



The Fort Bender



May 2020

From the FBC 4-H Team

TEXAS A&M
AGRI LIFE
EXTENSION



PRAIRIE VIEW
A&M UNIVERSITY
COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES
Cooperative Extension Program



**Texas A&M AgriLife
Extension Service
Fort Bend County**
1402 Band Road, Suite 100
Rosenberg, Texas 77471

Phone: (281) 342-3034
Office hours: 8am-5pm

Fort Bend County 4-H
agrilife.org/ftbend4h

District 9 4-H
d94-h.tamu.edu

Texas 4-H
texas4-h.tamu.edu



Angela Bosier-Romans
County Extension Agent

Damion Turner
County Extension Agent

Amber Foster
County Extension Agent - CEP

Natalie Heimann
Administrative Specialist

Jennifer Evanicky
Administrative Assistant

Eligibility Forms
Available online!



FORT BEND 4-H

[facebook.com/
FortBendCounty4H](https://facebook.com/FortBendCounty4H)

agrilife.org/FtBend4H

Reminders

May:

COUNTY
 May 12th – 14th – Choose Health Virtual Session
 May 14th - Club Chartering Q&A via zoom
 May 19th – Recordbook Q&A
 May 21st – County Council Elections 7:00 P.M.
 May 26th - 4-H goes Hunting - Virtual Scavenger Hunt 6:30 PM

DISTRICT
 May 20th – Horse Show deadline

STATE
 May 1st – May 28th – Texas 4-H Entomology Collection Contest

June:

COUNTY
 June 1st – County Recordbooks Due by 5:00 pm
 June 1st - Star Awards Due 5:00 PM
 June 2nd - Parent Leader Meeting 7:00 PM - Location TBA
 June 10th – LATE FEE Steer, Lamb, Goat and Heifer Tag Orders
 June 16th – State Fair of Texas Lamb/Goat Validation 4:00 – 6:30 P.M.
 June 18th – 2021 Major Show Heifer/Steer Validation 4:00 – 6:30 P.M.
 June 18th – County Council at 7:00 pm – Location (TBA)

DISTRICT
 June 3rd – Leadership Lab Entry Deadline
 June 23rd – 25th – Leadership Lab

STATE
 June 1st – Healthy Texas Youth Ambassadors Deadline
 June 1st – 20/20 Kitchen Vision
 June 21-22 – Texas 4-H Outdoor Challenge

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. Persons with disabilities who plan to attend this meeting and who may need auxiliary aids or services are required to contact Texas A&M AgriLife Extension Service at 281-342-3034 five working days prior to the meeting so appropriate arrangements can be made. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

MAY 12-14, 2020

CHOOSE

HEALTH

Virtual Session

by Fort Bend Co. Health Ambassadors

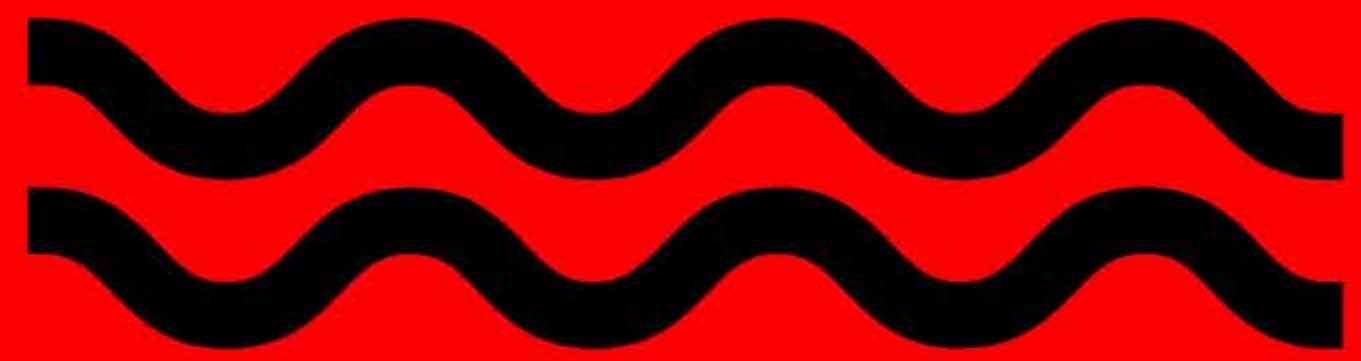


FORT BEND 4-H PRESENTS

CLUB CHARTERING Q&A VIA ZOOM

Please register at
<https://agrilife.org/ftbend4h/event/club-chartering-qa-via-zoom/> to receive zoom meeting room information

zoom



Recordbook Workshop & Q&A

Date: Tuesday, May 19, 2020
Time :7:00pm

Register at
<https://agrillife.org/ftbend4h/event/recordbook-qa-via-zoom-2/> to receive
Zoom Meeting Room information



Have you started your
recordbook for 2019 -2020 ?

