



# COLUSA COUNTY 4-H SEPTEMBER 2025 NEWSLETTER

GROW  
MAKE  
SERVE  
THRIVE



## Upcoming Events:

### September

**1st** - UCCE Colusa County 4-H Office Closed for Labor Day

**3rd** - Maxwell 4-H Meeting, 5:30 Enrollment, 6:00 Club Meeting, Maxwell Elementary Multipurpose Room

**8th** - Arbuckle 4-H Meeting, 6:00, Arbuckle Elementary School Multipurpose Room

**8th** - Colusa Community 4-H Meeting, 6:15 Primary, 7:00 Regular Members, Etchepare Hall at Colusa County Fairgrounds

**8th** - Princeton 4-H Meeting, 6:00, Princeton Elementary School Cafeteria

**16th** - **New Volunteer Orientation**, 6-8 pm, CIP Conference Room

**17th** - County Town Hall Meeting - 5:30pm CIP Conference Room

**22nd** - **Countywide Officer Training**, 5 pm Dinner, 5:30-8 pm, Officer Training, CIP Conference Room

### October

**1st** - **Enrollment Deadline for Fair Participation**, must be enrolled in ZSuite, enrollment paid, and Colusa County Fair requirements form signed

**1st** - Maxwell 4-H Meeting, 6:00, Maxwell Elementary Multipurpose Room

**5-11** - National 4-H Week, "Beyond Ready"

**6th** - Colusa Community 4-H Meeting, 6:15 Primary, 7:00 Regular Members, Etchepare Hall at Colusa County Fairgrounds

**13th** - Arbuckle 4-H Meeting, 6:00, Arbuckle Elementary School Multipurpose Room

**13th** - Princeton 4-H Meeting, 6:00, Princeton Elementary School Cafeteria



**Schedule Change**

# Leadership Training Seminar

Positive Youth Development

**SIGN-UP NOW**

|                  |                       |
|------------------|-----------------------|
| <b>Location:</b> | <b>Date/Time:</b>     |
| Conference Room  | Monday, Sept 22, 2025 |
| 100 Sunrise Blvd | Dinner 5 pm           |
|                  | Training 5:30 -8 pm   |

 Colusa County 4-H

 **More Information**  
mzoller@ucanr.edu  
530-458-0570 4-H Office

Are you a club officer for the 2025-2026 program year or thinking of running for an officer position? If you answered yes, this seminar is for you! Please contact the 4-H office to RSVP.







# ENROLL TODAY



## Adult Volunteer Enrollment

Are you or someone you know interested in becoming a 4-H adult volunteer?

Here are the requirements:

- Complete the [interest survey](#)
- Receive welcome email from the 4-H Office
- Enroll in [ZSuite](#)
- Complete Livescan background check
- Complete the 25-26 New Volunteer course in [Campus](#)
- Attend new volunteer in-person workshop, first one September 16
- Pay \$30 enrollment fee to your club leader

Returning volunteers please complete the following requirements:

- Enroll in [ZSuite](#)
- Complete the 25-26 Returning Volunteer course in [Campus](#)
- Keycode: Colusa
- Pay \$30 enrollment fee to your club leader

If you have a break of a year or more in service, you need to follow the steps of a new volunteer.

Any questions about any part of the process, please call the office at 458-0570.

# Member Enrollment

## Registration for the 2025 - 2026 Program Year is open!

Follow the steps below to enroll. Please note that ZSuite is not compatible with Safari. Use Chrome or Firefox.

new this year is the updated Health History link. Click on the blue box to enter your health information which will open a new window. After submitting your health information close the window and return to ZSuite to submit you ZSuite application. If your status is "InProgress" log in and click the pink submit button.

