**4-H Blast**

April 17, 2020

[www.join4h.com](http://www.join4h.com)

**Texas 4-H will not conduct face-to-face programming until May 4th. Programming includes 4-H club meetings, project meetings, practices, contests and recognition events.**

The following events have been CANCELED due to this regulation:

* **April 19:** Shooting Sports Practice, 2pm, New Salem Building- Rockdale
* **April 24-26:** 4-H Scholarship Interviews, College Station
* **April 29:** Recordbook Workshop, 5:30pm, County Extension Office
* **May 2:** District 4-H Roundup, Riesel High School (more info coming soon)
* **June 8-12:** Texas 4-H Roundup ***NEW!!!!!!! CANCELED!!!!!***

4-H Happenings Coming Up:

* **April 17:** Major Show Steer Tag Orders Due
* **April 17:** State Fair Sheep and Goat Orders Due
* **April 20-24:** Every Kid Healthy Week
* **April 20:** Virtual Space Camp Assignment 4
* **April 24:** RFA Turkey Orders- order through RFA
* **April 24:** Major Show Steer Tag Order MONEY Due
* **April 24:** State Fair Sheep and Goat Order MONEY Due
* **April 24:** Rockdale Fair Turkey Orders Due
* **April 30:** FCH Quiz Bowl Challenge, 3:30pm (MUST REGISTER)
* **May 1:** Healthy Texas Ambassadors Applications Due, County Extension Office
* **May 1:** Texas 4-H Water Ambassador Application Due
* **May 1-22**: Entomology Contest
* **May 8**: State Fair Swine Tag Orders Due
* **May 16:** RFA Commercial Heifers: 8:00 am to 10:00, Tag-in at Milam County Auction Barn **SEE NEW DATE!!!!!**
* **May 13:** RFA Steers: 5:30 to 7:00 p.m., Tag-in at Rockdale Fair Park
* **May 22:** RFA Broiler Orders: Order through RFA
* **May 22:** Deadline for State Entomology Contest

***More summer dates to come soon!!!!***

* **June 5:** 4-H Clover Kid Fun Day Camp
* **June 17-19:** District 8 Surge (Leadership Lab) and District Council Officer Elections
* **June 17:** Rockdale Fair Turkey Pickup, Rockdale
* **June 22:** Recordbooks and Awards Due
* **June 23:** Club Manager Training, 5:30pm, Bea’s Kitchen
* **June 23:** County Recordbook Judging (Awards and Recordbooks due for parents that judge), 6pm, Bea’s Kitchen
* **June 26-28:** Southeast District County Camp, Palestine
* **July 9:** District 4-H Recordbook Judging
* **July 12-15:** Texas 4-H Congress

***ENROLLMENT!!!*** Please sign up then! [www.join4h.com](http://www.join4h.com) Tell your friends to sign up!!! To re-enroll or join 4-H, please see our website: <http://counties.agrilife.org/mc4h/4-h-enrollmentguidelines/> This link will show you the steps to join as well as many important items for the 4-H year! Join us for 4-H fun!

***4-H Facebook:*** Don’t forget we have a 4-H Facebook page!!!! We post 4-H Blasts, 4-H contest results and neat opportunities to do in 4-H! Make sure that you “see us first” in your settings. Step 1: Like the Page, Step 2: Click on Following, Step 3: See First, Step 4: Turn Notifications ON! Then you will see all 4-H posts when they arrive! **DURING THIS TIME, PLEASE CHECK THE FACEBOOK FOR UPDATED INFORMATION ON EVENTS SO YOU CAN RECEIVE THEM IN A TIMELY MANNER!**

***Major Show Steer Tag Orders:***

Milam Co. Extension Office is now taking 2020-2021 Major Show Steer Tag Orders

The deadline for tag orders will be **Friday, April 17, 2020** by 5:00pm. Orders taken via phone: 254-697-7045.

Checks will need to be made out to E.L.A.B. with the memo **2020 Steer Validation**. Checks will need to be mailed to: Milam County Extension Office. 100 East 1st Street. Cameron, Texas 76520. Payment will be due to the Extension Office by **Friday, April 24th**

See ordering Information below.

