

# 4-H Newsletter 1/13/2023

The Ashland County Extension Office is located at 110 Cottage Street, First Floor This is the same building as the Ashland County Commissioners and Board of Elections.

We are open:

Mondays 8:30-4pm

Tuesdays 8:30-4pm

Fridays 8:30-3pm

## Market Steer & Baby Beef Animal ID in 4Honline

**ALL MARKET STEER AND BABY BEEF PROJECTS WILL NEED ENTERED AND IDENTIFIED IN THE MEMBER'S 4HONLINE BY JANUARY 31. No paper forms will be accepted.**

**FFA members may now also use 4Honline to enter their animal ID.**

**Step by step instructions of how to enter your animal is located on our website here:**

[https://ashland.osu.edu/sites/ashland/files/imce/animals%20tab%20Ashland%204honline\\_3.pdf](https://ashland.osu.edu/sites/ashland/files/imce/animals%20tab%20Ashland%204honline_3.pdf)

## Market Steer Weigh In

**Market steers will be weighed in TOMORROW, January 14 8-11 AM at the Fairgrounds. Please have the top section of these forms filled out upon arrival.**

[Weigh In form](#)

[Born & Raised form](#) (if applicable)

## Market Lamb Pool

**Want to take a market lamb to next year's fair? One option to buy your lamb is through the Ashland County lamb pool.**

**For more information go to:**

<https://ashland.osu.edu/sites/ashland/files/imce/2023Lamb%20Pool%20Rules%20and%20Regulations.pdf>

**For order form go to:**

<https://ashland.osu.edu/sites/ashland/files/imce/2023%20Lamb%20pool%20application%20fillable.pdf>

## 2023 Ashland County 4-H Calendar

**The 2023 4-H Calendar is now posted on our website at: <https://ashland.osu.edu/program-areas/4-h-youth-development/breaking-news>**

**Volunteers: Attendance at one of the February in person volunteer trainings is mandatory this year. This training will include 4-H updates and the annual policy 1.50 training.**

**Sunday, February 12 2-4 pm Mozelle**

**Thursday, February 16 6:30-8:30 pm Mozelle**

## Ohio 4-H Club Virtual Officer Training



**CFAES** COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

**2023 Ohio 4-H Club Officer Training**  
Date: Feb 27, 2023

**4-H Club Officers**

**4-H Officer Sessions**  
4-H Club Volunteer Leaders  
President/Vice President  
Treasurer  
Secretary  
Health & Safety  
Recreation  
Community Service  
Public Relations  
\* Social media, communications, news reporter

**DATE:** Feb 27, 2023  
**Monday**

**TIME:** 7:00 - 8:30 pm

**Deadline to Register:** Feb 24, 2023

**THE OHIO STATE UNIVERSITY**  
EXTENSION

**Ohio 4-H presents**  
**4-H Club Officer Training - Virtual**

4-H youth and adult volunteers are invited to participate in a virtual 4-H Club Officer training.

Register at: <https://os.ohio.edu/officer>

- This link will take you to the Ohio 4-H Officers resource page. Find the officer position you are interested in and click on that specific link to register.
- An email confirmation with event link will be sent at completion of registration.
- Save the email with event link.
- Registration Closes February 24, 2023.
- All sessions start at 7:00 pm. The event link will open at 6:45 pm.

**Proof of Attendance:**  
At the end of officer session, participants will be given a link to complete a brief evaluation. Once completed, an email stating proof of completion will be sent.

**Recording of Training Sessions:**  
Session leaders have been asked to record their training sessions. Recordings will be posted at: <https://os.ohio.edu/officer>

**Questions:** Teresa Johnson, 4-H Educator: email: [johnson.1389@osu.edu](mailto:johnson.1389@osu.edu)

©2023 Extension research and related educational programs to children on a non-discriminatory basis. For more information: [www.ohio4h.org](http://www.ohio4h.org)

4-H youth and adult volunteers are invited to participate in a virtual 4-H Club officer training on February 27 at 7pm. You may sign up for the officer session that interests you the most.

Deadline to register is February 24.

