The next 4-H Council meeting will be held on May 4, 2010 at the GSA small conference room at 7pm.

Please submit any articles about your club by the middle of each month by clicking below or diggings4h@gmail.com

Email: lefossen@ucdavis.edu
Phone: 209-223-6484
Fax: 209-223-3279
UCCE Amador 4-H Office
12200 B Airport Road
Jackson, CA 95642
http://ceamador.ucdavis.edu

INSIDE THIS ISSUE:

Duck Race Fundraiser 2
Guide Dog Project 2
Home Expo 3
Lost & Found 3
Calendar of Events 3
State Field Day 4
Free Health Education 14

Club Excellence
Reprinted with permission from Marianne Bird, Sacramento 4-H Youth Development Advisor

Clubs are a mainstay in our 4-H program. Last year, here in *Sacramento County, we served youth through 19 Community Clubs, groups ranging in size from 8 to 150 members. Meeting monthly and comprised of individual projects, Clubs offer a perfect platform for youth development: the opportunity to learn, build, and master skills over time; a sense of belonging and camaraderie; feelings of empowerment through decision making and leadership; the chance to learn the importance of giving to others; and close relationships with caring adults who share time, talents, and partnership with youth.

So what constitutes excellence in the Club program? Wearing the 4-H name and emblem and holding regular meetings does not guarantee quality. The opportunities for a premier experience are there, but how do we know if the aforementioned are happening?

Adult leadership focuses on the youth, not the project: The goal in 4-H is not outstanding projects...its outstanding youth. The focus of our program is helping kids grow, and 4-H Clubs should be child-centered, not activity-focused. Does the culture of your club encourage adults to know, understand, and meet children where they are developmentally?

Members are known and supported: How are kids’ greeted and welcomed at meetings? Does everyone feel like they fit-in? Are there cliques or people on the fringe? Is everyone involved?

All members have a chance to learn and build on previous knowledge; activities are age-appropriate: Do older youth in your club have opportunities to advance their skills in a variety of areas, or are they simply expected to assume greater leadership with age? Do they take advantage of regional, statewide, and national opportunities? Are younger youth engaged in age-appropriate activities with peers?

Authentic decision-making and leadership roles: Leadership is not just club officers seated in front of the room, gavel in hand. Everyone should have a chance to make decisions—sometimes in a group, sometimes individually—about what and how things are done in their club and project. What kinds of decisions are made for your club? Who makes them and how are they made? What role do adults play in the process? Club or project volunteer to lead events or serve others in the greater community? Do youth understand how the service they render betters a community issue? Do they feel they’ve really made a difference?

A sense of belonging to something bigger: Great clubs are not insolated, but feel a part of the larger 4-H picture. They see themselves integrated into Leaders’ Council goals, national 4-H initiatives, and a shared destiny. Does your club take part in Council meetings, support countywide activities, and participate in statewide learning opportunities? Of course, there are other important (if mundane) aspects to running a great 4-H Club—from paperwork to planning. But the essence of outstanding programming is embedded in the ideals above.

*(Amador County had approx 140 members, 6 Community Clubs & Club Membership as large as 41 members)*

Educational programs of California Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.
Support Amador County 4-H Clubs

Help out two of Amador County’s 4-H clubs and help out your community as well.

Gold Nugget & Jackson Gold Wheels 4-H Clubs will be adopting ducks again this year for the Great Sutter Creek Duck Race held on April 24th at Minnie Provis Park in Sutter Creek.

You can support the clubs by adopting ducks prior to the race. 5 dollars a duck or 5 ducks for 20 Bucks. Or you can join the $100 Duck Club (with all of the recognition that goes along with that honor)

Remember you do not have to attend to win!

GUIDE DOG HANDLERS NEEDED!

Heather McDowell is the project leader for the Guide Dog Puppy Project and she needs 3 new puppy raisers in order keep this 4-H project open.

You can reach her at (209) 245-4217 for questions or information.
Attention: Clothing & Textiles & Food & Nutrition Project Members!

Members in Clothing, Arts & Crafts, Industrial Arts and Crafts, Leather craft, Pottery, Needlework, Dish Gardens, Woodworking, and Models (and ALL OTHER home arts) are eligible to enter!

Food and Nutrition project members are eligible to enter their dishes or decorated cakes!

Adults are eligible to enter the Chili Cook-Off Contest!

The 4-H Home Arts Expo will be held this year on Saturday, April 17th at Mark Twain Elementary School in Angels Camp at 10 am.

Each member can enter up to two entries.

10:00 am Judge & Clerk Orientation
4-H’ers set up projects
10:15 am Welcome & Introduction
10:20 am Judging begins followed by:
Awards Presentation

Look in the back of the Diggings for the guidelines and entry forms.

Entry forms are due by April 1st

A belt was left at Sub Regional Presentation Day. Please call the 4-H Office to claim, 209/754-6474

I want to encourage the members and their families to attend the Fair Board Meetings that are held once a month on the 2nd Thursday at 6 pm in the administration building.

Plan on attending to make our Fair the best that it can be!

Calendar of Events

March 28th, Beef Cattle Pre Weigh-In. 7 AM - 10 AM
April 6, Amador 4-H Council Meeting
April 17, 4-H Home Arts Expo, 10 am, Mark Twain Elementary
May 4, Amador 4-H Council Meeting - All Star Applications Due
May 23, Sm. Animal (Sheep, Swine & Goat) Pre-Weigh-In – at Fairgrounds 7 am – 11am Poultry & Rabbit Declarations
June 1, Amador 4-H Council Meeting - All Star Interviews
July 29 - August 1, Amador County Fair Safari “It’s a Jungle out there!”
August 1, Buyer’s Brunch, 49er RV Park
Activities Held at the State 4-H Field Day:
- State 4-H Presentation Day (pre-registration due by May 24)
- State 4-H Fashion Revue (pre-registration due by May 12)
- Plant Science Contest (pre-registration due by May 24)
- Judging Contest
- California 4-H Photography Contest (pre-registration due by May 7)
- 4-H Film Festival (pre-registration due by May 7)
- 2011 Logo Design Contest
- Exhibits and Displays (pre-registration due by April 2)

