

Clackamas County 4-H Family Newsletter



October-December 2020

Volume 21, Issue 4

Enrollment, Etc.

ATTENTION! **Deadlines for enrollment and re-enrollment**

Current leaders and members are enrolled only until December 31, 2020. **All leaders and members need to re-enroll for the 2020–21 year.** After December 31, 2020, you are no longer considered a 4-H leader or member until the office receives your completed re-enrollment for the 2020–21 year. This means that the club cannot meet virtually or in person, nor will you receive 4-H newsletters and information until you re-enroll. **The deadlines are:**

December 1

- **ALL** Shooting Sports members who want to participate in the mail-in tournaments and the State Contest

January 10

- **ALL** Horse Project members who want to participate in Horse Pre-Fair & Fair
- **ALL** Dog Project members who want to participate in Dog Pre-Fair & Fair
- **ALL** Re-enrolling members who want to participate in County Fair

April 1

- **NEW** members to Clackamas County 4-H who want to participate in County Fair

Enrollments and project additions are accepted throughout the year. However, members or projects added after the deadline will NOT be fair eligible.

The annual participation fee is \$40 per member if received by January 10, 2021, or \$45 per member if received after that date. There is an additional \$15 fee for youth who live in Multnomah County. Our complete enrollment policies are available [online](#) and at the Extension office.

PLEASE NOTE: Paper forms have been updated. Please dispose of any old forms. If you need copies of paper forms, please contact the Extension office.



Online re-enrollment opening soon!

This year enrollment will be online for all members and leaders! A new version of 4-HOnline (2.0!), our enrollment system, is being finalized. We expect to open the system by the end of October. The online enrollment system can be accessed on cell phones, tablets, and personal or public computers.

If you prefer, you can fill out paper enrollment packets instead. You can print them from our [website](#), pick them up at the Extension office, or contact us and we will mail you what you need. The paper enrollment packets have changed, so please dispose of any old forms.



Prospective 4-Hers need to hear from you

It's the time of year that prospective 4-H members call our office and ask for clubs in their area. If you said on your [Required Annual 4-H Club Charter & Independent Registration Survey](#) that you are open to new members, we will have them call you. Remember, it is important to return these calls promptly!

New families deserve to hear from you, even while we're still doing virtual education. When you don't call back, families get discouraged and often decide that they don't want to join 4-H after all. If your club is full, please let us know. Contact [Trisha](#) at 503-655-8635.



Member's birthdate determines 4-H eligibility

Membership in Oregon 4-H is based on the member's age as of September 1 of the project year. That is the member's "4-H age" for the entire year. The age breakdowns for 4-H participation are:

- **Age 5–8 = Cloverbud:** Birthdate September 2, 2011–September 1, 2015
- **Age 9–11 = Junior:** Birthdate September 2, 2008–September 1, 2011
- **Age 12–14 = Intermediate:** Birthdate September 2, 2005–September 1, 2008
- **Age 15–18 = Senior:** Birthdate September 2, 2001–September 1, 2005 (* see exception below)

For example, if Makenzie was age 11 on September 1, 2020, she will be enrolled for the 2020–21 4-H year as a Junior with a 4-H age of 11. At some point in the year, she will turn 12, but her 4-H age and level will not change until the next project year.

If members are 18 and under on September 1 and have already graduated from high school, they may enroll in 4-H. However, some activities are not available to graduates.

* Young people who were age 19 on September 1 are not eligible to enroll in 4-H **unless** they are still in high school. Those still eligible to enroll should be aware, however, that they might be too old to participate in national events and the qualifiers for those events. Youth with developmental disabilities may continue to enroll through the year in which they turn 21.



Remember special rules for Cloverbuds

Cloverbuds is the program for all 4-H members who are age 5–8 as of September 1 of the enrollment year. Because of their age and stage of development, there are some special requirements about what these youngsters can and cannot do in 4-H. For example, they do **not** participate in competitive activities. They also **cannot** do shooting sports or work with most animals.

