### 4-H CALENDAR OF EVENTS

**Oct**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Oct 3</td>
<td>New 4-H Year Begins!</td>
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<tr>
<td>Oct 6</td>
<td>4-H Kick-Off BBQ, 11:00am-2:00pm, Emerald Park, Eugene</td>
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<tr>
<td>Oct 6</td>
<td>Eugene 4-H Community Club Meet &amp; Greet, 11:00am-2:00pm, Emerald Park</td>
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<tr>
<td>Oct 9</td>
<td>Lane County 4-H Association Meeting, 6:00pm, Extension Office</td>
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<tr>
<td>Oct 11</td>
<td>Springfield 4-H Community Club Open House, 6:30pm, Trinity Baptist Church, Springfield</td>
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<tr>
<td>Oct 11</td>
<td>West Lane 4-H Community Club Open House, 6:00pm, Elmira Grange, Elmira</td>
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<tr>
<td>Oct 12</td>
<td>Crow 4-H Community Club Open House, 6:30pm, Crow Grange, Crow</td>
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<tr>
<td>Oct 15</td>
<td>Superintendent Meeting, 6:00pm, Extension Office</td>
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<tr>
<td>Oct 22</td>
<td>North Lane 4-H Community Club Open House, 6:30pm, Santa Clara Grange, Santa Clara</td>
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<tr>
<td>Oct 23</td>
<td>Cascade Foothills 4-H Community Club Open House, 6:30pm, Pleasant Hill Community Ctr</td>
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<tr>
<td>Oct 24</td>
<td>Lane Leadership Team Open House, 6:00pm, Extension Office</td>
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**Nov**

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Nov 3</td>
<td>4-H Fall Conference, W.O.E., Cottage Grove - Cancelled</td>
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<tr>
<td>Nov 4</td>
<td>4-H Recognition Banquet, 5:00pm, River Road Park Multi-Purpose Room, Eugene</td>
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<tr>
<td>Nov 7</td>
<td>4-H Community Club Leader Meeting, 6:00pm, Extension Office</td>
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<tr>
<td>Nov 12</td>
<td>Holiday, Extension Office closed</td>
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<tr>
<td>Nov 13</td>
<td>Lane County 4-H Association Meeting, 6:00pm, Extension Office</td>
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<tr>
<td>Nov 19</td>
<td>Superintendent Meeting, 6:00pm, Extension Office</td>
</tr>
<tr>
<td>Nov 22-23</td>
<td>Holiday, Extension Office closed</td>
</tr>
<tr>
<td>Nov 28</td>
<td>Lane Leadership Team Meeting, 6:00pm, Extension Office</td>
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</tbody>
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**Dec**

<table>
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<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Dec 5</td>
<td>4-H Community Club Leader Meeting, 6:00pm, Extension Office</td>
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<tr>
<td>Dec 11</td>
<td>Lane County 4-H Association Meeting, 6:00pm, Extension Office</td>
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<tr>
<td>Dec 17</td>
<td>Superintendent Meeting, 6:00pm, Extension Office</td>
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<tr>
<td>Dec 25</td>
<td>Holiday, Extension Office Closed</td>
</tr>
<tr>
<td>Dec 26</td>
<td>Lane Leadership Team Meeting, 6:00pm, Extension Office</td>
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Dear Lane County 4-H Family,

Welcome to National 4-H Week and the new 4-H year! Enrollment is officially open for the 2018/2019 year so be sure to get your forms in while enrollment fees are discounted. We have four new Community Clubs starting this year and I just trained 12 new leaders this week! I am thrilled to see our program growing by leaps and bounds! Our Fall Kick-Off BBQ is this Saturday and the Recognition Banquet for last year’s enrolled youth and leaders is just around the corner on November 4. I hope both are on your calendar and I look forward to seeing you there!

Sincerely,

Emily

Emily Anderson
4-H Youth Development Educator

10th Annual BRING Home & Garden Tour
OSU Extension Service September 9th, 2018

Thank you to Lane Leadership Team members Brayden Hilderbrand, Danielle Martin, and leader, Elizabeth Gangwer, for representing 4-H and BRING Home and Garden Tour last month!
WE NEED YOU!

The Lane County 4-H Association is seeking volunteers for the following positions:

President
Community Member At-Large

Our role is to provide recommendations and financial support to the Lane County 4-H Program. If you are interested in joining a group of volunteers dedicated to supporting positive youth development in Lane County, please join us at our next board meeting held on the 2nd Tuesday of the month at 6 pm at the OSU Extension Office. Or contact the board Secretary at: ambernton527@gmail.com
**Join the Lane Leadership Team!**

**You’re invited!**

**Lane Leadership Team Open House!**

*October 24, 2018 at 6:00 PM*

Come learn what the Lane Leadership Team is all about! Returning and new members welcome!

