

4-H Newsletter 11/17/2023

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.

Our normal business hours are:

Mondays 8:30-4pm

Tuesdays 8:30-4pm

Fridays 8:30-3pm

Snap-Ed

With the coming of Fall Season begins the time of year that we spend in celebration from now through the New Year. I love this time of year! Our family spends more time together than ever. The pace of life from now through the New Year can be chaotic and exhausting. Carving out time to be mindful of our health and well-being can seem like a pipe dream. Taking just a few minutes to consider ways to have a healthier holiday season can spare us from feelings of guilt later.

I want to suggest a few ideas that can help you achieve a healthier holiday season:

1. Make sure to take some time for you.
2. Be the person to take a healthier food option to take to family and work-related celebrations. Chances are someone else will be looking for a healthier option as well.
3. Find a little time for some form of physical activity. This can be as simple as parking in a spot that is at the end of the parking lot when doing Christmas shopping instead of looking for a spot closest to the door.
4. Stay hydrated.
5. Reach out to someone that you know will most likely be spending the holiday season alone. This will not only make their day, but you will feel better too!

Try the attached link to find a delicious recipe for using leftover turkey from Celebrateyourplate.org.

<https://celebrateyourplate.org/recipes/turkey-cranberry-wrap>

Have a wonderful Thanksgiving with your family and friends!

Lori Lowman, Ashland County SNAP-Ed Program Assistant, OSU Extension

Baby Beef Steer Pick Up is Tomorrow!

Baby Beef steer pick up is tomorrow, Saturday, November 18 at 10:00 AM at the Fairgrounds Coliseum.

Top Shots Scholarship

Top Shots members that are a current High School Senior and will be enrolled in an accredited college or trade school this fall may be eligible for a scholarship. For more information and the application, go to our website at:

<https://ashland.osu.edu/sites/ashland/files/imce/top%20shots%20scholarship.pdf>

4-H Camp Counselors Needed!



Want To Be a Counselor or CIT at 4H Camp?
Things To Know !



- Must be at least 15 years of age before camp begins.
- Must be able to attend at least 12 hours of training- Required by Ohio 4-H Camping Standards.
- Will be required to complete child abuse training.
- Must sign and commit to following the counselor code of conduct and standard of behavior forms.
- Must have two credible references and a recommendation from an experienced counselor and/or an adult staff member.

Why Be a Counselor?

- Camp Counseling offers you the opportunity to practice servant leadership and gain experience with planning, facilitating, and executing activities for large groups of campers.
- Recommendation letters from 4H staff to support your job and college ambitions.
- Leadership training
- Increases Opportunities to receive 4H Scholarship support for continued education.



Are you a 4-H'er age 15 or older who loved 4-H Camp?

Consider going back to 4-H camp as a counselor!

4-H Camp Counselor Applications are on our website at: <https://ashland.osu.edu/sites/ashland/files/imce/4-h%20camp%20counselor%20app%20and%20ref%202023.pdf>

4-H Enrollment is Open!

The new 4-H year has begun! You may now log into <https://v2.4honline.com/> and enroll in 4-H for 2023-24.

- **SHOOTING SPORTS (Top Shots) members:** You **MUST** enroll in 4-H with a shooting sports project (#'s 750-753) **BEFORE** you will be allowed to participate at the shooting sports practices.
- **Radical Robotics members:** Please enroll in 4-H now as your meetings are also starting.
- **Cloverbuds:** Enroll in Project 710 Cloverbud Activities
- **COMMITTEE MEMBERS:** Enroll as a **PROGRAM VOLUNTEER**, then choose your committee as your "unit". **DO NOT** select any projects.
- **Club advisors,** enroll as an organizational leader or project leader with your club. **DO NOT** select any projects.
- **Volunteers** will not be approved until they have met all requirements, including annual advisor training to be offered early in 2024.
- **HORSE Members:** New Projects with project books include 186 Gymkhana Animal Sciences and 187 Roping Animal Sciences. You must be enrolled in 187 Roping if you want to participate in ground roping classes. For Ohio State Fair and Ashland County PAS shows, the 187 Roping Project book will be required. Part of your score at the Ohio State Fair will be from your roping project book. If you want to participate in the State competitive trail ride in September, you must be enrolled in 188 Trail Riding project.

