



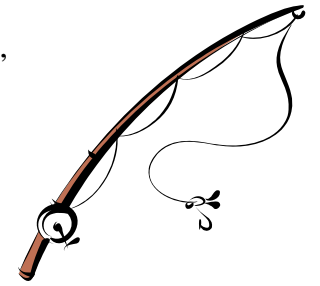
4-H Youth Development Over the Clover

VOLUME 18
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MAR, 2010

A monthly publication for the 4-H members, leaders & families of Deschutes County

South Valley Bank & Trust 4-H Sportsmen's Pentathlon

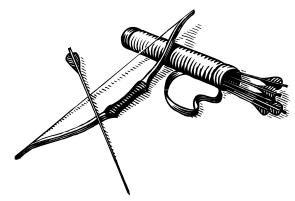
Bikers, runners, skiers, and kayakers have their US Bank Pole, Peddle, Paddle; but what about the thousands of sporting enthusiasts who like to hunt, fish, shoot trap, loose an arrow, and orienteer? Well, if you fall into the latter category, the wait is over. On Saturday, March 20, Alder Creek Ranch in Sisters, Oregon will host the first ever South Valley Bank & Trust 4-H Sportsmen's Pentathlon. Now is the time for you to form two person teams to pit your skills against some of the area's finest hunters, shooters, fly fishermen, and outdoor enthusiasts. Test your collective aim at the Central Oregon Sporting Clays venue. Prove your team has the steadiest aim at the Top Pin 3D archery contest. Land the large hogs lurking in the deep waters of the Fly Fishers' Place fly fishing derby. Bag a couple of Chukar at the Alder



Creek Ranch live bird hunt. Finally, see if your team can master one of the most challenging Geocaches in central Oregon. Once the competition is over, join in on the banquet and silent/oral auction on Saturday night at Brand 33 Restaurant at Aspen Lakes Golf Club. If you have any energy left on Sunday, March 21 join local golfing fanatics at Aspen Lakes Golf Club for the 2-person best ball scramble.



This weekend of fun and excitement is for every 4-H member, parent, and leader in our program. Your team could win the championship and the FishCraft, LLC Still Water boat. Jack-ets, trophies, and ribbons will be awarded to venue winners.






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The South Valley Bank & Trust 4-H Sportsmen's Pentathlon is the major spring fundraising event for the Deschutes County 4-H program. Won't you come have some fun and support the positive development of our 4-H youth? Team registrations and banquet information is available online at www.deschutes4h.com. djw



DESCHUTES COUNTY 4-H CALENDAR

- Mar.** 1 Executive Committee, JEC 6:00 pm;
Adult Officers 7 pm
2 Your Child Youth Development; 6:30 pm
4 New Leader Training, 6:30 pm
11 Equine Series #8; 6:30 pm, N Sisters
11-14 Western Regional Leaders Forum;
Alburque, New Mexico
14 Serving @ Redmond Community
Concerts Redmond High
*15 Auction Committee Meeting, 5:30 pm
*16 Project Advisory Meetings, 6:00 NS
20 Living on a Few Acres; N Sisters
19-21 National Youth Horse Leaders
Sympsiun, Lexington KY
19-21 Northwest Horse Fair & Expo, Albany
20-21 Sportsman's Pentathlon
25 Equine Series #9; 6:30 pm, N Sisters
 27 Bowl Day; Horse 9-12, S Animal 1-3
28-30 Know Your Government
31 Western Equ & Showmanship Clinic
DCFE, 6:00 pm
- Apr.** 5 New Leader Training, 6:30 pm
8 Equine Series #10, NS 6:30 pm
10 Speech & Presentations Contest
12-13 Horse Clinic; Hooker Creek Event Center
4:00 - 8:00
18 Serving @ Redmond Community
Concerts Redmond High
19 Record Book Training
19 & 20 Western Equ & Showmanship Clinic;
DCFE, 6:00 pm
22 Equine Series #11; NS 6:30 pm
24 Food & Clothing Skills Contest; Hugh
Hartman
23-25 Spring Horse Classic—Here
- May** 3 Executive Committee, JEC 6:00 pm;
Adult Officers 7 pm
*4 Project Advisory Meetings, 6:00 NS
7 Redmond Coffee Clatter
8 Cookie Camp
15-17 Serving @ Central Oregon Symphony
Bend High
17 English Equ & Showmanship Clinic;
DCFE, 6:00 pm
 17 Sheep, Hog, Goat Weigh-in; DCFE
18 4-h, Youth Dev & Your Child; Here
20 Auction Committee Meeting; 5:30 pm
29 & 30 DCLA Horse Show; DCFE
- June** 5 Cook & Colleen Campout 4-H Kids
5 Juniper Jackpot; Sheep Barn
5 Larkspur Festival
12 Dressage Clinic; Sagebrush Arena
15 Auction Committee Meeting; 5:30 pm
 21 Record Book Check; North Sister
23-26 OSU Summer Conference. OSU Campus
29 Record Book Checks; All Communities

-  **July** 1 Record Book Check; Bend & Redmond
5 Executive Committee, JEC 6:00 pm;
Adult Officers 7 pm
*6 Project Advisory Meetings, 6:00 N Sister
8 Small Animal Weigh-In; Dairy Barn 4:00-
6:30 pm
8 Fashion Revue, NS, All Day
8 **FINAL RECORD BOOK CHECK, N
Sister**
22-25 Horse Fair
24 North Sister Set Up Day
26 Static Exhibit Interview Day
27 Dog Fair; 1 pm—Hooker Creek Expo
27 Animals Arrive; 7-12
28-1 Deschutes County Fair
- Sep** 6 Exec Meeting; Extension Office
14 Advisory Meeting; DCFE-NS
16 Auction Meeting; Here 5:30 pm
- Nov** 1 Exec Meeting; Extension Office
9 Advisory Meeting; DCFE - NS

***Changed Date.**

Photo ID opportunity 

All meetings are at the Extension office unless otherwise noted.

Project committee meetings are open to all leaders, members, and parents. This is where decisions are made regarding your project area. Your attendance is encouraged and most welcome.

Record Book Checks

Checks will take place from 5:30—8 pm, except on the Tuesday, June 29th.

Monday, June 21st
North Sister, Redmond

Tuesday, June 29th from 4 pm to 7 pm
North Sister, Redmond
Senior Center, Bend
Mid State Electric, La Pine
Cloverdale Fire Dept, Sisters (*not confirmed*)
Dames & Dudes Hair Design, Tumalo

Thursday, July 1st
North Sister, Redmond
Senior Center, Bend

Tuesday, July 8th FINAL CHECK

What's Up?

