

September 2023

CONNECTION

PARKER COUNTY 4-H





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Club News

Important dates

Specific Meeting Information (location and times) may be found under the respective section of the newsletter. Just click the project in the table of contents and it will flip right to it.

- *September 4th - Parker Co. 4-H PLA and County Council Meeting*
- *September 4th - TSU Ag Day Ticket Sign-Up Deadline*
- *September 7th - Parker Co. 4-H Entomology Meeting (see Entomology Project to RSVP)*
- *September 7th - Parker Co. 4-H Food and Nutrition Meeting (see Food Project to RSVP)*
- *September 9th - Alzheimer's Walk (see Parker Co. 4-H to join our walk team)*
- *September 13th - Parker Co. 4-H Dog Project Meeting (see Dog Project to RSVP)*
- *September 18th - Parker Co. 4-H STEM Project (see STEM Project to RSVP)*
- *September 19th - Parker Co. 4-H Novice Horse Project meeting (see Horse Project to RSVP)*
- *September 19th - Parker Co. 4-H Advanced Horse Project meeting (see Horse Project to RSVP)*
- *September 20th - PCLIA Livestock Committee Meeting (see PCLIA Facebook Page for meeting information)*
- *September 21st - Cook Children's Hospital Crayon drive drop off by Noon*
- *September 21st - Parker Co. 4-H Food and Nutrition Meeting (see Food Project to RSVP)*
- *September 25th - Parker Co. 4-H Fashion and Interior Design Meeting (see Fashion and Interior Design Project to RSVP)*
- *September 26th - Parker Co. 4-H Novice Horse Project meeting (see Horse Project to RSVP)*
- *October 2nd - Parker Co. 4-H PLA Meeting*
- *October 3rd - Parker Co. 4-H Novice Horse Project meeting (see Horse Project to RSVP)*
- *October 3rd - Parker Co. 4-H Advanced Horse Project meeting (see Horse Project to RSVP)*
- *October 4th - Parker Co. 4-H Horse Judging Informational (see Horse Project to RSVP and for important meeting information)*
- *October 5th - Parker Co. 4-H Entomology Meeting (see Entomology Project to RSVP)*
- *October 5th - Parker Co. 4-H Food and Nutrition Meeting (see Food Project to RSVP)*
- *October 26th - Major Stock Show Validation (see Livestock Project for detailed information)*
- *October 31st - Parker Co. 4-H Safe Halloween*
- *November 7th - Major Stock Show Entry Deadline for ALL Junior Livestock Shows and Contests*

A Word from Kayla

We're Back!!!!

Not sure that we went anywhere, but we are kicking off our 2023-2024 4-H Year!

To our new families, welcome, we're glad to have you and we are looking forward to introducing our wonderful program to you.

Returning members, welcome back, and I can't wait to see how your 4-H participation grows and evolves.

To everyone, 4-H can be overwhelming. Take time and review the family guide and the newsletter. Attend your club meetings and feel free to come to the project meetings offered as well.

If you have any questions, ASK.

Tiff and I are here to help guide you through your 4-H adventure!

A handwritten signature in blue ink that reads "Kayla Neil". The signature is written in a cursive, flowing style.



PARKER CO. 4-H

Parker Co. 4-H PLA Meeting (all parents welcome to attend)
Monday, September 4 @6PM @ the Extension Office

Parker Co, 4-H Council Meeting - Officer Elections
(all 4-H'ers may attend)
Monday, September 4 @6PM @ the Extension Office

Walk to End Alzheimer's
Saturday, September 9th@ 8AM @ Heritage Park Amphitheatre

THE COLLEGE OF AGRICULTURE AND NATURAL RESOURCES HOSTS:

AGRICULTURE DAY

PURPLE OUT



vs



SATURDAY, SEPTEMBER 9TH

2:00 PM – AGRICULTURE CENTER TOURS

4:00 PM – TEXAN TAILGATE

6:00 PM – KICKOFF

FREE ADMISSION FOR FFA  AND 4-H  STUDENTS



College of
Agriculture and
Natural Resources
TARLETON STATE UNIVERSITY

Please put your name on the list for tickets by Monday, September 4th.
Note these tickets are NOT guaranteed until I place the order. Parents
include yourselves in the count as well.

[Click HERE to reserve tickets](#)



ALZHEIMERS

FLOWER SHOWER

AUGUST 21ST-
SEPTEMBER 4

HELP PARKER COUNTY 4H RAISE MONEY BY THE ALZHEIMERS ASSOCIATION. NOMINATE SOMEBODY TODAY TO HAVE THEIR YARD FLOWER SHOWERED OR HAVE YOUR OWN YARD FLOWER SHOWERED!

- MUST BE 15 MILES WITHIN WEATHERFORD CITY LIMITS
- RECIPIENT OF THE FLOWER SHOWERING PAYS \$20 TO HAVE PLASTIC FLOWERS REMOVED AND NOMINATES THE NEXT PERSON
- *ALL MONEY GOES DIRECTLY TO THE ALZHEIMER'S ASSOCIATION*



[Click Here to Shower with Flowers!!](#)

THIS IS WHY WE WALK.



The Alzheimer's Association Walk to End Alzheimer's® is full of flowers — each carried by someone committed to raising funds and awareness to help end this disease. It's time to add your flower to the fight.

Visit act.alz.org/weatherford for more information about this year's event and to register.



Walk to End Alzheimer's - Weatherford
September 9, 2023
Heritage Park Amphitheater

