

# ONE DAY What can you do in one day? October 12, 2013

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**On October 12, 2013 Travis County 4-H members proved that one day can make a difference in the life of an individual, a community, and a state.** *One Day 4-H* was started in 2009 with a purpose of allowing Texas 4-H'ers to thank those who have supported the 4-H program for more than 100 years. Conducted by Texas 4-H, this event has become the largest organized day of community service by 4-H in the nation. Here are some of the projects Travis County 4-H members conducted...



## Wilbarger Creek 4-H:

- Made dinner for a Fire Station in Pflugerville, one for that day and a prepared a frozen meal that can be eaten at a later date
- 44 youth and adults participated

## Travis County 4-H Council:

- Collected donations of non perishable food items for the CAPITAL Area food bank, 40 DVD's to be distributed to children's hospitals and shelters, collected 39 men's items for Veterans
- Sold paper clovers at the Tractor Supply while promoting 4-H
- Provided popcorn to customers at Tractor Supply
- 12 youth and adults participated



### North Austin 4-H:

- Project: 47 dog toys made and decorated 166 birthday cards for children with mental illness
- 21 youth and adults participated in the two activities



### 4-H CAPITAL:

- Provided hands on science activities for public at Mueller Lake Park
- 38 4-H CAPITAL Staff members and AmeriCorps members hosted the event in which 160 youth and adults were reached



### Bethany Christian Church DOC 4-H:

- A cooking demonstration was provided and donations were collected; 5 suits, 4 pants, 7 shirts and children's clothes
- 21 youth and adults were reached



### Del Valle 4-H:

- Cleaned up trash at Travis County Sports Complex
- 9 youth and adults participated

### Manor 4-H:

- Made 16 dozen cookies that were distributed to the Manor Fire and Police Departments
- 35 youth and adults participated in the activity

### For more information on how to become involved with 4-H, contact:

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