

There are no club meetings in June and July. There will not be a July 4-H Newsletter. Have a fun and safe summer vacation!

CALENDAR:

JUNE 2010

- Due: Scholarship applications for W.H.Y. Conference 1
- 1 Meet & Greet Camp Staff, 6:00pm, Farm Bureau
- Glenn County 4-H Horse Show, 8am, Glenn County Fairgrounds in Orland 6
- 7 Market animals may arrive at Fair, 4:00pm
- Due: all 4-H livestock and still exhibits (stills at Atwood Hall, 12pm 6pm) 8
- 9-11 Judging: livestock and still exhibits
- 10-13 Colusa County Fair "Everyone's A Star" (2-8)
- Jr. Livestock Auction, 9:00am 4-H sellers bring salads, FFA brings desserts 12
- 12 Quality Assurance & Ethics Awareness Training, 9am - 1pm, CSU Chico Farm
- 13 Livestock released 10:00am, Awards Assembly noon, mandatory for all youth exhibitors
- 4-H still exhibits released, 7:30am 12pm, Atwood Hall 14
- 14 Due: Registration for SLC, UC Davis, "Operation 4-H"
- 15 Final Camp Staff Mtg, 5:30-7:30pm, CIP Conference Room (4)
- Adult/Teen staff meet at 4-H Office at 10:00am 17
- 18-21 4-H Camp "Super Heroes" at Camp Tehama, campers arrive 12pm 2pm (3,4,8)

JULY 2010

- Due: Home Ec Tour & Super Presenter apps to 4-H Office, record books to Key Leaders 1
- 14-1 State Fair
- Farm Bureau Dave Forry Memorial Gold Tournament, Colusa Golf Club 20
- 24 County Record Book Judging, 9:00am, CIP Conference Room
- Colusa 4-H Club Leadership mtg 6:00pm, Member Enrollment 7:00pm, St. Bernadette's 24 Hall
- State Leadership Conference, UC Davis, "Operation 4-H" 29-1
- 31-1 Rifle Discipline Workshop, Bakersfield

SUMMER 2010

- Key Leader dinner meeting, 6:00pm, CIP Conference Room Aug. 11
- Shooting Sports Leader Certification, Bakersfield Aug. 21-22
- Council Meeting, 6:30am, CIP Conference Room Sept. 15
- W.H.Y. Conference in Whiskeytown Sept.17-19

MURPHY & ORNBAUN – COLUSA COUNTY ALL STARS



Recently, Samantha Murphy and Alison Ornbaun were chosen our 2010-2011 Colusa County All Stars. The award is a working honor for the year and a full scholarship to the 4-H State Leadership Conference, July 29-August 1, at UC Davis.

Samantha transferred to the Arbuckle Club from Solano County 4-H and is in her 4th year as a member. She will be a junior at Pierce High School in the fall. In her 4-H career Samantha has been a county record book winner twice, county secretary awardee, earned her bronze, silver and gold stars and is a presentation gold medalist. Samantha is in charge of campfire program at 4-H camp and will be Youth Director for a day. "I want to be more involved in my county's 4-H and make other 4-H members want to be All Stars when they are old enough to be one," explains Samantha.

Alison Ornbaun is the daughter of Clarke and Mary Ornbaun of Arbuckle and is a 7 year member from the Arbuckle Club. She also will be a junior at Pierce High School.

Ali was elected to three offices in her club, is a county presentation gold medalist, state fashion review gold medalist and raised the Grand Champion and Reserve Champion Steers at the Colusa County Fair. "I've been waiting my entire time in 4-H to be an All Star," says Ali and now she is!

You'll see Samantha and Alison on the job at the Colusa County Fair helping 4-H with judging and award presentations. Be sure to say hello and congratulations to these fine ladies!

BROWN & MURPHY – MERIT AWARDEES

The 2010 Merit Award winners are Josh Brown and Caitlyn Murphy! This is a one time award recognizing leadership potential in high school members and comes with a full scholarship to the 4-H State Leadership Conference, July 29-August 1 at UC Davis.

Josh is the son of Jim and Dawn Brown of Maxwell and a 6 year member of Maxwell 4-H. Josh has 4 years experience as a Jr/Teen leader and has earned his Emerald and Platinum Stars. He will be a camp counselor for the second year this June and a sophomore at Maxwell High in the fall. He is a teen that is very bright, a great problem solver, kind, considerate with a great attitude and deserving of this honor.

