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Calendar of Events:

March:
___5, Thursday .......... New Leaders Training, 6:30 – 10:00 p.m. OSU Extension office
___5 to7.............. Know Your State Government, Salem, Oregon
___8, Sunday .......... Daylight Saving Time Change!! Spring Forward!
___18, Wednesday ...... Food and Nutrition Leaders Meeting 6:00-8:00 p.m., OSU Extension office
___23, Monday .......... Registration for Teen Retreat Due, OSU Extension office

April:
___1, Wednesday ........ ENROLLMENT DEADLINE for 2008-09 Year Due
___1, Wednesday ....... Durrant, Memorial, and Investment Scholarship, Applications Due
___1, Wednesday ....... Horse Project/Lease & Borrow copies for 2008-09 Year Due
___3 to 5 ............... Teen Retreat, Camp Kiwanilong, Warrenton, Oregon
___6, Monday .......... Ambassadors Mtg., 6:15 p.m.; Leaders Association Mtg., 7:30 p.m. OSU Extension Office
___9, Thursday .......... New Leaders Training, 6:00 – 10:00 p.m. OSU Extension office (Last training)
___11, Saturday ......... Megga Easter Egg Hunt, 10:00 – 1:00 p.m., C. C. Events Complex and Fairgrounds
___14, Tuesday .......... Horse Make-up Exam, 4:00 – 6:00 p.m., OSU Extension office
___15, Wednesday ...... Camp Counselor Applications Due, 5:00 p.m., OSU Extension office
___21, Tuesday .......... Horse Leaders Meeting, OSU Extension Office
___24 to 26 .......... State Spring Horse Classic, Linn County, Oregon
___23 & 28 .............. Camp Counselor Interviews, TBA Time and Locations
Dear 4-H Leaders and Youth,

I am the new Extension Educator for Family and Community Development, Nutrition, and 4-H Foods & Nutrition and Finance projects. Prior to coming to Columbia County this winter, I was a nutrition education program assistant for the Washington County Extension Service for 6 years. Within the 4-H program, I will be facilitating the creation of new 4-H finance and investment clubs, and helping existing clubs in the area of foods and nutrition. Do you need help finding resources for teaching financial management or nutrition?? I am here to help! Feel free to give me a call and I can help point you in the right direction. I look forward to meeting leaders and youth at some of our upcoming events.

Sincerely,

Jenny Rudolph

Attention: Foods & Nutrition Leader Training!

Let’s put the HEALTH back in 4-H! March 18th there will be a special training on incorporating healthy food and physical activity choices into your 4-H club. This training is open to ALL 4-H leaders who want to know more about how they can help stop the rising epidemic of childhood obesity in our community. Home Economics leaders will be especially interested in learning how to teach My Pyramid and Nutrition Facts Labels to youth in the program (both are topics that will be evaluated by foods and nutrition judges). Participants in the training will receive a packet of materials to use with their clubs and we will even make a kid-friendly healthy recipe at the end of the training. Call now to reserve your spot!

When: Wednesday March 18th from 6:00-8:00 PM
Where: OSU Extension Service, Columbia County Office

Iron Chef Competition

The 4-H Iron Chef Competition is a new opportunity for members to show their food preparation skills and creativity by working as a team of 2 to 3 members in a State Fair competition. Members will prepare at least two dishes that incorporate a mystery ingredient provided at the contest. A panel of judges will evaluate the final product for taste, plating (appearance of presentation) and originality/food safety. Teams may be made up of any intermediate or senior members who have participated in any county food contest.

Contestant Selection and Scheduling

The 2009 contest will be held on Wednesday, September 2 at the Oregon State Fair. The initial contest has room for 8 teams. Counties may submit one or more teams made up of members who have participated in any of their county food contests.

