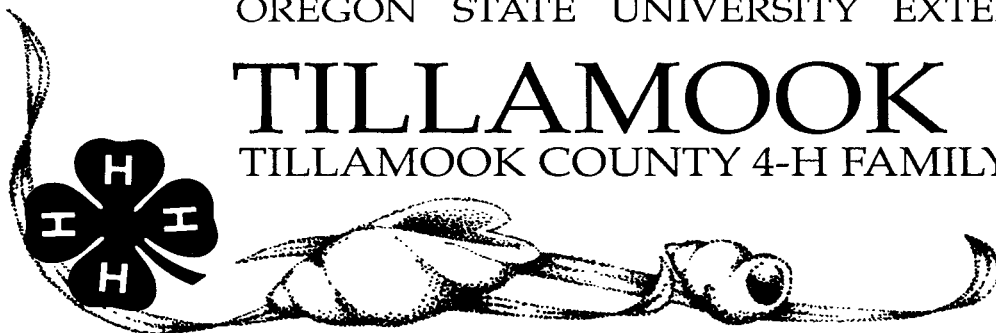


# TILLAMOOK TIDES

TILLAMOOK COUNTY 4-H FAMILY NEWSLETTER



(503) 842-3433  
2204 FOURTH ST.  
TILLAMOOK, OR 97141

March/April 2011

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Check out these OSU Extension Service Day Camps. For more information, call 503-842-3433. Registration forms are available at the OSU Extension Office in Tillamook or online <http://extension.oregonstate.edu/tillamook>.

**Spring Break “From the Forest to the Sea” Day Camp** - Explore “From the Forest to the Sea” in this day camp for 2nd-5th graders, **March 21-25**, 9 a.m.-3:15 p.m. at the North County Recreation District (NCRD) in Nehalem. Learn about watersheds and the forest. Cost is \$45. Scholarships are available.

**Spring Break “A Little of This & A Little of That” Day Camp** - Youth in grades 3-5 can experience a little of this and that, Monday-Wednesday, **March 21-23**, 10:00 a.m. to 3:00 p.m. at the OSU Extension Service meeting room. Explore a variety of areas, create fun items to enter at fair and go on a virtual treasure hunt (geo-caching). Cost \$30 for 4-H members or \$50 for non-members.

**OMSI Spring Break Day Camps** Kids in grades 4 and up will have science fun Thursday, **March 24** as 4-H partners with OMSI for two classes. Take one or both classes. Cost for 4-H members: \$20 for each class or \$30 for both. Cost for non-4-H members is \$40 for each class or \$50 for both.

**Crime Lab 9:00—11:00 a.m.**

So many clues, so little time! Put your science skills to the test in this exciting, interactive forensics class. As you piece together the evidence of a crime scene, you will see firsthand how fingerprints, footprints, and fibers can help catch a criminal. Class includes DNA extraction and individual dusting and lifting of fingerprints.

**Animal Innards 12:00—2:00 p.m**

If you have the guts, so do we-squid guts that is, and plenty of 'em! Young biologists use proper dissection techniques to explore the insides of a squid and discover firsthand where the beak and ink sac are. This class features the dissection of a shark by the instructor.



*Newsletter prepared by: Nancy Kershaw, Family and Community Health & 4-H Youth Development Agent; Joy Jones, Agriculture and 4-H Youth Development Agent; Tanya Wehage, 4-H Program Assistant; Sherry Vick, 4-H Office Specialist, Layout & Design*

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## Spring Afterschool Programs

Our spring afterschool programs are coming! For more information, call 503-842-3433. Pre-registration is required so sign up soon.

Parents may arrange for their Tillamook school district student to be dropped off at the OSU Extension office by the school bus.

Registration forms are available at the OSU Extension Office in Tillamook or online <http://extension.oregonstate.edu/tillamook> .

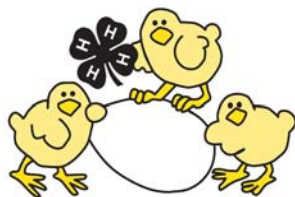


Growing Healthy Kids Thursdays **April 7-May 12** for kids in grades 2 -3. This class explores gardening and healthy eating.

The 4-H Growing Healthy Kids afterschool program will be held on Thursdays after school, April 7-May 12 for kids in grades 2 and 3. This program will explore gardening and healthy eating and will be led by Susie Johnson and Evelyn VonFeldt, OSU Extension Program Assistants.

The program is \$20 for currently enrolled 4-H members or \$40 for non-4-H members. Financial need scholarships are available upon request for families who qualify for free/reduced lunch, SNAP, WIC, TANF, Head Start, SSI or other government assistance programs. Class size is limited to 16 participants on a first-come/first-serve basis.

## The Incredible Egg



The Incredible Egg Mondays **April 18-May 23** for kids in grades 4 and up. Incubate eggs and watch the chicks hatch during this 6 week class!

Back by popular demand is the afterschool *Incredible Egg* class. The class meets each Monday at the OSU Extension Office meeting room for 6 weeks afterschool, 3:00-5:00 p.m. April 18-May 23.

This class is for 4th grade and up and will include incubating eggs, candling eggs to see how the chicks are growing, and learning about the anatomy of a chicken egg and the nutritional value of egg products.

This class fills fast. Register today. Cost is \$25 dollars for 4-H members and \$45 for non-members.



## Low Cost Patterns Available



Simplicity, McCalls and Butterick Pattern Companies offer a variety of craft and clothing patterns for \$1.00 each. Stop by the OSU Extension Service in Tillamook to see the spring/summer patterns. Orders will be placed when we reach the minimum order level of 10 patterns per company. Orders for patterns must be pre-paid to the Tillamook County 4-H Leaders' Association.



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## General Opportunities & Activities

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### CPR/First Aid for Babysitters/Counselors



Youth who are in 5th grade or higher and who have completed Beginning Babysitter Training previously are eligible to register for First Aid/CPR for Babysitters. The class will be held **April 23**, 9 a.m.-3:30 p.m. at the OSU Extension Service. Cost is \$25 for 4-H members (\$40 for youth not currently enrolled in 4-H). Successful participants receive American Heart Association First Aid/CPR cards.

