A few thoughts about relationships…

As the title for this article indicates, I would like to share a few thoughts about relationships. There are varying levels of relationships that we experience in this life and I think that each type has an impact on who we are and what we become.

The first influential relationship that comes to mind is family. You were born into a family and the extent to which you are still connected to that original family unit has made an impact on who you are. As we grow up that family picture changes. For example, in my family, my siblings are all now married and have children of their own and their families have expanded to include a spouse, in-laws, and nieces/nephews. The interaction and relationships we have with our family members change and evolve over time as well. I might not see my parents or my siblings and their families very often but my family life is more centered on my spouse, Aaron, and I can’t even begin to express how much I care for him and how important our relationship is to me. I truly believe that it is our family relationships that are the longest lasting in this life.

Of course, I also believe in the principle of “adoption” when it comes to family. I have grown close to many of you thru the 4-H program and since Aaron and I don’t have our own children yet and our immediate families aren’t close by I hope you know I’ve adopted each of you! ☺

Other relationships we have in life may be from work, church, or community groups we choose to become affiliated with (like 4-H). These types of more “casual” relationships are impacted greatly by the day to day interactions that we experience. Because we aren’t married or related to the people we have these casual relationships they are sometimes more fleeting or we put less effort into sustaining them thru the “rough spots” or we are more easily offended and quick to judge. But, if you think about it – if relationships have such a big impact on who we are and even on our potential as individuals, shouldn’t we do our best at making our interactions with others a positive experience?

I feel like those who recently participated in the Jefferson County Fair experienced a great example of interaction with regard to relationships at varying levels. I’m sure that we each came away from that experience having had both positive and negative interactions with others. I think we (both youth and adults) are now faced with a choice on how we let those positive or negative interactions affect the future of our relationships with others. If we had a bad experience does that make it “okay” to talk badly about individuals to our friends? Does that make us feel better or somehow help us feel justified in being upset? Is it really worth it?

I want you to know that I feel really good about how Fair went this year and I’m not writing this article because I have any specific people or circumstances on my mind so please don’t think I’m pointing fingers or thinking you all need to improve on your relationships. I feel very fortunate to work with such great adults and youth who are willing to help at the drop of a hat and are so very supportive of me and others in the program. Many of you know that my husband, Aaron, has been working out of state for the last two+ months and as I’ve been enduring our time apart I’ve just realized how important it is to maintain good communication and respect and caring in our relationships because of the impact those relationships can have on our daily lives. Just some food for thought for you today.

Please dive in to this newsletter and read it cover to cover. There are some exciting things on the horizon that I hope you’ll take advantage of. Again, I hope we can each take inventory of our relationships and strive to have a positive impact and footprint on those we come in contact with every day. Take care and enjoy the last little bit of Summer! 😊
Important Dates Around the State!

If you need more information on the following events around the state call or stop by the office.

✓ Sept. 27: Silver Edge Horse Show, Madras

You’re Invited!
Mark your calendars for the Post-Fair Reception, Appreciation and Evaluation Party

All 4-H members, parents, and leaders are invited to attend an informal evening of appreciation and evaluation regarding the 2008 Jefferson County Fair. This event will be held Wednesday, August 20\textsuperscript{th} from 7-8:30 p.m. at the Maccie Conroy Building at the Jefferson County Fairgrounds.

The evening will begin at 7 p.m. with a short appreciation program followed by a reception hosted by the Leaders Association. During the reception members, parents and leaders are invited to mingle, visit and (most importantly) provide feedback and comments on the 2008 Jefferson County Fair. The comments generated at this event will be the topic of leaders meetings for the 2008-2009 4-H year to prepare for next year’s Fair. All comments are appreciated and any type of feedback (good, bad, indifferent) goes to making the program stronger and better for all involved.

Note: this event will be in place of the regularly scheduled Livestock Leaders Fair evaluation meeting that was to be held in August. If you have questions, please call Rebecca.

4-H Family Fun Days Day Camp

The 4-H Family Fun program is sponsoring a summer day camp Tuesday, August 12\textsuperscript{th}-Thursday, August 14. The themes for each day will be Arts and Crafts, Orienteering, and Pond Science. We will have a great time. The activities will be held in the Maccie-Conroy building at the Fairgrounds and parents are welcome to stay the day with their kids and not just drop them off.

4-H Family Fun Days!

The 4-H Family Fun program in Jefferson County will be having activities again in September for the entire family. Stay tuned to your email, the 4-H website and the Sept newsletter for more details!

