



IMPACT 2019

4-H YOUTH DEVELOPMENT
OREGON 4-H FOUNDATION



Oregon State
University

A Letter from the State 4-H Program Leader



The Oregon 4-H Program “Inspires Kids to Do” every day. Every 4-H’er has a story and every story is worth telling! This 4-H IMPACT report is one way of sharing some of those stories. You will read about young people being inspired to pursue college and possible career choices in the Aviation Field Day, Outreach Leadership Institute, and Junior Master Naturalist articles. Youth are gaining confidence and making healthy choices as seen in the stories on i Tri, Running Striders, and Outdoor Cooking. 4-H Youth are gaining in their leadership skills and appreciation of others with experiences in the Urban Rural Exchange, Global Citizenship, Youth Led Leadership Building, and Camp Tumbleweed. Youth are being inspired to think creatively and critically, as well as to perform work strategically as an individual and/or team through opportunities such as Robotics Competition, SPRK + Robot, Regional Livestock Field Day, and State 4-H Ranch Horse contest.



4-H inspires kids to be True Leaders through hands-on doing, empowering them to pursue their sparks and chart their own course. This hands-on doing occurs with the guidance of more than 6,000 adult and youth volunteers and the engagement of numerous community partners and supporters.

All that we do in 4-H can be summarized in the words of our 4-H pledge.

I pledge:

My Head to clearer thinking . . . our 4-H programs help young people achieve academic motivation and success

My Heart to greater loyalty . . . our 4-H programs engage and encourage youth to contribute to others and to become civically engaged

My Hands to larger service . . . our 4-H programs prepare young people with college and career readiness skills for future employability and economic stability

My Health to better living . . . our 4-H programs develop in young people a sense of happiness, health, and well-being

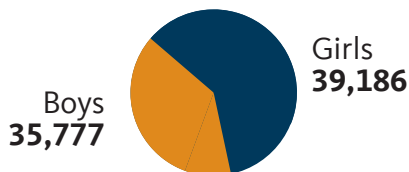
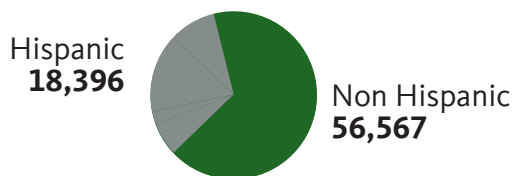
For my club, my community, my country and my world.

Pamela Rose
State 4-H Program Leader

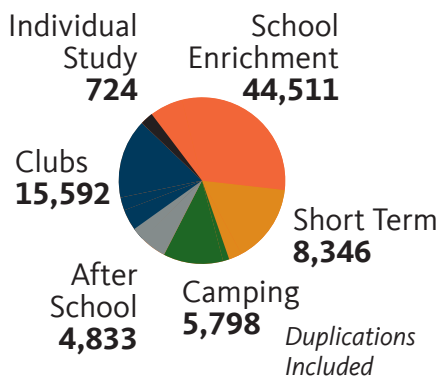
The Who, How and Where of Oregon 4-H

Who They Are

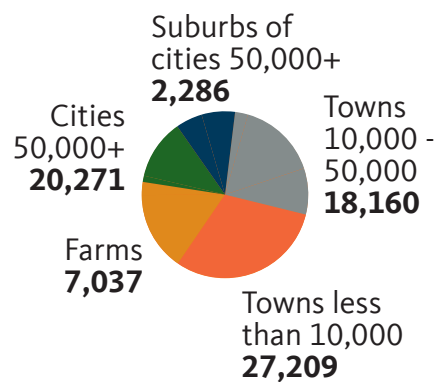
Youth: 74,963



How We Reach Them



Where They Live



Totals 42,248 4-H 32,715 SNAP-Ed

A Letter from the 4-H Foundation

Dear 4-H Friends and Alumni:

Since raising funds to support 4-H youth is the heart of the Oregon 4-H Foundation mission, stewarding these gifts is very much our soul. Gifts fuel the work of our staff and volunteers. As trustees, we honor our donors as we celebrate the philanthropic impact of their giving and we are steadfast in acknowledging our donors' intentions. We know we live in an ever-changing world and that the youth we serve tomorrow may have differing hopes and dreams for the future. We understand that our supporters want their scholarship funds, program endowments, and faculty development funds to have as much impact five, 10, or 50 years from now as they do today. Your giving suggests that we have earned your trust and this trust bonds all of us to a shared mission of helping our 4-H youth thrive.

This year our Foundation completed a 4-H Center comprehensive master plan for facility improvements coinciding with the Center's 50th Anniversary event. The plan's scope looks at the next 10 years of program opportunities for our 4-H and partner organization youth. Camper safety, program sustainability, and operating efficiency guided the planning task force. A link to the plan document and a glimpse of the \$10 million in facility improvements is included in this report. A second consecutive year of endowment performance growth (9.5%), combined with over \$1 million in new endowments, allowed us to increase our county and state program grants by 20% and continue our funding of Summer Conference, now in its 101st year.

This annual report shares stories of 4-H's impact in Oregon. We hope these stories prompt you to reflect on when you or a family member were in 4-H, or to ponder the potential of 4-H in your community. The more we share, engage, and react, the stronger our voices become and the brighter the future for Oregon 4-H.

Best wishes,



Ann Gosch
President
Oregon 4-H Foundation



Paul M. Carey
Executive Director
Oregon 4-H Foundation

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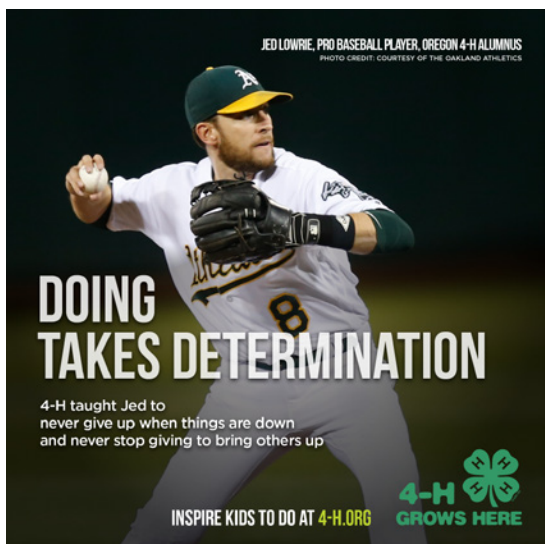
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Oregon 4-H alumnus participates in national 4-H “Inspire Kids to Do” campaign

National 4-H

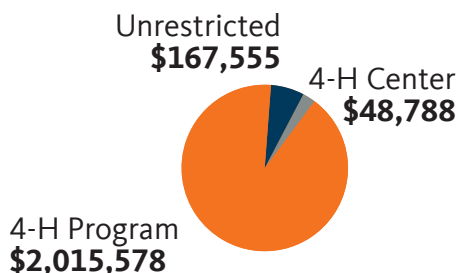


Oregon 4-H alumnus Jed Lowrie was among the prominent voices featured in a national 4-H effort to showcase 4-H’ers — from musicians and athletes to actors and media personalities — who embody the life skills garnered in 4-H from hands-on “doing.” Jed was a Polk County 4-H member and star athlete in high school and at Stanford. He now plays for the Oakland Athletics baseball team. Other 4-H alumni supporters in this social media campaign include Reba McEntire (singer), Aubrey Plaza (actor), Kent Bazemore (athlete), Jennifer Nettles (singer/songwriter), Eric Stonestreet (actor), Craig Melvin (journalist), and Peggy Whitson (astronaut).

