

December 2011 / January 2012

NEXT 4-H Council Meeting
January 23, 2012
6:30 p.m.
Lower Lake High School Library

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.

County Presentation Day EASTLAKE ELEMENTARY SCHOOL FEBRUARY 25, 2012

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>

Registration forms are available in this issue of the 4-1-1, online at <http://ucanr.org/4hforms/information>, and the 4-H Office.



Teen Camp Directors/Deans/Counselors:

All members 9th grade or 14 years (by December 31st) 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). Tentative Camp dates will be July 9-14, 2012 for Teen Staff this year.



UPCOMING DEADLINES & MEETINGS

- Dean, Director, Ambassador, and Lead Counselor Application and Essay Due: December 29, 2011
- Interviews for Dean, Director, Ambassador, and Lead Counselor applicants will be Wednesday, January 18, 2012 - Ukiah 4-H Office starting at 6:30 pm
- Counselor and Lead Counselor Applications Due: January 23, 2012 (Postmark)
- First Counselor and Lead Counselor meeting will be Wednesday, February 22, 2012. Ukiah 4-H Office 6:30-8:00 pm

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



4-H Uniform Closet

Our 4-H uniform closet currently has a variety of FREE white pants & shirts for our members to select from. If you are in need of whites, stop by the office. If you have whites that are too small or no longer in use, please bring them by the office to add to our supply. This is a great help to new and returning families in our 4-H program.



Project Leader Workshop

January 7, 2012

4-H Office - 9:00am - 12:00pm

This is an interactive workshop for all project leaders. It will cover how to plan and organize your project, what to include, how to create a project outline, a few tips on working with youth and parents, and how the enrollment roster and process works. All the leaders that attend will leave with a completed project plan and outline.

RSVP by January 2, 2012 call 263-6838 or email Nicole Gentry at nmgentry@ucdavis.edu

LEAVING MEMBERS AT MEETINGS

What should you, as an appointed 4-H leader, do when the meeting is over and the parent is not there to pick the member up and you must leave to go somewhere? Although it is tempting to leave a member, assuming the parent is on his or her way, it is wrong. When a member is left in your custody, that member is your responsibility. Because each circumstance will be different, the University has developed the following guidelines:

- Have **TWO** other adults, one being an appointed volunteer leader, one you know and trust, who is not in a hurry, wait with the child until the parent arrives.
- Have the child call home immediately after the meeting to see if a parent forgot about the time (this, surprisingly, happens often).
- Schedule the meeting to begin and end at a specific time. Remind parents when they drop a child off that you have another commitment immediately following the meeting and they must arrive on time to pick up their child.

What if there is not a second adult to stay with the member? Never take the child with you to your destination.

Unfortunately, the only option is to contact the Sheriff's Office to pick the child up. This may be a frightening experience and no one looks forward to carrying through with this option. Although it is unpleasant, it is safer than leaving a member alone to wait.

Elements of a Strong 4-H Project

The number of years a member remains in 4-H is closely related to the amount of success and interest she/he experiences in their projects. Project leaders have considerable freedom in designing their programs. The following are a few suggestions to keep in mind when developing a strong 4-H project.

- ❖ At the beginning of your project, share project cost, requirements, and goals.
- ❖ Complete at least six or more hours of well planned and organized instruction.
- ❖ Provide all members hands-on learning and skill developing opportunities.
- ❖ Encourage members to set personal goals and take an active role in the project.
- ❖ Encourage members to give presentations and provide other opportunities for building leadership skills.
- ❖ As a group, make or do something fun together.
- ❖ Help members keep their project records up-to-date.
- ❖ Keep parents informed and ask for help with specific tasks.
- ❖ Incorporate interesting activities, such as guest speakers, judging events, field trips and community service projects.

A strong project helps members develop new skills, provides hands-on learning experiences, maintains interest, and includes a variety of fun activities. For additional information, resources, or ideas, contact the 4-H office.



COUNTYWIDE PROJECTS

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

COUNTY-WIDE JUNK DRAWER ROBOTICS PROJECT (Part 1)

Imagine creating machines using rubber bands, popsicle sticks, medicine dispensers and bamboo skewers – the kinds of things people already have around the house. Add some toy motors and plastic gears and there is no telling what youngsters can invent. The robotics program develops skills that go beyond science and engineering. Learn communications, teamwork and critical thinking.

Meeting dates: Jan. 16, 10am-3pm (4-H office)
Jan. 30 (Lakeport TBD) 1:45-4:45pm
Feb. 20 10am-3pm (4-H office)



Enrollment is limited to **10 members 6th grade and up** who will be able to attend all 3 meeting dates. Pre-enrollment is required, contact the 4-H office.

