

Mendocino County Roundup August 2009



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4-H Calendar of Events

August

- 6-9 Redwood Empire Fair, Ukiah
- 6-9 4-H State Leadership Conf., UC Merced
- 17 Mendocino Co. Roundup Deadline
- 21-23 Promoting 4-H at the State Fair Weekend, Sacramento
- 27 WHY Conference Registrations due
- 31 End of 4-H Year

September

- 01 Beginning of 4-H Year
- 07 Labor Day Holiday, Ukiah 4-H Office (U4HO) closed
- 11-13 WHY Conference
- 18-20 Mendocino County Fair & Apple Show, Boonville
- 15 Mendocino County Roundup Deadline
- 15 Pins, Stripes, Stars Requests Due, U4HO
- 30 Project Proficiencies Due, U4HO
- 30 2010 National 4-H Conference Applications Due

October

- 04-10 National 4-H Week
- 4 7th National Science Experiment Day
- 10 Eel River Clean-Up
- 12 Columbus Day Holiday, U4HO closed
- 15 4-H Enrollments Due, U4HO
- 17-18 Pumpkin Fest/4-H Petting Zoo
- 22 4-H Record Books Due, U4HO



4-H Office Schedule in Flux

After several months of mandatory closures occurring every other Friday, the Ukiah 4-H office will likely remain open on Fridays for the foreseeable future. We will update you further as the County of Mendocino's budget situation, and its impact on the University of California Extension office hours, continue to clarify. To be safe, call first to be sure the office is open, especially if you are traveling a distance. Also, if you are traveling to see a particular staff member, always be sure to call in advance to make sure they are in.



Record Book Corner

Submitted by Barbara Nordin-Elmer



Record Book Story

The 4-H story is an opportunity to reflect on achievements, knowledge gained, learning experiences, and project work. The 4-H story should be a record of all your years in 4-H, with an emphasis on recent years. Record books will be due soon, so this is a good time to start working on your 4-H story (see the examples in this newsletter).

There are four parts that make up your 4-H Story. The first part tells about you: when and why you joined 4-H, your interests, and your future plans. Part two tells about your projects and activities: projects undertaken, goals set and successes achieved, what skills you learned, and the growth and scope of your projects. Leadership and citizenship are the focus of the third part of your story. Tell how you became a better leader and citizen. Write about how you contributed to 4-H, your community, and your school. Check Personal Development sections 4 and 5 for activities. Tell what you did and what leadership and citizenship roles were taken on and also what you learned from these experiences. The fourth part of the story tells about the impact of 4-H on you. Tell about your relationships with adults, other 4-Hers, and how you have grown.

Put some time into creating your story. It is interesting to leaders and others to read what 4-H has meant to you over the years. It provides a record of how you changed and grew as a person.

County Presentation Day 3/14/09 Level C Laytonville

Category #

- 2 4-H Knowledge Bowl
- 3 Attended event
- 4 Leadership – Committee Chairperson or Member - Planning, Hi-4H food
- 5 Citizenship/Community Service – wrote letters to service men or decorated placemats for Senior Center
- 6 Communications – gave any judged presentation or interview contest
- 7 Representing 4-H – served as room host or hostess or MC
- 7 Honors/Recognition – Gold winner on presentation (all other recorded in project report or 4-H story, high score winner for Knowledge Bowl)
- 6 OR 8 Lifestyles Activities – Share the Fun Skit

Sectional Presentation Day 4/4/2009 Level M Upper Lake

Category #

- 6 Communications — Presentation(s) given and judged — Name of presentation
- 6 OR 8 Represent 4-H -- served as room monitor
- 6 OR 8 Lifestyles -- Share the Fun -- Name or describe
- 7 Honors/Recognition -- Gold winner on presentations (all others recorded in project report or 4-H Story)

State Field Day 5/30/2009 Level S UC Davis

Many activities and events took place at State Field Day. Each event is listed here separately.