2023 NATIONAL PRESENTING SPONSOR

Edward Jones®

**WALK TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION®

8 PARKER COUNTY 4-H CONNECTION / SEPTEMBER



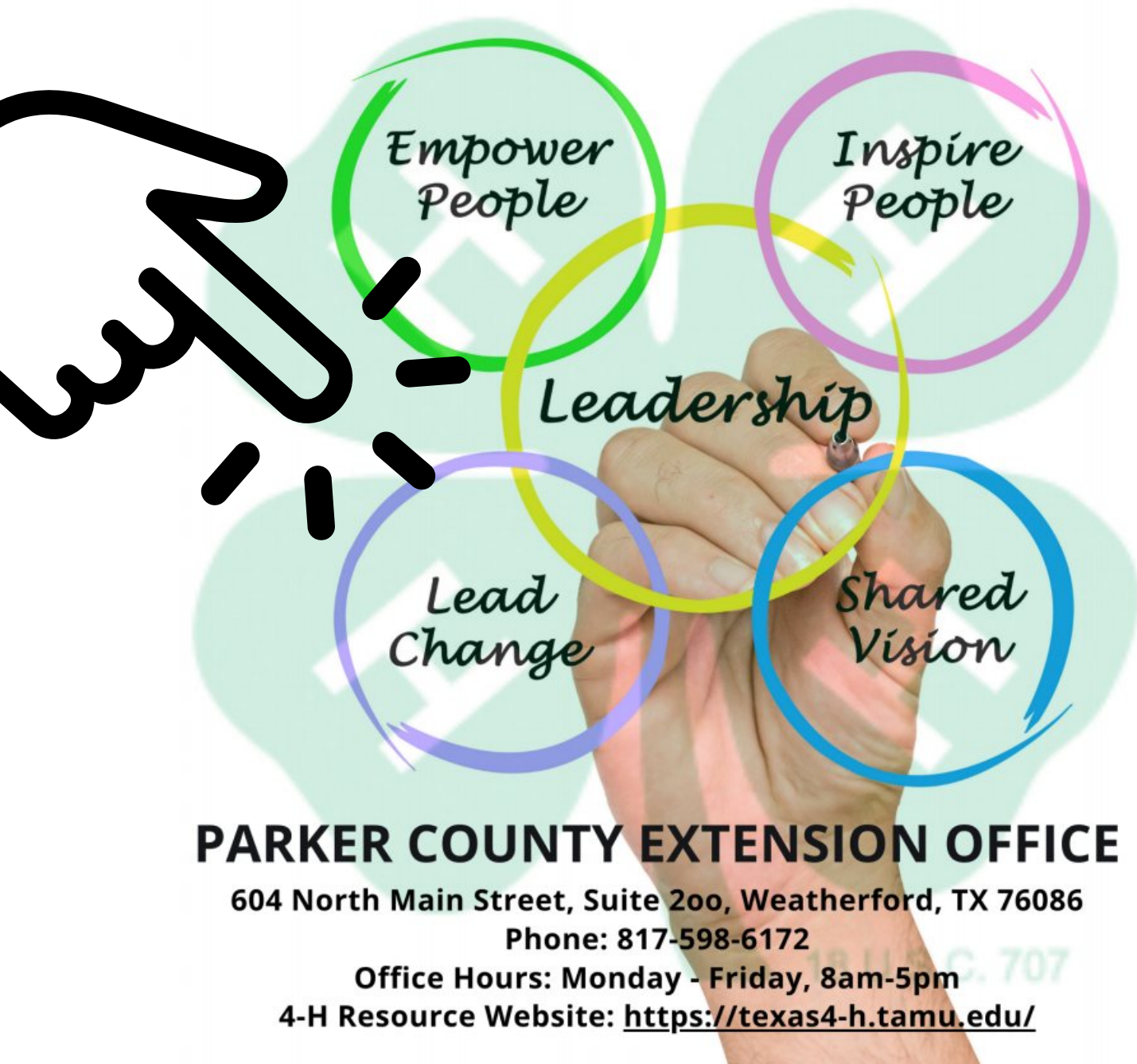
COOKS CHILDREN'S HOSPITAL

CRAYON DRIVE

Weatherford Day 4-H is hosting a crayon drive for Cooks Children's Hospital for their September community service and would like to invite all of Parker Co. 4-H to participate. Please drop your crayon donations (new boxes only) off at the Extension Office by Noon, September 21, 2023.

23-24 FAMILY GUIDE

PARKER COUNTY 4-H



PARKER COUNTY EXTENSION OFFICE

604 North Main Street, Suite 200, Weatherford, TX 76086

Phone: 817-598-6172

Office Hours: Monday - Friday, 8am-5pm

4-H Resource Website: <https://texas4-h.tamu.edu/>

ENROLL

PARKER CO. 4-H

It's that time of year again!
Any youth **PREVIOUSLY ENROLLED** in
4-H can begin enrollment for the 2023-2024
4-H year on August 15, 2023.

The new 4-H year officially begins on **September 1st!**

- Youth who have started 3rd grade or are 8 years old
as of August 31, 2023, are eligible for new member
enrollment as a full 4-H member starting
September 1st.

The club member enrollment fee is
\$25 until October 31st.

- Those younger than 8 are eligible to participate in
the Clover Kids program and should also enroll
starting September 1st.
Clover Kids Enrollment is \$10.

CLICK HERE



**KEEP UP WITH WHAT'S GOING ON
IN PARKER CO. 4-H**

Parker Co. 4-H Google Calendar

Click the icon above to access the Parker Co. 4-H Google Calendar to help you keep up with County, District and State events and entry deadlines. This is to be utilized only as a resource. Detailed information regarding the events listed in the calendar may be found in the Parker Co. 4-H Connection. As always, dates are subject to change and we will try our best to update this calendar if they do. The Parker Co. 4-H Connection should remain your primary source for important dates.

Take advantage of this calendar and schedule your own reminders and notifications. I did not pre-set those this time around. I believe you still have to use a computer to import this calendar to your own google calendar; I don't think it can be done by your cell phone, but I could be wrong.

I can assure you all that much time, effort and thought goes in to how we can help our members keep up with everything going on in the program. Please take advantage of this handy resource.



PARKER COUNTY 4-H

RECORD BOOKS

4-H RECORDBOOKS

County Record Books Due: Tuesday, June 18, 2024

Helpful Links

- [Family Guide to the Texas 4-H Record Book](#)
- [Record Book Score Sheet](#)
- [Record Book Categories](#)
- [Record Book Forms](#) (under General Information)
- Kayla's Road to the Record Book Short Instructional Videos
 - Please note...the record book format has changed since I filmed these videos, however I feel they are still very helpful in how to break down the process of completing your record book.
 - [Road to the Record Book #1](#)
 - [Road to the Record Book #2](#)
 - [Road to the Record Book #3](#)
 - [Road to the Record Book #4](#)
 - [Road to the Record Book #5](#)
 - [Road to the Record Book #6](#)
 - [Road to the Record Book #7](#)
 - [Road to the Record Book #8](#)
 - [Road to the Record Book #9](#)

Parker Co. Parent Leader Association

We Need You!



WHAT WE DO

- Support the Extension Office
- Raise funds for camp sponsorships
- Cash for Clovers Scholarship Fundraiser



4-H Parents of Parker County, all are welcome and encouraged to join!

