



# Tanana District 4-H News



June-August 2023



Cooperative Extension Service • Tanana District Office • P.O. Box 758155 • Fairbanks, Alaska 99775-8155 • 907-474-1530

4-H: Your first class at UAF!



The sun is back and clubs will be busy getting ready over the summer months for the big finale — FAIR! From livestock to horses to crafts and beyond — there will be lots to do and see! See pages 19-23 for information on how to enter Department 1, 4-H Club Work. See ya' at the fair!

- FAIR THEME**  
Don't Go Bacon My Heart
- FAIR FLOWER OR PLANT**  
Succulent
- FAIR FRUIT OR VEGGIE**  
Zucchini
- FAIR COLORS**  
Teal, Pink, Light Green



## June

- 2..... Counselor Applications Due for Cloverbud Day Camp
- 2-3..... Alaska State 4-H Livestock Contest, Kenai
- 6..... Livestock Committee meeting, 6:30 p.m.
- 7-10.... Horse Clinic & Schooling Show
- 10-11...Livestock Showmanship Clinic
- 12..... Horse Council meeting, 6:30 p.m.
- 13..... Leaders Council meeting, 6:30 p.m.
- 18..... Happy Father's Day!
- 19..... Teen Club meeting, 4:30 p.m.



## July

- 1..... Alaska Trail Trial, Palmer
- 4..... Happy Independence Day! (4-H office closed July 3-7)
- 8-15...Golden Days, Fairbanks
- 10..... Horse Council meeting, 6:30 p.m.
- 11..... Leaders Council meeting, 6:30 p.m.
- 17..... TBA Teen Club meeting, 4:30 p.m.
- 17-19...Cloverbud Day Camp, UAF  
Georgeson Botanical Garden
- 21-23...Deltana Fair & Music Festival, Delta Junction
- 22-23...Alaska State 4-H Shooting Sports Contest, Anchorage
- 28...Tanana Valley State Fair runs through Aug. 6 in Fairbanks



## August

- 5..... Alaska Trail Trial, Palmer
- 8..... Leaders Council meeting, 6:30 p.m.
- 14..... Horse Council meeting, 6:30 p.m.
- 15..... Applications Due for Leaders Council Travel Scholarship
- 18..... Alaska State Fair runs through Sept. 4 in Palmer
- 21..... Teen Club meeting, 4:30 p.m.

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## Marla's Roundup



Summer is upon us and it seems like it took forever to get here, but it also seems like it snuck in on us and there is lots to do. I hope you all are enjoying this beautiful weather and being outdoors as I know I am. I love spring as it gives off a sign of new growth with the greenery that happens and the new babies that are born on the farms. It truly is an amazing time to me.

There have been several events that have happened over the past couple of months and the results of those contests are in the newsletter.

In the next month, there will be a horse camp (Kelly Eggleston), horse clinic and schooling show (Johanna Ray) and livestock showmanship clinic (Tanja Bryan).

We unfortunately had to cancel Junior Jamboree Camp due to lack of counselors. I tried to get input from others about events that could happen out there at Twin Bears Camp for the week for the overall 4-H program, but didn't get much input in for it. So, I have gone ahead and canceled our reservation. However, based on a couple of comments, I think I will try and put together an evening event sometime where we all can go and just hang out. It will be for the whole family.

For now, though, we still have Cloverbud Camp on the books for July 17-19. So, check inside for more information and watch the listserv for updates.

I believe the Free Rangers are going to be in charge of the Golden Days Parade float, last I heard. If not, I will take charge of it when I get back and that will be on July 15. So, plan on being available if you can to help decorate and participate by walking. There will be forms to fill out and we will get those over the listserv to you.

Behind that comes the fair and entry day is July 22. There will be things in the newsletter for help in Upper Totem, so please if you can help out. Help those youth with their record books so it is not so rushed at the end.

I hope you all get to enjoy your summer. I will be out of the office until June 21 and plan to enjoy a wonderful trip while on vacation and off contract.

Marla Louder 

## Summer Camps Update

### Junior Jamboree Camp — Canceled

Due to the lack of available teen counselors to help run Junior Jamboree Camp, previously scheduled for June 26-29, we have had to cancel it this year. We hope to be back next year!

### Cloverbud Day Camp — We're on for July 17-19!

We've had a good start to finding camp counselors for Cloverbud Day Camp, so it's full steam ahead! This camp is always a fun and exciting time at the UAF Georgeson Botanical Garden.

Applications for camp counselors are still being accepted through June 2; see pages 14-18 for job description, application and self evaluation. (Youth in grades 6-8 are encouraged to apply, but older applicants will be considered if we have a shortage of counselors.)

Registration for campers opens soon. See page 13 for more information and registration form. We hope to see you in the garden!



**ALASKA STATE 4-H LIVESTOCK CONTEST 2023**  
 Schedule of Events  
 Kenai Christian Church in Kenai

**Contest Date:**  
**June 2-3, 2023**  
**Kenai Peninsula**

**Fri. June 2nd**  
 9 am Contest Kick-off  
 9-10 Art Contest Check-In  
 10 Livestock Judging - Offsite  
 3 pm Skill-a-Thon

**Sat. June 3rd**  
 9 am Public Speaking  
 Noon Quiz Bowl  
 3 Awards

**Register on your Z-Suites page under events tab!**  
 Contact Cassy Rankin with questions! 907.398.3588  
 crankin4@alaska.edu

UA is an AA/EEO employer and educational institution and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination/



## Cloverbud Club 2022-23

Meeting time 4:30 p.m.

UAF University Park Bldg., 1000 University Ave



**All meetings will begin with  
 the Pledge of Allegiance and the 4-H Pledge**

(Dates or activities subject to change.)

