

The Duval Message

Duval County 4-H

August 2010

Hello everyone. Well, we have reached the end of the 2009-2010 fiscal year and it was a great one! As most of you know, August is the beginning of a new year. Please encourage your friends to join. This year will be a fun experience. Some of the events will be food & nutrition featuring the new team food challenge, fashion show, photography, livestock and much more. For those of you interested in shooting sports, please join our Duval 4-H Shooting Club. For questions, please feel free to contact me at 361-256-4591. I'm really looking forward to the upcoming new year. Talk to you soon!

Sam Gavito



August is sign-up month for our new 4-H fiscal year. If you are interested in joining any of the Duval County 4-H Clubs or the Duval 4-H Shooting Club, you can go to www.4honline.com starting August 1st to register or update your account. Please feel free to come by our office at the Benavides Civic Center or call 361-256-4591. We'll be happy to help you!!



Eden Gonzalez!

**Texas 4-H Shooting Sports
Championship
San Antonio, Texas**

On the week of July 19th, Eden Gonzales, a member of the Duval 4-H Shooting Club traveled to San Antonio to represent Duval County and participate in the Texas 4-H Shooting Sports Championship. Eden brought home a **gold medal** in the .22 open sight rifle silhouette match, a **silver medal** in the .22 light rifle competition, and placed 4th in the three-position 50 meter match.

We are very proud of you!



IMPORTANT REMINDER!!

Texas 4-H/FFA Lamb, Goat, and Breeding Sheep Validation Program

Time is fast approaching for each of you to make decisions on how many ear tags you will be needing for the 2011 Texas 4-H/FFA Lamb & Goat Validation Programs. *The deadline for ordering tags will be **Friday, August 27, 2010.** Tag orders **MUST** be received in our office by **Friday, August 27th!!!***

4-H Shooting Sports Leader/Coaches Workshop

Laredo, Texas
Friday Sept. 24th & Saturday, Sept. 25th

If you are interested in becoming a certified instructor in rifle, shotgun or archery, there will be a Coaches Certification Workshop in Laredo, Texas. Please call our office if you would like us to help you register. You may also access the registration form at <http://tx4-h.tamu.edu>. On the left, scroll down and click on "workshops", then click on Laredo: September 24-25, 2010. You will need to fill out the registration form, print and bring to our office along with the registration fee. The Duval County Extension Office will send one club check for all registrations entered. For further assistance, please come by our office at the Benavides Civic Center or call our office at 361-256-4591.

Food Show & Food Challenge

Time is approaching fast for the upcoming Food Show and the new Food Challenge team event. The 4-H Food Challenge was developed by county Extension agents to address the need for a new, "highly charged" foods experience. This contest, modeled after such competitions as the Food Network's "Iron Chef", challenges teams of 4-H members to create a dish using only a pre-determined number of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges. The presentation will include information about the serving size, nutritional value, and cost of the dish. The 4-H Food Challenge allows 4-H members to demonstrate their culinary and food safety skills to judges and observers.

OBJECTIVES

- Provide opportunities for participants to exhibit their knowledge and skill when preparing and presenting a dish
- Provide opportunities for participants to learn from other team members
- Promote teamwork
- Give participants opportunities for public speaking
- Provide leadership opportunities
- Give 4-H members the opportunity to participate in a new, exciting, and competitive event

For more information, please contact our office at 361-256-4591.

4-H IS FOR ALL YOUTH
WHO ENJOY
LEARNING,
ACTION & FUN!