



4-H Calendar of Events

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**The theme for the
Redwood Empire Fair is
Celebrating 80 years of
Reel Family Fun**



- June**
-
- 17-21Cal Focus Sacramento
 - 25-26 Rifle in Visalia
- July**
-
- 9.....County Council Meeting Fort Bragg 9-12 noon
 - 15.....articles for Round Up Newsletter Due
 - 28-31.....State Leadership Conference Humboldt
- August**
-
- 3-7.....4-H Horse Classic, Rancho Murietta
 - 4-7.....Redwood Empire Fair
 - 15...articles for newsletter due to office
 - 31.....Completed Project Proficiency lists due to office
- September**
-
- 15.....articles due for newsletter
 - 16-18.....Boonville Fair and Apple Show
 - 24.....Record Book County evaluators training
 - 30.....Record books due to office for County judging
- October**
-
- 1.....County Council meeting Ukiah 9-12noon
 - 5..... Record Book judging at County 6pm
 - 17.....Record books (senior) due at office for going to State

Leaders Page

Due Dates for Record Books at County for Judging

- * **September 30th** with names of judges
- * **October 5th judging at County**
- * **October 17th** due to county for mailing to state
- * **October 21st** is when they MUST be at the state

Leaders

things to think about and plan for:

- Treasurer final reports due by July 29th
- Volunteer Enrollment coordinators update and training will be in July
- Enrolling members; new and re-enrolling will be done online
- Re-enrolling leaders will be done online
- New Leaders will fill out paper enrollment forms which get turned into the office right away.
- Project Proficiency completed from each club are due at the office by August 31st
- Banner club awards; club planning guide completed, treasurer, secretary and historian book are due to the office on Sept 30th
- Record books must be evaluated by clubs in September

From now on, Tannis Boyd will be doing the Round up Newsletter! Her email address is: tlboyd@ucanr.edu

If you have any questions call 463-4495

Two Record book Evaluators Workshops

<http://4h.ucanr.edu/Resources/Members/RecordBook/>

Above is the link to the New Record Book Manual and forms.

The Incentives and Recognition Committee is planning a workshop (tentatively set) on May 21st. **A new workshop will be set when Linda E. comes back—date TBD.** Each club will be mandated to send at least one adult (although more are encouraged) to learn how to evaluate their record books at club level. The I & R committee has discovered that all clubs judge/evaluate their clubs books differently, which making judging/evaluating books at County level more difficult.

This first workshop will show all club evaluators why and how to evaluate the club books. It will show how the new forms are to be used and evaluated. It will help record book advisors guide the members on where to put events that they attend, things that do in 4-H in their record books.

The second workshop will be for all evaluators (judges) that will be evaluating record books at the county level. The tentative date is Sept 24th.

The Record book manual, forms and evaluations have changed, so to be sure all clubs are on the same page and evaluating books the same way the I & R committee is offering this training to speed up the evaluation process and so everyone

Congratulations

To

**Shannon Whetzel for receiving
The Russell Preston Scholarship
Award!**



In the evening of Wednesday May 18, Saracina Vineyards was the lovely location of the third annual **Survivors Reunion Dinner**. The Survivors Reunion Dinner reunites accident survivors with the many rescuers and medical personnel involved in saving the accident survivors' lives. At this year's dinner, three people who have been in major accidents are invited to come listen to the story of what happened to them. They then get to meet all the people who helped save their lives. This event is part of EMS week in Mendocino and Sonoma Counties. It is a week to recognize the services and contributions of Emergency Medical Service individuals.



For the past three years, Ukiah 4-H'ers have volunteered their time to help with preparing dinner, serving dinner, bussing tables, serving dessert, and picking up all the trash, chairs and tables after most of the guests have left. Some of the 4-H'ers say that it is one of their most favorite events to participate in. This year the 4-H'ers who helped were Ava Mortier, Hayden Hayes, Ella Rozelski, Lindzey Rozelski, Nathan Hayes, Maggie Nelson, and Ella Nelson. At the dinner, there was a tip jar set out for Wreaths Across America (WAA). WAA is an organization that Ukiah 4-H is supporting. The Ukiah 4-H Club along with Redwood Valley/Calpella 4-H Club collects money for evergreen wreaths year round until December. In December, WAA sends wreaths for the community to place on veteran graves at the Ukiah Cemetery. This year at the Survivor Reunion Dinner, the 4-H'ers received 137 dollars in tips, which resulted in nine wreaths.

Ukiah 4-H members can't wait to attend the Survivors Reunion Dinner next year. The stories are so inspiring and heartfelt. It is about people helping people.

