



4-H Calendar of Events

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A Note from Dorina,

What do you think of when you hear the word "Health"? As a 4-H'er, you may have thought of Head, Heart, Hands, Health. That's a great association because the 4-H pledge reminds us that Health is about "better living" including how we feel in our heads and heart, and yes our hands. As we begin our new 4-H year and school year the schedules change dramatically from less structured summer days to more structured school and 4-H days. And today is a great time to plan for keeping yourself, and your friends and family, healthy. Given tighter schedules on our horizon, here are a few easy ideas for healthy and quick foods: nuts and fruit to morning meal – whether eating cold cereal or warm oatmeal add some seasonal pears or apple slices along with almonds or cashews or nuts. Fresh fruit in a traditional favorite – add berries to a peanut butter and jelly sandwich or try bananas in a peanut butter and honey sandwich or dates to a cream cheese sandwich. Vegetables and dip – try hummus, a Middle Eastern chickpea spread available in most grocery stores, with seasonal green beans, peas, or apples; or carrots, bell peppers and broccoli. All these snacks help you meet your daily requirements for fruit and vegetable consumption. Not sure what those requirements are for you? Well, here is a simple guide from My Plate - fill half your plate with fruits and vegetables at each meal or eating occasion. To learn more healthy food ideas and recipes, eating on a budget, and healthy hints visit My Plate website at <http://www.choosemyplate.gov/>. Healthy living has been and remains at the core of 4-H. We strive to help youth develop healthy living habits and skills, and learn about physical, emotional and social health in order to best meet the challenges of the 21st century. Let me know how I can help and support you as a 4-H'er!

Dorina M Espinoza; Youth, Families and Communities Advisor.

September

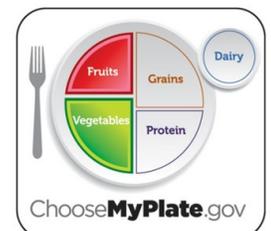
- 1 Re-enrollments due for going to Boonville Fair
- 3 Labor Day, office closed
- 12 Executive council meeting Ukiah 4-H office 5:30 PM
- 14-16 Booneville Fair
- 15 Roundup Deadline
- 18 Incentives and Recognition Meeting, 5 PM
- 19 Pink Fire Truck event, petting zoo & cotton candy sales
- 24 Leader Orientation Ukiah 6:00-8:00 PM
- 29-30 Thrive Master team training Redding
- 30 Project & Presentation Proficiencies Due to 4-H Office

October

- 6 County Council meeting 9-12 Ukiah 4-H office
- 7 Health Fair in Ukiah, needs volunteers
- 8 Columbus Day, Office Closed
- 12 4-H Record Books due to County Office by 5PM
- 13 Eel River Clean up Potter Valley 8-2PM
- 13-14 Pumpkinfest parade, petting zoo & pumpkin smash
- 15 Roundup Deadline
- 18 County Record book judging
- 25 Mandatory Club reports due
- 25 Leader orientation Ukiah 6:00-8:00 pm

November

- 9-11 State Leaders Forum at Asilomar
- 12 Veterans Day, office closed
- 22-23 Thanksgiving Holiday, office closed





LEADER'S CORNER

Beginning of the Year :

- Community Leaders have all the reenrollment and new enrollment forms for Members and Leaders
- Remember to open your club to new members by; holding an open house, at back to school night , placing an announcement in the local newspaper or placing flyers around town.
- Send a list of all projects with leaders names to 4-H office ASAP so enrolling can begin
- October 15th is the DEADLINE for all market animal member enrollments, no exceptions!

Record book judging needs to be done at club level in enough time to have the gold award books ready to be turned into the county by Oct 12th. Remember to have a team of at least two, but three is better judging all the books in your club. Contact the office to pick up award stickers for the record books.

Come one, come all!

All volunteers are welcomed to

The 21st Annual

Eel River Cleanup

On Saturday, October 13th arrive anytime between 9am and noon. We will meet near the Pioneer bridge over the Eel River, five miles north of Potter Valley on Eel River Road for a day of community service and play. Bring sunscreen, gloves, trash bags, canteen and beach needs. The Mendocino County 4-H and PG&E will once again be sponsoring the **Best Cleanup Ever**.



