



4-H COUNTY CONNECTIONS

February/March 2010

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Officer Retreat 2009



State Leadership Conference 2009



Statewide SET Workshop



4-H County Connections

is the newsletter of the Merced County 4-H Team & UC Cooperative Extension.

4-H Management Team

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Large Animals Julie Trinidad
Small Animals Amber Baker
Leadership
Plant/Other
Social Science Louise King
Science/Tech Richard Mahacek

Promotional Development Board

Advocacy Carole Dietz
Delivery Russ Hill
Evaluation
Promotion Tiffany Rotondaro

Resource Development Board

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Russell Hill
4-H Program Representative

Deadline for articles submitted is the 25th of the month.

Submissions may be mailed to:
UC Cooperative Extension
Attention 4-H Office
2145 Wardrobe Ave.
Merced, CA 95341
Phone - 209-385-7418
Fax - 209-722-8856

Email:
mercedfour@ucdavis.edu

Website:
<http://merced4h.ucdavis.edu>



Teen 'n Teacher Training

What is T3?

Teens 'n Teacher Training (T3) is a series of workshops and sessions conducted by the UCCE 4-H Program. The sessions are geared to develop skills in presenting science topics in non formal settings such as youth groups, afterschool, and park and rec programs. The trainings are for both teens and adults.

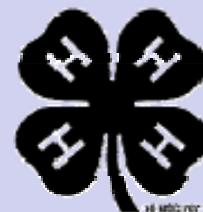
2009-2010 Workshop Dates

6- 8 PM

- December 2, 2009 Kid Fit Science... Ages & Stages SET
- January 27, 2010 Tell it, Show it, Sell it...
- February 5-6, 2010 Statewide SET Training
- February 24, 2010 Teens as Teachers. What's the SET Connection
- March 24, 2010 Curriculum Sample TBA
- April 28, 2010 Under the Microscope... How to Identify and Adapt SET Curriculum
- May 26, 2010 Teen Tour Guide and Supervisor Training



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4-H Shooting Sports- Rifle Discipline Workshop

Saturday June 12, 2010 8:00 a.m. – 6:00 p.m.
Sunday June 13, 2010 8:00 a.m. – 4:00 p.m.

A 4-H shooting sports workshop for the rifle discipline will be held at Border Tactical Range, 925 North Imperial Avenue, in El Centro, CA (Imperial County). Participants must attend both days of training to receive certification. There is no cost for the course. To register for the course and receive more information, please contact John Borba at: jaborba@ucdavis.edu.

For information about the facility and a map, please visit the range website at <http://bordertactical.com>

4-H Shooting Sports- Leader Certification Archery

Saturday, April 10, 2010 9:00 am– 5:00 pm
Sunday, April 11, 2010 9:00 am – 1:00 pm
Red Bluff, CA



Upon successful completion of the course, participants will be certified as archery volunteers and can instruct archery club projects and camp programs. Attendance at both days is required. In addition, on Saturday evening, there will be an optional no host dinner and discussion about equipment.

The course will be held at Wetter Hall, 1740 Walnut Street, Red Bluff and at the Ishi Archery Club Range, Hwy 36 East, Red Bluff. Cost for the course will be \$35 and includes morning refreshments, Saturday lunch and class materials. Dry camping is available at the range.

For more information, contact Leland George, State 4-H Archery Instructor, at 530-527-4200 or e-mail: ljgeorge@clearwire.net. Please send "Training Request & Registration Form" and fees to Leland George, 21075 Hwy 36 West, Red Bluff, CA 96080. Make checks payable to "Tehama County 4-H Council". Pre-registration is due April 2nd. For the "Training Request & Registration Form" go to <http://ca4h.org/projresource/shootingsports/index.asp> or contact your county 4-H office.

Merced County 2010

Fashion Revue, Foods Fiesta and Home Arts Show April 10, 2010 - 9 AM

First Baptist Church: 500 Buena Vista Drive Merced, CA

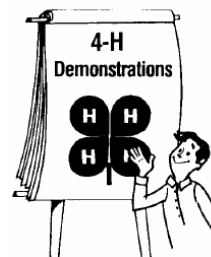
We are expanding! This event will now be open to any youth taking a home arts, crafts, sewing, quilting, foods and cooking projects. Show your arts, crafts, sewing, quilt, and more! Visit our website for more information at <http://merced.4h.ucdavis.edu>

Register here: <http://ucanr.org/fashion>

Information for the 2010 series of 4-H Presentation Days is now online! Find the 4-H Presentation Manual, Facts and Impromptu Topics, and Judge's Orientation documents online at: <http://www.ca4h.org/leadership/spd>

Merced County 4-H Communications Day 2010 Saturday, March 13, 2010, 8:00 AM OLM School, Merced

You can download the registration forms online at <http://merced4h.ucdavis.edu> OR register online at <http://ucanr.org/commday>.