Validation fee for 2020-2021 Major Show Steers:

$20 per head April 1-April 17

$30 per head April 17-June 23

**Physical Validation – June.** Exact dates are still to be determined.

***State Fair Sheep and Goat Tag Orders:***

Milam Co. Extension Office is now taking 2020-2021 State Fair Sheep and Goat Tag Orders

The deadline for tag orders will be **Friday, April 17, 2020** by 5:00pm. Orders taken via phone: 254-697-7045.

Checks will need to be made out to E.L.A.B. with the memo **2020 State Fair Tag Orders**. Checks will need to be mailed to: Milam County Extension Office. 100 East 1st Street. Cameron, Texas 76520. Payment will be due to the Extension Office by **Friday, April 24th**

See ordering Information below.

Validation fee for 2020-2021 Major Show Steers:

$20 per head April 1-April 17

$30 per head April 17-June 23

**Physical Validation – June.** Exact dates are still to be determined.

***State Fair Swine Validation Tags:*** Our deadline will be ***Friday, May 8th 2020*** by 5:00pm. Tag price will be the same and checks will need to be made out to E.L.A.B. and mailed to Milam County Extension Office. 100 East 1st St. Cameron ,TX 76520. Tags are $20 each.

I have had a few questions on what the contingency plan will be if for some reason we cannot validate for State Fair. I personally do not see that happening, but if it does, Milam County will be refunding your any and all Major Show tag orders in full.

With all that is going on right now we still do not have a set date for Validation but are hoping for the 3rd week of June.

***Rockdale Fair Turkey Orders:***

~ Orders must be postmarked or hand delivered to Monica Garrison by **April 24th**.

~ PO Box 1582 Rockdale 76567

~ $31.25 per pen.

~ Payable to Rockdale Fair Association

~ Include exhibitor name, address, phone numbers, 4H or FFA chapter.

~~ Pick up will be **June 17th** in Rockdale ~~

# Questions contact Monica Garrison 254-482-0294!

***4-H Virtual Photo Challenge:***

Starting **April 1**, put your photography skills to the test. Review the challenge topic for the day and then take your best photos with whatever camera you have available. Keep it simple. Interpret the topic however you like, or research that type of photography online for ideas. If you like (and with your parent’s permission) post your photos on the Texas 4-H Photography Project Facebook page:

<https://www.facebook.com/TX4Hphotography/> and the Milam County 4-H Facebook Page: <https://www.facebook.com/milamcountyfourH/> Instructions and guidelines are outlined on the facebook page.

***Virtual Space Camp: EXCELLENT SCIENCE FOR KIDS!!!*** We are excited to present our Virtual 4-H STEM Space Camp for 3rd to 5th grade students. Each week we will release a new experiment with educational and how-to videos.

This camp is FREE for anyone to participate (4-H membership NOT required)! We only ask you to fill out the Registration Form via the link provided to access our Campsite where the experiments will be released every Monday morning at 10am CT. (**4/20**). You will have all week to complete the assignment. It is not a webinar. I encourage you all to sign up! Even if you are behind and want to do this you can still catch up! <https://docs.google.com/forms/d/e/1FAIpQLSdIqxFidahTBHmMexVQy92KzCaEyiQU40xalo8lMbQNYeqWew/viewform>

***Rockdale Fair Rules Updated:***

The Rockdale Fair Rules for 2020 have been updated on the website and there are some MAJOR changes! Please look ASAP!!! <https://counties.agrilife.org/mc4h/rockdale-fair/> PLEASE READ ALL RULES FOR DATES AND DEADLINES! Here are the major livestock dates!!! More rules for baked goods and Home Economics will be available soon!