“Fun with Ag in August” Science Day Camp

The “Fun with Ag in August” Science Day camp will be held August 19-22 from 9-noon each day at the 4-H Building at the Jefferson County Fairgrounds. Any local youth ages 8-12 are eligible to attend. Each day will have a different theme: Food Science, Plant Science, Animal Science, and Technology – all with an agricultural twist! The activities are coming together and it will be a ton of fun!

Registration for the day camp is $10 per child, $25 maximum per family. Scholarships are available. Registration forms are available at the Extension Office and on the website and are due back to the Extension Office by August 14\textsuperscript{th}. Sign up early!

Don’t forget to finish your Record Books!

All members wishing to re-enroll in the 4-H program for 2008-2009 will need to complete their record books and have them signed by their 4-H leader. The basic steps most of you need to complete are:

1) Finish your 4-H story about your experiences thru Sept 30. Give details!
2) Record the exhibits made, ribbons earned, and any special recognition (champions, etc.)
3) Record auction income and premium money on the Market Animal Form
4) Include pictures or newspaper articles

If you need help finishing your record book there are a few places to find it. First, you can always call or come into the Extension Office. The Jefferson County 4-H Record Keeping Guide is also very helpful and it can be found at the Extension Office and on the Jefferson County 4-H Website. One other resource is the “How to finish your Market Records” handout that is also available at the Extension office or on the website. Good luck!

Remember: in order to pick up your premium checks you need to have written thank yous to the sponsors of any special awards you received as well as have your book signed by your leader. If you would like to place your record book in the judging contest the book will need to be turned in by Sept. 30\textsuperscript{th}. 
Deadlines for State Fair Exhibits
If you intend to send something to State Fair, all exhibits need to be turned into the Extension office with proper identification by Wed., Aug 13th. Cooking exhibits should be brought to the Extension Office on Monday, August 18th by 8:30 a.m. so they can be transported to the State Fair that day. Exhibits and ribbons will be available for pick up after September 3rd. If you have questions, please call Jill at the Ext. Office.

Teen help needed for Recognition Night
It is time to start thinking about planning for Recognition Night. This year’s event will be held in November 14th so the teen group will need to begin meeting in September – September 16th, to be exact! If you’re interested in helping with Recognition Night please plan on attending September 16th at 6 p.m. at the Extension Office. See you there!

New Recognition Committee needs members!
There will be a new committee forming in September and we are in need of interested parents, leaders and members to join. The Recognition Committee will be responsible for establishing recognition strategies for the following areas: Record Books, Presentations, Advancements, and other relevant year end awards that are available across the program.

The first meeting of the Recognition Committee will be September 10th at 7:00 p.m. at the Extension Office. The committee will also meet in October and November in preparation for Recognition Night. There after meetings will be less frequent and on an as needed basis.

If you are interested in helping to develop a recognition system for these areas of our 4-H program, please contact Rebecca at the Extension Office or come to the meeting.

Regional Forums – Save the date!
There will be more information in the September newsletter regarding the Regional Forums schedule for this fall. Save these dates! September 27, Beaverton (Washington County) October 4, Roseburg (Douglas County) October 11, Redmond (Deschutes County) October 25, La Grande (Union County)

All members, parents, and leaders are invited to attend these trainings.

Home Ec Community Club Starting soon!
You might be wondering: “What is a community club?” Well, a community club is a 4-H club that has several project areas and several different leaders. Basically it helps the adults share the load of leading a club and the members are able to experience several different project areas all in the same club.

We will be starting a Jefferson County Community Home Economics Club this fall so if you’re interested in becoming a member or adult volunteer, please call the Extension Office at get on the list. The club will be forming in October with the beginning of the new 4-H year.

Baby Sitting Clinic coming soon!
If you are in the 6th, 7th, or 8th you are invited to attend a Baby Sitting Clinic to be held at the Jefferson County Extension Office Conference Room. The clinic will be held after school from 3:45-5:00 p.m. on September 23rd and 30th with different subjects being covered each day so plan to attend both days. Subjects will include: First Aid and Fire Safety, Healthy Snacks, Infant Care and Sitter Expectations (A mom’s perspective). There will be a $5.00 fee for cost of materials. Space is limited but you don’t need to be an enrolled 4-Her to attend so tell your friends and be sure to call early and reserve your place. For more information call Jill at the Extension Office at 475-3808.