Overall Event Coordinator: Quang “Hogan” Tong, State 4-H Office at 530-752-5644 or qtong@ucdavis.edu

Schedule for the Day

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30-8:30</td>
<td>Check-In for Fashion Revue</td>
<td>Olson Hall</td>
</tr>
<tr>
<td>7:30-9:00</td>
<td>Check-In for Presentation Day</td>
<td>Wellman Hall</td>
</tr>
<tr>
<td>8:00-11:30</td>
<td>Logo Design Contest Accepts Entries</td>
<td>Wellman 127</td>
</tr>
<tr>
<td>8:30-9:30</td>
<td>Fashion Revue Judges’ Orientation</td>
<td>Olson Hall 118</td>
</tr>
<tr>
<td>8:30-9:30</td>
<td>Enter Photographs for Judging</td>
<td>Hallway in Hart Hall</td>
</tr>
<tr>
<td>8:45-10:00</td>
<td>Presentation Day Judges’ Orientation</td>
<td>Wellman 2</td>
</tr>
<tr>
<td>9:00-9:30</td>
<td>Room Host Orientation</td>
<td>Wellman 126</td>
</tr>
<tr>
<td>8:30-9:00</td>
<td>Fashion Revue Orientation/Opening</td>
<td>Olson Hall 206 (participants) &amp; 6 (families)</td>
</tr>
<tr>
<td>9:00-10:00</td>
<td>Opening Assembly</td>
<td>Wellman Hall Outside Stage</td>
</tr>
<tr>
<td>9:45-11:45</td>
<td>Fashion Revue Judging, Activities</td>
<td>Olson Hall</td>
</tr>
<tr>
<td>10:00-1:30</td>
<td>Plant Science Contest</td>
<td>Hart Hall 1130 and 1128</td>
</tr>
<tr>
<td>10:00-2:00</td>
<td>Entomology Activities</td>
<td>Wellman Hall</td>
</tr>
<tr>
<td>10:00-3:00</td>
<td>Service Project</td>
<td>Wellman 129</td>
</tr>
<tr>
<td>10:00-12:00</td>
<td>Presentations</td>
<td>Wellman &amp; Hart Hall</td>
</tr>
<tr>
<td>10:00-12:00</td>
<td>Presentations for Fashion Revue Participants (10:10 – 12:00 in Olson Hall 105 &amp; 106)</td>
<td>Wellman &amp; Hart Hall</td>
</tr>
<tr>
<td>10:00-12:00</td>
<td>Share the Fun Presentations</td>
<td>Hart Hall 1150</td>
</tr>
<tr>
<td>10:30-3:00</td>
<td>Judging Event</td>
<td>Wellman Lounge</td>
</tr>
<tr>
<td>10:30-3:00</td>
<td>Photography Contest</td>
<td>Hallway in Hart Hall</td>
</tr>
<tr>
<td>11:00-12:00</td>
<td>Film Festival</td>
<td>Wellman Hall Outside Stage</td>
</tr>
<tr>
<td>12:00-1:00</td>
<td>Lunch</td>
<td>Wellman 127</td>
</tr>
<tr>
<td>1:10-3:45</td>
<td>Presentations</td>
<td>Wellman &amp; Hart Hall</td>
</tr>
<tr>
<td>12:45-1:15</td>
<td>Hats Off For Kindness - Check In</td>
<td>Wellman Hall Outside Stage</td>
</tr>
<tr>
<td>1:15-1:15</td>
<td>Hats Off For Kindness- Model, donate hat</td>
<td>Wellman Hall Outside Stage</td>
</tr>
<tr>
<td>1:15-2:00</td>
<td>Fashion Revue – Line up for Show</td>
<td>Wellman 2</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Fashion Show and Awards</td>
<td>Wellman Hall Outside Stage</td>
</tr>
<tr>
<td>4:00-6:00</td>
<td>Awards Assembly</td>
<td>Wellman Hall Outside Stage</td>
</tr>
</tbody>
</table>
UC Davis
UC Davis is one of the nation’s top public research universities and is part of the world’s pre-eminent public university system. The campus is set in the heart of the Central Valley, close to the state capital and San Francisco Bay Area.

Parking: Parking is free on the weekends
Location: Wellman, Hart & Olson Halls, University of California, Davis, CA 95616
Online Directions: Map to “Howard Way, Davis, CA”

Directions From Interstate-80: Take Highway 113 North (to Woodland)
Directions From Interstate-5 (headed South): Take Highway 113 South (to Davis)
Directions from Highway 113
Exit on Russell Drive, go east (towards campus)
Turn right onto Howard Way, park in the parking structure
Walk to the end of Howard Way, and turn right onto North Quad
Turn left onto West Quad - Wellman Hall is the first brick building on the right

Directions (From Downtown Davis):
Take A, B, C, D, E, F, or G Streets North to 5th Street
Turn left onto 5th Street (West, towards campus)
Turn left onto Howard Way, park in the parking structure
Walk to the end of Howard Way, and turn right onto North Quad
Turn left onto West Quad - Wellman Hall is the first brick building on the right

State Fashion Revue: the closest parking lot to Olson Hall is Lot 10 at the corner of First and “A” Streets
Non-Competitive Activities for the Family!

Plan to bring lawn chairs and/or blankets for outside seating during the event.

Opening and Awards Assemblies
Help start the day with the Opening Assembly from 9:00 – 10:00 am in front of Wellman Hall. The Awards & Closing Assembly will take place from 4:00 – 6:00 pm in front of Wellman Hall. Opening Ceremonies Contact: State Ambassadors Cynthia Hinde and William Simmons. Awards Ceremonies Contact State Ambassadors Rachel Coe and Shelby Wagner. State Ambassadors can be reached via the State 4-H Office.

Exhibits and Displays, applications due by April 2, 2010
Educational displays constitute a unique aspect of the State 4-H Field Day. These exhibits are a great opportunity to share knowledge, interact with youth and adults, and engage people in new activities. Possibilities for displays include hands-on activities, community service crafts, informative booths, etc. The application is available at: http://www.ca4h.org/projresource/fieldday/SFD-App-Form2010.pdf Contact: Megan Reese, Displays & Exhibits Coordinator, at mereese@ucdavis.edu or (530) 752-4790.

