

# Sherman 4-H Newsletter

November 2023

## Time to Enroll in Sherman 4-H!

The new 4-H year started October 1, and that means time to enroll. Some clubs are already meeting or planning meetings, so don't let miss out. Early bird enrollment deadline is January 31, 2024. Final enrollment deadline with late fee is February 15, 2024.



Enrollment this year is all online. Use this link to get to the login page and create a new account:  
<https://v2.4honline.com/#/user/sign-in>

Make sure to select Sherman County when creating your account. If you have previously been enrolled in 4-H, you already have an account with the email you have provided on your enrollment forms. You will need to create a new password. Fees are \$30/youth up to two youth/family. We are not set up for online payments, so send payments to Sherman County 4-H Assn c/o Sherman Extension, 66365 Lonerock Rd, Moro OR 97039.

4-H is for youth ages 9-19 as of September 1, 2023:

- Juniors 9-11 years of age (yes, this includes older 3rd graders)
- Intermediates 12-14 years of age
- Seniors 15-19 years of (and still in high school)

Cloverbud is for youth ages 5-8 as of September 1, 2023

Non-competitive, just-for-fun activities

**Note: We need volunteer leaders in order to have a CloverBud club this year, contact us to step up for kids!**



Sherman County Extension  
66365 Lonerock Road  
Moro OR 97039  
541-565-3230

### The Mission of 4-H

To provide young people with intentional, high quality learning experiences with adults and peers, sustained and active participation across time, and opportunities to make meaningful contributions to the world around them.



## Here are the club names, projects and volunteer leaders for Sherman County 4-H

Did you know Oregon 4-H leaders and volunteers complete extensive applications, background checks, online enrollment and youth safety training in order to work with our youth? We thank our volunteers for all their dedication. As of November 1, Sherman County 4-H has ELEVEN (!) new people stepping up to serve as 4-H volunteers, and currently completing the extensive multi-step process of application. That is an AMAZING number, thank you for wanting to serve our Sherman County 4-H youth.

Sherman Beef	Beef	<i>(2 leader applications in process)</i>
Lucky Lambs	Sheep	Hayli Sharp Kaseberg and Grace Poirier
The Goatees	Goat	Jeremy & Kara Lanthorn, Bridget Whitaker <i>(4th leader in process)</i>
Sherman Swine	Swine	Samantha Roberts-Smith and Brennah Miller
Chicken Tenders	Poultry	Liz Cranston and Scott Susi <i>(3rd leader in process)</i>
Dog Club	Dog Training/Care	Caitlin Blagg and Bridget Whitaker
HiRiders	Horse	Kayci Sharp and Hayli Sharp-Kaseberg <i>(3rd leader in process)</i>
Rabbit Club NEW!	Rabbit	<i>(2 leaders in process)</i>
Tiny Teaspoons	Indoor Cooking/Baking	<i>(1 application in process, need 2nd leader)</i>
Pans on Fire	Outdoor Cooking	Cindy Brown and Christian Ayles
Put It Up	Food Preservation	Cindy Brown <i>(2nd leader in process)</i>
Garden Club NEW!	Horticulture	Liz Cranston and Christian Ayles
Photography	Photography	Jeremy Lanthorn and Talese Slay
Saving Nine	Sewing	Karen Umamoto, Kara Lanthorn <i>(plus 2 volunteers in process)</i>
CloverBud	Youth ages 5-8	<i>(2 volunteer leaders needed)</i>

## I'm in 4-H...now what?

Opportunities abound in the 4-H program for project learning, positive youth development, and FUN! Here is where you can start, now that you are an official 4-H member:

Go on-line AND read the newsletters: follow the Sherman County 4-H Oregon Facebook page and check out the Extension Office website at: <https://extension.oregonstate.edu/sherman>. Read through the print newsletters sent out semi-monthly.