Going to have a senior soon? Come find out more about the PLA 4-H scholarship opportunities!

JOIN US:

1st Monday of each
month @ Extension
office 6pm

MORE INFORMATION

FACEBOOK: PARKER COUNTY 4-H PARENTS
GROUP



DISTRICT 3 4-H

This section will contain links and general information related to District 3 4-H information including District 3 4-H contests and activities

[D3 4-H Events Link](#)

2023-2024 District 3 Events Calendar

TBD: Horse Judging, Quiz Bowls (Horse, Livestock, & FCH), Meat Judging, Teen Leader Lab, and Record Book Judging

AUGUST

AUGUST 2023						
S	M	T	W	Th	F	S
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27	28	29	30	31		

FEBRUARY 2024						
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FEBRUARY

SEPTEMBER

1 - 4-H Online Open Enrollment begins
7th – District 3 Fall Admin Meeting

SEPTEMBER 2023						
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MARCH 2024						
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MARCH

OCTOBER

OCTOBER 2023						
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APRIL 2024						
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APRIL

???-Horse, Livestock, and FCH Quiz Bowls (early April)
???-Meat Judging (early April in Lubbock)
6th – Fashion Show, Duds to Dazzle, Fashion Storyboard
20th – Rifle/Pistol
???-Horse Judging

NOVEMBER

2nd – District 3 Judges & Commissioners Conference
8th – Livestock Judging
13th – Leaders for Life
29th – Food Show, Food Challenge

NOVEMBER 2023						
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MAY 2024						
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MAY

4th – Trap
8th – Round-Up, Consumer Judging, Photography
14th – 15th Spring Admin Meeting
18th – Archery

DECEMBER

7th – Ag Prod ID, Livestock Skillathon
12th – Winter PDC (Archer City)

DECEMBER 2023						
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JUNE 2024						
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JUNE

3–6 State Round-Up
??? – Teen Leader Lab
19th – 21st Horse Show

JANUARY

JANUARY 2024						
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JULY 2024						
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JULY

???—Record Book Judging

= State Event

= District Event



4-H DOG PROJECT

Wednesday, September 13th @6PM @ Extension Office
RSVP Required

No Dogs, Bring Shot Records and Rabies Certification

[Click Here to RSVP for September](#)

Please RSVP by Noon the day before the meeting
for planning purposes.



PARKER CO. *entomology*

INFORMATIONAL

September 7, 2023

6PM @ EXT. OFFICE

**COME LEARN MORE ABOUT ALL THE
OPPORTUNITIES THE ENTOMOLOGY PROJECT
HAS TO OFFER!**

4-H ENTOMOLOGY PROJECT

Thursday, September 7 @6PM @ the Extension Office
RSVP Required
[Click Here to RSVP](#)

Thursday, October 5 @6PM @ the Extension Office
RSVP Required
[Click Here to RSVP](#)

Please RSVP by Noon the day prior to the project meeting



4-H FASHION AND INTERIOR DESIGN PROJECT

Monday, September 25 @6PM @ the Extension Office
RSVP Required
[Click Here to RSVP](#)

Please RSVP by Noon the day prior to the project meeting

Fashion and Interior Design

SEPTEMBER NEWSLETTER

Important Dates

The meetings are every 4th Monday of the month from 6-7pm at the 4-H Extension office.

September 25, 2023

October 23, 2023

November 27, 2023

December (No meeting)

January 22, 2023

February 26, 2023

March 25, 2023

April 22, 2023

Sewing Box Needs

Fabric Scissors- Fabric Scissors are specially designed to be used on fabric. Do Not use fabric scissors on paper because it could damage the scissors and Do Not use regular scissors on fabric.

Pins and Pincushion- Pins are very important to hold your fabric together, make sure you bring a pincushion to hold your pins. We don't want any pins on the ground!

Seam Rippers- No one wants to use a seam ripper but it is important to have. Everyone makes mistakes!

Thread and Bobbins- Always make sure that you have plenty of thread and bobbins, you never know when you might run out.

Measuring Tools- Sewing is very precise. Make sure you bring a measuring tape!

Machine and sewing needles- You never know when your needle might break or you need to hand sew!





23-24 Sewing Projects

Enjoy life while you're still young!



September- Hair clips, which we will be donating to Operation Christmas Child.

October- We will be sewing fall tree pillow cases.

November- We will be make some ornaments that would be great for Christmas gifts or to hang on your tree.

December- (No meeting)

January- We will be making Valentines Day handwarmers to keep you warm in the cold winter.

February- Parker County Fashion Show!

March- Duds to Dazzle practice.

April- For the last meeting we will be making a lip balm holder that would be great for teacher gifts!

*All year long we will be working on reading a pattern and individual projects



"Smiles are always in fashion"



4-H FOOD AND NUTRITION PROJECT

MEETINGS AT THE EXTENSION OFFICE
(CLICK THE MEETING TO RSVP)

RSVP IS REQUIRED

- \$5 will be collected from each participant to cover the cost of supplies when you sign up
- Sign-up will close the Tuesday before the meeting
- We will not be able to offer refunds so don't sign up unless you know for sure you can attend
- Click the date of the meeting you'd like to sign up

Thursday, September 7th - All @ 6PM (no fee).

Thursday, September 21st - Clovers 5:30PM, 4-H'ers 6PM

Thursday, October 5th - Clovers 5:30PM, 4-H'ers 6PM

Parker Co. 4-H Food and Nutrition

Hello Parker Co. 4-H Food and Nutrition Project Members,

Welcome back to an exciting new year of culinary adventures and healthy discoveries! We are thrilled to announce the eagerly awaited return of our county's Food and Nutrition Meetings. Are you ready to explore the world of delicious and nutritious foods? Our food and nutrition meetings are designed to ignite your passion for cooking, enhance your understanding of balanced diets, and empower you with the knowledge to make informed and health-conscious choices.

What to Expect:

Our first meeting will set the tone for an enriching year ahead. We'll introduce you to our dedicated leaders, Brooke Kingston, Sophia Sexton, and our County Extension Agent, Kayla Neill. Who are ready to share their knowledge and enthusiasm with all of you. Expect interactive discussions, hands-on cooking demonstrations, and valuable insights into the latest food trends and nutrition breakthroughs.