After-School Activities planned!
From Pumpkin Painting to Rockets we have some fun and exciting After-School Activities lined up for this coming year. October will include a tour of the Jefferson County Museum, and Pumpkin Painting. Then we will start again in January after the holidays with a Scrapbooking class. Decorating cookies and Fun with Food is planned for February. We will be “blasting off” with Rockets in March. Then we will finish up in April with a Gardening Activity and more Fun with Food. So be sure to watch the Newsletter for more information and sign-up information.
A Note about Thank you notes

Now is the time of year where Thank You cards are sold out at local stores because all the 4-H members are frantically writing notes to buyer and award sponsors. If you haven’t started writing your thank you letters yet, a word from the wise suggests you get them done as soon as you can – especially before school starts and life gets even busier again.

When writing your thank you notes please try and add a personal touch – let the person or business know who you are and what a difference their contribution and support made to your experience in 4-H this year. A personal thank you is always appreciated. Consider writing to your leader or your parents or other members who helped you this year.

Also, please remember that we would like to see your auction thank yous and your award sponsor thank you notes before we will give you your auction and premium money.

Cash Awards from CHS

Each year CHS gives $350 toward cash awards for showmanship. This money is divided between all the members who received 1st or 2nd place in their respective showmanship classes. These members can expect an extra check with the premium money on August 20th.

If you receive one of these checks please write a thank you to CHS for their support of the 4-H showman. You can even get a start on that thank you note before checks come. The address is: CHS, P.O. Box 49 in Madras, OR 97741.

Horse pictures available

We have a few extra copies of pictures from Horse Fair that were printed out for a poster that hung in the 4-H building. If you happen to be downtown, drop by the office and see if you’re in any of the photos so that you can use them in your record book or pin them up on the fridge as a memory of another great Fair!

Generous Donations bring up auction prices

The Jefferson County 4-H and FFA members who sold a market animal in the auction at Fair this year were very fortunate to have the support of so many that donated to raise, or “floor”, the prices on each species. The final prices were: Beef - $2.02; Sheep - $7.40; and Swine - $3.00.

For each member on the following lists we ask that you write a thank you note to each of the donors who put money toward raising the floor price in your species. A list of who those sponsors are, their addresses and how much added money you received because of this generosity (which, by the way you’ll need for your Record Book) can be picked up at the Extension Office.

**Beef members receiving added money:**
Chelsea Buck, Sarah Clymore, Riley Gibson, Nathan Hamlin, Wrangler Howe, Logan Jones, Jimi Jones, Jordan Roen, Drew Sullivan, Kyler Talburt, Tuck Williams, and Colton Williams.

**Sheep members receiving added money:**

**Swine members receiving added money:**

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<tr>
<th>Jefferson County 4-H Leader Meetings</th>
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<tr>
<td><strong>August Meetings</strong></td>
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<tr>
<td>Horse Leaders: Thu., Aug 7, 6:30 p.m.</td>
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<td>Executive Council: Mon., Aug 18, 7:00 p.m.</td>
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<td>Fair Evaluation Reception: Wed., Aug 20, 7:00 p.m.</td>
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<td><strong>September Meetings</strong></td>
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<td>Horse Leaders: No meeting--</td>
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<td>Livestock Leaders: Tues., Sept 9, 7:15 p.m.</td>
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<td>Recognition Committee: Wed., Sept 10, 7:00 p.m.</td>
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<td>Executive Council: Mon., Sept. 15, 7:00 p.m.</td>
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<td>Teen Meeting: Tues., Sept. 16, 6:00 p.m.</td>
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Meetings are held in the Extension Office meeting room.

Leaders, your attendance and input at Leader Meetings is greatly appreciated. If you are unable to attend and have something that you would like to be discussed, please feel free to either call Rebecca at 475-3808 or e-mail rebecca.mills@oregonstate.edu.
Jefferson County Extension 4-H Staff:
Marvin Butler (marvin.butler@oregonstate.edu), Staff Chair
Rebecca Mills (rebecca.mills@oregonstate.edu), 4-H Youth Development Agent
Jill Eveland (jill.eveland@oregonstate.edu), 4-H Secretary
Steve Canfield, Jefferson County 4-H Family Program Coordinator

Jefferson County Website: http://extension.oregonstate.edu/jefferson/index.php

Please be aware that this newsletter (with links included) is available on the Jefferson County 4-H Website

**Dates to Remember:**

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<tr>
<td>12-14</td>
<td>“4-H Family Fun Days” Day Camp</td>
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<td>Oregon State Horse Fair</td>
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<td>“Fun with Ag in August” Science Day Camp</td>
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<td>Oregon State Dog Fair</td>
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<td>22-31</td>
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