



chambers county  
4-H  
newsletter

Volume 5  
Edition 2

### Club Meetings

#### **Barbers Hill 4-H Club**

3rd Monday | 7 p.m.  
Cove Comm. Bldg.

#### **Barbers Hill 4-H Shooting Team**

1st Thursday | 5:30 p.m.  
Gene's Polaris Country

#### **Chambers Co. 4-H Horse Club**

1st Sunday | 3 p.m.  
White Memorial Pk Arena

#### **Chambers Co. 4-H Shooting Club**

Saturdays | 2 p.m.  
Briggs Home

#### **Mid-Chambers 4-H Club**

2nd Thursday | 5:30 p.m.  
The Wellness Center

#### **Southeast Texas Rabbits 4-H Club**

1st Tuesday | 6 p.m.  
TBA

#### **West Chambers 4-H Club**

2nd Wednesday | 3 p.m.  
Cove Comm. Bldg.

#### **Winnie 4-H Club**

2nd Tuesday | 6:30 p.m.  
The Hitchin' Post/Trinity Church

### Dates to Note

- May 23—Deadline to Register for District 9 4-H Horse Show
- May 31—Deadline to Order Horticulture Projects for TVE
- June 11-14—State 4-H Roundup
- June 18—Record Books due to Extension Office
- June 19-20—District 9 4-H Horse Show
- June 26-28—District 9 4-H Leadership Lab
- July 12—Chambers County 4-H Banquet Award Applications Due
- July 13-15—State 4-H Dog Show
- July 25—Chambers County 4-H Banquet RSVP Deadline
- August 4—Chambers County 4-H Banquet
- August 14—Mandatory Club Manager Training
- August 15—4-H Enrollment Opens for 2018-2019

### **Texas A&M AgriLife Extension Service in Chambers County**

295 White Memorial Park Rd | PO Box 669

Anahuac, TX 77514

409-374-2123 (O) | 409-374-2125 (F)

chambers@ag.tamu.edu

**Lindy Pitre, CEA—FCS**

lspitre@ag.tamu.edu

**Tyler Fitzgerald, CEA—Ag/NR**

tsfitzgerald@ag.tamu.edu

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 or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

# June 2018

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

Summer Bash at  
The Wellness  
Center

2

3

4

5

6

7

8

9

Summer Bash at  
The Wellness  
Center

10

11

Texas 4-H  
Roundup

12

13

14

15

16

17

18

Record Books  
due to Extension  
Office for  
County Level  
Judging

19

District 9 4-H  
Horse Show

20

21

22

Summer Bash at  
The Wellness  
Center

23

24

25

26

District 9 4-H  
Leadership Lab

27

28

29

Summer Bash at  
The Wellness  
Center

30

# July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> Extension Office Closed	<b>5</b> Updated Record Books Due to Extension Office for District Judging	<b>6</b> Summer Bash at The Wellness Center	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> Chambers County 4-H Banquet Award Applications Due	<b>13</b> Summer Bash at The Wellness Center  State 4-H Dog Show 	<b>14</b>
<b>15</b>  	<b>16</b> Deadline to Order TVE Broilers	<b>17</b> TVE Market Goat, Lamb, Swine Tag In	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> RSVP Deadline for Chambers County 4-H Banquet	<b>26</b> County Council and Adult Leaders Meetings	<b>27</b> Summer Bash at The Wellness Center	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b>				

# August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Chambers County 4-H Banquet
5	6	7	8	9	10 Summer Bash at The Wellness Center	11
12	13	14 MANDATORY Club Manager Training	15 Enrollment Opens for 2018- 2019 4-H Year	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# SUMMER BASH

**FREE  
YOUTH  
PROGRAMS**

**Summer Bash** is a FREE kids day program series hosted at The Wellness Center at Bayside in Anahuac, TX and sponsored by Chambers Health and other community organizations.