Activate Oregon Project & 4-H Rural to Urban Exchange

In the next several weeks, Oregon 4-H will be offering several opportunities for 4-H youth across Oregon to participate in one of three "Activate Oregon" leadership summits. 4-H state staff as well as 4-H staff Marion, Multnomah, and Washington are please to announce these exciting new leadership summits for our 4-H youth as a way to catalyze local actions focused on education, the economy, and the environment.

Project 2010 is a youth leadership summit for sustainability. 4-H Project 2010 utilizes exciting, hands' on learning that emphasizes teamwork and group participation to help youth develop the knowledge and skills needed to engage and make a difference in their communities. The summit takes place on Saturday, April 24 and Sunday April 25.

4-H Rural to Urban Building Bridges Exchange helps middle school students gain an understanding of the issues on natural resource management from both an urban and rural Oregon perspective. The exchange is also designed to help students develop a camaraderie and spirit of friendship with families from urban Oregon who are involved in natural resources management. Rural youth will have the chance to live and work and attend school with urban Portland youth and learn how Oregonians in the urban areas are working to balance social, economic, and environmental needs for building a sustainable Oregon. This Exchange will take place Wed., April 21 thru Sun., April 25.

For more information on Activate Oregon visit our website at www.deschutes4h.com

Teen Staff College/Trade/Technical School Scholarships

Applications must be turned into our office by Monday, March 15.

The Teen Staff are sponsoring three Scholarships. You must be a current year High School graduate that is currently enrolled in 4-H. Scholarships will be given for the second term in college/trade school.

Applications are available on our website: www.deschutes4h.com then click on Forms. If you need one sent to you or you have questions, please give Reaza a call at 541-548-6088.



Merv & Sally Fleming College/Trade/Technical School Scholarship

Applications must be turned into our office by Monday, March 15.

Merv & Sally Fleming are officering two \$500 scholarships to a current year High School graduate that is currently enrolled in a 4-H Horse or Non-Market animal projects. Scholarships will be given for the second term in college/trade school.

Applications are available on our website: www.deschutes4h.com. If you need one sent to you , give Reaza a call at 541-548-6088.

What's Up?

4-H Photo ID's available.

Youth Voice, Youth Action!

Formerly Know Your Government

YVYA, formerly known as KYG will be held in Portland on Sunday March 28 thru March 30.

For more information go to our website:

www.deschutes4h.com : [4-H News & Events](#)

Don't have your photo ID badge for the fair yet? We will be set up to take your photograph at the following events.

Bowl Day	Mar 27 11-1 PM
Sheep/Swine/Goat	May 17th 4-8PM
Rec. Book Check RDM	June 21th 6-8PM
Rec. Book Check Lapine	June 29th 4-6 PM
Rec. Book Check Bend	July 1st 6-8PM
Horse Fair	July 22-23 8-10AM

Over the Clover Café Schedule

Sign your club up now!

Do not fear fair is not here. But, the OTC Cafe schedule is. Now is a good time to sign your club up for a shift in the OTC Café. Each morning shift needs 3 adults and 6-8 youth. Each lunch shift needs 4 adults and 7 youth. The dinner shift needs 4 adults and 6-8 youth.

Don't wait until the last minute to fill a spot. If it were not for the Café, the Leaders' Association would not have been able to provide scholarships for KYSG, OSU Summer Conference, HDLR, Camp, Japanese Exchange program, College Scholarships, and much more.

County Fair	7 AM to 11 AM	10:30 AM to 3 PM	2:30 PM to 7 PM	6:30 PM to Close CLEANING SHIFT
Tuesday, July 27, 2010		Baconators		High Desert Livestock
Wednesday, July 28, 2010				
Thursday, July 29, 2010,				
Friday, July 30, 2010	Chickens Etc			
Saturday, July 31, 2010	Bunny Brigade			
Sunday, August 1, 2010				

What's Up?

Living On A Few Acres (LOAFA) Conference

Date: Saturday, March 20, 2010

Time: 8:30am to 4:30pm

Location: North Sister Building, Deschutes County Fairgrounds, Redmond, OR

Registration fee: \$35/person or \$60 for two (if registered by March 15; \$50/person (for registrations received March 16 and after)

For more information, contact: Dana Martin.
Email: dana.martin@oregonstate.edu; Phone: 548-6088 ext. 7957

What is LOAFA? The Living on a Few Acres conference was developed by Oregon State University Extension Service in Central Oregon to provide educational workshops that focus on the needs of those living on small farms and acreages.

This year, participants can attend four classes from a selection of the following topics: Simple Season Extension; Growing Poultry; Managing Rodents; Irrigation Management; Alternative Value-Added Crops; Pasture and Grazing Management; Pond Management; Tractor maintenance, safety and driving; Raspberries, blueberries and other berry crops for Central Oregon, Horse Nutrition, Marketing Farm Products, First Aid for Livestock, Wildlife Habitat, Quality Hay.

LOAFA will also highlight Featured Speaker Sean Dodson of Dancing Cow Farm; Exhibitor booths, and a food concession provided by the Very Impressive Pig (VIP) 4-H Club.

Class descriptions and registration form available at this website: <http://extension.oregonstate.edu/deschutes>

South County

Update for South County 4-H

Chief Paulina Riders: at the last couple of in house meetings we've been discussing parasites, feed, and sand. More than half our club attended the Idea Fair and High Desert Leadership Retreat at Eagle Crest. Chrystal was the only one who went to the horse judging from our group. Christina Bates & Heidi Webb

Boots & Buckles 4-H club: Our club has been taking group riding lessons monthly with Cindy Cronin which has been very helpful. Most of our club attended the Idea Fair and enjoyed it. Kim Ries, mom of Lizzie Ries our youngest member, held a class at the idea fair on horse cupcakes that Tina and I assisted with. The class was full for both time slots and fun. Four intermediate members, Tucker Allen, Tristan Cox, Ashlyn Woods and Sam Massingale competed in the Int/Sr Horse Bowl. Tristan made the State team placing 4th and Tucker placed 6th as an alternate. Eight of our 12 members attended the Horse Judging Contest. They all said that they learned alot and hope to have done well. We will be attending the Clinton Anderson clinic as a group on April 10-11. We are so excited!!! All of us are looking forward to Spring and riding!!! Thanks, Lisa Cox

Kitchen Queens 4-H Club: They taught two classes at the Idea Fair, amaretto coffee in a jar and cookie-mix-in-a-jar. Lori & Rachel Schneider

There were many 4-H members from the other clubs in the south county who also attended the Idea fair and High Desert Leadership Retreat. Kathy Russell, mentor leader South County

What's Up?