Beyond the recipes and nutritional tips, our meetings foster a sense of community and togetherness. Connecting with fellow food enthusiasts and learners not only makes the experience more enjoyable but also provides a platform to exchange ideas, swap family-favorite recipes, and build lasting friendships.

Join Us for the First Meeting!

Date: September 7th, 2023

Time: 6PM Clovers and 4-H'ers

Location: Parker County Extension Office

Looking forward to seeing both familiar and new faces, as we embark on this flavorful adventure together. Let's make this year a feast for the senses and a celebration of health.

Your Food and Nutrition Teen Leader,

Sophia Sexton.

Parker County 4-H Food Show

Entry Deadline: Monday, October 23

Food Show - Saturday, November 4



[Parker County 4-H Food Show Rules and Guidelines](#)

[Click Here to Enter Food Show](#)

Parker County 4-H Food Challenge

Entry Deadline: Monday, October 23

Food Challenge - Saturday, November 4



[Parker County 4-H Food Challenge Rules and Guidelines](#)

[Click Here to Enter Food Challenge](#)





PARKER CO. 4-H
2023-2024



FOOD AND NUTRITION PROJECT YEAR AT A GLANCE

THEME: COOKING THROUGH THE DECADES

SEPTEMBER

9/7/23

- Intro to Parker Co. 4-H Food and Nutrition
- Skill: Making a balanced Plate
- Deviled Eggs

9/21/23

- Skill: Chopping and Dicing Produce
- Lesson: MyPlate and Food Show Presentations
- Canapes

OCTOBER

10/05/23

- Skill: Measuring Dry Ingredients
- Lesson: Superfood ID
- Pineapple Upside Down Cake

10/19/23

- Skill: Preventing Cross Contamination
- Lesson: Nutrition 101
- Sloppy Joe's

NOVEMBER

11/02/23

- Skill: Properly Measure Wet Ingredients
- Lesson: Importance of Physical Activity
- Scalloped Potatoes

11/16/23

- Skill: Small Kitchen Appliance Demonstration
- Lesson: Tools of the Trade
- Retro Thanksgiving Dishes

DECEMBER

12/7/22

- Lesson: Fire Safety in Kitchen
- Retro Christmas Candy

JANUARY

01/04/24

- Skill: Menu Planning
- Lesson: Path to the Plate - Beef
- Swedish Meatballs

FEBRUARY

02/01/24

- Skill: Selecting Fresh Produce
- Lesson: Path to the Plate - Poultry
- Quiche

MARCH

03/07/24

- Skill: Reading Food Labels
- Lesson: Cereal - The Good and the Bad
- Rice Crispy Treats - Homemade Marshmallow

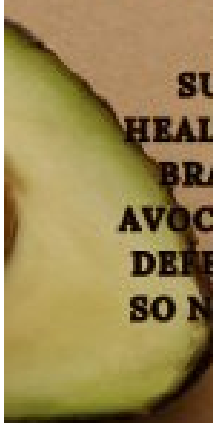
APRIL

04/04/24

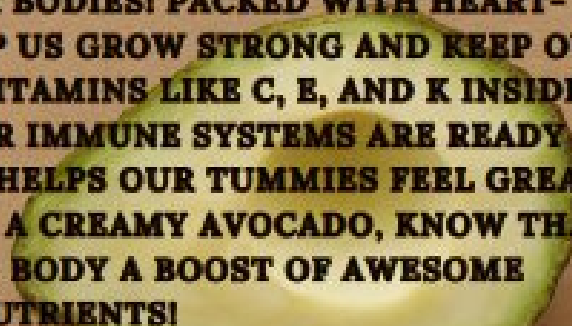
- Skill: Place Settings
- Lesson: Picnic Food Safety
- Pasta Salad




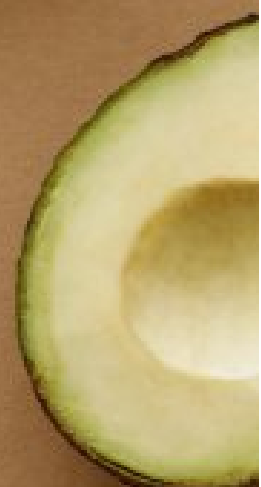
DID YOU KNOW?




AVOCADOS AREN'T JUST DELICIOUS; THEY'RE ALSO SUPERHEROES FOR OUR BODIES! PACKED WITH HEART-HEALTHY FATS, THEY HELP US GROW STRONG AND KEEP OUR BRAINS SUPER SMART. VITAMINS LIKE C, E, AND K INSIDE AVOCADOS MAKE SURE OUR IMMUNE SYSTEMS ARE READY TO DEFEND US, WHILE FIBER HELPS OUR TUMMIES FEEL GREAT. SO NEXT TIME YOU ENJOY A CREAMY AVOCADO, KNOW THAT YOU'RE GIVING YOUR BODY A BOOST OF AWESOME NUTRIENTS!



QUICK AND DELICIOUS WAY TO USE AVACADO:

- **TOAST 2 SLICES OF WHOLE GRAIN BREAD IN A TOASTER UNTIL GOLDEN AND CRISPY.**
 - **IN A SMALL BOWL COMBINE AND MASH AVOCADO, CILANTRO, LIME, AND SALT + PEPPER TO TASTE. SPREAD HALF OF THE MIXTURE ON EACH SLICE OF TOASTED BREAD. TOP WITH FRIED, SCRAMBLED, OR POACHED EGG IF DESIRED.**
- 
- 

AVOCADOS ARE LIKE THE CLARK KENTS OF THE FRUIT WORLD - MILD-MANNERED ON THE OUTSIDE, BUT SUPER-POWERED ON THE INSIDE!



Bean & Avocado Wrap



Bean and Avocado Wrap

NOVEMBER 30, 2016 BY DINNER TONIGHT

The colors and flavors in our Bean and Avocado wrap are amazing- beans, onions, avocado, red cabbage, carrots, and cilantro. Use whole-wheat tortillas to give added fiber.

Instructions

1. Mash beans and avocado in medium bowl with a potato masher or fork.
2. Stir in cheese and onion.
3. In another medium bowl whisk oil, vinegar, salt, and chipotle Chile.
4. Add cabbage and mix together.
5. To assemble the wraps, spread about 1/2 cup of the bean and avocado mixture onto a tortilla and top with about 1/3 cup of the cabbage, carrots, and cilantro.
6. Roll up.
7. Repeat with remaining ingredients.

