



# 4-H Horizons

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July 2011

## Chelan and Douglas Counties 4-H

400 Washington Street  
Wenatchee, WA 98801

### Special points of interest:

- Show the world what you have done—report your volunteer hours.
- Bring your ideas to Leaders' Council Meetings

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## Five reasons to buy from your local 4-H

Uh - what *exactly* is a 4-H, you say? Well, we're glad you asked.

4-H Clubs - an acronym for "head, heart, hands and health" - were originally set up by the United States Department of Agriculture to train the rural youth of America in hands-on skills like agriculture and raising animals.

Essentially, the goal was to make public school education more connected to the country life, while fostering a sense of community and personal responsibility. The programs have since expanded to more urbanized areas and focused in on overall nutrition and well-being, but a number of clubs still get their hands dirty by helping raise and sell livestock to the likes of locally-driven chefs like Kelly Liken.

Kelly Liken is the executive chef and owner of Restaurant Kelly Liken in Vail, Colorado; she was also a contestant on "Top Chef" Season 7.

### Five Reasons to Buy from Your Local 4-H: Kelly Liken

#### 1. When you buy 4-H, it aids in supporting efforts to use the whole animal

"There are only a few portions of each cut, so it forces our team to come up with new dishes as we sell each of the

cuts. It has been the catalyst for many new, very tasty dishes.

When you buy a whole animal you have a responsibility to it, to use as much of it as you can. This is a responsibility that we do not take lightly."

#### 2. 4-H animals are some of the best quality in the nation

"There is a noticeable difference when animals are raised with love on healthy food and come from strong local blood lines. The flavors are full and haven't lost their edge - and they are cared for by individuals who put care and time into the entire process of raising the animal."

#### 3. 4-H supports the education of local children

"The lessons local kids learn by raising animals is absolutely invaluable. They learn how much time money and energy it takes to raise an animal. These are lessons that can only be learned by direct experience.

Most importantly, all the money raised by the sale goes into the child's individual education fund."

#### 4. Knowing where your food comes from is not only very important but it teaches a life-long lesson to children, while shaping their future decisions with regards to (continued Pg 2)

## WSU EXTENSION TO HOST BEEF, LAMB AND PORK 100 SHORT-COURSES IN WESTERN WA (continued Pg 2)

Washington State University Extension and Department of Animal Sciences and Sumner FFA are excited to announce the first *WSU BEEF, LAMB and Pork 100* short-courses. The BEEF 100 course will be offered in Western Washington on July 22, and the LAMB 100 and PORK 100

courses will be offered on July 23, 2011 at Sumner High School.

The WSU BEEF, LAMB, and PORK 100 short courses are designed for beginning farmers, but are also excellent energizers for experienced food animal producers to expand opportunities and sustainability of their current

## Five Reasons to Buy From Your Local 4-H (cont. from Pg 1)

### **food, cooking, and nutrition**

"Making choices about what we put into our bodies and choose to serve to our guests can be complicated. The impact of those choices is far-reaching. Removing the transportation of animals along with the multi-person handling out of the equation allows for a more streamlined simple choice."

### **5. It's fun!**

"Going to the 4-H auction is one of my favorite things to do. The county fair atmosphere offers a one-of-a-kind experience. Being able to choose an animal by looking at it, by watching it move and identifying muscle tone is a far cry from picking a product from a purveyor's price list."



**"The lessons local kids learn by raising animals is absolutely invaluable. They learn how much time money and energy it takes to raise an animal. These are lessons that can only be learned by direct experience."**

## WSU Extension To Host Beef, Lamb and Pork 100 Short-Courses in Western WA (continued from Pg 1)

livestock operation. The 100 programs have been developed to address needs identified at successful BEEF and LAMB 300/200 programs. The one-day species specific program will help livestock producers increase their knowledge on how to produce safe, high quality food animals profitably; while producing the animals in an environmentally and animal care conscious manner. The short courses will address opportunities and issues to enhance the production, safety and quality of beef, lamb and pork production from the farm to the plate. These programs will increase one's understanding of food animal production, quality and marketing; enabling participants to make informed decisions to improve profitability, quality, and wholesomeness of the food animals they are pro-

ducing.

The registration fee for *WSU BEEF, LAMB or Pork 100* is \$65 per participant, which covers lunch, materials, and notebook. Registration for individuals or farms that would like to attend two classes, same species or different, is \$100. Registration after July 9, will increase to \$75 per person per class.

