



4-H Youth Development Over the Clover

VOLUME 17
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A monthly publication for the 4-H members, leaders & families of Deschutes County

4-H Presenters Learn to *Speakeasy*!

Around forty 4-H members, leaders and parents learned how give a 4-H presentation at our *Speakeasy* workshop on November 15th. Cindy Osterlund, Gilliam County 4-H agent, had many entertaining activities that helped workshop attendees learn how to speak with confidence in front of a crowd. “Adults fear public speaking more than they fear death,” Cindy said, and she was determined that we would all leave with the skills to overcome that natural fear. After a morning of games and public speaking exercises, Cindy broke everyone into small groups, which were then expected to put together a presentation to give at the end of the day. Through puppets, costumes, posters, and cooperation, each team gave a 3-5 minute presentation on a variety of topics. We learned how to care for a cat and groom a horse; how to tell the parts of sheep or beef; what the 4-H pledge is all about; how to make finger puppets and ice cream sundaes, hot cocoa, and decorate cookies, and more! Participants all left with a feeling of satisfaction, and a smile on their face because it had been a full and fun day!

Remember, **4-H Presentations are April 18th** this year, and will be held in the North Sister Building. Look for registration information in next month’s newsletter! This is a great way to develop confidence and share about a topic that interests you! You may do an individual or team presentation. Contact Tina with any questions!
See you in April!

Tina

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DESCHUTES COUNTY 4-H CALENDAR

(Can't find it here? Be sure to check the individual project calendars.)

2009

Jan	12	Horse Bowl, INT/SR - DCFE, 6:30 pm	6	Juniper Jackpot; Sheep Barn
	13	Project Advisory Meeting, 6:00 pm North Sister Building	13	Mastershowmanship Clinic; Sagebrush Arena; 10 am
	14	Chaperone Meeting, 6:00 pm	15-17	Tractor Training/Certification; DCFE; D Parking Lot
	15	Auction Committee Mtng, 6:30 pm	18	Auction Committee Mtng, 6:30
	16-19	High Desert Leadership Retreat	24	Record Book Check #1—DCFE
	21	Executive Committee Mtg, Youth Officers, 6:00 pm; Adult Officers 7 pm	25-28	OSU Summer Conference, OSU Campus
	22	New Leader Training , 6:30 pm	27	Goat Judging Contest, Place TBD
	31	Idea Fair	29	Record Book Check #2—All communities
Feb	5	Mentor Leader Training, 6:30 pm	July 2	Record Book Check #3—Redmond/Bend
	7	Beef Weigh-In; 10—12; Sagebrush Arena	6	Executive Committee Mtg, Youth Officers, 6:00 pm; Adult Officers 7 pm
	13	State Resumes and Scholarship apps. due	7	FINAL Record Book Check; Redmond
	14	Cookie Camp, 9 am-6 pm , N. Sister	7	Fashion Review, North Sister
	16	Scholarship applications & 4-H state resumes due to extension office!	8-10	Cook & Colleen's Camp Out for Kids
	21	Horse Judging/Hippology, Sagebrush Arena; 9 am	14	Project Advisory Meeting, 6:00 N Sisters
	21	Dogs R Us Fun Match, NS 8:30 am	16-19	DC Horse Fair
	21-23	Serving @ Central Oregon Symphony Bend High	20	DCF Horse Awards, 6:30 N Sisters
	28	Beef Nutrition Lecture, 10:00a.m. Prineville	25	North Sister set up day!
Mar	2	Executive Committee Mtg, Youth Officers, 6:00 pm; Adult Officers 7 pm	27	Fair Static Exhibit judging day
	5-7	Know Your Government, Salem OR	28	Livestock Arrives at Fair 7:00 am
	9	Teen Staff Meeting	Jul 29-Aug 2	Deschutes County Fair Week
	10	Project Advisory Meeting, 6:00 pm North Sister Building	Aug 21-25	State Horse Fair
	12	New Leader Training, 6:30 pm	Sep 7	Executive Committee Mtg, Youth Officers, 6:00 pm; Adult Officers 7 pm
	14	Deschutes Desert Dog Fun Match	8	Project Advisory Meeting, 6:00 N Sisters
	14	Living on a Few Acres, 9:00 am, NS	17	Auction Committee Meeting, 6:30 pm
	17	New Leader Training, 6:30 pm	Oct 1-4	PNW Horse Judges Training
	19	Auction Committee Mtng, 6:30 pm	13	Executive Committee Mtg, Youth Officers, 6:00 pm; Adult Officers 7 pm
	20	Teen Staff All-Nighter! North Sister		
	21	Horse Bowl JR—9 am North Sister		
	21	Small Animal Quiz Bowl, 11:00 N. Sister		
Apr	7	Dog Judging Contest, 6:30 pm-place TBD		
	9	New Leader Training, 6:30 pm		
	16	Record Book Training 6:00 pm		
	18	Presentations Contest, N. Sister Bldg.		
	25	DCLA Small Animal Show & Judging Contest—HDAC		
	25-26	Spring Horse Classic, Albany		
May	1-2	Home Ec. Skills Contest, Redmond High		
	4	Executive Committee Mtg, Youth Officers, 6:00 pm; Adult Officers 7 pm		
	5	Teen Staff Meeting, 6:00 pm		
	8	Redmond Chamber Coffee Clatter		
	12	Project Advisory Meeting, 6:00 pm North Sister Building		
	14	Knitting & Crocheting Skills Contest; 4-8pm		
	18	Sheep/Swine/Goat Weigh In; 4-8 pm		
	21	Auction Committee Mtng, 6:30		
	23-24	DCLA Horse Show—Sagebrush Arena		
June	6	Larkspur Festival; Larkspur Park, Bend		

*Changed Date.

All meetings are at the Extension office unless otherwise noted. Project committee meetings are open to all leaders, members, and parents. This is where decisions are made regarding your project area. Your attendance is encouraged and most welcome.

Volunteers Needed for State Executive Council

The state is looking for volunteers to serve on the Leader's Association Executive Council. There are positions for both adults and teens. The state association is active in planning and sponsoring state and regional educational programs. Application forms are available at the extension office.

Welcome Our New 4-H Leader's Association Executive Officers

Jr. Officers

President: **Alicia Sarinana**

Vice President: **Chelsea Conklin**

Treasurer: **Zane Maxwell**

Secretary: **Nicholas Anderson**

Adult Officers:

Treasurer: **Dawn Morrison**

Secretary: **Lynne Shoffner**



Zane, Alicia, Nicholas and Chelsea!

And our returning President, Erin Deggendorfer is now Erin Borla!
Congratulations on her recent marriage!

A Big Thank You to Our Exiting Officers

First of all, we want to extend our warmest and most sincere gratitude to Carolyn Schmidt, who is stepping down as our 4-H DCLA treasurer, a job she has held for so long, none of us can remember exactly how many years. Carolyn and her husband have been avid 4-H supporters and a faithful part of the Deschutes County leadership team over the years, and now are stepping into new adventures. While they will continue to volunteer in various areas for DC 4-H and the fair, they will likely become a bit less visible. We wish them the best and appreciate all their hard work over the years!

Thank you also to Sarah Pick, our adult secretary for the last 2 years. She has added a great enthusiasm to the Leader's Association. Thanks Sarah!

And thanks too to our exiting Jr. officers:

Eric Steensen, 2008 Jr. V.P & 2007 Jr. President, who graduated this year. He will continue to be a part of the program as a leader in the dog project.