It's time to sharpen up your shooting skills and start preparing for the **26th Annual State 4-H Shooting Sports Match**, sponsored by the Siskiyou County 4-H Council. Divisions include: Junior: ages 9-10; Intermediate: ages 11-13; Advanced: ages 14-19 and Leader/Parent for parents and leaders. All entrants must be currently enrolled in the 4-H program. Entries must be postmarked by March 5, 2010. More information is available at:



<http://www.ca4h.org/projresource/shootingsports/>

2010 California Camping Conference

4-H Shooting Sports- Archery Workshop
April 23 – 25, 2010

A training course for the 4-H archery discipline will be offered as a workshop at the 2010 California Camping Conference. The conference will take place at the Nevada 4-H Camp in Stateline, Nevada (Lake Tahoe). Cost for the conference includes \$120 and includes meals, lodging, and course materials. Upon successful completion of the course, participants will be certified as archery volunteers and can instruct archery club projects and camp programs.

Registration is due April 8, 2010 ([PDF](#)).

For more information, check out the Camping Website at: <http://groups.ucanr.org/%5F4hbaseca/>.

If you have questions regarding registration, please contact John Borba at (661) 868-6216 or email jaborba@ucdavis.edu.

**2010
Merced County 4-H Fishing Derby
May 8, 2010 at Kelsey Bass Ranch in Snelling**

Please complete all questions and submit no later than May 3, 2010. If you are not currently enrolled in 4-H, we encourage you to attend, however, you will need to complete a 4-H enrollment form and pay the \$12 insurance fee on the day or prior to the event. Call the 4-H office if you have questions, (209) 385-7418. <http://ucanr.org/fishingderby>



The **Challenge for 2010 State Fashion Revue** is to create a vest! The 2010 Challenge pattern is Simplicity # 4762. We hope this category will be included in your county Fashion Revues. Make an investment in your future wardrobe with this year's challenge. Make a lined vest, but don't forget to spice it up. It can be reversible, have pockets, frills or whatever fits your style.



Annual State 4-H Horse Classic - April 24-25 and June 25-27, 2010



The California 4-H Horse Classic consists of two events, the Educational Contests & Champion Horse Show! These two statewide events are focused on over 4,500 4-H horse project members statewide. We invite everyone to come join us in sharing your passion for horses. As you know, this statewide event has taken a new look

with the educational contests being held separate from the horse show. The updated rules for the 2010 State 4-H Horse Classic Educational Contests and Championship Horse Show will be posted December 1st.

The Educational Contests will be held at Reedley College, Reedley, CA on April 24 & 25. The Horse Show will be held again at the Santa Cruz Fairgrounds in Watsonville on June 25-27.

The State 4-H Equine Education Advisory Committee will be conducting an **Art Design Contest** for the State 4-H Horse Classic logo. The winning design will be used on the programs and souvenirs at the State Championship 4-H Horse Show in June. Entries are due **March 31, 2010**. See attached [flyer](#) for more information.

2010 California 4-H Camping Conference

The 2010 California 4-H Camping Conference will be held April 23-25, 2010 at the Nevada State 4-H Camp at Lake Tahoe. The California Camping Conference inspires ideas and innovation and helps camp administrators create fun, safe, and rich learning experiences for both campers and camp staff. This year, the conference will feature 4-H SET activities designed for outdoor settings, including outdoor cooking, engineering, and astronomy. Registration is \$120 and **due April 8, 2010**. More information is available at <http://groups.ucanr.org/4Hbaseca/files/75357.pdf>

Support Merced 4-H, it's easy

You can financially support Merced County 4-H programs through your everyday purchases! 3% of your purchases (with few exceptions) at any SaveMart, FoodMaxx, Lucky and S-Mart Food stores will go into an account and a check will be sent to us quarterly! This is the S.H.A.R.E.S. program and we have the cards at the 4-H Office. We encourage each family to pick one up while they are at our office or during meetings and events where we can distribute them. The card has no cash value so there is no worry if it is lost. The card is issued in the name of Merced County 4-H and no personal information is needed or stored on the card. This card can be used by anyone. We have marked our cards with a 4-H sticker so that it is easily identified if you are supporting multiple organizations with a SHARES card.

