Fresno County 4-H Guidelines

January 2016

University of California
Agriculture and Natural Resources | 4-H Youth Development Program

Congratulations to the 2014-15 State Record Book Medalists:

Katie Taylor, Reedley 4-H

Ryanne Prewitt, Reedley 4-H

Riley Prewitt, Reedley 4-H

Become a State Ambassador

Applications
and
State Ambassador details available here:
http://4h.ucanr.edu/Projects/Leadership/SA Apply_to_Become_a_State_Ambassador/

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Please send articles by the 15th
to evillalobos@ucanr.edu

Happy Holidays!

Our programs are open to all potential participants. Please contact the Fresno County UCCE office (two weeks prior to the activity), at (559) 241-7515, if you have any barriers to participation requiring any accommodation.

UC Cooperative Extension
550 E. Shaw Avenue, Suite 210-B
Fresno, California 93710
Phone: (559) 241-7515
Website: cefresno.ucanr.edu

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Our office currently has one position open for a 4-H Intern.

The intern must meet the following requirements:

- Part of 4-H leadership; in some capacity, past or current.
- Taking at least 6 college units now or planning to do so within the 2015 – 16 4-H year
- One letter of reference (detailing reliability and timeliness)

This person will assist in mainly clerical work; making copies, organizing materials and preparing documents. The intern will receive a $200 stipend (Provided by the Sponsoring Committee) for 40 hours of work and may work up to 80 hours. *Schedule is flexible and will be arranged before starting.* Email evillalobos@ucanr.edu for details.

4-H Presentation Day

Saturday, April 2, 2016

Fancier Creek Elementary School—5948 East Tulare Avenue, Fresno

4-H encourages every member to develop and polish their public speaking skills by participating in County Presentation Day. There are many ways to participate in Presentation Day, from giving a traditional demonstration or illustrated talk where a 4-Her shows "how- to-do" something using visual aids or posters to a prepared speech or interpretive reading or an impromptu speech etc. (The ways to participate are explained in the NEW 4-H Presentation Manual at http://www.ca4h.org/files/2193.pdf

Take time to read about the various ways to participate in Presentation Day, and then research your topic. Find an interpretive reading you enjoy or a favorite recipe you can use to develop into a presentation. Prepare your script, make your posters, or gather your props, if your category requires such items. Spend time practicing your presentation. The old adage that "practice makes perfect" is especially true for presentations. It's never too early to begin preparing for Presentation Day!

The 2015-2016 Fresno County All Stars will be the hosts for County Presentation Day. They will sponsor a Presentation Workshop for 4-H members to learn more about the art of presenting, details to be announced soon. Also, judges are needed to evaluate the presentations. If you would like to volunteer to be a judge, or know of someone that would make a good judge, please email Georgene at georgenediener@gmail.com. Potential judges will be contacted and invited to participate.

MATRIX OF 4-H PRESENTATION FORMATS

Presentation Type	Posters and Slides	Visual Aids	Length	Number of Presenters	Questions	Note Cards	Attire
Demonstration	Minimum 4	Yes	3-15 min	1 to 3	Yes	No	Any
Illustrated Talk	Minimum 3	Yes (not required)	3-15 min	1 to 3	Yes	No	Any
Science or Engineering Presentation	Minimum 5	Yes (not required)	3-15 min	1 to 3	Yes	No	Any
Educational Display Talk	1	Yes (not required)	3-15 min total; 3-5 talking	1 to 2	Yes	No	No costumes
Informative Prepared Speech	None allowed	None	2-5 min; Maximum 10 min	1	Yes	One 5"x7" card	No costumes
Persuasive Prepared Speech	Allowed; optional	Yes (not required)	3-8 min; Maximum 15 min	1	Yes	One 5"x7" card	No costumes
Impromptu Speech *(age restricted to intermediates and seniors at State 4-H Presentation Day)*	None allowed	None	2-5 min	1	No	One 5"x7" card	No costumes
Interpretive Reading	None allowed	None (only reading material)	Maximum 10 min; reading portion similar to length of introduction and discussion combined	1	Yes	Source material	No costumes
Share the 4-H Fun Skits	None required	Yes (not required)	Maximum 15 min	No max; 2 minimum	No	No	Costumes encouraged
Cultural Arts	None required	Yes (not required)	Maximum 15 min	No maximum	No	No	Costumes encouraged

