



University of California

Agriculture and Natural Resources | 4-H Youth Development Program

Nov/Dec 2014

# 4-H Family Newsletter

Placer County, California

<http://ucanr.org/placer4h>

530-889-7386

## Is Your Enrollment Complete? Is Your Current Status "Active"?

You should be enrolled for the new 4-H year prior to attending any 4-H functions such as club meetings, project meetings, or 4-H events. Each of the following steps in the process must be completed:

1. Enrollment entered on-line (including your current projects).
2. Medical Treatment Forms and enrollment fees given to your club's Volunteer Enrollment Coordinator (VEC).
3. Your club's VEC will confirm on-line when they have received your Medical form and fees.
4. The 4-H office will activate youth as they are confirmed by VEC.
5. The 4-H office will activate Adult Volunteers after Live-scan clearance and 4-H Certification is confirmed.



**After you are set to "Active," please revisit your 4-H Online account before November 30<sup>th</sup>** to be certain all information is as you want it, such as enrollment in the specific market animal you desire to take to the fair. Also check your status to be certain it is "Active." Direct questions regarding your enrollment to your club VEC.

### Timeline for Members Enrolling in the 4-H Program

#### Enrollment:

**\$35 Youth**

**\$12 Adult**

- Returning 4-H members must attend 80% of all Club Meetings held within the club year to be considered a member in good standing and to qualify for awards and fair showings. Enroll on-line and submit required forms and fees to your club to complete the enrollment process. Remember that the deadline to enroll is **November 30<sup>th</sup>**. Please refer to the October Newsletter to review the **Steps to Success** for additional information, or on the web at <http://ucanr.edu/stepstosuccess>
- First year members only count 80% of club meetings after enrolling with club.

The required enrollment fees must be submitted to your community club. VECs also have busy schedules and may not be available to take care of this at the last minute, so please **ACT NOW!!**

To avoid the disappointment of not being able to participate in showing and/or selling an animal at the 2015 Placer County and Gold Country Fairs, **ENROLL NOW, as November 30, 2014 is the deadline**. If in doubt as to the status of your enrollment, please call your club VEC.

This county enrollment policy, established in June 1997, is revised annually by the Placer County 4-H Council, and is approved annually by an unanimous decision of the clubs represented. This information is incorporated in the "Steps to Success" 2014-2015 handout. Please note there will be **NO WAIVERS CONSIDERED**. The purpose of this policy is to enable youth participating in the 4-H program an adequate amount of time to become knowledgeable and proficient in their chosen project to raise, show, and sell animals at the fairs or participate in the State Fair Horse Shows.

**To enroll on-line, find detailed instructions on our website:** <http://ucanr.org/jointhefun4h>

# Project Leader Resources

## Notes for Your First Meeting

Your first project meeting of the year is your most important in getting the project off to a good start. Use the **First Project Meeting Outline** below to organize your meeting.

Invite members of your Leadership Team (other leaders, staff, and/or youth leaders) and parents to your first meeting. Review with everyone the calendar for the year, project goals and expectations, project costs, rules and discipline, project requirements, and pertinent information. Allow plenty of time for questions and answers.

Introduce the Junior/Teen Leaders and discuss their role. Include an overview of the project with visuals, speakers, or members who have taken the project in the past.

### First Project Meeting Outline (Duration: 1 to 1½ hours maximum)

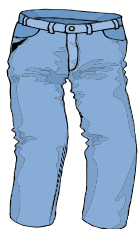
1. **Introduce** yourself and others. Take roll.
2. **Review project goals and expectations.** Discuss skills and knowledge to be covered during the year. (A blackboard, posters, or sheets of blank newsprint are helpful.) Discuss project requirements, rules, and discipline.
3. **Use experienced members, parents, and others** in the community as project resources.
4. **Discuss with your group:**
  - Number, frequency, place, and time of meetings
  - How project supplies used at meetings will be acquired
  - How expenses will be met
  - What to bring to meetings
  - Dates of special activities, and how to participate
  - Completion date for the project
5. **Fun activity** – Use a game, a relay, or some other fun and interactive activity to reinforce what was discussed earlier.
6. **Hand out project materials**, answer questions, make assignments.
7. **Adjourn.**
8. **Review the meeting** with your Junior/Teen Leaders and/or Assistant Leaders. See how they feel about the meeting. Help them analyze their part. Be encouraging and supportive. Remember to do this after every meeting.



## What Constitutes a Project?

Most project work occurs over a period of several weeks or months during a year. A **minimum of six hours** of instruction is recommended or required to complete **non-animal** projects. Animal projects require a constant back-up support as the youth work with their animals throughout the year; therefore, these projects require many more hours of instruction to complete a successful project, thus the minimum of six instruction hours does not apply.