Submitted by: Ella Nelson, Ukiah Shamrocks 4-H Club



The Arbor Drug-Free Communities Coalition Lending Library Book List

If you would like to buy or borrow a book from The Lending Library please contact The Arbor Youth Resource Center at (707) 462-7267 or visit us at 810 North State Street in Ukiah, CA.



Do I Get My Allowance Before or After I'm Grounded?: Stop Fighting, Start Talking, and Get to Know Your Teen By Vanessa Von Petten

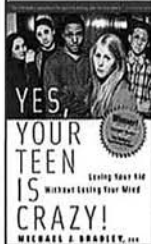
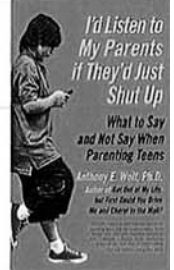
Von Petten explores a variety of timely subject, including peer relationships, teen/parent communication, bullying, technology, and "risky business" (smoking, drinking, sex, and more). Her outlook on technology and "internet savvy" is particularly incisive, emphasizing not only the hazards of "Time-suck" activities (i.e., Facebook, chatting on IM, and texting) but also the many social and academic benefits of the digital universe. Like a crafty spy, Von Petten comfortably segues from parent to teen perspective, and while noting that each adolescent is unique, she skillfully opens doors to the collective teen psyche. Purchase price: \$13.00.

<http://www.publishersweekly.com/978-0-452-29741-8>

I'd Listen to My Parents If They'd Just Shut Up: What to Say and Not Say When Parenting Teens By Anthony Wolf

I'd Listen to My Parents if They'd Just Shut Up will help you understand who your teenagers really are under all the attitude, and what new rules apply to successfully communicating in today's constantly evolving world of the internet, electronics and social media. A book designed to make life with your teenage child a significantly more enjoyable experience. It offers specific scenario's to illustrate which responses will work and which ones are doomed to failure the next time your thirteen-to-nineteen-year-old refuses to listen or won't take "no" for an answer. Purchase price: \$10.00.

<http://www.anthonylwolf.com/index.php?page=books>



Yes, Your Teen is Crazy! Loving Your Kid Without Losing Your Mind By Michael J. Bradley

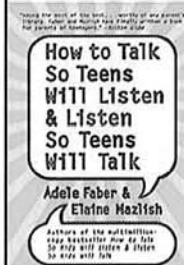
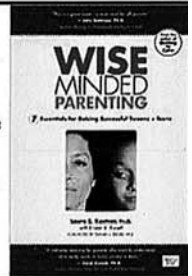
This is an extremely comprehensive book that informs parents about what teens are experiencing both physiologically and psychologically during puberty. Additionally, it teaches parents how to handle all the various challenging situations with which their teens may well present them. It emphasizes parenting with consistency, compassion, concrete acknowledgment of teens' growing capacity for responsibility and the importance of maintaining a dispassionate demeanor during whatever emotional outbursts or rages parents are confronted. Purchase price: \$10.00.

<http://www.radicalparenting.com/2013/Q6/24/5-best-books-for-parents-of-teens/#sthash.R84H8L9fdpuf>

Wise Minded Parenting: 7 Essentials for Raising Successful Tweens + Teens By Laura S. Kastner

Raising a happy and successful teenager is a challenge for any parent, even the most patient and wisest among us. Parenting adolescents requires all sorts of skills that most of us don't naturally possess. In this down-to-earth, practical guide, you'll learn how to tap your "wise mind" to calmly navigate even the stormiest of parenting moments. You'll learn how to preserve your loving relationship while encouraging progress towards the 7 essentials of happy, healthy teens: secure attachment to parents, self-control, academic success, social thriving, emotional flourishing, strong character and physical health. Purchase price: \$10.00.

<http://www.laurakastnerphd.com/>



How to Talk So Teens Will Listen and Listen So Teens Will Talk By Adele Faber and Elaine Mazlish

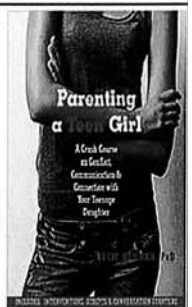
Based upon the many workshops they ran for parents and teens, separately and together, Faber and Mazlish present communication strategies to ease the tough transition from childhood to adulthood in a culture they describe as "meaner, ruder, cruder, more materialistic, more sexualized, more violent than ever before," Whether the problem is curfews, cliques, peer pressure, grades, cyber-bullying, smoking pot, or having sex, parents will learn new ways of dealing with these difficult issues. And, as parents who have used these methods attest, teens are much more likely to open up, think critically, exercise good judgment and even seek advice from adults who know how to talk and listen. Purchase price: \$11.00.

http://www.fabermazlish.com/pub_viewer.php?How-To-Talk-So-Teens-Will-Listen-Listen-So-Teens-Will-Talk-2

Parenting a Teen Girl: A Crash Course on Conflict, Communication and Connection with Your Teenage Daughter By Lucie Hemmen, Ph.D.

