

# *Diggings March 2009*

Visit <http://ceamador.ucdavis.edu> for information.

March 20, 2009

## **4-H Council Meeting**

The next 4-H Council meeting will be held on May 5, 2009 at the GSA small conference Room at the UCCE/Amador County, 12200 B Airport Road in Martell.



Youth delegates gain exposure to the campus by living in the residence halls, eating in the dining commons, and participating in educational sessions, many of which are taught by UC faculty and staff.

The conference is planned by a team of high school 4-H members and adult advisors.

Working in strong youth-adult partnership, the team designs the educational, recreational and logistical components of the conference. August 6 - 9, 2009

<http://www.ca4h.org/conference/slc/index.asp>

## **Home Arts Expo**

The 4-H Home Arts Expo will be held this year on April 18<sup>th</sup> at Mark Twain Elementary School in Angels Camp. Entry forms are due April 1<sup>st</sup>.

Members in Clothing, Arts & Crafts, Industrial Arts, Leather Craft, Pottery, Needlework, Dish Gardens, Woodworking, and Models (and all other home arts) are eligible to enter! Foods & Nutrition project members are eligible to enter their dishes or decorate cakes! Adults are eligible to enter the Chili Cook-Off Contest!

Please use the enclosed entry form found in the supplement to enter the contest.

This newsletter is online along with Record Book forms, scholarship applications, registration forms and more! Visit <http://ceamador.ucdavis.edu/newsletters.htm> for information.

Please submit any articles about your club to [lefossen@ucdavis.edu](mailto:lefossen@ucdavis.edu) or mail them to UCCE/4-H Office, 12200 B Airport Rd, Jackson, CA 95642 by the middle of each month.

## **4-H You See Davis Days**

The Collegiate 4-H Club at UC Davis is pleased to present the 58<sup>th</sup> annual "4-H You See Davis Days" for high school students. This three day, activity-filled event is an opportunity for participants to experience safe college life at UC Davis. They will stay with Collegiate 4-H members for the event and will be in a prime position at the end of the event to stay and see UC Davis pride at our annual Picnic Day Festival and Parade, and our band-a-thon, starring Davis' own champion "Band-uh".

April 16-18<sup>th</sup>

<http://clubs.ca4h.org/collegiate4h/ucd/ysddays.htm>

## **4-H State Leadership Conference**

The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. The Conference provides advanced leadership training for high school 4-H members. The Conference is an opportunity for 4-H members to network and share ideas with other 4-Hers from across the state. The Conference focuses on providing high school youth with experiential education on leadership development, civic engagement, college admissions and other 4-H project areas.

## **Calendar**

*Home Arts Expo April 18th*

*4-H State Leadership Conference August 6-9th*

*4-H You See Davis Days April 16-18th*

*State Field Days May 30th*

*Updated Amador County Fair Website*

*4-H Scholarships Available*

*Sub-Regional 4-H Presentation Day*

*Ethics Training April 1<sup>st</sup>*

*Home Expo Entry Forms*

## State 4-H Field Day

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 a gold medal at their county 4-H Fashion Revue are eligible to show at the State 4-H Fashion Revue. May 30th

<http://www.ca4h.org/projresource/fieldday/index.asp>

Bring our **Amador Banner** to the **State 4-H Field Day** on **May 30, 2009**! Each county is being asked to create a banner to be presented at the 2009 State 4-H Field Day! The banner will be presented by two members from your county during the opening assembly at the 2009 State 4-H Field Day. For banner specifications and guidelines, visit <http://www.ca4h.org/projresource/fieldday/>

## Check out Amador County Fair Website!

The theme for this year's fair is "A Grape Time to Huki lau" Check their website often as information is updated often. The weigh-in schedule is up for livestock.

There will be a penalty fee for the exhibitor that does not comply with the 3 yellow cards go to the fair's website and make sure you will be in compliance.

