



# COLUSA COUNTY 4-H NEWS

## MONTHLY CLUB MEETINGS:

Arbuckle 4-H – 2<sup>nd</sup> Monday, 7:00pm, Arbuckle Elementary  
Colusa 4-H – 2<sup>nd</sup> Monday, 7:00pm, St. Bernadette's Hall, 745 Ware Ave, Colusa  
Maxwell 4-H – 1<sup>st</sup> Wednesday, 6:00pm, Maxwell Elementary multipurpose room  
Princeton 4-H – 2<sup>nd</sup> Monday, 6:30pm, Princeton High School multipurpose room  
Stonyford 4-H – 2<sup>nd</sup> Saturday, 1:00pm, Town Hall  
Williams 4-H – 3<sup>rd</sup> Tuesday, 6:30pm, Veteran's Hall (9<sup>th</sup> & C Street)  
4-H Council – 3<sup>rd</sup> Wednesday of every other month, 6:30pm, CIP room (begins Sept)

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## CALENDAR:

### MAY 2010

- 1 Cache Creek Discovery Day, 9am – 3pm, Cowboy Camp
- 5 Due: Fair Award Sponsorships
- 7 Due: Registration for California 4-H Photography Contest
- 10 Rabbit and Avian weigh-in, 3:30-5:30pm, Fairgrounds
- 18 Due: Camp registrations to the 4-H Office
- 19 4-H Council Meeting, 6:30-8:00pm, CIP Conference Room
- 22-23 Pistol Shooting Sports Certification, central California
- 22-23 Archery Shooting Sports Certification, Bakersfield
- 29 2010 State 4-H Field Day, UC Davis

### JUNE 2010

- 6 Glenn County 4-H Horse Show, 8am, Glenn County Fairgrounds in Orland
- 8 Still entries received at Atwood Hall, 12pm – 6pm
- 10-13 Colusa County Fair "Everyone's A Star" (2-8)
- 12 Quality Assurance & Ethics Awareness Training, 9am – 1pm, CSU Chico Farm
- 14 Check out for 4-H still exhibits, 7am – 1pm, Atwood Hall
- 15 Final Camp Staff Mtg, 5:30-7:30pm, CIP Conference Rm (4)
- 18-21 4-H Summer Camp "Super Heroes" at Camp Tehama (3,4,8)

### JULY 2010

- 24 Tentative: County Record Book Judging
- 31-1 Rifle Discipline Workshop, Bakersfield

### AUGUST 2010

- 21-22 Shooting Sports Leader Certification, Bakersfield

## IMPORTANT

Due: Still exhibits entry forms for Atwood Hall - Wednesday, April 28, 2010, 5:00 p.m. Remember All Leaders: Only sign members' entries AFTER all requirements are complete.

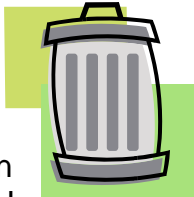
\*\*\*Entry fees for still exhibits are on a sliding scale. You would be prudent and penny-wise to combine all project group, if not club, exhibit forms into one bundle and pay as little as \$.25 each after the first 10 entries. See p. 59 of the premium book for details.\*\*\*

## TRASH CAN/FAIR PARADE CONTESTS

Council is sponsoring awards for 4-H groups to participate in the Fair. Any 4-H animal project group decorating a trash can (supplied) are to notify the 4-H Office to enter the contest. Cans may be picked up one week prior to the Fair and must be delivered back by the end of the day Tuesday, June 8<sup>th</sup> to be judged.

The best Colusa County 4-H club or project group in the fair parade will be awarded \$50. **Parade entries must be submitted to the Fair Office.**

Awards will be announced at the Sunday Awards Assembly, June 13.



## COLUSA COUNTY FAIR HELP NEEDED

Atwood Hall help is needed as follows:

**Arbuckle 4-H & Maxwell 4-H:** Accept entries, Tuesday, June 8<sup>th</sup>, Noon to 6:00pm. Two adults and two members from each club should be on duty at all times.

**Princeton 4-H (1-2 adults):** Check out 4-H Exhibits, Monday, June 14<sup>th</sup>, 7:00am to 1:00pm.

**All Clubs:** Provide 1 clerk (non-swine parent/adults only) for judging, Wednesday,

June 9, beginning at 8:30 a.m. until finished (approximately 3:00 p.m.). Lunch will be provided for judges and clerks.

## RECORD BOOK HELP

Record books are judged at the club level in June or July. Check with your Key Leader for the due date in your club. County record book judging is tentatively set for Saturday, July 24<sup>th</sup>. Those who have been trained in record book keeping would be resources to call upon for help. They are:

Arbuckle – Hilary Brainard, Serena and Brandon Carlsen, Julio Quijano, Adrian, Caitlyn and Cody Murphy.

Colusa – Haley Leue, Stephanie Coffman, Terri Swiggum, Lindee Hulbert, Brandon Woodring, David and Annie Jarrett and Shayne Myers.

Maxwell – Dawn Brown and Paige LaGrande  
Princeton – Jordan Knox

Stonyford – Ralph, Sherry and Drex Minto

Williams – Garrett and Courtney Carter

Remember to include updates from 2008.

Also trained in 2007:

Arbuckle – Julie Driver, Jewel Godinez, Mary Ornbaun.

Colusa – Vicki Garofalo, Kristine Martin, Lora Fusaro, Terry Bressler.

Maxwell – Cristy Edwards, Diana Perry.

Stonyford – Barbara Leach

Williams – Johnna, Lindsay and Logan Ornbaun

You may want to include specific SET abilities and life skills in your Annual Project Report and 4-H Story found at [www.ca4h.org](http://www.ca4h.org), go to 4-H club member information/record book for forms and information. The SET abilities focus on learning and doing science, engineering and technology. These are in addition to the Life Skills Wheel available from your leaders in their Leader's Digest resource.

## RABBIT/AVIAN WEIGH IN

The fair premium book lists rabbit and avian weigh in as May 3<sup>rd</sup>. This is incorrect and will be on May 10<sup>th</sup>, 3:30-5:30 p.m.

## CALIFORNIA 4-H PHOTOGRAPHY CONTEST

The California 4-H Technology Leadership Team is holding the first annual California 4-H Photography Contest and 4-H Film Festival during State Field Day, May 29, 2010, at UC Davis.



Registration is required in order to participate, and registration is due May 7th, 2010.

To access the online photography contest registration, use the following internet link: <https://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=4471>. To register for the 4-H Film Festival, please visit the State Field Day: <http://ca4h.org/projresource/fieldday/>.

