# **Fresno County 4-H Guidelines**

# September 2019





# **In-Person Group Session Online Leader Trainings** Offered for New and Returning Volunteers

When: Tuesday, September 17, 2019

Where: Fresno County 4-H Office - 550 E. Shaw Avenue Ste# 210-B

Times: New Leaders, one session only – 5:30 pm – please be prompt (2 ½ hours total)

Returning Leaders, two sessions - 5:30 pm or 6:30 pm (30 min total)

eXtension.org 4-H Leaders REQUIRED training courses. We are offering the convenience of a What:

group setting for completion of leader's trainings. Please RSVP to reserve a seat by emailing

tlnewton@ucanr.edu or calling (559) 241-7525.

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Words To Live By:

"You can't go back and change the beginning, but you can start where you are and change the ending." - C.S. Lewis



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



#### **UC Cooperative Extension**

550 E. Shaw Avenue. Suite 210-B Fresno, California 93710 Phone: (559) 241-7515



# Fresno County 4-H Leader's Council & Committee Meetings

UCCE 4-H Office 550 E. Shaw Ave. Fresno, CA 93710

# Fresno County 4-H Leader's Council

Tuesday, November 12, 2019 7:00 p.m.– **New Location**—Dycora Building 650 W. Alluvial, Fresno 93711

### **Leaders Extension Group Trainings**

4-H Office
Tuesday, September 17, 2019
Returning Course 5:30 p.m. and 6:30 p.m.—Mariposa Room
New Courses 5:30 p.m.—Suite 210-B

#### Hi-C

Tuesday, October 15, 2019 7:00 p.m. Tuesday, November 12, 2019 7:00 p.m. 4-H Office — Merced Room

## Fresno County 4-H Enrollment Fees 2019/2020 Program Year

In keeping consistent with neighboring counties and to sustain funding of your Fresno County 4-H Program Representative position, enrollment fees will be \$65.00 for youth and \$25.00 for adult volunteers beginning July 1<sup>st</sup>, 2019. Fee waivers continue to be available for qualifying youth. Inspire Charter School members fee \$81.25 per student, to utilize enrichment certificates in covering 4-H enrollment costs. Please keep in mind that costs should never hinder 4-H participation. For additional details and forms, see the county 4-H website: <a href="https://ucanr.edu/sites/4-H-Fresno/Join\_4-H/">https://ucanr.edu/sites/4-H-Fresno/Join\_4-H/</a>



#### GROW YOUR CLUB ~ EARN A PIZZA PARTY

Make 2019 the year of new members!! Growth to our program is crucial and the County 4-H Office would like to encourage a little healthy competition by offering a springtime pizza party to the club signing up the highest number of first year members. The winner will be announced in the February guidelines. The official new member count will be as of January 20<sup>th</sup>. Promote your club at back to school nights, in community newspapers, and on social media. Contact the 4-H office for assistance with photocopies of club flyers, program promotional materials, and brochures. Pizza will be provided to the winning club during their March meeting. Alternate date can be arranged if necessary. Good Luck one and all!

GO GREEN!

The University of California 4-H Youth Development Program (4-H YDP) creates supportive environments utilizing learn-by-doing educational experiences for culturally diverse youth and adults to reach their fullest potential. In support of this mission, the Fresno County Leader's Council meets five times per year to review and implement policy, coordinate and plan county wide events, and make decisions to enhance our programs success. All active 4-H adult volunteers in Fresno County are voting members of the 4-H Leader's Council. Youth members are encouraged to attend and contribute thoughts and ideas to the Council. Remember ALL clubs MUST send a representative to ALL Council meetings.

#### CCL'S (Community Club Leaders) ~ Need to Know

✓Your influence & efforts reach far & wide to our youth & in our program! THANK YOU ✓We appreciate all clubs reporting community service online

✓ First installment for new year 2019-2020 enrollment due to office by November 15<sup>th</sup>

✓ Inspire Charter School member enrollment fees are \$81.25

✓ Continue recruiting for new project leaders to serve 2019-2020

# 4-H Achievement Night- An Evening "Under the Stars"

You are invited to attend the annual 4-H Achievement Night hosted by the 2018-2019 Fresno County Ambassadors.

