

Colorado County 4-H Newsletter

SEPTEMBER 2023

2023-2024 Officers:

Colorado County 4-H officers celebrating at the 4-H Annual dinner banquet:
from left to right: Jack Dudensing, Julie Ana Golbert, Jase Weishuhn, Brooke
Wanjura, Colten Koy, Lana Potter, and Jase Rau, and Brina Kent (not
pictured).



2023 - 2024 District 11 4-H Food Show & Food Challenge

RSVP deadline for county is: Friday October 6th

District: December 13 – 14, 2023

Friar Ag Center & Anne Friar Thomas Homemaking
Building, Cuero, TX

Registration Deadline: November 20th

<https://d114-h.tamu.edu/events-and-contests/food-show-and-food-challenge/>.



COOKING THROUGH THE DECADES



TEXAS A&M
AGRILIFE
EXTENSION

2023-2024



District contest: December 13th & 14th
in Cuero, TX

County Contest: November 5th

- Develop healthy eating habits
- Leadership and public speaking
- Learn about nutrients

RSVP: By October 6, 2023

**Contact: Ja'Shae Carter
979-732-2530**

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2023 - 2024

District Contest:
December 13 & 14
in Cuero, TX

County Contest:
November 5

- Promote teamwork
- Leadership opportunities
- Preparing and presenting a dish

RSVP: TEAMS AND MEMBERS
BY
OCTOBER 6, 2023

Contact: Ja'Shae Carter
979-732-2530

National 4-H Week & One Day 4-H Event

One day 4-H event: Saturday, October 7, 2023

“The goal of One Day 4-H is to encourage 4-H members in every Texas county to take one Saturday in October to make a big impact on a big state. Each 4-H club or county program will choose how best to ignite the spirit of service as we help improve Texas in hundreds of ways, from border to border.”



WHAT CAN YOU DO IN One Day



ONE DAY 4-H

SATURDAY, OCTOBER 7, 2023

2023 - 2024 District 11 Crossroads

“Crossroads is a three day/two-night career development and youth leadership program to involve 8th - 12th grade youth in various projects that will expose them to various career and higher education opportunities.”

Held November 9-11, 2023, in Brenham, TX

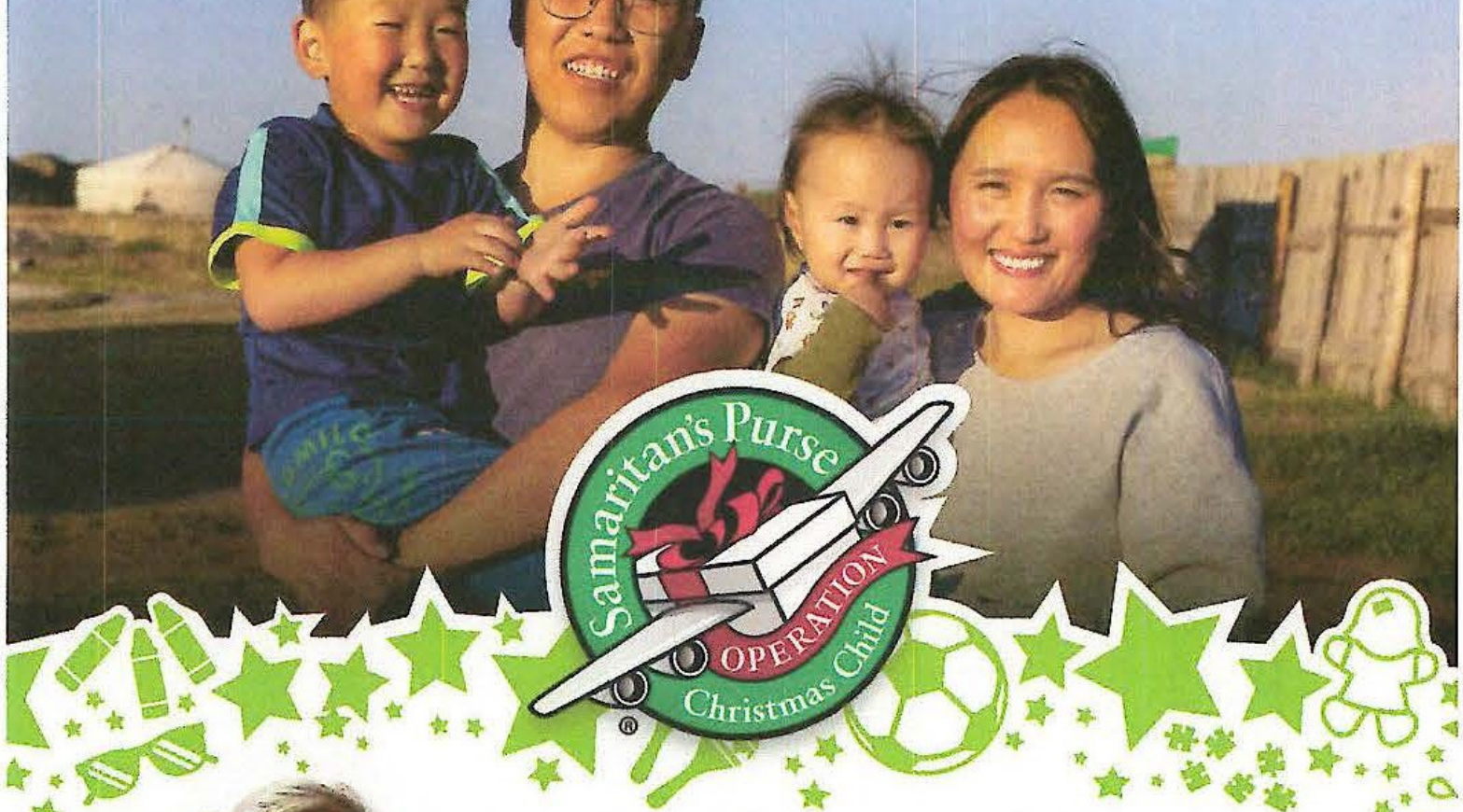
Registration deadline is October 6, 2023

