

## November 2011

**NEXT 4-H Council Meeting**  
**November 28, 2011**  
 6:30 p.m. – Lower Lake High Library

**2011/2012 ENROLLMENT FEES:**  
 MEMBERS: \$25.00 LEADERS: \$6.00

**ENROLLMENT DEADLINE:**

**CLUB MUST HAVE ALL ENROLLMENTS FINALIZED AND TO THE OFFICE BY 5:00 P.M. -**

**NOVEMBER 30th**

**NEED TO FIND CLUB PAPERWORK OR FORMS, VISIT:**  
<http://ucanr.org/4hforms/information>

### New Volunteer Leader Appointment Process

All new volunteer leaders are required to complete an adult enrollment application, be fingerprinted for a background clearance, 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.

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.



### Thrive Training

*presented by:*

**Lake County's Thrive Master Trainers**

**November 19, 2011**

**9:00 am – 12:30 noon**

**Kelseyville Fire Station Meeting Room**  
 (Training is free - Lunch will be provided)

This training is for all leadership project leaders, officer advisors and Jr./teen leaders. Each Club must have at least one adult volunteer or teen leader attend this training. Participants will be guided through the four components of the 4-H Thrive model for change and each club will receive a free copy of the iChampion and iThrive curriculum.

The curricula, activities and evaluation tools of the Thrive Theory of Change are based on four researched components:

- **Sparks** Identifying the inner passions, interests and talents of young people inspires them on the path to thriving. Sparks are what help youth see the potential within themselves.
- **Mindset** Youth who can view challenges as opportunities to learn and grow are more likely to thrive. When young people possess a growth mindset they are more resilient, better able to adapt to challenging situations and tend to get better grades in school.
- **Self-Reflection** Youth and adult partners engage in meaningful conversations about the strengths and challenges of individual young people. Through dialogue and internal evaluation exercises, youth develop goals toward increasing indicators of thriving that are founded on the 6 C's - competency, connection, character, caring, confidence and contribution.
- **Goal Setting Habits** Expanding on their self-reflection exercises, youth develop goals, create a plan to reach them and make adjustments and adaptations to the goal or plan as challenges arise.

**Please contact the 4-H office at 263-6838 to register for this thrive training.**



# SAVE THE DATES



## “Shooting Sports Leaders”

A State Shooting Sports Leader Meeting will be held April 28 & 29, 2012 at the Oakdale Sportsman’s Club in Stanislaus County. There will be hands-on sampler sessions for adult and teen leaders as well as updates on policies and programs. More details will be provided next month.



## UPPER LAKE CHRISTMAS LIGHT PARADE!!!

Come join the Upper Lake 4-H Club at the Upper Lake Christmas Light Parade 12/3/11 at 6:00 p.m. on Main Street Upper Lake. Keep warm with a cup of coffee or hot chocolate as you watch the show and enjoy the holiday spirit with your loved ones. Upper Lake 4-H will be selling hot dogs and hamburgers and would love to see our fellow 4-H'ers there. Santa Claus will be there for the little ones to enjoy.



## Start Planning for – County Presentation Day LOCATION & DATE: TBA

First, choose a topic you find interesting, then decide in which 4-H Presentation style you want to present it: as a Demonstration, Speech, Slide Show or Video, Share the Fun Skit, or a Table Top Display. Once your Presentation is prepared, practice once or twice and then put it away until February. In February, practice once or twice a week until the big event and then you will be ready for Presentation Day. If you would like information on how to prepare a presentation, please contact the 4-H office or website at:

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



## ACHIEVEMENT NIGHT 2011 A BIG THANK YOU TO KELSEYVILLE & UPPER LAKE 4-H FOR PUTTING ON A GREAT EVENT



# Almond Fruit Smoothie

As the summer season comes to an end and the new program year begins, youth will enjoy a refreshing smoothie that will boost their brain power! This smoothie is rich in magnesium, calcium, phosphorus and zinc. It also contains Vitamin E and compounds called phytochemicals which help protect against cardiovascular disease.

