



**University of California**

**Agriculture and Natural Resources | 4-H Youth Development Program**

*The Newsletter for the 4-H Family*

# *Clover Country 4-H Newsletter*

## *September 2014*

*This newsletter is online along with Record Book forms, scholarship applications, event registration forms and more! Visit <http://cecentralsierra.ucanr.edu/> for information.*

*Like us on Facebook! <https://www.facebook.com/CalaverasCounty4HProgram>*

### **Welcome to Our New and Returning 4-H Families!**

Welcome to all new and returning members, families and leaders. 4-H clubs in Calaveras County are still accepting new members.

We are looking forward to another educational and fun 4-H year. 4-H is a great opportunity to meet new people and learn lots of interesting things. Your project leaders and community club leaders are there to help, and are great resources for a productive 4-H experience. Again, welcome and welcome back!

All 4-H activities are led by volunteers. If you and your child want to have a positive and educational 4-H program, it is up to you to take an active part. Consider teaching a project, by yourself or with a friend. You could plan a club activity or fundraiser. Don't expect other parents to do all of the work so your child can enjoy 4-H. We are a strong organization because of the strength of our active volunteers. You don't have to be asked! Step up and say you can help! Your family will have more fun if you're involved.

As a gentle reminder, California 4-H requirement that there be at least 2 adults at every 4-H activity: one must be a certified adult 4-H leader and one can be another adult. One must be at least age 21. Parents, please volunteer to be that additional adult or the leader cannot have the project meeting. If you are dropping off a child, make sure that the second adult is already there. Actually, we hope you do not just drop off your child, as 4-H encourages family involvement. For safety or supervision reasons, some project leaders may require that parents stay with their children. This is a mandatory requirement for primary members.

### **Who Is A 4-H Leader?**

A 4-H leader is an adult volunteer who has been certified through the 4-H Office. Adults who are not 4-H volunteers cannot hold project meetings regardless of whether a 4-H leader is present or not. Would you like to become a 4-H leader? Please call Jennifer at the 4-H office for details on this wonderful opportunity to help the youth of our county, 209/754-6474.

## Upcoming Dates to Remember

September 1<sup>st</sup>, Labor Day HOLIDAY  
September 6<sup>th</sup>, Volunteer Development Day, El Dorado Hills  
September 7<sup>th</sup>, 4-H Club Officer Training & Project Leaders Meeting, Utica Park, Angels Camp  
September 13<sup>th</sup>, Family Harvest Day in the Garden, San Andreas  
September 17<sup>th</sup>, Calaveras 4-H Council, 7 pm, CCWD Board Room (old bldg.), San Andreas  
September 20<sup>th</sup>, Ironstone Concours d'Elegance Registration Closes  
September 22<sup>nd</sup>, Jr. Livestock Auction Committee Mtg, 6:30 pm, CHS Ag. Room  
September 25<sup>th</sup>, Cookie delivery to 4-H Office no later than 4:30 pm  
September 27<sup>th</sup>, Ironstone Concours d'Elegance, Ironstone Vineyards, Murphys



## 4-H Enrollment Reminder

By now every 4-H family should have received instructions on how to re-enroll in 4-H.

**Returning member enrollment deadline – October 15<sup>th</sup>, 2014**

**New member enrollment deadline – December 1<sup>st</sup>, 2014**

To Join 4-H Visit <http://california.4honline.com>

To Pay Online Visit [http://cecentralsierra.ucanr.edu/4-H\\_Youth\\_Development/Join\\_Now](http://cecentralsierra.ucanr.edu/4-H_Youth_Development/Join_Now)

If you have any questions or problems with the process, please contact Nancy Starr at the UCCE Office in El Dorado County. Nancy can be reached by email at [njstarr@ucdavis.edu](mailto:njstarr@ucdavis.edu) or by telephone 530/621-5503.

## Signed Up For A Project At A Different Club?

4-H parents and members: If a project isn't available through your club, you may have signed up for the project in a different 4-H club. If this is the case, **be sure and contact the project leader** to find out when their project meetings will be held. It is your responsibility to find out their meeting dates.

## Upcoming 4-H Council Meetings

The September 4-H Council meeting will be held on Wednesday, September 17th. The meeting will be held at the CCWD Board Room in San Andreas. It begins at 7 pm. All 4-H families are welcome to attend! Please have at least one representative from your club in attendance. You do not need to be a 4-H leader to attend. Parents & 4-H members may also represent your club.

## Welcome to Our 4-H Council Officer Team!

They are:

Chris Markus, President

Kenny Reed, Vice President

Patty Reed, Secretary

Michele Compton, Treasurer

Chris Markus remains All Star Advisor



Thank you to all of you for stepping up to fill these roles!

## 4-H Meeting Dates & Contact Information

Calaveras County 4-H Clubs welcome you this fall! Please note that sometimes meeting dates or times change, so you are encouraged to call ahead.

