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4-H Calendar of Events

December

- 14 Executive Council Board Meeting, Ukiah 4-H Office, 5:30-8 pm
- 15 *Roundup* deadline
- 26 Christmas, 4-H Office closed

January

- 2 New Year’s holiday, 4-H Office closed
- 7 County Leaders Council Meeting, Ukiah 4-H Office, 9 am—Noon
- 11 Expo Committee Meeting, Ukiah 4-H Office, 6:30-8:30 pm
- 15 *Roundup* deadline
- 16 Martin Luther King Day, 4-H Office closed
- 21 Thrive leader Training, Ukiah 4-H Office, 10 am—2 pm
- 25 Expo Committee Meeting, Ukiah 4-H Office, 6:30-8:30 pm

February

- 4 Hands on Junior Livestock Expo & Ethics Training, REF, all day
- 14 *Roundup* deadline
- 15 Executive Council Board Meeting, Ukiah 4-H Office, 5:30-8 pm
- 20 President’s Day, 4-H Office closed
- 25 Food Safety Training, Ukiah 4-H Office, 10 am-2 pm



Hands-on Junior Livestock Expo Registration is Open

February 4, 2012, is the date for the Junior Livestock Expo. Registration forms are now available on line at <http://cemendocino.ucdavis.edu/4-H Program/Livestock Exposition 2012/>

The registration fee is \$10 per member and \$5 per adult before January 13th and \$15 after that date. At the same web address is a vendor application for businesses. There will be a quality assurance and ethics training by Dr. Celina Johnson from Chico State University in the morning and afternoon. This training is mandatory for those showing at the Redwood Empire Fair. There will be six market animal species sessions including beef, sheep, swine, goats, poultry and rabbits that will be held simultaneously in the morning and the afternoon.

A walking lunch; food will be available for purchase. A “Soup Off” (a soup competition — perfect for a cold winter day) will be put on by Court Appointed Special Advocates (CASA) for your dining pleasure. During the walking lunch there will be learning labs for you to visit on various topics including bio-security with Martin Smith of UC Davis, plus programs on dairy goat, dairy cattle, horse, dog, carcass evaluation and processing, a dissection station by UC Davis Vet school, and more.

Continued on next page

Leader Corner...

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



2012 is already filling up!

Please remind your clubs of:

- Jan 7th Council meeting~ each club **MUST** be represented
- Jan 21st Thrive training ~ each club **must** send team
- Feb 4th Livestock Expo~ Best animal learning opportunity since 2009
- Feb 25th Food Safety Training~ each club needs two certified leaders, teens are welcome
- March 3rd County Presentation Day~ Redwood Valley, Come Rock your Health!

Online Record Books are new and exciting. Check it out at <http://www.ca4h.org/Resources/Members/RecordBook/>

T-shirt Design Contest for Hands-on Livestock Expo

The Expo Committee is asking for members to submit their design for a T-shirt for the Hands-on Livestock Expo. The Expo will be held at the Redwood Empire Fairgrounds on Saturday February 4, 2012. Designs should:

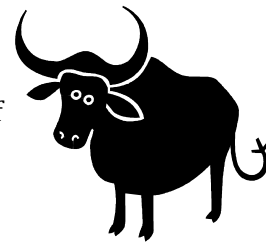
- ◇ Include only two colors
- ◇ Be original artwork
- ◇ Be no larger than 12x12

Submit your entry digitally (as a PDF file) by December 20th to Shanna Braught at shan@willitsonline.com or drop off or mail it to the Ukiah 4-H office at 890 N. Bush St, Ukiah, CA 95482 so it is in the office by December 10th.

Continued from previous page

More Livestock Expo...

Vendors will be available throughout the day to highlight their products or services. All Star Asia Jones of Lake County 4-H will be hosting a Livestock Wheel of Fortune. Test your knowledge about all different livestock. Asia will have a special Cloverbud session in the morning during registration before the ethics and species sessions start. She'll have a lunch-time session for all other members.



This is a full day of information, fun, and lots of prizes. The event is open to 4-H, FFA and independents in Mendocino, Lake, Humboldt and Del Norte Counties plus their leaders and families.

