University of **California** Agriculture and Natural Resources

Making a Difference for California



Mendocino Roundup

March 2012

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4-H Calendar of Events

March

3 Cty. Presentation Day, Eagle Peak School, Redwood Valley 10 County Council Meeting, Ukiah 4-H Office, 9 am—noon 15 *Roundup* Deadline

April

- 15 Roundup Deadline
- 16 Preston Scholarship Applications due
- 18 Executive Council Meeting, Ukiah 4-H Office
- 21 Sectional Presentation Day, Willits (details to come)
- 28 Potter Valley Rabbit Show, Potter Valley Fire Department
- 29 Redwood Valley Horse Show

May

- 5 Extravaganza
- 12 County Council Meeting, Ukiah 4-H Office, 9 am—noon
- 26 State 4-H Field Day, UC Davis

June

- 13 Executive Council Meeting, Ukiah 4-H Office, 5:30-8 pm
- 15-19 Cal Focus Teen Conference, Sacramento
- 23 I & R Record Book Training

Mark your Calendars for the Event of the Year! Saturday, May 5

4-H Ex·trav·a·gan·za:/ *noun* A lavish or opulent show, event, assemblage, etc.: *an extravaganza of projects and fashions and good taste!*

Look for entry forms on line soon. You do not need to be enrolled in a specific project to enter New Location: St. Mary's School Auditorium in Ukiah

Hosted by the Ukiah Shamrock 4-H Club



Leader Corner...

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



Next **County Council** meeting is at the Ukiah 4-H office on March 10[,] 9-Noon. EVERY CLUB must be represented

Wrap-up debriefing of **Hands-on Livestock Expo** is March 10, 1 p.m. (after the council meeting).

Start getting your **Project Proficiency** lists together. Talk to kids and leaders. Remember members must be signed up by the April 30 deadline to be able to earn that proficiency.

April 21 is **Sectional Presentation Day**.

Mendocino County is hosting and includes presenters from Humboldt, Del Norte and Lake counties. It will start at noon at Willits High School in Willits. We need help with all parts of this day: judges, room hosts, registration, awards, food and downtime. Contact the 4-H office to volunteer, 707-463-4495

Extravaganza, May 5. Remind your project leaders to help their kids have finished items ready for this event. The new location is St. Mary's School on Dora Street in Ukiah.

4-H Whites!

Some 4-Hers are in need of whites for the upcoming Presentation Days. Rather than purchasing new clothes that the kids may outgrow by fair time, it would be great if we could recycle those that other kids have outgrown.

Last year at Fair we had a tub of recycled whites for people to take. We need to replenish our supply. If you have any to donate, drop them off at the 4-H office or give them to your club leader.

Project Proficiency Program

A goal of 4-H is to help our youth members

progress in the projects they select. The Proficiency Program is a way to develop members' skills and project learning. Most individual projects have project proficiency guidelines for beginning, intermediate and advanced levels to guide learning



in the project area and test the youth's proficiency in a project .

How do members sign up?

Members decide which projects and levels they want to enroll in and then tell their project leader.

- **First year members** are limited to one beginning level proficiency. This gives the member an opportunity to learn about the program.
- **Members in their second year and above** are limited to two proficiencies a year. They may decide to sign up for two proficiencies in one project (such as beginning and intermediate cake decorating) or to complete a proficiency in two separate projects and levels.

IMPORTANT!

The project leaders must notify community leaders of the names of youth who are enrolling in the Proficiency Program, and this information is provided to the 4-H office **no later than April 30th**. Members then work on the proficiency guidelines at their own speed and are tested by their project leader. Project leaders then notify the Community Club leaders of those who have completed a proficiency. These names are then submitted to 4-H Office **by September 30th**.

Proficiency pins are only awarded to those youth on the enrollment list submitted to the 4-H office April 30th and the completion list submitted to the 4-H office by September 30th. Your club will set earlier deadlines to receive this information in order to meet these deadlines.

