

#### **MONTHLY CLUB MEETINGS:**

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

## **CALENDAR:**

#### **DECEMBER 2010**

- 1 Maxwell Club Meeting, 6:30pm, Maxwell Elementary Multipurpose room
- 12 Stonyford Club Meeting, Town Hall
- 13 Arbuckle Club Meeting, 7:00pm, Arbuckle Elementary
- 13 Colusa Club Meeting, 7:00pm, St. Bernadette's Hall
- 13 Princeton Club Meeting, 6:30pm, Princeton HS Multipurpose room
- 21 No Williams Club Meeting in December
- 20-31 UC Cooperative Extension closed for the Holidays

#### **JANUARY 2011**

- 3 Colusa Club Meeting, 7:00pm, St. Bernadette's Hall
- 5 Maxwell Club Meeting, 6:30pm, Maxwell Elementary Multipurpose room
- 9 Stonyford Club Meeting, Town Hall
- 9 Sheep/Goat Field Day, Freed Ranch in Williams
- 10 Arbuckle Club Meeting, 7:00pm, Arbuckle Elementary
- 10 Princeton Club Meeting, 6:30pm, Princeton HS Multipurpose room
- 11 Livestock Committee meeting, 7:00 p.m., 44<sup>th</sup> D.A.A. board room
- 18 Williams Club Meeting, 6:30pm, Veteran's Hall
- 19 Craft Expo Committee Mtg, 5:30pm CIP
- 19 4H Council Mtg, 6:30pm, CIP
- 22 County Presentation Day, Pierce High School, Arbuckle, 9:00 a.m. check in



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# SAVE THE DATE:

••The Sheep/Goat field day will be held Sunday, January 9, 2011, 9:00 a.m. at the Freed Ranch in Williams. Cindy Freed and Ralph Minto are co-chairs.

••County Presentation Day, January 22, 2011 at Pierce High School in Arbuckle.

••Home Ec Review, Sunday, March 6, 2011 at Stonyford Town Hall, 9:00 a.m., Stonyford 4-H hosting, Ralph Minto, adult chair.

••Sectional Presentation Day, Saturday, March 19, 2011 at Willows Intermediate School, 9:00 a.m., Colusa County 4-H hosting, Adrian Murphy, adult chair.

••Countywide Livestock Skill-a-thon, Saturday, March 26, 2011. Andrea Thomas, Youth Chair, Emerald Star Project

# **COLUSA COUNTY 4-H LIVESTOCK DATES**

- Tuesday, January 11, 2011 Jr. Livestock Committee meeting, 7:00 p.m., 44<sup>th</sup> D.A.A. board room
- Sunday February 6, 2011- Beef weigh in
- Saturday, March 12, 2011 Glenn County Livestock Bowl
- March 30-April 2, 2011 Cow Palace
- Monday, April 11, 2011 Sheep/Goat/Swine weigh in
- Sunday, April 17, 2011 Colusa County 4-H Horse Show, 44<sup>th</sup> D.A.A. Fairgrounds
- Monday, May 9, 2011–Rabbits/Chickens weigh in
- June 9-12, 2011 Colusa County Fair "Blue Jeans and Country Dreams"

### **CRAFT EXPO COMMITTEE MEETING**

Wednesday, January 19, 2011, 5:30pm, CIP Conference room. Committee members submitting new craft ideas need to bring an example, list of supplies, selling price. Also on the agenda will be evaluating this years' event and planning for next year's. New committee members are invited to this short meeting.

# **4-H COUNTY PRESENTATION DAY**

Start thinking and planning NOW about giving a presentation for 4-H Presentation Day in January. First, find a subject in which you are verv interested or your main project (see article below on "Special Recognition...", prepare your poster, write your talk, practice once or twice, then put it away until after the holidays. Bring it out after New Year's for a lot of practice and you'll be ready for County Presentation Day, January 22, 2010 at Pierce High School, Arbuckle. If you need information on giving presentations download the State 4-H Presentation Manual from http://ca4h.org/leadership/spd/index.asp. Also the 4-H Office has helpful printed information as well.