# Saturday, September 21, 2019

7:00 PM

Riverdale High School Auditorium 3086 W. Mt. Whitney Avenue, Riverdale

Awards will be presented to 4-H members for-Scholarships, Emerald Star, Club Officer Book Medalists, and Record Book Medalists. *New this year*, 100% attendance and project medals will be awarded at Achievement Night.

Adult Volunteer leaders will be recognized for their tenure serving 4-H. 1st, 5<sup>th</sup>, 10<sup>th</sup>, 15<sup>th</sup> etc. year leader pins will be presented.

The 2019-2020 Fresno County 4-H Ambassadors will be installed.

Awardees will receive an invitation to Achievement Night, but all 4-H Families are encouraged to attend to support those receiving recognition. Make an evening of the event

and enjoy a delicious and hassle-free tri-tip dinner for \$9.00/person prepared and served by Sierra 4-H.



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# Join us in enjoying a Tri-Tip Dinner at Fresno County's Annual Achievement Night.

R.S.V.P. by September 13, 2019

Dinner will be available for purchase the night of Achievement Night for \$9 and is subject to availability. Food will be served starting at 5:30 P.M.

Dinner will be provided by and all proceeds will go to Sierra 4H.

**Dinner includes:** 

Tri-Tip

**Potato Salad** 

**Green Beans** 

**Dinner Roll** 

Lemonade/Tea

Please R.S.V.P to: <a href="mailto:fresnocountysierra4h@gmail.com">fresnocountysierra4h@gmail.com</a>







#### Tell Us What You Think!

Next Week all first-year families in California, Idaho, Louisiana, Missouri, New Mexico, Washington, Florida, Wyoming, and New Jersey will be invited via email to complete a quick survey about the first-year experience in 4-H. Your feedback will inform local county and state 4-H staff about the current volunteer experience and help find ways to make it better - like create new trainings and curriculum. Paper copies are available as well.

The survey will come to you from either <u>jlmiller@ucanr.edu</u> or <u>noreply@qemailserver.com--it's</u> not junk mail - it's from us!

# Record Books 2019 — Congratulations Medalist

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Asa	Chester	Blossom Trail	Int	Medalist
Ashlyn	Johnson	Blossom Trail	Int	Medalist
Kendall	Metzler	Blossom Trail	Jr	Medalist
Paige	Metzler	Blossom Trail	Int	Medalist
Danelle	Neff	Blossom Trail	Int	Medalist
Hannah	Rusconi	Blossom Trail	Int	Medalist
Rachel	Rusconi	Blossom Trail	Int	Medalist
Ronan	Ryan	Blossom Trail	Jr	Medalist
Sloan	Ryan	Blossom Trail	Int	Medalist
Trinity	West	Blossom Trail	Int	Medalist
Isabella	Alvarado	Fairmont	Int	Medalist
Emmaee	Balch	Fairmont	Int	Medalist
William	Boos	Fairmont	Jr	Medalist
Davin	Dyes	Fairmont	Int	Medalist
Saige	Jones	Fairmont	Int	Medalist
Abigail	Kelley	Fairmont	Sr	Medalist
Macie	Kulikov	Fairmont	Sr	Medalist
Atianna	Marquez	Fairmont	Int	Medalist
Kashlynn	Moore	Fairmont	Jr	Medalist
Macie	Richardson	Fairmont	Int	Medalist
David	Sharp	Fairmont	Jr	Medalist
Katrina	Suarez	Fairmont	Sr	Medalist
BenZion	Tipton	Fairmont	Int	Medalist
Jacey	Tweedy	Fairmont	Jr	Medalist
Ty	Tweedy	Fairmont	Jr	Medalist
Alexander	White	Fairmont	Int	Medalist
Mia	Azevedo	Kingsburg	Int	Medalist
James	Ergo	Kingsburg	Int	Medalist
Zachary	Ergo	Kingsburg	Sr	Medalist
Jack	Hambleton	Kingsburg	Jr	Medalist
Adeline	Kliewer	Kingsburg	Int	Medalist
Hunter	Nelson	Kingsburg	Int	Medalist
Emma	Robinson-Ford	Kingsburg	Int	Medalist
Jade	Yuen	Lone Star/Fowler	Jr	Medalist
Bryan	Welch	Pleasant Valley	Sr	Medalist
Audrey	Cockrell	Reedley	Sr	Medalist
Kirstin	Cockrell	Reedley	Int	Medalist
Taylor	Cockrell	Reedley	Int	Medalist
Catherine	Heather	Reedley	Int	Medalist
Kaycie	Huffman	Reedley	Int	Medalist
Maddison	Martinez	Reedley	Int	Medalist
Megan	Osborne	Reedley	Jr	Medalist
Athena	Pennebaker	Reedley	Int	Medalist
Clayton	Pennebaker	Reedley	Sr	Medalist
Katelyn	Arieas	Rural Route	Sr	Medalist
Siena	Rollin	Rural Route	Sr	Medalist
Ian	Wenstrand	Rural Route	Int	Medalist
Adieson	Glass	Sierra	Int	Medalist
Gavin	McReynolds	Sierra	Jr	Medalist
Hannah	McReynolds	Sierra	Int	Medalist
Caydin	Simonian	Sierra	Sr	Medalist
Elaine	Skierka	Sierra	Int	Medalist
Matthew	Skierka	Sierra	Int	Medalist
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# State Record Book Competition