Call the office with any questions, we are here to help. 530-458-0570



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4-H Youth Development Program

### ZSuite Enrollment Tip-Sheet

Enrollment is completed online at <https://4h.zsuite.org/>

#### Enrollment Process:

| Enrolled in 4-H<br>the past 7 years   | New to 4-H or<br>enrolled before 2018-2019                                  |
|---|---|
| 1. Go to <a href="https://4h.zsuite.org">https://4h.zsuite.org</a>  | 1. Go to <a href="https://4h.zsuite.org">https://4h.zsuite.org</a>          |
| 2. Enter account email and password.<br>If you have never logged into ZSuite, or forgot your password, Click <i>Forgot Password?</i> and complete process to reset account and select PIN | 2. Click <i>Sign Up</i>   |
| 3. Login to <i>Primary</i> profile and update household and profile information.<br>Click Household Profile from the left menu to update your mailing address.                            | 3. Create a Household   |
| Parents/Guardians do not need a profile unless they wish to be an appointed 4-H adult volunteer.  |   |
| Click pencil icon next to the household member to update profile information (name, birth year, role).  |   |
| 4. Click ' <i>Enroll Member/Volunteer Now</i> ' for the applicable member   | 4. Click ' <i>+ Household</i> ' member' to add individuals to the household |
| 5. Complete 4-H enrollment including units/projects and waivers   | 5. Complete 4-H enrollment including units/projects and waivers             |
| 6. Click <i>Submit</i>  | 6. Click <i>Submit</i>  |
| 7. Pay enrollment fees to your local county 4-H office or unit leader   | 7. Pay enrollment fees to your local county 4-H office or unit leader       |
| For Adult Volunteers:   |   |
| 8. Complete additional volunteer requirements   | 8. Complete additional volunteer requirements                               |

Contact your [local county 4-H office](#) for questions and support

UCCE Colusa County 4-H Office contact information:

Address: 100 Sunrise Blvd Suite E Colusa CA 95932  
Phone: 530-458-0570  
Hours: M-F 8am - 5pm

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## New County Wide Archery Project!

Members 11yrs and older have the opportunity to join the countywide Archery project this year. Meetings will be held at the Grand Island Elementary School in Grimes. They will take place at 10am or 12pm on Sundays.

The project is listed under Unit: Maxwell Project: Shooting Sports - Archery. If Maxwell is not your primary unit you can add it as a secondary unit.

If you have questions, please contact the 4-H office 530-458-0570

## State Field Day Report by MJ Vann

This year's 4-H State Leadership Conference at UC Davis was full of adventures. At the conference, 4-Hers had the opportunity to interact with kids from all across the state, and we all shared one common goal: to learn more about leadership.

There were several things on the itinerary. Members enjoyed a keynote address from Mike Smith, an entrepreneur who founded his own skatepark and later converted it into a school. He discussed how we can make the world a better place by helping in any way we can. Then the 4-Hers headed into different workshops to learn more about leadership.



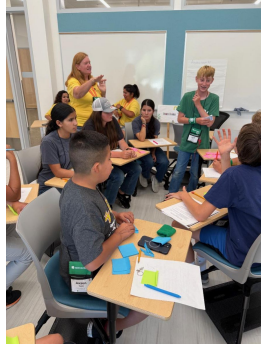
One of the first workshops was put on by the 4-H State Ambassadors. They taught about sparking passions, connections, and growth through the 4-H program. They taught that looking through our windows gives us a glimpse into new and different perspectives. Finding your window will help you discover your passions, build healthy bonds, and foster a sense of community.

Another workshop participants went to was "Agreements: A Deep Dive into Working Together." In this workshop, 4-Hers learned how to work in a team and how to let others have a voice by stepping forward and stepping back.

In one of the last workshops, "Root and Renewal: Integrating Nature to Support Your Well-being," 4-Hers learned how to take a break and stay calm, even when things are stressful, as any leader should know how to do.

The evenings were filled with fun, whether you were at the bowling alley, the dance, or the trinket trade. At the bowling alley, you could be bowling, playing video games, or playing pool. During the Dance, everyone was boogieing and partying with their friends. While at the trinket trade, participants traded items that represented their county, or they could run around and play all the available games.

Don't miss next year's opportunity to join the fun and come to the State Leadership Conference 2026!



## We Want Your Feedback: 4-H Presentation Manual Survey Open Now

**Have ideas for improving the 4-H Presentation Manual?  
Now's your chance to share them!**

The current version of the manual was last revised in January 2021, and a statewide task force is gathering input from county 4-H staff, key volunteers, like county presentation day coordinators, and 4-H youth to guide the next round of updates. We're not starting from scratch, but we are looking to **tinker, clarify, and improve** based on your real-world experience.

Please take a few minutes to complete the **4-H Presentation Manual Feedback Survey** by **October 17, 2025**. Your input will help shape a new version of the manual, expected to be released in **July 2026**.