*NOTE:* Gold medal winners at county proceed to Sectional then State. Consider injury prevention as your topic. Give your presentation to five different audiences, including County Presentation Day and win a Super Presenter award.

# **SPECIAL RECOGNITION AT THE 2011 STATE 4-H PRESENTATION DAY** -

#### May 28, 2011

A special recognition pin will be awarded for youth who participate in State Presentation Day and focus their presentations on healthy living. This year's healthy living focus is on injury prevention. Potential topics include bullying, bicycle safety, animal and livestock safetv. protective equipment (seatbelts. helmets), athletic training (stretching, warming up), hunting equipment, ATV safety, teen drivers, water-related injuries, dating violence, fire safety and more. For details, visit www.ca4h.org/Programs/Events/SFD/PD/Reco gnition\_Opportunities or see full page sheet at the end of this newsletter.

### CITIZENSHIP CALIFORNIA/WASHINGTON FOCUS WEBSITE

The new CWF website has been launched! Check it out at <u>www.4hcwf.org</u> and let us know what you think!

Information about CWF 2011 has been updated and we've added a few new media elements. Go to the <u>Experience CWF tab</u> to view our newest CWF video. Use this video to recruit young people, to excite parents and chaperones about the CWF opportunity, and/or to reach out to local businesses to help sponsor your group's trip.

Remember, <u>registration</u> for CWF 2011 is due no later than January 14, 2011. We look forward to seeing you and your young people this summer!

## **IMPORTANT: GIVING OF GIFTS**

Reinterpretation of policy regarding the giving of gifts to individuals and groups and fundraising for charities by 4-H units has led to two new guidelines and a new <u>FAQ</u> attached to Chapter 9 of the State 4-H Policy Handbook. The pertinent section is XVIII.

The new language added to the section for clarification is:

The giving of gifts to individuals, businesses and organizations and the raising of funds for recognized charities may be permitted by the county director under certain circumstances when such activities further the programmatic mission of the 4-H YDP.

These guidelines reflect the tradition of generosity and community engagement that has been important in 4-H and the programmatic purposes of encouraging those practices in young people. They also provide a level of oversight to ensure that 4-H funds are used appropriately and follow sound management practices.

#### Some of the major impacts include:

1. Non-cash gifts such as tangible personal property (mugs, t-shirts, etc.), nonnegotiable gift certificates and mementos may be presented to individuals and/or businesses for the purposes of recognition, appreciation or sympathy. Specific limits and procedures are outlined in <u>Guidelines for Giving Gifts by 4-H Units.</u>

2. Individuals or organizations eligible to receive gifts include donors or potential donors, volunteers, clientele, members of the local community, and elected or appointed officials. Individuals who serve as judges for 4-H events may receive non-cash gifts, including nonnegotiable gift certificates. See the guidelines for limitations.

3. Expenses related to the purchase of gifts must be documented and approved by the 4-H unit making the gift via an adopted and approved budget or other specific action on the part of the unit to approve the gift. Such actions may be rescinded by the UCCE County Director if deemed inappropriate.

4. Fund raising may be conducted by 4-H units on behalf of recognized non-profit or tax-exempt charitable organizations that are not religious or political in nature or purpose under some circumstances with the approval of the UCCE County Director. See <u>Guidelines for</u> <u>Fundraising for and Donations to Recognized Charitable</u> <u>Organizations by 4-H Units.</u>

5. Cash donations may be made by check from 4-H unit accounts to recognized charities in accordance with the guidelines in #4 above.