Be sure to mark your calendar **February 4, 2012!**

Cloverbuds & Non-market Animals Kids

There will be an ethics training for Cloverbuds and non-market animal (dogs, cavy, poultry etc.) kids at the Expo. All youth showing animals at the Redwood Empire Fair must have completed an ethics training before their leaders can sign their fair forms. This training **WILL NOT** qualify the members to show at State Fair.

Those members showing market animals will have a separate ethics and quality assurance training that **WILL** qualify them to show at State Fair.

Committees Needed for Hands-on Livestock Expo

The Expo Committee is looking for youth and adults to help with set-up for the event on the Friday, February 3 between 10 am and 5 pm. They also need help cleaning after the event on Saturday, February 4. Serving on either of these committees can be entered in your record book. This is a huge event that takes many people to make happen. If you are interested, please contact Shanna Braught (event chairman) at shan@willitsonline.com or call 707-984-6763.

“Target Tomorrow” – Teen Opportunity North Coast Youth Summit

The 9th Annual NORTH COAST Youth Summit: “Target Tomorrow” will be held at College of the Redwoods on February 11th from 9 am to 4 pm for 7th-12th grade youth (and adults who work with these youth). **For more information and registration details go to www.ysummit.org**. Register by January 16 to get the lowest fee.

This FUN, interactive conference will increase the leadership skills of youth and adults and empower them to become agents of change in their world and prepare them to enter the workforce. Participants will learn what it takes to confidently enter leadership roles in the real world and will gain an understanding of the value of service in their communities. By the end of the conference, you will have gained skills which will challenge you to take leadership positions at school and in your community plus important job skills.

Fire Safety Project

Reminder... Lezlie Elmer is offering a new countywide 4-H project that can show you what it's like to be a firefighter. There will be fun, hands-on activities to learn survival skills, mapping, tours of the dispatch center and firehouse, as well as environmental benefits of fire and learning CPR.



Anyone can participate in this project. We will have meetings each month from January to May. If you are interested in this project or need more information, contact Lezlie at [707 489-1592](tel:7074891592) or [<elmersglue91@gmail.com>](mailto:elmersglue91@gmail.com).

Please help us save postage...

If you are receiving a mailed copy of the Round-up and prefer to get it electronically, please let us know. Also let us know of any email address changes.

Record Book State & County Judging Results

| | | | | | |
|---------------------------|---------------|-----------------------|---------------|-----------------------------|--------------|
| Fort Bragg | | Ayla Yager | Gold | Stetson Burgess | Gold |
| Miles Anderson | Red | Yager Elisha | Blue | Matt Colvig | Blue |
| Molly Dorsey | Blue | Jordan Yager | Gold** | Caitlyn Forrester | Gold |
| Janee Estes | Gold | Redwood Valley | | Hailey Riley | Gold |
| Ashley Hautala | Gold | Jessica Crowhurst | Gold | Morgan Riley | Blue |
| Wyatt Hobart | Gold | Bryon Norcross | Gold | Potter Valley | |
| William Jones | Blue | Colton Pinson | Gold | Julie Brown | Gold |
| Lucia Jones | Gold | Ukiah Shamrock | | Chayton Johnson | Gold* |
| Tanisha Norvell | Gold** | Adriaan Boer | Gold | Cooper Johnson | Gold |
| Lane Norvell | Gold* | Ericka Boesel | Gold | Chesney Johnson | Gold* |
| Julia Ravella | Gold | Duncan Cline | Gold | Katie Penry | Blue |
| Mendocino Spartans | | Madeline Cline | Gold | Kenzi Wattenburger | Gold |
| Jillian Anton | Gold | Tea Greene | Gold | | |
| Ariel Anton | Blue | Kenzie Kornegay | Gold | State Awards | |
| Rory Beak | Gold | Tanner Whetzel | Gold | * Medalist | |
| Joey Beak | Gold | Megan Whetzel | Gold | ** Merit Recognition | |
| Kenyon Begley | Blue | | | | |
| Rowin Breaux | Gold | Willits | | | |
| Jasper Estes | Gold | Lance Burgess | Blue | | |
| Sophie Swan-Edlund | Blue | | | | |

***Congratulations to all for
your hard work!***

“Club Scribe”

News from county 4-H clubs

Ukiah Shamrocks 4-H Club

Submitted by Tanner Whetzel

At our November meeting, we had a short business portion of the meeting. We talked about how our club will be selling and serving food for the Sheep Dog Trials in Hopland on November 12-13. We also shared how our club was very busy in October by participating in the Pumpkin Fest Parade, decorating windows for National 4H week, selling water bottles and bakery items at the Pumpkin Patch and having our club Halloween Party.