Cloverbud members can have **no** direct contact with horses, cattle, sheep, pigs, llamas, goats, or dogs in any 4-H activity. It is fine for Cloverbuds to learn about these animals with their club. However, they may **not** handle them in any way while with their 4-H club or leader.

Cloverbuds **may** work with rabbits, cavies (guinea pigs), poultry, pigeons, cats, or herptiles (reptiles and amphibians) in 4-H, as long as they also explore other projects during the year. Please contact the Extension office for more information about our project curricula for Cloverbuds.



Are you a leader without a club?

Have your members graduated, or are you taking a break from club leadership? We urge you to continue to enroll as a Resource Leader. You will receive communications and qualify for leader recognition and awards. You will also be covered by tort liability insurance, in case someone twists your arm into helping out!

Re-enroll online by following the instructions that will be emailed to you when 4-HOnline 2.0 opens. If you need paper enrollment forms instead, please contact the [Extension office](#). We encourage you to enroll each year, even if you are doing very little 4-H work. If you let your enrollment lapse for even one year, you must re-apply and complete a new background check before you may enroll again.

General Interest

Fall Tack and Bake Sales canceled

The 4-H Horse Advisory Fall Tack Sale and the 4-H HEARTH Advisory Fall Bake Sale have been canceled this year. We hope to be able to resume these important fundraisers in 2021.



Holiday closures

The Extension phone lines will be closed on the following dates:

- November 11: Veterans Day
- November 26-27: Thanksgiving
- December 25: Christmas
- January 1: New Year's Day
- January 18: Martin Luther King, Jr. Day

Please plan accordingly. A drop-box is available for you to use after hours. It is located to the left of our front doors.



Celebrate 4-H this October

National 4-H Week is October 4–10. Help us show how important 4-H is in our county with the ninth annual Clackamas County 4-H Pride Day. **On Wednesday, October 7, wear a 4-H t-shirt or other 4-H items to show your pride.** Let your friends, family, classmates, and co-workers know why you support 4-H. Be sure to check out the Showcase on the [state website](#). The Showcase will contain photos/videos of static exhibits, information on county programs, profiles of State Ambassadors, and the announcement of this year's Oregon 4-H Hall of Fame recipient.



State Committees seeking new members

The Oregon 4-H Program is looking for youth, volunteers, and community members to serve on program Advisory Committees. Committees typically meet one to four times a year, and phone or video conferencing is an option for those who are not able to travel. [Applications](#) are typically due in October. You can contact the committee's faculty leader, [Wendy](#), or [Jan](#) for more information.



Partner programs benefit Oregon 4-H

The Tractor Supply Company store in Sandy will be participating in the [Paper Clover campaign](#) October 7-18. Donations collected at the register fund state and national 4-H programs.

Have you seen [Bogs 4-H boots](#)? For each pair purchased in Oregon (at Wilco, Coastal, or online at [bogsfootwear.com](#)), \$5 will be donated to Oregon 4-H for Ag/Animal Science and Outdoor Education. Also, Bogs is sponsoring a photo contest October - November 2020 and will donate \$1 for every photo of a youth wearing Bogs. Youth can go to the stores and try on Bogs to take the photo, no purchase necessary. Use the hashtag: #4HstepFourward.



Clackamas County 4-H Association NEEDS YOU!

We are in search of people who LOVE 4-H! The Clackamas County 4-H Association (CC4HA) Board has open positions that we need to fill this fall to comply with our bylaws and retain our tax-exempt status with the Oregon 4-H Foundation.

- The overall purpose of the CC4HA is to provide information and to advise Extension faculty and staff regarding 4-H program direction, and to mobilize resources in support of 4-H.
- Community members are encouraged to join. You do not have to be a current member or leader – we need parents, alumni, and partners too!
- Positions can be held by adults and older youth members. Adult members of the board will serve a three-year term and youth will serve a one-year term. There is currently no limit to the number of terms anyone may serve.
- Meetings are the second Monday of most months, 7:00 pm, via [Zoom](#). The next meeting will be October 12, 2020. Meetings are open to all.

