Hello all,

Hopefully this newsletter finds you well and looking ahead to a great spring and summer with 4-H projects underway and community service events planned. Just as every year it is time now to start working towards those goals that you have set for yourself. No matter what the goal is, just take that step forward, work hard and you can and will achieve it.

Youth members in the swine project area there is a new virus out, because of this we need to take extra precautions. The virus is called Porcine Epidemic Diarrhea virus (PEDv) this has caught the attention of the swine industry throughout the United States. Currently it has not been found in Oregon but has been detected in some of our neighboring states. If you are purchasing a hog from outside Oregon it has to have a Certificate of Veterinary Inspection. If you have questions about what should be stated contact our office. Because of this virus there has been a decision to cancel pre-fair weigh-in for hogs this year.

Weigh-ins will be a little different this year for swine, sheep, and goats. For **swine you will be responsible** to get an ear tag from the 4-H office (FFA from your advisor), tag your animal, and take a photo of the animal with the tag in the ear showing the tag number. You then need to print a hard copy of the photo and bring it into the office on or before Friday, May 30th at 8 PM. **Sheep and goats** possession date weigh-in will be Friday, May 30th only. The scales will open at 1 PM and will close at 8 PM. This has changed from years prior so please help us pass this information on to all that will be affected.

With this being spring break many of you will be out picking out your project animal for the 2014 fair. As you get these animals remember that your records need to start at that point as well. If you have questions about record books you may want to sign up for the record book training scheduled for April 11th. We will be using the Crook County mobile computer lab for hands on experience. The space is limited so make sure you call the office and get your name on the list.

Tri County Livestock Judging Contest is just around the corner so hopefully you are planning on attending. This is a great opportunity for you to get a better understanding of livestock judging. This is a contest we have built in an educational component as well. After the contest the judge will give his oral reasons on all the classes and take questions. If you want to learn more about what to look for in a market or breeding animal come and join in the fun. There will be a 4-H club selling hotdogs, chips and a drink as a fund raiser for your convenience.

If you have any questions or concerns about your project feel free to stop by or give me a call anytime. I hope you all have a fun and safe spring break! Hope to see you all soon...

Jon
2014 4-H Calendar of Events:  This calendar will be updated as events are added or deleted

March 2014
1  Beef Weigh-in
4  Committee Meetings, 6:00 p.m.
15  Enrollment deadline for new members (for fair participation)
17  Executive Council, 7:00 p.m.

April 2014
5  Tri-County 4-H Livestock Judging Contest, Corwin Arena, Jefferson County Fair Complex
   (informational flyer and registration form pages 6 and 7)
8  Committee Meetings, 6:00 p.m.
11  Record Book Training, 3-5 p.m., at the Fairgrounds, pre-registration required (info. page 12)
14  Executive Council, 7:00 p.m.
25-27  Spring Horse Classic, Deschutes County Fairgrounds

May 2014
1  Registration opens for Summer Conference
2 and 3  Home Ec Skill Builders, Prineville
3  Tom Green Memorial Ranch Rodeo (Community Service Opportunity for Clubs)
10  OSU Days, Central Oregon Ag Research Center
21  3rd Grade Natural Resource Tour
24  Knot Alone Community Service Project, Jefferson County Fair Complex, 9-11 a.m.
30  Weigh-in, Sheep and Goat, Jefferson County Fair Complex, 1:00 to 8:00 p.m. (Info about swine on page 1 and 4)

June 2014
1  Registration closes for Summer Conference
2 and 9 are 4-H Horse Project Ride Nights
5  4-H Fair Registration Forms Due
10  Committee Meetings, 6:00 p.m.
16  Exec Council, Place TBA
16-18  Tractor Safety Training, (more information will be available soon)
24  Rabbit and Chicken weigh-in
25-28  OSU Summer Conference (flyer on page 11)

July 2014
7  Horse Meeting
8  4-H Community Service Project at the Fairgrounds
7 and 8  Record Book Check-off (new this year: read article on page 2)
11-13  Horse Fair
23-26  Jefferson County Fair
25 and 26  Presentation at Fair (times will be in on the 4-H Fair Entry Forms

August 2014
28  Jefferson County Livestock Auction checks available

September 2014
4  4-H Premium Checks will be available at the office

October 2014
4  4-H Record Books due for Judging
**New for 2013-14 Jefferson County 4-H**

Members enrolled last year must be re-enrolled by Thursday, January 30, 2014 for fair participation. Members new to the 4-H Program may enroll until March 31st and still participate in the fair. This is also the date for adding projects/clubs to existing enrollment forms. Members may not exhibit in a category or project at Fair for which they are not enrolled.

**Reminder about Fundraisers**

As you get started with 4-H Club activities for the new year, don’t forget this important information.

All 4-H clubs interested in doing a fundraiser must first (*prior to the event*) fill out an Intent to Fundraise Form. These need to be turned in by the 10th of the month—prior to the event.

