



MORROW COUNTY 4-H

<https://extension.oregonstate.edu/4h/morrow>

County Ambassadors Announced!

Morrow County 4-H announces the 2021 Ambassadors! 4-H Ambassadors are youth leaders who promote 4-H using their skills, knowledge and leadership abilities. 4-H Ambassadors strengthen 4-H through education, recruitment and public relations. Morrow County recognizes knowledgeable and prepared older 4-H members as the best spokespersons for 4-H.

Harley Anderson is a junior at Heppner High School and participates in FFA and 4-H. Her projects include horse and poultry.

Preslie Bowles is freshman at Irrigon Jr/Sr High School and participates in FFA, rodeo and 4-H. Her projects include hogs, horses and shooting sports.

Grace Ogden is a junior at Lone Community School and participates in volleyball, FFA, ASB and 4-H. Her projects include lambs, hogs, photography, cooking and sewing.

Madison Orem is a sophomore at Lone Community School and participates in volleyball, basketball, softball, ASB, FFA and 4-H. Her projects include steers, cooking, sewing and photography.

Isabella Orr is a junior at Ukiah Community School and participates in sheep, rabbits, poultry, presentations, photography, sewing, art, modeling and dairy heifers.

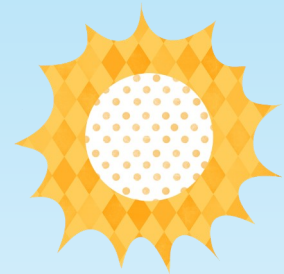
Alexis Partlow is a freshman at Riverside Jr/Sr High School. She participates in the band and 4-H. Her project include dairy heifers.

Morrow County 4-H

PO Box 397

Heppner, OR 97836

541-676-9642

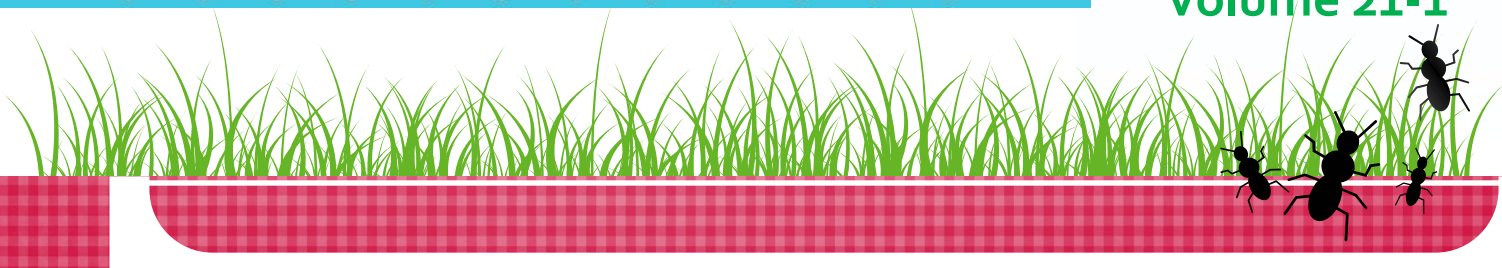


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February 2021

Volume 21-1



Coe and Jepsen receive Morrow County 4-H Lifetime Achievement Award

The Morrow County 4-H Leaders Association has awarded Nancy Jepsen and Jan Coe (post-humously) the Morrow County 4-H Lifetime Achievement Award in honor of the generous time and talents given to the youth of Morrow County.

Both Jepsen and Coe were long time leaders and supporters of all things 4-H related for many years and the Association recognizes their efforts and work on behalf of the youth of our county.

Nancy Jepsen served as a cooking and sewing leader for many year in lone teaching youth how to shop for, plan and create masterpieces in the art of clothing and foods. All of her children also participated and excelled in 4-H activities.

Jan Coe was a leader in the Heppner area for equine and consumer arts. She shaped lives and future careers of many youth in our county. Like, Jepsen, her children all participated in 4-H through livestock and expressive arts.

Coe and Jepsen each had a gift for convincing others to go above and beyond as they themselves did to further education and positive youth development. "They are both the face of dedication," says Erin Heideman, Morrow County 4-H Educator. "These ladies are the epitome of the heart and soul of Morrow County 4-H and their service is exemplary."