<https://bit.ly/4-HPresentations>

**Thank you for helping us strengthen one of 4-H's most  
valuable learning experiences!**



# Request for Feedback

## 4-H PRESENTATION MANUAL



What changes would improve the manual?

What's been working well?

**Provide your feedback by October 17**

<https://bit.ly/4-HPresentations>



## 2025 California 4-H Shooting Sports -Instructor Workshop Dates-

Merced County - Winton at the River Oaks Range

- September 13/14 - Rifle

- September 13/14 - Pistol
- October 11/12 - Archery
- October 11/12 - Shotgun
- November 8/9 - Western Heritage
  - December 13/14 - Rifle
  - December 13/14 - Pistol

Fee: \$100 - includes instructor manual, range and range supplies, and light breakfast. We encourage interested volunteers to seek support from their club and county programs to help with the cost associated with becoming an instructor.

Other dates and locations across the state will be announced as soon as we have them.

Visit our [webpage](#) for more information and details about the California 4-H Shooting Sports program.

Questions -

Registration - Russell Hill - [rdhill@ucanr.edu](mailto:rdhill@ucanr.edu) | (209) 385-7418 or  
 Facility and Workshop Details - Dave Givens: [dave@hammerstryke.com](mailto:dave@hammerstryke.com) |  
 (209) 614-1718.



**Make A  
DIFFERENCE**

**Become a 4-H  
Volunteer Today!**



**Completing the Interest Survey  
is the first step.**



## News from California State 4-H

Visit the Site  
Here!





# 4th H for Health Challenge 2025 - 2026

Every kid needs the  
chance to thrive. It'll  
inspire their lives,  
and they'll inspire  
our communities.



Get motivated to create healthy habits. To  
meet the challenge, choose activities that  
support your overall health and well-being!



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4-H Youth Development Program

Inspired by and adapted from the [4th H for Health Curriculum](#) developed by the 4-H  
Healthy Living Management Team and Healthy Kids Out of School.



# WHY HEALTHY LIVING?

The 4th "H" in 4-H stands for "Health." This is echoed in our pledge, "I pledge my health to better living." The 4-H approach is holistic and seeks to improve the well-being of all youth. This is accomplished through healthy eating, physical activity, relationship building, emotion regulation, injury prevention, and reduction of mind-altering substances.

## ABOUT THE CHALLENGE

Complete 8 activities in each of these three areas.



Healthy eating



Movement



Social emotional health

The guide includes suggestions you can do each month. Log your activities in each area on the tracker. You can do activities individually or as a group at your club meeting or event.

**WHEN** Start any time after August 1, 2025. Challenge ends June 30, 2026

**WHERE** Do the activities in your club meetings, events and at home.

### COMPLETION

Submit completed trackers to the California 4-H State Office to receive a 4-H Healthy Living certificate & pin.



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California is the largest agricultural producer in the country,  
**yet one in seven families in California face hunger.\***

\* <https://www.feedingamerica.org/hunger-in-america/california>

**“It’s the fairness for me.”**



## **FOOD ACTION ACADEMY: Learn**

### **Learn. Get Creative. Take action.**

Connect with youth across California to learn about the factors that affect people’s access to food. Gain practical skills to create a plan for positive change.

**WHO** California youth ages 11 - 18

**WHERE** Online via Zoom

**WHEN** Tuesdays from 6 - 7:15 p.m.  
October 7, 14, 21, 28  
November 4, 11, 18

**SIGN UP BY SEP. 30**

[bit.ly/Food-Action-Academy](https://bit.ly/Food-Action-Academy)



Learn more

### **Information Session**

**Sep. 23, 2025 at 6 p.m.**

Info Session  
<https://bit.ly/4fnJcOE>



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# **“I pledge my health to better living.”**

## **Learn. Engage. Pledge.**

The Healthy Living Advisory Committee invites you to participate in monthly office hours to learn and practice healthy habits!

Attend sessions to learn about different healthy living topics, engage with 4-H professionals and youth across the state, meet professionals from the field, and learn about resources to bring back to your community.

### **Healthy Living Advisory Committee Office Hours**

Who: 4-H youth, volunteers  
& professionals

When: One Thursday per month  
6 - 7 p.m.

Where: Online via Zoom

### **September Launch**

First 20 people to register, attend  
and complete evaluation for Sep.  
will receive a \$10 gift card!