State Record Books are due by October, 25th at 5:00 p.m. to the Fresno County 4-H Office. You must submit the "Intent to Submit" form as soon as possible to the state office. All state competition information can be found here: <a href="http://4h.ucanr.edu/Resources/Member Resources/RecordBook/RBCompetition/StateCompetition/">http://4h.ucanr.edu/Resources/Member Resources/RecordBook/RBCompetition/StateCompetition/</a>



#### SHOOTING SPORTS NEWS—TRAINING DATES

If you have an interest in sharing your Archery, Shotgun or Rifle Shooting skills with youth, how about becoming a 4-H Shooting Sports adult volunteer or teen leader in these sports? There will be a 4-H Shooting Sports leader certification training in either Archery, Shotgun or Rifle offered November 9 & 10, 2019. You may only get certified in one discipline during this weekend class.



These class's will be held Saturday, 8 AM –4 PM, and Sunday, 8 AM-1pm, at the Safety First Shooting Association, River Oaks Range, 11584 Shaffer Rd, Winton, 95338, in Merced County. This class is being hosted by Merced County 4-H. You must become a 4-H leader or member and attend both days to receive certification to teach marksmanship at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is \$35 per person to include a resource binder, with Saturday and Sunday lite breakfast refreshment's. Please bring your own lunch to the class.

Junior and teen leaders are invited but must attend with an adult or have a certified adult leader they will be helping back home in that specific discipline. Driving directions to the range are at <a href="http://www.safetyfirstshooting.net/html/directions.html">http://www.safetyfirstshooting.net/html/directions.html</a>. Tent or Dry RV camping is an option. To register, please complete and mail the "CA 4-H Shooting Sports Training Request and Registration Form" available at <a href="https://ucanr.edu/sites/UC4-H/files/4785.pdf">https://ucanr.edu/sites/UC4-H/files/4785.pdf</a>, and an adult or youth 4-H medical release form and a \$35 check payable to "Merced County 4-H Council" and mail to UCCE, 2145 Wardrobe Ave, Merced, 95341. Alternatively, you can email your registration and hand carry a check. Registration is due Friday of the week before and Space is limited to 10 attendees. For more information call Dave at 209-614-1718 for info or camping, or Darlene McIntyre for registration at <a href="mailto:209-385-7418">209-385-7418</a> or email her at <a href="mailto:dlmcintyre@ucanr.edu">dlmcintyre@ucanr.edu</a>.