Category #

- 2 4-H Project Skills Activity – Sewing project was judged and modeled.
- 3 Event Attended – Count only as one event even if you participated in more than one activity.
- 4 Community Service – Teddy Bear Challenge, donated stuffed animal to State Ambassadors' comm. service project.
- 6 Judging Contest
- 7 Honors/Recognition – Gold winner (all others recorded in project report or 4-H Story)

Communications – Presentation(s) given and judged – name of presentation

Represent 4-H – served as room monitor

State Presentation Day

Category #

Communications – Presentation(s) given and judged - Name of presentation

Representing 4-H – Served as room monitor or MC

- 6 OR 8 Lifestyles – Share the Fun – Name or describe
- 7 Honors/Recognition – gold winner on presentations (all others recorded in project report or 4-H Story)
- 7 4-H Project Skills Activity – Participated in plant identification activities
- 7 Honors/Recognition – Top winner (all others recorded in project report or 4-H Story)

Logo Contest

Category #

- 2 4-H Project Skills Activity – Participated in logo design activity



"Club Scribe"

News from 4-H clubs in the county



Fort Bragg 4-H Club

Submitted by Stacey Anderson

Happy Summer to everyone! Our club was very busy in June. We tried something new this year with officer elections, beginning with a job application and then moving to job interviews. Once everyone was interviewed, each position was filled by the member who fit the job qualifications for the position. Our new officers were then sworn in by a "cookie" ceremony. Each new officer was given a cookie, a four-leaf cookie cutter, and the supplies they need for their position! On July 8th, all of our officers were trained!

Our current Officers and New Officers held a planning meeting where they made a budget, set their goals, and planned the upcoming year. Some of our goals included: following through with commitments, more club participation, improving on life skills and record-keeping, more projects to offer to the members, and "make the general meetings more fun." The theme for the 2009-2010 year is "Health, Safety, and Fitness," and the title we will use is "Healthy 4-Hers Beat the Statistics." We are going to plan our programs and 4-H year around this topic. Topics will include Nutrition, Physical Fitness, Childhood Diseases, Drug Abuses, and more.



Along with planning for the upcoming year and the upcoming fairs, we have also submitted our "sloppy copy" record books. At the June meeting, there was a table of adults who looked at each record book, then handed them back complete with positive feedback and information to help make a great record book. All of the final copy record books will be collected at the September general meeting.

During the summer, we are recruiting new leaders and completing all enrollment paper work with the current leaders. Member enrollment will begin in August and be complete by our September general meeting. We are planning for a fun summer and a great year ahead!

RV/Calpella 4-H Club

Submitted by Jessica Crowhurst

On July 8th, our club held its final meeting of the year. We turned in sloppy copies of our record books and handed in our Redwood Empire Fair entries to our club leader. Also at that meeting, anyone who wanted to run for an office in our club signed up. Everyone running for an office will be interviewed, in place of voting.

Many projects are still meeting in preparation for the fair. Some projects are working on making decorations for the fair, while others are practicing showmanship, and giving final tips for grooming and fitting. Market animal projects are reaching their climax and everyone is feeling the last minute rush to get everything done — or maybe it's just me because I'm too busy! :)

This will be my last article for the year so I hope everyone had a great 4-H year and has a blast at the fair!

Ukiah Shamrocks 4-H Club

Submitted by Adriaan Boer

We went to the Ukiah Senior Center on June 22, 2009. Our club volunteered to be the Celebrity Scoopers for this monthly event. It was a lot of fun. Jessica and Jacob Crowhurst of the Redwood Valley Club entertained the group by playing the guitar and flute. Some of our members brought their chickens and rabbit and passed them around the room. The knitting group brought their finished projects to show the 100 or so seniors that attended the event. We also got to serve ourselves ice cream and cake or pie. We plan to go back next year.

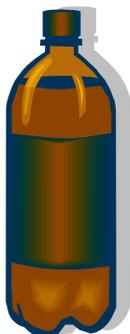


From L to R: Duncan Cline, Anthony Rynearson, Shannon Whetzel, Madeline Cline, Sawyer Koenig

Final Call for Help at Redwood Empire Fair!

Calling All Volunteers!

