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NEXT 4-H Council Meeting
June 24, 2013
6:30 p.m.
4-H Office

2013 MENDOCINO-LAKE 4-H SUMMER CAMP DATES



JULY 7-12th for Teen Staff

JULY 8-12th for Chaperones, Campers, CIT's

Camp will be held at Camp Navarro

Camp Counselor Meeting Dates:

- **Wednesday, May 15th** – Ukiah 4-H Office 6:30-8:30 p.m.
- **Saturday, June 15th** – Ukiah 4-H Office – 9:00 – 3:00 p

Kiwanis Pancake Breakfast

May 25, 2013

7:00 – 11:00 a.m.- Natural High School

SELL!! SELL!! SELL!!



4-H receives 100% of the proceeds from the tickets we pre-sell. It is very important to try and sell tickets in advance and not have people buy them when they get to the event!! Tickets will

be distributed to your club this month by a member of the Pennsylvania Exchange group.

There will be a prize of \$100 for the Club with the highest ticket sales. This prize can be used towards 4-H Summer Camp, other 4-H activities, or in the 4-H Catalog. Money must be turned in by the due date to qualify for this prize.



Record Book News

Chance to Win an iPad Mini!

The end-of-year Spark Points Surveys are available May 1st in the 4-H Online Record Book. As a reminder, youth and adults may be eligible to win prizes by completing the required surveys and growth grids.

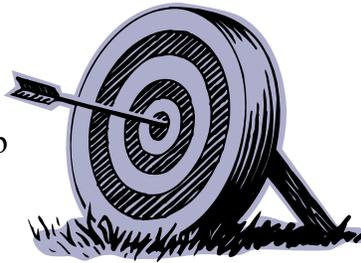
Youth who submit an Online Record Book to State Record Book Competition will receive a special edition "Got ORB" T-shirt.

New Support for Record Book Competition:
To help youth and adults understand some specific requirements to submit a successful book to State Competition, a Quick Start Record Book course will be available in mid-May. This 20 minute online course will help youth and adults navigate the Record Book Manual. It will be fun, quick and made to stick! Look for the course on the State website in the Record Book Resources after May 10th. All youth who plan to submit a Record Book to State Competition will be required to complete this course by October 31st of the year that they are submitting a book.



4-H Archery Certification Training

A 4-H Archery Certification Training for volunteers and junior/teen leaders will be offered Saturday, June 1st, 9 a.m. – 5 p.m., and Sunday, June 2nd, 9 a.m.- 12 noon, at the Mt. Shasta City Park, Lower Lodge, 1315 Nixon Street, Mt. Shasta, CA in Siskiyou County. You must be an enrolled 4-H leader or member and attend both days to receive certification to teach archery at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is \$25 per person to include a resource binder, range fees, and Saturday lunch.



For current 4-H certified archery leaders, if you would like to become a trainer and provide certification at the county level, please contact Jeanne for more details. You would attend this training and assist with the teaching of this class.

To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at <http://www.ca4h.org/files/2123.pdf>, and an adult or youth 4-H medical release form and a \$25 check payable to “Siskiyou County 4-H Council” and mail to Leland & Jeanne George, 8504 N. Old Stage Road, Weed, CA 96094. Registration is due Friday, May 24th and space is limited. For more information call Jeanne at 530-524-7278 or email her at mtlassenlover@gmail.com.



2013 State 4-H Leaders' Forum November 8-10, 2013 Crowne Plaza Hotel, Sacramento

- Forum Chairperson: Sandy Cohen, state4hcouncil@yahoo.com
- Workshop Coordinator: Mary Engebret, maryengebret@comcast.net
- Registrar: Sue Moore, 2moores@mlode.com
- 4-H Staff liaison: Sarah Watkins, spwatkins@ucanr.edu

The Centennial of 4-H in California will be celebrated in 2013 in many ways, in traditional events and in special programs. Culminating the activities is the State 4-H Leaders' Forum, Nov. 8 - 10, 2013 in Sacramento.

Registration is now open by online survey at <http://ucanr.edu/slf2013register>. Or print and mail the paper form. Register and mail your payment by September 1 for the best price! **Conference meals** are ordered using the registration form.

[SLF 2013 registration form PDF](#)

[SLF 2013 registration form WORD](#)

Lodging reservations: Contact the Crowne Plaza Hotel directly at 1-877-270-1393 or 916-338-5800. Use code FRH for the conference rate of \$84 per room, per night, plus tax. Rooms are 1 King bed or 2 Doubles and may be shared. Please help us meet our minimum room obligation.



Preparing for Positive Impact: The Role Preparation Plays in Success

By: Scott Mautte

By failing to prepare, you are preparing to fail.”–Benjamin Franklin

In 2008, my family had a reunion at Disney World in Florida. I have to tell you I couldn't wait to go, relax and get myself rejuvenated. In all my anticipation, I forgot one critical thing, my mother is a planner. I don't mean that she just makes lists and sets goals, my mother is a planner on steroids with agenda's, time allowances, etc. It completely lines up with her values on vacation which is to get the most out of it which, for her, is seeing as much as possible. For me, it doesn't work so much because when I'm on vacation, I want to be as far removed from planning, agenda's and time requirements as I possibly can. I bet you're wondering how this vacation went, well keep reading and you will find out.