**Jefferson County 4-H Enrollment**

Enrollment for the 2013-2014 year in 4-H has begun. The enrollment fee for Jefferson County is $35.00 per individual with a $70.00 maximum fee per family. After January 31 enrollment is $40.00 per individual and $80.00 maximum fee per family. Enrollment forms are available at the office. It is the desire of the 4-H program that this fee not be a barrier to participation. Please contact the office about applying for a scholarship if necessary.

**Jefferson County 4-H Newsletter**

The Jefferson County 4-H newsletter is available for 4-H members and their families and will be sent to families via e-mail. For those who would like to receive a hard copy in the mail, there will be a $10 yearly charge.

**Pre-Fair Record Book Check-Off “New for 2014”**

Record Book check-off will be a little different this year. Check off will be held on Monday and Tuesday, July 7th and 8th from 5:00 to 7:00 p.m. Volunteers will be available to check books for the following:

- 4-H Story (including introduction and goals)
- Permanent Records updated and include meetings attended, community service project, and expanded learning activity attended listed.
- All project records included and updated to July 1st.

**Oregon Open Campus Classes**

To view classes offered go to: [www.oregonopencampus.org/jefferson](http://www.oregonopencampus.org/jefferson) or for questions email Jennifer Oppenlander at: jennifer.oppenlander@oregonstate.edu or call 541-550-4133

Jennifer’s office is located at:

COCC in Madras

1170 E. Ashwood Road in Madras

**Attention:**

The office is open weekdays, Monday-Friday, excluding the noon hour and holidays. On Fridays 4-H staff, at times, may be out of the office or attending various meetings. Please call to set up a time to meet or please leave a message on the telephone, your call will be returned as soon as possible.

**Your mailbox is full!**

The office has a mailbox in the office that will have mail for the clubs. This mailbox will be taken to committee meetings each month. Also, if you have correspondence for the office you will be able to drop it off at committee meetings also!
## 2014 Growth Chart for Market Hogs, Goats and Lambs

### HOGS: 230-290

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<td>180-200</td>
<td>171-191</td>
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### GOATS

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### LAMBS

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**Weigh-In**

**Sheep and Goat**

**Friday, May 30th, 1 p.m. to 8:00 p.m.**

For **swine you will be responsible** to get an ear tag from the 4-H office (FFA from your advisor), tag your animal, and take a photo of the animal with the tag in the ear showing the tag number. You then need to print a hard copy of the photo and bring it into the office on or before Friday, May 30th at 8 PM.

*Save the date!*
**State 4-H Marine Science Ambassador Camp Enrollment OPEN- Deadline March 14!**

On-line registration is now available on the state 4-H web site for the 2014 Marine Science Camp for High School youth. Go to the State 4-H web site to register at http://oregon.4h.oregonstate.edu/marine-ambassador-camp-2014-application. Youth do not have to be enrolled in 4-H to apply. Tuition is $275. A $125 deposit must accompany the application form by March 14. Final payment of $150 is due April 25, 2014. Applicants are asked to print the form and bring it to the county office for Agent's signature so you are aware of the applications coming from your county.

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**The 4-H Experiencing Citizenship Conference**

Hi all. We want to be sure you know about the 1st Annual Experiencing Citizenship Conference that will be held in downtown Salem, March 22-25th 2014!

- If you are 13 to 18 years old we invite you to join us!
- If you are 19 to 21 you can be on the Leadership team!

If you are a leader or volunteer please pass this information on to your eligible members!

At Experiencing Citizenship you will learn and participate in our very own 4-H legislature, which will give you hands on experience of what it’s like to pass bills in the government. You will also have the opportunity to meet different legislators and get to visit the capitol buildings as well. In addition, your voice will be heard, as you give your vision on questions presented by various state agencies, such as the department of transportation, education, etc.

It won’t be all work however, as there will be cool hands on learning workshops, a pool night, cultural event, and many other opportunities to make lasting friendships from across the state. Please make sure you are registered by the 14th of March, cost is $150, but remember that covers meals and 3 nights in a nice hotel. Remember, we can’t have the best event possible without you, so please make sure you come!

Questions?
Contact Sam Meisenhelder or Marilyn Lesmeister

Register online at:
http://oregon.4h.oregonstate.edu/Experiencing-Citizenship-2014
Tri-County 4-H Livestock Judging

For information contact:
OSU Jefferson County Extension Office
541-475-3808
Or e-mail Jon Gandy At jon.gandy@oregonstate.edu

Register by:
March 24, 2014

Tri-County 4-H Livestock Judging Contest

Jefferson County Fairgrounds
430 SW Fairgrounds Road, Madras, Oregon
Saturday, April 5th at 10 a.m.