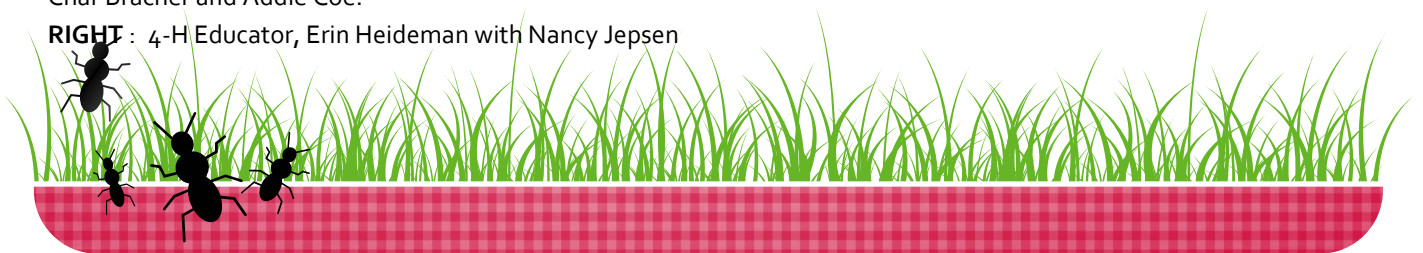
4-H empowers youth to reach their full potential, working and learning in partnership with caring adults while participating in fun, hands-on learning activities. Youth can experience 4-H by becoming a member of a 4-H club, attending 4-H camp, or joining after-school programs. 4-Hers can compete with their projects at local, state, regional, or national levels and also attend conferences and events.



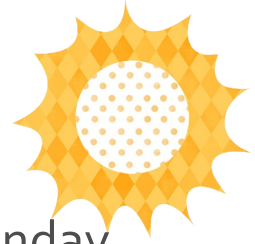
LEFT: Members of Jan Coe accept her award. L-R: John Lawrence, Paul Lawrence, Tricia Lawrence, Scott Coe, Jace Coe, Char Bracher and Addie Coe.



RIGHT : 4-H Educator, Erin Heideman with Nancy Jepsen

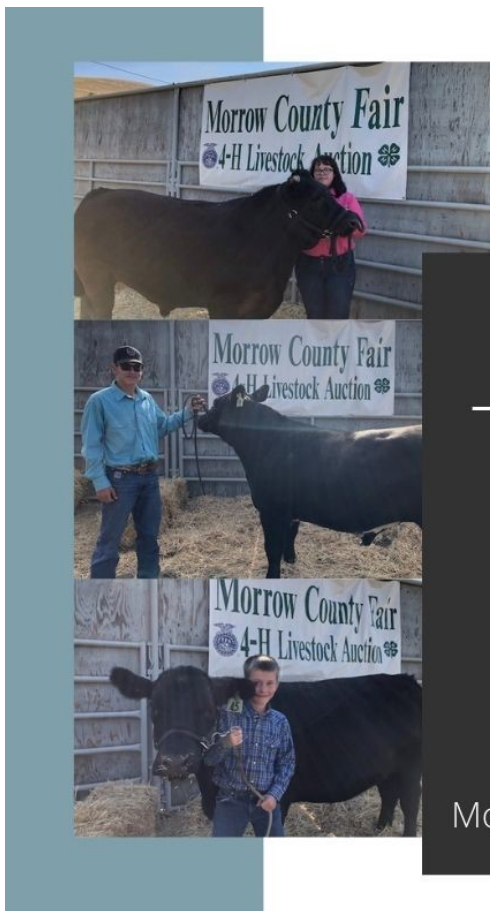


MoCo Monday's



Starting in February, we will be doing a MoCo Monday video! Topics range from table setting, how to clean your gun barrel and a parents 101 to 4-H. These will be quick, informational quips to help you learn about new 4-H activities and some tips to make all the things easier! Want to see something in particular? Drop Erin a line!