4-H Foundation FY 2017 - 2018 Financial Report

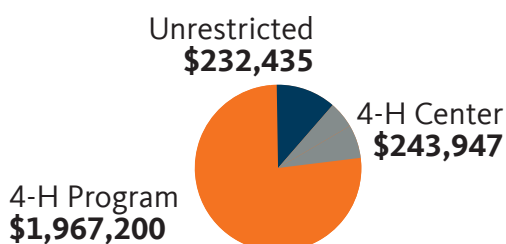
Sources of Revenue

Total Revenue
\$2,231,921



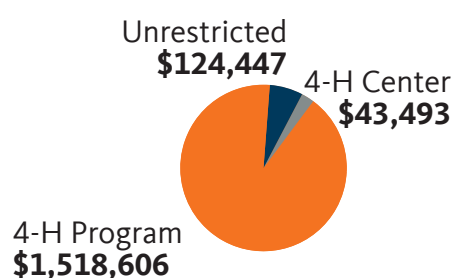
Expenditures

Total Expenses
\$2,443,582



Designation of Contributions

Total Contributions
\$1,686,546



Note: Sources of revenue includes fees and endowment earnings, as well as contributions.



Inspire the leaders of tomorrow through giving

Your donation to 4-H makes it possible to inspire more kids to get the hands-on learning they need to become True Leaders. Visit www.oregon4hfoundation.org, then click “Make a Gift” to give a gift to your county 4-H program, or state/national program of choice.

Coastal Farm and Ranch shows support for 4-H with financial gift

Karissa Dishon, Deschutes County



Karissa Dishon strengthened a local relationship with Coastal Farm and Ranch, leading the company to make a two-year gift of \$127,000 to the Oregon 4-H Foundation. The gift supports an educational program assistant for Deschutes County 4-H and was announced July 31 at a 4-H barbecue hosted by Coastal at the Deschutes County Fair.

4-H Center Celebrates 50th Anniversary



At the 50th anniversary celebration held on September 8, 2018, we honored our past, recognized our present, and celebrated the future of the Oregon 4-H Center. The stories shared highlighted the magic of the 4-H Center and the way this place and the programs conducted here have positively affected the lives of those in the 4-H Program and the many important partnerships, volunteers, and donors who have made the center possible. As a part of the celebration we shared two videos produced to celebrate our rich history (<https://youtu.be/uM9WGG9fzH0>) and how this camp impacts the lives of youth today and into the future (<https://youtu.be/1khwst-cUwM>).

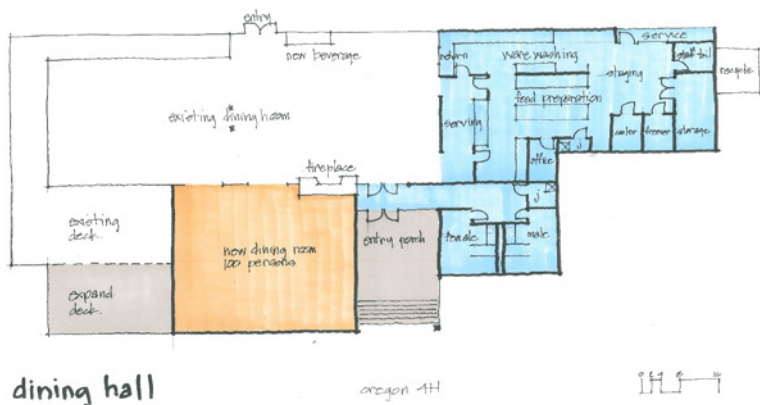
4-H Center Wish List

Darin Borgstadter, 4-H Center Manager

Celebrate your love of the 4-H Center and camping by making a donation to the 4-H Center. A wish list of items needed can be found at <http://oregon4hcenter.org/mapsandresources.html>.