If you have any questions about the photography contest, please contact John Trammell, Photography Contest Coordinator, [techdude4h@gmail.com](mailto:techdude4h@gmail.com), 909-844-1747

If you have any questions about the 4-H film festival, please contact Ashlyn Aiu, Film Festival Coordinator, [aaui@calpolu.edu](mailto:aaui@calpolu.edu)

## COUNCIL MEETING

The last 4-H Council meeting of the year is Wednesday, May 19th, 6:30 p.m., in the CIP Conference Room. All members and certified leaders are voting members and encouraged to attend. On the agenda: end of year activities, fair, camp, enrolling for 2010-11 year. Additional agenda items must be submitted by Tuesday, May 18<sup>th</sup>.

## COLUSA COUNTY 4-H CAMP CAMP TEHAMA

June 17-21, 2010 – Staff

June 18-21, 2010 – Campers

4-H Camp is right around the corner! Our Camp Director and Counselors are preparing and planning to make this years' camp a blast. The theme selected for this year is "Super Heroes"! This is a great time to get away to the cool mountains, enjoy the outdoors and have your meals cooked for you! We can't do it without you! The cost is \$75 per person (with an additional \$12 for non 4-H members).

Applications are due on May 18<sup>th</sup> and can be found in this newsletter.

Camp planning/training meetings:

All adults and teen counselors need to attend these meetings for a successful camp.

Dates: April 28<sup>th</sup> & June 15<sup>th</sup>

Time: 5:30 – 7:30pm

Location: CIP Conference Room

## 4-H: MAKE YOUR MISSION POSSIBLE!

Your Mission: Join us at **W.H.Y. Conference** in Whiskeytown's NE.E.D. Environmental Camp September 17-19, 2010. Youth 6<sup>th</sup> grade and older are encouraged to attend! This leadership conference will cost \$65.00 (T-Shirt included!). There are four half scholarships that are being offered to help defer cost.

There is also a T-Shirt Contest; the winner gets a free trip to the conference!

**Classified Information** may include an Interview Contest, Digital Photography, Pond Life, Archery, Knitting, Leadership Opportunities, S.E.T., Guide Dog Project, and other exciting workshops!

**Interested in joining this operation?**

Upcoming registration materials will be available on the Butte County website and in your county office soon! For more information, please contact

youth registrar Kayla Manfredi by email at [spy4WHY@yahoo.com](mailto:spy4WHY@yahoo.com) or Mary Manfredi (530) 899-9319 or Laurinda Corron (530) 809-0348.



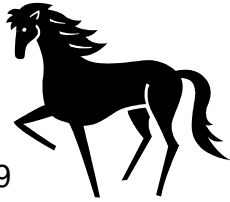
## FAIR BUYERS GIFT IDEA!

The 4-H office has 4-H cookbooks with recipes from 4-H volunteers, alumni and parents for sale. These are great buyer's gifts to give away and are now on sale at half price for only \$5.00 each. Pick a few up when you go in for your 4-H hats, ties, scarves and supplies.

## GLENN COUNTY 4-H HORSE SHOW

Glenn County Fairgrounds, Horse Arena  
Sunday, June 6, 2010

Sign-ups begin at 8:00am with the event starting at 8:30am. Entries will be taken day of event only. The entry fee is \$30 for all day or \$4.99 per class. For more information or entry form, please contact the Colusa 4-H Office.



## QUALITY ASSURANCE & ETHICS AWARENESS TRAINING

**FOR YOUTH:** As a requirement for entry to the California State Fair, all junior livestock exhibitors are required to participate in certified Quality Assurance and Ethics Awareness Training prior to July 2, 2010. This free training will be conducted by a certified instructor to ensure youth are raising a quality animal for the consumer.

**FOR ADULTS:** Professional development will be offered to serve as an official Quality Assurance and Ethics Awareness Training instructor.

**INSTRUCTOR:** Dr. Celina Johnson  
Professor of Animal Science, CSU Chico

**DATE:** June 12, 2010

**PLACE:** CSU Chico Farm

**REGISTRATION:** 9:00AM - 9:30AM

**TRAINING:** 9:30AM - 1:00 PM

**RSVP to the Butte County 4-H Office (530-538-7201) by Thursday, June 10<sup>th</sup>.**

## LIVESTOCK WEIGH - INS

Weigh – in of market animals is not mandatory if exhibitors elect to opt out of rate of gain contests. All market animals **must** be entered and brought to fairgrounds to be tagged on designated day for that specie. Forms and fees must be turned in by exhibitor at weigh-in. **Leaders must not sign forms until exhibitor has completed all requirements. Leader may wait until move – in day of fair.**

Rabbits, Avian: May 10<sup>th</sup>, 3:30-5:30 p.m.

Buyers' Luncheon is supervised by Williams FFA & 4-H. All 4-H sellers bring a salad, FFA

sellers bring desserts. A lot of help is needed during Fair week. Volunteer now to get the job you want.

## 4-H SHOOTING SPORTS LEADER CERTIFICATION FOR PISTOL

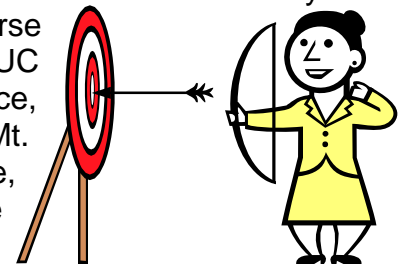
A shooting sports training workshop for the pistol discipline will be held in central California on: Saturday, May 22 8:00 am – 6:00 pm  
Stanislaus County Ag Center, Modesto  
Sunday, May 23 8:00 am – 3:30 pm  
Safety First Shooting Association, Winton  
Upon successful completion of the course, participants will be certified as pistol trainers and can instruct pistol club/county projects and certify pistol volunteers. Attendance at both days is required. The class size is limited and restricted to adults only who are age 21 or older.

The first day of the course will be held at the Stanislaus County Ag Center Room G, 3800 Cornucopia Way, Modesto. The second day will take place at the Safety First Shooting Association in Winton (Merced County).

For more information, contact Jim Atherstone 209-993-7971 or email: [jatherstone@ssjid.com](mailto:jatherstone@ssjid.com)

## 4-H SHOOTING SPORTS LEADER CERTIFICATION FOR ARCHERY

A shooting sports training workshop for the archery discipline will be held in Bakersfield, CA on: Saturday, May 22<sup>nd</sup> – 23<sup>rd</sup> from 8am – 5pm both days. Upon successful completion of the course, participants will be certified as archery trainers and can instruct archery club projects and camps programs, or certify local volunteers. Attendance at both days is required. The course will be held at the UC Extension Office, 1031 South Mt. Vernon Avenue, Bakersfield. The cost will be \$20 and includes lunch on Saturday and class materials. For more information, contact Robert Claffy 661-829-1658 (evenings) or email [rclaffy656@aol.com](mailto:rclaffy656@aol.com). You must contact him in advance to reserve a spot in the course.