Cost: \$200

<https://d114-h.tamu.edu/events-and-contests/crossroads/>

Operation Christmas

This county wide community service activity will be happening at the next 4-H Council meeting that will be November 13th at 6:30 p.m.



God Uses a Gift and a Letter to Change Lives



As a 7-year-old in Mongolia, Jargalmaa (pictured left) described one particular day as "unexpected." After school, her teacher invited her to a church where she received her very first gift! This Operation Christmas Child shoebox gift included, among other fun toys, stationery, and a set of hairclips. Inside, she also found a letter that said, "You are valuable and so loved by God." Jargalmaa cherished this message because her parents and grandparents had never told her that they loved her.

Jargalmaa went on to participate in The Greatest Journey discipleship program where she especially appreciated the lessons about God as Creator. Later in 10th grade, she accepted Jesus as her Lord and Savior. Through her testimony, five of her family members and two close friends also made this life-changing decision.

Now 15 years after receiving her shoebox gift, Jargalmaa, her husband, and two young children (pictured above) have recently moved to a new community where they are ministering to youth in hopes of starting a church.

"I would like to challenge people who are preparing shoebox gifts to also write a letter showing God's love," Jargalmaa said. "What's written there may be very simple, but those simple words could completely change somebody's life."



SHOEBOX GIFT IDEAS



"WOW" ITEM

- Soccer ball with pump
- Doll
- Stuffed animal
- Shoes



TOYS

- Toy cars
- Jump ropes
- Yo-yos
- Toys that light up and make noise (with extra batteries)

PERSONAL CARE ITEMS

- Toothbrushes
- Washcloths
- Combs
- Hairbrushes
- Small water bottles



ACCESSORIES

- Socks
- Sunglasses
- Jewelry and watches
- Flashlights (with extra batteries)



SCHOOL SUPPLIES

- Pens, pencils, sharpeners, crayons, and markers
- Notebooks and paper
- Coloring and picture books
- Solar calculators



DO NOT INCLUDE

candy; toothpaste; gum; used or damaged items; scary or war-related items; seeds; food; liquids or lotions; medications or vitamins; breakable items or glass containers; aerosol cans

Shoebbox gifts are like snowflakes—no two are alike!

—Franklin Graham,
President, Samaritan's Purse



Livestock Judging or Dairy Judging

If you are interested reach out to Laramie Kettler at laramie.kettler@ag.tamu.edu
from at the Colorado County Extension Office.

Contact for dates.

No experience is required for participation in either group! Come learn about livestock and
dairy evaluation with us!

Colorado County Livestock Judging Tentative Practice Schedule

5:30pm

Tuesday, May 16: Intro/Market Steers

Thursday, May 25: Market Lambs/Market Goats

Wednesday, June 7: Market Hogs

Tuesday, June 13: All Species Market Practice

Thursday, July 6: Intro to Breeding/Breeding Heifers

Tuesday, July 18: Breeding Gilts

~~Thursday, August 3: Practice Cancelled~~

Tuesday, August 8: Steers and Heifers

Thursday, August 17: Market Lambs, Goats, Breeding Sheep

Tuesday, August 22: Market Hogs and Breeding Gilts

Thursday, August 31: All Species Practice

Youth and Livestock Clinic and Shows

Saturday, December 2, 2023 in Sinton, TX.

