

## November/December

**NEXT 4-H Council Meeting**  
**November 29, 2010**  
**6:30 p.m. - 4-H Office**

**2010/2011 ENROLLMENT FEES:**  
**MEMBERS: \$20.00**  
**LEADERS: \$6.00**

### New Volunteer Leader Appointment Process

All new volunteer leaders are required to complete an adult enrollment application, be fingerprinted for a background clearance, view videos & complete questionnaire, and attend a leader orientation. Adults **may not** hold meetings until all three steps of the appointment process have been completed. The 4-H Youth Development Program of the University of California is committed to providing a safe environment for young people involved in Cooperative Extension activities.

### ATTENTION! SPREAD THE WORD

Online donations to Lake County 4-H can be paid with a credit card. On the California 4-H website ([www.ca4h.org](http://www.ca4h.org)), near the center of the page there is a large blue "Donate Now" button. Online donations can be designated to go specifically to Lake County 4-H. 100% of the amount pledged goes directly to help keep the Lake County 4-H Program strong. Donors also have the option of making recurring pledges and unrestricted donations to the program area of their choice. Thank you for supporting the Lake County 4-H Program!



### Teen Camp Directors/Deans/Counselors:

All members 9<sup>th</sup> grade or 14 years (by December 31<sup>st</sup>) and above are eligible to apply for a 4-H summer camp teen staff position. Teen Directors, Deans, Lead Counselors, and Counselors will assist in planning 4-H summer camp and teach campers new skills. Each member who completes the 14 hours of training will receive credit for a Leadership Development Project (8-J). Camp will be June 19-24, 2011 for Teen Staff this year.



### UPCOMING DEADLINES & MEETINGS

- Dean, Director, Ambassador, and Lead Counselor Application and Essay Due: **December 27, 2010**
- Interviews for **Dean, Director, Ambassador, and Lead Counselor** applicants will be **Wednesday, January 5, 2011** ~ Ukiah 4-H Office starting at 6:30 pm
- Counselor Applications Due: **January 5, 2011** (Postmark)
- First **Counselor** meeting will be **Wednesday, January 19, 2011**. Ukiah 4-H Office 6:30-8:00 pm

Applications are available online at <http://ucanr.org/summercampforms> or at the 4-H Office.

### 2011 LAKE-MENDOCINO 4-H SUMMER CAMP DATES



**JUNE 19-24<sup>th</sup>** for Teen Staff  
**JUNE 20-24<sup>th</sup>** for Chaperones and Campers  
 Camp will be held at Camp Masonite Navarro

## Special Recognition at the 2011 State 4-H Presentation Day May 28, 2011

A special recognition pin will be awarded for youth who participate in State Presentation Day and focus their presentations on science, engineering and technology! This year's focus is on the natural properties and the human interactions with water. Potential topics include water quality, conservation, water cycle, effects on plants and organisms, water in cultural contexts, human impacts on water, phases and/or properties of water, storage and transportation.

### DATE CHANGED!!!

The 2011 Junior Grand National will be held October 15-23, 2011 and will once again be joined with the Grand National Rodeo, Horse and Stock Show. The Rodeo was moved from April to October in 2010.

"We are excited that our Juniors will again be able to enjoy all the entertainment and pageantry that the Grand National Rodeo, Horse and Stock Show has to offer" says CEO Joe Barkett. Specific dates for the showing of the various species will be announced soon. The Cow Palace will provide additional information as it becomes available.

Interested participants should check the Cow Palace web site, [www.cowpalace.com](http://www.cowpalace.com), for periodic updates.

If you were unable to attend this year's Achievement Night, please pick-up your award at the 4-H Office. If you have any questions, contact Nicole at the 4-H office, 263-6838.



### ONLINE TRAINING AVAILABLE: 4-H Volunteer e-learning Course

Welcome! We thank you for sharing your time and talent with 4-H. We've designed this e-Learning course to help you learn basic information about your volunteer duties. This course combined with face-to-face training and on-going learning opportunities demonstrate our appreciation of your commitment. 4-H is dedicated to helping you to help us be the best we can be for our youth. Password: Volunteer Thanks!  
<http://4h.wsu.edu/volunteertraining/>