### Got Whites?



Have you considered recycling your children's uniforms? Children have a way of growing and their clothes just don't keep up! The 4-H office has a selection of "whites" which others have contributed. Come by, try them on and **donate your "out grows"** to the supply. Hopefully there is something that will work for you!

**Hats, Scarves, Ties, & Record Book Covers** are available for purchase at the 4-H Office.

Ties \$12.00 each    Hats \$14.00    Scarves \$15.00    Record Book Covers \$3.00

Cash or check accepted. No ATM or credit cards.

## Countywide

### 19<sup>th</sup> Annual "You-Make-It" Craft Expo - Saturday, November 1, 2014, 9:00 am to 3:00 pm

Gold Country Fairgrounds—Sierra Building, 1273 High St, Auburn



The "You-Make-It" Craft Expo is a wonderful opportunity to involve a large audience in 4-H "hands-on" activities at a minimal cost. The event makes year round 4-H arts-and-crafts projects possible. Assisting is a great way for teens as well as friends of 4-H to become involved. Each year there are new projects, along with some returning favorites, in the over 50 different projects from which to select. Under the guidance of youth and adult instructors, the participants make their project and take it home completed. Each club mans tables where several projects are offered. Please sign up with your Community 4-H Club to assist in the event.

### Rabbit and Cavy Field Day - Saturday, November 8, 2014, 9:30 am to 11:30 am

Mt. Vernon Grange Hall, Bell Rd., Auburn

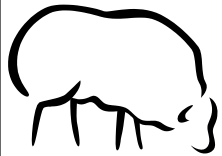


Kick off your project year with this fun and educational event! Bring your rabbit and/or guinea pig. Practice showmanship, sexing rabbits and cavies and breed identification. Information on market rabbits, housing, feeding, grooming, showing and more. Tagging and tattooing available. Free raffle.

Project animals for sale. Questions contact Johnna Humber at [eventherocks@rocketmail.com](mailto:eventherocks@rocketmail.com)

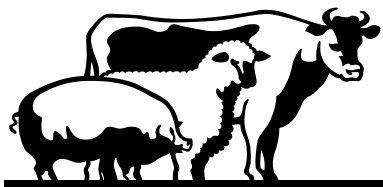


## New Countywide Sheep Coordinator Group



The newly formed Sheep Coordinator Group will be holding their first meeting on **Saturday, November 8, 2014, 10 am, 7375 Callison Rd, Penryn**. The group asks that you wear closed toed shoes and appropriate attire for participation with livestock. This group is open to all members in Placer County with multiple and varying opportunities throughout the year. This project will be led by Tina Pourfathi and Karin Sinclair of Sinclair Family Farm. Additional questions, please contact Tina, [tina.pourfathi@gmail.com](mailto:tina.pourfathi@gmail.com), or 916-303-6901 or Karin, [karin@sinclairfamilyfarm.net](mailto:karin@sinclairfamilyfarm.net) or 916-803-1777, Sinclair office number 916-663-0303.

### Livestock Advisory Meeting Wednesday, November 5<sup>th</sup> @ 6:30 pm Gold Country Fairgrounds, Tahoe Building



This is the platform to ask questions and get more information in regards to the Livestock Programs at both Placer County Fair and Gold Country Fair. Additional questions, please contact the Gold Country Fair Office at 530-823-4533.

## New Countywide Project

### Antique Tractor Restoration and Repair

A great way for your 4-Her to preserve and perpetuate our agricultural heritage, while learning basic mechanical skills and safety. We will take a hands on approach to restoring and preserving all forms of antique tractors, equipment, and implements, and learn how to do basic mechanical work and maintenance. All members are encouraged to find and restore their own tractor, but it is not necessary to be a part of the project. It's a great way for parents to interact with their kids and have the pride of completing a project together.



Questions, contact David Chaddock 916-799-7653

## **Lego Robotics Project Leader Training**

**December 9th, 2014 5:30pm to 7:30pm**

Twelve Bridges Elementary School, Science Room  
2450 Eastridge Dr., Lincoln, CA 95648

If you are an adult volunteer wanting to become a Lego robotics project leader at your club, this training is designed for you. Adult volunteers will be trained in Lego robotics and provided with loaned Lego robotics kits for use with their club. Please continue to check the Placer County 4-H Calendar for updates and additional information soon to come. If you have any questions in the meantime, please contact Jessica at [jctrumble@ucanr.edu](mailto:jctrumble@ucanr.edu)

**Please visit the Placer County 4-H Calendar regularly for relevant upcoming events for 4-H'ers:**

<http://ucanr.edu/placer4hcalendar>

**For additional information on State events, updates, and opportunities for 4-H families visit the California 4H Newsletter** <http://4h.ucanr.edu/News/Newsletter/>