4-H Science, Engineering and Technology (SET) Exhibits and Displays
4-H SET activities and projects combine hands-on, inquiry-based learning in a positive youth development context to engage youth in improving their SET knowledge, skills and abilities. Contact: Steven Worker at 530-754-8519 or smworker@ucdavis.edu

- 4-H SET Interactive Exhibits - Outside Hart Hall from 8:00am – 4:00pm
  At the State 4-H Field Day, youth, volunteers and parents can participate in science, engineering and technology exhibits, displays and hands-on activities.

- 4-H SET Demonstrations and Illustrated Talks – Part of the State 4-H Presentation Day
  A scientific demonstration uses the steps used by scientists to answer questions and solve problems. This format of 4-H presentations counts for 4-H Presentation Days and in the 4-H Record Book! This presentation style can either be in the form of a demonstration where the experiment is performed in its entirety or in representative parts. Check out page 15 in the 4-H Presentation Manual for more information.

- CA 4-H Technology Leadership Team presents -
  First Annual CA 4-H Photography Contest and the California 4-H Film Festival 2010
  More information is included on page 8.

- Entomology Activities - Outside Hart Hall from 8:00am – 4:00pm
  Insects are active all around us! Learn about the science of entomology. What questions are scientists asking? How do scientists work with insects? We’ll have samples from our world class insect collections and even some live insects to watch and hold. Contact: Tabatha Yang at 530-902-4795 or tabyang@ucdavis.edu

- 4-H Million Trees Project (4HMT): 4HMT is an international youth-founded and led SET service learning project to inspire up to 6 million 4-H youth to plant 1 million trees. At this exhibit, 4-Hers will learn about 4HMT, play interactive games, and view educational displays. Contact: Tom Webber, 4hmilliontrees@gmail.com
CA State 4-H Council: For this display, the state council will inform members, leaders, and parents of the council's existence and purpose. They will use a display board, a PowerPoint presentation, a map of CA with 4-H clubs, and possible other hands-on projects. Contact: Sandy Lester, nosec4hcouncil@yahoo.com

Lunch Served on the Grass Area in Front of Wellman Hall
Early: Doughnuts, coffee, milk, juice, water.............
Lunch: Hot dogs (2 types), tri-tip sandwich, chips, cookies, assortment of drinks, some candy, etc.

Provided by Alameda County 4-H Camp Academy – is a leadership project for teen-leaders (8th-12th grade) who work together with adult advisors familiar with the Las Posadas 4-H camp program. Our teens, with adult counselors, plan and organize the camp program starting in September and ending in August with our week long residence camp in Angwin, California. At monthly meetings they work on games, skits and songs, outdoor fun, hikes, swimming events, arts and crafts projects, etc., to give our campers a week of fun they will always remember. Our group is 75+ strong and are always looking for community service opportunities. Contact Jim Bennett at jbennett@montague-inc.com

Hats Off For Kindness
Hosted by the State Fashion Revue committee
Create a soft hat for a cancer patient by sewing, knitting, or crocheting and bring it to State Field Day. Please leave off floppy flowers, hard edges or attachments (think soft and washable). This community service is open to all 4-H youth, families and adults. All hat makers are invited to model their creations on stage before the Fashion Revue fashion show. If you are a Fashion Revue participant you'll need a substitute model. We hope to collect at least 250 hats. To model your hat, check in at the Wellman Outside Stage at 12:45 pm. Bring an index card with your name and county written on it, in legible printing. Your name and county will be announced as you walk across the stage, beginning at 1:15. If you are not able to model your hat, you may either bring it to the Olson Hall foyer between 8:00 am to Noon on May 29 or bring it to the Wellman Outside Stage between 12:15 – 1:15. For information contact Rachael Gross at kandragross@sbcglobal.net

The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (covered veterans are special disabled veterans, recently separated veterans, Vietnam era veterans, or any other veterans who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized) in any of its programs or activities. University policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Equal Opportunity Director, University of California, Agriculture and Natural Resources, 1111 Franklin St., 6th Floor, Oakland, CA 94607, (510) 987-0096.
State 4-H Presentation Day
http://ca4h.org/leadership/spd/

Location: Wellman, Hart and Olson Halls
Time: 9:00am – 6:00pm
Pre-register by May 24, 2010 at http://ca4h.org/wrp/spd/
Contest Coordinator: Jacki Zediker at jkzediker@ucdavis.edu or 530-842-2711

Eligibility: Any 4-H member (4th grade and above) who has been awarded a gold medal in their 2010 Sectional Competition may compete with the same presentation for which the medal was awarded. 4-H members may give only one presentation at the State 4-H Presentation Day.

Categories: Categories are open to all age groups: Junior, Intermediate, and Senior.
- Demonstration
- Illustrated Talk
- Educational Display
- Prepared Speech
- Impromptu Speech
- Interpretive Reading
- Share-the-Fun
- Audio-Visual
- Problem Solving
- Cultural Arts

Event Notes
- This event uses the 4-H Presentation Manual - http://www.ca4h.org/leadership/spd/
- 4-H Members who have entered in another category may also compete in the Share-the-Fun category.
- A gold medal at a sectional competition is not required to enter the Problem Solving category.
- Presentations will be divided according to category and age.
- Only presenters and room hosts may set-up and clean-up presentation materials.
- Members are responsible for laptop computers, cassette/CD players and radios. Rooms come equipped with overhead projectors, chalk boards, TV/VCR, and digital projectors.
- Photography and video recording of presentations is prohibited.
- No presenter substitutions are allowed for any categories.
- Every effort will be made to accommodate 4-H members who qualify for both Fashion Revue and Presentation Day. There is a place on entry forms to indicate this participation in both events.

