

Hardeman County 4-H



VOLUME 2 | ISSUE 3 | November 2022

Youth Development

Gaining valuable life-skills since 1908.

In this issue

4-H Club Meetings
Page 1

Club Corner
Page 2

Project Results/State
Fair Results
Page 3

Upcoming Events &
Announcements
Page 4

Thankful & Grateful
30 Day Challenge
Page 5

Canned Food Drive
Page 6

Health & Wellness
Education
Page 7

Upcoming Dates
& Birthdays
Page 8

Club Meetings



Quanah-November 13th 4:00 PM at County Show Barn

Chillicothe-November 14th 7:00 PM at First Baptist Church

What 4-H members should bring to club meetings:



- Pen or pencil
- Paper
- Family Calendar
- Record Keeping Notes

NOVEMBER – Canned Goods



Time Change!
November 6th
Remember to
Set clocks
backwards

Club Corner

QUANAH 4-H CLUB OFFICERS

President – Montana Woods
 Vice President – Autumn Woods
 Second Vice-President – Aspen Woods
 Secretary / Treasurer – Millie Poole
 Reporter – Maggie Horton
 County Council Delegates –
 - Wyatt Conley & Peighton Barker
 Health & Safety Officer – Harlee Heard



CHILICOTHE 4-H CLUB OFFICERS

President – Kadin Stone
 Vice President – Konner Horn
 Secretary / Treasurer – McKinley Williams
 Reporter – Brooklyn Adams
 County Council Delegates
 - 2 Junior – Gracie Carter & Maggie Williams
 - 2 Senior – Krista Madl & Chayla Lewis
 Health & Safety Officer – Ellie Carter

AGENDA	SCRIPT
CALLING THE MEETING TO ORDER	The meeting of the _____ 4-H Club will now come to order. (2 taps of the gavel)
PLEDGES	_____ will now lead us in the Pledge of Allegiance, the pledge to the Texas flag, and the 4-H motto and pledge. Please stand. (3 taps)
INSPIRATION	Please be seated. _____ will now read the inspiration. (1 tap)
ROLL CALL	_____, Secretary will now call roll. Each member is asked to answer with their if they will be running for an office. (one of many ways to get members to respond).
INTRODUCTION OF GUESTS AND/OR NEW MEMBERS	_____, _____, will now introduce any guests and new members who are joining us this evening.
READING AND APPROVING THE MINUTES	_____, Secretary will now read the minutes from the previous meeting. <i>(After the secretary reads the minutes and sits down:)</i> Are there any corrections or additions to the minutes? <i>(Pause long enough for the members to state corrections. The members are responsible for making revisions. If there are no changes:)</i> "The minutes stand approved as read." <i>(If there are changes, after the corrections or revisions are made:)</i> "The minutes stand approved as corrected."
COMMITTEE REPORTS	(If there are any committee reports, they should be given at this time.
UNFINISHED BUSINESS	Is there any unfinished business that the club needs to address at this time?
NEW BUSINESS	We will now move on to new business. Is there any new business to discuss at this time?
ANNOUNCEMENTS	I would now like to call upon _____, 4-H club manager, to provide announcements. Reminders – Next Meeting, Due Dates, etc.
PROGRAM	I would now like to call on _____, who will introduce the program.
RECREATION	This meeting of the Highpoint 4-H Club is adjourned. All members are encouraged to stay and participate in recreation and enjoy refreshments. (1 tap of the gavel)

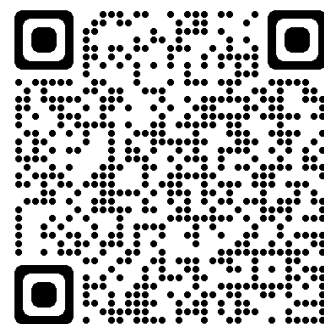
The 4-H Motto and Pledge
"To Make the Best Better!"

I pledge:
 My HEAD to clearer thinking,
 My HEART to greater loyalty,
 My HANDS to larger service and
 My HEALTH to better living,

For my Club, my Community,
 my Country, and my world.



Scan QR Code for 4-H Club Officer Handbook



In Case You Missed It!

Hardeman County 4-H'ers have been busy & striving!



Hardeman County represented well at the 2022 State Fair of Texas Livestock Show and Food and Nutrition Event. The Senior Food Challenge team of Chloe Friesen, Hailee Clemens, Lacey Teichroeb, and Millie Poole placed 3rd in the Healthy Dessert Category. Way to go, girls!

At the Livestock Show, Clay Kennedy won Champion Red Angus Steer. Sterling Gilliam won 1st place in shorthorn and 3rd place in Limousin. Whitten Gilliam placed 1st place in Hereford and 4th in Shorthorn. We are proud of all of their hard work and dedication!