Register online at:
https://secure.oregonstate.edu/osuext/register/690
($5.00 Contest Registration Fee)
**Tri-County 4-H Livestock Judging Contest**  
**Jefferson County Fair Complex**

Name: ____________________________ County: ____________

Address: __________________ City: ____________ Zip: ______________

Email: __________________________ Phone: __________________

Please indicate: 4-H Junior Intermediate Senior FFA Beginning Advanced

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<th>Grade</th>
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If registering as a club please fill in the following:

Number of participants: _____ x $5.00 (each participant, non-refundable) = _______

Please make check payable to: OSU Jefferson County Extension Service

Mail registrations to: OSU Jefferson County Extension Service

430 SW Fairgrounds Road, Madras, Oregon 97741

For more information contact:

Jon Gandy, Jefferson County 4-H Coordinator
If you are looking for a new healthy recipe you may want to go to this OSU website and look up some recipes:

https://www.foodhero.org/

The following is a recipe from the website that you may want to try:

**Easy Cheesy Enchiladas**

**Ingredients:**
- 2 cans (15 ounces each) black beans, drained and rinsed
- 1/2 cup salsa
- 1 1/2 cups corn (frozen or canned/drained)
- 1 1/2 cups shredded cheese
- 8 10" whole wheat flour tortillas
- 1 can (15 ounces) enchilada sauce

**Directions**
1. Preheat oven to 350 degrees.
2. Lightly oil or spray a 9 x 13-inch baking dish.
3. Mix beans, salsa, corn, and half of the cheese together in a bowl.
4. Spoon about 1/2 cup of the bean mixture onto each tortilla.
5. Roll the tortilla and place seam-side down in baking dish.
6. Pour enchilada sauce over the tortillas and sprinkle with remaining cheese.
7. Bake for 15-20 minutes, or until hot.
8. Refrigerate leftovers within 2 hours.

**Notes:**
- This dish can be prepared in a microwave safe dish. Prepare as above and cook on HIGH in the microwave for 7-10 minutes or until steaming hot. Covering the dish will reduce spattering.
- Substitute pinto beans or kidney beans for the black beans.

**Serving size:** 1/2 enchilada

**Yield:** 16 servings

**Prep time:** 10 minutes

**Cooking time:** 20 minutes

**Nutrition Facts**

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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Trans Fat</td>
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<td>0%</td>
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</tr>
<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<tr>
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<tr>
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<tr>
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</tr>
<tr>
<td>Protein</td>
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Vitamin A 4%  •  Vitamin C 4%
Calcium 10%  •  Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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<th>Carbohydrate</th>
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<tr>
<td>Calories per gram:</td>
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Knot Alone

A 4-H Community Service Project

- 4-H members will be making no sew tie blankets for cancer patients.

- We will be donating them to St. Charles Cancer Center and Legacy Emmanuel's Cancer Healing Center.

- We need Donations of Fleece and/or Money to buy Fleece, Tape, Scissors, and Rulers.

- All Donations are Tax Deductable.

- Interested in helping make the blankets too? Give us a call!

- Visit our Facebook page Knot Alone-4H Jefferson County.

Why Donate to Cancer? In the US, almost 1/2 of men and 1/3 of women will be diagnosed with cancer. Everyone knows someone who is affected by cancer.

Contact us at

4-H Office at 541-475-3808 or Kiturah Cloud at 541-546-3535
Mark your calendars...

East of the Cascades Show Sale

Swine Sale and Educational Event
March 30, 2014
At the Deschutes County Fairgrounds

11 am
Pigs on display
Educational seminars

Auction to start at 1 pm

Silent Auction
Breeders will be on hand to answer questions

Fused and show supplies
Lunch available
Now is the time to start thinking about registering for Summer Conference!

Registration begins in May...

2014 OSU 4-H Summer Conference

June 25-28, 2014
Registration Open May 1 – June 1

4-H
CHANGING LIVES
SINCE 1902
Open to Youth Grades 7-12
Cost: $200
(Many counties cover part of this fee)
Oregon State University
Corvallis, OR

Make memories!
Experience OSU’s beautiful campus!
Enjoy fun classes and incredible speakers!

For more information, go to: http://oregon.4h.oregonstate.edu/4h-summer-conference
To the 4-H Family of:

Jefferson County Extension  Staff:
Dana Martin  (dana.martin@oregonstate.edu) Regional Administrator
Marvin Butler (marvin.butler@oregonstate.edu) County Leader
Jon Gandy (jon.gandy@oregonstate.edu) 4-H Youth Development Coordinator
Jennifer Oppenlander (jennifer.oppenlander@oregonstate.edu) OOC, Education Program Coordinator
Jill Eveland (jill.eveland@oregonstate.edu) 4-H Program Assistant/Secretary

OSU Extension Service Jefferson County Office
Website:  http://extension.oregonstate.edu/jefferson/index.php

OSU Jefferson County Extension 4-H Program has moved to the Jefferson County Fair Complex.
430 SW Fairgrounds Road, Madras, Oregon 97741  Phone: 541 475-3808

Record Book Training

There will be a record book training held on Friday, April 11th from 3-5 in the afternoon. This training will be held at the Jefferson County Fairgrounds in a mobile computer lab. So participants will be able to have hands-on experience with “fill-able” project records and gain other valuable information that will help them with record books. There is limited space for participants so sign up early and plan to attend. Call the office to sign up at (541) 475-3808.

There are still RECORD BOOKS in the office that members have not picked up. So if you are looking for yours you may want to call and see if it is here!