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4-H Calendar of Events

February

- 4 Hands on Junior Livestock Expo & Ethics Training, REF, all day
- 11 North Coast Youth Summit, College of the Redwoods, Eureka
- 14 Roundup deadline
- 15 Executive Council Board Meeting, Ukiah 4-H Office, 5:30-8 pm
- 20 President's Day, 4-H Office closed
- 22 Summer Camp Counselor Meeting, Ukiah 4-H Office, 6:30-8 pm
- 25 Food Safety Training, Ukiah 4-H Office, 10 am-2 pm

March

- 3 Cty. Presentation Day, Eagle Peak School, Rdwd. Vly. (Details below)
- 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



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.

Continued on next page

Leader Corner...



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

Food Safety Training Feb 25th 10-2 pm

Each 4-H club must have 2 certified adult leaders in food safety. Does your club have two? Even if your club already has some Food Safety certified leaders maybe others would like to come. This training is open to adults and teens and will cover everything you'll need to run a food booth fundraiser and so much more.

Please RSVP by Feb 23rd to the Ukiah 4-H office 707-463-4495 or Linda Edgington at lgedgington@ucdavis.edu. Due to budget constraints, if there are not 5 people attending this training it will be cancelled. So please RSVP by the date, Feb 23rd.

County Council Agendas and Minutes

Please check out the County Council page on our County website at: <http://cemendocino.ucdavis.edu/4-H Program/4-H Forms and Information/Mendocino County 4-H Council info/>. All agendas, minutes and meeting attachments are found on this page. It's important to keep up on policies and procedures as well as general information that takes place during the quarterly council meetings. This is your way of staying informed!

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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.

Online Record Book Training – Webinar Series for the 4hOnline Record Book



The 4-H Online Record Book (ORB) is a record keeping tool that helps 4-H members compile their annual 4-H Record Books. It also provides an arena for 4-H members to share their experiences with other members in their 4-H Club. A webinar series is being offered during the month of February to help 4-H staff, volunteers, and youth become familiar with the system. Space is limited to the first 150 people to register for each webinar. This will be facilitated by Scott Mautte and Steven Worker at the California State 4-H Office. The trainings offered will be as follows:

- **Introduction and Logging-In** ~Volunteers and Youth Version on February 9, 7-8pm
- **Paper vs. Electric: Navigating the Forms in the Online Record Book: PDR, APR, Story** ~Volunteers and Youth Version on February 16, 7-8pm
- **Youth Functions, Forms, and Privacy Settings** Volunteer and Youth Version on February 23, 7-8pm
- **Project & Club Leader Functions and Approving Forms** Volunteer and Youth Version on March 1, 7-8pm

To register for the webinars, go to <http://www.ca4h.org/Resources/Members/RecordBook/ORB/>

Message from Our New Advisor

Hello 4-H Community,

I am honored to join your 4-H community here in the North Coast. I am the new Youth, Families, and Communities Advisor with UC Cooperative Extension and will be working in Del Norte, Humboldt, Mendocino, and Lake Counties. My time will be shared with both the 4-H Youth Development Program and Healthy Families and Communities initiatives. Within the 4-H program, I will be working with you to promote the THRIVE Leadership Program, and the three National 4-H Focus areas of SET (Science, Engineering, and Technology), Healthy Living, and Citizenship/Service Learning which affect all project areas of 4-H Youth Development.

To this position I bring a strong education and kinesiology background and have taught learners from pre-school age to adults. I have worked in pre-schools, public schools, and universities and within a county public health branch. I look forward to meeting and learning from you and your 4-H community in the months ahead. And, I encourage you to contact me to say hello, ask questions, or share ideas or concerns.

Sincerely,

Dorina M Espinoza, PhD

Youth, Families and Communities Advisor
707-445-7351
dmespinoza@ucdavis.edu

Lake-Mendocino 4-H Summer Camp 2012

Camp Dates: July 9-13
Camp Masonite Navarro

(Counselors arrive the day before)

First **Counselor** and **Lead Counselor** meeting will be Wednesday, **February 22, 2012**. Ukiah 4-H Office, 890 N. Bush Street 6:30-8:00 pm
Counselor applications are available online 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/ScholarshipCategories/>



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 May 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/>.

