

## JC 4-H Update

March 15, 2021 – March 28, 2021

Website: <https://extension.oregonstate.edu/4h/jackson>

Instagram: <https://www.instagram.com/jacksoncounty4hor/>

Facebook: Jacksoncounty4hor

### FROM the EDUCATOR

Dear 4-H Family,

Here is something fun. We recently asked the State Ambassadors to write 6-word memoirs about their experiences this past year with COVID. Here are some they submitted:

- *Extroverts hate it. Introvert me thrives. (Jillian)*
- *Living today; preparing to thrive tomorrow. (Harper)*
- *Although Covid sucks, still making connections. (Daytona)*
- *Even apart, we must work together. (Keira)*
- *A never forgettable year of unknowns. (Hailey)*
- *Suddenly I have to grow up! (Ian)*
- *Never thought I would miss school. (Jackie)*
- *Change can be a good thing. (Shelzza)*

*I thought they were pretty spot on. Hang in there. We will be in moderate risk before we know it. And if you have a chance to attend the OSU State 4-H Program Leader Presentations, please do so! Pamela Rose retired, and Oregon is looking for a new program leader. FYI- I will be out of the office March 19-27. Have a great Spring Break! --Lena*

### VACCINE INFO

- Link to information can be found in the SOREC Extension Announcements section. <https://extension.oregonstate.edu/sorec>
- Use the “[Get Vaccinated Oregon](#)” web-based tool to check vaccine eligibility and sign up for updates.
- You also can call 211; text ORCOVID to 898211; email [ORCOVID@211info.org](mailto:ORCOVID@211info.org); or visit [OHA’s COVID-19 vaccine website](#).
- See the [vaccination FAQs](#) on the university’s [COVID-19 safety and success website](#).

### 4-H ACTIVITIES

#### Photography Skills Trainings Part II

*Fills up FAST*

Another set of 1 hour trainings to improve and gain photography skills is being offered. As is true of the first set of classes, the class size is limited. The classes offered this round include:

- April 1: Using Snapseed to edit cell phone photos
- April 14: Getting awesome still life and texture photos
- April 21: Portrait photography: an entirely different skill
- April 26: Capturing the perfect self-portrait
- April 30: Getting technical: the details that make a fantastic photo

Member can sign up for one or more of the classes. There is no charge, however since class size is limited, only sign up for the classes you will attend. Registration:

[https://oregonstate.qualtrics.com/jfe/form/SV\\_eR5gYQ5nJcpNarc](https://oregonstate.qualtrics.com/jfe/form/SV_eR5gYQ5nJcpNarc)

### **Baby Sitting Skills Class – It's FREE**

Another round of online babysitting classes will be held in May. Perfect timing for you to sharpen your skill set and start advertising your business. After attending 4 sessions, participants will receive a certificate of completion. Training occurs from 4 – 5:30 pm on Wednesdays in May (May 5, 12, 19, 26). Register Here: [https://oregonstate.qualtrics.com/jfe/form/SV\\_8GHXUNk1Yu7YwOq](https://oregonstate.qualtrics.com/jfe/form/SV_8GHXUNk1Yu7YwOq)

### **Swine Tagging/Declarations**

There is a new process for tagging your swine projects this year. All your animals will stay home, but you will need access to a camera. You will need to fill out a paper Declaration and ID form and include photos of your animal. This information MUST be to your leader before the April 15 deadline. Talk to your leader for details. The form will appear on our website under the Fairs tab in a few days.

### **UPDATED COVID Guidance**

COVID guidance changes weekly. Right now a stable cohort size grew to 20 which is good news. 4-H is unique because it is a youth program that operates in a variety of settings, with youth and adults of all ages. Because of that, we fall under Youth Program Guidance, Higher Education Guidance and sector guidance, not K-12. Schools, sports and 4-H do share some things in common right now – that everyone has to wear a mask at all functions. Here is the official statement:

*In response to the COVID-19 pandemic, in alignment with the Oregon Governor's [executive orders](#), and consistent with guidance from the [Oregon Health Authority](#) and the [Centers for Disease Control and Prevention](#), 4-H in-person activities **requires the use of face coverings** by all participants when in enclosed public and common areas and outdoor areas **where physical distancing is not easily or consistently maintained**. For more information, please review the [Oregon State University Face Covering policy](#).*