For additional information on *WSU LAMB 100*, contact: Jan Busboom, WSU Meat Specialist, (509)335-2880 or [busboom@wsu.edu](mailto:busboom@wsu.edu); or Sarah M. Smith, Area Animal Science Educator, (509)754-2011, Ext 413 or [smithsm@wsu.edu](mailto:smithsm@wsu.edu). More information and registration forms are available on the WSU Animal Agriculture web page at <http://animalag.wsu.edu> under

## 4-H Leader of the Year

Is your 4-H leader the best in the county? Then make sure that they know it by filling out the Leader of the Year Nomination form and make sure to get it into the 4-H office before the deadline. There will be one leader for each county chosen from the nominees.

The local Leader of the Year nomina-

tions are due August 1 and available on our web page at:

<http://county.wsu.edu/chelan-douglas/youth/youth/eventinfo/Documents/LeaderofYear.pdf>

The nominations for the State are at:



## Chelan County Fair Reminder

Please remember that all 4-H members bringing animals to the Chelan County Fair, are responsible to bring their own feeders and water containers for their animals. The fair doesn't supply feeders

or waterier or cleaning supplies, so they will also need to bring their own brooms, buckets, garden carts, etc to clean out the cages or pens each morning before 8 am of fair.

## Leadership and Rock Climbing Camp with Outward Bound

The Mazama Outward Bound base camp offers a 50 Day Educator's course for adults interested in learning the skills of adventure and wilderness leadership. The last week of their course is an opportunity to practice what they have learned in a 'practicum' experience with youth. That is where you come in. They need youth ages 14-18.

This will take place August 1-5 at the course located in Mazama, WA and is an amazing 'free!' opportunity for any youth interested in camping/hiking and rock climbing!

Please take a look at our website page that describes the week's activities and further details about the trip.

[http://county.wsu.edu/chelan-douglas/youth/youth/mtac/Pages/Outward\\_Bound\\_Experience.aspx](http://county.wsu.edu/chelan-douglas/youth/youth/mtac/Pages/Outward_Bound_Experience.aspx)

If you would like to register for this event, please fill out all the attached paperwork and send it directly to Hana Butler at the 4-H office (400 Washington St., Wenatchee, WA 98801) by July 15th and if you have further questions you can contact her by email; [hbutler@wsu.edu](mailto:hbutler@wsu.edu), or phone here at the office (509-667-6540).



## State 4-H Advisory Board Minutes --submitted by [Vicki Contini](#)

All it takes is the click of a button and you can find out what's being discussed at the State 4-H Advisory Board meeting. The detailed minutes and a two-page summary of the minutes from the

January 22-23, 2011, meeting have been approved and are now available on the State 4-H website at: <http://4h.wsu.edu/volntr/sab/sablist.html>.

## New Food Preservation Curriculum

Idaho Educators Rhea Lanting, Grace Wittman and Donna Gillespie just finished writing a 4-H Food Preservation curriculum and would like to have some Educators from Washington 4-H take a look at it and hopefully have some volunteers and youth pilot it this summer. There are four manuals, Freezing, Drying, Boiling Water Canning and Pressure Canning. You can contact the

4-H Office to have a set emailed to you. The four manuals and the UI Curriculum Review form.

They have the new "My Plate" information so they are really up-to-date!

Please let us know if you are willing to review the materials and even hopefully pilot them.

Remember, if your club is going to fair, your club should be signed up for at least one shift in the 4-H Building.

## Getting ready for the Fair

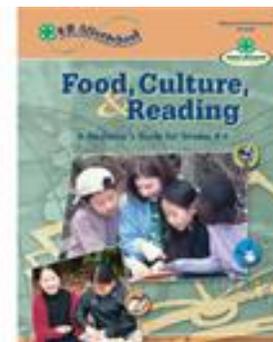
It is fair prep time again!

We have signup sheets for the 4-H Building, Demonstrations judges, Educational poster judges, and a form for extra helper volunteers. Please discuss these tasks to your club and decide where your parents/leaders can help.

We are also looking for demo night judges, photography judges, clothing judges, and gardening judges. If you

are not interested in demo night judging but know someone who might be, please send me their contact information. Remember, if your club is going to fair, your club should be signed up for at least one shift in the 4-H Building.