<http://amadorcountyfair.com/>

## 4-H Scholarships Available

High school seniors & college students who were in 4-H during high school are eligible to apply for a **2009 California Statewide 4-H Scholarship for Higher Education**. Scholarships are available in many categories and may help fund educational expenses. Applications are due postmarked by **April 30, 2009**. Information and applications are available at

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

## Sub-Regional 4-H Presentation Day Results

Thank you to Jenny Lind 4-H Club for hosting another successful Sub-Regional Presentation Day on Saturday, February 7<sup>th</sup> at Jenny Lind Elementary School. Results follow:

Reagan Jorgensen, Jackson Gold Wheels, GOLD  
Maura Jorgensen, Jackson Gold Wheels, GOLD  
Joscelyn Courtney, Jackson Gold Wheels, GOLD  
Haley Anderson, Jackson Gold Wheels, GOLD  
Kate Courtney, Jackson Gold Wheels, GOLD  
Cameron Creach, Jackson Gold Wheels, GOLD  
Riley Anderson, Jackson Gold Wheels, GOLD

## Quality Assurance Training for Fair

This year we want to get all members (who bring animals to fair) to the training. The training will be at Plymouth Hardware on April 11<sup>th</sup> from 10:00-12:00 Lunch Break then 1:00-2:00.

**There is no cost for this event.**

The topics will include:

- Showmanship
- Feeding/housing
- Quality assurance
- Ethics training
- A veterinarian will be there
- And other guest speakers!

The members will receive a certificate of completion (which is mandatory for State Fair) and a syllabus to take home with them.

**RSVP** by April 8<sup>th</sup> @ (209) 257-1418 or [amadorcounty4hleader@gmail.com](mailto:amadorcounty4hleader@gmail.com)



# 4-H Home Arts Exposition News!

The 4-H Home Arts Expo will be held this year on April 18th at Mark Twain Elementary School in Angels Camp.

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

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

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

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

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

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

### ***WHAT IS THE SCHEDULE?\*\****

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

\*\*Schedule is subject to change



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

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

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

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

### ***PROJECT RECOGNITION***

All **home arts** participants will receive a gold, silver or bronze medal. Judging will be on the Danish system. The divisions are:

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

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

The divisions are:

Senior Division in Traditional, Purchased and Recycled Category (10<sup>th</sup> - 12<sup>th</sup> grade)  
Junior Division in Traditional, Purchased and Recycled Category (7<sup>th</sup> - 9<sup>th</sup> grade)  
Intermediate Division in Traditional, Purchased and Recycled Category (4<sup>th</sup> - 6<sup>th</sup> grade)  
Primary Division in Traditional, Purchased and Recycled Category (K - 3<sup>rd</sup> grade)

## **WHAT CLOTHING CATEGORY CAN I ENTER?**

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

## **AN EVALUATION GUIDE FOR 4-H CLOTHING PROJECTS**

### **CREATIVE SELECTION**

#### **Occasion:**

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

#### **Style:**

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

#### **Color:**

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

#### **Texture:**

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



### **FIT**

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

### **GROOMING**

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

### **POSTURE**

#### **Standing:**

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

#### **Poise:**

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

### **ACCESSORIES**

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

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

## **CONSTRUCTION**

### **Choice of Method:**

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

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



### **Grain line:**

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

For designs with bias cuts, the fabric should be cut on true bias.

### **Workmanship:**

How good a job did you do in making your garment? For example, are the stitch length and tension correct? Is the stitching straight and are the darts tapered, not blunt? Are the interfacing and facings neat and not bulky? Are the fasteners neat and secure? Is the collar neat - no undercollar rolling out or points poking up? Are the

sleeves set in smoothly - evenly spaced with no puckering? If the garment is lined, is the lining placed so that it does not distort the outer fabric and overall line? Is the hem as inconspicuous as possible and durable enough for the kind of care it will receive?

## **PRESSING**

### **Underpressing:**

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

### **Top Pressing:**

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

## **CARE**

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

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

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

The following rules will be followed:

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

### **WHAT ARE THE RULES? (Cake Decorating Category)**

The following rules will be followed:

1. You may use cake mixes or "dummies" for your cake. Styrofoam is also okay.
2. Substitute for absent members will not be allowed.



3. Long hair must be tied back or in a hair net.
4. Parents and/or leaders will be allowed in the judging area before judging begins BUT they will not be allowed to assist or make comments.
5. If you have a cake that is more than one-tier and needs to be assembled at the event do so quickly. No frosting application will be allowed at the event.



