



4-H Clover Chronicle

Belmont County Quarterly Newsletter

April - June | 2017



Lorrissa Dunfee



Katrina Nitz

New Faces!

The Ohio State University Extension Office in Belmont County would like to welcome two new staff members hired recently to replace Polly Loy and Carol Kavochic.

Lorrissa Dunfee has been named the Family & Consumer Science Educator. Lorrissa received her Bachelor of Science from Ohio University and her Masters of Science from West Virginia University. She began her career at Ohio Valley Health Services & Education Corporation (OVHS&E) as a recreation therapist and then served in many other positions during her tenure. Lorrissa was the Training Coordinator for Crittenton Services, Liaison for DASCO Home Medical Equipment, and Volunteer Coordinator for Valley Hospice. Just prior to joining the Belmont office, she worked as the 4-H Program Assistant in Harrison County.

Katrina Nitz is the new SNAP-Ed Program Assistant. Katrina graduated from Ohio University with Bachelor of Science in Recreation Management. After graduation she worked for 7 years at a private member resort near Cambridge, Ohio. In 2012, she became the SNAP-Ed Program Assistant in Jefferson and Harrison Counties. Katrina grew up in 4-H and is currently an advisor in Harrison county. Much of her time is spent guiding and assisting 4-H members with their projects. She also helps on her family beef farm.

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Congratulations Graduates!

- Brianna Adams-Ramsay
- Samantha Arigoni
- Dylan Crall
- Alaina Folden
- Colby Haney
- Brianna Leach
- Emma Lewis
- Veronica Mehl
- Danielle Merritt
- Jeb Plumly
- Sloane Porter



4-H Camping Opportunities

Piedmont 4-H Shooting Sports Camp

Piedmont 4-H Shooting Sports Camp will be held June 9-11, 2017. All 4-H and NON 4-H youth, 9-13 years old, are eligible to attend. Camp registration and Camp Fee of \$150 are due by May 12, 2017 to OSU Extension Noble County. Registrations turned in after May 12 will require a fee of \$160. Registration materials are enclosed in this newsletter or you can find them at www.go.osu.edu/sscamp.

Belmont County 4-H Junior Camp

In this newsletter are the registration materials for this year's 4-H Junior Camp. The dates for the camp are **Monday, June 12 – Thursday, June 15, 2017.**

Attn: Summer Job Seekers...

4-H Camp Piedmont in Eastern Ohio is gearing up for our Summer season and we are looking for: lifeguards, cooks, dishwashers, and maintenance workers for June, July & August. If you are 16 or older and would like part-time or full-time work during the summer, then email Nancy Snook, Camp Personnel Chair at snook.9@osu.edu for position descriptions and an employment application.

2017 Cloverbud Camp Opportunities

Belmont County will be hosting a Cloverbud Day Camp again this year at Camp Piedmont on **Wednesday, June 28, 2017.** Look for the registration materials in this newsletter.

Ohio Special Needs Camp

The Ohio 4-H Statewide Special needs Camp will be held on July 7-9 at Canter's Cave 4-H Camp near Jackson, Ohio. Youth will be able to enjoy traditional 4-H camping activities as well as other activities tailored to their needs. Each camper will need to be accompanied by a caregiver. For more information, contact Michelle Stumbo at 740-992-6696 or stumbo.5@osu.edu.



4-H Under Construction



Volunteers recognized for over 30 years of service included: Mary Lou Barricklow, Ladonna Workman, Sue West, Becky Selmon & Patty Henderson.

Not Pictured: Mark Barricklow, Ronda Imhoff, Marilyn Lucas, Diane Schafer & Nancy Vannest.



The first Belmont County Cloverbud Recognition Ceremony was held during the 4-H Under Construction awards presentation on February 18, 2017. Several of the county's 4-H cloverbuds were recognized and given a token of appreciation for completing the cloverbud program. These members have aged up to the traditional 4-H program and the realm of project work. We wish them luck as they continue to make the best better through 4-H!

4-H News and Opportunities

Important Reminder for All Clubs

Checks issued by 4-H Council **must be cashed within 2 months.** They will not be reissued.