### **Shooting Sports Leader Trainings in Merced County**

Listed below is the schedule for 4-H trainer and project leader certification classes this fall in Merced County. Please share with anyone who may be interested. All training will be held at the River Oaks Range, 11584 N. Shaffer Road in Winton, CA (www.safetyfirstshooting.net for directions and map). Camping is available on site, no hookups. You can only be certified in one discipline per each weekend training.



#### September

14 & 15 Archery Certification21 & 22 Shotgun Certification21 & 22 Rifle Certification

#### October

12 & 13 Pistol Certification

#### November

9 & 10 Archery Certification9 & 10 Shotgun Certification9 & 10 Rifle Certification

#### December

14 & 15 Western Heritage Certification

For more information please contact Dave Givens at (209) 614-1718 or email dave@hammerstryke.com

#### **4-H Shooting Sports Workshop**



#### Rifle Discipline Bakersfield, CA

Saturday, November 2, 2019 – 8:00 a.m. – 6:00 p.m. Sunday, November 3, 2019 – 8:00 a.m. – 4:00 p.m.

A 4-H shooting sports workshop for the rifle discipline will be held at the UC Cooperative Extension Office, 1031 S. Mt. Vernon Avenue in Bakersfield. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course or receive more information, contact John Borba at: jaborba@ucanr.edu

#### **Get the Latest Updates on 4-H Shooting Sports**

If you want the latest updates sent to you directly regarding 4-H shooting sports, you can enter your name and email address in the list serve below. You will be notified directly regarding upcoming classes, competitions, and state and national meetings and events. The list serve link is:

https://ucanr.edu/maillists/joinlist.cfm?listnum=1926

If you facebook, you can like the State 4-H Shooting Sports facebook site and see information posted there. It can be accessed at:

https://www.facebook.com/California-4-H-Shooting-Sports-359716147438695/

#### **Fresno Fair Information & Dates**

The 4-H Office has a supply of whites on hand & available to members at no charge. Please schedule an appointment to assure access to items before visiting the office. We encourage members and alumni to donate uniform items that are in gently used condition. Items can be dropped off anytime.

Hats, scarves, & neck ties will be available on a limited basis at the Fresno Fair.

Costs: \$23 hats, \$16 scarves, \$15 neck tie- cash or checks payable to Fresno County 4-H

To purchase at the County 4-H Office, hours are Mon. – Fri. 8:30 am – 5:00 pm

Buyers BBQ at Wine Garden: Sunday, September 22<sup>nd</sup> at 1:00 pm

Pre-ordered wristband pick up Sept. 22<sup>nd</sup> 10:00 am – 2:00 pm. All wristbands MUST be picked up by Oct. 2<sup>nd</sup>.

## REMINDER: New staging area on Butler & Cedar behind the old Hanoians Market

Wednesday, Oct. 2<sup>nd</sup> Dairy Goat Showmanship, Market Goats, Prospect & Replacement Dairy Heifers. Champions pinned at 6:30 pm.

Thursday, Oct. 3<sup>rd</sup> Meat Goat Showmanship, Dairy Cattle Showmanship, Pygmy Goats. Dog Exhibition Agility Club at 6:00 pm.

Friday, Oct. 4<sup>th</sup> College Shows, Champion of Excellence Interviews, Dog Show

Saturday, Oct. 5<sup>th</sup> Phase I Jr. Livestock Auction- Rabbits & Goats 10:00 am, Dairy at 6:30 pm

Sunday, Oct. 6<sup>th</sup> Barnyard Olympics 2:00 pm

Wednesday, Oct. 9<sup>th</sup> Market Lambs, Market Hogs, Market Steers, & Beef Showmanship. Pinning of Champions at 6:30 pm.

Thursday, Oct. 10<sup>th</sup> Swine & Sheep Showmanship

Friday, Oct. 11<sup>th</sup> Champion of Excellence Interviews

Saturday, Oct. 12<sup>th</sup> Phase II Jr. Livestock Auction-Swine, Sheep, & Beef

Sunday, Oct. 13<sup>th</sup> Round Robin & Barnyard Olympics

# Congratulations to these Fresno County 4-H'ers on their placings in the 2019 National 4-H Western Heritage Competition

Facing 22 competitors from California, Oregon, Missouri, Montana, Kansas, & Colorado!