Ingredients

- 1 15 ounce can unsalted beans of choice drained and rinsed
- 1 ripe avocado
- 1/4 cup reduced-fat shredded cheddar cheese
- 1/4 cup diced red onion
- 1 tablespoon olive oil
- 2 tablespoons cider vinegar
- 1/8 teaspoon salt
- 2 teaspoons canned chipotle Chile in adobo sauce finely chopped
- 2 cups red cabbage shredded
- 1 medium carrot shredded
- 1/4 cup chopped fresh cilantro
- 4 corn tortillas 7-inch

Nutrition Facts	
4 servings per container	
Serving size	1 taco
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 240mg	10%
Total Carbohydrate 37g	13%
Dietary Fiber 11g	39%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 202mg	15%
Iron 2mg	10%
Potassium 862mg	20%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

COOKING WITH YOUR KIDS

AUGUST 29, 2019 BY [DINNER TONIGHT](#)

5 Great Reasons to Cook with Your Kids

By: Nimali Fernando, MD, MPH, FAAP

When it comes to raising an adventurous eater, it is not just about coaxing kids to eat their veggies. Bringing up a child who can enjoy a cantaloupe as much as a cupcake takes patience and persistence, but it does not have to feel like a chore.

Kids may need to have frequent joyful experiences involving food to overcome the anxiety they may have around tasting the unfamiliar. Over time, cooking with your children can help build that confidence—and provide rich sensory experiences.

Here are five ways to enjoy cooking with your children while raising an adventurous eater along the way.

Engage other senses. For a hesitant eater, tasting an unfamiliar food can sometimes be intimidating. You can help your child explore foods when cooking using other senses besides taste. This helps to build positive associations with food.



Kneading dough, rinsing vegetables, and tearing lettuce all involve touching food and being comfortable with texture. The complex flavors we experience when eating food come from both taste sensations from the tongue AND smelling with the nose. While cooking with new ingredients, some children may feel too overwhelmed to taste. If this happens, you can try suggesting smelling a food first; this may provide a bridge to tasting in the future.

Use cooking to raise smart kids. There are so many lessons that can be taught while cooking. Math concepts like counting, measurement, and fractions naturally unfold when navigating a recipe with kids. Explaining how food changes with temperature or how certain foods can help our body be healthy provide great lessons in science. While cooking with your child, practice new vocabulary as you describe how food looks, feels, and tastes. Following a recipe from start to finish helps build the skills for planning and completing projects.

Make cooking part of the family culture. The family meal can start in the kitchen as you cook together. Family meal preparation is an opportunity to celebrate your cultural heritage by passing down recipes. Help your kids find new, seasonal recipes to add to your repertoire and family cookbook. Cooking together and prioritizing health over the convenience of processed food are great ways to lead by example and help your children buy into a culture of wellness. Building daily and seasonal traditions around cooking together helps strengthen your family's commitment to a healthy lifestyle.

Keep it safe. Teach kids the importance of staying safe while cooking by showing them how to hold kitchen tools safely, how to use oven mitts to protect hands from heat, and how to turn appliances on and off safely. Always supervise children when cooking to ensure they are sticking with safe and age-appropriate tasks. The best way to keep cooking safe is to know your child's abilities and his or her stage of development. A four-year-old child, for example, may not be ready to sauté vegetables over a hot pan, but may have the fine motor skills to rinse fruits or tear salad leaves. Keeping safety in mind, it is not difficult to get kids—even toddlers—involved in the kitchen.

Ask for input. Children feel more included in mealtime when they are asked to be a part of meal preparation. Collaborate with your kids when selecting recipes for main dishes or sides. Let them help you make the shopping list and find groceries in the store or farmers market.

When cooking together, let children offer a critique of the foods you are preparing. Together you can decide what ingredients you should add to enhance the flavor. Talk about how people enjoy different tastes, and share your preferences with each other. Letting children be “in charge” of details like how to set the table will help them feel invested in mealtime.

Over many years, cooking as a family will help develop a happy, adventurous eater with some pretty valuable life skills—and plenty of happy memories in the kitchen. With enough practice, your child will someday be able to cook YOU a delicious meal!

From the American Academy of Pediatrics, see full article [here](#).





4-H HORSE PROJECT

PARKER CO. 4-H MOUNTED HORSE PROJECT MEETINGS

- Must provide your own horse
- Participants must be 8 and in the 3rd grade
- Must be currently enrolled in Parker Co. 4-H

RSVP IS REQUIRED TO RECEIVE ADDRESS

Current Proof of Negative Coggins is Required at Every Meeting

Novice Horse Project Meetings: For youth new to horse project, limited riding experience, and have never competed in a horse show.

Advanced Horse Project Meetings: For youth that have experience in horse competition settings and have shown, can comfortably lope/canter and can consistently identify and pick up the correct lead.

Important Dates

Novice Horse Project Meetings

- September 19th @7PM (RSVP Required) - [Click HERE to RSVP](#)
- September 26th @7PM (RSVP Required) - [Click HERE to RSVP](#)
- October 3rd @7PM (RSVP Required) - [Click HERE to RSVP](#)

Advanced Horse Project Meetings

- September 19th @6PM (RSVP Required) - [Click HERE to RSVP](#)
- October 3rd @6PM (RSVP Required) - [Click HERE to RSVP](#)

- October 4th - Horse Judging Informational @ 5:30 (mandatory for those interested in attending the horse judging practices)
- April 1 - Horse Validation Deadline for Parker County 4-H Horse Show
- April 20 - Parker County 4-H Horse Show

PARKER CO. 4-H

HORSE JUDGING

It's time to start horse judging! 4-H'ers interested in attending Parker Co. 4-H Horse Judging practices will be administered a fill in the blank, test on basic horse knowledge at the mandatory horse judging practice informational meeting. A score of 80 is required in order to attend Parker Co. 4-H Horse Judging practices. Worry not because if you are interested in horse judging, you have plenty of time to brush up on the information below. As long as you can label parts of the horse, identify colors, list common stock horse breeds, identify common equine associations, are familiar with gaits and can provide examples of common Western/English judged events, you're good to go. Everything you need to know is down below.

Frequently Asked Questions...