**June 6 – Room 108 – Father’s Day**

Learning Lab - Snakes  
 Craft - Straw-blown painting card

**July 12 – Room 154 – Independence Day**

Learning Lab - Pledge of Allegiance/Lego Stem  
 Craft/Activity - Tie dye shirts (prep for August)

*RSVP via text 907-378-1757 if your Cloverbud is attending to ensure enough dyeing supplies. Please bring a white T-shirt for your Cloverbud.*

**All youth ages 5-7  
 are invited  
 to join the fun!**

**Aug 3 – Fairgrounds – Barn Show Arena**

Learning Lab - Fair time surprise fun while learning!

Information:  
 907-378-1757  
 iamzwickie@gmail.com

## LIVESTOCK SHOWMANSHIP CLINIC

June 10-11

This will be a great educational experience and will count as your animal showmanship clinic.

Contact Tanja Bryan for more information:  
907-378-1757  
iamzwickie@gmail.com



## What's Happening...



# In Alaska 4-H Shooting



- **July 22-23, 2023** - Alaska State Shooting Sports Contest—Anchorage, AK. Participation in Mail-In Tournament and Invitation required.

Information on all the upcoming events are available on the Alaska 4-H Shooting Sports Webpage, [HERE](http://www.alaska4h.org/shooting-sports.html)

<http://www.alaska4h.org/shooting-sports.html>

# 2023 ALASKA TRAIL TRIAL

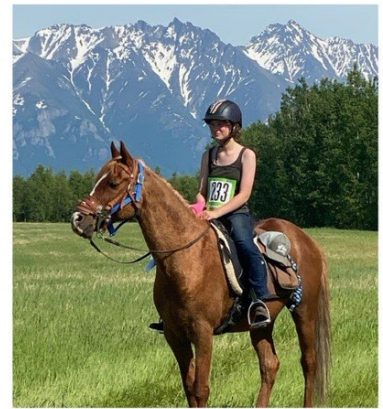
5/20/2023, 7/1/2023, 8/5 2023

Registration is OPEN

Must be a member of Alaska 4-H or Back Country Horsemen of Alaska

Join Alaska 4-H at  
<http://www.alaska4h.org/>  
for only \$26/year!

Join Back Country at  
<https://www.bchalaska.org/>  
for only \$30/year!



## Kin-Win Trailhead Palmer

5-7 Miles w/5-7 Judged Obstacles

Participants will ride two events and volunteer for one.

Cost of the series is \$100

Register with QR Code:



# 2023 MARKET LIVESTOCK UPDATE

Guidelines according to the state veterinarian, Dr. Robert Gerlach



## IMPORTANT TO NOTE!

For each vaccine listed, be sure to note whether it is SUGGESTED or REQUIRED for your animal. If the vaccine is required, proof that it was administered must be submitted on entry day.

Proof consists of the following:

- Name of vaccine
- Expiration date: Vaccine shall not be expired when administered.
- Manufacturer
- Date vaccine administered
- Lot number
- Who administered vaccine

## Vaccinations — Suggested or Required?

### Cattle, Feeder Beef and Bison

IBR-Bovine rhinotracheitis — *required*  
BVD-Bovine virus diarrhea — *required*  
PI-3-Parainfluenza 3 — *required*  
Wart vaccine — *suggested*

### Reindeer

Clostridial, 7-way — *required*  
Respiratory, 3-way — *required*  
IBR, BVD, PI3 — *required*

### Sheep and Goats

CDT-clostridium perfringens type D & tetanus — *suggested*

### Swine

Erysipelas — *required* (consistent with manufacturer's recommendations)



Things the veterinarian will look for on delivery day: warts, enlarged external lymph nodes (especially on sheep and goats), infectious or contagious diseases (including external parasites), clinical signs of dermatitis (ringworm) and evidence of castration, when applicable.

You should have the animal in the best physical shape prior to going to the fair. This includes providing good nutrition, vaccinations and parasite control. These precautions will enable the animal to have a strong immune system and avoid getting ill when they are exposed to the other animals and the stress of being away from home and at the fair.

## Important Dates to Remember!

**June 10-11: Livestock Showmanship Clinic.** Large livestock is Saturday and poultry, rabbits and cavy are Sunday.

**July 1: Check on any medicated feeds and all medications** for withdrawal dates for all market animals.

**July 2-10: Weigh-in Week, Small Animals.** Beginning weights of all small animal market projects (turkeys, geese, ducks, chickens, rabbits and cavy) must be turned in to 4-H office along with full-body, close-up picture of animal, date picture taken and 4-H band number (tattoo number for rabbits).

**July 7: Organized Weigh-in, Turkeys, Geese and Ducks,** 6-7 p.m., at Tanana Valley Fairgrounds, for those who wish to weigh their animals. Banding and photos also to be available.

**July 22: Entry Day,** 1-6 p.m. at Lergen Barn. Buyer contacts and record books due.

**July 24: Barn Set-up Day;** potluck when work done, 5 p.m.

**July 27: Delivery of Animals to Fair.** Small animals, 2-8 p.m., and large animals, 4-8 p.m. *Remember, there will be a vet check before animals can be brought into the barns.*

**July 28: Mandatory Barn Meeting,** 11 a.m.

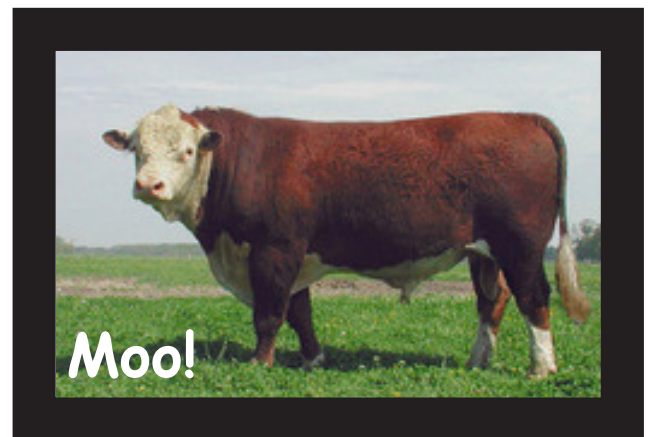
**July 28: Official Fair Weigh-in,** noon-2 p.m.

