Please bring canned or packaged foods for the 4-H/OSU Food Drive

Foods We Need …
• Canned Meats (tuna, chicken, salmon, etc)
• Canned and Boxed Meals (soup, chili, stew, mac ‘n cheese)
• Peanut Butter
• Canned Fruits and Vegetables
• Pasta, Rice, Beans
• 100% Fruit Juice (canned, plastic or boxed)

Products We Cannot Use …
To ensure food safety, Regional Food Banks cannot accept:
• Glass containers
• Rusty or Unlabeled Cans
• Perishable Items
• Homemade Items
• Non-Commercially Canned/Packaged Items
• Alcoholic Beverages, Mixes or Soda

Hunger Food Facts …
• Families and Children face the greatest need. 49% of households receiving emergency food are families with children.
37% of those who ate from emergency food boxes last year were children.
• Food collected during food drives remains in the community where it is collected.
• Most adult emergency food box recipients are working, retired, or disabled.
• Hunger is an income problem. People are hungry because they don’t make enough money to cover basic living costs. The high cost of housing, health care, childcare and fuel make it difficult for low-income individuals and families to have enough money to pay for food.

OSU Extension programs will provide reasonable accommodation to persons with physical or mental disabilities. Contact the Tillamook County Extension office at 503.842.3433 to request reasonable accommodation.
Preparing Art and Photography for Exhibit (Steven Kershaw, 4-H Photography & Art Judge) The rules have changed! Are you new to 4-H art or photography? Or perhaps a seasoned 4-H exhibitor? Then you will want to know how to prepare & display your art or photography for the fair.

Foods Contest (Nancy Kershaw, OSU Extension 4-H Agent & Hannah Ipock, 4-H Foods Member) Preparation is the key factor in a successful 4-H Foods Contest. This class will be packed full of practical ideas from packing the box to serving the food. Find out about the two new foods contests that are open to all 4-H members and tips for blue ribbon foods contests including the Mini-meal & Foods of the Pacific NW.

Selecting Small Animals for Show and Market (Katie Paaso, 4-H Small Animal Judge) Are you planning to show a small animal at the fair? Learn which species or breed is best for you to show or to use for a market animal project.

Caring for Your Animal (Dr. Katie, Pioneer Vet Clinic) Large animal or small animal, how should you care for your 4-H project animal? When should you call the Vet and what care can you do at home.

What is a Lego Robot? (Teri Fladstol, 4-H Leader) Have you heard the talk about Lego Robotics? Do you wonder what they are and what a Lego Robot can do? Join the excitement and see a Lego Robot in action.

Tips from the Clothing Judge (Linda Allen, 4-H Clothing Judge) Meet the 2010 4-H Clothing Judge and get tips that will help you prepare for fair. Find out what 4-H clothing judges look for—learn sewing & exhibit preparation tips.

Session 2 — 10:00—10:55 a.m.

Presentation Essentials (Roberta Lundeberg, State 4-H Program Coordinator) Learn about the four new types of 4-H presentations and the steps involved in planning & preparing for each of them.

Working with Kids with Special Needs (Amy Willison, 4-H leader) Learn how to accommodate kids will a variety of needs in your 4-H club. Tips on how to make a 4-H club thrive.

Introduction to 4-H Judging (Joy Jones, OSU Extension 4-H Agent) A judging class for beginners and anyone who might be interested in judging—including both animal and home economics projects. We will cover how to fill out a judging card, the basics of taking notes, giving reasons, and getting ready for judging contests in all project areas.

Build Confidence as a Junior Leader (Sandra Carlson, 4-H Program Coordinator, Clatsop County) Learn what you can do as a 4-H junior leader to help your club and your county. Participants will learn fun, interactive games and activities to share with others.

The Adventure in 4-H Records (Shelly Hurliman, 4-H Records Judge) 4-H recordkeeping is an important part of the 4-H project. Learn tips for keeping 4-H records that will help you earn a blue ribbon at fair and help you to be prepared to qualify for other special awards, and eventually college scholarships.

How Do You Make an Educational Display? (Katie Paaso, 4-H Educational Display Judge) Come learn about what to put on your educational display, what the rules are, and how to make it eye appealing. Includes tips for blue ribbon exhibits.

Session 3 — 11:00—Noon

Dynamic Presentations (Roberta Lundeberg, State 4-H Program Coordinator) Great carry over from the previous session, or just attend this one class. Practice the mechanics of presenting, analyze visual aids, and brainstorm ideas for your own presentation.

Cracker Making - Easy as Pie! (Candace Zaugg) Come and learn how to make homemade scrumptious crackers in this fun, hands-on class.

"Plant Propagation: Magically Create New Life from Plant Parts" (Evelynn VonFeldt, 4-H Leader, OSU Master Gardener, and OSU Master Gardeners Volunteers) Hands-on propagation class. Take home three containers planted with three different plant parts—ready to grow.

Fly Fishing for Fun (John Putnam, 4-H leader) Learn how to cast, tie and fish for trout with a fuzzy hook. Other tips for successful fly fishing.

Challenge Games (Clatsop County 4-H Junior Leaders) Learn games that engage a group to learn teamwork skills. These are fun games that can be used with junior leaders, Ambassadors, or at a 4-H club meeting to help your group break down social barriers.

Mounting Photos & Art Work on Paper—Hands On (Steven Kershaw, 4-H Expressive Arts Resource Leader) Learn how to mount award winning photos and paper based art work for fair. Work with photos, art work and mounting spray in this hands-on class.

Cloverbud Members (grades k-3) must be accompanied by an adult