

# SHERMAN 4-H NEWS

February 2024

## The 4-H Year is Off and Running....Last Chance to Enroll

The Sherman County 4-H year is off and running....and right now marks your last chance to enroll. Early bird deadline for enrollment was January 31, 2024. Final enrollment deadline, with late fee, is February 15, 2024. Enrollment is all on-line.

Use the link below 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.

Early bird \$30/youth enrollment fee, late enrollment additional \$5/youth. Sorry, we're not yet set up for online payments. Stop by the office with cash or checks payable to Sherman County 4-H Assn.

4-H is for youth ages 9-19 as of September 1, 2023. Juniors are 9-11 years old (yes, this can include older third graders); intermediates are 12-14 years old; and seniors are 15-19 years old (and still in high school).



4-H Sewing Club members with leader Karen Umemoto fundraising by working at Sherman concessions!

Cloverbud 4-H is for youth ages 5-8 as of September 1, 2023. This is a fun, non-competitive, hands-on learning based activity with no required attendance or competition. NOTE: we need volunteer 4-H leaders in order to have a Cloverbud group this year.



**If your child wants to do CloverBud, talk it up with some of the other parents and let's get some folks set up as volunteer leaders. WE NEED YOU!**

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## In this Issue:

4-H Year...Last Chance to Enroll  
Cloverbud Leaders Needed  
Pg 1

Youth Leadership Retreat  
Animal Science Zooms  
Pg 2

4-H Club Notes  
Pg 3

Extension Afterschool Programs  
Pg 4



**Oregon State University**  
**Extension Service**

Sherman Youth Attend High Desert Leadership Retreat in Central Oregon



Sherman County had three 4-H members brave the cold weather at a regional youth event. T'Sharra Lanthorn, Emma Stuart and Elizabeth West attended the High Desert Leadership Retreat



(HDLR) at Eagle Crest outside Redmond, Oregon over Martin Luther King Jr weekend. HDLR is an Oregon 4-H youth leadership training, held annually in Central Oregon for 7th-12 grade youth. Youth participate in wide variety of learning activities, fun, and food based get-togethers. The Sherman County 4-H Association was able to sponsor all three participants using funds donated to the Sherman County account at the Oregon 4-H Foundation.

Photos: Above left—Elizabeth (left) in an outdoor cooking class. Above right—T'Sharra (far left) and Emma (next) with their condo group.



2<sup>ND</sup> THURSDAY OF THE MONTH  
VIA ZOOM | 6:30 PM TO 8:00 PM

OSU EXTENSION SERVICE PRESENTS

New Dates  
Added!

# ANIMAL SCIENCE EDUCATION A MONTHLY TOPIC OF INTEREST

The 2<sup>nd</sup> Thursday of each month except not in July or August. Each hour and a half session may be discussion, question and answer, power point information, and/or hands on participation. Any slides can be emailed after the event. I ask that you pre-register, so if you need to have items available for a hands-on activity or I need to send pre or post information, I'll have email addresses to do that. Pre-registration also let's us know what kind of interest there is so we don't waste a speakers' time. Please don't hesitate to share topics of interest.

Pre-register here: [https://oregonstate.qualtrics.com/jfe/form/SV\\_3pAgEcNW9PaVlxI](https://oregonstate.qualtrics.com/jfe/form/SV_3pAgEcNW9PaVlxI)

ZOOM link will be sent to all who register, please give me the courtesy of pre-registering before Wednesday at 5 pm before each session.



### Expected Line Up

- Feb 8; Market Rabbits – Raising & Selection
- Mar 14; Carcass Meat Evaluation
- Apr 11; Careers in Animal Science
- May 9; Dairy Project 101; Cows and Goats
- Jun 13; Leg Wrapping for Horses (Exercise and Medical)

The second Thursday of each month. For more information, contact Candi Bothum at (541)516-0213 or [candi.bothum@oregonstate.edu](mailto:candi.bothum@oregonstate.edu)

## Online Animal Science Education Opportunities

OSU Extension statewide has invited 4-H livestock members to a free monthly series of animal science educational online presentations 6:30pm-8pm. Check your email.

Feb 8—Market Rabbit Raising & Selection

Mar 15—Carcass Meat Evaluation

April 11—Careers in Animal Science

May 9—Dairy Cows and Goats 101

June 13—Leg Wrapping for Horses (Exercise & Medical)

Register:

[https://oregonstate.qualtrics.com/jfe/form/SV\\_3pAgEcNW9PaVlxI](https://oregonstate.qualtrics.com/jfe/form/SV_3pAgEcNW9PaVlxI)



## Sherman County 4-H Club Notes

The **Saving Nine 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'Sharra, 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.