SHOOTING SPORTS

The 2012 Countywide 4-H Shooting Sports program is about to get underway.

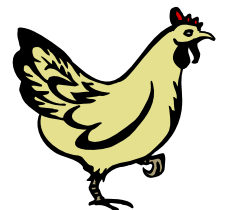
Our programs focus on firearms safety and safe firearms handling. After safety is learned, we move on to marksmanship. All shooting is conducted with one-on-one coaching and close supervision. All beginning shooters start from a shooting bench with one-on-one instruction. Safety is reinforced through learning by doing. 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 in the Youth section. The minimum age limit for 4-H Shooting Sports is 9 years old by Jan. 1st, 2012. 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 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



POULTRY

There will be a Countywide Poultry project offered this year by Karen Hayes. All ages are welcomed. Please contact the 4-H Office to join this project.



Dealing with Sensitive Issues



Emotionally and physically safe environments adults to build deep and meaningful relationships with young people. As these relationships are built, youth sometimes share information that is sensitive in nature. How a leader handles these situations is crucial to maintaining a healthy and safe environment for young people. Below are some strategies when issues of a sensitive nature arise with young people. These strategies are also located in your iChampion manual on pages 18-19.

Health and safety always come first. [i]

When a member of your group discloses something that leaves you questioning their health and safety, it is important that you know how to respond. [Chapter II, Section V titled Training and Awareness of Child Abuse](#)

[Reporting Procedures of the 4-H YDP Policy Handbook](#) is a great place to start. Click on the link above to review these procedures BEFORE the situation arises.

If you are having a conversation with a young person and they hint at child abuse or neglect, consider talking to the youth in a quiet space and ask one or more of the following questions to clarify the discussion.

Are you going to hurt yourself?

Are you going to hurt someone else?

Is someone hurting you?

Don't do it alone.

If you don't know how to handle a sensitive issue that has come up with a young person, don't be discouraged. There is nothing wrong with referring the youth to another adult who you feel could provide better assistance or support on the topic disclosed.

Consider making a list of allies and/or mentors within the 4-H program in advance.

This will serve as a list of resources you can consult in order to ensure safety, support, and comfort of the youth.

Ask for clarification.

This helps you better understand the needs of the young person. Ask a simple question like, "How can I help you?", to initiate a request from a young person. This helps them feel comfortable sharing desires, needs, and hopes in relation to a sensitive topic.

Leave out judgments and opinions.

This, perhaps, may be the first time a youth member tells an adult about an issue. Your response, or lack of one, will determine how and if the youth continues to seek guidance and/or support. Although everyone is entitled to an opinion, be sensitive to the needs of the youth. At times, voicing your own opinion or judgment can conflict with that of a youth member.

Remember that you play a critical role in the positive development of our young people. Dealing with sensitive issues in a proactive way will help young people develop a strong sense of character. Furthermore, a relationship between an adult and youth built on mutual trust and respect can invite the young person to self-reflect on sensitive issues by allowing them to explore thoughts, feelings, and incidents in their lives.

Scott Mautte



ASSOCIATE DIRECTOR UPDATES

As I shared last month, 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) safety; 2) supportive relationships; 3) meaningful youth participation; 4) community involvement; and 5) skill building activities.

This month we will focus on relationship building. Relationship building is the development of caring, supportive relationships between adults and young people, and among young people and their peers. Research tells us

that the presence of supportive and caring adults in a young person's life is the leading indicator of his/her future success. Relationship building means that young people:

- Experience emotional and practical support from adults and peers
- Experience guidance from adults
- Build knowledge of adults and peers

Here are five things you can do now to encourage relationship building:

1. Make sure that each young person has one adult who knows him/her well.
2. Begin each meeting with a check-in circle and let each person speak briefly.
3. Develop group agreements.
4. Hold a conflict resolution training for young people.
5. Participate in a training that focuses on group process and collaborative learning.

How do you know if you are creating a supportive environment for building relationships? Here are a few indicators:

- All youth are greeted by adults.
- Youth are asked about their interests, skills, and passions (sparks!).
- During activities, adults generally smile, use friendly gestures, and make eye contact.
- Youth exhibit inclusive relationships with everyone in the program, including newcomers.
- To help youth understand and resolve conflicts and negative behavior, they are encouraged to examine the relationship between their actions and consequences.
- Youth have structured opportunities to get to know each other.

