

University of California Cooperative Extension, Lake County • 883 Lakeport Blvd. • Lakeport, CA 95453
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NEXT 4-H Council Meeting
January 28, 2013
6:30 p.m.
Lower Lake High School Library

Tentative Camp Dates:
July 7-12th 2013

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

- 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 are available at the 4-H Office and online at

<http://ucanr.edu/summercampforms>



Emerald Star Project Cord and Nate Falkenberg

ORB – Online Record Book Workshop

Lake County 4H Office
Saturday, December 15 at 9:00-11:30 a.m.
Audience: 4H Leaders and Members

Do you want a faster and easier way to make your Record Book? Cord and Nate Falkenberg are going to be conducting a workshop that will teach 4Hers about ORB. ORB is the Online Record Book set-up by the state to help you in preparing your Record Book. So if you are having trouble getting around to doing that hugely important Record Book, come and find out about this great resource available to you. It will be at the 4-H Office on December 15th.

If you have any questions please contact us at falconate76@gmail.com or 263-1380.

Please RSVP for the workshop by December 12th
Contact Nicole at the 4-H Office 707-263-6838.



County Presentation Day

LOWER LAKE ELEMENTARY SCHOOL

FEBRUARY 24, 2013

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 will be available by the end of December at the 4-H Office and on our website at <http://ucanr.org/4hforms/information>.

C&L UPDATE

We would like to welcome Justin Costner to the group! A great time was had at the Steele Wine Harvest Festival, we sold about 200 chicken dinners. Thanks to



Keith Wentworth for his time at the BBQ, and Bryce for running for change and more chicken. (: A HUGE THANKS to Sheri & Mike Falge for the use of their BBQ trailer and Ice for both days. Without extra people like this we would be hard pressed to have our event. C&L was serving for the Firemen's Dinner in Lakeport this past Sat. Also we are looking forward to a field Trip to Fort Brag for our Thrive Celebration.

Wreaths Across America is our latest fundraiser, Please call Katy or Karen for more info.

Next meeting will be Dec. 19th 6pm. Lower Lake

Submitted By: Victoria Hayes

Salvation Army Volunteers Wanted

Hi my name is Sopheah Clark I am 10 years old, and last year I volunteered for the Salvation Army, this year I was asked to be a chair person for the Kelseyville Lumber location. I am looking for volunteers that want to do some community service it is very fun. I would like some of the younger children to volunteer not just the older people. Please remember though that they will need an adult chaperone during their shift. You will be ringing a bell and getting donations for their Red Kettle Program. So if you would like to fill some of the shifts please give me a call it would be greatly appreciated, thank you very much.



Your Friend,
Sopheah Clark
707-279-1912

2013 4-H Film Making Statewide Project, *supported by BestBuy*

<http://www.ca4h.org/Projects/SET/Tech/CTLT/Film/>
For 4-H members (age 13-19), volunteers, and staff to learn how to produce films. The goal of the 4-H Film Making Project is to enhance technological literacy of 4-H members by helping them learn the basics of film production including storyboarding, filming, and editing. Our goal is to have 4-H members produce films that feature how 4-H is impacting their community (for example, 4-H Revolution of Responsibility projects) and recording 4-H alumni and creating films featuring the "Voices of 4-H History" for the CA 4-H Centennial.



The project is coordinated by the 4-H Technology Leadership Team,

- Hosting four-hour video production workshops around California using the National 4-H Film Making Curriculum (workshops limited to 30 people)
- Lending video equipment kits to counties
- Showcasing completed videos at the State 4-H Film Festival and on various websites
- March 2, 2013, 1:00pm-5:00pm
Tehama Co. 4-H Office, 1754 Walnut Street, Red Bluff, CA 96080 (*Immediately following a meeting of the [North Section](#) 4-H Council*)
- March 9, 2013, 10:00am-3:00pm
Mendocino County 4-H Office, 890 North Bush Street, Mendocino, CA 95482

Learn more and register for a workshop at <http://www.ca4h.org/Projects/SET/Tech/CTLT/Film/>

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.



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.

ALL STAR RANK EARNED

Shea Odom, age 18, and 10 year member of Scotts Valley 4-H has earned her All Star Rank, which is the highest rank in the 4-H organization. This award is available to youth who have demonstrated exceptional leadership, community service and participation in the 4-H organization on the club and county level. Shea's All Star project was to plan and coordinate a countywide poultry day which took place on June 10, 2012.



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).

4-H Archery Leader Training

Where:
Farm Credit Services (Pending)
Imperial, California

When:
Saturday December 15, 2012 @ 9:00 am
Sunday December 16, 2012 @ 8:00 am

Who:
Any Interested 4-H Leaders

Cost:
\$15.00 (if book is emailed)
\$35.00 (for printed book)

Contact: Randy Robertson (760)693-0444
rriled71@yahoo.com

Please email if interested in training and to be notified of final location for training.