Judges: Each county must supply a judge for every five entries.
Judges are vital to the functioning of presentation days. Judges give presenters feedback on their performance using a standard evaluation rubric. Judges may be 4-H volunteer leaders, 4-H staff, 4-H members (older than 16 years of age and not giving a presentation), and people from other organizations with experience in public speaking. The duties of a judge include:
- Attend the Judge Orientation from 8:45 – 10:00 on the morning of the event.
- Become familiar with the 4-H Presentation Manual and the Judge’s Orientation Notes.
- Judge 10-15 presentations during the event using the standard evaluation rubric for that category.
- Provide written positive and constructive feedback to help each presenter improve.

Room Hosts: Each county must supply a room host for every ten entries.
Room hosts play an important role in ensuring a smooth transition between presentations and making sure a presenter is not disturbed during his or her presentation. The duties of a room host consist of the following:
- Attend the Room Host Orientation from 9:00 – 9:30am on the morning of the event.
- Introduce each presenter, county, and section before he or she starts.
- Close the door before each presentation and help keep the room quiet during the presentation.
- Help presenters set-up and take down their materials.
- Help end questions for each presentation after a 3-5 minute period.

Registration for Presenters, Judges, and Room Hosts on-line only at http://ca4h.org/wrp/spd/ by May 24. If you have questions, please contact Jacki Zediker at jkzediker@ucdavis.edu or 530-842-2711.
State 4-H Fashion Revue

http://ca4h.org/projresource/fashion/

**Location:** Olson Hall. Fashion Show at Wellman Hall.
**Time:** 8:30 am – 3:30 pm

*Pre-register by May 12, 2010 online at* [http://ucanr.org/sfr2010](http://ucanr.org/sfr2010). *Follow up with mailed/emailed forms by May 17, 2010.*

**For more information, please contact:**
- 4-H Staff Liaison: Sue Moore, samoore@ucdavis.edu or 209-533-6990
- State Fashion Revue Registrar: Karli Draxler, chat2kd@unwiredbb.com or 559-582-6952
- 4-H Volunteer Leader: Mary Engebreth, maryengebreth@comcast.net or 707-996-2981

“What’s in YOUR Closet?”
State Fashion Revue (SFR) is an exciting event held during State Field Day at UC Davis. Each county may qualify one member to participate in SFR for each category and each age division, chosen at their County Fashion Revue. The categories are Traditional, Consumer Science Purchased, Recycled, Wearable Art-Embellished, and Vest Challenge. The age divisions are Junior (9-11), Intermediate (12-13) and Senior (14 -18) as of 12/31/2009.

Online registration will be open from March 1 to May 12. Go to [http://ucanr.org/sfr2010](http://ucanr.org/sfr2010). Additional entry forms, depending upon the category, will need to be e-mailed or mailed to the SFR Registrar by May 17.

New activities added this year include Hats Off for Kindness, First Year Showcase and County Corner. For complete SFR details, including category descriptions, entry information and forms, commentary guidelines and resources, please go to [http://ca4h.org/projresource/fashion/](http://ca4h.org/projresource/fashion/). We can’t wait to see what’s in YOUR closet!

**judges and other help**
Adult judges from each participating county are required; one judge for up to every 5 youth entered. Over 5 participants requires a second judge. Judges must have experience with sewing, crafts, fashion, or a related field. We will need an adult or older teen Room Monitor for each judging room (approximately 12). This person coordinates the judging lineup for the room. The Room Monitor may be a parent of a participant. Please pre-register your judges and Room Monitors with Karli Draxler, SFR Registrar. (see above)

**County Corner**
What’s happening in your county in Sewing, Clothing & Textiles project, fabric crafts, or Fashion Revue? We will set up an area in Olson Hall where counties can share their displays. Examples are photos from your 2010 County Fashion Revue, samples of sewing skills your members are learning or sewing projects they have completed, information about a community service project (like lap quilts or cancer caps), fabric items made in 4-H that do not qualify for State Fashion Revue, and sewing information flyers to share. Display space is limited to half a table per county, so please use a standard science-display backboard. To sign up, one person from the county should list it on your online registration. For more information contact Chenoa Van Gerpen at dvangerpen@gmail.com

**First Year Showcase**
This special interactive workshop is just for first year participants in county fashion revues who did not qualify to enter SFR. Come model your garment(s) at the First Year Showcase in a relaxed, non-competitive setting in Olson Hall. You do not have to qualify at your county event to participate, but you must be a first year sewer. All categories are welcome to participate and you will receive recognition for your participation. Check in by 9:30 am in Olson Hall. Workshop at 10:00 am in Olson Hall room 6. For more information, contact Kylie Deal at dmtigers06@yahoo.com

**Other Activities**
SFR offers several activities between 9:45 – 11:45 am that are open to SFR participants, families and the public. They will include a make it – take it craft, a service activity, and judging classes. SFR judging is closed to families and the public.

**Fashion Show**
Everyone is invited to watch the State Fashion Revue Fashion Show at 2:00 pm on the Wellman Hall Outside Stage.
### State 4-H Plant Science Contest

http://ca4h.org/projresource/horticulture/

<table>
<thead>
<tr>
<th>Location:</th>
<th>Hart Hall 1128 and 1130</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time:</td>
<td>10:00am – 1:30pm</td>
</tr>
<tr>
<td>Pre-register by May 24, 2010 at</td>
<td><a href="http://ca4h.org/wrp/spd/">http://ca4h.org/wrp/spd/</a></td>
</tr>
<tr>
<td>Contacts:</td>
<td>Daniel Berke, <a href="mailto:berke.daniel@gmail.com">berke.daniel@gmail.com</a></td>
</tr>
</tbody>
</table>

The 4-H Youth Development Program **engages youth in the scientific study of plant life.** The 4-H Program teaches youth …

- Applied biological/agricultural sciences including production of all plants.
- Insight into agriculture and develop understanding of the basic principles of plant physiology as they relate to plant growth and development.
- An understanding of the methods and values of scientific research and its influence on plants and soils.
- The use of biotechnology as it pertains to the development of new and improved plant varieties.
- The role of plant nutrients, water and soil in plant growth and the geographic areas suited for plant growth growth.
- The use of integrated pest management practices (IPM) as part of an overall crop production system.