We will be cleaning a 5 mile section of river from Van Arsdale Reservoir up to the Lake County line. PG&E owns this stretch of the river as part of their Potter Valley -Electric Project. PG&E will provide a Tri-Tip BBQ lunch for all participants and a \$1000 donation to the Mendocino County 4-H. Solid Wastes of Willits will be donating the dumping fees. Your attendance is important, we hope you will come and help! Together we can rid the river, roads and beaches of trash so that we can enjoy a clean, healthy watershed and recreation area. For more information call Beb Ware at 743-1525.

Safari Summer Camp a Success

Summer camp was held July 9-13 at Camp Masonite Navarro, which is now under new ownership.

This was a year of change at camp and everyone did a FANTASTIC JOB.

Youth Directors Natasha Looney, Chayton Johnson, Megan Whetzel, Ryan Blyleven, Taylor Robbins and Cody Smith had fun and worked well as a team as they trained the counselors and ran the camp.

A BIG thank you to Chris Ingram and her crew in the kitchen, she had big shoes to fill taking over Beth. The food was delicious and on time which isn't an easy task! Way to go Chris!

Thank you to Tonya Roysum for stepping up and running the craft shack. Tonya has volunteered for us many many years at camp, in a variety of positions!

Also new this year was Kristen Looney who served as Adult Director working with the Youth Directors and Counselors. Thank you Kristen for tackling that job, your "can do" attitude was a real plus.

Paul Johnson returned to camp as an Adult Director in charge of workshops. He did a great job securing a variety of workshops and presenters. **A real hit this year was the rock climbing wall!** Assigning workshops to campers, counselors and chaperones is a complex task that takes time and patience. Thank you Paul!

Thank you to all the counselors, chaperones and campers for making camp memorable! There isn't room in this issue of the newsletter to name all of you, please know that you are appreciated.

Leader Orientations

All new leaders must complete the three step process BEFORE they can start meeting with members.

Enrollment forms must be completed

Livescan Fingerprints must be complete

Attend an Orientation with Staff

Orientation Dates

September 24th (Monday) 6:00-8:00 PM

October 25th (Thursday) 6:00-8:00 PM

Coast Leaders please call for information

It is ESSENTIAL that you RSVP for an orientation session, please call 707-463-4495.

Archery Leader Certification Training

Saturday, October 13 and Sunday, October 14

Humboldt County UCCE Office
5630 South Broadway, Eureka, CA 95503

Attendees must attend both Saturday (9AM - 5 PM) and Sunday (8:30 - 12 noon) to be certified as a 4-H adult, teen or junior leader. The cost will be \$30 for training and a binder of resources. There will be a lecture, hands on practice and a test. To register, complete the "Request for Training Form" at <http://www.ca4h.org/files/2123.pdf> and mail with your payment to Sandy Sathrum at 5630 South Broadway, Eureka, CA 95503. Make checks payable to Humboldt County 4-H. Participants are responsible for all transportation, overnight lodging and meals. If you have any questions, call Sandy at 707-445-7351.

Pink Fire Trucks are Coming!!

September 19th to Ukiah!!!

4-H has been asked to host a petting zoo and PINK cotton candy sales at Alex Thomas Plaza on Wed afternoon Sept 19th. There will be a parade, live entertainment and lots of activities. Please contact Linda Edgington 463-4495 to volunteer. All proceeds will be donated to our local Cancer Resource Center. Check out their website at <http://www.pinkfiretrucks.org/>



The recipients of the **4-H Higher Education Scholarships** have been selected and Mendocino County 4-H'er Jessica Crowhurst was selected for the Mabel W. Jacks Scholarship. Congratulations Jessica!

Window Display Contest

Clubs, start thinking about your display window for National 4-H Week slated for October 7-13, 2012. During 4-H Week there will be a contest for the best window display. The winning display will receive a \$100 award. The display should promote 4-H and your club. They must be setup by October 1st. Please let Linda know where your club's display will be by September 27th. Judging will be based on creativity, information/educational value, accessibility to the general public and the overall look of the display. The winner will be announced in the November issue of the Roundup.



