

January 2024

CONNECTION

PARKER COUNTY | 4-H



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Educational
Magazine

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Individuals with disabilities who require auxiliary aid, service, or accommodation in order to participate in Extension sponsored meetings are encouraged to contact the County Extension office at 817-598-6172 at least 2 weeks in advance to determine how reasonable accommodations can be made.



Happy
New
Year

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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.

- ~~January 2nd - Parker Co. 4-H Parent Leader Association Meeting~~ Canceled
- ~~January 2nd - Parker Co. 4-H County Council Meeting~~ Canceled
- ~~January 2nd - Parker Co. 4-H Novice Horse Project (see Horse Project to RSVP)~~
- January 4th - Parker Co. 4-H Food and Nutrition Project Meeting (see Food and Nutrition to RSVP)
- January 4th - Parker Co. 4-H Entomology Project Meeting (see Entomology to RSVP)
- January 9th - Fort Worth Heifer Exhibitor Meeting (see Livestock)
- January 10th - Texas 4-H Dog Validation Deadline (see Dog Project)
- January 10th - Parker Co. 4-H Dog Project Meeting (see Dog Project to RSVP)
- January 13th - PCLIA Steer Validation (see PCLIA News or Livestock)
- January 13th - Noon Deadline to declare Major Stock Show Validated Steers for PCLIA (see PCLIA News or Livestock)
- January 15th - Extension Office Closed
- January 15th - Parker Co. 4-H STEM Project Meeting (see STEM Project to RSVP)
- January 16th - Fort Worth Steer Exhibitor Meeting (see Livestock)
- January 17th - PCLIA Monthly Meeting (see PCLIA Facebook page for more details)
- January 18th - Parker Co. 4-H Rabbit Project Meeting (see Rabbit Project to RSVP)
- January 22nd - Parker Co. 4-H Fashion and Interior Design Project Meeting (see Fashion and Interior Design)
- February 1st - Parker Co. 4-H Food and Nutrition Project Meeting (see Food and Nutrition to RSVP)
- February 1st - Parker Co. 4-H Entomology Project Meeting (see Entomology to RSVP)
- February 12th - Parker Co. 4-H Fashion Show Entries Due (see Fashion and Interior Design Project)
- February 14th - Parker Co. 4-H Dog Project Meeting
- February 15th - Parker Co. 4-H Rabbit Project Meeting
- February 15th - Texas 4-H Foundation Scholarship Application Deadline (see Parker Co. 4-H)
- February 15th - Texas Extension Education Association Scholarship Application Deadline (see Parker Co. 4-H)
- February 26th - Parker Co. 4-H Photography Entries Due (see Photography Project)
- February 26th - Parker Co. 4-H Fashion Show

A Word from Kayla

Join me in welcoming Charlie Martin to our Parker County 4-H Family! Charlie will be helping me tremendously by assuming the lead livestock advisor role in Parker Co. 4-H. I've had the pleasure of working with Charlie at the District level for the past 10 years and I'm very excited to have him join our team. Plus he's a total foodie!



I am Charlie Martin and will be starting the new year as the Agriculture and Natural Resources agent here in Parker County. I have been in the same position in neighboring Jack County for the last 10 years and have certainly enjoyed my time there but am looking forward to transitioning here to Parker County. I grew up in south central Oklahoma near Ardmore and have been involved in agriculture throughout my life, having been highly active in both 4-H and FFA. I graduated from college with a bachelor's degree in agriculture education from Oklahoma Panhandle State University, and with a master's degree from West Texas A&M University in Agriculture Science.

Currently I am involved in raising a few registered cattle, show goats, and border collie dogs. I enjoy watching any animal excel at doing whatever job it was created to do whether livestock guardian dogs protecting a flock of sheep or a performance tested bull producing a predictable set of calves.

I look forward to meeting and getting to folks here, swing by the office and visit.

Kayla Neil



PARKER CO. 4-H

Parker Co. 4-H PLA Meeting (all parents are welcome to attend)
Monday, February 5th @6PM @ the Extension Office

Recommendation

We are entering a season where many graduating seniors will be requesting letters of recommendation and letters of reference for scholarships and employment opportunities. There are things to keep in mind when requesting letters to make for a positive experience for all involved. Student or adult, no matter your relationship, these are good practices to keep in mind when requesting recommendation and references.



Etiquette When Requesting a Letter of Recommendation

It is the responsibility of the individual to ask for the letter of recommendation. Parents do not ask for a letter of recommendation for your children. If you want a letter of recommendation from me, I expect the 4-H'er to contact me. I do not want to be contacted by a parent requesting a letter for their child, and will decline if requested in that manner.

The request needs to be made verbally. Do not make a request by text message or by email. You need to speak with the person either in-person or over the phone to request a recommendation.

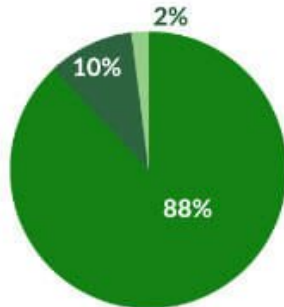
Do not wait until the last minute to request a letter of recommendation. You should give the individual at least three weeks to write the letter. I take great pride in the personal and detailed letters that I provide my 4-H members and I cannot do that in a couple of days, especially if it is a busy week. Please note...I completely understand that things happen and maybe there's a really quick turn around between an announcement of a scholarship and their deadline, but if at all possible try to give the person ample time to write a detailed letter for you.

No matter your relationship with the individual, you need to ask for a recommendation in a professional manner. I've noticed at times, 4-H'ers get a little relaxed especially when asking me to write a letter for them. I know that we spend a lot of time with each other but I am not your friend, I am your advisor and I expect to be asked in a professional manner.

Provide a list of activities that you're involved. The less time we're having to do research on how many years you been active in a specific area, the more time we have to spend writing a positive, detailed letter of recommendation. We have almost 600 members and I can't keep track of every project you're involved or officer position you've held. It's not because I don't care, my brain simply does not have that sort of storage.

Always make sure that you are asking the person and not demanding them to write a letter of recommendation. The phrase "I need you to write me a letter of recommendation", is not asking! You should always give the individual the option to decline. Consider saying "would you have the time to write me a positive letter of recommendation".

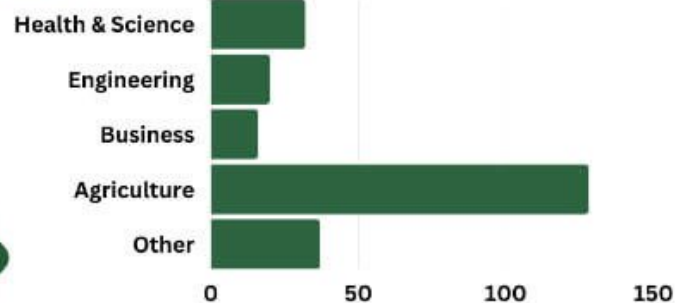
Texas 4-H Foundation Opportunity Scholarship 2023 Annual Report



TYPE OF SCHOOL RECIPIENTS ATTENDED

- Home School
- Public School
- Private School

TOP MAJORS OF RECIPIENTS



AVERAGE GPA OF RECIPIENTS

95.2

TOP 5 UNIVERSITIES RECIPIENTS ARE ATTENDING

94

recipients
attending
TEXAS A&M
UNIVERSITY

37

recipients
attending
TEXAS TECH
UNIVERSITY

21

recipients
attending
WEST
TEXAS A&M
UNIVERSITY

13

recipients
attending
TARLETON
STATE
UNIVERSITY

9

recipients
attending
PRIVATE
UNIVERSITY

54%

female
recipients



46%

male
recipients



SCHOLAR SPOTLIGHT



LANCE HOLLOWAY

"Holloway said that receiving this scholarship meant that everything he did paid off in the end; that "it was all worth it."

