

University of California Cooperative Extension, Lake County • 883 Lakeport Blvd. • Lakeport, CA 95453
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NEXT 4-H Council Meeting
October 22, 2012
6:30 p.m.
4-H Office

4-H Achievement Night Potluck

October 7, 2012 - 6:00 p.m.

Terrace Middle School
250 Lange St., Lakeport

Come welcome new and returning families and see members and leaders receive their proficiencies and awards from the 2011-2012 year. EVERYONE WELCOME!!!

Hosted by
Scotts Valley & Blue Heron Clubs

Potluck

last name A-M families bring a MAIN dish to share

last name N-Z families bring a side dish/salad

Blue Heron and Scotts Valley 4-H request Dessert Donations for dessert auction.



NATIONAL OCTOBER 7-13, 2012 4-H WEEK

The Board of Supervisors will be presenting Lake County 4-H with a Proclamation on Tuesday October 9th at 9:45 a.m. at the BOS Meeting in the court house. If you are interested in coming, plan on getting there before 9:30 a.m. This is a wonderful opportunity to introduce 4-H to our community.

Clean Stall- LOOKIN GOOD!!!

I would like to extend a great big THANK YOU to all the members of 4-H and FFA. Everybody has done a great job keeping our barn clean. It is for the safety of our animals, members and Public. Each year it just gets better and better. To my Judges, my hat is off to you too. It may not be easy, but you step up and get it done. THANK YOU!!! The Educational Displays were tops this year, we had several groups who had to be re-judged for tie scores. Pins have been ordered and we'll get them to you soon. A big thank you to Kelseyville Pharmacy, they will be sponsoring this event in the future. Don't forget a "thank you" to them from your Project or Club. This year of 2013 will be my last year on this Committee so if there is anyone who wants to job shadow with me, please give a call.(707)272-0602.

Karen Hayes
Committee Chairwoman



Lake County Veterans' Day Ceremony

November 11, 2012

11:00 A.M.

Konocti Vista Casino, Kelseyville

Please have your clubs start making cards and either bring cards to the Veterans' Day Ceremony or drop them off at the 4-H Office.

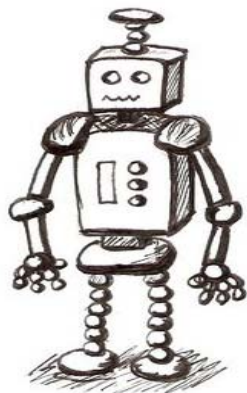


4-H Junk Drawer Robotics Workshop Electronics and Wiring Lakeport, CA- Lake County

Saturday, November 17, 2012
1:00 to 4:00 PM

Saturday, December 1, 2012
1:00 to 4:00 PM
2 more dates TBD

The 4-H junk drawer robotics workshop will be held at the Lake County 4-H Office in Lakeport. There is room for approximately 10-12 members due to limited space at the office. The age limit is 10 and up. We will complete Level 2 of Junk Drawer Robotics in which we will be working with electricity and wiring.



You do **NOT** need to do the first level to do the second level. We will add two more meetings in early 2013 with member input. Please call the 4-H office to sign up - 263-6838 (deadline Nov. 10).

Space is limited: First 10-12, then a wait list will be formed.

COUNTYWIDE COMPUTER PROJECT

Do you like computers? Can you name the main parts of a computer? Ever wonder how to build a website?

A new Computers & Technology project has begun in Lake County. This project covers computer assembly, function, website building, and social networking as it pertains to 4-H. We will be using our computer skills to benefit our clubs and for 4-H advocacy.



This project is only available to members age 13 and over.

Space is limited to 12 members.

Meetings start in October. For more information, contact James Christenson at james@marz.org or to sign up contact the 4-H Office at 263-6838.

4-H Countywide Nigerian Dwarf Goat Project Got Nigerians????



Then this is the project for you.
Have loads of fun while learning how to groom, show, train, kid, care for, medicate, vaccinate, breed and feed your amazing little goats

Open to Cloverbud, Primary, and up.

Led by Leah Odom from Odds Are Nigerian Dwarf Goats.
Leah has been raising and showing Nigerians for 6 years

Call the 4-H office 263-6838 and tell Nicole you want to sign up for the Countywide Nigerian Dwarf Goat Project

Teen Camp Staff

Directors/Deans/Ambassador/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 may receive credit for a Leadership Development Project.



