



What is 4-H?

Friends, fun, and learning about nature, cooking, growing plants, photography, animal care, or working together to help others.

Who can belong to 4-H? Anyone Kindergarten through 12 grade. You'll find 4-H throughout your county, state, country, and the world. Kindergartners through third graders can join 4-H Cloverbud clubs. 4-H Cloverbuds is an informal educational program designed specifically for children in grades K-3. The program appeals to young children's natural curiosity, enthusiasm for learning, and high energy levels by providing an opportunity for active learning in a non-competitive environment. In Morrow County, we have over 200 members in grades 4 through 12.

Look what you can do in 4-H - Members are enrolled in animal science, natural science, home economics, and expressive arts project areas.

What do you do in 4-H? It depends on you. 4-H members may be a friend in the same grade or school, or include people from other communities. Clubs decide how often to meet and elect officers to conduct club business. Your club may decide to be active in the community, raise money for charity, become involved in recycling projects or build nature trails. You can go on field trips or to 4-H camp. The choices grow as you get older.

Does 4-H cost a lot? There are no state or national dues or required uniform. You pay \$5 per year for project materials and insurance in most clubs. Your 4-H club may decide to collect dues to fund special activities.

How do you join 4-H? It's easy. Choose the project you like. Ask some friends or brothers and sisters to join you. Ask parents, grandparents, adult friends, or neighborhood adults to be your leader. Several adults can share this responsibility. You need only two members, but you can have as many as you like. Determine the projects your club would like to enroll in and visit the extension office or call an agent for help. There are also numerous active clubs that welcome new members.

4-H is Learning Today, Leading Tomorrow and "Learning by Doing" Learning how to set goals and work toward those goals, responsibility - for an animal, finishing projects, choosing how much to learn and deciding how involved in 4-H to be, leadership, decision-making, cooperation and how to present yourself and ideas to others.

For information about the 4-H Youth Development program, contact the OSU Extension office in Heppner, 676-9642 or 1-800-342-3664.

Food Department adds new contests

Along with adding freezer jam and jellies, the Food Department has added two new contests, "Make It With Morrow County" and "Men's Bread Baking Contest."

The "Make It with Morrow County" contest recipe this year is Chocolate Espresso Cake, with creamy chocolate frosting. The contest is sponsored by the Morrow County Wheat Growers. For the recipes turn to pages 57 & 58 in the Premium Book.

The "Bread Baking Contest" is in memory of Mike Armato and his un-ending quest for the perfect loaf of bread. This contest is on page 58.

So let's get to cooking and enter your favorite bread recipe.



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