

Making a Difference for California

DECEMBER, 2011

## **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 – See article for monthly dates, Town Hall Williams 4-H –  $3^{rd}$  Tuesday, 6:30pm, Williams Elementary Multipurpose Room 4-H Council –  $3^{rd}$  Wednesday of every other month, 6:30pm, CIP room (begins Sept)

CALENDAR:

### DECEMBER 2011

- 2 Due: Financial Aid application to Citizenship Focus
- 3-4 Rifle Training, 8:00am 6:00pm, Tulare
- 4 Stonyford Club Meeting, 4:00pm, Town Hall
- 5 Scholarship Workshop, 6:30-8:00pm, CIP Conference Room
- 7 Maxwell Club Meeting, 6:30pm, Maxwell Elementary
- 12 Arbuckle Club Meeting, 7:00pm, Arbuckle Elementary
- 12 Colusa Club Meeting, 7:00pm, St. Bernadette's Hall
- 12 Princeton Club Meeting, 6:30pm, Princeton High School
- 15 Due: Western Regional Leaders' Forum Registration
- 16 RSVP for Thrive training
- 17 Deadline: donations for the Warm Coat Drive (see article)
- 20 No Williams Club Meeting in December
- 23-2 Christmas & New Year's Holiday Cooperative Extension closed

### **JANUARY 2012**

- 1 Cooperative Extension Office reopens after the Holidays
- 7 Thrive training, CIP Conference Room, 10-2:00
- 14 Colusa County Presentation Day, Williams Middle School, 9:00 a.m.
- 16 Martin Luther King Jr. Holiday Cooperative Extension closed
- 16 Due: Online Registration for Citizenship Focus
- 28 Chico State University Swine Day, 8:00am, Chico State University Farm Pavilion

### FOR STATE CALENDAR OF ACTIVITIES GO TO: http://www.ca4h.org/News/Calendar/

## **PLEASE NOTE:**

- To make project enrollment changes to your 4hOline profile (for both members and leaders) you must go through your club's key leader. They will forward that information to the project leaders and then to the 4-H Office. This will make all project leaders aware of any additions/subtractions to their project groups.
- New curriculum resource available in lending library <u>American Standard of Perfection</u> <u>2010 – Poultry</u>.

## SAVE THE DATE:

- Presentation Day Saturday, January 14, 2012 at Williams Middle School, 9:00 a.m.
- Home Ec Review Sunday, March 4, 2012 at Arbuckle Elementary School, 9:00 a.m.

## **THRIVE TRAINING**

### Submitted by: Cody Murphy

On January 7th from 10:00-2:00 4-H will be kicking off the Thrive Program in Colusa County. This training is open to all club officers, Key Leaders and leadership project members and leaders. It will be a one day leadership workshop to start up the new leadership curriculum and online record book. Lunch will be provided and Colusa County 4-H Leaders Council is sponsoring the event. This will be a fun filled day led by the Thrive team of Adrian, Samantha, Caitlyn and Cody Murphy, Serena Carlsen and County All Star Josh Brown. A lot of activities are planned so we hope you can attend this great training. Please call the 4-H office today to RSVP and save your spot. RSVP no later than Friday, December 16, 2011.

## **POULTRY PLAY/FIELD DAY**

My name is Cody Murphy and I am from the Arbuckle 4-H Club. This year for my Emerald Star Project I am going to do a Poultry Play Day at the countywide Poultry Field Day. This will be a handson event you can come to and bring your chicken. We will have chicken obstacle courses, educational workshops as well as judging and knowledge quizzes. This event will take place at the Colusa County Fairgrounds on February 25th from 9:00-2:00. Lunch will be available for a small cost. This event will take place as the annual Poultry Field Day and include all of those activities plus much more. Look for entry forms to come in next month's newsletter.

