In the November 17, 2014 edition:

1. **Welcome New Leaders!**
   A warm welcome to the new leaders joining our group of dedicated and caring volunteers!
   
   | Jim Allen   | Lacey Allen | Chelsea Boggs | Kayla Scheafer |

   Please let us know if you can take new members or if your club is full. If you would like to become a 4-H leader, contact Trisha White at 503-650-3132. The next new leader orientation will be held on Thursday, December 4.

2. **Forest Products Market Features Goods from Local Woodlands, November 22**
   Come check out the Local Forest Products Market hosted by OSU Extension Service and the Build Local Alliance will be held on **Saturday, November 22, 2014**, from 9:00 am – 5:00 pm, at the Clackamas County Event Center, 4-H Exhibit Hall.

   Landowners, craftspersons, artists, and businesses will be displaying and selling locally produced goods and services to the public. It is a chance to network with sources and users of local materials, and to increase your knowledge through forestry education. Products may include:
   - Construction materials, lumber, and flooring
   - Wood-turning blanks
Figured wood, burls, and slabs
- Finished pieces, custom furniture, cabinets, artwork
- Non-timber forest products
- Holiday gifts, décor and more!

For more information, view the [event flyer online](#).

### 3. Attention 12th graders – clinics to help you apply for State Scholarships

There will be a new application for 4-Hers who want to apply for the college scholarships offered through the state 4-H program. Application details will be posted soon on the state 4-H website. Applications will be due to the Extension office by 4:30 pm, **Tuesday, February 17, 2015**.

We already know that one component will be *My 4-H Resume*, the new form that replaces the Permanent Record. Expect to spend some time transferring your entries to the new form and preparing the rest of your application. To help, the Metro Awards & Recognition Committee will put on a series of three clinics for youth ages 15 – 19 applying for state opportunities and scholarships.

- **Tuesday, December 2, 7:00 – 9:00 pm.** Introduction to My 4-H Resume and how to get started.
- **Monday, December 29, 7:00 – 9:00 pm.** Resume work session.
- **Sunday, January 25, 2:00 – 4:00 pm.** My 4-H Story and putting your application together.

All clinics will be at the OSU Extension office in the annex building. Bring a laptop if you have one, a flash drive, your file with your Permanent Record, and your Record book. We highly encourage parents or leaders to attend as well. We think it will be most helpful if you attend all three sessions, but come to as many as you can. Please RSVP to Kelly at [Kelly.redwine@oregonstate.edu](mailto:Kelly.redwine@oregonstate.edu) or 503-655-8635. If there are no RSVPs the clinic will be cancelled.

### 4. Dress appropriately for Horse Judging and Hippology on December 7

Here are some tips to make your day at the Horse Judging and Hippology contests more enjoyable:

- Bring WARM clothing. It is unbelievably cold sitting in the bleachers and standing in the arena. Hats, gloves, scarves, pocket hand warmers, and a travel mug with a hot beverage will keep you and your 4-Her at your best.
- Bring nice clothing. 4-Hers are expected to be neat and clean for oral reasons. It doesn’t need to be fancy show attire, but looking presentable does count when giving oral reasons. Members can get ready in the restroom if needed.
- Bring food and drinks. Members can’t leave the event area until they are finished for the day. Provide them with snacks and drinks. Either bring a sack lunch or arrange for an adult to go pick up lunch.
- Bring supplies. Members should have a clipboard or similar writing surface, paper and a few pens or pencils. Members should **NOT** bring their 4-H manuals or study materials. All studying should be done before the contest.
- Cell phone use is restricted during the contest. If you think your 4-Hers will die of boredom waiting for their turn they can bring a non-related book or homework.
- Be ready to volunteer. Parents and leaders are needed for several jobs during the day. Contact the coordinators ahead of time or inquire at check-in.
- Wait patiently until the contest ends. Youth will be kept in a separate building from parents until they have finished for the day. In the afternoon, when most members have finished, there will be a Horse Bowl clinic for youth and adults. It takes a while to calculate scores, and we really want them to be correct! Awards are usually ready 1 – 2 hours after the last member completes the contest.
5. **4-Hers in grades 10 and 11 are invited to apply for National 4-H Conference**

   Apply now for National 4-H Conference, a weeklong training in Washington, DC. Join youth from across the country and develop your citizenship and leadership skills. All but $200 of the cost is covered. Applications due Monday, December 15, 2014.

6. **Teen Volunteers Needed for Community Service Project**

   The Head Start Pre-school located on the Clackamas Community College Campus is looking for teens interested in volunteering to assist with the preparation of materials for educational projects involving arts and crafts, sewing, and nature projects for pre-school aged children.

   Currently, there is a need to sew together squares, decorated by the children, to make a quilt, as well as gathering and preparing materials for children to hand-sew their own fleece hats. If interested, please contact Janet Nagele, 4-H Youth Development Educator.

7. **The Adolescent Brain: Why Do They Act That Way**

   Tip: As the adult, take control of your emotions; never let a disagreement with an adolescent escalate!

   If you love and work with pre-teens and teens, you need to recognize that the pre-frontal cortex in the human brain doesn’t fully develop until the late teen years into the twenties. The pre-frontal cortex is the part of the brain that functions to control screening out distractions, concentrating, assessing risk, calming down, dealing with frustration and managing emotional impulses. Thus in an argument, the developed adult pre-frontal lobe has the capacity to control our emotions and behaviors, but not for the underdeveloped adolescent brain. Adults thus have the capacity, and thus the responsibility to remain calm and controlled when in conflict with pre-teen and teenage youth.