*Ages 12 and up!*

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**Join the Lane County 4-H**

**LANE LEADERSHIP TEAM**

Learn leadership skills, have an impact on your 4-H community, and make new friends!
Join 4-H!

4-H Enrollment is open NOW for 2018-19!

We are so excited for the new 4-H Year! Join now at the 4-H Fall Kick-Off event at Emerald Park or at 4-H Community Club Open House events or regular club meetings. Bring your completed application and payment to the Extension office or turn in to your 4-H Community Club leader.

Join by October 31st and save on your enrollment fee!

Lane County 4-H Community Clubs
Youth Enrollment Packet
Fee Sheet
Youth Scholarship Application
Photo Opt Out Release
New Volunteer Application Packet
Returning Volunteer Enrollment Packet
4-H FALL KICK-OFF BBQ!

You and your family are invited to help us celebrate National 4-H Week by joining Lane County 4-H for a day of fun games, a delicious barbeque, and the opportunity to learn more about what Lane County 4-H has to offer!

- Entertainment for the whole family with games, art and crafts, and new friends of all ages
- Chat with the 4-H staff and volunteers who will be on hand to help you choose the right club or 4-H activity for your family and get you started in the program.
- Learn about the brand new programs and clubs coming to Lane County 4-H this year!
- We will be celebrating rain or shine!

Saturday, October 6, 2018
11:00 AM - 2:00 PM
Emerald Park, 1400 Lake Dr, Eugene, OR 97404

For more information contact:
541-344-5043, Emily.anderson@oregonstate.edu
INTRODUCING

Eugene 4-H Community Club

MEETINGS TO BE HELD AT
OSU LANE COUNTY EXTENSION OFFICE

Join us at the 4-H Fall Kick Off event to learn more!
Oct. 6, 2018, 11 AM - 2 PM, Emerald Park

CHECK OUT OUR PROJECTS:

ROBOTICS
CLOVERBUDS
JR. MASTER GARDENER
PHOTOGRAPHY
SEWING
OUTDOOR EXPLORERS

NEW LEADERS WELCOME!

Members from ANY community club are invited to participate in these unique project groups!

For more information contact:
(541) 344-5043 ext 3 emily.mcdonald-williams@oregonstate.edu
4-H Community Club Regular Meeting Dates & October Open House Dates

**Cascade 4-H Community Club**
Open House is Tuesday, October 23, 6:30pm, at Pleasant Hill Community Ctr 36386 Hwy 58, Plsnt Hill
Contact leader Craig Arney at 541-729-8346

**Crow 4-H Community Club**
Open House is Friday, October 12 6:30pm, at Crow Grange, 85994 Territorial Hwy, Crow
Contact leader Jessica Colwell at 458-215-5946

**East Lane 4-H Community Club**
Meets 3rd Tuesday, 6:30pm-7:30pm at the Pleasant Hill Community Center, 36386 Hwy 58, Pleasant Hill;
Contact leader Amber Norton at ambernorton527@gmail.com

**Eugene 4-H Community Club**
Meet and greet Saturday, October 6th at the 4-H Fall Kick-Off at Emerald Park, 11:00am-2:00pm
Contact leader Emily McDonald-Williams at 541-344-5043 or Emily.mcdonald-williams@oregonstate.edu

**Junction City 4-H Community Club**
Meets 3rd Sunday, 3:00pm at the Junction City Community Center, 175 W 7th Ave, Junction City
Contact leader April Givens at jcommclub4h@gmail.com or 541-554-3046

**London Springs 4-H Community Club**
Regular meeting date TBA at the London Grange, 72746 London Rd, Cottage Grove
Contact leader Jennifer Bryant at toomuchbucks@gmail.com

**North Lane 4-H Community Club**
Open House is Monday, October 22nd, 6:30pm at the Santa Clara Grange, 295 Azalea St, Eugene
Contact leader Kelly Makinson at 541-337-7370

**South Lane 4-H Community Club**
Meets 3rd Monday, 6:00pm at the WOE Fairgrounds or Dorena Grange
Contact leader Liz Gill at 541-510-9833

**Spencer Creek 4-H Community Club**
Meets 3rd Sunday, 2:00pm-4:00pm at the Spencer Creek Grange, 86013 Lorane Hwy, Eugene
Contact leader Stephanie Schiffgens at 541-844-1110

**Springfield 4-H Community Club**
Open House is Thursday, October 11 6:30-7:45pm at Trinity Baptist Church, 1162 B St, Springfield
Contact leader Autumn Baker at 541-632-0603 or ajjcaulkins@gmail.com

**Thurston 4-H Community Club**
Open House TBA, Regular Meeting TBA
Contact leader Lonna Born at 541-844-6461

**West Lane 4-H Community Club**
Open House is Thursday, October 11th, 6:00pm-8:00pm at the Elmira Grange, 88764 Sprague St, Elmira
Contact leader Sandie Smith at 541-935-2625
Mark Your Calendar for these Upcoming Events!