An Update from the **Mendocino County Junior Awards Committee**

Yes, it is March, and we are already actively seeking and receiving donations for the 2012 Redwood Empire Fair and the Mendocino County Fair. The Mendocino County Junior Awards Committee purchases awards to go along with the ribbons at the fairs for most winners. All money received by the committee goes directly to these purchases.

We have a donation flyer available upon request. We are asking all 4-H members to please ask your friends. family and favorite businesses to support this program. Below is a list of the donors that have already contributed this year. We will be updating this list through out the year. If you recognize any of these names, please thank them on behalf of our program.

Businesses and Individuals

Betty & Raymond Barnett Lampi Automotive Francine Bearden **Beckstoffer Vineyards Bob Dempel Bud Garman Construction Services** Feather Rock Ranch Happy Woman Jewelry The Dennis Hunt Family

Keiths Family Food Center **Rucker Vinevareds** Schmidbauer Ranch Vic & Maggie Weaver George Weger Chris & Betty Keiffer **Clubs and Chapters** Potter Valley FFA Ukiah 4-H

Lake-Mendocino 4-H Summer **Camp 2012** Camp Dates: July 9-13 **Camp Masonite Navarro**

Camper registration is now open.

Early Registration is \$135 due by April 9, 2012. After April 9, Late Registration is \$150 due by June 1, 2012. Forms are available at http://ucanr.org/summercampforms or at the 4-H Office.

Scholarships

Looking for money for education? There are several opportunities for 4-Hers to help pay for higher education.

The State 4-H website has information on many of these scholarships. Check this link: http:// www.ca4h.org/ **Resources/Members/** Scholarships/ **Scholarship Categories**/



Other scholarships are available locally, and we will share that information with you in this column. Most applications are available at the 4-H Office.

- **Preston Scholarship** • Offered in honor of Dr. Russell Preston, noted physician in Mendocino. Three \$1,000 scholarships are available to qualified graduating seniors. Due April 16
- **Mendocino County Farm Bureau** • **Scholarship** Info: MCFB at 462-6664 (Application packet

also at 4-H Office) Due March 15

- **Mendocino County Cattlemen's Association** • Rudy Mora Beef Scholarship. Applications available at 4-H office or MC Farm Bureau. Due Mav 1
- **CA-4-H Program Higher Education** • **Scholarships** Deadline: April 30, 2012 The California 4-H Youth Development Program, with help from donors, offers statewide scholarships to graduating high school seniors and current college students to cover educational expenses such as tuition, books, room and board. Applicants may apply for multiple scholarships but are only eligible to receive one scholarship per year. Previous scholarship recipients may reapply. For scholarship categories and application details, please visit: http://www.ca4h.org/Resources/ Members/Scholarships/.

Last Youth Development Support is Skill Building

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

For the last several months, we have unveiled the supports and opportunities that are the foundation of our program and should be experienced by all young people. The final one is skill building. Quality skill building activities provide challenging and engaging opportunities for young people. In 4-H, we focus specifically on the components of thriving – sparks, growth mindset, the GPS system of goal management, and self-reflection on the indicators of thriving. Have you heard of these components yet? Here is a summary:

• Sparks – An inner passion, interest or talent. A spark is also something that is used to make a positive difference in the world.

• Growth Mindset – People with a growth mindset see skills and abilities as things that can be improved through practice, effort, and persistence.

• Goal Management Skills – Goal management is the ability to effectively utilize goal setting skills to manage the process of reaching a goal or goals. In 4-H, we use the GPS system of goal management: G – Goal setting; P – Pursuit of Strategies; and S – Shifting Gears.

• Self-Reflection Skills – Dialogue and internal evaluation exercises help youth develop goals toward increasing indicators of thriving (6C's: competence, confidence, caring, character, contribution, and connection).

I think you will agree that the California 4-H Youth Development Program encourages skill-building opportunities. However, we should be ever mindful that we need to be intentional in our planning and delivery to assure that these occur.

