INSIDE THIS ISSUE:

Welcome New 4-H Families 2
New Leaders and Clubs Enriching Gilliam 4-H 2
Beginning Measuring Workshop 3
Public Speaking Can Be Fun! 3
4-H Club Meetings 3
Bugaloo* Your Way to Being a Camp Counselor 4
Let YOUR Voice Be Heard in Salem 4
Interested in an Animal Related Career? 5
4-H Calendar 5
4-H College Scholarships Due 5

HAPPY NEW 4-H YEAR!!

Lisa Greene’s decision to make a career change saddened me. I miss her unrestrained enthusiasm for 4-H. Lucky for us, Lisa still lives in our community and 4-H will benefit from her talents in the future.

Oregon 4-H is experiencing a staff hiring freeze and multiple counties have open 4-H positions. Best guess is it will take OSU two years to fill the Gilliam position. Because 4-H is so close to my heart, I volunteered to return to a pared down version of my old job. Gilliam County generously funds 25% of the 4-H position, an important fact that opened the door with OSU. Being retired allows for such crazy decisions! Together with Jann Manwell in the office and help from super parents and dedicated volunteer club leaders, we can keep Gilliam County 4-H up to its excellent standard. You can pay me back by encouraging a 4-H member to give a formal presentation at the county fair!

Contact Information for Cindy Osterlund

Office hours: Most Mondays and Tuesdays

Home phone: 541-422-7173
Please call before 7:30 pm. I am an early riser.

Email: My work email should be functional by the end of the month. For now, use my personal email:

cindyosterlund@gmail.com or send a message via jann.manwell@oregonstate.edu
Welcome New 4-H Families

We are excited you have decided to join Gilliam County 4-H! This newsletter and multiple emails will keep you informed of upcoming events and opportunities for your child. There are many things to learn about club meetings, 4-H project work, record books, county events and more during your first year. For your benefit 4H: A Family Program is included in this newsletter. Please don’t hesitate to ask your club leader, myself, or contact Jann in the office with any question.

New Leaders and Clubs

Can you put up with a few feathers in your back yard? Jen and Dustin Hall will lead a Poultry club in Condon. Small birds (pigeons, chickens, etc.) can be raised easily in your back yard in a pen, of course. The Halls have experience raising turkeys and can assist members in obtaining turkey chicks. Jen Hall (503) 319-7467.

Jordan Maley and Jeff Schott are excited about launching a Robotics club. Members will build a Lego robot and learn how to write a computer program that directs the robot’s actions. When you get the robot to shoot a ball through a hoop--call me up to see! Jordan Maley (503) 568-2554; Jeff Schott (541) 993-2480.

Amanda Wilson is leading a Dog club. Teach your dog obedience moves and how to navigate an agility course. Several people are signed up. How about you? It would be fun to see dogs in action at our county fair this year. Amanda Wilson (541) 701-1716.

Tina Potter is co-leading the 4-H Ambassador Club with Mary Reser. Applications are closed for this year, but you can let your interest be known if you are interested in this leadership and service club.

Tina Weiser is taking the helm of the The Northern Hams swine club from April Aamodt. April earns a much deserved leadership break after 28 years of helping youth raise hogs. Note to April: I expect to see you back someday with a grandchild or two!
Beginning Measuring Workshop

First year and junior members are invited to this fun workshop. Learn to measure ingredients correctly and practice a measuring contest. Members will also learn how to do a food contest at the county fair. Workshop will be held at the Morrow County Fairgrounds on Friday, January 18 from 10am to noon.

**NOTE**: Gilliam County will host a pre-fair learning day in July, 2019 for all food members. Topics will include: Tips for preparing your food and food preservation exhibits, practice measuring contests, practice food preparation contest, table setting tips and what to expect when being interviewed by the foods judge. In the afternoon of the same day, intermediate and senior foods project members will be able to compete for state fair qualification with any current state fair food preparation, table-setting contest or public speaking presentation. Younger participants are invited to stay and watch. Details to come.

Public Speaking Can Be Fun!

One of my passions is teaching public speaking to youth. *Speak-easy*, a fun interactive workshop complete with puppets, silly hats, presentation kits and ice cream sundaes may be coming to your classroom.

School age youth (K-12) in Condon and Arlington will have the opportunity to audition for a part in a musical. Actors from Missoula Children’s Theater will direct the productions. A cast of up to 60 youth will be selected for each production: *The Snow Queen* —March 4-9 in Condon and *Gulliver’s Travels*—February 18-23. What a terrific opportunity to increase your public speaking skills!