Junior Fair Exhibition Booths

If your club does not want a booth for this year's fair, please let the Extension office know by **June 1, 2017.**

Junior Fair Royalty Applications

Youth interested in applying for Junior Fair Royalty can obtain an application from the Extension office after **July 1, 2017.** Contestants for Prince and Princess must be between the ages of 8 -11 (as of 1-1-17). Youth between the ages of 12 – 15 (as of 1-1-17) may apply for Junior Fair's Duke and Duchess. Contestants for King and Queen must be between ages 16 -19 (as of 1-1-17).

Project Judging Information

Project Judging and Livestock Skillathon Dates

Project Judging will be held on **Tuesday, July 11** at Union Local Middle School and Livestock Skillathon will be that same evening at the same location. Specific time schedules for your project will be announced in the next newsletter.

Belmont County Shooting Sports Judging

This year Shooting Sports Judging will also be on **Tuesday, July 11, 2017** at Union Local Middle School. Judging will take place during Still Project Judging. Specific time schedules for your project will be announced in the next newsletter.

MyPlate Changes for Food & Nutrition Projects

MyPlate, the revised food guidance system introduced by USDA previously, is an important update for youth enrolled in Ohio 4-H food and nutrition projects. Depending on a project book's publication date, it may refer instead to the older MyPyramid or Food Guide Pyramid, but 4-H members should still know the MyPlate recommendations. MyPlate is being incorporated into county and state fair events. A MyPlate information sheet is available at the Extension office or may be downloaded at the following link: <http://go.osu.edu/myplateflyer>.

This is a required component of county 4-H project judging.

Writing Projects

Reminder to all youth enrolled in a writing project. Your writing projects are due to the Extension office by **July 1.** Please read your project requirements for specific details.

2017 Belmont County 4-H Shooting Sports

Shooting sports events are held at Bethesda Sportsmen's Club and Wharton Sportsman's Club.

Saturday, May 13 - Bethesda

Saturday, June 17 – Bethesda

Saturday, July 8 – Wharton's

Tuesday, July 11 - Judging at Union Local Middle School

Saturday, Aug. 12 - Wharton's

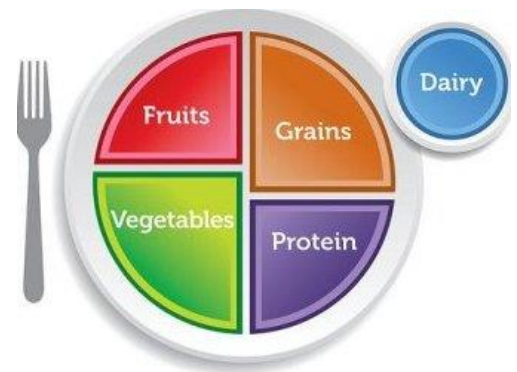
Saturday, Oct. 7 - Wharton's

Piedmont Shooting Sports Camp - June 9-11, 4-H Camp Piedmont, Ohio

Ohio State Junior Shooting Education Camp – June 30 – July 2, Canter's Cave Camp, Jackson, Ohio

Ohio State Senior Shooting Education Camp - July 23-28, Canter's Cave Camp, Jackson, Ohio

For more information, contact the Extension office or 4-H Shooting Sports Coordinator, Doug Schafer at 740-391-7145.



Livestock Committees

2017 Committee Officers

Horse Committee

President - Jeff Kinsey
Vice Pres. – Larry Morris
Secretary – Emily Day
Treasurer – Larry Morris

PAS Horse Show

The PAS Horse Show (State Fair Tryout) is scheduled for Sunday June 25, at 9 a.m. at the Grizzle Ridge Arena in Jerusalem, OH. For any additional information, see the Horse Packet.

Horse Clinics

Belmont County 4-H Horse Committee is hosting 4-H Horse Clinics on May 6 & 7, 2017. Saturday's clinic will be from 9am-5pm and Sunday from 9am-3pm. Registration deadline is May 2nd. Please, contact the Extension office or a member of the 4-H Horse Committee for more information.