If you are interested in helping to grow our 4-H program with the CC4HA Board, please contact [Jan Williams](#) or leave her a message at 503-655-8635..

Earning and using Program Dollars

Program Dollars are a special type of award given to highest placing record books, presentations, educational displays, and for special recognition from a project committee. The CC4HA holds the dollars in the member's name. Members with Program Dollars can use them or 4-H fees: including camps, events, enrollments, resource books/publications, etc. Youth who still have Program Dollars available to them when they graduate can request the funds for college/continuing their education. For more information, go to the [Awards webpage](#) or contact CC4HA treasurer [Paula Means](#) or [Jan Williams](#).

Awards & Recognition

State recognition for local 4-Hers

Our congratulations go to the Clackamas County 4-H members recently recognized:

- ★ Tyler Callaway – State Scholarship alternate
- ★ Deja Fitzwater – State Leadership Award (Intermediate) winner
- ★ Magge Gilbert – National 4-H Congress trip winner (2021)
- ★ Sophie James – National 4-H Congress finalist
- ★ Daniel Johnson – State Citizenship Award (Intermediate) winner, State Ambassador Team delegate
- ★ Keira Leinbach – National 4-H Congress trip winner (2021), State Ambassador Team delegate
- ★ Abigail Sass – State Communication Award (Intermediate) nominee
- ★ Katee Watkins – State Scholarship winner



4-Hers – apply now for Prudential Spirit of Community awards

The search is on to find the best youth volunteer in the country! The Prudential award recognizes youth in grades 5–12 who have participated in a significant service activity. Local, state, and national awards are available. For more information and the application, visit the award [website](#). Applications are to be filled out online, with the certification information emailed to [Wendy Hein](#) by November 10, 2020.

Fair Follow-Ups

Did you know...

... that the [Young Farmers & Ranchers](#) program is open to ag producers aged 16 to 35? Their mission is to recruit, network, and educate young farmers and ranchers to represent the **Oregon Farm Bureau**, while creating opportunities for community outreach, bridging the gap between generations, and sustaining the future of farming and ranching in Oregon. This group, in conjunction with the [Clackamas County Farm Bureau](#), has once again supported our 4-H fair animal projects. The **Clackamas County Farm Bureau** funded awards and t-shirts for all Small Animals and Livestock exhibitors! Please take a moment to thank them for their very generous donation and support of our 4-H animal projects. Their address is **Clackamas County Farm Bureau, 33814 S Meridian Rd, Woodburn, OR 97071**.



Clackamas County 4-H Virtual County Fair

Since an in-person fair was not an option due to COVID concerns, our county 4-H staff and volunteers chose to have fair online. Youth were given the chance to show the work done and skills learned in their projects. We want to acknowledge every exhibitor in a very special way. Youth exhibiting in livestock and small animals will each receive a 2020 Virtual 4-H Fair t-shirt and all HEARTH exhibitors will receive a very special award and beautiful 2020 Virtual 4-H Fair rosette ribbon. Awards for all club members should be picked up by a club representative between October 5 and November 16. Contact the Extension office to schedule a pick-up appointment.

We appreciate the families that supported members by taking photos/videos, connecting them to Zoom meetings, and judging for the virtual fair. A huge round of thanks goes to the Superintendents and volunteers who organized and helped run the virtual fair! Please be sure to help us thank all those who managed exhibit classes, zoom meetings, zoom judging, and coordinating awards! Thank you all—we could not have done it without you!



County 4-Hers participate in statewide 4-H events

Congratulations to Clackamas County 4-H members who participated in statewide contests and events this summer. You did a great job representing our county!