- Why must youth pass a test to attend horse judging practices? We have one coach and many youth interested in judging. Youth need to have the basic horse knowledge in order for them to get the most out of the practices.
- If I don't pass the test, may I still compete in horse judging contests? Absolutely. If a young person does not pass the test, we can provide additional resources that can be studied on their own and they may compete as an individual at any of the horse judging contests open to 4-H members.
- May I invite others to attend horse judging practices after the informational? Unfortunately, no. Each practice builds on from the previous practice. If an individual does not attend the mandatory informational, they will not be able to attend the practices.
- If I'm unable to attend the practices, may I still compete in horse judging contests? Absolutely. We understand, schedules are busy and practices may not align with your schedule. 4-H'ers may still practice on their own and compete as an individual at any of the horse judging contests open to 4-H members,

This is a fill in the blank test, word banks or answer choices will not be provided

Basic Horse Knowledge Resource Links:

- [Colors, Markings and Parts of the Horse](#)
- [Gaits and Leads](#)
- [The Difference Between Western and English Riding](#)

Common Stock Horse Breeds:

- American Quarter Horse
- American Paint Horse
- Appaloosa

Common Western Judged Events:

- Western Pleasure
- Western Horsemanship
- Stock Horse Pleasure
- Reining
- Trail

Common Equine Associations:

- American Quarter Horse Association (AQHA)
- American Paint Horse Association (APHA)
- National Cutting Horse Association (NCHA)
- National Reining Horse Association (NRHA)

Common English Judged Events:

- Hunter Under Saddle
- Hunt Seat Equitation
- Hunter Hack
- Jumping



Please Read Before You Commit to a Horse

So You Think You Want a Horse?

By: Kayla Neill, September 2018

Please Note I gathered these prices back in 2018 so there's a good chance they have increased.

I have had the great privilege of owning horses since I was two years old and cannot imagine my life without them. Over years as County Extension Agent for 4-H and Youth Development here in Parker County, it has come to my attention that some may have jumped the gun in getting a horse before they were ready. I've put together a basic list of things you need and things you should be prepared for.

Fact: This past week (7 days) one of my horses has cost me upwards of \$900. In 1 week!! Part of this was due to routine care, the other, an emergency vet visit. On a completely different occasion, 1 week (7 days), my horse cost me \$10,000 in medical expenses. So you think you want a horse?

In no way is this article meant to be mean or scare you but it is meant to be real. A horse owner is responsible for caring for an animal that is completely dependent on its owner. Yes, they are beautiful majestic animals, but they are not meant for everyone.

Things you must have and be able to provide:

- A place to keep it -
 - Your horse will need at minimum a shelter where it can get out of the weather.
 - Horses can quickly overgraze a piece of land and leave you with nothing but a dry lot and weeds. Proper pasture rotation should be practiced to help maintain grazing.
- Trailer - I can't tell you the number of people that get a horse before they get a trailer. A horse owner should never have to depend on someone else to haul their animal. There will come a time that a horse will need to be hauled in for an emergency at midnight (I promise it will happen), and when that time comes (because it will), you will need a trailer. Vets cannot treat all emergencies on a call out. I'm not saying that you have to have \$120K rig, but you do need a way that you can safely transport your horse to places, that doesn't solely rely on other people hauling the horse. Stepping off my soap box now.
- Routine Vet/Farrier Care (this is so often overlooked)
 - Yearly Vaccines - ~ \$150 - Includes office visit or farm call, vaccines (EWT, F/R, WNV and Rabies), and Coggins.
 - 6 Month Boosters - ~ \$85 - Includes office visit or farm call, F/R and WNV Vaccines
 - Yearly Teeth Float - ~ \$180
 - Farrier - a horse MUST have their feet trimmed every 5-6 weeks. Depending on the quality of the horse's hooves, the terrain it's exposed to, as well as the horse's job determines whether or not the horse will need shoes. A hoof trim usually runs about \$40-\$50 per trim (\$450/year). If your horse requires shoes you're looking at \$130-\$150 (\$1,350/year).
 - Worming - 4-6 times/year at \$12/tube (\$72/year).

- Feed/Hay - Prices for feed and hay can vary drastically, but it is highly recommended that you provide a high quality, well balanced feed ration and hay to your horse. An average horse at maintenance will cost approximately \$160/month (\$1,920/year). Keep in mind this is an average horse at maintenance...if you are hauling to events every weekend and riding several times a week this would quickly increase.



- An average horse that requires shoes will cost you approximately \$3,745/year
- An average horse that does not require shoes will cost you approximately \$2,845/year

- It is highly recommended to have a pre-purchase exam performed by veterinarian to make sure the horse doesn't have any pre-existing soundness issues. These exams typically run between \$800-\$1,500. Yes, it's quite a bit of money, but so is the maintenance on a horse that is navicular or has arthritis.
- I am not opposed to getting a horse from a rescue, however some rescue organizations are not what they say they are.
 - a. Please do your research on the organization.
 - b. Know that there are some rescue horses that come with baggage. Whether that be health issues or behavior issues. If you're a first time, inexperienced horse owner, I **would not** recommend taking on something that requires a lot of maintenance or one that could potentially be a safety risk.
- Be very cautious of these "kill pen" rescue groups/auctions. They like to pull at our heart strings using terms like "kill pen", "final days", and "slaughter" and the intentions aren't always honorable. Horses that come from these places can have very severe health issues like pneumonia because they have been packed in a trailer and hauled long distances. Again, just operate with caution.

Final Words/Thoughts

Do not rush the process of selecting and purchasing a horse. The horse industry has exploded and horses are extremely expensive. DO NOT settle, especially if you are new to horses. If you don't have the money to purchase the one that really fits you, save up. Remember these are 900-1000 + pound animals. When you climb up on it, you don't want to be wondering what it's going to do. Parents, you are putting your child on a very powerful animal, make sure you take the time and seek out guidance from someone experienced with horses (not the person you're buying the horse from) and get their opinion.