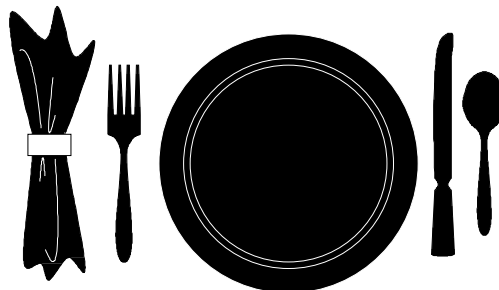
## WHAT ABOUT FOOD SAFETY?

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

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

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

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



## HOW CAN I PARTICIPATE?

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



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

# PLEASE BE SURE THAT ALL OF YOUR EQUIPMENT IS MARKED FOR IDENTIFICATION

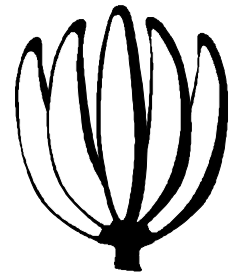
## ONCE YOU ARRIVE...

1. Upon arrival find your name taped to the front of a table. Go directly to your table and set up your supplies. Parent help is not allowed.
2. Participants are not to leave their area until all participants at your table have been judged.
3. Parents and leaders are restricted from the judging area once judging begins. Parents and leaders in the judging area after the set-up period will be cause for the entry to be DISQUALIFIED.
4. There will be chairs provided away from the judging area for all guests. REMEMBER, THIS IS A JUDGING AREA AND WE APPRECIATE YOUR HELP IN KEEPING THE AREA QUIET.
5. We suggest that you wear your 4-H uniform. It is not required but it will look better to the judge who will be judging your presentation and your food. If you do not wear your uniform, be sure to dress neatly.
6. Be ready to answer any questions the judge(s) may ask concerning the table setting, menu or preparations of the favorite food. Judges will probably discuss your favorite food, menu and table setting with you, but their questions or comments do not necessarily indicate that they are not pleased with your work or your answers. The Home Arts Expo is a learning experience.
7. Judging will be on the Danish System. (The Danish System is judged against a set standard and not against another entry.) Scoring will be made on the following categories:

**Excellent – Gold Medal**

**Good – Silver Medal**

**Fair – Bronze Medal**



8. After judging has been completed and the awards ceremony, exhibitors and guests are invited to sample the foods displayed. NOTE: Members are not to taste food until after all judging has been completed and judges and guests have tasted.
9. Exhibitors are part of the clean-up committee. An exhibitor who does not clean up his/her area will be disqualified from exhibiting at the event the following year.

## MENU

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

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

EXAMPLE:

### FAMILY DINNER

Meat Loaf - Mashed Potatoes - Buttered Peas

Cottage Cheese & Peach Salad

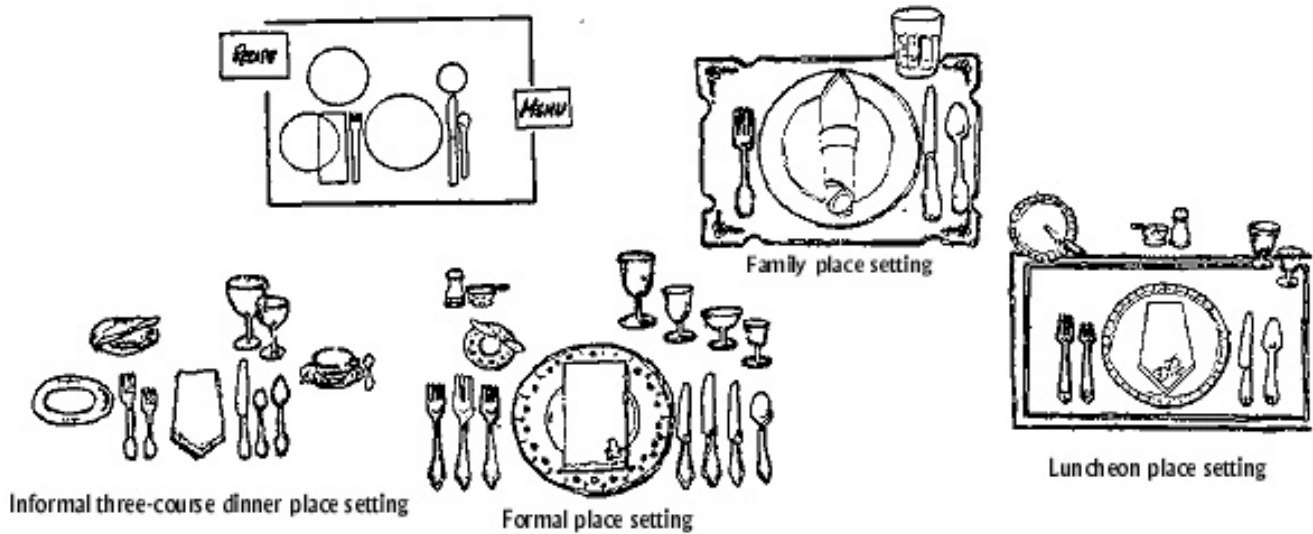
Yeast Rolls & Butter

Chocolate Pudding - Cookies - Milk

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

## TABLE SETTING NOTES

1. Your judgment dictates your place setting. There is no one and only "right way" to set the table. The pattern of table service to be used, the menu to be served, and the size of the table establish your plan for setting the table.
2. You do not need to use your family's best china or silverware. Look through magazines to find ideas for using what you have available as a compliment to you favorite food.
3. Centerpieces are required. It should be small, low and in scale for your one place setting. **POTTED PLANTS ARE NOT ALLOWED.** Practice at home or at a project meeting so that you will be well prepared to set it up properly before the actual judging.
4. Be prepared to answer questions on your table setting, your menu and your favorite food entry.
5. Paper accessories may be used in your presentation. These are perfectly acceptable when they lend appeal to your theme, your chosen food entry and your menu.



## CATEGORIES

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

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

**Senior Division (10<sup>th</sup> - 12<sup>th</sup> grade)**

**Junior Division (7<sup>th</sup> - 9<sup>th</sup> grade)**

**Intermediate Division ( 4<sup>th</sup> - 6<sup>th</sup> grade)**

**Primary Division (Kindergarten - 3rd grade)**

## **2<sup>nd</sup> ANNUAL ADULTS ONLY CHILI COOK-OFF!**

**Chili Cook-Off Contest for adults! This competition will be open to parents and 4-H leaders. You do not have to be involved in a cooking project to compete in this contest! Sign up on the enclosed entry form to compete.**





## 4-H CLOTHING AND HOME ARTS ENTRY FORM

4-H HOME ARTS EXPO

**Due in Calaveras County 4-H Office by April 1st**  
Mailed entries must also be postmarked by the deadline

PRINT NAME \_\_\_\_\_

GRADE \_\_\_\_\_

HOW MANY YEARS HAVE YOU BEEN IN THIS PROJECT? \_\_\_\_\_

PHONE \_\_\_\_\_ CLUB \_\_\_\_\_

Mailing Address: \_\_\_\_\_

County: \_\_\_\_\_

### COMPLETE FOLLOWING FOR CLOTHING ENTRY

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

CATEGORY (check one): TRADITIONAL \_\_\_\_\_ RECYCLED \_\_\_\_\_ PURCHASED \_\_\_\_\_

4-H Clothing Leader's Signature \_\_\_\_\_

### COMPLETE FOLLOWING FOR HOME ARTS ENTRY

TYPE OF HOME ART YOU WILL BE ENTERING \_\_\_\_\_

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

DESCRIPTION \_\_\_\_\_

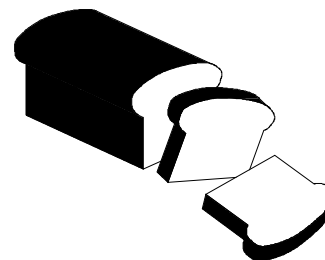
4-H Home Arts Leader's Signature \_\_\_\_\_