Photo Essay Contest

Harlee Hougak.....Blue Ribbon

Presentations

Henry Bennett.....Blue Ribbon

Tyson DriverBlue Ribbon

Showmanship

Amber Haggstrom, HorseRed Ribbon

Synove Hansen, Goat.....Blue Ribbon

Daniel Johnson, Cavy.....Champion, Medal

Carly Shanklin, Poultry-PigeonOverall Small Animal Champion, Senior

Carly Shanklin, RabbitReserve Champion

Adaela Shearer, Goat.....Blue Ribbon

Dog Project News

Volunteers needed!

The Clackamas County 4-H office continually receives calls from families wanting to be in the Dog projects but we do not have many clubs or leaders in this project area. The 4-H Dog project committee is looking for adult volunteer leaders – bonus if you have a good knowledge of dogs and their care and training. Training and support are available. If you have any questions or interest in volunteering, teaching, or supporting a Dog 4-H club, please contact [Vicki Litke](#), Clackamas County 4-H Dog Chair. Contact [Trisha Applebee](#) if you are interested in becoming a leader or starting a club.



Attention dog members

With the extra time you have at home, why not spend some of it practicing with your dog and working on 4-H Dog Advancements? Our Clackamas County 4-H Dog Committee created three levels of advancements (Bronze, Silver, and Gold) that will:

- Make your project more interesting.
- Help you learn about dogs, dog care, obedience, companionship, showing your dog, and the responsibilities of dog ownership.
- Help you develop greater skill with dogs.
- Provide you new, enjoyable experiences.
- Allow you to advance according to your ability, interest, and enthusiasm.

Information and forms can be found on the [4-H Dogs webpage](#).

HEARTH Project News Home Economics, Expressive Arts, & Horticulture

Participation requirements waived for 2021

With so many events and fundraisers canceled, the HEARTH Participation Requirements will be waived this next (2020-2021) enrollment year. Additionally, the annual Leader Meeting will not be scheduled; instead, we encourage HEARTH leaders and families to join the monthly HEARTH Committee Zoom meetings held the third Monday of each month (except December and August). Stay up-to-date with our Facebook page: [HEARTH Advisory, Clackamas County 4-H](#), and the [4-H Website](#).



Fall events

Watch for new fall educational online classes coming up in early November and late December. Information and registration will be out in mid-October. Watch [Facebook](#) and email for opportunities and details! If you have any questions, ideas, or interest in teaching or supporting a HEARTH workshop, please contact [Jan Williams](#).

Horse Project News

Check your enrollments BEFORE the January 10 deadline!

Horse leaders – as the holidays approach, please be **SURE** you get everyone enrolled! Members must be enrolled by **January 10** to show at Horse Fair (and **before** participating in any winter horse competitions). We encourage you to check your club list online frequently in December and early January, so you can make sure everyone you **thought** was enrolled really **is**. Contact the Extension office if you have any questions.



Haney Memorial Scholarship update

Congratulations to Jenessa Teachout, recipient of the \$1,000 Haney Memorial college scholarship. Applicants were asked to write a short essay about someone who inspires them. The alternate is Jolie Lathrop.

This scholarship is funded by an endowment established in memory of Jessica Haney, a Clackamas County 4-H horse member who passed away in 2011. Additional donations to the fund honor her brother Jacob Haney, a 4-H alum who died in 2019.

Winter horse contests provide many ways to increase your skills

Registration information for Horse Judging, Hippology, Horse Bowl, and Communications contests will be [posted online](#) in October and November. You don't even need a horse to participate! We expect to offer these contests in a virtual format this year. They may look different than in the past, but they will still push members to increase their horse knowledge and speaking skills!

Resources related to these events can be found on the [state website](#). The highest placing Senior and Intermediate members will be invited to compete at the Spring Classic. Remember, new and returning members must be enrolled for 2020-21 **before** the competition.