The plant science contest provides opportunities and potentially motivate youth to increase their knowledge of horticultural plants, and horticultural/plant science techniques and knowledge, greatly expands their ability to identify various plants and allows for interaction with other youth interested in plant science.

Those 4-H members with presentations are also eligible to participate in horticulture activities. Indicate on the registration form if the presentation has a topic of plants, plant nutrition, or other plant-specific topic.

### Contest and National Qualifier

The Contest is organized into three parts: Judging; Identification; and Written. The four highest scoring senior-age youth are eligible to be part of the California State 4-H Horticulture team. This team represents California in the National Junior Horticultural Association convention on October 16-20, Harrisburg-Hershey, Pennsylvania.

Senior-age youth (in addition to team members) are also eligible to attend the convention and participate in demonstration, speech, and a number of other contests at the convention.

For those 4-H members with an interest in doing independent research before the contest, the study manual may be downloaded at http://www.njha.org/projects.html
California 4-H Technology Leadership Team

**Location:** Photography Contest in the Hallway of Hart Hall. Film Festival on the Wellman Stage.  
*Pre-registration required see information below.*

**Time:** Photography Contest: 10:30am – 3:00pm and Film Festival 11:00 am – 12:00 pm

**Coordinator:** Photography Contest: John Trammell at techdude4h@gmail.com  
Film Festival: Ashlyn Aiu at aaiu@calpoly.edu

First Annual CA 4-H Photography Contest

Hosted by the California Technology Team

NEW THIS YEAR at State 4-H Field Day!

Registration due May 7, 2010 at  

The CA 4-H Technology Leadership Team is hosting a State  
Photography Competition. Any regular 4-H member, age 9-19, is  
welcome to participate. Members do not need to be enrolled in a photography project to participate. There are no prior  
requirements to enter at the State level competition.

More information is available at [http://www.ca4h.org/projresource/fieldday/CA4HPhotoContestV3.pdf](http://www.ca4h.org/projresource/fieldday/CA4HPhotoContestV3.pdf). Complete the  
online registration, found at [http://ca4h.org/projresource/fieldday/](http://ca4h.org/projresource/fieldday/) by May 7, 2010. No late entries will be accepted.  
Entries can be dropped off from 8:30 am to 10:30 am. If you have any questions about this new opportunity to show case your work, please contact John Trammell at techdude4h@gmail.com or (909) 844-1747.

California 4-H Film Festival 2010

Hosted by the California 4-H Technology Leadership Team

NEW THIS YEAR at State 4-H Field Day!

Films due May 7, 2010.

Film played at the State 4-H Field Day, May 29, 2010, 11:00am – 12:00pm at UC Davis

Theme: “What does 4-H mean to you?”

Cinematography is one of today’s fastest growing industries in the world; however, it is also one of the hardest industries to  
be successful in. If you think you have a love for video production, join us at this year’s State 4-H Field Day 2010 for the  
first annual California 4-H Film Festival. The theme of this year’s film festival is, “What does 4-H mean to you?”

On May 29th videos entered by 4-H members from across the state, following the theme and guidelines listed below, will  
be played throughout the day.

More information is available at [http://www.ca4h.org/projresource/fieldday/film%20festival.pdf](http://www.ca4h.org/projresource/fieldday/film%20festival.pdf)
State 4-H Judging Contest

<table>
<thead>
<tr>
<th>Location: Wellman Hall Lounge</th>
</tr>
</thead>
<tbody>
<tr>
<td>No pre-registration required.</td>
</tr>
<tr>
<td>Time: 10:30am – 3:00pm</td>
</tr>
<tr>
<td>Judging Contest Coordinator:</td>
</tr>
</tbody>
</table>

The objective of judging in the 4-H program is to help members grow in their ability to think, to reason, and to make logical and scientific judgments. Judging is making choices and decisions. Judging is an everyday activity. In 4-H, judging is essentially a matter of comparing four items. If 4-H members know what factors make up an ideal animal, plant, or situation, they are more able to recognize quality products, know good standards, and make wise decisions based on facts.

Why have judging in 4-H?
Judging teaches 4-H members to:

- Observe carefully.
- Recognize good products, articles, and animals.
- Improve their own work.
- Make wise selections.
- Make their own decisions.
- Appreciate opinions of others.

Ways that 4-H'ers can study standards:

- Read project materials.
- Study pictures.
- Attend exhibit days.
- Take tours and trips.

Guidelines for Judging

- Pre-registration is not required. This is an individual walk-in basis event. Judging doors will be open between 10:30 – 2:00 pm.
- Before attempting to begin judging, study the scoring sheet. This is the sheet you will mark your placing. Becoming familiar with the score sheet will prevent lower scores. Be sure to fill out the top part of your score sheet completely.
- There will be three potpourri Judging Divisions: Junior, Intermediate, and Senior. Each division will consist of ten classes, each class having four items labeled A,B,C,D. The classes will represent a variety of 4-H projects and program areas.

Judging Etiquette

- Whispering and/or talking to other contestants is not allowed. Keep your eyes on your own scoring sheet.
- Judging is a comparative process; examine and compare. Check each item individually. Placing may be confirmed or changed upon closer examination.
- Observe. Get an overall feeling of the class. Look for something that stands out – an easy top or bottom. This helps narrow the class and gives a mental picture.
- Decide. Make a final decision on placing the items in order of rank on your scoring sheet using each letter once. A duplicated letter will result in a score of zero for the class.

Awards

This category is scored by using the Alphabetic Hormel Judging System. In each division:
- Top 20% - Medal and Gold Seal, Top 30 – 40% - Blue Seal, Remaining % - Red Seal
Every participant will receive a certificate of participation.

Primary Members

There will be a small non-competitive primary division for primaries to get judging experience. They will receive a certificate of participation and a participation ribbon.
2011 State 4-H Field Day Logo Design Contest

**Location:** Wellman Hall Room 127  
*No pre-registration required.*  
**Time:** Submit Design: 8:00am – 11:30am.  
Voting on Designs: 12:00pm – 3:00pm.  
**Lead contact:** Seth Washman at sethdude92@aim.com

4-H members and volunteers may submit a design for the 2011 State 4-H Field Day! Bring your design to this year’s event and submit it by 11:30am. Please limit your design to three colors. The design must include the 4-H clover and the text “California” and “2011 State 4-H Field Day.” The selected logo will be displayed on the 2011 website and other materials for the 2011 event.

