water Conservation. Pre and Post test were used to evaluate the program.

68 4th graders and 70 Volunteers from all over the county came together for our Ag Awareness Day.

Navarro County Livestock 101:

21 Parents and 4-H members attended out livestock clinics covering Steers, Heifers, Lambs, Goats, Swine and Poultry.

Navarro County Youth Expo:

Even though our Expo was cancelled due to COVID-19 we had 157 individuals submit 333 Livestock, Creative Arts, Foods, Ag Mech, and Wood Working entries.

4-H Leadership:

- 1 Texas Shooting Sports Ambassador
- 1 Healthy Texas Ambassador
- 6 Navarro County Junior Ambassadors
- 6 Navarro County Senior Ambassadors

4H FCS Educational Programs

We held two virtual cooking camp this summer. Food kits were prepared for drive by pick up and families were given a Teams link to join the camps. Each camp prepared 3 recipes and we had a total of 78 participants with 45 being Youth. Two youth Walk Across Texas virtual events were held with 37 participants.

District 8 Virtual 4H Contests:

Due to COVID District 8 teams developed many virtual contests and Navarro County had 2 Consumer Decision Making Contest participants, 2 Fashion Show participants with a 1st place winner and 1 Dog Show photography contestant with a 1st place winner.

4H curriculum Enrichment Education

Cecily Nors, our 4H program assistant implemented Hatching in the Classroom, an embryology curriculum guiding students through the hatching process with 671 contacts, 6 elementary schools and 32 adult volunteers. and Learn Go Eat Grow, a nutrition and gardening program 357 contacts and 7 adult volunteers. Food Art Nutrition is learning about healthy choices in food and having fun being creative with fruits and vegetables. 11 Children and 1 Adult.

Family & Consumer Sciences:

Food Protection Management and Food Safety:

An FPM course was held for Navarro College and CISD employees with 5 participants. During COVID, our state FPM office created many educational food safety flyers over restaurant take-out safety, safe handling of grocery items and produce and hand washing videos. I shared this information with the Health Department, the Navarro COVID task force committee, Navarro County Early Childhood Coalition, local Daycares and on the FCS and 4H Facebook pages.

Navarro County Passenger and Community Safety:

I was able to install 6 car seats in 2020 before the COVID restrictions that halted all installations. To support this plan I was able to share many Facebook posts over car seat safety, heat stroke warnings for children and pets in cars, driving safe without being under the influence articles, Teen driving safe articles and I conducted a virtual Car Seat Safety Zoom program with 21 participants. We also organized presenters for the Home Safety Zoom over Gun safety and Fire safety and gave out 4 gun locks with 16 participants.

General Community Health Outreach:

Souper Bowl for Hunger was implemented with 4H schools and area food pantries. Over 400 food items and \$290 was collected. I partnered with a team of District 8 agents to teach two Cooking from the Pantry Facebook live cooking schools in April and May. In April I had 324 views and 86 engaged and in May I had 327 views and 144 engaged from the FCH Facebook page. Overall, our D8 cooking schools reached over 4000 viewers. I also shared through Facebook and email lists, many state developed virtual cooking schools such as Cooking with Friends and Cooking through the Cultures, Dinner Tonight Small Bites, Mindfulness activities and many more that were offered free through AgriLife Extension.

Chronic Disease Management:

Most of these programs scheduled were cancelled due to COVID, however, I offered many virtual programs such as Maintain NO Gain with 12 participants, Walk Across Texas with 12 adult participants and I shared many District 8 Do Well Be Well with diabetes and Hypertension virtual programs.

Better Living Texans had 10 adult graduates from a Fresh Stare to a Healthier You and 789 youth contacts through one shot nutritional programs.

Thanks for allowing me the opportunity to update you on the Extension educational programming in Navarro County and the efforts being made by your county Extension agents Andrew and Lorie. They continue to provide programming which is in tune with our mission which is to provide quality, relevant outreach and continuing educational programs and services to the people of Texas. If you ever have any questions, comments, or concerns, please do not hesitate to give me a call at 254-968-4144 ext.204 or e-mail at d-kelm@tamu.edu.



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