

# BAYLOR COUNTY 4-H CLUB NEWSLETTER

Baylor County Extension office  
500 N. Main Street  
Seymour, Texas 76380  
Phone # 940-889-5581

Josh Kouns, County Extension Agent  
Joy Self, County Extension Agent  
Kayla McLarty, Officer Manger

## 4-H Updates

Monthly Meeting:

November 8, 2021 at 6pm  
at the Extension Building

Practices: @ the extension

Livestock Judging:

Mon. at 5-6 & Thurs. at 4-5

Quiz Bowl Practices:

Starts Oct. 6, @ 4-5 and will be on  
Wednesdays in Mrs. Moore room.

Food Challenge: Sunday's JR. 2-3,  
Inter. 3-4 Senior 4-5

Food Show: Joy will contact you if you  
fill out the google form.



Please bring  
items to donate  
for OCC Packing  
Party by Nov.  
4th!

### *Baylor County 4-H Officers 2021-2022*

<i>President</i>	<i>Rilee Slaggle</i>
<i>V. President 1st</i>	<i>Olivia Ward</i>
<i>V. President 2nd</i>	<i>Layton McAdams</i>
<i>V. President 3rd</i>	<i>Cooper Daniel</i>
<i>Secretary</i>	<i>Jake Orsak</i>
<i>Treasurer</i>	<i>Brady Norris</i>
<i>Health &amp; Safety</i>	<i>Remington McLarty</i>
<i>Reporter</i>	<i>Madeline Glass</i>
<i>Parliamentarian</i>	<i>Jantz Self</i>
<i>4-H Ambassador</i>	<i>Jarren Wright</i>
<i>4-H Ambassador</i>	<i>Ruthie Wright</i>

# **Baylor County 4-H** **at the** **Cruisin' The Brazos**

We raised \$187.90 and some can goods. The members at the at October meeting took them to the Church of Chirst Sonshine Days!



This is year the 4-Hers will be participating in Operation Christmas Child Shoebox. We will be collecting items and hosting a packing party @ the November monthly meeting!

## **Operation Christmas Child Items we are Collecting!**

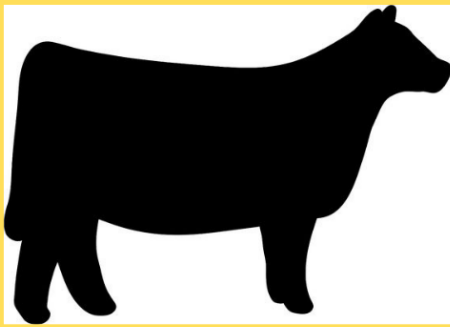
empty shoebox	school supplies
bar soap	small toys
toothbrushes	stuff animals
combs/hair brush	ponytail holders
wash clothes	Socks/undergarments

items to not include  
candy,toothpaste, used or damaged items;  
liquids, breakable items, or war related  
items(army or guns).



More information call:  
Kayla McLarty  
940-889-5581



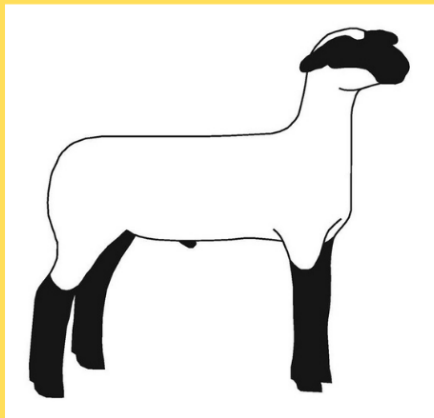


# **Baylor County 4-H Livestock Judging District 3 Contest**

District Contest in Vernon  
Nov. 8, 2021.

Good Luck!

Rylee McLarty, Hadley Winter, Ruthie Wright, Jarren Wright, Robbie Hendrickson, William Hendrickson, Olivia Ward, Levi Henderson and Layton McAdams







**County  
Livestock  
Show  
Turkey  
Order Pick  
up Nov.  
10th**

Turkeys are \$6.25 per bird

Checks made out to : **Baylor County 4-H Club**

Pick up time will be in the evening. You will be notified on the 10th  
of the exact time.



Food Show, Food  
Challenge, Food Quiz Bowl  
Contest!