New Due Date for County
Recordbooks : June 1, 2020

Join us to learn about
Recordbooks and why they
are important to keep records
of your achievements &
activities and answer any
questions about your own
personal recordbook.



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20
20

FORT BEND 4-H PRESENTS



FORT BEND 4-H COUNTY COUNCIL OFFICERS ELECTIONS

DATE : 5/21/2020

TIME : 7:00PM

REGISTER AT

[HTTPS://AGRILIFE.ORG/FTBEND4H/EVENT/COUNTY-COUNCIL-ELECTIONS-2/](https://agrilife.org/ftbend4h/event/council-elections-2/)

TO RECEIVE ZOOM MEETING INFORMATION



zoom

CALL WILL BE RECORDED

TEXAS A&M
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PRAIRIE VIEW
A&M UNIVERSITY
COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES



Fort Bend 4-H

GOES HUNTING !!!

MAY
26TH
@ 6:30
PM

Join us for a virtual scavenger hunt!
via Zoom!

Register at
<https://agrilife.org/ftbend4h/event/4-h-goes-hunting/> for Meeting Room ID

Winners receive a prize!





TEXAS A&M
AGRI LIFE



District 9 4-H

Instructional Horse Show

Monday– June 15, 2020
1:00 PM. until conclusion.

**\$50.00 for the DAY –INCLUDES ALL CLASSES
and early evening meal.**

Instructional Classes:

SHOWMANSHIP
WESTERN HORSEMANSHIP
STOCK HORSE PLEASURE
WESTERN TRAIL
HUNT SEAT EQUITATION

**CRITIQUE
INSTRUCTION
ADVICE**

*If you want to learn about exhibiting
your horse project in these classes-
You need to participate!*

Instructional show at the
Brazos County
EXPO Complex
5827 Leonard Rd.
Bryan, TX 77807

**OPEN TO ANY 4-H
MEMBER**

**Regardless of District or
County**

**Enter online / 4-H Connect by
May 20, 2020**

**No 4-H Horse Validation or
Ownership Required**

**Participation does not qualify the
horse or exhibitor for the State
Show.**

**If you participate in the
Instructional Horse Show and
decide to enter the District Horse
Show, all late fees are waived (will
require ownership of validated 4-H
Horse project & D9 4-H
Membership) First year Horse
Show Participants Only**

**Educational Program Sponsored
by the
District 9 4-H Horse Committee.**

For more information
please call
979-845-6800
or your local
District 9 County
4-H Office.



"Hang Your Hat On This!"

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Texas 4-H Entomology Collection Contest

Age Divisions as of 9/1/2019:

Junior (3rd - 5th grades)

Intermediate (6th- 8th grades)

Senior (9th - 12th grades)

Entry Details:

Online through Texas 4-H CONNECT
by selecting the

"2020 State Entomology Collection Contest"

May 1 - May 28, 2020. Cost is \$10.

****This year's contest is going VIRTUAL!!**

Collection information will be submitted via photos*





Parent Leader Meeting

Date: June 2, 2020

Time: 7:00 PM

Location: TBA

GETTING REAL

WITH THE 4-H



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2020 D-9 Leadership Lab

Date: Tuesday, June 23rd (9:00 am - 5:00 pm)

Location: The Lonestar Convention & EXPO Center, Conroe

Cost: \$25.00

Registration: Via 4-H Connect by June 3rd

Youth: 8th grade (completed) - 12th grade

Educational Workshops:

- Roadside 101
- Healthy Habits 101
- Grilling 101
- Money Management 101
- Interviews 101
- Council Meeting & Officer Elections

*Due to concerns with COVID 19, plans are subject to change!

TEXAS A&M
AGRILIFE



SEEKING TEXAS 4-H MEMBERS WITH

20/20 KITCHEN VISION

If you are current 4-H member with a knack for developing recipes, this is the opportunity for you.

Submit your recipe and Texas 4-H will decide on social media the People's Choice Champions!

Recipe **MUST** be developed by a current 4-H member or clover kid. Appetizers, snacks, entrees, desserts - we want them all!

But wait, there's more...
Your recipe could be featured in our official

Texas 4-H Cookbook

to be printed and SOLD in fall 2020

TEXAS A&M
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HEALTHY RECIPES = HEALTHY LIFE!