Angelus Ranus 4-H Club (in Angels Camp)  
Meets at 7 pm, 4<sup>th</sup> Monday of the month, Mark Twain Elementary MP Room  
Call 209/743-7871

Copper Hills 4-H Club (in Copperopolis)  
Meets at 6:30 pm, 1<sup>st</sup> Tuesday of the month, Copperopolis Elementary  
Call 209/840-3289 or 209/785-7766

Mokelumne Hill 4-H Club  
Meets at 6 pm, 2<sup>nd</sup> Tuesday of the month, location TBA  
Call 209/772-1698 or 209/405-1847

Mountain Ranch 4-H Club  
Meets at 7 pm, 3<sup>rd</sup> Thursday of the month, Mountain Ranch Town Hall  
Call 209/754-9430

Murphys 4-H Club  
Meets at 7 pm, 1<sup>st</sup> Thursday of the month, Lions Hut  
Call 209/352-4564 or 209/795-6636

San Andreas 4-H Club  
Meets at 6:30 pm, 2nd Monday of the month, Mark Twain Hospital, Classroom #2  
Call 209/754-5059

Tri-Dam 4-H Club  
Meets at 7 pm, 1<sup>st</sup> Wednesday of the month, Valley Springs Veteran's Hall  
Call 209/981-9781 or 209/772-3426

West Point 4-H Club  
Meets at 7 pm, 1st Wednesday of the month,  
VFW Hall  
Call 209/293-4451 or 209/293-7350

Jenny Lind 4-H Club  
Meets at 7 pm, 3<sup>rd</sup> Thursday of the month,  
Valley Springs Veteran's Hall  
Call 209/772-3246

Calaveras Wranglers 4-H Horse Club  
(must be 9 years old or in 4<sup>th</sup> grade to join)  
Meets at 7 pm, 2<sup>nd</sup> Wednesday of the month, location TBA  
Call 209/728-1606



4-H is for youth age 5 or kindergarten to age 19.

All projects are led by adult volunteer leaders.

4-H is sponsored by the University of California Cooperative Extension.

Cost is \$40/4-H member

Cost is \$15/4-H leader

*4-H is for you!*

## NATIONAL 4-H WEEK COMING!

National 4-H Week will be held October 5th – 11th. Now is the time to plan with your club to promote 4-H. What can you do?

- Wear your 4-H uniform to school or church.
- Share your 4-H hat and record book with your class.
- Give a demonstration to your classroom or local service groups.
- Put up a public display in a store window or library.
- Invite someone new to your next 4-H meeting.
- Ask neighbors and friends if they would like to join 4-H.
- Community pride recognition (clean up a local park, share pets with members of a convalescent home, canned food drive, etc.)

## Need Help With The New Record Book Forms?

A great resource for answering questions about the new forms is at [www.groups.yahoo.com](http://www.groups.yahoo.com) where you can join the group called **ca4hrb**. This site provides an excellent opportunity for 4-H families to ask questions and receive feedback from others, including staff at the State 4-H Office.

## 4-H Record Book Clinic Upcoming

There will be a Countywide 4-H Record Book Clinic on **Tuesday, October 21st** beginning at 6:30 pm. You must RSVP the 4-H Office no later than **October 15<sup>th</sup>** if you plan to attend so that we know how many people we plan to seat. Please call Jennifer at 209/754-6474. This is an excellent opportunity for 4-H members, parents and leaders to learn more about how to fill out record books.

## Did You Receive An Awards Plaque For The Calaveras Fair?

If so, the sponsor's name and mailing address is listed on the back of the plaque. Please make sure that you write a letter of thanks to that sponsor. This year's sponsors include:

William Hutchinson  
Virginia Steele  
Turner's Wild West  
Tom Hutchinson & Ken Vossler  
Timothy Magnuson D.D.S.  
Stammerjohan Family  
Gary & Carol Hinman  
Colette Busi  
Cheryl & Elliott Joses  
Tanko Well Drilling

Angels Camp Veterinary Hospital  
Jeff Jones Farrier Service  
Mary Ann Payne  
Toni Middleton  
Fred Artiaga Freddie Electric  
Bob & Susan Middleton  
Deb Segale  
Andrea Stammerjohan-Gowen  
West Point 4-H Club

We still have several other plaques that need sponsors. 4-H clubs, if members of your club were winners, we sure hope you will support this cause! Cost is \$25 per plaque & includes a hat pin.



## Volunteer Development Day

“Growing Youth Who Thrive!”

WHERE: El Dorado Hills Library  
7455 Silva Valley Pkwy  
El Dorado Hills, CA 95762

DATE: Saturday, September, 6, 2014

TIME: 10 AM TO 2 PM  
Lunch at noon

RSVP: <http://ucanr.edu/volunteerdevelopmentday>

- Games/Icebreakers
- Ages & Stages of Youth Development
- Making Ethics Fun and a Priority in ANY Project
- Learn new skills, generate new ideas
- Meet other leaders, work with teen leaders
- Interact with staff

For more information contact JoLynn Miller [jlmiller@ucanr.edu](mailto:jlmiller@ucanr.edu) or 209/533-5686

## 4-H Club Officer Training/Project Leader Meeting

September 7, 2014  
1:00 pm to 3:30 pm  
Utica Park, Angels Camp

### PURPOSE:

To provide training to current or future officers in what their roles are and what an officer is expected to do during their term in office (also for those aspiring to be an officer at some future point).  
To provide opportunities for current & new project leaders to assist them with ideas to provide quality programming to the youth enrolled in their projects.

### AGENDA:

#### **1 pm**

Ice Breakers

“Climbing the 4-H Ladder” (opportunities for leadership in 4-H)

#### **1:45 – 2:45 pm**

Youth: Break into “officer” groups (president, vice president, secretary, treasurer). Each group will have a designated leader to lead the training in each specific area.