**Aug. 4: Mandatory Barn Meeting,** 11 a.m.

**Aug. 6: Animal Pick-up Day and Barn Clean-up,** 7 a.m.

**Aug. 20: Small animals delivered to buyer** unless other arrangements with buyer are made.

**Sept. 10: Record books turned in to 4-H leader/FFA advisor** in order to be eligible for a market project next year.



**Questions? Contact Marla Lowder at 474-2450 or [mklowder@alaska.edu](mailto:mklowder@alaska.edu).**



## LEADERS COUNCIL TRAVEL SCHOLARSHIPS

Youth and Leader Educational Scholarships  
Applications DUE August. 15  
for events October 1-December 30!

The Tanana District 4-H Leaders Council established the Youth and Leader Educational Scholarship Program to provide funds for youth and leaders to help them attend events that will further their leadership skills and project knowledge. It is not intended to replace other funding sources or to be a full scholarship for the event.

For all the details and forms, visit:  
[www.alaska4h.org/fairbankstananadistrict](http://www.alaska4h.org/fairbankstananadistrict)

### SCHEDULE OF MONTHLY COUNCIL MEETINGS

Leaders, don't forget you are invited to attend any of the following monthly meetings. Most meetings have gone face-to-face now, but the Zoom option is still available, if preferred. If you need the Zoom link, contact the Extension office or one of the council members.

**Leaders Council meetings** — Second Tuesday of the month at 6:30 p.m.

**Livestock Committee meetings** — First Tuesday of the month at 6:30 p.m. in February, April, May, September, October and November and then as needed.

**Horse Council meetings** — Second Monday of the month at 6:30 p.m. September through May..

**Zoom Reminder** — We still have a Zoom account set up that you can use for club meetings, if it is available. Please contact Ronda or Marla through email to sign up for it. We will share the link with you to share with your club members. We ask that you only use it for the date and time you sign up for as others may be using it before or after you. Thank you for your cooperation with this.



Be sure to "LIKE" Tanana District 4-H and Alaska 4-H on Facebook. You'll find some **AWESOME** information on these pages!



**LEADERS  
COUNCIL  
MONTHLY  
MEETINGS!**

All leaders are invited to the Leaders Council meetings held the second Tuesday of each month at 6:30 p.m.

**We hope to see your smiling face soon!**



## Great Volunteer Training Coming! 2024 NATIONAL 4-H SUMMIT Feb. 28-March 1, 2024



Exciting news! In February of 2024, the Tanana District will host a professional development leaders forum for 4-H volunteers, teens and staff/faculty! This will be similar in form to the Western Region Leaders' Forum (WRLF) that used to happen for those of you who know as a reference point.

The National 4-H Summit is set for Feb. 28, 29 and March 1, 2024, at the Westmark Fairbanks Hotel and Conference Center in Fairbanks. We only have a capacity of 400 people due to the size of the dining room. It will be open to any of the above mentioned people from across the nation and was advertised at this year's 4-H Volunteer Conference of Southern States held in Georgia.

There will be 11 concurrent sessions between the Westmark Hotel and the Tanana Valley State Fairgrounds. There will be a specific teen track that

we are partnering with Utah State Ambassadors to run. We will host preconference tours and have fun optional activities in the evenings for participants to enjoy.

We have four working groups that are underway: financial, educational, logistics, meals and registration. If anyone would like to help, please reach out to me, Jan Hanscom, Patsy Perkins or Priscilla Rice. Each committee will have lots of subcommittees under them in order to make sure things happen. There will be varying amounts of registration scholarships for our district individuals to attend and will be based on volunteer hours worked. So, it would be good to get involved in a committee ahead of time to get those hours under way and maybe over with.

We look forward to hosting this fun event again and hope you will consider at least attending if not being a part of the hosting team.



**What can 4-H do for me?**

**Who do I contact?**



If you have any questions about 4-H, please contact your local 4-H Office at 907-474-2427 or any of the 2022-23 Leaders Council officers:

- President — Priscilla Rice**  
plmrice.ak@gmail.com
- Vice President — Dani Markham**  
rosacreekranch@gmail.com
- Secretary — Lisa Harlow**  
lisaharlow06@gmail.com
- Treasurer — Patsy Perkins**  
patsyjperkins@hotmail.com



**GOT A GOOD IDEA?**

The leaders council is looking for the next **FUN** activity to sponsor.

Submit your **AWESOME** suggestions to one of the officers or to Marla.

We need your **CREATIVITY!**





## 2023 PUBLIC PRESENTATION/ DEMONSTRATION DAY RESULTS



First, I would like to start off with a HUGE thank you to our judges for generously volunteering their time April 8: Tara Larry, Patsy Perkins and Jeff Hartsook.

And .... thank you to all of the participants. Your presentations/demonstrations were all just wonderful and informative. We learned all sorts of things and enjoyed them.

Now for what you are waiting for, the results! May I have a drum roll please?

Awards are based on:

Purple = Grand/Reserve Champion; Blue = Excellent; Red = Good; White = Worthy



### Junior Class (8-11 years old)

#### Demonstration/Illustrated Talk:

Hayden Eggleston, Arctic Equestrians – Grand Champion, *How to Groom a Horse*  
 Daya Howard, Arctic Equestrians – Reserve Champion, *Get Your Hands on Your Hooves*  
 Trapper Curwen, The Midnight Sun Riders – Blue Ribbon, *Turkeys*  
 James Agostine, Free Rangers – Red Ribbon, *TinkerCad*