Fats and Oils

Choose or modify your ingredients to include fats and oils that are low in saturated fat. All fats and oils are high in calories, but you can make a healthier choice by replacing bad (saturated) fats with good (unsaturated) fats in recipes.

GOOD: Unsaturated fat (poly and mono) helps lower bad cholesterol and triglyceride levels. Unsaturated fats provide the essential fats that the body needs to properly function but can't produce itself. Sources: olive, peanut, canola, sunflower, and corn oils; avocados; nuts and seeds such as almonds, hazelnuts, pecans, walnuts, flax seeds, pumpkin seeds, and sesame seeds; fish

THE BAD: Saturated fat needs to be limited because it can increase the risk of heart disease and raise bad cholesterol levels. Sources: Coconut, coconut oil, palm oil, and palm kernel oil; whole milk products, butter; High fat meat products such as bacon or sausage

More tips to reduce fat: Use fat-free (skim) milk instead of whole milk. Use low-fat sour cream (1%) or fat free plain yogurt in place of sour cream. Use low-fat varieties of cheese instead of full fat cheeses. Use one fourth less of liquid oil or solid fat in most recipes. Use 2 egg whites for every egg or one fourth cup of egg substitute for every egg. Use half the specified amount of oil to sauté or brown food. Substitute applesauce for one half of the butter or margarine in cookies or cakes. Use cooking methods such as bake, boil, broil, grill, roast or stir-fry instead of cooking foods in fat

Added Sugar

Avoid added sugars in your recipe to decrease calories and prevent weight gain. Try these tips to make your recipe healthier: To cut down on sugar, adjust sugar in the recipe by using one-third less. For example, if a recipe says to use 1 cup of sugar, use $\frac{2}{3}$ cup. This change works best in canned and frozen fruits and in making puddings and custards. In cookies and cakes, try using $\frac{1}{2}$ cup sugar per cup of flour. For quick breads and muffins, use 1 tablespoon sugar per cup of flour. Replace canned fruit packed in syrup with fresh fruit or with canned fruit packed in water. Add cinnamon, vanilla, and almond extract in place of sugar for sweetness.

Sodium

Omit salt or reduce by one-half. For example, if a recipe calls for $\frac{1}{2}$ teaspoon salt, use $\frac{1}{4}$ teaspoon. This method may be more acceptable if you gradually reduce the amount of salt each time you make the recipe. Do not eliminate salt from yeast bread or rolls; it is essential for flavor and helps the texture. Replace salt with spices or herbs to add flavor. Use fresh or frozen foods, rather than canned foods, or use low sodium canned foods.



HEALTHY TEXAS
Y • O • U • T • H
AMBASSADORS

Deadline Extended!!!

The deadline for Healthy Texas Youth Ambassadors has been extended until June 1!!

Ambassador applications are available at
<https://healthytexas.tamu.edu/resources/youth-ambassadors/>