4-H Center Facility Master Plan

Paul Carey, Executive Director, Oregon 4-H Foundation



Oregon 4-H Center - Salem, Oregon
Facility Master Plan - 2018

A strategic master plan was completed by Kaleidoscope Inc. under the direction of the 4-H Center planning task force led by 4-H Foundation Trustees John Nyberg and Dru Sloop. Task force members took nine months to investigate the effectiveness and sustainability of facility infrastructure and building accommodations in the context of the past 50 years of Center programming. Members were resolved in stating that 4-H youth, volunteers, and staff are to remain the primary beneficiary of Center operations and that safety, access, and opportunity would guide the design and construction of new facilities or the renovation of current buildings. Special thanks to 4-H faculty Melanie McCabe (Marion County), Mike Knutz (Yamhill County), and Robin Galloway (Linn County); Foundation trustees/trustees emeriti Connie Kearney, Joanne Talbert, Norbert Hartmann, and Janet May; and community/staff members Mary Ann Schmidt, Sam Carroll, Brian Bauder, and Laura Campbell. Please follow <http://oregon4hcenter.org/mapsandresources.html> for more information.

COLLEGE and CAREER READINESS

OLI boosts academic achievement for underserved youth

Mario Magana and Jaime Guillen, State 4-H Outreach



Oregon's underserved youth significantly lag behind their peers in academic achievement. Along with formal education, underserved youth need additional support to engage them in community-based activities that support their knowledge and skill development, reinforce their aspirations for academic achievement, and provide role models for success. The Oregon 4-H Outreach Leadership Institute (OLI) was created and intentionally designed to engage, teach, and motivate 8th to 12th grade youth through a series of three successive institutes and a summer camp experience.

OLI-I – College Preparation

The hands-on workshops, college admission speakers, and panels of current students provide a supportive learning laboratory for youth to learn how to apply for college, complete scholarships, and build a resume. Learning about post-secondary educational systems from college students from diverse cultural backgrounds provides both motivation and possibility thinking.

OLI-II – Leadership and Civic Engagement

Youth work in teams to address real issues affecting Oregon. This real life, team building experience is designed to build an array of leadership skills, such as public speaking, problem-solving, working with diverse opinions, and leading a group.

OLI-III – Career Exploration

Youth have the opportunity to connect with culturally diverse professional role models from a broad range of careers. Youth are asked to build action plans for future career paths and build on their leadership skills.

Summer Camp Experience

Youth are encouraged to serve as 4-H camp counselors where they can put their newly gained leadership skills and confidence into practice.

Evaluations reported participants make great gains in “feeling like their life can make a difference in the world.”

4-H members appear in Portland-based movie

Wendy Hein, Clackamas County



Clackamas County 4-H members are enjoying a bit of celebrity status with the June 2018 release of the Portland-based movie *Leave No Trace*. The 4-H scene was shot in a barn in Oregon City where 14 Clackamas County 4-H members and one adult volunteer participated with their rabbits in a full-day film shoot. Jacob Johnson, a 4-H alumnus and senior at Oregon State University, had the only speaking part in the scene playing the adult leader. The 4-H members appearing in the film were invited to a special cast and crew screening held at Cinema 21 in Portland. It was a window into the film industry and provided unique career insights.

Exploring STEM through an aviation lens Barb Brody, Malheur County



“I learned that I could be whatever I want to be, even if it is not a typical career. Aviation is not a fantasy, but a reality.”



Aviation Field Day, Aviation Day Camp, and Aviation School Enrichment — the three major components to the Exploring STEM Through the Lens of Aviation program — all play a major role in exposing Malheur County youth to the multitude of STEM career opportunities in aviation. The aviation program was recognized by the National Association of Extension 4-H Agents as the 2018 National Winner for Excellence in STEM programming.