Adults:

Topics that will be addressed –

- What constitutes a project?
- How to help with Record Books
- How to extend learning for more advanced project members
- How to get more help from parents for your project
- Time to get together and share project ideas for leaders in the same project (i.e. sheep, horses, demonstration, etc.)

**2:45 pm** - Snack

**3 pm** - Wrap up and conclude activity

RSVP by September 6<sup>th</sup> to:

Chris Markus - [Markuschris@hotmail.com](mailto:Markuschris@hotmail.com) or 209/559-5377

## Ironstone Concours d'Elegance – Sign Up Now!

**Saturday, September 27th**

**Concours d'Elegance** is a classic car show on the grounds of Ironstone Winery in Murphys. It is a fund raiser for 4-H in the foothill counties, FFA, and State Fair scholarships. Amador, Mariposa, Calaveras, El Dorado and Tuolumne counties' 4-H members and families volunteer to help with the event and in return, the Ironstone Concours Foundation helps support our program. The 2014 Concours features race cars, steam and electric-powered vehicles, high-end hot rods and customs, plus American and European classics.

### How can you help?

We need members of all ages to give presentations, bring project displays, bake cookies, and work in the different venues at the event. Presentations can be done individually or as teams and are given from 11:30-12:30 The impromptu speaking contest is 12:30-1. Displays are set up from 9:30-2. Members stay with their displays to talk to the general public about 4-H. Presentations and displays can be about any 4-H project or activity. Small live animals are always an attraction. Our county is responsible to supply 15 dozen home-made cookies for the award bags given to the car show winners. Cookies can be dropped off at the Calaveras 4-H office on 9/25/14 prior to 4:30 pm. 4-H members of all ages and adults to supervise the members are needed to take tickets, hand out programs, assemble the award bags, and assist in the merchandise booth. Admission and lunch are free for 4-H members volunteering and/or presenting. Admission is free for supervising 4-H adults. All Stars and Leadership Team members help at the Gala Lunch and Awards Ceremony.

<http://www.ironstonefoundation.org/>

4-H online registration for Ironstone Concours d'Elegance is now open at <http://ucanr.edu/concours>. The survey is for members who plan to give a presentation, bring a display, or volunteer to assist in one of the various venues during the event. Parents and leaders who plan to supervise members with displays or supervise members who are volunteering at one of the venues also sign up using the same survey. These are the names that will be on the check-in list. In other words, only these members will receive a free lunch ticket and only these adults will receive free admission. The registration/survey will close at 5 PM on **September 20**.

Here is a link to the ticket prices, and also a \$2.00 coupon: <http://www.ironstonefoundation.org/ticket-information/>

### “Music From My Vaults”

Please be sure to tune in to Mitch Mitchell's “Music From My Vaults” on Thursday September 4<sup>th</sup>, 10A-2P at KQBM FM 90.7 or streaming online at KQBM.org. He will host the first broadcast of our Club's new radio show, created last year as a Communications project by club member Sylvia Hood. It's very cool –check it out!

Hope Baird, Project leader  
West Point 4-H Club

### Family Harvest Day in the Garden

DATE: Saturday, September 13, 2014  
HOURS: 10 am – noon  
LOCATION: Master Gardener Demonstration Garden  
891 Mountain Ranch Rd,  
San Andreas

Free activities include:

- Pizza on a Cracker
- Make a Bird Feeder
- Harvest Vegetables
- Garden Bounty Salsa

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## CALAVERAS 4-H COUNCIL

Meeting Minutes

August 20th, 2014

President – Chris Markus Vice President - Kenny Reed

Secretary – Patty Reed Treasurer – Michele Compton

The meeting was called to order at 7:10pm. In attendance were the following clubs: Angelus Ranus (1) Murphys (0) Mountain Ranch (1) San Andreas (4) Tri-Dam (3), West Point (1) Jenny Lind (3) Mokelumne Hill (0) Copper Hills (0) Calaveras Wranglers (0) Countywide (0) and Ex-Officio (0) Guest (0)

Tri-Dam – Went to Back to School Night at VSE to promote 4H. September 3<sup>rd</sup> 1<sup>st</sup> meeting of 2014/2014 will install officers

San Andreas - Participated in Community Clean Up Day. Went to Leadership Training & Amador County Fair.

Mtn. Ranch - Day in the Park will be Aug 23<sup>rd</sup> they have a new club co-leader.

Jenny Lind- Held elections and getting ready for “Celebrate the Possibilities” fundraiser

West Point- Sept 3<sup>rd</sup> will be the first meeting of the 2014/2015 year. Went to Back to School Night and trying to recruit new leaders and members.

Angelus Ranus – Chris Markus is now a member of the club. They are adding a horse and ponies project

Correspondence: Thank you from Jarod Sparrowk for SLC, 1<sup>st</sup> check for 100/100 fundraiser from West Point Lumber

Additional Agenda item

### **Reports**

Secretary Report: Patty Reed– Read by Patty Reed

Treasurer report - reviewed Motion to approve Shannon S, 2<sup>nd</sup> Michele C. Motion passed

All Stars: Kenny reported on SLC his overall experience was positive he, Jarod and Chris had a great time. Learned about farming enjoyed the motivational speakers and a goat.