More information and registration available at: <https://ohio4h.org/officerresources>

## Sheep & Swine Members

The Sheep & Swine Committee would like your input into planning a clinic for this year. Please take a few moments to complete this brief survey so that they can plan accordingly.

[https://osu.az1.qualtrics.com/jfe/form/SV\\_cIOBFRqpNvAoGtE](https://osu.az1.qualtrics.com/jfe/form/SV_cIOBFRqpNvAoGtE)

## 2023 Ashland County Livestock Judging Team

If you are interested in becoming a part of the Ashland County livestock judging team this year, please contact Jackie at [wasilewski.3@osu.edu](mailto:wasilewski.3@osu.edu).



Join us in celebrating 100 years of Collegiate 4-H at Ohio State at the 2023 Plowboy Prom!

**LET'S PARTY**

LIKE IT'S 1923!

Hosted by Collegiate 4-H at Ohio State

Open to all Ohio 4-H members.  
\$5 entry per member at the door.  
Cash only please!

When? Saturday, March 11th, 6-8pm  
Where? Nationwide & Ohio Farm Bureau 4-H Center  
2201 Fred Taylor Drive,  
Columbus, OH 43210

## Ashland County Dairy Committee Scholarship Opportunity

The Ashland County 4-H Dairy Committee is accepting scholarship applications through March 1 for Ashland County Dairy exhibitors that in their Senior year of High School.

[Link to more information and application](#)

## 4-H Project Books

The State has increased the cost of 4-H project books. Most books will now cost \$8, with resource books and a few others costing more. While the Extension Office will keep a stock of livestock record books, we will no longer keep a stock of all the still project books due to expense and books outdating before purchased.

**We are asking that 4-H clubs take orders for any books their members may need and turn it in to the Extension Office so we can order those books needed for this year. We will place project book orders as we receive orders from clubs. Please allow 10-14 days from when you submit your order for the books to arrive at our office.**

**Club advisors, here is a order form to help you identify the books your club will need for the year. [4-H club project book order form](#)**

## 4-H Clubs

4-H Club advisors: An email has been sent to your club's organizational advisor regarding the annual paperwork that needs turned in the Extension Office. The State 4-H Office has updated the 4-H Club Constitution template to include a minimum of 50% attendance at club meetings so each 4-H Club will need to update their Club Constution this year. Also, per Ohio State policy, 4-H clubs and committees are subject to random financial audits. These will be done on a rotating basis each year.

## SNAP-ED

Healthy Hint:

I hope that you enjoyed a safe and happy holiday!

Regardless of whether we overindulged over the holidays or not, many of us began the New Year by making some sort of resolution to be healthier in 2023. We are not alone.

Research shows that of the folks who made New Year's resolutions the overwhelming majority made resolutions that focused on their health. It also showed that within a few short weeks many had already given up on their goal to be healthier. You see, it isn't enough to simply want to be healthier; otherwise we would all be healthier because who doesn't want to be healthy, right?

In researching ways to be successful it became clear that without a clear plan on how to accomplish my goals I will most likely fail. Goals should be useful, specific and realistic. My goal is to be intentionally active for at least 30 minutes a day (I chose 30 minutes because that is what is recommended by the USDA). By intentionally active I mean exercising uninterrupted for 30 minutes a day.

**So I set some goals:**

1. **When am I going to exercise?** (For me the time that works best is 5:30 A.M.)
2. **How often am I going to exercise?** (At least 6 days a week)
3. **Where am I going to exercise?** (In the office at my home)
4. **How am I going to measure success?** (I am using a calendar to track things like distance that I go on the stationary bike and how long it takes and then increasing the distance and resistance. Eventually I plan to increase the duration from 30 minutes to 45 minutes.)

**\*If you have failed at resolutions in the past, don't give up! Maybe creating some goals that are useful, specific and realistic for your life and situation will help you achieve success!**

I am including the newsletter from Celebrate Your Plate to give you some healthy eating tips and recipes.

Best of luck achieving your goals!