Growing Farms: Successful Whole Farm Management Series ---- Register Now!

Dates: (Tuesday nights), March 30; April 6, 13, 20, 27; May 4, plus one Farm Tour (Saturday, April 24)

Time: 5pm to 9pm

Place: Deschutes County Extension Service, Redmond, OR; and local farms

Cost: \$200/person, \$350/couple from the same farm. This includes the resource binder, workbook and a light meal. (Partial scholarships available; credit card payment option)

Online registration: <http://smallfarms.oregonstate.edu/growing-farms-workshop-series>

The OSU Oregon Small Farms team is collaborating with partners to offer the Growing Farm: Successful Whole Farm Management series in 2010. Growing Farms was launched in 2009 in four regions of Oregon, where 105 farmers benefited from the series.

This course is designed to provide beginning specialty crop and livestock farmers with the tools and knowledge to manage both the biological and financial risks of farming. Participants will assess their farm enterprise and gain the ability to develop a whole farm plan. Guest farmers will share their experiences and help you avoid some common mistakes when first starting out.

The workshops address these six broad topics:

Dream It: Strategic Planning (goals, resource inventory, planning your dream)

Do It: Farm Operations (equipment, renewable energy, season extenders, irrigation efficiency, labor issues)

Manage It: Farm Finance (business management, financial strategies, funding options)

Sell It: Marketing Strategies (strategies, market options, licenses and permits)

Grow It: Production (Soil, cold climate production and techniques)

Keeping It: Managing Liability (managing liability, insurance, farm succession)

For more information, contact: Dana Martin; dana.martin@oregonstate.edu; 541-548-6088 x 7957

For more information about what is happening in Deschutes County go to :

<http://www.deschutes4h.com>



Record Book Training

Monday, April 19th

All meetings will be held at 6:00 pm. If you would like a private training for your club, call the Extension office and ask for Tina to see if we can work something out.

South Valley Bank and Trust 4-H Sportsmen's Pentathlon and Benefit Golf Tournament March 20th and 21st.

Fly Fishing | Sporting Clays | GPS/Orienteering
Chukar Hunt | 3-D Archery Shoot

Check the website for more details, or contact
Todd Williver or David White 548-6088



Presentation Registration Form

Saturday, April 10th, 2010

Deadline for Registration is 5:00 PM – Wednesday, March 31, 2010

Name(s)	Ind. or Team	Level (Jr, Int, Sr)	<u>Topic/Title of Presentation</u> <u>Classification #</u>	Time Pref. (AM or PM)
<i>Jane Doe & Johnny Smith</i>	<i>Team</i>	<i>Int</i>	<i>How to Dress a Pig</i> <i>211 600 023</i>	<i>AM</i>

“What are Presentations” those of you new to 4-H may ask? Presentations is a pre-fair contest where 4-H members inform an audience and a judge about a topic of their choice (the topic does not have to have anything to do with your 4-H project area). Speakers are encouraged to use posters and visuals to present the information. Examples of past presentation topics are varied; everything from how to rope a calf to the life of Cary Grant, ballet to dirt bikes, washing your dog to how to bake muffins.... Your interests and imagination are the only limitations!

FEES:	
Per Person or Team	\$5.00
Refundable deposit	\$5.00
Total Due	\$
<i>Deposits will be refunded at contest check in time.</i>	

Presentation Awards Currently Available:

Oregon Dairy Women:

\$20 for all Blue ribbon and \$10 for all red ribbon presentations emphasizing dairy foods or dairy cattle production or management.

Oregon Beekeepers Association:

Presentations relating to bees, beekeeping or foods using honey (100% of the sweetener must be honey. Blue Award \$10, Red award \$5

Deggendorfer Family Demonstration Awards: (*Checks will be issued to youth based on receipts of purchases. These receipts must be turned into the Deschutes County 4-H Office within 12 months of the contest for reimbursement.*)

These monetary awards are given to the best Individual Champion and Reserve Champion presenters of Demonstrations or Illustrated Talk presenters in the junior, intermediate and senior age divisions. Awards are to be applied directly to the expansion or enhancement of the member's 4-H project or projects

\$30 check awarded to the Junior, Intermediate and Senior Champions.

\$25 check awarded to the Junior, Intermediate and Senior Reserve Champions

Chuck Webb Construction:

Presentations relating to rabbits: \$10 each will be awarded to the top junior, intermediate and senior presenters.

Educational Materials!

You can receive materials by contacting the Extension office! Here's what's available:

**Introduction to Presentations *Types of Presentations for 4-H Competitions *Parts of a Presentation*

**Steps in Planning a Presentation *The Mechanics of Presenting *Preparing and Using Visual Aids*

**Top Ten Tips for a Successful Presentation*

Presentation Registration Form

General Information

1. 4-H Presentation divisions include demonstrations, illustrated talks, public speeches, and impromptu speeches.
2. Members may have one entry in each division as long as the subject matter is different for each.
3. Members will be expected to use a microphone.
4. All contestants will be interviewed by the judge at the conclusion of their presentation.

Impromptu Speaking

The presenter must compose and deliver a speech with no prior preparation. No visual aids may be used.

1. Contestants will draw topics at random.
2. Once contestants draw a topic, they will have five minutes to prepare before they begin their speech. The contestant may write notes on one 3 x 5 inch note card.
3. The speech should be 3 to 5 minutes in length for intermediates and seniors, and 1-3 minutes for juniors.
4. During the speech, contestants should introduce themselves by name, and topic.
5. A microphone, table and easel will be provided.
6. No questions may be asked at the conclusion of the speech.

211 603 011 Impromptu Speaking, Jr.

211 603 012 Impromptu Speaking, Int.

211 603 013 Impromptu Speaking, Sr.

Public Speeches

A public speech can be informational or persuasive. No visual aids may be used.

1. Topic may be anything the member wants to share with others.
2. A member may not present the same topic more than once.
3. Speeches should be 7 to 10 minutes in length for intermediates and seniors, and 3 to 7 minutes for juniors.
4. A microphone, table and easel will be provided.
5. The use of notes is permitted. However, the excessive use of notes may be counted against the contestant at the judge's discretion.
6. During the speech, contestants should introduce themselves by name, and topic.
7. Contestants should cite their major references at the conclusion of their speech.
8. Anyone may ask questions of the contestant.