Enrollment tips and videos may be found on our website at: <https://ashland.osu.edu/program-areas/4-h-youth-development/4-h-online-enrollment-information> or you may contact the Extension Office for assistance.

FFA Members in 4Honline

Any FFA member that is taking ANY animal to the fair, will need make a 4Honline account if they do not already have one.

- **FFA Members:** Choose "yes, I want to enroll in 4-H". When you choose your FFA chapter as your club, the system is set up to realize you are not actually enrolled in a 4-H club.

- Please list your FFA chapter as your "club".
- Choose COP: Animal, FFA (market goat, dairy cow, market hog, etc..) as your project.

4-H Volunteers Background Check Renewal Notice

Those 4-H Volunteers who are required to complete their background check for 2024 had letters mailed to their postal address with the forms and information you will need to do so. This is to be completed by February 15 to continue in your 4-H volunteer role.

4-H Club Volunteers

If you have any updates to your 4-H Club's meeting, project or contact information please send our office an email with the update at aulger.3@osu.edu.

To review your club's current listing, go to our website at: https://ashland.osu.edu/sites/ashland/files/imce/4-H%20Club%20Brochure%202023_2.pdf

Ohio State Fair Market Beef EID tags and DNA Kits

Possession deadline for Ohio State Fair market beef projects is January 1. Market Beef that will be entered in the Ohio State Fair must have an EID tag in and a DNA kit on file at the State Fair office by January 15. The EID tag number MUST be listed on the envelope with the DNA sample.

Prior to submission, the nomination envelope for each sample kit remitted must be signed by either the 4-H professional or FFA advisor, depending in which organization the youth is taking the market animal(s). Please plan accordingly to ensure you make the January 15 submission deadline for your State Fair market beef entry.



1 - EID tag

Ohio State Fair Possession Deadlines

Below is a listing of the possession deadlines for the Ohio State Fair. ***Note, the MAY 1 market goat possession deadline.*** This also means, **if you plan to exhibit at the Ohio State Fair, these animals MUST be entered in the 4-Hers 4-H Online account by this deadline!** When verifying OSF entries, the Extension Office will have to verify possession date and if it's not in 4-H online by the possession date, there is no way for us to verify.

In order to be more consistent with statewide livestock exhibition ownership rules, the Ohio State Fair has listed animal ownership dates below:

MARKET ANIMALS -

- Market beef – January 1
- Market swine – May 26
- Market lambs – May 26
- Market goats – May 1
- Dairy feeders – May 26
- Market rabbits – June 1
- Market poultry – within 5 days of hatch

BREEDING ANIMALS -

- Breeding Beef – June 1
- Breeding Swine – June 1
- Breeding Sheep – June 1

- Breeding Goats – June 1
- Breeding Poultry – June 1
- Breeding rabbits – June 1
- Dairy Cattle – June 1

If you have any questions, please contact our office. Our June 1 deadline for Quality Assurance also meets the State Fair QA Deadline.

Save the Date!



Individual volunteers and/or clubs are needed to help plan and lead a craft table. Please text Lisa at 419-685-1296 or email lisa.wilfong@gmail.com if you are willing to help with this event.

National 4-H Conference



Applications are now open for Ohio 4-H Delegates to the 2024 National 4-H Conference!

Any 4-H member in Ohio ages *14-18 is able to apply by completing the Qualtrics survey linked below in this email.

Basic Information:

- National 4-H Conference is specifically focused on civic engagement, civic education, and personal development. Delegates arrive ready to connect, learn, engage, lead, and impact their communities, their nation, and their world. In 2024, National 4-H Conference returns for youth delegates to attend in-person in Washington, D.C., April 18-24, 2024 (*Ohio delegates arrive a day early on April 18. Conference begins April 19*).
- Interested Ohio 4-H members must complete an application via Qualtrics (linked at bottom) by December 1 at 11:59 p.m. *Applicants must be 15-18 as of January 1, 2024, and currently enrolled as an Ohio 4-H member in 2024.