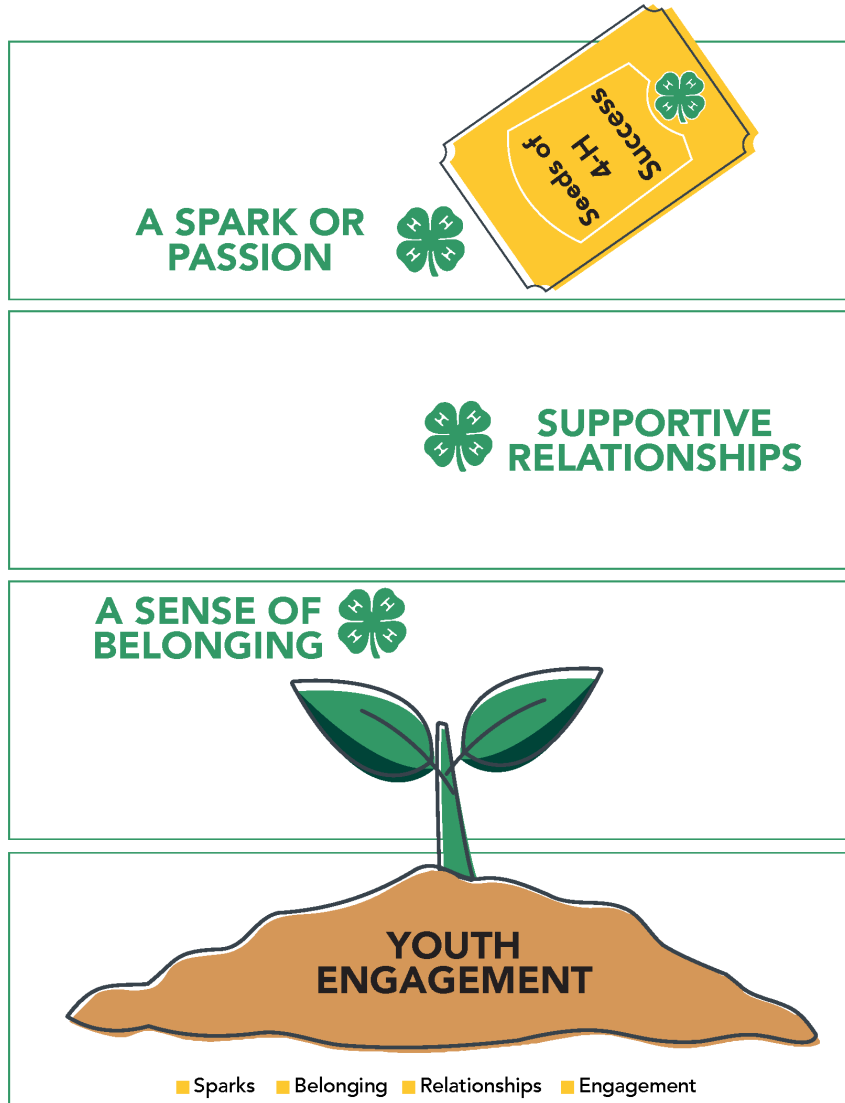
Visit the Extension Office in Moro: stop by and meet Office Specialist Christian Ayles and 4-H Coordinator Cindy Brown. They are here to serve you, whether that means answering questions, connecting you with club leaders, or getting supplies for your record books.

Attend your club meetings! This is where the action is and this is where you will learn about your project area, opportunities available, upcoming events, community service plans, and information about the fair. Leaders devote a lot of time to planning club meetings, furnishing supplies and organizing activities. So if you signed up for the project, you are required to attend the meetings.

Of course, everyone will have a conflict sometime; the mandatory and polite thing to do is call and inform your 4-H leader before the meeting. But....miss more than two meetings and you are dismissed from your club. Be respectful of your leaders and your club.

Get started in your project! This might mean keeping records and recipes for what you have cooked at home; pick out your pattern and material for your sewing project; find out where and when to purchase your animal; get your pen and feeding supplies ready; make sure your horse is healthy and sound; get familiar with your camera/phone and start taking pictures; and keep track of everything in a file and your 4-H record book.

## The Oregon 4-H “Thriving Model” for Positive Youth Development



Young people join 4-H because they have a **spark (a passion for an idea, or an interest or skill they'd like to grow)**. As adults supporting 4-H members, our job is to be a champion for this passion, provide positive energy, and build aligned skills. Through 4-H, we watch sparks grow, create joy, and lead to purpose and direction in life.

**Relationships have the power to become life changing**, and are “developmental relationships”. Different relationships provide different assets to us as we grow and develop, discover who we are, cultivate our abilities, and learn how to meaningfully contribute to the world around us.