211 602 011 Public Speaking, Jr.

211 602 012 Public Speaking, Int.

211 602 013 Public Speaking, Sr.

Demonstrations and Illustrated Talks

A demonstration shows how to do something. There is a finished product at the end.

An illustrated talk is a way to share information with the use of visual aids.

1. Topic may be anything the member wants to share with others.
2. A member may not present the same topic more than once.
3. Teams will consist of two members. If one team member is a senior and the other an intermediate, the presentation will be entered in the senior division.
4. Intermediate and Senior teams or individuals will have 30 minutes to set up, present, and clear the area. Junior teams and individuals will have a total of 20 minutes. All work must be done by the 4-H member(s). The actual presentation should be between 10 and 20 minutes in length for intermediates and seniors, and 3 to 10 minutes for juniors..
5. 4-H members must furnish all supplies and equipment required except for a table, easel and microphone. If other special equipment is needed, contact the 4-H office prior to the contest.
6. The use of notes is permitted. However, the excessive use of notes may be counted against the contestant at the judge's discretion.
7. During the presentation, contestants should introduce themselves by name, and topic.
8. Contestants should cite their major references

211 600 011 Demonstration, Individual, Jr.

211 600 012 Demonstration, Individual, Int.

211 600 013 Demonstration, Individual, Sr.

211 601 011 Illustrated Talk, Individual, Jr.

211 601 012 Illustrated Talk, Individual, Int.

211 601 013 Illustrated Talk, Individual, Sr.

211 600 021 Demonstration, Team, Jr.

211 600 022 Demonstration, Team, Int.

211 600 023 Demonstration, Team, Sr.

211 601 021 Illustrated Talk, Team, Jr.

211 601 022 Illustrated Talk, Team, Int.

211 601 023 Illustrated Talk, Team, Sr.

Skills Contest Registration

Due in the Deschutes County Extension office by Friday, April 9, 2010
Slots will be filled in the order they are received.

Name: _____ Grade: _____

Address: _____ Phone No: _____

Leader's Name _____ County: _____

Make sure you have all the necessary forms for each contests. Check your premium book for details.

E-mail registration is *NOT* an option for this contest!

Questions?? Call Reaza @ 548-6088.

**Skills and Judging Contests will be held at the Hugh Hartman Bldg. of Redmond High
Saturday, April 24 (9 am to 6 pm)**

Day & Time Requested (circle preference)

<u>Food Skills:</u>	AM	PM
<u>Sewing Skills:</u>	AM	PM
<u>Crocheting/Knitting:</u>	AM	PM

This request does not guarantee you a slot at this time, but I will do my best!

Please make a separate copy of this form for each participant in this year's skills contests. EACH participant must pay a \$10 *fully refundable* deposit. Send registration forms and fees to:

***Deschutes County 4-H
Skills Contest
PO Box 1251
Redmond, OR 97756***

Fees:

_____	Food skills	\$5
_____	Clothing skills	\$5
_____	Knitting &/or Crocheting	\$5
<u>X</u>	Refundable deposit	\$10
Total		\$_____

*Fees will not be refundable after 4/9/10
Deposits will be refunded at contest check in time.*

Food Skills Contests

Novice Measuring*

(First year Jr. foods members only)

___ 511700211

Jr. Favorite Foods*

___ 511700031 - Magic with Milk

___ 511700111 – Foods of the Pacific Northwest

Special Occasion Table Setting*

___ 511700311 - Junior

___ 511700312 - Intermediate

___ 511700313 - Senior

Intermediate Food Prep Contest:

___ 511601012 – Foods of the Pacific Northwest

Senior Food Preparation Contest:

___ 511601013 – Foods of the Pacific Northwest

Favorite Healthy Foods*

(Adventures & First year 4-H members only)

___ 511700011

Brown Bag Lunch*

(Adventures & First year 4-H members only)

___ 511700021

On The Spot Contest*

___ 511700512 - Intermediate Breakfast

___ 511700513 - Senior Meal

Intermediate Mini-Meal Contest:

___ 511602012 - Food Preparation

___ 511602022 - Food Preservation

Senior Mini-Meal contest:

___ 511602013 - Food Preparation

___ 511602023 - Food Preservation

Knitting Skills contest*

Juniors

___ 360700011 - Phase 1

___ 360700021 - Phase 2

___ 360700031 - Phase 3

Intermediates:

___ 360700012 - Phase 1

___ 360600022 - Phase 2

___ 360700032 - Phase 3

___ 360700042 - Phase 4

___ 360700052 - Phase 5

___ 360700062 - Phase 6

Seniors:

___ 360700013 - Phase 1

___ 360700023 - Phase 2

___ 360700033 - Phase 3

___ 360700043 - Phase 4

___ 360700053 - Phase 5

___ 360700063 - Phase 6

___ 360700073 - Phase 7

Crocheting Skills contest*

Juniors:

___ 370700011 - Phase 1

___ 370700021 - Phase 2

___ 370700031 - Phase 3

Intermediates:

___ 370700012 - Phase 1

___ 370700022 - Phase 2

___ 370700032 - Phase 3

___ 370700042 - Phase 4

___ 370700052 - Phase 5

___ 370700062 - Phase 6

Seniors:

___ 370700012 - Phase 1

___ 370700022 - Phase 2

___ 370700032 - Phase 3

___ 370700042 - Phase 4

___ 370700052 - Phase 5

___ 370700062 - Phase 6

Clothing Skills Contest:*

___ 320700110 - Level 1

___ 320700120 - Level 2

___ 320700130 - Level 3

___ 320700210 - Level 4

___ 320700220 - Level 5

___ 320700230 - Level 6

___ 320700310 - Level 7



2010 Food Skills Contest Information

2009 Foods and Nutrition Judging Contests Topics

Introductory Level – all first year members:

- ⇒ Accurate measurement of basic ingredients
- ⇒ Identifying the MyPyramid food groups
- ⇒ Management and safety – preparing fruits and vegetables
- ⇒ Table setting for a simple menu

Phases 2 and 3

- ⇒ Quick bread methods or products
- ⇒ Accurate measurement of basic ingredients
- ⇒ Management and safety
- ⇒ Food selection for good nutrition – Nutrition Facts label
- ⇒ Purchasing decisions for food products (unit pricing)

Phases 4-6 and Phases 7-9 (members will judge the same classes but be scored in two groups)

- ⇒ Accurate measurement of basic ingredients
- ⇒ Food selection for good nutrition – reading labels for calories and nutrients
- ⇒ Purchasing decisions for food products
- ⇒ Shortened cake methods or products
- ⇒ Management and safety

Some resources in addition to project materials:

*The U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition website <http://www.cfsan.fda.gov/~dms/foodlab.html> has information on understanding and using the nutrition facts panel on food labels.