## Ingredients:

- 1 cup almonds
- ½ cup skim milk
- 4 ounces low fat yogurt
- ¼ cup blueberries
- 1 sliced banana
- 4 strawberries

## Directions:

1. Cut the tops of the strawberries off.
2. Place strawberries, banana, blueberries, yogurt, milk and almonds in a blender or food processor.
3. Blend until smooth and creamy.
4. Serve chilled.

Preparation time: 10 minutes



# HANDS-ON JUNIOR LIVESTOCK EXPO

Redwood Empire Fairgrounds • Ukiah, California • February 4, 2012 • 8:00 am to 5:00 pm

**An opportunity for youth from Humboldt, Del Norte, Lake and Mendocino Counties to participate in:**

- State accredited quality assurance and ethics training
- Learning labs
- Species specific break-out sessions
- Skill-a-thons and knowledge bowls
- Speaking with leaders in the agricultural industry
- Learn about collegiate agriculture and courses of study

**You can be involved in this sensational event by:**

- Sponsoring the event or a portion of the event
- Presenting at a species specific break-out session
- Providing assistance with set-up and break-down
- Sharing your knowledge at a learning lab
- Selling your goods at a retail booth
- Providing an informational booth
- Providing fantastic door prizes and raffle items
- Representing your industry

**You can reach us by contacting:**

Shanna Braught  
PO Box 3  
Laytonville, CA 95454  
707-984-6763  
[shan@willitsonline.com](mailto:shan@willitsonline.com)

**For our “Producers & Supporters Program” advertising and promotional inquiries contact:**

Sheryn Hildebrand  
707-489-5346  
[shildebrand@mendocinocasa.org](mailto:shildebrand@mendocinocasa.org)

# STATE OFFICE UPDATE

## Associate Directors Updates

As the new program year is underway, it is a good time to share with you some ideas on how we can increase our effectiveness when working with young people to help them reach their full potential.

Current research indicates that there are five youth development practices or supports and opportunities that young people should experience in all major settings in which they spend time, including 4-H. These five supports and opportunities include: 1) emotional and physical safety; 2) multiple supportive relationships with adults and peers; 3) meaningful opportunities for involvement and membership; 4) knowledge and ability to impact the community; and 5) challenging and engaging activities and learning experiences.

This month we will focus on the first support and opportunity – building safety. Creating a safe environment for young people is critical to their health and development. Young people feel physically safe when the surrounding environment is properly equipped with systems and procedures to protect them from physical harm. A young person feels emotionally safe when s/he is fully accepted and valued as an individual by adults and peers.

Establishing safety is critical as safety is the foundation of any quality environment. For example, without safety it is difficult to build relationships. Additionally, if young people do not feel safe they will not want to stay in the program. Here are five things you can do now to build safety:

1. Develop agreements regarding safety and regular group meetings
2. Include “no put-downs” in your agreements
3. Institute a regular group or “community” check-in at meetings
4. Assess the cultural, gender, ethnic and family structure background of your group
5. Expand the group’s knowledge of particular groups and cultures

How do you know if the environment is safe? Here are a few indicators of a safe environment:

- The emotional climate of the session is predominantly positive and any playful negative behaviors are mediated by staff or youth
- There is no evidence of bias but rather mutual respect for and inclusion of others
- The program space is free of health and safety hazards
- Written emergency procedures are posted in plain view
- Other appropriate safety and emergency equipment is available to the program offerings as needed
- All entrances to the indoor program space are supervised for security during program hours
- Access to outdoor program space is supervised during program hours
- Program space is suitable for all activities offered
- Available food and drink is healthy

Set at least two goals for building safety in your work with young people and assess whether these indicators of safety are present. All youth seek to learn and grow but they have needs that must be met – safety is one of those needs. Next month we will explore relationship building.

Stay Tuned!

Regards,  
Shannon Dogan  
Associate Director of 4-H Program and Policy

## *FROM THE DESK OF* GREG GIUSTI – COUNTY DIRECTOR

Dear 4-H Families,

It's so easy to get involved in the day-to-day routine of job, family, and errands that we sometimes forget to slow down, look around us and appreciate where we live and what we do. I wanted to take a moment and heed my own advice.