Pre-registration must be received no later than Monday, August 24, 2009 through the contest scheduling process. Each team will consist of 2 or 3 members who are intermediates or seniors. Intermediates and seniors may be mixed on a team and come from more than one county if a county has too few participants to register. If more than 8 teams are submitted, the State Fair 4-H Staff will use a lottery to select those teams who will participate. Alternate teams will be named at that time so they may be prepared to compete if another team cancels. Selected teams will be contacted by phone and email to receive details on times, 2 possible mystery ingredients and to be sure the team is still available to participate.

Iron Chef Competition Rules

1. Participants will have a total of 2 hours for the entire contest. Suggested time allotments are:
   - 10 minutes – receive mystery food, move into kitchen, set-up
   - 60 minutes – prepare the foods
   - 30 minutes – serve the 3 judges
   - 20 minutes – clean kitchen and move out

2. The contest kitchen will provide the mystery ingredient, range, microwave oven and refrigerator. Participants must provide all other ingredients, recipes, individual serving dishes for judges and equipment. For food safety reasons finished dishes prepared at home may not be brought and served at fair. The challenge of this competition is to select recipes to prepare 2 foods in 1 hour.

3. Each team will prepare two plated courses (i.e. appetizer, soup, salad, main entrée, dessert). If a team has time to prepare a third food item it will be given bonus points. Foods will be served when the timer rings for 60 minutes of preparation time.
4. Each course must use the mystery ingredient.
5. Team should prepare at least 3 servings of each food. Samples will not be served to the public unless there is extra.
6. The use of alcoholic beverages that would be unlawful for a minor to possess is not permitted.
7. The names of possible mystery ingredients will be given to the team prior to September 2 when contacted by the State Fair Staff for scheduling time. The mystery ingredient will be announced to the judges and team just prior to entering the kitchen.
8. The food prepared must be plated for the 3 judges and served to each at the same time. The second food must be served on a separate plate for each judge.
9. Each of the three judges will award up to a maximum of 20 points to each team
   10 points maximum for taste
   5 points maximum for plating (appearance of presentation)
   5 points maximum for originality/food safety

**Divisions**

Each county or combined county team may enter a team of 2-3 members. The initial year up to 8 teams total will be selected.

511 603 012 Intermediate/Senior Iron Chef Competition

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### 4-H News to Use

**Almost Free Money: County 4-H Scholarships**

This money will only cost you some time! There are now four county-only scholarships that 4-H members may apply for. Three are designed to enhance a member’s ability to continue their education at the post-secondary level. The other is to allow a member to attend OSU Summer Conference at a reduced cost. Visit our website for scholarship forms or call the Extension office to have one sent to you.

**High school seniors:**

- **“William E. Durrant” Scholarship** - $500. The completed scholarship packet is due into the Extension office by April 1, 5 p.m. The packet will include an application form, one page narrative, letters of recommendation; you will need to provide your school transcript and your completed/current 4-H Record Book.

- **“4-H Leaders Memorial Scholarship”** - $500. The completed packet is due into the Extension office by April 1, 5 p.m. The packet requires information on your 4-H projects, goals achieved in 4-H, 4-H experiences, growth through the 4-H program, how 4-H has directed your future, your qualifications for the scholarship and where the scholarship will be used.

- **“Columbia County 4-H Finance & Investment Scholarship”** - is designed for youth who are interested in pursuing a degree at Oregon State University. Scholarship applicants must have participated in the Columbia County 4-H Program Finance/Investment Club or have been enrolled and completed the Finance Class at Scappoose High School. Scholarship recipients must be attending Oregon State University and be majoring in Finance or a closely related field in the College of Business or in the Agricultural and Resource Economics Program. Full application forms are available online or at the Extension office, deadline is April 1st of the year of graduation, due at the Columbia County Extension office.

- **“Fluhrer Endowment”** - a full or partial scholarship to OSU Summer Conference. The application form and the requested information are due in the Extension office by May 15, 5 p.m. This form will have you explain your desire to attend, what you hope to learn and how you plan to use the information you gain during the program.