All of the designs will be posted by 12:00 noon and everyone will have the opportunity to vote for the 2011 logo.
"FREE"

HEALTH

EDUCATION PROGRAM
FOR ADULTS & TEENS

ALL WELCOMED

Addressing: Drugs, Alcohol, Depression, Suicide.
Conducted By: Andrew Mendonsa, Psy. D.
Date: Sunday March 28th, 2010
Place: Amador Senior Center
229-New York Ranch Rd., Jackson, CA.
Time: Presentation: 2:00pm to 2:45pm

Entertainment By SPEAR kids will follow....
Vocalists, Dance, Comedy, Monologues etc.

Program sponsored by: SPEAR (Suicide Prevention Education Action Resources)
For more information, contact Vivian at 530-676-2119
4-H Home Arts Exposition News!

The 4-H Home Arts Expo will be held this year on Saturday, April 17th at Mark Twain Elementary School in Angels Camp.

DIRECTIONS: Mark Twain Elementary is located at 981 Tuolumne Ave., Angels Camp. It is one block up Stanislaus Avenue, which begins at the corner of US Bank and Highway 49 in the heart of Angels Camp.

The event will begin at 10:00 a.m. 4-H members from Calaveras, Mariposa, Tuolumne, El Dorado and Amador County are welcome to participate! All entries are due by April 1st.

Members in Clothing, Arts & Crafts, Industrial Arts and Crafts, Leather craft, Pottery, Needlework, Dish Gardens, Woodworking, and Models (and ALL OTHER home arts) are eligible to enter! Food and Nutrition project members are eligible to enter their dishes or decorated cakes! Adults are eligible to enter the Chili Cook-Off Contest!

One entry form should be filled in for each entry: Please do not put more than one name on each. Additional forms can be requested from the 4-H office.

**You can enter up to two items!**

The item(s) you enter MUST be from a project you are currently in.

**WHAT IS THE SCHEDULE?**

- 10:00 am Judge & Clerk Orientation
- 4-H’ers set up projects
- 10:15 Welcome & Introduction
- 10:20 Judging begins followed by:
  - Awards Presentation

**Schedule is subject to change**

**HOW ARE THE CLOTHING AND HOME ARTS PROJECTS JUDGED?**

4-H members enrolled in a clothing project get to wear and be judged in their garments. It will include a clothing judging session in which each girl or boy enrolled in a clothing project models his or her outfit before judges and receives helpful comments. Members enrolled in a home arts project show off their creative projects and are critiqued by judges. It will include a judging session in which home arts members display their projects before judges and receive helpful comments. Table space will be provided for members to display their home arts projects.

**HOW DO I ENTER CLOTHING OR HOME ARTS?**

A 4-H entry form (attached) must be completed for each entry. Return your form(s) to the 4-H office by the deadline. In the interest of fairness, late forms will not be accepted under any circumstance.

**PROJECT RECOGNITION**

All home arts participants will receive a gold, silver or bronze medal. Judging will be on the Danish system. The divisions are:
- Senior Division (10th - 12th grade)
- Junior Division (7th - 9th grade)
- Intermediate Division (4th - 6th grade)
- Primary Division (Kindergarten - 3rd grade)

All clothing participants will receive a gold, silver or bronze medal. Judging will be on the Danish system.

The divisions are:
- Senior Division in Traditional, Purchased and Recycled Category (10th - 12th grade)
- Junior Division in Traditional, Purchased and Recycled Category (7th - 9th grade)
- Intermediate Division in Traditional, Purchased and Recycled Category (4th - 6th grade)
- Primary Division in Traditional, Purchased and Recycled Category (K - 3rd grade)
WHAT CLOTHING CATEGORY CAN I ENTER?

- **Traditional** - garment or outfit is made from “scratch” with new fabric.
- **Recycled** - outfit is made from “old” clothes that is an entirely different garment than it had been before. 75% major reconstruction must be done. You must have “before” and “after” photos.
- **Purchased** - project member purchases all outerwear including accessories for $150.00 or less. Receipts will be needed. Handmade accessories are encouraged. Your shopping skills are used in this category.

AN EVALUATION GUIDE FOR 4-H CLOTHING PROJECTS

CREATIVE SELECTION

**Occasion:**
Where do you plan to wear your garment? Will it be appropriate?

**Style:**
Is the style becoming to you? Is it appropriate for your age? Is the fabric suitable for the design of the garment?

**Color:**
Is the color becoming to you? Is it a color that looks well with other items you are wearing?

**Texture:**
Is the texture of the fabric (rough, shiny, fuzzy) suitable for you? Is it appropriate for the style and design of the garment and for the occasion for which you will wear it?

FIT

Is the garment well balanced so that the center front and center back form straight lines at the center front and center back of your figure? Are the shoulder seams the correct slant and length? Do the darts point to, but not beyond, the curved areas of your figure? Is the waistline of the garment located at your natural waistline or according to the design of the garment? Do the vertical seams form plumb lines? Is the hem line straight? Are the ease allowances adequate for comfort and appearance and for the design of the garment? (Check each of these points for bodice and skirt, or pants, where appropriate)

GROOMING

Are you as neat and clean as possible? Is your hair appropriately and becomingly styled? Are your hands and nails clean, and well cared for? Is your clothing (under and outer) clean, free of spots and odors, pressed, and in good repair?

POSTURE

**Standing:**
Do you stand tall with back straight, head up, and chin in? Do you keep your shoulders back, your chest up, abdomen in, and buttocks tucked under?

**Poise:**
Are you at ease? Do you avoid fidgeting with your hands and picking at your clothes or yourself? Do you wear your garment proudly and show it off to its best advantage?