## **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 very 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 14, 2012 at Williams Middle School, Williams, 9:00.** If you need information on giving presentations download the State 4-H Presentation Manual from <a href="http://ca4h.org/leadership/spd/index.asp">http://ca4h.org/leadership/spd/index.asp</a>. Also the 4-H Office has helpful printed information as well.

*NOTE:* Gold medal winners at county proceed to Sectional then State. Consider S.E.T., Healthy Living or Citizenship as your topic. Give your presentation to five different audiences, including County Presentation Day and win a Super Presenter award.

## SPECIAL RECOGNITION AT THE 2012 STATE 4-H PRESENTATION DAY -

California 4-H offers a thematic recognition pin for youth who participate at State 4-H Presentation Day and focus their presentations on one of the following areas:

- Science, Engineering and Technology (SET): Renewable Energy
- Citizenship: Military Youth: "Speak Out for Military Kids"
- Healthy Living: Healthy Foods

Participants may only choose ONE focus area for their presentation, and the area must be the PRIMARY topic of the presentation. Youth must first qualify through county and sectional events in order to present at the State 4-H Presentation Day. For details, visit

<u>www.ca4h.org/Programs/Events/SFD/PD/Recognition\_Opportunities</u> or see full page sheet at the end of this newsletter.

## WARM COAT DRIVE

Submitted by: Garrett & Joseph Hamilton

We are collecting new and gently used coats to benefit Impact of Colusa County. If you would to make a donation, please contact Garrett or Joseph at 458-4749, or drop your donations off before December 17<sup>th</sup> at 93 Walnut Tree Drive, Colusa. Thank you for your generosity!

## **4-H SHOOTING SPORTS CERTIFICATION RIFLE TRAININGS SCHEDULED**

4-H Shooting Sports Course Rifle Discipline, Tulare

Saturday, December 3, 2011 – 8:00 A.M. – 6:00 P.M. Sunday, December 4, 2011 – 8:00 A.M. – 4:00 P.M.

A 4-H shooting sports workshop for the rifle discipline will be held at Rankin Field Range, 20000 Road 140 in Tulare. Participants **must attend both days** of training to receive certification. Upon successful completion of the course, the participant will be certified as rifle trainer and to lead a rifle project. There is no cost for the course. Bring your own beverages and lunch each day. To register for the course and receive more information contact Leah Harrelson at 559-684-3322.

For information about the facility and a map, please visit the range website at: <u>http://www.tcdsa.org/documents/rankin\_field.htm</u>

**ATTENTION LIVESTOCK LEADERS/TEEN LEADERS** 

Anyone interested in chairing a specie specific or multi-specie field day for beef, sheep, swine, goat or rabbit, please contact the 4-H office. Unless a chairperson comes forward, these events will be dropped this year.

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## **HOME EC REVIEW**

Sunday, March 4, 2012 at 9:00am Arbuckle Elementary School

\*New this year: Members may enter a table setting and a stand-alone entry in the same project. Remember members must be enrolled in the project to exhibit in the category. Information and registration packets will be available at the January Council meeting for all nonlivestock project leaders.

## **COUNTYWIDE PROJECT - PRESERVATION & CURING FOODS**

Don Litchfield/Carolee Ornbaun are offering countywide Preservation and Curing Foods project (smoked sausage, etc.), 20 members max, first come first served. You must call 4-H Office to add to project list.

## **QUILTING OFFERED AS COUNTYWIDE PROJECT**

Toni Pearson of Maxwell is opening up her quilting project to members from other clubs in Colusa County. She will take up to six 1<sup>st</sup> year quilting members or a few more with additional experience. If you are interested, please contact her at 864-4263. Be sure to add the project at 4honline.



## **NEW BOOK PUBLICATION**

Announcing the online publication Advances in Youth Development: Research and Evaluation from the University of California Cooperative Extension (2001-2010). This is an edited compilation of articles featuring the outcomes of research and program evaluation in the past decade in California 4-H. The topics represented in this volume include health and healthy living, citizenship, leadership, life skills, and science education, and volunteer and staff development. You can download the whole book or individual chapters from the following link: (http://www.ca4h.org/Research/CYD/Publications/)

## NORTH SECTION 4-H YOUTH COUNCIL TECH TEAM

Applications are now available for the newly formed 4-H North Section Youth Council Tech Team.