Here are five things you can do now to increase skill-building:

1. Help youth explore, develop, and discover their sparks. Begin by asking youth what they are interested in.

2. Encourage effort and persistence, and praise youth for their hard work instead of the outcome or product.

3. Use the GPS model of goal management.

4. Provide structured and unstructured opportunities for young people to converse about their goals and the 6C's.

5. Read more about the components of thriving: http://www.ca4h.org/About/Thrive/

Keep your eyes and ears open for more ways to build youth skills through the four components of thriving. There are many skills that young people build in 4-H, and we are intentionally focusing on the thrive model to create common language,

standards of program delivery, and to help youth grow in very specific and measurable qualities. Currently, youth members enrolled in 4-H Leadership Projects throughout the state are improving their 6C's through these skill-building opportunities.



Become a 4-H Master *Thrive* Trainer

The 4-H Thrive Master Trainer is a member of a state-wide training team that acts locally to train, support, and guide 4-H volunteers on promising practices in positive youth development with special emphasis on concepts of thriving. Some of the benefits of becoming a 4-H Master Trainer include:

- Personal satisfaction of significant statewide contribution to growth of 4-H members toward their full potential.
- Access to training and conferences that advance your career-worthy leadership and facilitation skills.
- Access to training and conferences that enhance and support your youth guidance skills.

Contributions of a 4-H Master Trainer: As a member of a local county Master Training Team, trainers develop, implement and evaluate volunteer development opportunities within the county.

Mendocino County needs a few more people. Older teens and adults are encouraged to join our Thrive Team. Contact Linda Edgington <u>lgedgington@ucdavis.edu</u> 707-463-4495 for information on this opportunity!

4-H Shooting Sports Workshop Rifle Discipline March 17 & 18 Lakeport, CA

A Rifle Trainer course will be held Saturday and Sunday, March 17 & 18 from 8:00 a.m. to 5:00 p.m. in Lakeport at the Konocti Rod & Gun Club. Upon successful completion of this course, 4-H leaders will be certified as Trainers in the shooting sports discipline of rifle and can then lead a club/camp project or certify volunteer leaders. The course fee is \$25.00. You must be an appointed 4-H volunteer to attend. Please send the Training Request Form found at <u>http://celake.ucdavis.edu/</u> files/135991.pdf and fees **payable to Lake County 4-H Council** to UCCE Lake County, 883 Lakeport Blvd., Lakeport, CA 95453.

Questions? Registration information contact Julie Frazell at (707) 263-6838 ex. 119 or <u>jfrazell@ucdavis.edu</u>. Course content contact Rick Walker at (707) 994-7531.

Other Trainings....

Another **4-H Shooting Sports Workshop for Rifle** will be held in Tulare, CA on April 14 and 15. To register for the course or receive more information, contact John Borba at: <u>jaborba@ucdavis.edu</u>

4-H Shooting Sports Workshop for Archery will be held at the YMCA Camp Campbell - Boulder Creek, CA (Santa Cruz County) on March 23 - 25. Cost for the course is \$160 and includes class material and meals and lodging. For more information or to register online, visit this website: <u>http://</u> www.ca4h.org/Programs/Camps/Conference/

Million Pillowcase Project

The **Million Pillowcase Project** is a national community service activity adopted for 2012 by 4-H State Fashion Revue. To participate, sew a

standard-size pillow case, 20" x 30". Bring it to State Fashion Revue on May 26 at UC Davis or have a delegate from your county deliver it. The SFR committee will collect the pillowcases and donate them to



charitable organizations throughout California. Get creative with your pillowcase fabric! Add a decorative border! Design a pillowcase for a foster child, a homeless person, or perhaps a nursing home resident. For ideas and sewing instructions, go to <u>www.allpeoplequilt.com</u> and click on Million Pillowcase Challenge. Our goal is 500 pillowcases from California 4-H. Contact <u>ashleyandtara@grmail.com</u> with pillowcase questions. For more information about State Fashion Revue, go to <u>http://www.ca4h.org/</u> <u>Programs/Events/SFR/</u>.

In Mendocino County...

Join us on March 23 from 3 p.m. to 7 p.m. at the Ukiah 4-H Office for this fun Community service opportunity.

You do not need to have any sewing skills to participate. If you have a portable sewing machine, please bring it. If you have any spare suitable fabrics to donate towards the Million Pillowcase Project, bring them with you. Call Barbara Elmer at 743-1297 to RSVP or ask questions.