Livestock Sale Committee

President - Leroy Carpenter
Co- Pres. – Cheryl Carpenter
Vice Pres. – Doug Schafer
Secretary – Sheila Turner
Co-Sec. – Sara Carpenter
Treasurer – Beth Stephens
Co- Treas. – Michelle Toohey

Junior Fair Livestock Sale Committee

Each club with youth participating in market livestock projects may send two advisors and two members to represent their club on the committee. The next meeting is scheduled for Tuesday, June 20, 2017 at 6:00 p.m. at the Extension office.

Livestock News

Livestock Quality Assurance

Congratulations! You passed the LQA TEST!!!

Congratulations to the following youth who passed the Livestock Quality Assurance (LQA) Test.

Allie Cook	Morgan Lucas
Brock Fankhauser	Heather Mehlman
Ella Flynn	Scott Mehlman
Derick Garrison	Cole Porter
Gage Harris	Frankie Saffell
Ben Howell	Tabitha Tomich

Livestock Quality Assurance (LQA) Certification Deadline

Reminder to all youth exhibiting market or lactating dairy cows or goats. Belmont County youth **must have the LQA Certification by July 1, 2017** to be eligible to exhibit at the 2016 Belmont County Fair. Any youth who still need to attend a Livestock Quality Assurance program need to contact the Extension office for dates of out of county programs still available.

State Fair Livestock Entries

State Fair Livestock Entries are due by **Tuesday, June 20, to the State Fair Office**. All entries must be signed by Jane Keyser, Extension Educator, 4-H Youth Development, before they are sent in, so plan ahead as Jane will be at 4-H Camp the week before the deadline. For more information, go to www.ohiostatefair.com, click on Competitions, then click on Jr. Livestock.

Junior Fair Rule Changes

See enclosed flyer for specific rule changes which include the following:

- * Junior Fair Rabbits
- * Rate of Gain Competition
- * Junior Fair Swine Show
- * 4-H Horse Committee Policy

Horse Clinics

New this year, the Belmont County 4-H Horse Committee has adopted a policy to help prepare our youth for a successful fair season. This policy is also in place for the safety of all youth participants and their horses during the fair. The policy is as follows:

Any youth taking a horse project to the fair, must participate in at least two clinics, trainings or workouts provided by the committee with their project horse.

Clinics offered this year:

Saturday, May 6th @ 9 am – 5 pm – Variety of Topics
Sunday, May 7th @ 9 am – 3 pm – Variety of Topics
Wednesday, June 7th @ 6 pm – Showmanship
Wednesday, June 21st @ 6 pm – Western Pleasure
Wednesday, July 19th @ 6 pm – Trail
Wednesday, August 2nd @ 6 pm – Contest
Wednesday, August 9th @ 6 pm – Grooming, Clipping and Tack
Wednesday, August 16th @ 6 pm – General Ride Night – Are you Ready for the Fair?

**All clinics listed will be held at the Belmont County Fairgrounds.

More Livestock News

Tags for Hogs and Feeder Calves

Tags will be available to pick up at the Extension Office **after May 20**. When you bring your registration forms to the office for these animals, you will then pick up your tags. 4-H participants, their parents or the advisors may pick up the tags. Tags will only be given to you when you turn in your animal's registration form. These forms will be mailed to you soon in a separate mailing.

Market Hog Exhibitors

To be eligible for exhibition at the Belmont County Fair, **all market hogs** must be registered on Junior Fair Livestock Forms due to the OSU Extension office by **June 1, 2017**. Hogs must be owned and in the continual care of the member by **June 15, 2017**. Registered market hogs must be ear tagged with tags provided by the Belmont County Junior Fair by **June 15, 2017**. Random spot checks will be done to assure that animals are tagged properly up till the time of fair. All hogs must be castrated. Youth may each tag up to four market hogs, from which 2 may be exhibited at fair. Exhibitors will receive paperwork in the mail soon.