Staff: Jennifer attended West Point Back To School Night & Mokelumne Hill open house. Reminder medical treatment forms need to go to club leader as well as project leaders. Medical treatment forms from last 4-H year need to be shredded or destroyed. If you don't have access to a shredder, you can bring the forms to the 4-H office. Also, we now have new and different forms than last year. Water is required to be available at all 4H functions, club meetings, and project meetings. There is an age only requirement and no longer will grade in school be used as a requirement.

### **Old Business**

New Fundraising ideas - 100 for 100 Received the first check from West Point Lumber. All funds collected are dedicated to helping those children who qualify for fee waivers.

Countywide Record Book Judging - - ReCap the day went well and the winners of the tablets were very excited.

All-Star review -- Kelsey M, Chris M, Jennifer G, Kim P and Silvia B will review the process

Treasurer Election - Election for 2014/2015 treasurer was held and Michele Compton was elected as treasurer.

Officer Training – To be held from 1-3:30 Sept 7<sup>th</sup> Utica park for members and adults. Chris M will be the coordinator

Audit/budget Will plan the next meeting.. Chris M, Silvia B and Shannon S.  
Club By-Laws – clubs need to update By-Laws and constitutions, get them signed and turned in.  
Fair Plaques - - Plaques need to be picked up from Mary and Kim.

**New Business**

Ironstone Concours—Sign ups taking place on line, Clubs are reminded to bake cookies and supply water for the members.

Yearly Calendar—Dates set and volunteers and host clubs were recruited and schedules set.

Kiss the Pig Kelsey M will chair this again making some improvements. Kenny R has offered up his pig

Officer Training- Held in Tuolumne county Jennifer G, Michele C, Mary & Kayomi P and Silvia B, Daz B and Dejeni B all attended. The day went well.

High Country Horse- Chris M reported the camp was held in El Dorado County and the How to Camp with Horses and leave no trace was a great 5 day event.

Volunteer Development Day - Planned for El Dorado County September 6th from 10-2pm

Adjournment: 8:50 Motion to adjourn 1<sup>st</sup> Kim P - 2<sup>nd</sup> Kenny R, Motion passed meeting adjourned.

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**Incentive For Reading the 4-H Newsletter**

This month, there will be an incentive prize for registered Calaveras 4-H members who read and answer a question about the 4-H Clover Country Newsletter. This month’s prizes are three gift cards, one of the three to be given to the first three Calaveras 4-H families that answer the question (one prize per family, please). The only trick? You must read through the newsletter to find the answer!

This month’s question: What event are 4-H families being asked to bake cookies? If you know the answer, call the 4-H Office, 209/754-6474 (leave a message if no answer and spell out your first and last name slowly, and leave a phone number) or email [jggoerlitz@ucanr.edu](mailto:jggoerlitz@ucanr.edu). We are not accepting texts for this. Good luck!

Thank you to our 4-H Fair Plaque Sponsors!



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Cooperating statement:  
The University of California working in cooperation with County Government and the United States Department of Agriculture.



# Fighting Hunger – It's In The Bag

Join the Calaveras Food Project and help  
The Resource Connection Food Bank  
secure a year-round supply of food.

Organize a small group (we call it a Partnership) of friends, extended family or co-workers who will donate a bag of groceries once, every-other month.

We supply the reusable bag – you supply the food!  
Shop when you buy groceries for your own family –  
whenever it fits into your schedule.

Take advantage of your favorite supermarket's in-store specials ...  
10 items for \$10.00 or the 'buy one-get one free' items.

Collect the bags from your Partnership every other month and bring them to  
The Resource Connection Food Bank, 206 George Reed Drive, San Andreas.

Call Tina Mather at (209) 754-1257 or  
email her at [tmather@trcac.org](mailto:tmather@trcac.org) for all the details!

Like us on Facebook

[https://www.facebook.com/pages/The-Resource-Connection-Food-](https://www.facebook.com/pages/The-Resource-Connection-Food-Bank/135507851645)

Bank/135507851645





Joe Ostaszewski, Biggest Loser finalist and former Florida State University defensive lineman, says the Biggest Loser show saved his life. Now, he’s “riding it forward” in a 2,900-mile bike ride across the country to inspire others and help save American youth from the dangers of childhood obesity. He will be making stops in San Bernardino and Los Angeles counties to motivate local 4-H youth to take the pledge to live a healthy lifestyle and join the fight against childhood obesity. You can “Ride it Forward” too:

1. Follow Joe at [@joeostaszewski](https://twitter.com/joeostaszewski). Applaud his effort and promote 4-H Healthy Living. Share your own healthy living commitment using hashtags **#RidingItForward** and **#ca4h**.
2. “Join Joe”/Pledge to Exercise During “Riding it Forward”

“Match Joe's Miles Across America” with a commitment to exercise a certain number of miles during the months of August to September. Chronicle your commitment to healthy living online—share photos and inspiration using the hashtags **#RidingItForward** and **#ca4h**

For more information: <https://www.youtube.com/watch?v=jsDDB0oCxOo>

### Member Tip of the Month:

Did you know CA 4-H has a Cloverpedia? The Cloverpedia is a resource designed to be a living document for individuals to learn more about common California State 4-H terms, events and programs. Along with an explanation of which each item is, there are also hyperlinks to online resources that will provide more detail.