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

Shannon Dogan
Associate Director of 4-H Program and Policy



New post on 4hvolunteercafe

The Power of a SPARK

by Scott Mautte



My oldest daughter Jenna is eight years old and it doesn't take long when talking with her to begin to discover that one of her sparks is horses. When she was four years old, she took her first pony ride up in Apple Hill and she was hooked. She seemed to have an almost immediate connection to horses and in particular Luna, the pony she first rode (which she still rides today). From that moment on, almost everything she had an interest in involved horses to some degree. Here are some of the things that I have discovered about how her spark has impacted her growth:

- **Her spark gives her energy and joy.**

Whenever Jenna is around horses she is more regulated. It doesn't matter if she is looking at them, riding them or taking care of them, whenever horses are near, she is happier. In addition, when Jenna does something around the theme of horses, it elevates her anticipation and she seems to be able to do more things.

- **When it is expressed, she feels alive and useful, that her life has a purpose.**

I don't know how else to explain it, Jenna feels connected and confident when she is around horses. She knows who she is and what she wants to do with her life (at least at this point).

- **When she is in her spark zone, she loses track of time.**

When Jenna is doing something that involves horses (it could be decorating her room with new horse posters), time stands still. She gets lost in her own little world and it is a very happy world.

- **It cannot be forced on her, in needs to come from inside of herself.**

There have been other things that I have tried to encourage Jenna to get involved in, to be honest, many of them are things that I think would be fun and engaging. Some of these things she has embraced on her own, some of them she has set aside. When it comes to horses, Jenna initiates and pursues them independent of the influence of others.

- **Her spark is not just about things she likes to do. It is a prime source of meaning, self-directed action, and purpose in her life.**

Jenna loves horses. Her love of horses comes also from a place of what horses do for her inside, horses are an outlet for her to share with the world who she is as a human being.

- **Her spark has the potential to make the world a better place.**

Jenna has already learned so many wonderful lessons from horses. She has learned to care for others, she has learned about service (her horse riding birthday party this past year supported the care of a horse for two months), and she has learned the value of responsibility.

When we reflect on our own children, the youth in our clubs and even our own lives, let's remember the value in identifying sparks and the power that this kind of self-discovery provides to the world around us. Our sparks ignite life and make the world a better place.



Not Your Ordinary Ag Class

2012 HANDS-ON

JR. LIVESTOCK EXPO

**Featuring Dr. Celina Johnson
as our keynote speaker**

Celina was raised in Fallon, NV on a small purebred cattle and alfalfa hay operation where she was active in both 4-H and FFA. Upon graduation from high school, Celina attended Modesto Junior College and was a member of a nationally winning livestock judging team. Celina completed her undergraduate degree at California State University, Chico in May of 1996.

She moved to Gainesville, FL to pursue a MS degree in animal science and coach the University of Florida livestock judging team. During her tenure at the University of Florida, she assisted with various youth livestock programs and assisted with many undergraduate animal science courses. Upon completion of her MS degree, she transferred to Oklahoma State University to complete a PhD in animal nutrition. At Oklahoma State University, she developed an interactive applied animal nutrition Web site and assisted with youth livestock activities and her research focused on applied beef cattle nutrition. In July of 2005, she joined the faculty at California State University, Chico in the College of Agriculture.

Dr. Johnson works with youth groups such as 4-H and FFA by providing educational material and instruction on youth livestock project management.

Saturday

February 4, 2012

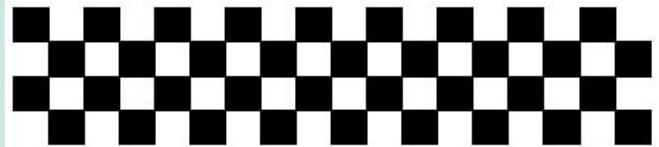
8 a.m. - 5 p.m.

Redwood Empire Fair Grounds

Carl Purdy Hall

1055 North State St.

Ukiah, CA 95482



Don't miss out on this exciting event sponsored by the Mendocino County Agricultural Extension Office featuring:

- ☺ Livestock Ethics & Quality Assurance
- ☺ Feed Suppliers, Commercial & Informational Exhibits
- ☺ Skill-a-thons & Contests with lots of prizes—must be present to win.
- ☺ Species Workshops both morning and afternoon emphasizing Health, Nutrition, Breeding, Fitting & Showing
- ☺ Learning Labs during walking/working lunch

**Hands On Jr. Livestock Expo
4-H Extension Office
890 North Bush St.
Ukiah, CA 95482**

REGISTRATION BEFORE January 13, 2012
\$10/Youth & \$5/Adult
AFTER January 13, 2012 and at the door
\$15/PERSON