Pre-registration is required. Class is limited to the first 10 participants who have registered and paid the registration fee. Contact the OSU Extension Service for more information or to pre-register.



### 4-H Camp



Don't miss out on the fun at 4-H Camp **June 20-25**. Youth in grades 4-8 will enjoy swimming, canoeing, the rope swing, crafts, and evening campfires. The camp will have a Super Heroes and Villains theme this year.

Cost is \$195. Partial scholarships are available through the Tillamook County 4-H Leaders Association. Scholarship applications are due **April 22**. Look for camp brochures in your mailbox before the end of March.



### Keep Your Children Safe



Help us keep your children safe by providing appropriate supervision at 4-H activities, especially in public places like the fairgrounds. **It is the parents' responsibility to provide supervision for their children.** Do NOT assume that the club leader, other volunteers, or the 4-H staff are watching your children. These folks are managing the activities; not the participants.

If you cannot be present with your children at 4-H activities, be sure to make arrangements with another adult you trust to do so. Remember that 4-H activities are often open to the general public; so there is no way to ensure a risk free environment. Keep your children safe – know the risks and watch your children.



### How to Reach Us



You can dial directly to the 4-H staff member you wish to speak with or you can always call 503-842-3433 to reach the general reception/front desk area.

**503-842-5708 ext. 212** Joy Jones, Agriculture and 4-H Youth Development

**503-842-5708 ext. 213** Nancy Kershaw, Family, Community & 4-H Youth Development

**503-842-5708 ext. 220** Tanya Wehage, 4-H Education Program Assistant

**503-842-5708 ext. 216** Sherry Vick, 4-H Office Specialist



**Record Book  
Assistance Available**

Leaders, if you would like to have Nancy or Joy come to one of your club meetings to give 4-H members help with permanent or project records, call the office at 503-842-3433. This winter or spring would be the best time to schedule these meetings.



**National 4-H Center**

If you are planning a trip to Washington DC, consider staying at the National 4-H Center. The National 4-H Center is open to 4-H members, leaders and their families. Rates are reasonable. Check out their website: <http://www.4hcenter.org/>



**Bring Japan Home to  
Your Family**

The earthquake and tsunami in Japan have been on almost everyone's mind recently. Although there has been a great tragedy in their country, there are still youth who are planning to come to the United States to learn about our culture and customs. This summer may be the time for you to open your home and host a Japanese student.

The youth range in age from 12 to 18 years old and stay with their American host families from mid July through mid August. Families are required to have a child who is the same sex and who is close in age to the Japanese youth. Exchange youth and host siblings are matched by common interests.



The Japanese delegates want to experience the ordinary daily life of an Oregon family, so no special trips or entertainment is needed. They look forward to doing family chores, learning new games, shopping, trying new foods, and sharing their own Japanese culture, foods and customs with their host family. The Japanese youth are happiest when sharing a room with their host sister or brother.

Living with a Japanese 'son' or 'daughter' will expose your family to a new way of communicating. Once they overcome their initial nervousness and start to feel at home, the Japanese youth generally open up with more and more English. However, communicating with gestures, using a dictionary and phrase book provided for the host families and speaking *'through the heart'* are the most effective ways to communicate. Bilingual chaperones also accompany each delegation.



The costs of hosting a Japanese student are minimal, students have complete medical insurance and bring their own spending money for souvenirs and personal purchases. Hosts are not required to be 4-H members to participate, although participation in some sort of 4-H activity during the stay is highly encouraged.

Host family applications and additional information is available on the state 4-H website <http://Oregon.4h.oregonstate.edu/Japan%E2%80%9494summer-hosting-program>. You will need the application and two reference forms, and one disclosure form for each person who will be in the home during the exchange period (mid July to mid August) and is over 18 years of age.



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## 4-H Leadership, Scholarship & Travel Opportunities For Teens

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### Master Gardener College Scholarships Available

The Tillamook County OSU Extension Master Gardeners are offering up to \$1000 for a college scholarship. Applicants must be attending, or be a graduate of a local high school, private school or home-school with a GPA of 2.5 or higher who will be attending any community college, junior college, university, technical/vocational school.

**\$1,000**

Preference will be given to applicants who are enrolled, or plan to enroll in the Horticultural, Botanical, Forestry, or Agricultural sciences, but all are encouraged to apply. Upper classmen, graduate students and non-traditional students are encouraged to apply.

Details, criteria, and applications are available at the OSU Extension Service at 2204 Fourth Street in Tillamook. The deadline is **April 1**.



### Taking Applications for Scholarships to Middle-School Summer Science Camp

The State 4-H Office is inviting Oregon middle school students entering grades 6, 7, and 8 to apply to attend the ExxonMobil Bernard Harris Summer Science Camp (EMBHSSC) this summer at OSU. All selected campers will be fully funded by scholarship. There will be 48 youth selected to attend the program to be offered **July 31 through August 11, 2011**. The EMBHSSC particularly hopes to receive applications from youth who live in rural and/or underserved areas and members of populations traditionally underrepresented in science and technology fields.



The application deadline is Friday, **April 1, 2011**. The application involves completing an application form, writing a 250 word student essay, and recommendations from Science and Math teachers. Information is available on line at <http://oregon.4h.oregonstate.edu/summer-science-camp>. You can request a printed copy from Camp Coordinator Andy Hoffmann by calling 541-737-4081 or email [fourhscicamp@proaxis.com](mailto:fourhscicamp@proaxis.com).

The two-week residential camp offers youth innovative ways to enhance their knowledge of science, technology, engineering and mathematics. Leadership and citizenship are main themes, and students are encouraged to stay in school.

The full cost of the camp's education program, field trips, food and lodging is covered by a grant from the ExxonMobil Foundation and The Bernard Harris Foundation.