Check out the Cloverpedia [here](#).



# 4-H Calendar of Events

Check out our statewide  
calendar of events, dates  
& deadlines!

## August

8/30/2014 [CA 4-H at Raley Field](#)

## September

9/6/2014 [4-H Shooting Sports Workshop - Pistol Discipline](#)

9/13/2014 [South Section Meeting](#)

## October

10/1/2014 [Deadline: CA 4-H Quick Start Record Book Course](#)

10/4/2014 [North Section Meeting](#)

10/4/2014 [Shooting Sports Archery Certification Workshop](#)

10/4/2014 [2015 State Fashion Revue Committee Meeting](#)

10/18/2014 [Shooting Sports Leaders Meeting](#)

10/18/2014 [State 4-H Equine Field Day](#)

## November

11/3/2014 [Deadline: Records Books for State Competition](#)

11/14/2014 [Save the date: 2014 State 4-H Leaders' Forum](#)

## December

12/21/2014 [4-H Day at the Oakland Raiders](#)

## SLF 2014

### 101 Innovative Explosions on tap!!

Here are 101 innovative opportunities to meet and communicate with people from far distances but with close experiences and interests. Yes, it's the 2014 California State 4-H Leaders' Forum. The location is the Crowne Plaza Hotel in Sacramento from November 14 – 16, 2014. The schedule is similar to past Forums, but the content explodes with innovation and depth.

How would you like to learn about Brain-based learning, get renewed in working with special needs members, or perhaps participate in Fun Ways to Learn? You will find how to make everyone welcome at your meetings, update your technology skills, science ideas or just "Be Happy." Many new and innovative crafts are also included, or, participate in the Fireside Chat with the State 4-H Council. There is something for everyone in the workshop offerings at SLF. See the workshop descriptions and schedule on the SLF website coming soon.

Dynamic guest speakers will engage, excite, and motivate you to make decisions and take action. Please think about creative silent auction items to bring. The more creative and innovative, the better.

Last chance to save with the early bird registration price is September 1. See the SLF website for registration details. We urge you to register for the whole Forum, but it is possible to register just for a day.

See the SLF website: [http://4h.ucanr.edu/4-H\\_Events/SLF/](http://4h.ucanr.edu/4-H_Events/SLF/)

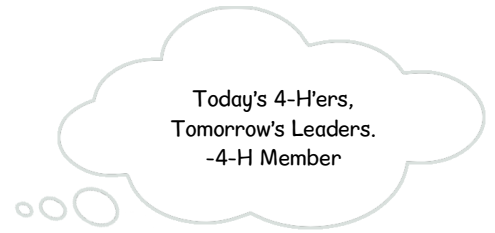


#California4H





# Scholarships, Awards & Grants



## Teens Teach Tech Grant **NEW!**

Deadline: September 15

More [info](#).

## Project Learning Tree GreenWorks! Grants **NEW!**

Deadline: September 30

More [info](#).

## Captain Planet Foundation Grants **NEW!**

Deadline: September 30

More [info](#).

## NYLC Service-Learning Practitioner Leadership Award **NEW!**

Deadline: November 7

More [info](#).

## NYLC Youth Leadership for Service-Learning Excellence Award **NEW!**

Deadline: November 7

More [info](#).

## Sports-For-All Clinic Grants

Deadline: Rolling

More [info](#).

## State Ambassador Corner:

Hello California 4-H! We are your Ambassador team for 2014-2015, and we are ready for a great year of California 4-H. Our team is made up of ten teenage 4-H'ers, eager to make a difference: we are never satisfied with the status quo, but instead want to make this the greatest year in California 4-H to date. We look forward to meeting all of you and hearing your ideas for how to make this year of 4-H successful and what we can do to help.

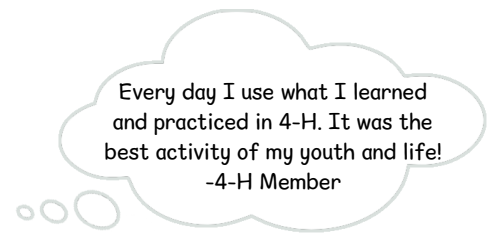
But first, let's introduce ourselves. I'm Andrew Wood and I am passionate about this Ambassador team, European football, and robotics. Ashley Lauinger is a dedicated 4-H'er and FFA girl who loves to read. Bryce Corron makes creative movies and has a hilarious offbeat sense of humor. Christine Fry is a sweet, knowledgeable and talented horseback rider. Colton Searcy, a dedicated 4-H'er with a great personality, loves his rabbits. Justina Sharp will amaze you how accomplished she is and her ability to wear a fashionable new outfit every single day. Linnae Rodriguez swims 16 hours a day and somehow manages to fit in her busy 4-H schedule as well. Lyle Glass has a passion for cars and can tell you just about everything about any car model ever. Madison Gibson plays lacrosse, soccer and speaks French, but still manages to stay relaxed and have fun during her busy schedule. Sallie DeYoung is the final member of our team; she is personable and smart, with tons of great ideas. So that's us, the 2014-2015 State Ambassador Team!

