Welcome to the…

An occasional email of announcements, reminders, and updates that just can’t wait until the next newsletter! Please print & share this information with those in your club that do not have email.

In the July 2, 2010 edition:

1. Clackamas County Fair entry deadline is July 8, 2010
   The deadline for all Clackamas County Fair 4-H entry paperwork is July 8, 2010. We are open Monday – Friday 8:00 am to 4:30 pm. If you are unable to make it by 4:30 pm, we do have a drop box conveniently located to the left of our door. Paperwork received in the drop box before we open at 8:00 am on Friday, July 9, will not be considered late. Please get your entries in early!

2. High on the Hog 4-H club fireworks fundraiser
   The High on the Hog 4-H club has a fireworks stand in Willamette at Albertson’s. They are open every day by 9:00 am and don’t close until 10:30 pm on Friday, Saturday and Sunday. They are having “Buy 1, Get 1” deals and huge savings on packages right now. US Bank is even giving away a $75.00 shopping spree at the fireworks stand for everyone that opens a checking account at the Albertson’s US Bank.

3. Horse Fair schedule is posted online
   See when you or your friends are scheduled to show on our Horse Fair page. The full daily schedule is also available. For safety and privacy, members are listed by first name and club only.

4. Unique volunteer opportunity: Drive Wendy to Horse Fair!
   Although I am feeling better, I am still not allowed to drive. I am willing to spend a few days out at horse fair if I can get a ride. If you can offer a ride to or from the fairgrounds and SE Portland, let me know! The car has to be a passenger type (I can’t “climb” in) and have room for a folding wheelchair. Minor assistance is needed getting in and out of the house. If you can help, contact me by email or call me at 503-231-5916.
   —Wendy Hein
5. 4-H members and animals wanted!
Maggie Means is looking for 4-H members to volunteer to bring animals to the Milwaukie Daze Celebration to be used in a petting zoo. She is looking for animals that are gentle and have a good temperament. Maggie would like to have at least two but no more than five each of cows/calves, sheep, goats, pigs, rabbits, and chickens.

- **Who:** 4-H members and their animals
- **What:** Petting zoo as a part of the Milwaukie Daze Celebration
- **When:** 5:30 pm – 9:30 pm, Friday, July 23
- **Why:** Promote 4-H and share your animals at a great community service opportunity!
- **How:** Contact Maggie Means at 503-740-5217 or at mugz92@msn.com.

This will be a fun way to socialize animals for fair as well as an opportunity to educate the public about the care of animals and 4-H.

6. Crossbred Suffolk producing ewes and yearling for sale
Katie Nichols has six crossbred Suffolk producing ewes and one crossbred Suffolk yearling that she is looking to sell. The producing ewes would cost $200 and the yearling would cost $175. All of them have been shown and are some-what “tame.” All of the ewes could be kept with the Nichols family flock and bred with our new ram or could be picked up before that time. If you are interested, want pictures, or more details, please email Katie at ktnichols92@yahoo.com.

7. The 2010 – 2011 State Ambassador Team
At Summer Conference we selected the newest members of the state ambassador team. We interviewed a fantastic group of teens this year and we are really excited about working with this group. Please join us in congratulating the following individuals:

**New Members:**
- Donielle Miller, Linn County
- Josh Knutz, Yamhill County
- Kayla Thorsness, Benton County
- Carly Lowe, Wasco County
- Elli Vanderzanden, Benton County
- Peter Baglien, Benton County
- Andrea Hunter, Yamhill County
- Jessica DeHaan, Josephine County
- Sarah Gordon, Douglas County
- Marissa Owens, Lane County

**Returning Members:**
- Kerenza Martin, Benton County
- Kiah Gourley, Benton County
- **Sam Meisenhelder, Clackamas County**

8. Congratulations to the 2010 National 4-H Congress Delegates
We are pleased to share that all five of our metro area youth who were finalists were selected to attend the 2010 National 4-H Congress! They will be part of a delegation of 15 youth from around the state that will attend National 4-H Congress this upcoming November in Atlanta, Georgia. **Maggie Means, Brooklyn Nelson, Olivia Vollan** (Clackamas County), **Megan Biggi and Rebecca Garner** (Washington County) will be traveling on Thanksgiving weekend to represent Oregon along with 10 other 4-H members from across the state.

The fifteen Oregon teens will join over 1,300 4-H members from all 50 states and Puerto Rico at Congress. As a Congress delegate, they will have the opportunity to hear inspirational speakers, participate in cultural workshops and a large-scale service project as well as other fun activities.