Phil Dow, a veteran from Post 1900 Veterans of Foreign Wars, came to talk with us about flag etiquette. He told us that we can keep our flag up at night as long as you keep the flag illuminated.

Mr. Dow also told us that when the flag comes by you in a parade, you should stop what you are doing and turn to the flag.

We finished the meeting with our end of the year awards ceremony. Our community leaders handed out the pins, stripes, stars, teen/junior leader patches, 100% attendance, proficiencies, and county record book pins. Good job to all of our club members!

Long Valley 4-H Club

Submitted by Garrett Campbell

Hope everyone is having an exciting new year! Long Valley seems to be off to an excellent start. Project Groups are settling in to the new year, and we are in full swing.

Our group is all participating in our annual Thanksgiving Baskets. We all donate items for families in our area so families less fortunate can enjoy a Happy Thanksgiving...Let us all be thankful for another wonderful year!



Fort Bragg 4-H Club

Submitted by Deanna Lowe

Lots of fun things happening in October and November in our Fort Bragg 4-H Club. At the end of October we had our Halloween party held at Fort Bragg Mini Golf. Everyone enjoyed golfing, the food, arcade games, playing pole and all the members looked great in their Halloween costumes. We ate donuts off a string, bubble gum chewing contest, and lots of laughs. Everyone had a blast.

In November we are having our member dinner and initiation as well as collecting cans of food for our Thanksgiving baskets which will be donated to our local senior center, incorporating our SENIOR SPOTLIGHT theme this year.



Redwood Valley 4-H Club

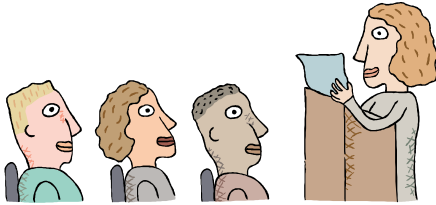
Submitted by Olivia Cooper

At Redwood Valley/Calpella's meeting on November 15, we talked about many specific upcoming events. Here is a list of some events:

- November 30 - Cooking meeting
- December 5- Rabbit meeting
- December 13- Next RV/Calpella Club meeting
- December 15- Meat Goat meeting
- February 4 - Ethics Training
- March 3- Presentation Day

This year, to the surprise of many members, all members entering in the Fair have to go to Ethics Training (Feb. 4). Kim Pinson shared information about the Fire Safety project which helps prepare youth for fire emergencies. She said it will be very hands on and interactive! Did you know that smoke detectors need to be checked monthly and their batteries changed twice a year? I think we all can learn something from this new project. Next, we were reminded about Presentation Day, which

our club is holding this year, (March 3) where you can do anything you can present to practice life skills such as creativity, preparation, and speaking skills. Some examples and ideas are skits, demonstrations of things you enjoy doing or making, and job interviews. All



4H-ers are invited! Presenting for Presentation Day can go on your record book, it's great practice, and it's fun! So why wouldn't you start preparing now?

Remember, members have to attend 80% of all meetings to get credit in record books! If you miss too many meetings, you may be able to make them up by calling Community Club Leaders for Club meetings, and your project leader for Project meetings.

Our next meeting, on December 13, will be a potluck! Also, we will be collecting canned food and unwrapped gift donations. See you then!

Mendocino Spartans 4-H Club Submitted by Sophie Swan-Edlund

On Monday the 14th of November 2011, the Mendocino Spartans met in Preston Hall. First we had the business meeting, which started at 4:00. Members presented their project reports, which included reports on Taiko drumming, bird watching, and goats. After the business meeting, we had dinner and deserts that were made by various 4-H families.