4-H Club Meetings

**A Stitch in Time**: Sunday, January 13th, 2:30 pm - Condon; Meets the 2nd Sunday of the month unless otherwise specified

**Archery Club**: Sunday, January 13th, 1:00 pm @ The Gronquists, Arlington

**Cloverbuds**: Friday, January 18th, 3:00 pm @ ESD Conference Room, Condon. Meets the 2nd Friday of each month unless otherwise specified

**The Hams**: Monday, January 14th, 6:00 pm @ Gilliam County Fairgrounds

**Sharp Shooters**: Sunday, January 27th, 1:00 pm @ Arlington Gun Club

**Condon Poultry**: Wednesday, January 23rd, 6 pm @ Gilliam County Fairgrounds
Camp counselors are the heart of Tri-County 4-H camp. We are looking for excellent role models to form the counselor leadership team. The work is challenging, the leadership experience is invaluable, and the adoration of your campers is irreplaceable.

**Camp Counselor Requirements:**
- Enthusiasm to spare!
- Enjoys working with younger youth!
- Desire to improve your leadership skills!
- Willing to forgo attending other camps or overnight events the week of 4-H camp
- Can attend camp counselor training on Sunday, March 10 (Arlington High School), Sunday May 5 (Ione High School), June 5 (evening at Burns Park in Condon) and camp June 12-16, 2019.
- Currently in the 8th grade or higher

All dates are mandatory and no partial exceptions will be made. Prospective counselors will be observed and interviewed during the first training day and notified of acceptance into the program by April 1, 2019. Camp counselor applications have been mailed and are due February 1, 2019.

*Bugaloo is a popular camp song first introduced by Benjamin Rietmann in 2013.*

Older youth (grades 8 to 12) are invited to **Youth Voices in Action** taking place at the Salem Grand Hotel and Convention Center. You’ll have the opportunity to visit Oregon’s Capital, meet legislators, work in teams, and be challenged to think about issues that affect Oregon. Experience citizenship with teens from around the state and make your opinions heard! The conference takes place on Sunday, March 24 — Wednesday, March 27, 2019. Cost: $60 with a completed Jaeger scholarship application. We can email you a copy. In addition a few need-based scholarships will be available.

**Online registration will open January 15, 2019.** If you already have an account from previously registering for Summer Conference, you can use the same information to log on. First time users must set up an account. Go to the Gilliam County OSU Extension Webpage: [https://extension.oregonstate.edu/4h/gilliam](https://extension.oregonstate.edu/4h/gilliam). Click on Youth Voices in Action. You’ll be able to register from this site. OR come into the office and Jann will help get you registered.
Welcome to 4-H

Congratulations! Your family is joining one of the largest educational youth organizations in the United States. 4-H is truly a family program. While the educational experience of 4-H is designed for youth, adult involvement is a key to their success. Your support keeps your child interested, enthusiastic, and active.

Some families have busy schedules, and you may be wondering about adding an additional activity if you already feel like your family doesn’t have enough time to spend together. 4-H helps solve this problem by offering hundreds of projects in which youth and their families can learn and grow together.

4-H Benefits Families

Sharing activities builds strong family relationships. 4-H can help bring families together through a learning project that is of interest to the entire family. With so many projects to choose from, there is sure to be one that will spark the interest of your family.

4-H events are often family events. The 4-H member might have a main role to play, but the entire family can be part of the experience. Many clubs and county programs hold annual family picnics, family nights, contests, and recognition programs. These activities bring 4-H members and families together and provide a cooperative learning experience.

Families can take on supportive roles to encourage the member. By encouraging your child to complete 4-H projects, you help him or her learn many life skills as well as leadership and citizenship.

Participating in 4-H helps members and their families connect to and become involved in their community and expand their social network. This sense of belonging helps 4-H members become successful young adults.

Expectations for Adults

While 4-H is essentially a program for youth, the support of adults is beneficial. Following is a list of things you can do to help your child have a successful 4-H experience.

- Assist your child in selecting 4-H projects.
- Be a positive role model.
- Provide transportation to local meetings and county activities in which your child is interested.
- Attend 4-H meetings and other special activities.
- Take an interest in your child's 4-H projects and activities. Encourage your child to attend all meetings and to take an active role in planning activities.
- Be aware that there may be costs involved with projects. Help provide materials and equipment needed.
- Help your child be prepared, but allow him or her to complete projects independently.
- Encourage your child when he or she succeeds but even more so when things are not going well.
- Be available to help with community service projects, fundraisers, and county activities.
- Encourage your child to keep up-to-date records.
- Offer to assist the 4-H club leader and other volunteers.
- Become familiar with all aspects of the 4-H program.
Expectations for Youth

A member enrolled in his or her first 4-H project has the ability to learn many new things about this interest; share this knowledge with others at club meetings and county contests; and display success through exhibits, fairs, and other events. To help achieve all this, members are expected to do the following:

- Select projects with guidance from a 4-H volunteer and parents or guardians.
- Actively participate in chosen projects.
- Keep a record of project work.
- Attend club meetings, and participate in club activities.
- Abide by the 4-H Code of Conduct.