## 4-H Summer Conference



Watch for more information about 4-H Summer Conference, **June 22-25**. Summer Conference is an opportunity for over 300 4-H members, grades 7-12, to travel to Corvallis, explore campus life, make new friends, and have a lot of fun. While there, participants attend classes on a wide variety of subjects; just a few classes from last year include a marine trip, rifle, knitting, Greek life, and a tour of OSU. Members arrive on campus Wednesday afternoon. The conference begins with a speaker and fun activities. Thursday and Friday are full of classes, a community service project, and evening activities including a pool party and a dance.

Cost is only \$200 and includes lodging in an OSU dorm, meals and activities. Scholarships are available to enrolled Tillamook County 4-H members. Scholarship requests are due by May 18. Registration begins May 2 .



## Seeking Applicants for 2011-2012 4-H Ambassadors

It's time to start thinking about applying to be a 2011-12 Oregon 4-H State Ambassador. The Oregon 4-H State Ambassador team is made up of 12-18 fantastic 4-H members and serves as the public relations arm of the 4-H program. The role of the State Ambassadors varies from year to year, but typically they do things like moderate the Oregon 4-H Facebook page, serve as hosts at State Fair, and emcee Summer Conference and other events.

Interested members should be in the 10th or 11th grade for the 2010-11 school year. They need to attend a training and interview at Summer Conference as well as submit an application.

Applications are **due June 1** to the State 4-H office and can be found at <http://oregon.4h.oregonstate.edu/ambassador-program> . Any questions contact Sara Miller at [sara.miller@oregonstate.edu](mailto:sara.miller@oregonstate.edu)



## College! You can go... Here's how



College...from dreams to reality. A new website through the Oregon State University Aspire program has been developed to help people learn about what it takes to attend college and how they can prepare to succeed in achieving this goal. The following topics are covered: [College Planning Timeline and Resources](#), [High School Classes to Take](#), [College Admission Tests to Take](#), [Scholarships, Grants and Financial Aid](#), [Choosing College Majors and Careers](#), and [Community Colleges](#). The web address is: <http://oregon.4h.oregonstate.edu/college-you-can-go>



## 4-H Outdoor Skills Rendezvous Camp



High school students – are you interested in Challenge and Adventure, Sportfishing, and Shooting Sports ? Register for the 4-H Outdoor Skills Rendezvous Camp which will be held **August 10-13** at the Oregon 4-H Center. If you are currently in grades 8 though 12, this camp is for you! Cost is \$175 until June 1 (\$195 thereafter).

Find forms and details on the state 4-H website at <http://oregon.4h.oregonstate.edu> Financial need scholarships are available from the Tillamook County 4-H Leader's Association.



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## 4-H Leader Opportunities

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### 100th Anniversary of OSU Extension Service



2011 marks the 100th Anniversary of the Oregon State University Extension Service. We are looking for your favorite 4-H memories & mementos to share throughout the year. Please e-mail your favorite Tillamook County 4-H or Extension memory to [lisa.mckibbin@oregonstate.edu](mailto:lisa.mckibbin@oregonstate.edu) or you can mail or drop your thoughts by our office at 2204 4th Street in downtown Tillamook.

We are also looking for display items such as photos, exhibits, ribbons, trophies, etc. representing the 4-H and OSU Extension programs since 1911. These will be featured in a special 100 year exhibit at the Pioneer Museum in July, as well as during the Tillamook County Fair this year. Please talk to Lisa McKibbin, OSU Extension office manager if you have any items you would like to have considered for these displays.

We want to know the impact 4-H made on your life.



### 4-H Leader Forum – Clover Fun for Everyone

Join us at the Oregon 4-H Center **April 8-9** for the 2011 state-wide 4-H Leaders' Forum, "CloverFun for Everyone!" Come for both days, or drive over for Saturday only. This educational Forum is designed for volunteers. Adult and teen volunteers can attend, learn, and then teach or share information with others.

Friday evening will include fun activities, such as a camp-wide scavenger hunt and a 4-H carnival including "tack-a-horse" and making a 'felting' project which you can use in club programs! Then, spend the night at the Oregon 4-H Center.

Saturday will include over 25 educational workshops to choose, such as:

- ◆ Aloha Redworms!
- ◆ Call a Veterinarian: Or not?
- ◆ Traditional Mexican Dance
- ◆ Videography
- ◆ Dutch Oven Cooking
- ◆ Creating a Great Display
- ◆ Fun with Speaking
- ◆ Cultivating Cloverbuds
- ◆ Outdoor Adventures with Your Horse
- ◆ Games & Icebreakers
- ◆ Science in 4-H Projects
- ◆ How to Manage a Small Animal Show
- ◆ LEGO Robotics
- ◆ How to Re-Use Denim Jeans
- ◆ New Sewing Machines, Tools, Notions
- ◆ Fun, Effective Leader Associations
- ◆ Getting Financial Literacy into 4-H Projects
- ◆ All the Ways 4-H Foundation Supports 4-H
- ◆ And more...!

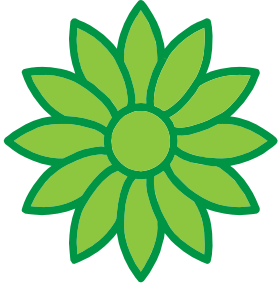
Registration materials are available online now at <http://oregon.4h.oregonstate.edu/> or you can pick up a packet at the OSU Extension office.

The cost will be \$35 per person which covers class materials, 3 meals, and lodging for Friday night at the camp. Scholarships are available to enrolled 4-H leaders to cover cost of attendance. Come and have "Clover Fun!", talk with 4-H acquaintances and meet new friends!