If you have a medical condition that makes it hard to breathe or a disability that prevents you from wearing a mask, you can request an accommodation by contacting Jamie Davis, Southern Regional Director, at [Jamie.Davis@oregonstate.edu](mailto:Jamie.Davis@oregonstate.edu), or local 4-H Educator Lena Hosking at [Lena.Hosking@oregonstate.edu](mailto:Lena.Hosking@oregonstate.edu)

### **Upcoming Virtual Youth Livestock Days (repeat info)**

*March 20, March 27, April 3, April 10*

Youth in 4-H, FFA or open class exhibitions are invited to join us for an exciting virtual youth market livestock field day series! The University of Idaho Extension, will host sessions from 9:00 am – 12:00 pm PST for Market Beef (March 20), Market Swine (March 27), Market Sheep (April 3) and Market Goat (April 10). There is a fee of \$5 per registration per session to help pay for some of the associated costs of producing this event. <https://bit.ly/2021livestockfielddayregistration> If you have any questions please contact Gail Silkwood, [gsilkwood@uidaho.edu](mailto:gsilkwood@uidaho.edu)

### **Storytelling Superstars**

Jackson County students grades K-6 are invited to SHINE by submitting a video of themselves telling a favorite fairy tale, folktale, myth or their very own original story. The Storytelling Guild and JC Public Library Services are partnering to present this unique way for children to explore their creative side. For more information: <http://www.storytellingguild.org> You can use the videos you make as a Fair entry too!

### **Are you interested in hosting a Year Long Exchange Student?**

*2021-2022 National Pool - Updated! Czech Republic, Slovakia*

We just received applications for two new students! Our FIRST EVER students from the Czech Republic (Matej) and Slovakia (Michaela)! Their bios have been added to the [student bios list](#) and the National Pool. National Pool (student list) and host family application materials are below.

[2021-2022 National Pool](#) (not all students are included)

[2021-2022 High School Exchange Student Bios](#) (not all students are included)

Host Family Paperwork: [AYP 2021-2022](#)

Please contact Carole Smith – [carole.smith@oregonstate.edu](mailto:carole.smith@oregonstate.edu)

### **Mark your Calendar! Marine Science Day goes Virtual**

Saturday April 10, 2021 10-2 pm || OSU Hatfield Marine Science Center, Newport

Event is free and open to EVERYONE

<https://hmsc.oregonstate.edu/marine-science-day>

### **Summer 4-H Intern**

This summer Jackson County will have a 32 hour a week 4-H summer intern/student worker position available. I don't know when it will be posted, so check the OSU job site often since these positions open and close quickly. Job would start mid-June and end late August. Must have graduated high school by June or be in college to apply.

### **Teens Interested in Helping the Elderly?**

Are you a teen who wants to learn more about computers and is willing to share your skills with folks who are retired? There might be an opportunity for you in the near future!

## **4-H RECOGNITION**

Thank you all **4-H Families and Leaders!** Today was the deadline to register for 4-H Fair participation. We know it has been a crazy year, with lots of change – including the new version of 4-HOnline. We appreciate your patience and understanding. We hope the newsletters gave you the information you needed. Jackie will enter all paper entries and process payments this week. Next week she will send out club rosters to leaders for a final double check.

## **INFORMATION for VOLUNTEERS**

### **Youth Mental Health First Aid**

*April 28th 9am-1pm AND April 29th 9am-1pm*

Helping teens with their mental health is important now more than ever. Any 4-H Leader who takes the Youth Mental Health First Aid course will receive a Jackson County 4-H Sweatshirt and a \$5 Good Bean gift card. Just show Lena your completion certificate. See the details for the online class in the Community Classifieds ([click here for registration](#))

### **Club Safety Plans**

Last week we moved down a safety level. When we reach moderate risk, clubs can meet on the following conditions: 1) members are enrolled 2) leaders are enrolled 3) club safety plan has been reviewed and approved. Until then you can meet 1:1 with members by properly following safety protocols. There are several clubs who have not submitted their club safety plans. If you offer projects

at different locations, please explain how each meeting type will work. Everything you need can be found at: <https://extension.oregonstate.edu/4h/jackson/volunteers>

**Fundraising Requests can be found on our website at:**  
<https://extension.oregonstate.edu/4h/jackson/volunteers>

### **Please share with your families**

Did you know that Jackson County Ambassador Sophie has been posting 4-H event notices on Instagram and Facebook on the jacksoncounty4hor page? If you're on Facebook and/or Instagram don't forget to follow us to stay up to date on upcoming events and competitions.