Chelsea Conklin, Jr. president, who we are thrilled to have back on the Jr. Executive Council as our as our Jr. V.P this year .

Jessica Cooper, our very competent secretary, who will graduate early and attend college in Texas starting in January.

Shay Dodd-Perry, our 2008 Jr. treasurer & 2007 V.P. who graduated this year as well.



*Our exiting Jr. officers posing with
Rodeo Queen Shelby!*

We have been so fortunate to have such wonderful leadership in the Deschutes County Leader's Association. Thanks to you all!!

The 4-H Staff

Member/Leader Recognition Banquet

Great food, awards, elections, and of course, Candi's famous slide show! Our annual banquet was a huge success! Thanks so much to the Jr. Executive Counsel & Teen Staff; their fearless leader, Kim Mills; our food prep "executive," Joy Mosier; and all the folks who helped make the evening run so smoothly!

This is a night for 4-H families, leaders, members and supporters. If you missed out, we hope to see you next year!!



What's Up?

Cookie Camp

When: Feb 14th, 10 am—6 pm
Where: North Sister Bldg.
Who: Any 4-H member!
Why: Community service

(This will fill a pre-fair requirement)

The 4,500 cookies we bake this day will be served at the Central Oregon Symphony performances the follow

Central Oregon Symphony

When: Saturday, Feb. 21, 7-9 pm (**FULL**)
Sunday, Feb. 22, 1:30-3:30 pm
Monday, Feb. 23, 7-9 pm
Where: Bend High School
Who: 4-H clubs or individual members
Why: Community Service

(This will fill a pre-fair requirement)

Call to reserve your spot to serve at one of these events! Black pants, white shirts required. 8-10 members needed each night. Questions? Call Tina! ing weekend.



Cookie Camp!



COSA Servers!

Help 4-H Feed the Hungry

4-H is partnering with the Salvation Army to feed the hungry in our area. We are looking for donations of non-perishable food and other items, which 4-H members at the High Desert Leadership Retreat will then pack into boxes providing breakfasts, lunches, dinners and other basic needs for local families. **Please bring your items to the Extension office, or contact Tina before January 14th.** Bringing the items to the Advisory Committee Meeting on the 13th would be perfect!

Thanks for you help in this worthwhile project!



4-H members David, Ben, Shalena, Lilly & Amy take a load of food to the Salvation Army.

Suggested Donation Items

High protein food items:

Chili, tuna, stew, ravioli, beans, peanut butter, canned meats (chicken., turkey, etc).

Staple items:

Canned fruit and vegetables, applesauce, bottled fruit juice, crackers, tomato sauce and paste, jarred pasta sauce, pasta, rice, flour, sugar, powdered and evaporated milk, vanilla, oil, honey, cake mix.

Breakfast foods:

Cereal, granola bars, oatmeal, dried fruits.

Other food items:

Baby food, baby formula, healthy snacks.

Non Food Items:

Toilet paper, shampoo, soap, dish soap, laundry soap, feminine products, razors, shaving cream, diapers.

Oh, and please, please, please check expiration dates and packaging quality before donating!

What's Up?

Adopt a School

We have new informational materials about 4-H in Deschutes County that we would like to post at the elementary, junior, high schools. I hope to have this program up and running by March, and we would like to have every school represented before that time. This will require very little time, but could make a big difference in 4-H enrollments! If you have a school near you that you would be willing to keep supplied with current information, please contact Tina.

Here is a list of schools to adopt:

Bend/LaPine

Middle Schools

Cascade

High Desert

LaPine Middle School

Pilot Butte

REALM

Sky View

Elementary

Amity Creek

Bear Creek

Buckingham

Elk Meadow

Ensworth

High Lakes

Highland

Jewell

Juniper

LaPine Elementary

Lava Ridge

Pine Ridge

Three Rivers

Westside Village

Schools with a √ before their name have been adopted.

Redmond

Middle Schools

√ *Elton Gregory*

Obsidian

Elementary

Evergreen

John Tuck

M A Lynch

Terrebonne

Tom McCall

Tumalo

Vern Patrick

Sisters

Sisters Elementary

Sisters Middle School

Sisters High School

New Club Requirements

The leaders' association is working to implement some new guidelines for leaders. This is an effort to be sure all clubs are meeting regularly.

- Clubs need to meet a minimum of 8 times per year
- Clubs need to submit their calendar to the office, at least, quarterly.

Candi is going to try and visit several club meetings, so we need to know when those opportunities are. Remember, this is a minimum requirement, most clubs are meeting significantly more often. One of the important benefits of 4-H is the feeling of belonging; it's impossible to feel that if the group never has meetings. These meetings can be community service, bowling, camping, doing record books, working with your project, doing public speaking, or making cookies—just get the group together—it will make your whole year go easier.

I know everyone is very busy—this is important. If you can't make it happen, call me, let's help get you a co-leader or some junior leaders to step up so the opportunity for club members is there.
ccb

4-H Involvement for Youth with Disabilities

As our program grows, a few have inquired about including youth with various disabilities. 4-H is a great place for youth with disabilities. We must place emphasis on safety and from there, we can design the program/project to meet the needs of each specific youth that is interested. 4-H puts out a good publication that can help with formulating a project or event based on the youth and their needs, interest, and involvement. Know what your limits are and encourage parents to get involved, especially those of youth with special needs, then give me a call and let's work together to design project participation that works for everyone. Ask Reaza for the publication *A Perfect Fit; 4-H 788*, it will help you get started. ccb

Who Needs Wood? We Do!

If you or someone you know has some good hardwood (pear, apple, cherry, juniper, oak) of which they are willing to part with, the 4-H program will be more than happy to pick it up. Each year the Buyers' Barbecue and the Recognition Dinner require a lot of wood to make the coals. Call 548-6088 or email reaza.mansur@oregonstate.edu if you can help out.

What's Up?

Fairgrounds Service

As most of you know, the fairgrounds continues to allow us meeting space at no charge. Instead, we try to provide volunteer labor at different times throughout the year to "payback" the use they allow us. I would like to continue our volunteer service this year. I would like to schedule clubs to come and spend 2-4 hours just doing whatever they need done. It could be a weekend or a day off of school. Members may pull weeds, pick up trash, wash off chairs, sweep, or any number of other tasks. I would very much appreciate every club who participates in events at the fairgrounds to take the time to contribute at the fairgrounds. You pick the day and I'll work it out with operations. All clubs must come with at least 1 adult and I prefer 1 adult to every 6 youth, more if they're all junior level members. So, if you've done fair, fashion revue, livestock show, a meeting or a horse show, please schedule and fill out the following form and turn it into Candi at your earliest convenience.

Fairgrounds Service Sign Up

Name of Club _____ Name of Leader or Contact Person _____
Phone _____ Email _____
How many youth are coming? _____ How many adults? _____
What are the ages of the youth who are participating? _____
When would you like to come and help out? _____ Times _____
Send this form or Email this information to Candi at 3893 SW Airport Way, Redmond, OR 97756 or Email at Candi.Bothum@oregonstate.edu

Deschutes County 4-H is Looking for Alumni

Every year the 4-H program says good bye to graduating seniors. It even says good bye to volunteer leaders who have invested several hours in making the program strong and 4-H'ers even stronger. It is a shame to lose contact with these people that have contributed to the value and history of Deschutes County 4-H.