Holloway is currently a freshman at Texas A&M University, majoring in Business with hopes of going into the supply chain management field. "I'm not quite sure what my future will hold yet, but after graduation, I want to get a job somewhere back in the east Texas area, in hopefully the agriculture field, or just a business career in general," Holloway said. "I'm also on the trap and skeet team, which, from what I've learned in 4-H, I've kind of carried that over into the team for Texas A&M."

Holloway is thankful for his time in 4-H and recognized that the many opportunities presented to the youth in the Texas 4-H program would not be possible without the support of the many donors. "First off, I want to tell them thank you for contributing to one of the best programs for kids. I think 4-H is an amazing thing for meeting friends and learning valuable things that you can take with you throughout your life," Holloway said. "What I would say to the donors is just thank you for donating to such an organization that is helpful to so many youth in Texas."

TEXAS 4-H OPPORTUNITY SCHOLARSHIP PROGRAM

ABOUT:

The Texas 4-H Foundation Opportunity Scholarship Program awards academic scholarships each year to applicants based on their academic record, 4-H experience, and financial need. Thanks to our generous donors, we are able to award scholarships to 4-H members through Baccalaureate, Collegiate, Courageous Heart and Technical Scholarships. The goal of the scholarship program is to provide scholarship opportunities for 4-H members to attend a Texas college or university, to pursue a broad range of academic majors. Texas 4-H Youth Development has a proud history of providing young people with opportunities in leadership, citizenship, community service, and personal growth. The Texas 4-H Foundation Opportunity Scholarship Program began in 1959 with a \$1,000 scholarship. Since that time, our scholarship program has experienced tremendous growth, currently awarding over 220 scholarships totaling more than \$2.7 million annually.

INVEST IN THE FUTURE:

Any donation to the scholarship program makes a difference in the future of a young person. Supporting the Texas 4-H Foundation Opportunity Scholarship Program will ensure that deserving 4-H youth are able to expand their educational goals in preparation to become future leaders of our communities, state, country, and world.



TYPES OF SCHOLARSHIPS:

Baccalaureate:

Awarded to students who wish to pursue a Bachelor of Science or Bachelor of Arts degree from an accredited Texas College or University.

Collegiate:

Designated for former Texas 4-H members who have been graduated from high school for at least one year, at time of awarding, and have completed a minimum of 30 hours of college credit at a grade point average of at least a 2.7.

Courageous Heart:

Awarded to Texas 4-H members that are pursuing either a Baccalaureate or Technical degree and have had to overcome an extreme obstacle while staying active in both 4-H and school.

Technical:

Awarded to students who wish to pursue technical certification in a recognized and approved major or course of study.

TEXAS 4-H

FOUNDATION SCHOLARSHIPS

2023 Texas 4-H Foundation Opportunity Scholarship Important Dates

- November 1, 2023 – Application will be available online
- December 2023 - Complete FAFSA by Mid December
- February 15, 2024, by 11:59 PM – Deadline to Apply
- April 2024 – Interviews in College Station
- May 2024 – Award Notifications
- June 2024 – Scholarship Banquets in College Station

COMPLETED FAFSA REQUIRED TO APPLY

You must complete your FAFSA (The Free Application for Federal Student Aid) before submitting your scholarship application at <http://www.fafsa.gov/>. This is required for Baccalaureate, Technical, and Courageous Heart scholarships. Please complete this before mid-December.

If you wait, you may not have time to get the FAFSA paperwork submitted and receive the SAR report before the Texas 4-H Opportunity Scholarship application deadline. This is a required document to be attached to your application, without this you will not be able to apply.

Resources and Helpful Links

- [TEXAS 4-H FOUNDATION WEBSITE](#)
- [SCHOLARSHIP HANDBOOK](#)
- [SCHOLARSHIP PORTAL FAQ](#)
- [TEXAS 4-H FOUNDATION SCHOLARSHIP PORTAL](#)

TEXAS EXTENSION EDUCATION 4-H SCHOLARSHIP PROGRAM

TEXAS EXTENSION EDUCATION ASSOCIATION 4-H SCHOLARSHIP PROGRAM

The Texas Home Demonstration Association was organized in August, 1926 by 399 women attending a Farmer's Short course at A&M University. One of the purposes for organizing was to establish a scholarship for a deserving 4-H girl. This original scholarship of \$200 has grown to 12 in 2002, given annually at \$1000 each (\$500 Fall; \$500 Spring); however, in 1997, only four \$100 scholarships were given due to lack of funds. Funding of these scholarships began with a 5 cent donation per member in 1926. Scholarships are now funded through the annual TEEA budget and awarded to a 4-H boy or girl, one per District. The twelve \$1500 TEEA State scholarships are open to any qualifying 4-H'er in the respective District where the youth lives, regardless of there being a TEEA or no TEEA in the county.

SCHOLARSHIP SUBMISSION PROCESS

The following is due to the Parker Co. Extension office by 5PM February 15, 2024...

- Envelope labeled with the applicant's name and county.
- Only a black and white copy of Texas 4-H Recordbook from the previous year's Texas 4-H Recordbook judging deadline of August 31 accepted.
- Official high school transcript with ACT and/or SAT scores included.
- Completed TEEA 4-H Scholarship Application.
- Two letters of recommendation: one from a county Extension agent or 4-H club manager and one from a teacher, employer, or community leader (not a relative).

[Click here for TEEA 4-H Scholarship Application and Guidelines](#)



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



PCLIA NEWS

CURRENT INFORMATION REGARDING THE
2024 PARKER COUNTY STOCK SHOW

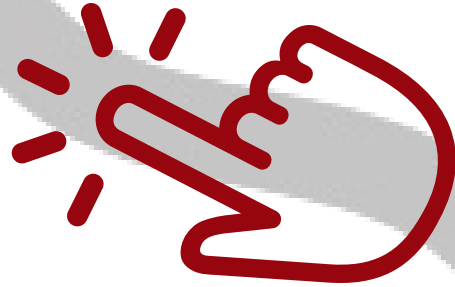
YOU ARE ENCOURAGED TO FOLLOW THE PCLIA FACEBOOK PAGE
FOR THE MOST UP TO DATE INFORMATION

PCLIA FACEBOOK

- January 13th - PCLIA Steer Tag-In, 9AM-Noon North Texas Veterinary Hospital (in Peaster), 8283 FM 920, Weatherford - Tag Order and Major Steer Declaration form on next page.
- January 13th - Noon Deadline for PCLIA Major Steer Declaration
- January 19th - 2024 PCLIA Turkey Order Deadline
- February 21st-24th - Market Rabbit Breeding dates
- May 4th - 7AM-9AM - Market Rabbit Tag-In

PCLIA STEER TAG ORDERS

2024 PCLIA STEER TAG ORDER AND MAJOR VALIDATED DECLARATION FORM



Please note

Keep the receipt generated by Paypal (You do not have to have a Paypal acct. just select pay by debit or credit card).

There are two types of tagged steers that can show at the 2024 PCLIA Stock Show

- Steers that physically attend a PCLIA Tag-In
- 23-24 State Validated Steers (validated in June of 2023 under the exhibitor(s) name) that have been declared through the 2024 PCLIA declaration form.

Section A - Is for steers that have not been state validated and will be attending a PCLIA Tag-In.