	Ownership	Initial Weigh-in	Postmark date
Beef	April 4, 2012	March 26-April 4	April 7
Swine	May 4, 2012	April 25-May 4	May 7
Sheep/Goat	June 3, 2012	May 25-June 3	June 6
Poultry/Rabbits	July 3, 2012		July 6

Weigh-in Dates for Redwood Empire Fair



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

On Monday, February 13th, the Mendocino Spartan group met in Preston Hall for their February meeting. After the news from last meeting was discussed, two people from the 4-H office in Ukiah came to talk about Presentation Day and all of the activities that would be there. They said that there would be a fashion show, a food contest, Wii's to play with, and more things to do before and after

you make your presentation. After we learned about Presentation Day, we continued our business meeting. During that, the Taiko



drummers performed, and Jillian Anton played her flute. After the performance, we ended the meeting. People had a chance to go to the Lodge at the Woods to play board games with the elders afterwards.

Ukiah Shamrocks 4-H Club Submitted by Tanner Whetzel

At our February meeting, we started exactly at 6:30 p.m. to listen to our guest speaker, Jonathan Plank. He is a Veteran who attends school at Mendocino College and works in their Veterans Center. Jonathan needed to get to his college class, so we let him go first. He spoke about the college's Veteran's Center and how it is a good thing for them to have to help them get an education. He also thanked our club for decorating the center for the winter holidays. After the meeting, our club made Valentines to take to the Mendocino College

Continued next column

Veteran's Center for decorations. We were able to deliver them the next day.

During our meeting we learned that one of our members, Megan Whetzel, will be a director at 4-H Summer Camp. She talked about how much fun camp is and about all the activities and encouraged everyone to sign up. Our President and Vice President talked about Presentation Day and did a small presentation so that all of our new members would know what happens at Presentation Day.

We ended our meeting by making Valentines for one of our former members, Brian Harris. He is at UCSF being treated for leukemia. Our club made a package to send to Brian to wish him well.



At our next meeting we will have all of our members who are participating in Presentation Day practice in front of our club.

Redwood Valley 4-H Club Submitted by Olivia Cooper

At our Valentine's Day meeting, we were again reminded that Presentation Day is coming up very soon! We need as many volunteers and judges as we can get. You can volunteer to be a room host, set up and clean up, help the cook, or create thank you gifts. Volunteering on Presentation Day will be fun and rewarding (on your Record Book). Also don't forget to sign up for the Extravaganza on May 5. If you want to go to 4-H Camp (July 9-13), applications are on line (see article on page 2).

To end our meeting, we played a guessing game. It was fun and active, and we were all laughing when our president was stumped. See you at the next meeting on March 13th!



Online Record Books (ORB)

Did you know that when you are enrolled in 4-H you are given a "Profile"? There exist a profile for every youth and adult member in the County

within the 4-H Online system. So why are we telling you this?

If you plan to use **ORB** (*Online Record Book*), when you go to the ORB login page and try to login in as an adult or youth, you will see a button marked, "I



have a Profile" **Do not uncheck that button and try to set up a profile.**

If you are having problems logging in or setting a new password, it is probably because the Family email address in the 4-H Online system does not match the email address you are trying to use. You will need to call the UCCE Office at 463-4495, and we can verify your email address for you or change what we have on file. The new ORB and 4-H Online system are tightly linked. What this means is the information on the reenrollment forms or new member applications needs to be correct.

Siskiyou County 4-H Dog Field Day Saturday, May 19

Yreka 4-H is hosting a Siskiyou County 4-H Dog Field Day, Saturday, May 19, 2012 at the Siskiyou Golden Fairgrounds in Yreka California. The entry

fee is \$5 per dog. This event is open to all 4-H members; members do not have to be enrolled in a dog project to participate. There will be seven classes: Written Test, Presentation, Showmanship, Obedience, Rally, Tricks, and Costume Class. Members are



welcome to enter any or all of the classes. Primary member classes will not be judged.

Additional information and entry forms are available at the Ukiah 4-H office.

