THE 4-H 4-1-1

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U.S. Department of Agriculture, University of California and County of Lake Cooperating

April 2009

4-H Council Meeting
April 27, 2009
6:30 p.m. - 4-H Office

Lake/Mendocino 4-H Summer Camp 2009 Camp Masonite Navarro!!

July 14-18, 2009

Cost:

Regular Registration - **$135.00 due May 8, 2009**

Late Registration - **$150.00 due by June 5, 2009**

(Postmark ok)

Registrations are accepted on a first come basis.

All registration forms **and payment must** be received to be considered registered!!

Get your camp registration packet online at http://ucanr.org/4hforms/information or at the 4-H Office.

CHAPERONES NEEDED
2009 4-H SUMMER CAMP
Camp Dates: July 14-18, 2009

Must be an appointed leader. For information, please contact the 4-H Office at 263-6838.

Alexander Scholarship Deadline Approaches

ATTENTION HIGH SCHOOL SENIORS AND RECENT GRADUATES: If you are graduating or have recently graduated and plan to attend college, you may be eligible for the Alexander Memorial Scholarship. $400 and a plaque is awarded annually to a very deserving Lake County youth involved with 4-H and/or FFA. The deadline has been changed to April 30. Application materials and further details are available at the county Cooperative Extension office or on-line at

http://ucanr.org/4hforms/information

1st Annual 4-H Archery Mail-In Invitational

Sponsored by Briones 4-H Archery of Contra Costa County
Entry forms postmarked by May 1, 2009

Qualifications: Youth age 9 to 19 in 4-H Archery Project. Leader/Parent Category

Entry form available at the 4-H Office.

Public Speaking Proficiency Opportunity!!

Are you trying to achieve your Public Speaking Proficiency or do you need to still complete a presentation to participate in the 2009 Lake County Fair.

If so, Cyndi Hill has a perfect opportunity for you to give your presentation at an after-school program.

For more information, contact Cyndi Hill at 263-4455.

Glenn County Fair 4-H Horse Show

Sunday, May 31, 2009
Glenn County Fairgrounds, Orland

- Offering Western and English performance classes along with fun classes.
- Four in-county high point age division belt buckles
- NEW THIS YEAR- four out-of-county high point age division silver belt buckles.

Entry and class information coming mid-April.

For additional information, contact
Ginger Holzapfel at 934-5228 or
Lynn Gustfson at 865-9029

PDR Corner

Some events may qualify for more than one area on the PDR, choose the one which is best for you.

Event/Activity	If You:	Category on PDR	Level
County Presentation Day	Gave a Presentation	6. Communication Skills	C
County Presentation Day	Attended	3. 4-H Event Attended	C
Jr. Fair Board Rep.	Prepared Talk	6. Communication Skills	C
County Presentation Day	Received Gold Medal	7. Honors & Recognition	C
County Presentation Day	Awarded Plaque	7. Honors & Recognition	C
Achievement Night	Attended	3. 4-H Event Attended	C
County Record Book Winner	Gold medal	7. Honors & Recognition	C
100% Attendance pin	Earned	7. Honors & Recognition	L
Judging County Record Books		4. Leadership	C
Judging Presentation Day		4. Leadership	C
Summer Camp	Attended	3. 4-H Event Attended	C
Club Community Service – canned food or toy drive	Participated	5. Citizenship	L
Livestock expo	Attended	3. 4-H Event Attended	M
	Committee member	4. Leadership	M
Feed Seminar	Attended	3. 4-H Event Attended	C
Safe Food Handling Workshops	Participated	3. 4-H Event Attended	C
Veterans Day Event	Attended	3. 4-H Event Attended	C
Veterans Day Card	Made cards	5. Citizenship	L

FREE FAMILY FUN SHOOT

Saturday, April 18th, 2009
10:00 am - 3:00 pm
Presented by
Lake County 4-H and The Konocti Rod & Gun Club