We still need volunteer assistance at the Redwood Empire Fair in Ukiah (August 6-9), where the 4-H table will feature an ambitious Science, Engineering, and Technology (SET) theme. We will conduct various experiments that illustrate scientific principles in a fun, interactive, and imaginative way. With your help, the fair can help make this year's 4-H recruitment season a major success! To volunteer to help with a one-hour shift at the table, e-mail weparrish@ucdavis.edu or call the Ukiah 4-H office at 463-4495.



Donations Needed!

To ensure an adequate supply of materials for the experiments, we are looking for donations of the following items: *Used 2-liter soda bottles, water pitchers, dish soap, cereal boxes, cardboard/toilet tissue tubes*

Please drop off donations to the Ukiah 4-H office by Monday, August 3rd.

4-H Statewide Updates

- Are you planning a service-learning project for next year? Each year, the State Office provides funds to members and volunteer leaders for service-learning projects via the California 4-H Service Learning RFP. Groups can request up to \$5,000 for addressing significant environmental, economic and/or social issues affecting California's youth, families, and communities. More info at <http://www.ca4h.org/citizenship/funding/index.asp>. Application is due September 15, 2009.
 - 4-H club support funding remains available through the Bob and Pat Dean Memorial Legacy Fund for California 4-H members or volunteers, due September 15, 2009. Application information at <http://www.ca4h.org/citizenship/funding/>.
 - The Record Book Judging Applications are due to the State 4-H office by September 30th. For further information, please visit <http://www.ca4h.org/4hresource/ir/recordbook/> or email Quang "Hogan" Tong at qtong@ucdavis.edu.
- The National 4-H Conference applications are due to the State 4-H office by September 30, 2009. For additional conference information, please visit <http://www.ca4h.org/conference/n4hc/> or email Quang.
- The 4-H Computer Corps applications are due to the State 4-H office by September 30, 2009. For additional information on the 4-H Computer Corps, visit <http://www.ca4h.org/wrp/compcorps/> or contact Steven Worker at smworker@ucdavis.edu.
- For 4-H members filling out 4-H Record Books: 4-H members may want to include specific science, engineering and technology (SET) abilities (processes) in their Annual Project Reports and 4-H Story. These SET Abilities focus on the processes of doing science, engineering and technology. 4-H members can document these SET abilities in the "Learning Experiences" boxes on the first page. For more information, please visit <http://www.ca4h.org/4hresource/ir/recordbook/2009SETLifeSkills.pdf>.



Community Supported Agriculture (CSA): a Mendocino County Meat Buying Club?

**Thursday, August 6, 2009, 7-9 p.m.
Agriculture Center Conference Room
890 N. Bush Street, Ukiah**

***Featuring:* a review of laws concerning selling meat products direct and the story of the Sonoma County Meat Buying Club**

To register, or to receive more information, visit <http://cemendocino.ucdavis.edu> and click on the event in the Calendar listing. Or call (707) 463-4495. Registrations close August 3rd.



Alicia Welling's 4-H Story

2009 Russell Preston Scholarship Winner



Have you ever joined a club or team for one reason, then found later that the reason you stayed in changed as time went on; that you actually got something completely different out of the experience than you expected? That is exactly what I have found during my time in 4-H.

This is my sixth year in the Willits 4-H Club. I joined 4-H when I was five because my brothers were members. I rejoined later because one of my friends was involved. I wanted to hang out with her and found no reason not to join, as I had only good memories from my past experience. Through the years that 4-H has consumed my life, I have gotten much more out of it than just a chance to be like my big brothers and spend time with friends.

During my first year in Willits 4-H (seventh grade), I participated in just one project: sheep. As time went by, I became involved in more and more projects, at one point participating in six! My first year in the rabbit project, I signed up to be teen leader, a position I have filled every year since. As teen leader, I have used the knowledge I have accumulated over the fifteen years I have raised rabbits to teach other members about the cute, cuddly critters (I began when I was three years old). Creating curriculum for beginning and intermediate members as part of the project's monthly meetings has pushed me to learn more about rabbits and about teaching. In particular, I have come to realize that although I have learned most of the information about projects I've been involved in from adults, I've learned the most about life through the examples of older youth.