Instagram: <https://www.instagram.com/jacksoncounty4hor/>

Facebook: Jacksoncounty4hor

## **STATE 4-H LED EVENTS**

### **Family and Consumer Science Classic**

Lynette Black

Did you know you can qualify to represent Oregon 4-H at a non-livestock National event? For Family and Consumer Science project (such as Sewing and Textiles, Foods and Nutrition, Designing Spaces, Finance and Business) members, we have an opportunity for you!

The Family and Consumer Science (FCS) Classic consists of 5 contests. Three of these will be held during the Oregon 4-H Spring Classic in May and two will be held during the 2021 State 4-H Fair.

The three scheduled to be held during the Oregon Spring Classic will be:

- FCS Consumer Decision Making (Friday, May 14th)
- FCS Skill-a-thon (Saturday, May 15)
- FCS Bowl (Sunday, May 23)

Register for one or all three contests! Registration will be through the 4-H Spring Classic registration process which will open in early April. The two contests scheduled to be held during the 2021 State Fair will be: Fashion Revue & Presentations.

For more information on these five contests please visit: <https://extension.oregonstate.edu/4h/family-consumer-science-classic> The FCS Classic is for Intermediate and Senior level members. Results from the contests will be used to determine the members who qualify to represent Oregon at the Western National Roundup held in Denver, CO in January.

## **4-H FUNDRAISERS**

### **Start your Static Projects Now with JOANN's Help**

JOANN and 4-H are once again teaming up to collect donations at the register and offer special discounts for JOANN/4-H Rewards Card members. The activation will help in the effort to ensure every kid has an equal opportunity to succeed by bringing 4-H to more kids nationwide via local unrestricted funding. Visit any JOANN store between March 1 and April 30, 2020 to participate or donate online at <https://4-h.org/4HJOANN>. In addition, this year during the campaign, JOANN will be hosting a free, take home craft event on April 18 in all stores. The kits will include LEGO DOTs and kids will be able to create a bunny and chick and coloring pages. In each craft bag with be messaging about donating to 4-H and creating opportunity for all.

## GOOD TO KNOW

### How do you spell 4-H?

With the increased use of social media, text messaging and document sharing, many of us have found we need to remove special characters from these communication platforms. The proper way to type out 4-H will always include the hyphen. Whenever you can use the hyphen, please do so. Correct: 4-H. Incorrect: 4h or 4H.

### 4-H Project Support

If you have questions, please contact your club leader first, and then the following 4-H Project Advisors:

- Public Speaking: Wylie Brown 541-890-8363
- Rabbits: Deb Brown 541-890-7073; Cavies: Kristy Grieve
- Horse: Andrea Cordova 541-324-2821; Becky McNamee 541-531-5203
- Sheep: Donna D’Inzillo 541-601-0199; Ryan Davis 541-973-9614
- Swine: Brandee Tolner 541-941-5454; Jennifer Boorman 541-210-7371; Hank Rademacher 541-941-9746
- Beef: Ron Anderson 541-821-3107; Steve Baldwin 541-821-1391; Jerry Mefford 541-890-6637; Dianna Gifford 541-821-4559
- Goats: Chrissy Reynolds 541-944-0132
- Ambassadors/Leadership: Amy Grow 541-840-5984; Darcy Budge

### 4-H Enrollment & 4-H Age Divisions Policy

These documents will be updated and on our website on Tuesday.

Youth must be age 9 on September 1, 2020 to compete in competitions during this 4-H year.