UPCOMING DEADLINES & MEETINGS

- Dean, Director and Ambassador: Application and Essay **Due:** Wednesday, December 5, 2012
- Interviews will be Wednesday, December 12, 2012 ~ Ukiah 4-H Office starting at 6:30 pm
- **First Counselor and Lead Counselor** meeting will be Wednesday, **January 16th**. Ukiah 4-H Office 6:30-8:00 pm.

All Teen Staff applications will be available in November.

UPCOMING SHOOTING SPORTS EVENTS

4-H Shooting Sports Workshop
Rifle Discipline
Bakersfield, CA



Saturday, January 12, 2013 – 8:00 a.m. – 6:00 p.m.
Sunday, January 13, 2013 – 8:00 a.m. – 4:00 p.m.

A 4-H shooting sports workshop for the rifle discipline will be held at UC Cooperative Extension Office, 1031 S. Mt. Vernon Avenue in Bakersfield. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course or receive more information, contact John Borba at: jaborba@ucdavis.edu (This course is not open to 4-H leaders from Santa Cruz County).

California State 4-H Shooting Sports Leader Meeting December 8 & 9, 2012 Visalia, CA

All California 4-H shooting sports leaders are invited to attend a state meeting to be held on the following dates:

Saturday, December 8, 2012 10:00 a.m. – 8:00 p.m.
Sunday, December 9, 2012 8:30 a.m. – 12:00 noon

The meetings will be held in Visalia, CA at the Visalia Police Association Range Facility. There is no fee to attend. Camping will be allowed on site. Hotel/motel arrangements are available in Visalia which is approximately 5 miles from the meeting site.

There will be presentations of information regarding the project, guest speakers, and hands-on activities for all participants. More details will follow regarding registration and the agenda. The point of contact is John Borba at: jaborba@ucdavis.edu

4-H CLUBS HELP AT FARM BUREAU DINNER

On July 12, the Cole Creek 4-H Club and the Blue Heron 4-H club went to the Cole Creek Equestrian Center. That night the farm bureau was going to have a dinner (Love of the Land event). We helped set up center pieces for the dinner. Earlier the Boy Scouts were there to help set up tables and chairs. It was fun helping our community and making the center pieces.

Catherine Braider
Blue Heron 4-H





Important Lessons Learned from a Volunteer Leader



One evening while helping 4-H'ers during a record book workshop, a thought flashed in my mind: what if adult leaders did a record book? What if we recorded our successes and failures just like the kids? What if we shared all the good things we've done?

Of course, suggesting the leaders do even one more piece of paperwork at the end of the year would get me lynched. Instead, I thought I'd just try it myself and maybe inspire someone. So here is my story...

One 4-H leader's Story

I'm a middle-aged full time working mom whose had kids in 4-H for seven years. I've been a leader for six. It took me three years just to figure it all out. I guess you could call me a slow learner. My parents are both college graduates. My father was in the aerospace industry. My mother was a homemaker who taught me how to cook, sew, embroider, knit and crochet. They were both perfectionists, and I grew up being one too, like my brothers. If I had been in 4-H, I probably wouldn't have been happy with anything but blue ribbons. Quality and self-discipline were the most important things. I didn't learn a lot about tolerance or compassion and helping others. I got into 4-H because my husband grew up in it, and his experience led to what he does for a living now. I think he turned out pretty well, and I wanted out kids to be like him. So I enrolled them in 4-H. I had great expectations. I figured the leaders had lots of experience and were experts of some kind. Then I was asked to be a project leader. Being a helpful sort, I said yes, since it was a subject I knew something about. Well, after my first dismal year, I learned 3 important things. First, I realized I knew nothing about 12 and 13 year olds. I was dead wrong in expecting that they'd sit still, pay attention, and focus on their work. Second, I should have had them make something useful, however small. Third, as new project leaders, we aren't necessarily guided into everything we really need to know. "Learn by doing" wasn't just for the kids; it was for me too! After doing the project for two more years, I finally felt satisfied that my project kids had learned something new and useful. I got over the feeling that I'd been thrown to the wolves. I figured I'd earned a star for my hat, too. During those first few years, I got familiar with other 4-H activities. Like County Presentation Day (which our club hosted one year), what the County Council does, what goes on at the fair, what a field day is for, what makes a good record book. I learned that making things happen is not as simple as having a really good idea. Most importantly, I learned that "they" don't make it happen or have the answers. "They" is me. So I decided that if I was going to be critical of how others were doing things (and boy, could I be critical!), I had to be willing to do the work. I volunteered to be a community club leader. If not got the help of an assistant leader who was really good at paperwork, I would have drowned in it. I hated paperwork and deadlines. I realized the true value of good organization skills. I worked too hard all the time and realized that no matter what I did somebody wasn't going to be happy with me. I became, maybe too late, very forgiving of former leaders who hadn't lived up to my expectations. Especially since my expectations were now a lot more honest. If I had to list any accomplishments as a community leader, I like to think I did a good job educating new parents and leaders about the 4-H program and how they could help. I broke down big jobs into many little jobs that even the busiest, shyest, or least confident parent was willing to do. I became involved in County Council. I learned that the best response to negative people is "What can you offer to make it better?"