Section B - Declaration of Major Stock Show Validated Steers - These steers must have been validated under exhibitor's names at major stock show steer validation in June of 2023. These steers do not have to attend a PCLIA Tag-In. If you have more than 6 major stock show steers to declare, you'll just complete another form.

Deadline to declare Major Stock Show Validated Steers is by Noon on Saturday, January 13, 2024.

- NEW** • You will be asked to upload a picture and include a current weight for each major declared steer.

PCLIA Steer Tag-In - January 13, 2024, 9AM-Noon.

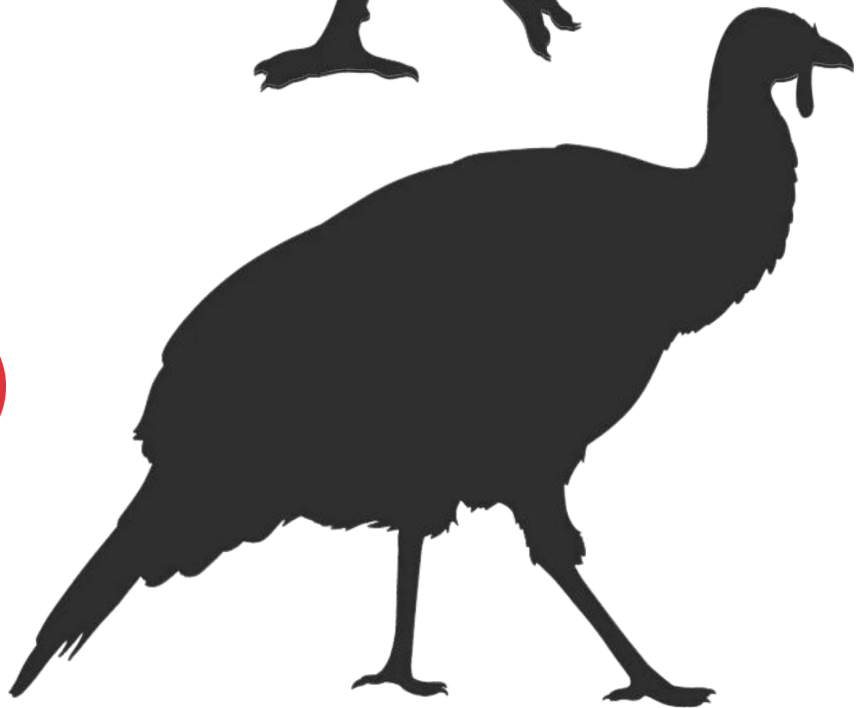
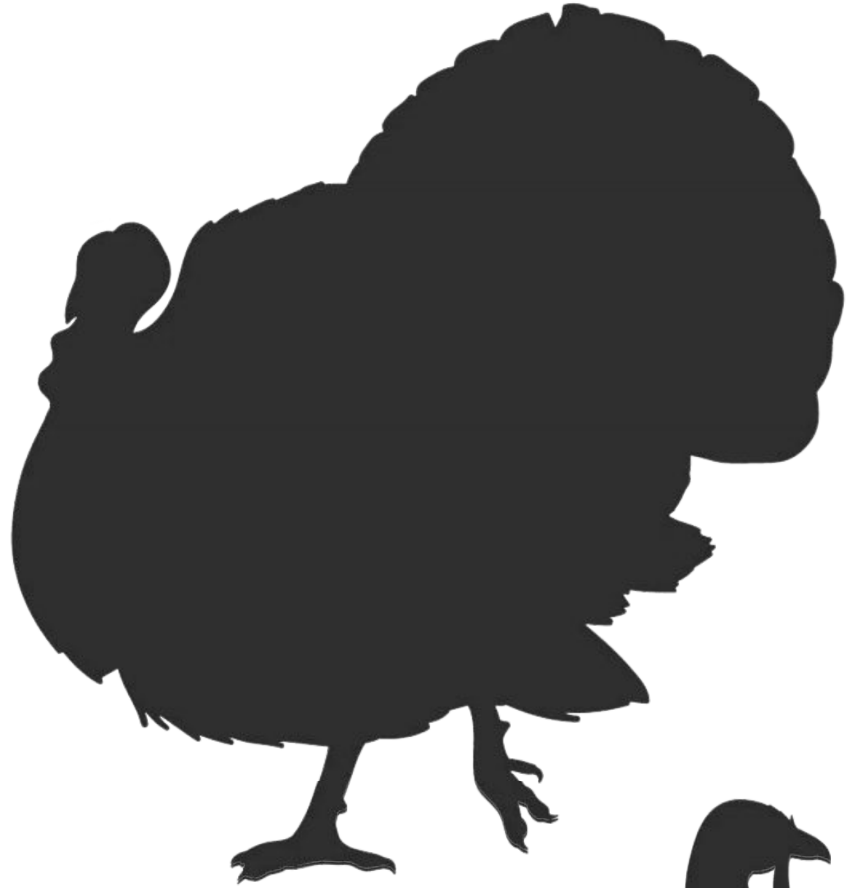
**North Texas Veterinary Hospital (in Peaster), 8283 FM 920,
Weatherford**

2024 PCLIA TURKEY ORDERS

Turkey Orders are Due:
Friday, January 19th.
Please keep your
payment receipt.

Expected Delivery Date:
Week of February 19th

[CLICK HERE](#)



PCLIA 2024 SCHEDULE

ALL TIMES ARE SUBJECT TO CHANGE***ALL PENS MUST BE CLEANED WHEN REMOVING ANIMALS AFTER SHOWING.

Monday, May 27

5PM	Exhibitor Arrival.....	EAST SIDE NEW BARN
6PM	"The Greatest Show on Earth" Opening Ceremonies.....	EAST SIDE NEW BARN

Tuesday, May 28

7AM	Breeding & Dairy Heifers & all Longhorns Move In.....	CATTLE BARN
7AM	Breeding & Market Sheep Move In.....	ASSIGNED PENS
7AM	Market Poultry Check-In.....	NEW RING
8AM	Market Poultry Show.....	NEW RING
9AM	Fancy Birds in Place.....	NEW RING
9AM	Longhorn Show: Heifers followed by Steers.....	OLD RING
10AM	Fancy Bird Show.....	NEW RING
11AM	Meat Skillathon	POSSE BLDG
3PM	Project Fair	POSSE BLDG
1PM	Heifer Check In. Last Call Will Be 2PM.....	OLD RING
3PM	Sheep Weigh In. Last Call Will Be 4PM.....	NEW RING

Wednesday, May 29

7AM	Market & Breeding Rabbit Check-In.....	EAST SIDE NEW BARN
8AM	Breeding Heifer Show followed by Dairy Heifer	OLD RING
8AM	Market Rabbit Show Followed by Breeding Rabbit Show.....	EAST SIDE NEW BARN
8AM	Breeding Sheep Show Followed By Market Lambs.....	NEW RING
3PM	Breeding & Market Goats Must Be In Place.....	ASSIGNED PENS
3PM	Market Goat Weigh In. Last Call Will Be 4PM.....	NEW RING
4PM	The Maverick Showmanship.....	NEW RING
5PM	Pigs Can Begin Moving In.....	ASSIGNED PENS