In your response, please send me your name/club name, activity you would like to sign up for, preferred time, and contact information.



## State 4-H Council Meeting Deadline --submitted by Kevin Wright

The deadline for recommendations to the Washington State 4-H Council is **September 1, 2011**. C0985, WA State 4-H Council Recommendation Form, may be ordered from WSU Extension Publishing and Printing by calling 1-800-723-1763; or the form is available online at: <http://cru.cahe.wsu.edu/CEPublications/c0985/c0985.pdf>.

Recommendations are an important way for 4-H volunteers to suggest changes and improvements to the 4-H program. Recommendations should go through a process at the local county level to refine and approve them before being signed by County Council Presidents and 4-H Staff.

Mail your completed and signed recommendations to:

Nancy Mordhorst  
WSU 401 Hulbert Hall  
PO Box 626248  
Pullman WA 99164-6248

This year's State 4-H Council Meeting will be held Sunday, **October 16th** at the Kittitas Valley Event Center and Fairgrounds in Ellensburg as part of the State 4-H Forum, **October 14-16**.

Watch for registration information online at: <http://4h.wsu.edu/conferences/Forum/index.htm>.

The Council meeting is a chance for 4-H youth and volunteers to discuss issues critical to 4-H, suggest changes in the Washington State 4-H Youth Development Program and elect representatives to the State Advisory Board and State 4-H Fair Board. All youth and

adults may participate in the committee meetings. Registration material for the Council meeting will be included with the State 4-H Forum registration brochure. A complete agenda and copies of submitted recommendations and applications will be sent to county offices prior to the Council meeting.

The State 4-H Council Meeting is made up of 3 parts: District caucuses, committee meetings, and a general council session. During the District caucuses representatives are elected to the State Advisory Board and State 4-H Fair Board of Trustees. County designated Voting Delegates will only elect representatives from their own district. This is also an opportunity to discuss and plan District programming for the future.

The committee meetings are a chance to discuss recommendations from the counties for improvements to the 4-H program. If a committee doesn't have many recommendations or finishes early, it is a great chance to discuss project issues and plan for the upcoming 4-H year.

At the general session each of the committee actions on recommendations are accepted or rejected. The accepted recommendations then go on to the State 4-H Fair Board, State Advisory Board, statewide committees, or State 4-H Staff for approval. The State 4-H Program Director has final approval of all recommendations. In general, approved recommendations will be implemented October 1 of the following 4-H year.



Recommendations are an important way for 4-H volunteers to suggest changes and improvements to the 4-H program.

## County Demo Days

The County Demo Days for both Chelan and Douglas Counties are quickly approaching.

### Douglas County

July 22

August 1

To register please call Patti Cheek at 662-8502. Douglas County

Demo Days to be held at the East Wenatchee Fire Station

### Chelan County

August 4

August 9

Please send in your registration form by July 15. Chelan County Demo Days to be held at the Chelan County Expo Center in Cashmere.



## Chelan County 4-H Leaders Council Potluck

The next leaders' council meeting will be a potluck on July 11<sup>th</sup> at Walla Walla Point Park, Shelter #1, across from the Town Toyota Center Arena.

All Chelan County 4-H Leaders are encouraged to attend with their families.

Please bring a main dish as well as either a salad or dessert and your own table settings.

The Potluck will begin at 6pm with a short meeting to follow.

## Our New Web Site

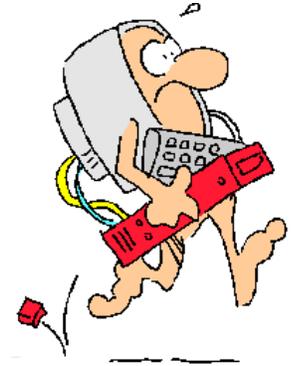
Have you seen our new web site yet? <http://county.wsu.edu/chelan-douglas/youth/youth/Pages/default.aspx>

Please spend some time wandering around and becoming acquainted. I hope that you will be pleasantly surprised by the information that is available to you.

Right now I think that you will like to

take a look at the "Leader Information" page and notice the menu on the right where you will find both "Getting Ready For Fair" and "Timeline For Fair Paperwork". I hope that these will be handy as you prepare for Fair.

The site is still "Under Construction" (an ongoing project) so please take a look around and let us know how we can make it better for you.