## **2014 California 4-H Diamond Clover Award Recipient**

*Amber Miller*

The California 4-H Diamond Clover Award is the highest award a 4-H youth member can earn to recognize their outstanding achievements. At the 2014 State Leadership Conferences (SLC), Amber Miller was awarded the Diamond Clover Award for her 4-H accomplishments in the 4-H Youth Program at the Club, county, and State levels. Amber has been a Placer County 4-H member for 12 years and has earned all the Star Ranks. She has been an All Star member for several years and involved in the California 4-H Technology Leadership Team (TLT) along with teaching a workshop and attending State Leadership Conferences. She is now a sophomore at CSU Chico pursuing a degree in computer Science. Congratulations Amber!

## **State and National 4-H News**

### **2014 W.H.Y Conference-North Section**

Each of the four California 4-H sections hosts an annual teen conference. These conferences engage 4-Hers in opportunities and workshops, increasing their leadership, citizenship, and public speaking abilities. They also include fun recreational and social activities that allow 4-H members to network with those outside their region. Event begins on November 7-9th, 2014 at Triumphant Life Camp, 37175 State Highway 36, Bridgeville, CA 95526. For more information contact Heidi Ahders by email at [ahdersh@yahoo.com](mailto:ahdersh@yahoo.com).

### **2014 State 4-H Leaders' Forum**

*November 14-16, 2014, Crowne Plaza Hotel in Sacramento*

#### **"101 WAYS 4-H THRIVES"**

The 2014 California State Leaders' Forum aims to rekindle our capacity for inspiration and innovation. 4-H volunteers and staff from throughout the state, involved in all parts of 4-H, are invited to be inspired and strengthen our vision for the future of 4-H. State Leaders' Forum is a networking opportunity and a fun weekend too. Join us to refresh your 4-H commitment! [http://4h.ucanr.edu/4-H\\_Events/SLF/](http://4h.ucanr.edu/4-H_Events/SLF/)

### **Project Sheets**

Check out the available 30+ project sheets designed to help 4-H volunteers and youth understand the possibilities in a 4-H projects. 4-H youth and their families may use these sheets to decide which project they might be interested in [http://www.ca4h.org/Projects/Project\\_Sheets/](http://www.ca4h.org/Projects/Project_Sheets/). The State 4-H Office is looking for people to help write these project sheets! If interested, please contact Steven Worker at [smworker@ucanr.edu](mailto:smworker@ucanr.edu).

## State Fashion Revue Update



State 4-H Fashion Revue (SFR) categories for 2015 will be *Traditional*, *Consumer Science Purchased* (\$40.00 limit), *Up-cycled*, *Jacket Challenge*, and *Costume Challenge*. Members, leaders, and counties are encouraged to plan projects and county fashion revues following the SFR category guidelines. Specific information about all the categories can be found at: <http://4h.ucanr.edu/Programs/Events/SFD/SFR/>.

The SFR committee is coordinating two service projects: *drawstring bags for foster children* and *walker bags for seniors*. Projects and counties are encouraged to download the patterns and instructions and make the most of all the fabric scraps in your "stash." The drawstring and walker bags require about a yard of fabric plus bias tape or cording. Brighten the life of a child or senior by donating fabric or your time and have fun at the same time. See the SFR website for questions or contact the 4-H Office for information.

The State Fashion Revue is a "qualifying event," meaning that you must pre-qualify by submitting items at a County-level event before submitting them to State Fashion Revue. Watch the 4-H website for additional information regarding the 2014 Placer/Nevada Bi-County Fashion Revue.

## 4-H Funding Opportunities

**JOIN the Revolution of Responsibility! \$1,000 is available to 4-H Clubs and Groups**  
**Submission due: November 15, 2014** [http://4h.ucanr.edu/Get\\_Involved/Support/RofR/](http://4h.ucanr.edu/Get_Involved/Support/RofR/)

To JOIN the revolution, 4-H members, with the help of an adult 4-H volunteer mentor, should follow these steps to plan a project:

1. Identify an issue or problem in your community.
2. Find community organizations to collaborate with.
3. Plan the project: form goals, outline tasks, list needed resources, and prepare a budget.
4. Prepare ways to document and record your project to share with others.
5. JOIN the revolution at [http://4h.ucanr.edu/Get\\_Involved/Support/RofR/](http://4h.ucanr.edu/Get_Involved/Support/RofR/) .