In the interest of creating a Deschutes County 4-H Alumni Association, this is where we can use your help. Many of you have participated in Deschutes County 4-H as a parent, member, leader, or program supporter. Can you help us locate our long lost alums? You can help by forwarding this form to someone you know. Or, simply fill out what you already know and send it back to the 4-H office. We appreciate your efforts.

Where are You Now?
Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____
Email: _____
Do you have contact information for other Deschutes County 4-H Alumni?
Return to: DC4HALum, 3893 SW Airport Way, Redmond, OR 97756

What's Up?

4-H Night with the Portland Trailblazers



Mark your calendars; we have again scheduled a 4-H night with the Portland Trailblazers. This year will be March 26, 2009 for an evening game against the Phoenix Suns (who now have Shaq). A large block of the higher level (\$10 seats) have been reserved for us although the more expensive seats are also available at a discounted price. We really had a lot of fun last year so encourage your 4-H families to attend, this is a great way to spend a spring break night. Couple of details for this year:

We again are doing the courtside kids which means 20 lucky kids get to high five the blazers as they come on to the court. This year, in order to qualify kids need to be 13 or under and must email me with their name, age, and county before March 1st. We then randomly draw who gets the opportunity and notify them.

At the end of the game we will have access to the basketball court to shoot around and take photos, this is open to everyone who goes and should be pretty fun so make sure your members know.

More information including official ticket prices and the code to buy tickets online should follow in coming weeks. Sara



Record Book Training

April 16th, 6:00 pm at the Extension office we will be having another record book

training. This is for all 4-H leaders, members and parents!

Please call Reaza to RSVP. 548-6088

If you are unable to make this meeting and are interested in a private record book training for your club, call Tina and we'll see what we can work out!

9th Annual Extension Small Farms Conference

The Small Farms Conference will be held on Saturday, February 21, 2009, from 9:30 am to 5:00 pm. The one-day conference will be held on the Corvallis campus of Oregon State University at the Alumni Center. The keynote speaker, Michael Rozyne, founder of Red Tomato. ODA Director Katy Coba is the invited capnote speaker. The conference includes 12 concurrent sessions, covering a range of topics of interest to growers who market their production directly to the public, for farmers' markets managers, and for community food advocates. Find registration materials on-line after January 9 at <http://smallfarms.oregonstate.edu> or call the Benton County Extension Office at 541-766-3556 or toll free at 800-365-0201.



State 4-H College Scholarships!

There are many college scholarships available to college bound 4-H members! All available scholarships can be viewed at :

<http://oregon.4h.oregonstate.edu/oregon-4h-scholarships>

On this site, you will see a photo of Deschutes County's own Eric Steensen, the winner of the \$4,500 Martha MacGregor Memorial scholarship for 2008!

All applications are due into the Extension office by **February 16th**. If you have questions or need assistance with the process, please contact Tina! 548-6088 or 419-0311!

Home Schooled 4-H Members

Be sure when you enroll in 4-H you list your grade. If you are in multiple grad levels, please choose one that most closely corresponds to your age. After that grade has been chosen, you must not change from year to year. While home school grading is different, the 4-H program needs a consistent baseline for each member.

If you have questions, please contact Tina, 548-6088.

What's Up?

Idea Fair

Watch your mailbox, the idea fair registration materials will be coming soon and you'll want to register immediately for the best selection!



Has your group tried out the ropes course yet?

EXTENSION news

Oregon State University
Extension Service • Deschutes County

Non 4-H Extension Staff

Staff Chair

Dana Martin
541/548-6088 x 7957 or
Dana.martin@oregonstate.edu

Other Staff

Stephen Fitzgerald, Silviculture & Wildfire Specialist
Amy Jo Detweiler, Horticulture Faculty
Steve Edwards, Horticulture Program Assistant
Glenda Hyde, FCD Faculty & OFNP Program Mgr
Dana Martin, Central Oregon Small Acreage Faculty
Gay Demmer, Extension Secretary

Administrative Secretary

Darlene Belden, Administrative
541/548-6088 x 7956 or
Darlene.Belden@oregonstate.edu

What's Going on at the Office?

Well it seems clear, not everyone is going to the advisory meetings or reading their newsletter.

For those who haven't heard yet, Dave is on a sabbatical leave to finish up his research for his Phd. When he returns, he'll be 1/2 time Deschutes County 4-H, working on fund development and promotion and 1/2 time State ATV/ Shooting Sports coordinator.

Todd Williver has been working with the BIT Mobile and will now be taking on additional



Duties with Natural Resources and Science, Engineering and Technology (SET) (part of Sarah Cofer's old job).

Sarah is now a Statewide Coordinator for SET.

Houston has been off for about 6 weeks, but we do expect him back now that things are picking up.

Tina and I are still here doing our usual stuff.

Any questions, don't hesitate to ask. ccb

Know Your Government

It is a hands-on experience in public decision-making!

Thursday, March 5 – Saturday Noon, March 7, 2009

Young people in grades 8 to 12 are welcome.

Meet new friends. Have fun! Talk to Legislators and lobbyists.

Registration Fee: \$140 per youth or adult

*The registration fee includes: lodging for 2 nights, all meals (except Friday evening dinner), and educational resources.

*Submit registration forms to the OSU Extension Office by Friday, February 20.



Deschutes County's own Eric Steensen & Chelsea Conklin at the 2008 conference.

For details and registration information, go to:

<http://oregon.4h.oregonstate.edu/know-your-government>

*Join us at: Phoenix Grand Hotel and Convention Center, Downtown Salem
201 Liberty Street, SE, Salem, OR 97301*

A special thank you is offered to Chevron Corp. which provides a significant donation each year to help support the KYG Conference.

Scholarships for Participants of Know Your Government

An Oregon State University 4-H Youth Development Program

Two Scholarships Available

Katy Zollner (KYSG) Memorial Scholarship

Each year since 2000, endowment assets have been evaluated to determine the dollar amount (from \$100 to \$140) and number of scholarships (from 2 to 5) that are awarded annually.

Katy Zollner was a 4-H member in Deschutes and Douglas counties, and Oregon State University student. Her 4-H career was exceptional and she had fond memories of the KYSG program. Katy's family created an endowed KYSG Memorial Scholarship to help 4-H members accept the opportunity to explore government and recognize their ability to impact public decision-making

Leyla Estes Alumni Scholarship

Beginning in 2008, one scholarship for the full amount of the program registration will be awarded to a youth applicant **from a county in Central Oregon** (Crook, Deschutes, or Jefferson counties). In the event that there is no applicant from Central Oregon, the scholarship may be awarded to a quality applicant from another county.

Leyla Estes is a Crook County 4-H alumni and past participant of the Oregon Know Your State Government program. Her KYSG experience contributed to her interest in public policy and early career opportunities. She wants to share her good fortune and support Oregon youth to have this valuable experience.

Criteria

4-H members in grades 9-12 are encouraged to apply.

Scholarship recipients will be selected by the quality of the essay responses.

Return application materials by February 20, 2009

For more information on these scholarships, contact Tina or Reza at the Extension Office #548-6088 or go to:

What's Up?

2009 Western Regional 4-H Leader's Forum

Wednesday, February 25 ~ Sunday, March 1, 2009 head to Colorado for the Western Regional 4-H Leader's Forum. Discover fun and learning to take back to your club. Have fun sharing ideas and developing skills. For more information go to www.colorado4h.org/wrlf09.

Wednesday, February 25 ~ Saturday, February 28, 2009 is for Teens, ages 14 and up, to attend this leadership conference. Several workshops will be dedicated to teens as well as other teen activities. Two off-site events are also being planned. For more information go to www.colorado4h.org/wrlf09.