Name (Please Print): _____

Are you a Member/Leader/Teen Leader/Parent: _____

4-H/FFA Club: _____

Mailing Address: _____

City/State/Zip: _____

Phone: () _____ Fax: () _____

Email: _____

Other members of family attending: _____

_____ Swine _____ Beef _____ Rabbits

_____ Goat _____ Sheep _____ Poultry

Please identify # registered specific to each species

Youth _____ x \$10.00 + # Adults _____ x \$5.00 (before 1/20/12) or \$15/each (after 1/20/12)
= Enclosed \$ _____

PLEASE MAKE CHECKS PAYABLE TO MENDOCINO COUNTY 4-H

Registration per person is \$10 before January 13, 2012 or \$15/person if registration received after January 20, 2012. Participants attending either the am or pm Ethics Training session are eligible for an ETHICS Certificate of Participation which also satisfies State Fair ethics requirements. Questions? Call Linda Edgington at 707-463-4495.

Return this form to Hands On Jr. Livestock Expo, 4-H Extension Office, 890 N. Bush St., Ukiah, CA 95482.

NO FAX REGISTRATIONS WILL BE ACCEPTED.

LAKE COUNTY 4-H PRESENTATION DAY

Date: Saturday, February 25, 2012

Location: Eastlake Elementary School, Clearlake Oaks

Check-In: 9:00 a.m. – Orientation: 9:30 a.m. – Presentations Begin: 10:00 a.m.

~ Competitive Presenter ~

Members are judged and may have the opportunity to advance to other competitions

Due to 4-H Office by: 2/20/12

Late entries will be accepted as non-competitive

Send registration forms to: Lake County 4-H, 883 Lakeport Blvd., Lakeport, CA 95453 or

FAX: 263-3963

Name: _____

Mailing Address: _____ City: _____ ZIP: _____

Phone: (____) _____ E-Mail: _____

Club: _____ MALE FEMALE

Title of Presentation: _____

Type: Demonstration Illustrated Talk Educational Display (table top)
 Prepared Speech Impromptu Speech Interpretive Reading
 Share the Fun Cultural Arts Audio-Visual Presentation
 Problem Solving Presentation

Grade: Junior: 4th 5th Intermediate: 6th 7th 8th Senior: 9th 10th 11th 12th

Teammates: _____
(Attach a list for Share the Fun and Cultural Arts categories)

I need to give my presentation outdoors (for animals, equipment, etc.): Yes No

Note: All presentations that include an animal will be an outside presentation.

ATTENTION: Parents, Leaders, and those 4-H members who qualify to be a Judge or Area Chair

YES, I would like to be a:

___ **JUDGE** Each club is asked to provide 3 Judges for County Presentation Day.

My child **is-** or **is not-** giving a Presentation. Child's Name: _____

___ **Area Chair** Members 8th grade and above who have completed at least 2 presentations at County Presentation Day, and received at least of one gold award. (All Share the Fun Skit awards are excluded). Credit as an Area Chair will complete the presentation requirement.

NAME: _____

ADULT _____ YOUTH _____ GRADE (If youth): _____

LAKE COUNTY 4-H PRESENTATION DAY

Date: Saturday, February 25, 2012

Location: Eastlake Elementary School, Clearlake Oaks

Check-In: 9:00 a.m. – Orientation: 9:30 a.m. – Presentations Begin: 10:00 a.m.

~ Non-Competitive Presenter ~

Members are evaluated and receive credit for giving a presentation

Due to 4-H Office by: 2/20/12

Send registration forms to: Lake County 4-H, 883 Lakeport Blvd., Lakeport, CA 95453 or

FAX: 263-3963

Name: _____

Mailing Address: _____ City: _____ ZIP: _____

Phone: (____) _____ E-Mail: _____

Club: _____ Male Female

Title of Presentation: _____

Type: Demonstration Illustrated Talk Educational Display (table top)
 Prepared Speech Impromptu Speech Interpretive Reading
 Share the Fun Cultural Arts Audio-Visual Presentation
 Problem Solving Presentation

Grade: Clover Bud: K 1st 2nd 3rd Junior: 4th 5th Intermediate: 6th 7th 8th Senior:
9th 10th 11th 12th

Teammates: _____

(Attach a list for Share the Fun and Cultural Arts categories)

I need to give my presentation outdoors (for animals, equipment, etc.): Yes No

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NAME: _____

ADULT _____ YOUTH _____ GRADE (If youth): _____