

University of California
Agriculture and Natural Resources
Making a Difference for California



JANUARY 2011

38th Annual 4-H Community Dinner Cake Auction & Silent Auction

Saturday, January 15th from 4 to 7 pm
Mother Lode Fairgrounds



Tickets

\$12 Adults
\$8 Seniors 65 & older
\$8 Children under 12

On Sale from

4-H Members
At the Door
At the 4-H Office

**TRI TIP &
all the fixin's**

Baked potato, Green Salad, Roll
Ice Cream & Cover's Cookie
Vegetarian entrée available

Family Ticket \$40

Pre-sale only, limit 5 people
For members of an immediate family all living together
4-H families larger than 5 may purchase their family
tickets at the 4-H Office by January 13.

Warm Wishes from 4-H

Join us as we extend warm wishes to local homeless people through the David Lambert Center. 4-H is pledging 100 blankets and tarps. They are different sizes and prices, ranging from \$2 to \$10. Choose one to sponsor at the Dinner, sign a card, pin it on and help someone stay warm this winter!

THANK YOU FOR SUPPORTING OUR 4-H DINNER

See page 2 for your club's serving time and Dinner job

Posters need to be up by Monday, January 10. The ticket contest ends Thursday, January 13 at 5 pm.

Food prep is on Thursday, January 13th, 5 pm to wrap potatoes and trim Tri-tip at the Posse Grounds.

Deliver decorated cakes Saturday by 1 pm, posters and Silent Auction donations by 3 pm

Volunteers are needed to transport supplies back to the 4-H Office Saturday night and to box up supplies on Sunday at 1 pm

4-H is a community of young people across America who are learning citizenship, leadership and life skills



4-H COMMUNITY DINNER ~ JANUARY 15 DECORATED CAKE AUCTION & SILENT AUCTION



4-H COMMUNITY DINNER

If you have questions, please call Ron Hamilton, Dinner Chairperson, at 928-1815, or the 4-H Office, 533-6990.

CLUB DINNER JOBS

Foothill 4-H: Set up the building
Groveland Highlanders: Silverware & Decorations
Lucky Trails: Silverware & Decorations
Mountain Rangers: Dessert table
Sonora Cloverleafs: Cake Contest & Displays
Tuolumne Pioneers: Kitchen, BBQ, Cake Auction
All Star & Leadership Teams: Greeters & Emcees

In addition, thank you to

Linda Hembree: Pre-sale tickets
Shelly Wyatt & Kris Hamilton: Door ticket sales
Sharon Smales: Serving supervision
Ida Ponder: Floor Coordinator
Denise McKenzie: Beverages
Alicia Frese: Silent Auction
Rhonda Harris: Cake Auction
Sue Moore: Community Service blankets & tarps
Terri Arington: Barbecuing
Columbia College Culinary Arts: Baking the potatoes
Mike Day & Tom Fraser: Cake Auction

SERVING We run two serving lines which take 12 adults or older teens per shift. Other members seat diners, pour coffee, serve dessert and clear tables. One adult per shift should help supervise the members working the floor. Members, wear your uniform or club T-shirt if possible, pin or tie your hair back and have clean hands. Serving times are:

4-4:30	“Lucky Highlanders” Groveland Highlanders, Lucky Trails
4:30-5:15	Tuolumne Pioneers
5:15-6:00	Foothill 4-H
6:00-6:45	Sonora Cloverleafs
6:30-7:00	Mountain Rangers

CLEAN UP

Please stay to clean up. So we don't detract from the Auction, we wait until it is over, then strip the tables, put away the decorations and supplies, pick up the trash and clean up the kitchen area.

DISPLAYS We would like every club and project to provide a display showing their community service or educational activities. Contact the 4-H Office to reserve a space.

ICE CHESTS

We need 30-40 medium sized ice chests. Please make sure they are clean and labeled with your name. Bring them to the 4-H Office January 10-12 or to the Posse Kitchen on Thursday, Jan. 13 by 5 pm.

FOOD PREP

Thursday, January 13 at the Posse kitchen at 5 pm. Everyone can help wrap potatoes. Talk to Ron Hamilton if you want to trim and season the tri-tip as this is for the BBQ Crew and adults who have been trained. Ron also needs help that day to unload food.

FLYERS

The Dinner flyer is on the website and copies are at the 4-H Office. Print some or pick them up to pass out and display in businesses, church, school, and community bulletin boards. Thank you for advertising the dinner!.

TICKET SALES

We hope all 4-H families are assisting with dinner promotion by selling tickets. If you are entering the ticket contest you may turn in your stubs, unsold tickets and money to the 4-H Office before 5:00 pm on January 13 or at the Sheriff's Posse kitchen at 5 pm. The contest ends at 5:00 pm. Club ticket chairs, if you can't turn in contest stubs and money in person, call Linda Hembree at 532-8656. If you are not entering the contest, turn in stubs, unsold tickets and money to your club in January.

TICKET CONTEST

Sell at least \$150 of tickets and turn in by 5 pm on January 13 to receive a movie theater ticket. Sell at least \$350 and turn in by 5 pm on January 13 to qualify for the top 3 prizes. Top sales wins a Kodak EasyShare M575 digital camera. Second place overall wins \$50 and third place wins \$25 cash. One prize per person.

DINNER POSTER CONTEST

See the December Tooter for rules. Posters must be displayed for at least 5 days. Deliver your poster to the dinner by 3:00 pm to be judged.

DECORATED CAKE CONTEST

Complete rules were in the December Tooter. Deliver your cake to the dinner by 1:00 pm to be judged.

SILENT AUCTION

Bring donations to the 4-H Office; or to the dinner before 3 pm. Use the Donation form in the Dec. Tooter.

NEWS FROM THE 4-H OFFICE

Back on June 30, I was both excited at the thought of more free time and sad to be leaving. I was officially retiring from my 4-H staff position, a job I have thoroughly loved for almost 20 years. My gosh, except for being married and a mom, that's longer than I've done anything else in my life.

But the next 6 months haven't turned out like I expected. I was a county employee, running the University of California Cooperative Extension's youth program. I retired because budget cuts were coming and my position was slated to be cut to 50% for the 2010-11 year. I knew I would not be able to provide the level of support our volunteers and members need and deserve in 20 hours a week because I normally work well over the 40 I am paid for. I figured it would be better to bring in a young new staff with more energy to start out fresh. It helped that the County was offering a retirement incentive (which we used to re-roof our house.)

After I signed the paperwork but before June 30, the Tuolumne County CAO, Craig Pedro, and the Board of Supervisors reinstated my position to full-time. I was overjoyed but could not rescind my retirement. The plan was to hire a new county employee by August first for me to train. I agreed to keep working to train him/her. But then the University began planning to reorganize Cooperative Extension offices. The offices in Tuolumne, Calaveras, Amador and El Dorado are going to have a central administration with some programs combined. The county 4-H positions will become UC Program Reps with county funding transferred to UC. So I agreed to keep working until this happened. The County let me stay on as a relief employee, for straight wages (no benefits).

But the reorganization has been more difficult than expected and hasn't happened yet. My relief hours are running out. My last day will be January 15, for the Community Dinner. I know the County and UC value the 4-H program and want to fill my position. My hope is that it happens in the next few months and I am allowed to return part-time to train the new staff.

Be prepared - there might be a few months without a 4-H staff here. I've been told that the new person will not be full-time, maybe 80%, so there will be program cuts. I don't know how this story will end and what it will mean for you, our 4-H families. If you are able, please volunteer to help with 4-H events as there are many coming up. A Tooter Editor would be great, as would more helpers to assist with enrollment, event supplies, the new 4-H Thrive, fundraising, and organizing activities. Existing club and project leaders will be asked to do more, so parents please step up and help them. You don't need to be a 4-H leader to help although if you are, you are covered by UC liability.

I will answer questions sent to my email address, samoore@ucdavis.edu for as long as I can. After January 15, phone questions will need to go to 533-5695, the UCCE Office main phone number. I will remain an active 4-H volunteer and do what I can to ease the transition. Questions about the reorganization should be addressed to UCCE County Directors, Dorothy Smith, dorsmith@ucdavis.edu, and Scott Oneto, sroneto@ucdavis.edu.