Over the Clover Café Schedule

Sign your club up now!

Do not fear fair is not here. But, the OTC Cafe schedule is. Now is a good time to sign your club up for a shift in the OTC Café. Each morning shift needs 3 adults and 6-8 youth. Each lunch shift needs 4 adults and 7 youth. The dinner shift needs 4 adults and 6-8 youth.

Don't wait until the last minute to fill a spot. If it were not for the Café, the Leaders' Association would not have been able to provide scholarships for KYSG, OSU Summer Conference, HDLR, Camp, Japanese Exchange program, College Scholarships, and much more. Djw

County Fair	7 AM to 11 AM	10:30 AM to 3 PM	2:30 PM to 7 PM	6:30 PM to Close CLEANING SHIFT
Tuesday, July 27, 2008		Baconators	Pork & Beef	
Wednesday, July 28, 2008		Dogs R Us		
Thursday, July 29, 2008,	Shear Delight		Sheep Thrills	
Friday, July 30, 2008				
Saturday, August 1, 2008	Bunny Brigade	Bend Rabbit Raisers	Bend Rabbit Raisers	
Sunday, August 2, 2008				

What's Up?

Deschutes Desert Adventurers' October Meeting



Cloverbuds (formerly known as Adventurers) are Kindergarten through 3rd grade “pre-4-H’rs.” The Cloverbud program offers the opportunity to explore new things and have a taste of the 4-H experience in a safe, non-competitive environment. We are currently looking for new Cloverbud leaders.

For more information about our Cloverbud K-3 program, or to become a leader, contact Tina!

What is happening in South County

Chief Paulina Riders had fall riding practices and have now gone to “in house” meetings until spring. Kitchen Queens baked goodies and made their annual visit to Prairie House Assisted Living here in La Pine in early December. All the 4-H clubs participated in the canned food drive through the schools for the Christmas Basket program. Many of the 4-H kids from Sheep Thrills, La Pine Beef, Refined Swine, Chief Paulina Riders, and Kitchen Queens then helped at the Christmas Basket gathering on December 22nd pushing carts and carrying boxes of food to cars. This has been an awesome community service project as it brings so many groups and individuals together to service one purpose... helping others at Christmas time!

Kathy Russell



4-H Survivor Camp

Union County 4-H is offering a Survivor Camp Friday, February 13 thru Sunday, February 15, 2009. This camp is for 8th thru 12 grade. You will learn survivor skills, face outdoor challenges, make new friends, and much more. The cost of this camp is \$60.00 and the deadline for registration is Saturday, January 31, 2009. Limited to 30 kids. For more information contact Reaza.

What's Up?

Grain-fed vs. Grass-fed Beef? Kids Have No Clear Preference in OSU Taste Test

By Tiffany Woods, 541-737-2940, tiffany.woods@oregonstate.edu

Source: Ann Colonna, 503-872-6677, ann.colonna@oregonstate.edu; Cory Schreiber, 503-872-6600, cshreib@oda.state.or.us; Gitta Grether-Sweeney, 503-916-3397, gsweeney@pps.k12.or.us

PORTLAND, Ore. – Children can tell the difference between grass- and grain-fed beef, but when it comes to preference, they're evenly split, according to taste tests that Oregon State University conducted at two grade schools in Portland.

Portland Public Schools asked OSU to conduct the surveys as part of its effort to serve more locally produced food. The district had been considering serving hamburger patties made from local grass-fed cattle instead of the grain-fed beef that it now serves and whose origin is unknown to the district.

But before purchasing the costlier grass-fed beef, school officials needed to know if students would even like it and could detect a difference, said Gitta Grether-Sweeney, an assistant director for the school district's nutrition services department. So they consulted someone who understands taste buds: Ann Colonna, the manager of the Sensory and Consumer Program at OSU's Food Innovation Center. Located in northwest Portland, the research center helps develop, test and market edible products made from Northwest commodities.

This fall Colonna asked 96 students in the school named Clark K-8 @ Binnsmead in southeast Portland to taste three similar-looking hamburger patties and identify the one that was different. In some cases, two came from grass-fed beef and the third was from grain-fed cattle. In other instances, it was the other way around. Seventy-three of the students correctly identified the patty that was different.

With a difference detected, Colonna moved to the next level: preference. She asked 91 students at Abernethy Elementary in southeast Portland to taste two hamburger patties made from the two types of beef served in the prior taste test.

The students were not told that one was made from grass-fed cattle and the other was from grain-fed herds. Sitting at tables in the cafeteria, each student received a quarter of a patty in a wheat bun served on a paper plate with the number 372, denoting the grain-fed beef, and a similar-looking serving on another plate with the number 681, the code for the grass-fed one.

After eyeballing, eating, smelling and sometimes even licking the patties, the students then turned to their paper ballots and circled the number of the patty they preferred. Forty-five students preferred the grass-fed while 46 liked the grain-fed best.

"For now, since there was not a strong preference for the grass-fed patty, and it is more expensive, we will not be able to afford to serve the grass-fed patty on a regular basis," Grether-Sweeney said.

The grain-fed beef the district serves costs \$17.11 per case (with 140 patties per case) and the particular brand of grass-fed beef it tested costs \$44.85 a case (with 75 patties per case), she said.

She added that Portland Public Schools would still dish up the grass-fed beef in all its cafeterias on Jan. 8 as part of its "Local Lunches" program. Under the program, once a month the district serves a meal made entirely of products from Oregon, Washington or northern California.

Continued on the next page

What's Up?

Grain-fed vs. Grass-fed Continued

After the Abernethy students turned in their ballots, Cory Schreiber asked the students to describe why they liked the patties they chose. Schreiber, the founder of Portland's Wildwood Restaurant, manages a program called Farm to School for the Oregon Department of Agriculture that aims to put more locally produced food in schools.

"I liked 681 because it had a tiny bit of salt," a boy said.

One girl said she preferred the grain-fed beef because "it tasted kind of like bacon and the other one was too salty and too dry."

The grass-fed beef the students tasted in the surveys came from Portland-based SP Provisions, which processes a brand of beef called Cascade Natural Beef. It's made from Angus steers in Oregon and Washington that are raised on grass, but for the last four months of their lives are fed grain and corn to fatten them up, said Jim Register, the general manager of the company.

The Portland school district doesn't know where the beef it serves is raised because it comes from the U.S. Department of Agriculture's entitlement program, which buys beef from all over the United States.

In the taste tests, which were funded by the USDA, both types of patties were cooked in an oven. Because the grain-fed one is shipped precooked, that meant it was actually cooked twice. The patties looked similar except that the grain-fed one was a little darker because of the double cooking. The burgers contained 80 percent beef and 20 percent fat. The grain-fed patty contained hydrolyzed corn protein, dextrose, salt, flavorings, sodium phosphates and caramel color. Because the grass-fed one didn't use any seasonings, Schreiber sprinkled salt on it for a more equal comparison with the salted grain-fed one.

4-H BIT

(Business, Information & Technology)

Ignite Bend

Sponsored by Oregon State Extension

What is Ignite Bend?

If you had five minutes on stage what would you say? What if you only got 20 PowerPoint slides and they rotated automatically every 15 seconds. Around the world people have been putting together Ignite nights to share their answers.