We have already started our two biggest projects this year, our platform and SLC 2015. Our platform this year is to help create standards and a framework for the All-Star program so that every county has support for their All-Stars and similar guidelines. Furthermore, we will seek to gain greater awareness for 4-H's citizenship efforts. Also, we are already planning SLC 2015! It is going to be at UC Irvine next July and the theme will be "Bringing Your Fantasies to Life" ...it will be a fairy tale SLC!!!

~Andrew



# Stories from the Field



Every day I use what I learned and practiced in 4-H. It was the best activity of my youth and life!  
-4-H Member

Authored by:  
Sarah Watkins, 4-H Animal Science Education Program Representative

## CA 4-H Throwdown

The 2nd annual 4-H Cooking Throwdown at the California State Fair took place June 22nd and 24th. Youth ages 9 to 18 had one hour to create a three-course meal with each course containing the designated "secret ingredient." The theme was "Fair Food Done Healthy."

All of the dishes were judged on originality, taste and the USDA's [MyPlate](#) standards. Healthy living is a major component of the 4-H Youth Development Program and this contest was introduced to help teach youth to cook and learn portion sizes.

On June 22nd, three junior teams composed of 9- to 13-year-olds competed.

**Round 1—secret ingredient:** hot dog

**Teams:** Champs vs. The Blonde, the Brunette & the Ginger  
The Fat and Furious Team made a mini corn dog, a "speedy" Italian sandwich and a funnel cake with homemade whip cream and candied hot dog. The Blonde, Brunette and Ginger Team made hot dog nachos, seafood stir fry and cinnamon chips with fresh crème and strawberries. The fresh cream was infused with hot dog. The food was very original and very tasty.

The Fat and Furious won the round.

**Round 2—secret ingredient:** zucchini

**Teams:** Cuisine Queens

The Cuisine Queens Team made a berry zucchini crepe, chicken salad, and a berry zucchini smoothie.

**Final Round—secret ingredient:** watermelon

**Teams:** The Fat and Furious vs. Cuisine Queens

The Fat and Furious Team made a watermelon mint goat cheese appetizer, a wasabi bread crumb pork chop with a watermelon reduction sauce and fried watermelon for dessert. The Cuisine Queens made a fruit salad, fruit and beef kabobs, and a baked funnel cake for dessert.

The Fat and Furious team were the junior champions!



"Cuisine Queens" Team



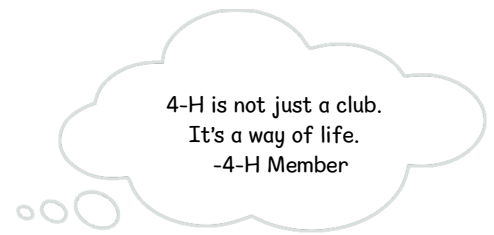
"The Blonde, the Brunette and the Ginger" Team



"The Fat and Furious" Team



# Stories from the Field



## CA 4-H Throwdown Continued...

July 24th was the senior competition of the State Fair 4-H Cooking Throwdown. Six teams competed for the champion title. The youth were between 14 and 18 years old.

**Round 1—secret ingredient:** berries

**Teams:** The Cookin' Coyotes vs. The Culinary Ninjas

The Culinary Ninjas focused on the health aspect of the competition. They cooked a chorizo caramel apple appetizer, egg roll in a bowl as the main course and a mini churro for dessert. The Cookin' Coyotes made guacamole and chips for the appetizer, fish tacos with a fruit salad for the main course and a baked funnel cake with berry infused fresh cream. The Culinary Ninjas won the round.

**Round 2—secret ingredient:** broccoli

**Teams:** Lamorinda Iron Chefs vs. Organic Fanatics vs. Clever Clovers

The Organic Fanatics made a sweet and tangy yogurt sauce for a kabob appetizer, a veggie stuffed burger on a lettuce bun, and a baked funnel cake. They focused on creating a healthy, well-balanced meal. The Clever Clovers made baked potato chips, chicken and broccoli kabobs, and a dessert smoothie. The Lamorinda Iron Chefs made zucchini and broccoli backed chips, a gyro with a broccoli sauce, and a chocolate, broccoli and avocado mousse. They focused on a tasty balanced meal. The Lamorinda Iron Chefs won the round with the Organic Fanatics in 2nd and the Clever Clover earning 3rd place.

**Final Round—secret ingredient:** dried seaweed

**Teams:** Lamorinda Iron Chefs vs. Culinary Ninjas

The Lamorinda Iron Chefs made a seven-layer bean, salsa, seaweed, guacamole chip, chicken on a stick with a apple and onion slaw, and for a dessert a baked funnel cake with seaweed flakes in the batter and topped off with seaweed and strawberries. The Culinary Ninjas made a zucchini chip with seaweed hummus, a baked vegetable and seaweed pizza and a berry mouse pretzel cookie.

Lamorinda Iron Chefs were the senior champions of the day. They are eligible to represent California at the Texas State Fair in the National 4-H Cooking Challenge. The contest will be held during the State Fair of Texas in Dallas, October 7th and 8th, 2014. The National Food Challenge will not only include a contest, but an educational day as well. More information can be found here: <http://texas4-h.tamu.edu/nfchallenge>

Check out more pictures [here](#).



“Lamorinda Iron Chefs” Team



“Organic Fanatics” Team



“Clever Clovers” Team



# Program Updates

4-H builds self-esteem, and helps youth to realize that their opinion counts and that they can make a difference.  
-4-H Volunteer

## POSITIVE YOUTH DEVELOPMENT

THANKS!