Swine Flu Update

The Centers for Disease Control (CDC) has reported a variant strain of Influenza A (H3N2v), which has been identified in swine and in humans. So far, the virus has been detected in 3 states (not in California), and some of the human cases are believed to be related to contact with swine that were exhibited at an agricultural fair. More information on this can be found at: <http://ucanr.org/4hsafety>.

Shooting Sports Leader Trainer Course

Muzzle Loading Discipline

5 Dogs Range - Bakersfield, CA

Saturday, October 20, 2012 – 8:00 a.m. – 6:00 p.m.

Sunday, October 21, 2012 – 8:00 a.m. – 4:00 p.m.

Upon successful completion of this course, 4-H leaders will be certified in the shooting sports discipline of muzzle loading. They will be certified as leader trainers and are eligible to serve as shooting sports leaders for clubs or counties and they may also instruct and certify shooting sports volunteers. Class size is limited. There is no fee for the course. However, if you wish to receive National Muzzle Loading Rifle Association instructor certification there is a fee of \$40. To get more information or register for the class contact John Borba at: jaborba@ucdavis.edu or telephone 661-868-6216.

Pumpkinfest October 13-14 in Ukiah

Petting Zoo

4-H is looking for volunteers to host the petting zoo at Pumpkinfest.



We need a chairperson (adult and youth) volunteers (adult and youth) to help with the petting zoo.

We also need animals for the public to pet! Remember 4-H has a limit of 100 pounds on animals at a petting zoo. The location is shady, northwest side of the courthouse on the lawn, a perfect place to enjoy yourself.

Pumpkin Smashing Booth

As a fundraiser for County Council, Kathy Schuler is the adult chairperson and Laura Schuler is the youth chairperson for the pumpkin smashing booth this year. Kathy & Laura need a committee to help pick the pumpkins, inject some with dye (to become prize pumpkins) transport them to the Pumpkinfest, collect prizes AND work the booth. It is a FUN, MESSY time that is a great fundraiser. Please call Kathy at 707-391-5640 to volunteer to help with this booth.

Wild About Health Fair

This is a free Children's health Fair held at Alex Rorabaugh Center in Ukiah on Sunday October 7th 11:00am-3:00PM. 4-H will be hosting a booth, called the Human race and needs volunteers to help with the activities.

The committee running the health fair has asked if some 4-H members could help as guides and at the information table. This is a great opportunity to get Community Service credit for your record book.

This is a day for families to explore health focused on children from 0-12. There will be screenings, drawings, prizes, a bike safety course, bike helmets will be available for free as long as they last.

Please contact Linda Edgington at 707-463-4495 to volunteer to help.

2012 Mendocino Junior Fair Awards



Hi Everyone,

Hope you all have a great time at the Redwood Empire Fair. We had lots of winners and so lots of awards passed out and we are not done yet!!!! The Mendocino County Fair is in less than one month. If you were a winner from the Redwood Empire Fair please make sure you sent your award sponsor a thank you note. I know that everyone will be starting school soon, so it is important to finish up our summer activities and tasks before getting busy with homework again. If you misplaced your sponsor's name, please don't hesitate to contact me: Nadine Boer 463-0411 or pirtpete@pacific.net and I will be happy to look it up for you.

Please look at this amazing list of sponsors and take a moment and thank them for their continued support of our Fair Awards Program. These individuals and business sponsors are truly the "Best of Show."

Our wonderful Individual and Business Sponsors

Ag Unlimited Farm Supply

Anderson Angus Ranch/Haywire Farm

B Bar Six Polled Herefords – Jim and Dustin Brown

B-X Ranch – Bartolomei Family

Betty and Raymond Barnett

Francine Bearden

Beckstoffer Vineyards

Blue Ribbon Pets

Boontling Boers

Carre and Lewis Brown

Don and Rhonda Brown

Clines Unlimited Construction

Covelo Riding Club

Bob Dempel

Downey Vineyards

Jay Epstein - State Farm Agent

Feather Rock Ranch

Bud Garman Construction Services

Geysers Cattle Co. and Rabbit Habbit

Terri Gowan

Happy Woman Jewelry

Hildebrand Family

Howard Forest Station

Hoyman/Browe Studio

The Dennis Hunt Family

Hwy 20 Feed

Chris and Betty Keiffer

Bob and Beth Keiffer

Keiths Family Food Center

Kelsay/Rowles Families

Kiwanis Club of Ukiah

KW Swine

Lampi Automotive

Long Valley Lumber, Inc.