"I CAN ACCEPT FAILURE, EVERYONE FAILS AT SOMETHING. BUT I CANNOT ACCEPT NOT TRYING." - MICHAEL JORDAN



Morrow County Fair
4-H and FFA

BEEF WEIGH INS

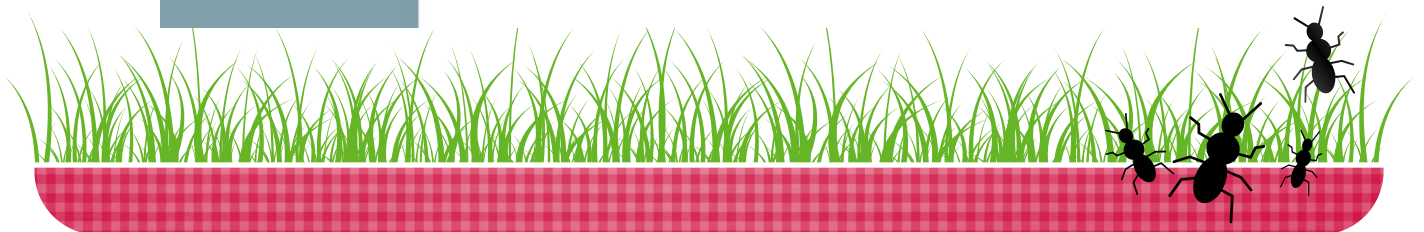
Saturday, March 6, 2021

8:00-9:00AM

Philippi Ranches, Boardman

10:00-11:00AM

Morrow County Fairgrounds, Heppner





Morrow County 4-H

Join us for ZOOM Cooking Classes!

This isn't your regular 4-H year, we are trying something new keep our momentum going. Supplies needed and instructions will be sent to you ahead of time along with a ZOOM Link.

Friday, February 26th 10:00AM

How to Measure, things you should have in your kitchen and PBJ Tacos

Friday, March 19th 10:00AM

Nutritional Plate, Pizza Crescents

Friday, April 16th 10:00AM

Peanut Butter Energy Bites, Kitchen Accidents, Recipe Books

Friday, May 13th 10:00AM

Flower Pretzels, Consumer Spending

Register by Thursday, February 18th at:
<https://extension.oregonstate.edu/4h/morrow>



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**Questions or accommodations for disabilities
can be made by calling 541-676-9642 or
erin.heideman@oregonstate.edu**

Morrow County 4-H Calendar (draft)

ZOOM LINKS WILL BE ON 4-H WEBPAGE!

FEBRUARY

2	All 4-H Leaders Monthly Meet Up	6:00PM ZOOM
6	MoCo Dog 4-H Meeting	9:00AM ZOOM
12	Ambassador Meeting	9:00AM ZOOM
19	WE COOK- 4-H Cooking Meeting	10:00AM ZOOM
24	Virtual Babysitting Class Part I	4:00PM ZOOM
25	Virtual Babysitting Class Part II	4:00PM ZOOM
27	Pretzel Making Class	10:00AM ZOOM

MARCH

2	All Leaders Monthly Meet Up	6:00PM ZOOM
3	Virtual Babysitting Class Part III	4:00PM ZOOM
4	Virtual Babysitting Class Part IV	4:00PM ZOOM
5	Outdoor Cooking Class, Part I	9:00AM ZOOM
5	Ambassador Meeting	10:00AM ZOOM
6	MoCo Dog 4-H Meeting	9:00AM ZOOM
6	MoCo Beef Weigh In's	8:00AM @ Philippi Ranches 10:00AM @ Fairgrounds
19	Outdoor Cooking Class, Part II	9:00AM ZOOM
19	WE COOK 4-H Cooking Meeting	10:00AM ZOOM

APRIL

2	Outdoor Cooking Class, Part III	9:00AM ZOOM
6	All Leaders Monthly Meet Up	6:00PM ZOOM
9	Ambassador Meeting	TBA
16	Outdoor Cooking Class, Part IV	9:00AM ZOOM
16	WE COOK, 4-H Cooking Meeting	10:00AM ZOOM
23	Leathercraft Earring Class	REGISTRATION DUE
30	Leathercraft Earring Class	9:00AM ZOOM

MAY

4	All Leaders Monthly Meet Up	6:00PM ZOOM
7	Ambassador Meeting	TBA
14	WE COOK, 4-H Cooking Meeting	9:00AM ZOOM
21	Speak Easy Public Speaking Workshop	9:00AM TBD

JUNE

1	All Leader Monthly Meet Up	6:00PM ZOOM
5	MoCo Fair Swine/Sheep/Meat Goat Weigh In's	TBA

JULY

5	Fair Registration DUE	ONLINE
6	All Leaders Monthly Meet UP	6:00PM ZOOM
30-31	MoCo/UmCo Joing Horse Show	MoCo Fairgrounds

AUGUST

3	All Leaders Monthly Meet Up	6:00PM ZOOM
7	Clean Up Day, MoCo Fairgrounds	9:00AM-11:00AM

SEPTEMBER

13	Record Books Due to 4-H Office	
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Youth Voices in Action Conference

We may be virtual but there will still be lots of ACTION at this year's Youth Voices in Action Conference. Join us March 23 – 25, 2021 for this year's conference. Youth Voices in Action has something for everyone: First time attendees, returning participants AND adult chaperones. All youth in the 8th – 12th grades are welcome to attend.

