Help us spread the word!

Join 4-H by January 15, 2019

1) To be eligible to exhibit in 4-H at Fair
2) To request an enrollment scholarship
<table>
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<tr>
<th>Jan</th>
<th>Contact your Community Club Leader for Meeting Dates and Times</th>
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<tr>
<td>Jan 1</td>
<td>Holiday—Extension Office Closed</td>
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<tr>
<td>Jan 8</td>
<td>Lane County 4-H Association Meeting, 6:00pm, Extension Office</td>
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<td>Jan 8</td>
<td>Fair Awards Committee Meeting, 7:30pm, Extension Office</td>
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<td>Jan 9</td>
<td>New Date! 4-H Community Club Leader Meeting, 6:00pm, Extension Office</td>
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<td>Jan 11</td>
<td>SOLAR Teen Leadership registration deadline</td>
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<td>Jan 12</td>
<td>Junior Leader Training, 9:00am-12:00pm, Extension Office</td>
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<td><strong>Jan 15</strong></td>
<td>Last day to enroll to be eligible to exhibit at Fair</td>
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<td><strong>Jan 15</strong></td>
<td>4-H Enrollment scholarship application deadline</td>
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<tr>
<td>Jan 15</td>
<td>Superintendent Meeting, 6:00pm, Extension Office</td>
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<td>Jan 18-20</td>
<td>SOLAR Teen Leadership Retreat, Camp Myrtlewood</td>
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<td>Jan 23</td>
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<td>Jan 23</td>
<td>Youth Superintendent application deadline</td>
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<td>Feb</td>
<td>4-H Community Club Leader Meeting, 6:00pm, Extension Office</td>
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<td>TBD</td>
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<td>Feb 12</td>
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<td>Feb 18</td>
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<td>Feb 27</td>
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<td>Mar</td>
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<td>Mar 6</td>
<td>Lane County 4-H Association Meeting, 6:00pm, Extension Office</td>
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Dear Lane County 4-H Family,

Happy new year! I’m just returning from a wonderful vacation full of family, gratitude, and breathing deeply in the crisp northwest air. I hope you, too, took time to slow down and do something healthy and rewarding for yourself and loved ones. As we get back into our busy lives, I’d encourage you to start thinking about educational opportunities for your 4-H projects. You’ll see there are many clinics and shows offered around our region for you to take advantage of, and several coming up locally. I’m offering the annual Junior Leader Training this month and your trusty Superintendents are finalizing plans for animal science and static project workshops. Keep an eye on the newsletter and our Facebook page for updates and announcements!

Sincerely,

Emily

Emily Anderson
4-H Youth Development Educator

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Youth Suicide Prevention Training

This training is FREE and open to 4-H youth, leaders, parents, and the general public.

**When:** January 7, 2019 6:00-8:00pm

**Where:** Douglas County OSU Extension Service, 1134 SE Douglas Ave, Roseburg, OR

**RSVP by January 4th** to Holly Burton at holly.burton@oregonstate.edu or by calling 541-672-4461

See [flyer](#) for details

Register online [here](#)
Calling Youth Leaders!

4-H Junior Leader Training

Build your leadership skills and take on a leadership project in your 4-H club! Junior Leaders work with an adult leader to support younger members and club activities.

Find more details on this flyer!

For: 7th-12th grade youth plus an adult leader mentor

When: Saturday, January 12, 9:00am-12:00pm

Where: Lane Extension Office, 996 Jefferson Street, Eugene

RSVP with your mentor by January 9: Emily.anderson@oregonstate.edu

SOLAR POWER

Southern Oregon Leadership Activities & Retreat

A weekend filled with leadership building activities and lots of fun!

Who: 4-H members in grades 7-12

When: January 18-20, 2019

Where: Camp Myrtlewood, Bridge, OR

Cost: $56 (scholarships may be available)

See Flyer for details

Registration Scholarship Application

Become a Youth Superintendent!

Are you a 14-18 year old member interested in taking on a larger role at Fair? If so, consider applying to be a Lane County 4-H Youth Superintendent! Selected applicants will work closely with an adult Superintendent in a specific project area to support year-long educational activities and Fair events.

Applications can be found HERE and are due in the office January 23rd!
Explore Something New!

4-H ExCEL in Animal Science

The career of your dreams is within your reach. Together, OSU Extension 4-H and the Oregon Zoo are providing an exciting opportunity to help you explore different careers, prepare for education after high school, and thrive in leadership roles.

Registration is open NOW to all 4-H high school youth! New this year is the Zoo Snooze! Spend the night at the Zoo and get a back stage pass to animal exhibits, the vet hospital, and animal kitchen!