6. Fund raising and donations to individuals and families are not allowed.

7. All gifts, fund raising and donations must be welldocumented in the financial records of the unit.

8. See <u>Gifts to and Fundraising for Individuals and</u> <u>Organizations by 4-H Units Frequently Asked Questions</u>.

For nearly a hundred years the 4-H Youth Development Program (4-H YDP) has capitalized on the powerful influence of caring adults in the lives of children and youth. Central to the success of 4-H are the talented and dedicated adult volunteers, who are the heart of the 4-H program, providing valuable programmatic leadership and build caring and nurturing relationships with 4-H members. Research over the past three decades continues to show that caring adults can be a protective factor in high risk situations and provide safe environments for youth to develop independence and confidence. Resilient youth who thrive despite obstacles, typically have one or more caring adults who are active and present in their lives, coaching their perseverance.

## **COLUSA SWINE GROUP**

Submitted by: Branden Woodring, Jr Leader

The Colusa Swine Group had their first meeting on Monday, October 18th. We have many new members so we introduced ourselves and said how many years we have been in the swine group. Our leaders, Shannon Laux and Heather Hamilton, had a paper with all of our dates for meetings, mandatory events, educational events and fundraisers. With the money we raise, we will buy pen dividers for the fair, uniform buyers' gifts and other needs of our group. Time was spent on the rules and we all signed contracts along with our parent(s). It was a very informative meeting. Our next meeting will be on November 22nd at 5:30 p.m. in the Colusa Industrial Properties (CIP) conference room.

## **COLUSA QUILTING GROUP**

Submitted by: Cheyenne Laux

On October 16th, the quilting group had a quilting meeting. We sewed two pieces out of four for a wall hanging using a piece of paper with all of the lines we needed to sew on it, then sewed on those lines. One of the pieces was a cat and the other was a pumpkin(the wall hanging is Halloween/Fall themed). Everytime we made a mistake, we stitch ripped it, which eventually we got good at. We also went over how much seam resistance to put on a certain object. After each line sewn, we had to press it down with an iron, then remove excess fabric off of the line. We had a great deal of fun and learned a lot from this meeting!

## **STONYFORD DOG TRAINING**

Submitted by: Tarra Edwards, Jr Leader



At our 1<sup>st</sup> dog training meeting on Oct. 24<sup>th</sup> we taught our dogs how to sit, heal and we worked them doing the figure 8 using the clicker training.

## **MAXWELL CLUB REPORT**

Submitted by: Maureen LaGrande

Is that angel voices I hear or just the Maxwell 4-H Club members getting ready for their fun niaht Christmas caroling? of On November 3rd, at our club meeting it was announced that we will go caroling and have a cookie exchange on Friday, December 17th, at 4:30pm. We hope to entertain and bring joy to the people of Maxwell. Christmas wreath orders were turned in and chairmen were selected for the canned food drive, coat drive, tots community and tovs for service committees. Members were reminded to do presentations on a subject relating to their projects. Please remember to bring your donations to the December 1st meeting.

# **STONYFORD COOKING CLASS**

Submitted by: Tarra Edwards

The Stonyford 4-H Cooking class on Nov. 11th learned to make appetizers. We made fruit

kabobs and meatballs. They were very yummy! They're great appetizers for holiday parties.



# **STONYFORD SCRAPBOOKING CLASS**

Submitted by: Tarra Edwards, Jr Leader



At our 1<sup>st</sup> Scrapbooking meeting on Oct. 11<sup>th</sup> we learned the basic steps of building a page and get opinions from other people.

# **STONYFORD SCRAPBOOKING CLASS**

Submitted by: Tarra Edwards, Jr Leader

The Stonyford 4-H Scrapbooking class on Nov. 11th we learned to create a theme page. Some of us did Halloween themes and others did family themes. We worked outside in the wonderful sunshine. It was a pretty day and we had lots of fun with our themes and being creative.