- After an application is received, the State 4-H Office will request a referral from county 4-H professional for the respective candidate.
- A selection board of advisors, 4-H educators, and past attendees will review applications and conduct interviews, as needed.
- Those selected will be expected to fully engage in all pre-conference and conference activities and adhere to all National 4-H guidelines, complete all required work as a result of conference participation, and share knowledge gained with Ohio 4-H upon their return.
- More information about the opportunity can be found on the website: <https://go.osu.edu/N4HC>

Submit an application via Qualtrics: <https://go.osu.edu/N4HCapp>

Buckeye Shepherd's Symposium



2023 Buckeye Shepherd's Symposium information and registration now available online.

Click on this link to go directly to the BSS registration! <https://www.ohiosheep.org/osia-programs2023bssreg.html>

BuckeyeNext App: Ohio 4-H Pathways to the Future Announces Youth Engagement App to Help Youth Track their 4-H Participation and Accomplishments

Ohio 4-H middle and high school-aged youth will have the opportunity to track their Ohio 4-H youth development participation and earn digital badges in the skills needed to be successful in the future. The Ohio 4-H Pathways to the Future initiative partnered with Suitable to design BuckeyeNext, an app in which young people earn points for activities, event attendance, and accomplishments during their 4-H career.

Built like a game, youth can easily identify the opportunities available through Ohio 4-H, organize their categories of participation, and track their cumulative progress in real time. "BuckeyeNext lets youth keep track of their accomplishments in real time," said Margo Overholt-Seckel, program manager for Ohio 4-H Workforce Development and Pathways. "It provides insight about how 4-H experiences align with various skills that employers are seeking in their future workforce." Youth who participate will create a digital portfolio and transcript that demonstrate how their abilities align with the eight career readiness competencies identified by the National Association of Colleges and Employers. "BuckeyeNext is the result of hard work and hours of thinking outside the box to make recordkeeping easier and provide certifications for our members," said Jessica Adams, 4-H educator in Miami County.

The BuckeyeNext app is very easy and simple to use. It helps with 4-H records because you can look back and remember what all you've done, and the competition part pushes you to do more!" said Sophia Preston, a Fairfield County 4-H member. Ohio 4-H members can access BuckeyeNext at <https://go.osu.edu/buckeyenextoptin>.

State 4-H Leadership Camp

Leadership Camp Info:

- **Date:** June 1-5, 2024 Full time attendance is required.
- **Location:** 4-H Camp Ohio, St. Louisville, Ohio

- **What:** The Ohio 4-H State Leadership Camp is a premier leadership development opportunity that offers participants engaging sessions in topics such as motivation, courage, teamwork, and more! While at camp, participants are actively learning AND teaching their peers!
- **Who:** Teen 15-18 as of January 1, 2024 who have significant leadership potential or experience in their home county's 4-H program.
 - Camp is designed for participants to attend one time.
 - **What do they do?** Participants will develop concrete peer leadership skills that will enable them to have an immediate impact in their home 4-H club, county, community, or school. Participants will leave camp ready to take on new challenges.
- **Cost:** Cost is \$345/person. Counties have a \$400 credit thanks to Nationwide, Farm Credit Mid America, and the Dorothy L. Miller 4-H Leadership Camp Endowment Fund. This amount can be used for an entire campership, or divided among participants depending on how many Ashland Co. members attend.

Leadership Camp Commitment forms will be available after the beginning of the year, but you may **contact the Extension office if you are interested in this opportunity so we can make a plan on how to use our scholarship dollars.**

Ohio 4-H Foundation Board Opportunity

Each year Ohio 4-H teens have the opportunity to serve on the Ohio 4-H Foundation Board. This year we have two spaces open. These are two-year terms and so would begin January 1, 2024 and run through December 31, 2025. Teens get a chance to see how the board operates, gain speaking opportunities, and can provide an important youth voice in their position.

More information can be found on our website: <https://ohio4h.org/foundation/about-ohio-4-h-foundation/foundation-board>

Teens can apply by the Qualtrics survey found on our website. Deadline to apply is November 27th at 11:59 p.m.

Ohio Military Kids Winter Wonderland



2 - go.osu.edu/omkevents

2023 Ashland County 4-H Calendar

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

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_39M4tSvTaliiniR

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

aulger.3@osu.edu

Visit on the web at:

<https://ashland.osu.edu/>