Parenting a Teen Girl is a guide for busy parents who want bottom-line information and tips that make sense and work. It also offers scripts to improve communication, and exercises to navigate stressful interactions with skill and compassion. Whether your teen girl is struggling with academic pressure, social difficulties, physical self-care, or technology overload, this book offers practical advice to help you connect with your teen girl. Parents and teens alike can enjoy a positive connection once common parent-teen pitfalls are replaced with solid understanding and strategies that work. Purchase price: \$15.00.

<http://www.goodreads.com/book/show/13436407-parenting-a-teen-girl>



Shooting Sports Trainings

4-H Shooting Sports Workshop

What Discipline: Rifle

Where: Dale Wimp Rifle Range, 7398 Avenue 328, Visalia, CA

When: Saturday, June 25 2016 - 8:00 a.m. – 6:00 p.m. Sunday, June 26, 2016 – 8:00 a.m. – 4:00 p.m.

Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. Complimentary lunches will be provided.

To register for the class contact: John Borba at: jaborba@ucanr.edu

For information about the facility and a map, please visit <http://www.vsmsa.us/vsmsa/locations>

State Record Book Competition 2016 Important Dates:

June 30th: Members must complete an Intent to Submit Form to their county office if they are planning to or thinking about submitting their book to State Competition. Completing this form does not obligate the member to submit, rather it is intended to alert county volunteers and staff working so that they are prepared to provide support to members.

June 30th: Members must complete the Record Book Quick Start Course if they plan to submit their book to State Competition. This is earlier than the past two years so that members have ample time to review and prepare their record books.

October 3rd: State Record Book Evaluators (judges) applications are due.

October 21st: Record Books for State Competition must ARRIVE to State Office.

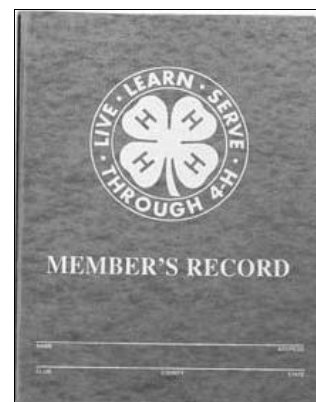
November 4th – 6th: State Record Book Competition

Archery Shoot Winners



2016-17 Record Books

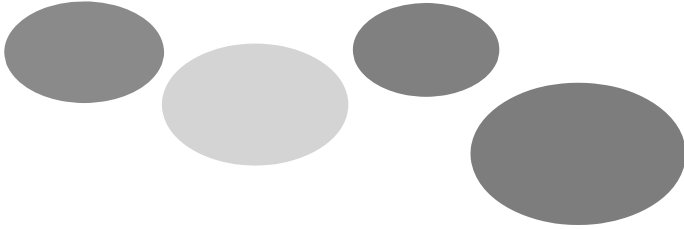
The Record Book and manuals for Junior, Intermediate and Senior members will be the same as 2015-16. All units will be expected to come into alignment with the state book beginning July 1, 2016. All other supplemental forms not included in the state Record Book must be eliminated at that time. A new Primary Member Report form will be released by July 1, 2016. This report follows and supports the iSprout curriculum.



State 4-H Updates

Volunteer Development State Leaders' Forum

Connect the Dots



November 11-13, 2016

Registration opens on April 1

Mark your calendars to attend the final State Leaders' Forum for a couple of years. Come to **Sonoma County** and the Flamingo Hotel in Santa Rosa to expand your tool box when working with young people. The committee is motivated to create an enlightening experience for you. Scintillating speakers, first class workshops, and clever activities highlight the never-ending quest to ensure you will have monumental memories. We are searching for workshop presenters who are willing to share their out-of-seats delivery.

Please contact Education Chair - Linnaea Knisely (linnaeak@gmail.com). In the mean time visit the website <http://ucanr.edu/4hslf> for updates.
<http://ucanr.edu/survey/survey.cfm?>

. Resources for Parents and Caregivers

NEW Consumer Financial Protection Bureau's (CFPB) "Money As You Grow" Financial Well-being Tools for Parent and Caregivers. The site includes tools adults can use to help youth in different age groups (early, middle childhood, teens and young adults) develop money skills.

www.consumerfinance.gov/money-as-you-grow



Save the Date! Plan to attend

July 28th - 31st, 2016
at Humboldt State
University

For High School Youth (Ages 13-19)

The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. The conference provides advanced leadership training and is an opportunity for 4-H members to network and share ideas with other 4-Hers from across the state. The conference focuses on providing high school youth with experiential education on leadership development, civic engagement, college admissions and other 4-H project areas.