Thank you everyone! You make 4-H the great program that it is and together we will continue to grow our children into confident, skilled, and involved citizens.

Sue Moore, 4-H YD Program Manager

JANUARY CALENDAR

- 3 UCCE Office reopens after holidays/furloughs
- 5 4-H Council, 7 pm
- 8 Sue Moore's retirement party
- 15 Community Dinner
- 17 Office closed, holiday
- 17 Small Livestock Association, 7 pm
- 28-30 LCORT sectional conference



COMING EVENTS

- Feb 5 SET Training, Merced
- Feb 5 Calaveras County Presentation Day
- Feb 12 Everything but Animals Field Day
- Feb 15 Livestock Loan applications due
- March 4-6 4-H Thrive Team training
- March 5 4-H Relay for Life Team fundraiser
- March 5 UC Davis CA&ES Field Day
- March 12 County Presentation Day
- March 13 Hi 4-H Pancake Breakfast
- Mar 19-20 Teen Retreat, rescheduled
- April 1 4-H Scholarship applications due
- April 1-3 Hi 4-H Disneyland Trip
- April 16 Regional Presentation Day
- May 1 County Fashion Revue
- May 4 All Star & Leadership Team apps due
- May 7-8 Roundup Food Booth
- May 21 4-H Team at Relay for Life
- May 28 State Field Day, includes State Presentation Day & State Fashion Revue
- June 24-27 Merced County 4-H Summer Camp
- July 6 Weigh in, Mother Lode Fair
- July 7-10 Mother Lode Fair
- July 13-31 CA State Fair
- July 28-31 State Leadership Conference, UC Davis

Not scheduled yet

4-H Horse Clinic, 4-H Horse Show, 4-H Horse Level Testing, Mother Lode Fair Pre-weighs, 4-H Roller Skating Party, Record book judging

COMING EVENTS, BY DATE

As more information is available, it will be posted on our website at <http://tuolumne4h.ucdavis.edu>

EVENT ATTENDANCE

Have you satisfied the Event Attendance policy to be eligible to exhibit as a 4-H member at the Mother Lode Fair? You need to attend a Tuolumne County 4-H event other than the Fair or Community Dinner. The list was attached to your enrollment forms. If you don't know if you've met the requirement yet, ask your club leader. Project leaders, check with your club leader. County-wide project leaders - ask Sue Moore or Linda Hembre for the list.

MURPHYS 4-H RABBIT SHOW

January 8 at Calaveras Fairgrounds

ARBA sanctioned double youth show, silent auction. Counts as 4-H event attended, but not for fair eligibility requirement. Entries are due December 30. Call or email Steve 209/795-3278 or skafka@spi-ind.com. Entry information and the printable forms are on the Calaveras 4-H website at <http://cecalaveras.ucdavis.edu/>, go to the calendar section, click on the Murphy's 4-H Double Rabbit Show

SMALL LIVESTOCK ASSOCIATION

January 17

This group meets on the third Monday at 7 pm at the UCCE Office in January, March & May. It is open to any adults and teens interested in planning and working on activities for youth who raise small animals, including activities at the Fair and scholarships. It is for 4-H, FFA and Independents. Is someone in your family planning to show small livestock or sell in the Small Livestock Auction at the Fair? Then you should volunteer to help. Sue Moore is the SLA President, but only through the 2011 Mother Lode Fair. If you want this program to continue, then you need to step up. For more information, come to the meeting or contact Sue at 743-2020 or samoore@ucdavis.edu

LCORT CONFERENCE

LCORT (Leadership Conference of Regional Teens) is at Wonder Valley Ranch near Fresno on January 28-30. There is still space if you want to attend. LCORT is for members in grades 7-9 from the 12 counties in the South Central Section. The fee is \$140 per person. Registration forms are on our website at <http://tuolumne4h.ucdavis.edu>. Email Sue Moore at samoore@ucdavis.edu for information.

SET TRAINING

Saturday, February 5 in Merced, 9-4

Free workshop with lunch provided. 4-H volunteers, teen leaders, and after school educators are all encouraged to attend. We'd like to have a Tuolumne County team participate. The curriculum offered in Merced is Junk Drawer Robotics, taught by Richard Mahacek. <http://www.ca4h.org/Projects/SET/Initiative/Workshop/s/>. Registration is due January 24th to <http://ucanr.org/set>. We already have some of the supplies.

CALAVERAS PRESENTATION DAY

February 5, 10 am

Calaveras River Academy, San Andreas

Open to neighboring counties. Tuolumne County members can enter; it's a good practice event. To qualify to advance to the regional level, you will still need to receive a gold award at our Tuolumne County Presentation Day. For more information about the Calaveras event, go to <http://cecalaveras.ucdavis.edu/>, find the calendar on the right, click on show all events, then click on 4-H Sub-regional presentation day. Entry forms are due to Calaveras 4-H Office by January 27. In the interest of fairness, late entries will not be accepted under any circumstances. It is recommended that you call the Calaveras 4-H office to confirm your entry has been received.

EVERYTHING BUT ANIMALS

FIELD DAY February 12

Sonora Elementary School, 1-3:30 pm

Try out some non-livestock projects and activities from the SET & Healthy Living initiatives. Complete the judging classes for a ribbon or medal. You choose which stations to try. Shelly Wyatt and Kris Hamilton are chairing the event. Contact Shelly at sw9503@yahoo.com or Kris at 928-1815.

The schedule is:

1-3	Activities & judging classes
2:30	Brownie contest judging
2:30-3	Launch water bottle rockets
3:00	Refreshments & Awards

All members are invited to enter the BROWNIE CONTEST. Open to individuals and groups, no pre-entry required. Bring 8 brownies, displayed nicely, with a copy of your recipe. If you use a mix, add something to make them unique. Remember, brownies don't have to be chocolate. All work must be done by the youth. Parent supervision is ok, but no parent help except taking hot things out of the oven.

Attending this event counts toward your Fair eligibility requirement. You must attend for at least one hour and participate to count. Be sure to sign in.

LIVESTOCK LOANS

February 15

Lowell Martin Memorial Livestock Loans are offered by the Sonora Rotary Club to assist 4-H and FFA members with the expenses of purchasing and raising market animals for the Mother Lode Fair.

Members showing financial need may apply for interest-free loans of \$250 for Sheep or Swine or \$150 for Market Goats. The applications are on the Tuolumne County 4-H website, <http://tuolumne4h.ucdavis.edu> and are due to the UCCE Office by February 15. They must be complete - all sections filled in and all signatures in place - and on time. There will not be anyone at the office to help; ask your club and project leaders to assist you.

4-H THRIVE TRAINING

March 4-6

4-H statewide is adopting the Thrive model to enhance our program. There will be a focus on goal setting, personal reflection and positive outcomes in all of our projects and activities. Each county is supposed to be assembling a team of teens, adult volunteers and staff to attend a weekend training, who will then bring Thrive back to our county program. Are you interested? We don't have a team yet! Let Sue Moore know at samoore@ucdavis.edu. The training will be the weekend of March 4-6, possibly in Jackson.

4-H RELAY FOR LIFE TEAM FUNDRAISER PARTY

March 5 from 12-4 at Sonora Blood Bank

Tuolumne County 4-H Relay for Life Team is having a fundraising party! It will feature 10 tables of exciting products like jewelry, candles, food, kitchen gadgets and more, for men and women! There is a BBQ lunch and bake sale too. Come join us in the fight against cancer and help us reach our \$12,500 goal. For information, contact Shelly Wyatt, team captain, at sw9503@yahoo.com or 662-4655

CA&ES FIELD DAY

March 5 at UC Davis

Aka Ag Science Field Day

Open to FFA and High school aged 4-H members.