#### Team Demonstration/Illustrated Talk:

Kate Taylor and Fiona Mabie, Rockin' Ranchers – Grand Champion, *Eventing*



### Intermediate Class (12-14 years old)

#### Demonstration/Illustrated Talk:

Emma Austin, Rockin' Ranchers – Grand Champion, *What Makes a Great Hunter?*  
 Leah Austin, Rockin' Ranchers – Reserve Champion, *No Hoof, No Horse*  
 Dara Bird, 40 Below Mooseketeers – Blue Ribbon, *Introduction to the French Horn*  
 Dean Watson, The Midnight Sun Riders – Blue Ribbon, *Sparks*  
 Haley Agostine, Free Rangers – Red Ribbon, *Cow Vaccines*  
 Kendall Eggleston, Arctic Equestrians – Red Ribbon, *Imprint Training a Foal*  
 Dylan Grant, Arctic Equestrians – Red Ribbon, *The Therapeutic Value of Horses*  
 Rozlyn McVicker, Arctic Equestrians – Red Ribbon, *Equine First Aid Kit*  
 Anja Wandling, The Midnight Sun Riders – Red Ribbon, *Common Horse Dental Issues*  
 Julie Weisensel, Free Rangers – Red Ribbon, *Alpine Dairy Goat Colors and Patterns*

#### Team Demonstration/Illustrated Talk:

Ivy Dobberpuhl and Elaina Garn, The Midnight Sun Riders – Grand Champion,  
*English Riding Equipment Compared to Western Riding Equipment*

### Seniors (15-18 years old)

#### Demonstration/Illustrated Talk:

Isabelle Miller, Free Rangers – Grand Champion, *Feed and Nutrients*  
 Kylee Dorman, The Midnight Sun Riders – Red Ribbon, *Horses and Human Emotions*

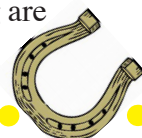
**Congratulations to ALL of you! You all did a SUPERB job!  
I hope to see you all and many more next year!**





## 2023 STATE 4-H HORSE CONTEST RESULTS

The Kenai Peninsula District hosted the State 4-H Horse Contest this year and did an outstanding job. It was held April 28-29 at the Solid Rock Bible Camp and gave the opportunity for us to be alone and enjoy each other's company. We had 52 youth from around the state come and participate. It was a good time and was great to see everyone excited to participate again. Thank you to Cassy Rankin and her team making it happen for the youth who came. Also, thank you to those of you from the Tanana District who traveled down and participated in the event; it was a great success and I am so proud of our youth. Thank you to the parents and coaches for helping them be successful. It was a great time and we had lots of fun. Following are the results of our local participants.



### Horse Judging

#### Teams:

3 — The Midnight Sun Riders (Tanana) — Chelsea Curwen, Addison Liddell, Anja Wandling, Winter Moon

4 — Rockin' Ranchers (Tanana) — Emma Austin, Leah Austin, Finn Knight, Rebecca Reinheller

#### Individuals:

#### Intermediates:

2 — Addison Liddell (Tanana)

4 — Emma Austin (Tanana)

#### Seniors:

3 — Chelsea Curwen (Tanana)

5 — Finn Knight (Tanana)

**Horse Judging Quality Champion** – Emma Austin (Tanana)

### Demonstration/Illustrated Talk

#### Junior:

3 — Anja Wandling (Tanana), *Common Horse Dental Issues*

#### Senior:

2 — Emma Austin (Tanana), *What Makes a Great Hunter?*

### Horse Bowl

#### Teams:

2 — Papillions (Tanana) – Annika Pelkey, Alicia Bostic, Dean Watson, Celisa Mandregan

### Hippology

#### Stations Individuals:

#### Senior:

2 — Chelsea Curwen (Tanana)

#### Station Teams:

3 — The Midnight Sun Riders (Tanana) – Chelsea Curwen, Addison Liddell, Anja Wandling, Winter Moon

#### Horse Judging Individuals:

#### Senior:

2 — Chelsea Curwen (Tanana)

3 — Finn Knight (Tanana)

#### Team Problems:

2 — Rockin' Ranchers (Tanana) – Leah Austin, Emma Austin, Isabelle Miller, Rebecca Reinheller

3 — The Midnight Sun Riders (Tanana) – Chelsea Curwen, Addison Liddell, Anja Wandling, Winter Moon



**Congratulations to ALL of you!**  
**We are so proud of our 4-H horse club members!**

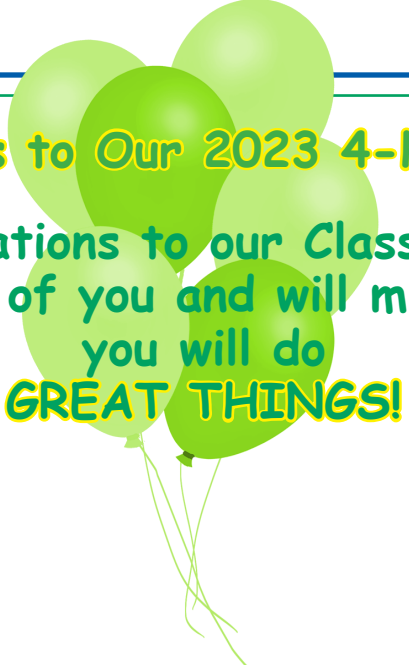




• • **Congrats to Our 2023 4-H Grads!** • •



**Congratulations to our Class of 2023!**  
**We are so proud of you and will miss you, but know**  
**you will do**  
**GREAT THINGS!**



Olivia, West Valley High School  
Chillin' Chickens 4-H Club



Alicia, CyberLynx Homeschool  
North Pole Ptarmigans and  
Amour de Cheval 4-H clubs

**CONGRATS,  
CELISA!**

Lynx Homeschool  
Amour de Cheval and  
North Pole Ptarmigans  
4-H clubs

(Photo unavailable  
at this time.)