Approximately 400 sixth grade students spent Aviation Field Day engaged in hands-on activities to investigate careers associated with aviation, learning from professionals representing Mission Aviation, Life Flight, and Young Eagles organization, as well as looking at the life of a commercial pilot through a virtual reality headset and learning about the principles of flight. While at Treasure Valley Community College, they are engaged in a campus tour, a presentation on college and careers, and complete lessons in circuitry, robotics, and aviation engineering. The four-day Aviation Day Camp provides the opportunity for 30 disadvantaged and underrepresented youth to gain hands-on aviation training through daylong activities. The camp includes basic pilot ground school training, field trips that focus on aerospace and aviation, engineering challenges, team building, and career exploration. Immersed in Aviation School Enrichment, 90 sixth graders spent six hours applying their knowledge in an engineering challenge to build a model rocket.

Changing perspectives and changing lives

Alexandria Maurer, States' 4-H International Volunteer Coordinator, Grant County



The opportunity to participate in the States' 4-H International Program experiences change lives, change cross-cultural perspectives, and often lead to a new career path for many youth. Three youth are being hosted in the academic year program — two from Japan and one from Korea.

Yui Asami (Japan) – “My life in Oregon is just amazing so far! I'm always impressed by wonderful American family, friends, cultures, and food. I'm so excited for realizing my progress in English, sharing my cultures, and learning American cultures. I want to say thank you to everyone around me.”

Jueun Park (South Korea) – “Everything that I have experienced is interesting and very fun, but I especially liked things that I did on Halloween Day. I dressed up, did trick-or-treat, went to the haunted house, and watching movie. These are all first experiences for me.”

Yuya Yamaguchi (Japan) – “My family has tradition of getting pumpkins every year. We wore silly glasses. I wanted to ‘try American football.’ On the last game at home, I carried the ball for a touchdown! It was so exciting.”

POSITIVE YOUTH DEVELOPMENT

Encouraging Youth of All Abilities in 4-H

Marilyn Lesmeister, State 4-H Volunteer and Risk Management; Lena Hosking and Kyla Reynolds, Jackson County

77,000

Oregon youth with disabilities

Source: Department of Education

Across Oregon, 4-H professionals and volunteers are talking with parents to identify the best ways for youth who experience disabilities to join their 4-H friends in learning and growing together. It begins with creating an environment in which all members feel accepted and secure. Started in Jackson County, Accommodating Youth of All Abilities in 4-H workshops are being replicated across Oregon and include Q & A, lists of resources, and tools to apply to Oregon's 4-H programming. Plans are underway to better understand how many Oregon youth with disabilities are currently participating in 4-H programs. Today, good programming is getting even better for youth of all abilities!

Urban-Rural Exchange offers greater perspective

Maureen Hosty, Portland 4-H; Amy Derby, Wheeler County; Deb Warnock, Wallowa County



Since 2006, the 4-H Urban-Rural Exchange program has given 7th and 8th grade students the opportunity to walk a mile in each other's boots across the rural-urban divide. During five- to six-day exchanges, the youths gain a deeper understanding of environmental, social, and economic issues from both perspectives, and also discover how much they have a lot in common.

Since its inception, the program has offered exchanges in Grant, Klamath, Wallowa, Harney, Morrow, Gilliam, Baker, and Wheeler counties. During the trips, kids get a taste of what real life is like. In rural situations, they may help with branding, calving, moving irrigation pipe, cleaning out barns, and fixing fences. They go to school and church with their host families. In Portland, the 4-H youth learn about homelessness, recycling, and even how to pick up after a dog on a walk. They experience urban transportation, hike in Forest Park, and organizers try to coordinate the visit with the annual Shamrock Run so that the kids get a feeling for a large community event.

There have been 160 families (584 rural Oregonians) who have participated in this program since it began in 2006. A majority of the families have hosted two or more years. Four hundred and five Portland middle school youth have traveled over to Eastern Oregon as part of the exchanges.



“Having this kind of experience can help deconstruct stereotypes. When cities and rural communities start bridging the divide, great things can happen.”