<https://d114-h.tamu.edu/events-and-contests/coastal-bend-classic/>

Coastal Bend Classic

YOUTH AND LIVESTOCK CLINIC AND SHOWS

December 2, 2023

San Patricio County Fairgrounds, 219 W. 5th, Sinton, TX 78387

Schedule of Events:

Friday, December 1

3:00 - 8:00 PM

Early Arrival (optional)

**NEW FOR 2023 SWINE CLINIC AND
SHOW HAS BEEN ADDED**

Saturday, December 2

7:30 - 8:45 AM

Arrival and Stalling of Animals

8:45 AM

Weight Cards Due

9:00 AM - 12:00 PM

Species Clinics (beef, goat, sheep, swine)

1:00 PM

Species Showmanship followed by Species Shows (steer/heifer, goat, sheep, swine)

**FIRST 100 YOUTH PARTICIPANTS PRE-
REGISTERED WILL RECEIVE A FREE
CBC GIVEAWAY ITEM. BUCKLES WILL
BE AWARDED TO GRAND CHAMPION
AND RESERVE GRAND CHAMPION FOR
EACH SPECIES.**

FOOD TRUCKS WILL BE AVAILABLE

	<u>REGISTRATION</u> Sept 18 (noon) – Nov 27 (8pm)	<u>LATE REGISTRATION</u> Nov 27 (8:01pm) - DAY OF SHOW
CLINIC & SHOW	\$35*	\$60*

Register online on Eventbrite or by scanning the QR code below:

<https://www.eventbrite.com/e/2023-coastal-bend-classic-tickets-715279629627?aff=oddttdtcreator>



LEARN TO COPE WITH YOUR EMOTIONS

STAY HEALTHY

How Are You Feeling Today?



HAPPY



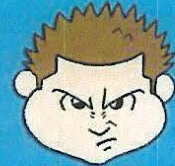
AFRAID



SAD



FRUSTRATED



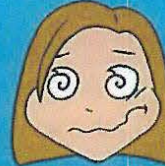
ANGRY



SMUG



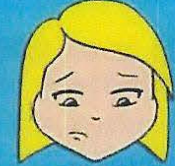
DISGUSTED



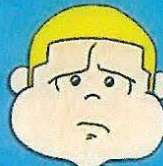
CONFUSED



SURPRISED



GUILTY



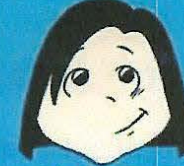
LONELY



DEPRESSED



ECSTATIC



HOPEFUL



WORRIED



ASHAMED



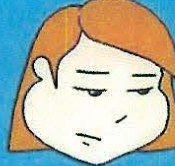
EMBARRASSED



JEALOUS



DISTRACTED



HOPELESS



EMPTY



CONFIDENT



NERVOUS



ENRAGED



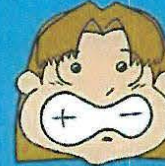
EXHAUSTED



CAUTIOUS



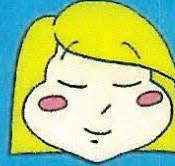
PROUD



SHOCKED



OVERWHELMED



SHY

MAY IS MENTAL HEALTH MONTH

The Wellness Council of Greater Colorado Valley



DO YOUR WORRY, GET NERVOUS OR ANXIOUS?

It's not unusual for kids to worry, particularly about their parents being ok, making good grades, getting along with friends, how to handle a bully – just to name a few. So here are things you can do to help yourself stop worrying:

#1 – **Know that your thoughts can get stuck and play tricks on you.** So, practice telling yourself, "I can handle this! I am capable! I am going to let these worries go!" Then do something that you enjoy so your thoughts won't be stuck.

#2 – **Figure out what you are really feeling.** Look at the Feeling Chart and identify exactly what are your feelings about each thing your worry about. This way, you can say to yourself, "I will not be afraid, I am strong and brave." Or "I will not be confused; I will ask questions of people I trust until everything is clear to me." Or "I'm feeling lonely but I'm not going to feel sorry for myself or be sad; I'm going to call a friend or talk to my mom, or go play and get my mind in a good place."

#3 – **Talk to an adult you trust – a parent, teacher, school counselor, neighbor.** It is always healthy to talk when you are worried and get things out. That way your thoughts aren't in control and they can't stay stuck. You can also draw a picture of what is bothering you, imagine your negative thoughts floating away on the river, or get some clay or play dough and create the scene of your thoughts, then smash it – and those feelings are gone!