At the awards ceremony, 22 members received a 100% attendance pin, and 10 members received a gold for their record book. Carson Word got his 7th year pin, and club president, Jordan Yager got her 6th year pin. After the awards ceremony, the centerpiece silent auction began. \$90 was earned from the silent auction, and this money will help to fund club activities.

(continued)



Mendocino Spartan 4-H officers (left to right) Jordan (President), Ayla (Vice President), Ariel (Corresponding Secretary), Rowin (Treasurer), and Rory (Recording Secretary).

Photograph by Sophie Swan.

Potter Valley 4-H Club Submitted by Savannah Logan

Happy Holidays 4-H families. The Potter Valley Club is up and running with almost 10 new members this year. We hold our meetings the first Monday of each month unless it's a holiday. This year, rather than have a Community Services Project with only a few enrolled, we're introducing a community service opportunity at each of our monthly meetings and these opportunities will continue the whole year. For example, our October meeting was, "bring a gently used coat or jacket" month for foster kids. November we added on, "bring a package of new diapers for our diaper drive for the local Youth and Community Center." We also have a "Change for Charity" bottle that members can bring their loose change and deposit and in May, we'll pick a local charity to donate the money. Last year's "Change for



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Charity" went to the Cancer Resource Center of Mendocino County and we were able to donate \$150 that we collected throughout the year.

At our November meeting, the entire club made turkey centerpieces for Plowshares for their Thanksgiving tables. Also at our November meeting, our club Secretary, Emily Eddie, walked us through the basic steps of writing a proper "Thank You" note, and we all wrote thank yous to our parents for supporting us in 4-H. We had a special guest for this meeting, Beb Ware who talked about the Eel River Clean-up that had taken place the past weekend and what a huge success. One of our 4H families, the Johnson's, took it upon themselves to turn in recycle picked up at the clean-up and donate the money to the club. Thank you to everyone who helped with this annual event.

Our December meeting will be our annual Potter Valley awards night with a fun family potluck. See you in January.

Round Valley 4-H Club Submitted by Kenyon Duke

In November we had a canned food drive with great success. Thank you to all those members who brought in food. And thank you to Noelia Davila for seeing that the food was delivered.

In December we will be having a cake walk. I always look forward to winning a cake, and I am sure everyone else does too.

We will be having a Christmas ornament exchange between our different groups this month. The swine group made gingerbread boys and girls, and decorated them during our last meeting.



Attention~

Want to know the dates and events happening in 2012? Check out this link.

<http://cemendocino.ucdavis.edu/4-H Program/Calendar/>

It is the calendar for Mendocino County 4-H, meetings, events and more. Don't be left out . CHECK IT OUT!

Eel River Cleanup Recap

Saturday Nov. 5 was very cloudy with an occasional sprinkle. The river was flowing clear and cold. Over 100 salmon were swimming up stream. The first volunteers arrived at 8 AM , others continued to arrive until noon, totaling 114. As volunteers arrived they were directed to areas that needed work. PG&E put on a great BBQ hamburger, hot dog & tri-tip lunch with all the trimmings, very tasty, and a \$1000 donation to 4-H



Solid Wastes of Willits received all the trash collected at the Potter Valley Transfer Site for free; 27 tires, 8.5 cu. yards trash, 2 cu. yards metal, and a full pickup truck load of recyclables, all removed from our water supply. The dump bill would have been over \$400.

For the first time in 20 years the cleanup expanded to include the Lake County/Lake Pillsbury area. We now clean 12 miles of river and over 26 miles of county roads in two counties.

It was an incredible day of accomplishment; I want to thank each and every one of you for helping to keep this river clean, pristine and healthy for us and for generations to come. Please come to the 2012 Eel River Cleanup.

Sincerely,

Beb Ware

Five Youth Development Supports and Opportunities Kids Need

By Shannon Dogan Associate Director of 4-H Program and Policy

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) emotional and physical safety;
- 2) multiple supportive relationships with adults and peers;
- 3) meaningful opportunities for involvement and membership;
- 4) knowledge and ability to impact the community
- 5) challenging and engaging activities and learning experiences.