## 2011 4-H SET Workshops February 5, 2011 from 9:00 am-4:00 pm, Registration Due January 24th- Free!

<http://www.ca4h.org/Projects/SET/Initiative/Workshops/>  
Counties are invited to send a team of 4-H teen leaders, 4-H volunteers, 4-H staff, and afterschool partners to the 2011 4-H SET Winter Workshops. This professional volunteer development opportunity will help prepare 4-H volunteers, teens and staff to incorporate science, engineering, and technology into 4-H projects and activities in a hands-on, experiential manner. These workshops will assist in increasing the knowledge, skills, competencies, and confidence levels of adult volunteers, teens and staff to provide engaging 4-H SET learning experiences. Locations and Curricula – More Sites to be added by November 30! Butte County (Oroville) - Biosecurity in 4-H Animal Science (presented by Matthew Portillo), max 40 people; Tehama County (Red Bluff) - Youth Experiences in Science (presented by Rita Boyes), max 24 people; Yolo County (UC Davis) - There's No New Water! (presented by Steven Worker), max 40 people, Youth Experiences in Science (presented by Marianne Bird), max 24 people, Biosecurity in 4-H Animal Science (presented by Martin Smith), max 30 people; Merced County - Junk Drawer Robotics (presented by Richard Mahacek), max 40 people.

### Safe Food Handling Workshop

December 4, 2010

9:00 a.m. – 12:30 p.m. 4-H Office



Come learn from this fun and interactive training designed to provide practical information regarding safe food handling and sanitation. Participants will participate in activities and observe learning experiences that can be duplicated in project meetings, as well as gain confidence in preparing food safely for themselves and others. For attending this training you will receive a certificate of completion for the "Make it Safe ~ Serve it Safe" food safety program. If you are interested in attending, please contact Nicole at 263-6838 to sign-up by **December 1<sup>st</sup>**.

## COUNTYWIDE PROJECTS

**To sign up for a Countywide Project or to lead one please contact the 4-H Office at 263-6838!!**

### *Mountain Biking*



Cobb Mountain 4-H Club is sponsoring a Mountain Biking group. Want to take up mountain biking or maybe improve your skills? Join our club as we go mountain biking in the Boggs Mountain Demonstration State Forest on Highway 175 in Cobb.

Explore the rocks, plants and wildlife of Boggs Mountain as you travel the fire roads and single-track trails of this outstanding mountain biking area. Guest speakers will cover topics such as; selecting and fitting a bike, trail riding skills and etiquette, technical skills, emergency repairs to damaged bikes, first aid and other topics.

Open to beginning, intermediate and advanced riders. Riders need a multi-speed mountain bike, helmet and gloves. Any teen leaders interested in this project would also be greatly appreciated.

Contact Scott Serena for more information. 707-928-9621 or [sdserena@mchsi.com](mailto:sdserena@mchsi.com)

### *Pony Club*

Open to all 4-H'ers with an interest in ponies! We will focus on ponies (horses, too), learning basic "horsemanship" skills. This is an introductory (classroom setting) project that may evolve into hands-on project(s) with ponies. Learn anatomy, breeds, colors, gender, tack, terms and more...



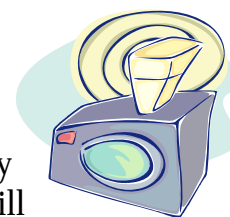
Contact Bonnie SeEVERS for more information, [ponies@seEVERSranch.com](mailto:ponies@seEVERSranch.com) 707-349-1994

First meeting will be at 5:30 p.m., Tuesday, November 16, 2010 - To be held in the Lake County 4-H conference room.

### *Photography Project*

Leader-Karen Hayes, Co- Leader Juliana Parlett, Teen Leader Bryce Hayes.

There will be a countywide photography project starting in January. We will meet once a month, for 4-5 months. Time and place will vary. An email will be sent to each member with the time and place. A parent will need to be with the member. There will be one rainy day photo opt meeting. Pix in the rain are cool. This project will go to fair. Proficiencies will be redone by teen leader. There will be Homework.



### *American Sign Language*

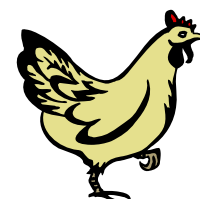
Leader- Karen Hayes. Co. Leader -Gina Clark, Teen Leader- Victoria Hayes

We will meet the second Monday of each month at the Presbyterian Church in Kelseyville. We will be going over the alphabet, numbers, colors, animals and basic vocabulary words, such as nouns and verbs. We will meet for as many times as members would like.



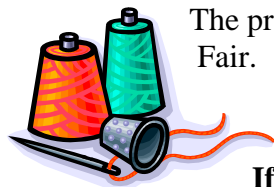
### *Poultry Project*

There will be a Countywide Poultry project offered this year by Sherry Falge of Upper Lake 4-H. All ages are welcomed.



## *Sewing Project*

The American Sewing Guild is offering short-term sewing projects for beginners and up. The project goal is to have an item completed to enter in the 4-H Fling or Fair.