Feeder Calf Exhibitors

All feeder calves may come from a home herd or be purchased outside the herd. All feeder calves must be registered on Jr. Fair Livestock Forms that will be due in the OSU Extension office by **June 15, 2017**. Feeder Calves must be registered by June 15, and owned and in the continual care of the member by **July 1, 2017**. These registered feeder calves must be ear tagged with tags provided by the Belmont County Junior Fair by **July 1, 2017**. Random spot checks will be made by Senior Fair Board members and Junior Fair Livestock Committee members to assure that animals are tagged properly. Youth may register up to four feeder calves. Two feeder calves is the maximum for each exhibitor to show. There will be no replacement date for feeder calves. Exhibitors will receive paperwork in the mail soon.



Possession of Junior Fair Animals

All Junior Fair Livestock must be in the possession of the exhibitor. The animal's housing location must be declared on the registration forms. Animals must be under the care of the member and can only be housed on the family's property. If a member is unable to keep their project animal on their property and do not have a "family" member that can keep their project animal, the member must complete a Housing Exception Form to be filled out and returned with the registration form. These forms will be included with the paperwork mailed to each member. These mailings will be coming soon.

Dairy and Agriculture Scholarships

The Belmont County Dairy Product Sale Committee will be sponsoring scholarships for eligible youth. More information will be provided in the next newsletter. Applications will be available at the Extension office after July 1st. The application deadline is **August 1, 2017**.

Sheep and Goat Exhibitors

Market Lamb and Goat Weigh-in on June 3, 2017 from 8:00 - 10:00 a.m. is a requirement for exhibition at the Belmont County Fair. There will be no make-up date. All market sheep and goats exhibited at the Belmont County Fair must be Scrapie tagged when they arrive at weigh-in on June 3, 2017 at the Belmont County Fairgrounds. NO Scrapie tagging will take place at weigh-in. Begin making your arrangements to get your Scrapie tagging done now so your animals will be permitted to exhibit. All sheep and goats must be dehorned and castrated before weigh-in. Youth may each tag up to four market lambs and goats per species, from which 2 of each may be exhibited at fair.

SPECIAL NOTICE FOR GOAT AND SHEEP PROJECT PARTICIPANTS:

DO NOT purchase any animal with a bright blue Scrapie tag. These animals are marked for slaughter and are ineligible for exhibition. Any animal found at an exhibition, including the Belmont County Fair, will be removed (USDA).



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

4-H Clover Chronicle

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FYF: For Your Fridge

A quick guide to upcoming events...call or email us with any questions!

May

- 1 – Rabbit Registrations Due - EO
- 1 – Counselor Training 6-8:30 pm, EO
- 2 – Horse Clinic Registrations Due, EO
- 6 – Horse Safety Assurance Training 12 Noon, Fairgrounds
- 6 – 4-H Horse Clinic 9 am - 5 pm, Fairgrounds
- 7 – 4-H Horse Clinic 9 am - 3 pm, Fairgrounds
- 8 – Counselor Training 6-8:30 pm, EO
- 11 – Horse Committee 6 pm, EO
- 12 – Shooting Sports Camp Reg. Due, EO
- 13 – Shooting Sports Shoot, Bethesda Sportsmen's Club
- 15 – Horse Project Registration Forms Due, EO
- 15 – Counselor Training 6-8:30 pm, EO
- 17 – CARTEENS Program, EO
- 18 – Junior Fair Board 6 pm, EO
- 22 – Counselor Training 6-8:30 pm, EO
- 23 – Reverse Raffle Committee 6 pm, EO
- 25 – Senior Fair Board Meeting 8 pm, Fairgrounds
- 29 – Memorial Day – Extension Office Closed
- 31 – 4-H Camp Registrations Due

June

- 1 – Market Hog Registrations Due, EO
- 1 – Cloverbud Camp Registrations Due, EO
- 1 – 4-H Council 6 pm, EO
- 3 – Lamb & Goat Weigh-In 8-10 am, Fairgrounds
- 6 – Counselor Training 9 am – noon, EO
- 7 – Horse Workout 6 pm, Fairgrounds
- 8 – Horse Committee Meeting 6 pm, EO
- 9-11 – Shooting Sports Camp, Camp Piedmont
- 11 – Counselors Report to Camp, Camp Piedmont
- 12-15 – Belmont County 4-H Camp, Camp Piedmont
- 15 – Feeder Calf Registrations Due, EO
- 15 – Market Hogs Must Be Tagged