The **Saving Nine 4-H Sewing Club** met on November 12 at 3pm at the 4-H pavilion at the fair grounds. Attending were: Olivia, Avery, Hannah, Everly, Amelia, Eva, Sara, Ally, Ruby, Emma, Kynlie, Samantha, Marie, Chloe, T'Sharra, Livy, Haley, Erin and Ireland. Excused were: Emma and Sophie. Pledge of Allegiance led by Avery, 4-H Pledge led by Olivia. What we did during the meeting: discussed quilt squares and projects. Who wants to make a quilt, the quilt raffle, clothing skill levels, and projects to practice skills: pot holders, table runners, candy bag zipper pouch, quilted Christmas stockings. Exhibits we will make: shorts, pants, simple PJ set, non-wearable accessories, simple total, table runner, duffle bag for more advanced. Fundraising will be concessions and quilt raffle. Went over calendar and planned timelines. Leaders applied for Weir Trust Grand funds, hoping to get new machines ASAP. Our next meeting will be November 22. Meeting adjourned at 4pm. Signed, Kynlie Ingram, News Reporter *(photo from December making of holiday table runners)*.

The **Goatees 4-H goat club** met on November 12 at 4pm at the Extension Office. Attending were: Stephen, Elsie, Natalie, Peyton, Marie, Tyson, Madysen, Mya, Jacob, Mark, Violet, Skyler, Coral, Avery, T'Sharra. Excused were: Elijah, Michael, Emersyn. Pledge of Allegiance led by Jacob Lanthorn, 4-H Pledge led by Violet Woods. In this meeting we did introductions of members and leaders, discussed thoughts of fair, record book wrap-up, and discussed concessions and car wash fundraiser for this year. Our next meeting will be February 11 at 3pm. Meeting adjourned by 4:45pm. Signed, Coral Talley, News Reporter



The **Put It Up 4-H food preservation club** met on November 11 at 12:20pm at the Extension Office. Attending were: Sara, Andrew, Erin, Olivia, Isaiah, Sebastian, Roper, Avery, Kynlie, Kayla and Cindy. Excused was Elizabeth and Haley. Pledge of Allegiance led by Erin, 4-H Pledge by Olivia. What we did during the meeting: made sauerkraut, talked about how salt preserves things, talked about bacteria. Our next meeting will be December 15. Meeting adjourned at 2pm. Signed, Avery vonBorstel, News Reporter

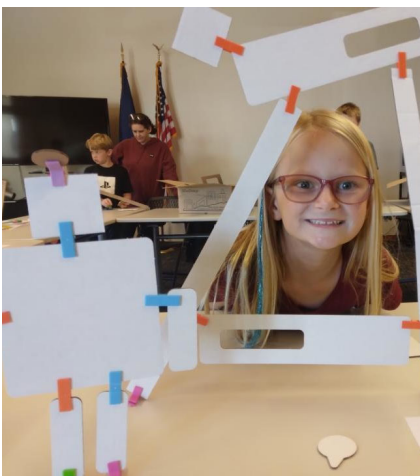
The **Put It Up 4-H food preservation club** met on Dec 15, 2023 at 12:25pm at the Extension Office. Attending were Kinley, Roper, Sebastian, Isaiah, Erin, Olivia, Elizabeth, Aly, Ruby, Drew and Sara. Excused was Avery. Roper led Pledge of Allegiance, Kinley led 4-H Pledge. What we did during the meeting: worked on record books, talked about keeping preserved foods safe, discussed last month's sauerkraut. Taste tested the cranberry relish and candied jalapenos. We made cranberry jalapeno relish and candied jalapenos. Next meeting will be Friday, January 26. Meeting adjourned at 2:35pm. Signed, Oliva Burbank

"First Day" hike 'n' cook meeting for **Pans on Fire 4-H outdoor cooking club** January 1, 2024 at Cottonwood Canyon State Park on the John Day River. We hiked out to the old walnut tree, climbed the tree, cracked some walnuts, saw one bunch of six bighorn sheep then another group of three, set up propane camp stoves, and cooked bacon, eggs and pancakes. Experienced cooks got the challenge to do a perfect sunnyside up egg then crepes. A good time was had by all!



## Extension Afterschool Programs

As part of serving the youth in the county, Sherman County Extension offers afterschool programming as part of its 4-H outreach efforts. Tuesdays is Extension Afterschool at the Extension Building for kids 7 and up. A wide variety of activities are explored, in the hopes of “sparking” a child’s interest in something, and potentially a 4-H project as well. This program started September 2020, when the school was still shut down from C19, and has included the National 4-H STEM (science, technology, engineering, math) project each October; 3DuxDesign plastic connectors and cardboard construction; lacing and leathercraft; cooking; art; stitchery and weaving; gardening; outdoor cooking; making dog and cat treats and toys; and holiday and seasonal crafts. Wednesdays is “Survival Cooking” as part of Sherman County School’s SKORE afterschool programming. This cooking program started in fall 2012 at the South Sherman Elementary and continues each year, offering youth experience with a variety of foods, equipment and nutritional information while progressing through OSU Food Hero recipes for smoothies, pancakes, eggs, French Toast, breakfast burritos, grilled sandwiches and “melts”, quesadillas, mini pizzas, bruschetta, rolled sandwich pinwheels, garden cakes, stir fry, soups, and more.



# AFTER SCHOOL PROGRAM

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

Non-profit  
 US Postage Paid  
 Moro OR 97039  
 Permit #3