Information at <https://extension.oregonstate.edu/4h/jackson/get-involved>

## 4-H CALENDAR

Wed. March 17 2021 National 4-H Beekeeping Essay Competition deadline

Wed. March 17 Horse Leaders Meeting

Thu March 18 Swine Leaders Meeting

March 23-25 Youth Voices in Action (virtual)

April 7 4-H Association Meeting

April 7 Photography Workshop: Preparing Exhibits

April 14 Horse Declaration Deadline

Thu. April 15 Swine Tagging/Declaration Deadline

Foods Contest, Fashion Revue, etc. – To Be Announced

May 1 Local 4-H Scholarship Deadline

May 12 Spring Fair Registration

May 14-16 & 21-23 Spring Classic

Spring Fair (lambs, rabbits and cavies) – June 4 - 6

Summer Fair– July 10 – 18

Shooting Sports Mail In Tournament scores due to State 4-H: July 15, 2021

Goat Fair – September 17-19

August 30 – Sept 1: State 4-H Shooting Sports Contest

**Learn From Yesterday, Live For Today, Hope For Tomorrow (Albert Einstein)**

**Jackie Freeman**, Extension Office Specialist  
569 Hanley Road, Central Point, OR 97502. Monday – Friday 8 am – 5 pm.  
[JackieFreeman@oregonstate.edu](mailto:JackieFreeman@oregonstate.edu)  
Office: 541-776-7371

**Lena Hosking**, 4-H Educator  
[Lena.Hosking@oregonstate.edu](mailto:Lena.Hosking@oregonstate.edu)

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**COMMUNITY CLASSIFIEDS: Other Information, not validated by OSU/4-H, but provided as a service.**

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**FREE  
Youth Mental Health First Aid—ONLINE  
For Adults Assisting Young People  
THIS TRAINING IS FOR THOSE IN THE SOUTHERN OREGON REGION ONLY**

April 28th 9am-1pm AND April 29th 9am-1pm ([click here for registration](#))

**OR**

June 8th 9am-1pm AND June 9th 9am-1pm ([click here for registration](#))

A young person you know could be experiencing a mental health or substance use problem. Learn an action plan to help.

Who Should Take The Course? Anyone 18 or older can take Youth Mental Health First Aid, but it is recommended for those who regularly have contact with young people ages 12-18+ - for teachers, coaches, social workers, faith leaders and other caring citizens.

**THERE IS A REQUIRED ONLINE PRE-TRAINING THAT WILL BE SENT OUT THE WEEK PRIOR TO THE TRAINING, THIS MUST BE COMPLETED PRIOR .**

Youth Mental Health First Aid USA is an 8 hour (2 - 4 hour days) public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

For more information, visit [www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)

**\*\*Each Class Limited to 20 participants\*\***

Certification in Mental Health First Aid will be attained upon completion of both 4 hour training days, written test, and online course evaluation.

If you have any questions or concerns please contact Kristin Fettig [FettigKL@jacksoncounty.org](mailto:FettigKL@jacksoncounty.org)

### **Exploring the Small Farm Dream' Beginning Farmer Training**

(3-Class Series)

Classes will be held via ZOOM

Mondays, March 22, 29 and April 5 from 5 to 8 pm

Total Program Cost: \$30

Register on line by March 19: <http://bit.ly/JacksonSmallFarms>

Exploring the Small Farm Dream is a beginning farmer training. The aim of this course is to assist those considering a small-scale commercial farming operation learn what it takes to start and manage a farm business.

This 3-class series provides an excellent framework for new farmers to assess their skills and interests, learn the realities of farm business ownership, and become connected to local resources. The faculty of OSU Extension Small Farms teaches, guides and connects farmers to each other.

NOTE: Zoom link details will be sent to participants by email prior to each class.

Read more and Register:

<https://extension.oregonstate.edu/smallfarms/southern/events/growing-veteran-agripreneurs-1>

### **Suicide Watch Training for Ag Community**

I wanted to let you know about a short training that we're hosting to help farmers, ranchers, and the people who work with them be aware of risk factors that contribute to mental health problems and also suicide in the ag community.

The 90-minute QPR\* training is designed to help you know what to look for, how to talk to someone who needs help, and how to get them the help they need. With all the hardships the ag community faces these days, another tool that we can use to help is a good thing; if it prevents an irreversible tragedy, that's even better.

The training is free and we're offering 5 different sessions (all Pacific Standard Time):

March 16<sup>th</sup>, 9:00-10:30 am

April 6<sup>th</sup>, 12:00-1:30 pm

April 29<sup>th</sup>, 6:00-7:30 pm

June 3<sup>rd</sup>, 4:00-5:30 pm

(Each session is capped at 35 attendees.)

**To register** and to find out more information visit the Farm and Ranch Stress Assistance Network at

<https://extension.oregonstate.edu/farm-stress>