26 judging events & leadership contests plus the CA 4-H State Qualifier for the National 4-H Livestock Judging, Dairy Cattle Judging, and Poultry Judging contests. To register, go to <http://www.calaged.org/registration>. Select the event, choose the link "Get Access Code," complete the information on the form, indicating your 4-H club/team name in lieu of school name and click the register button. Please include 4-H next to your club/team name on the registration form. After your team is registered, submit a printed copy of the online registration along with the \$25 payment, depending on the event you choose. Checks should be made payable to "UC Regents" and mailed to:

Attn: Francesca Ross, College of Ag & Environmental Sciences, One Shields Avenue, Davis, CA 95616

Agriscience Fair and Job Interview materials are due February 11 and registration closes February 18. Go to <http://caes.ucdavis.edu/fieldday> for information or contact field-day@ucdavis.edu

COUNTY PRESENTATION DAY

March 12

Summerville Elementary, School

See information and entry form in this Tooter

To assist with the event as committee, Room Emcee or Judge, please contact Sharon Smales at 532-5036 or sl_smales@att.net. This event counts toward your Fair eligibility requirement.

HI 4-H PANCAKE BREAKFAST

March 13

Sonora Elks Lodge, 8-11:30

Tickets are available at the door or presale by Hi 4-H members. Cost is \$7 for adults and \$3 for children under 12. The menu is eggs, sausage, juice, coffee and all-you-can-eat pancakes. Proceeds benefit Hi 4-H for their Disneyland bus trip. This counts as an event attended, but not for the fair eligibility requirement

TEEN RETREAT

March 19-20 at 3 Links Camp

Hooray! Teen Retreat has been rescheduled! It is open to members in 6th grade and up. The All Star and Leadership Teams have awesome sessions planned. If you were registered before, we even have your name tag already made! You need to register again, or for the first time if you can now come. It's going to be a really fun event and we have the best food! See the pages farther back in this Tooter.



ROLLER SKATING PARTY

April ??

This event is hosted by Lucky Trails but hasn't been scheduled yet.

REGIONAL PRESENTATION DAY

April 16, at Denair Middle School in Stanislaus County. Members in Tuolumne, Mariposa, Madera, Merced & Stanislaus counties receiving a Gold Medal at County Presentation Day are eligible to compete. The Creed contest is at county level only. Anyone may attend to learn more about presentations.

COUNTY FASHION REVUE

Sunday afternoon, May 1 at MLCS

County Fashion Revue is open to all 4-H members. Additional requirements must be met to advance to State Fashion Revue. Contact Sue Moore for more information, to chair the event or assist as committee. Categories will be offered to match those at State Fashion Revue. Attending this event counts toward your Fair eligibility requirement.

- Traditional: one or more garments sewn by member
- Recycled: existing garment remade by member into a new garment
- Purchased outfit: showing positive consumer skills, \$100 limit
- Embellished: decorated garment(s)
- \$15 Purchased Challenge: everything showing for \$15 or less not counting shoes and sales tax

HI 4-H DISNEYLAND TRIP

April 1-3

Open to Hi 4-H project members. Chaperones must be enrolled Volunteer leaders. See Hi 4-H news in this Tooter.

ROUNDUP FOOD BOOTH

May 7&8

Profits will be divided among our clubs based on the number of hours worked by the members and adults in each club. Work includes site preparation, menu planning & permits, purchasing, food prep, serving, cleanup, banking and reports. Please put this on your club's agenda for March and take sign ups then. Ron Hamilton is the chairperson and Linda Hembree is in charge of time sheets. This is not a 4-H event (it's a Sheriff's Posse event) but what you do will count on your PDR.

CALAVERAS COUNTY FAIR

May 19-22

The still exhibits are open to out of county exhibitors but in livestock divisions, only the Horse Show is open to out of county. For information go to <http://www.frogstown.org/>. Call the Fair office at 736-2561 with questions. This counts as a 4-H event attended but not for your fair eligibility requirement.

RELAY FOR LIFE

May 21-22, Sonora High School

This event is organized by volunteers and the American Cancer Society. Many 4-H members and families will be participating to raise funds to cure cancer, to honor a friend or loved one with cancer, or remember someone who lost their life to cancer. This is not a 4-H event (for events attended) but your activities can be counted as community service. Tuolumne Pioneers has a club team called "The Green Berets" which is raising money and participating in the 24 hour walk. Support their team at http://main.acevents.org/site/TR?fr_id=31739&pg=entry or contact Shelly Wyatt at 662-4655 or sw9503@yahoo.com. (note: all team members and money raised aren't listed yet on the website)

STATE FIELD DAY

May 28 at UC Davis

See <http://ca4h.org/projresource/fieldday/>
State Field Day includes

- State Presentation Day (qualify at regional event)
- State Fashion Revue (qualify at county event)
- State Judging Contest
- State Interview Contest (pre-register by ?)
- Plant Science Contest (pre-register by ?)
- Educational displays & service activities
- Photo and video contest
- Logo design contest for 2012
- SET activities

MERCED COUNTY 4-H

SUMMER CAMP

Friday, June 24 to Monday, June 27

Camp Sylvester, near Pinecrest

Merced County is inviting our members to attend. Approximate cost is \$170, for regular age members through 8th grade (not primary members). We may need to send an adult chaperone with our youth campers. Are you interested in a teen camp staff position? For ages 14 & up. For more information contact Darlene McIntyre, dmlcintyre@ucdavis.edu or 209-385-7418.





ALL STAR

All Star is the highest 4-H rank at county level. If you are at least 15, have your gold star and would like to expand your 4-H horizons, consider applying for the 2011-2012 All Star Team. Members must demonstrate experience in leadership and public speaking. Applications are due by the May 4th 4-H Council meeting, with interviews to be scheduled. The All Star Team attends State 4-H Leadership Conference with scholarships from 4-H Council to begin their year. Applications will be posted on our website at <http://tuolumne4h.ucdavis.edu>.

LEADERSHIP TEAM

Are you in 8th grade & up and interested in learning more leadership skills? Do you have your Silver Star? Consider applying to become part of the Tuolumne County 4-H Leadership Team. 4-H Council will send you to State Leadership Conference and then you will help organize our Teen Retreat. If you are motivated and have some time to commit, we will provide you many opportunities to develop skills both individually and as a team throughout the year. Information and applications will be on our website and are due May 4.

EMERALD STAR

Are you 13 and up? Do you have an idea for something that would improve Tuolumne County 4-H? An Emerald Star project is an individual leadership project that benefits our 4-H program. You could host an event or develop a new project or put on a workshop. An Emerald Star project can be proposed to 4-H Council any time during the year.

STATE 4-H AMBASSADORS

The California 4-H State Ambassador Program is a working honor that provides 4-H members expanded opportunities to serve the California 4-H Youth Development Program. 4-H State Ambassadors are youth who have excelled in the areas of leadership and community service, and have been selected to serve the California State 4-H Youth Development Program in roles that promote leadership through education and service. 4-H State Ambassador Advisors are adult volunteers who are experienced in working with older youth in a youth-adult partnership atmosphere.

4-H State Ambassador candidates must be at least 16 years old on July 1, 2011 and no older than 18 as of December 31, 2011. The term is July 1, 2011 to August 31, 2012. Applications are at <http://www.ca4h.org/Projects/Leadership/SA/>. Applications are due to the county 4-H Office by March 18 for approval and forwarding.



SCHOLARSHIPS

Tuolumne County 4-H Council offers three \$300 awards, named after Ros Roberts, Bonnie Scroggs & Jeanne Thompson. Applications are available on our website. Application deadline is April 1.

Small Livestock Association offers up to four \$500 scholarships for youth graduating from high school or getting GED's and going on to school at a vocational school, a college or a university. The Joan Miller scholarship is open to 4-H and FFA members. The Howard Kooyers scholarship is for youth who have shown small livestock at the Mother Lode Fair. These applications are also on our website and are due April 1.

South Central 4-H Sectional Council offers up to four \$250 scholarships, for graduating seniors. Go to <http://groups.ucanr.org/SC4H/> to open the application, which is due by April 1.

Statewide 4-H college scholarship applications are now available. High school seniors and those in college are eligible to apply. Scholarships are available in a number of various categories and award amounts. Applications are available at <http://www.ca4h.org/Resources/Members/Scholarships/> Deadline is April 30.