## 4-H SHOOTING SPORTS

Rifle Discipline Workshop

Bakersfield, CA

Sat, July 31, 2010 – 8:00 a.m. – 6:00 p.m.

Sun, August 1, 2010 – 8:00 a.m. – 4:00 p.m.

A 4-H shooting

sports workshop

for the rifle

discipline will be

held at Five Dogs

Shooting Range, 20238 Woody Road in

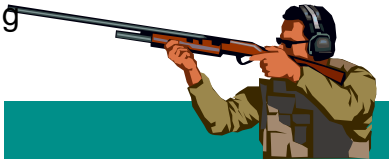
Bakersfield.. To register for the course and

receive more information contact John Borba

at: [jaborba@ucdavis.edu](mailto:jaborba@ucdavis.edu)

For information about the facility and a map,  
please visit the range website at:

<http://www.5dogsrange.com>



## SHOOTING SPORTS LEADER TRAINING COURSE

Muzzle Loading Discipline

5 Dogs Range - Bakersfield, CA

Sat, August 21, 2010 – 8:00 a.m. – 6:00 p.m.

Sun, August 22, 2010 – 8:00 a.m. – 4:00 p.m.

To get more information or register for the  
class contact John Borba at:

[jaborba@ucdavis.edu](mailto:jaborba@ucdavis.edu) or telephone 661-868-  
6216.

## CACHE CREEK DISCOVERY DAY

May 1, 2010 at 9am – 3pm

Cowboy Camp Equestrian Campground

Activities include: wildlife viewing, guided  
hikes, educational displays & demos and live  
music during lunch. Bring your picnic lunch or  
purchase a BBQ lunch. For more information,  
contact Colusa County RCD at 458-2931 ext 3.

## CLUB AND PROJECT REPORTS

### MAXWELL 4-H CLUB REPORT

Submitted by: Maureen LaGrande

Spring has sprung and the Maxwell 4-H Club is  
on the run! The April 14th meeting had lots of  
members giving informative presentations. It  
was announced that we will again have our  
annual Fair BBQ, with hot dogs being served to

member's families that sign up. We will have a  
"White Exchange" at our May meeting so  
please bring any pants or shirts that others can  
use to complete their 4-H uniform. You'll need  
it for the fair! We were reminded that 4-H  
Camp applications are due on May 18th.  
Come join the fun with fellow 4-Hers. There  
will be a Craft Expo held in November where  
members can participate to complete their  
projects. Donations are welcomed and  
appreciated. Officer speeches and elections  
will be held at the May meeting. Your VOTE  
counts! \*\*Important Reminder: Maxwell 4-H  
Member's Record Books are due June 20th.  
You must turn it in to get credit for projects  
completed this year. Enjoy the sunshine!

## UP, UP AND AWAY WITH ARBUCKLE 4-H!

Submitted by: Mary Marsh

The superheroes of the

Arbuckle 4-H club met for

their April meeting. The

theme was, you guessed

it, Superheroes! By the

way, it will also be our

theme for 4H camp this June.

Members are getting ready for

the fair weighing in livestock and

making sure they've attended

enough meetings to show. Current officers

explained their duties and members had the

opportunity to sign up to run for office for the

upcoming year. Speeches will be heard and

votes cast at our next meeting. Speaking of our

May meeting, our theme will be Rain Boots!

We will be collecting new (or very gently used)

stuffed animals for the hospital to give out to  
kids they treat.



The Leadership/Citizenship group will give the  
community the chance to honor our favorite  
heroes – our moms! The group will be selling  
bud vases for Mother's Day on Saturday May  
8<sup>th</sup> from 9 AM until 1 PM at the Arbuckle Parks  
and Recreation office on Main Street in  
Arbuckle for \$10 each. Show your mom you  
care and help send 4H'ers to leadership  
conferences in the future.

## ROUND THEM UP COWGIRLS!

Submitted by: Theresa LaGrande

On Friday, April 9<sup>th</sup> I, Theresa LaGrande, Molly Dunlap & Shelen Boyes, all Maxwell 4-H Horse Project members go to join in the fun of Western Days by riding in the Parade behind the longhorn cattle. It was a lot of fun being a part of the old west! Thanks to Julie Dunlap for being our adult volunteer. On Saturday, we got to work behind the shoots, on horseback and herd the cattle back and forth between the arena. It was a great experience and a way for us to help out during Western Days as a community service. Hopefully we'll be able to do it again next year.

## COLUSA CLUB MEETING

Submitted by: James Swiggum

The April meeting was our last meeting for this year. We had recreation and regular business. New officers were elected for next year. Our new officers are:

Pres	James Swiggum
VP	Andrea Thomas
Sec/Treas	Cheyenne Laux
Reporter	Teddy Vallaincourt
Historian	Amanda Thomas
Sgt at Arms	Matthew Steidlmayer
	Wade Townsend
	Shane Saso
	Garrett Hamilton
	Alec Bailey

We finished our meeting off with ice cream.

## JR GRAND NATIONAL COW PALACE

Submitted by: Bailey Morrell

I attended the Jr. Grand National Cow Palace. I showed my April Hereford heifer and my April Commercial heifer. My Hereford heifer won her class and then went on to be Reserve Division. My Commercial heifer won her class and then went on to be Champion Commercial Heifer. I showed in the 13 and under showmanship. I was 3<sup>rd</sup> in the first cut and ended up 8<sup>th</sup> overall. I enjoyed seeing my friends from other towns and got to watch them show their pigs and sheep. All in all, I had a great vacation.

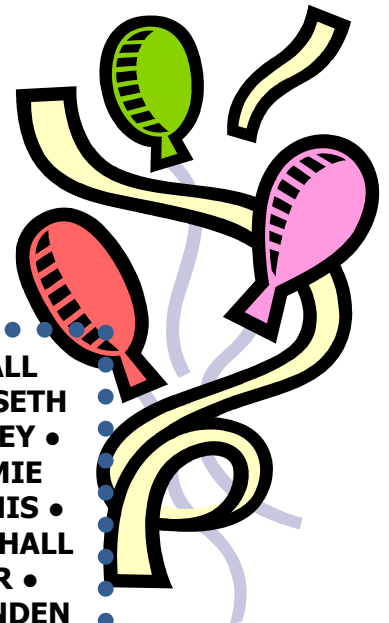
## WARM AND FED

Submitted by: Theresa & Maureen LaGrande

It was wonderful to see all the pet food and blankets that were brought in for the Colusa County Animal Shelter at our last meeting. We were told that there have been a large number of strays lately and the shelter would appreciate any help. The items were delivered and they were very happy to see all the donations. Thank you for opening your hearts and helping these poor little animals. Please remember many of these animals are up for adoption.