"Club Scribe"

News from county 4-H clubs

Mendocino Spartans 4-H Club

Submitted by Sophie Swan-Edlund

On Monday December 12, the Mendocino Spartans met at the Preston Hall. Members brought cans for the food drive and presents for the white elephant gift exchange. First, we had our business meeting, and we practiced Christmas carols before we sang at the Lodge at the Woods. While we were practicing Christmas carols, some of the 4-H leaders were judging the Christmas-themed outfits that members were wearing. After we rehearsed, we made paper gingerbread men for the elders, then we played musical chairs. In this version of musical chairs, if you are sitting on a chair with a star under it, then you get to pick out a gift that another 4-Her brought. After everybody got their gift and had some snack, we drove to the Lodge at the Woods. After we sang Christmas carols, (see photo below) we met with the elders and gave them the gingerbread cards we made.



On Monday, January 9th, the Mendocino 4-H group met at Preston Hall for the January meeting. Many 4-Hers brought warm clothes and blankets to give to the needy. Our president, Jordan Yager called the meeting to order at 4:15. During the business meeting, we worked on our sloppy copy of our personal development report (PDR). After the meeting, we had snacks and played freeze tag.



Redwood Valley 4-H Club

Submitted by Olivia Cooper

After dropping off our unwrapped gifts and canned food, we started our December meeting with the usual role call, pledge, minutes, and treasurers report. Then, our president dismissed us to dinner, the annual December potluck. It was extravagant and fun, with foods like tasty macaroni, piping hot pizza, and flavorful Mexican food. We also treated ourselves to dessert; chewy brownies, delicious cheesecake, sugary cookies, colorful cupcakes, and more.



Then, we got down to business. We reported out on our projects, and were reminded about the Livestock Expo on February 4th. It is going to be fun and interesting, with activities such as carcass judging, Ethics training, and dissecting! Next, we learned about Thrive Training on January 31, where you can learn about leadership and online record books, too. Lastly, we received our awards from last year. Pins, year stripes, certificates, stars, and much applause were given to those who earned it! The adult leaders were recognized, too.

What a busy, long, but also fun meeting! Happy Holidays to all of you and I will see you next year.

At our first meeting of 2012, we learned about a lot of the fun things happening this year! First off, we recalled that the Livestock Expo is on February 4, and if you want to go to the fair, you have to attend the Expo. Next, on March 3rd, is the all important Presentation Day, where you can give a presentation, do a mock interview, and more fun stuff. If you are going for your star, this is required. You don't have to present in a judged event though, you can present



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in the non-judged category. This year, our club is putting on Presentation Day, and we will need volunteers for judging, for decorating and to be a room host. The theme this year is "Health Rocks". Also, the Extravaganza this year is on May 5, and it is going to be super fun! Any hobbies you like to do, especially a craft, can be entered in the



Extravaganza. In Favorite Foods, a special event at the Extravaganza, you answer questions about the dish, make the food, and set up a themed place setting. In Fashion Revue, on May 26, you get to show off your fashion and trends.

All of these wonderful events we recommend. They are going to be filled with fun activities and things to do. We hope to see you there!

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

Hope everyone had a HAPPY Holiday!
Our 4-H Club is hosting another Hunter Safety



Course. It'll be open to everyone. Cost \$10 per person. For more info please call Travis at (707)354-0493.

Everyone either has their animals or are getting ready to get them. Projects are having great meetings. Here

looking at a promising year...
Talk to you soon.

Beekeeping Project

Beekeeper Carson Elmer will be starting up a Beekeeping project soon. If interested, contact Carson at 489-1587.