## **STONYFORD CAKE DECORATING PROJECT**

Submitted by: Tarra Edwards, Jr Leader





At our Sept.28<sup>th</sup> 4-H cake decorating meeting we learned how to level our cakes, frost them without crumbs and make borders on them. On Oct. 5<sup>th</sup> we decorated snickerdoodles cookies and made clowns on them. On Oct. 12<sup>th</sup> we learned to make homemade molded & dipped candy. We made 4 different kinds .On Oct. 19<sup>th</sup> we learned how to use fondant, rolled it, made drop flowers with it and decorated brownies with it. On Oct. 26<sup>th</sup> we made theme cakes of a Halloween cat and a flag. On Nov.2<sup>nd</sup> we learned to make roses and assemble wedding cakes. On Nov. 9<sup>th</sup> each one of us made a theme cake of our own choice. Mine was a panther paw. It is my school mascot.

We will also be having 1 last class close to fair time to do our fair cakes.

### **MAXWELL FOOTBALL FIELD CLEAN UP**

Submitted by: Nilah Pearson

The Football Field Clean Up committee is cochaired by Kendall Wilson and Nilah Pearson. Their committee of Natalie and Nick Wilson helped them clean up the place and made a total of \$2.40 in recycling. They enjoy helping and hope to help out with other community service activities.

### **MAXWELL RABBIT PROJECT**

Submitted by: Mallory Mathis

The Rabbit Project group visited Millie's home and she showed and shared facts about her rabbit. Proficiencies were covered and goals for the year set.

### **MAXWELL WINDOW DISPLAY**

Submitted by: Hannah Azevedo

National Window Display committee chair Hannah Azevedo and her committee of Bailey Morrell, Audrey and Nilah Pearson, Hailey Traynham, Paityn Manor, Gina Jenkins and Tiffany Jenkins decorate the Cy Hawkins Insurance window. Using animals to represent 4-H watching t.v., playing games and junk food they were placed like they were having a race. 4-H Takes the Lead over these other things. The committee signed their names to the window and won a gold ribbon!

### **MAXWELL TRASH PICK UP**

Submitted by: Hannah Azevedo

The Trash Pick up committee chair Hannah Azevedo likes making Maxwell trash free and helping the environment by picking up recyclables. The recyclables are donated to the basketball team. The committee has fun doing this and consists of Hollie Azevedo, Payton Manor, Nilah and Audrey Pearson, Tiffany and Gina Jenkins, Taylor and Wyatt Perry, McKensie Carvahlo, Kendall Wilson, Alyssa Rios, Madison Miller, and Mallory Mathis.

### **MAXWELL BEADING PROJECT**

Submitted by: Audry Pearson

The Beading Project group meets at Annie LaGrande's home to work on necklaces, bracelets and some complete a set with matching earrings. They are looking forward to making more jewelry and entering it in the fair.

#### **MAXWELL HORSE GROUP**

Submitted by: Nilah Pearson

The Horse project group had a horse play day at Jayme Traynham's home. Skills covered were loping, speed barrels, and follow the leader through poles. Complete the day was a short horseback ride and a swim in the pool.

# **COLUSA COUNTY 4-H THRIVES!**

Every county in the state is in the process of appointing, highly motivated teams of adult volunteers, older youth, and staff who will attend regional trainings this spring on the 4-H Thriving framework. Each team is committed to extending the training to their county 4-H volunteers to enhance their work in assuring our 4-H members ignite their spark, flex their brains and reach their goals...Growing Youth Who Thrive!

We are proud to announce some of the members of the Colusa County 4-H Thrive Team: from Arbuckle 4-H, adults Adrian Murphy and Serena Carlsen, teens Samantha and Caitlyn Murphy join 4-H Staff Liz Dawley. They invite any adult volunteer and teen interested in joining them on the team to be trained to enhance our work in Colusa County.

Watch for more ways to get involved!

#### **INFORMATION FROM THE STATE 4-H OFFICE:**

Additional information located at this website: http://www.ca4h.org/News/

#### Fruit and Vegetable Consumption on the Rise in Young Children

The Produce for Better Health Foundation released new data last month showing children under the age of 12 have been eating more fruits and vegetables since 2004. Teen consumption of fruit and vegetables has declined, however, with a 6 percent decrease in vegetable consumption and a 2 percent decrease in fruit consumption since 2004. Even with positive findings, youth have a long way to go to get consumption up to recommended levels.