DO YOU EVER GET SAD AND THE SADNESS WON'T GO AWAY?

Sometimes you may feel sad, and that sad feeling doesn't go away. That is called depression and kids can certainly get depressed. You may also feel alone, lonely and afraid. Here are ways to help deal with all these feelings:

#1 – **Do something fun, even if you really don't think it will be fun.** If you will make yourself get up and active, like skating on the sidewalk, or riding your bike, or asking a parent to take you to the park, or walking your dog, or building a blanket fort, or make your favorite snack, or get a parent to help you re-arrange your bedroom. Anytime you feel stuck in sad, it is very important to get moving and doing.

#2 – **Talk back to your negative thoughts.** Ask yourself, "Is this real? Did it really happen? What are all my feelings about the situation? What is the healthiest way for me to deal with this?" And don't forget to tell yourself, "I am strong, I am capable, I don't have to feel this way."

#3 – **Go outside, get in the sunshine and get off your device!** If the weather is not horrible, this is a great help for feeling sad and depressed. Sunshine is nature's feel-good gift, and walking, running and playing in the sunshine can make all the difference. Although you may love your device and playing games and chatting with friends, it is a mind freezer! It doesn't allow your feelings to flow naturally, it causes feelings and thoughts to get stuck, and it offers no solutions. You may hate to hear this, but it is all true! Too much time on a device is a very, very unhealthy thing.



The Wellness Council of Greater Colorado Valley

www.WellnessGCV.org

Get local resources in Resource Directory

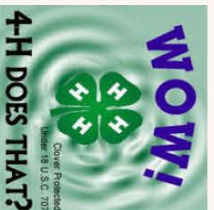


How to Join A 4-H Club

Step 1. Find a club in your areas or one you are interested in. We currently have 6 clubs and 2 project groups in Colorado County so there is something for everyone. If you are interested in joining a 4-H club in your local community, contact the club manager. They will invite you and your family to a club meeting so that you can learn more. You may also contact your Colorado County Extension Office. Membership is open year round.

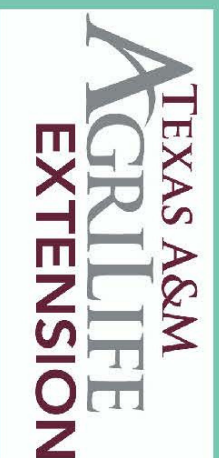
Step 2. Attend and participate in meetings and activities to learn all you can about the club, their activities, and 4-H!

Step 3. Log on to 4-H Online at <https://texas.4honline.com> to complete your enrollment information. Make sure you complete all of the information so you can receive updates, newsletters, and reminders about activities and important dates! Parents may also become active in the 4-H clubs by leading a project group or assisting with events and activities.



Colorado County Extension Office

Ja'Shae Carter, CEA-FCH
Laramie Kettler, AG/NR
Jonitress Jones, Office Manager
316 Spring St.
Columbus, Texas 78934
P: 979-732-2082
P: 979-732-2530
Colorado@ag.tamu.edu
<http://coloradoagrilife.org>
<http://www.facebook.com/pages/Colorado-County-4-H>



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Colorado County 4-H 2023-2024

I pledge my **HEAD** to clearer thinking,
my **HEART** to greater loyalty,
my **HANDS** to larger service,
and my **HEALTH** to better living,
for my club, my community,
my country, and my world.



Activities/Projects

- Community Service Opportunities
- Share the fun - Educational Presentations
- Shooting Sports: Archery, Rifle, Air Pistol
- Consumer Decision Making
- Food Challenge/Food Show
- Record Books
- 4-H Camps
- 4-H Roundup
- County Fair Exhibits
- Robotics/STEM
- Showing Livestock
- Food and Nutrition Project
- Horse Club
- Public Speaking
- Clothing and Textiles Project
- Livestock Judging
- One Day 4-H!



Colorado County 4-H Club Information 2023-2024

Colorado County 4-H Council

Meets 3rd Monday of Odd Months
Colorado County Extension Office @ 6:30 p.m.

jashae.carter@ag.tamu.edu

Laramie.kettler@ag.tamu.edu

979-732-2082

979-732-2530



Colorado County 4-H Horse Club

Meets 3rd Tuesday of each month
Colorado County Extension Office @ 7:00 p.m.