I have always been active in community service. Why? Because I saw older members involved and excited to be involved. I have been involved in community service throughout my time in 4-H not only because I enjoy it and want to help the lives of those less fortunate, but also because I want to be an exam-

ple for younger members in my club; I want others to see me excited to be involved in community service and decide to get involved themselves.

Along the same lines as community service, come presentations. Many years ago, I would watch my older brothers put demonstrations together and have loads of fun. My first two presentations were demonstrations. After my first presentation, which I got a blue on, I heard about a county-wide communications group geared toward helping with presentations. The next year, I got involved in the project and got gold seals at every level, including state, with a demonstration on rabbit color genetics. I continued on, became a teen leader, and tried an interpretive reading, for which I also got gold seals up to the state level. Last year, the members of the communication group decided we were going to address the lack of Share the Fun skits at our county presentation day. We sat down and brainstormed ideas for a skit, and then I took home those ideas and wrote the first draft. Eventually, almost everyone added their humor and diverse ideas. I am thrilled that this year at County Presentation Day, two skits were performed. I would not be surprised if the enthusiasm did not spread to the younger kids, and then to the younger, so that share the fun skits again become a tradition.

I have also served 4-H by participating in local and statewide functions. I have been a camp counselor multiple times. I was a delegate to the 4-H State Leadership Conference last July-August, which was an amazing experience! I have attended the 4-H State

[Continued on Page 6...]



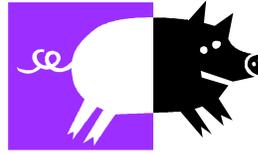
[...Welling 4-H Story Continued...]

Field Day for two years, where I have competed in judging and horticulture competitions and, of course, presentations. I have also competed in many rabbit competitions. For the second consecutive year, I won the honor of best overall senior competitor at the State 4-H Rabbit Field Day.

This year, I have cut back on the number of projects I am in to three to make time for college applications, which I completed in the fall, as well as scholarship applications. Estimated living and tuition costs at the California Polytechnic State University (Cal Poly) in San Louis Obispo, which I will attend in the fall, are almost \$20,000 per year. I am studying to be a civil engineer, a major that will possibly take five years to complete, a long time at college to not rack up any loans. Through my years in 4-H, I have learned to make goals, and not to give up on them, no matter how hopeless they may seem. At the Regional Presentation Day, I heard an interpretive reading by eleven year-old Cooper Johnson of Potter Valley 4-H that had the phrase “A winner don’t quit, and a quitter don’t win.” That phrase will be my personal theme in college, both in academic and financial aspects. I’m not going to quit until I’m done, and if there’s any way possible, I’m going to be done with no debt to my name.

I am eighteen now: technically no longer a girl, but a woman. I am ready to go out and face that big world, and I am ready to succeed. Knowing that a Suffolk is a meat breed, that split wings are disqualifications on poultry, knowing that Border Collies must be gaited faster than Shelties — all of these and the countless other little lessons have been important to me at times, but are not the knowledge I’ll treasure most in the years to come. I will never in my life be too afraid to speak to a crowd, I know how desperately the community needs all of its members to do well to survive, I know that to get ahead, honesty, integrity, and love are most important — I know these things because of 4-H. My parents have taught me morals, but I know that without the reinforcing lessons through 4-H, I would not be the person I am today. I have goals and dreams and, thanks in a large part to 4-H, I am ready to step forward and achieve them.

Ten Commandments for Parents of Youngsters Showing Livestock



Courtesy of Clyde Lane, Jr., Extension Specialist from the University of Tennessee.

1. Thou shalt not feed, train, and care for the animal, for thou art trying to teach the child responsibility;
2. Thou shalt forgive a child for making mistakes in the show ring, for thou hath made mistakes too;
3. Thou shalt not get mad when thy child forgets items in the show box, for one day thou may forget the show box;
4. Thou shalt help the show management for they are doing a job that thou would not want to do;
5. Thou shalt see that thy child is on time for all show activities for thou would not want to wait on another;
6. Thou shalt be sure that thy child has the animals entered and the registration papers in order by the designated time;
7. Thou shalt teach the child that winning a blue ribbon is a desirable goal, but making friends along the way a more worthy goal;
8. Thou shalt not complain about the judge for it is their opinion that has been sought;
9. Thou shalt remember that livestock projects are teaching projects, not necessarily money-making projects; and
10. Thou shalt remember that the livestock project is a family project that shall be enjoyed and supported by the entire family.