ACCESSORIES

**Number:** Have you chosen a pleasing number of accessories - enough to complement your garment but not overpower it? (Shoes may be the only accessory you need)

**Harmony:** Does the color of your accessories complement your clothing? Is the color a pleasing value or intensity for you? Are the design and texture of your accessories in character with your garment and with each other? Are your accessories appropriate for your size?
CONSTRUCTION

Choice of Method:
Are the construction methods you used appropriate for the design of the garment, for the type of fabric, and for the type of wear you expect from the garment? For example, did you finish the seams in a way that will prevent raveling - will they wear well and not interfere with the design or general appearance of the garment? Did you select the type of buttonhole that will best complement the design and that is suitable for the fabric?

REMEMBER...IT IS THE OVERALL RESULT THAT IS MOST IMPORTANT, NOT THE METHOD USED

Grain line:
Did you cut your garment "on grain"? Some fabrics with wrinkle-resistant or stabilizing finishes can tolerate a small percentage of "off-grain" depending on their design and texture, but most fabrics, including knits, should be cut exactly on the grain to ensure the best possible hang and fit. For designs with bias cuts, the fabric should be cut on true bias.

Workmanship:
How good a job did you do in making your garment? For example, are the stitch length and tension correct? Is the stitching straight and are the darts tapered, not blunt? Are the interfacing and facings neat and not bulky? Are the fasteners neat and secure? Is the collar neat - no undercollar rolling out or points poking up? Are the sleeves set in smoothly - evenly spaced with no puckering? If the garment is lined, is the lining placed so that it does not distort the outer fabric and overall line? Is the hem as inconspicuous as possible and durable enough for the kind of care it will receive?

PRESSING

Underpressing:
Did you press as you sewed? Did you press one seam before crossing it with another?

Top Pressing:
Did you do a good job of top pressing after completing your garment? Were you careful not to overpress, particularly on the right side of the fabric?

CARE

Consider how long you plan to wear the garment and for what occasions. Will the fabric or style require a minimum amount of time, effort, and cost to keep the garment clean, pressed, and in good repair?

4-H HOME ARTS EXPO
FOOD & NUTRITION PROJECT ENTRY INFORMATION

WHAT ARE THE RULES? (All categories except Cake Decorating)

The following rules will be followed:

1. DO NOT use any cake (or other) mixes in your recipes.
2. Your planned menu is for a breakfast, lunch or dinner.
3. DO NOT enter menus for teas, buffets, etc.
4. Candies and hors d'oeuvre-type foods are not to be included as a Favorite Food or dish.
5. Substitutes for absent members will not be allowed.
6. Long hair must be tied back or in a hair net.
7. Parents and/or leaders will be allowed in the judging area before judging begins BUT they will not be allowed to assist or to make comments.

WHAT ARE THE RULES? (Cake Decorating Category)

The following rules will be followed:

1. You may use cake mixes or "dummies" for your cake. Styrofoam is also okay.
2. Substitute for absent members will not be allowed.
Long hair must be tied back or in a hair net.

Parents and/or leaders will be allowed in the judging area before judging begins BUT they will not be allowed to assist or make comments.

If you have a cake that is more than one-tier and needs to be assembled at the event do so quickly. No frosting application will be allowed at the event.

WHAT ABOUT FOOD SAFETY?

Proper food handling is very important. Lack of sanitation, insufficient cooking and improper storage can allow bacteria in food to increase to dangerous levels. What can you do to make food safe?

You can protect your family and friends from food borne illness by:

1. Making sure your hands, dishes, utensils, kitchen equipment and work surfaces are clean.
2. Being careful and taking all precaution needed in storing, preparing and cooking of all foods.

Temperature and time influence the growth of bacteria. Keep hot foods HOT (above 140 F) and cold foods COLD (below 40 F). Food may not be safe to eat if held more than 3 or 4 hours at temperatures between 60 F and 120 F, the temperature zone where bacteria grow rapidly. Remember that this includes all the time during preparation, storage, and serving. Remember too, when transporting food, keep those food dishes that require refrigeration COLD and those that require heat HOT. It is suggested to wrap food items for traveling in a thick, clean towel or blanket and transport them in an ice chest.

HOW CAN I PARTICIPATE?

1. You must be enrolled in a 4-H Foods and Nutrition Project.
2. Entry forms must be returned with your recipe (excluding cake decorating) to:
   4-H Office, Government Center, 891 Mountain Ranch Rd, San Andreas, CA  95249. You will need your Foods and Nutrition leader’s signature on the entry form.
3. Do your own creative work on place setting and menu planning (excluding cake decorating). (See “Table Setting Notes” in this booklet).
4. Learn all you can about the favorite food you have chosen to present. Your favorite food presentation should be appropriate to your abilities and your years in the foods project. Your entry should be different each year.
5. Following the theme or title of your entry, plan a menu around your entry, using the knowledge you have learned about a balanced diet and the basic four food groups. Use your own creativity. Remember color and texture. Type or print your menu on a 5" X 8" card with your favorite food underlined. (See specific details in this booklet). Menu should include the basic “4” food groups. Consider color and texture in planning your menu.
6. Practice preparing your favorite food so that you can, from experience, tell others how to do it. Serve it to your family and friends and get their comments. Remember, “Practice Makes Perfect”.
7. Learn as much as you can about the basic four food groups and how your menu meets these requirements.
8. Bring an ample supply of your Favorite Foods entry so that there will be enough to serve participants and guests.

Your food must be given careful attention so that it is properly handled. **NO FOOD PREPARATION WILL BE ALLOWED AT THE EVENT.** Be sure and bring all utensils you will need for serving. Your entry must be completely ready when you arrive. If you prepare a cold dish, keep it cold. If a warm or hot dish is prepared, keep it hot. Refrigeration and holding oven space will NOT be provided for you, but there are wall outlets available. Again, be sure and bring all utensils you will need for serving.
PLEASE BE SURE THAT ALL OF YOUR EQUIPMENT IS MARKED FOR IDENTIFICATION

ONCE YOU ARRIVE...