#### **JUNIOR DIVISION**

#### **Marcus Harrison**

1st Place – History Test 2nd Place – Shooting

2nd Place – Men's Persona Interview 4th Place – Overall Top Hand

1st Place – Overall Top Hand

Golden Nugget Award -Least Misses - all age groups 10 misses: 200 rounds/10 stages

#### **INTERMEDIATE DIVISION**

#### Matthew Skierka

2nd Place – History Test

5th Place – Men's Persona Interview

#### **Boede Westlund**

3rd Place – Shooting

3rd Place – Men's Persona Interview

## **SENIOR DIVISION**

**Annamarie Weaver** 



# **Matthew Skierka**

1st Place – History Test 2nd Place – Overall Top Hand

#### **Annamarie Weaver**

3rd Place – Women's Persona Interview

#### STATE PLACINGS



#### **Marcus Harrison**

1st Place – History Test 2nd Place – Shooting

2nd Place – Men's Persona Interview

1st Place – Overall Top Hand

#### **Boede Westlund**

1st Place Shooting

2nd Place Men's Persona Interview

# Classic Qualifier



# Fresno County 4-H

# **Horse Show**

When: Saturday, October 26th, 2019

Where: Verdi View Farm 1683 N. Del Rey Avenue, Sanger 93657

Hosted By: Blossom Trail 4-H Horse Group

Cost: \$4.99 per Class plus a \$10.00 per horse haul in fee

NEW ~ Ranch Division Classes. Offering English, Western, & Gymkhana Show Premium coming soon! Questions contact Carly Ray (408) 710-2763



## Fresno County Observes National 4-H Week

\*\*\*Window Display Contest\*\*\*



In honor of National 4-H week, Fresno County 4-H observance is September 23 - 29, 2019. This is a time for clubs to promote 4-H and encourage new membership. The annual Display Contest for 4-H Week will award \$225 in prize money to clubs based on display entries. (\$100 for 1st, \$75 for 2nd, \$50 for 3rd) The display should promote 4-H and 4-H projects in a fun & creative way. Displays must be set up during the week of 9/23 – 9/29. Submit photos of displays to <a href="mailto:tlnewton@ucanr.edu">tlnewton@ucanr.edu</a> or bring them to the 4-H Office by Friday, October 4<sup>th</sup>. Please note the location of display and viewing hours.

The Ambassador team will judge entries based on creativity, informational/educational value, accessibility to general public and overall appeal of the display. Let's celebrate National 4-H Week by spreading the word about 4-H! Recruitment materials and informational brochures are available at the 4-H office. New items include a pop-up banner and a vinyl 4-H Grows Here banner. Feather flags and table covers also available. Please reserve items by contacting Tracy Newton; (559) 241-7525 or <a href="mailto:the timeston@ucanr.edu">tlnewton@ucanr.edu</a> in advance of your event. Access here for State 4-H UC ANR Branding Tool Kit exciting new items: <a href="mailto:http://4h.ucanr.edu/Resources/Branding\_Toolkit/">http://4h.ucanr.edu/Resources/Branding\_Toolkit/</a>

#### **Handbook for New Families**

This handbook was created to help new families get to know the resources and activities available in 4-H in California. This handbook will be updated regularly; please share any comments and suggestions for improvement with your county 4-H Advisor or Program Representative.



Download Here: https://ucanr.edu/sites/4-H-Fresno/Resources\_and\_Forms/

Save the Date: Tractor Supply Paper Clover Campaign October 9 –20, 2019



Please plan to participate in this year's Clover Drive by representing 4-H & your local club in store locations at Clovis & Fresno. All funds raised support Fresno County 4-H members attending summer camp or leadership conferences. Donations rise when 4-H'ers are present. NEW **THIS YEAR- for a club to be eligible for scholarship funding to members, they MUST serve a minimum of 3 hours total (not consecutively) in a store during the campaign dates of October 9<sup>th</sup> – 20<sup>th</sup>.** 



# Presentation Opportunities at the Fresno Fair



The Fresno Fair is again looking for 4H members to give presentations during the fair.