*More information on MyPyramid and food amounts can be found at <http://www.mypyramid.gov/>

*The Dairy Council of California website has some activities related to building the pyramid and matching foods to the correct group. http://www.dairycouncilofca.org/activities/pyra_main.htm

*Grocery store tours might provide practice

Useful Steps for Any Food Prep Contest

- *Enter w/ boxes, ice chest and poster.
Keep them on the floor
- *Hang poster
- *Wash hands (with soap)
- *Fill one side of sink with hot soapy water
- *Wash down counters, stove top, inside microwave and table (even if they look clean) with
a solution of 1T. liquid bleach to 1 gallon water or 1 1/3 t. liquid bleach to 1 quart water
- *Introduce yourself to judge and give necessary forms (recipe for Jr.s). Tell her what you are preparing and that you are ready to begin. Ask any questions you have at this time (operation of stove, location of interview)
- *Wash hands again
- *Put on apron
- *Set table
- *Set out wax paper
- *Organize “prep” area, setting out foods & utensils on cookie sheets
- *Transfer highly perishables from ice chest to refrig/freezer
- *Hang garbage sack
- *Tape task sequence to work cabinet or counter
- *Begin food preparation

After food is prepared:

- * Remove apron
- * Tell judge you are ready to serve
- * Serve one serving size to judge (one muffin, 3 oz meat, 1/2 cup vegetables, etc)
- *

After interview:

- ◆ Hand left-over food to clerk so they can serve the public
- ◆ Put table setting in box
- ◆ Wash dishes - - box
- ◆ Wash counter, table, stove, inside microwave (if used)
- ◆ Remove boxes, garbage sack and ice chest from kitchen (leave poster for display)

Judges Tips for Foods Skill Contest

FOOD PREPARATION CONTEST

Roberta Newman

CLEANLINESS

Most people know to wash their hands before cooking, but what else needs to be cleaned in the kitchen before you start chopping, or opening containers?

Hands-

wash them before touching ingredients or utensils before setting the table to serve
after handling raw eggs and meats.
whenever coughed, sneezed, touched hair, nose, floor or garbage sack
upon re-entering the kitchen during a contest

Work Area-

wash counters before setting out ingredients, equipment
wipe down stove top and inside microwave (even if you won't use them)
clean card table (or table setting area) before setting out serving dishes
after interview: wash down counters, stove top and card table again

Equipment/Supplies-

1. before opening metal cans, rinse off lids
2. after unpacking from boxes, rinse out mixing bowls, cooking containers and utensils
3. before setting the table, rinse off place setting and serving dishes.
4. bring only clean dishtowels, hand towels and potholders/oven mitts to use
5. at home, examine all pots and pans to verify cleanliness
1. at end of contest, clean drain stopper in sink –throw food in garbage sack
7. once counter has been cleaned, set out strips of wax paper to catch any spills

Ingredients-

-- rinse off fruits and vegetables before peeling, slicing or chopping
-- rinse off egg shell before cracking
-- if raw poultry is rinsed off, be sure to sanitize the sink immediately

Sanitation-

- * enter the contest with hair pulled back –scrunchie, barrette, rubber band, etc
- * keep boxes/ice chest on floor at all times, even during unloading and repacking
- * Use a bleach/water solution (1T. bleach to 1 gal. water) in a labeled spray bottle or a food safe kitchen anti-bacterial product (the label *must* say food safe!).
- * Sanitize cutting boards, sink, hands, counter, knives and anything else raw eggs/meat touch
- * wear apron during food prep and baking session of contest – remove after serving judge
- * tape garbage sack to side of work area. Use appropriate size for amount of garbage generated. Line w/ plastic bag

ORGANIZING YOUR WORK SPACE

Your bedroom at home may be cluttered, but that doesn't mean your kitchen counter needs to be.

Learning how to set out ingredients and equipment will reduce chances of making mistakes in contest.

Cookie Sheets-

- ◆ one method is to place equipment on one cookie sheet, ingredients on another cookie sheet
- ◆ triangle method – all ingredients start on one cookie sheet and are moved to the other after they are used. The center of the table (directly in front of you) is reserved for the measuring, mixing, etc.

Jars-

fruit jars, ceramic vases are great for displaying utensils while taking up limited counter space

Place Setting/Serving dishes-

Why set table setting before beginning food prep? :

- * it keeps clutter down in kitchen
- * reduces chance of breakage
- * allows food to be served as soon as completed

TASK SEQUENCING

Move over recipes! Task sequencing is taking over. Never again will you forget to preheat that oven or hang that garbage sack.

Definition-

Task sequencing incorporates a recipe (ingredients, amounts, measurements and utensils) into the steps needed to prepare the food(s).

Advantages-

- ◆ breaks large tasks into small steps (manageable sized)
- ◆ you always know what to do, never having a look of fear or uncertainty
- ◆ you will finish the contest quicker because you stayed focused
- ◆ reduce risk of forgetting to use an ingredient or worse yet, use the ingredient twice
- ◆ steps are excellent way to show your organizational ability
- ◆ your self confidence is increased with this successful approach

How it Works-

1. begin by listing each step of food prep in great detail
2. number each step
3. arrange steps so they follow a logical order
4. after making the food several times, work toward condensing the wording of the step
5. vary the size of the print (bold, capitalization, lower case, etc) so important info stands out
6. use arrows and other symbols to replace some words
7. first 14 and last 5 or so steps are generic for all contests
8. tape the list to a cupboard in kitchen so it is at eye level and away from foods that may spill on it
9. after completing a step, cross it out or check it off

Knitting Skills Contest Patterns

Phase 1: Garter Stitch

Cast on 18 stitches.
Knit each row for 4 inches. (Garter stitch)
Bind off and work in loose ends.

Phase 2: Bias Binding

Cast on 10 stitches
Row 1: Inc 1 st in 1st st, by knitting in the front then the back of the stitch, K7, K2 tog.
Row 2: Purl all sts.
Repeat these two rows until piece is 2 inches long. Bind off and work in loose ends.

Phase 3: Pick up Stitches

Cast on 12 sts.
Row 1: K
Row 2: P
Repeat row 1 and 2 for 21 rows. Bind off. With Right side of stockinette facing you, pick up and K 17 on either side of swatch.
Row 1: K1, P1 across.
Row 2: P1, K1 across.
Repeat rows 1 and 2 twice. Bind off and work in loose ends.