**Online Record Book Surveys are open from September 15 to January 31<sup>st</sup>, 2015!!!**

We would like as many 4-H members as possible to complete surveys in the Online Record Book. It is our way to find out about you and how the California 4-H Youth Development Program is doing overall. Thank you to everyone who has completed their surveys so far. A list of previous survey winners can be found [here](#).

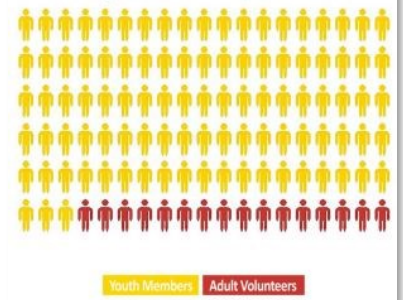
Thank you to all the Project Leaders that sent in all your **Thrive** postcards! Your responses will help us in making this program better for our young people. A list of the Project Leaders can be found [here](#).

### Evaluation Report for the 2014 Online Record Book Satisfaction Survey

<http://4h.ucanr.edu/files/195881.pdf>

The California State 4-H Office was interested in learning about the experiences of youth 4-H members and 4-H volunteers with the Online Record Book (ORB). In July 2014, 231 youth and adults completed a 14-item survey letting us know how they felt about ORB, what they liked, and the challenges they faced with the system. Go to the webpage above to view a brief report of the findings from the survey!

Sample: 198 Youth, 33 Adults



### Evaluation Report for 2013 and 2014 State Field Day

<http://4h.ucanr.edu/files/195534.pdf>

In 2013 and 2014, attendees at State Field Day were invited to complete a brief survey about their participation and experience. Go to the webpage above to view a brief report of the findings from the survey!

In the 2014-2015 program year, the State 4-H Office is convening a **Presentation Task Force**, consisting of youth, adults, and staff to review the 4-H Presentation program. The Task Force is charged with the following: Review and revise the [California 4-H Presentation Manual \(2005\)](#) including but not limited to: presentation types, terms, and requirements; judging criteria; rubrics (review inter-rater reliability statistics of the rubrics).

1. Recommend a standard judge orientation/calibration and explore options for an online orientation.
2. Recommend modifications to the multi-level contest (county-sectional-state).

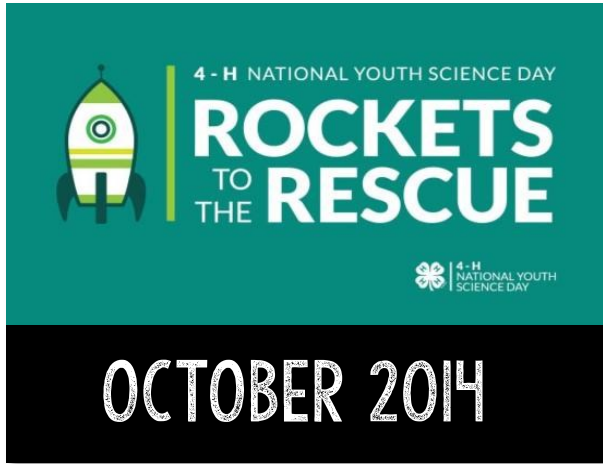
**Please help the Presentation Task Force by completing this [survey](#). The information gleaned from this survey will help them fully understand the needs of the entire state. All surveys are due by September 25th.**



# Program Updates



## SCIENCE, ENGINEERING & TECHNOLOGY (SET)



### 4-H National Youth Science Day (NYSD) - October 2014

<http://4h.ucanr.edu/Projects/SET/NYSD/>

The 2014 NYSD is titled, *Rockets to the Rescue* where youth will be tasked with the mission: design and build an aerodynamic food transportation device that can deliver a payload of nutritious food to disaster victims. Youth will learn engineering concepts, develop math skills, learn about nutrition and help solve a relevant, global issue. The focus of 4-H NYSD is to encourage youth to experience science in a fun, constructive manner, increase interest in the sciences and encourage participation in support of 4-H programs.

[Pre-order](#) NYSD kits.

## CITIZENSHIP/LEADERSHIP



### Revolution of Responsibility Service Learning Mini-Grants

4-H groups can apply for up to \$1,000 to identify, plan, and carry out a service-learning project in their community. Projects will be focused on the three key content areas that form the core of all 4-H programs, Science, Healthy Living, and Citizenship.

**2014 Application dates: September 15, 2014 | November 15, 2014**

<http://4h.ucanr.edu/Support/RofR/>

[Read](#) how 4-H is helping their communities through California.

## ANIMAL SCIENCE

### State 4-H Equine Field Day

Save the date, October 18<sup>th</sup> State 4-H Equine Field Day . Tentatively will be held at Cal Poly San Luis Obispo.

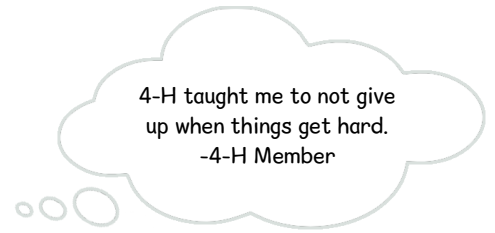
More information coming soon!