Food Show & Food Challenge Competitors Advancing to District Contests:

Food Show

JUNIORS

- Jaqueline Sarinana - 1st - Appetizer
- Abigail Jackson - 1st - Healthy Dessert
- Sterling Gilliam - 1st - Main Dish
- Emmelia Butler - 1st - Side Dish

INTERMEDIATES

- Emersyn Beyler - 1st - Appetizer
- Taylee Rios - 1st - Healthy Dessert
- Emily Ha - 1st - Main Dish
- Whitten Gilliam - 1st - Side Dish



Food Challenge Teams

JUNIORS

- 1st - Ella Belle Conley, Sterling Gilliam, & Gentry Knox
- 2nd - Mabry Barker, Tamia Hill, Tylee White & Presley Savage

INTERMEDIATES

- 1st - Weston McAllister, Camila Quinonez & Clark Sherman
- 2nd - Peighton Barker, Haven Coley, Ashlyn Walters & Aspen Woods

SENIOR

- 1st - Montana Woods, Kenna Mae Horton, Maggie Horton & Autumn Woods
- 2nd - Wyatt Conley, Burklie Manney & Bentlie Manney

Upcoming Events



Lighted Parade
Sat., December 3rd
More Details Coming!

Rabbit Validation

November 10th

4:30-5:30 p.m.

@ County

Show Barn



Hardeman County FCS Project Show Sunday, January 22nd

Entries Accepted:

1:30 PM – 2:30 PM

@ Quannah Community Center

Foods, Arts & Crafts, and Clothing

Hardeman County 4-H Winter Formal

Saturday, December 10th

3 Rivers Ballroom

6:30 PM – 4-H Awards

7 PM – 10 PM Dance

Free to Hardeman County 4-H
Members that participated in a
District Contest in previous 4-H year.

4-H Members - \$5.00

Non-4-H Members - \$10

Open to all youth in
3rd grade – 12th grade.

Livestock Show Dates

Quannah & Chillicothe Local Show-

January 14th

County Show-

January 28th



**DID YOU
KNOW?**

November is Peanut Butter Lovers Month.

Americans consume upwards of one billion pounds of peanut butter each year spending about \$800 million.

The United States is the fourth largest producer (2020) and exports about 25-30% of production. In 2020, about 56% of the peanuts grown were made into peanut butter.



THANKFUL & GRATEFUL

MON	TUE	WED	THU	FRI	SAT	SUN
	1 Be thankful for something unique about yourself.	2 Be thankful for your natural talent.	3 Reflect on your favorite childhood memory.	4 Be thankful for something coming up you are looking forward to.	5 Reflect on a challenge you have overcome.	6 Be thankful for something that makes you laugh and brings joy.
7 Thank your parent or guardian for all they do for you.	8 Reflect on a lesson you have learned and how it has made you grow.	9 Be thankful for your friends and those that support you.	10 Thank a teacher, coach or mentor that has helped you.	11 Veterans Day. Be thankful for your freedom and thank a veteran.	12 Be thankful for the comfort of your home.	13 Name something relaxing that you are thankful for.
14 Be thankful for your health.	15 Name something about your school that you are thankful for.	16 Name something you are proud to have accomplished	17 Be thankful for your town and community	18 What current technology are you thankful for?	19 What is your favorite fall activity?	20 Reflect on an act of kindness that someone has done for you.
21 Replace negative thoughts with positive ones today.	22 Compliment a stranger or show an act of kindness today.	23 What is your favorite time of day?	24 Thanksgiving Day Be thankful for food & togetherness	25 What music are you thankful to be able to listen to that sparks joy?	26 Say thanks to your siblings or loved ones for all they do for you.	27 Reflect on a meaningful gift you have received.
28 What traditions mean a lot to you?	29 Name an animal or furry friend that you are thankful for.	30 Speak kindly to yourself.				



Canned Food Drive

Start: November 1st

Finish: December 11th



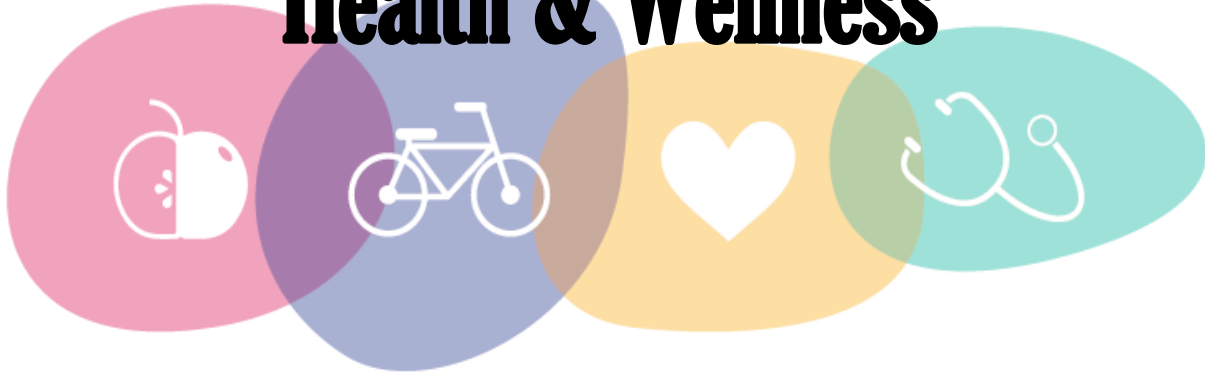
**ALL CANNED FOOD
GOES TO FAMILIES IN
NEED DURING THE
HOLIDAYS**

**Help us light
the tree!**



**Goal: 1,000
cans**

Health & Wellness



S.A.D. in Kids & Teens

What is S.A.D.?