Regional and County have transitioned from grade divisions to age groups

Please know that events and activities (Regional and County) have transitioned from "grade" divisions to age groups to coincide with State policy:

Senior 4-H Members (14 - 19 years old)
Intermediate 4-H Members (11- 13 years old)
Junior 4-H Members (9 - 10 years old)

CA 4-H Policy: http://4h.ucanr.edu/Resources/Policies/Chapter5/. If you have any questions regarding appropriate age to join an event please connect with your CCL or the County office (559) 241-7525.

4-H RESOURCES!

4-H Healthy Living Event Checklist/Assessment

Are you planning a 4-H Event or Club meeting? By utilizing the 4-H Healthy Living Event Assessment/Checklist you can ensure that your events are supporting 4-Hers in forming lasting relationships, dealing with stress and their emotions, making healthful dietary choices, engaging in physical activity to promote optimal growth of minds and bodies, and avoiding unnecessary risks. Download and review the 4-H Healthy Event Assessment/Checklist for your next 4-H Event or Club meeting at http://4h.ucanr.edu/4-H_Events/

New Healthy Living Officer Training!

The Healthy Living Officer serves as the 4-H club's ambassador for health! By choosing to elect a Healthy Living officer your club is taking an active role in promoting healthy lifestyles. The Healthy Living Officer will be the leadership for all health activities including: Providing ideas on how to incorporate physical activities and healthy eating into each club meeting, writing Healthy Living articles for the club newsletter, and adopting and promoting a club Wellness Plan. Please help ensure that the health "H" of 4-H is at the forefront of all our meetings, consider electing a Healthy Living Officer for your club!

The Healthy Living Officer Training can be found at:
http://4h.ucanr.edu/Projects/HealthyLiving/Become_a_Healthy_Living_Officer/

Fresno County Farm & Nutrition Day
Friday, March 18, 2016
Presenter registration is now open. Presentations about agriculture, food, nutrition and resource management are needed. Register here:

http://files.ctctcdn.com/8d3e98a5201/82bf1ef0-e4e2-4cd6-a256-8bd52c7cbfdf.pdf Questions? Contact Katie Rodgers at 559-237-0263 or info@fcfb.org

4-H Online Record Book Help Site Updated:

Now members can enter "search bar" to assist in answering questions: http://ucanr.edu/sites/4horbhelp/

Submit a question or suggestion: http://4h.ucanr.edu/Resources/Members/RecordBook/4-H_ORB/Request/

"HOEDOWN, SEW DOWN"

Fresno County 4-H Fashion Revue

Saturday, February 20, 2016

Riverview School, 8662 S. Lac Jac, Reedley

Categories:

** Traditional - outfit must contain one constructed garment

** Consumer Science Purchased - $40 limit for entire outfit including shoes but not sales tax. Receipts required. (No 4-H project requirements)

** Upcycled - Take one or more existing garments and turn into a new, different, wearable garment. Must also have a handmade accessory too.

** Western Wear Challenge - Construct a western shirt with short or long sleeves using any pattern of choice.

** Muslin Challenge - Use 2 but no more than 3 yards of cotton muslin to create a wearable outfit. Dye, decorate, be creative!

** Style Show - Model outfit of your choosing. Judged on modeling and fit of outfit. (No 4-H project requirement.)

Check State 4-H Fashion Revue website for complete details and rules: http://4h.ucanr.edu/4-H_Events/SFD/SFR/

Entries and commentaries due by 2/12/16: https://ucanr.edu/survey/survey.cfm?surveynumber=14782

If you have any questions, please contact Brooke Prewitt (559)360-6311

Quilts: Any quilt made by the member may be entered.