When: January 27-28, 2019
Cost: $100 before Dec 31, $110 after Dec 31st  Scholarship are available!
See Flyer for more information
Call 971-361-9633 for registration and details

4-H W.O.R.L.D. is now open!

W.O.R.L.D. is Western Oregon Retreat for Leadership Development. Meet new friends, experience exciting classes and learn leadership skills at a fun, exciting event.

Who: Any youth in grades 7-12 in Oregon
When: February 15-17, 2019 with optional Camp Counselor Training February 17-18
Where: Oregon 4-H Center

Register Here

Classes include: Yoga Basics, Swing Dancing, Easy Pancakes for Any Meal, Nature Hike, Colors-Personality Analysis, Basics of Programming using Ozobots, Wilderness Survival Skills for Beginners, Social Dancing for Fun & Exercise, Things that Fly-Rocketry, Public Speaking, Creative Writing, Do it Safely-Skills for Life, Art with Nature, Community Service and More!

Contact Melanie McCabe at Melanie.mccabe@oregonstate.edu or 503-373-3756
Beef Clinic and Mini Practice Show

All welcome!

Dress warm! Bring calves, or come and watch.

Thank you to Mark and Rich for organizing this event!

When: Saturday, January 19, 2019 from 10-12:30

Where: Mark Meyer’s Ranch, 84239 Cloverdale Rd, Creswell, 97426

Questions, or if you need a calf to practice with, call Rich Pfleger 541-914-8033

Hope to see you there! Rene’ Speer 715-928-0385

Snowshoe Special 4-H Small Animal Show

Rabbits-Cavies-Poultry-Pigeons

When: Saturday, January 19, 2019

Where: Benton County Fairgrounds Auditorium, 110 SW 53rd St, Corvallis

Animal Dress-Up Contest * Silent Auction * Concession

See flyer for details and registration

Questions? Contact Lisa Wolfe 541-619-6019

4-H Critter Campus 2019

A time to have fun & learn more about ‘critters’, Showmanship & more—rabbit, cavy, pets, chicken, turkey & more.

When: Saturday, January 19, 2019, 10:00am-3:00pm

Where: Polk County Fairgrounds, Rickreall, OR

See flyer for details and registration

Questions? Contact Susan Busler, Polk County Extension, 503-623-8395
Explore Something New!

4th Annual Western Region Livestock Education Day

**When:** January 12, 2019  
**Where:** Polk County Fairgrounds in Rickreall, OR  
Free and Open to all Junior, Intermediate, and Senior members as well as FFA members  
Find details and registration [here](#)

Winter Extravaganza 4-H and Open Schooling Show

*Benefitting Yamhill Co. 4-H Horse Program*

**When:** January 12, 2019  
**Where:** Yamhill County Fairgrounds, McMinnville, OR  
Pre-Entry due by January 4th  
Find details and registration [here](#)

Spring Classic

*Have you heard of “Spring Classic?” This is the statewide 4-H event for Intermediates and Seniors that includes the following contests:*

- Horse, dog, rabbit, and poultry judging  
- Horse, dog, rabbit, livestock, and avian quiz bowls  
- Hippology  
- Livestock skills  
- Presentations, team presentations, and public speaking (dog, rabbit, cavy, poultry, pigeon, livestock, and horse)

This year’s event will be in Redmond, May 17-19. Check out all the details [here](#).  
If you’re interested in qualifying for one of these contests, please contact Emily Anderson for all the details!
Explore Something New!

**Rickreall Round-Up**

Rabbit * Cavy * Poultry

**When:** February 9, 2019  **Where:** Polk County Fairgrounds Main Building
See [flyer](#) for details and registration

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**Sweetheart Small Animal 4-H Show**

Showmanship and Conformation classes for *Rabbits, Cavies, Poultry, Pigeons, Waterfowl, and Exotics*, Pee Wee Show and Tell, Carrot and Mealworm eating contests, Costume contest, Scavenger hunt, Concessions, and a Silent Auction!

**When:** Sunday, February 10, 2019

**Where:** Benton County Fairgrounds, 110 SW 53rd St, Corvallis, OR 97333
See [flyer](#) for details and registration
Questions? Contact Heather at 541-908-5678

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**2019 National 4-H Beekeeping Essay Competition: Call for Entries**

**Submission Deadline to State Office:** February 15, 2019

**Sponsored by:** Foundation for the Preservation of Honey Bees

**2019 Essay Topic:** Honey Varietals, State to State

Each jar of honey reflects an unreapetable combination of climate, soil, weather and flowers. Each state has unique honey varietals that beekeepers can market to their customers. Please identify one unique varietal to your state and discuss the flower’s uniqueness and how beekeepers can effectively market that varietal.