Friends of State Fair offer scholarships to graduating seniors and current college students. Information can be found at <http://www.bigfun.org/competition-youth.php>

2011 SLC

"Oh, the Places You'll Go!" The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. SLC will be July 28-31 at UC Davis. Applications for financial aid are due May 13, see <http://www.ca4h.org/Programs/Conferences/SLC/>

SLC Support Group The 4-H State Leadership Conference is organized by a small group of dedicated State Ambassadors, volunteers, and staff. The Support Group is a group of teen leaders who will assist in the planning of SLC by working with counties, communicating with Sectional groups, and attending SLC planning activities. During the conference, the Support Group acts as group facilitators, delegation hosts, logistical support, State Ambassador assistants and other duties as assigned. To learn more and to apply, go to <http://www.ca4h.org/files/43609.doc>. Applications are due by February 25 to the State 4-H Office.

HI 4-H PANCAKE BREAKFAST

SUNDAY, MARCH 13 at the SONORA ELKS LODGE

Donation:

Adult \$7.00

Child under 12 \$3.00

Tickets available at the door
or presale by Hi 4-H members

Proceeds benefit Hi 4-H for
their bus trip & other activities



Menu:

Scrambled Eggs

Sausage

Juice, Coffee, & Milk

& All you can eat Pancakes

INCOME TAX AND 4-H

Your out-of-pocket and mileage expenses for 4-H business may be deductible from your income tax. Consult your tax preparer for specifics. In general, the expenses must be for activities for other than your own children.

2011 RECORD BOOK DATES

For continuing members, including 2009-10 Primary members who moved up to regular member status for 2010-11, the 2010-11 record book year is July 16, 2010 to July 15, 2011. For new members, your record book year began when you enrolled in 4-H and ends July 15, 2011.

Your Project Report should be completed and ready for your project leader signature at your May project meeting. Your project leader signifies that you have met the 80% attendance policy for project meetings.

Print the fair entry form from the fair's website. Fill it out and bring it to your May project meeting for your project leader to sign, after your leader has seen and signed your project report.

Your signed project report needs to be included in your minimum Record Book which is turned in to your club leader at your June club meeting.

After your club leader signs your minimum record book and signifies that you have met the 80% club meeting attendance policy, you can take your fair entry form to the Fair Office.

Complete record books will include the 2011 Mother Lode Fair. July 15 is the last day to count activities. Your complete record book is due to your club leader by July 30. County record book judging will be in August.

THE 4-H CREED

I believe in **4-H Club** work for the opportunity it will give me to become a useful citizen.

I believe in the training of my **HEAD** for the power it will give me to think, plan and to reason.

I believe in the training of my **HEART** for the nobleness it will give me to be kind, sympathetic and true.

I believe in the training of my **HANDS** for the ability it will give me to be helpful, skillful, and useful.

I believe in the training of my **HEALTH** for the strength it will give me to enjoy life, to resist disease, and to work efficiently.

I believe in my county, my state, and my community and in my responsibility for their development. In all these things I believe, and am willing to dedicate my efforts to their fulfillment.

FREE TO GOOD HOME

2 parakeets with cage. Call Joy at 928-1114.

SOS - SAVE OUR STYROFOAM

- from ending up in the landfill! Hosted by the UCCE Master Gardeners, SOS drop off will be January 15 from 9-3 and January 16 from 11-2 on Microtonic Way just off Camage Avenue. Look for #6 in the recyclable triangle on the bottom of the material. Donate only clean, white packaging foam and rigid foam insulation. Remove tape, labels and cardboard. No colored styrofoam or food containers please. The foam will be used to make extruded moldings for construction.

TUOLUMNE COUNTY PRESENTATION DAY

Saturday, March 12 at Summerville Elementary School.

Training for Room Emcees and Judges at 1:00 pm. Presentations will begin at 2:00 pm



Presentation Day is open to all 4-H members. You do not need to be in a Public Speaking project to participate. You can even give a presentation with a friend, which is called a team. Primary members may enter the county level only. Juniors, Intermediates and Seniors may advance to the regional level with a gold award at county level. Regional gold awards may advance to State Presentation Day.

An important part of your 4-H experience is learning to speak in front of groups. Presentation Day gives you the opportunity to speak in front of judges who will evaluate your presentation.

4-H has a great manual to help you prepare your presentation. It's online on the state website at <http://www.ca4h.org/Programs/Events/SFD/PD/>. It tells you everything you need to know about how to do a presentation and what they judges want to see and hear. Read it early to make sure you understand what to do.

Members not presenting are invited to be Room Emcees (6th grade and up) and Door Monitors (any age). Emcees and Monitors need to sign up ahead. We also need adults to volunteer as judges - you can be a big help to the members giving presentations! Contact Sharon Smales if you can help, 532-5036.

Everyone is invited to attend and hear the presentations. All members are invited to give a Non-Judged Impromptu speech that day. These are entertaining and just for fun.

Presentations aren't just demonstrations. You have many options ranging from traditional demonstrations to problem solving for senior members. Choose the style that best fits you for your first presentation and then try other styles as you advance in 4-H. Every member is encouraged to give a presentation each year. Show what you've learned; give a presentation!

You can give

- A **Demonstration** teaches a skill by showing how to do it.
- An **Illustrated Talk** tells about a subject using visual aids like posters, objects or a power point
- An **Educational Display** is an organized visual presentation, often on a tri-fold poster board panel. You explain what's on your poster to a judge.
- A **Prepared Speech** is when you write and give a speech to persuade, inform, or educate the audience on one topic.
- A **Judged Impromptu Speech** is one you write at the competition on the topic given by the judges.
- An **Interpretive Reading** is when you read from a book, making the story come alive with your voice.
- **Share the Fun** is a group skit or a group presentation.
- **Cultural Arts** is music, dance, drama or performing art performed by one person or a group
- **Audio-visual Presentations** are videos or power points
- **Problem Solving Presentations**, for senior members only with pre-set topics
- The **4-H Creed Contest** is at the County level only. Information is given here because it is not in the Manual

CREED CONTEST

There are two divisions: members reading or using a written version of the Creed and members reciting it from memory. Each member will recite the 4-H Creed and be asked a series of three questions by the judges. All participants will be asked the same questions so members and audience may not discuss the questions or answers with anyone until after the close of the contest. The Creed contest will be in a separate room at Presentation Day. Members will be called in one at a time starting with Juniors. They may stay and watch members after them, but not those before. Families and members not competing in the Creed Contest are invited to be audience. Possible questions include

- How will 4-H club work help you to become a better citizen?
- In what way does 4-H train you to think, plan and reason?
- What is a Creed?
- How have you and your club helped in the development of your community?
- Describe some of the ways that through your 4-H projects, you have become helpful, useful, and skillful?
- What does "training of my heart" mean to you?
- The Creed was written in 1918. Do you think it is still true for children of today? Why or why not?
- What is the message you have learned from the 4-H Creed Contest?



TUOLUMNE COUNTY 4-H PRESENTATION DAY ENTRY

Due to the 4-H Office by March 2
Complete one form for each presentation

NAME

CLUB

PHONE

AGE DIVISION

- Primary Member, age 7-8
- Junior, grades 4 & 5 or 3rd grade and age 9 by 12/31/10
- Intermediate, grades 6 - 8
- Senior, grades 9 & up

For a Team presentation, the division is determined by highest grade of team members

PRESENTATION CATEGORY

- | | | | |
|--|--|--|--|
| <input type="checkbox"/> Demonstration | <input type="checkbox"/> Educational Display | <input type="checkbox"/> Share the Fun | <input type="checkbox"/> Creed Contest, Memorized |
| <input type="checkbox"/> Illustrated Talk | <input type="checkbox"/> Prepared Speech | <input type="checkbox"/> Cultural Arts | <input type="checkbox"/> Creed Contest, from notes |
| <input type="checkbox"/> Scientific Demonstration | <input type="checkbox"/> Judged Impromptu Speech | <input type="checkbox"/> Audio-Visual | |
| <input type="checkbox"/> Scientific Illustrated Talk | <input type="checkbox"/> Interpretative Reading | <input type="checkbox"/> Problem Solving | |

- My presentation must be given outside

I have 2 presentations. Please schedule this one first second.

TITLE OF PRESENTATION _____

.....