   All of us in 4-H know that adult – youth connectedness (a positive relationship) is critical for youth to mature into successful, caring, and contributing adults. Adults who do not “take the high ground” in disagreements with adolescents, risk destroying the connection they have with the youth. So keep calm and use a disagreement as a learning opportunity to engage the teen in a discussion about their behavior, rather than their faults as a person. Remember, the behavior – not the child – is bad.

   *The words of advice come from David Walsh, PhD. David Walsh is the author of* Why Do They Act That Way? *Dr. Walsh is a teacher, scientist, therapist, and parent whose focus is on how adolescent brain development and chemistry lead to troubling behaviors.*

8. **Save the Date – 4-H WORLD is coming January 16 - 18**

   This annual regional leadership retreat is held at the 4-H Center outside of Salem. Watch the web and Facebook for registration information.

9. **National 4-H Beekeeping Essay Contest**

   The 4-H Beekeeping Essay is a great opportunity for 4-H members to research and write about honey bees. Cash prizes of $750, $500, and $250 will be awarded to the 3 top National winners. 4-H members can also use the information they gather to make an educational display for the fair. Essay contestants are not required to be enrolled in a 4-H beekeeping project. The topic for the 2015 essay contest is “Planting for Bees from Backyards and Up.” Essays due Sunday, February 1, 2015. Learn more about contest details here.
10. Carbon Monoxide Poster Contest
Alert! Middle school students wanted! Create a cool poster. Warn People about dangers of poisonous carbon monoxide (CO). Stop the invisible killer! Save lives! Win prize money!

Consumer Product Safety Commission (CPSC) is sponsoring a nationwide carbon monoxide safety poster contest to help warn people about the dangers of CO. Create a poster about the dangers of carbon monoxide. Possible topics include:

- Facts about CO: You cannot see it or smell it. It is an invisible killer
- What steps you can take to protect against CO poisoning
- How to recognize CO exposure and symptoms
- How to install and test CO alarms and why they are important

Three winners from each grade level will receive $500 each. One public vote winner will receive $500, and one grand prize winner (chosen from the finalists) will receive an extra $1,000. Posters will be posted on CPSC’s website and social media sites! Vote for your favorite!

The contest is open to U.S. residents in grades six, seven, or eight. Posters must be created by the middle school student, on the student’s own, without help from family, friends, or others. Only one poster per child may be submitted. Children of CPSC employees are not eligible to enter. Entries must be submitted to CPSC by Friday, February 27, 2015. For more information view the contest webpage.

11. Applications for the Apprenticeships in Science & Engineering Program now OPEN!
The Apprenticeships in Science & Engineering Program (ASE) Application is now OPEN! Saturday Academy’s ASE Program matches current 9 – 11th grade students with scientists and engineers for eight-week, full-time summer internships. Through this program, youth will:

- Learn about scientific & engineering careers
- Enhance your college application
- Gain professional experience
- Receive a $1,000 stipend

We encourage interested students to attend an information session this winter, or visit our website www.saturdayacademy.org/ase for more information. The application deadline is Monday, March 9, 2015.

12. Youth and Adults are encouraged to attend the American Youth Horse Council Symposium
Save the date for the 2015 AYHC Symposium, held March 27 – 29 in Eagle Crest, Oregon. The Conference includes workshops, tours, and live demonstrations. There are tracks for youth and adults. Topics will be relevant to many youth horse programs including 4-H. Members who have attended in the past reported that this was a worthwhile activity.

13. Free Rabbit Hutch for a 4-H Child
I have a free rabbit hutch for a 4-H child, and can send a picture to anyone who is interested. For more information please contact Heather Moyer at hmgardener@gmail.com.
14. Tools for Small-Scale and Mid-Sized Livestock and Poultry Producers and Processors
Are you raising livestock or poultry? Are you a small farmer? You might be interested in the Tools for Small-Scale and Mid-Sized Livestock & Poultry Producers and Processors provided by the USDA. What’s in the Toolkit?

- Grants and Loans for Producer and Processors
- Food Safety Tools
- Marketing Assistance Resources
- Organic Production Support
- Potential Partnerships Individual
- Resources for new farmers
- Resource phone numbers
  - Food Safety Inspection Service Small Plant Help Desk: 1-877-374-7435
  - Grain Inspection, Packers and Stockyards Administration Hotline: 1-800-998-3447

15. Job Corps Needs Carpentry Students
Carpentry, carpentry, carpentry! Job Corps centers in Oregon, Washington, and Idaho are accepting students ages 16 – 24, for Carpentry. The closest Job Corps center is just south of Estacada, so it’s very close!

Students will learn:
- Safety and use of carpentry tools
- Construction techniques
  - Residential
  - Commercial
- Carpentry technology
  - Preparing foundations
  - Framing
  - Drywall/wall coverings
  - Floor/interiors
- Educational Skills
  - Carpentry math
  - Writing construction reports.

Skills Required:
- Some math
- **NO carpentry knowledge needed!!**
- **Hard worker!!**

Students will receive the following certifications in the carpentry program:
- Construction Safety & Health OSHA 10 hour training
- NCCER Core Curriculum Completion
- NCCER Level 1 Carpentry of Completion
- **Union pre-apprenticeship program**

To apply, students must be age 16 – 24, low income (or over 18), and a US Citizen. Average length of training is 8 – 12 months. An average annual Carpentry salary ranges from $32,000 - $52,000. Please contact **Kaitlin Sage** at 971-673-6451.