Statewide Shooting Sports Leader Training

October 27-28, 2018 at Canby Rod & Gun Club, Canby, Oregon

Tracks for Archery, Coordinator, Hunting Skills, Pistol, and Rifle will be offered. Lincoln County will hold a “Shotgun Only” training on Saturday, November 3, 2018.

Contact Todd Williver at 503-648-6815 for additional details.

Find more information, online registration, and flyer with details here

⇒ to register you must first obtain a password from Emily Anderson

Every month the Extension Service has classes & events from Lane Extension programs—Master Food Preserver, Master Gardener, Nutrition Education Food Pantry Project, Forestry, Small Farms, and 4-H!

Find all these events on the Oregon State University Extension Lane County Facebook page! There’s something for everyone that’s sure to make your life more informed, more engaged, and more fun!

Find October Extension Events & Classes here!

Like us on Facebook to stay current on events, classes, and Extension in the news.
Oregon 4-H Facebook

Who here in Oregon recognizes Jed Lowrie from his days in Oregon 4-H?

We couldn’t be more proud of all of our hard working dedicated alumni who continue to change the world we live in and positively impact our future generations.

Thank You for raising your hand for 4-H Jed and representing #Oregon4H like the All Star you are on and off the field!

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Health for Better Living!

Lane County 4-H is focusing on the fourth H this year, which is health! Each month, there will be a mini journal within our newsletter talking about all aspects of health. There will also be recipes each month and health challenges. To participate in the health challenge, email the 4-H office to be entered in a county-wide raffle! There will be one raffle at the end of the 2018/2019 4-H year for a large healthy-living prize. We hope this encourages you and your 4-H friends to live a happy and healthy life!
Health for Better Living!

A JOURNAL DEDICATED TO HELPING YOU LIVE HEALTHILY AND HAPPILY.

Fall, the perfect time for...Vegetables!
Vegetables can be beneficial to your body in many ways. They can reduce the risk of heart disease and stroke, and prevent some types of cancer; they provide vitamins, minerals, and fibers; and vegetables can help maintain a healthy weight. Dark green, red and orange, and legumes are the most nutritious vegetables for your body, so it’s important to eat these weekly!

Let’s Get Fit!
October is a great month to go outside for exercise; it’s not too hot and it’s not too rainy! Take time during your week to go kick a soccer ball around, or go for a walk around your neighborhood. Take in the fresh air, and check out all the different colors of leaves!

Ingredients:
1 3/4 cups cooked, pureed pumpkin
1 1/2 cup brown sugar
2 eggs
1/2 cup oil
1 1/2 cups flour
1 1/4 cups whole wheat flour
1 Tablespoon baking powder
2 teaspoons cinnamon
1 teaspoon nutmeg
1/2 teaspoon salt
1/4 teaspoon ground ginger
1 cup raisins
1 cup walnuts or hazelnuts, chopped

Directions:
1. Preheat oven to 400 degrees F.
2. Mix pumpkin, brown sugar, eggs, and oil thoroughly.
3. Blend dry ingredients and add to pumpkin mixture.
4. Add raisins and nuts.
5. Drop by teaspoon on greased baking sheet, 1 inch apart.
6. Gently flatten each cookie.
7. Bake 10-12 minutes until golden brown.

Monthly Munchie:
Breakfast Pumpkin Cookies!

Health Challenge!
Tell us what vegetables you like to eat!
Email
lanecounty4H@oregonstate.edu

OSU Extension Service prohibits discrimination in all its programs, services, activities, and materials.
4-H Community Club Contacts

Cascade Foothills 4-H Community Club
Pleasant Hill Community Center, 36386 Hwy 58, Pleasant Hill
Contact Craig Arney 541-729-8346

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Contact Autumn Baker 541-632-0603

Thurston 4-H Community Club
Location TBA
Contact Lonna Born 541-844-6461

West Lane 4-H Community Club
Elmira Grange, 88764 Sprague St, Elmira
Contact Sandie Smith 541-935-2625
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

4-H Youth Development
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996 Jefferson Street
Eugene, OR 97402
541-344-5043
LaneCounty4H@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

Extension Office Hours:
Monday - Thursday 10am-1pm and 2pm-5pm
The Office is closed on Fridays

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