Table Settings: Any theme may be used. White table cloths will be on the tables. A 2 feet x 2 feet space for one place setting and centerpiece will be provided. Member must set-up own table setting and centerpieces must be made by the exhibitor, not purchased or pre-made. Items in the arrangement may be purchased or pre-made. Exhibitor must bring place mat, silverware, dishes, napkin, cup, centerpiece, a card with a menu that would be served at this meal. Menu must be printed on a recipe card and should be balanced to the food pyramid. This will count as 1/3 of score and the balance of score based on proper setting, attractiveness, and originality.

Centerpieces: Any theme of your choosing. White table cloths will be on the tables and a 2 feet x 2 feet space will be provided. Scoring will be based on originality, overall effect, suitable for purpose, quality construction, and use of color/texture.

Duct Tape Creativity: Let your imagination run wild with duct tape! Create any type of object using primarily duct tape.

Community Service Project! County-wide …

Are you interested in helping our local farmers and law enforcement? Fresno County 4-H would like to partner with the Fresno Sheriffs Department, in efforts to help local farmers brand and track there metal equipment. We are looking for 4-H members that would be interested in participating in community this outreach program, that would be able to help spread the word, on the program. We are hoping to do a few different types of community connections, where we can talk about the program, and help farmers sign up. There will also be a day where go out to farms and stamp the materials with the alpha-numeric code! This code helps law enforcement track down any stolen property, like tractors, trailers, or other heavy equipment. If you are interested in becoming part of the team, or have questions, you can call or text Samantha Wadstein at 559-392-0456 or email me at samanthawadstein94@gmail.com. Once we have our group together we will start to plan the community outreach sessions.

Have You Considered an Emerald Star Project?

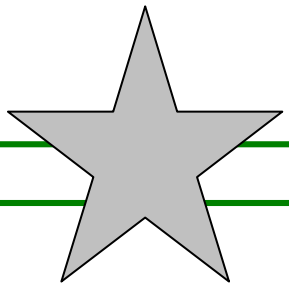
If you are looking for an opportunity to develop a project for the benefit of your community or to take on a project to improve, supplement or expand the 4-H program, then an Emerald Star project is for you! Applicants must be at least 13 years of age by December 31st and have completed 2 years of 4-H as a regular member.

Entrance paperwork to apply for your Emerald Star is due February 1st or April 1st . After receiving the paperwork you will be notified of an interview date and time. All Emerald Star projects must be completed within one calendar year of the date the entrance paperwork was submitted. Completing and Emerald Star Project is required to apply for the Fresno County All Star and to apply for the Homer Williams Scholarship.

Please see updated information and forms on the webpage:

http://ucanr.edu/sites/4-H-Fresno/Youth_Members/Citizenship_and_Leadership/

Additional questions? Please call Georgene at 269-1177.



Emerald Project:

Camp Keola Recruitment Survey

Hello, My name is Laila Rollin and I am doing an Emerald Project on recruitment for camp Keola. I have attended camp for several years and was a Junior Camp Counselor for the first time last year. This is a wonderful program to give our Fresno County 4-Her's an opportunity to come together for some outdoor fun! Unfortunately the numbers of campers has declined over the last few years. I have created an online survey to try and get feedback from as many 4-H members as possible. This is the link http://ucanr.edu/survey/survey.cfm?surveynumber=16865. I am also going to work with the junior camp counselors/community club leaders to help distribute surveys at club meetings. Please spread the word in your clubs to get your 4-H members to participate in this survey. I am trying to collect information to help us recruit and build our Camp Keola to what it used to be. I would greatly appreciate any help and assistance in getting the word out about my survey.

If you should have any questions or would like to contact me, please call me at 559 905-3196.

2016 Color Me Green 5K!

It's time to mark your calendars for the Color Me Green 5K Run! The fun begins on March 19, 2016 from 8am-Noon. Each club needs to start planning for their booth at the run. Booths can be informative, interactive, or can be used as a fund raising opportunity. Volunteers will be needed for the day of the run to help with throwing color, marking the route, and registration. This year's proceeds will go to help fund scholarships for our 4-Hers.

Details to follow. Hope to see you there!

