To: Jefferson County and Warm Springs 4-H Communities
From: Shawn Morford, Jefferson Co/Warm Springs 4-H Faculty

I am happy to announce that Jon Gandy has been offered and accepted the position as 4-H Coordinator to serve Jefferson County and the Warm Springs Indian Reservation.

Many of you know Jon has had leadership roles as a livestock club leader, 4-H Executive Council member, and fair superintendent in the county. He will provide leadership to the club-based, fair-based 4-H Programs in Jefferson Co. and Warm Springs. I am thrilled about the level of experience Jon brings to the 4-H program as well as his enthusiasm and ideas.

Jon will begin on March 1.
Welcome, Jon!

“An Old Fashioned Hoedown”
Jefferson County 4-H Awards and Recognition Night was held on January 11th at the Macci-Conroy Building at the Fairgrounds. A special “Thanks” goes to the youth and leaders that helped to coordinate the event this year.

The evening began with a wonderful dinner of soup, rolls and cookies, catered by Madison House with special Thanks to Pacificorp for sponsoring the dinner. Music was provided by “Queen Lorene and the Skillet Lickers” and enjoyed by all. During the program the following special awards were received:

Junior Leadership (Sponsored by Schultz/Tomms, LLC)—Elly Patton, Dayna Hamilton and Kyle Riedinger
Elizabeth Stovall High Point Home Economics Award (sponsored by Madras Lady Elks)—Kristin Jasa and Kayla Vincent
High Point Expressive Arts Award—Elly Patton
Jackie Powell Memorial—Amethyst Gibson
4-H Horse Proficiency—Kayla Vincent
High Point Livestock Award—Kayla Vincent
Sportsmanship Award—Kayla Vincent and Kristin Jasa
SET Certificate of Achievement Awards—Carly Breach, Marcello Dionne and Andrew Freeman

Record Books of Merit (Sponsored by Central Oregon Seeds)—Alysha Fritz, Brent Sullivan, Bryce Vincent, Danielle Schmaltz, Juan Mendoza, Kassidy Matson, Levi Vincent, Shyanne Clark, Kati Viscaino, Abigail Beamer, Denton Schonneker, Gabrielle Alley, Ian Oppenlander, Kristin Jasa and Kayla Vincent

Madras Produce Award (sponsored by Madras Produce)—Carly Breach, Kayleen Gregg, Kaylee Patterson, Kayla Vincent Kati Viscaino, Kaylin Hamilton, Kristin Jasa, Johnothan Slaght, Brandon Hawes, Kristeana Tichenor, Caleb Flu, Kyle Riendinger, Elly Patton and Kayla Vincent

Medical Group)—Alysha Fritz, Brent Sullivan, Bryce Vincent, Danielle Schmaltz, Juan Mendoza, Kassidy Matson, Levi Vincent, Shyanne Clark, Kati Viscaino, Abigail Beamer, Denton Schonneker, Gabrielle Alley, Ian Oppenlander, Kristin Jasa and Kayla Vincent

Presentations of Merit (Sponsored by Madras)

Jefferson County 4-H appreciates all of the sponsors to the program throughout the year that give so generously to help with recognition at events.
Thank you all!
2010 4-H Calendar
This calendar will be updated as events are added or deleted

March
4 Horse Leader meeting 6:30 pm at the Extension Office
6 Beef Weigh-in, 10:00 am to noon, Green’s Feedlot
6 Horse Judging Contest, Deschutes County Fairgrounds
8 4-H Horse Ride Night, 5:30-8:30 pm, Jefferson County Fairgrounds
9 Small Animal Leader meeting, 6:30 pm at the Extension Office
9 & 10 Free Nutritional Training, Call the Extension Office for more details
13 4-H Horse N’ Around Feeding Workshop and Tack Sale, 9 am-4 pm, Jefferson County Fairgrounds
13 4-H Small Animal Clinic, at the Fairgrounds, Keeney Building, 9 am to 4:30 pm
14 Ranch Horse Clinic
15 Executive Council meeting, 7:00 pm at the Extension Office
15 Jefferson County 4-H re-enrollment deadline
15 4-H Horse Ride Night, 5:30-8:30 pm, Jefferson County Fairgrounds
16 Livestock Leader meeting, 7:15 pm at the Extension Office (this is a date and time change)
28-30 Know Your Government, Portland—for more information call the office