Ukiah Shamrocks 4-H Club **Submitted by Tanner Whetzel**

In our December meeting, we had a guest speaker from Operation Tango Mike. Ginny Craven is the founding member of the group. She explained to our club about how she started the program so local people could send supplies and letters to our local soldiers



overseas. Ginny shared that they have a packing party the third Thursday of the month at Umpqua Bank in Lakeport. She also showed us pictures of our local heroes and soldiers who have enjoyed the supplies. Our club has decided to collect supplies at each of our club meetings and to send cards. We were able to present to Ginny supplies at the end of her talk. We ended our meeting by making a holiday garland to be hung in the new Veterans Center at Mendocino College. The next day, several of our members went to the college to decorate their center.

In our January meeting, we collected more supplies and Valentine's Day Cards to give to Operation Tango Mike. Duncan Cline and his mom Gina had attended the packing party in December. They told us all about their adventure. They were very impressed by the process and encouraged more members to attend.



We then had a guest speaker talk about record books. Katy Evans from Anderson Marsh 4H in Lake County recently judged at the State 4H Record Book competition. She told us about how important record books can be in helping you get a job or in going to college in the future. We then ended our meeting with our favorite activity, Skit in the Bag. It was lots of fun and everyone who participated liked it.

Our next meeting will be February 2, 2012 where we will be making Valentine's Day decorations for the Mendocino College Veterans Center.

Thrive!

On Saturday, January 21st there were 27 leaders and teens that attended the roll out of Thrive for Mendocino County 4-H. The Master Training team included Kelly Boesel and Linda Edgington (plus Caterina Tindall, who had a conflict with the Jan Jamboree). The training introduced Thrive and ways to implement it with club leadership projects (officer teams).

Thrive is designed to help adults work with youth in a positive way that “lights their spark” and is based on proven research. We can talk all we want about how much 4-H improves the lives of youth (and adults too!), but proving is more difficult. Thrive has given us a way to prove that 4-H really does work! We are a positive youth development program that helps youth become **Confident, Competent, Caring Contributors**, who have **Character** and are **Caring**.

This quote says is well.

*“4-H is about creating a community of youth where **YOU** feel and know that you are a person of **VALUE** and **WORTH**, know that you have the capacity to reach your **full potential** & have something positive to **contribute** to the world.”*

UC-Hopland Research & Extension Center BLOG

This BLOG post is an almost daily submission by HREC staff. It consists of a photograph somehow related to UC-HREC and a short one-to-three paragraph explanation. You can sign up to receive an email notice of each new submission by:

- Go to: <http://ucanr.org/blogs/Hopland/>
- Once you are to the BLOG, from the right hand menu select “SUBSCRIBE”
- Enter your email and cryptic numbers and submit
- You will receive email notifications

State 4-H Newsletters

Check it out! If you’d like more information regarding opportunities available at the state level or in specific areas such as Healthy Living or Science Engineering and Technology as well as general information go to <http://www.ca4h.org/News/>. This page has all the State Newsletter for the past year or so. Lots of great information readily available at your fingertips!

Five Youth Development Supports and Opportunities Kids Need

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

In the December/ January issue this series of articles was started, with the first one from the October State News Updates. Due to the size of these articles, only the links to the full articles future are included below.

To bring you up to date, October was on **support and opportunity – building safety**. The entire article can be found at <http://www.ca4h.org/files/122137.pdf>.

November was on **relationship building** and can be found at <http://www.ca4h.org/files/124663.pdf>.

December was on **youth participation** and can be found at <http://www.ca4h.org/files/132074.pdf>

February was the next with **community involvement**, it can be found at <http://www.ca4h.org/files/135345.pdf>.

These are excellent articles written for you by our new 4-H Program Director Shannon Dogan.