# Program Updates



4-H taught me to not give up when things get hard.  
-4-H Member

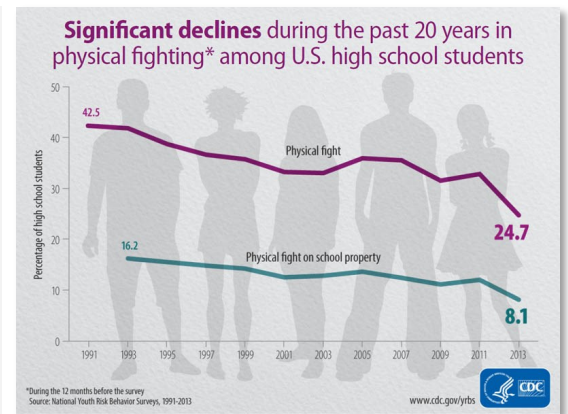
## HEALTHY LIVING

### Pedestrian Safety 2014 Resource Guide

The Children's Safety Network (CSN) has produced this resource guide to provide a comprehensive, annotated list of resources for pedestrian safety. The resource guide is divided into eight sections: Data; Safe Routes to School; Pedestrian Safety for Preschoolers; Other Programs, Strategies and Campaigns; Program Planning, Implementation, and Evaluation; Policy; Research; and Distracted Walking. Each item in this resource guide includes a short description and a link to the resource itself. [Download the guide](#)

### 2013 Youth Risk Behavior Surveillance System (YRBSS) Released

CDC's YRBSS provides national-, state-, territorial-, tribal-, and local-level data on a range of health risk behaviors among high school students. Highlights of the 2013 YRBSS report include a decline in cigarette smoking, physical fights, and fighting on school property. Illustrating the persistent dangers of distracted driving, the report reflects that 41 percent of students who had driven during the past 30 days reported texting or emailing while driving. The report also includes data on obesity-related behaviors, such as excessive screen time and drinking sugar-sweetened beverages. [Report highlights](#)



## MILITARY



### 4-H Military Program

California's 4-H Military Partnership Program supports 20 4-H clubs on military bases in 11 counties throughout the state. These military clubs provide a safe environment for military youth to explore new interests and ideas, as well as a predictable environment as they move from place to place. Inviting a military 4-H Club to a club meeting is a great way of connecting military and non military youth.

More [information](#) on military clubs in your area.



# Program Updates



## MORE UPDATES

### State Leaders' Council officer nominations

The current President and Secretary of the California State Leaders' Council are terming out of their positions. We thank President Sandy Cohen and Secretary Beverly Schrieber for their outstanding dedication and work as council officers. Nominations for the offices of President and Secretary of the State Leaders' Council are now being taken at [masmith4hleader@gmail.com](mailto:masmith4hleader@gmail.com) and [nkeller91711@gmail.com](mailto:nkeller91711@gmail.com). The election will occur at the State Council meeting on Saturday, October 25 in Davis.



Announcing **State Fashion Revue 2015** categories, service projects, cover art contest and first committee meeting! The SFR committee meets October 4 from 10-2 at the San Joaquin Robert J. Cabral Agriculture Center, 2101 East Earhart Avenue, Stockton. Bring lunch and your fabulous ideas. All 4-H members are invited to participate in the SFR 2015 program cover art contest to illustrate the theme "Through the Looking Glass." Original art work is due by December 15, 2014 to <http://ucanr.edu/sfrcovercontest>.



Participant categories returning for SFR 2015 are Traditional, Upcycled, and Consumer Science Purchased \$40 limit. The two new categories are Jacket Challenge and Costume Challenge. The service projects this year are pillowcases (sewn) and hats (sewn, knitted or crocheted). Please see the SFR website for more details on joining the committee, the cover contest, the categories and service projects or the event itself at [http://4h.ucanr.edu/4-H\\_Events/SFD/SFR/](http://4h.ucanr.edu/4-H_Events/SFD/SFR/).



### **2014 California Agriculture in the Classroom Conference**

Oct. 16-18, 2014, Santa Cruz, CA

Early Bird Registration Deadline: September 15, 2014

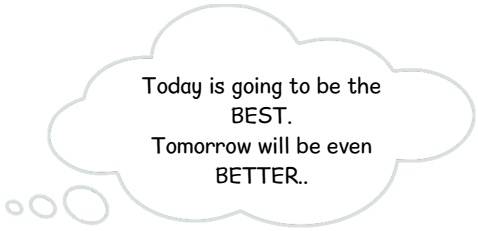
[www.LearnAboutAg.org/conference](http://www.LearnAboutAg.org/conference)

Engaging workshops, exciting field trips, and dynamic speakers are just a few of the experiences that attendees will participate in at the 2014 California Agriculture in the Classroom Conference. Registration is currently open for this year's conference, Common Core & California Crops. The conference will provide attendees with resources that connect students to the real world and help them develop critical thinking and problem solving skills.





# The 4-H Pledge



I pledge my...

**HEAD** to clearer thinking,

**HEART** to greater loyalty,

**HANDS** to larger service,

**HEALTH** to better living,

for my club, my

community,

my country and my

world.

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through social media!



**4-H VOLUNTEER CAFE**  
A resource site for our 4-H Thrive leadership



**CALIFORNIA 4-H  
FOUNDATION**