TUOLUMNE COUNTY PRESENTATION DAY HELP

Due to the 4-H Office by March 2

- I would like to be a Door Monitor (any age member)
- I would like to be a Room Emcee (6th grade & up)
- I would like to be a judge (Adult or older High School with presentation experience)

NAME

CLUB

PHONE



JOIN US AT 4-H TEEN RETREAT "Leadership Safari"

- WHAT** A fun weekend brought to you by the Tuolumne County All Stars and Leadership Team. There will be workshop sessions, games, a party and much more!
- WHEN** Saturday and Sunday, March 19 - 20, 2011
From 10:00 am on Saturday to 3:00 pm on Sunday
- WHO** Tuolumne County 4-H members, 6th grade and up
- WHERE** "Three Links Camp" above Sierra Village on Highway 108
(turn right opposite Lyons Dam Road)
- COST** \$30 per person, or \$25 for each additional delegate from the same family.
The fee includes lodging in cabins, all meals, workshop materials and PRIZES!
This event is supported by 4-H Council fundraisers.
- BRING** Sleeping bag or bedroll, extra bedding for hard beds, warm clothing, jacket, flashlight, towel & washcloth, personal articles and soap, props for skits
IMPORTANT! Bring a costume for Saturday night's party
Costume ideas: animal prints, camouflage, hunting apparel (NO weapons)
- CLOTHING** Clothing must be 4-H appropriate at all times, so pack accordingly: no bare midriffs, no exposed underwear, no open-toed shoes, no short shorts or short skirts, no spaghetti straps or halter tops. Have fun & be creative but keep it appropriate.
- DO NOW** Complete the registration form and Medical form.
Return to the 4-H Office by March 9th with
\$30 cash or check payable to
"Tuolumne County 4-H Council."
- WISH FOR** A weekend with no new snow or power outages!





2011 TEEN RETREAT REGISTRATION

"LEADERSHIP SAFARI"

Complete and sign registration and Medical Treatment Forms

Attach Fee

Return to the 4-H Office by March 9th

NAME _____ GRADE _____ YEAR IN 4-H _____

CLUB _____ PHONE _____

ADDRESS _____ CITY _____ ZIP _____

Fee: \$30 for first teen in family, \$25 each additional teen, payable to "4-H Council"

PERMISSION: I give my permission for my son/daughter to attend the 4-H Teen Retreat at Three Links Camp on March 19-20, 2011. He/she will be riding home with _____ at 3:00 pm on Sunday.

CODE OF CONDUCT: All participants shall adhere to the core values of the University of California 4-H Youth Development Program, and respect the individual rights, safety, and property of others.

While attending Tuolumne County 4-H Teen Retreat:

1. All delegates are expected to attend all planned activities of the event.
2. All participants shall be appropriately dressed at all times. This includes no bare midriffs, no exposed underwear, no open toed shoes, no short shorts/skirts, no spaghetti straps or halter tops.
3. Delegate behavior shall be appropriate at all times. This includes not handling belongings of others, not entering a cabin assigned to the opposite gender, and not damaging equipment regardless of ownership. Display of overly affectionate attention between participants is prohibited.
4. The possession and use of alcoholic beverages, tobacco products, and drugs other than prescription medication is prohibited.
5. Setting off fire alarms or tampering with fire extinguishing equipment or other emergency equipment is prohibited.
6. Obscene and discriminatory language, roughhousing, and insubordination will not be tolerated at any time.
7. Youth members and volunteers will demonstrate respect for one another at all times.
8. All participants must be in their assigned area at curfew and will comply with the quiet hours and lights out.
9. No participant may leave the grounds unless permission is secured from the leader in charge.
10. Youth must comply with other rules of the event.

Infractions of the 4-H Code of Conduct must be reported promptly by anyone observing them to the 4-H leader in charge of the event, who with the County 4-H Office will have responsibility for disciplinary action. The parent/guardian will be notified of action taken. Penalties may include any or all of the following:

- * Sending the participant home
- * Barring the participant from future 4-H events
- * Assessing the participant the cost of damages and repairs for damage or destruction of property
- * Releasing the participant to the nearest law enforcement agency and/or the proper authorities
- * Termination of 4-H membership

I have read the Code of Conduct and agree to abide by its rules. I understand that infraction of this Code will result in any or all of the penalties listed above.

Signature of Member: _____ Date: _____

Signature of Parent/Guardian: _____ Date: _____

**California 4-H Youth Development Program
Youth Medical Release Form**
University of California Cooperative Extension

This Medical Release Form is authorized for 4-H functions and activities at the Event and dates specified below:

First Name _____ Last Name _____ 4-H TEEN LEADERSHIP RETREAT
Event _____
TUOLUMNE COUNTY, CALIFORNIA MARCH 19-20, 2011
County and State Dates (From / To)

While my child is attending or traveling to or from this 4-H function, I HEREBY AUTHORIZE THE ADULT 4-H VOLUNTEER LEADER OR 4-H STAFF MEMBER, or in his/her absence or disability, any adult accompanying or assisting him/her, TO CONSENT TO THE FOLLOWING MEDICAL TREATMENT FOR SAID MINOR:

Any x-ray examination, anesthetic, medical or surgical diagnosis or treatment, and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of any physician and/or surgeon licensed under the provisions of the Medical Practices Act, California Business and Professions Code Section 2000 et seq.; or any x-ray examination, anesthetic, dental or surgical diagnosis or treatment, and hospital care to be rendered by a dentist licensed under the provisions of the Dental Practices Act, California Business and Professions Code Section 1600 et seq.

This authorization is given pursuant to the provisions of Section 23.9 of the Civil Code of California. This authorization shall remain effective until my child completes his/her activities in this program unless sooner revoked in writing. I understand that as a parent/guardian, I will be responsible for the cost of any service or treatment provided not covered by the 4-H Accident/Sickness Insurance Program sponsored by UC Cooperative Extension.

Authorization and Consent and Release

I hereby certify that my child is in good health and can travel to and participate in all functions of the 4-H Youth Development Program as described above. I understand it is my responsibility to keep the information on this form updated (including Health History and parent/guardian status) by contacting the County 4-H Office.

Signature of Parent/Guardian _____ Date _____
 () _____ () _____ () _____
 Emergency Day Phone Emergency Night Phone Cell Phone
 Mailing Address _____ City _____ State _____ Zip _____

Non-Consent

I do not desire to sign this authorization and understand that this will prohibit my child from receiving any non-life threatening medical attention in the event of an accident or illness. I will be present with my child during any and all 4-H activities.

Signature of Parent/Guardian _____ Date _____

University policy and the State of California Information Practices Act of 1977 require the following information be provided when collecting personal information from you: The information entered on this form is collected under authority of the Smith-Lever Act. Submission of the medical data is voluntary. However, a signature is required on one or the other of the two signature lines above. Failure to provide the medical information and authorization may result in our inability to provide necessary medical treatment. You have the right to review University records containing personal information about you/your child, with certain exceptions as set forth in policy and statute. Copies of University policies pertaining to the collection, use, or release of personal data are available for your examination from the local UCCE County Director, 4-H Youth Development Advisor, 4-H Program Representative, or the State 4-H Director at the California 4-H Youth Development Program, University of California, DANR Building, One Hopkins Road, Davis, CA 95616-8575, (530) 754-8518. Only your own/your child's records are open to your review.

Any known or foreseeable intergovernmental transfer that may be made of the information is as follows: None.

**California 4-H Youth Development Program
Health History Information**
University of California Cooperative Extension

First Name _____ Last Name _____ Date of Birth ____/____/____

Subject to:	Yes	No	Now Have or Have Had	Yes	No
Colds			Heart Trouble		
Sore Throat			Asthma		
Fainting Spells			Lung Trouble		
Bronchitis			Sinus Trouble		
Convulsions			Hernia (rupture)		
Cramps			Appendicitis		
Allergies			Has appendix been removed?		
Wear corrective lenses?			Do you walk in your sleep?		
Is hearing good?					
Currently under any type of medical care?					
Is there history of behavior disorders, emotional disturbances, or severe moodiness?					
Been under psychiatric treatment within the past five years?					