Long Valley Market, Inc.

Looney Tuned Exhaust

M&M Feed & Supply

Mac Nab's Menswear

Mendocino County Cattlemen's Association

Mendocino County Farm Bureau

Mendocino County Farm Supply

Mendocino County Junior Livestock Auction Committee

Mendocino Equine Practice/Dr. Paul Michelsen

Norgard Farms Inc.

Tim and Alexis Norgard

Paul's Drywall

Quality Landscape Company

Rainbow Ag

Rucker Vineyards

Schmidbauer Ranch

T & M Aviation

Keith & Angela Thornton

Ukiah Trophy

Vic & Maggie Weaver

George Weger

Dr. Geoffrey J. Westfall DMV/Fight Bac

Clubs and Chapers

Covelo FFA

Fort Bragg 4-H

Long Valley 4-H

Mendocino Spartans 4-H

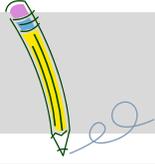
Potter Valley 4-H

Potter Valley FFA

Redwood Valley/Calpella 4-H

Redwood Valley/Calpella 4-H Swine Project

Ukiah 4-H



Club Scribe

LONG VALLEY 4-H

Written By: Garrett Campbell

I hope everyone had an excellent Fair this year. I know that Long Valley 4-H did and we're all very proud of all our members. I'd like to do a little recap of how our club did this year. A Huge CONGRATULATIONS to Mady Braught for receiving the REF Sportsmanship Award. You absolutely deserved! Job well done.

In Dog Obedience and Training, Collin Rowles took 1st in Sub-Novice A, in Sub-Novice B, Gracie Silva took 1st & Natya Cauckwell took 2nd, in Novice A, which includes some off-leash, I, Garrett Campbell took 1st & my little brother Tate Campbell took 2nd. In Intermediate Showmanship, Gracie took 1st & Natya got 2nd, in Advanced, I took 1st, Tate took 2nd & Gracie Silva moved up to take 3rd place. Everyone has been working really hard and is looking forward to the Booneville Fair as well. I myself am taking on a new puppy to start training for next year.

This is our 2nd year with a Scrapbook Group & everyone did exceptionally well. Tate Campbell got Best of Show, in 1st we have; Garrett Campbell, Collin Rowles & Mason Kelly, taking 2nd place we have Kassandra Basler, Sophia Avila & Gracie Silva.

Our goat group was super small this year compared to last year, but Congratulations goes to Emma Braught for a job well done. With her market goat she got 1st place and took 2nd in Advanced Showmanship. With her breeding does she ended up getting three 1st place and Reserve Grand Champion Boer Doe.

Pygmy Goats we had Paige Whitcomb take 2nd place & her sister Hailey Whitcomb took 1st & Reserve Champion Doe.

In Sheep Terria Mitchell took 3rd with her Breeding Sheep & 2nd with her market sheep. Mady Braught took 3rd in Market and 3rd in Advanced Showmanship.

In the Rabbit Group we only currently had primary members participating and they did such a great job. It's so much fun just watching them show their bunnies, especially when they try flipping them. Paige Whitcomb took 1st place & Best of Breed. Hailey Whitcomb took three 1st and a 2nd place. Mason Kelly took 5th, Collin Rowles took 1st, 2nd & Best of Breed Variety. Brayden Polson & Connor Basler both took 1st places as well

The Beef Group did really well this year. Wade Sizemore took 1st, Kaitlan Whitely got 2nd & Vincent Gossman got 3rd with their Market Beef. In Intermediate Showmanship Vincent took 3rd & in Advanced Wade got 8th & Kaitlyn got 9th.