**Spring Home, Garden & Small Farm Classes Scheduled**

4-H leaders and teen 4-H members (7<sup>th</sup> grade and up) are invited to attend the Spring Home, Garden & Small Farm Classes, Saturday, **April 30** at the OSU Extension Service. A variety of gardening, foods/nutrition, and livestock/pasture classes will be offered. A complete list of classes and descriptions is available online at <http://extension.oregonstate.edu/tillamook> or you can pick up a brochure at the OSU Extension Service. Here's a quick summary of the offerings:



TIME	HOME	GARDEN	SMALL FARM
9:00—10:30AM	Sweets with Susan	Pantry Pests	Raising Chickens
10:45 AM—12:15 PM	To Can or Not to Can	New & Unique Fruits for Coastal Gardens	Keeping Livestock Healthy
1:00—2:30 PM	Cake Decorating	Building a Cloche (Mini Greenhouse)	Managing Pastures for Improved Productivity

Pre-registration is suggested by April 22 to assure class availability. Day of event registration is welcome on a space-available basis. Cost per class is \$7.00 or 3 classes for \$20. There is an additional \$10 supply fee for cake decorating.



**Angler and Aquatic Education workshop for 4-H Leaders**

Oregon 4-H is partnering with the ODFW to conduct statewide training in angler and aquatic education. The workshop is scheduled for **April 23, 2011** at the Deschutes County Fair & Expo Center. Participants will qualify to serve as both 4-H club leaders and ODFW Angler Education Instructors. Visit <http://oregon.4h.oregonstate.edu/sport-fishing-projects> for more details. Or, call or email David White at 541-548-6088, [david.white@oregonstate.edu](mailto:david.white@oregonstate.edu).



**Looking for 4-H Summer Day Camp Topics/Instructors**

We are working on the 4-H Summer Day Camp schedule and are looking for suggestions of topics with the name of potential instructors.

4-H day camps are generally 1 week long and can be half-day (9 am-noon) or full day (9 am-3 pm) with a minimum of 10 participants. We contract with instructors and pay \$300 per half-day day camp or \$500 for full-day day camps.

The instructor is responsible for planning the day camp, conducting/teaching the day camp or finding volunteer instructors for the day camp, identifying supplies and where to place an order for supplies, supervising lunch (for full day programs) and classroom management. The instructor determines the appropriate grades for youth to have completed, the exact times of the day camp and works with OSU Extension Staff to provide information to publicize the day camps.

OSU Extension staff will develop the budget (with input from the instructor) and fee structure; publicize the day camps; prepare and handle registrations and collection of fees; place supply order (once identified by instructor); and provide snacks.

Contact Tanya Wehage or Nancy Kershaw at the OSU Extension Office, 503-842-3433, to suggest a topic and instructor or to let us know you would like to be a 4-H day camp instructor this summer.



# Contest, County & State Fair Updates

## Presentations Contest Scheduled



The Tillamook County 4-H Presentations contest is scheduled for **April 9-10**. 4-H members who are planning to participate should call the OSU Extension Service to sign up for a time soon, as the schedule fills fast.

There are several forms of 4-H presentations available including demonstrations, illustrated talks, public speeches, and impromptu speaking. Demonstrations and illustrated talks can be done as an individual, 2-person team or group. Public speeches and impromptu speaking are individual contests only. All 4-H members and Cloverbuds are eligible to participate. Members may have one exhibit in each division as long as the subject matter is different for each.

Complete rules and evaluation scorecards are available from the OSU Extension Service in Tillamook or the State 4-H website <http://oregon.4h.oregonstate.edu/presentations>.

Cash awards or gift certificates are available for the best presentation in the following project areas: clothing, foods, expressive arts, dairy, horse, small animal, dog, livestock and science, engineering & technology (SET).

A list of sponsored awards (medallions, cash awards and gift certificates) is available from the OSU Extension Service in Tillamook, 503-842-3433.



## Leader and Teen Opportunities at State Fair



Come make a difference with the events at 4-H State Fair. Plans are still in the making, but now is the time for leaders & teens to get involved with State Fair this year.

Clerks are needed on Tuesday, **Aug. 23** for static exhibits judging day. Clerking allows leaders to learn directly from experienced judges.

Teen Staff members are needed **Aug. 21-24**, but also throughout fair to assist the State Fair staff with events/contests that take place during the fair. Teen Staff may apply for one or more days, depending on their schedule. They should not try to participate in contests and volunteer as Teen Staff on the same day. There are also teen staff positions working in the livestock area, **Aug. 30—Sept. 4**.



## Art Exhibit Preparation Update



Please note the following rules related to artwork displayed in 4-H classes at the county and state fair:

Artwork **may not** be framed with the exception of work done with chalks. If work done with chalks is framed, lightweight frames with plastic or Plexiglas rather than glass should be used for protection during display. No glass is allowed. Backing or mounting of artwork is strongly encouraged, if appropriate. Matting, spray fixatives and/or over wrap with plastic are acceptable for protection of the artwork. If an item is meant to hang, a hanger that will support the weight of the item must be securely attached. Adhesive plastic hangers are encouraged to protect other artwork (available at the OSU Extension Service in Tillamook). Exhibits should not contain parts that expose the public or volunteers to injury (i.e. sharp edges or points.)



## Foods Contests Scheduled for April

Foods Contests will be held **April 9-10** in the OSU Extension Service Meeting Room. Contact the OSU Extension Service for more information or to schedule a contest time. Rules, awards and forms to complete prior to the contest are available at the OSU Extension Office in Tillamook. 4-H foods members in all age divisions including Cloverbuds are eligible to participate in the following contests.

**Foods of the Pacific Northwest Contest** - participants have *one hour* for set-up, preparation, clean-up and serving. They prepare *one recipe/food*. Special cash awards are available for members who use dairy products in their recipe. Individual competition only.



**Mini-meal Contest** - participants have *two hours* for set-up, preparation, clean-up and serving. They prepare *two recipes/foods* that would go together in a meal. Special cash awards are available for members who use pork or otter trawl (sole, rock fish, ocean perch, ling cod, red snapper, Oregon pink shrimp) . Individual competition only.

**4 for 6, 8, or 10 Challenge Food Contest** - This challenge is to prepare a nutritious meal for low cost. Participants will prepare and serve a nutritious meal for four that costs under \$6 (breakfast), \$8 (lunch), or \$10 (dinner) in one hour. Individual or team of 2.