As a participant in the conference you will:

- Make valuable connections with government staff and keynote speakers

- Learn about our state government and how decisions are made

- Attend workshops to prepare you for being a strong leader and communicating confidently with peers & adults

- Polish your leadership skills and learn how to be involved in your community

- Build lasting friendships with youth from across the state AND have some fun!

Registration will open on January 15th.

For more information contact:

Carole Smith: carolesmith@oregonstate.edu Phone: 541-963-1010

Financial Literacy Lessons!

“A penny saved is a penny earned” – says pretty much nobody, anymore. And while you may not miss that clichéd saying, it's a fact that, too often, children grow up without access to basic financial literacy education. Across the country, formal financial education in schools is scant to non-existent, which means it's up to parents and other care givers to teach kids the all-important life skills of financial literacy.



4-H is here to help. That's why we've collaborated with the financial services firm [TD Ameritrade](#) to create a new series of research-backed financial literacy activities that make it easy and fun for parents to educate their kids on the value of financial literacy, the hidden costs of credit, and other essential money smarts.

These activities are geared toward children from grades 5 to 10 to ensure we're reaching kids when they are old enough to understand money, but before they've likely started earning it and spending it for themselves. The goal? To give the next generation the tools they need to make smart financial decisions throughout their lives. Giving young people those tools will help ensure them develop a healthy relationship with money and finances rooted in practicality, and not in fear or impulse.

<https://4-h.org/about/blog/teaching-kids-about-money-we-can-help/>

National 4-H Conference 2021

National 4-H Conference is an exciting opportunity for our 4-H members (15 – 19 years of age by September 1st, 2020)! 4-H National Conference is the pinnacle experience in 4-H Civic Engagement, providing the opportunity for young people to connect, learn, engage, lead and impact their communities, their nation and their world. Applications are now being accepted for 2021 National 4-H Conference which will be held April 10 – April 15, 2021. *Due to Covid 19 restrictions, the conference will be virtual but still based in the exciting Washington DC area!* This year's planning committee is promising an exciting experience and to preserve as much of the content and experiences of past National Conferences.

Due to the craziness of the committees timeline and planning, the application process and timeline will be a fast turnaround! Application deadline will be January 25, 2021. Delegates are selected based on application process and interest in civic engagement and citizenship.

(Info about 4-H Conference)

2021 National 4-H Conference:

2021 National 4-H Conference will be a Virtual Meeting and the cost will be \$325.00 per YOUTH. Selected Oregon delegates will only be asked to pay a \$50 deposit for the conference. The remainder of the registration fee is paid with scholarship dollars. The meeting dates are April 10-15th, 2021. Round Tables of delegates will meet a few times in advance of the full conference opening on the 10th to work on their assigned topics. The Conference will consist of all the primary elements that are normally part of the experience. There will be speakers, workshops, youth voice opportunities, topic briefing development and presentation, interaction with Capitol Hill and USDA officials and fun mixers and recreation, all in a virtual platform that employs the best practices that we have learned thus far about working in this space (No, delegates will not be on ZOOM all day every day for six days!) Applications are available at: <https://extension.oregonstate.edu/4h/national-4-h-conference>

Morrow County 4-H | OSU Extension



OSU Extension Babysitter Virtual Trainings

4-Day Series

This training is designed to train youth in many aspects of babysitting including baby care, toddler care, healthy snacks, business tips, age appropriate games, first aid and safety.

Open to all youth ages 10 and up in Morrow County

Four Part Class Series:

February 24, 25 and March 3, 4, from 4:00 to 5:00 pm via Zoom

Sign Up At:

<https://extension.oregonstate.edu/4h/morrow>

or call the OSU Morrow County Extension Office at 541-676-9642.