2010 Science and Adventure Camp

"Water University", the theme for the 2009 Merced County 4-H Science and Adventure Camp. Camp will be \$140 per camper, \$75/apprentice and \$50/staff. Forms to register for camp and further information can be found here: http://groups.ucanr.org/Merced_4-H/Delivery/Camps.htm



County 4-H Scholarships

This is a reminder to all High School 4-H seniors and those who are currently enrolled in college that Scholarship applications and two letters of recommendations are due April 15, 2010. They will need a postmark or will need to be dropped off at the 4-H Office no later than 5 pm that day. Forms for this application are on the 4-H Website at: <http://merced4h.ucdavis.edu>.



4-H Club Reports

4-H Record Book Supplements -

Instructions: These supplemental instructions and interpretations pertain to the California 4-H Record Book Manual, released February 2008. The State 4-H Incentives and Recognition Advisory Committee, which provides guidance to the California 4-H Record Book Program, will not release a full update to the manual at this time; however, the additions and edits should be noted. <http://www.ca4h.org/4hresource/ir/recordbook/2009SupplementalGuidelines.pdf>

Merced River 4-H Drive Thru BBQ

The Merced River 4-H Club is doing a drive thru BBQ Chicken dinner on Saturday, March 6th from 5 – 8 p.m. The BBQ Dinner will be held at Washington School, 4402 W. Oakdale Road, Winton. Tickets are \$7.50... Included in the dinner 1/4 BBQ Chicken, Sweet Potato, Green Beans & a roll. Tickets are available at the door. Desserts are available for purchase... Come out and support Merced River 4-H Club.

4-H Life Skills in Science, Engineering and Technology

4-H members may want to include specific science, engineering and technology (SET) abilities and life skills in their Annual Project Reports and 4-H Story. These SET Abilities focus on learning and doing science, engineering and technology. <http://www.ca4h.org/4hresource/ir/recordbook/2009SETLifeSkills.pdf>



Curriculum for Rabbit Projects!

A new California 4-H SET curriculum is now available - **Rabbits: From the Animal's Point of View.** Wild rabbits are found on every continent except Antarctica. Domesticated rabbits come in many breeds that vary in shape, size, and color. But what does it mean to be a rabbit? This curriculum introduces youth to rabbits, their behavior, nutritional and housing needs, and appropriate care through hands-on, inquiry-based activities that follow the experiential learning cycle. This download is available at <http://anrcatalog.ucdavis.edu/Items/8389.aspx>

Gold Clover Awards—Nominate Someone!

Eligibility

Regular 4-H members

- 4-H volunteers
- 4-H groups
- 4-H program staff
- May apply or be nominated in any applicable category. Individuals and groups may only win once in a category every three years. 4-H academic staff are not eligible.



Award consists of:

- \$500 used at the discretion of the award winner.
- Medallion
- Lapel pin
- Recognition on the State 4-H website
- Announced at the 4-H State Leadership Conference and State 4-H Leaders' Forum.
- 4-H program staff recipients will not receive the monetary award but will receive all other recognition.

Continued ==>

New Entomology Curriculum

The Butterfly WINGS program was developed by the University of Florida. Targeted at 4th-8th graders, this curriculum helps kids explore scientific ideas through hands-on research with scientists investigating butterfly biodiversity, distribution, and host-plant preferences. Find more information at: www.4-H.org/curriculum/wings.

Gold clover awards can't.

Process


Applications must be postmarked by May 31, 2010, and sent to the California State 4-H Office. All required information must be included. The California State 4-H Office will notify recipients by July 1. Individuals and groups may apply or be nominated in multiple categories. Individuals and groups may win in only one category per year. Individuals are eligible to win as an individual and as part of a group in the same year. The selection committee reserves the option of moving applications to another category if they feel it would be a better match.