April
1 Horse project signature forms due
1 Horse Leader meeting, 6:30 pm at the Extension Office
5 4-H Horse Ride Night, 5:30-8:30 pm, Jefferson County Fairgrounds
13 Small Animal Leader meeting, 6:30 pm at the Extension Office
13 Livestock Leader meeting, 7:15 pm at the Extension Office
15 Jefferson County 4-H (continuing education) Scholarship due, Extension Office
19 Executive Council meeting, 7:00 pm at the Extension Office
23-25 Spring Horse Classic, Redmond, Oregon
26 4-H Horse Ride Night, 5:30-8:30 pm, Jefferson County Fairgrounds

May
6 Horse Leader meeting, 6:30 pm at the Extension Office
8 Horse Pre-Fair Jefferson County Fairgrounds
10 4-H Horse Ride Night, 5:30-8:30 pm, Jefferson County Fairgrounds
11 Small Animal Leader meeting, 6:30 pm at the Extension Office
11 Livestock Leader meeting, 7:15 pm at the Extension Office
17 Executive Council meeting, 7:00 pm at the Extension Office
17 4-H Horse Ride Night, 5:30-8:30 pm, Jefferson County Fairgrounds
23 Ranch Horse Clinic

June
1 4-H new member enrollment deadline
3 Horse Leader meeting, 6:30 at the Fairgrounds, required (Horse Member Record Book Check)
4 Swine, Sheep and Goat weigh-in, 5:30 to 7:30 pm at the Fairgrounds
5 Swine, Sheep and Goat weigh in, 7:00 to 11:00 am at the Fairgrounds
5 Cook and Colleen’s Campout for 4-H Kids
7 4-H Horse Ride Night, 5:30-8:30 pm, Jefferson County Fairgrounds
8 Small Animal Leader meeting, 6:30 pm at the Extension Office
8 Livestock Leader meeting, 7:15 pm at the Extension Office
11 Fair registrations due
12 4-H Horse Clinic, time and place TBA
19 Ranch Horse Clinic
21 Executive Council meeting, 7:00 pm at the Extension Office
22 Rabbit and Poultry weigh-in, 5-6:30 pm at the Extension Office
23-26 OSU Summer Conference, OSU Campus
28 4-H Horse Ride Night, 5:30-8:30 pm, Jefferson County Fairgrounds
### July

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<tr>
<th>Date</th>
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<tr>
<td>1-15</td>
<td>Record Book check, Extension Office</td>
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<tr>
<td>2</td>
<td>Horse Leader meeting, 6:30 pm location TBA</td>
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<tr>
<td>9-11</td>
<td>Jefferson County Horse Fair, Jefferson County Fairgrounds</td>
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<tr>
<td>13</td>
<td>Small Animal Leader meeting, 6:30 pm at the Extension Office</td>
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<td>13</td>
<td>Livestock Leader meeting, 7:15 pm location TBA</td>
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<tr>
<td>19</td>
<td>4-H Static Exhibits entered, times TBA</td>
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| 20   | 4-H Livestock arrives at the Jefferson County Fair, Swine weigh-in 7:00 to 11:00 am  
Steer weigh-in noon to 3:00 pm, Sheep/Goats noon to 3:00 pm, Rabbit/Poultry weigh-in 11:00 to noon  
In the small animal barn, re-weighs 4:00 to 5:00 pm |
| 21-24| Jefferson County Fair                                                 |

### August

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<th>Date</th>
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<tbody>
<tr>
<td>5</td>
<td>Horse Leader meeting, 6:30 pm at the Extension Office</td>
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<tr>
<td>10</td>
<td>Small Animal Leader meeting, 6:30 pm at the Ext. Office</td>
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<td>10</td>
<td>Livestock Leader meeting, 7:15 pm at the Extension Office</td>
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<tr>
<td>16</td>
<td>Executive Council meeting, 7:00 pm at the Extension Office</td>
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<td>23</td>
<td>Premium and Auction checks available (after noon)</td>
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### September

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<th>Date</th>
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<tr>
<td>2</td>
<td>Horse Leader meeting, 6:30 pm, Extension Office</td>
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<td>14</td>
<td>SA Leader meeting, 6:30 pm, Extension Office</td>
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<tr>
<td>15</td>
<td>Livestock Leader meeting, 7:15 pm, Extension Office</td>
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<td>20</td>
<td>Exec Council meeting, 7 pm Extension Office</td>
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<td>30</td>
<td>Record Books due for Judging contest</td>
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**Reminder about Fundraisers**

All 4-H clubs interested in doing a fundraiser must first (prior to the event) fill out an Intent to Fundraise Form, and turn in to the office for approval, prior to the 3rd Monday of the month.