Fresno County 4-H Youth Development Program
Festive Faire & Iron Chef Competition

Saturday, January 9, 2016
1:00 p.m.
Fowler High School, 701 E. Main St., Fowler, CA 93625

Baking and craft event for all 4-H'ers - you can make any food, displayed with decorations, and join the fun!

This is a great learning experience and 4-H tradition. Set up your display all by yourself, and wait for the judging. Clubs may display and sell craft items. For credit for showmanship in your record book, you must be present when judging begins.4-H uniform is strongly encouraged. **Entries will be accepted from 1:00 to 2:00 p.m.; judging begins at 2:15 p.m. A 10-minute photo session with participants and parents will be scheduled. Awards will be presented as soon as judging is completed. Then we eat! Get your clipboards and pencils ready! Consumer Science Judging will begin at 10:00 a.m. – earlier to accommodate all competitions.**

GUIDELINES TO FOLLOW FOR FESTIVE FAIRE

1. A total of six entries may be made, one for each category; each food entry must have its own display.
2. Pre-entry is not required.
3. All entries must be made by the contestant.
4. Contestant must set up their own display. No help is to be given.
5. Exhibit should be attractively displayed, i.e. place mat, decorations, etc., with a holiday theme or a theme for any festive event (birthdays, graduation, etc.)
6. Complete recipes must be included, printed or typed, on recipe cards: include category and division.
7. **All displays must be in place for judging by 2:00 pm.**
8. Primary members may enter in the Primary Age Division, (ribbons only).
9. All 4-H members are eligible to participate.

*Iron Chef Participants may start 12:00 noon

We do not want to disappoint you; your recipes must fall within one of the below categories or be disqualified.

Category 1 - Dairy Foods - One of the principle ingredients must be a dairy product such as butter, milk, cheese, sour cream, yogurt, etc. No substitutes. Acceptable entries include: Appetizers/ cheese balls, cookies, cakes, desserts, breads.

Category 2 - Traditional - Include some information about the original tradition of the recipe. Acceptable entries include: breads, cookies, cakes, desserts.

Category 3 - Candies - Caramels/taffies, chewy candies, creams, fudges, divinity dipped candies, fruit and nut candies or brittles, can- dried apples, stuffed dates, hard candies, lollipops, lemon drops, gum drops, popcorn balls, etc.

Category 4 - Healthier Goodies! One or more of the principle ingredients must be a nutritious ingredient i.e., whole wheat grains, bran, nuts, fruit, carob. Acceptable entries include: Appetizers and snacks, cookies, breads, desserts, cakes.

Category 5 - Made-From-a-Mix - Ingredients must be made with a prepared food and/or mix, but not made solely from a mix or "place and bake" product. Must include additional ingredients and not just items listed in mix instructions. Acceptable entries include: Appetizers & snacks (no meat items), cookies, breads, desserts, cakes.

Category 6 - Holiday Decorations - Must be designed and assembled by the 4-H'er. Entries may include: Centerpieces, Place Setting (include menu, but no food), Gift Basket (filled and decorated), Creative Holiday Craft (hand crafted holiday decorations, ornaments, jewelry, etc.).

Age Divisions: There will be prizes for top three entries!

Primary Members (Ages 5-8) Receive Participation ribbons only
Junior: Ages 9 & 10 years old
Intermediate: Ages 11 – 13 years of age
Senior: 14 – 19 years old
Parents and Leaders: Fun category for parents & leaders!
Medals awarded (Gold, Silver, Bronze) in each regular member division and category and a medal for Overall Display.

Reminders: - Complete recipes (ingredients and instructions) are required for all categories except Category 6.
- Incomplete recipes will not be eligible for medals.
- Any item which poses a food safety risk will be disqualified.
- Meat dishes are **not** allowed.

IRON CHEF COMPETITION

IRON CHEF DETAILS: Please register online to assist in planning for adequate materials

http://ucanr.edu/survey/survey.cfm?surveynumber=12038

Time: 11:00 – 2:30 p.m.. (Approximately) for preparation and BBQ-ing, judging to follow

Secret Food Item: Each team will be provided with a secret ingredient.

