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4-H Calendar of Events

July

- 4 Independence Day, 4-H Office Closed
- 5 WHY Conference Planning Meeting, 4-H Office, 6:30-8:30 pm
- 6 Livestock Expo Meeting, 4-H Office, 6:30-8:30 pm
- 8-10 Sheep Camp, Chuck Ream
- 9 County Council Meeting, 9 am to noon, Fort Bragg
- 14-31 California State Fair, Sacramento
- 15 *Roundup* Deadline
- 24 Redwood Empire Fair Horse Show, PV Rodeo Grounds
- 31 Campers move in, Redwood Empire Fair, until 10 pm

August

- 2 Animals move in, Redwood Empire Fair, until 10 pm
- 4-7 Redwood Empire Fair
- 15 *Roundup* Deadline
- 31 End of 4-H Year

September

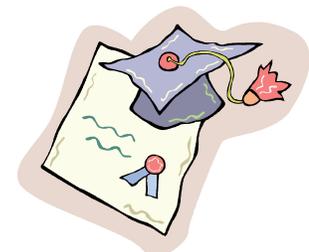
- 1 Re-enrollments due to 4-H Office by Club
- 16-18 Boonville Fair, Anderson Valley
- 23-25 WHY Conference, Camp Masonite Navarro
- 30 Completed Project Proficiency lists by Club due to 4-H office



Congratulations Graduates!

Rikki Hautala

2011 Russell Preston, 4-H Scholarship Winner
(See Rikki's 4-H Story on Page 6)



Richard Daniels, Fort Bragg
Solange Gournou, Ukiah

Kelsey Price, Fort Bragg
Warren Foster, Potter Valley

Briana Ramsey, Willits
Trevor Kollenborn, Redwood Valley/Calpella
Trenton Phillips, Redwood Valley/Calpella

Leader Corner...

Leaders, keep an eye on this space for important dates and messages.



Getting Ready for Fair

July is a busy month with many 4-H families getting ready for the fair. Here are a few things to remember as you prepare for fair.

- Deadline for entries are July 8th
- **Horse show** will be July 24th at Potter Valley Rodeo Grounds.
- Plan on HOT weather during fair, bring water bottles and drink lots of water to keep yourself hydrated.
- Keep in mind if you are hot so is everyone else. For questions or issues, the correct procedure is to start with your project leader, then Community Leader, then 4-H Program Representative before going to the fair folks.
- Read on in this newsletter for tips on sportsmanship, ethics and more.

SCHOLARSHIPS

The State 4-H website has information on many scholarships. Check this link: http://www.ca4h.org/Resources/Members/Scholarships/Scholarship_Categories/ The scholarships listed below is available locally with applications available at the 4-H Office or on our website.

- **Jane Amundson Memorial Scholarship** for 4-H or FFA participants. Applications at the 4-H Office. **Due July 8.**

Record Book Corner

By Barbara Nordin-Elmer



For those of you preparing your Record Books for the end of the year, we have posted Barbara's Record Book Corner information on our website at: cemendocino.ucdavis.edu/4-h_program/record_books or you may pick up a copy at the office.

Ten Commandments for Parents of Youth Showing Livestock

Courtesy of Clyde Lane, Jr.

Extension Specialist, 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 they 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 should remember that livestock projects are teaching projects, not necessarily money-making projects.
10. Thou shalt remember that the livestock project is a family project that shall be enjoyed and supported by the entire family.

Update from the Mendocino County Junior Awards Committee

Our list of fair award sponsors keep growing! Please be sure to thank them when you patronize their business or meet them in your course of activities. Many of our sponsors give consistently year in and year out and have donated even in these difficult times. We appreciate our sponsors very much.

To be sure we have awards for all who deserve them, we continue to ask each 4-H family to secure at least one sponsor this year. The donation flyers are available by asking your community leader or by contacting Nadine Boer 463-0411 or by email pirtpete@pacific.net.

Business and Individual Sponsors

Ag Unlimited Farm Supply
Anderson Angus Ranch
Anderson Logging Inc.
Anton Geological
Betty and Raymond Barnett
Francine Bearden
Beckstoffer Vineyards
Blue Ribbon Pets
Mike & Nadine Boer
Don and Rhonda Brown
Clines Unlimited Construction
Covelo Riding Club
Daniels Construction
Bob Dempel
Jo Dinning
Downey Vineyards
Jay Epstein - State Farm Agent
Feather Rock Ranch