## **Practice:**

**Food Quiz Bowl:  
Wednesday Oct. 6 @ 4-5pm in  
Mrs. Moore room**

**Food Challenge Practice on  
Sundays:**

**Jrs. 2-3pm, Inter. 3-4pm,  
Senior 4-5pm**



# **Livestock Skillathon**

## **Practice Schedule:**

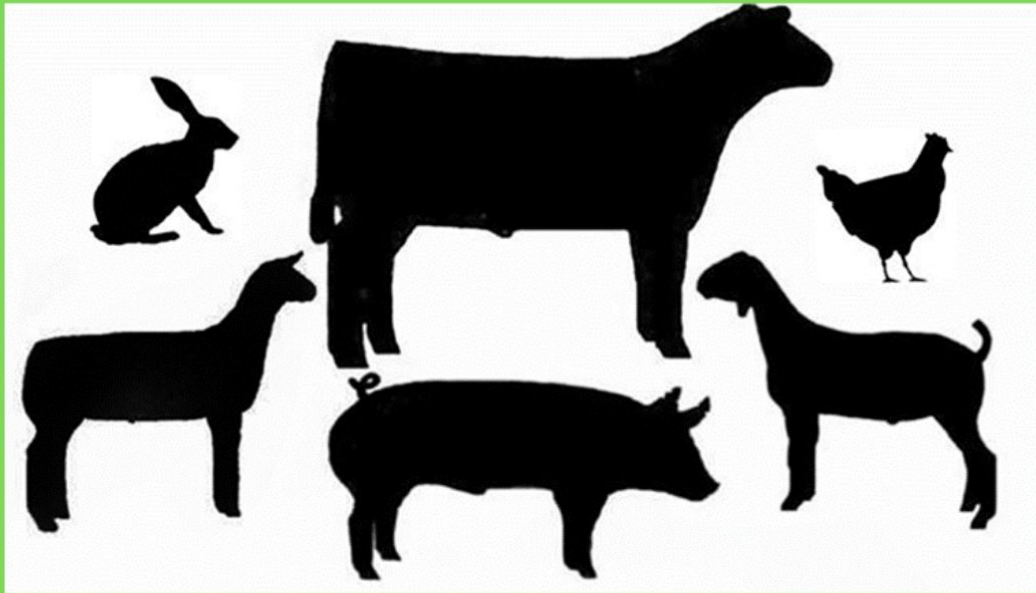
**Nov. 15,18,22,29**

**Dec. 2,6,13**

**at the extension building**

**4-5 pm**

**Contest Dec.15th in Goree**



The Baylor County Junior Livestock Show Board would like to invite all 2nd – 12th graders to participate in our 2022 stock show.

The stock show will be held on January 13-15th, 2022. Although 2nd graders are not eligible to participate in 4-H, they are eligible for the stock show and a 4-H advisor will oversee their animals.

Participants in the stock show may show rabbits, broilers, turkeys, goats, lambs, swine, steers, or heifers.

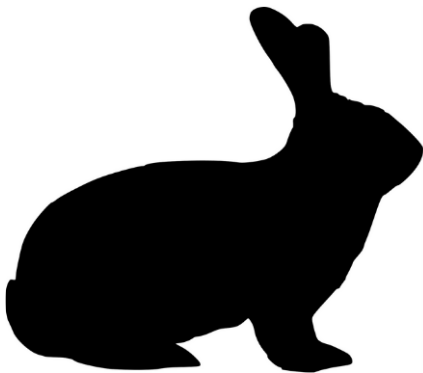
Deadlines are fast approaching! For more information, please contact Josh Kouns at 940-889-5581 or Corley Latham at 940-357-9230.

Validation for  
Baylor County Junior  
Livestock Show



Swine-

November 21, 2021 4-6



Rabbit-

December 12, 2021 1pm





## **Chicken Pick-Up**

**When: Dec. 8, 2021**

**Where: Extension Building**

**Cost per bird: \$2.56**

**Checks made out to:**

**Tim Orsak**

We will update time closer to pick  
up.



## Chicken and Spinach Lasagna

Course Main Dish

Servings 8

### Ingredients

- 3 boneless, skinless chicken breasts
- 1/4 tsp black pepper
- 1/2 cup Parmesan cheese low sodium
- 1/3 cup onion chopped
- 8 oz sour cream fat free
- 1 cup 1% Milk
- 10 oz frozen spinach thawed and drained
- 2 10.75 oz cans cream of chicken soup reduced sodium
- 16 oz whole wheat pasta noodles parboiled
- 1 cup shredded mozzarella cheese fat free

### Instructions

1. Preheat oven to 350 degrees Fahrenheit; spray a 9x13 inch baking pan with cooking spray.
2. Poach chicken breasts in water until done. Drain and cut into bite size pieces and place in a large mixing bowl.
3. Add parmesan cheese, onion, sour cream, milk, spinach, pepper and cream of chicken soup to the chicken and mix well.
4. Place 3 parboiled noodles in bottom of the pan. Spoon 1/3 of the chicken mixture on top. Sprinkle with 1/3 of mozzarella cheese. Repeat layers.
5. Bake for 30 to 45 minutes or until mixture begins to bubble. Let rest 10 minutes before cutting.

### Nutrition Facts

8 servings per container

**Serving size** (297g)

**Amount per serving**

**Calories** **400**

% Daily Value\*

**Total Fat** 6g **8%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

**Cholesterol** 50mg **17%**

**Sodium** 460mg **20%**

**Total Carbohydrate** 57g **21%**

Dietary Fiber 1g **4%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

**Protein** 30g

Vitamin D 0mcg **0%**

Calcium 336mg **25%**

Iron 3mg **15%**

Potassium 775mg **15%**

\*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.