TEXAS A&M
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EXTENSION

Sea Grant
Texas
AT TEXAS A&M UNIVERSITY

NOAA Live! Webinar Series: Coastal Marshland in My Texas Backyard

Wed, May 27, 2020

10:00 AM - 11:00 AM

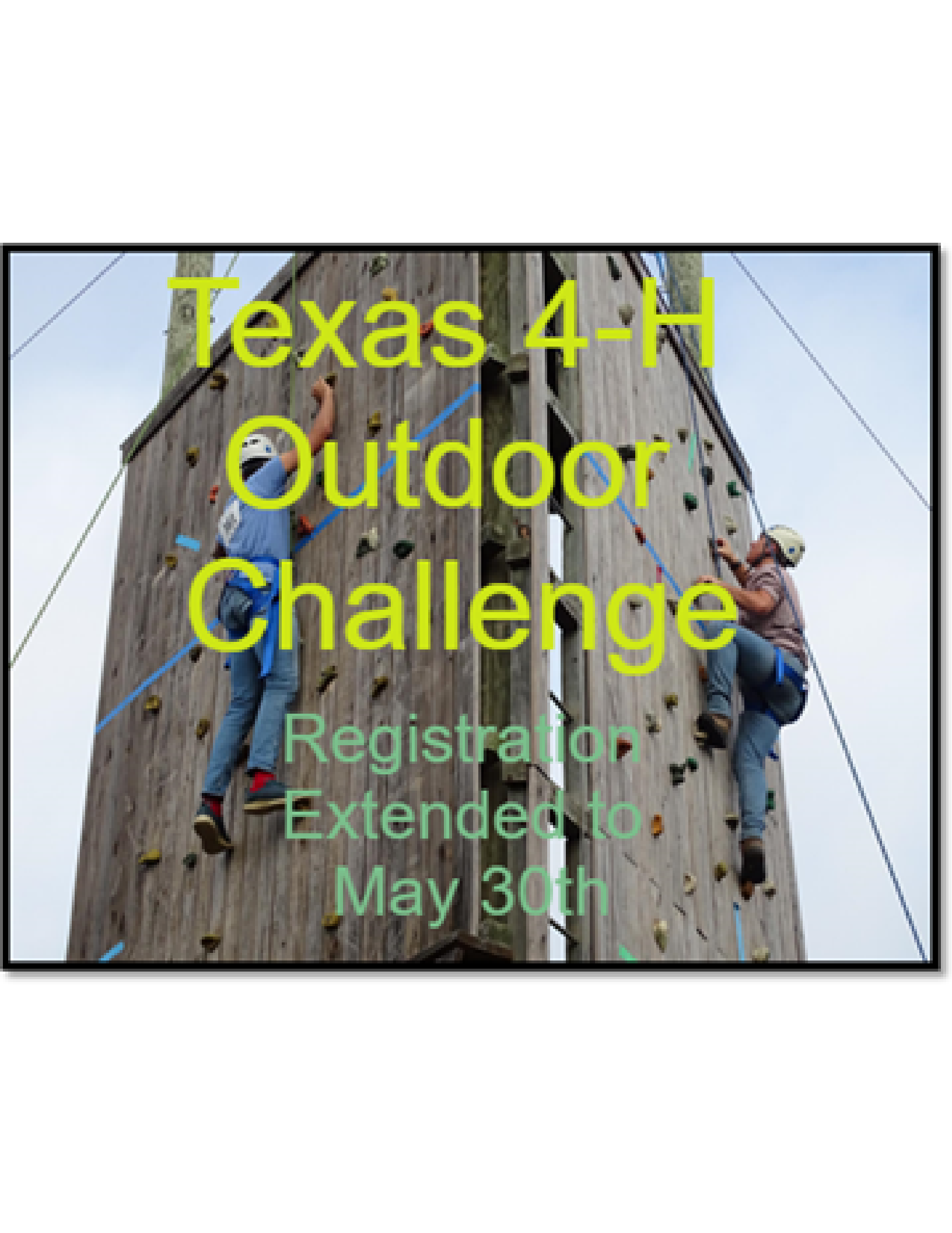
Presented by: Nikki Fitzgerald,
NOAA's Texas Sea Grant in
Anahuac, TX

Learn about the importance of our
coastal marshes and discover the many
different animals that call it home.

Scan for
Registration Link



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.

A photograph of two people climbing a tall wooden rock wall. The climber on the left is wearing a blue shirt and a white helmet, while the climber on the right is wearing a brown shirt and a tan helmet. Both are secured by blue ropes. The wall is covered in various colored climbing holds. The background is a clear blue sky.

Texas 4-H Outdoor Challenge

Registration
Extended to
May 30th



2020 4-H Outdoor Challenge Announcement

When: June 21-22, 2020

Where: Texas 4-H Center, Lake Brownwood

Registration:

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://texas4h.tamu.edu/projects/outdoor-education-living-skills/>.

The Fishing Event will be held on the banks of Lake Brownwood. Consult Texas Parks and Wildlife information for details; <https://tpwd.texas.gov/fishboat/fish/recreational/lakes/brownwood/>.



New Two Day Schedule:

June 21

12:00 Noon: Check-In

Gear Judging

Orientation

Swimming, Kayaking, Archery

June 22

8:00 AM: Climbing, Fishing,
Shotgun

Lunch Break

After Lunch: Biologist Skills,
Outdoor Skills, Outdoor Safety

Final Tabulations

Awards

Depart for Home

Events for 2020:

1. Gear Judging
2. Swimming
3. Kayaking
4. Archery
5. Climbing
6. Fishing
7. Shotgun
8. Biologist Skills
9. Outdoor Safety
10. Outdoor Skill



GET EXCITED..

LEAD Academy 
learn empower apply develop

2020
EMBRACE the past · EMPOWER the present · ENVISION the future
TEXAS 4-H ROUNDUP JUNE 8-11, 2020

IS GOING VIRTUAL

FEATURING...

TEXAS 4-H CELEBRATION NIGHT, DOORPRIZES, WORKSHOPS & MORE

TEXAS A&M
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MORE DETAILS COMING SOON