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**Jefferson County 4-H Committee Meetings:**

If you are a volunteer leader in Jefferson County, you are a member of a committee. Your ideas are important, this is where decisions are made regarding your project areas, please come to a committee meeting and help make Jefferson County 4-H “all that it can be”. Find your project area and the date of your respective meeting (meetings are held at the Extension Office unless otherwise noted, meeting times are indicated on calendar pages 2 and 3):

- **Horse**: 1st Thursday of each Month
- **Livestock**: 2nd Tuesday of each Month
- **Executive**: 3rd Monday of each Month
- **Home Ec Recognition**: 2nd Tuesday of each Month
- **Small Animal**: 2nd Tuesday of each Month
State and National 4-H Opportunities

- **New Performing Arts Camp**, will be held at the Oregon 4-H center on March 22-25. This camp is for 7-12 graders. Cost is $200 if registered by March 1, $225 if registered March 2-15, $250 if received after March 15. (Scholarship support based on need is available) (Camp fee covers lodging, meals, insurance, instructor fees, and materials.)

- **4-H Project 2010: Take a Stand Now, for a Better Tomorrow**—held at the World Forestry Center, Portland, April 23rd and 24th. Youth 7-12 grades are invited to participate in Activate Oregon Year 2010 Youth Summit for Sustainability. (There is special funding available for youth from rural communities in Oregon—please call the Extension Office for more information)

- **Summer Camps**—Multnomah and Washington County 4-H have announced their 2010 camping season schedule and have camping events open to all 4-H members across Oregon. Camp titles include: Family Camp, Teen Counselors, Ocean Discovery, Eagle Trek, Farm and Garden, Wildlife Stewards and Super Science. If you are interested in any of these camps, contact the office and we will direct you on how to get more information.

- **There is information about the Inbound Ambassador Programs on the State 4-H website for hosting Costa Rican delegates.** If you are interested—complete details are on the website at: http://oregon.4h.oregonstate.edu/node . You just need to go to the first page of the Oregon 4-H web site and click on “Things to Do”, then click on “Travel Abroad/International Exchanges”. Click on exchange program information and then look under Inbound Ambassador Programs.

- **Summer Conference will be June 23-26 at OSU.** The cost is $200. There will be the annual T-Shirt design contest. The winner receives a $100.00 scholarship to the Summer Conference. The theme is “Dare to be Green”. The theme plus 4-H Summer Conference and the year should be incorporated into the design. All contest submissions should be sent to Sara Miller at the State 4-H Office by March 19.

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**PLEASE SUPPORT THE SUMMER AGRICULTURE INSTITUTE**

To make a pledge and help educate teachers about Oregon Agriculture send this form and checks to:

Janice Reed, Director
Oregon Agriculture Education Foundation
3415 Commercial Street SE
Salem, OR 97302

**2010 Summer Agriculture Institute (SAI)**

I wish to pledge: $_____
Select One: Session #1____June 20th – 25th Corvallis
Session #2____July 11th – 16th Union/La Grande
_____Divide between the two sessions

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**OR KNOW A TEACHER WHO WOULD LIKE TO ATTEND?**

For more information contact one of the Project Coordinators
Debbie Crocker, (541) 740-5073; dcrocker@99webstreet.com
Jana Lee Dick, (541) 562-5129 x22; jana.dick@oregonstate.edu

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**What the Teachers Learn About**

- Ag Marketing & Economics
- Beef Production and Rangeland Management
- Ag Education Applications
- Hydroponics, Nursery, Row Crops, Dairy
- Dryland farming
- Forest and riparian management
- Soils, Irrigation, and Pesticide Management