Date of last Tetanus Vaccination: _____

Please check over-the-counter medications that may be administered:
 Tylenol Ibuprofen Cough Syrup Decongestant Dramamine
 Antacid Polysporin Hydrocortisone Other: _____

Please identify allergies including allergies to food, medications, and drug reactions:

Please list any disabilities or disorders that may affect participation at 4-H events such as:
 eyesight, hearing, speech, paralysis, diabetes, ulcers, etc.

Please list all current medications:

Name of Medication	Dosage	Times Taken

Remarks and special instructions. Please explain "yes" answers on this page.

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/Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 300 Lakeside Drive, 6th Floor, Oakland, CA 94612-3550, (510) 987-0096.

4-H 1109 (Tuolumne County 4-H)



"UPDATES" FROM THE STATE 4-H OFFICE



Many of you have asked for a truly online version of the 4-H Record Book. We need your help to successfully build and launch My 4-H Record Book, California's first online 4-H Record Book system. Join the State 4-H Incentives and Recognition (I&R) Advisory Committee in building the My 4-H Record Book project by giving input into ways for improving and enhancing the 4-H Record Book. This is no ordinary survey -- your feedback will positively impact 4-H members and volunteers for years to come. The My 4-H Record Book is scheduled for release on July 1, 2011 for the 2011 – 2012 4-H program year. Multicounty trainings are being planned for July and August to help introduce the system. Future announcements regarding 4-H Record Books will be posted at <http://www.ca4h.org/Resources/Members/RecordBook/>. Submit your responses by **January 2, 2011** at <https://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=5728>.

Registration for California Focus and Washington Focus is due **January 10, 2011**. Get ready for a fun, active way to enhance your leadership and civic engagement skills while you meet other 4-H members from across the state and nation. Financial assistance is offered. More information is available at: <http://www.ca4h.org/Projects/Citizenship/Focus/> or contact Pat English at pnenglish@ucdavis.edu or 530-754-8520.

California Focus: June 17 – 21 in Sacramento

Washington Focus #1

June 26-July 4, Road to Democracy - Washington, D.C, Williamsburg, Jamestown, and Yorktown

June 26-July 2, Heritage Trail I, Washington, D.C.

Washington Focus #2

July 10-19, Global Journey - Washington, D.C, Philadelphia and New York

July 10 -16, Heritage Trail II - Washington, D.C.

The California 4-H Foundation is sponsoring a 90 minute introductory webinar on Monday, January 24 at 11 am.

This webinar will focus on creating a concise (1 page) business plan for your county or program that will form the basis for a fund development plan to help raise the unrestricted dollars you need to grow and strengthen your 4-H program. This webinar is appropriate for County Directors, Advisors, Program Directors, Program Reps, and Volunteer Leaders at the club and council levels. The free webinar will be limited to 30 participants. To register for this webinar, please email Annette Leeland at aleeland@ucdavis.edu and include the subject line "One Page Business Plan Webinar". You will then receive the materials and call-in information.

The Agriculture Council of America has announced the **National Ag Day Essay Contest for 2011**. This year's theme is "American Agriculture: Your Food. Your Farmer." Students in grades 9-12 are invited to submit an original, 450-word essay or a two-minute video essay about the importance of agriculture. The national written essay winner and video essay winner receive a \$1,000 prize and round-trip ticket to Washington, D.C., for recognition during the Celebration of Ag Dinner held March 15 at the USDA. The deadline to apply is **February 4, 2011**. Visit www.agday.org or www.hpj.com/agdayessay to read official contest rules and for more details regarding entry applications.

The world is shrinking!! This isn't the opening line of a science fiction story. It's true! We live in a global community. In our inter-related world, events in one country affect others and we have many more opportunities to interact with people from around the world. Find out how you can begin to prepare yourself to be an active citizen in a global world by participating in the **4-H International Exchange** Programs. In 2011, California 4-H members and families will host students from **Costa Rica, Japan, and Norway**. In addition, 4-H members and leaders can travel outbound to **Australia**. The Japanese hosting applications are being accepted now with placement preference for early applications. The Norway hosting applications are due February 21 and the Costa Rica hosting applications are due March 21, but either can be submitted at any time. Applications for Australia are due Feb 1. Information is available at: <http://www.ca4h.org/Projects/Citizenship/International/> or by contacting Pat English at - pnenglish@ucdavis.edu or 530-754-8520.

The **Northcoast Youth Summit** will be held at College of the Redwoods near Eureka on Saturday, February 12. Make plans for 4-H youth 7th grade and above to participate! The first 25 people registered will receive a prize! Registration begins on **January 3rd**! The All Stars are helping to host this empowering event for youth and those who work with youth. Key note speakers will be Lou Moerner and Kai Neander. Collect & bring seed packets to "Plant a Row" for the hungry. Over 40 amazing workshops are planned. To find the latest on the Youth Summit check the website: www.ysummit.org

The **2011 Western Regional Leaders' Forum**, "Cruise to 4-H Excellence!" is planned for **May 7-14, 2011**. The forum will be held aboard a cruise ship and will be visiting Alaskan and Canadian ports as attendees participate and learn at the many workshops being offered. You can visit: <http://4h.wsu.edu/conferences/2011wrlf/index.html> for more information and registration details.

State 4-H Leaders' Forum, November 11 – 13, 2011 at Asilomar Conference Center, "The Magic of 4-H – Transformation". The Forum provides a weekend retreat for 4-H volunteers across California to gather for networking, education, relaxation, and fun. Registration will open in winter 2011. <http://www.ca4h.org/Programs/Conferences/SLF/>



MORE STATE 4-H UPDATES



GEMS Space Science Sequence <http://cse.ssl.berkeley.edu/cms/EducatorWorkshops/EventSchedule/tabid/291/Default.aspx> Interested in exploring activities for teaching about the Solar System and beyond? The Center for Science Education at UC Berkeley's Space Science Laboratory is pleased to partner with GEMS (Great Explorations in Math and Science) to provide professional development for educators on the GEMS Space Science Sequence for 6-8th graders. Teacher guides, background information, and interactive CD-ROMs (\$150 value!) will be provided to all participants. Kits including the teaching materials will be available for future check out, free of charge. The workshop will be held January 8th and 22nd, 2011, 8:30am – 4:00pm (one single workshop spread over two Saturdays) on the UC Berkeley campus.

One of the most useful tools that have been developed at the State 4-H Office is the **4-H Volunteer Leader website**. It is located on the State 4-H page under Volunteer Information. This web-page hosts volunteer voices to be updated monthly, a blog, on-line courses, and pointers to web-based curriculum resources. Check out the volunteer leader webpage at: <http://www.ca4h.org/Resources/Volunteers/>

The spring 2011 Tractor Supply Company Paper Clover promotion will be April 14-25. During this time, Tractor Supply will encourage customers to purchase a paper clover for \$1 each, which is then posted in the store. Of this \$1, 40% goes to National 4-H, 10% goes to State 4-H, and 50% goes to the county 4-H program. 4-H clubs and projects are encouraged to contact the store manager to set up displays and give presentations during the Paper Clover promotion.

Exploring Trees and Ponds for ages 10-14 years old; free. <http://treesandponds.edc.org/> The Educational Development Center (EDC), an innovative nonprofit, has created an excellent curriculum called "Exploring Trees and Ponds." This year-long curriculum, organized in a set of downloadable .pdf files, is the result of a four year project supported by the National Science Foundation. This offers youth the perfect opportunity to "learn-by-doing" through with a series of field trips, labs, and other fun activities surrounding this topic. Check out the curriculum at <http://treesandponds.edc.org/> and consider adopting this as a club activity for the year. Please feel free to contact 4HMT at 4hmilliontrees@gmail.com or Bernie Zubrowski at bzubrowski@edc.org if you are interested in organizing a training seminar.

Project Butterfly Wings for Grades 4 – 8; \$7.95. <http://www.4-hmall.org/Category/4-hcurriculum-butterfly.aspx> Youth explore butterfly habitats, learn how to identify common butterflies, become a citizen scientist and contribute data as they enter their findings on the web site. Youth create investigations to answer questions or solve problems and share their findings with others.

Exploring Your Environment For Middle school, \$5.95. <http://online.4-hcurriculum.org/curriculum/environment/> The National 4-H *Exploring Your Environment* series provides opportunities for youth to engage in learning about environmental science through hands-on, experiential learning experiences in the natural sciences and technology. In addition, facilitators are instructed in planning, managing and teaching environmental concepts to youth through indoor and outdoor activities on their own and with others.