For this month we'll focus on the first support and opportunity — building safety

Creating a safe environment for young people is critical to their health and development. Young people feel physically safe when the surrounding environment is properly equipped with systems and procedures to protect them from physical harm. A young person feels emotionally safe when s/he is fully accepted and valued as an individual by adults and peers.

Establishing safety is critical as safety is the foundation of any quality environment. For example, without safety it is difficult to build relationships. Additionally, if young people do not feel safe they will not want to stay in the program.

Here are five things you can do now to build safety:

1. Develop agreements regarding safety and regular group meetings
2. Include “no put-downs” in your agreements
3. Institute a regular group or “community” check-in at meetings
4. Assess the cultural, gender, ethnic and family structure background of your group
5. Expand the group’s knowledge of particular groups and cultures

How do you know if the environment is safe? Here are a few indicators of a safe environment:

- The emotional climate of the session is predominantly positive and any playful negative behaviors are mediated by staff or youth
- There is no evidence of bias but rather mutual respect for and inclusion of others
- The program space is free of health and safety hazards
- Written emergency procedures are posted in plain view
- Other appropriate safety and emergency equipment is available to the program offerings as needed
- All entrances to the indoor program space are supervised for security during program hours
- Access to outdoor program space is supervised during program hours
- Program space is suitable for all activities offered
- Available food and drink is healthy

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

Next month we will explore relationship building. Stay tuned!



Thrive Training—January 21 Ukiah 4-H Office 10 am-2 pm, Lunch included

California 4-H has created a set of leadership development tools based on **Step-it-up-2 Thrive concepts**. These concepts and skills encapsulate many components of well-being- good health and positive demeanor, compassion for others, the ability to communicate, and skills to overcome challenges.

Your Thrive team of master trainers have been working hard preparing a training for Officer Advisors, Leadership project leaders and Teen leaders. Each attendee will receive an *iChampion* and *iThrive* handbook to guide them in implementing this idea in their project. Leaders and teens will learn to set goals, how to achieve them

and so much more. The **Online Record Book (ORB)** is part of this exciting process.

All clubs are required to send at least one adult leader to this training. Although more is better, consider partnering up! Also consider bringing an energetic positive teen or two to help you with training your club.

Please RSVP by January 17th so we'll have enough supplies for everyone attending.

As always if you have any questions please do not hesitate to contact Linda Edgington at 463-4495 or lgedgington@ucdavis.edu

Health Rocks at Presentation Day-Saturday March 3

Mark your calendars and start planning your presentations, skits and interviews for County Presentation day! **Saturday March 3** is the date. Registration begins at 9:30 a.m., and the event starts with an assembly in the cafeteria at 10:00 a.m. Presentations will start at 10:30 in various classrooms on the campus of Eagle Peak Middle School in Redwood Valley.

NEW THIS YEAR is a non-judged room for those that are too shy but want to earn their star ranks.

The committee is already working on fun, active and healthy downtime activities including an exercise circuit and a healthy food, snack and activity judging contest. Plus the Redwood Valley/Calpella Club will be offering delicious food for purchase at lunch as well as some healthy breakfast snacks.

Don't miss out! If you are wondering what Presentation Day is, please come and see! You can be part of the audience for the presentations and participate in the downtime activities, if you are not ready to do a presentation. **OR** Plan a skit with friends.

To register, go to the 4-H page on our website and click on the listing for Presentation Day on the left side. Or go to this link for a fillable pdf that you can email or fax: <http://cemendocino.ucdavis.edu/4-H Program/Presentation Day 2012/>



Registration deadline is (or postmarked by) Friday, February 17, 2012.

<http://www.ca4h.org/files/2193.pdf> is the link to the Presentation Day Manual, so you can see all the different presentation opportunities available.

<http://www.ca4h.org/files/51307.pdf> is the link to the Interview Manual. This will help you in preparing for your job interview.

Mendocino County is hosting Sectional Presentation Day this year in Willits on April 21. If you qualify with a gold presentation at County Presentation Day, you are encouraged to enter Sectional Presentation Day, too. It only comes to our county once every four years!

Questions? Please contact Maureen Phillips at mophillips1964@yahoo.com or 485-8855.