Presentations can be given on the stage in Ag Venture land during Fair Education Days.

You can schedule your presentation from 9:30 to 12:30 on October 3, 4, 10, or 11.

You may give the same presentation on more than one day, or schedule multiple presentations.

The 4H office will award you with a special presentation pin for each different presentation. Team presentations can also be given.

Please contact Anne Cehrs at <a href="mailto:aacehrs@gmail.com">aacehrs@gmail.com</a> to schedule a presentation. Tell me your name, club, title and description of presentation, and a contact phone number, as well as what day and time that you want to present. Remember that your audience is grade school kids and the talk should be interesting to hold their attention.

The Ag Ventureland Stage also has open time slots after school and on weekends if you cannot make it to the fairground on Fair Education Days. Contact Anne Cehrs with your request.

# All Around Ag Award at Fresno Fair







ATTENTION ALL LIVESTOCK LEADERS- It's time to submit nominations to the All-Around Ag Award Program! Please note that ALL applications must be submitted by your Club Leader. You may complete the application form (see Fresno Fair link under Events on County 4-H website) then forward to your CCL. CCL's please submit as directed at bottom of app. Remember. Please keep applications confidential and do not share with members that they are being considered for this award. **Deadline is Sept. 20th** 

## JPM Buckle Program-Big Fresno Fair

Dr. Psaila partnered with Fresno County 4-H in the fall of 2016, his great work in our underserved and low economic areas of Fresno County was incredible. From fall 2016 through spring 2017 Fresno County 4-H collected 563 pounds of dry pet food, 208 cans, and 42 pounds of treats. Sadly Dr. Psaila passed away on August 3, 2017. In honor of Dr. Psaila a Foundation has been formed to keep his legacy alive for years to come. The Dr. Jon Psaila Memorial Foundation (JPM) is sponsoring a buckle program at the Big Fresno Fair. The October 2019 fair will be the first year that this program is offered to exhibitors and the foundation hopes that it will

be popular enough to continue for many years to come. Dr. Psaila was proficient in many areas of Agriculture Education and this buckle program is seeking to reward exhibitors with varied interests as well. The exhibitor that receives the JPM buckle and scholarship will need to be exhibiting in at least two areas from the livestock barn and/or the junior exhibit building. Please find the application in the BFF Exhibits Handbook pages 80-83.

The submission address is: Chris Psaila, 1644 N Cherokae Ave. Hollywood, CA 90028 and the postmark deadling.

The submission address is: Chris Psaila, 1644 N Cherokee Ave, Hollywood, CA 90028 and the postmark deadline is: September 21, 2019.

#### MARK YOUR CALENDARS 2019 - IMPORTANT DEADLINES/EVENTS

9/14/19	UC Merced Officer Training Day	Pg. 1.
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9/17/19	Adult Volunteer Training Sessions	Pg. 1
9/21/19	Fresno County 4-H Achievement Night	Pg. 1:
9/23—9/29/19	National 4-H Week *Window Display Contest*	Pg. 1.
9/25 - 9/28/19	Caruthers District Fair	
10/2-10/14/19	Fresno County Fair	Pg. 6
10/15/19	Hi-C Meeting	Pg. 2
10/26/19	Fresno County 4-H Horse Show	Pg. 2
11/8/ - 11/10/19	Volunteer Retreat	Pg. 9
11/12/19	County Council and Hi-C	Pg. 2
11/15/19	First Installment Fee Due to Fresno County	_

Fresno County 4-H Livestock Judging Day



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## The Volunteer Retreat, November 8-10, 2019 Asilomar Hotel & Conference Grounds — Pacific Grove, CA

The Volunteer Retreat is a volunteer development conference for volunteers and staff who work with youth. Adult volunteers, staff, and youth volunteers ages 15 and older are encouraged to attend.