Ignite was started in Seattle by Brady Forrest and Bre Pettis. Since then hundreds of 5 minute talks have been given across the world. There are thriving Ignite communities in Seattle, Portland, Paris, and NYC. (More information on Ignite Events can be found at <http://ignite.oreilly.com/>)

Presentation proposals will be accepted through January 16th, 2009 for the first Ignite Bend event. Submission forms are available at the event website, www.ignitebend.com.

Sponsorships are available. Please contact us for more information. We are also looking for volunteers to make our event run smoothly.

Come join us for an incredible community event!

Where: The PoetHouse Art in the tbd loft - entrance through The Wine Shop at 55 Minnesota Avenue, Bend

Day: Thursday, February 12, 2009

Time: 7:30 pm to 10:00 pm

Tickets: Admission is free but space is limited. Guarantee yourself a spot in the audience by reserving your ticket at <http://ignitebend.eventbrite.com/>

Contact: Sarah Cofer, OSU Extension 4-H SET Coordinator, 541-771-1411,

Sponsor Contact: Ryan DiSpaltro, 503-931-2330

Teen Staff News!!

Final (and corrected) 4-H Teen Staff List for 2009

Nicholas Anderson	Finn Leahy
*McKenzie Bell	Ian Lusby
Amy Conklin	Zane Maxwell
Chelsea Conklin	Madi Mills
Jessica Cooper	Christy Mosier
David Creach	Jessica Myers
Shalena Creach	Shelby Pick
Rylie Dehiya	Sierra Puckett
Joel Donahue	Emily Roundtree
Nathan Donahue	Kallee Salber
Rachel Freshour	A.J. Sarinana
Michelle Gant	Aaron Sarinana
McKenzie Gillespie	Alicia Sarinana
Jenny Goetz	Kimberly Shanahan
*Cooper Gould	Anna Shoffner
McKenna Hand	*Declan Siewert
Julia Hodecker	*Asher Smith
Ben Hohman	*Lindsey Soliz
Lilly Hohman	*Elisa Stark
Kendal Johnson	*Kraelyn Walker
Netti Knowles	Anna Weiss
Sadie Knowles	Dallas Wilson
Alexa Laughlin	*Anna Zerger
Skylar Laughlin	*Megan Zullo

If your name has been missed, please contact Tina ASAP so corrections can be made!

* Indicates a new Teen Staff Member for 2009!



Thanks so much to our 2007-08 Teen Staff! You have been wonderful, and it has been a pleasure working with you! Here's to next year!! ☺

Tina

Teen Staff All-Nighter!



March 20-21!
6pm-6am
North Sister Bldg.
See You There!

We will be tie dying our remaining t-shirts, learning some leadership skills, playing games, eating... just having an all around good time! Please let Tina know if you are able to attend! Questions? Call me, 419-0311, or e-mail me tina.hohman@oreginstate.edu

Teen Staff Committees

We formed two new committees at the last TS meeting.

ALL-NIGHTER:

This team will help plan our all-nighter. The members are (in no particular order):

Rylie Dehiya, Zane Maxwell, Madi Mills, McKenna Hand, Finn Leahy, Shelby Pick, Emily Roundtree, Joel & Nathan Donahue, Michelle Gant, Ben & Lilly Hohman, Alicia Sarinana.

JAR WARS:

This group will help "hype" our Jar Wars fund raiser leading up to and during fair:

Declan Seiwert, Shelby Pick, Emily Roundtree, Cooper Gould, Ben Hohman, Zane Maxwell.

Thanks to the involved members. We will be receiving reports from these committees at the next meeting.



Teen Staff Happenings???



I have had one request to bring this section back, but I have not had anyone submit things to go in it, so it was just a birthday list! Would you like to see what the Teen Staff are up to or not? Please contact Tina:

Tina.Hohman@oregonstate.edu

Lee Side

(...of the Mountains, that is.)

The Clutter on my Desk!

Let me first say thanks for such a warm reception from all the 4-H members, leaders and staff. I'm excited to take on this new responsibility and to be working with you all.

My new duties include facilitating the Natural Resources as well as the Science, Engineering, and Technology projects areas. I have lots of thoughts regarding these programs, but also welcome and value your input. Please feel free to contact me with your ideas for expanding our programming and reaching more Deschutes County youth.

In this column I will try to keep you up to speed with the 4-H happenings of both the State and County, as well as opportunities that we could or should be involved with.

Again, please feel free to call, email or just come into the office and see me. I value the partnership and believe that together we can grow these program areas and provide great opportunities to our Deschutes County 4-H Youth.

Contact Info:
Todd Williver
Office 541-548-6088 ext. 7970
Cell 541-815-1515
Email todd.williver@oregonstatae.edu

Archery Launches

Our Deschutes County 4-H Archery program is now official. On Dec. 10th we had our first organizational meeting and are planning the events for the coming year.

If you want to be involved, and are not currently on our mailing list, come to the Deschutes County office and sign up.

Leader: Brian Evans
Email address:
bevans8766@bendbroadband.com

HIGH DESERT CHALLENGE COURSE



It's Your Turn to Use the High Desert Challenge Course

There might be a little bit of confusion out there about the use of the HDCC. The High Desert Challenge Course (the six poles across from the Extension office) awaits the booking of 4-H clubs in Deschutes County. There is no charge to clubs to get up on the course. All it takes is enough advanced planning to make sure I get the volunteer facilitators to work with the clubs. If you are still in the dark or if you are wondering what the HDCC is or what it offers, look it up on the web at www.hdcchome.com. djw

Fishing, Anyone?

We currently have the makings of a Sport Fishing club. I'm wondering what interest there might be in either Sport Fishing (encompassing all types of fishing) or maybe just Fly Fishing specifically (including entomology, fly tying, fly casting, etc.). With enough interest we could launch both. Please call or shoot me an email and let me know your interests and if this is a program area that we should explore.

todd.williver@oregonstate.edu
541-548-6088 x7970

Scholarship—Last Chance!

Deschutes County 4-H has obtained one scholarship for an Outward Bound Pinnacle Program. The scholarship includes full tuition for a 2 or 3 week program for 14-18 year-old youth interested in the outdoors. There are several different outward bound courses available, and a variety of dates. Please contact me for further information. stw

Noodles, Needles & Stuff

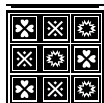
2008-09 Home Ec./Expressive Arts Dates to Add to Your Calendar!!

Jan	13	Tue	Project Advisory Meeting 6 pm (Formerly the Home Ec./Ex Arts Committee Meeting)
	22	Thurs	New Leader Training, 6:30, Extension Office
	31	Sat	IDEA FAIR!
Feb	5	Thurs	Mentor Training (Invitation only)
	10	Tues	Record Book Training, 6:00 Extension Office.
	14	Sat	COOKIE CAMP! North Sister, 9-6
	21-23		Serving at the Central Oregon Symphony!
Mar	10	Tue	Project Advisory Meeting 6 pm
	12	Thurs	New Leader Training, 6:30 , Extension Office
Apr	9	Thurs	New Leader Training, 6:30 , Extension Office
	16	Thurs	Record Book Training, 6:00 Extension Office
	18	Sat	Presentations Contest, N. Sisters Building
May	1-2	Fri-Sat	*Skills Contest, Redmond High, Hugh Hartman Campus
	8	Fri	Redmond Chamber of Commerce Coffee Clatter
	12	Tue	Project Advisory Meeting 6 pm
	14	Thurs	Knitting & Crocheting Skills Contest; 4-8pm
June	24	Wed	Record Book Check
	29	Mon	Record Book Check
July	2	Thurs	Record Book Check
	7	Tues	Fashion Review, N. Sister Bldg. Final Record Book Check
	14	Tue	Project Advisory Meeting 6 pm
	25	Sat	North Sister set up day!
	27	Mon	Fair Static Exhibit judging day

Project Advisory Meeting Tuesday, January 13th, 6:00 pm

If you are a 4-H parent, leader, or member, this meeting is for you! This is where you'll get your questions answered, and where you can have input into how the Deschutes County 4-H program runs. Please attend. Don't miss this important meeting!