Thursday, May 30

8AM	Dairy Goat Check-In.....	OLD RING
8AM	Steers Can Begin Moving In.....	ASSIGNED PENS
8AM	Ag Mechanics begin Arrival.....	EAST SIDE NEW BARN
8AM	Breeding Goat Show Followed By Market Goats.....	NEW BARN
9AM	Dairy Goat Show.....	OLD RING
3PM	Swine Must Be In Place.....	ASSIGNED PENS
3PM	Crops Must Be in Place.....	POSSE BLDG
4PM	Crop Show.....	POSSE BLDG
4PM	Steer Weigh In & Must be in Place. Last Call will be at 5PM.....	OLD RING
5PM	Market Swine Weigh In & Classification.....	NEW RING
8PM	All Ag Mechanics must be in place.....	EAST SIDE NEW BARN

Friday, May 31

8AM	Ag Mech Show.....	EAST SIDE NEW BARN
8AM	Breeding Gilt Show followed by Market Swine.....	NEW BARN
4PM	Steer Show.....	OLD BARN
7PM	Master Showman at Conclusion of Steer Show.....	NEW BARN

Friday, June 7

9AM	Awards.....	OLD BARN
10AM	Premium Sale Of Champions.....	NEW BARN SALE RING



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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13	14	15	16	17	18	19
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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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31						

MARCH

OCTOBER

OCTOBER 2023						
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29	30	31				

APRIL 2024						
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28	29	30				

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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30						

JUNE

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

JANUARY

JANUARY 2024						
S	M	T	W	Th	F	S
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JULY 2024						
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21	22	23	24	25	26	27
28	29	30	31			

JULY

???—Record Book Judging

= State Event

= District Event



4-H CONSUMER DECISION MAKING

Do you like to shop?

Learn how to save money while shopping in the consumer decision making project. You'll learn how to compare prices, test for quality and make purchases based on facts and research.

In this project you will learn how to compare prices, test for quality and make purchases based on facts and research. You will also improve your: Money management skills, Smart purchasing skills and Decision-making skills.

This section will have practice consumer decision making classes and reasons examples to help you prepare for the District 3 4-H Consumer contest in the spring.

Fitness Tracker

Scenario

Dawson is training for the Ironman Triathlon. He is looking for a top-of-the-line, cutting edge durable fitness tracker that can track all three activities: swim, bike, and run. It must be able to connect via bluetooth to his cell phone for data back-up and phone notifications, and act as a daily activity monitor and watch. It must have heart-rate monitoring capabilities and at least 24 hours of battery life. Features like music capability and electronic payments would be great also.

Dawson is not as worried about price as he is about the product being exactly what he needs.

Item #1



COROS APEX - \$349.099

Premium Multi-sport Watch - Released November 2018
For athletes who want to train harder, safer and much more efficiently, APEX is the premium multi-sport watch that enables self-inspiration. Unlike traditional brands and offerings, APEX is the result of massive engineering towards the needs and desires of athletes around the world.

- Ultra-Durable Battery Life (Up to 35 hours)
- Titanium with Sapphire Glass
- Heart Rate Monitor Barometer, Altimeter, Compass
- Bluetooth Connections
- Strava & Training Peaks
- Daily watch & activity monitor

Item #2



Suunto Ambit 2 - Released April 2013 - \$232.22

- Robust design with long battery life (16hours with GPS on full time!)
- Over 1000 apps available to optimize this watch to your needs
- Compatible with Movescount community to share and store sports diary and offer unique personalization options
- GPS with navigation, speed, distance, and upgradability
- Heart Rate Monitor, includes chest strap
- Not a daily activity tracker but does act as a watch



Item #3

Price - \$79.99

Runtopia S1 Professional Outdoor Running GPS Watch with Heart Rate Monitor and Maps GPS Tracking Running for Entry Level Runners

- FOCUSING ON RUNNING - Runtopia S1 GPS running watch with heart rate monitor and gps will track your distance, running data, running route and guide your running via App on your smart phones. All of these data are aiming to improve your running performance
- SUPER LONG BATTERY LIFE - 25 Days in daily uses or 9.8 hrs with GPS mode turned on (Nearly Two Full Marathon Runs). Plus, fast charging in 2 hrs via magnetic cable
- PROFESSIONAL RUNNER'S GUIDE - Audio running coach will guide you to run more efficiently. Based on your heart rate and running target, the audio coach will tell you to speed up or keep it and more
- PROFESSIONAL SYSTEM FOR YOU - More than running, Runtopia S1 also fits in daily uses, including message notifications, call reminder, sedentary reminder, stopwatch and compass. Depending on runner's needs, cycling tracking will be added on in May
- Released in June 2016

Item #4



Garmin Fenix 6 Pro, Premium Multisport GPS Watch - PRICE \$699.99

- Fit for performance with rugged, sophisticated design that features an always-on 1.3" (18% larger than previous fēnix models) sunlight-readable display with bezels in stainless steel, titanium or diamond-like carbon (DLC) coating
- Enhanced estimated wrist heart rate and Pulse Ox to support advanced sleep monitoring and altitude acclimation at high elevations
- Advanced training features include PacePro for grade-adjusted pace guidance throughout your activity plus environmentally adjusted VO2 max and training status estimates
- Navigate the outdoors with preloaded TOPO maps, ski maps for over 2,000 worldwide ski resorts, multiple global navigation satellite system (GPS, GLONASS and Galileo) support and built-in sensors for 3-axis compass, gyroscope and barometric altimeter
- Support for Garmin Pay contactless payments, music storage with premium streaming service (may require subscription with third-party music provider) support, smart notifications and more
- Battery performance: up to 14 days in smartwatch mode, up to 10 hours in GPS and music mode, up to 28 days in expedition GPS activity mode, and up to 48 days in battery saver watch mode
- Released August 2019

	Price	Top of the line	Durable	Swim, Bike Run	Bluetooth	Activity monitor	Heart Rate	24 hr battery	Bonus features
#1	349.99	Released 2018	Yes	Multi sport	Yes	Yes	Yes	Yes	Yes
#2	232.22	Released 2013	Yes	?	Yes	X	Yes	X	Yes
#3	79.99	June 2016	?	X	Yes	Yes	Yes	X	
#4	699.99	2019	Yes	Yes	Yes	Yes	Yes	Yes	Yes

CLASS PLACINGS -
4-1-2-3
CUTS: 2-3-5

I placed this class of fitness trackers 4 - 1- 2 - 3 starting the class with an obvious top in the Garmin Fenix.

In my top pair I placed 4 over 1. The Garmin hands down is the most top of the line fitness tracker in this group. It meets Dawson's criteria in durability, multisport, battery life and goes above and beyond with it's bonus features.

Yes, the Coros Apex is \$350 cheaper, but Dawson isn't worried about price and wants the gold standard.

In my middle pair I placed 1 over 2. The Coros is offers more features and meets Dawson's must haves, where the Suunto falls short in tracking activities and the heart rate monitor includes a chest strap which can be less desirable in some sporting activities. Also, since it was released in 2013, it leads me to believe there are more advanced options.

The Suunato should be commended for price and apps but will remain 3rd.

In my final pair I placed 2 over 3. Though it's an older model the Suunto seems to offer more than just running features which it what Dawson would prefer.

The Rutopia is the most affordable option of all of the fitness trackers, however at the moment, running is the only activity it will track leaving it the bottom of the class.



4-H DOG PROJECT

Wednesday, January 10th @6PM @ Extension Office
RSVP Required

No dogs for this meeting

[Click Here to RSVP for January](#)

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

- Jan 10th - Texas 4-H Dog Show Validation Deadline - [Click HERE to Validate Your Dog](#).

DOG SHOW VALIDATION

Validation Deadline - Wednesday January 10th, through 4-H Online - Texas 4-H Dog Show Validation is completely FREE so go ahead and do it whether you know for sure you can attend or not.