Find details [here](#)

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**Save the Date! Critter Romp**

_Poultry-Rabbits-Cavies-Pigeons-Cats-Dogs_

**When:** March 2, 2019  **Where:** Yamhill Co Fairgrounds, McMinnville

[Flyer](#) and registration to come!
Explore Something New!

2019 Fashion Revue Challenge is Out of this World!

The theme for the 2019 Fashion Revue Challenge will be “Clothing of the Future”. What will clothing be like? Maybe the new fabric will be recycled plastic! Maybe clothing will include technology that helps keep us live happy and healthy. Maybe there will be sensors to tell what and when we need to eat, or technology to keep our body temperature steady, or special lighting to help us be visible (or invisible!) when needed. Or maybe your thoughts revolve around clothing styles and accessories; perhaps our clothing will have jet packs built into them or maybe our shoes’ soles will be hover boards.

So many ideas, so little time... put on your “Future” cap and get those ideas formulating. Bring out the shears and sewing supplies and create your view of clothing in the future. The 2019 Fashion Revue Challenge is waiting for you; the future is now!

2019 Celebrate our World’s Country of Celebration is...

The Country of Celebration for the 2019 fair season is Greece!

Mamma Mia here we come! We can already taste the food, feel the sunshine, and see the beautiful scenery. Greece with its vibrant colors, deep blue and green colors of the sea, rich culture, and scrumptious food is awaiting your exploration and is eager to be of influence for your next project!

42nd Annual American Youth Horse Council Symposium

When: March 8-10, 2019


What: 3 days of live demonstrations, presentations, education, discussion, exhibits, awards, and fun for all.

The dark days of winter.

Seasonal depression is a condition that many people deal with each year. The months of winter can be dark and cold, and sometimes people just feel weighted down. It’s a good thing there are ways to help this! To bring your spirits up in the winter, surround yourself with positive people, like your friends and family. Play a board game with them, or go see a movie! Exercise can also make you feel better by getting your body moving and releasing an important chemical in your body called endorphins. Seasonal depression can be a period of darkness, so try different activities to brighten your days!

Let’s Get Fit...And Warm!

Rain, snow, and cold temperatures can make exercise seem difficult in the winter. Luckily you can still find ways to get active! Of course, on dry days you can always bundle up and go for a walk; but you can also find indoor places to walk around, like a mall or grocery store. You can also go to your local community center and look for upcoming events that will help you get active, or join a winter sport, like basketball!

Monthly Munchie:

Easy Cheesy Enchiladas!

Ingredients

- 2 cans (15 oz.) black beans, dried and rinsed
- 1/2 cup salsa
- 1 1/2 cups corn
- 1 1/2 cup shredded cheese
- 8 10” whole wheat tortillas
- 1 can (15 oz.) enchilada sauce

Directions

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

Health Challenge!
Tell us how you stay positive! Email lanecounty4H@oregonstate.edu
Join 4-H!

Are you enrolled in 4-H?

1) January 15th is the last day to enroll in Lane County 4-H and be eligible to exhibit in 4-H at Fair.

2) January 15th is the last day to request a 4-H enrollment scholarship.

3) After January 15th, only enrolled 4-H members will receive the Lane County 4-H monthly newsletter, The Clover Connection, by email.

⇒ The Clover Connection will continue to be found on our website and Facebook page.

Lane County 4-H Community Clubs/Projects/Meeting Times

Youth Enrollment Packet

Fee Sheet

Youth Scholarship Application

Photo Opt Out Release

New Volunteer Application Packet

Returning Volunteer Enrollment Packet
Contact 4-H Staff

with questions, comments, and to learn more about 4-H!

LaneCounty4H@oregonstate.edu or call 541-344-5043

Emily Anderson, 4-H Youth Development Educator  emily.anderson@oregonstate.edu

Emily McDonald-Williams, 4-H Education Program Assistant  emily.mcdonald-williams@oregonstate.edu

Donna Mastrandrea, 4-H Office Support  donna.mastrandrea@oregonstate.edu

Patty Driscoll, Administrative Program Assistant  patty.driscoll@oregonstate.edu

Stay Connected with Lane County 4-H!

Website  http://extension.oregonstate.edu/lane/4h

Facebook  https://www.facebook.com/LaneCounty4HOregon

Twitter  https://twitter.com/OSUExtLane