Gary Swanson Paving, Grading
Bud Garman Construction, Inc.
Geysers Cattle Company/
Rabbit Habbit
Betty Hamblin
Happy Woman Jewelry
Keiths Family Food Center
Kelsay/Rowles Families
Kiwanis Club of Ukiah
KW Swine
Lampi Automotive
Laytonville Rodeo Association
Mendocino Coast Pediatric Group
Mendocino County Cattlemen's
Association
Mendocino County Farm Bureau
Mendocino Equine Practice/
Dr. Paul Michelsen
Rucker Vineyards

Schmidbauer Ranch
Shoreline Riders Inc.
Lester and Donna Smith
Rhonda Stoker
T & M Aviation
Keith & Angela Thornton
Tony and Gina Vau
Rain Waters Sewing
Vic & Maggie Weaver
George Weger
Wine Country Termite & Pest
Yokayo Veterinary Center
**Contributing Clubs
and Chapters**
Anderson Valley FFA
Potter Valley FFA
Potter Valley 4-H
Mendocino Spartans 4-H
Ukiah Shamrocks 4-H
Redwood Valley Calpella 4-H

Reminders for Buyers Luncheon at REF

Centerpieces: Each 4-H club and FFA chapter are asked to create two centerpieces (more if they would like) for the Buyers Luncheon. They are to reflect the fair theme of 75 years of blue jeans and country dreams. If flowers are used, please make them *real* flowers.

Photos for Market animal PowerPoint: Since youth are not allowed to ask people to bid on their animal during the luncheon, a slide show of photos will be playing during the luncheon. To have your photos displayed, please make a duplicate CD of the photos that are taken for the buyers placards and get it to Sheryn Hildebrand. Audie Boer will be putting the slide show together.



Important Fair Entry Notes....

If you are enrolled in the associated 4-H project, you enter in the 4-H Division for the Fair. If you are NOT enrolled in the associated 4-H project, then you enter in the Independent Division.

"Club Scribe"

News from county 4-H clubs

Long Valley 4-H Club **Submitted by Garrett Campbell**

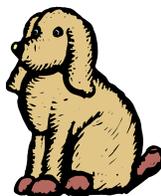
Our group has been very busy this month. The first Sunday we had a great crew show up to help us with our Rodeo Grounds Clean-Up. This is one of our Community Services that we do every year. It was very successful even in the rain :-)

The Swine Group is gearing up for Susan Pierce's swine showmanship clinic. It's a great opportunity for everyone to learn a little something.

Our Market Goat Group all have their goats and have them weighed-in. Yeah! We are also getting ready for the North Coast Meat Goat Show in Ukiah. Good Luck!

Rabbit Group has many new members this year and are successfully learning how to show and care for their cute little bunnies...

Dog Group is a rather large group this year, with new members who are all doing extremely well. It's great how well everyone can handle their doggies.



We will also be doing the drink booth in June for the Laytonville Rodeo. We all hope for it to be a great success. We have 5/6 members that are gearing up for 4-H Summer Camp. Hope everyone has a ton of fun.

Talk to ya next month!

Round Valley 4-H Club **Submitted by Jocey Thieman**



Hello from Round Valley 4-H. In the month of May, our club had a float in the annual FFA Field Day Parade on Mother's Day weekend. We won a first place ribbon. At our May meeting, we ordered our

club T-shirts and sweatshirts. They turned out great. Project meetings were held throughout the month.

We had our last community meeting on June 6th at 5:30 pm. We elected our new officers for the 2011-2012 year. They are:

President - Noelia Davila
Vice President - Kenyon Duke
Secretary - Jocey Thieman
Treasurer - Mareeca Franco
Reporter - Ashley Edwards
Seargant of Arms - Kaiden Britton and Sam Franco
Store Keeper - Linsey Frasier

Below L to R: Kenyon Duke, Noelia Davila, Lindsey Frasier, Ashley Edwards, Sam Franco, Mareeca Franco, Kaiden Britton & Jocey Thieman



We also had hot dogs and burgers after the meeting. Our next meeting, the first of the new year, will be on Monday, September 12, 2011 at 5:30 pm.

We are all getting ready for Fair with lots of project meetings and practice. We can't wait to sport our new T-shirts! See you at Fair.

Looking for fun things to do this summer in the comfort of your own home? Go to <http://www.scientificamerican.com/education/> for Science activities with household ingredients that are completed in less than an hour. Ignite that scientist in your home!