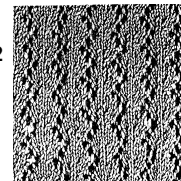
Phase 4.1: Cable Stitch (first year skill level 4)

Cast on 23 sts.
Rows 1 and 3: S1, P3, K6, P3, K6, P3, K1.
Rows 2 and 4: S1, K3, P6, K3, P6, K4.
Row 5: S1, P3, S the next 3 sts onto a cable needle and leave at front of work, K3 sts, then K3 sts from cable needle, P3, S the next 3 sts onto a cable needle and leave at back of work, K3 sts, K3 sts from cable needle, P3, K1.
Row 6: Repeat row 2.
Repeat row 1 through row 6 three times. Bind off in pattern and work in loose ends.

Phase 4.2: Multiple of 10 stitches (second year skill level 4)

Recommended time: 45 minutes
Cast on 20 sts.
Row 1: and all uneven numbered rows - wrong side- P.
Row 2: *K2, yo, K1, **K2 tog twice**, K1, yo, K2; repeat from * to end.
Row 4: *K3, yo, K2 tog twice, yo, K3; repeat from* to end.
Row 6: *K2 tog, K1, yo, K4, yo, K1, K2 tog; repeat from * to end.
Row 8: *K2 tog, yo, K6, yo, K2 tog; repeat from * to end.
Repeat these 8 rows from pat until 24 rows - about 4 ins from beg., end on right side with pat row. Bind off as to P. Work in loose ends.

4.2



Phase 5.1: Knitting with Colors (first year skill level 5)

Recommended time: 45 minutes
Cast on 19 sts.
Row 1: K
Row 2: P
Repeat row 1 and 2 twice
Row 7: Join color as needed and work in stockinette stitch following chart for design (11 rows).
Work remaining rows in stockinette stitch. Bind off and work in loose ends.

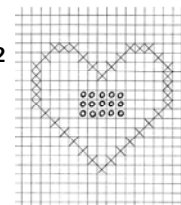
5.1



Phase 5.2: Knitting with Colors (second year skill level 5)

Recommended time: 45 minutes
Cast on 19 sts.
Row 1: K
Row 2: P
Repeat rows 1 and 2.
Row 5: Join colors as needed and work in stockinette stitch following chart for design (14 rows).
Work remaining rows in stockinette stitch. Bind off and work in loose ends.

5.2



Phase 6: Knitted edge

Recommended time: 45 minutes
Cast on 10 sts.
Row 1: K2, P2 tog, yo, K2, P2 tog, yo, K2. (Always count each yo as one st)
Row 2: Repeat first row.
Row 3: Bind off 2 sts (one st remains on right-hand needle) P1, K2, P2 tog, yo, K2. 8 sts on needle
Row 4: K2, P2 tog, yo, K2, yo, P2 tog.
Row 5: Bind off 2 sts. (One st remains on right-hand needle) K1, P2 tog, yo, K2. 6 sts on needle.
Row 6: K2, P2 tog, yo, K2, cast on 2 sts. 8 sts on needle.
Row 7: P2 tog, yo, K2, P2 tog, yo, K2.
Row 8: K2, P2 tog, yo, K2, P2, cast on 2 sts. 10 sts on one needle.
Repeat these 8 rows 5 times.
Next: work rows 1 through 3.
Bind off in Row 4 pattern without the 2 yo.
Work in loose ends.

Crochet Skill Contest Patterns

Phase 1: 4x4 Square

Use J hook and 4 ply yarn

Row 1: Chain 16, turn.

Row 2: In second stitch from hook, single crochet. Single crochet across row. **(15 stitches) Chain 1, turn.**

Row 3, Single crochet across row. Chain Three, turn.

Rows 4, 5, 6, 7: Double crochet across row, chain three, turn.

Row 8: Double crochet across row. **Chain 1, turn.**

Row 9: Single crochet across row. Chain 1, turn.

Row 10: Slip Stitch across row. Fasten off and work in loose ends.

Phase 2: Old American Granny Square

Use J hook and 4 ply yarn

Rnd 1: Chain 6, join with sl st to form ring.

Rnd 2: Ch 3, (2 dc, ch3, *3 dc. in ring) Ch 3*, rep pattern between * * two more times. Sl st into first ch 3 to join.

Rnd 3: **Sl st to first ch 3 sp** (ch 2, 2 dc, ch 3, 3 dc) in first ch 3 sp. * (ch 1, 3 dc, ch 3, 3 dc) in next ch 3 sp. Rep from * 2 more times. Ch 1, sl st into ch 2 to join.

Rnd 4: **Sl st to first ch 3 sp.** (ch2, 2 dc, ch3, 3 dc) in first ch 3 sp. * ch1, 3 dc in ch 1 sp.

(ch 1, 3 dc, ch 3, 3 dc) in each corner*. Rep from * until all the way around.

Ending: ch 1, sl st to join. Fasten off and work in loose ends.

Rnd 3 & 4 note of explanation: "Sl st to first sp" means sl st in each st until you reach the first sp.

Phase 3: Bi Color Octagon

Use J hook and 4 ply yarn

With light color – chain 6, join with sl st to form ring.

Rnd 1: Light - ch 3, work 15 dc in ring, join with sl st to top of ch 3. Fasten off

Rnd 2: Attach dark yarn (ch 3, 1 dc, ch 1, 2 dc) in first st, skip 1 st, *(2 dc, ch 1, 2 dc) in next st, skip 1 st, rep from * 6 times. Join with sl st. Fasten off.

Rnd 3: Attach light yarn in 1st ch sp (ch 3, 1 dc, ch 1, 2 dc) in same sp, *1 dc between 4 dc groups, (2 dc, ch 1, 2 dc) in next ch sp. Rep from * 7 times, dc between last 4 dc group, join with sl st to top of ch 3. Fasten off.

Rnd 4: Attach dark yarn and work a sc in each dc and 2 sc in ea ch. Fasten off.