Youth delegates gain exposure to the campus by living in the residence halls, eating in the dining commons, and participating in educational sessions, many of which are taught by UC faculty and staff.

The conference is planned by a team of high school 4-H members, key leaders and adult advisors. Working in strong youth-adult partnership, the team designs the educational, recreational and logistical components of the conference.

Hello 4-H Staff and Advisors, 2016 State Leadership Conference Registration is now live! Here is some information to help you coordinate registration in your county.

Registration Options with Fees: University of Big Foot: Thursday, July 28 - Sunday, July 31, \$549

Thursday arrival begins with an orientation, dinner and movie night! Friday is tour day! Register for one or more University of Big Foot Tours (some at an additional fee). Most tours will be back in time to join in on the fun lawn games and activities the Recreation Committee has planned! The traditional SLC schedule begins Friday late afternoon and continues through Sunday. **College of the Lost Coast: Friday, July 29 - Sunday, July 31, \$449** Friday arrival begins with fun and games provided by the Recreation Committee! The first meal served is dinner. The opening assembly is Friday evening to kick off the traditional SLC schedule and educational events. **Registration must be received by May 31, 2016. Late Registration** (between June 1 - June 30) - add \$50 to base fees. No registrations accepted after June 30. **Friday Tours:** The Friday educational content is all tours. University of Big Foot tours must be selected and fees paid at the time of registration. Tour details are on registration and linked on the SLC page of the website. **Education:** Education sessions A-C descriptions will be available after the close of registration. **Parking \$12 for the conference:** Parking permit should be purchased with your registration and will be given to you at check-in. A parking permit is required each day. **Busing:** Delegates will be able to register for a spot on one of the centralized buses at this time. Bus fees will need to be added to the total conference fees at the bottom of registration. Bus registration **must be received by June 17, 2016.** Bus information and tentative routes can be found on the SLC webpage http://4h.ucanr.edu/4-H_Events/SLC/ **T-shirt \$18:** Must be ordered at the time of registration. **Chaperone Selection Process** We will be using the Chaperone selection process for statewide overnight events. Please review the chaperone position description and process on the Chaperone Information Page http://4h.ucanr.edu/4-H_Events/Chaperone_Information/ and encourage your most qualified adults to apply to be chaperones at SLC. Counties are not required to submit a certain amount of chaperones per youth delegation, but we are asking that all counties participating do ask qualified chaperone candidates to apply. Counties will be invoiced for a portion of the cost of the chaperones on a per youth delegate ratio. 4-H youth members who are differently-abled, either physically or developmentally, may need to be chaperoned in a one-on-one environment. An adult chaperone for a child who meets the criteria of necessary accommodations should choose the "chaperone one-on-one" option on the registration form. An application is not required for a one-on-one chaperone. **Cancellation Policy** Cancellations received by June 1, 2016 will receive 75% refund, by July 1, 2016 50% refund, after July 1, 2016 no refund will be given. This policy applies even if total fees have not yet been paid. The county will receive an invoice for the amount due for the registration fees. If a participant cancels and has been awarded financial assistance the total amount of the cost of registration will be billed. No financial assistance can be given if a participant does not attend the conference. http://4h.ucanr.edu/4-H_Events/SLC/

State Updates

Mindfulness Retreat

November 4-6, 2016

Camp Ocean Pines

Cambria, CA

Save the date for the Mindfulness Retreat! Participants will increase their personal skills in leading a healthy lifestyle, and also gain skills needed to be a health advocate in their community. The retreat will address topics such as understanding mindfulness, exercise, stress management, community connection, relationship building, nutrition, and health advocacy! Designed for teens ages 13-19 and adults.



For more information or check out:

<http://4h.ucanr.edu/Projects/HealthyLiving/Mindfulness/>

Did you know?

National 4-H is hosting a series of webinars on new 4-H curriculum. If you're interested in learning more about our 4-H curriculum, sign up for our webinars. For more information visit: <https://event.on24.com/>

FREE: EVERY KID IN A PARK PASS

A new White House youth initiative to get all 4th graders and their families to experience the places that are home to our country's natural treasures, rich history, and vibrant culture FREE OF CHARGE!

The Every Kid in a Park pass is good for the 2015-2016 school year, until August 31, 2016.

Information on obtaining the pass is available by visiting www.everykidinapark.gov

University of California
Agriculture and Natural Resources



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

**“Roundup”
MENDOCINO COUNTY 4-H
March/April 2016**

Web Sites

National 4-H Council
www.4-h.org

California State 4-H Website:
<http://4h.ucanr.edu/>

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.

Like us on Facebook @ Mendocino County 4-H

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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