The Oregon 4-H program views National 4-H Congress as an important opportunity for 4-H members, and is committed to providing this experience to as many 4-H members who can benefit from it as possible. Because the trips to Congress are dependent on donations, a selection process is held each year. The State 4-H Recognition Committee selects Congress delegates based on the member’s overall achievement in 4-H projects, leadership, communication, citizenship, community service and readiness to benefit from Congress. Visit the State 4-H website for more information about National 4-H Congress.

9. Training helps afterschool programs teach Science, Technology, Engineering, and Math
OregonAsk in partnership with OSU is presenting a three day Summer Institute targeted at afterschool professionals who work in middle school programs. We are excited for this great opportunity that will focus on youth development and STEM. For the full brochure and to register, please visit our website.
10. **Tragedy for 4-H family shows importance of hand washing**
This message was received from Lynnette Black, formerly in Clackamas County and now 4-H agent in Wasco County:

"E Coli has killed two of our residents from a long time 4-H family. One was the three year old brother of a 4-H member and son of a 4-H member and son of a 4-H horse leader. The other was the elderly grandfather two whom this family gave care. Please, take this opportunity to teach the importance of hand washing after being around all livestock and animals. We have all joked about how it is the “city folks” who get sick after attending our fairs – that they have not eaten the “peck of dirt” required to be healthy. As we have just experience – this is not true. Anyone can get sick. No one is immune. Instill in your leaders the importance of hand washing after every 4-H livestock meeting. I don’t want this to happen to any of your families."

11. **United We Serve: Let’s Read. Let’s Move. 4-H involvement**
Summer is a time for fun – but it is also the time when many youth lose what they learned during the school year and pick up unhealthy eating habits. The United We Serve Let’s Read. Let’s Move. initiative was just launched to help solve these challenges – watch this [video of First Lady Michelle Obama](http://www.whitehouse.gov) launching Let’s Read. Let’s Move. at a service with members of Congress. As a leader in positive youth development and community building, 4-H is being asked to participate in this summer’s United We Serve activities. Here are some ways you can get involved:

- **Healthy Food:** Identify local community gardens, volunteer to deliver produce, help at a farmer’s market, help to maintain the gardens, assist in harvest.

  Visit [http://serve.gov/toolkits/comm-gardens/index.asp](http://serve.gov/toolkits/comm-gardens/index.asp) for a community gardening toolkit that can be used to start your own or to improve an existing one.

- **Healthy Food for those in need:** Gleaning of Produce, find a local organization that can use produce to serve those in need, set up a process to get leftover produce to the organization from fairs, farmers markets, festivals, etc., contact local produce farmers about gleaning their fields at the end of harvest.


- **Take The President’s Active Lifestyle Challenge:** [The President’s Active Lifestyle Challenge](http://www.activechallenge.org) is a “challenge for both children and adults to build healthy habits by committing to regular physical activity five days a week, for six weeks.” The challenge offers four categories of awards for individuals based on amount of points earned by taking part in physical activities. For activity ideas, there is a list on the website of almost 100 different activities in which you and others can participate. This is a great experience to share as a family or a 4-H Club!

Lastly, be sure to report your stories to [Serve.gov](http://serve.gov) to let people across the country know about the important work 4-H’ers are doing this summer and to inspire and educate others who are also positively impacting their communities!

12. **Poultry health calendar photo contest**
Do you raise poultry? Do you have especially beautiful or unique birds in a photogenic setting? The Oregon Department of Agriculture wants a photo of your bird for our 2011 Poultry Health Calendar.

Winning photos will be selected based on photo composition and the attractive, well-groomed appearance of poultry. Selected photos will also represent a diversity of:

- Domestic poultry species (chickens, turkeys, guineas, ducks, geese, etc.)
- Poultry breeds (Araucana, bantam, Polish, etc.)

Each page of the calendar will feature a winning photo image along with photographer credits. Printed photos will not be accepted for this contest. Please submit digital images of high resolution only (4 megapixels or greater). Low resolution photographs will not be usable for publication. All entries must be original digital photographs owned by the contributor. Digital images may be submitted online or mailed (on disk) to Dr. Bruce Mueller at the address below.

To submit your photos online, go to the following website to complete the registration form and upload your digital images [http://files.oda.state.or.us](http://files.oda.state.or.us). Please be sure to include the following in the description field:
- Species
- Breed
- Male or Female

The entry deadline is **August 31, 2010**. For questions or more information, please contact Dr. Bruce Mueller at 503-986-4685 or via email at bmueller@oda.state.or.us.

(All submitted images become the property of the Oregon Department of Agriculture and may be used in department publications, web pages, and other not-for-profit publications as approved by the department without securing the photographer’s express permission)