For details about the research, visit www.pbhfoundation.org/pbh direct new/sep17 2010/KidsSlides.pdf.

#### 2011 4-H SET Workshops

February 5, 2011 from 9m-4pm, registration due January 24. Free! http://www.ca4h.org/Projects/SET/Initiative/Workshops/

Counties are invited to send a team of 4-H teen leaders, 4-H volunteers, 4-H staff, and afterschool partners to the 2011 4-H SET Winter Workshops. This professional volunteer development opportunity will help prepare 4-H volunteers, teens and staff to incorporate science, engineering, and technology into 4-H projects and activities in a hands-on, experiential manner. These workshops will assist in increasing the knowledge, skills, competencies, and confidence levels of adult volunteers, teens and staff to provide engaging 4-H SET learning experiences.

The 2011 Western Regional Leaders' Forum, "Cruise to 4-H Excellence!", is planned for May 7-14, 2011, and will be held aboard a cruise ship and will be visiting Alaskan and Canadian ports as attendees participate and learn at the many workshops being offered. You can visit: http://4h.wsu.edu/conferences/2011wrlf/index.html for more information and registration details.

**Do Something Youth Grants** U.S. and Canadian citizens 25 or under are eligible to apply for \$500 Plum Youth Grants. These grants are designed to further the growth and success of a recently created community action project or organization. Applications are accepted on a rolling basis and grants are awarded weekly. For more information and to apply click http://www.dosomething.org/grants/general/apply

California's 4-H International Exchange Program will host students from Costa Rica, Japan, and Norway as well as send delegates outbound to Australia. Norway is a new opportunity for California 4-H. The hosting programs are all about sharing your summer time lifestyle with a teen from another culture. Come and be part of the excitement of learning about another culture and developing a friend in another country. Would you like to talk with someone who has hosted with the program in the past? Contact Pat English at pnenglish@ucdavis.edu. Or check the web site for information at: http://www.ca4h.org/Projects/Citizenship/International/.

Fashion ¢ents, the 2011 Challenge category will be the \$15 Challenge. Members are challenged to coordinate and purchase an entire outfit for \$15 or less, not counting shoes. Additional categories for 2011 will be Traditional, Consumer Science-Purchased, Recycled, and Wearable Art-Embellished. In CS-Purchased, the limit has been reduced to \$100 for everything showing. The Recycled rules have been rewritten to differentiate between recycling an old garment into a new one and alterations. In WA-Embellished, the rules clarify that the original garment must be purchased. The SFR committee welcomes your participation in planning and presenting this state event. To join the committee, contact Karli

Draxler, Youth Chair, at <u>chat2kd@unwiredbb.com</u>. For event information, the Challenge flyer, and 2010 photos, see the SFR website at <u>http://www.ca4h.org/Programs/Events/SFR/</u>. The committee is looking for historic photos and stories about 4-H Dress Revue and SFR when it was part of State Leadership Conference. If you have any to share, please contact Sue Moore at <u>samoore@ucdavis.edu</u>.

Tools of the Trade II Inspiring Young Minds to be SET Ready for Life! is a 4-H guidebook to assist afterschool programmers with the incorporation of science, engineering, and technology into their activities. Adults and teenagers working with youth can use this resource to incorporate hands-on, inquiry-based activities to engage youth in SET learning. Outcome data showed statistically significant improvement in participant's understanding and confidence in applying inquiry and experiential learning. For more information on the different tools available in this book or to order a copy of your Tools of the Trade II guidebook, please go to <a href="http://www.ca4h.org/Projects/SET/Initiative/ToTII/">http://www.ca4h.org/Projects/SET/Initiative/ToTII/</a>.