Challenge yourself at the National Horse Academy

Practice your skills and get pro tips for Horse Bowl, Judging, Hippology, and Communications contests. Coaches and youth ages 13 and up are invited to [register](#) for one or more [Horse Academy](#) sessions. Each session is \$5-\$10 per person. Find out what it takes to be a national competitor!



Concussion or injury? There's an app for that!

Do you know what to do if someone falls off a horse? This app will help you decide whether the person that had a riding accident needs to be taken by ambulance to the hospital, can be driven to the hospital, or if they are OK and can go see their doctor the next day. Just type **Saddle Up Safely** on your Google Play or App Store and download the app. It is free and there is a lot of safety information embedded in the app as well. It's very important to understand that youth take longer to recover from a concussion than adults. Youth should not return to riding or any other contact sports until they have successfully returned to school and are symptom-free, which may take more than a month.

Clackamas County Extension

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<https://extension.oregonstate.edu/4h/clackamas>
[on Facebook at Clackamas County 4-H Oregon](#)

Office Hours:

Monday-Friday
8:00 am - 4:30 pm
By appointment only

This **4-H Family Newsletter** is published quarterly for 4-H volunteers, families, and members in Clackamas County. **Please share it with others in the home.** We send one copy by mail and/or email to each household enrolled in 4-H. Submit articles for the newsletter through the Extension agent. Articles are due **December 1, 2020**, for the **January-March 2021** issue.



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October 2020 Calendar

Date	Event	Location	Time
1	Record Books DUE	Extension office	
1	FMC meeting – Fairgrounds Scheduling	Zoom	6:00-7:00 pm
1	Livestock Advisory meeting	Zoom	7:00-9:00 pm
4-10	National 4-H Week		
5	Fair awards available for pick up (until Nov 16)	Extension office	call for appointment
5	Dog Advisory meeting	Zoom	7:00-9:00 pm
7	Clackamas County 4-H Pride Day		
9	Metro Records Evaluation begins (evaluation complete by Nov 2)		
11	Ambassador Team meeting	Zoom	1:00-3:00 pm
12	CC4HA Board meeting	Zoom	7:00-8:30 pm
14	Horse Advisory meeting	Zoom	7:00-9:00 pm
15	County Awards & Recognition meeting	Zoom	6:30-8:30 pm
19	HEARTH Advisory meeting	Zoom	7:00-9:00 pm
20	Small Animal Advisory meeting	Zoom	7:00-9:00 pm

November 2020 Calendar

Date	Event	Location	Time
5	Livestock Advisory meeting	Zoom	7:00-9:00 pm
8	Ambassador Team meeting	Zoom	1:00-3:00 pm
9	CC4HA Board meeting	Zoom	7:00-9:00 pm
10	Prudential Spirit of Community Award application DUE	online	
11	<i>Veteran's Day – office closed</i>		
11	Horse Advisory meeting	Zoom	7:00-9:00 pm
15	Volunteer recertification background check authorization DUE	Extension office	
16	HEARTH Advisory meeting	Zoom	7:00-9:00 pm
17	Small Animal Advisory meeting	Zoom	7:00-9:00 pm
21	Awards & Recognition Night	Tentative - watch for more information!	
26-27	<i>Thanksgiving observed – office closed</i>		

December 2020 Calendar

Date	Event	Location	Time
TBD	Horse Judging & Hippology Contests	Virtual	8:30 am
1	Shooting Sports enrollment deadline	Extension office	
	Applies to members who want to participate in mail-in shoots & state tournament		
1	Articles DUE for 4-H Newsletter	Extension office	
1	New Leader Orientation	TBD	9:00-11:30 am
1	New Leader Orientation	TBD	7:00-9:30 pm
13	Ambassador Team meeting	Zoom	1:00-3:00 pm
15	Online volunteer recertification continuing education DUE	Extension office	
25	<i>Christmas – office closed</i>		

4-H Family Newsletter

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4-H Mission Statement:

4-H *empowers* youth to reach their full *potential*,
working and *learning* in partnership with *caring adults*.