A **toolkit** of tips, templates, links, and suggested guidelines has been developed to support your projects. From the initial work to identify a compelling community issue to the final celebration of its completion, use this toolkit to help you carry out the important steps necessary to ensure success. <http://www.ca4h.org/Support/RofR/Toolkit/>

**JOIN | THE REVOLUTION OF RESPONSIBILITY** 



# Shooting Sports Leader/Trainer Courses

## 4-H Shooting Sports Workshop - Rifle Discipline

Saturday, December 6, 2014 – 8:00 am – 6:00 pm

Sunday, December 7, 2014 – 8:00 am – 4:00 pm

Bakersfield, CA

A 4-H shooting sports workshop for the rifle discipline will be held at 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](mailto:jaborba@ucanr.edu)



# 4-H "Healthy Living" Officer Resources

The Healthy Living officer serves as the club's ambassador for health! By choosing to elect a Healthy Living Officer your club is taking an active role in promoting healthy lifestyles. The Healthy Living officer will be the leadership for all health activities including:

- Providing ideas on how to incorporate physical activities and healthy eating into each club meeting
- Writing Healthy Living articles for the club newsletter
- Adopting and promoting a club Wellness Plan

For additional information, download the *Choose Health Officer Guide* developed by Cornell University Extension from the following website: <http://4h.ucanr.edu/files/158918.pdf>

**4-H Office Closed**

<b>Tuesday, November 11, 2014</b> <b>Thursday, December 25, 2014</b>	<b>Thursday and Friday, November 27 &amp; 28, 2014</b> <b>Thursday, January 1, 2015</b>
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**Community Leader Council Meeting**  
**Wednesday, November 19, 7:00 pm (Tentative)**

*Snacks will be available!*

# 4-H Policy

**General Liability Insurance:** UC's General Liability & Self Insurance program does not cover 4-H youth members and it does not cover project animals, including damages or injury caused by the animals. Since junior exhibitors have been sued for injuries sustained at fairs, it is suggested that junior exhibitors consider taking out a liability policy through a private company covering themselves and their exhibit. Home Owner policies may include or can often be written to include this coverage. Much more General Liability Insurance information can be found at <http://www.ca4h.org/Administration/Policies/>.

**Accident and Sickness Insurance:** 4-H Youth and Certified Volunteers are covered by The Hartford Accident/Sickness Insurance Policy. It covers injuries to 4-H members and volunteers caused by project animals. More Accident and Sickness Insurance information can be found at <http://www.ca4h.org/Administration/Policies/>.

**Leadership: A Minimum of Two Adults (Chapter 11 Section 4.B CA 4-H Policy Handbook)** Protection of youth is of utmost importance in the California 4-H YDP. Therefore, 4-H YDP staff, adult volunteers and members should adhere to these policies at all times.

1. There will be two (2) adult volunteers with members at all times.
2. In some occasions it may be impractical to have two (2) appointed adult volunteers present; in these situations there should be one (1) appointed adult volunteer and another adult or 4-H YDP staff member (one of which must be at least 21 years of age).
3. The adult in charge of the event must be an adult volunteer as appointed by the county director.
4. In general, no one-on-one interactions should occur in private. This includes between members and adults or among youth. If personal discussions are necessary, they should be conducted in an area that is in view of other adult volunteers and members.

**Leadership: Supervision in Vehicles (Chapter 11 Section 4.C CA 4-H Policy Handbook)** UC and the 4-H YDP are committed to protecting members in a proactive manner against child abuse and/or neglect. These policies are primarily for the protection of members; however, they also serve to protect adult volunteers and 4-H YDP staff from false accusations of abuse.

1. Adult Volunteers should not be alone in vehicles with 4-H members.
2. Adult Volunteers should not be one-on-one in a vehicle with members other than their own child/children.
3. Adult volunteers must have current Youth Medical Release and Health History Form from the member's parents/guardians before transporting any members in their vehicle to any 4-H YDP activity or event.

**Share Your 4-H Experience!** Any 4-H member can submit an article for this newsletter.

**NEXT NEWSLETTER SUBMISSION DEADLINE:**

**November 13, 2014**

Send it via e-mail to: [bsatterlee@ucanr.edu](mailto:bsatterlee@ucanr.edu). All articles are subject to approval by the 4-H Program Representative. After approval, articles are published as space permits. A digital picture with your article is a great addition.

**Send photos in JPG format.**

## More 4-H Links:

California State 4-H Website: <http://www.ca4h.org>

4-H Mall: <http://www.4-hmall.org>

State 4-H Newsletters: <http://www.ca4h.org/News>

4-H Clover Safety Notes: <http://safety.ucanr.org/4h/>

National 4-H Headquarters Website: <http://www.4-h.org>

National 4-H Council: <http://www.fourhcouncil.edu/>

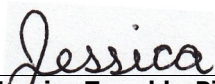
California 4hOnline: (enrollment) <https://california.4honline.com>

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