As funny as the above story may or may not be to you (depending on how much you can relate to it), planning is an essential part of any successful endeavor. No matter where you fall on the spectrum from hyper-vigilant to hyper-spontaneous our activities need at least some level of planning to be successful at all. Within 4-H, planning can be the difference between a meeting that is vibrant, engaging and meaningful and one that is dull, boring and pointless. Here are some planning suggestions that will enhance your meeting experience:



- Devote enough time to planning for the meeting. To calculate the ideal amount of preparation time needed, use the following equation: Length of meeting x 2 = preparation time.
- Make sure that you secure all the supplies needed for the meeting ahead of time.
- Develop your lesson at least a week in advance and if you are using a curriculum, use some of your prep time to walk through it.
- Make sure you have enough time to devote to the curriculum. Cramming too much into one meeting stifles the learning process. It would be better to split the work into two meetings or extend the meeting than to either over fill it or cut key items out to stay on time.
- Be Flexible! Having a plan doesn't mean that the plan can't ever change. It is easier to change a plan than to deal with a roadblock without one.
- Have fun! Remember, we volunteer for things that we believe in and are passionate about, if you are not having fun, find out what is wrong and work to correct it.

My vacation at Disney was absolutely wonderful and very relaxing. With my mother's planning and me setting healthy boundaries to protect my need for rest and both of our flexibility, I was able to see more of Disney World in a short amount of time than I ever would have without my mother and was able to relax and come back ready to face life after vacation as well. The better we get at planning our meetings, the more positive impact 4-H will have on the members we serve.

4H Horse Show and Pledge For Life

A 4-H horse show is a great way to get your horse exposed to new things, activity and places that he or she may not have yet been exposed to. Working alongside other horses in an arena in a controlled manner, is an excellent way to give your horse this opportunity without too much excitement. It's also a great way for you to practice some of the 4-H skills you've learned at project meetings or other 4-H activities, because you are interacting with other kids and horses while in the show ring. You will not be talking but, you are all together working with your horses and practicing ringside manners and etiquette. Facial and body language are important to the judge and will help you understand each other as you compete. Keep a pleasant demeanor no matter what the results are at the end of the class. If you have questions, you are allowed to ask the judge as you leave the class. You should be practiced up before entering a class.

4-H horse shows also give you a chance to work on your judging skills for future projects. I would suggest that when you're not in the ring, watch the classes and pick the horse and rider you think will win the class. If you guess wrong, think about why you might have been wrong. If there's time at the end of the day, you can even ask the judge. This will sharpen your judging skills.

The 4-H horse show is also an excellent opportunity for you to put the 4-H Pledge into practice: "As a loyal 4-H member I pledge my head to clearer thinking". When you're about to go into the ring, clear your mind of all other thoughts except what you're about to do, and concentrate on the skills you have practiced in order to compete. Stay true to your plan and how you're going to ride in each class. This might be carried out by remembering, "My heart to greater loyalty", by following through with your plans of how you're going to execute your riding skills. Stay true to your plan and be confident in your skills.

As you go about the day, see if other riders need help with anything. Maybe they need help with banding their horses mane, or getting their hair tucked and pinned under their hat. Take note if fellow riders have their show number pinned to their jacket or show blanket and help out if it's not attached. Look around and see what your hands might be able to do and remember, you have pledged, "My hands to larger service".

You can apply, "My health to better living," by bringing healthy snacks for you, your family, and some extras to share with friends who may have forgotten theirs. Bring water, Gatorade, carrots, apples, and sandwiches. Bring items that will keep you going throughout the day, and keep yourself thinking clearly, healthy and hydrated.

The 4-H horseshow ring is a great place to practice these ideals, "For my club, my community, my country, and my world". Using the 4-H Pledge in your everyday life can help you in situations and circumstances throughout your life; now as a kid and later as an adult.

Have fun and ride on!

Submitted by: Jocelyn Bennett – Cole Creek 4-H Club

2012-2013 Lake County 4-H All Star Project



Emerald Star Ranks Earned



Ethan Jones, Edison & Elliott Serena all received their Emerald Stars in February. Their Emerald Star project was to plan and carry out a Countywide Robotics Project.



Nate & Cord Falkenberg received their Emerald Stars in April. Their Emerald Star project was to plan and carry out ORB (Online Record Book Training) Workshops.



4-H Calendar



May

- 15 Summer Camp Counselor Meeting - Ukiah 4-H Office 6:30-8:30 p.m.
- 25 Kiwanis Pancake Breakfast - Natural High , Lakeport 7:00 - 11:00 a.m.

June

- 2 North Coast Junior Meat Goat Show - Redwood Empire Fairgrounds
- 15 Summer Camp Counselor Meeting - Ukiah 4-H Office - 9:00 - 3:00 p.m.

July

- 8-12 Mendocino-Lake 4-H Summer Camp
- 25-28 State Leadership Conference - UC Davis

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The 4-H 4-1-1

It contains dates, deadlines and other important information. If you have any questions please do not hesitate to call the 4-H Office at (707)263-6838.

Sincerely,

Julie Frazell

4-H Youth Development Program Representative

 University of California
Agriculture and Natural Resources



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