4-H LIVESTOCK

- **September** - TBA - 2024 Swine Validation Orders Due (we are currently waiting for that announcement from the swine validation chair)
- **October 9th (Noon)** - 2024 Major Stock Show (Late) Validation Orders Due online
- Heifer, Sheep and Goats
- **October 26th** - 2024 Major Stock Show Validation - Heifer Sheep and Goats
 - Clint Petzold's Barn - 226W Aycok Ct, Weatherford, TX 76088
- **November 7th** - ALL 2024 spring Major Stock Show entries due to the Extension office

MAJOR STOCK SHOW TAG ORDERS (LATE) – HEIFERS

2024 Major Stock Show Heifer Tag Orders - Due October 9, 2023 (click link below to order)

- ****NEW** FOR 2023** heifers will be charged \$25 (*We, Parker Co., charge an additional \$3 to cover the online payment system, postage and validation supplies*) per validation fee. This increase in cost is due to two factors we are facing this year. 1) In an effort to be in compliance with Texas Animal Health Commission, we are switching our previous EID frequency tags to 840 frequency EID tags. This will allow our state validated livestock to move in compliance with TAHC across state lines and be in compliance when issues a Certificate of Veterinary Inspection (health papers). This is a move in a positive direction, but does come at an increased cost. 2) Costs and fees have increased across the board, as well as expanding the services of the validation program to additional shows. That said, we must compensate accordingly to continue to provide educators, exhibitors, and their families the continued support, education, and consistency we have established. Please keep in mind the validation fee is not ONLY for the cost of the tag, but the entire validation SYSTEM that includes personnel, travel to livestock shows, a robust online database/maintenance, and our validation compliance team that helps ensure our rules and guidelines are enforced to ensure a fair and level playing field for Texas livestock exhibitors.
- ****NEW** FOR 2023** all state validated heifers will be tagged similar to steers. This will bring our heifer validation program in line with breeding sheep, breeding goats, and breeding gilts.
- Heifers that are already validated and have not changed breed or ownership, do not need to be revalidated with a tag. Only newly validated heifers will get a tag and will be charged the new validation fee. As always, if a heifer changes ownership or breed, they must be revalidated.
- NOTE: Once validated, heifers remain eligible through their show career unless they change breed or ownership. There is no need to re-validate a heifer if breed or ownership is not being changed.
- 23-24 Registered Breeding Heifers - 1 exhibitor per animal, color copy of papers required. ***Heifers will now be tagged***



MAJOR STOCK SHOW TAG ORDERS (LATE) – SHEEP–GOATS

2024 - Major Stock Show Lamb and Goat Tag Orders-

Due October 9, 2023 (click link below to order)

- ***NEW FOR 2023*** Lambs and goats validated during the 2023 State Fair Validation Period WILL BE ELIGIBLE for 2024 Spring Major Shows. Market animals validated for the 2023 State Fair will carryover for 2024 Spring Major Shows. Once validated, the project MUST stay in the care of the exhibitor that project is validated to; if the exhibitor chooses to sell the project to a new exhibitor, the new exhibitor MUST REVALIDATE the project within the next validation period.
- Market Lamb - May be validated by family (validation will carry over to 2024 spring majors)
- Market Goats - May be validated by family (validation will carry over to 2024 spring majors)
- Wether Dams - May be validated by family - validation good for 3 years unless change of ownership.
- Wether Does - May be validated by family - validation good for 3 years unless change of ownership.
- Registered Breeding Sheep - ***may be family validated if all exhibitors are listed on papers***, **color copy of papers required at time of validation** - validation good for 3 years unless change of ownership. Ownership deadline October 1, 2023.
- Registered Breeding Boer Goats - ***may be family validated - all exhibitors must be listed on papers*** **color copy of papers required at time of validation** - validation good for 3 years unless a change of ownership. Ownership deadline October 1, 2023

***TLBA and TGBA Tags must be in the sheep and goats ears at time of validation for them to be recorded.

***TLBA and TGBA tags are required for sheep and goats at the San Angelo Stock Show.

***Please note, all sheep and goat tags (market and breeding) are interchangeable. If you ordered a market lamb tag but got a breeding goat instead you may use it to tag the breeding goat.

*** Registered Breeding Sheep and Goats - a hard color copy of the registration papers are required to be submitted at time of validation. Please do not email or text.

*click
here!*

SHOWING LIVESTOCK

We are kicking off the new 4-H year and I wanted to offer some words of wisdom to you all in regards to your livestock projects...

If you are wanting to show livestock because you want to start a scholarship fund for school...invest the \$ that you would spend on livestock and showing and you'll come out with way more.

Showing livestock is **NOT** about making \$. The average county show check that we receive is \$2,000. To put that into perspective you're spending at least \$1,000 to purchase any hooved livestock project and that does not include the cost of feed and supplies. **We consider it a good day if you break even.**

Showing livestock is about the lessons learned, the knowledge and responsibility gained, and the time spent in the barn with friends and family.

I've seen a lot over my 15 years in Extension and one common theme that arises every year is a 4-H'er biting off more than they can chew when it comes to a livestock project. If you are new to 4-H or are an existing 4-H member that wants to dabble in a new project area please keep the following in mind:

- **Start with the county livestock show** - Individuals new to livestock should always start with getting their feet wet at the county livestock show. Major stock shows are a completely different animal and can make for a pretty terrible experience if you don't know the ropes or how to navigate them. They're also extremely expensive and one wrong move at that level can make all of your hard work go down the drain.
- **You are the one making the decision to take on a new project, it is your responsibility** - I can provide you with educational resources and can refer you to volunteers that can help on occasion, but this project is YOUR responsibility.

- **Do you have a way to transport the animal** - No matter the species, there will be a time that you will need to transport your animal. Do you have a reliable way of getting your animal where it needs to be especially in an emergency situation. If the answer is no, don't get that project.
- **Do you have the proper facilities to house the project** - show animals are cared for differently than commercial animals. You need to have access to the proper facilities.
- **Can you afford the project** - Let's just be real...showing is expensive, no matter the species. The cost associated with a project, isn't just the purchase price of the project. You'll need to purchase show supplies, feed, and health care items. Even if you have a scramble certificate, it is very hard to find a show quality animal for that certificate amount these days.
- **Do you have a mentor that could help you in your project area** - yes we do have volunteer leaders that are happy to help when they can, but you also need to be real with your expectations. These are VOLUNTEER leaders and there is no way they can tell you everything they know at a Saturday clinic. They also have their own projects they are caring for. An involved breeder is the way to go. No one knows their animals better and your success in the show ring reflects positively on them.
- **Resources you should review** -
 - [Texas 4-H Beef Explorer Guide](#)
 - [Texas 4-H Poultry Explorer Guide](#)
 - [Texas 4-H Rabbit Explorer Guide](#)
 - [Texas 4-H Sheep/Goat Explorer Guide](#)
 - [Texas 4-H Swine Explorer Guide](#)
- **Do your research before you buy** - there are a lot of niche breeds that are not suitable for livestock shows as well as timelines that must be followed. There's nothing more frustrating than telling someone the animal they've purchased is not eligible for show. Make sure you are familiar with the rules and guidelines of the show before you purchase an animal.