Event Information

Texas 4-H Dog Show will be held on July 11-13, 2024 at the Walker County Fairgrounds in Huntsville, Texas. To be eligible for this show, dogs must be validated by January 10, 2024 in 4-H Online. Attached are detailed written instructions. Video instructions are also available at <https://youtu.be/3NzoljK9Pco> if that is more convenient. 2024 Texas 4-H Dog Show Rule Book is also attached and will be posted <https://texas4-h.tamu.edu/projects/dog-care-training/> soon.

There will be a couple of opportunities to practice with your dog whether you validated or not.

- Montgomery County 4-H Dog Show will be February 3, 2024 at the Montgomery County Fairgrounds in Conroe, Texas
- Brazos County 4-H Dog Show is normally a couple of weeks later
- Tarrant County 4-H Dog Show has been in April
- Wise County is has historically been done in June.

We will send details of each of these as soon as we have them. If your county is planning to host a dog show, please let us know so we can help you publicize it.

As 4-H members complete their validation, here are some things to keep in mind:

For purebred dogs (they do not have to be registered, just look purebred) you will select the correct Group and list the breed.

For mixed breed dogs you will select the Weight Group of the dog and list the dominant breed along with the word "Mix" or list the two breeds if known. (Example: Border Collie Mix or Mastiff/Great Dane.)

Photos of the left and right side of the dog should be a side view of the whole dog. Get on the dog's level so they do not turn into top views. They should also be clear and light enough we can see all markings and color of the dog. The dog should only be wearing a collar. No sweaters, costumes, rain gear or anything that covers the dog's color and markings.

Dogs MUST be validated each year. If you validated a dog last year, the information and photos will be in the system, but you must still review and SUBMIT to validate for the 2023-2024 4-H year. Please update the photos if the dog has changed significantly since last year.

We do encourage you to validate any dogs that you are eligible to show. Situations may change through the year.

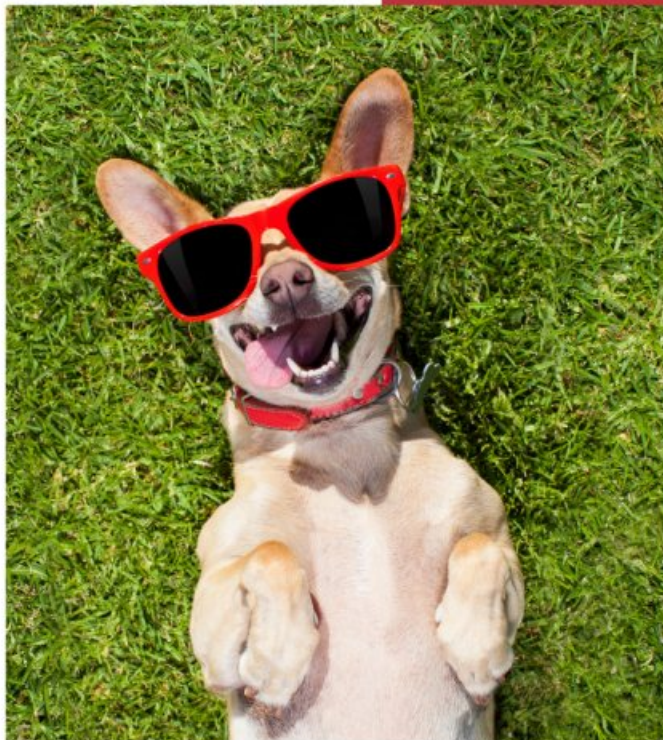
4-H DOG PROJECT



- September 13th - Introduction to Dog Project, Equipment and Etiquette.
- October 11th - Routine Dog Veterinary Care and Nutrition.
- November 8th - Walking on a Leash and the Confirmation Ring
- December 13th - Sit and Down, Dog Validation Requirements, Rally Basics, Dog Identification
- January 3rd - Parker Co. Animal Shelter Tour
- January 10th - Texas 4-H Dog Validation Due, Routine Dog Grooming and Review of Tricks Class.
- February 14th - Dog Olympics
- March 8th - Rally Pattern
- April 10th - Obedience
- May 8th - Dog Project Showcase and Graduation
- July 11th - 13th - Texas 4-H Dog Show location TBA

TEXAS 4-H DOG SHOW CLASSES AT A GLANCE

Note: The 2023-2024 Texas 4-H Dog Show Rules have not yet been released. The information below is based off of the 22-23 Rules and is subject to change.



Canine Good Citizen

- The Canine Good Citizen testing is a non-competitive opportunity for exhibitors to demonstrate their dog's basic good manners and earn the Canine Good Citizenship certificate through AKC. Started in 1989, the CGC Program is designed to reward dogs who have good manners at home and in the community. The CGC Program is a program that stresses responsible pet ownership for owners and basic good manners for dogs. All dogs who pass the 10-step CGC test may receive a certificate from the American Kennel Club. Testing is subject to certified judge availability.
- The 10 Steps are...
 1. Accepting a friendly stranger
 2. Sitting politely for petting
 3. Appearance and grooming
 4. Out for a walk (walking on a loose lead)
 5. Walking through a crowd
 6. Sit and down on command and staying in place
 7. Coming when called
 8. Reaction to another dog
 9. Reaction to distraction
 10. Supervised separation

TEXAS 4-H DOG SHOW CLASSES

Photography

A detailed description of categories, size requirements and the photo submission process will of course be included in the 23-24 Rule Book.

- Dog - Still Life
- Dog - Active
- Storyboard
- Theme
- Funny Dog

Costume

Divided into age divisions - Junior, Intermediate and Senior. Judged on...

- Creativity - produce or create (not purchase) something unique, new and original.
- Showmanship - Personality, poise, confidence, expression and stage presence.
- Costuming - Appropriate for age and youth audience.
- Material Chosen - Appropriate for audience and the ability of the performer.
- Audience Appeal - Evokes reaction from audience that is desired from the performance.

Conformation

- Dog is judged on breed standards
- Shown in group classes
- Purebred dogs do not have to be registered
- Non-purebred dogs will be shown by weight

Showmanship

- Exhibitor is judged on ability to handle a dog
- Patterns may be directed
- Exhibitors may be asked questions regarding: dog anatomy, breeds, health and nutrition and 4-H trivia (resources found on Texas 4-H Dog Project page)
- Broken into age divisions and skill levels

TEXAS 4-H DOG SHOW CLASSES CONTINUED

Rally

- A series of signs give instructions for exhibitor to follow
- More relaxed than obedience
- May give hand and voice commands
- Broken into skill level and age division

Obedience

- A series of commands (signs or verbal, depending on level of experience) will provide direction to exhibitor
- Must choose between hand or voice commands, cannot use both
- Broken into skill level and age division

Drill

- Dog/Handler teams choreographed to music
- Exhibit obedience commands
- 5 minute routine

Freestyle Drill

- Props are allowed
- 1-3 or 4 or more members

Traditional Drill

- No props
- Minimum 3 members

Tricks

- Set list of tricks and point values
- Exhibitors handle dogs through 4 tricks from the list

Dog Skill-a-thon

Consists of a series of stations that are designed to test the exhibitor's dog science knowledge and skills.

- Individual contest
- Age divisions
- Don't have to show a dog to compete
- Stations formatted as matching, multiple choice, short answer etc.
- Topics include but not limited to:
 - animal behavior, care, safety and restraint
 - health and disease
 - anatomy, physiology and conformation
 - breed id
 - famous dogs/ working dogs / dog sports
 - nutrition and feeding
 - housing, facilities and training
 - genetics, reproduction and management of breeding animals
 - records management

Dog Olympics

Olympics is designed to encourage participation in the dog project and attend state dog show even if they are not yet ready to participate in the other higher level events.