Operation Tango Mike

My name is Ericka Boesel. I am 11 years old ,and I am a member of the Ukiah Shamrocks 4-H club. For the past couple of months we have been collecting things to donate to Operation Tango Mike. Operation Tango Mike is military shorthand for "Thanks Much."

Operation Tango Mike is an all-volunteer effort supported by fundraising and donations. Their mission is to send cards, letters, support and care packages to deployed troops. They also try to

support the families and to honor all veterans. This is a way of saying "Thank You" to the soldiers that protect our country and to let them know we appreciate everything they do.



Tango Mike has packing parties the 3rd Thursday of each month at 6 p.m. at the Umpqua Bank in Lakeport, CA.

This last month, a few of us got together and made over 100 handmade valentines. Marishka Gourno, Anthony Gourno, Mariah Phillips, Allora Phillips, a couple of other friends and myself worked for over 2 ½ hours making valentines! It was a lot of fun but also a lot of hard work. We liked thinking of different things to say on each of the cards so that everybody could have something different. We also included a picture of us making the cards and a note asking them to write back if they could – hopefully we will hear from some of the soldiers that got our packages!

I got to go to the packing party in January and put our cards into the boxes. The boxes stretched in two lines all the way down the hall! After we put the cards and letters into the boxes, we got to go into the room where they store the donated items and pick out things for the boxes. There were a couple of kids that were packing a box for their mom, a couple more were packing for their dad and another family was packing for their brother and cousin. Most of the people there were just packing because they enjoyed it and they wanted to make a soldier happy.

Continued on next page

I picked out some handmade hats, hand warmers, socks, candy, snacks, magazines, writing supplies and lots of hygiene products. Everything had to be put into ziplock bags – especially the liquid items because when they first started sending packages they learned that some of the liquid items leaked all over the food and everything had to thrown out. Now, everything is placed into sealed bags and then into the boxes.

I had a lot of fun and am going to go back again. If you are interested in donating or helping out, or if you know of a deployed soldier that would like a care package you can visit them on their Facebook page or go to their web page at

<u>www.operationtangomike.com</u>. My cousin, Zack, will soon be deployed, and then we can put his name on the list too!

Erícka Boesel

Ukiah Shamrock 4H

28th Annual Natural Resources Science Camp for High School Students -2012 Applications now Available



April 20th is the deadline for submitting applications for Range Camp! Range Camp is a week-long camp experience for students ages 15-18 who have an interest in the science and conservation of natural

resources in California. The camp, celebrating its 28th year, is put on by the California-Pacific section of the Society for Range Management. Sessions are taught by faculty from the University of California, staff from local, state and federal agencies, and private professional scientists and natural resource management specialists. Range Camp runs from June 17th-22nd at the University of California's Elkus Youth Ranch just south of Half Moon Bay. Information and applications are available at http://www.rangelands.org/casrm/HTML/rangecamps.html. Cost is \$400.00. Applications will be considered after the deadline on a space available basis.

The People's Tree from California Truly Shined

Remember way back at summer camp last year – on Wednesday afternoon – some of you came to the felting area activity up on the



deck and helped make christmas ornaments for the Capital Christmas Tree in Washington DC. All your felt ball ornaments were sent to decorate the Capital Christmas Tree! Please let me know if you helped out that afternoon.

The good people of the Stanislaus National Forest have sent pins for you to say thank you! Please contact me by email <u>pirtpete@pacific.net</u> or by phone 463-0411. Give me your name and address, and I will send you your pin. The card included in the parcel of pins reads:

Thank you for creating the festive ornaments for the 2011 Capitol Christmas Tree The People's Tree from California truly shines! With Appreciation

The Capitol Christmas Tree Committee Good Job Everyone!!!! Hope to hear from you soon.

Nadíne Boer

Ukiah Shamrock 4-H Co-Community Leader

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!

Opportunities & Updates from the State 4-H Office

NEW Resource: 4-H Project Sheets: 4-H Project Sheets were designed by 4-H staff and experienced volunteers to help new 4-H project leaders determine meaningful content and lead youth in hands-on activities. Additionally, 4-H youth and their families may use these sheets to decide which project they might be interested in. Visit <u>www.ca4h.org/Projects/Project Sheets</u> to learn more about bread-making, foods and nutrition, livestock judging, global education, gardening, and many other 4-H projects.