COST: FREE

Questions? Call Erin Heideman @ 541-561-0081 or email erin.heideman@oregonstate.edu.



OSU Extension Service | Morrow County

PO Box 397

Heppner, OR 97836

Phone: 541-676-9642 or Erin @ 541-561-0081

extension.oregonstate.edu/Morrow

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MORROW COUNTY 4-H

Pretzel Making

ZOOM Class

February 27, 2021

10:00AM

Sponsored by
Blown Away
Ranch

Join Pampered Chef Consultant, Madeline Ernst, in the kitchen making pretzels! Kits with everything you need will be sent to you upon registration!



Register by February 15th, 2021

<https://extension.oregonstate.edu/4h/morrow>



Questions and accommodations for disabilities can be made by calling 541-676-9642 or erin.heideman@oregonstate.edu



Morrow County 4-H

Outdoor Cooking Class

A four part series on how to cook outside over coals! No limit on the number of members participating. This class will be over ZOOM and an ingredients list will be sent to those that sign up.

Sign up at <https://extension.oregonstate.edu/4h/morrow>

First 10 to sign up get kits that include briquettes, tongs and tin foil!

Class Dates and Menu's

- March 5, 9:00AM- Nacho's
- March 19, 9:00AM- Grilled Mini Pizza's
- April 2, 9:00AM- Egg/Sausage Scramble
- April 16, 9:00AM- LeeBee's Dessert



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erin.heideman@oregonstate.edu**

Wesley + William

Morrow County 4-H
Leathercraft Earring
Workshop

by Tayllor Brannon
owner of Wesley & William

Friday, April 30, 2021
9:00AM via ZOOM



Join Tayllor, former MoCo 4-H member and owner of Breaking Grounds Coffee in Heppner, on a ZOOM to learn how to create 3 pairs of leather earrings. Registration due by April 23 and a kit will be sent to you with all the supplies in time for the class!

Sponsored by MoCo 4-H Leaders Association

Registration Deadline: April 23rd at:
<https://extension.oregonstate.edu/4h/morrow>

Question? Contact Erin Heideman at 541-561-0081 or
erin.heideman@oregonstate.edu

THURSDAY, FEBRUARY 25, 2021; 6:30 PM

WORKSHOP DELIVERED VIA ZOOM

OSU EXTENSION SERVICE PRESENTS

LAMB | GOAT | HOG

MARKET ANIMAL SELECTION



Best Guess Schedule

- Sheep 6:30 pm, start | Maddie Griffiths
- Goat 7:00 pm, start | Jessica Simpson
- Swine 7:40 pm, start | Nicki Hurley

Questions will follow each speaker/species

For more information, contact:
Candi Bothum at (541)419-6350 or
candi.bothum@oregonstate.edu

Are you new to the market animal project?

Struggling with selecting a suitable animal?

Whether to purchase one or two?

Learn how to select the market animal for your needs

Stay for the whole workshop and learn about the other species too.

Since this workshop is offered via ZOOM, you must RSVP to receive a link and password. Please give us the courtesy of registration on or before Fri., Feb 19. To sign up send an email or text to Candi's contact information above.

Accommodation requests related to a disability should be made by Friday, Feb 19 to Candi Bothum at 541-548-6088 x 79540 or at candi.bothum@oregonstate.edu



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Deschutes County 4-H Presents...

A BIT ABOUT BITS

- Identify
- Learn about mechanics
- Is your bit appropriate for your discipline?
- Proper set up and why
- English & Western

This workshop is for all youth, volunteers, and families with 4-H Horse project interest. Appropriate for junior, older members, volunteers and their families.

BRING YOUR BRIDLE(S)

Feel free to try and stump me – lots of new stuff out there, we can learn together too.

If you have bridling and/or bit questions, bring those too.

Workshop delivered by **Candi Bothum**, retired 4-H Horse judge and current Statewide Animal Science Coordinator and 4-H Professional Faculty

RSVP Required to receive ZOOM link

Please give me the courtesy of your registration
BEFORE 5 pm Fri, Feb 19

Contact me for questions too...

Email: candi.bothum@oregonstate.edu
or text to 541-419-6350



MONDAY, FEBRUARY 22, 2021
6:30 PM START

DELIVERED VIA ZOOM



Accommodations for disabilities may be made by contacting your local 4-H Extension Staff or candi.bothum@oregonstate.edu
541-548-6088 x 79540

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