## RAMbots 4-H Yard Sale

The RAMbots 4-H (club <http://www.rambots4hclub.com/>) is preparing for a yard sale, July 30

This fundraiser will be to help them raise the \$8500 that they estimate they will need for robot upgrades as well as the travel and stay expenses for the competition in Seattle.

So if you have items that you would like to donate to this yard sale, please call Michelle, 667-6540, to arrange for drop off or pick-up.

Be sure to mark your calendar to save July 30 for this BIG yard sale that will be held on NE 8th Street in East Wenatchee.

Did you know that the WSU Military Teen Adventure Camps are being facilitated from our own Chelan County 4-H Office? Take a look <http://county.wsu.edu/chelan-douglas/youth/youth/mtac/Pages/default.aspx> or join us



## Sailing Away with Military Teen Adventure Camps (MTAC)

By Melanie Casey

<http://4h.wsu.edu/news/current/milteenadvcamps-May2011.html>

It was an outdoor classroom, an experience in learning by doing known to educators as "experiential education." But for the six Joint Base Lewis-McChord teens taking part in a Cutty Sark Wooden Sailing Ship Adventure to the San Juan Islands April 30 to May 1, it was mostly just fun.

They discussed where to set up their tents, when to eat dinner, where to hike and more. Trip leaders watched from the sidelines as the teens struggled with some issues, intervening only when safety was an issue.

Though it was a lot of fun, the excursion served a more important purpose. "It's about life skills development," said trip leader Kevin Powers, director of the

WSU Extension 4-H Eco-Stewardship Program, who has been leading teens on trips such as this one for more than 10 years. "One of the first is communication, which leads to cooperation, which leads to trust."

"I learned that I can be a leader if I put my mind to it," said Natashae Martin-Palmer, 16, a High School sophomore who had never been camping before. "Being in nature is not as bad as I thought."

*The MTAC Program is funded by a grant from the Dept. of Defense and works in partnership with the Office of Military Community & Family Policy and U.S. Department of Agriculture/National Institute of Food & Agriculture.*

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## Chelan & Douglas Counties 4-H

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### To Make The Best, Better



Don't forget to check the web page for  
forms, information and dates:

[www.ncw.wsu.edu/4h](http://www.ncw.wsu.edu/4h)

### 4-H Calendar

#### July

9 Yakima Co. 4-H Horse Show <http://www.yakimacounty.us/wsuxext/4-h/horseproj/Forms/SBR%20July%202011%20show%20entry.pdf>

10 Bi-County Horse Show-<http://county.wsu.edu/chelan-douglas/youth/youth/animal/Documents/2011ShowPremium.pdf>

11 Chelan Co Leaders Council Potluck, 6pm Walla Walla Point Park Shelter #1

18 Chelan Co Demo Signups Due

22 Douglas Co Demo Day

26 New Leader Training 4-H Office

30 RAMbots Yard Sale

#### August

1 Douglas County Demo Day

4 Chelan County Demo Day

6 Bi-County Horse Show—  
Appleatchee—see above link

6 Fair Superintendents Training 6pm,  
Chelan County Fairgrounds

7 Bi-County Horse Show—  
Appleatchee- see above link

9 Chelan Co. Demo Day—Expo Center

12-13 Yakima Junior Horse Show

24-28 NCW Fair

#### September

7-11 Chelan County Fair-<http://county.wsu.edu/chelan-douglas/youth/youth/leaderinfo/Pages/default.aspx>

### 4-H Tidbits....

- ◆ 4-H Colors:  
Green—life, springtime, youth  
White—fresh, clean
- ◆ Check out “Traditions, Tips & Hints” <http://county.wsu.edu/chelan-douglas/youth/youth/tth/Pages/default.aspx>
- ◆ Need some help with your demonstration? Go to our web site at <http://county.wsu.edu/chelan-douglas/youth/youth/tth/Pages/Demonstrations,TipsHints.aspx> for “Demonstration Tips & Hints”
- ◆ Did you know that Chelan County 4-H has two Challenge Ropes Courses! Michelle Morrison was recently certified as a facilitator for this Experiential experience. It is a great Leadership and Team-building activity that is great fun to take your club or club leaders on the course. Call Michelle for more information.
- ◆ We still need more volunteers to judge Demonstrations both at Demo Days and at the fairs. Training provided. Call Michelle at 667-6540



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