# In the Spotlight



## Josiah 40 Below Mooseketeers

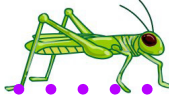
*Josiah, a drummer with the Pavva Iñupiaq Dancers, made his own Atigluk (snowshirt) as part of a sewing project with the 40 Below Mooseketeers 4-H Club. The group preformed recently at the Native Arts Festival. Outstanding job, Josiah! You make Alaska 4-H proud!*



## Annika, Alicia and Celisa, Amour de Cheval

*At a recent club meeting, members of the Amour de Cheval 4-H Club practiced for the state horse contest. Annika did a demo on grooming, Alicia did a demo tacking up in western, and Celisa did a demo on recall — and all of them practiced judging confirmation. Even little Ruby, Celisa's dog, dressed for the occasion!*





# CLOVERBUD DAY CAMP

July 17-19, 2023  
UAF Georgeson Botanical Garden



This day camp offers an out-of-doors adventure for children who are just completing grades K, 1 and 2. It provides the fun of camp with the security of evenings at home. The program runs July 17-19, 9 a.m.-1 p.m., at the Georgeson Botanical Garden, located on UAF Campus.

Nature observations, crafts, games and educational adventures are designed to the interest and attention span of this age group. FUN is the key ingredient! Staff will include the 4-H agent, a certified leader, volunteer junior teens (6th grade and up), and resource people from the community. Hope to see you in the garden!

### DROP OFF/PICK UP:

- Day camp begins at 9 a.m.
- Pick up is at 1 p.m.

### WHAT TO BRING:

- Sack lunch (beverages and snacks provided)
- Jacket
- Rain boots
- Potluck family picnic on last day!



### REGISTRATION FEES:

- 4-H member — \$40
- Non-4-H member — \$50
- Registration deadline — July 10
- Late fee — \$15
- Limit — 25 day campers

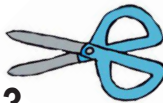


### INFORMATION:

- Tanana District Extension Office  
907-474-1530 or 907-474-2427



**REGISTER BY JULY 10! (\$15-late fee charged after July 10)**



## REGISTRATION FORM — CLOVERBUD DAY CAMP 2023

Please complete, detach and return registration form by July 10. **Be sure to include the Emergency & Medical/Health Information Form on next page!** Mail both forms and payment to: 4-H Cloverbud Day Camp, UAF Cooperative Extension Service, P.O. Box 758155, Fairbanks, AK 99775-8155. For questions, call 907-474-1530 or 907-474-2427.

Camper's Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Grade Completed: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Are you currently enrolled as a 4-H member?  Yes  No

Check fee enclosed: \_\_\_\_\_ \$40 4-H member  
 \_\_\_\_\_ \$50 Non-4-H member  
 \_\_\_\_\_ \$15-late fee (after July 10)

**TOTAL DUE: \$ \_\_\_\_\_ (Make checks payable to Tanana District 4-H Leaders Council.)**

**PLEASE PRINT CLEARLY!**  
Thank you!



Accommodation requests related to a disability should be made five business days in advance to Marla Lowder at 907-474-2427 or [mklowder@alaska.edu](mailto:mklowder@alaska.edu). Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request to [mklowder@alaska.edu](mailto:mklowder@alaska.edu). UAF is an Affirmative Action/Equal Opportunity employer, educational institution and provider and prohibits illegal discrimination against any individual: [www.alaska.edu/nondiscrimination](http://www.alaska.edu/nondiscrimination).



# REQUIRED FOR CLOVERBUD CAMP 2023

## Emergency & Medical / Health Information

Name \_\_\_\_\_ Birth date \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_  
 Parent or guardian \_\_\_\_\_ Email \_\_\_\_\_  
 Mailing address \_\_\_\_\_  
 Physical address \_\_\_\_\_  
 Home phone \_\_\_\_\_ Work phone \_\_\_\_\_ Cell phone \_\_\_\_\_

### Relatives or friends to act in my behalf, in case of emergency, if I cannot be reached:

|  |                        |  |                        |
|--|------------------------|--|------------------------|
| _____                                      |                        | _____                                      |                        |
| <i>Emergency contact name/relationship</i> |                        | <i>Emergency contact name/relationship</i> |                        |
| _____                                      | _____                  | _____                                      | _____                  |
| <i>Home phone</i>                          | <i>Alternate phone</i> | <i>Home phone</i>                          | <i>Alternate phone</i> |
| _____                                      |                        | _____                                      |                        |
| <i>Address</i>                             |                        | <i>Address</i>                             |                        |

Family physician \_\_\_\_\_ Phone \_\_\_\_\_

Under doctor's care now? \_\_\_\_\_ If yes, please explain on back.

Prescribed medicine \_\_\_\_\_

**(All meds must be turned in to chaperone or camp nurse.)**

**Note:** If bringing medications to the event or program, please make sure that your name is on them and that dosage directions are clearly indicated.

Allergies to medications/foods/insects/other? \_\_\_\_\_ List \_\_\_\_\_

### Health History: Is youth subject to: Indicate YES or NO

|                      |                                   |                                |                              |
|----------------------|-----------------------------------|--------------------------------|------------------------------|
| _____ Hernia         | _____ Hay fever                   | _____ Nervous disorders        | _____ Asthma                 |
| _____ Frequent colds | _____ Fainting spells             | _____ Sleepwalking             | _____ Ear/sinus              |
| _____ Allergies      | _____ Insect stings               | _____ Drug sensitivity         | _____ Enuresis (bed wetting) |
| _____ Epilepsy       | _____ Heart trouble               | _____ Diabetes (take insulin?) |                              |
| _____ Food allergies | _____ Bleeding/clotting disorders |                                |                              |

If YES on any of the above, please explain \_\_\_\_\_

### Has the youth had:

|                           |                      |                       |
|---------------------------|----------------------|-----------------------|
| _____ Poliomyelitis       | _____ Hay fever      | _____ Rheumatic fever |
| _____ Appendicitis attack | _____ Measles        | _____ Mumps           |
| _____ Chicken pox         | _____ Whooping cough | _____ Scarlet fever   |

Is the youth pregnant? \_\_\_\_\_ Date of last tetanus booster: \_\_\_\_\_

Identify any physical/emotional problems that would prevent full participation in the program. \_\_\_\_\_

**Emergency Authorization:** I hereby give my permission to the medical staff selected by the Cooperative Extension Service faculty/staff to order x-rays, routine tests and treatment for the above named youth. In the event I, or one of the above named designees cannot be reached in an emergency, I hereby give my consent to emergency medical treatment, hospitalization or other medical treatment as needed. I will assume all financial obligations incurred if not covered by insurance.