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### Spring Contest Day & Junior Presentations, May 2nd

The first of the county fair activities is on May 2nd for Intermediates and Seniors to prepare and show-off mini-meals and preparation techniques. Both of these Food and Nutrition classes can be part of the state fair competition also. For all 4-H’ers in 4th through 6th grades - **Junior Presentations** are on May 2nd at the St. Helens High School from 9 a.m. to 2 p.m. Juniors, this is your chance to shine! Create a presentation and show your stuff. It’s a great way to gain confidence, and knowledge, besides having some fun before you get to the Intermediate division which could send you to the state competition! Remember to pre-register and get your time scheduled. (Presentations for Intermediate and Seniors will be given at County Fair.) **Just another reminder that the Junior Favorite Foods and Sandwich Contest is now being held during County Fair in July.**
Register Now!! for Teen Retreat!
April 3-5th, 2009
Registration Due: March 23rd!

Registration forms can be found at the
OSU Extension Office and

Working on your Records

What is LEADERSHIP? You have a blank page to fill up in your Permanent Record, where do you start? The place to begin your Leadership is in your club meetings. But what is Leadership?
Leadership is anything you organize, teach, lead, etc.

✓ For the Junior member Leadership can be: Leading the 4-H Pledge, planning the snack for the club meeting, arranging rides for the trip to the farm, chairman of the phone call reminders, etc.

✓ For the Intermediate and Senior member Leadership can be: Arranging the entire 4-H meeting (including special speaker, learning activities, etc.), Junior Leader of Safety Project within your club, planning tour of McDonalds, etc.

Please be specific when you describe your Leadership duties. The more information you give on the specific things you did, the better we can see your contribution to the project. Include the number of people in your club that experienced your Leadership, the number of hours you put into planning, etc. If the project was a group effort, be very specific on the part you were “in charge of.”

How do you "achieve" Leadership? Talk to your parents and leaders. Volunteer to "take charge" of a part of the club meeting, arrange a field trip, teach other club members about something you have learned, etc. Sometimes it is hard for younger 4-H members to find Leadership opportunities, but look at small things you can contribute to your club. Older 4-H members can experience Leadership while teaching younger members how to achieve Leadership skills, allowing them to contribute to the overall goal.

The most important part of recording Leadership is the way it is presented in your 4-H Records. The use of words that indicate Leadership is essential. "Helped" is not a Leadership word, "organized, co-chaired, tutored, taught, led, etc." are words that indicate a different level of participation. Leadership is not limited to 4-H activities. Include Leadership at school, in your community, at church, in sports or school clubs, and at home. Included with your Record Guidelines should be a copy of a word list with words that indicate Leadership. If you do not have this, please go to the 4-H office and get it, or visit the web at http://extension.oregonstate.edu/columbia

REMEMBER: 4-H Records are due into the Extension office by May 1st, it must be in before 5 p.m. Start on them now. Work on them a little each week instead of trying to do it all on the last weekend. The 4-H Records Committee is ready and willing to help you and your club to complete your records. Please contact the 4-H office if you would like to "arrange" a workshop for clubs in your area - this would be a great Leadership project for someone!! --Marianne Velliquette

Spring Record Books: Due May 1st

The deadline for Spring Records Books is Friday, May 1st by 5 p.m. at the OSU Extension office.
If you have members working on Spring Records, please make sure they are aware of the deadline. Remember that all Senior Records (10-12 graders) can be in the state resume or the county record format. If you have questions, you are encouraged to contact the OSU Extension office.
4-H Fair Entry Policy

Just a reminder for all of us, concerning how many animals, what classes you need to compete in, and what is allowed on the 4-H Fair Entry Form.

Animal Science 4-H Rules state that:
- “4-H members will be limited to a maximum combined 9 rabbits/cavies and combined 9 poultry/bird/waterfowl entries and a maximum of 6 in any one species.” (Animal Science, General Rules #16). Example: you could have 6 rabbits and 3 cavy (equals 9 total), but not 7 rabbits and 2 cavy. That would be 1 rabbit more than the 6 in any species allowed.
- “4-H members will be limited to a combined maximum total of 6 entries in dairy, dairy goat, pygmy goat, meat goat, beef, sheep and swine.” (Animal Science, General Rules #17).
  Example: So you could have 1 dairy, 1 beef, and 4 sheep, but not 2 dairy, 1 beef, and 4 sheep, as that would put you over the 6 total entries. These include the Market Animals.
- Market animals cannot be shown in a breed class as well as the market class.
- Special classes are to be made up of animals already in Market, and Breed classes.
- Keep your eye on the County Only classes marked with an asterisk * in the fair book, they are not state eligible.
- **Showmanship is required:** This is so important, because if you don’t show up for the Showmanship classes, you will lose your premiums for that Class, and eliminates you from all other classes in that species.
  - What showmanship classes do you need to compete in? Any project; horse, beef, rabbit, etc. Pick one of your animals and compete in showmanship for that species.

Auction Committee rules state:
“Each sale participant will be allowed to sell a total of two auction animals. Any combination, with the exception that only one steer may be auctioned. For rabbits and poultry, one pen of 3 fryers will be accepted as one animal. Each participant will only be allowed to weigh in twice the amount of animals they are eligible to auction.”

**Application of the Policies:**
If you have "weighed-in and tagged" and/or raised more than 6 large animals and 9 each of rabbits/poultry, you have decisions to make. As you begin filling out your 4-H Fair Entry form you will need to decide how best to register from the animals you have been raising. The 4-H office will only track the 6 total for large livestock and 9 total each for rabbits/poultry. The decision of which animals are up to you, your parents and 4-H leader. You also need to remember that the 6 or 9 is a total of market and breeding animals, not just those you weighed-in and tagged with the auction committee.

????????Qualifying for Livestock and Small Animal State Fair????????????

Each year during county fair, there are questions about State Fair, how do you get there and how are qualifying numbers figured. I hope that this will shed some light on the issue. This policy is for all livestock projects except horse.
- The State 4-H office sets quotas. These are based on our total enrollment for the current year.
- Total quotas are divided in half, ½ for the seniors and ½ for the intermediates.
- Members can only show at State Fair in the same classes that they showed in at county fair.
- Members have to show the same animal that was shown at county fair. The only exception is market rabbit and swine. And the “new” animal has to be eligible for the same class that was shown at county fair.
Market Animal Health Record And NEW COOL Affidavits Required (one per animal)

For those who have already enrolled or re-enrolled for the year in a Market Animal Project, you have already seen the Market Animal Health Record sheet. There is one for each species: Market Goat, Market Lamb, Market Beef and Market Swine. These forms are required at Fair Time. The purpose is to help assure that meat being sold through Junior Livestock Auctions are clean and that if there is a problem it can be tracked. This is part of the Quality Assurance program and is very important that every youth/parent and club leader works to help maintain the integrity of the meat in the auction. With the current situation with BSE, we have an obligation to do all we can to add to the value of the quality of meat the program produces and sells at fair, please do your part. Choosing not to be honest about these records, will only hurt you and the other members in the market project classes and the Junior Auction.

There is an example on the back of every form to assist you in filling them out. You will need one for every animal. If you are feeding three pigs and two steers, you will need five forms and will need to keep them current for each animal. The forms will be collected at the time you weigh in at County Fair.

NEW this year is the COOL Affidavits that are now required for both County and State Fair. We have sent copies to your leaders, and they are online on our website: http://extension.oregonstate.edu/columbia. This is a federal requirement for all Market Animals, and the complete federal rule description is also on our website and is rule #28 in your fair book for 2009.

3rd Annual Youth Show Pig Educational Workshop and Spring Sale!
Sunday, March 15th!

This event will be held at the Benton County Fairgrounds, Large Auditorium in Corvallis. The schedule starts at 10:00 a.m. Show Pig Selection and Management, then the 12:00 p.m. Sale Preview and Free Chili lunch, and at 12:30 p.m. the Show Pig Sale. We have flyers here at the OSU Extension office, or you can visit: www.gourleyfamilyfarms.com for more details.

Horses, Hoofs, and Hay

Horse Test - Last Chance Option: April 14th

All Intermediate and Senior horse members who want to be eligible for State Fair Horse Show and did not participate in the Columbia County Horse Classic event (February 21st, 2009), this is an opportunity to qualify. The provision allows you to:

Take the Open-book test (it will take most members an hour and maybe 90 minutes, and members must supply their own books.)
Receive a score of 95% or higher.

The test will be given in the OSU Extension Office Conference Room. April 14th, 4:00-6:00 pm This will be the only opportunity for youth to take the test to qualify for the 2009 State Fair Horse Show.
And the winners for the Columbia County Horse Classic are....!

The annual Columbia County Horse Classic went well. A special thanks to the committee: Jean McPherson, Karen VanWinkle, Sheryl Savage, Nicole Miller, Deb Parmley, Tamara Dowdy, and Karen Kessi. Also, thanks to the rodeo court and the endless parents and leaders that volunteered the day of the event!

State Spring Horse Classic Teams:

**Intermediate Teams:**

- Hippology
  - Kimberly Cook
  - Crystal-Ann Carreon
  - Sarah Hanna
  - Sarina Cook
  - Alysha Sandstrom

- Horse Judging
  - Kimberly Cook
  - Sarina Cook
  - Crystal-Ann Carreon
  - Sarah Hanna
  - McKenzie Gates

- Horse Bowl
  - Christine Mapes
  - Abby Kessi
  - Savannah Dreyer
  - Desiree Stover
  - Crystal-Ann Carreon

**Senior Teams:**

- Horse Judging
  - McKenzie Tarkalson
  - Teri McGettigan
  - Nicole Coleman

Juniors Medallion Winners:

- Horse Judging
  - Azaya Holmes
  - Natalee Cook
  - Rachel Frahm
  - Ashley Lanphear
  - Taylor Halverson

- Horse Bowl
  - Baylee Crawford
  - Natalee Cook
  - Michelle Sass
  - Ashley Lanphear
  - Patricia Brady

Intermediate Medallion Winners:

- Hippology
  - Alysha Sandstrom
  - Sarah Hanna
  - Kimberly Cook
  - Sarina Cook
  - Crystal-Ann Carreon

- Horse Judging
  - Sarina Cook
  - Kimberly Cook
  - Crystal-Ann Carreon
  - Sarah Hanna
  - McKenzie Gates

- Horse Bowl
  - Christine Mapes
  - Abby Kessi
  - Savannah Dreyer
  - Desiree Stover
  - Crystal-Ann Carreon

Senior Medallion Winners:

- Hippology
  - Rose Brady
  - Erin King
  - Nicole Coleman
  - Emily Simpson
  - Christa Loeks

- Horse Judging
  - Teri McGettigan
  - McKenzie Tarkalson
  - Emily Simpson
  - Chantel Szlavich

- Horse Bowl
  - Teri McGettigan
  - Rose Brady
  - Emily Simpson
  - Chantel Szlavich

Junior Individual Presentation Medallion Winner:

- Patricia Brady

FREE Dad Potter Clinic!

At the Sweetwater Ranch, on Saturday May 2nd plan to come and attend this great clinic for all 4-H members of all ages that have passed the Advancement steps 1, 2, and 3. Either English or Western equipment may be used. For more information we have flyers here at the O.S.U. Extension office, or contact Tamra Dowdy at 503-556-2131 or email: tdowdy@opusnet.com.
Woody Davis, Extension Faculty, 4-H Youth Development Professional

Member Opportunities

4-H Summer Camp Staff Help-Self Nomination: 8th Grade only
(Due April 15, 2009)

Name:___________________________Address:____________________________________

Phone #: ____________________________Grade as of June 1st, 2009:_________________

Camp Staff must be at Summer Camp Saturday, June 13 through Thursday June 18th, 2009.