Revolution of Responsibility \$1,000 for 1,000: The University of California 4-H Youth Development Program is dedicated to fostering an environment where youth and adults work together as equal partners to gain new skills and create positive community change. 4-H groups can apply for up to \$1,000 to identify, plan, and carry out a service-learning project in their community. Projects will be focused on the three key content areas that form the core of all 4-H programs, Science, Healthy Living, and Citizenship. Visit <u>www.ca4h.org/Support/RofR</u> for more information and to apply online. Application deadlines are **March 15, May 15, and July 15, 2012**.

NEW Webpage: Funded Revolution of Responsibility

Projects: Get inspired to create change in your community by visiting <u>www.ca4h.org/Support/RofR/</u> FundedProjects to view successfully funded Revolution of

Responsibility service learning projects. This webpage highlights the most successful counties (Alameda and Santa Cruz counties are in the lead!) and features summaries of projects currently underway.

On March 31, 2012, there will be a 4-H Day at the AKC Agility Nationals held at the Reno-Sparks Livestock Event Center in Reno, Nevada. All 4-H members/groups are invited to participate in a behind-the-scenes tour, observe agility demonstrations, and watch some of the best canine agility teams in the nation. There is no charge to 4-H participants and leaders and parking is free as well. Those who would like to participate can meet at 10 am at the Information Table at the Main Entrance to Reno-Sparks Livestock Event Center for a tour of the show. If you'd like to register for the event, contact Laura Finco, Del Arroyo 4-H Dog Care Leader and AKC Agility Judge at mizfinco@aol.com (preferred) or leave a message at 925-828-8731 by Friday, March 16th. Walk-ins are welcome, but there may not be enough handouts for walk-ins. Please note that your own dog is not allowed at this event.

4-H State Ambassador Applications Deadline:

March 31, 2012 The California 4-H State Ambassador position is one of the highest service opportunities and recognitions attainable in the University of California 4-H Youth Development Program. The State Ambassador Program is a working honor that provides members with the opportunity to serve as a representative of the 4-H program, plan the annual CA 4-H State Leadership Conference, and implement a service-learning project during their 14 month term. Youth members ages 16-18 are eligible to apply. Visit the website for details: <u>http://</u> www.ca4h.org/Projects/Leadership/SA /.

Golden Clover Awards Deadline: May 31, 2012

The Golden Clover Awards recognize the outstanding achievements of members, volunteers, program staff, and groups within the 4-H Youth Development Program. Individuals and groups may apply or be nominated in multiple categories. Golden Clover recipients will be awarded a \$500 cash award, a medallion, and a lapel pin. For award categories and application details, please visit: http://www.ca4h.org/Resources/Members/GoldenClover/.

Visit the Revamped 4-H SET Website

http://www.ca4h.org/Projects/SET/

The 4-H SET website offers information, free curricula, and resources for 4-H staff and members.

Join the 4-H Technology Leadership Team Applications due May 31, 2012

http://www.ca4h.org/Projects/SET/Tech/CTLT/

Do you have an interest and experience in technology? Think about joining the 4-H Technology Leadership Team! 4-H members age 16 and older and 4-H volunteers may apply. Candidates must have some type of technology experience where he/she could lead an hour workshop. Technologies could include photography, video, website design, social media, hardware, GPS/GIS, computer support, graphic design, 3D imaging, smartphones, programming, biotech, engineering, technology & society.

My4-H.org for 4-H volunteers and staff

https://www.my4-h.org/ This site allows professionals to connect, collaborate and learn from other professionals and volunteers (coming soon) across the country. Tools include ones for productivity, professional development, and collaboration. There is also a Science community to connect with colleagues doing the same type of work.

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

Cooperative Extension—Mendocino County

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University of California Agriculture and Natural Resources

> Making a Difference far California

"Roundup" MENDOCINO COUNTY 4-H March 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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