1. Commercial Heifers: **May 16, 2020**, 8:00 am to 10:00, Tag-in at Milam County Auction Barn, Cameron; Palpation and Body Condition Scoring: **Oct. 3, 2020**, 8:00 to 10:00 a.m., Milam County Auction Barn Cameron
2. Steers: **May 13, 2020**, 5:30 to 7:00 p.m., Tag-in at Rockdale Fair Park
3. Lambs, Swine & Goats: **July 11, 2020**, 7:00 to 9:00 a.m., Rockdale Fair Park
4. Rabbits: **September 10, 2020**, 5:30 to 7:00 p.m., Home Demonstration Building, Rockdale Fair Park
5. Broilers: Order through RFA, by **May 22**, pick-up **September 4**, Home Demonstration Bldg., Rockdale Fair Park, 5: 30 to 7:00 p.m. Cost per broiler: $1.74
6. Turkey: Order through RFA, by **April 24**, pick-up **June 17**, Home Demonstration Bldg., Rockdale Fair Park, 5:30 to 7:00 p.m., Cost per turkey: $6.25
7. Breeding Beef Heifer entries postmarked and due **September 10, 2020**

***FCH Quiz Bowl Challenge:*** The FCH Quiz Bowl committee has been hard at work putting together a great educational opportunity for our youth to participate in. The FCH Quiz Bowl Challenge will kick off on **April 30th at 3:30pm**. We ask that those wanting to participate register ahead of time to be able to receive our game code and zoom information. Register to participate here: <https://forms.gle/cp4KebtaxjtcpCrx7>.

***Entomology:*** Are you interested in collecting bug? We have the project for you! This is a SELF-GUIDED project and we have information on the contest. For more information, you can visit <https://texas4-h.tamu.edu/projects/entomology/> \*NEW\* this year, the contest is separate from Texas 4-H Roundup Registration. Registration will be through 4-H CONNECT on **May 1 – May 22, 2020**. Cost is $10. Collections will need to be physically brought to College Station on Tuesday, June 9th and turned in at the HEEP Center, Room 411 by 10 am. Awards will be announced during the Entomology Identification Awards ceremony the afternoon of Wednesday, June 10th. 4-H members do not need to be present but must make arrangements to have their collections delivered/picked up for the contest. Cash prizes will be awarded to the top 4 entries per age division.

The contest is open to Junior, Intermediates and Seniors. Cash prizes will be awarded to the top 4 entries per age division. Additional awards may be provided if sponsorship is available.

***2020-20201 Healthy Texas Ambassador:***

Are you looking for ways to expand your program? Looking for ways to improve the health and lives of youth and adults? Do you have teens in your county who are looking to make a difference in their health and the health of others? If so, the HEALTHY TEXAS YOUTH AMBASSADOR PROGRAM is the perfect opportunity for them to become trained in health, wellness, and safety while helping you grow your local program efforts!

Eligibility requirements include:

• Be in at least the 9th grade at beginning of the 2020-2021 school year

• Submit completed application to the local county extension office by ***May 1, 2020***

***For Handbook and application go to:*** [***https://drive.google.com/file/d/1no5Y9N8VtZdFOGVVjUAgaipJLG0HekYC/view?usp=sharing***](https://drive.google.com/file/d/1no5Y9N8VtZdFOGVVjUAgaipJLG0HekYC/view?usp=sharing)

• Have an interest and passion to serve others in the area of health education which includes nutrition, physical activity, passenger safety, and safe environments!

What does the program entail?

After youth are accepted to the local program, they must fulfill the following obligations:

• Complete and report 40\* hours of leadership, program efforts, or community service annually. \*This is a reduction in previous hours to be consistent with other ambassador programs.

• Attend a Regional Healthy Texas Youth Ambassador Summit in a location nearest to them.

• Attend face-to-face and online trainings

• Remain academically eligible.

• Must agree to the obligations and requirements outlined in the HT Youth Ambassador Handbook.

• Ambassadorship is a 12-month commitment, beginning June 2020. Ambassadors who fulfill the minimum (40) hours of service will be invited to reapply for the following year. New and returning ambassadors MUST complete a new application annually.

• To meet all commitments for which the Ambassador volunteers and to complete those commitments with excellence.

For more detailed description of requirements and expectations, agents should review the 2020-21 Healthy Texas Youth Ambassador Handbook.

