



University of California

Agriculture and Natural Resources | 4-H Youth Development Program

Nov/Dec 2016

4-H Family Newsletter

Placer County, California

<http://ucanr.org/placer4h>

530-889-7386

Placer County 4-H All Star Team



The All Stars are off to a great start this year with two events completed already. The team kicked off the year by stepping up to the plate to coordinate and run Bi-County Officer's Training in September. The team came together to plan the event and each youth had a specific roll in teaching and leading activities for the new officers. Officer Training was quickly followed by Achievement Night where the All Stars scripted and ran the program for the night, helping to celebrate the achievements of many youth and adult volunteers in Placer County. The team will be hosting a snack bar at Craft Expo this year to raise money for the All Star Program, so come out and say hello on Saturday, October 29th at the Gold Country Fairgrounds in the Sierra Building from 9:00am- 3:00pm and bring your friends!

Placer County 4-H News

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. Contact your club VEC to help you complete the enrollment process. **All new and returning Project Leaders should not be conducting meetings until enrollment is complete.**



Project Enrollment Deadline– November 30th

Please remember that **November 30, 2016** is the 4-H club enrollment and the market animal project deadline. This date allows members to be eligible to show and/or sell an animal at the Placer County Fair and Gold Country Fair, represent Placer County 4-H at the State Fair Horse Shows. For more information see the Steps to Success <http://ucanr.edu/sites/placercounty4h/files/244866.pdf>. Returning 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. First year members only count 80% of club meetings after enrolling with their club. To complete the enrollment process, you must enroll on-line and submit required forms and fees to your club.

Community Outreach

Tractor Supply Company Fall Paper Clover Fundraiser



The fall 2016 Placer County 4-H Paper Clover campaign was a great success. Placer County 4-H youth came out in great attendance on the weekends of October 8th and 15th to show their 4-H pride. They shared their 4-H experiences with customers that came into the Auburn Tractor Supply Company store, helping make 4-H more visible in Placer County. Placer County 4-H will be participating at this event again in the spring to continue to raise money for camp and leadership opportunities. See you all there!



Warming up America

By: Lydia C., Ophir 4-H Club, Placer County All Star

15 to 20 years ago a national fabric store used a promotion they named "Warm Up America". It challenged the youth to make afghan blankets they would give to those in need of warmth. Jennifer Washman lead this program on a 4-H County level. This service project continued throughout the years with different groups. The women at the Senior Centers knitted and crocheted squares that were used to make the blankets. Then, 4-H'ers assembled



the blankets. Over the years, hundreds of blankets have been distributed throughout California. Years ago, when Haiti was hit with a devastating earthquake, a shipment of 100+ blankets was sent to them. The blankets have touched lives and comforted people of all ages. The ladies at the senior centers continue

to create beautiful squares that are ready to be made into blankets to this day. This year at the Bi-County Officer's training, one of the community service projects we had was putting these squares into blankets. Youth from both Placer and Nevada counties that showed up to Officers Training helped make over 19 blankets that will be given to the local homeless, women, and children shelters. All the parents and youth that participated in the service project greatly enjoyed their time making them. If you would like more information about how to get involved in this service project please call June Stewart at (530) 885-3926 or you can visit www.warmupamerica.org/.

Countywide News Continued

Achievement Night 2016

On Friday, October 14th, youth from all over Placer County came together with their friends and families at the Loomis Veterans' Memorial Hall to be recognized for their achievements from the 2015-2016 4-H year. The Placer County 4-H All Stars coordinated the night where youth were recognized for their officer positions, star rankings, community service involvement, scholarships and more. Adult volunteers were also recognized for their dedication to the 4-H Youth Development Program for 5, 10, 15 and 25 years of service. A very special part of the night included the presentation of the Friend of 4-H award bestowed this year to Connie Watson for her long time support of Placer County 4-H youth and programs. Thank you to everyone involved in making the event possible and all the friends and families of our 4-H community that attended.



Countywide Projects

COUNTYWIDE YOGA FOR KIDS

Healthy Living Project
Mrs. Lara Lopez



Yoga for kids is a fun and creative way to engage our 4-H youth in stress free physical activity. This is a non-competitive way to bring movement, poses and deep breathing together, all while recognizing the traditional standards of the 4-H organization. We will work on building our core strength and basic poses during meetings. Mrs. Lopez has been certified through California 4-H. This is a great project for all children, but

really great for those who are active playing sports, riding horses etc. Strengthening is important but stretching the muscle is also very important in growth and performance. This is a beginner level yoga project and will be accepting 18 youth ages 7 to 19, space is limited. Monthly meetings will begin this winter. More information will be given out after your youth are confirmed. For questions regarding project detail please email Lara at mia1Lance@gmail.com.

Countywide Projects Continued



Placer County 4-H now has a **Countywide Alpaca** project. For more information, please contact Lara Bullard at lbullard@rjuhsd.us.



A new **Countywide Robotics** project for youth ages 8-19 is now available for enrollment in 4hOnline. Steve Jorgensen of Long Valley 4-H Club will be leading the project and can be contacted by email with any questions. sjorgensen@hpe.com

Announcements

Cooking and Baking Project Leaders

Please make sure to complete the Make it Safe, Keep it Safe Food Safety Education online training before your first meeting. Once you have finished the training, please email LeAnn Chizek at lkchizek@ucdavis.edu so she can confirm your completion with CA 4-H. <http://ucanr.edu/sites/MISKIS/>



4-H Office Closed

Friday, November 11, 2016

Thursday and Friday, November 24 & 25, 2016

Monday, December 26, 2016

Monday, January 2, 2017

4-H Council Meeting

November 16, 7:00 pm

Auburn Veterans Hall

*All youth and their families
are welcome to attend
Snacks will be available!*



Check out Placer County 4-H on **Twitter** and **Facebook** for updates and event pictures. Invite your friends to LIKE our Facebook page!

<https://twitter.com/placercounty4h>

@PlacerCounty4H



For additional information on **State** events, updates, and opportunities for 4-H families, visit the California 4H Newsletter

<http://4h.ucanr.edu/News/Newsletter/>

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 \$21.00 Scarves \$15.00 Record Book Covers \$3.00

Cash or check accepted. No ATM or credit cards.

Announcements

Black Friday. Cyber Monday.

#GIVINGTUESDAY™

November 29, 2016

Save the Date - 11/29/16 - Giving Tuesday is a global day of giving, encouraging donors to give their time or money to support their community or favorite non-profits. All monetary donations to 4-H in California are made through the CA 4-H Foundation website where individuals can pick to donate to specific areas in 4-H. They can even check to see if the company they work for doubles their donation. Last year, Placer County 4-H had the greatest number of donations made. Super job! This year we're looking for volunteers from every club to help out. Do you have great ideas that we could put into action this year? Do you know your way around social media? Come join our volunteer team! The first meeting to plan this year's event is November 7, 2016 from 6:30-7:30 pm. Check the county 4-H calendar for location details.

Medalist 2016

Over 20 youth and volunteers came together on the first Saturday in October to participate in Medalist. Youth were able to practice their interview skills and share their accomplishments, growth and goals in the 4-H program. Youth are broken into Junior, Intermediate, and Senior divisions based on their age and each successful participant received the title of County Medalist or a project winner certificate. Thank you to Johnna Humber for organizing this event and all the assisting adults!



State and National 4-H News



State Fashion Revue 2017

Two state-wide service projects have been announced. The first project, suggested by 4-H members, is quilt squares for Wounded Warrior quilts. The squares are donated to local quilt guilds that are sewing the quilts. The second project was suggested by the American Cancer Society when the port pillows were delivered after 2016 SFR. It is Heart Pillows, given to breast cancer patients after surgery to hold under their arm to relieve pain. The SFR service project youth chairs are creating flyers with instructions, to be posted on the SFR website by November 1. State 4-H Fashion Revue (SFR) categories for 2017 will be *Traditional*, *Consumer Science Purchased* (\$40.00 limit), *Up-cycled*, *Knit Challenge*, and *Stripe/Print/Plaid Challenge*. Have you heard about the two SFR Challenge categories? The Stripe/Print/Plaid Challenge is generating many comments! Some questions have been asked about the Knit Challenge. To clarify, it is for a garment or garments constructed of knit fabric, not a stretch woven fabric. Look for SFR information on the service projects, the five entry categories, and committee news at

http://4h.ucanr.edu/4-H_Events/SFD/SFR/.

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 2017 Placer/Nevada Bi-County Fashion Revue.

2017 National Conference, March 25 - April 1, 2017, Application Deadline: Nov 2, 2016

The National 4-H Conference is the Secretary of Agriculture's premier youth development opportunity to engage youth in developing recommendations for the 4-H Youth Development Program. For information and applications visit http://4h.ucanr.edu/4-H_Events/N4-HC/

Teen Involvement Conference, January 20-22, 2017

The Teen Involvement Conference (TIC) is a three day youth leadership conference for 4-H youth members ages 13-18. TIC offers opportunities for 4-H youth to grow through a series of educational workshops, team building activities, motivational speakers, and more! [Early Bird Registration](#) due December 12, 2016

<http://4h.ucanr.edu/News/?calitem=339845&q=86992>

Shooting Sports

The California 4-H Shooting Sports Program instructs 4-H youth on the skills and discipline of shooting sports. Participants learn about the safe handling of firearms and archery equipment while developing self-confidence and leadership abilities.

For information on additional Shooting Sports workshops and events please visit http://4h.ucanr.edu/Projects/STEM/SET_Projects/ShootingSports/



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:
December 9, 2016

Send it via e-mail to: 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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