Caitlyn Murphy is the daughter of Sean and Adrian Murphy and a 5 year member of Arbuckle 4-H. In her three years as a Jr. Leader she has led scrapbooking, sewing and beginning 4-H and has completed her Emerald Star. Caitlyn also is a camp counselor this year and in the fall will enter Pierce High School. As a Jr. Leader she has learned patience and improved her record keeping and public speaking skills.

CONGRATULATIONS TO OUR HIGH SCHOOL GRADUATING 4-HERS!

Anastasia Doyle – Arbuckle 4-H Cody Alvernaz – Williams 4-H Haley Leue' – Colusa 4-H Jake Driver – Arbuckle 4-H Jessica Bugni – Colusa 4-H Joan Cain – Arbuckle 4-H

COLUSA COUNTY 4-H CAMP

June 17-21, 2010 – Staff June 18-21, 2010 – Campers "Super Heroes – To Make the Tough Tougher" is right around the corner. A "Meet & Greet" is taking place at the Farm Bureau Office (530 Market St., Colusa) at 6:00pm on June 1st.

The final camp planning/training meeting is: June 15^{th} at 5:30 – 7:30pm in the CIP Conference Room.

STATE LEADERS FORUM

"Upgrade! S.E.T. Your System! Go!" November 5-7, 2010

Asilomar Conference Grounds, Pacific Grove Registration form is due on September 1st and can be found at: <u>http://ca4h.org/conference/slf/</u>. This year the Forum Committee decided it's time to change our mind S.E.T., focusing on sharing ideas about the various ways that the 4-H Youth Development Program educates its members in the S.E.T. initiative, facilitated by volunteers, and staff. S.E.T. can be integrated into any existing project and into county

events. There will be opportunities to listen to speakers, attend a wide selection of workshops, and enjoy entertainment. There will be additional activities to fit the needs and interest of every 4-H



Leader, Staff or Parent, including friendly competition at the Silent Auction.

KEY LEADER DINNER MEETING

New and returning Key Leaders will enjoy a home cooked meal and a boxful of resources and training to prepare for the 2010-11 program year on Wednesday, August 11, 2010, 6:00 p.m. in the CIP Conference Room. **RSVP by Monday, August 9th.**

2010 STATE LEADERSHIP CONFERENCE

The theme is "Operation 4-H" Date: July 29 - August 1, 2010 Place: UC Davis Age: (Delegates) High school (Chaperones) 21 or older Price: \$400 per participant **Registration due: June 14, 2010.** Forms at: http://www.ca4h.org/conference/slc/index.asp

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 6th 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. Scholarship form is



available at the Colusa 4-H Office and is due June $1^{\mbox{\scriptsize st}}.$

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

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 <u>spy4WHY@yahoo.com</u> or Mary Manfredi (530) 899-9319 or Laurinda Corron (530) 809-0348.

FAIR NEWS

Trash Can Contest – Cans are now available for pick up at the east end of the horse barn. The best trash can in each specie barn will be awarded \$25.

Fair Parade Entry – the award is \$50 to the best 4-H entry in the parade. We want all 4-Hers not involved in other groups' entries to promote 4-H and show others that 4-H is fun. Please wear a 4-H t-shirt or white shirt with 4-H tie/scarf and your hat. Jeans or shorts and comfortable walking shoes are recommended.

Educational Display – the award for the best educational display for each specie is \$25. The best overall will receive \$25 sponsored by Ray and Lois Lyons.

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.

HELP STAFF 4-H BOOTH AT CALIFORNIA STATE FAIR

Once again The California 4-H Foundation is recruiting 4-H members and leaders to help staff the 4-H booth at the California State Fair (July 14 - August 1). This is a great opportunity for 4-H members and volunteers to share with the public their 4-H experiences, as well as, the wide range of projects and leadership opportunities that are available to youth through participation in the California 4-H Youth Development Program. Small 4-H projects are welcome to accompany you (robots, rabbits, arts/crafts, service dogs, etc.) to give the public a "feel" for what types of projects are available. Examples of service projects also make for good stories to share with the public. Please feel free to bring photo albums or record books with you to show anyone who may be interested in learning even more about your 4-H project.

Parking passes and fair admission tickets will be provided to 4-H members and adults who sign up for a 2-hour shift. A maximum of 4 youth and 2 adults per shift will be allowed. Each shift must have two adults in the booth at all times.

To sign-up, please visit:

http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=4887

HOME EC TOUR

This year's Home Ec Tour will be the third or fourth week of July, tentatively. Winners and alternates will be notified early in July. Last year's winners are encouraged to send in suggested tour ideas.