<http://www.ca4h.org/4hresource/ir/goldenclover/>

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Management Team Meeting 6 PM	2	3	4	5	6 Statewide SET Workshop 8-4 PM
7	8	9 Camp Planning Meeting 6 PM	10	11	12	13
14	15 Office Closed for President's Day	16	17	18	19	20
21	22	23	24 Teen n' Teacher Training 6 PM	25	26	27 Program Planning Meeting 6 PM
28						

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Management Team Meeting 6 PM	2	3	4	5	6
7	8	9	10	11	12	13 Communications Day 8:30 AM
14	15	16	17 HAPPY ST. PATRICK'S DAY 	18	19	20
21	22	23	24	25 Teen n' Teacher Training 6 PM	26	27
28	29	30	31			

Thank you!!!

On behalf of the office staff we would like to sincerely thank our volunteers for coming in to assist in many tasks! Louise King, Julia Catchings, Jennifer Puckett, Marcia Downey, and Karen Creighton have been a big help to our office and to the 4-H program.



State Field Day 2010 - UC Davis (May 29, 2010)

The State 4-H Field Day is an event for the entire family! 4-H members, siblings and parents can participate in numerous activities that take place during the event, held at UC Davis each year. The event is open to all California 4-H members (any age), siblings, 4-H volunteers, and parents!

Some activities at the Field Day require qualification and pre-registration: 4-H members receiving a gold medal at a sectional 4-H presentation day are eligible to present at the State 4-H Presentation Day. 4-H members receiving the "county winner" award in their category and age division at their county 4-H Fashion Revue are eligible to show at the State 4-H Fashion Revue.

Questions: Call the State 4-H Field Day Hotline at (530)752-4790.

Events held at the State 4-H Field Day:

[State 4-H Presentation Day](#) (pre-registration)

[State 4-H Fashion Revue](#) (pre-registration)

[Plant Science Contest](#) (pre-registration)

[Interview Contest](#) (pre-registration)

[Judging Contest](#)

[2011 Logo Design Contest](#)

[Exhibits and Displays](#)

[Photography Contest](#) (pre-registration)

[Film Festival](#) (pre-registration)



Honey Bee Essay Contest

The Foundation of the Preservation of Honey Bees, Inc. is sponsoring the annual 4-H Honey Bee Essay Contest. 4-H members may submit an essay on this year's theme, "Is My Community Honey Bee-Friendly?" There are cash prizes for the national winners: 1st Place - \$750.00; 2nd Place - \$500.00; 3rd Place - \$250.00. Essays are due by February 12, 2010. More information is available at <http://www.ca4h.org/4hresource/updates/attach/2010/Jan/2010%20BeeKeeping%20Essay%20Announcement.doc>

Statewide 4-H Scholarships Available

The University of California 4-H Youth Development Program is committed to promoting higher education, in part through offering financial assistance in the form of scholarships. Statewide 4-H scholarships are available to students pursuing degrees and future careers in science, engineering, agriculture, large animal science, and/or beekeeping fields. Candidates who were 4-H members in high school, and may now apply for funds to cover educational expenses. Scholarships are due postmarked **April 30, 2010** and available at <http://www.ca4h.org/4hresource/ir/scholarship/>



35th Annual Agricultural and Environmental Sciences Field Day.

The College of Agricultural and Environmental Sciences will be holding its annual Agricultural and Environmental Sciences Field Day on Friday, March 5th and Saturday, March 6th, 2010. This field day is open to FFA and 4-H high school students from California and surrounding states. These high school students come to Davis to compete in 26 different agriculturally based judging contests, ranging from livestock judging to agriculture computer applications. UC Davis students from a variety of majors coordinate the contests. Faculty and staff in CA&ES serve as advisors for these contests.

For questions about registration or how to become involved, contact the 2010 Field Day Coordinator, Grace Cun, at fieldday@ucdavis.edu or 530-752-4939.

South Central Section Presentation Day April 17, 2010 8:30 AM

Tenaya Middle School, Merced

For youth who qualify at our county communications day (received a Gold Seal or Gold Medal) this is the next level!

ideas for parents

Easy Ways to Build Assets for and with Your Child

FAST FACTS

**ASSET #12:
School
Boundaries**

Youth are more likely to grow up healthy when school provides clear rules and consequences.

53%

*of youth surveyed by Search Institute have this asset in their lives.**

What Are Assets?