**30 Minute Meal Challenge** -This challenge is to prepare and serve a nutritious meal for 2 people in 30 minutes. Participants will demonstrate creativity, efficiency and cooking skill in this challenge by creating a nutritious meal for two people in less than 30 minutes. Mixes or convenience ingredients such as pre-grated cheese may be included as ingredients but not as stand-alone dishes. Participants are encouraged to utilize local foods (from within a 150 miles radius of their home). Individual or team of 2.



## Important Tillamook 4-H Dorm Notice!

Chaperones for the 4-H dorm during the Tillamook County Fair must have successfully completed the 4-H leader application process which includes an application, criminal background check, reference check and leader training. There must be one chaperone (over age 21) for every 10 youth, which means the dorm will be limited to 20 girls (2 female chaperones) and 10 boys (1 male chaperone).

If we don't have volunteer chaperones (1 male and 2 female) identified by June 1 who have completed the leader application process we will either not be able to have youth stay in the dorm or we will need to hire staff which will increase the cost to approximately \$10 per night.

Please help us identify chaperones immediately so that we can get them through the leader application process by June 1.



## 4-H Fair Changes

Please note the following changes to 4-H exhibits for the Tillamook County Fair and State Fair:



2011 Tillamook County Fair  
"Something to Crow About"

- ◆ Within educational displays all the project classes will be combined into one general class in each age division. There will be a class for Cloverbuds (K-3<sup>rd</sup> grade)-county only; a class for juniors (4<sup>th</sup>-6<sup>th</sup> grade), a class for intermediates (7<sup>th</sup>-9<sup>th</sup> grade), a class for seniors (10<sup>th</sup>-12<sup>th</sup> grade) and a club division. For the Tillamook County Fair, members may still exhibit up to 5 educational displays as they are in different projects. Only one 4-H educational display per member may be eligible for state fair.
- ◆ There is a new 4-H foods class in each phase for a baked food product reflecting dietary needs. Recipe for food product has been chosen specifically to reflect needs or altered significantly to now reflect needs for an alternative diet, such as gluten free, sugar substitute, vegetarian, vegan, reduced fat, et al. Exhibit three individual items or one of a large item.
- ◆ There is a new division (and new curriculum) for cake decorating in Expressive Arts. There are three phases – phase 1 (3 tips); phase 2 (4 tips) and phase 3 (multiple tips). Exhibits include decorated a cookie (phase 1); cupcake (phase 2); flat board (phase 1-3); single layer cake (phase 3); or educational poster (phases 1-3). Cake decorating is limited to all icing work. All items on cake must be made from frosting, not fondant, candies or any other shaped 3-D items.
- ◆ If you plan to exhibit in cake decorating for the 2011 year, please make sure you add this as a project to your 4-H enrollment (contact Sherry, 503-842-3433) and check out the new 4-H cake decorating curriculum. You may also want to register for the cake decorating class that will be offered during the Tillamook County/OSU Extension Spring Home & Garden classes, April 30.
- ◆ There is a new 4-H Fiber Arts Exhibit Explanation Card (2011) that must be used this year and revised Fiber Arts Exhibit Scorecard.
- ◆ No date imprints are allowed on photos beginning with the 2011 Tillamook County and State Fairs.



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## Home Economics

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### 4-H Fashion Revue Times Set

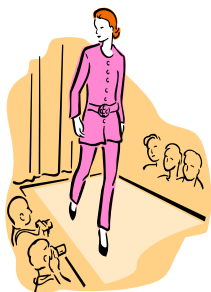
The fashion revue judging times have been set for 2011:

Wednesday, <b>Aug. 3</b>	a.m. - juniors	p.m. - novices
Thursday, <b>Aug 4</b>	a.m. - intermediates	p.m. - seniors

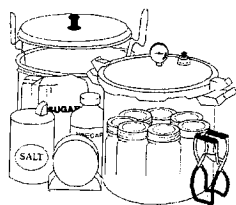
The public review will be Thursday, **Aug. 4**, 7 p.m.

The clothing judging contest will be set up for members during the fashion revue judging. We will also have judges to judge clothing, knitting, crocheting, fiber arts, child development and home environment exhibits on Wednesday and Thursday, **August 3-4**.

For those exhibits not quite ready by fashion revue we will still have one judge available to judge clothing, fiber arts, child development and home environment on Monday, **August 8**.



## Food Preservation Project Information



Remember to check each year for updated processing times and methods. Approved sources include USDA Complete Guide to Home Canning, OSU Family Food Educator fliers, the Ball Blue Book (2006 copyright or more recent), or jam/jelly recipes included with pectin packages. The OSU Extension FCH website includes links to OSU Extension publications <http://extension.oregonstate.edu/fch/food-preservation>

The National Center for Home Food Preservation is the USDA approved site: <http://www.uga.edu/nchfp>. Here you'll find the free home study course: *Preserving Food at Home: A Self Study Online Course*. The OSU Extension Service in Tillamook also has the DVD *So Easy to Preserve-Recommended Home Food Preservation Practices*, eight segments with the most up-to-date recommendations. The USDA Complete Guide to Home Canning, 2009 revision is available for purchase at the OSU Extension Office or for free viewing /printing or purchase online at [http://www.uga.edu/nchfp/publications/publications\\_usda.html](http://www.uga.edu/nchfp/publications/publications_usda.html)



## 2011 Sewing/Clothing Judging Contests Topics

The 2011 clothing judging classes are listed below.