Sarah Wanjura, Club Manager

sarahwanjura@hotmail.com

979-820-6659

Eagle Lake 4-H Club

Meets 3rd Saturday of each month Providence Baptist
Church Hall @ 3:00 p.m.
Coby Shorter III, Club Manager
512-217-0112

Frelsburg 4-H Club

Meets 3rd Monday of each month Colorado
County Extension Office @ 5:30 p.m.

Jessie Rau, Club Manager

jessierau@hotmail.com

979-732-1816

Garwood 4-H Club

Meets 2nd Tuesday of each month Lehrer
Memorial Methodist Church Hall @ 6:00 p.m.
Jennifer Peacock & Katie Kunz, Club Managers

jenniferpeacock@sbcglobal.net

kunzklan@reagan.com

979-758-1133

979-578-1237

Wild Clover 4-H Club

Meets 4th Sunday of each
month Weimar United Church of Christ @ 4:00 p.m.

Nicole Goldman, Club Manager,

nicolemorellgoldman@gmail.com

832-294-3464

Whispering Oaks 4-H Club

Meets 1st Monday of the month First Baptist
Church of Eagle Lake @ 5:30 p.m.

Alyssa Lindemann, Club Manager

alindemannccems@gmail.com

979-758-1922



Columbus Area 4-H Shooting Sports

Meetings vary with Shooting Sports
HE Building, Colorado County Fairgrounds @ 5:45p.m. &
6:45 p.m.

Terri Jurek, Club Manager

Terri and Stephen Jurek, Coaches/Leaders

shoot4fun@netzero.com

979-732-9498

Archery - Tuesday (Sept. - Jan.) @ 7:00 p.m.,
Fairgrounds

.22 Rifle - Sunday (Jan. - Feb.) @ 2:00 p.m. -

5:00 p.m., Shooting Range

Air Pistol/Air Rifle - Thursday (Jan. - Mar.) @

6:45 p.m., Fairgrounds

.22 Pistol - Sunday (Jan. - Feb.) @ 2:00 - 5:00

p.m., Fairgrounds

Shotgun - Coaches' availability dictates if
these disciplines are offered and when they
meet.



4-H Council Officers for 2023-2024

Julie Ana Gobert, Chairman

Brooke Wanjura, 1st Vice Chairman

Jack Dudensing, 2nd Vice Chairman

Colten Koy, 3rd Vice Chariman

Lana Potter, Secretary

Jase Rau, Treasurer

Brina Kent, Reporter

Kase Weishuhn, Parliamentarian

Dear Shae, Laramie, & 4-H Members,

I was thrilled to learn that I was a recipient of your scholarship! I am writing to thank you for your generous support towards my higher education!

The 4-H organization has done so much for me and I am committed to extending the same help I have received from you, to others one day!

Thank you once again for your selfless contributions to education, not just for myself, but for others as well!

Forever Thankful,

~~Aleigha Hilley~~

Dear Colorado County 4-H Council,

Thank you for giving me a Scholarship. I am looking forward to college and to see where it leads me. I will be continuing to rodeo through college along with some amateur and pro rodeos.

Thanks again,

Shubyn Parnore

Council Meetings

4-H Council Meetings are open to all youth members!!
Council meets bi-weekly, next council meeting will be held: November 13, 2023 at
6:30 p.m.

Colorado County Extension Office
316 Spring St.
Columbus, TX 78934



Contact Us

4-H updates and current happenings in Colorado County will be posted to the “Colorado County 4-H TEXAS” page as they occur. You can find the page by searching the quotes or going to: <https://www.facebook.com/pages/Colorado-County/161170703915573>

Colorado County Extension (ANR and FCH) updates and current happenings will be posted on the “Colorado County Extension website. Find the page by going to: <http://Colorado.agrilife.org>.

Extension Staff

CEA-FCH—Ja’Shae Carter
Jashae.carter@ag.tamu.edu
CEA - AG/NR—Laramie Kettler
Laramie.kettler@ag.tamu.edu
Jonitress Jones, Office Manager
jonitress.jones@ag.tamu.edu

If you need any assistance or help is needed with any livestock projects, please call the office at 979-732-2082 to schedule a project visit. Call 979-732-2530 for other project information and/or assistance.

AgriLife Extension Office hours:
Monday-Friday 8am-5pm
Closed 12-1pm for lunch

Important Websites

Colorado Co. 4-H <http://colorado.agrilife.org/>
District 11 4-H <http://d114-h.tamu.edu>
Texas 4-H <http://texas4-h.tamu.edu/>
4-H Online: <https://v2.4honline.com/>
Texas 4-H Alumni and Friends
<http://texas4hfriends.org>



Colorado County
316 Spring Street
Columbus, TX 78934

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