We had a larger Swine Group this year. In Novice Showmanship Tate Campbell took 7th place out of 41 kids. There were a total of 30 kids showing in Intermediate and Hannah Whitely took 2nd & I got 4th place. In Market Hunter Basler took 2nd in his All other Breeds class & Natya Cauckwell took 4th in her Mixed Breeds class.

I did go on this year to Small Animal Round Robin. I only took 5th place though I do realize that I truly need to work on showing other small animals and that the littlest of mistakes marks you down. It's quite the experience though and I enjoy participating. I do however strive to win it one year soon.

This will be my last scribe as Long Valley 4-H's Reporter. I'm moving on to be the Vice President for the new year and am passing on this wonderful job to Justin Jepson. I know he'll keep everyone informed and do an excellence job. Mady Braught will be leading us into a great new year as our Newly Appointed President.

SHAMROCKS 4-H

Written By: Ericka Boesel

Congratulations to all of our members who entered and exhibited their still and animal projects in the Redwood Empire Fair - our club put on a great showing - look for a list of winners later! It seemed the applause never stopped at the awards ceremony. Congratulations to Jonathon Hunt and Ericka Boesel for each taking First Place in the Feature Booth category - they each got an \$80 check for their efforts!

So who's going to the Mendocino County Fair and Apple show in Boonville? I'm going and I can't wait for everybody to join me in the fun! Some of our members just got new goats (Nigerian Dwarf dairy goats) and cavies (teddies, abbyssinians, white crested, americans, silkies etc). They're all really cute and fun to raise. Our members are busy filling out their forms for knitting, fly tying, photography, rabbits, cavies etc.

Entry forms are due August 17th for the MCFAS (that's this Friday) so be sure to get your community leader's signature and send your forms in - they can also be faxed in. If you have questions, call the fair office- they are always really helpful and very nice too!

Will you be camping with your family or friends? I will be camping with family AND friends - the best of both worlds. Whatever you're doing I hope you have a great time at the Mendocino County Fair and Apple show in Boonville.

To all the parents out there: August 14th was the leaders meeting for returning and new leaders. If you happened to miss it call our new community leader Gina Cline and she will get you up to speed and help you with any questions you might have.

We have an exciting new list of projects for this year. Our officers will meet soon to set the agenda for our first club meeting of the new year (Thursday Sept 6th at 6:30 pm). Re-enrollments will be that night. Enrollments for new members will be Tuesday Sept 11th at 6:30 pm (so tell your friends!)

Our club has a new email address: ukiah4h@gmail.com and a new blog is in the works to help us all communicate better in between meetings.

If you have any announcements you would like included in our report just let me know. Thanks, Ericka Boesel

SPARTANS 4-H

Mendocino Spartan 4-H meetings start September 10th

The first Mendocino 4-H group meeting of the new school year will be September 10th at Preston Hall from 4:00 to 5:00. 4-H'ers will sign up for the various projects that they would like to participate in. There are many options to choose from this year - including bird watching, beading, dog care, fishing, ice cream making, CPR, and many animal related projects.

New families are welcome. Regular club meetings are the second Monday of each month. Membership costs \$35 and you can sign up for programs that interest you. For more information about 4-H, go to www.cemendocino.ucdavis.edu/4-H_Program/. For information about the Mendocino Spartan 4-H please contact WendyLee Beak at 937-6224.

News from the California State 4-H Office

Verbal and Non-verbal Intelligence Changes in the Teenage Brain.

Ramsden, S., Richardson, F. M., et al. (2011).

<http://www.nature.com/nature/journal/v479/n7371/full/nature10514.html>

A recent study indicates that IQ is not as stable as once thought and can improve in adolescence. The study found that changes in IQ correlated with changes in two particular areas of the teenage brain. An increase in verbal IQ corresponded with a growth in the density of part of the left motor cortex - a region activated during speech. And, an increase in non-verbal IQ correlated with a rise in the density of the anterior cerebellum - an area associated with movements of the hand.