### Introductory Level – all first year members

- ◆ Fabric Identification – knit or woven
- ◆ Construction – basic seams
- ◆ Consumerism – identifying sewing tools
- ◆ Care and Management – scissor use and safety

### Basic skills – levels 2 and 3

- ◆ Fabric Identification – knit or woven
- ◆ Construction – seam finishes on stable fabrics
- ◆ Consumerism – identifying sewing tools
- ◆ Care and Management – dividing clothes by color for laundering

### Expanding skills levels 4-6

- ◆ Fabric Identification – fabric names
- ◆ Construction – seam finishes on silky fabrics
- ◆ Consumerism – buying sewing tools
- ◆ Care and Management – stain removal

### Advanced skills levels 7-9

- ◆ Fabric Identification – specialty fabric name
- ◆ Construction – complex seams
- ◆ Consumerism – buying sewing tools
- ◆ Care and Management – stain removal

**Resources for studying** - 4-H Clothing project materials can be found at: <http://oregon.4h.oregonstate.edu/home-economics>. Pay special attention to publications: Let's Sew! (4-H 9201); Sewing Skills Checklist (4-H 9200); Measuring Up: Quality Standards in Sewn Items (4-H 92011) (PNW 197)

Some additional resources to assist in preparation include: the Ohio State University Extension website <http://ohioline.osu.edu/outside/stainrem.html> has information on quick and easy stain removal; the New York Fashion Center website has a pretty complete glossary of fabric names: <http://www.nyfashioncenterfabrics.com/fabric-glossary.html>; specific sewing techniques can also be reviewed in a commercially available sewing book.



## 2011 Foods Judging Contests Topics

### Introductory Level – for first year members

- ◆ Nutrition – matching foods to the My Pyramid food groups
- ◆ Foods Safety – handwashing
- ◆ Consumerism – unit pricing of food product
- ◆ Management – accurate measurement of basic ingredients

### Basic Skills - Phase 2 and 3

- ◆ Nutrition - serving sizes of My Pyramid food groups
- ◆ Foods Safety – handling of eggs in food preparation
- ◆ Consumerism – unit pricing of food product
- ◆ Management – accurate measurement of basic ingredients

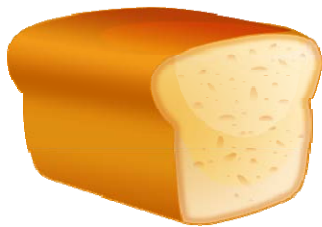


### Expanding Skills - Phase 4-6

- ◆ Nutrition – identifying/selecting fruits and vegetables
- ◆ Foods Safety – handling of raw meat/poultry
- ◆ Consumerism - making alternative diet choices (sugar, dairy, meat substitutes)
- ◆ Management – time management of meal preparation

### Advanced Skills - Phase 7-9

- ◆ Nutrition – identifying/selecting fruits and vegetables
- ◆ Foods Safety – handling food for parties/buffets
- ◆ Consumerism – making alternative diet choices – (gluten or fat free)
- ◆ Management – time management of meal preparation



**Resources for studying** - 4-H Food project materials can be found at: <http://oregon.4h.oregonstate.edu/home-economics>. Some useful resources in addition to project materials:

Nutrition information on MyPyramid and food amounts can be found at <http://www.mypyramid.gov/>. The Dairy Council of California website has some activities related to building the pyramid and matching foods to the correct group: [http://www.dairycouncilofca.org/activities/pyra\\_main.htm](http://www.dairycouncilofca.org/activities/pyra_main.htm)

Consumerism information can be found on the U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition website <http://www.cfsan.fda.gov/~dms/foodlab.html>. Includes information on understanding and using the nutrition facts panel on food labels. Grocery store tours would provide practice reading and interpreting unit pricing labels.

Food Safety information can be found on the OSU Extension website <http://extension.oregonstate.edu/fch/food-safety> including information on hand washing, preparing, preserving, and storing foods safely. The website <http://www.foodsafety.gov/> has information on preparing and keeping food safe. The Partnership for Food Safety Education Fight Bac! campaign has good information on safe food handling <http://www.fightbac.org/safe-food-handling>. The U.S. Department of Agriculture Food Safety and Inspection Service website has information fact sheets on safe food handling: [http://www.fsis.usda.gov/Fact\\_Sheets/index.asp](http://www.fsis.usda.gov/Fact_Sheets/index.asp)

Management information can be found in a video and accompanying handout on measuring ingredients can be found at: <http://oregon.4h.oregonstate.edu/home-economics>, under video resources.

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## Animal Science

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### Animal Science Information Available on the OSU Extension Service Tillamook County Web Site

Please go to the OSU Extension Service Tillamook County web site to view the following information about 4-H animal science projects:

- ◆ All Animals – 4-H Animal Lease Policy
- ◆ Policy regarding Cloverbuds and Animal Projects
- ◆ Veterinary Practices Act
- ◆ Horse - Helmet Use Requirement
- ◆ Market Animals - Junior Livestock Auction Rules
- ◆ Sheep – USDA Scrapie Eradication Requirements
- ◆ Swine – Information on Erysipelas and vaccinating for this swine disease
- ◆ Moving animals across state borders
- ◆ JLAC Rules & Forms

### Hoard's Dairyman Dairy Judging Contest



The *Hoard's Dairyman Dairy Judging Contest* is in progress. This can be a fun activity for your next club meeting. Copies of the contest, and club entry forms are available for pick up at the OSU Extension Service in Tillamook. Please stop by and pick yours up. Entries are due by **March 24**.



### Animal Science Saturday

The next 4-H Animal Science Saturday is scheduled for Saturday, **March 19**.



### Stars N' Paws Dog Fun Match Scheduled



The Stars N' Paws Dog Fun Match, which is sponsored by the Starry K-9's 4-H club, is scheduled for Saturday, **May 14** at the Tillamook County Fairgrounds.

The show will include obedience classes pre-novice through graduate novice. There are also alumni showmanship and obedience classes. Registration will begin at 8:30 a.m. the day of the show and judging begins at 10 a.m. The show will be held inside at the Tillamook County Fairgrounds. For registration forms or further information please contact Cristina Egnew at 503-842-8967 or [Starryk9s@yahoo.com](mailto:Starryk9s@yahoo.com). Registration forms are also available on our website at <http://extension.oregonstate.edu/tillamook/>



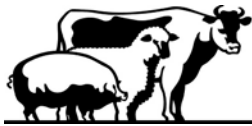
### Oregon 4-H Horse Leader Forums



The Oregon 4-H program will be conducting five forums for horse leaders next fall. All 4-H horse leaders are strongly encouraged to attend. All forums will be one-day events and topics will include general 4-H information and philosophy, planning your 4-H year, insurance, conflicts in the horse program, opportunities for 4-H horse members, riding meetings and horse shows. There will be time to share information and ask questions. The closest forum will be **September 24** in Clackamas County (Oregon City area). Contact Joy for information on additional forum dates & sites. Scholarships are available to enrolled 4-H leaders to cover cost of registration.