- Push ups - the goal is for the dog to perform as many "push ups" as possible in 1 min. A push up begins with the dog sitting, then lying down, and coming back up to a sit.
- Marathon Sit - the goal for this event is for the dog to sit and stay for as long as possible.
- Treat Toss - the dog that can catch as many treats as possible in 1 min.
- Tail Wagging - for the dog to wag their tail as many times as possible in 30 seconds.
- 20 Yard Dash - for the dog to run as fast as possible to their owner 20 yards away.



4-H ENTOMOLOGY PROJECT

Thursday, January 4th @6PM@ the Extension Office
RSVP Required
[Click Here to RSVP](#)

Thursday, February 1st @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, January 22nd @6PM @ Extension Office
[Click HERE to RSVP](#)

Bring your bags that we cut out at the November meeting. If you did not attend the November meeting, no worries, just call the office and we will have a kit ready for you.

Please RSVP by Noon the day prior to the project meeting

PARKER CO.

2024

FASHION

SHOW

CATEGORIES

THERE WILL BE

MORE INFO TO COME



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Jolie robe d'après midi
en crepe mat.
Prix 330

4-H

JUNIOR/INTERMEDIATE CONSTRUCTION CATEGORIES

1. **Everyday Living** - Includes casual sportswear, weekend-wear, clothing for school, casual after-school events, or hanging out with friends.
2. **Refashion** - The result of modifying existing clothing into something more fashionable. The main purpose of Refashion is creativity, as well as sewing skills. The member designs and sews a wearable garment from previously used garments. The completed garment is different from its original use, not just an alteration. (For example, neckties sewn together to form a skirt or taking old t-shirts and making them into a skirt).
3. **Dressy to Formal** - Garments worn to dressy activities such as church, banquets, luncheons and 4-H interviews. Examples are children's suits and dressy dresses. Original material must be fabric and not from recycled items.
4. **Special Interest** - Limited to special purpose garments. Examples are band, pep squad and cheerleader uniforms; sleep wear; theatrical and circus-type costumes such as clown suits and ballet costumes; equestrian clothing and riding apparel; hiking clothing; or rock-climbing clothing. Garments in this category should not be suitable for ordinary activities.

JUNIOR/INTERMEDIATE CONSTRUCTION GUIDELINES

1. All garments must have been constructed during participation in a 4-H Clothing Project between June 2023 and the date of the District contest. Garments may be constructed by sewing, knitting, or crocheting using new or recycled material. Accessories such as belts, shoes, hosiery, gloves, jewelry, and hats may be purchased. Items not constructed by the participant will be considered accessories.
2. All garments worn may be entered. However, if a t-shirt needs to be worn underneath something then only the constructed garment would be judged. No additional garments may be carried with the exception of props (show stick, tennis racket, golf club, corsage, teddy bear, etc...)

JUNIOR/INTERMEDIATE BUYING CATEGORIES

1. **Everyday Living** - Includes casual sportswear, weekend-wear, clothing for school, casual after-school events, or hanging out with friends.
2. **Fantastic Fashion Under \$25** - The \$25 challenge category is designed to expand the 4-H member's shopping experience to include different shopping venues. Outfits must be purchased at a garage sale, consignment store, Goodwill, Salvation Army, or retail store.
3. **Semi-Formal** - Entry must be designed for semi-formal to dressy occasions and made from fabrics intended for the same. This includes men's suits and women's dressy attire. Ensembles may be worn to activities such as concerts, banquets, and other nice events generally not worn during the Monday through Friday week.
4. **Special Interest** - Entry should be a specific outfit that you NEED to know how to purchase wisely. Entry should be something that reflects a special interest of the participant, such as equestrian clothing and riding apparel, dance costumes, hiking clothing, or rock climbing clothing.

JUNIOR/INTERMEDIATE BUYING GUIDELINES

1. All garments worn must have been purchased during participation in the 4-H Clothing Project between June 2022 and the date of the District Contest. If during comparison shopping, the 4-H member determines that paying a professional seamstress (at normal retail cost) to construct an ensemble is the best choice for purchasing a garment, he or she must list the cost of fabrics, patterns, notions, any other supplies and payment to the seamstress as the cost of the garment. Enter the appropriate information in the column headed "Garments Selected" on the Buying Division Worksheet. Information will be evaluated during judging so the worksheet must be complete. Adult judges will ask questions about the garment and the comparison shopping experience.
2. Comparison shopping may include department store, boutiques or specialty stores, mail order catalogs, internet sites, outlet stores, and professional seamstresses. Three different shopping sources must be used, not three sections of a single store.
3. All garments worn (garments that are visible-i.e., blouse under jacket or vest) during the interview process must be included in the buying worksheet.
4. The Junior Buying Division Worksheet must be completed. This is a simple one-page worksheet.

SENIOR CONSTRUCTION CATEGORIES

1. **Everyday Living** - Includes casual sportswear, weekend-wear, sleepwear, clothing for school, casual after- school events, or hanging out with friends.
2. **ReFashion** - The result of modifying existing clothing or fabric item (such as tablecloth or curtain) into something more fashionable. The main purpose of ReFashion is creativity, as well as sewing skills. The member designs and sews a wearable garment from previously used garments or fabric item. The completed garment is different from its original use, not just an alteration. (Examples: neck ties sewn together to form a skirt or taking old t-shirts and making them into a skirt).
3. **Semi-Formal to Formal** - Entry must be designed for semi-formal to formal occasions and made from fabrics intended for the same.
 - Semi-formal is a little less formal than formal black tie.
 - Women - - includes midi dresses, maxi-dresses, wrap dresses, cocktail dresses, pantsuits, and jumpsuits
 - Men - - includes slacks and a blazer, a two-piece suit (with or without a tie), accessories that show personal style (pocket squares, dress watch, custom shoes)
 - Formal - prom, evening wedding or gala party
 - Women - - typically floor-length gown, a knee-length cocktail dress or classic little black dress.
 - Men - - two or three-piece suit or tuxedo, with a shirt and tie.
4. **Theatre/Costume** - Garment intended for use as a costume, which would include stage production. May be sewn from fabric or from another garment. These garments may be unusual or innovative materials; imaginative but wearable.

SENIOR CONSTRUCTION GUIDELINES

1. All garments must have been constructed during participation in a 4-H Clothing Project between June 2023 and the date of the District contest. Garments may be constructed by sewing, knitting, or crocheting using new or recycled material. Accessories such as belts, shoes, hosiery, gloves, jewelry, and hats may be purchased. Items not constructed by the participant will be considered accessories.
2. All garments worn may be entered. However, if a t-shirt needs to be worn underneath something then only the constructed garment would be judged. No additional garments may be carried with the exception of props (show stick, tennis racket, golf club, corsage, teddy bear, etc...)



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 Monday before the meeting by Noon
- 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, January 4th - Clovers and 4-H'ers @ 6PM

Thursday, February 1st - Clovers and 4-H'ers @6PM

RICE

So what is the difference between Wild Rice, White Rice and Brown Rice nutritionally? Check out this chart to help yourself make better decisions for a healthy lifestyle.

WHAT'S THE DIFFERENCE?