Camp Tumbleweed increases camper confidence

Jon Gandy, Jefferson County



Camp Tumbleweed is a residential camp hosted by 4-H staff from Crook, Clatsop, Deschutes, Jefferson, and Lake Counties. The camp offers youth in 4th to 6th grades the opportunity to meet new friends and gain new life skills, all while having fun. Students develop confidence and teen counselors develop caring leadership skills. Camp counselors experience several hours of face-to-face training and a weekend retreat to hone their skills and gain needed knowledge to be successful. Through the evaluation process, 91% of campers made new friends, 86% learned new skills, 91% felt they were more responsible, and 84% of the campers said they make better choices due to attending camp.

91% of the campers felt they were more responsible due to attending camp

4-H youth-led leadership-building in the outdoors

Sandra Carlson, Clatsop County



Whether it was hiking Multnomah Falls trails, boogie boarding down the Newport sand dunes, rafting down the Deschutes River, or exploring the Ape Caves lava tubes near Mt. St. Helens, the focus for overnight camping experiences have been the same: youth-led experiences. Youth gain leadership skills as they learn to be organized and take responsibility for the success of the camp, as well as have an opportunity to make it what they want. It is a way to get them outdoors, away from technology, and give them a tent camp experience, a first for some. The shared activities also build unity within the group and break down barriers leading to new friendships and youth who can work together successfully.

Inaugural State Ranch Horse Contest

Candi Bothum, State 4-H Animal Science



This first ever State 4-H Ranch Horse Contest drew 50 intermediate and senior participants from across the state. Youth participated in six ranch horse events, including: Ranchmanship (showmanship), Ranch Horse Pattern, Ranch Horse Skills, Cow Working, Roping, and Ranch Horse Trail. This new Statewide effort allows youth to expand their skills in ranch horse work as well as general horsemanship. The event also acknowledges and allows those who actively pursue and use ranching skills to demonstrate their proficiency through competition beyond the local level.

While Ranch Horse-focused events extend the reach and diversify equine disciplines, these events also extend beyond horsemanship skills. Youth develop skills and expand knowledge of cattle, veterinary science, and other livestock knowledge. In addition, members participating in the Ranch Horse program across the state share a bit of western tradition and history. Working on an efficient sustainable ranch today is much different than our historical memories, but on many occasions it boils down to a capable cowboy/girl and a well-maintained, well-trained horse searching for, finding, and moving cattle from one pasture to the next feed source. It's an education and experience found in only one other place: the working ranch.

SCIENCE

SPRK+ Robots leads to creative learning program

Samara Rufener, Lake County



What started as a suggestion by Lake County's 4-H Association's president to increase STEM and robotics support in schools, developed into Find Your SPRK+, an afterschool program that offers creative lessons using robots that reinforce the engineering design learning model. Partnering with local school districts to offer robotics and coding concepts in the classroom, Samara Rufener worked with teachers to develop lessons using Next Generation Science Standards. The program engages youth on a more individual basis in a smaller group settings allowing them to grasp the coding concepts they did not have time to learn in the classroom. During the 2017-2018 4-H Year, the robots reached 230 youth during 72 one-hour lessons, both in and out of school. This program was made possible through grant funds from the 4-H Foundation, Umpqua Bank Community Giving, and the Youth Enhancement Fund.

“My students and I love the robotics program. It is engaging, creative, and educational.”



Livestock Field Day has regional impact

Melanie McCabe, Marion County; Andrea Leao, Linn County; and Susan Busler, Polk County



For an impact felt throughout the western part of the state, one doesn't need to look further than the Western Region 4-H Livestock Field Day. For the past three years, over 300 4-H and FFA members from all over the region participated in the Rickreall-based field day. Industry professionals and youth serve as presenters during the hands-on sessions. Youth have the opportunity to learn about a variety of topics, including how to fit, show, and market large livestock projects; livestock quality assurance practices; and biosecurity and animal health. The follow-up participant evaluations were very positive with youth emphasizing how much they learned because of the hands-on activities and how much they enjoyed seeing youth as presenters.