June Continued

- 17 – Shooting Sports Shoot, Bethesda Sportsmen's Club
- 19 – Late Cloverbud Camp Registrations Due, EO
- 20 – State Fair Livestock Entries Due
- 20 – Livestock Sale Committee Meeting 6 pm, EO
- 21 – Horse Workout 6 pm, Fairgrounds
- 22 – Junior Fair Board 6 pm
- 22 – Senior Fair Board 8 pm, Fairgrounds
- 25 – Belmont County PAS Horse Show 9 am, Grizzle Ridge Arena in Jerusalem, OH
- 27 – Reverse Raffle Committee 6 pm, EO
- 28 – Belmont County 4-H Cloverbud Day Camp, Camp Piedmont
- 28 – CARTEENS Program, EO

July

- 1 – 4-H Horse Committee Open Horse Show, Fairgrounds
- 1 – Livestock Quality Assurance Requirement Deadline
- 1 – 4-H Reverse Raffle Early Bird Tickets Deadline
- 1 – Royalty Applications Available at EO
- 1 – Agriculture/Dairy Scholarship Applications Available at EO
- 1 – Writing Projects Due in EO
- 4 – Holiday – Office Closed
- 8 – Shooting Sports Shoot, Wharton's
- 11 – Still Project & Shooting Sports Judging and Livestock Skillathon, Union Local Middle School
- 13 – Horse Committee Meeting 6 pm, EO
- 19 – Horse Workout 6 pm, Fairgrounds
- 19 – CARTEENS Program, EO
- 20 – Junior Fair Board Meeting 6 pm, EO
- 25 – Reverse Raffle Committee 6 pm, EO
- 25 – 4-H Council Meeting 7 pm, EO
- 26-August 6 – Ohio State Fair
- 27 – Senior Fair Board Meeting 8 pm, Fairgrounds

2017 JUNIOR FAIR RULE CHANGES

Junior Fair Rabbits

“Rabbit Round-Up” returns. Breeding Rabbits, mother of Market Rabbits and mother of Rabbit Doe and Litter must be in the exhibitor’s possession by May 1 and registered in the Extension office by that date. Registration papers will be mailed to exhibitors after April 1. Rabbit Round-Up will be held on Thursday, August 17 at the fairgrounds. Breeding Rabbits and Rabbit Doe and Litter will be sexed, checked for illness, and checked for breed on that date. Market Rabbit litters will be sexed, checked for illness, checked for breed and tattooed for identification on that date.

Rate of Gain Competitions

The Rate of Gain Competitions for Market Steers, Market Lambs and Market Goats has been discontinued.

Junior Fair Swine Show

The Junior Fair Swine Show is now partial-terminal. That means that the Grand Champion and Reserve Grand Champion Animals must go directly to slaughter. All other animals are not required to go directly to slaughter.

Belmont County 4-H Horse Committee Policy

Any youth taking a horse project to the fair, must participate in at least two clinics, trainings or workouts provided by the county each year.

NEW CLOVERBUD KIT

AVAILABLE FOR CHECKOUT AT THE EXTENSION OFFICE

How's the Weather? Fun!

Have you ever noticed that everyone likes to talk about the weather? When you're with a group of people and you can't think of anything to say, why not bring up how great (or how nasty) the weather has been?

4-H Cloverbuds can now talk about the weather, too! And they will probably have more knowledge than most of the people around them... if they've been to the session where you have taught the new "Weather Fun" Cloverbud kit!

The new kit was made available as a fundraiser for the Jefferson County 4-H Committee. The kit is made up of songs, games, crafts, snacks, stories, and science experiments. The kit will help you as volunteers discuss things that may be hard to discuss, such as fear of storms and what we can do to be smart, not scared, during big storms.

The science experiments included with the kit are hands-on and Cloverbud-age appropriate. Even your five-year-old Cloverbuds will be able to make a rainbow on a sunny day and go home and share that rainbow with their families. Four of the experiments are set up to be repeated at home- using materials found in every home. The fifth experiment (the cyclone tube) requires a special tube that most families won't have, but it is included in the kit because it is so awesome to see.