The Internet offers a wide variety of **free online tools that 4-H Clubs can utilize**. Here is a sample of the technology tools you may want to think about using in your club:

Club websites - To fulfill the need for increased channels of communication with the public and at the same time adhere to UC guidelines and policies, the State 4-H Office is recommending that clubs work with their respective county offices to post club information on the UCCE county website. This will allow only authorized staff to administer the site, provides for consistent and accurate information, and protects the privacy of leaders and members. Contact your 4-H Staff about hosting club information. Note: The county website must be using ANR SiteBuilder 3.

Doodle poll – Allows you to create an online poll to schedule an event or make a majority decision. No registration required. Doodle polls provide a simpler way of communicating with a group regarding their availability (by day and time) for events, meetings, etc. <http://www.doodle.com/>

Google calendar – Provides users with an online calendar which can be updated and shared with others (members, volunteers, parents, etc.). This calendar tool provides options for customized notifications, invitations and RSVPs, offline access, and a mobile version on your phone. <http://calendar.google.com>

Adobe Connect - A web conferencing tool for online meetings, eLearning, and webinars which provides an alternative to face-to-face meetings. Based on Adobe Flash technology, Adobe Connect allows participants to easily collaborate and share ideas online. Contact your 4-H staff to setup a meeting room for your 4-H club! <https://uc-d.na4.acrobat.com>

Blog – A website that is regularly updated with entries providing news and/or commentary, descriptions of events, and pictures or videos. Blogs allow readers to stay informed about various topics and provide an option for individuals to leave comments or contribute to blog discussions. Think about using a blog instead of a traditional once-a-month newsletter!

CALIFORNIA 4-H HEALTHY LIVING NEWS

4-H has a long history of promoting healthy living among youth and their families. The 4-H Healthy Living Mission Mandate is intended to reposition health to its important and appropriate place within the 4-H Program. 4-H Healthy Living encompasses a holistic approach including healthy eating habits, physical fitness, the capacity to recognize and direct emotions, and the ability to develop and maintain positive social interactions and relationships. California 4-H is focusing efforts on increasing healthy living opportunities and strengthening the presence of healthy living themes throughout existing programs, activities and curriculum. For more information, visit www.ca4h.org/projects/healthyliving.



Cigarette Warning Labels

Last month, the U.S. Food and Drug Administration (FDA) announced its plan to require all cigarette packages to have stronger warnings, including graphic images that would cover the top half of the front and back of the cigarette packs. Take part in selecting the most powerful and effective warnings by visiting tinyurl.com/cigarettewarning. View the warning messages proposed by the FDA and send FDA an email with your opinion. These graphic warnings have the potential to discourage youth from starting to smoke and encourage smokers to get the help they need to quit.

Noisy Planet

Noise-induced hearing loss is 100 percent preventable, yet approximately 26 million Americans between the ages of 20 and 69 have high-frequency hearing loss from overexposure to loud noises at work or during leisure activities. The Noisy Planet campaign is designed to increase awareness about the causes and prevention of hearing loss. Visit noisyplanet.nidcd.nih.gov to learn tips on how to encourage tweens to adopt healthy hearing habits and play interactive games about noise and hearing.



Hot WINGS Social Skills Activities

WINGS is an education program that teaches kids how to behave well, make good decisions and build healthy relationships. By weaving comprehensive social and emotional learning curriculum into a fresh and fun afterschool program, kids get the life lessons they need to succeed. Lessons and activities are available online and would complement 4-H afterschool programs, conferences, club meetings and project meetings. To download the free resources, visit wingsforkids.org/experience/hot-wings.

Best Bones Forever!

Funded by the U.S. Department of Health and Human Services, the Best Bones Forever! campaign encourages girls to get active and eat more foods with calcium and vitamin D. <http://www.bestbonesforever.gov/parents/> is the website with healthy bones info for parents and daughters. Older than age 9? Now's her time! Your daughter is in her key bone-building years. By age 18, she will have built most of her [bone mass](#). That means that right now is the best time to give her the support she needs to build strong bones for a lifetime.

Take advantage of these free *Best Bones Forever!*[™] tools and resources:

[List of foods with calcium and vitamin D.](#)

[Print recipes!](#)

[Download a bone-healthy grocery list.](#)

[Learn activities you can do as a family to help your daughter build strong bones.](#)

[Get your BBF Web Badges!](#)



What your daughter needs every day:

- 1,300 milligrams of calcium
- 200 international units of vitamin D
- 60 minutes of physical activity

Best Bones Forever![™] is a national bone health campaign aimed at helping girls ages 9-14 and their parents understand that now is the time to build strong bones for life.



Safety and 4-H: We all know that safety should come first at 4-H club and project meetings. Check out **the 4-H Safety Program** at <http://groups.ucanr.org/ehs/4H/>. The Clover Safe Notes are listed by project area.

All project topics will have a safety awareness/training element. Project work will not begin until all safety issues have been determined and addressed. Training should be specific to the project work to be done and include a discussion of identified safety concerns and information related to procedures to be followed in case of an accident, or emergency (including evacuation of the project work site). Prior to beginning project work, the work site is to be evaluated for potential hazards which should be corrected prior to beginning project work. Project participants are to be encouraged to identify potential hazards. Practice safety at all times

CLUB NEWS

FOOTHILL 4-H

Thanks everyone for a fun Christmas meeting! I would like to ask that all parents please come in and be a part of our January meeting because I will be talking about our duties for the Community Dinner. We are setting up and covering tables Saturday morning and will be serving dinner from 5:15-6 pm. I need all parents to help with this part and the youth will be serving drinks and clearing tables. Don't forget Swine project families, our first meeting of the year will be Monday, January 3 at 7 pm at the Humane Society. It would be great to have the parents here for this meeting. Merry Christmas and Happy New Year everyone. For club information, contact Sharon Smales at 532-5036 or Ida Ponder at 984-5515.

Sharon & Ida

GROVELAND HIGHLANDERS

At our December meeting, we initiated new members, had an ornament exchange, and started making decorations for the Community Dinner. In January, we will be folding napkins and silverware for the dinner. We would like to introduce our Junior and Teen leaders for this year: Emma Williams, Poultry; Marguerite Williams, Rabbits; Justin Brown, Leather crafts and Small Engines; Sammy West, Home Arts, and Caitlen Amos, Sheep. We hope you all had a happy holiday season. Our next meeting will be January 11 at 7:00 p.m.

Caitlen Amos, Reporter

LUCKY TRAILS

Welcome new members Paul, George, William and Humphrey Quirie! Our cookie exchange in December was lots of fun. Our January meeting will be the 11th at 7 pm at the 4-H Office meeting room. For information, contact our club leader, Sue Griffiths, at 559-9044. Merry Christmas and Happy New Year to everybody in 4-H!

MOUNTAIN RANGERS

Hello Mountain Rangers, at our last meeting we had a special guest who works at the Food Bank. She talked about the Food Bank and about food drives. We will be having a food drive at WalMart and Safeway on January the 16th of 2011! We will be serving ice cream at the Community Dinner which will be held on the 15th of January. HAPPY NEW YEAR!

Haley Gragg, Reporter

SONORA CLOVERLEAFS

Merry Christmas Sonora Cloverleaves!

First of all, I'd like to thank all of you who donated for the Lambert Center. I'm sure the homeless will appreciate your donations. Remember to sign up for helping at the Community Dinner. You can be any age to sign up. We also need adults to sign up. Anyone selling tickets to the dinner, keep selling! Have a Merry Christmas (or Hanukkah or Kwanzaa) and a happy New Year!

Kaarina Thompson, Reporter

TUOLUMNE PIONEERS

Thank you to all the members who helped with the Santa-Fly-In, ATCAA food bank sort, and those who helped ATCAA distribute holiday dinners at the Mormon church. Thank you also to all the members who brought gift cards for needy families this Christmas.