There are other good things I've learned by being involved with 4-H:

1. 4-H began as a sneaky way to get new information into adults who are set in their ways, since we have to learn something ourselves before we can teach it to our kids (sometimes the night before...)
2. There are two kinds of "best": the standard by experts and the best we accomplish compared to what we did before.
3. It's easier to live by your principles if they don't have names and faces.
4. "Learn by doing" means doing unsuccessful things as well as doing it right.
5. It isn't for me to judge how much a family is putting into or getting out of 4-H.
6. Intelligent doesn't mean wise.
7. Paperwork has to be done, on time. But if the heart isn't in it, details lose their meaning. Now a new 4-H year is starting and I'm looking forward to a fresh start and sharing my experience for the benefit of my club and kids. I've set a new goal for myself, to focus on helping the kids reach their goals, and not take on so much that I'm exhausted and cranky. Most of all, I want to put the fun back in 4-H.

-Anonymous

UPDATES FROM THE STATE 4-H OFFICE

Do you see a need in your community?

JOIN The Revolution of Responsibility!

\$1,000 is available to 4-H Clubs and Groups

Due November 15



To JOIN the revolution, 4-H members, with the help of an adult 4-H volunteer mentor, should follow these steps to plan a project.

1. Identify an issue or problem in your community.
2. Find community organizations to collaborate with.
3. Plan the project: form goals, outline tasks, list needed resources, and prepare a budget
4. Prepare ways to document and record your project to share with others.
5. JOIN the revolution at <http://ucanr.org/join/>

A toolkit of tips, templates, links, and suggested guidelines has been developed to support your projects. From the initial work to identify a compelling community issue to the final celebration of its completion, use this toolkit to help you carry out the important steps necessary to ensure success. <http://www.ca4h.org/Support/RofR/Toolkit/>

4-H Bully Prevention Guide titled A Guide to Bully Prevention Programs has been released! This guide to bully prevention is a resource for educators and youth development professionals from any school or youth-serving organization. The purpose of this publication is to help youth professionals better understand how to create safe and fully inclusive environments within the organizations they serve. In this guide you'll find a comprehensive overview of the latest bullying research and information on selecting appropriate evidence-based bully prevention curricula and resources. You can purchase the guide by visiting: <http://www.4-hmall.org/Product/newitems/a-guide-to-bully-prevention-programs/08450.aspx>

2013 National 4-H Conference – Applications for the 2013 National 4-H Conference will be available in August! If you are interested in attending the conference as part of the California delegation, you can find the application and detailed information on the State 4-H website at: <http://www.ca4h.org/Programs/Conferences/N4-HC/>. Applications will be due October 31, 2012.

Save the Date: State 4-H Field Day 2013 – May 25 at UC Davis

<http://www.ca4h.org/Programs/Events/SFD/>

The State 4-H Field Day takes place annually on the Saturday of Memorial Day weekend at the UC Davis campus from 8:00am until 6:00pm. The event is open to all 4-H members, volunteers, staff, and parents. More information will be released in January 2013.

The **State 4-H Fashion Revue** committee announces categories and service projects for 2013 SFR! Entry categories will be Traditional, Consumer Science Purchased, Wearable Art-Embellished, 2 Yard Wonder, and Duct Tape Challenge.

- Traditional: new this year, the entry must be sewn by the member as part of his/her 4-H Clothing and Textile project.
- Consumer Science Purchased has a \$19.99 limit, shoes and sales tax not included. Receipts for all items showing except shoes are required, with purchases made during the 2012-2013 4-H year. The \$100 CS Purchased category will not be offered.
- The Wearable Art – Embellished entry must start with a purchased garment. Duct tape entries are not eligible for WA-Embellished.
- 2 Yard Wonder is a Challenge category: using 2 yards of 100% cotton fabric, sew a garment and an accessory. Additional garments to complete the outfit may be sewn or purchased. There is no specific pattern requirement. The entry must be sewn by the member as part of his/her 4-H Clothing & Textiles project.