ARCHERY TRAINING VOLUNTEERS & JUNIOR/TEEN LEADERS

A 4-H Archery Certification Training for volunteers and junior/teen leaders will be offered Saturday, January 19th, 9 AM – 5 PM, and Sunday, January 20th, 8 AM- 12 noon, at the Livermore-Pleasanton Rod & Gun Club, 4000 Dagnino Road, Livermore, CA 94551 in Alameda County. You must be an enrolled 4-H leader or member and attend both days to receive certification to teach archery at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is \$50 per person to include a resource binder, range fees, and Saturday lunch. Overnight RV parking, water & power only, is available for an additional fee. To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at

<http://www.ca4h.org/files/2123.pdf>, and an adult

or youth 4-H medical release form and a \$50 check payable to “De Arroyo 4-H Club” to Jennifer Siders, 4967

Erica Way, Livermore, CA 94550. Registration is due Monday, January 7th and space is limited. For more information call Jenny at 925-321-6009 or email her at jsiders@gmail.com.



UPDATES FROM THE STATE 4-H OFFICE

- **4-H Citizenship WA Focus** registration and financial assistance deadline submission is December 15, 2012. For questions, contact Jenna Colburn, jcolburn@ucanr.edu.
- **Save the Date: 4-H CA Focus** will be June 14-18, 2013. Registration will be available on December 30, 2012. For questions, contact Jenna Colburn, jcolburn@ucanr.edu.
- **4-H State Leadership Conference 2013 – July 25-28, 2013 at UC Davis**
<http://www.ca4h.org/Programs/Conferences/SLC/>
The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. More information will be released in January 2013.
- **SAVE the Date!**
November 8-10, 2013
State Leaders Forum “100 years and Thriving,” is at the Crowne Plaza, Sacramento, hosted by the State 4-H Council. Sandy Cohen president of the council can be contacted at state4council@yahoo.com. Attend your Sectional Council meeting to find out more information. Friend us on Facebook, and follow us on twitter to keep up with updates. More information will be provided as it become available.
- The University of California, Davis College of Agricultural and Environmental Sciences will hold its **37th Annual Agricultural and Environmental Sciences Field Day on March 1st and 2nd**.
The UC Davis CA&ES Field Day is the 2013 California 4-H State Qualifier for Poultry, Dairy and Livestock judging. Visit <http://www.ca4h.org/Projects/SET/Animal/SLJC/> for state qualifying guidelines.

To register, go to: <<http://calaged.csuchico.edu/registration/>>

Select the event (2013 U.C. Davis Agricultural & Environmental Sciences Field Day). Choose the link “Get Access Code”. Complete the information on the form and click the register button. Please include 4-H next to your club name on the registration form. On the following page save the registration code and register later or simply continue with the registration at this point. Note that you may only register once so be prepared to complete the registration or contact us if you have any changes. After your club is registered, we request that you submit a printed copy of your online registration along with your payment. Checks should be made payable to “UC Regents” and mailed to:

Attn: Francesca Ross
College of Agricultural & Environmental Sciences
One Shields Avenue
Davis, CA 95616

Deadlines:

November 14: Registration opened

February 10: AgriScience Fair and Job Interview materials due

February 10: Registration closed

February 17: Payments must be postmarked – We are now enforcing a \$25 late fee for payments postmarked after the 17th.

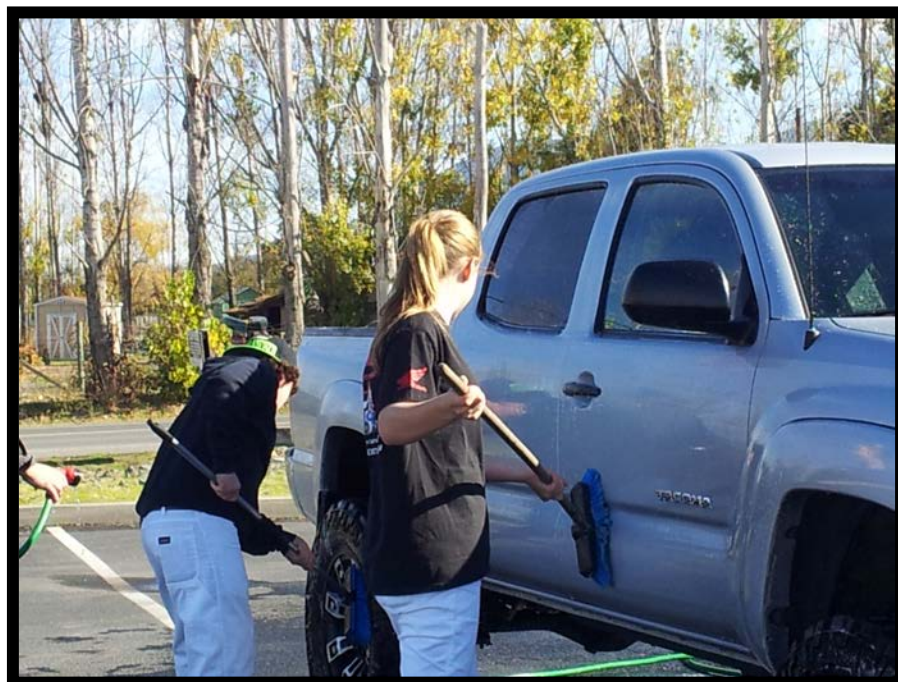
For questions email fieldday@ucdavis.edu or visit <http://caes.ucdavis.edu/fieldday>