STATE 4-H HORSE CLASSIC – CHAMPIONSHIP HORSE SHOW

June 25-27 at the Santa Cruz County fairgrounds in Watsonville. For more information and entry forms, go to <u>http://ca4h.org/projresource/horse/classic.asp</u> and scroll to the bottom section.

Entries are due June 1st. Post entries will be accepted if 3 or more classes are entered by June 1st and there is \$10 late fee per class.

It is important that you receive project leader's and 4-H staff's signatures on your entry form. Plan now! Their signatures verify that you are a member of a 4-H program and a horse project member at least 120 days prior to the opening day of the show (February 18, 2010), have a UC waiver on file, and in good standing to participate. In addition, 4-Hers must be 9 years of age and not yet 19 years of age as of January 1, 2010, to participate. Horses must be owned or leased by the 4-Her at least 120 days prior to opening day of the show (February 18, 2010). To participate, there are no requirements of placing in qualifying shows. It is recommended that 4-Her and horse have participated least in at one local/county/regional horse show during the year. If you have any questions, please contact George 530-527-3101 Jeanne at or jlgeorge@ucdavis.edu.

New in 2010:

*A Versatility Class will be held Friday evening for Western & English riders. Go to <u>http://ca4h.org/projresource/horse/Versatility%</u> <u>20Class%20Rules.pdf</u> for the rules. You may enter at ringside for \$5.00. Get a team together and practice!

*Gymkhana has added a walk trot division. Riders can enter Gymkhana or Gymkhana (walk/trot) but not both. Novice and Green Horse are only eligible for Gymkhana (walk/trot). All ages will compete together in Gymkhana (walk/trot).

*There will be Gymkhana "Cloverleaf Barrels" Warm Ups on Saturday evening. Two runs for \$5.00.

BUYER'S GIFT

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 half price and are sold for only \$5.00 each.

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 - 1:00pm

RSVP to the Butte County 4-H Office (530-538-

7201) by Thursday, June 10^{th} .

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

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

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 or telephone 661-868-6216.

CLUB AND PROJECT REPORTS

RAIN KEEPS ON FALLING ON 4-H'ERS!

Submitted by: Mary Marsh

The Arbuckle 4-H Club members sloshed in to the May meeting decked out in their rain boots and wrapped up the 4-H year by selecting our



new officers. The speeches were great! Shame we can't choose everyone. Leading the club in 2010/2011 will be President Madison Leighty, Vice President Ali Ornbaun, Recording Secretary Sarah Driver, Corresponding Secretary Riley Voorhees, Treasurer Molly Doherty, Reporter Cody Murphy and Historian Mary Marsh. Keeping us all in line will be our Sergeants-at-Arms Colt and Lauren Ornbaun, Carissa Cabral and Alex Marsh.

The group also said congratulations to our three members who are graduating seniors – Joan Cain, Anastasia Cristler and Jake Driver. We will miss these members who have played such an active role in leading our club and we wish them the best of luck!

4H Camp is earlier this year and looks like it will be as fun as ever with our Superhero theme and a great group of counselors. So, get your application in to the 4H office and join us at Camp Tehama!

IT'S A WRAP!

Submitted by: Maureen LaGrande We concluded our year by electing a strong group of officers who will be dedicated to keeping the Maxwell 4-H Club running smoothly and successfully.

Maxwell 2010-2011 Officers: President......Taylor Perry Vice President.....Wyatt Perry Secretary.....Nilah Pearson Treasurer....Devin Lee Reporter.....Maureen LaGrande Historian.....Audrey Pearson Sergeants-At-Arms....Theresa LaGrande Bailey Morrell Hailey Traynham

Thanks to last years' officers for their hard work and to each and every member for making our club GREAT! Don't forget to turn in your 4-H Record Book by June 18th. Enjoy the Colusa County Fair and your summer vacation!

OUTDOOR COOKING

Submitted by: James Swiggum

At our April meeting we canned asparagus, beans, cauliflower, and carrots. We learned about seasoning our canned goods, canning prep and sanitation practices. We ground up pork to make sausage that we seasoned and put in casings. We made an egg and potato dish to go with the sausage.

We had our final meeting for the year on May 23rd. We made beef jerky in the smoker, pork loin and veggies on the grill, and chocolate cherry cake in the dutch oven. Don explained the type of meat used for jerky, and how to prepare it. He also showed us how to prepare a pork loin for the bar-b-q. Seasoning is an important part of cooking tasty food. This has been a great project, I hope Don offers it again next year.