Additional items provided will be: food preparation gloves, trash cans and bags, ice, and a first aid kit.

Teams: Up to 3 per Fresno County 4-H Club, with up to 4 members and a minimum of 1 adult leader to supervise only.

The team is to provide their own gas grill, grilling equipment, spray bottle of 10% bleach and water, paper towels, condiments/ sauces, aprons, towels, fire extinguisher, oven mitts, and preparation table. Grilling will be outdoors so a pop-up awning/tent/ umbrella might be helpful to the teams. Teams may bring side dishes to complement their main dishes.

Teams are expected to present their cooked items in a planned manner. The team should maintain a clean work space at all times.

The teams will have 2 hours to plan, grill, and present their items to the judges. Judging: There will be 3 independent judges. (Adult leader to supervise; members to do all food preparation)

The score card will be as follows:

Taste/Flavor 50%

Originality 25%

Presentation 15%

Cleanliness 10%

Community Clubs:

The committee is asking that each club bring a case of water the day of the event, smaller bottles preferably.

Water will be for judges - Questions connect with Cindy Suarez Trc68@comcast.net

MARK YOUR CALENDARS 2016…

January 9th – Fresno County 4-H Festive Food Faire

February 20th - Fresno County 4-H Fashion Revue

February 27th – Fresno County 4-H Livestock Judging

March 18th—Fresno County Farm & Nutrition Day

April 2nd—Fresno County 4-H Presentation Day

2016 4-H Calendar details found here: http://ucanr.edu/sites/4-H-Fresno/files/220437.pdf

UC Davis, College of Ag and Environmental Sciences -- Field Day Registration
March 4 & 5, 2016

Registration for the University of California, Davis College of Agriculture and Environmental Sciences Field Day (UC Davis CA&ES Field Day) opened Friday, December 4th. Attached are the registration instructions for teams to register for the UC Davis CA&ES Field Day. The Poultry, Dairy, and Livestock judging contests held at this event serve as the California 4-H state qualifiers for the National contests. Additional information regarding the CA&ES Field Day can be found at: http://www.caes.ucdavis.edu/connect/events/field-day

Deadlines:

December 4	Online Registration Opens
February 5	Online Registration Deadline – Payments must be postmarked by this date. A $25 late fee for payments postmarked after this date will be enforced.
February 8	Agriscience Fair and Job Interview Materials Due
February 12	Online Registration Closed – Late registrations will no longer be accepted.

The top 4-H dairy judging team will qualify to compete at the World Dairy Expo in Madison, Wisconsin, and the top 4-H poultry judging team will qualify to compete at the National 4-H Poultry Judging competition in Louisville, Kentucky.

There are three National 4-H Livestock Judging Contests. The first place team (composed of the top placing 4-H team at the CA&ES Field Day) may select which contest for which they will represent California. The second place team may select next, and the third placing team may select third.

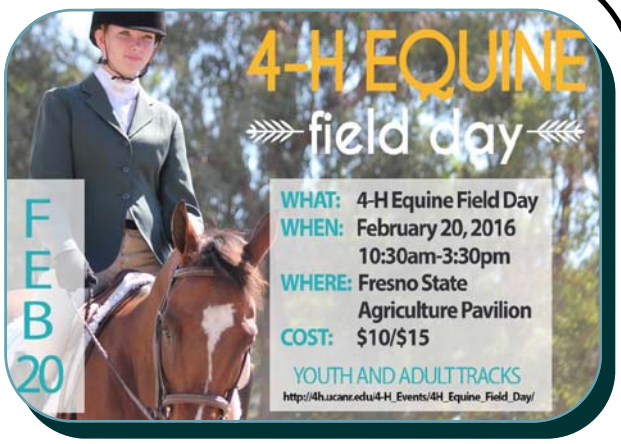
The National 4-H Livestock Judging Contests include: The North American International Livestock Exposition (NAILE) in Louisville, KY, The American Royal in Kansas City, MO and The Western National Round-UP in Denver, CO

The Equine Field Day will be held at Fresno State on February 20, 2016. Workshops will be presented on various equine related topics. Both youth and adult tracks with five 45 minute sessions throughout the day.