- Duct Tape Challenge: Create a wearable garment out of duct tape such as a jacket, shirt, pants, skirt or dress. The member may choose to begin with a purchased garment or not. Additional garments, accessories, fabric and materials may be added.
- For all entries, the outfit must be produced and modeled by the individual member. The outfit must meet SFR modesty guidelines.
- A member may only qualify to enter one outfit at SFR. To reduce confusion, counties are encouraged to adopt this policy: At county fashion revues where a member may enter more than one outfit, the garments, accessories, and shoes for each outfit must be distinctly different. An item in one outfit may not also be used as part of another outfit.
- Counties may offer additional categories that do not advance to SFR.

State Fashion Revue is coordinating two service projects. The first is a sewn teddy bear or doll. The second is a drawstring bag. Patterns and instructions will be posted on the SFR website. SFR will continue to accept quilts for troops to pass on. If you, your project, or your county would like more information about SFR, these categories and service projects, or would like to join the committee, please visit <http://www.ca4h.org/Programs/Events/SFR/>

• **Announcing the New Highest California 4-H Youth Award!**

The Incentives and Recognition Advisory Committee is pleased to announce the launch of the California 4-H Diamond Clover Award. The Diamond Clover is awarded to the highest achieving 4-H youth members through an application and essay process. All youth who achieve the qualifications are eligible for this award. Applications may be submitted at any time during the year and while a young person is between 17 and 19 years of age. Each quarter, applications are reviewed by the Incentives and Recognition Advisory Committee and awards are given. Awardees are announced annually at the State Leadership Conference. Applications are available now for submission beginning July 1, 2012 at

http://www.ca4h.org/Administration/Advisory_Committees/IR/

Rationale: Most youth serving organizations have a highest honor—Boy Scouts have Eagle Scouts, Girl Scouts have the Gold Award, Camp Fire USA has the WoHeLo Award. While the 4-H State Ambassador Program is a very high honor, it is a working honor and is prohibitive to many who may be deserving of a highest youth award.

- The 4-H Online Record Book (ORB) is approaching one year on September 1st! The system itself has seen much growth and enhancements and the programmers are building in new features on a regular basis. Members using ORB will be able to complete their 2011-2012 Record Book Online through December 31st, 2012. While ORB users will continue to have access to complete their own Online Record Book, the social media aspects of ORB are blocked until members are enrolled in 4hOnline for the new program year and their status is returned to “ACTIVE”.
- Here are our latest statistics Online Record Book statistics as of August 14, 2012: 3685 people statewide are currently using ORB, 7121 club meetings registered, 29252 Developmental Activities have been entered, 1310 Presentations added, 2709 Photos uploaded, 789 Comments were made and 3863 Promotions received.
- For general information and help about the Online Record Book, please check out the following resources:
 - ORB Webinar Archives— <http://www.ca4h.org/Resources/Members/RecordBook/ORB/>
 - ORB Login Help— <http://www.ca4h.org/files/121045.pdf>
 - ORB Support (if you aren't sure how to do something in ORB)—Please contact your county office
 - ORB Bug Report (if a feature within ORB is not functioning correctly)—
<http://www.ca4h.org/recordbookbugs/>





Foundations of Positive Youth Development

by [Scott Mautte](#)

I recently ran into a former student while having coffee with a friend. She had since graduated from college and was pursuing a career as a medical assistant. She was telling me of the joys of living on her own, providing for herself all while enjoying her first “real job”. It was refreshing to hear the story of how her journey into adulthood was progressing and how I had been a contributing factor.

What a special gift.

Rarely do those of us who invest in young people have the honor of seeing how our impact and influence has affected the young people that we have invested in. At times, we don't know if we are really making any difference at all or if our hard work and persistent effort was really worth it all in the end.

What are the outcomes in young people that would tell us that they are well on the way to reaching their full potential? Some of the things that probably come to mind are that they are equipped to enter the workforce and can provide for themselves, they make good choices and they value giving back to their community. When evidence of these outcomes is present in a young person's life, we can be reasonably confident that they are on a trajectory towards thriving.