Exploring natural resources as a Junior Master Naturalist

Emily McDonald-Williams, Lane County



The Junior Master Naturalist (JMN) program is an experiential, place-based, STEM learning program that provides youth the unique opportunity to delve into natural resources in a new way. This program's unique design includes weekly meetings that alternate between classroom experiments and hands-on field trips. Since the program started in 2016, over 85 youth ages nine to 14 have participated in more than 70 hours of STEM experiences fostered through scientific investigations, field trips, and activities.

With half of all sessions taking place in the outdoors, youth are able to engage with concepts learned in the classroom while developing a closer connection to the outdoors. Many participants experienced eye-opening firsts such as visiting a museum, touching a Pacific Lamprey, and tide pooling. Participants designed and conducted youth-driven research side-by-side with professionals in the field, led science experiments, took part in a residential STEM-based camp, and explored the animal kingdom at the Oregon Zoo. JMN nurtured confidence and competence in science.

HEALTHY LIVING

4-H Striders running program builds stamina

Woody Davis, Columbia County



The fall 4-H Striders running program coincides with the interscholastic Cross Country (XC) season. Although non-competitive in nature, Striders allows youth to participate in area XC meets if they choose to do so. The program teaches running safety, emphasizes stretching, and keeps them excited about exercising on a daily basis. The Youth train in a run/walk/run format two days a week for eight weeks until their ability allows running the entire route; average training routes range between 2.5 to 3.5 miles. This year's program had 18 participants, ranging from 4th through 11th grade, some of whom are home-schooled. Adult and teen volunteers serve as mentor coaches. The middle and high school XC coaches view Striders as a feeder program that leads youth into more competitive XC programs.

i Tri promotes summer activity Jamie Davis and Samara Rufener, Lake County



“It was a positive experience. It helped get my kids to really think about their health.”

To combat the issue of summer time inactivity among school age youth, 4-H in Lake County developed a 7-week program to increase youth physical activity. Called i Tri, the program engaged 65 youth participants, 12 teen staff members, and over 20 community volunteers. Each week, instructors from a local group, club, business, or agency highlighted a new skill or a local recreational opportunity. “Squads” of five to eight youths of similar age were led by teen staff in warm-up exercises and provided support as squad members rotated to stations to learn that week’s skill and nutrition lesson. i Tri participants were provided with a physical activity tracker to encourage activity at home between sessions. Those who met their goals were provided incentives, such as bike locks, swim goggles, and reflective shoe laces.

Outdoor cooking skills learned at 4-H Camp

Cindy Brown, Sherman County



If participants wanted to eat at this year’s four-day Sherman County 4-H Camp, they had to help cook and prepare the meals. Some meals were prepared in a Dutch oven and for other meals, they assisted the cook staff when food was grilled. Food Hero recipes — <http://foodhero.org/> — were used for both the kitchen menu and for the campers’ outdoor cooking activities, including Easy Skillet Chili and Cheesy Beef Pasta for cooking outdoor with a Dutch oven. Each camper went home with a small cookbook of the recipes.



Oregon 4-H Foundation
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OSU 4-H robotics team takes first place in world competition

Teresa Middleton, Douglas County



Three Oregon 4-H members overcame mechanical difficulties to win the FIRST World robotics championships in front of 35,000 people at Houston's Minute Maid Park. Isaac Salchenberg, Josiah Van Hatten, and Kohlton Kuczler, members of 4-H in Douglas County, guided their robot, Ghost, through its paces to go undefeated in the qualifying round and then took two of three rounds in the finals against competitors from around the world to win the title. "The Mechanical Maniacs 4-H club has always been an active, cutting-edge robotics club," said Teresa Middleton, OSU Extension 4-H faculty. "The club loves to share their passion with others. I'm just so proud of them."



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