\_\_\_\_\_  
*Signature of parent/guardian*

\_\_\_\_\_  
*Date*

Leaders should keep a copy of this form to have available when they are with club members.

## 4-H Camp Counselor JOB DESCRIPTION

### DUTIES:

1. Be responsible for health, welfare and safety of campers.
2. Supervise cabin group during nonscheduled time.
3. Supervise all duties of cabin group, such as KP, cleaning showers, bathrooms, cabin, etc.
4. Carry out duties as assigned by director or other adult staff.
5. Assist with and participate in the discovery group learning phase of the program.
6. Take part in planning evening recreation activities, campfires, etc.
7. Be in your cabin each night at "quiet time."

### RESPONSIBILITIES:

1. Be enthusiastically involved in camp.
2. Be familiar with the objectives of camp.
3. Establish and maintain a rapport with your cabin group.
4. Get to know each camper.
5. Encourage camper participation in activities and educational programs.
6. Promote respect for Twin Bears camp facility and natural surroundings.
7. Keep camper morale high.
8. Lead by being a good example.
9. Deal with discipline and report serious problems to director.
10. Show NO favoritism.
11. Contact the director or nurse at first signs of injury, illness or irregularities with campers or self.
12. Maintain good sense of humor; do not lose temper.
13. See that both you and your cabin group get enough sleep.
14. Maintain communications with staff.
15. Be responsible for keeping cabin clean and orderly.



# 4-H Camp Counselor APPLICATION

There is required counselor training: Dates and times will be identified prior to each camp session.

- Qualifications:
1. Must be willing to follow all rules and behavioral recommendations.
  2. Must have completed 8th grade and above for Junior Jamboree Camp.\*
  3. Must have completed 6th grade and above for Cloverbud Camp.\*
  4. Must enjoy working with younger kids
  5. It is preferred, but not mandatory, that counselors are enrolled 4-H members.
  6. Must be able to attend all training sessions and camp.\*\*

*\*Exceptions are determined on a case-by-case interview.*

*\*\*If you cannot attend the training sessions, you must schedule an appointment with Marla Lowder to cover the material.*

Name \_\_\_\_\_ Grade just completed \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State/ZIP \_\_\_\_\_ Phone \_\_\_\_\_

List any camps and the years you attended as a camper: \_\_\_\_\_

List all prior experience(s) you have been a counselor, year(s) or experience, name of camp(s), special duties, etc.: \_\_\_\_\_

**List Expiration Dates**

Do you have an up-to-date Red Cross First Aid Card? \_\_\_\_\_ CPR Card? \_\_\_\_\_

Have you passed Red Cross Lifesaving? \_\_\_\_\_ Jr. \_\_\_\_\_ Sr. \_\_\_\_\_ WSI \_\_\_\_\_

List your hobbies and interests: \_\_\_\_\_

List two people as references:

1. \_\_\_\_\_ Phone \_\_\_\_\_

2. \_\_\_\_\_ Phone \_\_\_\_\_

***(Application continues on next page!)***



### 4-H Camp Counselor (APPLICATION CONT'D)

Check all areas you have experience in:

Group games

Hikes

Canoeing

Crafts

Skits

Drama

Singing

Sports

Archery

Outdoor cooking

Nature study

Campfires

Explain briefly your experience (include place, time period, year, etc.) as a learner and teacher in areas checked and any other areas that might be helpful in a camp or learning setting:

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Write a short essay on why you want to be a counselor (include leadership experience, cooperative learning experiences, teaching experiences, etc.):

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Return application to:

**UAF Cooperative Extension Service  
Tanana District 4-H Program  
P.O. Box 758155  
Fairbanks, AK 99775-8155**

**Fax: 474-6885  
Phone: 474-2427**

## 4-H Camp Counselor SELF-EVALUATION (GOOD AT – OK – LOUSY)

*“What you DO speaks so loudly that I cannot hear what you say.”  
~ Ralph Waldo Emerson*

NAME: \_\_\_\_\_

|   | GOOD AT | OK | LOUSY |
|---|---------|----|-------|
| <b>1. <u>GOOD HEALTH AND VITALITY</u></b>   |         |    |       |
| A. Energy to last a whole day with 10-12 campers.   |         |    |       |
| B. Good eating habits.  |         |    |       |
| C. Will make sure campers/counselors get enough sleep.  |         |    |       |
| <b>2. <u>ACCEPTABLE TO OTHERS</u></b>   |         |    |       |
| A. Dress to look nice yet practical.  |         |    |       |
| B. Clean in body and mind.  |         |    |       |
| C. Courteous, mannerly and friendly.  |         |    |       |
| D. Sense of humor, justice and fun.   |         |    |       |
| E. Cooperation (with directors, campers, counselors).   |         |    |       |
| <b>3. <u>ADAPTABLE TO CAMP LIFE</u></b>   |         |    |       |
| A. Love children – all types.   |         |    |       |
| B. Capacity to accept responsibility and to work as a member of the group.                    |         |    |       |
| C. Ability to be at home in the out-of-doors.   |         |    |       |
| D. Ability to teach skills.   |         |    |       |
| E. Understand the needs of campers; places their needs ahead of personal desires during camp. |         |    |       |

***(Self-Evaluation continues on next page!)***

## 4-H Camp Counselor (SELF-EVALUATION CONT'D)

### 4. EMOTIONAL MATURITY

- A. Good moral character and integrity.
- B. Accept suggestions and carry them out.
- C. Do not have emotional outbursts (anger, tears, etc.).
- D. Do not get homesick.
- E. Follow through and don't have to be reminded.
- F. Stand by convictions — not misguided by others.
- G. Ability to be “father/mother” for a week and “deal” with a cabin-full of campers.
- H. Know when I am “beyond my depth” and consult with adult staff.
- I. Have high standards in regard to coeducational activities and maintains them.

| GOOD AT | OK | LOUSY |
|---------|----|-------|
|         |    |       |
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### 5. RESOURCES

- A. Conversation — use and encourage clean language and show high respect for all in words and deeds.
- B. Games — can teach several for camp age group.
- C. Crafts — interested in learning skills and helping campers achieve.
- D. Nature lore — knowledge of and interest in nature.
- E. Athletics — skill in at least one camp sport.
- F. Music — can lead group singing, sing while others are leading and encourage campers to sing.