### **Grow**

Top 15 people who attend and  
complete evaluation for 6 of the 10  
sessions will receive a \$25 gift card!





# Healthy Living Office Hours

September 11  
6 - 7 p.m.

Physical Activity

October 9  
6 - 7 p.m.

Colds, Flu & Hygiene

November 6  
6 - 7 p.m.

Snacks & Rethink Your Drink

December 4  
6 - 7 p.m.

Rest & Sleep

January 8  
6 - 7 p.m.

Service Learning

February 5  
6 - 7 p.m.

Emotional Well-Being

March 5  
6 - 7 p.m.

Outdoor Exploration

April 2  
6 - 7 p.m.

Food Waste

May 7  
6 - 7 p.m.

Gardening

June 4  
6 - 7 p.m.

Food Preservation

Learn more

**Register for any session**

Zoom Registration  
<https://bit.ly/4fnJcOE>



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Your copy should address 3 key questions: Who am I writing for (audience)? Why should they care (benefit)? What do I want them to do (call-to-action)?

Create a great offer by adding words like "free," "personalized," "complimentary," or "customized." A sense of urgency often helps readers take action, so consider inserting phrases like "for a limited time only" or "only 7 remaining!"



# WE'RE HIRING!

Colusa County 4-H  
Community Education Specialist

Qualified Candidates Provide:  
Management, promotion, and delivery of  
educational programing that meets the needs  
of youth  
Engaged service to youth, the public and  
community partners  
Oversight and facilitation of the 4-H Youth  
Development Program



UCANR IS AN EQUAL  
OPPORTUNITY PROVIDER AND  
EMPLOYER



[Apply Here](#)

## Want to add bling to your hat? Check out the link below.



### Ways to Earn Your Spark Achievements

A Spark Achievement reflects a member's experiences in 4-H with the purpose to try new things. Through this dip-your-toe-in strategy, members can discover something in 4-H that brings them joy and motivation—a Spark.

Spark Achievement pins show member experiences and accomplishments in 4-H.

Any member who does not currently hold a bronze star rank must use the Spark Achievement program.

Click the link below to learn more.

[4-H Achievement Manual](#)

### Attention 4-H Club Members:

If you attend a 4-H event, you are welcome to submit an article to let us know about it! Send us a picture, and tell us the who, what, where,



and why, plus something that you learned! It will count in your record book!

Email article to [jpperry@ucanr.edu](mailto:jpperry@ucanr.edu) or [mzoller@ucanr.edu](mailto:mzoller@ucanr.edu)

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We have a new Facebook page!  
Check us out!  
**[Colusa County 4-H, California 4-H](#)**

### **Colusa County 4-H Club Meetings**

#### **Arbuckle 4-H Club**

2nd Monday of the month, 7:00 p.m.,  
Arbuckle Elementary School

#### **Maxwell 4-H Club**

1st Wednesday of the month, 6:00 p.m.,  
Maxwell Elementary School Multipurpose  
Rm - No January Mtg.

#### **Colusa 4-H Club**

Varying Mondays, 7:00 p.m. - Etchepare Hall,  
Fairgrounds, No May Mtg.

#### **Princeton 4-H Club**

2nd Monday of the month, 6:00 p.m.  
Princeton Elementary School

#### **Stonyford 4-H Club**

2nd Monday of the month, 6:00 p.m.  
Community Pavillon - No December Mtg.

**Anyone interested in helping us  
revive the Williams 4-H Club, please  
[contact us!](#)**

**[For More Information](#)**  
**[Click here to e-mail the 4-H Office.](#)**

Be sure to check out our website! **[Colusa County 4-H Website](#)**

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# 4-H PLEDGE

I pledge my **H****AD** to clearer thinking,  
my **HE****RT** to greater loyalty,  
my **H****ANDS** to larger service,  
and my **HE****ALTH** to better living,  
for my club, my community, my country,  
and my world. 

Prometo usar mi **M****NTE** para pensar con más claridad,  
mi **COR****ZÓN** para ser más leal,  
mis **M****NOS** para ser más servicial,  
mi **S****LUD** para cuidarme más,  
por mi club, mi comunidad, mi país  
y mi mundo. 

[www.4-H.org](http://www.4-H.org) | [www.Shop4-H.org](http://www.Shop4-H.org)



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