**AND A WHOLE LOT MORE!**

**PUT AGRICULTURE BACK IN THE CLASSROOM**

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**OAEF is a 501 (c) (3) Oregon non-profit organization and your gift fully qualifies as a charitable contribution under state and federal rules and regulations.**
Hi, my name is Samara Rufener and this year in January I had the opportunity to go to a youth leadership retreat called HDLR for the second year in a row. The retreat was full of 4-Her’s from all over Oregon, in 7th-12th grade, and it gave us all the chance to meet new people and move out of our comfort zone. The theme of this year was choices, we had all kinds of classes that taught us about how to make smart choices in our lives, as well as in raising our animals. My favorite class from the retreat this year was the public speaking class. Even though it doesn’t sound fun, and a lot of people are scared to get up and speak in front of a group of their peers; the teacher, Jeremy was really cool. He helped us learn how to be comfortable speaking and how to control our nerves. Besides learning all about choices it made me come out of my comfort zone, which was a good thing for me. At the beginning of the retreat you are assigned a condo and 6-8 roommates along with your leader. These 6-8 people are the people that you will be staying with for the whole weekend and both the years I have gone I have come home with new friends that I can’t wait to meet up with next year at HDLR. I learned so much about leadership, responsibility and how to make smart choices in this weekend and I would urge any 4-Her that is interested to give it a shot. It really was a lot of fun.

Whether you have been a 4-H Club Leader for one year or twenty you may want to take an on-line e-learning course. This course helps to get leaders acquainted with basic information about 4-H volunteer duties. To take the course just go to the following website and follow the directions:

http://oregon.4h.oregonstate.edu/elearning-course

There are four modules, each taking about 15-20 minutes to complete. The modules are interactive and self-paced.

Take time to remind yourself about the great opportunity 4-H is for today’s youth.

DID YOU KNOW humans have 10,000 tastebuds, cows have 25,000? We may have less tastebuds than a cow but we still have very tasty food to eat. There are tons of great food choices and great recipes to try. Check out this website for some great tasting recipes to make at home:  http://healthyrecipes.oregonstate.edu/
**Small Animal News**

If you have a Market Rabbit Project, there are a few things that you may need to start thinking about. Rabbits should be bred the first part of April. Rabbits should be born May 12th or after in order to weigh what they need to at the Jefferson County Fair. Pre-weigh for Jefferson County Fair is June 22nd. At that time your rabbit should weigh 1 to 1 3/4 lbs—no more than 2 lbs. July 20th is weigh-in day at fair, at that time the weight should be 3 1/2 minimum to 5 lbs maximum.

- Target Average Daily Gain: 2-3 lbs.
- Number of days from March 1st to July 20th (Fair)=142
- Current Fair weight standards: 1100-1450 lbs.
- Ideal weight at Fair would be 1275 lbs.

Calculations for weight on March 1st:

\[
\begin{align*}
142 \text{ days} \times 3 \text{ lbs./day} &= 426 \text{ lbs. of gain} \\
1450 \text{ lbs.} - 426 \text{ lbs.} &= 1024 \text{ lbs.} \\
1275 \text{ lbs.} - 426 \text{ lbs.} &= 849 \text{ lbs.} \\
1100 \text{ lbs.} - 426 \text{ lbs.} &= 674 \text{ lbs.} \\
142 \text{ days} \times 2 \text{ lbs./day} &= 284 \text{ lbs. of gain} \\
1450 \text{ lbs.} - 284 \text{ lbs.} &= 1166 \text{ lbs.} \\
1275 \text{ lbs.} - 284 \text{ lbs.} &= 991 \text{ lbs.} \\
1100 \text{ lbs.} - 284 \text{ lbs.} &= 816 \text{ lbs.}
\end{align*}
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**Ranch Horse Clinic dates announced**

Dates for the 4-H Ranch Horse Clinics will be the following:

- March 14, 2010
- May 23, 2010
- June 19, 2010

Reminder: Members wishing to participate in the Ranch Horse Program at Fair must pass of advancements. Note: Ranch Horse Clinics are intended to help 4-H horse members prepare for the Ranch Horse Contest. Anyone interested may come to watch the clinics, but clinic participants must be enrolled in the 4-H Horse Project for safety and insurance purposes.

Members who wish to participate in the clinics will need to fill out a Ranch Horse Clinic Pre-Registration and Waiver Form. This form is due the Monday prior to each Clinic date.

**Small Animal Clinic**

There will be a “Free” Small Animal Clinic at the Jefferson County Fairgrounds on March 13th. This will be held in the Keeney Building from 9 am to 4:30 pm.