Phase 4: Popcorn Stitch

Use J hook and 4 ply yarn

Row 1: Chain 16

Row 2: In 3rd chain from the hook half-double crochet (hdc), continue hdc across **(14 hdc) Chain 2, turn**

Row 3: Hdc across. **(14 hdc-plus turning chain) Chain 3, turn**

Row 4: Sk 1 st, dc 3 times in next st leaving the last loop of each dc on the hook. Yarn over and draw through all 4 loops at one time. **(3dc cluster) Ch 1 to fasten.** (Sk 1 st, 3dc clust, ch 1 to fasten) repeat () 4 times. [There should be 6 clusters made up of 3 dc]. Sk 1 st, dc in end st. **Ch 2, turn.**

Row 5: Hdc across **(14 hdc-plus turning chain) Ch 4, turn.**

Row 6: **Sk 2 st.** [In next stitch do 5 dc. Remove hook from loop remaining on hook. Insert hook from front of work to back of work in the ch st preceding the 5 dc group, catch dropped loop with hook and draw it through the ch st, pull tight. Ch 1 to fasten. (1 popcorn stitch made). Ch 2, sk 2 st]. Repeat [] 3 times. (4 popcorn stitches.) End row with **Ch 1 following the popcorn rather than the ch 2. Sk last st and dc in the top of previous row. Ch 2, turn.**

Row 7: Hdc across (14 - plus turning chain). Ch 2, turn.

Row 8: Hdc across (14 - plus turning chain). Ch 2, turn.

Row 9: Hdc across (14 - plus turning chain). End, cut yarn and pull through loop. Work in ends.

Phase 5: Afghan or Tunisian Crochet

Use size 8 afghan hook and 4 ply yarn

Chain 15

Row 1: Sk 1 ch, (insert hook in the next ch, draw up a loop and leave it on the hook) repeat this across. Do not turn work at the end of the row.

Row 2: Yo, draw yarn through first loop on hook, (yo, draw through 2 loops) continue back across, do not turn work; the 1 remaining loop counts as 1st st on next row.

Continue these rows until finished product is 4 inches long.

Phase 6: Create Your Own Original Design

1. Create your own original design using skills learned in previous phases.

2. In the accompanying graph paper, chart your pattern as closely as possible.

3. Crochet a swatch at least 4"x 4" showing the pattern stitch you would use in your original design.

4. On the back of the graph paper jot down and be prepared to tell the judge the following things:

- Where did your inspiration come from for your original design? (Picture in a magazine or catalogue, garment you have seen on someone, combination of patterns, leader, parent, or another individual, just thought it up on your own.)
- How did you choose the yarn you are using and what determined your color choice?
- What size hook are you using and how did you choose this size?
- How did you determine the size of the garment and the appropriate gauge?
- What would be the cost of your original design when finished (approx.) Supplies, cost of your labor, retail cost (What would you expect to pay in the store for the same item?)
- Did you have fun doing this contest?

Sewing Skills Contest

Sewing Skills Practice

Patterns for practicing your sewing skills contest items are available here at the extension office. You can also call or e-mail me, let me know which patterns you need and how many, and I will mail them to you!

Reaza

Sewing Contest Tips

Jean Keffer

- *Bring your own Machine, thread, notions. While some of these things will be provided, don't take any chances!
- *Know how to change the bobbin, thread and do basic adjustments on your machine.
- *Practice your pattern ahead of time and be sure you understand all the instructions.

Community Service Required

Just a reminder, 4-H in Deschutes County considers giving back to our community a high priority. All members who wish to participate at the fair, must participate in a **4-H Club Community Service Project**. Plan yours now! ccb

Sunday Included!

The Deschutes County fair will once again be held through Sunday, making it a 5-day fair for 2010. Enjoy!

For more information about Home Ec. & Expressive Arts go to:
<http://www.deschutes4h.com>

Lee Side

(...of the Mountains, that is.)

Oregon 4-H Master Shooting Sports Leader Training

The Oregon 4-H master Shooting Sports Leader Training will be held at the Josephine County Sportsman Park in Grants Pass, Oregon. The training will be held Friday, April 16 thru Sunday, April 18. Registration forms are due by Wednesday, March 31.

For more information and to download the registration form, go to our website: www.deschutes4h.com or contact David White at 541-548-6088.

South Valley Bank and Trust 4-H Sportsmen's Pentathlon and Benefit Golf Tournament March 20th and 21st.

Fly Fishing | Sporting Clays | GPS/Orienteering
Chukar Hunt | 3-D Archery Shoot

Check the website for more details, or contact
Todd Williver or David White 548-6088



Small Animal (including Dogs)

Small Animal Weigh-In (Turkeys, chickens, rabbits)

Thursday, July 8; 4—6:30 PM
Deschutes Fairgrounds ~ Dairy Barn

Quiz Bowl Day

We're having a quiz bowl day and the small animal group has elected to get involved. The date is Saturday, March 27, at 1 pm. Juniors, Intermediates, Seniors—Everyone COME!

Stars N' Paws

When: Saturday, May 15, 2010

Where: Tillamook County Fairgrounds,
Tillamook, Oregon

They will be offering obedience from Sub-Novice through Grad. Novice only

Questions contact Cristina Egnew at 503-842-8967.

Registration and Flyer available on our website at www.deschutes4h.com

Poultry Learning Day

When: Saturday, March 13, 2010

Where: Washington County Fairgrounds

Cost: \$1.00

For more information contact Darsy Schaal at 503-648-0898 or Carol Endicott at 503-267-3537.

2010 Spring Odyssey 4-H Rabbit & Cavy Show

The Tail Blazer Rabbit Club will host this show on Saturday, April 7th at the Washington County Fairgrounds, Hillsboro Oregon. Check-in begins at 8 am and judging begins at 9am.

Updated Dog Breed Groups & Definitions

Updated lists are available on the website:
www.deschutes4h.com

Dog Judging Contest

Where: North Sister Bldng, DCFE

When: Tuesday, May 18, 2010; 6:30 pm

Why: Meets a pre-fair requirement, learn tons of stuff and have fun!

What: An opportunity to gage your ability to judge and identify dogs with an official, as well as a general knowledge written exam. Check out the website for up to date breed identification and other pertinent materials.

Www.deschutes4h.com

Small Animal Show & Judging Contest

It's time to begin preparing your small animal project members for their upcoming judging contest. This is a terrific event to participate in—even if you don't participate in the show, come without your animals and participate in the judging contest, and learn some valuable showmanship skills in preparation for fair, other shows, and the mastershowmanship contest.

Judging contests are terrific preparation for decision making skills, public speaking, analytical processes, as well as project specific learning.

Join us for the fun, Saturday, March 27

Fair Judges—2010

Poultry—Jim Adkins

Rabbit/Cavy—Allen Mesick

Dog, Showmanship—Ann Dickerson

Dog, Obedience—Sally Forster

Dog, Rally O

Catch Pen

Weigh In Dates

Sheep, Swine & Goat Weigh In:
Mon, May 17, 2010; 4 pm—8 pm
Goats: 6-8 pm ONLY.
Behind the sheep and hog barn

Country of Origin

If you are going to sell a lamb, goat, pig, chicken, or steer you must provide documentation to the packer that will prove where the animal was born and raised.