## MAY BIRTHDAYS

MADISON LEIGHTY • ELIAS DENNY • AMBER JIMENEZ • KENDALL  
COTTER • AUSTIN ROURKE • CHASE ALVERNAZ • RYAN JONES • SETH  
LOHMAN • SABRENA NASH • SAMANTHA JONES • HUNTER MOBLEY •  
SANDRA FRANCO • CAITLYN MURPHY • MARC GUERRERO • JAMIE  
NELSON • GRACE ALONSO • JOSHUA WADDELL • MALLORY MATHIS •  
MICHAEL MATTESON • PHOEBE CRITCHFIELD • TREVOR MENDENHALL  
• ZACHARY TROUGHTON • JANEA CAMERON • GRANT GRIMMER •  
BRITTNEY HAYWOOD • KYLE WIGGIN • JERRY GONZALES • BRANDEN  
WOODRING • ELLEN CARLSEN •



## INFORMATION FROM THE STATE 4-H OFFICE:

FOR STATE CALENDAR OF ACTIVITIES GO TO: <http://www.ca4h.org/4hinfo/calendar/>

- **4-H Healthy Living Advisory Committee** - A 4-H Healthy Living Advisory Committee is being established to guide the development of the 4-H Healthy Living Initiative. Marcel Horowitz, 4-H YD Advisor in Yolo County will chair the committee. Please see the [4-H Advisory Committee application](#) process for details. Applications are due **May 31, 2010**.
- **WellPoint Foundation funding** is now available for local and national initiatives that aim to address key health issues (childhood obesity, diabetes prevention, adult physical activity) included in the State Health Index. Sites are required to demonstrate measurable, sustainable impacts and should be able to implement large-scale program interventions. For more information on eligibility and requirements, visit <http://www.wellpointfoundation.org/home.html>. Quarter Three/Four 2010 applications are due no later than Sunday, **August 8, 2010**.
- Access power point presentations and materials from the **ASNNA Conference**. Check out the different topics on nutritional education, including Isabel Contento's presentation "Nutritional Education: Enhancing Effectiveness" at <http://extension.missouri.edu/hes/ConferenceDocs.htm>.
- The new **PowerPlay cookbook "KIDS.GET COOKIN'!"** is now available. View the entire cookbook and find great ideas on fast and fun recipes at [https://web3.kpcorp.com/v25/static/acct/cann2/pdf/COOK-204\\_09\\_09.pdf](https://web3.kpcorp.com/v25/static/acct/cann2/pdf/COOK-204_09_09.pdf).
- **State 4-H Fashion Revue** is accepting **online registration** from county winners through **May 12** at <http://ucanr.org/sfr2010>. **SFR will be held on May 29, 2010** in Olson Hall as part of State Field Day at UC Davis. The committee has planned a full morning of workshops and activities for SFR participants. Complete details are at <http://www.ca4h.org/projresource/fashion/>. Everyone is welcome to attend the Fashion Show at 2 pm outside Wellman Hall. Come cheer for your county's delegates! If you have made a hat for a cancer patient, you are invited to model it on stage for our Hats Off for Kindness service project. Check in at the Wellman Stage at 12:45 for the Hats Off show at 1:15. The Hats Off service project is open to all 4-H families. The SFR committee still needs adult judges who have experience in fashion, sewing, consumer education or related fields. Adults, parents of participants, or older teen volunteers may serve as door monitors. If you can help or have questions about State Fashion Revue, please contact Karli Draxler, SFR Registrar at [chat2kd@unwiredbb.com](mailto:chat2kd@unwiredbb.com) or Sue Moore, staff liaison, at [samoore@ucdavis.edu](mailto:samoore@ucdavis.edu). We can't wait to see "What's in YOUR Closet?"
- The **State Leadership Conference 2010 "Operation 4-H"** is now online at <http://www.ca4h.org/conference/slc/>. Financial assistance will be allotted on an "as needed and available" basis and is not transferable. Applications are due **May 15th**. Delegates may request up to \$330 of financial aid. Please direct questions to Quang "Hogan" Tong at 530-752-5644 or email at [qtong@ucdavis.edu](mailto:qtong@ucdavis.edu).

**State Leadership Conference registration** deadline is **June 14, 2010**. Please check with your local county office for local registration may require you to register sooner than that!!! Operation 4-H State Leadership Conference 2010 at UC Davis! Come share the fun and experience! Visit: <http://fourh.ucdavis.edu/conference/slc/> for more information.

- **4-H Equine Advisory Committee** chair person is sought. Jeanne George, 4-H YD Advisor for Tehama and Glenn counties has very ably served for a number of years as the 4-H Equine Advisory Committee chair and guided the statewide educational efforts of this group. Jeanne will retire this June, after nearly four decades of service to 4-H and the University. We all know her "boots" will be hard to fill, especially as chair of this important advisory committee. If you have any interest in leading or co-leading this committee, please contact the State 4-H Office, 530-754-8518 or Jeanne George, [jlgeorge@ucdavis.edu](mailto:jlgeorge@ucdavis.edu).
- Are you a 4-H member or volunteer with experience and interest in technology? Apply to the **2010-2011 California 4-H Technology Leadership Team (CTLT)**! The CTLT increases the use and awareness of technology in the 4-H program through workshops, providing IT support, assistance to 4-H Clubs, and at statewide events. Candidates must be at least 16 years of age or older. Membership is a fourteen-month commitment, July 2010 through August 2011. The deadline to apply is **May 31, 2010**. More information is available at <http://www.ca4h.org/comp corps/>.

- The **Spend Smart. Eat Smart. blog** focuses on sharing ideas, tips, resources and recipes to help feed your family for less. The blog is maintained by Iowa State University Extension staff members who are trained in food, nutrition, and health. Check out the website at <http://blogs.extension.iastate.edu/foodsavings/> as blog contributors share their experiences and tips to help individuals eat healthy and stay within their budget.
- **4-H Train-the-Trainer Babysitting Courses** - The 4-H Military Partnership Program is offering professional development training opportunities to all 4-H Staff, 4-H Volunteers, and Military and Community Partner Agency personnel at the **CA State 4-H Office in Davis, CA** on **June 5th** from 9:30-4:30pm. The Babysitting Curriculum is designed to help middle school and teenage youth learn what it takes to be responsible, caring, trustworthy, competent, capable and safe babysitters. This course can be beneficial in training youth in your 4-H clubs and military afterschool sites. Participants will receive a Babysitter's Tool Bag, an Instructor's Guide and Student Handbook. Bring a doll! For more information, contact Jeanne Christenson at [jpchristenson@ucdavis.edu](mailto:jpchristenson@ucdavis.edu) or 530-219-6608.
- **Range camp** is a week-long program for high school students (14-18) which focuses on environmental science and natural resource management. This year's camp will run from **Sunday, 6/20 to Friday, 6/25, at the Elkus Youth Ranch** in Half Moon Bay. In addition to lectures and outdoor activities related to these topics, we'll be discussing professional careers and related fields of study at the college/university level. The camp brochure, announcement flyer, and application forms can all be downloaded from the bottom of <http://www.rangelands.org/casrm/HTML/rangecamps.html>.
- The **Championship 4-H Horse Show** will be held **June 25-27, 2010** at the Santa Cruz County Fair in Watsonville, CA. Entries are due June 1st with an early bird special open until May 15th. New classes being offered such as gymkhana walk/trot, versatility and elite showmanship. Information and rules are online at <http://ca4h.org/projresource/horse/classic.asp>.
- The first annual **Big Tent Conference** will be held **November 18-20, 2010** in Houston, Texas. This year's conference theme is "**Connected Communities-Thriving Youth.**" The conference will host keynote speakers, sessions, art, music, and entertainment. Each day will be packed with learning opportunities to encourage collaboration between participants and stimulate creative thinking focused on helping youth thrive. Register online at <http://www.bigtentconference.com/register-now> and take advantage of the early bird registration now through October 1, 2010.
- The **Golden Clover Awards** recognize outstanding achievement of 4-H members, volunteers, 4-H program staff, and groups within the 4-H YDP. Applications are due postmarked by **May 31, 2010**. The 2010 applications are now available on the state website at: <http://www.ca4h.org/4hresource/ir/goldenclover>. Please nominate a worthy candidate that you believe is deserving of this great honor. Please direct questions to Quang "Hogan" Tong at 530-752-5644 or email at [qtong@ucdavis.edu](mailto:qtong@ucdavis.edu).
- The EPA has announced the **4th Annual Rachel Carson Contest** and is seeking entries for creative projects in the areas of poetry, photography, essays and dance. Entries need to be from a team of two or more. Entry deadline is **June 16, 2010**. For more information, visit: <http://www.epa.gov/aging/resources/thesenseofwonder/index.htm>.

**Mike Murray**  
County Director

**Liz Dawley**  
4-H Program Representative

The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994: service in the uniformed services includes membership, application for membership, performance of service, application for service, or obligation for service in the uniformed services) in any of its programs or activities. University policy also prohibits reprisal or retaliation against any person in any of its program or activities for making a complaint of discrimination or sexual harassment or for using or participating in the investigation or resolution process of any such complaint. University policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Equal Opportunity Director, University of California, Agriculture and Natural Resources, 1111 Franklin St., 6<sup>th</sup> Floor, Oakland, CA 94607, (510) 987-0096.

To simplify information, trade names of products have been used. No endorsements of named products is intended, nor is criticism of similar products which are not mentioned.

# 2010 COLUSA COUNTY FAIR 4-H AWARDS

Would you like to sponsor awards for any of the following categories? Your \$14.00 sponsorship covers the cost of one award.

## **GOAT**

Outstanding Goat Exhibitor  
 4-H Novice Goat Showmanship  
 4-H Junior Goat Showmanship  
 4-H Inter. Goat Showmanship  
 4-H Novice Senior Goat Showmanship  
 4-H Senior Showmanship Goat  
 4-H Reserve Champion Market Goat  
 4-H Champion Market Goat  
 Novice Pygmy Goat Showmanship  
 Junior Pygmy Goat Showmanship  
 Intermediate Pygmy Goat Showmanship  
 Novice Senior Pygmy Goat Showman  
 Senior Pygmy Goat Showmanship  
 4-H Champion Doe  
 4-H Champion Wether

## **POULTRY**

4-H Champion Poultry Exhibitor  
 4-H Reserve Champion Poultry  
 4-H Novice Poultry Showmanship  
 4-H Junior Poultry Showmanship  
 4-H Inter. Poultry Showmanship  
 4-H Novice Senior Poultry Showmanship  
 4-H Senior Poultry Showmanship  
 4-H Champion Best Pen of 3 Birds  
 4-H Exotic Bird Best of Show

## **RABBIT**

4-H Novice Rabbit Showmanship  
 4-H Junior Rabbit Showmanship  
 4-H Intermediate Rabbit Showmanship

4-H Novice Senior Rabbit Showmanship  
 4-H Senior Rabbit Showmanship  
 4-H Rabbit Champion Meat Pen  
 4-H Rabbit Reserve Meat Pen  
 4-H Best of Show  
 4-H Reserve Champion Purebred  
 4-H Best Opposite Rabbit

## **DOGS**

4-H Novice Showmanship Dog  
 4-H Best Junior Showmanship Dog  
 4-H Best Senior Showmanship Dog  
 4-H Best Overall Dog Exhibitor  
 4-H Best Obedience Score, Age 9-11  
 4-H Best Obedience Score, Age 11-13  
 4-H Best Obedience Score, Age 14 & over  
 4-H Best High in Trial, Age 9-11  
 4-H Best High in Trial, Age 11-13  
 4-H Best High in Trial, Age 14 & over  
 4-H Best High in Trial

## **FOODS**

Best Beginning Foods 4-H Exhibitor  
 Best Intermediate Foods 4-H Exhibitor  
 Best Advanced Foods 4-H Exhibitor  
 Best Foods Preservation 4-H Exhibitor

## **OTHER LIVESTOCK**

Best Educational Displays – all animal species

## **OTHER PROJECTS**

Best 4-H Exhibitor

Best Miscellaneous 4-H Exhibitor  
 Best Table Setting 4-H Exhibitor  
 Best Adv. Table Setting 4-H Exhibitor  
 Best Beg. 4-H Exhibitor  
 Best Arts & Crafts 4-H Exhibitor  
 Best Beg. Arts & Crafts 4-H Exhibitor  
 Best Intermd. Arts & Crafts 4-H Exhibitor  
 Best Adv. Arts & Crafts 4-H Exhibitor  
 Best Ceramics 4-H Exhibitor  
 Best Floral Display 4-H Exhibitor  
 Best Needlework 4-H Exhibitor  
 Best Beginning Scrapbooking 4-H Exhibitor  
 Best Intermd. Scrapbooking 4-H Exhibitor  
 Best Advanced Scrapbooking 4-H Exhibitor  
 Best Beg. Horticulture 4-H Exhibitor  
 Best Intermd. Horticulture 4-H Exhibitor  
 Best Adv. Horticulture 4-H Exhibitor  
 Best Beg. Photography 4-H Exhibitor  
 Best Intermd. Photography 4-H Exhibitor  
 Best Advanced Photography 4-H Exhibitor  
 Best Fine Arts 4-H Exhibitor  
 Best Leathercraft 4-H Exhibitor  
 Best Small Engines 4-H Exhibitor  
 Best Intermediate Clothing 4-H Exhibitor  
 Best Advanced Clothing Exhibitor  
 Best Taxidermy 4-H Exhibitor  
 Best Quilting 4-H Exhibitor  
 Best Welding 4-H Exhibitor  
 Best Fly Tying 4-H Exhibitor  
 Best Wildlife 4-H Exhibitor  
 Best Beginning Home Furnishings  
 Best Electric 4-H Exhibitor  
 Best Cake Decorating 4-H Exhibitor  
 Best Quilting 4-H Exhibitor

(CUT HERE)

A line through award means the award has already been sponsored.

**Please return to 4-H Office by May 5th**

**ALL AWARDS ARE SPONSORED ON A FIRST COME-FIRST SERVE BASIS.**

Sponsor's name as you would like it to appear on the award: \_\_\_\_\_

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

Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

List your preference for sponsorship in order:

1st choice \_\_\_\_\_ 3rd choice \_\_\_\_\_

2nd choice \_\_\_\_\_ Use where needed (check here): \_\_\_\_\_

***Please make checks for each award sponsored payable to:***

**COLUSA COUNTY 4-H COUNCIL**  
**P. O. Box 180, Colusa, CA 95932**



UNIVERSITY of CALIFORNIA

## Agriculture & Natural Resources

COOPERATIVE EXTENSION • COLUSA COUNTY  
P. O. Box 180, 100 Sunrise Blvd., Suite E, Colusa, CA 95932  
Tel. (530) 458-0570 Fax (530) 458-4625



### 4-H SUMMER CAMP

WEDNESDAY, JUNE 17-21, 2010 Adult & Teen Staff

THURSDAY, JUNE 18 - 21, 2010 Campers

Camp Tehama, at Mineral

If you enjoy fresh air, outdoor activities, campfires, swimming, crafts, and hiking, then this 4-H Camp is for you!!!

4-H members and friends are invited, Kindergarten through 8<sup>th</sup> grade. This is the grade you will be entering in the fall. K-3rd graders **MUST** have an adult chaperone. Parents are invited to attend as adult staff and will need to enroll, be certified and fingerprinted as 4-H Volunteer Leaders. Friends not enrolled in 4-H will need to enroll. Adults attending camp **MUST** attend one of the three planning meetings. See your newsletter for additional information.

Cost is \$75.00 for campers & adult volunteer staff. If you are **not** a current 4-H youth member an additional \$12.00 for accident/illness, insurance, curriculum, and program support must be paid if you plan to attend.

## Application deadline: May 18, 2010

**Completed** application packets are accepted as of now and will be date stamped. A completed application packet consists of: Camp Application, Code of Conduct, Attachment-Medical Treatment form, Medical Release Form and registration fees. Incomplete application packets will be returned so be sure to complete both sides of forms. Applications are to be sent to the Colusa County Cooperative Extension Office at the above address.

Adults are needed! Each club with campers attending must also send adults as volunteer staff. We can't have camp without adult help. If we do not have the required amount of adult help by May 18, 2010 camp will be cancelled. The remaining camp meeting dates are: April 28, June 15, from 5:30 - 7:30pm in the CIP Conference Room.

As a confirmation, you will be mailed more detailed information on what to bring and what not to bring. There will be no refunds after May 18<sup>th</sup> unless you provide a replacement of the same sex and age. If you have questions, please call Liz Dawley, 4-H/Youth Development Program Representative 458-0579 or email [erdawley@ucdavis.edu](mailto:erdawley@ucdavis.edu)

Liz Dawley, Program Representative  
4-H/Youth Development  
Colusa County

Zip#5campapplication

# 4-H CAMP APPLICATION

(100 spaces available for campers and staff - first come, first served)

Camp Fees: \$75.00 per camper/adult/counselor

Completed applications with fees must be in the 4-H Office by: 5:00 p.m., May 18, 2010

NAME \_\_\_\_\_ CLUB \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

CITY/ZIP \_\_\_\_\_ AGE \_\_\_\_\_ GRADE \_\_\_\_\_

EMAIL \_\_\_\_\_

T-SHIRT SIZE: Youth SM Youth MED Youth LRG Youth XL/Adult SM  
(Please circle)

Adult MED Adult LRG Adult XL Adult XXL

NO. OF YEARS ATTENDING CAMP \_\_\_\_\_ BOY \_\_\_\_\_ GIRL \_\_\_\_\_ CHAPERONE \_\_\_\_\_

Ethnicity \_\_\_\_\_ First experience w/o parent? \_\_\_\_\_

Disability, special needs or diet? \_\_\_\_\_

We need one adult (same sex) chaperone for every eight or portion of campers from each club. University policy requires that ALL chaperones must:

- Be at least 21 years of age
- Obtain a fingerprint clearance
- Have completed the leader enrollment/orientation process
- Therefore, becoming a certified 4-H Leader



In addition, adult chaperones become volunteer staff at camp and MUST attend a minimum 2 of the 6 planning meetings.

I have read and understand the CODE OF CONDUCT.

Camper signature \_\_\_\_\_ Parent/Guardian signature \_\_\_\_\_

Camper: Please initial by each conduct showing you understand and will follow each rule while attending 4-H camp. The following list of conducts will not be tolerated include:

- \_\_\_\_\_ Disrespect for another person's property.
- \_\_\_\_\_ Disrespect for adults in camp.
- \_\_\_\_\_ Fire crackers or fire arms.
- \_\_\_\_\_ Leaving camp without permission.
- \_\_\_\_\_ Possession of liquor, drugs (other than prescription drugs), cigarettes.
- \_\_\_\_\_ Possession of matches.
- \_\_\_\_\_ Unauthorized boys in the girls area or girls in the boys area.
- \_\_\_\_\_ In the pond area at unauthorized times.
- \_\_\_\_\_ Hazing, pranks, threats, or harassment of other members ( including: shaving cream, toothpaste, hair gel, lipstick, duct tape or any other substance on another person or property, etc.)
- \_\_\_\_\_ Writing on walls or defacing the camp buildings or property.