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

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

# 4-H FOODS & NUTRITION ENTRY FORM

## 4-H HOME ARTS EXPO



**DUE WITH COMPLETE RECIPE TO CALAVERAS COUNTY 4-H OFFICE April 1st**

Mailed entries must be postmarked by the deadline

PRINT NAME: \_\_\_\_\_

GRADE \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

COUNTY: \_\_\_\_\_

PHONE #: \_\_\_\_\_

HOW MANY YEARS HAVE YOU BEEN IN THIS PROJECT (INCLUDING THIS YEAR)? \_\_\_\_\_

CLUB: \_\_\_\_\_

MY FOOD ENTRY IS: \_\_\_\_\_

**ENTRY CATEGORY:** (Please check one)

☐ SOUP OR SALADS

☐ VEGETABLES

☐ MAIN DISH

☐ DESSERT

☐ BREAD

☐ CAKE DECORATING

☐ ADULTS ONLY CHILI COOK-OFF

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

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

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

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

<p style="text-align: center;"><b>MEDICAL TREATMENT FORM – MINOR</b> <b>University of California 4-H Youth Development Program</b></p>
--

I hereby certify that my child is in good health and can travel to and participate in this 4-H function.

My Child \_\_\_\_\_ has my permission to attend the  
name of child  
4-H Home Arts Expo \_\_\_\_\_ located at or near Mark Twain Elementary, Angels Camp  
name of 4-H club, activity or event city or town  
in Calaveras County, California between the dates of April 18, 2009 and April 18, 2009  
state or county

While my child is attending or traveling to or from this 4-H function, **I HEREBY AUTHORIZE THE ADULT 4-H LEADER OR 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 25.8 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/legal guardian, I will be responsible for the cost of any service or treatment provided not covered by the 4-H Youth Accident Insurance Program sponsored by the University of California Cooperative Extension.

**AUTHORIZATION AND CONSENT AND RELEASE**

_____	_____	_____
date	signature of parent/legal guardian	emergency phone DAY
_____	_____	_____
Mailing address	City Zip code	emergency phone NIGHT

Should there be any changes in the status of parent/legal guardian, it will be my responsibility to keep the County 4-H Office informed.

**NON-CONSENT**

I do not desire to sign this authorization and understand that this will prohibit my child from receiving any medical attention in the event of illness or accident.

_____	_____
SIGNATURE	DATE

University policy and the State of California Information Practices Act of 1977 requires 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 needed 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 at the Division of Agriculture and Natural Resources, 4-H, DANR, One Shields Avenue, University of California, Davis, California 95616-8565. Only your own/your child's records are open to your review. Any known or foreseeable intergovernmental transfer which may be made of the information is as follows: None.

## HEALTH HISTORY INFORMATION

*(This information is confidential and will be used only in case of emergency.)*

Name of 4-H Member: \_\_\_\_\_ Birthdate: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Month Day Year

Is your child subject to:	Yes	No	Does your child have or has ever had:	Yes	No
Colds	<input type="checkbox"/>	<input type="checkbox"/>	Heart Trouble	<input type="checkbox"/>	<input type="checkbox"/>
Sore Throat	<input type="checkbox"/>	<input type="checkbox"/>	Asthma	<input type="checkbox"/>	<input type="checkbox"/>
Fainting spells	<input type="checkbox"/>	<input type="checkbox"/>	Lung trouble	<input type="checkbox"/>	<input type="checkbox"/>
Bronchitis	<input type="checkbox"/>	<input type="checkbox"/>	Sinus trouble	<input type="checkbox"/>	<input type="checkbox"/>
Convulsions	<input type="checkbox"/>	<input type="checkbox"/>	Hernia (rupture)	<input type="checkbox"/>	<input type="checkbox"/>
Cramps	<input type="checkbox"/>	<input type="checkbox"/>	Appendicitis	<input type="checkbox"/>	<input type="checkbox"/>
Allergies	<input type="checkbox"/>	<input type="checkbox"/>	Has appendix been removed ?	<input type="checkbox"/>	<input type="checkbox"/>

Is the child currently under any type of medical treatment?

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Is there any history of behavior disorders or emotional disturbances, such as difficulties in relationships with authority figures or peers, or abnormally severe moodiness?

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Has the child been under psychiatric treatment within the past three years?

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Date of Child's last Tetanus Vaccination:

/	/	
M	D	Y

Please identify over-the-counter medications that we may administer. For example: Antacid, Aspirin.

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Please identify child's allergies, including allergies to food, medications, or drug reactions you know about:

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Please list any disabilities or disorders that may affect your child's participation at this 4-H function, such as eyesight, hearing, speech, paralysis, diabetes, ulcer, etc.

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Please list all medications that child is presently taking:

Name of Medication	Dosage	Times Taken

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

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