WILD RICE



VS

A 3.5-ounce (100-gram) serving of cooked wild rice provides:

Calories: 101
Carbs: 21 grams
Protein: 4 grams
Fiber: 2 grams

WHITE RICE



VS

A 3.5-ounce (100-gram) serving of cooked white rice provides:

Calories: 123
Carbs: 26 grams
Protein: 2.9 grams
Fiber: 0.9grams

BROWN RICE



A 3.5-ounce (100-gram) serving of cooked brown rice provides:

Calories: 111
Carbs: 23 grams
Protein: 2.6 grams
Fiber: 1.8grams



Italian Wedding Soup

DECEMBER 13, 2023 BY [DINNER TONIGHT](#)

Our updated version of the classic Italian Wedding Soup is the perfect easy weeknight soup to pull together for your family!

Instructions

1. In a large pot, brown the beef and pork together over medium heat. Add parsley, 1 tablespoon of garlic, oregano and black pepper. Once meat is completely cooked, remove and set aside.
2. Using the fat from the meat, sautee the onion, celery, carrots, and remaining garlic. Once vegetables are softened, add in the broth and bring to simmer.
3. Add in the pasta and let simmer for 5-6 minutes. Add in the kale and browned meat let simmer for 4-5 minutes.
4. Serve topped with parmesan cheese.

Ingredients

- 8 ounces [ground beef](#) 97% lean
- 8 ounces [ground pork](#) 96% lean
- 1 tablespoon [dried parsley](#)
- 3 tablespoons [minced garlic](#) divided
- 1 teaspoon [dried oregano](#)
- 1/4 teaspoon [black pepper](#)
- 1 medium [yellow onion](#) chopped
- 2 medium [celery stalks](#) chopped
- 2 medium [carrots](#) chopped
- 4 cups [low sodium chicken broth](#)
- 4 cups [low-sodium beef broth](#)
- 4 ounces [dry orzo](#)
- 3 cups [kale](#) destemmed and chopped
- 1/2 cup [reduced-fat](#) parmesan cheese, grated

Nutrition Facts

10 servings per container	
Serving size	1 cup (294g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 360mg	16%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 2mg	10%
Potassium 413mg	8%

*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.



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 - [Click to RSVP for January](#)

- January 23rd @ 5PM
- January 30th @ 5PM

Advanced Horse Project Meetings - [Click to RSVP for January](#)

- January 9th @6PM
- January 23rd @6PM

- ~~March 23 - Parker Co. 4-H Model Horse Show (More info to come in Jan.)~~ Postponed to a later date
- April 1 - Horse Validation Deadline for Parker County 4-H Horse Show
- April 20 - Parker County 4-H Horse Show



4-H LIVESTOCK

- **January 9th** - FWSSR Heifer Stall Set-Up planning mtg. @ 6PM @ the Extension Office
- **January 13th** - PCLIA Steer Tag-In (Major Steer Declaration deadline) 9AM-Noon, North Texas Veterinary Hospital (in Peaster), 8283 FM 920, Weatherford - See PCLIA News section of Newsletter
- **January 13th** - PCLIA Major Steer Declaration due by Noon - See PCLIA News section of Newsletter
- **January 16th** - FWSSR Steer Stall Set-Up planning mtg. @6PM @ the Extension Office
- **January 18th** - Rabbit Project meeting @ 6PM - See Rabbit Project section of the Newsletter
- **February 19th** - PCLIA Market Rabbit breed date
- **May 4th** - 7AM-9AM PCLIA Market Rabbit Tag-In



4-H RABBIT PROJECT

[Follow Us on Facebook](#)

THINK ABOUT IT

Before you decide that the rabbit project is the right one for you, answer these questions with your family.

1. Do you have the time and money to care for your project?
2. Are rabbits allowed where you live?
3. Do you have a place for the hutches?
4. Do you have a way to make sure your rabbits are protected from other animals in the area?

Market vs Breeding, Which is for Me?

Market Rabbit Project:

- Raised predominantly for meat production.
- Can be shown as a meat pen or single fryer.
 - Meat Pen – 3 rabbits that are of the same breed, age and size and are shown as a unit.
 - Single Fryer – a single rabbit between 3.5 to 5.5 lbs., not over 10 weeks
 - Be sure to check with each particular show for rules on species that can be shown.
 - Breeds most commonly shown: • White New Zealand • Californian • Champagne d'Argent • Satin
 - Generally, a short-term project.

Breeding Rabbit Project:

- Used as breeding stock for the exhibitor.
- Can be shown in multiple types of divisions including: Buck Divisions, Doe Divisions, Fur Divisions and Fancy Divisions.
- They are judged individually.
 - Buck – unaltered male rabbit
 - Doe – female rabbit
- Be sure to check with each particular show for rules regarding divisions.
- Most commonly shown fancy breeds: • Silver Marten • Polish • Himalayan • Dutch • Mini Lop • Dutch
- Generally, a long-term project.
- After shows, rabbits generally return home with the exhibitor to continue being shown or become breeding stock.



4-H MARKET BROILER PROJECT

THINK ABOUT IT

Though it's not quite time to purchase market broilers for county show just yet. If you are new to the project and you're considering it, you need to get started on housing for your birds now. Market broilers respond best to a controlled environment that can be heated and cooled. They should not be kept with your backyard laying hens. Below are some things to keep in mind for market broiler housing.

Information compiled using the [Texas 4-H Poultry Explorer Guide](#)

Housing

Housing Structure The most ideal structure for housing your chickens is one that can be fully enclosed so that it can protect your chickens from any dramatic changes in temperature, but can also allow natural light and air in. You can easily set up a pen in a barn, garage, or workshop as long as you have the ability to regulate temperature along with ventilation. A good rule of thumb is to provide at least two square feet of floor space per chick. An existing storage shed can make a great place to house your birds. Source: <https://aglifesciences.tamu.edu/posc/wp-content/uploads/sites/20/2012/08/EPS012-How-to-Produce-Broilers-andRoasters-for-Show-1.pdf>

Bedding:

By selecting the right bedding for your birds, you can ensure that they are raised in a healthy, clean environment which will have a positive impact on their growth performance. Before you bring your birds home, make sure to set up their pen. The bedding will provide your chicks warmth, as well as cushion, for their feet and breast when they lay down. A few examples of good bedding for your poultry project are: rice hulls, wood shavings, or coarse, dry sawdust.

Make sure to lay down at least 4 inches of bedding on the floor of your chick's pen. It is essential to make sure the bedding is kept dry by cleaning out the pen on a regular basis. Wet bedding can harbor diseases and can cause respiratory problems in your birds. A good way to determine if the bedding is too wet is by grabbing a handful of bedding and squeezing it together. If it sticks, it is too wet and you need to replace it with dry, clean bedding.

Temperature Control:

Just like other animals, poultry have a thermoneutral zone, which is when the temperature feels just right to them. If the temperature is above their thermoneutral zone, then the birds are susceptible to heat stress, whereas if the temperature is below, the birds will use more of their energy in order to stay warm.

Using fans in your poultry house can assist in keeping your birds cool during the hot months. The best type of fan system would be to use fans that are controlled by timers or thermostats. It is important to remember that you need to allow fresh air to enter the poultry house through doors or windows. If you don't have the ability to install fans with timers, stir fans can be setup in the house to help cool off your birds. The fans need to be placed 2 to 3 feet off the ground which will allow for the cool air to blow across the birds.

Air conditioners can be useful (and honestly are necessary for a county show our time of year) in your poultry house during the warmer months. You must be careful when using air conditioners because your birds can get acclimated to the cooler climate, then can become heat stressed when you take them to a show where they will be housed in a non-air-conditioned environment. It is important to note that excessive heat stress can kill your birds, so you need to keep this in mind when setting up your ventilation system in your poultry house.

