

Cooking contests to be held during fair

This year there will be two cooking contests at the Morrow County Fair.

The first one is sponsored by the Oregon State Fair it is The second annual Painted Hills Natural Beef Backyard Grilling contest. It will be held on Thursday, August 6, starting at 9 a.m. and ending around 4 p.m. Contact the Fair Office for entry details, deadlines or on-site information. Contestants can enter at www.oregonstatefair.org.

The second is the Chili Cook-Off and will be held on Friday, August 7, from 9-12. To register call the Fair Office at 676-9474.

Plenty of food at the fair

The 4-H Snack Shack produces the major source of income for the Morrow County 4-H Leaders Council. The council uses this income to provide such programs as 4-H camp, awards, scholarships, and materials for all 4-H program areas.

All 4-H members benefit from the proceeds that are earned by the Snack Shack. Many 4-H leaders help in the Snack Shack at fair. They do this because they understand how important the proceeds are to the 4-H program. But, the leaders are so busy at fair it is not right to ask them to take care of their 4-H club and then work even longer in the Snack Shack.

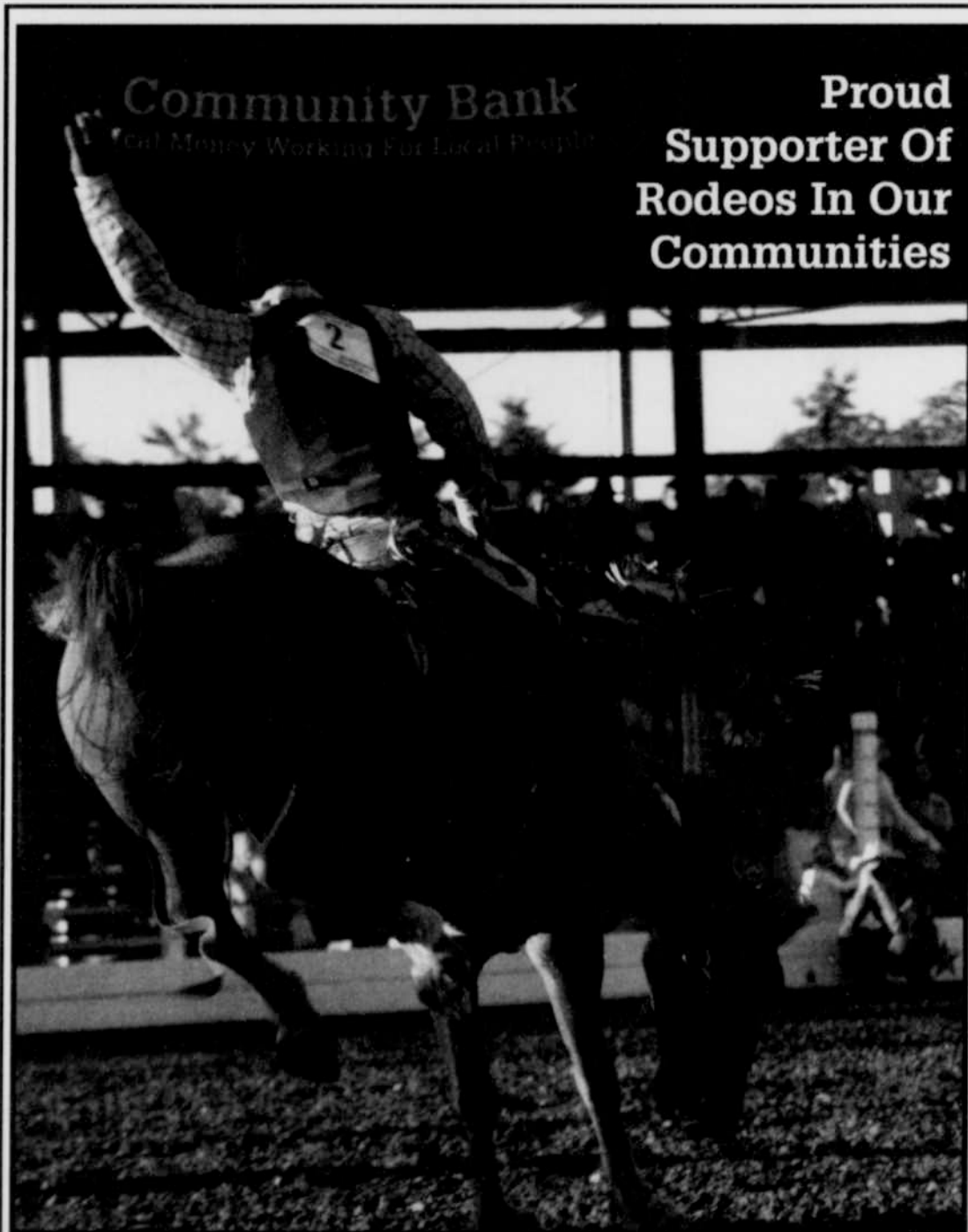
Parents of 4-H members, this is an opportunity for you to help your children and your child's 4-H leader. Volunteer to help in the Snack Shack! Call the extension office at 676-9642 if you are interested.

4-H volunteer leaders are awesome

The 4-H program relies on volunteer adult leaders to organize and lead groups of 4-H members. Research shows that youth who have a non-parental adult as a friend, teacher, and mentor do better than youth without such an adult presence. As a 4-H leader and educator, you are in a position of great influence. You can channel members' curiosity, inspire new interests, and continually offer new opportunities for them to grow and develop into happy and productive adults. You can be the key to a young person's success!

A recent study showed that most 4-H leaders volunteer because they are interested in making a difference in the lives of young people. While some 4-H leaders have expertise in a particular content area, such as animal science, it is not a requirement. The 4-H program is always looking for quality, committed adult volunteers. If you are interested in exploring becoming a 4-H volunteer, please call or visit the extension office.

Studies show that each 4-H volunteer gives an average of 200 hours of time annually to the 4-H Youth Development program. Looking at Oregon's 6,000 volunteers, that means 1,200,000 hours are given annually to help youth develop skills for a lifetime. Nationally, the current estimated dollar value of volunteer time is \$17.55 per hour! Not only are 4-H volunteer leaders awesome, but the value of their time to Oregon 4-H is more than \$20 million annually.



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