## **CODE OF CONDUCT**

Campers, Adult Staff & Camp Teen Counselors  
University of California, Colusa County Cooperative Extension

\*I, (Please print) \_\_\_\_\_, have read and understand the Code of Conduct and agree to abide by its rules. I also understand that if I do not abide by these rules the consequences listed will be enforced.

Youth/Adult Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**All youth campers and teen counselors must include parent/guardian signature below:**

\*I, (Please print) \_\_\_\_\_, parent/guardian of the above named youth have read and have assisted my child in understanding the above rules, and requirements as a camp participant. We both understand the consequences that will follow if my child does not abide by the rules.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

-----

The following guidelines are designed to make your experience at 4-H Summer Camp satisfying to you and to all others attending. **The individual rights, safety and property of others must be respected.**

**1. Respect the rights and property of others.**

- Do not touch other camper's belongings.
- Disrespectful, abusive language will not be a part of camp (No profanity, racial slurs, or putdowns).
- Do not damage or deface camp facilities or property.
- Rudeness, lack of courtesy, and disrespect for authority will not be tolerated.
- Fighting and threatening physical about is not acceptable behavior.

**2. Be concerned for the safety of campers and staff.**

- No running in camp or at other activities unless during an organized activity.
- Must wear closed-toe shoes for camp activities. Sandals are not safe on uneven terrain.
- Sleeping areas shall be kept neat and free of litter.
- Throwing objects is not allowed unless it is a planned activity such as sports (throwing rocks will not be tolerated).
- No jumping or swinging on the beds or the cabins.
- Camper's, and teen counselors cannot leave the grounds without an adult and must have the Camp Director's or 4-H staff's permission.
- Swimming will be allowed only at scheduled times.
- All prescriptions and over the counter drugs must be given to the Camp Nurse upon arrival at camp.
- All meals and snacks are provided; **do not** bring extra food, candy, drinks or snacks. Food in the camps will attract insects, squirrels and other wildlife.
- Knives will be provided for fishing. Do not bring knives of any type, they will be confiscated.
- Youth who bring their own cars may be asked to turn in their keys to the Adult Camp Director or the 4-H Staff.

**3. 4-H camp is a fun experience and everyone is to participate in the planned activities.**

- When you hear the bell report immediately to the camp fire area.
- Be on time and ready to participate.
- If ill, report to the camp medical staff.
- Be a positive team member for your group and cabin.
- "Lights Out" means quiet and in bed.
- Everyone must check in/out with the Camp Director or 4-H Staff when leaving or coming into camp.

**4. The following items and activities are not allowed in camp (NO SECOND CHANCES). Campers, teen counselors and adult staff having or doing such will be sent home at the first infractions and at their own expense.**

- No alcoholic beverages, knives, firearms, fireworks, illegal drugs, matches, and tobacco are allowed.
- No gambling or betting with money, overly display of affection between anyone, fighting, threatening/physical abuse, stealing, tampering with emergency equipment, and being under the influence of drugs or alcohol are allowed at camp.
- Boys are not allowed in the girl's cabin area; Girls are not allowed in the boy's cabin area.

***CONSEQUENCES:***

The following steps will be followed if a camper, teen counselor or adult staff member does not abide by the rules.

**1<sup>st</sup> Infraction:** Discuss the inappropriate behavior with an adult staff member or teen counselor and clarify rules.

**2<sup>nd</sup> Infraction:** Camp Director or 4-H staff will discuss the inappropriate behavior and give a "time out" or appropriate consequence. Camper's appropriate attitude and/or behavior will be discussed.

**3<sup>rd</sup> Infraction or Any Behavior Listed in Rule #4:** Camp Director or 4-H staff will request parent to pick up camper or teen counselor to be taken home at their expense and Camp fee will not be refunded. Adult Staff members will be asked to leave camp immediately.

Additional consequences may be releasing the individual to the nearest law enforcement agency, assessing the cost of damages and repairs to the event of destruction of property, barring the individual from future 4-H activities, and/or termination of 4-H membership. Parents will be notified of any action taken.

**All youth including teen counselors are not covered by UC liability when driving, to or from 4-H Camp. There is no insurance coverage for anyone under the age of 18, driving themselves or anyone else. If your child is being driven by anyone under 18 to and from camp, a letter with your permission and acknowledgment of this statement must be on file at the 4-H Office before they are driven.**

**Return this (1) form, the (2) applications, (3) medical release form and the (4) attachment for medical treatment form (youth only) to the 4-H Office by the deadline date.**

**Revised 3/02**

**ATTACHMENT**

**MEDICAL TREATMENT FORM - MINOR  
UNIVERSITY OF CALIFORNIA 4-H YOUTH DEVELOPMENT PROGRAM**

Does the camp medical staff have parental permission to administer the following if it is medically necessary?

Yes	No	Aspirin (wrist or ankle sprain, swelling)
Yes	No	Acetaminophen - Tylenol (fever, pain)
Yes	No	Antihistamine (itching from insect bites, cold and allergy symptoms)
Yes	No	Throat lozenges (sore throat, hoarseness, coughing)
Yes	No	Antacid - Pepto Bismol (upset stomach, diarrhea)

---

Signature of parent/legal guardian

---

Date

**University of California Division of Agriculture and Natural Resources  
4-H Youth Development Program**

**Adult Medical Release Form**

This Medical Release Form is authorized for all 4-H Youth Development meetings and activities during the dates specified below:

First Name	Last Name	Club/Unit Name
County and State		_____ to _____ Dates (From / To)

While I am attending or traveling to or from this 4-H function, I HEREBY AUTHORIZE THE ADULT 4-H LEADER OR 4-H STAFF MEMBER, or in his/her absence or disability, any adult accompanying or assisting him/her, TO CONSENT TO THE FOLLOWING MEDICAL TREATMENT FOR ME SHOULD I BE UNABLE TO MAKE A DECISION:

Any x-ray examination, anesthetic, medical or surgical diagnosis or treatment, and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of any physician and/or surgeon licensed under the provisions of the Medical Practices Act, California Business and Professions Code Section 2000 et seq.; or any x-ray examination, anesthetic, dental or surgical diagnosis or treatment, and hospital care to be rendered by a dentist licensed under the provisions of the Dental Practices Act, California Business and Professions Code Section 1600 et seq.

This authorization is given pursuant to the provisions of Section 25.8 of the Civil Code of California. This authorization shall remain effective until I complete my activities in this program unless sooner revoked in writing. I understand that I will be responsible for the cost of any service or treatment provided not covered by the 4-H Accident/Sickness Insurance Program sponsored by UC Cooperative Extension.