Did you know that **a sense of belonging is foundational to learning**? Young brains have a harder time being open to new ideas if they are worried about safety and acceptance. We want all youth to learn by actively, warmly, and openly conveying building a warm and welcoming club.

You've probably heard the phrase: you get what you put in. And the research is true – **the more a young person engages with 4-H, the more they will benefit**. Highly engaged 4-H members become well-informed citizens who are actively engaged in their communities and the world.

## LEADERSHIP RETREAT OPPORTUNITY FOR 7TH-12TH GRADERS

High Desert Leadership Retreat (HDLR) is a great opportunity for youth in 7th-12th grade to spend the weekend learning new skills, building independence and networking with other teens from all over Oregon. Last year Sherman sent two 4-H members to HDLR for an amazing weekend experience.

Held over Martin Luther King Jr., weekend in January, HDLR gives youth a taste of independence as they grocery shop and cook for themselves and their condo-mates throughout the weekend.

During the day, youth will participate in a series of self-selected leadership classes and in the evening there is plenty of time for fun at the rec center, a dance and other events! See the full details below.

Retreat Dates: January 12-15, 2024

Check in 4-5pm on Friday, retreat ends at 12 noon on Monday. Sorry, no late arrivals or early departures

Retreat Location: Eagle Crest Resort, Redmond

Registration (open at 9 am November 1st):

Early Bird Registration Cost (11/1-11/16): \$250 Regular Registration Cost (11/17-11/30): \$275

\*Registration will cap at 120 participants and registration will fill. Youth are encouraged to register as soon as they are able in order to secure a spot at the retreat\*

**Follow the HDLR Facebook page for details and registration links:**  
<https://www.facebook.com/HDLR4h>

## What's a Year in 4-H Look Like?

Fall	4-H age is based on child's age as of September 1 The new 4-H year starts in October 1 Enrollments begin in Sherman County for both volunteer leaders and youth members
Winter	Clubs start, a minimum of 6 meetings/year are required Early bird 4-H enrollment January 31, 2024, final deadline with late fee February 15, 2024
Spring	Livestock members acquire their projects Beef ear tagging and weigh-in for fair
Early Summer	Ear tagging and weigh-in for fair : sheep, swine, goats Sherman County 4-H Day Camp in mid-June
Later Summer	Register fair entries by late July deadline Sherman County Fair third week of August, everyone encouraged to participate & compete Record books due for those competing in fair 4-H year ends September 30



Sherman County 4-H Oregon

## **Sherman County 4-H Club Notes – Fall 2023**

The Saving Nines 4-H sewing club met on October 26 at 3:30pm at the OSU Extension meeting room. Attending were: Avery, Kynlie, Amelia, Marie, Chloe, Olivia, T'Sharrar, Sara, Haley, Ireland, Ruby, Eva, Everly, Alyce. Excused were: Yvonne, Emma, Erin. Pledge of Allegiance led by Olivia, 4-H Pledge by Chloe. What we did during the meeting: introductions of leaders and members. What did you learn last year, what did you like, what didn't you like? Talked about project possibilities, field trips, community service options, fundraising. We will make another quilt to raffle, we will do concessions. We will do Fiber Arts and Clothing/Textiles. Seven kids want to make a quilt this year. We talked about getting something made by Christmas (pillowcase, table runner, apron, napkins). Our next meeting will be in November. Meeting adjourned 5pm. Submitted by club leaders.

### **Sherman County Extension Office, 66365 Lonerock Rd, Moro OR 97039**

Phone: 541-565-3230 Fax: 541-565-3330

<http://extension.oregonstate.edu/sherman/>

Office hours: Monday-Friday 8am-4:30pm

Office Specialist, Christian Ayles  
[christian.ayles@oregonstate.edu](mailto:christian.ayles@oregonstate.edu)

4-H Youth Development & Healthy Living, Cindy Brown  
[cindy.brown@oregonstate.edu](mailto:cindy.brown@oregonstate.edu)

Agriculture, Jacob Powell  
[jacob.powell@oregonstate.edu](mailto:jacob.powell@oregonstate.edu)

4-H Newsletter  
Sherman Co Extension Service  
66365 Lonerock Rd  
Moro OR 97039

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