Jan. 17th is a swine meeting field trip, more info and travel plans to be decided. There's a barbecue meeting on Jan. 13th at 5 pm at the posse grounds. At the same time there will be potato wrapping for the Community Dinner; anybody can come to this. Clean ice chests are needed for the Community Dinner potatoes, so please bring those with you. If you can't bring your ice chests there, you can bring them to our January meeting on the 10th at Summerville Elementary, at 7 pm. Relay for Life project will be meeting on Jan. 25 (4th Tuesday) at the 4-H office.

Sydney Jones, Reporter

COUNTY-WIDE PROJECTS

CITIZENSHIP **NEW**

We have created a new and exciting project for all 4-H members to join, the Citizenship Project. We will be doing community service activities and lessons on how to become a better member of our community. Citizenship Project will meet the 4th Monday of every month at the 4-H office from 6 to 7:30. Our first meeting will be January 24th. Please bring a parent to the first meeting to fill out some basic paperwork. If you have any questions, please call Anita Vicini at 533-4101.

CLOTHING & TEXTILES

Sue & Jan's project will be meeting January 2, 23 & 30. Possible meeting on the holiday, January 17. All dates are beginning members from 1-2:45 and older/advanced members from 3-5:30. Contact Sue at 743-2020.

DOG TRAINING & CARE

We are meeting the third Tuesdays in January and February at 6 pm at the 4-H Office meeting room.

COUNTY-WIDE PROJECTS

EXOTIC BIRDS Our next meeting will be on Sunday February 20 at the 4-H office meeting room from 6:30-8:30. For more information contact Mike Mainguth at 533-3135 or email mainguth@mlode.com

GPS NEW Alex Encoyand is the GPS project leader. Interested project members, contact him at 768-0281.

HI 4-H Shopping for our Adopt-a-Family went well and Hi 4-H thanks Lucky Trails and Bramble Hill Christmas Tree Farm for the donation of a Christmas for our adopted family.

All Hi 4-H members going to Disneyland should be selling placemat ads for our Pancake Breakfast. Bring all sold ads, with business card and money to our January meeting. We need all the ads sold, so that we can make the Disneyland trip a reality this year. If you are not able to meet the January deadline, please call Linda Mager so she can give you an extension. If there are any Hi 4-H members who have not yet picked up the placemat ad packets, it's not too late. Pre-sale breakfast tickets will be handed out at the January meeting.

The tickets for the Disneyland trip need to be paid for by March 1, 2011. Call Linda Mager to see how much you owe. It is suggested that you start making payments at the January and February meetings. Doing so will keep the final payment lower.

Upcoming Hi 4-H dates:

- January 19, 7:00 pm, Hi 4-H meeting - placemat ad turn in deadline
- February 16, 7:00 pm, Hi 4-H meeting
- March 13, Pancake Breakfast
- March 16, 7:00 pm, Hi 4-H meeting - last meeting before Disneyland Trip
- April 1-3, Disneyland Trip

Any questions call Linda Mager, 532-5896, Anita Payne, 532-8309 or Linda Hembree, 532-8656

KNITTING NEW

Our first meeting will be Thursday January 6, 2011 at 5:30 to 6:45. Please join us at the By Hand Yarn store on Washington Street. This project is for all skill levels. Call Trish Magdaleno at 532-3288 if you have any questions.

POULTRY See you at our meeting on January 20th at 7 pm at the 4-H office. Turkey orders will be due at this meeting. Turkey poults are provided to participating poultry members signed up for the market turkey project. If you need more information please call us at 586-2784. Greg & Lynn Hummel

PUBLIC SPEAKING meets Thursday, January 6 at 6:30 at the UCCE/4-H Office. Come with your ideas and/or outline for the presentation you plan to give at County Presentation Day. Sue Moore, 743-2020.

PYGMY GOAT We will be meeting on January 4th at 6:00 pm for a pot luck to bring in the New Year. We'll also work on the poster for the Community Dinner. Please remember to bring a picture of you and your goat(s) together and if you have any others, like from the fair, bring them too. Our normal meeting time is 6:30 -7:30 pm at the 4-H Office the first Tuesday of each month. If you have any recyclables you can bring them to the project meetings each month.

RABBIT Our next meeting will be Wednesday, January 26th at 6:30 pm at the UCCE/4-H Office. For more information contact Gail Aruta at 532-5257 or gailaru@yahoo.com, or Heather Swenson at 586-1922.

RACING PIGEONS This project focuses on the sport of Homing Pigeons, from housing, feeding, breeding to racing and more. Any interested member is welcome to join; you don't need to own birds. Contact Alicia & Alex Encoyand for information at 768-0281.

RANCH RIDERS (County-wide Horse)

We will be meeting the second weekend of every month, both Saturday and Sunday, but members only need to attend one day. You can attend the second day if you need to make up a meeting or simply want more help. All meetings are at 2 pm.

RECORD BOOKS NEW

The Record Book Project will start on Wednesday January 12th at 6 pm at the Jamestown Humane Society meeting room. If anyone has questions, contact Linda at 532-8656 or Jodi 768-5729.

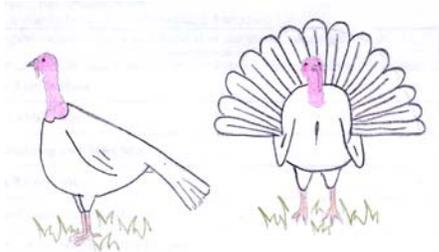
SHOOTING SPORTS - RIFLE NEW

Signups for the winter session are on Tuesday, January 4th. The project will meet Tuesday nights at 6 pm at the Mother Lode Gun Club on Jamestown Road. Be early on sign up night. A parent/guardian must sign the MLGC registration form. The \$25 fee includes use of the MLGC equipment. Youth must be at least 10 years old during 2011 to participate. For more information about the 4-H project, contact Rodger Tidball at 984-4933. The MLGC instructor is Roger Wilson, 586-7803.

WILDLIFE PROJECT? NEW

Alex & Alicia Encoyand are interested in teaching a Wildlife and possibly a Sled Dog project. Are you intrigued? Wildlife is learning about the wilderness and its inhabitants. Dogs over 30 pounds can be taught to pull, whether or not you have snow. Call Alicia at 768-0281.

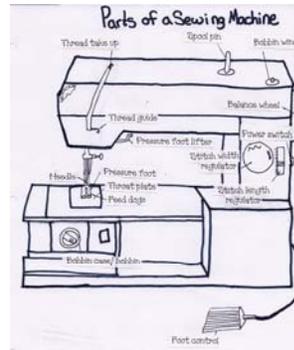
2010 RECORD BOOK ART



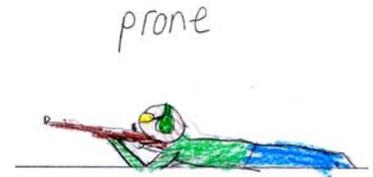
Caitlen Amos, Poultry



Rima Panchal, Foods



Grace Bloom, Sewing



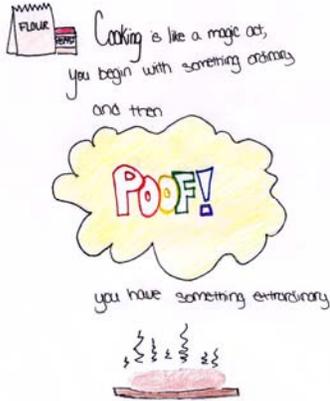
Sitting



standing



Spencer Bloom, Shooting



Sydney Sheffield, Foods

REQUIREMENTS FOR PIG LIFEGUARD

- KNOW MOUTH TO SNUOT
- KNOW HOW TO PIGGY PADDLE
- CRAZY ENOUGH TO JUMP INTO A POOL AFTER A PIG

SALLY SMITH

QUALIFIED

Jamie Smith, Swine



Quilts
Bright colorful
Sleeping covering cuddling
Handed down from generations
Blankets

Katie Juarez, Quilting



Peter Tidball, Haunted House

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State 4-H website <http://www.ca4h.org>
National website <http://www.4husa.org>



For special assistance regarding our programs please contact us

4-H PHONE

The 4-H Office phone, 533-6990 will only be answered through January 15. After that, please contact Robin Blood, the UCCE Office Manager, at 533-5695 for information.

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