1. Upon arrival find your name taped to the front of a table. Go directly to your table and set up your supplies. Parent help is not allowed.
2. Participants are not to leave their area until all participants at your table have been judged.
3. Parents and leaders are restricted from the judging area once judging begins. Parents and leaders in the judging area after the set-up period will be cause for the entry to be DISQUALIFIED.
4. There will be chairs provided away from the judging area for all guests. REMEMBER, THIS IS A JUDGING AREA AND WE APPRECIATE YOUR HELP IN KEEPING THE AREA QUIET.
5. We suggest that you wear your 4-H uniform. It is not required but it will look better to the judge who will be judging your presentation and your food. If you do not wear your uniform, be sure to dress neatly.
6. Be ready to answer any questions the judge(s) may ask concerning the table setting, menu or preparations of the favorite food. Judges will probably discuss your favorite food, menu and table setting with you, but their questions or comments do not necessarily indicate that they are not pleased with your work or your answers. The Home Arts Expo is a learning experience.
7. Judging will be on the Danish System. (The Danish System is judged against a set standard and not against another entry.) Scoring will be made on the following categories:
   - Excellent – Gold Medal
   - Good – Silver Medal
   - Fair – Bronze Medal
8. After judging has been completed and the awards ceremony, exhibitors and guests are invited to sample the foods displayed. NOTE: Members are not to taste food until after all judging has been completed and judges and guests have tasted.
9. Exhibitors are part of the clean-up committee. An exhibitor who does not clean up his/her area will be disqualified from exhibiting at the event the following year.

MENU

Each exhibitor must plan a menu around the food entry. The menu should be shown on a 5" x 8" card with the exhibitor's favorite food underlined. The recipe card should be 3" x 5".

* The menu and recipe cards must be typed or neatly printed *

EXAMPLE:

FAMILY DINNER

Meat Loaf - Mashed Potatoes - Buttered Peas
Cottage Cheese & Peach Salad
Yeast Rolls & Butter
Chocolate Pudding - Cookies - Milk

The menu should indicate the type of meal being served (formal dinner, luncheon, breakfast, etc.) Each member will be assigned an area approximately 20" x 24". Your table setting should be appropriate for your menu. A dessert plate should be indicated if appropriate.
TABLE SETTING NOTES

1. Your judgment dictates your place setting. There is no one and only "right way" to set the table. The pattern of table service to be used, the menu to be served, and the size of the table establish your plan for setting the table.

2. You do not need to use your family's best china or silverware. Look through magazines to find ideas for using what you have available as a compliment to your favorite food.

3. Centerpieces are required. It should be small, low and in scale for your one place setting. POTTED PLANTS ARE NOT ALLOWED. Practice at home or at a project meeting so that you will be well prepared to set it up properly before the actual judging.

4. Be prepared to answer questions on your table setting, your menu and your favorite food entry.

5. Paper accessories may be used in your presentation. These are perfectly acceptable when they lend appeal to your theme, your chosen food entry and your menu.

CATEGORIES

Participants are not limited to dishes that are included in the 4-H Food unit for which the member is enrolled. A member may prepare their favorite food to be entered in any one of the following six categories:

1. Bread
2. Main Dish
3. Vegetables
4. Soups or Salads
5. Dessert
6. Cake Decorating

Senior Division (10th - 12th grade)
Junior Division (7th - 9th grade)
Intermediate Division (4th - 6th grade)
Primary Division (Kindergarten - 3rd grade)

3rd ANNUAL ADULTS ONLY CHILI COOK-OFF!

Chili Cook-Off Contest for adults! This competition will be open to parents and 4-H leaders. You do not have to be involved in a cooking project to compete in this contest! Sign up on the enclosed entry form to compete.
PRINT NAME ______________________________________________
GRADE ________________
HOW MANY YEARS HAVE YOU BEEN IN THIS PROJECT? _________________
PHONE ________________________ CLUB ______________________________________
Mailing Address: ____________________________________________________________

County: __________________________________________

COMPLETE FOLLOWING FOR CLOTHING ENTRY

TYPE OF GARMENT YOU WILL BE ENTERING ______________________________________
(dress, suit, shirt, blouse, etc.)

CATEGORY (check one): TRADITIONAL _____ RECYCLED _____ PURCHASED _____

4-H Clothing Leader’s Signature
______________________________________________________________

COMPLETE FOLLOWING FOR HOME ARTS ENTRY

TYPE OF HOME ART YOU WILL BE ENTERING

Remember, home arts can be a variety of things. See page 1 supplement for examples.

DESCRIPTION
____________________________________________________________________________

_____________________________________________________________

4-H Home Arts Leader’s Signature

Mail or fax to: Jennifer Goerlitz, 4-H Office, 891 Mountain Ranch Road, San Andreas, CA  95249
Fax 209/754-9616

If your child is attending this event with another adult, please complete the Medical Treatment Form
and give it to the supervising adult to carry in their vehicle.
4-H FOODS & NUTRITION ENTRY FORM
4-H HOME ARTS EXPO

DUE WITH COMPLETE RECIPE TO CALAVERAS COUNTY 4-H OFFICE April 1st
Mailed entries must be postmarked by the deadline

PRINT NAME:________________________________________________
GRADE: _____________________
ADDRESS:____________________________________________________________________
_________________________________________________________________________
COUNTY: ________________________________________
PHONE #:________________________
HOW MANY YEARS HAVE YOU BEEN IN THIS PROJECT (INCLUDING THIS YEAR)?:________
CLUB:___________________________________________________________
MY FOOD ENTRY IS:________________________________________________
ENTRY CATEGORY: (Please check one)
( ) SOUP OR SALADS    ( ) VEGETABLES    ( ) MAIN DISH
( ) DESSERT     ( ) BREAD     ( ) CAKE DECORATING
( ) ADULTS ONLY CHILI COOK-OFF

Signature of 4-H Foods Project Leader or Adult Chili Cookoff Competitor

Attach recipe with this form or write below. Bring menu card with you to the event.

Mail or fax to: Jennifer Goerlitz, 4-H Office, 891 Mountain Ranch Road, San Andreas, CA 95249
Fax 209/754-9616

If your child is attending this event with another adult, please complete the Medical Treatment Form and give it to the supervising adult to carry in their vehicle.