At this first annual conference, you can:

11/16/19

- 1. **ENGAGE**—connect with other volunteers who work with youth
- 2. **ENERGIZE**—strengthen your positive youth development skills
- 3. **EQUIP**—gain resources from booth exhibits and the Project Skills Showcase
- 4. EMPOWER-share and learn new skills and ways to work with youth

Join the Volunteer Retreat mailing list to stay updated on this new conference!

#### Register by May 12 to get the most savings on registration!

Good news! We heard from you and our volunteers-and we listened...We wanted to take a minute to let you know that The Volunteer Retreat cost has been reduced to \$97 for the retreat (\$150 if a day-tripper) and **registration is extended to October** 31! We would greatly appreciate if you could send the below info to your volunteers. This is a great price and opportunity for everyone. Thank you for your time and attention!

REDUCED AND EXTENDED: E4: The Volunteer Retreat is happening November 8-10, 2019 at the beautiful Asilomar Hotel and Conference Grounds in Pacific Grove, CA. Come and ENGAGE – connect with other volunteers who work with youth; ENERGIZE – strengthen your positive youth development skills; EQUIP – gain resources from booth exhibits and the Project Skills Showcase; EMPOWER – share and learn new skills and ways to work with youth.

Registration fee is REDUCED to \$97 (\$150 for day trippers) + lodging and meal plan at center. Reduced price is if you stay at Asilomar. Registration Deadline is October 31, 2019.

Questions about registration-email Jen Henkens at <u>jahenkens@ucanr.edu</u> or general questions to <u>thevolunteer-retreat@ucanr.edu</u>. Download our Flyer: <u>https://ucanr.edu/sites/ca4hslf/files/310074.pdf</u> CHECK OUT

THE Volunteer Retreat homepage: <a href="http://bit.ly/2V9M0UM">http://bit.ly/2V9M0UM</a>

## **2019 Healthy Living County-Wide Project**

In this project, we'll delve deeper into a girl's monthly cycle, spend some time understanding the different phases of a cycle & how it plays into her everyday health - in the way she feels, eats, exercises, & thinks. These hormones really do impact so many aspects of our lives! This program is not geared towards sex education but only body literacy as it pertains to female hormones & this 5th vital sign. There's a lot of taboo around this topic & it can be uncomfortable for many. But we're going to take that head on & address it together with sensitivity because this information is pertinent to healthy living.

There is no age requirement for this class because the information is pertinent to girls whether they have started cycling or not. Parents are most welcome to stay & participate.

There will be a very small fee to cover the supplies for the cooking portion. Interested or have questions?

Contact Kristen Gilster at 559.325.4045

We'll have 5 meetings that will include both experiential learning & cooking. Four of the meetings will include preparing (& enjoying!) foods that support different cycle phases. Meetings will be once a month on Sunday afternoons at 2pm. Dates are TBD



# University of California Fresno County 4-H

# Is proud to announce they have officially become a Vendor





- Cooking
- Baking
- STEM
- Photography
- Survival
- Archery
- · Public Speaking
- Sewing
- Woodworking
- Rabbits
- Poultry
- Sheep
- Goats
- Pigmy Goats
- Steer
- Swine
- Horse
- Dogs
- Shooting Sports

# 4-H The Power of Youth

The 4-H Youth Development Program is an informal educational opportunity where youth learn by doing in project areas like science, health, agriculture, & citizenship. The 4-H community club program offers a wide variety of activities for youth, ages 5 - 19. Join a club, take part in monthly meetings, explore & empower young people with skills to lead for a lifetime.

The skilled adult volunteer leaders are the heart of our program. Projects are taught by adults while Teen & Jr. leaders assist alongside them. Youth members may also participate in a number of County, Area/Multi-County, and Statewide events.

# Cost per member \$81.25 (includes UCCE processing fee) Visit:

https://ucanr.edu/sites/4-H-Fresno/

- Leadership
- Gardening
- Horticulture
- Canning & Food
- Preservation
- Healthy Living
- Legos
- American Sign Language
- Entomology
- Outdoor Adventure
- Leather Craft
- Table Setting
- Welding
- Fishing
- Food and Nutrition
- Scrap Booking

and much more...

Projects available throughout the county (Each clubs projects vary).



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