Lori Lowman, SNAP-Ed Program Assistant

**CELEBRATE YOUR PLATE**

**JANUARY 2023**

**cauliflower and Mozzarella Stuffed Shells**

Find this recipe and more healthy, low-cost meal ideas at [CelebrateYourPlate.org](https://celebrateyourplate.org)

**What's In Season: January**

Horseradish  
Mushrooms  
Sprouts

**Featured Produce: Cauliflower**

Peak Season: Fall  
Selection: Pick cauliflower with compact florets, firmly attached leaves, and avoid brown spots.  
How to Prepare: Boast, roast, or add cauliflower to a salad or stir-fry.  
Storage: Refrigerate cauliflower up to 5 days.

**National Soup Month**

January's cold weather is a great reason to try a new soup for National Soup Month! Visit our recipe page to browse through 12 healthy and delicious soup recipes.

[CelebrateYourPlate.org](https://celebrateyourplate.org)

1 - <https://celebrateyourplate.org/>

## 4-H Forestry Wildlife Conservation Camp

**CFAES**

**4-H Forestry Wildlife Conservation Camp**  
Open to all children  
In grades 7-12  
April 28-30  
Cost \$110.00  
Still Scholarship Available  
Sponsored by the Ohio 4-H Foundation and the Division of Wildlife

**LOCATION:**  
Carter's Cave 4-H Camp  
1362 Carter's Road  
Jackson Ohio 45640

For more information and camp registration, please visit our website and follow us on Facebook!

**4-H Forestry Wildlife Conservation Camp Making Memories That Last a Lifetime**

The Ohio 4-H Forestry Wildlife Conservation Camp is a fun filled weekend learning experience for campers in grades 7-12. The camp is held at Carter's Cave 4-H Camp located just outside of Jackson Ohio. This camp offers opportunities for campers to meet and learn from ODH, Hunting College and ODH Extension professionals. Campers participate in hands on educational sessions on invasive species, wildlife and tree ID, tree climbing, operating a portable wood mill, outdoor survival, hunting & trapping and much more!

Campers will also have time for fun traditional camping activities such as crafts, shooting, fishing, hiking and canoeing. All activities are conducted under the direct supervision of our trained counselors and 4-H staff. To register please visit: <https://ohio4h.org/forestry-and-wildlife-conservation-camp>

We are currently seeking 4-H Counselors to assist with this camp. Counselors attend for free but must be part of their local county 4-H counselor training program. Counselor application are on the same website above.

**EVENT SPONSORS:** Ohio Department of Natural Resources Division of Wildlife and the Ohio 4-H Foundation

1 <https://www.facebook.com/Ohio4HShootingSports>  
<https://ohio4h.org/camps/forestry-and-wildlife-conservation-camp>

2 THE OHIO STATE UNIVERSITY  
Division of Wildlife

[Link to more information and application](https://ohio4h.org/camps/forestry-and-wildlife-conservation-camp)

## Ohio Shooting Sports Junior Camp

**CFAES**

**Junior Shooting Sports Camp**  
Open to all children  
In grades 3-6  
June 23-25, 2023  
Cost \$250.00

**Senior Shooting Sports Camp**  
Open to all teens  
In grades 7-12  
July 9-14, 2023  
Cost \$375.00

**LOCATION for both camps:**  
Carter's Cave 4-H Camp  
1362 Carter's Road  
Jackson Ohio 45640

For more information and camp registration, please visit our website and follow us on Facebook!

**4-H Shooting Sports Education Camp Making Memories That Last a Lifetime**

The Ohio 4-H Shooting Sports Education Camps are fun filled learning experiences for campers in grades 3-12. Offering two age-appropriate camps both held at Carter's Cave 4-H Camp. The junior level 3-day camp, is specifically for campers in grades 3-6, who would like to experience basic shooting sports disciplines including: Archery, Shotgun, Pistol, Rifle, Hunting & Wildlife, and Living History. The Senior level 6-day camp, is for teens in grades 7-12. It offers basic and advanced disciplines including: Beginner Archery, Action Archery, Beginner Rifle, Rifle Sport, Rifle Marksmanship, Beginner Shotgun, Shotgun Sports, Basic Pistol, Steel Rifle/Pistol, Living History and Hunting & Wildlife. Both camps focus on the safe, responsible, ethical use of firearms and archery equipment. Shooting instruction is led by trained, experienced 4-H Shooting Sports Instructors. Campers will select one shooting discipline to focus on while at camp. They will also have opportunities to sample other disciplines along with fun traditional camping activities such as crafts, shooting, fishing, hiking and more. All activities are conducted under the direct supervision of our trained instructors and 4-H staff.