JULY BIRTHDAYS

• ZACHARY VAILLANCOURT • KASHOY BROWN • KATIE MOBLEY • NICKOLAS DENNY • NICHOLAS MORESCO • NICHOLAS HEIDRICK • HOLLEY HICKEL • JOSEPH HAMILTON • RILEY VOORHEES • JESSE SCHAEFER • WESTON LEIGHTY • CHEYENNA NEWMAN • JACOB KEELER • ETHAN RAKELA • BETHANY REGNANI • STEVE COOK • ANNELISE JARRETT • COURTNEY CARTER • ASHLEY ORNBAUN • JACOB AMSLER • JULIO QUIJANO • ALEC BAILEY • SHAYNE MYERS • LAINE LAGRANDE • SARAH GRAHAM • SHAELYN WALKER •

INFORMATION FROM THE STATE 4-H OFFICE:

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

- Nutrition Education Materials. The Food & Nutrition Service currently has a large supply of materials for Loving Your Family Feeding Their Future, Eat Smart. Live Strong., and Eat Smart. Play Hard. You can currently order materials for these campaigns at the SNAP Outreach and Nutrition Education Materials website: http://snap.ntis.gov/Default.aspx.
- In celebration of the new Karate Kid movie coming out June 11, the National Association for Sport and Physical Education (NASPE) and Sony Pictures Entertainment teamed up to create a FREE downloadable fitness program for youth programs. <u>Get Your G.A.M.E. (Get Active, Move and Exercise) On</u> provides lesson plans and materials that encourage kids ages 6-14 to be active for 60 minutes a day and ideas for afterschool fitness instructors working with kids ages 6-14.
- A **new cooking magazine for children called "ChopChop"** is being released! ChopChop is a quarterly food magazine and website for kids ages 5-12 and their families. ChopChop's vision is to reverse and prevent childhood obesity by educating and empowering youth. The magazine is filled with nutritious, great-tasting, ethnically diverse and inexpensive recipes, as well as interesting food facts, Q&A's and games. To subscribe, please visit their website at http://www.chopchopmag.com/index.html.
- 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.
- 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 UC Davis State 4-H Office 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 or 530-219-6608.
- The **4-H State Leadership Conference** brings together high school youth from across California in a four-day leadership training, networking, and learning experience. The conference provides advanced leadership training for high school 4-H members. The conference is an opportunity for 4-H members to network and share ideas with other 4-Hers from across the state. The conference focuses on providing high school youth with experiential education on leadership development, civic engagement, college admissions and other 4-H project areas.

This year the conference is being held at UC Davis **July 29th - August 1st, 2010**. Please contact your local 4-H county office to register for this amazing event! Please contact Quang "Hogan" Tong for more information at 530-752-5644 or via email at <u>gtong@ucdavis.edu</u> or your local State Ambassador.

- 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**.
- 4-H members involved in sheep projects may be interested to plan ahead and attend the 2011 National ASI Convention, planned for January 19-22, 2011 in Reno, NV. You may visit the American Sheep Industry site, <u>http://www.sheepusa.org/Future_Convention_Dates</u> for more information. Please note: There is currently no CA funding available to assistance with attendance.

- 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: <u>http://www.epa.gov/aging/resources/thesenseofwonder/index.htm</u>
- The third annual 4-H National Youth Science Day will be held on Wednesday, October 6, 2010. Created to combat a shortage of American young people pursuing science college majors and careers, 4-H National Youth Science Day seeks to spark an early youth interest and leadership in science. 4-H's year-round, out-of-school programming is developed by our nation's 109 Landgrant Universities and is implemented through the 3,100 local Cooperative Extension offices.
- The 2010 National Science Experiment, 4-H2O, will focus on water quality and climate change. Using a threetiered experiment model, the experiment engages youth of all ages to learn at the simplest level how carbon dioxide can affect aquatic animals, plants and other living organisms in lakes, streams, rivers and oceans. Facilitators will lead discussions to help youth better understand climate change. The experiment will help youth connect back to their lives by measuring their own carbon footprint, their family's footprint, and estimate energy savings by looking at gas and electric bills. For more information, visit https://www.4h.org/NYSD/2010experiment.php
- AGI invites you to take part in Earth Science Week 2010! Being held October 10-16, Earth Science Week 2010 will encourage people everywhere to explore the natural world and learn about the geosciences. "Exploring Energy," the theme of Earth Science Week 2010, will engage young people and the public in learning about Earth's energy resources. Visit <u>www.earthsciweek.org</u> <<u>http://www.earthsciweek.org</u>/> for activities to help youth learn the geoscience behind Earth's climate.
- 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 <u>http://extension.missouri.edu/hes/ConferenceDocs.htm</u>.
- 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.
- 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.
- 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.

Mike Murray County Director

Liz Dawley 4-H Program Representative

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