***Texas 4-H Water Ambassador:*** APPLICATIONS NOW OPEN FOR 2020/2021

Help Spread the News!!! Applications are now open for the 2020/2021 class of 4-H Water Ambassadors. Up to (30) youth will be selected to serve this leadership position. The role of 4-H Water Ambassador requires youth who are dedicated, mature and dependable with a genuine interest in water and natural resources. To be eligible, youth must:

• Be in high school or entering high school for the 2020/2021 academic year

• Be 14 years of age or older by August 31, 2020

• Be a current 4-H member, OR be willing to join a local 4-H club if selected

Download the complete application guidelines and instructions here. More information is also available on our web site, [www.texas4hwaterambassadors.com](http://www.texas4hwaterambassadors.com).

On-line applications are due **May 1, 2020.**

***2020 4-H Outdoor Challenge:***

When: June 21-22, 2020

Where: Texas 4-H Center, Brownwood

Contest- 4-H Connect (https://texas.4honline.com), **April 15-May 15, 2020;** Participation is **limited to the first 60 full teams who register**. Registration fee is $50 per contestant.

 Lodging & Meals- Optional Lodging and Meals at the 4-H Center are available by reserving on https://texas4hcenter.tamu.edu/ during same timeframe as Contest Registration.

Rules and Resources Guide:

 General information can currently be found in the 4-H Outdoor Challenge Rules and Resources Guide posted on the 4-H Outdoor Education and Living Skills webpage; <http://texas4-h.tamu.edu/projects/outdoor-education-living-skills/>.

***Texas 4-H Congress Announcement:***

As of today, we are working towards a Texas 4-H Congress happening as it has been held for many years. As of today…………………………..

I understand that members and their families may be a little wary about whether to register for the event or not since our normal schedules have been altered so much recently and we cannot give a definite direction about the summer events. However, I would encourage interested youth to go ahead and submit a bill and get registered as if we knew for sure we were hosting Congress. Registrations will not be approved until we are certain about the event.

As a reminder, all students wanting to attend Congress, will need to submit a bill.

Quick Congress Info:

When: ***July 12-15, 2020***

Where: Texas State Capitol, Austin

Who: Senior 4-H members

Cost: Varies ($350 April 13-30, $375 May 1-20)

All other information can be found here: <https://texas4-h.tamu.edu/events/congress/>

***Every Kid Healthy Week:***

Every Kid Healthy™ Week is an annual observance created in 2013 to celebrate school health and wellness achievements. Recognized on the calendar of National Health Observances and observed the last full week of April each year (April 20-24, 2020), each day of the week shines a spotlight on the great actions schools and families are taking to improve the health and wellness of their kids and the link between nutrition, physical activity, mental health and learning – because healthy kids are better prepared to learn and thrive! This year with the COVID 19, we are celebrating Every Kid Healthy Week at home! We are encouraging families to continue this week with scheduled activities to complete and have fun while staying healthy and staying at home!

Here are the activities planned for Every Kid Healthy Week:

o Mindfulness Monday: Start your day with a Mindful Morning- Breathe easier with some simple breathing exercises! Stay Grounded! Refocus with this simple 5-4-3-2-1 technique. End the day with yoga! Poses + positive affirmations = confidence boost.

o Tasty Tuesday: Family Mealtime- Sit down and eat a meal as a family! Come up with conversation starters and talk! Cook healthy meals at home TOGETHER as a family! Make a FUN healthy snack and involve the kids!

o Wellness Wednesday: Recycle paper towel and toilet paper rolls into a fun craft! Think outside the garden box: Plant a creative garden using containers from your home! Family Game Night! Limit electricity use and screen time: choose a fun game instead.

o Thoughtful Thursday: Make a “Thank you” video and send it to your teacher or nurse/doctor you know! Complete 2 random acts of kindness at home! Make a sensory play path or hands-on activity for your kids!

o Fitness Friday: Obstacle Challenge: Set up a family fitness course (Inside or outside)! Go for a Rainbow Walk! Identify one thing for each color of the rainbow: Red, Orange, Yellow, Green, Blue, Indigo and Violet. Don’t forget to hydrate during physical activities- drink water!

If you need more resources on completing these activities, please visit our sites: <https://www.actionforhealthykids.org/get-involved/every-kid-healthy-week/> and <https://agrilifeextension.tamu.edu/coronavirus/#Parenting>

***Milam County 4-H Information!*** For information about any 4-H related activity, please go to the website or facebook page! www.Join4-h.com or www.facebook.com/milamcountyfourH

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating