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MONITOR

COOS COUNTY OSU EXTENSION OFFICE

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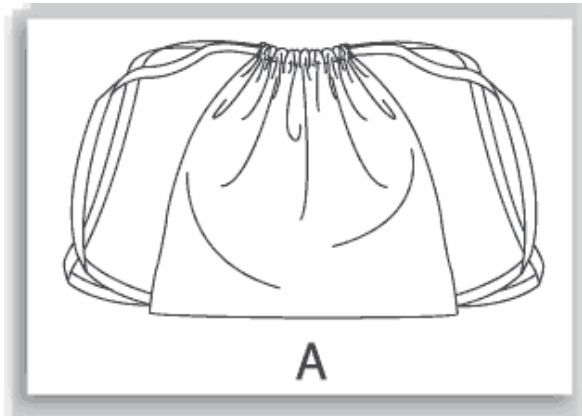
OCTOBER 2005

NUMBER 183

4-H MAKES A DIFFERENCE

The Coos County 4-H Junior Leaders have announced a supply drive for victims of hurricanes Katrina & Rita. Supplies collected during 4-H week (Oct 2-8) and the surrounding weeks will be packed on Saturday, October 22nd and sent to Opelousas, Louisiana. October 22nd is *Make a Difference Day*, a day created by USA Weekend magazine to connect millions of Americans in volunteer services across the country. Working with the St. Landry-Evangeline United Way, the junior leaders have created a list of supplies needed for hurricane-affected youth. They will be collecting supplies at local schools and the Myrtle Point OSU extension office. Supplies will then be packed into gift- and book- bags created by 4-H club members and sent to Louisiana. Items needed include school supplies, personal hygiene items, toys and winter uniform jackets.

You and your club can help by collecting supplies and/or money. One suggestion is to arrange with a local store to set up a table outside and ask for donations. If you hand people a list of the kind of



supplies you are collecting on their way into the store, it is easy for them to add an item to their shopping list and drop it off on the way back out. If you would rather make something, we are looking for bags to pack items in. McCall's pattern M4609 (see picture) is a simple string bag that is both functional and attractive. This type of bag is popular among teenagers in the areas affected by the hurricane. For more information (including uniform specifications) and a complete list of supplies, see the attached flier, call OSU extension at 1-800-730-4978 / 572-5263, stop by the office or visit the website at: <http://extension.oregonstate.edu/>

WANT TO BE A JUNIOR LEADER?

The junior leaders are starting up again! Members in grades 7-12 who are interested in expanding their leadership activities are encouraged to come to the first meeting of the Coos county junior leaders. It will be held on Saturday, October 22nd from 12 to 1pm (after the hurricane supply drive packing extravaganza) at the Ohlsen Baxter building in Myrtle Point. Bring a sack lunch & enjoy refreshments & dessert "on the house."

"But what are the junior leaders?" you might ask. Many members and leaders may not know just what the junior leaders are all about. This initial meeting will have three main goals: explaining what it means to be a junior leader, discussing the role of junior leaders in Coos county, and planning future junior leader events.



Possible junior leader events/topics for this year include: goal-setting, interview skills, resume building, scholarship information, service learning, team-building, conflict management, public relations, public speaking, etiquette, etc.

For questions, suggestions or to RSVP call/email Hannah.

4-H WEEK!



October 2-8, 2005

4-H is a community of more than seven million young people across America who are learning leadership, citizenship and life skills. In the first week of October, take the time to celebrate 4-H week. Invite someone to join your club or make a poster for your school. Clubs—this is the perfect week for a service project, a visit to a care center or an informational booth. Learn more about the 4-H adventure at www.4-Husa.org.

PRUDENTIAL SPIRIT OF COMMUNITY AWARDS

The Prudential Spirit of Community Awards honor young people in middle level and high school grades for outstanding volunteer service to their communities. State Honorees receive \$1,000 and a trip to Washington, D.C. to be considered for the Prudential Spirit of Community's 10 Youth Volunteers. Recipients of this prestigious honor receive an additional \$5,000 as well as a grant from the Prudential Foundation in the same amount to go towards the charity of his or her choice. If you would like to apply, visit www.prudential.com/spirit or come by the office for an application (due by Oct 31).

STATE FARM SERVICE-LEARNING GRANTS

One hundred \$1,000 grants, funded by the State Farm Companies Foundation, are available from Youth Service America for teachers, youth (ages 5-25), and school-based service-learning coordinators to implement service-learning projects for National Youth Service Day, April 21-23, 2006. Service-learning is a teaching method that combines meaningful service with curriculum or program-based learning and is used as a tool to help youth build stronger academic skills, foster civic responsibility, and develop leadership skills. Grant applications must be received by mail by Oct. 17, 2005 For questions or more information, visit: www.ysa.org.

MAKE IT WITH WOOL

Oregon's Make It Yourself with Wool Contest will be held on **Saturday, December 10, 2005 in Newport, OR**, but now is the time to start planning and creating your winning wool garment. To enter, contestants must select, construct and model their own garment made of wool or wool blend fabrics.

Contest information and entry forms are available at the Extension office and from <http://www.sheeporegon.com/miyww.html> or by contacting Maureen Krebs: (541) 422-7548 or Eat-Lamb@centurytel.net.

SCRABBLE SERVICE

Want to do community service? Like to play scrabble? Consider spending some time as a rehabilitation volunteer at the Myrtle Point Care Center. Help a resident build back strength after a stroke by playing scrabble & dominos and chatting. If you are interested, please call Hannah at the office.

LANE COUNTY SMALL ANIMAL SHOW

November 12—see attached entry form for details.

ROYALTY ROUND-UP

On October 9, come join the Coos County Fair & Rodeo Court at the *Royalty Roundup*. Sign-up at 7, ride at 8; high point awarded in each age group & ribbons up to fifth place. In addition to the horse show, there will be an auction and a "cakewalk" with current and past court royalty. Bid on your favorite pair to win a cake and half of the jackpot. Don't forget the 50/50 tickets! For information call Alyssa Fortune: 396-5343, Rachele Crockett: 396-6208, or Jennifer Jackson: 396-1276.

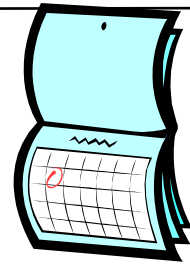
CCMP BENEFIT RIDE

The Posse's annual *Christmas in October* will be held Saturday, October 15th starting at 11am at the Riley Ranch on highway 101. Enjoy a 11am ride or come eat & listen to Melissa Weinblatt talk about *Winterizing your Horse* at noon.

Don't forget to bring some cash for raffle tickets! In addition to a 50/50 and a poker ride, Coos Grange Supply has been very generous in donating feed, tack, vet/pet supplies and garden items for an additional raffle. For information, call Bev Quackenbush: 269-1713

DISCOVERY DAYS

Natural History Discovery Days is an outreach program providing science departments at OSU the opportunity to share collections with the public. There will be many interactive displays throughout the event including a "world of reptiles", various sea creatures, fossils, plants and more. Held Oct 18-19 at the LaSalle Stewart Center, OSU from 9am—4pm. For more information and group reservations contact Margie Haak by phone (541) 737-6716 or by email at science.outreach@oregonstate.edu.



- SEPT. 30—OCT 2:** 4-H Forestry training and state invitational contest
- OCT. 2-8:** National 4-H Week!
Make the 4-H Connection
- OCT. 9:** *Royalty Roundup*—fairgrounds
- OCT. 10:** Columbus Day
- OCT. 15:** CCMP's *Christmas in October* benefit—Riley Ranch
- OCT. 14-16:** 4-H Wildlife stewards training
- OCT. 20:** New Leader Orientation. 3:30 or 7:00 p.m. in the conference room of the Ohlsen Baxter building.
- OCT. 22:** Bandon SeaHorses' *Spook-tacular* show—Family 4 stables
- NOV 14-20:** Children's Book Week
- NOV. 18:** Great American Smoke-out
- NOV 20-26:** National Game & Puzzle Week

Daylight Savings Time
begins on
OCT 30!

Don't forget to set your clock!




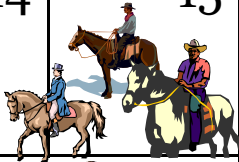


ITALIAN 4-H CHARMS

→ **only \$1.50** ←
Call for yours today!
541.572.5263





OCTOBER 2005

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8

NATIONAL 4-H WEEK: *Make the 4-H Connection!*

<p>9</p> 	<p>10</p>	<p>11</p> <p>Auction Committee 7:30pm</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p> 
<p>16</p>	<p>17</p>	<div style="border: 1px solid black; padding: 5px;"> <p>AITC DISCOVERY DAYS OSU: LaSalle Stewart Center 9:00 am—4:00 pm</p> </div>		<p>20</p> <p>New Leader Training: 3:30 & 7:00 pm</p>	<p>21</p> 	<p>22</p> <p>Make A Difference Day</p>
<p>23</p>	<p>24</p>	<p>25</p> <p>Leaders' Meeting</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>
<p>30</p> 	<p>31</p>					

NOVEMBER 2005

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
					 <i>Veterans' Day</i>	
13	14	15	16	17	18	19
				<p>Budget Meeting 6:00 pm</p>		
20	21	22	23	24	25	26
		<p>Leaders' Meeting</p>				
27	28	29	30			
<div style="border: 2px solid black; padding: 10px; display: inline-block;"> <p>National 4-H Congress (Nov 24-29)</p> </div>						

ENROLLING MEMBERS IN EXISTING CLUBS

Clubs that plan to continue to be active in 2005-06 need to update their membership and submit new paperwork for members and leaders. In order to do that, the following steps must be taken:

1. Pick up an enrollment packet at the September meeting of the 4-H Leaders Association, or at the Extension office after that meeting.
2. Distribute the enrollment forms to leaders and members who plan to be involved in the club.
3. Collect the completed, signed enrollment forms.
4. Complete the materials order form to secure materials for each member and leader.
5. Include payment for materials, insurance and enrollment when picking up materials. Check fee schedule for project materials.
6. Distribute materials to members and leaders.

Please allow at least three days for compiling your order. In some cases, orders may not be filled until additional project materials can be obtained.

STARTING A NEW CLUB

If you want to start a club, but have not served as a 4-H club leader, you need to do the following:

1. Attend a new leader orientation (Oct 20)
2. Determine which projects to include
3. Enroll members and order project materials

See http://oregon.4h.oregonstate.edu/people/join_4h.html for more information.

ADDING NEW PROJECTS

An existing club, wanting to add new projects, needs to include those projects on the enrollments and order appropriate materials.

REPORT FROM LEADERS' ANNUAL MEETING

If you didn't come to the 4-H leaders' annual meeting, you missed a good time.

1. The Spaghetti Feed tentatively scheduled for April 15th, look for confirmation in a later Monitor.
2. All budget requests are due by October 31st. If you or your club want something in the budget, get those requests in.
3. The new Coos County Fair and Rodeo Court royalty introduced their selves:
 - Queen: *Alyssa Fortune* (Burton Prairie Wranglers, Burton Prairie Dogs)
 - Princess: *Rachelle Crockett* (Hauser Dune Riders, Burton Prairie Dogs)
 - Princess: *Jennifer Jackson* (Hauser Dune Riders)
4. Elections were held:
 - President: *Anita Vandervelden*
 - Vice Pres: *Mary Ludington*
 - Secretary: *Rhonda Wiley*
 - Treasurer: *Rhonda Fischer*
 - Youth Reps: *Heather Wiley, Kelli Clifford*
 - Directors: *Carrie Cook, Barbara Bates, Dell Willis, Becky Mack, Alyssa Fortune*

BACKGROUND CHECKS FOR NEW LEADERS

In order to ensure the safety of all 4-H members, any new 4-H leader will need to undergo a background check through Oregon State University. Background checks have become standard procedure for adults working with children (teachers, S.M.A.R.T. readers, etc) and 4-H is no different. A separate form will be included in the application packet. This form is to be returned to the office in a separate, sealed envelope and will be sent to campus security for a *confidential* background check. Leaders who have already applied and been accepted are exempt.

TRAILER SPOTS FOR FAIR 2006

Don't forget to reserve a trailer spot for the fair next year. The fair board office will begin taking reservations on January 15th. **A space last year does not ensure a space this year.** Please remember to call and reserve your spot this and every year. The fair board will no longer be sending out reminder postcards. We'll keep reminding you in the monitor, but try and mark your calendar.



Thank-You Notes keep the program working!

If you have blank Thank-You notes propped up next to a special award, trophy or stack of ribbons from county fair, get them written and in the mail. It truly makes a difference.

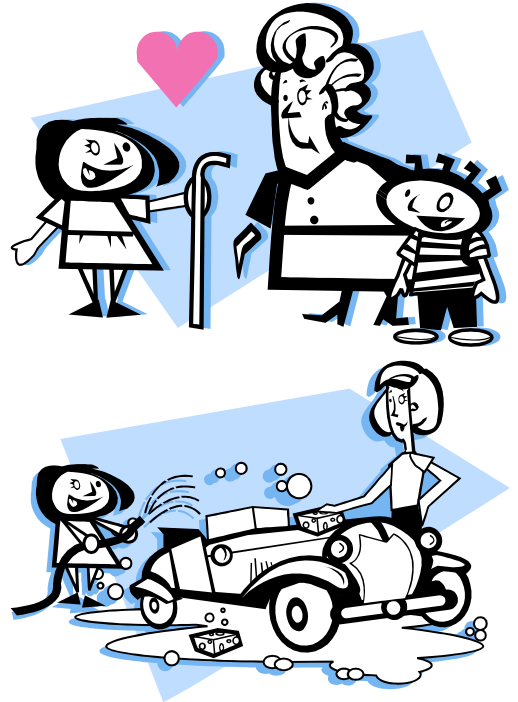
HIRING PROCESS FOR 4-H AGENT

Plans have been discussed for filling the vacant 4-H agent position in Coos County. The first step, hiring a part time interim has been completed. This person (Hannah) will make certain the needs of the membership are being met, and the work of the 4-H Leaders Association is communicated to the membership.