**EVENT SPONSORS:** Ohio Department of Natural Resources Division of Wildlife

1 <https://www.facebook.com/Ohio4HShootingSports>  
[www.ohio4h.org/shooting-sports-camps](https://www.ohio4h.org/shooting-sports-camps)

2 THE OHIO STATE UNIVERSITY  
Division of Wildlife

[Link to more information and application](https://ohio4h.org/shooting-sports-camps)

Senior shooting sports camp information and applications will be coming out soon.

## Ashland County 4-H Camp Adult Volunteer Application

Are you an adult interested serving as the Camp Staff at Camp Ohio 4-H Camp during Ashland-Wayne 4-H Camp?

Major responsibility includes being available to the campers, counselors and assisting other staff during 4-H Camp June 29-July 3. Before camp you will be assisting counselors during training and planning sessions.

Click link below for more information and application.

[4-H Camp Adult Volunteer Application](#)

## Ohio State Fair Jr. Fair Board

### Apply to represent 4-H Youth Development on the Ohio State Fair Junior Fair Board by March 1, 2023

The Ohio State Fair Junior Fair Board is made up of our great state's best and brightest young leaders, hand-picked to contribute to the success of the Ohio State Fair each year. If the passion for 4-H Youth Development and the state fair is in your blood, consider applying to represent our organization by March 1!

In addition to being an outstanding leader, prospective members should meet the following general criteria:

- 16-20 years old
- Currently a member of 4-H, FFA, Girl Scouts, Boy Scouts, or Farm Bureau
- Highly involved members in their organization
- Significant accomplishments within the organization (i.e. competition at the state and/or national level, leadership experiences, community service/volunteer experiences, etc.)
- Leadership experience with the potential and desire to continue to grow as a leader
- Very responsible, respectful, and professional
- Members are only eligible to serve one two-year term on the JFB representing one organization

Junior Fair Board members commit approximately 2 weeks of time to the Ohio State Fair-- arrive on Monday, July 24 and return home on Sunday, Aug. 6.

First year Junior Fair Board members are paid a flat-rate stipend for their service; returning members will receive a higher stipend for their second year of service.

Visit [ohiostatefair.com/jfb](https://ohiostatefair.com/jfb) for more information and to submit applications.

## Camp Ohio is Hiring!



2 - <https://www.4hcampohio.org/employment.html>

## 2023 Ohio 4-H Conference

**Mar 11, 2023, 8:00am - 4:00pm**

**Deadline: Friday, February 10, 2023**

**Cost: \$40 but Ashland County 4-H Committee will pay for at least the first 16 volunteers who register!**

**Location: Greater Columbus Convention Center**

**The 2023 Ohio 4-H Conference will bring together 4-H volunteers and teens (age 13 and older) from across Ohio. You can participate in a variety of educational sessions that offer something for everyone! Join us as we learn from one another to make the best better for Ohio 4-H programs.**

### Information Booklet:

<https://ashland.osu.edu/sites/ashland/files/imce/2023%20O4HC%20Reg%20Book%20%28Final%29.pdf>

Registration: <https://ashland.osu.edu/sites/ashland/files/imce/state%20conf%20reg%20form%202023.pdf>

## Searching for Jr. Fair Board Members!

There are additional new Advisors for the Junior Fair Board- they are meeting and have exciting things planned! There will be lots of opportunities for you to be involved if you haven't been involved before and for those of you planning to return, there are some new great and exciting opportunities! The Team that will be working with the Jr. Fair Board this year includes: Belinda Weber, Arden Fitch, Audra Schoen, Melanie Fitch and Ryan Dull. If you have questions, please contact the Extension Office.

Deadline for applications is January 15th!