LAKE COUNTY VETERANS' DAY CEREMONY

Lake County 4-H member participated in the Veteran's Day Ceremony on November 11, 2012 at Konocti Vista Casino. They handed out cards to all of the Veterans in attendance thanking them for their service and then provided a free car wash to all the Veterans after the ceremony. They washed about 22 cars and the Veterans were very grateful, they liked sitting and standing just chatting with one another. Next year we will have coffee and cookies for them.



4-H Members who participated in the free car wash for Veterans - Zoey Pepper, Travis Thorn, Cameron Leishman, Kaiya Goodwin, Sofia Evans, Kimmy Illg, Maddie Paarsch, Sopheah Clark, James Derr



A Practical Approach to Developing Relationships

The value of a relationship is in direct proportion to the time that you invest in the relationship--Brian Tracy

We have talked extensively in 4-H about the essential role that healthy relationships play in a youth's development. As I reflect on a middle school program that I previously directed, I am reminded of both the importance and the challenges we have as adults to prioritize this important aspect of positive youth development.

I.D. was a middle school program that served approximately 150 youth each week. The purpose of the program was to provide a safe place for youth to connect with other youth and caring adults. The program was filled with activities, life skill development and most of all, opportunities to build relationships with young people. The program wasn't always that successful though, it took a lot of hard work and persistent effort on the part of our leadership team to build the program to what it had become. Early on we had discovered that the program itself met a real need in the youth of our community and so we would get a high number of youth each week visiting our program to check it out. The problem that we faced was that our percentage of returning youth was very low. We had a core group of about 15 youth that were there faithfully but the rest would cycle in and out sporadically. In our leadership meeting, our youth members reported that although their friends loved the program, they didn't really feel connected to the staff or to peers outside of their normal friendships and so although attending once in a while was cool, they couldn't see themselves really committing to coming regularly.

As a team we talked about what we could do to increase the opportunities for youth to connect with each other and staff. What came out of our discussion was a need to connect with these youth outside of our planned meetings. As we wrestled through all the challenges that this presented, our biggest roadblock for our adult volunteers was time. They all had the desire to connect but with families, jobs and what they were already contributing to the program, they didn't feel that they had much else they could offer. What came out of the rest of our discussion was so simple yet it revolutionized the way that we connected with our youth and moved us from a program that was fun and engaging to a place where people felt connected and cared for. The difference came from what we called the 3-2-1 Principle of connecting.

3-2-1 was the commitment that each of us in leadership made to connecting with the youth in our program. It took less than 15 minutes a week and affirmed to each of us the value that relationships played in helping our youth thrive and succeed. Here is how the 3-2-1 Principle works:

3-Postcards or notes-each of our leaders committed to writing 3 postcards or notes each week to youth in our program. This was a quick note to thank them for their involvement in the program and how much we appreciated them being there. When a youth was absent, the postcard was a note saying that we missed them and noticed that they hadn't been there.

2-Phone calls-each of our leaders committed to making 2 phone calls to youth just to say hi and let them know one thing that they appreciated about that youth. Some of them even highlighted something that they had contributed at the last meeting.

1-Email-this email was usually just a quick word of encouragement to one of the youth. It could have been something related to a life circumstance that the youth was going through or just an inspirational quote.

This quick and simple tool really solidified our program and deepened the connections between their peers and the caring adults in our program.

I share this approach with you today because as you deal with the challenges of balancing time and modeling the value of relationships in your clubs and projects, I believe this tool may be helpful. Remember as Ben Stein once said, "**Personal relationships are the fertile soil from which all advancement...all success... all achievement in real life grows**".



4-H Calendar



December

- 12 Dean, Directors, Ambassador Interviews - Ukiah 4-H Office, 6:30 p.m.
- 15 4-H Online Record Book Workshop - 4-H Office 9:00 - 11:30 a.m.
- 24 4-H Office Closed
- 25 4-H Office Closed

January

- 1 4-H Office Closed
- 16 First Counselor & Lead Counselor 4-H Summer Camp Meeting - Ukiah
4-H Office 6:30-8:00 p.m.
- 21 4-H Office Closed
- 28 4-H Council Meeting - Lower Lake High School - 6:30 p.m.

February

- 18 4-H Office Closed
- 24 County Presentation Day - Lower Lake Elementary School

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The 4-H 4-1-1

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

Sincerely,

Julie Frazell

4-H Youth Development Program Representative

 University of California
Agriculture and Natural Resources



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