I see 4-H members and volunteers coming and going at the office on a daily basis – getting forms, swapping out-grown “whites” for the next size, and asking questions on what can often be very confusing 4-H policies and procedures. I wanted to take a minute and thank you for all that you do. Driving kids to events, feeding livestock, washing uniforms, organizing events, having meetings, filling out forms etc, etc, etc.

The 4-H program is a program of people...people who care about their families, clubs and communities. Your efforts are recognized by people in all walks of government and education though you might not often hear that. You need to know that all of your energies are watched by all segments of our community and your efforts are VERY much appreciated.

Though the 4-H program continues to evolve and change at the state level I want you to remember that the core of the program remains in the hands of you who shape and mentor our children and prepare them for their lives...where ever that may take them.

On behalf of the University of California, the people of the state of California and the County of Lake....thank you.

## 4-H Volunteers

Somewhere between the sternness of a parent and the comradeship of a pal is that mysterious creature we call a 4-H Volunteer. These Volunteers come in all shapes and sizes, and may be male or female. But they all have one thing in common - a glorious twinkle in their eyes!

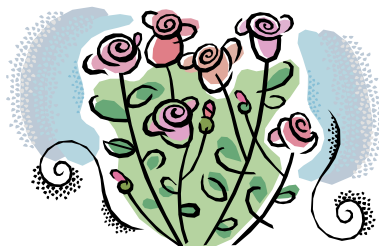
4-H Volunteers are found everywhere – at community service events, judging contests, fairs, Presentation Day, square dances, and talent shows. They always are preparing for, sitting through, participating in, or recuperating from, a 4-H event of some kind.

They are tireless consumers of muffins, expert at taking knots out of thread, peerless coaches, and spend hours on the telephone.

A 4-H Volunteer is many things - an artist making a float for the Fourth of July parade, a doctor prescribing for an underfed calf, a chaperone at camp, a lawyer filling out reports, and a shoulder to cry on when that dress just won't fit. Nobody else is so early to rise and so late to get home at night. Nobody else has so much fun with so many boys and girls.

We sometimes forget them, but we can't do without them. They receive no salary, but we can never repay them. They are angels on fieldtrips, saints at meetings. Their only reward is the love of the kids and the respect of the community. But when they look around at the skills they've taught, and the youth they've built, there's an inner voice from somewhere that says, "Well done."

Author Unknown



# LAKE COUNTY 4-H CLUBS

## PARENT & MEMBER EXPECTATIONS

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Exceptions to any of the following requirements will only be granted with joint approval of the member's project leader, club leader, 4-H staff and Lake 4-H County Council. All requests for exceptions must be presented in writing to the Lake County 4-H Council at least five (5) day prior to the next council meeting. Lake County 4-H Council Executive Committee will serve as the appeal board.

**Membership Information:** Membership in the Lake County 4-H Club Program is available to all youth 5 years old or in Kindergarten through 19 years of age as of December 31 of the current program year.

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- ❖ Youth 5 years of age or Kindergarten through third grade enroll as “Cloverbuds” or “Primary Members. (*See Lake County Cloverbuds Policy for complete details.*)
- ❖ Youth 9 years of age or in the 4th grade are eligible to participate in large animal projects related to the Lake County Fair.
- ❖ Home-schooled children are to enroll by their chronological age, as of December 31.

**Please note - there is a higher level of participation and commitment required for all members enrolling in an animal project with the intent of participating in the Lake County Fair (See *Requirements for Lake County Fair* for details).**

- All members' enrollment forms and fees must be complete and on file at the 4 H office by November 30th. Members completing enrollment after this date may not be eligible for animal projects related to the Lake County Fair without petitioning Lake County 4-H Council for special permission.

### **Fees to enroll in the Lake County 4-H Program:**

For **2011-2012** 4-H year, fees are member **\$25.00** and leader **\$6.00**.

Some projects may require a fee for participation. All expenses related to projects are the responsibility of the family. Fees are subject to change yearly.