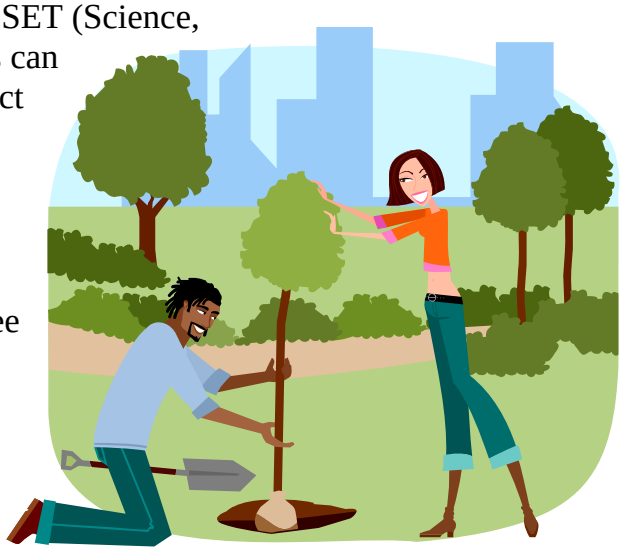
Once again our very successful and ABSOLUTELY FUN AND FREE SHOOT IS BACK! Bring your family out for a day of FUN and SAFE shooting at the Konocti Rod and Gun Club range at the end of Highland Springs Rd. in Lakeport. There will be one-on-one coach/shooter instruction including air rifles by Crossman, .22 rifle, center fire rifle, shotgun and black powder rifles. All firearms and ammo provided for FREE (no personal firearms please). We will have educational displays from Safari Club International, Project Child Safe with FREE gun locks and safety literature, plus antique and military firearms on display and available to shoot. Large hot dogs for $2.00 and water available for $1.00, proceeds support the youth shooting program.

Seating is limited so bring your own chairs. Hearing and eye protection will be available for all shooters. Ear plugs available for all present. 4-H Shooting Sports members are encouraged to attend, help out and shoot some more. Here's your chance to check out shooting sports, bring friends and your family!

Any questions, call Rick and Jill Walker at 994-7531.

Start organizing the perfect April community service project

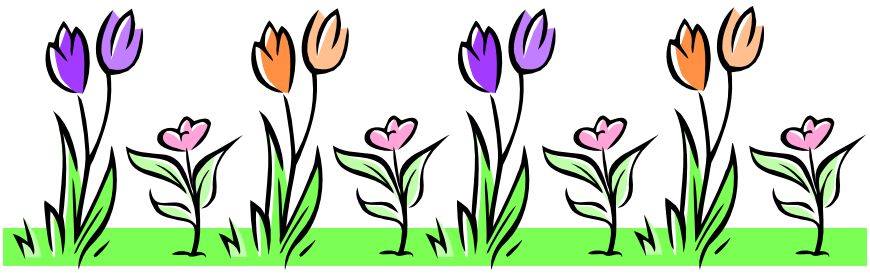
A tree planting event is the perfect way to celebrate next month's Earth Day, Arbor Day, and Global Youth Service Day. Join with youth across the continent to grow this SET (Science, Engineering, & Technology) service-learning project so 4-Hers can learn about trees as they beautify their communities. This project is one of two Earth Day projects recommended by the National 4-H SET initiative in the USDA.



By joining together with thousands of other 4-H youth across North America to plant trees in April, 4-Hers in your club will do something BIG to help improve their world because each tree absorbs 48 pounds per year of the greenhouse gas CO2 and helps to combat global climate change.

To date, over 11,000 4-H youth participants in 36 states and provinces have planted in excess of 26,000 trees. Please join the 4-H Million Trees Project today!
For more information, please visit The 4-H Million Trees Project at www.4hmilliontrees.org where we believe that every day is a good day to plant a tree.