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## Let's Talk Fair: Department 1, 4-H Club Work

Patsy Perkins, Superintendent

patsyjperkins@hotmail.com, 907-712-4544 or 907-479-4529



Summer is about here, so it is not too early to talk about the fair. The fair runs Friday, July 28, through Sunday, Aug. 6. It is a great opportunity to show off the awesome projects 4-H members are doing. And Department 1 is a great place to do it. There are plenty of places to show what you have been doing whether you do photography, art, crafts, sewing, cooking, science, livestock or horse. Check out the Fair Exhibit Guide for information on the entry divisions and classes there are.

### Exhibit Entry Dates, Exhibit Drop-Off Times and Online Entry

The Tanana Valley State Fair will be using online entry again this year. Online entries are being accepted from now until 7 p.m. the day before the actual drop-off day. Some online entries can be made the same day as drop-off; however, to avoid lines it is recommended that you do it before from the comfort of your home. Go to **TVSFA@org** to do online entry. As has been done the last two years, exhibit tags will be printed on the fairground on drop-off days.

Because we do interview judging, the 4-H member should plan on bringing their entries in themselves on entry days. However, if for any reason the 4-H member can't make it for the interview judging or the family will be out of town on the drop-off day, the superintendent listed at the beginning of this document should be contacted to arrange an earlier drop-off time and location. The fair will not accept any early exhibit drop-offs. However, Department 1, 4-H Club Work will.

**Non-perishable drop-off day: Saturday, July 22, 1-6 p.m., Upper Totem Building**

**Perishable drop-off day: Thursday, July 27, 1-5 p.m.**

**Exhibit pick-up day: Monday, Aug. 7, 1-6 p.m.**



### Contests, Contests, Contests!

There are several great contests for 4-H members to enter. Below is a list of them. Contest entries must be done by the non-perishable drop-off day. There are short information sheets that need to be completed and submitted on the drop-off day with the exhibit tag. Those are attached.

**Favorite Foods — Monday, July 24, noon, Upper Totem Building**

4-H members need to be enrolled in a foods project. Guidelines are available for this contest.

**Home Garden Tour — Tuesday, July 25, time TBA**

Members need to be enrolled in plant science project.

Judges visit the home gardens of members and interview member about their garden.

**Sewing Challenge — Tuesday, July 25, noon, UAF University Park Building, Room 154**

Members are given the materials for a sewing project depending on their sewing level and have several hours to finish the project.

**Fashion Revue — Sunday, July 30, 12:30 p.m., location on fairgrounds TBA**

There are two parts to this. The Fashion Revue is where the member models an outfit they have made. They need to be enrolled in a clothing and textile project for this. The other part is the My Favorite Outfit. This can be an outfit they made or it can be one that is store bought or someone else made for them. They do not have to be enrolled in a clothing and textile project to enter this.

**Demonstrations & Performing Arts — Sunday, July 30, 2 p.m., location on fairgrounds TBA**

Members can either do demonstration, illustrated talk or perform (sing, dance, recite poetry, etc.).

**Bake Off — Wednesday, Aug. 2, noon, Borealis Test Kitchen on fairgrounds.**

4-H member needs to be enrolled in a food project. Guidelines available.



## Theme Ribbons and 2023 Theme Elements



Did you know that there are special theme ribbons that are awarded at the fair? These ribbons have the date, theme and color(s) of each year so they stand out from the award ribbons. To earn a theme ribbon, your exhibit needs to have one or more of the following:

**Colors:** Exhibit must have all the theme colors as its primary colors.

**Theme:** Exhibit needs to include the theme in some way.

**Flower:** The flower is incorporated into the exhibit some way.

**Vegetable/Fruit:** This is incorporated into the exhibit.

### 2023 Theme Elements:

**Theme:** Don't go Bacon my Heart

**Colors:** Light pink, light green and teal

**Flower:** Succulent

**Vegetable:** Zucchini



### WANTED: Upper Totem Building Attendants

Building attendants are needed for Upper Totem, where exhibits for Department 1 are located. The fair will provide a day pass for anyone who needs it. Duties include watching over the exhibits in all of Upper Totem and answering questions from the public such as, "Where are the large cabbages?" to "Where is the nearest restroom?" **Building attendants must be 18 or older to volunteer.** Volunteers can be parents, grandparents, leaders, co-workers, aunts, uncles, friends etc. Just have the desire to help 4-H and the fair out.

It is asked that each 4-H member exhibiting in this department find an adult to volunteer for at least one 3-hour shift. It is hoped that if each exhibitor provides an adult volunteer, then it will cover at least half of the times. Other volunteers will be needed for the balance of spots. If everyone does just a little, then it will lessen the load for other volunteers that generously give of their time.