**Note that both days of Skills contest will again be at the Redmond High School, Hugh Hartman Campus.*



Harmony House Lap Quilt Presentation!

When: February 7th, 11:00 am
Where: 2366 NW Lakeside Place, Bend.



Warm Up America!

When: February 7th, 1:00 pm
Where: All Season's RV & Marine!
63195 Jamison St., Bend

Please contact Tina if you plan to participate in either of these events!

American Sewing Guild Invite



Feb. 14th the Bend chapter of the ASG will be hearing from a representative from the KIDS Center and then making exam gowns for the KIDS Center. The meeting will be at Hancock Fabrics from 10 am—2 pm. All 4-H sewing clubs are invited to join in this charity project! Gowns will be cut and ready to sew.



Iron Chef Competition at State Fair!

The 4-H Iron Chef Competition is an opportunity for 4-H members to show their food preparation skills and creativity by working as a team of 2 to 3 members in this new 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. For more information contact the Extension office @ 548-6088 or go to: http://oregon.4h.oregonstate.edu/sites/default/files/4-H_Iron_Chef_Competition_10-08.pdf

It's not the years in your life
but the life in your years that counts!
Adlai Stevenson

4-H Home Ec. Lending Library

As I was cleaning out my office last month, I realized I have a lot of books and resources that need to be shared with 4-H leaders and members! Below is a list of books we have to loan out. If you are interested, please contact Tina or Reaza, to just come into the Extension office and browse the selection in our new lending library! If you have resources or books you would like to add, please

Sewing:

The Art of Sewing, Basics and Beyond
Better Homes and Gardens' Patchwork Quilting
Complete Guide to Needlework
Complete Guide to Sewing
Fill the House with Quilting
It's Easy to Sew Knit & Stretch Fabrics
Quick & Easy Quilting
Sew News Magazine (several years worth)

Food & Nutrition:

Award Winning 4-H Recipes of the
Deschutes County Fair, '98-2000
Ball Blue Book of Food Preservation
Better Homes and Gardens' New Junior Cookbook
Betty Crocker's Picture Cook Book
Breads for 4-H
Cakes: The Good Cook, Techniques & Recipes
The Cookie Bible
Encyclopedia of Cooking Skills & Techniques
Glorious Garnishes
On Baking, Baking & Pastry Fundamentals



Crochet/Knitting:

Annie's Quick & Easy Projects (crochet)
Crochet/Knitting Magazines (various)
Mosaic Magic Afghans Made Easy (crochet)

Table Setting:

How to Set the Table & Use Utensils
Napkin Folds

Other:

The How to Clean Handbook
How to Clean Practically Anything



Healthy Shopping Dos & Don'ts

from TopHealth Newsletter

DO read nutrition labels. Any food called "healthy" must contain at least 10% of the daily values per serving for several important nutrients (as well as being low in trans fat, saturated fat, sodium and cholesterol).

DON'T forget fiber's finest. Load up on whole-grain breads, rolls and cereals, as well as brown rice and dried beans. When shopping, look for the word "whole" at the top of the package ingredients list.

DO pick the greenest. When buying salad greens, select those deepest in color—dark greens and reds. Why? The dark color means higher concentrates of antioxidant vitamins A, C and E, folic acid, calcium and other nutrients.

DON'T dismiss frozen produce. Some frozen fruits and vegetables contain as many nutrients as fresh produce—sometimes more!

DO select "TV dinners carefully. Chose frozen meals that contain less than 10 grams of fat and the least amount of sodium and cholesterol.

DON'T pass up pasta. It's high in protein and contains B vitamins and iron.

More DOS: Avoid shopping in an empty stomach; choose fruit "juices" instead of "drinks"; buy skinless poultry; remember that standard a serving of meat or fish should be the size of a deck of cards.

Small Animal

Important Small Animal Dates to Remember

2009

Jan 13	Tue	Small Animal Meeting, North Sister Bldng, 6 PM
Jan 15	Thu	Auction Committee Meeting, 6:30 pm; Extension Office
Mar 10	Tue	Small Animal Meeting, North Sister Bldng, 6 PM
Mar 19	Thu	Auction Committee Meeting, 6:30 pm; Extension Office
Mar 21	Sat	Small Animal Quiz Bowl; 11:00 am—12:30 PM—North Sister Bldng
Apr 25	Sat	DCLA Small Animal Show & Judging Contest (poultry, rabbit, cavy); HDAC
May 12	Tue	Small Animal Meeting, North Sister Bldng, 6 PM
May 21	Thu	Auction Committee Meeting, 6:30 pm; Extension Office
Jun 18	Thu	Auction Committee Meeting, 6:30 pm; Extension Office
Jul 9	Thu	Small Animal Weigh In—4-6:30pm; Place TBD
Jul 14	Tue	Small Animal Meeting, North Sister Bldng, 6 PM
Sep 8	Tue	Small Animal Meeting, North Sister Bldng, 6 PM
Sep 17	Thu	Auction Committee Meeting, 6:30 pm; Extension Office
Oct 13	Tue	Small Animal Meeting, North Sister Bldng, 6 PM

4-H Youth Show

Polk County Fair Grounds

The 4-H Achievers Club from Polk County will be holding there Rickreall Round-up 4-H Youth Show on Saturday, February 7, 2009 at the Polk County Fair Grounds. Registration must be post marked by Friday, January 30, 2009. For more information contact Nora Solvedt @ (503) 623-7707 or jnsd04@peoplepc.com. *rm*

Small Animal Bowl

We're having a quiz bowl day and the small animal group has elected to get involved. The date is Saturday, March 21, at 11 AM. Juniors, Intermediates, Seniors—Everyone COME! We'll have questions and fun prizes for everyone.

You can also help out by sending in some questions out of your project materials. Note on the questions where they come from, what age group you think they're best for and don't forget the answer (my small animal knowledge is limited to how many feet they have)..Thanks for the help, we'll see you on the 21st. *ccb*



Dog House



Schedule of Events

⇒ All committee meetings will be at the North Sister building on the fairgrounds.