LIVESTOCK PROJECT COSTS

GETTING REAL WITH THE PRICE OF SHOW ANIMALS THESE DAYS

A recent conversation with a family new to 4-H and livestock projects sent me on a journey to find costs of show animals and what you should be prepared to pay if you want to participate. A couple of points that need to be made, first and foremost...

- Livestock projects are not cheap...
- The purchase of the show animal is most often times the least expensive part of the project, and again, livestock projects are not cheap...
- **The Livestock Show Industry and the Commercial Livestock Industry are not the same. The quicker you come to terms with that, the more you'll understand the price points of the livestock show industry. Yet again, livestock projects (commercial or show) are not cheap...**
- Yes, there is always a chance of finding a breeder that is willing to help a young person get started, but as mentioned before, the purchase of the show animal is often times the least expensive part of the project. Investments still must be made in housing, feed, supplies, health care and entry fees.
- What is your goal? As with anything, the higher the quality of animal, the more expensive it's going to be.
- Lastly, nowhere does it say that you have to raise a show animal for a 4-H livestock project.
 - Raise an animal project to put in your freezer.
 - Raise an animal to take to the sale barn. You at least stand a chance of making a return on your investment. You need to do a little market research to make sure you're choosing the best species and breed within that species.
 - I had a 4-H'er that created a pretty good little breeding Boer Goat business. They weren't show quality animals, but he saw a local demand for small acreage land owners wanting Boer Goats. He raised them, sold the females, took the males to the sale barn and was able to pay for his own truck and many other things with his efforts.
- No matter what direction you decide (show, commercial, or your freezer), it's worth the investment. The knowledge, responsibility and character youth gain from raising livestock is second to none.

WHAT CAN I EXPECT TO PAY

THIS IS A LITTLE HARDER TO ANSWER
BUT I GAVE IT A SHOT

I reached out to different breeders and people in the show industry to ask what bottom dollar in the livestock show industry would be, and below are the amounts I received.

Yes, you might very well be able to find something cheaper than what's listed below but at least you can have a general idea of the price points of these projects. ***Please keep in mind, I asked about bottom dollar, most of these prices reflect lower quality animals.***

- Rabbits - Easily spend anywhere from \$25/rabbit up to \$150/rabbit.
- Goats - If you're looking for a show goat you need to be prepared to pay at least \$500, and really and truly they're going to be closer to the \$700-\$1,000 for that lower-middle of the road, show quality animal. Goats do tend to run higher than sheep.
- Sheep - you need to be ready to pay at least \$500 for an animal with a little show quality and again closer to \$700-\$1,000 for that lower-middle of the road, show quality animal.
- Swine - I was told that it is very difficult to find a lower end show quality hog for less than \$500. Also keep in mind, swine feed is one of the most expensive livestock feed on the shelf.
- Beef - You should be ready to spend at least \$2,500-\$3,500 for a heifer or a steer.
- Market Poultry - Broilers are going to be anywhere from \$1.50-\$2.00, Turkeys \$6-\$7. You need to factor in the number of birds you have/need to buy. Poultry feed is also very expensive and market birds eat a tremendous amount of feed.

I hope this gives you a better idea of the lower end price points of livestock projects. Also, please understand, most breeders are all about supporting youth but they also have to make a living and cover their costs as well. It's the nature of the beast.



4-H STEM PROJECT

Monday, September 18th @6PM @ the Extension Office

[Click Here to RSVP for September](#)

Please RSVP by Noon the day before the meeting
for planning purposes.



4-H CLUB NEWS

Join the Club

4-H CLUB INFORMATION

**Please Note: You participate in 4-H by attending a club or project meeting.
A club or project leader will NOT reach out to you if you enroll online.
Club and project information is obtained by attending the meetings listed below.**

In school 4-H Clubs are offered at Victory Baptist Academy, Grace Christian Academy, Azle Christian School, and Weatherford Christian School . If you attend one of these schools and would like information regarding their 4-H clubs, please call 817.598.6172.

Parker County 4-H Community Clubs	Manager	Phone	Location	Meeting Day	Meeting Time
Aledo 4-H	Laurel Kimball	(817) 564-3793	Aledo Community Center	2nd Monday	Clovers 6:30 4-H 7PM
Brock 4-H	Deidrea Mabry Karen Carpenter	(308) 631-6427 (979) 255-9651	The Gathering Church on Dennis Rd	2nd Sunday	3PM
Millsap 4-H	Alissa McMinn Chris Meador	(832) 430-9258 (817) 757-2879	Millsap Baptist Fellowship Hall	2nd Monday	6PM
Peaster 4-H	Traci Hamlin	(817) 308-9845	Peaster Elementary Cafeteria	2nd Monday	Clovers 5:30 4-H 6PM
Spring Creek 4-H	Allison Willis	(817) 901-9081	Willow Park Baptist Church	1st Sunday	3PM
Springtown 4-H	Kara Farris Amanda Sexton	(830) 391-1891 (817) 716-0182	Springtown High School	1st Tuesday	7PM
Weatherford Day 4-H	Brennon Spikes	(817) 694-1259	Parker Co. Extension Office	3rd Thursday	Clovers 2PM 4-H 2:30
4-H Archery	Tiffany Beasley	(979) 220-4021	Fort Grard	2nd Thursday	5:45PM
4-H Shooting Sports	Melinda Green	(817) 946-0766	Parker Co. Sportsman's Club	2nd Sunday	2PM



FIRST MEETING: SEPTEMBER 5, 2023

@SPRINGTOWN HIGH SCHOOL CAFETERIA

CLOVER KIDS- 6:30PM

GENERAL MEETING- 7:00PM

PIZZA DINNER WILL BE \$5 PER PERSON. SCAN QR CODE TO RSVP:



**Wear your
favorite
FUNKY/CRAZY
hat!**

**Join us on September
16th for the Wild West
Festival Parade!
Springtown 4-H will
have a float in the
parade!**

 SPRINGTOWN4H@GMAIL.COM

 [FACEBOOK.COM/SPRINGTOWN4H](https://www.facebook.com/SPRINGTOWN4H)



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