To volunteer contact Patsy at [patsyjperkins@hotmail.com](mailto:patsyjperkins@hotmail.com). It would be nice to get these filled ASAP as the fair has to get the tickets printed and issued. We are doing 3-hour shifts this year. Here is what is available:

| Day                 | 1 to 4 p.m. | 4 to 7 p.m. | 7 to 10 p.m. |
|---------------------|-------------|-------------|--------------|
| Friday, July 28     |             |             |              |
| Saturday, July 29   |             |             |              |
| Sunday, July 30     |             |             |              |
| Monday, July 31     |             |             |              |
| Tuesday, August 1   |             |             |              |
| Wednesday, August 2 |             |             |              |
| Thursday, August 3  |             |             |              |
| Friday, August 4    |             |             |              |
| Saturday, August 5  |             |             |              |
| Sunday, August 6    |             |             |              |



**BAKE-OFF & FAVORITE FOODS CONTEST REGISTRATION**

*Must register during non-perishable entry day*

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Please list age \_\_\_\_\_ and:

\_\_\_\_\_ Cloverbud (grades K-2) \_\_\_\_\_ Jr. (grades 3-5) \_\_\_\_\_ Int. (grades 6-8) \_\_\_\_\_ Sr. (grades 9-12)

Check contest(s) entering:

\_\_\_\_\_ Favorite Foods

\_\_\_\_\_ Bake-Off

- Cloverbud & Junior: cookie, muffins, cornbread or biscuits.
- Intermediate: quick bread or cake
- Senior: pie or yeast bread
- **Please attach a copy of your recipe.**

List any conflicts to be avoided in scheduling your time. Be specific on times that you are NOT available:

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**HOME GARDEN TOUR REGISTRATION**

*Must register during non-perishable entry day*

**The Garden Tour will start at 4 p.m.**

*Your time will be assigned and you will be notified.*

Name(s) \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Please list age \_\_\_\_\_ and:

\_\_\_\_\_ Cloverbud (grades K-2)

\_\_\_\_\_ Jr. (grades 3-5)

\_\_\_\_\_ Int. (grades 6-8)

\_\_\_\_\_ Sr. (grades 9-12)

### 4-H Sewing Challenge

*Contest will be held in Room 154, UAF University Park Building, 1000 University Ave.*

*Must register during non-perishable entry day*

Name(s) \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Number of years in sewing project \_\_\_\_\_

Class and Lot #: \_\_\_\_\_

Please indicate age \_\_\_\_\_ and:

\_\_\_\_\_ Cloverbud (grades K-2)

\_\_\_\_\_ Int. (grades 6-8)

\_\_\_\_\_ Jr. (grades 3-5)

\_\_\_\_\_ Sr. (grades 9-12)



### 4-H PRESENTATION/PERFORMING ARTS REGISTRATION FORM

*Must register during non-perishable entry day*

Name(s) \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Please indicate age \_\_\_\_\_ and division:

\_\_\_\_\_ Cloverbud (K-2)

\_\_\_\_\_ Int. (6-8)

\_\_\_\_\_ Jr. (3-5)

\_\_\_\_\_ Sr. (9-12)

Name of Presentation or performance:

Performance (song, dance, poem, etc.) or presentation (demonstration, illustrated talk, etc.):

Length of Performance/Presentation (number of minutes):

# FASHION REVUE/FAVORITE OUTFIT REGISTRATION FORM

*Must register during non-perishable entry day*

Name(s) \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Please indicate age \_\_\_\_\_ division:

\_\_\_\_\_ Cloverbud (K-2)      \_\_\_\_\_ Jr. (3-5)      \_\_\_\_\_ Int. (6-8)      \_\_\_\_\_ Sr. (9-12)

Please indicate class:

\_\_\_\_ Fashion Revue (self-made)      \_\_\_\_ Favorite Outfit (self- or ready-made)

**•If entering both classes, please fill out a separate form for each outfit•**

**• Basic Information:**

Color(s) \_\_\_\_\_ (Example: Cherry Red)

Texture/Fabric \_\_\_\_\_ (Example: silk, wool, knit, etc.)

Style/Theme \_\_\_\_\_ (Example: sport, school, etc.)

**• Additional Information:**

Description of Garment (look in fashion magazines or back of pattern envelope for ideas) \_\_\_\_\_

Accessories (Don't forget things you carry, shoes, special trim, jewelry, etc.) \_\_\_\_\_

**• Tell us about:**

Why did you choose this outfit? \_\_\_\_\_

Changes, problems encountered or decisions you made while making or choosing the outfit: \_\_\_\_\_

What help did you receive from others? \_\_\_\_\_

Other 4-H projects? \_\_\_\_\_

School activities? \_\_\_\_\_

Outside interests, hobbies? \_\_\_\_\_

Plans for the future? \_\_\_\_\_

**• Use the above information to write/type a complete commentary about yourself and your garment that can be used by the fashion narrator.**



Oh, snap!



# WANTED!

## YOUR 4-H CLUB PHOTOS!

We want to see all the **AWESOME** things your club is doing!

A picture is worth a thousand words!  
Each month in the Tanana District 4-H News, we would like to **HIGHLIGHT** a club activity.

To submit a photo for consideration, please verify the following information **BEFORE** sharing it with us:

- ✿ Each youth featured in photo must be in active status in the ZSuite 4-H enrollment program.
- ✿ Each youth must have an approved Media and Information Release Statement in the ZSuite 4-H enrollment program.
- ✿ Non-4-H members may not be in the photo, unless written permission is received by a parent or guardian.
- ✿ Each youth must be identified by both first and last name.
- ✿ If we choose to identify youth in a cutline or story, only first names are used.
- ✿ Be sure to include the photographer's first and last name, too, for credit!
- ✿ HINT: We like action shots — showing your club members doing things!

Email your photo to both [rlboswell@alaska.edu](mailto:rlboswell@alaska.edu) and [mklowder@alaska.edu](mailto:mklowder@alaska.edu) along with the above information. We cannot guarantee publishing all photos, but we will do our best!  
Thank you for sharing!

**LOOKING FORWARD TO SEEING YOU!**

# PARTING SHOTS!



*Chelsea, of The Midnight Sun Riders 4-H Club, recently had her cast removed. She's THRILLED about that — but misses the cheerful artwork provided by her fellow 4-H'ers! We're happy to see you on the mend, Chelsea!*



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