## Rule Changes for Market Animals

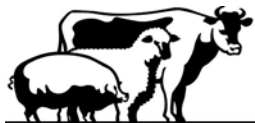


1.) The Junior Livestock Auction Committee has clarified the rules regarding a member selling more than 1 animal in the auction. If a member is planning to do this, they must follow the new requirements, which are outlined in the 2011 JLAC Rules. These rules can be picked up at the OSU Extension Office and are available on the OSU Extension Service Tillamook County website: <http://extension.oregonstate.edu/tillamook/4h/livestock-project-requirements> .

2.) There will only be a single market class for both chickens and rabbits this year. In the past there were two classes (a fryer class and a roaster class) for each species. This year there will only be one Market Class for chickens (a combined fryer & roaster class), and one market class for rabbits (also a combined fryer & roaster class). Youth may have only one entry per class, so youth may not show 2 separate pens of rabbits or chickens and then decide which pen to sell after the show. This change was made to be consistent between projects. For example – a youth may not show 2 pigs in different weight classes, so the decision was made to limit the small animals to a single entry per species as well.



## Market Animal Projects



4-H members who reside in Tillamook County may raise market animals and sell them through the Junior Livestock Auction at the Tillamook County Fair. The member must be enrolled in the corresponding 4-H project area and must follow 4-H and Junior Livestock Auction Committee (JLAC) rules which are available at the OSU Extension Service in Tillamook. Members may participate in the following projects:

Market Lambs: Must be less than 1 yr., must weigh 100 - 165 lbs. at fair.

Market Hogs: Must be less than 8 mos., must weigh 225 - 280 lbs. at fair.

Market Goats: Must be less than 8 mos., must weigh 55 - 110 lbs. at fair.

Market Steer: Must be less than 24 months old & weigh 1000-1400 lbs. at fair.

Pen of Three Rabbits: Must be less than 16 weeks old & over 3.5 lbs. at fair.

Pen of Three Chickens: Must be under 16 weeks old & over 4 lbs. at fair.

Market Duck: A single duck. Must be less than 6 months old at fair.

Market Goose: A single goose. Must be less than 6 months old at fair.

Market Turkey: A single turkey. Must be less than 6 months old at fair.

**Required Dates:** (all weigh-ins are held at the Fairgrounds Livestock Barn)

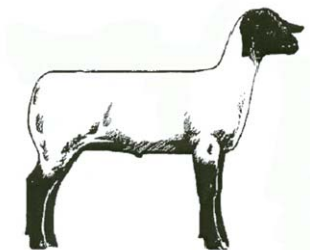
Beef must be weighed-in on Friday, **April 8** from 5:30-7:00 pm and on Saturday, **June 4** from 7 am - noon.

Market sheep, swine, and goats, must be weighed-in on Saturday, **June 4** from 7 am – noon.

Market poultry or rabbit exhibitors must notify the JLA Committee by the weigh-in on Saturday, **June 4** that they plan to participate and the animals must be weighed in on Wednesday, **July 20** from 6:00 - 7:30 pm. Poultry/Rabbit members do not have to be present at the June 4 weigh-in.



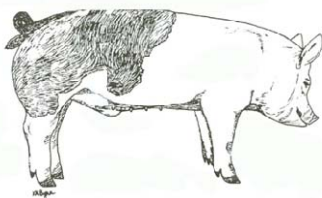
## Buying a Lamb, Goat, Or Hog for Fair?



It's often hard to tell what you should look for when buying a young lamb, goat, or hog. You may know what a good one looks like at county fair, but how can you tell when the animals are still small? In general, the same factors, muscle, balance, structural correctness, and eye appeal, apply to young animals as to market ready animals. Consider growth potential for the animal. Don't pick an animal just because it's the biggest, the smallest, or the cutest. Some animals may have already done most of their growing and may have problems making the minimum daily rate of gain for fair. Others will grow too slowly and will have problems making the minimum required weights at fair. Many "cute" baby animals grow up to be unattractive adults. Color or breed should only be a consideration if all other points are equal.



**Lambs & Goats:** Muscle can be found through the back (loin), chest, forearm, and hindquarters. The animal should stand wide and square when viewed from the front and the rear. The back should be level, and not sag. Does the animal have three equal parts: front, middle, and hind? The neck should be long and thin, and connect smoothly to the chest. A short-legged, short-necked animal will often be short in body. Does the animal walk well (straight, with legs well apart and without signs of weak pasterns or limping)? Last consider eye appeal. Does the animal look attractive? Also, be sure the animal has their scrapie ear tag.

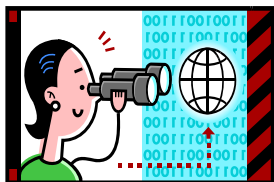


**Hogs:** Look for an animal that will put on lots of muscle without becoming too fat. Muscle can be found throughout the top and hindquarters. Young hogs should be wide when viewed from the front and the rear. The pig's hams should be wide and long. When looking down the animal's back (from the rear) you should be able to see a dimple at the tail head, and a "groove" from the shoulders to the hip (along the backbone), which indicates leanness and a full loin. It should be long bodied and level backed, with a lean neck and jowls. The animal should be able to walk well without a rounded back, or look awkward or stiff when moving.