Make the Best of Your Fair Experience

- ◆ During competition be aware that you are representing yourself, your leader, your family and your 4-H Club
- ◆ Remember that the rules for competition are written to keep them fair. Read and understand the rules, and ask questions if you need clarification. Thank your leader and the judge for helping you learn, and keep your experience positive no matter what the results.
- ◆ Be courteous to spectators, parents, fellow 4-H members and judges.
- ◆ Be helpful and pitch in when there is a need. An extra hand is always appreciated.
- ◆ Parents can help their children practice ahead of time, and then watch them do their best without making distracting comments from outside the ring. Let your children earn their awards by themselves. Cheer on their efforts, and be proud of whatever results they achieve.
- ◆ Enjoy the fair and all the wonderful experiences it holds. It is a magical time!

4-H Keeps your Engines Revvin' in 2011



W.H.Y. a Leadership Conference for Teens

September 23-25, 2011 Camp Masonite Navarro

Come and meet new people, renew old friendships and take back new information to energize your project, club and teen meetings.

Sign up before August 1st to take advantage of the early bird price.

Go to the calendar listing for W.H.Y. Conference on our website at <http://cemendocino.ucdavis.edu> to download registration materials or pick up a set from the 4-H Office. The registration materials include registration, medical information, code of contact, etc.

Tips for Sending Letters to Potential Buyers

Adapted from Humboldt County 4-H and Ohio State University (Clark County 4-H)

Selecting the right animal, raising it skillfully and getting it ready for the fair are the key essentials for a successful animal project. Another factor equally important is mastery of the business side of the animal auction.

All 4-H market project members have the responsibility to help invite buyers to the 4-H Livestock Auction. Sending personal invitations to buyers inviting them to the auction is a skill that will benefit you long after the auction is over. The request for a buyer needs to be made in an appropriate manner. Consider the following tips when writing letters to potential buyers.

What your letter should include:

1. Information about yourself
2. Information about your project and club
3. Fair dates
4. Sale date, times and location
5. How they can participate as a buyer

6. Where they can obtain more information
7. Thank them if they have participated before, and if they were a buyer from a previous year

Things you shouldn't include in your letter:

1. Asking the person to buy just your animal
2. Asking for a donation or sponsorship—the auction is not for charity
3. Imply that your family will only continue to do business with them if they buy your animal.
4. Asking for a certain price or bid
5. Statements related to personal hardships or finances

Letter Etiquette

Send your letter out at least two weeks before the fair begins. Hand write neatly or use a computer to compose your letter. For more helpful hints, go to the Fair section on our website" <http://cemendocino.ucdavis.edu/4-H Program/Mendocino County Fairs/>

My 4-H Story

By Rikki Janean Hautala, 2011 Russell Preston Scholarship Winner

"Make the best, better" is a saying I always heard the older kids in 4-H say. This is a saying that I live by, not only as a 4-Her, but also as a citizen. I have always strived to expand my knowledge as a 4-Her. I always was working on my officer's duties making sure I accomplished all tasks while making simple changes to make the task easier. As a citizen, I have received not only one scuba diving certificate, but many. I got certified as an Open Water Rescue Diver so that if anyone needed help while I was scuba diving I would know how to assist in the situation. This one saying has impacted my life for the better.

I have been in 4-H for nine years, and I have learned not only how to improve myself, but also how to help others improve themselves. When I started 4-H, I was always too shy to raise my hand if I wanted to be on a committee or make the motion to adjourn the meeting. Then, as I got older and gained more confidence, I started to volunteer to be on committees and help out at 4-H events. Now that I am older and know how it is to be too shy to say whether or not I want to be on a committee, I am always sure to ask younger kids. This has built their confidence making them better 4-Hers. As an older 4-Her, my advice to younger kids is to be confident because you can do anything you set your mind to, as I now know.

Now that I am older and am a seasoned 4-Her, I have learned the responsibilities of many officer positions. I have always been nervous at the beginning of a new 4-H year taking on my new officer tasks. I always wonder how will I make time to do this job? Who will help me if I don't know how to do something? How do I begin to work on this? Yet every year the job gets done with not just incomplete work, but the job gets done with all tasks accomplished and knowledge gained. This year I hold the officer's position as club reporter. At the beginning of holding this officer position, I was always stuck on what should I write about? What if something's spelled wrong? I always worried. Now that I have submitted several articles to the County *Roundup*, I have gained more trust in my writing. I have learned to read what I write out loud to be sure it flows and sounds good. This isn't just a skill I use for my officer position, but I have also used it to write my senior paper. I have been asked by young 4-Hers what was your favorite job. I never know what to say because I have liked and disliked all the jobs I have

undertaken for different reasons.

Now that I have been admitted to Humboldt State University, I have been learning how to meet the college's deadlines. I have learned to improve my organization skills. This is a skill I have been improving since my first year as a 4-Her. I have learned how to keep track of information so that I can later record it in my Record Book as well as how to make it presentable for others to look at. Being admitted to HSU has brought many learning experiences. I have learned how to use e-mail as an effective tool to communicate with the college. Before



I would always want to talk to people on the phone because I had a hard time putting what I wanted to say on paper. This skill of mine has not only been improved by communication with the college, but also by being the club reporter.