Seasonal affective disorder (SAD) is depression that happens to a person only at a specific time of year. With SAD, a person becomes depressed in fall or winter, when days are shorter, and it gets dark earlier. SAD is brought on by the brain's response to the seasonal changes in daylight. When the daylight hours grow longer again, the depression lifts.

Signs & Symptoms in Adolescents:

Changes in mood, negative thinking, lack of enjoyment, low energy, changes in sleep, changes in eating, and trouble concentrating.

How to prevent S.A.D.:

- Light Exposure-Spend time outside in the day light.
- Maintain a healthy well-balanced diet
- Maintain a healthy sleep schedule
- Avoid isolation from friends and family
- Maintain a healthy exercise during the fall and winter months. Even a 30 minute walk a day can boost serotonin.
- Try to speak positive affirmations and replace negative thinking with positive thinking.
- Express feelings with a loved one, friend, or mentor when feeling overwhelmed.



For more information regarding S.A.D. please visit- <https://kidshealth.org/en/parents/sad.html>

UPCOMING 4-H DATES & EVENTS

November

- 1st 4-H Enrollment Fee Goes up to \$30.00
- 1st Countywide Canned Food Drive Starts
- 5th District Food Show – Vernon
- 9th District Livestock Judging – Vernon
- 10th Rabbit Validation 4:30-5:30 @ Show Barn
- 11th Courthouse Closed- Veterans Day
- 13th Quanah 4-H Club Meeting - 4-5 PM @Show Barn
- 14th Chillicothe 4-H Club Meeting - 7 PM @ First Baptist Church
- 23rd 25th- Courthouse Closed- Happy Thanksgiving!
- 30th District Food Challenge – Jacksboro

December

- 3rd Quanah Christmas Parade
- 10th Winter Formal
- 11th Countywide 4-H Club Meeting – Tree Lighting – TBA
- 12th Chillicothe 4-H Club Meeting - 7 PM @ First Baptist Church
- 19th District Ag Product ID & District Livestock Skill-a-thon

January

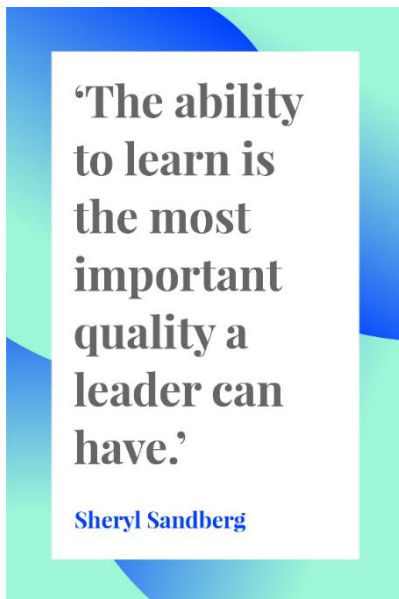
- 8th Chillicothe FCS Project Show @ Elem. School Cafeteria
- 8th Quanah 4-H Club Meeting - 4-5 PM @Show Barn
- 9th Chillicothe 4-H Club Meeting - 7 PM @ First Baptist Church
- 14th Chillicothe Local Project Show
Quanah Local Stock show
- 22nd County FCS Project Show @ Community Center
- 28th- County Livestock Show @ Show Barn



Visit our county website for
dates, newsletters, forms, etc.
<https://hardeman.agrilife.org/>



Find us on
[@TexasAMAgriLifeExtensionHardemanCounty](#)



Kelli Lehman

Kelli Lehman
County Extension Agent –
Family and Community Health
lehman@ag.tamu.edu

Justin Gilliam

Justin Gilliam
County Extension Agent –
Ag & Natural Resources
justin.gilliam@ag.tamu.edu

Kayla Smith

Kayla Smith
4-H Program Assistant & Support Staff
kayla.smith@ag.tamu.edu

Texas A&M AgriLife Extension - Hardeman County
PO Box 179, Quanah, TX 79252
940.663.6301

Office Hours:
8:30 a.m. – 12 p.m.
1:00 p.m. – 5:00 p.m.

Please contact our office should you need accommodations.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, gender identity, or any other classification protected by federal, state, or local law and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.