### **Completing the 4-H Year, Receiving Awards and Presentations:**

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To ensure that 4-H members are actively learning life skills through a variety of 4-H experiences, the Lake County 4-H Council requires each member complete the following requirements by September 15<sup>th</sup> to receive county awards, proficiencies, star ranks or to compete at county record book judging:

- ❖ Attend 80% of club meetings and complete 1 project under the supervision of an appointed 4-H Volunteer. For an absence to be excused and count toward meetings attended it must be reported to the club or project leader prior to the meeting. Excused absences are not to exceed 20% of meetings held.
- ❖ Club and project meeting attendance is based on the entire program year.
- ❖ A complete record book. A complete record book consists of a Title Page; Table of Contents; completed Personal Development Report; 4-H story; a completed project report for each project completed with expression page; collection of work; and previous year's records if available. A completed record book will be bound in a binder or folder. All forms must be signed.
- ❖ Cloverbuds are to complete a Cloverbud Personal Development form.

### **4-H Presentation:**

- ❖ All presentations must follow the guidelines of the State 4-H Presentation Manual.
- ❖ Presentations may be given at the project level or above. To qualify at the project level, at least three 4-H members must be present.
- ❖ If a presentation is not given at County Presentation Day, a *Presentation Confirmation Form* must be completed by the supervising volunteer/adult.
- ❖ Members in 8th grade and above who have completed 2 presentations at County Presentation Day, and received at least one gold award, may serve as an Area Chair (All Share the Fun Skit awards are excluded).

### **To receive a year pin and stripe:**

- ❖ Attend 80% of club meetings, including excused absences and complete a minimum of 1 project.

## ***Requirements for Lake County Fair:***

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Please note: all members must complete all the following requirements by **July 30** if planning to participate in the Lake County Fair animal show or auction:

- ❖ Attend a minimum of 80% of club & project meetings. For an absences to be excused and count toward meetings attended it must be reported to the club or project leader prior to the meeting. Excused absences are not to exceed 20% of meetings held.
- ❖ Complete a 4-H Communication requirement by completing a 4-H Presentation and or participating in a 4-H Interview Contest.
- ❖ Have an up-to-date *Project Report Form*- with project leader's signature, for each animal project to be entered and exhibited at the Lake County Fair.
- ❖ Completed fair entry receipt for leader to review.
- ❖ Members planning to sell livestock must also submit 2 buyer contacts per lot intended for sale. Buyer information forms are available through the 4-H office or at the county website.
- ❖ All the above requirements must be met and submitted to the community club leader for approval before the 4-H staff will add the member to the approved list for animal fair entries.

## **Parent Responsibilities:**

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The 4-H club program is a family program; active family support, cooperation and involvement increases the benefits that your 4-H member will receive from the Lake County 4-H Program.

- ❖ Provide transportation and financial support for members' project work.
- ❖ Verify with the UCCE 4-H Office the adult overseeing the 4-H Project work is a 4-H Volunteer.
- ❖ Assist with at least one project or club activity. Attend as many meetings as possible with your child.
- ❖ Read the 4-H newsletter, *The 4-H 411*, to stay aware of what is happening.
- ❖ Supervise and encourage your 4-H member's work...but do not do the work!
- ❖ Please have your child contact the 4-H Volunteer if they are unable to participate in club or project meetings.  
Note: For an absences to be excused and count toward meetings attended it must be reported to the club or project leader prior to the meeting. Excused absences are not to exceed 20% of meetings held. Meeting attendance is based on the entire program year.
- ❖ If you need additional information on up coming events or the Lake County 4-H Program, contact your Club President, Community Leader or the 4-H office 263-6838.

## **Resources:**

- CE Lake and Lake County 4-H Website: <http://celake.ucdavis.edu>
- California 4-H Website: <http://www.ca4h.org>
- 4-H Online Enrollment Website: <http://california.4honline.com>

With your support, we can work together to "Make the Best Better"





# 4-H Calendar



## November

- 19 Thrive Training - 9:00 a.m. - 12:30 p.m. - Kelseyville Fire Station
- 24 4-H Office Closed
- 25 4-H Office Closed
- 28 4-H Council Meeting - Lower Lake High School Library - 6:30 p.m.
- 30 **ENROLLMENT DEADLINE** for Re-enrollments & New Enrollments

## December

- 3 Upper Lake Christmas Light Parade, 6:00 p.m. - Upper Lake
- 23 4-H Office Closed
- 26 4-H Office Closed
- 2 4-H Office Closed

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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*



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