2009

Tue	Jan 13	Dog Committee Meeting, 6: pm
Sat	Feb 21	Dog R Us Fun Match; 8:30 NS
Tue	Mar 10	Dog Committee Meeting, 6: pm
Sat	Mar 14	Deschutes Desert Dogs Fun Match
Tue	Apr 7	Dog Judging Contest; 6:30 pm; place TBD
Tue	May 12	Dog Committee Meeting, 6: pm
Tue	Jul 14	Dog Committee Meeting, 6: pm
Tue	Sep 8	Dog Committee Meeting, 6: pm
Tue	Oct 13	Dog Committee Meeting, 6: pm

Catch Pen

Important Livestock Dates to Remember

<u>2009</u>		
Tue	Jan 13	Livestock Committee Mtg, 6: pm; North Sister Bldng
Thu	Jan 15	Auction Committee Mtng; 6:30 pm; Extension Office
Sat	Feb 7	Steer Weigh In; 10 AM—12 PM; Sagebrush Arena
Wen	Feb 28	Beef Nutrition Lecture - 10:00 am, The Clover Club, Prineville
Tue	Mar 10	Livestock Committee Mtg, 6: pm; North Sister Bldng
Thu	Mar 19	Auction Committee Mtng; 6:30 pm; Extension Office
Tue	May 12	Livestock Committee Mtg, 6: pm; North Sister Bldng
Mon	May 18	Sheep, Swine, Goat Weigh In; 4 pm—8 pm; Behind the Barns
Thu	May 21	Auction Committee Mtng; 6:30 pm; Extension Office
Sat	Jun 6	Juniper Jackpot; DCFE, Beef or Sheep barn
Thu	Jun 18	Auction Committee Mtng; 6:30 pm; Extension Office
Sat	Jun 27	Goat Judging Contest, 10 AM—place TBD
Tue	Jul 14	Livestock Committee Mtg, 6: pm; North Sister Bldng
Tue	Jul 28	Livestock Arrives for Fair, 7 am—12 pm
Wed-Sun	Jul 29-Aug 2	DESCHUTES COUNTY FAIR
Tue	Sep 8	Livestock Committee Mtg, 6: pm; North Sister Bldng
Thu	Sep 17	Auction Committee Mtng; 6:30 pm; Extension Office
Tue	Oct 13	Livestock Committee Mtg, 6: pm; North Sister Bldng



**red denotes changed dates*

Beef Nutrition Lecture

Barbi Riggs, OSU Livestock Extension Agent, will be the guest speaker. Barbi has extensive knowledge in beef nutrition. She has a masters of animal science in beef nutrition and reproduction from Colorado State University. She was raised on a family owned, 800 head cow/calf operation with a custom feed lot where they custom fed cattle for people. She will be talking about feeds, minerals, hay, water, probiotics, ionophors, and feed supplements for the growing steer. Refreshments will be provided.

When: Wednesday, February 28, 2009

Where: The Clover Club, Prineville

Time: 10:00 a.m.

Need a Goat Superintendent

Anyone with interest in volunteering to be the goat superintendent, please give Candi a call and we'll get you started on the application process.

The goat superintendent attends advisory meetings, communicates with clubs, and runs the show at the fair. It's fun—give me a call. ccb

Thank You Charleen!

Charleen Lopez, our long time goat superintendent has resigned. Charleen has done outstanding work over the years expanding the goat project area, including fighting to get market goats included in the auction and encouraging youth to have production projects. Charleen has encouraged many local breeders to donate kids (goat kids) for 4-H youth to get their own production programs started. Charleen, your leadership will be missed. Thank you for the many years of service and commitment to the 4-H youth in Deschutes County. And, thanks for agreeing to stick around as a volunteer. Ccb

Beef Weigh In

Beef Weigh In is Saturday, February 7, 2009 from 10:00 a.m. to 12:00 p.m. at the Sagebrush Arena.

Advancements Required!

All 4-H livestock exhibitors will now be required to include a completed *step 1* advancement with their pre-fair record books. (if advancements are available.) In the case of market projects, there is a meat animal advancement. Any questions, give Candi a call.

Catch Pen

Livestock Projects, New Requirement

September 30, 2008 United States Department of Agriculture initiated *Country of Origin Labeling* (COOL). This is a federal law that requires retailers to notify their customers of the country of origin of beef (including veal), lamb, pork, chicken, goat and some other agricultural commodities. What does this have to do with 4-H? If you are going to sell a **lamb, goat, pig, chicken or steer** you must provide documentation to the packer that will prove where the animal was born and raised. Likewise, breeding animals that are purchased off farm should also be accompanied with an affidavit as these animals may at some point be sold for harvest. Here are some tips to make sure you comply with the law:

IF you purchase your animal: Have the seller sign an affidavit that clearly states the origin of the animal. Keep this document in you record book. It is a good idea to make a 1-2 copies of this completed affidavit. The original should accompany the animal at time of sale.

Other documents that are helpful (NOT required): Change of ownership document, bill of sale, birth record and health records.

AT time of Sale: You must sign an affidavit that clearly states the origin of the animal and the countries in which it has been reared. *Other documents that are helpful (NOT required): Change of ownership document, bill of sale, birth record and health records.*

Below is a copy of an affidavit that can also be used for other livestock as well. You can make copies of this affidavit for your records. If you have question call or email me: 447-6228, barbi.riggs@oregonstate.edu .

Recommended Country of Origin Affidavit/Declaration Statements

Continuous Country of Origin Affidavit/Declaration: *(This following affidavit could be used by any operation in the livestock chain attesting to the Country of Origin of livestock but particularly for first-level producers.)*

As an affidavit is deemed by USDA as an official record of Country of Origin, I attest through first-hand knowledge, normal business records, or producer affidavit(s) that all livestock referenced by this document or other communications specific to the transaction and transferred are of _____ origin. Should the origin of my livestock become other than that described above, I agree to notify the buyer/agent when this occurs.

This affidavit/declaration shall remain in effect until revoked in writing by the undersigned and is delivered to _____ (agent/buyer).

Signature

Date

Business/Farm/Ranch Names/Location

Catch Pen

Miss out on the last Parasite Workshop– Don't miss out on the next one!

On Monday, Jan. 12, 2009, OSGA and Oregon State University will host another Sheep/Goat Internal Parasite Workshop for producers. However, the 2009 Workshop offers a bonus. Dr. Ray M. Kaplan from the University of Georgia, College of Veterinary Medicine, who is one of the leading research experts on drug-resistant parasites has agreed to speak to the workshop participants. Dr. Michael Kent, OSU College of Veterinary Medicine and Ms. Janell-Bishop Stewart, Parasitology Technician for OSU's Veterinary Diagnostic Lab will also serve as instructors for the 2009 workshop.

The Workshop will be held on the OSU campus in Corvallis, OR. Cost is only \$30 per person, which includes lunch, workshop handouts, and materials for the lab session.

The workshop is limited to 25 participants, in order to accommodate the lab time and facilities. Registrations will be accepted on a first come basis.

Mail your registration form with your payment to OSGA office in Salem to reserve your place. A waiting list will be maintained. Please note that cancellations received after Jan. 5, 2009, will not be eligible for a refund.

If you have questions about the workshop, please contact: Gene Pirelli at 503-623-8395 (e-mail: gene.pirelli@oregonstate.edu)

OSU/OSGA Sheep / Goat Internal Parasite Workshop

Monday, Jan. 12, 2009 – 8:30 a.m. to 4:00 p.m.
OSU College of Veterinary Medicine, Magruder Hall

Please print

Name _____
Last First

Mailing Address _____

City State Zip

County _____

Home Phone _____ Message _____

Due: \$30 per person – Includes workshop, lab materials, and lunch
Make check payable to: **Oregon Sheep Growers Association (OSGA)**

Mail Payment to:

1270 Chemeketa St. NE
Salem, OR 97301-4145

Questions: (503) 364-5462

Horse'n Around

Calendar of Events



PM

2009

Jan 12	Mon	Horse Bowl, INT/SR, Deschutes County Fair & Expo, 6:30 (watch Email or Call for exact location)
Jan 13	Tue	Horse Project Meeting, North Sister Bldng, 6 PM
Feb 21	Sat	Horse Judging/Hippology Contest, Sagebrush Arena/HDAC, 9 am—1 pm
Mar 10	Tue	Horse Project Meeting, North Sister Bldng, 6 PM
Mar 21	Sat	Horse Bowl, JR, North Sister Bldng, 9 am—11 am
Apr 25-26	Sat/Sun	Sprin Horse Classic, Albany
May 12	Tue	Horse Project Meeting, North Sister Bldng, 6 PM
May 23-24	Sat/Sun	DCLA Horse Show; Sagebrush Arena
Jul 14	Tue	Horse Project Meeting, North Sister Bldng, 6 PM
Jul 16-19	Thu-Sun	Deschutes County Horse Fair
Jul 20	Mon	DCF Horse Awards; 6:30 pm
Aug 21-25	Fri/Tue	State Horse Fair
Sep 8	Tue	Horse Project Meeting, North Sister Bldng, 6 PM
Oct 1-4	Thu/Sun	PNW Horse Judges Training
Oct 13	Tue	Horse Project Meeting, North Sister Bldng, 6 PM



Yamhill Co. Shows McMinnville, OR

There will be a 4-H and Open Playday on Saturday, January 17, 2009. This is open to 4th grade thru Adults. Classes include Pole Bending, Key Race, Figure 8 and more.

Then on Saturday, April 25, 2009 there will be a Crazy Ribbon Open Schooling Show. Show starts at 9:00.

On Saturday, May 30, 2009 will be the Leap Into Spring 4-H and Open Schooling Show. Show starts at 9:00

These shows will be held at the Yamhill County Fairgrounds in McMinnville, OR. For more information on any of these shows contact April Courtney at 503-538-5144.

People are asking about

OHSET dates 2009

- ⇒ Meet #1: Fri, Feb 13—Sun, Feb 15
- ⇒ Meet #2: Fri, Mar 27—Sun, Mar 29
- ⇒ Meet #3: Thu, Apr 16—Sat, Apr 18
(awards 4/19)
- ⇒ State: May 14-17, 2009, Central Point

Horse Judging & Hippology **Contest Scheduled**

The horse judging and hippology contest for the tri-county area will be held at the Sagebrush arena and the High Desert Activity Center on Saturday, February 21, 9 am—1 pm. (Be at the Sagebrush at 9 am to start the contest—dress warm in layers)

I need volunteers to help get classes of quality horses together and I'll need handlers and riders for a performance and showmanship class. Give me a call, let's get started on this soon. ccb

Open Belt Buckle **Horse Show Series** **Crook County Fairgrounds**

Sunday, February 8, 2009
Sunday, March 8, 2009
Sunday May 2, 2009

For more information call Wanda at 541-416-8967. All proceeds benefit the 4-H Crook County Horse Program.

**Coming in
October 2009**



PNW 4-H Horse Judges Training

A comprehensive training for current and prospective 4-H horse judges, 4-H leaders and parents

Participants may qualify for the PNW 4-H Horse Judges List. To remain on the list, judges must attend at least every other PNW Judges Training.

- Develop and practice your 4-H horse and rider evaluation skills
- Identify what judges look for in an equitation, driving or showmanship performance class
- View the new PNW 4-H Driving Manual
- Discuss rule interpretations and your understanding of the program
- Understand the impact you have on youth within the 4-H program
- Meet and share experiences with 4-H judges and participants throughout the Pacific Northwest
- Learn about the Ranch Horse Program

When: October 1-4, 2009
Where: Deschutes County Fair & Expo Redmond, Oregon
Fee: Fees vary based on sessions attended

Registration materials may be obtained from the PNW website.
<http://oregon.4h.oregonstate.edu/horse-judges-trainings>



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Horse & Livestock Tack & Equipment Sale



Deschutes County Fair & Expo
North Sister Building
At the Idea Fair

Saturday, January 31, 2009

9 am—3 pm

Don't miss this opportunity to sell those out-grown items of tack and clothing. AND

Be sure to stop in and find some great buys on used tack, equipment and clothing!

Bring your items at 8AM on SAT or better at 7PM on Friday evening, or make alternative arrangements

for pick up or any questions, contact:

Candi at 548-6088 or Kim at 389-6607

This event is sponsored by the Deschutes County 4-H Horse Leaders. They will be charging a 15% commission on all sales and those proceeds will benefit the horse program in Deschutes County. All sales will be paid out, by check, to sellers within 10 days of the sale.



Horse Bowl

What It Is

Horse bowl is a fun event that involves youth of all ages answering questions about horses for the benefit of points. Juniors play against juniors and intermediates and seniors against other intermediate and senior members. A moderator (adult leader or parent) asks questions related to your 4-H horse materials, then as quick as you know the answer, you “buzz” in....like jeopardy, with answers instead of questions. Horse bowl is one of the most educational events we provide. It recognizes youth who spend time reading their materials and improving their horsemanship knowledge.

As a judge, numerous times I have asked youth where the “cannon bone” is? Or how much water does an average horse drink? Or what is a “coggins test?”....often, they don’t know the answer. It’s our job as horse leaders to educate 4-Hers about horses; not just how to ride, but give them knowledge they can expand and share throughout their life time. Horse bowl is an outstanding place for this to happen. It’s fun for parents too, I’ve learned a ton of stuff listening to horse bowl questions.

In addition to being a fun and learning experience, it’s also a contest. A county, state and national contest. Members compete at the county level and intermediates and seniors who qualify compete as a team at the state level and the senior winners at the state level can go to Denver to a national contest. Last year our intermediate team took first in the STATE!

The Contest

- **Intermediate & Seniors** will have 2 opportunities to accumulate points (one left):
Monday, January 12— 6:30-8:30 pm
at the High Desert Activity Center on the fairgrounds in Redmond. *All 4-H Horse materials will be used, with an emphasis on the new project book and the contest guide.*
- The **Junior** Contest is:
Saturday, March 21, 9:00am-11:00 am
at the **North Sister** building on the fairgrounds in Redmond *Only the 4-H Horse project book and contest guide will be used.* ccb



Horse'n Around

Horse Judging Contest Right Around the Corner

The Tri-County 4-H Horse Judging contest is right around the corner. Saturday, February 21, at 9 am at the Sagebrush Arena.

From beginners to experienced 4-Hers, this is a great contest to attend. It gives youth an opportunity to use and gain equine knowledge, make decisions about which horses or performances they think are the best.

Participants should bring blank paper for notes, a 5 1/2 x 8 inch pad works great and a pen or pencil. They should be dressed in long sleeves, pants and hard soled shoes and part of the contest is outside—so dress appropriately depending on the weather. Hats are not allowed.

This really is a fun contest—and it’s a great gauge of what knowledge they have and what they still need to work on.

I encourage all new members to take the beginning judging contest class at idea fair too! ccb

Horse Judging Team Gone to Denver

As I finish up my part of the newsletter, I’m also getting ready to fly out to Denver with Oregon representatives for the Western National Judging Contest. Michelle Gant, Shay Perry, Lizzy Scheiden and Sarah MacWhorter are excited and ready to attend. They’ve practiced hard, fund-raised, and are ready to compete. Many thanks to each of their families and the many sponsors who made it happen:

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Harold & Peggy Ashford
Knapp Friesian Foundation
Country Feed & Pet Supply
Tumalo Animal Hospital
Chief Paulina Riders 4-H Club
Willow Butte Contracting
Mark & Jeanine Valenti

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Oregon 4-H Foundation
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Dennis Gant
Huettl Families
The Shoffner Family
Chandra Wafford
Tahnee Hayden

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