The following information will be shared:
- Cat Showmanship
- Rabbit Agility and Rabbit Hopping
- Poultry Judging (4-H and FFA will be covered)
- Rabbit and Cavy Showmanship

If you will be participating in Rabbit Agility and Rabbit Hopping, please bring a harness and leash.

If you will be participating in Rabbit and Cavy Showmanship, please bring your rabbit or cavy and its show mat.

**Attention Leaders:**

The annual club reports are due—“End of the Year Report” and “4-H Club Inventory Record”. Please turn these in ASAP.

Enrollment for returning 4-H members are due on March 15. Please make sure that your members are aware of this date.
Jefferson County SET club and Warm Springs SET Club is coming together in collaborated Science, Engineering and Technology projects in an effort to enhance the program. Our first projects for the New Year has focused on aerodynamics, both clubs worked on paper airplane construction and test flight experiments involving weight and design along with identification games to learn the parts of an airplane.

Mr. Luis Pla, a flight instructor at Cascade flight school graciously set up a tour and talk at the Madras Airport for all three of our SET clubs (John Campbell’s High School club, Dawn Bateman’s youth club and Lonnie James’s youth club in Warm Springs). The kids experienced a ‘hands on’ plane parts identification walk through in the airport hangar; where Mr. Rob Berg and Mr. Luis Pla gave a talk about the parts of the plane and the necessary flight inspections and an overview of the knowledge a pilot would need to learn when in flight school. After the walk through in the hangar the clubs were invited to sit in the conference room where Mr. Pla showed the club members maps and the necessity of a pilot needing to understand orienteering and learn to track true north.

The tour and talk at the Madras Airport was a wonderful experience for club member, parents and the 4-H leaders, we owe a huge thank you to Rob and Tracy Berg of Berg Air LLC for graciously hosting our 4-H SET Club field trip.

The 4-H Youth SET Club meets every Tuesday 5:30-7 at the Jefferson County Library Annex basement. The 4-H High School SET Club meets every Tuesday 5:30-7 at the Extension Office conference room.

For information on meeting time and date for the Warm Springs 4-H SET club please contact the WS Extension Office at 541 553-3238.

Message from Shawn—

A Sense of Belonging

I recently read, “Reclaiming Youth At Risk: Our Hope for the Future,” written by researchers who wrote about the universal needs held by all youth: to feel they belong, to feel competent, to feel their own sense of power, and to feel they can contribute and give to others. I will focus my comments here on the need for a sense of belonging and provide some ideas for incorporating messages in club and other activities for helping kids gain this sense of belonging.

Research shows that social networks are a critical part of being human. Youth need multiple ways of gaining enduring patterns of nurture. Being part of a 4-H provides this for many youth- we take this for granted. Regular club meetings that they can count on, a supportive adult who provides them positive feedback on their accomplishments and who they are, and identifying with a group are all elements in 4-H.

Psychiatrist Karl Menninger says that modern children often pursue “artificial belongings” (which are often unhealthy) because the need is often not fulfilled adequately through healthy human connections in modern day society. 4-H leaders help counteract this by finding ways to help their members identify with their club through t-shirts, badges, club names, and regular meetings throughout the year. Team-building and trust activities can be incorporated into club meetings (I have resources you can borrow- and there are excellent internet resources for group team and trust building on the internet as well). Overnight retreats where youth have “down time” together at meals and around a campfire can help create a sense of belonging. Meeting regularly throughout the school year is important for developing relationships with you and with other kids. Even direct statements to your members that “they belong” are meaningful and valuable.
To the 4-H Family of:

Jefferson County Extension 4-H Staff:
Marvin Butler (marvin.butler@oregonstate.edu), Staff Chair
Shawn Morford, (shawn.morford@oregonstate.edu), 4-H Youth Development Faculty
Jill Eveland (jill.eveland@oregonstate.edu) 4-H Secretary/Program Assistant
Heidi Badger (heidi.badger@oregonstate.edu) 4-H SET Coordinator
Candy Gomes (candy.gomes@oregonstate.edu) Office Manager

OSU Extension Service Jefferson County Office
Phone: 541-475-3808
Fax: 541-475-4204
Jefferson County Website: http://extension.oregonstate.edu/jefferson/index.php

Pictures from Recognition Night
See article on page 1