**Project Dates will be set in the future.**

**If you are interested in this project, contact the 4-H Office at (707) 263-6838.**

## *The 2011 Countywide 4-H Shooting Sports program is about to get underway.*

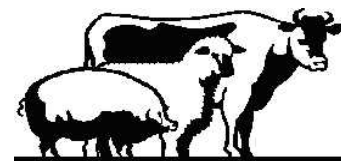
Our programs focus on firearms safety and safe firearms handling. After safety is learned, we move on to marksmanship. All shooting is conducted with one-on-one coaching and close supervision. All beginning shooters start from a shooting bench with one-on-one instruction. Safety is reinforced through learning by doing. This year will have the use of the classroom at the shooting range. 4-H Shooting Sports and the Konocti Rod and Gun Club Youth Shooting Sports programs are run together at each meeting. The schedule of events and classes can be found at [www.krgc.org](http://www.krgc.org) in the Youth section. The minimum age limit for 4-H Shooting Sports is 9 years old by Jan. 1st, 2011. There is no minimum age limit for KRGC Youth Shooting Sports program. Siblings who do not meet the 4-H minimum age limit may be able to participate at the same meetings through the KRGC program if they are able to understand and follow the safety rules and procedures. Safety is the number one priority and will always determine who can participate in the programs.

We will always cover safety and range rules at every meeting. Each shoot is planned out, so participants can check [www.krgc.org](http://www.krgc.org) for the discipline being taught at the next shoot. We have certified instructors for Rifle, Pistol, Shotgun, Black Powder Muzzleloading and Range Safety. Youth participants are welcome to bring their own safe firearms to use on the range. We have a variety of firearms available to use including some of the newest styles of .22 carbine. Colt M-4, Ruger 10-22 and S&W 22A's to name a few. All .22 rimfire and some 12Ga and 20Ga shotgun ammo is provided. All black powder materials are provided through the program. We shoot at a variety of reactive targets and have precision targets for competition and marksmanship improvement. Questions? Contact Youth Coordinator: Rick Walker 707-994-7531 or E-mail at [info@krgc.org](mailto:info@krgc.org)



## *Veterinarian Science Project!!*

Do you know your pet/animals' normal body temperature? Do you know what to do in case of an emergency? Do you know what vaccines your animal is protected for? Do you know what a necropsy is? These and many other facts will be discussed and learned in this project.



This project is open to anyone in the Lake County 4-H program. Dr. Jennifer Bennett, will be bringing her knowledge, skills and experience to the program. This is for beginners on up. If you are interested in learning more about the animals you raise or the pets you own, this is an excellent project towards becoming more knowledgeable and capable in your animal husbandry skills. This project starts in January and will run through May. First mtg. will be Sat. Jan. 15<sup>th</sup> at 10 am. Meetings will be the second weekend of each month – either Sat. morning or Sun. afternoon, except for the first meeting. (Meetings subject to change with vet schedule.) For more information call Judy Bennett @ 279-2973 or 489-6595.

**TO SIGN UP FOR ANY OF THE ABOVE COUNTYWIDE PROJECT CONTACT THE 4-H OFFICE AT 263-6838**



# CA State 4-H Fashion Revue 2011

## Make Fashion Cents

### with the \$15.00 Challenge

Do you enjoy shopping? Do you look for great buys? Do you like to check out garage sales, thrift stores, or consignment shops? Have you ever brought your own 'special touch' to an outfit that makes it unique and individually YOU?

#### The \$15.00 Challenge encourages you to:

- Shop in new places with a new perspective
- Be a wise consumer
- Put together a really great outfit

#### What you will learn:

- To locate clothing that makes you look and feel great
- To use expert shopping skills
- To find a bargain with high value
- To develop decision making skills
- To interact with the judges and share your windfalls and experiences in 30 seconds
- To communicate with the audience with your fashion show commentary

#### The rules:

- The spending limit is \$15.00 for a complete outfit. This may include a jacket or vest and should give a coordinated total look.
- Shoes are not included in the \$15.00 but anything else that shows is, including jewelry and accessories.
- Receipts are required, although they can be handwritten from garage sales.
- Sources may include garage sales, consignment stores, thrift stores, Goodwill, Salvation Army, etc.
- 4-Hers must qualify for the state event (SFR) by being the county challenge winner in their county Fashion Revue.
- Complete information about State Fashion Revue and entry procedures is available at the CA 4-H website for SFR, <http://www.ca4h.org/Programs/Events/SFR/>

#### Something to think about:

Enterprising 4-H Clubs may want to have their own garage sale. You can raise money for your club or another worthy organization. You might donate the unsold garments to a homeless shelter, dress for success center, or other locations that help people. Service to others is an important part of 4-H.