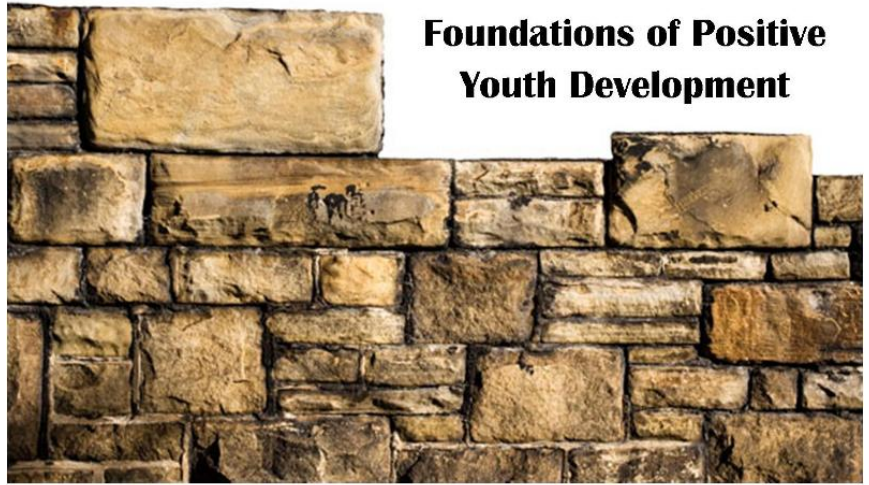
So what can we look for in our 4-H youth today that would indicate that they are moving towards those early adult outcomes that I just mentioned? Researcher tell us that when young people are showing signs of being **caring, confident** and **competent** people of **character** who **connect** with others and **contribute** to their community, they are on a good path toward reaching their full potential. In 4-H we call these indicators the 6 Cs of thriving and they are the best indicators that what we are doing today is making a positive difference in the lives of our 4-H participants.

So if this is true (and research and practical experience tells us it is), what do our young people need right now to ensure that those early and adult outcomes are possible for our young people? The Search Institute, the Forum for Youth Investment, the work of youth development researchers Bonnie Bernard, Richard Learner, Michelle Gambone and the late Peter Benson have all helped to identify five key areas of support and opportunity that help create an environment for our young people to pursue the thriving future we all desire for them.

These supports and opportunities are all necessary building blocks to fostering this thriving environment and are at the core of all that we do in 4-H. They are:

- **Safety**—creating an environment that is both physically and emotionally safe for its participants is the cornerstone to a healthy, vibrant 4-H program. Without safety, nothing else can effectively happen.
- **Relationship Building**—an environment that fosters healthy peer-to-peer and youth/adult relationships deepens a young person's connection to others allowing more positive influence in their lives.
- **Youth Engagement**—giving opportunities for youth to have meaningful and significant roles connects them more to the program, allows for skills to be developed, their brain to grow and sparks to be discovered. This type of engagement is characterized by adults in mentoring roles to youth.
- **Community Involvement**—connecting youth to their communities helps them see beyond their own self and situation. It allows them to identify needs in their community and utilize their talents to give back.
- **Skill Building**—allows youth to develop and grow as individuals. In 4-H, skill building focuses on helping young people discover their SPARKs or passions, developing a mindset that they can grow and learn and become better if they put their mind to it and work hard at it and teaching them how to manage the goals they have set while taking time to reflect along the way. These areas of skill building are where you as Thrive Master Trainers have played and continue to play a significant role.

Building lives is a lot like building a good house, it takes hard work, focus, accurate measurements but most of all it takes a team of people who are committed to **INTENTIONALLY** creating the framework that will allow the house to be sturdy and strong. I love building lives! I was reminded of that the other day in the coffee shop and I am reminding you of it today. Building a solid framework in your 4-H programs will lead to the building of solid, sturdy lives that are thriving.



Foundations of Positive Youth Development



4-H Calendar



October

- 7 Achievement Night - Terrace Middle School, Lakeport - 6:00 p.m.
- 7-13 National 4-H Week
- 8 4-H Office Closed
- 9 National 4-H Week Proclamation - BOS Meeting - 9:45 a.m.
- 13-14 Archery Leader Training - Humboldt
- 14 Equine Field Day - Cole Creek Equestrian Center in Kelseyville 2-5 p.m.
- 19 4-H Record Books Due to County Office for State Submission

November

- 11 Veterans' Day Ceremony - 11:00 a.m. - Konocti Vista Casino
- 12 4-H Office Closed
- 17 Junk Drawer Robotics Workshop - 1:00 to 4:00 p.m.
- 22 4-H Office Closed
- 23 4-H Office Closed

December

- 1 Junk Drawer Robotics Workshop - 1:00 to 4:00 p.m.
- 5 4-H Camp - Dean, Director, Ambassador Application /Essay Due
- 12 Dean, Directors, Ambassador Interviews - Ukiah 4-H Office, 6:30 p.m.
- 24 4-H Office Closed
- 25 4-H Office Closed

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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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