Assets are 40 values, experiences, and qualities that help kids succeed. "School boundaries" is one of six boundaries-and-expectations assets.

* Based on Search Institute surveys of 217,277 6th- to 12th-grade youth throughout the United States during the 1999-2000 school year.

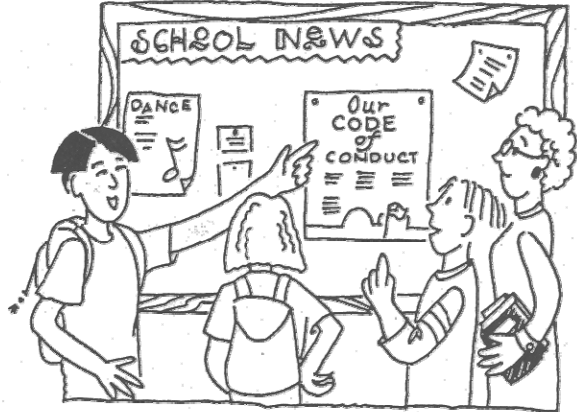
Parents and Schools Setting Limits Together

The principal of Highline Community School in Colorado believes in assets. David Fischer walks his talk and acts as a role model for good behavior. He expanded the idea of the school's "bully-proofing" program so that it went from violence reduction to encompassing the idea that everyone is responsible for the health of the school. Students are now respected for their strengths and consulted for their input. The result is fewer violent incidents.

In this elementary school, when a student begins to bully other students, the other children don't let themselves be victimized. Instead, they challenge the bully. The bully finds her or his behavior doesn't work to bring the attention she or he is looking for.

Like the Highline school, all schools need boundaries. They need to set clear boundaries and expectations for how students should act and learn. Yet setting these standards isn't easy—and neither is enforcing them. Many schools struggle with how to discipline students in appropriate and effective ways.

As a parent you can help the process by working with your child's school. Encourage your school to create a conduct code at the beginning of the year, review the code with the students, and send a copy of it home to inform parents. Suggest that students help in



creating the code. For example, Streetwater High in National City, California, created "The Link Crew"—12th graders who explained the dos and don'ts of behavior to new students and talked with students with whom teachers were struggling. Grades and attendance improved, and fewer new students spent time in the principal's office.

When parents and educators work together, they can create a supportive environment for establishing and enforcing school boundaries. And the more families, schools, and communities work together to establish consistent boundaries, the better off our children will be because they will know what to expect.

Evaluate Your Child's School

Inform yourself about school boundaries by visiting or volunteering at your child's school and asking yourself these questions:

- Overall, how are students behaving?
- How do adults and students interact with each other?
- When conflicts occur, how are they resolved?
- How do the school boundaries you observe match the boundaries you have at home?

Helpful Hints

Tips that make creating clear school boundaries easier:

- **Get involved in a parent-teacher policy organization.**
- **Focus on the positive and build on what's working.**
- **When conflicts occur, calmly state your concern and suggest solutions.**



FEBRUARY 2010

For special assistance regarding our programs, please contact our office.

Dos and Don'ts of Discipline

Do not

- Notice and comment when your child does something well. Be specific.
- Create specific and relevant consequences.
- Respond as quickly as you notice a violation.
- Respond consistently.
- Make sure your child understands the reason he or she receives a consequence.
- Be consistent by setting the same standards for boys and girls.

- Only notice your child when he or she violates a standard.
- Use threats.
- Use physical punishment.
- Attack or ridicule your child.
- Manipulate your child with shame, humiliation, or guilt.
- Use labels, such as "You're lazy" or "You're such a slob."
- Notice the violation of a rule at some times and not others.

FINAL WORD

Parenting toward Solutions: How Parents Can Use Skills They Already Have to Raise Responsible, Loving Kids by Linda Metcalf gives practical ways to create and enforce respectful family boundaries. (Published by Prentice Hall)

More Help for Parents

"The external structure parents provide for their children... helps children develop their own internal structure of self-discipline for taking care of themselves and other people."
—Jean Miley Clarke and Connie Dawson, authors of *Growing Up Again*

- Questions to discuss with your child:
How does our family compare to others in regard to discipline?
Is our family too lenient, too harsh, or just right in enforcing boundaries? (Why?)
What important lesson have you learned after violating a boundary?

talk together

Quick Tip:
Tell your children why you chose the boundaries you have.