The second step will be to advertise for an agent. It has been recommended that a full time 4-H agent be hired, to support the work of the leaders, provide educational trainings and contests, and assist in the coordination of 4-H events throughout the year. This hiring process includes advertising through the university system, working with a screening committee, and finding a good match for Coos County.

SERVICE

Remember the 4-H pledge? "I pledge my hands to larger service." Take time this month to extend your hands in service. If you are an animal club, why not spend a few hours with your animals at a retirement home or senior center? Or simply arrange to come in and talk to lonely residents. Collect food for your local food bank or have a car wash for the charity of your choice. Teach someone how to use a computer. Volunteer with an afterschool program or community sports team. Participate in Make a Difference Day, 4-H or otherwise. Do yardwork for someone who can no longer get around. Maybe your club would like to adopt a stretch of highway and keep it clean. Lend a hand, share a smile, do a little something to make the world a better place.



NEW FOOD PYRAMID

In January, the USDA released the *Dietary Guidelines for Americans 2005* and introduced a new food pyramid. *My Pyramid*, as the new plan is called, can be personalized to your age, gender and activity level. The USDA also introduced an interactive online "tracker" that analyzes your daily food intake and activity levels & gives suggestions to help you improve your health. This month, *My Pyramid for Kids* came online with tips for parents and an online game to teach good nutrition. Check out mypyramid.gov for an animated tour of the new food pyramid or mypyramid-tracker.gov to analyze your diet.

GOT A DATE?

As fall begins and people begin to plan next year's events, calendars can get awfully busy. Don't forget to let us know about your important dates. You may notice that the second page of the monitor is entirely given over to announcements of events & opportunities.


If you would like your event posted, call or email Hannah by the last Friday of the month before you want your event posted. If you have an entry form that you want people to bring with them to your event, fax, email, or drop your form by the office (same deadline).




-TOP 10 - REASONS TO KEEP A RECORD BOOK

1. \$\$\$ - record books entered at the fair are eligible for premiums.
2. County Medals— recognition is based on your record books
3. 4-H Scholarships— record books are used to decide state awards (<http://oregon.4h.oregonstate.edu/programs/Scholarship.htm>).
4. Other Scholarships—your record book puts all of the information you need for most scholarships in one place.
5. National 4-H Congress—your records will decide if you are eligible for this all-expense paid trip to Atlanta, GA.
6. Reflection—keeping good records allows you to reflect on the growth & development of both your project and yourself.
7. Resume building—4-H activities are great resume builders & your record book provides proof.
8. Life skills—the project records are great practice for financial management later in life—compare your project book to your parent's checkbook or tax forms...
9. Keepsake— good records turn into treasured memories.
10. **It's even easier now!** In Coos County, record books have gone on-line. Thanks to Pete Larsen, the record book is now easier than ever. He created a series of templates to use with your word processing program. Just go online (<http://extension.oregonstate.edu/coos/4-h/index.php#records>) or get a CD from your club leader or the Extension office.





Agent Notes



In the hustle & hurry of our humdrum lives, when everything is going haywire, it is easy to forget the core values of 4-H. I'm asking you to take a minute to forget all of those hectic H's and remember our four: *head, heart, hands, health*. These are the core values of 4-H - the strengths we strive to develop so that we can "make the best better," our national motto.

Head: Our head is, of course, the home of our brains. 4-H strives to improve the brain with new knowledge and understanding. Club meetings, contests and project books all seek to develop our heads so that we can think clearly and make wise decisions.

Heart: The heart is the metaphorical home of the soul & spirit. Our morals, our conscience, our spirit of community stem from our hearts. We seek to strengthen our hearts through bonds developed in clubs, character education, and the development of a strong self-concept.

Hands: Our hands mold and shape the world in which we live. The skills developed in 4-H allow us to make a place in the world. In 4-H, we use our hands not just to develop our projects, but also to give back to our communities with the skills that we have developed.

Health: 4-H began as an effort to improve the health and well-being of rural communities. We continue to promote the development of personal health as well as the physical, social, economic & environmental health of those around us.

During 4-H week, take the time to explain the values of 4-H to someone—maybe invite them to join your 4-H club. The simple act of explaining what 4-H means to someone else not only helps them understand 4-H better, but it will also remind you of why you are a member of 4-H.

I pedge...

**My head to clearer thinking,
My heart to greater loyalty,
My hands to larger service, and
My health to better living -**

for my club, my community, my country and my world.

~ Hannah

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