NASA is sponsoring Basics of Rocketry Workshops throughout the country to promote rocketry as a means of engaging youth in science, engineering, technology, and mathematics. These hands-on workshops introduce educators to the basic concepts of rocketry, prepare them to teach these topics to their students, and assist them in building their own rocket! For additional information, contact Dr. Wendy Holforty at Wendy.L.Holforty@nasa.gov or visit http://www.nasa.gov/audience/foreducators/teachingfromspace/educators/rocketry-workshops.html.

The Real World Design Challenge (RWDC) is an annual competition that provides high school students, grades 9 – 12, the opportunity to work on real world engineering challenges in a team environment. Each year, student teams will be asked to address a challenge that confronts our nation's leading industries. Students will utilize professional engineering software to develop their solutions and will also generate presentations that convincingly demonstrate the value of their solutions. More information is available at <a href="http://www.realworlddesignchallenge.org/index.html">http://www.realworlddesignchallenge.org/index.html</a>



#### Mike Murray County Director

#### Liz Dawley 4-H Program Representative

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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.

#### Special Recognition Opportunities at the 2011 State 4-H Presentation Day May 28, 2011 - UC Davis

In 2011, California 4-H will offer a thematic recognition pin for youth who participate in State Presentation Day and focus their presentations on one of the following areas: Science, Engineering and Technology, Healthy Living, and Military Youth. Participants may only choose **one** focus area for their presentation, and the area must be the **primary** topic of the presentation.



#### Focus areas:

- Science, Engineering and Technology (SET): All youth can be scientists! 4-H engages youth in learning about the natural world by using science skills, such as observing, questioning, comparing, relating, inferring, designing and building. This year's focus is on the natural properties and the human interactions with water. Presentation topics may focus on the science of water (chemical, physical, biological), water on the earth (watersheds, water cycle, bodies of water), human history of water (water use around the world, transportation, culture, philosophy), the human impacts on water quality and quantity (conservation, pollution), or more. For additional information about 4-H SET, visit www.ca4h.org/Projects/SET.
- Military Youth: "Speak Out for Military Kids" is a special project between the U.S. military and 4-H. Military and non-military youth are encouraged to create presentations that generate community awareness of issues faced by military youth when a parent is in the deployment cycle. For more information about the 4-H Military Partnership, visit www.ca4h.org/Programs/MilitaryPartnership.
- Healthy Living: 4-H provides youth with opportunities that will increase the knowledge, skills and adoption of healthy habits. This year's focus area is injury prevention. Potential topics may include bullying, bicycling safety, animal and livestock safety, protective equipment (seatbelts, helmets), athletic training (stretching, warming up), hunting equipment, ATV safety, teen drivers, water-related injuries, dating violence, fire safety and more. For additional information about 4-H Healthy Living, visit www.ca4h.org/Projects/HealthyLiving.

#### Eligibility and registration:

- All regular 4-H members are eligible.
- All presentation formats are eligible; except impromptu speaking and problem solving categories. View the 4-H Presentation Manual for more information.
- Participants may only choose one focus area for their presentation, and the area must be the primary topic of the presentation.
- Only members who receive a gold seal at a sectional event and compete at the State 4-H Presentation Day are eligible for special recognition.
- Members may give only one presentation at the State 4-H Presentation Day, in addition to one "Share the Fun" entry.
- 4-H members must select a focus area when submitting the State Presentation Day registration to be eligible for special recognition.

#### **Resources:**

For more information about focus areas, please contact:

SET (Water): Steven Worker at *smworker@ucdavis.edu* or (530) 754-8519 Healthy Living (Injury Prevention): Mandi Bottoms at *mlbottoms@ucdavis.edu* or (530) 752-4359 Military Youth ("Speak Out for Military Kids"): Russ Hill at *rdhill@ucdavis.edu* or (530) 752-8585

For more ideas, tips and resources for each focus area, visit www.ca4h.org/Programs/Events/SFD/PD.

To view the 4-H Presentation Manual or access general information about the 2011 State 4-H Presentation Day, visit *www.ca4h.org/Projects/Leadership/PublicSpeaking* or call the State 4-H Field Day Hotline at (530) 752-4790.