Tom Webber
Project Leader
4-H Million Trees Project
www.4hmilliontrees.org
4hmilliontrees@gmail.com



2009 SECTIONAL PRESENTATION DAY
Lake, Mendocino, Humboldt, & Del Norte Participants

Demonstration:
Kylie Hill
Ethan Jones
Chloe Rhonett
Joanna Parker
Chancellor Andrade
Sam Perkins
Elif Myers
Taylor Jones
Tanisha Norvell
Ashley Hawtala
Morgan Tuel
Savannah McCauley
Whitney Briggs
Chensey Johnson

Prepared Speech:
Jessica Crowhurst
Alicia Welling

Educational Display:
Connor Odom
Kacy Tuel

Interpretive Reading:
Cooper Johnson
Megan Whetzel
Adriaan Boer
Colton Pinson
Rebekka Nielson

Impromptu Speech:
Kristina Dunlap

Illustrated Talk:
Elizabeth Marshall
Veronica Weaver
David Placido
Martin Anderson
Julienne Bennett
Erica Illg
Cord Falkenberg
Seamus Begley
Julie Ravella
Molly Dorsey

Share The Fun/Cultural Arts:
Jacob Crowhurst
Adriaan Boer
Emma Braught
Mady Braught
Garrett Chase
Karli Chase
Gina Gervase
Chayton Johnson
Chesney Johnson
Cooper Johnson
Wyatt Matthews
Trenton Phillips
Becca Pierachini
Colton Pinson
Dylan Ricetti
Alicia Welling
Megan Whetzel
Shannon Whetzel

Interview Contest:
Colton Pinson
Rebekka Nielson
Kristina Dunlap
Savannah McCauley
Alicia Welling
Kayla Delbar
Gina Gervase

A Special Thank you to the following:

Judges: Walt Christensen, Jaxon Christensen, Peggy Alexander, Nadine Boer, D. Parker, Sandra Anderson, Leanne Harvey, Cathy Welling, Cyndi Hill, Susan Marshall, Elaine Placido, Barbara Nordin-Elmer, Shanna Braught, Len Nielsen, Natalie Shoptaw - **Room Coordinators**: Kylie Hill, Canaan Andrade, Jessica Crowhurst, Morgan Campbell, Dylan Ricetti, Kimberly Walker, Trenton Phillips - **Tally Room:** Jill Crane & Carol Thorn – **Coordinators**: Karen Hayes, Barbara Alexander

Medal Count: Gold- 17 Blue-36 Red- 2

Hands-On Livestock Expo
A GREAT SUCCESS!!

THE Project Leader PLAN

Your First Meeting

Your first project meeting of the year is your most important in getting the project off to a good start. Use the **First Project Meeting Outline** below to organize the meeting.

Invite members of your Leadership Team (other leaders, staff, and/or youth leaders) and parents to your first meeting. Review with everyone the calendar for the year, project goals and expectations, project costs, rules and discipline, project requirements and pertinent information. Allow plenty of time for questions and answers.

Introduce the Junior/Teen Leaders and discuss their role. Include an overview of the project with visuals, speakers, or members who have taken the project in the past.

First Project Meeting Outline

Duration: 1 to 1½ hours (maximum)

1. **Introduce** yourself and others. Take roll.
2. **Review project goals and expectations.** Discuss skills and knowledge to be covered during the year. (A blackboard, posters, or sheets of blank newsprint are helpful.) Discuss project requirements, rules, and discipline.
3. **Use experienced members, parents, and others** in the community as resources.
4. **Discuss with the group:**
   - Number, frequency, place, and time of meetings
   - How project supplies used at meetings will be acquired
   - How expenses will be met
   - What to bring to meetings
   - Dates of special activities, and how to participate
   - Completion date for the project
5. **Fun activity** – Use a game, a relay, or some other fun and interactive activity to reinforce what was discussed earlier.
6. **Hand out project materials,** answer questions, make assignments.
7. **Adjourn.**
8. **Review the meeting** with your Junior/Teen Leaders and/or Assistant Leaders. See how they feel about the meeting. Help them analyze their part. Be encouraging and supportive. (Do this after every meeting.)