New at the 4-H Web Site!

http://cemendocino.ucdavis.edu/4-H_Program/

Over the past month, we've added lots of new content to the 4-H web site. All **Project Proficiencies** are now available in .pdf format. We have begun a **Join 4-H** section to which you can refer prospective members and volunteers. Also, check back soon for a **4-H Summer Camp photo album**.



Whitney Briggs 4-H Story

2009 Russell Preston Scholarship Winner



Hi, my name is Whitney Briggs, and this is my 10th year in the Willits 4-H club. I was fortunate this year to have the honor of receiving the Russell Preston Scholarship. For my entire life, I have lived on a ranch outside of Willits with my parents and older sister, along with an abundance of animals. Yet, even after 10 years, I can still recall when I was seven years old, and one of my friends — who happened to be in 4-H at the time — told me all about her 4-H projects, and the fun she was having in the club. Hearing her enthusiasm deepened my desire to join the 4-H program.

When I was eight years old, my sister and I joined the Willits 4-H club. At the time, I thought it wasn't going to be nearly as fun as my friend had told me. After being in the club for a decade, I can say with the utmost honesty that joining the club definitely wasn't a mistake. In the club, I have participated in numerous projects, such as poultry, swine, community service, T.R.A.I.L., and horses, and I have held leadership offices such as quartermaster, reporter, 1st and 2nd vice president, and president.

During my four years at Willits High School, I have been able to use many of the skills I have learned through the 4-H program. Among these are leadership, responsibility, organization, the ability to speak in public, and pride. Therefore, I have been able to do things that many of my classmates can't. When you are an officer in the club, the club expects you to be able to handle the office that you were elected to hold. You don't want to disappoint anyone, so you do your best, and are always rewarded for all of your hard work. After holding my first office for the year, this encouraged me to apply for more offices, and each year has been

more rewarding than the ones in the past. Not only has 4-H allowed me to develop skills that will help me with people, but also with animals. For the past 10 years, I have been involved with the poultry project, and last year I successfully started a small breeding program with a breed of chickens called Cubalayas. When other breeders purchase your stock, they often want to know the bloodlines that your animal carries, so you have to keep track with all of your breeding stock. This comes in handy when you are looking for other birds to add to your stock, and it teaches you to keep track of your stock by using organizational skills (what good is keeping track if you can never find the book you wrote it in?).



I have also participated in the swine group for nine years. By being in the group, I have learned a lot about pigs and their purposes. Every year I take a market hog to the Redwood Empire Fair and sell it at the livestock auction. To have a market hog, though, I had to set up an account at the local feed store, so I could purchase feed and bedding, and then

pay it back after selling the hog. By doing this, I have learned how to monitor accounts and pay back after selling the product I raised. Not only is this rewarding to me as far as developing new skills, but who doesn't enjoy being paid for their hard work?

Looking back on the 10 years I have been involved in 4-H, I enjoyed ever minute of it, whether it was attending the meetings or washing chickens for the fair. I know that I definitely benefited from this program, and that I will be using everything I learned to achieve my goal of becoming a veterinarian specializing in poultry. Thank you to everyone who has made the past 10 years the best that I could ask for.

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**“Roundup”
MENDOCINO COUNTY 4-H
August 2009**

Web Sites

National 4-H Council

www.4-h.org

California State 4-H <http://ca4h.org>

Record Book forms, officer manuals, Policy Handbook, opportunities for youth and leaders, etc. Click on **Downloads** for links to electronic 4-h forms, clip art, and the policy handbook.

Mendocino County web site:

<http://cemendocino.ucdavis.edu>

The *Roundup* is available on this web site. You can also be notified when a new *Roundup* is available electronically. Please contact the Ukiah 4-H office for this information.

Yahoo Groups for Community Club Leaders

<http://groups.yahoo.com/group/4h-ccl/>

Valuable site for discussing issues, sharing information and resources for curriculum, materials and project ideas.

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