Form available at www.deschutes4h.com

Auction Committee Meeting Time Change

The Auction committee will begin their meetings at 5:30 pm until further notice. The next meeting will be held on March 15 at the Extension Office.

Better Animal Show Series Clinic

When: Sunday, April 18th
Where: Linn County Fairgrounds, Albany, OR

This year they have a full day of information on Selection, Fitting, and Showring, plus Show Animal Nutrition and Feed Management. We're bringing together some of the best Show Animal Experts in the Industry! For more information go to our website: www.deschutes4h.com

Sunday Included!

The Deschutes County fair will once again be held through Sunday, making it a 5-day fair for

Horse'n Around

Check Out Revised Publications

The driving manual and contest guide have both been revised as of October 1, 2009. They are major changes, I suggest you review. You can find the publications online at: <http://oregon.4h.oregonstate.edu/animal-science-horse>

OHSET, Central District Dates Set for 2010

Meet #1: Feb 26-28, 2010—DCFE
Meet #2: Apr 2– Apr 4, 2010—DCFE
Meet #3: Apr 16-18, 2010—DCFE
State Championship: May 13-16, 2010
in Central Point

Jefferson County's Annual Tack Sale
Saturday, March 13; 9 –4
Jefferson County Fairgrounds
More Information: Janis Dinkel: 541-546-5563

LaPine Rodeo Association Spring Playday

When: Saturday, April 10th, 2010
Where: Ghost Rock Ranch—LaPine Oregon

Barrels, Pole Bending, Keyhole and more!

For more information and registrations go to www.lapinerodeo.com.

Fair Judges—2010

Sheep: Josh Tewalt
Swine: Brett Kayson
Dairy & Meat Goat: Pat Hendrickson
Beef: Jared Boardman
Llama: Olivia Simpson

Horse'n Around

Horse Presentations and Public Speakers We Want You!

Intermediates and Seniors, if you're interested in competing at Spring Horse Classic with an individual or team presentation or public speaking, contact Candi ASAP. We'll set up a contest night and get you ready to proceed. You can go to the State Website and review the criteria for the contest, <http://oregon.4h.oregonstate.edu/shc-events> Additional questions, give Candi a call. ccb

Change of Venue for Horse Fair

A great thing is happening for Central Oregon; the Family Motor Coach association is having a meet at the fairgrounds, literally thousands of large rolling living spaces will park themselves at the fairgrounds and around Redmond for 2 weeks to enjoy planned festivities. In addition to this, immediately before horse fair, the BMW motorcycle group will have a rally at the fairgrounds—over 9000 motorcycles for 7 days. As I'm sure you're aware, these kind of events generate amazing income to local businesses—the fairgrounds included.

Because of these events and the staff's need to prepare for regular fair, we've agreed to have our horseshow at the Sagebrush Arena this year instead of inside the event center. We'll still be using Juniper, and the covered Hooker Creek arena and Sagebrush, just not the event center.

This means the morning meetings will be in the grandstands at **Sagebrush arena....**and everyone will get to be closer to their friends. Thanks for understanding—any questions, give Candi a call. ccb



DCLA Horse Show

The DCLA Horse show will be over Memorial Day weekend, Saturday, May 29 and Sunday, May 30.

Start watch the website www.deschutes4h.com for the Registration and class descriptions.

Equine Series

If you're a 4-H horse family or leader you may want to be attending this event! Check it out on the website!

Junior Horse Bowl

Junior Horse Bowl will be held on Saturday, March 27, starting at 9:00 am.

Sunday Included!

The Deschutes County fair will once again be held through Sunday, making it a 5-day fair for 2010. Enjoy!

For more information about Horse Stuff in Deschutes County, go to:
<http://www.deschutes4h.com>

Northwest Horse Fair

(Formerly the NW Equine Expo)

When: Mar 19-21, 2010

Where: Linn County Fairgrounds, Albany, OR

What: An awesome equine event that includes National Experts, trainers and equine acts. 4-Hers get in free with 4-H ID. You won't want to miss this event. Of course, this would meet a pre-fair requirement too. Flyers available at the Extension Office.

Western Equitation & Showmanship Clinic



Wednesday, March 31, 2010; 5 PM – 8 PM
Deschutes County Fairgrounds, Event Center

This is an opportunity to learn from 4-H judges and volunteers who know what is expected. If you're planning on going to the fair and need beginner help or just some brushing up, you won't want to miss this opportunity. **Pre-Registration is REQUIRED!** Classes filled on a first come, first served basis. Questions, contact Candi 541-548-6088 or Candi.Bothum@oregonstate.edu

5 PM – Intermediate Showmanship

5 PM – 6:15 PM: Beginner and Early Intermediate Riders; Western Equ

5PM – Advanced Showmanship

6:30 PM – 7:45 PM: Skilled Intermediate and Advanced Riders; Western Equ

6:30 PM – Beginner Showmanship (First couple years of showmanship)

Please pre-register by Friday, March 26

Western Equ/Showmanship – 3/31

Name _____ JR INT SR

Email _____ Phone _____

Address _____

Check the clinics you wish to attend:

5 PM Showmanship: INT ____ ADV ____ 6:30 PM BEG Showmanship ____

5 PM BEG/INT Western Equ ____ 6:30 PM INT/ADV Western Equ ____

Fees are: \$5 per event or a maximum of \$15 per family.

Send Registration form and check to:

Deschutes County Horse Leaders
c/o 1929 NE Walnut Dr.
Redmond, OR 97756

**Deschutes County
Extension Staff**

3893 SW Airport Way, Redmond, OR 97756
541/548-6088 or Fax: 541/548-8919
<http://extension.oregonstate.edu/deschutes/>

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Reaza.Mansur@oregonstate.edu

Dave White, 4-H/Youth Development Faculty
541/548-6088 x 7953 or
David.White@oregonstate.edu

**AND hundreds of volunteers
that make all the difference!**

MOVING?

Don't miss a single issue of *Over the Clover*. Fill out the form below and return it to OSU Extension Service, P O Box 1251, Redmond OR 97756 now! If you are a new subscriber, please enclose \$10 payable to DCLA (Deschutes County 4-H Leaders Association).

Name _____

Email _____

Street _____

Phone _____

City _____

State _____ Zip _____



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