Western Region Leader Forum –

March 21 – 24, 2013 in Hawaii

Hawaii 4-H members, volunteers, faculty and staff are looking forward to seeing you in Hawaii March 21 –24, 2013 for the Western Region Leader Forum. The planning committee is hard at work planning an event you will enjoy and remember because of what you will learn and the people you will meet. At the forum you will definitely enjoy the beauty and climate of this place many people only know as Paradise.

The conference site is the Waikiki Beach Marriott and Resort. It is a beautiful hotel located on Waikiki Beach in Honolulu. You will need to register at the hotel before you register for the conference so you will have the confirmation code required to avoid the surcharge for those who choose to attend WRLF and stay at another place. Reservations at the Marriott may be made at 800-848-8100 or by using the local number of 808-922-6611. We have reserved a block of rooms which you will need to refer to when you register by giving the code, WR4A, to the person taking your reservation. Registration for the forum may be completed by going to: <http://www.ctahr.hawaii.edu/wrlf/>
DEADLINES:

Deadline for Regular Registration is December 31, 2012 - \$375

Deadline for Hotel room Rate of \$179 is February 21, 2013 - \$425

State Fashion Review

The State 4-H Fashion Review committee announces categories and service projects for 2013 SFR! Entry categories will be Traditional, Consumer Science Purchased, Wearable Art-Embellished, 2 Yard Wonder, and Duct Tape Challenge. If you, your project, or your county would like more information about SFR, these categories and service projects, or would like to join the committee, please visit <http://www.ca4h.org/Programs/Events/SFR/>



Stop Bullying Challenge

The Federal Partners in Bullying Prevention Interagency Group has a new stop bullying video challenge for youth. For more information, please visit: <http://stopbullying.challenge.gov/>. Submissions are due by October 14, 2012. The Health Resources and Services Administration and the Federal Partners are launching this video challenge to help prevent and end bullying in schools and communities across the nation. This challenge invites youth ages 13-18 to create a 30 to 60 second video that will inform and motivate youth to prevent bullying, and that promotes an environment where kindness and respect for others matters. Make your video creative, informative, smart, and entertaining! The focus should be on how youth can be more than a bystander, rather than a video that solely explains why bullying is wrong.

2013 National 4-H Conference

Applications for the 2013 National 4-H Conference will be available in August! If you are interested in attending the conference as part of the California delegation, you can find the application and detailed information on the State 4-H website at: <http://www.ca4h.org/ProgramsConferences/N4-HC/>

Applications due October 31, 2012.

2013 Salute to Excellence 4-H Volunteer Awards

It is time to start the selection process for the 2013 Salute to Excellence 4-H Volunteer Awards. The National 4-H Salute to Excellence Volunteer Recognition Award recognizes 4-H volunteers who demonstrate exemplary service to 4-H, while promoting service through volunteerism as both an opportunity and a privilege. Additional information is available at

<http://www.4-h.org/resource-library/grants-awards/opportunities/salute-to-excellence-awards/>.

The categories are as follows:

1. The Volunteer of the Year Award is for individuals who have served as 4-H volunteers for less than 10 years at the local, county, district or state level.
2. The Outstanding Lifetime Volunteer Award is for individuals who have served 10 or more years at the local, county, district or state level.

Mail completed nomination packet(s) to the State 4-H Office, Attn: Shannon Dogan, University of California, Davis, One Shields Ave., DANR Bldg., Davis, CA 95616. If you FED EX the packet please send it to the State 4-H Office, Attn: Shannon Dogan, DANR Building, 225 Hopkins Road, Davis, CA 95616. Nominations should be received by October 2, 2012. The State 4-H Office will verify with county 4-H staff that the volunteer is enrolled and in good standing. All nomination packets will be reviewed by the 4-H Incentives and Recognition Advisory Committee who will recommend one nominee for each category to the Associate Director of 4-H Program and Policy for final approval. Please note there is no limitation on the number of nominees from each county.



Cooperative Extension—Mendocino County
890 N. Bush Street
Ukiah, CA 95482

«Name»

«Address 1»

«Address 2»

**“Roundup”
MENDOCINO COUNTY 4-H
September 2012**

Web Sites

National 4-H Council

www.4-h.org

California State 4-H Website:

<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 Website:

<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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