## Keeping the Livestock Auction in perspective

Many youth benefit from participating in the Junior Livestock Auction. Not only do they learn a lot, they usually sell their animal for a profit. But should the auction be the all-important goal of 4-H participation? Absolutely not. 4-H encourages youth to set goals. Sometimes they reach them, sometimes they don't. Either way, leaders and parents need to help the members reflect on their goals and learn from the experience. Complaining and blaming others does not help. Here are some things to consider about market animal projects:



- ◆ Members should set at least one goal that has nothing to do with the auction.
- ◆ Market animal projects may not be feasible for everyone. If a member cannot afford to cover the cost of the project if the animal dies or does not make it into the sale, then they should consider participating in another type of 4-H project.
- ◆ Even experienced producers have had serious things go wrong in raising an animal, such as reduced gains, animal illness, or death of an animal.
- ◆ Raising a market animal is not easy. Learn from others when possible. If your club does not meet regularly, you may need to learn about raising your animal on your own. Contact Joy at the Extension Service for more information.
- ◆ Get a copy of the rules before you get to weigh-in. They have good information about suggested weights and ages for market projects at weigh-in.



**Upcoming Project  
Animal Shows and  
Sales**

Contact the OSU Extension Service for details on upcoming shows and sales. Some shows have pre-registration deadlines. Take your current 4-H card as proof of 4-H membership.

**Horse**

March 17-20	12th Annual Northwest Horse Fair & Expo	Albany, Oregon
April 25	Crazy Ribbon Open Schooling Show	McMinnville, Oregon
May 30	Leap into Spring 4-H Horse Show	McMinnville, Oregon

**Dog**

May 14	Stars N' Paws Dog Fun Match	Tillamook, Oregon
May 21	Clatsop Co 4-H Spring Dog Seminar	Astoria, Oregon

**Rabbit/ Poultry**

March 19	Happy Hoppers 4-H Small Animal Show	Corvallis, Oregon
April 2	Chick Days	Knappa, Oregon
May 15	Washington Co 4-H Small Animal Show	Hillsboro, Oregon
May 21	Spring Fling Rabbit & Cavy Show	Canby, Oregon
May 21	Spring Fling Poultry Show	Canby, Oregon
May 28	Tillamook County Rabbit & Cavy Show	Tillamook, Oregon

**Livestock**

March 26	Gourley Family Farms Show Pig Sale	Corvallis, Oregon
March 27	21st Annual OSU Project Pig Sale	Corvallis, Oregon
April 2	Oregon's Best Showpigs by Wendte Farms	Rickreall, Oregon
April 9	4th Annual Champion Drive Hog Sale	Canby, Oregon
Apr 30 May 1	Meat Goat Breeder's Pen & Wether Sale	Rickreall, Oregon
May 20-22	3rd Annual NW Lamb Camp & Jackpot	Prineville, Oregon

**Dairy**

March 24	Last Day to Enter Hoards Dairyman Contest	Mail-In Judging Contest
April 30	Youth Field Day/Sale (Coppini's Dairy)	Tillamook, Oregon
May 2	State Dairy Judging Contest	OSU Dairy Center
July 8-9	Oregon Black and White Show (TCF)	Tillamook, Oregon



**Application Date  
Extended for Animal  
Science Project Award**

The due date to apply for up to \$500 for an animal science project has been extended to **April 29th**. If you are (or someone you know of is) a deserving 4-H youth in the 4th through 12th grade who could not afford to raise an animal(s) otherwise, please call for more information and application form (503) 842-3433.



**4-H Rabbit & Cavy  
Show in Tillamook**



The Thumpers n' Jumpers 4-H Rabbit Club will be hosting a rabbit show, which is open to all Tillamook County 4-H rabbit members on Saturday, **May 28th** at the Tillamook County Fairgrounds. Pre-registration is encouraged.

Contact Scott or Cyndi Walker 503-815-8355, cpfeiffer\_1@yahoo.com to register and for additional information. Registration forms are also available on our website at: <http://extension.oregonstate.edu/tillamook/>





# 4-H Calendar of Events

## March 2011

EO = Extension Service office  
 NCRD = No. Coast Rec. District  
 TCF = Tillamook County Fairgrounds  
 THS = Tillamook High School  
 TJHS = Tillamook Jr. High School

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 4-H SUPER SATURDAY, 9 am—noon, TJHS
6	7	8	9	10 Records Training 7:00 p.m. EO	11	12 4-H Camp Counselor Selection Day Polk County Fairgrounds in Rickreall
13	14	15	16 JLAC 7:00 p.m., EO	17	18 Unpaid Furlough Day Front Office Closed	19 Animal Science Saturday 9 am—noon, EO
20	21	22	23	24	25	26
From the Forest to the Sea Spring Break Day Camp, NCRD						
This N That Day Camp, March 21—23, 10am-3pm, EO				4-H / OMSI Science Day EO		Trailblazers 4-H Night
27	28 4-H Ldrs Exec Board Mtg, EO 7pm	29	30	31		



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 Tillamook, OR 97141 Tanya Wehage tanya.wehage@oregonstate.edu  
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# 4-H Calendar of Events

## April 2011

EO = Extension Service office  
 NCRD = No. Coast Rec. District  
 TCF = Tillamook County Fairgrounds  
 THS = Tillamook High School  
 TJHS = Tillamook Jr. High School

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Master Gardener College Scholarship Applications DUE	2
3	4	5	6	7 Afterschool Food & Nutrition Growing Healthy Kids Thursdays 2nd—3rd grade April 7—May 12	8 JLAC Beef Weigh-In 5:30 - 7:30 p.m., TCF	9 4-H Foods & Presentation Contests, April 9 & 10, EO and TCF 4-H Dorm
10 Foods and Presentations Continued	11	12	13 JLAC 7:00 p.m., EO	14	15 DUE: 4-H Horse Leases	16 4-H Leaders Forum, 4-H Center, W Salem
17	18 Afterschool Science The Incredible Egg Mondays 4th -6th grade April 18—May 23	19	20	21	22 4-H Camp Scholarship Applications DUE	23 First Aid / CPR Training for Babysitters & Counselors 9am—3 pm, EO
24 Easter	25 4-H Leader's Qtrly Meeting 7 pm, EO	26	27	28	29	30 Spring Home & Garden Classes, 9am—2:30 pm, EO



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