Lighting:

By providing 24 hours of natural or artificial light to your poultry project, you can help improve their feathering along with their weight gain. After you remove the heat lamps, you can hang a 40-watt bulb 6 feet above the birds to provide them with artificial light.

Temperature Guideline for Broilers and Turkeys

Age (Days)	Broilers (F)	
	Day	Night
0-4	88	90
4-8	86	88
8-14	84	86
14-21	82	84
21-30	80	82
30-35	78	78
35 and older	76	78

<https://www.uaex.edu/publications/PDF/FSA-8004.pdf>

Below are a few very helpful videos created by former Parker Co. 4-H Ambassador, Breck Spikes, to help 4-H'ers get ready for their broiler projects.

Breck's dad, Brennon has offered to share his knowledge with anyone interested in the market broiler project. Just give him a shout with questions you might have 817.694.1259

- [Broiler Project Basics - When You First Get Your Birds](#)
- [Broiler Project Basics - Bedding, Bird Spacing and Feeding and Waterer Spacing](#)
- [Broiler Project Basics - Feed Transition, Temperature and Water](#)
- [Broiler Project Basics - Feed and Final Culls](#)



Texas Pork Producers Summer Internships

APPLICATION MATERIALS ARE DUE TO THE TPPA OFFICE BY MARCH 15, 2024

The purpose of this internship is for the selected student(s) to become involved in the pork industry by actively engaging in the daily functions of the Texas Pork Producers Association. Intern(s) will not only work to enhance the development & delivery of program activities, but also assist in providing communications & educational opportunities for producers, youth and the public about the pork industry.

RESPONSIBILITIES

1. Observe the functions of an agricultural organization.
2. Gain communications and public relations experience.
3. Learn about producer and youth educational programs.
4. Learn about marketing, promotional & public relations programs.
5. Be involved in the development & implementation of said programs.
6. Represent TPPA in a professional & positive manner throughout the internship

SCHEDULE

10-12 week internship during the summer, with details, will be determined on an individual basis. The intern will be actively involved in various activities and tasks, including but not limited to the following:

1. Represent TPPA at industry events.
2. Assist with marketing & pork promotion; design advertisements, build web content.
3. Prepare, organize & carry out functions of the Texas Pork Industry Conference & Youth Symposium, Texas Pork Leadership Camp, and more.
4. Be involved in the writing of press releases and feature stories for the Producer Connection magazine and TPPA website.
5. Perform daily office tasks including: answering phones, filing, data entry & assisting membership.

SELECTION CRITERIA

Position(s) is available to any student, but preference will be given to those meeting the following criteria:

1. A Texas resident.
2. A full-time college student with an agricultural-related major that has experience in communications, marketing and journalism.
3. A student in good scholastic standing with excellent written & oral communication skills.
4. Exhibits a genuine interest in animal agriculture.

FINANCIAL ASSISTANCE

The intern will be paid on an hourly basis to help cover expenses during the summer and/or a scholarship will be paid directly to their college institution. Details will be discussed prior to the beginning of the internship.

APPLICATION PROCESS

To apply, [CLICK HERE](#). Applications must be submitted by March 15th.



4-H PHOTOGRAPHY

- **February 26th** - Parker Co. 4-H Photography Entries Due

[23-24 Parker County 4-H Rules and Guidelines and Helpful Photography Links](#)

[23-24 Parker Co. 4-H Photography Entry Link](#)



4-H STEM PROJECT

[Monday, January 15th @6PM @ Extension Office](#)

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

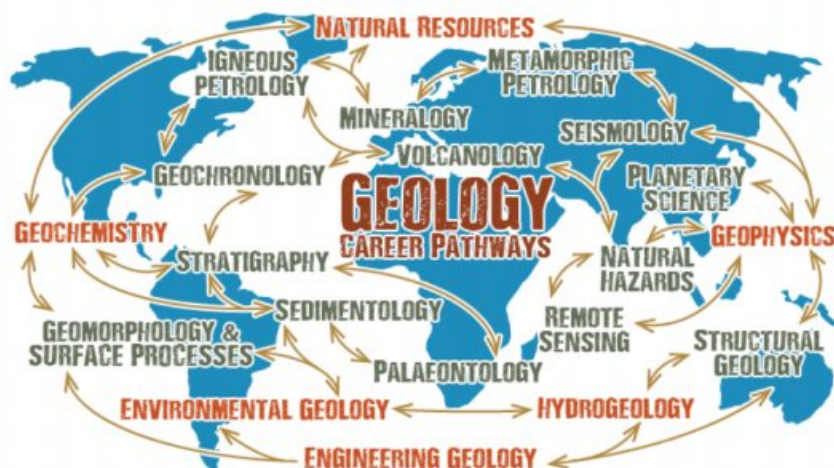
[Follow Us on Facebook](#)

STEM NEWSLETTER

BY: FINLEY VAN DYK

What is Geology?

Also known as 'geoscience' or 'Earth science', geology is the study of the structure, evolution, and dynamics of the Earth and its natural mineral and energy resources. Geology investigates the processes that have shaped the Earth through its 4500 million (approximate!) year history and uses the rock record to unravel that history.



It is concerned with the real world beyond the laboratory and has direct relevance to the needs of society. A successful career as a geologist begins with an excellent education. In most cases, the minimum barrier to entry will be a Bachelor of Science in Geology, although some upper-level positions are only attainable with a graduate degree. Depending on where you plan to work, you may need to obtain state-based licensure or registration before you enter the field. To expand job opportunities, many geology graduates sit for exams from the National Association of State Boards of Geology (ASBOG), such as the Fundamentals of Geology or the Practice of Geology.

WHAT CAREERS CAN I HAVE?

In the Geology field, you can have a career as a Geological Surveyor, Engineering Geologist, Geo chemist, Hydrologist, or Environmental Geologist.

Upcoming Meetings!

The next meeting is on January 15th at 6PM, the topic is Geology in oil and gas!



4-H CLUB NEWS

Join the Club

December

Aledo 4-h Newsletter



Our Member spotlight this month is on Emma Ryder! Emma is 14 years old, and has been in 4-H for 1 year. Her current project is Floral Design and she hopes to do Food Challenge next year. Her favorite thing about 4-H is the friendship and togetherness that 4-H helps foster!

Upcoming Dates

Our next meeting is on January 8th at the Aledo Community Center. Clovers start at 6:30 PM and the general meeting starts at 7 PM.

Our community service last month was Operation Gratitude, where we made cards to send to service members overseas. We made over 75 cards to send, thank you to everyone who made a card!



(Above) Our club Christmas Party!
(Right) making cards for the service project!



SPRINGTOWN 4-H



JANUARY MEETING INFO!

January 9, 2024

STEM- 5:30pm

Clover Kids- 6:30pm

Regular business meeting- 7pm

**NO CLUB DINNER
THIS MONTH!**



Community Service

SPRINGTOWN 4-H
MEMBERS MET AT AZLE
WALMART AND SHOPPED
FOR THEIR ANGEL TREE
RECIPIENT, WHICH WAS A
2 YEAR OLD LITTLE GIRL!



FACEBOOK.COM/SPRINGTOWN4H



SPRINGTOWN4H@GMAIL.COM

Weatherford Day

January Newsletter

We hope that everyone had an amazing Christmas and an exciting New Year. We certainly missed seeing y'all in December. But, with that said, we are looking forward to 2024!

Next Club Meeting

Jan. 18th

*Clowers
2:00*

*4-Hers
2:30*

Community Service

We will be doing a project for Grace House Ministries, a local pregnancy center for mothers of all backgrounds.

Grace
HOUSE
MINISTRIES



18 U.S.C. 707