## VETERANS' DAY 2010

Lake County 4-H was there when the guns fired out the tribute to all the men and women who served our country. The Veterans Day Program was a big success. The location was moved to accommodate the large number of people participating; however it was still too small. Great job everybody! The cards were a hit and more is needed. Next year please take the time to make cards. We don't want to run out, it was close this year.

A special award was given to the 4-H clubs in honor of being the Veterans biggest fans! They say we are their best supporting group of people. Way to go 4-H!!!

Victoria Hayes  
Kelseyville 4-H



## 2010 ACHIEVEMENT NIGHT



**University of California**  
 Agriculture and Natural Resources  
*Making a Difference for California*

## DIRECTOR UPDATES

### Adult Volunteers the Heart of the 4-H Program

For nearly a hundred years the 4-H Youth Development Program (4-H YDP) has capitalized on the powerful influence of caring adults in the lives of children and youth. Central to the success of 4-H are the talented and dedicated adult volunteers, who are the heart of the 4-H program, providing valuable programmatic leadership and build caring and nurturing relationships with 4-H members. Research over the past three decades continues to show that caring adults can be a protective factor in high risk situations and provide safe environments for youth to develop independence and confidence. Resilient youth who thrive despite obstacles, typically have one or more caring adults who are active and present in their lives, coaching their perseverance.

Every county in the state is in the process of appointing, highly motivated teams of adult volunteers, older youth, and staff who will attend regional trainings this spring on the 4-H Thriving framework. Each team is committed to extending the training to their county 4-H volunteers to enhance their work in assuring our 4-H members *ignite their spark, flex their brains and reach their goals...Growing Youth Who Thrive!*

Watch for more ways to get involved!



Regards,  
 Sharon Junge  
 Acting Director, Statewide 4-H Youth Development Program

## CA 4-H FOUNDATION UPDATES

### Updates from the CA 4-H Foundation

As the year is nearing an end it is a good time to look back on 2010 as well as look forward to 2011. 2010 was a very productive year at the [CA 4-H](#) Foundation! Our focus has been on working directly with local organizations to increase their capacity to raise more funds locally. The Foundation hosted 7 workshops that were well attended and I hope, created a heightened awareness around seeking and engaging a wide range of supporters. Additionally we worked with several counties in very specified ways to increase their funding capacities -in particular Santa Barbara and Sacramento County. In Santa Barbara we worked to create collaborative funding efforts between the county office, local foundations, the Volunteer Leader's Council and local 4-H support organizations. Over \$45,000 was raised for use in Santa Barbara County and additional staff time to provide volunteer support was the result. In Sacramento County, we worked with the county advisor and the Leadership Council on very specific fundraising training that will be implemented by them in 2011 and which promises to reap great rewards. With these two models and others in development, we hope to show that effective fundraising is not only possible but deeply rewarding and even fun!

We were able to increase our own capacity by hiring a full time Director of Annual Giving and Alumni Relations, Amy McGuire. Amy has been steadily working on creating a state-wide alumni program that will provide a path for the continued engagement and support of Ca 4-H's many distinguished alumni—a group of people that truly understand the value of 4-H!. In this regard, Amy has been meeting with constituents across the state. These alumni encompass many different ages, experiences, and connections to Ca 4-H. She has also been researching other alumni models and meeting with other alumni program professionals in order to get the latest information and practices on alumni programs. We will be creating and unveiling an exciting alumni program in early 2011.

Lastly, I want to thank all of you that have welcomed me into your counties and into your Leadership Council meetings. In 2011 I will continue to get out to meet with you, hear your 4-H stories, find out how the Foundation can support your efforts and have another banner year in 2011.

I am looking forward to 2011 and anticipating another great year!

For more information on these exciting programs and projects, please contact the foundation at [cfourhfdn@ucdavis.edu](mailto:cfourhfdn@ucdavis.edu).

Annette Leeland  
 Executive Director  
 California 4-H Foundation

## IDEAS THAT WORK

- The **4-H Thrive team** continues to build the 4-H volunteer training and development platform and program delivery modules that will move 4-H youth on a positive trajectory toward thriving.

We have launched 4-H Thrive at a statewide staff conference in late September. Most recently we presented the concepts of 4-H Thrive at the State Leaders' Forum. We introduced the concepts of identifying sparks, creating a growth mindset, the 6 C's, and developing goal-setting habits. We're happy to report that 4-H Thrive is giving us a common language to help young people light their spark, flex their brain and reach their goals.