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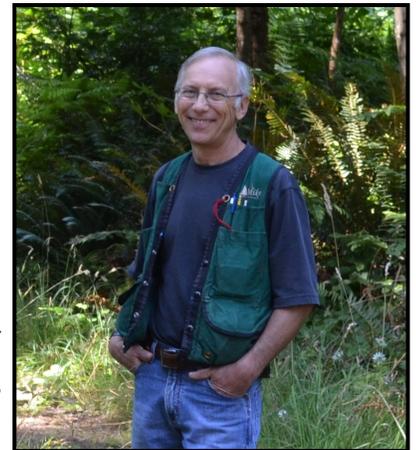
Clackamas County Extension Office 200 Warner Milne Road, Oregon City, OR 97045 503-655-8631
August—October 2020 <https://extension.oregonstate.edu/clackamas> Volume 21, Issue 4

Tree School Continues to Grow Online

The Clackamas County Extension Forestry team had big plans for the 30th annual Clackamas Tree School, set for March 21, 2020. But due to COVID-19, they had to cancel just 10 days prior. Tree School involves 73 classes and over 750 students, instructors, supporters, and exhibitors. Canceling was a big disappointment and a lot of extra work. Once it became clear they could not re-schedule the in-person event with any certainty, the team started planning to put the school online as a series of webinars. At the same time, Mike Cloughesy, Director of Forestry for the Oregon Forest Resources Institute, was also planning webinars for forest landowners. The team decided to work with OFRI and the Oregon Partnership for Forestry Education to produce Tree School Online.

The first series of Tree School Online classes included 28 sessions twice a day on Tuesdays from April 21 to July 28. Sessions will resume with a new slate of bimonthly online classes on September 15. Tree School Coordinator, Amanda Brenner said, “It was a big challenge to build Tree School Online so fast, but with the support of our partners, we have put together something really special. It has been a fun journey.”

While shifting the Tree School day to an online series has been challenging, the classes have been very popular. The recorded presentations and resources provided by instructors for Tree School Online will provide an extensive library of online educational materials. “We’ve always wanted to do more online education, and the pandemic has given us the incentive to do so,” said Glenn Ahrens, OSU Extension Forester.



Mike Bondi, Tree School founder.

“It has really been fun to watch this event grow over the years,” said Mike Bondi, former Extension Forestry Agent in Clackamas County and originator of the program. “The first Tree School grew out of an annual meeting of the Clackamas County Farm Forestry Association. We were looking for a different way to approach forest owner education providing lots of different classes, all in one day, that would appeal to a large number of landowners, each with their own interests of what to learn.” Mike Bondi retired from Extension this year after 42 years of service! He is still teaching at Tree School. His class – Words of Wisdom from the Woods - is very appropriate for the occasion. Mike has led the effort to develop Tree School into a great collaborative education event. Tree School is a lasting legacy to Mike’s leadership.

Glenn Ahrens
OSU Extension Forester



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Hopkins Youth and Teacher Education Goes Remote

Hopkins Demonstration Forest education program headed into spring 2020 with a full calendar ready to engage thousands of youth and adults. When all that changed in the middle of March, an effort was made to reach out to some of the cancelled groups remotely and connect 'live' from the forest or by prepared video via Zoom, [Facebook](#), and [YouTube](#). Many teachers and schools were able to give their students a break from the usual faces online and go spend 10-20 minutes virtually out at Hopkins. The Future Natural Resource Leaders (a high school career technical student leadership organization) did their entire State Convention and skills assessment/competitions remotely. The initial plan was to host the event at Hopkins at the end of April, then the event went online, and came back together in May for a live event broadcast statewide thanks to the coordination and support of OSU Extension.