Jr. Fair Board Application [https://osu.az1.qualtrics.com/jfe/form/SV\\_dniZtOKn63TJXDM](https://osu.az1.qualtrics.com/jfe/form/SV_dniZtOKn63TJXDM)

## 2023 Firelands Electric Cooperative Washington D.C. Youth Tour & Scholarship Opportunity

Applications for the Fireland Electric Cooperative 2023 scholarship is due on Jan. 20. For more information and application visit: <https://www.firelandsec.com/community>

Each year, Firelands Electric Cooperative sponsors up to two high school students on a week-long, all-expenses-paid trip to Washington, D.C., as part of the annual Youth Tour. Firelands offers this exciting opportunity to Sophomore and Junior students who live in a home receiving its electric power from the cooperative. The 2023 Youth Tour to Washington, D.C. is June 17-23.

For more information and application, visit: <https://www.firelandsec.com/youth-tour-experience>

## 4-H Enrollment is Now Open!

The new 4-H year officially started on November 1!

You may enroll in 4-H at <https://v2.4honline.com/> Please be sure to check your contact information in 4Honline and update as needed.

Guides to help you enroll as well as videos posted on our website at: <https://ashland.osu.edu/program-areas/4-h-youth-development/4-h-online-enrollment-information>

**Committee Volunteers:** Choose Program Volunteer and when asked to select a Unit, choose your respective committee.

Volunteers, your enrollment will be approved after you complete your mandatory annual Policy 1.50 training at the in person advisor trainings in February 2023. The 2023 4-H Calendar will be released soon!

Deadline to enroll is April 15.

## FFA Members

FFA members will now need to create an account in 4Honline and choose any animal projects they may be taking to the Ashland Fair. (See links above). This new process will allow FFA members to upload their species specific required documents and pictures in the same platform as 4-H members.

- FFA MEMBERS, CHOOSE YOUR FFA CHAPTER AS YOUR CLUB/UNIT. THIS WILL NOT ENROLL YOU IN 4-H. You will still be taking your projects through FFA.
- If you taking projects in FFA AND in 4-H, please just add your FFA chapter as a second club/unit. You can then add the appropriate projects to each club/chapter.

- The email address you use for your 4Honline account will automatically be added to our weekly 4-H newsletter that contains important project and event information.
- The sooner you enter your information in 4Honline, the sooner your email will be added to this newsletter distribution list!
- If you are taking animals to Ashland Fair through FFA AND participate in 4-H in a county OTHER THAN ASHLAND CO., please contact the Extension Office for instructions.

## Volunteers

Reminder to those volunteers who received a letter in the mail back in November indicating the need to have their background check done this year, the deadline to complete this is February 15.

As listed in those instructions, the FIRST STEP IS TO RE-ENROLL IN 4HONLINE as a volunteer for this year. See above for links.

## New Volunteers

Anyone interested in becoming a new 4-H volunteer must turn in their application by February 15. Applications are done online at: [2023 Ashland County 4-H Volunteer Application](#)

## The 2023 Ohio 4-H Family Guide

Check your mailbox! A hard copy of this Family Guide was mailed to each family who had someone enrolled in 4-H last year. The 2023 Ohio 4-H Family guide is also available online. This is a great resource to see possible projects to take in 4-H.

[https://ohio4h.org/sites/ohio4h/files/imce/Resources/books\\_resources/Family-Guide-23-2022-1025.pdf](https://ohio4h.org/sites/ohio4h/files/imce/Resources/books_resources/Family-Guide-23-2022-1025.pdf)

## 4-H Newsletter

If you have a second email you would like to add to the list or need to change your email it is sent to, please use the link below:

[https://osu.az1.qualtrics.com/jfe/form/SV\\_39M4tSvTaliJniR](https://osu.az1.qualtrics.com/jfe/form/SV_39M4tSvTaliJniR)

Find us on Facebook at: [Ohio State-Ashland County 4-H Facebook page](#)



Ohio State- Ashland County 4-H

To UNSUBSCRIBE to this 4-H Newsletter, click [here](#).

## Contact

The Ohio State University, Ashland County Extension

110 Cottage Street

Ashland, Ohio, 44805

419-281-8242

[wasilewski.3@osu.edu](mailto:wasilewski.3@osu.edu)

[aulger.3@osu.edu](mailto:aulger.3@osu.edu)

Visit on the web at: <https://ashland.osu.edu/>