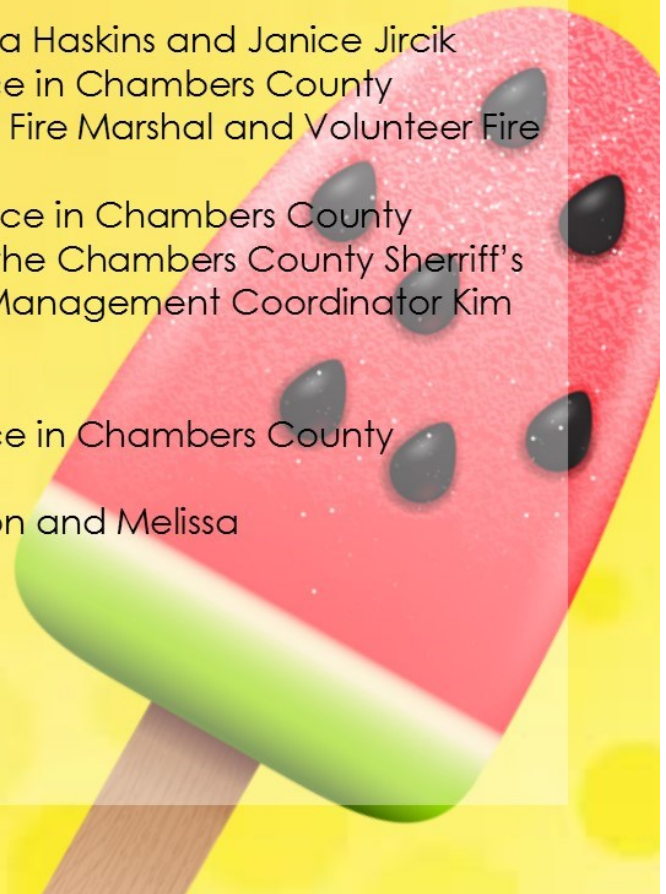
Special guests present fun and educational interactive lessons at each program. After each lesson, attendees are fed a FREE lunch and can watch a FREE movie in The Wellness Center's movie theater.

## **What: Summer Bash FREE Kids Programs**

**Where: The Wellness Center at Bayside | 2202 S Main St D, Anahuac, TX 77514**

**When: 11 a.m. to 1 p.m. (followed by a FREE movie)**

- June 1—Zumba and Jazzercise with LaShebia Haskins and Janice Jircik
- June 8—Texas A&M AgriLife Extension Service in Chambers County
- June 22—Fire Safety with Chambers County Fire Marshal and Volunteer Fire Department
- June 29—Texas A&M AgriLife Extension Service in Chambers County
- July 6—Summer Safety with Deputy Dan of the Chambers County Sherriff's Office and Chambers County Emergency Management Coordinator Kim Turner
- July 13—TBA
- July 27—Texas A&M AgriLife Extension Service in Chambers County
- August 3—Fun and Games
- August 10—Bay Area Turning Point's Shannon and Melissa





2018  
Chambers County 4-H  
Award Banquet

You are cordially invited to attend the  
**2018 Chambers County 4-H Award Banquet**  
**on Saturday, August 4, 2018 at 5 p.m.**  
**at the Eagle Pointe Recreation Complex Magnolia Room.**

**The Award Banquet will be immediately followed by a  
private wave pool party for Banquet attendees only**  
at the Eagle Pointe Wave Pool.

A meal will be provided for attendees.  
The Wave Poole concession stand will also be open during the Wave Pool  
party and families will be able to purchase their own snacks.

Banquet attendees should wear dressy casual or show clothing.  
Dressing rooms are available to change into swimwear.

Please remember that this is a 4-H and family event. All swim attire should  
reflect that. Girls may wear two piece swimsuits only if they are covered by a  
t-shirt and boys swim trunks should be at least finger-tip length. Attendees must  
provide their own towels.

A limited number of seats and tickets are available.  
Please RSVP to 409-374-2123 by July 25 to reserve your space.