Now as we roll into summer, the Teacher in the Woods program has gone remote, too. Rather than doing things electronically, we went remote to the Mt. Jefferson Wilderness on a five day, 50-mile backpacking trip. During this week, teachers explored and learned about disturbance ecology, wildfire management, and wilderness recreation and management. To ensure safety, all participants traveled fully self-contained with their own cooking, sleeping, and water filtration systems. This allowed everyone to maintain distance. Lessons learned from both the knowledge and 'solo' experience will enhance their ability to connect and expose their students to the lands of Oregon that many might never know about or get to explore.



*Peter Matzka
OSU Extension Forester*

Ask a Master Gardener Via New Remote Garden Helpline

Are you new to gardening and have questions about growing a cover crop for your vegetable garden? Is a new pest or disease challenging you, a long time gardener? Do you need guidance on planting trees? It's time to 'Ask a Master Gardener' and you need not go further than your phone or laptop!

Reaching a metro area OSU Extension Service Master Gardener to answer your home gardening questions is now easier than ever - thanks to a new remote Master Gardener helpline system, recently launched to better serve home gardeners.

- [Fill Out a Web Form](#) Fill out required fields. Upload photos.
- [Email Us](#) Write your question. Include attachments.
- **Leave a Voice Message 503-821-1115.** We can call you back or leave a voice message. Leave the best times to call you back.
- **Text "gardenhelp" to 635-66.** You'll get an automated response. Then text your question and include photos.

Our generous OSU Master Gardener volunteers are at the ready to answer your gardening questions seven days a week. Due to high interest with the many great garden questions coming in from home gardeners, we aim to respond to questions within 48 hours. We look forward to serving you!

*Marcia McIntyre
Master Gardener Coordinator*

Master Gardener Garden Webinar Series

With an aim to continue to bring relevant, gardening know-how to home gardeners, the metro area OSU Extension Service Master Gardener program quickly changed gears this past spring to offer online gardening focused presentations.

The **'Master Gardener - Garden Webinar Series'** features OSU Extension staff, OSU Master Gardeners and presenters from partner organizations teaching a variety of gardening subjects from native plants to beneficial insects. Recordings of past webinars can be found at: <https://beav.es/4FR>. Upcoming webinars are posted on our events calendar, which can be found at the bottom of our [Metro Master Gardener website](#).



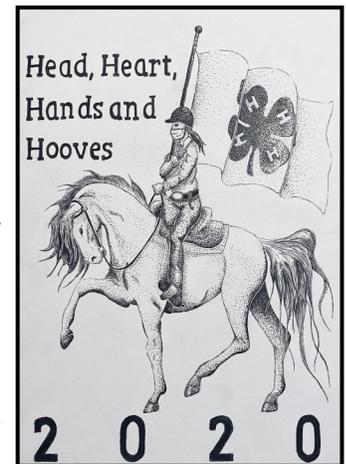
Marcia McIntyre
Master Gardener Coordinator

4-H Fair Continues To Be An Educational and Creative Outlet for Youth

In the 4-H Club program, youth choose one or more areas of study for the year. Creative projects like baking and photography are linked to positive mental health. Animal projects provide an emotional connection during isolation. Science projects keep youth intellectually engaged over the summer. Every 4-H project is linked to improved health and wellbeing. To encourage completion of projects, shows and exhibitions are held at summer fairs.

Thanks to community support and the ingenuity of Extension staff, the 4-H County Fair has been able to continue. Each topic area has come up with a unique, virtual experience that allows youth to show what they have achieved, get feedback from an expert, and be recognized for finishing a project. Here are some of the upcoming events:

- 148 youth entered Horse Fair. They uploaded videos for judging. Results will be shared at the end of July.
- 386 youth entered the County Fair. They will be uploading videos, submitting photos, and doing live demonstrations on Zoom to show what they have accomplished. Judging will take place in August.
- 4-H members will be selling animals in the Clackamas County Junior Livestock in August. Visit <https://ccjla.wordpress.com/> to sign up as a buyer.



Art by Horse Fair Art Contest winner, Carly Shanklin.