4-H has taught me to look to the future, plan my course, and reach for the stars. I have set many goals throughout my life, but the goal I am striving for now is to get a major in marine biology. I set this goal to further my education not only because I am a first generation college student, but also to make myself a well-rounded person. Being a college graduate would make me a better leader in the future because I would have knowledge that would allow me to help others. Getting my

marine biology major will make me a better leader for future generations.

4-H has taught me the importance of helping others. I have set a goal to become a Peace Corp volunteer after I graduate college. I want to be a Peace Corp volunteer so that I can help others in need and learn from the situations I will be put in. I will be able to better appreciate what I have by participating in others' hardships.

The nine years of participating in 4-H have helped me grow as a compassionate human being. I have learned the importance of helping others, and how good they feel after receiving help, but also how good I feel after helping them. I have also learned that I am one of the leaders of tomorrow and that I need to continue to gain avid leadership skills. I must continue to gain these leadership skills because I am passing them down to the leaders of my tomorrow. All of the experiences I have had within 4-H have taught me to make myself better.

Opportunities & Updates from the State 4-H Office

- **MyPlate**

MyPlate is the federal government's new food icon to serve as a reminder to help consumers make healthier food choices. MyPlate is a new generation icon with the intent to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them achieve a healthier meal. The guidelines emphasize fruit, vegetable, grains, protein and dairy food groups. For more information, visit www.ChooseMyPlate.gov.



- **Preventing Dangerous Falls in Your Home**

Falls in the home account for thousands of deaths each year and even more injuries. While senior citizens are the most at risk for serious injuries, youth have the highest rates of concussions from falling out windows and falling down stairs. This article gives useful tips to help avoid these accidents. To read more online, visit www.cbsnews.com/stories/2011/03/10/earlyshow/living/home/main20041523.shtml.

- **Stop Bullying**

There are many warning signs that could indicate that someone is involved in bullying. If you suspect that someone you know is being bullied or is bullying others, check out the warning signs so you can help. This youth friendly website hosts a myriad of resources and tools that will help kids, teens and adults recognize the warning signs and prevent or stop bullying in their community. Visit www.StopBullying.gov.

- **Common Sense Media**

Did you know that every time you go online, you leave a trail of information behind? Common Sense Media is dedicated to improving the lives of kids and families by providing the trustworthy information, education, and independent voice they need to thrive in a world of media and technology. This website provides advice for parents, recommended books and movies for kids, and free downloadable curriculum for educators or 4-H project leaders. Visit www.common sense media.org

- **Fruit and Vegetable Center**

How do I pick the perfect cucumber? What's the difference between summer and winter squash? How can I use jicama in our cultural cooking project?

Selection. Storage. Preparation. These videos cover it all! Michael Marks, "Your Produce Man," solves your fruit and vegetable dilemmas in these online tutorials. To get cooking, visit www.fruitsandveggiesmorematters.org/video/VideoCenter.php.

- **National Directory of 4-H Materials** (Combination of free and for sale materials) www.4-hdirectory.org/ The 4-H National Directory of Materials is a searchable database of educational materials currently available throughout the Cooperative Extension System. You will find group project materials, volunteer and professional development materials, as well as many other resources. You can search by topic area or keyword, then click on the links to the resources.

- **Exercise Your Options**

This 8-lesson unit guides middle school youth as they record what they eat and how much they exercise, while learning strategies to improve their nutrition and physical activity choices. *Exercise your Options* involves students in making small behavior changes instead of simply acquiring knowledge. The lessons can be infused into health, science, social science, language arts and mathematics lessons. To order the curriculum, visit www.dairycouncilofca.org/Educators/ClassroomPrograms/ProgramsEYO.aspx

HREC BLOG

Check out the new UC Hopland Research & Extension Center's BLOG at <http://ucanr.org/blogs/Hopland>. The daily photo will interest many of you.

2011 Junior Grand Nationals

The Junior Grand National Stock Show will be here before we know it. The show will be held October 14-23 in conjunction with the Grand National Rodeo. For more information, go to the website at www.cowpalace.com under the Junior Grand National tab.

To see ALL the State 4-H Updates, go to: <http://www.ca4h.org/News/>

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University of California
Agriculture and Natural Resources



**“Roundup”
MENDOCINO COUNTY 4-H
July 2011**

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 **Resources** for links to electronic 4-h forms, policies, and opportunities.

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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