Opportunities & Updates from the State 4-H Office

National 4-H Conference

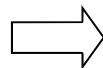
This is a working conference in which youth and adults develop recommendations to help guide 4-H Youth Development Programs nationally and in their communities. This event brings together youth, volunteer leaders, and state and county extension staff members from across the United States, the U.S. territories, and the Canadian provinces. Applications are now available at: <http://www.ca4h.org/Programs/Conferences/N4-HC/> For more information please contact Steven Worker at smworker@ucdavis.edu

Presentation Day

Preparing for your **county** and **sectional/regional 2012 4-H Presentation Day**? The 2012 impromptu topics are available at <http://www.ca4h.org/files/72298.pdf>. The 2012 Senior and Intermediate problem solving presentation fact sets are available at <http://www.ca4h.org/Programs/Events/SFD/PD/>. Problem Solving presentations allow the member to select a position on an issue and develop a presentation to defend that position. There is NOT pre-qualification required to enter this category at the State 4-H Presentation Day (i.e., a gold medal at a sectional competition is not required to enter the Problem Solving category). The 2012 special recognition opportunities available at http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities/. Members focusing their presentation on one of these themes will earn a special pin at the State 4-H Presentation Day! The SET theme is **renewable energy**, the healthy living theme is **healthy foods**, and the citizenship theme is **speak out for military kids**. For questions, contact Steven Worker at smworker@ucdavis.edu

On-Line Record Books (ORB)

Having launched on September 1st, 2011, the 4-H Online Record Book (ORB) continues to grow with 590 club meetings registered, 2284 Developmental Activities entered and more. Anything new takes a little time to figure out. Once a user gets going on ORB, youth, volunteers, and staff will find that the Online Record Book will streamline reports and approvals much quicker and easier. Check out the Online Record Book today at <https://ucanr.org/4hbook/login.cfm> and simplify your 4-H life .



Win an iPad2!

Measuring Success through the 4-H Online Record Book

One of the features of the 4-H Online Record Book (ORB) is the "Boost Your Spark Score!" box. Through the Spark

Score Questions we will be able to measure the impact of 4-H and track the progress of individual youth toward reaching their full potential, or in a word, to **thrive**.

To incentivize use of ORB in this first year, both youth and adults have opportunities to be eligible to be entered into a drawing for iPad2's and a Centennial commemorative pin.

Youth Eligibility Requirements

A. Chance to win one of four iPad2s, (16GB, Wireless) Drawing to be held in July 2012. To be eligible, members must complete all of the following:

- 1) Boost Your Spark Score! Complete all five Spark Score Questions surveys in ORB plus at least one Bonus Score Questions survey by **January 31, 2012**.
- 2) Boost Your Spark Score-again! Complete all five Spark Score Questions surveys in ORB plus at least one Bonus Score Questions survey by **June 30, 2012**. As you complete the original five Spark Score Question surveys, they will disappear from your Boost Your Spark Score panel. In April 2012, these same surveys will reappear and you will answer the same sets of questions again.

B. Centennial commemorative pin

Members who complete the five baseline surveys by January 31, 2011 and the end-of-year surveys by June 30, 2012 are eligible to receive the Centennial commemorative pin.

Adult Eligibility Requirements

A. Chance to win one of two iPad2s, (16GB, Wireless) Drawing to be held in July 2012. To be eligible, adults must complete all of the following:

- 1) Attend Thrive training in your own or a neighboring county.
- 2) Attend Rubrics and Thriving Training. (multiple conference call training sessions offered October—November 2011).
- 3) Implement and complete the iThrive Member Guide in a Leadership Project (club, county-wide or other).
- 4) Complete evaluation surveys from UC Davis research team. (Two surveys, pre and post program delivery.)
- 5) Complete baseline GPS Rubrics and Contribution Rubrics on at least three youth by January 31, 2012
- 6) Complete end-of-year GPS Rubrics and Contribution Rubrics on the same three (or more) youth by June 30, 2012.

B. Centennial commemorative pin

Adults who complete all of the above requirements by the designated deadlines are eligible to receive the Centennial commemorative pin.

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

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Ukiah, CA 95482

University of California
Agriculture and Natural Resources



**“Roundup”
MENDOCINO COUNTY 4-H
December 2011—January 2012**

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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