We are continuing to develop activities, lesson plans and training modules that will be used to train county-based master trainers during the winter and early spring. Look for volunteer training opportunities in your county in late spring and summer. Youth materials are scheduled to be released for use in projects and club meetings by fall 2011. For any questions on Thrive, please contact Ravinder Rangji, [rsrangji@ucdavis.edu](mailto:rsrangji@ucdavis.edu) or Gemma Miner, [gmmminer@ucdavis.edu](mailto:gmmminer@ucdavis.edu).

- Our **Operation Military Kids** provides tangible support to children of deployed National Guard and Reserve personnel as well as to children of severely injured service members through grants for enrichment activities and tutoring. Such activities help these children cope with the stress of having a parent in a war zone or recovering from injury at home. Our Military Kids grants are made to honor the sacrifices that military families make and to ensure that their children have access to sports, fine arts, or academic tutoring programs.
- Your 4-H group can also assist families of the deployed National Guard and Reserve, information is available to make it easier for you to spread the word about the Our Military Kids grant program. For more information on this valuable resource please visit <http://www.ourmilitarykids.org/>.

## PROGRAMS

- Applications for the District Leader Intern position with the California Focus Program will be available by November 10. Look for the application on line at: <http://www.ca4h.org/Projects/Citizenship/Focus/CF/>. Please let young adults, ages 18 – 25, know about this great leadership experience planning and carrying out California Focus. The dates of the conference are June 17-21, 2011. There will be two training weekends in the spring for staff to come together as a team and develop this year's education program.
- The world is shrinking!! This isn't the opening line of a science fiction story. It's true! We live in a global community. In our inter-related world, events in one country affect others and we have many more opportunities to interact with people from around the world. Find out how you can begin to prepare yourself to be an active citizen in a global world by participating in the **4-H International Exchange** Programs. **In 2011**, California 4-H members and families will host students from **Costa Rica, Japan, and Norway**. In addition, 4-H members and leaders can travel outbound to **Australia**. Information about the 4-H programs is available at: <http://www.ca4h.org/Projects/Citizenship/International/> or by contacting Pat English at [pnenglish@ucdavis.edu](mailto:pnenglish@ucdavis.edu) or 530-754-8520.

## EVENTS AND DEADLINES

- 4-H Professionals, staff and volunteers are invited to take part in the **4-H Science Video Challenge**, "Lights, Camera, Challenge!" in which digital video submissions that educators and volunteers can use in their teaching of science programs. Submissions will be accepted **October 25-January 31, 2011**. Visit [www.4-h.org/videochallenge](http://www.4-h.org/videochallenge) for more information and resources.
- The **2011 Western Regional Leaders' Forum**, "Cruise to 4-H Excellence!" is planned for **May 7-14, 2011**, and will be held aboard a cruise ship and will be visiting Alaskan and Canadian ports as attendees participate and learn at the many workshops being offered. You can visit: <http://4h.wsu.edu/conferences/2011wrlf/index.html> for more information and registration details.
- The **State 4-H Fashion Revue** committee has a new event manual for counties, participants, families and judges. You can access it at <http://www.ca4h.org/Programs/Events/SFR/>. The manual explains what SFR is, who may enter, the age divisions and outfit categories, and introduces the rubric scorecards which will be used at the state event in 2011. It is not required for this manual to be adopted by county or sectional competitions, but it is recommended that it be used as the state-wide standard for 4-H Fashion Revues. State Fashion Revue will be **May 28, 2011** as part of State Field Day at UC Davis. We hope counties will be including the \$15 Challenge category in their county events; see the flyer at the same website. For information about SFR or to join the committee, contact Karli Draxler, Youth Chair, at [chat2kd@unwiredbb.com](mailto:chat2kd@unwiredbb.com).





# 4-H Calendar



## November

- 29 4-H Council Meeting, 6:30 p.m.—UC Cooperative Extension Office  
25-26 UC Cooperative Extension Office Closed—Holiday  
29 Last Day for NEW Families to enroll for the 2010/2011 4-H Year

## December

- 04 Safe Food Handling Workshop—UC Cooperative Extension Office  
23-24 UC Cooperative Extension Office Closed—Holiday  
27 Dean, Directors, Ambassador, Lead Counselor, Applications due to 4-H Office  
31 UC Cooperative Extension Office Closed—Holiday

## January

- 05 Counselor Applications Due to the 4-H Office

## February

- 27 County Presentation Day, Time & Location TBA

University of California  
Cooperative Extension  
883 Lakeport Blvd.  
Lakeport, CA. 95453

# 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*



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