We are recognizing graduates throughout the summer. Graduating Horse members are showcased in July at the Clackamas County Fair Grounds. Look for their posters along the fence. The State Fair will be replaced by 4-H showcase opportunities for youth to share their projects. The public can virtually experience the 4-H Fair on [our Facebook page](#). We will post results, photos, and videos.

Wendy Hein
4-H Youth Development Faculty

Home Cooking During a Time of COVID

Since the start of the COVID-19, we are all eating more meals at home. Some view this shift positively. Others, especially those with limited cooking skills and cooking utensils, and/or tight food budget, are feeling stressed. What can you do?

To support consumer efforts to increase their knowledge and skills to prepare affordable, quick, healthy, and tasty meals for their family, the Family & Community Health program has created a series of three short demonstration videos featuring Food Hero recipes, including:

- Garden Vegetable Cakes: https://youtu.be/97_YEEfuMXg
- Lentil Taco Filling: <https://youtu.be/0ck4cVugSvQ>
- Skillet Meal Mix & Match: <https://youtu.be/Wn-24V-ZJ5g>

The videos are also airing on public access cable channels in Clackamas County on Sundays at 4:00 pm, Thursdays at 11:00 am and 10:00 pm. They are also live streamed at those times through Willamette Falls Media Center <https://wfmcastudios.org/programming/>.

The recipes highlight food ingredients that are readily available, utilize basic cooking utensils, and can be prepared on a stove-top or electric skillet in under 30 minutes. The step-by-step process of preparing the recipe allows you to be your own personal chef.

For additional information on preparing quick and healthy meals that your family will love, check out: Food Hero recipes in English at <https://www.foodhero.org> and Spanish: <https://www.foodhero.org/es/node>.

*Kelly Streit
Family and Community Health Faculty*



Kelly Streit while filming at Willamette Falls Media Center.

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The following article has been written by Lahaina Phillip, our community partner and local Community Health Specialist. Lahaina organized the Cooking Matters Class for the Micronesia community earlier this year. We have been honored to work alongside her and submit her healthy modifications of traditional Island recipes to Food Hero. We share in her sorrow around the loss of class members Merlyn and Tomo, and wish good health for the entire Micronesia community that has experienced health disparities, with inequitable access to healthcare resources. - Erin Devlin, FCH Faculty

Missing Two of Our Coconexion Members

It is with great honor that I am given this opportunity to highlight two beautiful souls, Merlyn and Tomo. They were both part of the Coconexion group that participated in the Winter 2020 Cooking Matters Class. Here's a little glimpse of each of their journeys.

Merlyn was originally from the island of Chuuk, Micronesia. She moved to Oregon with her two daughters and had been living here for over 10 years. Compassionate is the word that comes to mind when I think of her. She lived an eventful life with so much compassion towards many people from different walks of life.

Tomo was originally from the island of Palau, also in Micronesia, however she lived most of her life in Guam with her late husband where they raised their daughters. She later moved to Oregon to live with her daughters who had been living here for a while. Tomo radiated warmth and love, and in that sense was the type of woman that you can easily gravitate to. Her sweet motherly love that she shared with us all will never be forgotten.

As I caught up with some of the fellows from our class, it warmed my heart to hear how these two beautiful souls left such memorable imprints on our hearts. From what I've heard and gathered, here's a poetry dedicated to Merlyn and Tomo.

Micronesian Mother

Thank you, Micronesian Mother
For your selfless love
For your healing hands
For your nurturing hearts
For you unconditional care

Micronesian mother,
A matriarchal line of strong leaders
Healers of your communities
Nurturers of your communities

Micronesian mother,
You are a collection of stories
Passed down from generation to generation
You are songs of poetries
Sung by this generation and the next generation

Micronesian mother,
Thank you
Kinisou Chapur
Kom Kmal MeSulang

The last two lines in the poem mean thank you in Merlyn and Tomo's native languages.



Merlyn enjoying the hands-on class.



Tomo bringing joy to the class.

Lahaina Phillip
Community Health Specialist