Early Bird Registration: $10 fee for 4-H Members and active 4-H Volunteers & $15 fee for non 4-H Members and Adults

(Ends February 12, 2016).

Late Registration/Walk-ins: $15 fee for 4-H Members and active 4-H Volunteers & $20 fee for non 4-H Members and Adults



Register today at http://ucanr.edu/survey/survey.cfm?surveynumber=16766

For more information about the event, please visit http://4h.ucanr.edu/4-H_Events/4H_Equine_Field_Day/ or contact Alyssa Sankey, State Program Representative for Animal Science Education, ajsankey@ucanr.edu

Tis' The Season for Fairmont 4-H Model Horse Show

When: Saturday, January 23, 2016 @ 9:00 AM- Registration @ 8:00 AM

Where: Fairmont Elementary School
Address: 3095 N. Greenwood Ave., Sanger
Directions: west of Academy Ave. north of Shields Ave.

Who: Open to all 4-H members, **Horse project membership not required**

What: Join the FUN!!! Break out the Breyers!!! Annual Model Horse Show

Hosted by Fairmont 4-H Horse Project

Friendly competition, no hauling hassles, great food, silent auction.
If you've never attended, now's the time. Larger, convenient facility.
Ribbons 1st thru 6th. Rosettes in 5 divisions. Trophies to Over-All.

Cost: $1.00 per class

Be sure to add new Breyer horses to your Christmas list!!!

Delicious Pulled Pork Sandwiches Nachos, Frito Boats, etc. Fantastic deals in the silent auction. Enjoy the warmth of the only indoor horse show. Leaders watch your email for premium & registration forms or go to the County website for pre-registration link.
Contacts: Tracy Newton Ph. # 970-3092, Cindy Suarez Ph. # 285-9209, or Cherrie Duncan Ph. #909-2931

By pre-registering before Jan 18th you will be entered in an exclusive drawing for a new Breyer model horse.
Pre-payment not required, changes allowed day of show.
http://ucanr.edu/survey/survey.cfm?surveynumber=16915

Fairmont 4-H Model Horse Show Classes link to download form
http://ucanr.edu/filevault/temp/820BEC89-CE30-6AD4-CF7F9C34663EC888-51069.docx

Hope to see you all there!

Fresno County 4-H Livestock Achievement Program

Reminder all Livestock Leaders, Parents, and Members…

The Fresno Co. 4-H Livestock Achievement Program was a huge success this past year and we're looking forward to your participation in the program again this year! All members begin with Level 1. Those who completed the written and skills testing during the last 4-H year can move on to Level 2. (If you did not receive a gold medal on Level 1, you can repeat that level or move on to Level 2). There are program guidelines and resources available at:

http://ucanr.edu/sites/4-H-Fresno/Science,_Engineering,_and_Technology_SET/Livestock_Judging_and_Field_Day_/

Be sure to view the updated Power Point so you know the requirements for Level 1 & 2 testing!

If you need help planning meetings or finding resources for your livestock project, please contact:

Beef Cattle	Susanne Carroll	269-9959
Dairy Goats	Clara O'Daniel	593-0449
Meat Goats	Tracy Newton	970-3092
Sheep	Teri Penfold	(209) 404-4538
Swine	Kristi Anderson	816-2414

January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				UCCE 4-H Office will be closed December 24 and re-open January 4th	1 **UCCE 4-H Office Closed Holiday**	2
3	4 **UCCE will re-open**	5	6	7	8	9 Fresno County 4-H Youth Development Program— Festive Faire & Iron Chef Competition
10	11	12	13	14	15	16
17	18 **UCCE 4-H Office Closed Holiday**	19	20	21	22	23 Tis' The Season for Fairmont 4-H Model Hose Show
24	25	26	27	28	29 **LCORT**	**30** **LCORT**
31 **LCORT**						

Words to Live By

Step with care and great tact, and remember that life's a great balancing act." - Dr. Seuss