Opportunities & Updates from the State 4-H Office

The University of California, Davis College of Agricultural and Environmental Sciences will hold its **36th Annual Agricultural and Environmental Sciences Field Day on March 3rd, 2012**. The UC Davis CA&ES Field Day is the 2012 California 4-H State Qualifier for Poultry, Dairy and Livestock judging. To register, go to <http://www.calaged.org/registration>. Deadlines:

Feb. 10: Agriscience Fair and Job Interview materials due
Feb. 10: Registration closed

Feb. 17: Payments must be postmarked – \$25 late fee for payments postmarked after the 17th. For questions email fieldday@ucdavis.edu or visit <http://caes.ucdavis.edu/fieldday>

Start planning – April 2012 – **Let's G.O.! (Get Outside)**. Do you like to get outside and play, serve and celebrate? Do you want to help others see how much fun it is to be a part of a worldwide movement? Then the Children & Nature Network wants you! In 2012 we will amplify our message to the world. http://www.childrenandnature.org/downloads/LETSGOFLYER_2012.pdf

2012 Google Science Fair is a science fair that is more open, inclusive, and global than ever before. The Google Science Fair aims to be the largest global science competition ever and will be open to all students age 13–18 around the world. <http://www.google.com/events/sciencefair/>

No BULL Challenge Deadline: **March 15, 2012**
Students in sixth through twelfth grade are challenged to start an anti-cyberbullying campaign in their school or community, use video to document their campaign, and then submit their project to the NOBULL Challenge website. Win prizes such as a \$10,000 production deal, a trip to the Sundance Film Festival, scholarships and much more! Visit nobull.votigo.com for more information.

4-H MyPlate Challenge at 2012 State Field Day
The U.S. Department of Agriculture (USDA) recently unveiled the federal government's new food icon, MyPlate, to serve as a reminder to help consumers make healthier food choices. 4-H is challenging you to show how you're making YOUR plate MyPlate. We invite you to submit a photograph illustrating how you're creating healthy meals using MyPlate as a guide. 4-H members do not need to pre-qualify at a county event. More details about this new contest will be released in January as part of the 2012 Field Day packet

Fooducate Mobile App

This application has a bar-code scanning feature that can be used to view the nutritional value of foods. 4-H food, nutrition or cooking projects will benefit from understanding more about common foods, including their nutritional value, trans fats and added sugar. The app can also compare two items, and offer healthier alternatives from its database. Visit www.fooducate.com for more information.

Revolution of Responsibility Toolkit . . . now available online! It is exciting to see that clubs from throughout the state have already embraced the **Revolution of Responsibility** by planning high impact service learning projects in their communities. The California 4-H Foundation has pledged to provide up to \$1,000 each for 1,000 projects to be completed through 2013. A number of projects are already underway and we anticipate a big response to our next funding deadlines on **April 15, 2012**. Check out the **Revolution of Responsibility Toolkit**, on the California 4-H website at <http://www.ca4h.org/Support/RofR/>.

Are you between the ages of 5-25 (or know someone who is) and have demonstrated your commitment to service projects in your community? **The Everyday Young Hero Awards** are given out weekly to a young person who exemplifies commitment to service. The nominations for these awards are ongoing and there is no deadline. Visit <http://www.ysa.org/awards/hero> for more information on nominating a youth today!

Friends for Change Grants offer young change-makers an opportunity to receive a \$1,000 grant to help make a lasting, positive change in the world.

Whether you are passionate about protecting the planet, providing meals to those who need it or giving kids just like you the resources they need to star in their own play, be an athlete or an artist, you can be a Friend for Change! Whatever your interests, a Disney Friends for Change Grant can help you make a difference for people, communities and the planet.

Youth ages 5-18 located in all 50 states and the District of Columbia are eligible to apply for a \$1,000 grant.

Applications due by midnight on February 29, 2012.

Learn more at: www.YSA.org/grants/disney-friends-change-grants

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

Cooperative Extension—Mendocino County

890 N. Bush Street
Ukiah, CA 95482

University of California
Agriculture and Natural Resources



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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.

Inland:

890 N. Bush Street
Ukiah, CA 95482
Phone (707) 463-4495
FAX (707) 463-4477

Coast Office:

Fort Bragg, CA95437
(open by appointment only)

John Harper
County Director, Livestock & Natural Resources Advisor
jmharper@ucdavis.edu

Linda Edgington
4-H Program Representative
lgedgington@ucdavis.edu

Linda Blatchford
Office Manager
liblatchford@ucdavis.edu

J.T. Williams
Staff Assistant II
jtwilli@ucdavis.edu