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# Chicken Alfredo With a Twist

**VAN BUREN MIDDLE SCHOOL**  
Kettering, Ohio

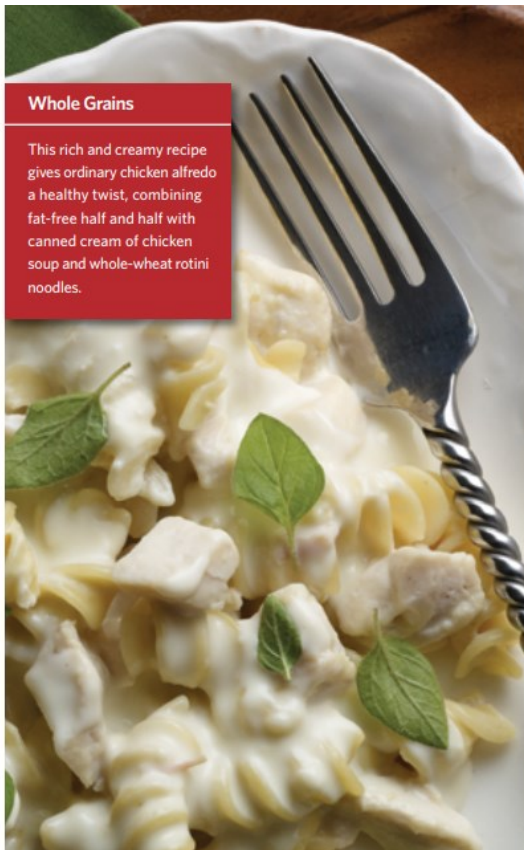
## Our Story

Located in southwest Ohio, Van Buren Middle School is a proud member of the Kettering City School Family. Out of the nine recipes developed for testing, two were submitted to the *Recipes for Healthy Kids* Competition, and the Chicken Alfredo With a Twist recipe proved to be a winner!

This recipe saves on fat and calories by using fat-free half and half, and boosts the fiber content by incorporating whole grains. Whole-wheat rotini noodles are used to replace traditional fettuccini noodles. These 'twists' make this a healthy alternative to the classic chicken alfredo. Pair a serving with a refreshing vegetable side dish to give your kids a meal that is sure to please!

## School Team Members

**SCHOOL NUTRITION PROFESSIONAL:** Louise Easterly, LD, SNS  
**CHEF:** Rachel Tilford  
**COMMUNITY MEMBER:** Mary Kozarec (School Nurse)  
**STUDENTS:** Graham B., Jonathan A., Shawnrica W., and Savannah S.



### Whole Grains

This rich and creamy recipe gives ordinary chicken alfredo a healthy twist, combining fat-free half and half with canned cream of chicken soup and whole-wheat rotini noodles.

## Chicken Alfredo With a Twist

### Ingredients

- 2 ½ cups** Rotini pasta, whole-wheat, dry (10 oz)
- 2 cans** Low-fat, reduced-sodium cream of chicken soup (two 10¾-oz cans)
- 1 ½ cups** Fat-free half and half
- ¼ tsp** Ground white pepper
- ½ tsp** Garlic powder
- ½ cup** Grated parmesan cheese
- 3 cups** Cooked diced chicken, ½" pieces (12 oz)

**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Makes six 1-cup servings**

### Directions

1. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered about 8-10 minutes or until tender. Do not overcook. Drain well.
2. Mix soup, half-and-half, pepper, garlic powder, parmesan cheese, and chicken in a large pot. Cook for 5 minutes over medium heat, stirring often. Heat to 165 °F or higher for at least 15 seconds
3. Combine noodles and sauce right before serving. Serve hot.

**Note:** Keep noodles and sauce separate until serving time. Sauce will thicken upon standing.

1 cup provides 2 ¼ oz equivalent meat/meat alternate and 1 ¼ oz equivalent grains.

**Nutrients Per Serving:** Calories 345, Protein 30 g, Carbohydrate 41 g, Dietary Fiber 3 g, Total Fat 8 g, Saturated Fat 4 g, Cholesterol 69 mg, Vitamin A 450 IU (29 RAE), Vitamin C <1 mg, Iron 2 mg, Calcium 174 mg, Sodium 572 mg