One of our goals in working with Cloverbuds is to help them learn to talk- both in conversation and public speaking events. Using this kit will give them the basics of talking about something everyone likes to talk about... the weather! The kit can be borrowed from your county Extension office and includes activities that can be used in any of Ohio's four seasons. Borrow it soon.



FAMILY CONSUMER SCIENCES

Encouraging Good Behavior

[Parenting, Child and Family Learning Network](#) September 30, 2015

Have you ever wondered, “How can I stop my child from misbehaving?” The first step is to build and keep a great relationship with your child.

Young children have a lot to learn about what “good behavior” is. Very often, the poor behavior choices that children make come from their not knowing a better way. **When your child makes mistakes, he needs you to teach him what to do instead.**

You will be more successful in teaching good behavior choices if you have a strong and loving relationship with your child. Consider these suggestions for ways to strengthen your relationship with your child.

Spend time together.

Find time to play together. Let your child choose what to do together and be excited about it! Talk with your child about something she is interested in.

There are lots of cheap, fun **games and activities** to do together like a go on a picnic, play at a park, or play a board game. No money required!



Listen to your child.

Ask your child to tell you about what he is doing or thinking, and then just listen. When you talk and listen, be sure to:

- Get on your child’s level.
- Avoid distractions (like your cell phone).
- Maintain eye contact.
- Use a gentle tone of voice.

Respond to your child in a way that lets him know you were listening. For example, “It sounds like you are really excited about playing with your friend!” Be careful not to criticize or judge.

Express affection in word and action.

Tell your child how happy you are to see her.

Let your child know every day that you love her.

Show affection often [in the way your child most likes](#).

These tips will help your relationship grow stronger by **building trust, good will, and positive feelings**. It’s important to be realistic, though. Even in strong relationships, children will do things their parents don’t want them to do. But because your child has learned to trust you, you will be more effective in teaching him better ways to behave.

Author: Allen Sabey, Dept. Human Development and Family Studies, Auburn University

Agriculture & Natural Resources

Transplanting into the Home Garden

It is that time of the year when the soil is warming up and people are starting to put in their garden starter plugs that they grew indoors. Starting plants indoors is a great way to get a “head start” on things and be safe from some late frosts that occur in April and May. When you are transplanting some of these plants, be sure to check the frost tolerance and make sure you put them out during the proper times.

Besides the frost, plants have to acclimate or “harden” from indoor conditions to outdoor conditions. When a plant grows indoors the light conditions can be as much as 40 times less intense than the full sun, and exposure time can be less than half of what it will be outside. Plants will generally grow thicker leaves and produce more chlorophyll to make better usage of the light energy provided to the plant when they are grown in low light conditions (indoors). This is actually one reason why lettuce is grown in partial shade.

Taking this idea a bit deeper (down to the roots); it is important to remember that the water and nutrient uptake is essentially all done through very fine and tender root hairs. When a plant is moved many of these hairs are damaged and water uptake can become insufficient for the plant’s needs.

So let’s combine the problems now: A plant is moved to 12X the sun, with increased chlorophyll and 2X the light exposure that it is used to. On top of that the plant cannot get the water to support the increased photosynthesis. That could set the plant back, and all the sudden that “head start” might not be so advantages anymore.

Some tips from OSU Extension:

1. Slowly transition the plant from indoors to outdoors by bringing it out for a few hours at a time without damaging the root hairs during the move by keeping it in the original container.
2. Don’t put out frost sensitive plants too early.
3. Wait for the soil temperatures to warm up nicely (60 degrees or greater)
4. When transplanting the starter plant, don’t let it get too big and don’t shake off too much soil from the root mass (root hair damage).
5. Be sure to actively water the plant during the first week especially. This will compensate for the decreased water uptake ability of the plant.
6. If you are utilizing weed control, make sure the pesticide doesn’t have a long residual period (refer to the label).

These tips will work for both gardening and landscaping; so when you buy a plant from a nursery, ask about the growing conditions. Things like: “Has the plant been growing indoors or outside?” And “How long has it been out and how much sun is it getting here?”

Sincerely,
Dan Lima
Agriculture & Natural Resources Educator