Members may take on additional roles in the 4-H program such as club officer, junior leader, or teen fair superintendent. As their involvement in the club or county program grows, so does their level of learning and confidence.

Extension Support

4-H is designed to provide a positive experience for members, clubs, and families. The 4-H program has a proven record of providing education, evaluation, recognition, and opportunity to succeed. As a 4-H family, you have access to an extensive support network and many helpful resources.

Your 4-H club leader is prepared to help members with project work and notify them of activities related to their project. Families of other members in the club are great resources for new 4-H families.

4-H staff, who work at local Extension offices, can answer many questions and provide good suggestions for helping with projects. The staff member in charge of the 4-H program is available to provide support, education, and help with problem solving.

Your local Extension office provides services that allow 4-H activities to occur. Local 4-H staff recruit and train volunteers, distribute 4-H project materials, facilitate events, teach educational programs and trainings, and work with the county 4-H leaders association.

Project materials, videos, and teaching aids are available from your local Extension office and online. Each office, working with Oregon State University, can provide materials for a project the state supports. Local 4-H staff and volunteers create materials for county-only projects and activities.

Websites for local Extension offices and OSU offer additional information. Visit the Oregon 4-H website (http://oregon.4h.oregonstate.edu/) to become better informed and enjoy what 4-H and the OSU Extension Service have to offer.
### Interested in an Animal Related Career?

Have you ever wanted to explore a career in animal science or veterinary medicine? This program brings high school students together for a fun overnight adventure at the Oregon Zoo followed up by a visit to Oregon State University in Corvallis. In addition to viewing the animals in their nighttime environment, you will visit the zoo kitchens, and the veterinary medical center. You’ll sleep on the floor (foam mats provided) in a zoo classroom for the evening and meet some exotic animals up close. The second day is a field excursion to the Oregon State University Campus to meet faculty and learn about careers in the field of animal science. Sign up for **4-H ExCEL in Animal Science**. Cost will be $25. If you are interested contact the OSU Extension office and we will try to arrange car-pool transportation. A Jaeger Scholarship will provide $75 toward the cost. Parents can also attend. [https://extension.oregonstate.edu/4h/portland/events/4-h-excel-exploring-careers-education-leadership-animal-sciences](https://extension.oregonstate.edu/4h/portland/events/4-h-excel-exploring-careers-education-leadership-animal-sciences).

### 4-H Calendar

<table>
<thead>
<tr>
<th>January</th>
<th>February</th>
<th>March</th>
<th>May</th>
<th>June</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 Youth Voices in Action online registration opens</td>
<td>15 Camp counselor applications due</td>
<td>4-9 Missoula Children’s Theater, Condon Grade School</td>
<td>5 Camp Counselor Training second session, Ione School</td>
<td>5 Camp Counselor B-BQue, Burns Park, Condon</td>
</tr>
<tr>
<td>18 Measuring/Food Contest Workshop, Heppner Fair Grounds</td>
<td>18 4-H Leader Meeting, Gronquist Building, Arlington</td>
<td>8-10 Eastern Oregon Leadership Retreat TBD</td>
<td>15 OSU Summer Conference online registration opens</td>
<td>13-16 4-H Camp, Cutsforth Park (east of Heppner)</td>
</tr>
<tr>
<td>19 New Leader Orientation, 10 am to 1:30 pm with lunch</td>
<td>20 State 4-H scholarships due to OSU Extension Office</td>
<td>10 Camp Counselor Training, Arlington High School</td>
<td></td>
<td>26-29 OSU Summer Conference</td>
</tr>
<tr>
<td>27-28 4H ExCELL in Animal Science</td>
<td></td>
<td>13-17 Urban Exchange, Portland</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29 Speakeasy, Mr. Colby’s classroom, Condon Grade School</td>
<td></td>
<td>24-27 Youth Voices in Action, Salem</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 4-H College Scholarships Due February

Oregon 4-H offers a number of 4-H scholarships statewide. Detailed information can be found at: [http://oregon.4h.oregonstate.edu/programs/recognition/scholarship/state](http://oregon.4h.oregonstate.edu/programs/recognition/scholarship/state) These scholarship applications must be approved by the county agent and are due to the OSU Extension Office by February 20, 2019.
4-H Enrollment Due January 31

Thank you to all who have enrolled for the 2018-19 4-H year. We are still accepting enrollment. The deadline was extended due to staff transition. All members should NOW be registered by the end of January. Fees are $35.00 ($10 for county and $25 for the state with a maximum of a $50 state fee for a family with more than 2 youth enrolled.) Some fee scholarships are available. Please inquire at the office.

Enrollments will continue to be accepted after January 30 for new project clubs, short term summer clubs, leadership events and youth new to the area. A member may add or subtract a project from his enrollment at any time.

Most clubs have started or will be starting very soon! Please contact the leader directly to confirm meeting dates and times. The office sends out meeting reminders via email on a regular basis IF the leader has provided current information to Jann.