**EMERGENCY CONTACT INFORMATION**

Name	Relationship to Adult Identified Above
(_____) _____	(_____) _____
Emergency Day Phone (with area code)	Emergency Night Phone (with area code)
Mailing Address	
City	State
Zip	

**AUTHORIZATION AND CONSENT AND RELEASE**

I hereby certify that I am in good health and can travel to and participate in all functions of the 4-H Youth Development Program as described above. I understand it is my responsibility to keep the information on this form updated (including Health History) by contacting the State 4-H Office.

Signature	Date
-----------	------

**NON-CONSENT**

I do not desire to sign this authorization and understand that this will prohibit me from receiving any non-life threatening medical attention in the event of illness or accident.

Signature	Date
-----------	------

University policy and the State of California Information Practices Act of 1977 require the following information be provided when collecting personal information from you: The information entered on this form is collected under authority of the Smith-Lever Act. Submission of the medical data is voluntary. However, a signature is required on one or the other of the two signature lines above. Failure to provide the medical information and authorization may result in our inability to provide necessary medical treatment. You have the right to review University records containing personal information about you, with certain exceptions as set forth in policy and statute. Copies of University policies pertaining to the collection, use, or release of personal data are available for your examination from the local UCCE County Director, 4-H Youth Development Advisor, 4-H Program Representative or the State 4-H Director of the California 4-H Youth Development Program, University of California, DANR Building, One Hopkins Road, Davis, CA 95616-8575, (530) 754-8518. Only your own records are open to your review.

Any known or foreseeable intergovernmental transfer that may be made of the information is as follows: None.

# University of California Division of Agriculture and Natural Resources

## 4-H Youth Development Program

### Health History Information

\_\_\_\_\_  
 First Name Last Name County \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
 Date of Birth

Subject to:	YES	No	Now Have or Have Had	Yes	No
Colds			Heart Trouble		
Sore Throat			Asthma		
Fainting Spells			Lung Trouble		
Bronchitis			Sinus Trouble		
Convulsions			Hernia (rupture)		
Cramps			Appendicitis		
Allergies			Has appendix been removed?		
Wear corrective lenses?			Do you walk in your sleep?		
Is hearing good?					

Date of last Tetanus Vaccination: \_\_\_\_\_

Please identify allergies including allergies to food, medications, and drug reactions:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Please list any disability accommodations you will need in order to participate in this program or activity.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Please list all current medications:

Name of Medication	Dosage	Times Taken

Please include any additional remarks and special instructions to better assist emergency service personnel.

Please explain "yes" answers on this page.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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4-H 1110 (Rev 9/2008)

**University of California Division of Agriculture and Natural Resources  
4-H Youth Development Program  
Youth Medical Release Form**

This Medical Release Form is authorized for all 4-H Youth Development meetings and activities during the dates specified below:

First Name	Last Name	Club/Unit Name
County and State		Dates (From / To) to _____

While my child is attending or traveling to or from this 4-H function, I HEREBY AUTHORIZE THE ADULT 4-H VOLUNTEER LEADER OR 4-H STAFF MEMBER, or in his/her absence or disability, any adult accompanying or assisting him/her, TO CONSENT TO THE FOLLOWING MEDICAL TREATMENT FOR SAID MINOR:

Any x-ray examination, anesthetic, medical or surgical diagnosis or treatment, and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of any physician and/or surgeon licensed under the provisions of the Medical Practices Act, California Business and Professions Code Section 2000 et seq.; or any x-ray examination, anesthetic, dental or surgical diagnosis or treatment, and hospital care to be rendered by a dentist licensed under the provisions of the Dental Practices Act, California Business and Professions Code Section 1600 et seq.

This authorization is given pursuant to the provisions of Section 25.8 of the Civil Code of California. This authorization shall remain effective until my child completes his/her activities in this program unless sooner revoked in writing. I understand that as a parent/guardian, I will be responsible for the cost of any service or treatment provided not covered by the 4-H Accident/Sickness Insurance Program sponsored by UC Cooperative Extension.

**EMERGENCY CONTACT INFORMATION**

Name	Relationship to Youth Identified Above
(_____) _____	(_____) _____
Emergency Day Phone (with area code)	Emergency Night Phone (with area code)
Mailing Address	
City	State
Zip	

**AUTHORIZATION AND CONSENT AND RELEASE**

I hereby certify that my child is in good health and can travel to and participate in all functions of the 4-H Youth Development Program as described above. I understand it is my responsibility to keep the information on this form updated (including Health History and parent/guardian status) by contacting the State 4-H Office.

Signature of Parent/Guardian	Date
------------------------------	------

**NON-CONSENT**

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

Signature of Parent/Guardian	Date
------------------------------	------

University policy and the State of California Information Practices Act of 1977 require the following information be provided when collecting personal information from you: The information entered on this form is collected under authority of the Smith-Lever Act. Submission of the medical data is voluntary. However, a signature is required on one or the other of the two signature lines above. Failure to provide the medical information and authorization may result in our inability to provide necessary medical treatment. You have the right to review University records containing personal information about you/your child, with certain exceptions as set forth in policy and statute. Copies of University policies pertaining to the collection, use, or release of personal data are available for your examination from the local UCCE County Director, 4-H Youth Development Advisor, 4-H Program Representative, or the State 4-H Director at the California 4-H Youth Development Program, University of California, DANR Building, One Hopkins Road, Davis, CA 95616-8575, (530) 754-8518. Only your own/your child's records are open to your review.

Any known or foreseeable intergovernmental transfer that may be made of the information is as follows: None.

# University of California Division of Agriculture and Natural Resources

## 4-H Youth Development Program

### Health History Information

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ County \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Subject to:	YES	No	Now Have or Have Had	Yes	No
Colds			Heart Trouble		
Sore Throat			Asthma		
Fainting Spells			Lung Trouble		
Bronchitis			Sinus Trouble		
Convulsions			Hernia (rupture)		
Cramps			Appendicitis		
Allergies			Has appendix been removed?		
Wear corrective lenses?			Do you walk in your sleep?		
Is hearing good?					

Date of last Tetanus Vaccination: \_\_\_\_\_

Please check over-the-counter medications that may be administered:

- ☐ Tylenol    ☐ Ibuprofen    ☐ Cough Syrup    ☐ Decongestant    ☐ Dramamine  
☐ Antacid    ☐ Polysporin    ☐ Hydrocortisone    ☐ Other: \_\_\_\_\_

Please identify allergies including allergies to food, medications, and drug reactions:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Please list any disability accommodations you will need in order to participate in this program or activity.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Please list all current medications:

Name of Medication	Dosage	Times Taken

Please include any additional remarks and special instructions to better assist emergency service personnel.

Please explain "yes" answers on this page.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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