A Project Meeting Outline

Duration: 1 to 2 hours (maximum)

1. **Interest getter** (15 to 20 minutes) – Ideas include identification quizzes, judging contests, relay skill games, films or slides, a tour of the host member's project, and guest speakers.
2. **Skills session** (30 to 50 minutes) – The bulk of time spent in most meetings should be spent *doing:* that is, practicing a job or skill. Be sure to include the elements of experience, sharing, processing, generalizing, and applying in your session (see more under **Learning in 4-H Youth Development**).
3. **Discussion** (15 to 20 minutes) – Use this time for questions and answers, coming events, comments on presentations given and assigned, and members' reports on project problems.
4. **Presentations** (10 minutes) – Ask one member to give a presentation at each meeting.
5. **Record keeping** (10 to 15 minutes) – Allow time for members to work on calendars and report sheets.
6. **Summary and assignments** (10 to 20 minutes) – Have members summarize the day's meeting. Plan for the next meeting – where, when, and what to bring.
7. **Refreshments and recreation** –Recreation and refreshments are optional, but these activities help keep the members' interest up. Junior/Teen Leaders can plan and organize this portion of the meeting.

Apply What You Learned

*After reading through the **Project Leaders' Digest** and doing the activities, you are ready to get started. Use the checklist below for review:*

- ☐ Obtain a 3-ring binder or file for easy storage of all of your project materials.
- ☐ Get a list of your project members.
- ☐ Order project materials from the 4-H Publications catalog.
- ☐ Review resource materials at the UCCE County Office.
- ☐ Prepare project goals and expectations for members.
- ☐ Prepare a sample **Project Meeting Outline.**
- ☐ Complete a calendar for your project's year, including dates of meetings and events.
- ☐ Meet with your Junior/Teen Leaders and review plans and expectations for the year.

Safety and Insurance

Safety First

As the 4-H project leader, you are entrusted with a great responsibility. The skills and knowledge that 4-H members gain from project work and the development of cooperation, leadership, and community involvement through 4-H will help them develop into caring adults. An important area in this development is that of safety.

Youth Protection

There must always be at least two (2) adults present at 4-H programs, events, and activities. These adults can be two appointed adult volunteer leaders, or one appointed adult leader and another adult (who is at least 21 years of age) or a 4-H Youth Development Program staff member.

What Can the 4-H Leader Do About Safety?

- Set a good example at all meetings.
- Recognize hazards and correct them.
- Demonstrate the proper use of equipment.
- Discuss safety at every meeting.

Safety Requirements for Transporting Members

All leaders who transport youth are required to have a valid California Driver License, carry their own automobile liability and accident insurance, use a safe vehicle, and have a seat belt for each passenger. It is illegal to ride in the back of a pickup truck in California.

When transporting youth to or from 4-H programs, events, and activities, an adult cannot be alone in a vehicle with a youth other than their own child without advance written permission of the youth's parent.

Liability Coverage

Coverage for appointed volunteers is provided during activities that are scheduled, sponsored, and supervised and while volunteers are acting within the scope and course of their UCCE duties. More specifics about liability are available at your UCCE County Office.

If accidental injury or property damage occurs, full details must be promptly reported to the UCCE County Office.

Field Trips

4-H volunteers in charge of an activity must have an original signed medical release form in their possession. When planning a field trip, you should provide the parent with an itinerary and have him or her sign a permission slip for the child to participate.

Accident Insurance

When members and leaders join 4-H and pay their fees, they are covered by 4-H accident insurance **while directly involved in activities scheduled, sponsored, and supervised by appointed 4-H volunteers or staff.**

The insurance does NOT cover parents or family members unless they are also enrolled in 4-H.

If a 4-H member in your project is injured and requires professional medical attention, obtain medical attention, notify parents, and provide them with the accident insurance claim form. Report the incident to your UCCE County Office.

Safety in Animal Science Projects

Animal science projects are very popular in 4-H, but animals are unpredictable and require extra attention when it comes to safety.

- Maintain good fencing and/or cages.
- Pick up items that may injure an animal: loose barbed wire, boards with nails, nails and tacks, paint cans, and broken glass, for instance.
- Lock all gates, doors, and fences.
- Lock up poisons, pesticides, chemicals, and medicines.
- Practice personal hygiene and wear proper protective clothing when handling animals.
- Take special precautions when handling a sick or wounded animal.
- Practice good animal hygiene by keeping the animals in clean quarters.
- Eliminate pest infestation.
- Horse and other equine project members and leaders must follow the equestrian helmet policy.

Safety in Other 4-H Projects

The following are some tips to review when organizing your project:

- Keep all areas free of boxes, mops, brooms, tools, etc.
- Use a safe step ladder instead of a makeshift chair or box to reach an item on a high shelf.
- Keep sharp knives in a rack or separate from other knives and tableware.
- Keep handles of cooking utensils on the stove turned away from the front.
- Mop up spilled grease or water immediately.
- Disconnect the iron when not in use.
- Repair or discard electric cords when they become frayed or worn.
- Keep poisons and medications properly labeled and out of reach of children.
- Use your tools and machinery correctly.
- Always use appropriate protective equipment and clothing.

Apply What You Learned

Safety should come first in your projects.

List the safety precautions you will take in your project:

_____

_____

_____

_____

List other safety information you need:

_____

_____

_____

_____

CLOVER SAFE

AGRICULTURE AND NATURAL RESOURCES
ENVIRONMENTAL HEALTH AND SAFETY

#28

MEETING SPACE SAFETY CHECKLISTS

This Clover Safe note is intended primarily for 4-H volunteers and staff.

Prior to holding a meeting, it is a prudent and recommended practice to evaluate the configuration, accommodations, limitations, and hazards of the space. Once these aspects of the meeting space have been evaluated, then guidelines, instructions, or other information can be developed or provided to safely manage the meeting and space, as appropriate. The following checklists are intended to be used by organizers as a meeting space planning tool.

Indoor Meeting Spaces

- ☐ Have all 4-H member attendees completed and turned in required medical and permission forms?
- ☐ Are exit signs clearly visible? ☐ Are fire extinguishers and a fire alarm present in or near the room?
- ☐ Are exits unobstructed? ☐ Are extension cords managed to prevent trips?
- ☐ Are exits unlocked from the inside?
- ☐ Will the number of attendees exceed the maximum capacity of the room?
- ☐ Are the heating, ventilation, cooling systems operational?
- ☐ Are there security issues related to areas surrounding the structure where the meeting is to take place? For example, parking areas, nighttime lighting, need for escorts.
- ☐ Are there meeting space prohibitions for certain activities? For example, no consumption of food or drinks in the meeting space.
- ☐ Is a certificate of insurance required?
- ☐ Are restrooms present? If so, determine where they are located.
- ☐ Is an emergency response plan available that includes directions to the meeting space and closest emergency care facility? Dial 911 to contact emergency responders.
- ☐ Is an emergency telephone or cell phone available at the meeting space?

Outdoor Meeting Spaces

- ☐ Have all 4-H member attendees completed and turned in required medical and permission forms?
- ☐ Will the number of attendees exceed the maximum capacity of the meeting space?
- ☐ Are there security issues related to areas surrounding the space where the meeting is to take place? For example, parking areas, nighttime lighting, need for escorts.
- ☐ Are physical hazards present in or nearby the meeting space? For example, water hazards, vehicle traffic, power lines, cliffs or steep slopes, playground or other equipment, rock or brush piles, range livestock, etc.
- ☐ Does access need to be restricted on certain hazardous portions of the meeting space?
- ☐ Is shade available? ☐ Is sunscreen available?
- ☐ Are biting or stinging insects, poisonous snakes, or poison oak in the area? ☐ Is insect repellent available?
- ☐ Will an adequate supply of drinking be available at the meeting space?
- ☐ Does the meeting space have a physical address? ☐ Are directions or a map being provided?
- ☐ Has permission for the meeting been granted by the property owner? ☐ Is a certificate of insurance required?
- ☐ Is the space accessible for all attendees, including those that are handicapped.
- ☐ Is an emergency response plan available that includes directions to the meeting space and closest emergency care facility? Dial 911 to contact emergency responders.
- ☐ Are fire extinguishers and a fire alarm present at the meeting space?
- ☐ Are there meeting space prohibitions for certain activities? For example, no consumption of food or drinks at the meeting space.
- ☐ Are restrooms present? If so, determine where they are located.
- ☐ Is an emergency telephone or cell phone available at the meeting space?