The 4-H North Section Tech Team is one of the new projects and service opportunities being offered by the University of California 4-H Youth Development Program North Section Council. We are looking for intermediate and senior 4-H members who are interested in the areas of technology and community service, and would like to serve the 4-H Youth Development Program in roles that promote learning and leadership through education and service. There is no deadline to apply.

There will be quarterly project meetings for members and interested parties who would like to apply to become a member of the North Section Tech Team at each of the North Section Council meetings. Team members will be selected by application review and notified of their opportunity for membership Interviews; to be held at a regular North Section Council meeting.

Applicants will be notified of their acceptance following a review of their application and interview.

This project is open to any future applicants on an ongoing basis. Please contact Mathew T. Portillo PhD at <a href="mtportillo@ucdavis.edu">mtportillo@ucdavis.edu</a> or John H. McIntosh at <a href="mtip:mcintosh@inreach.com">mcintosh@inreach.com</a> or for more information please see the Tech Team section on our website at: <a href="http://www.ca4h.org/Resources/Volunteers/Councils/Sectional/North/">http://www.ca4h.org/Resources/Volunteers/Councils/Sectional/North/</a>.

## **VOLUNTEER LEADER WEBSITE**

The volunteer leader website is a new interactive and growing site that can be seen at <u>http://ucanr.org/4-hvolunteers/</u>. There are sections that will change monthly, a 4-H Blog, 4-H Volunteer Voices, and updates in the program. We hope you'll enjoy seeing all the resources you need in one centralized location. In order to build this new section of the website, please send any recent stories of 4-H in the news in your community that you would like to share. You can email these stories to: <u>fourhstateofc@ucdavis.edu</u>.

## **2012 CITIZENSHIP FOCUS**

California and Washington Focus enhance citizenship skills as youth engage in one of the study/travel programs and carry out a plan of action to address an issue in their school or community.

### **California Focus**

June 15 – 19 in Sacramento Cost: \$550.00 for youth, \$650.00 for adults Criteria: Participant – Be an enrolled 4-H member and have completed 8<sup>th</sup> grade Chaperone – be a certified leader and 21 years of age with authorization to chaperone from your county 4-H staff

### Washington Focus #1

June 24 - July 2, Road to Democracy - Washington, D.C.; Williamsburg, Jamestown/ Yorktown. Cost: \$2,190.00

June 24 - 30, Heritage Trail I – Washington, D.C. Cost: \$1,840.00

### Washington Focus #2

July 8-17, Global Journey - Washington, D.C, Philadelphia, & New York. Cost: \$2,330.00

July 8-14, Heritage Trail II – Washington, D.C. Cost: \$1,840.00

Washington Focus Programs are open to all adult 4-H leaders and to all youth members who have completed their sophomore year in high school or will be 16 years of age by the time of travel.

Financial aid application must be postmarked by December 2, 2011.

More information is available at: <u>http://www.ca4h.org/Projects/Citizenship/Focus/</u> or with Pat English, <u>pnenglish@ucdavis.edu</u>. Online registration will open on December 1, 2011 and is due on January 16, 2012.

## **DECEMBER BIRTHDAYS**

• ABBY DUNLAP • ALEX MARSH • AMANDA THOMAS • BREE'ANNA WAITE • CAMERON TELFORD • CARLOS GUERRERO • COLE STASSI • DYLAN WIGGIN • GUS DOHERTY • HANNAH DOHERTY • IAIN KALFSBEEK • JOEY WILLS • JUSTIN MATHEWS • KATLYN NICKELL • LAYNEE HAYWOOD • LUKE MYERS • MANUEL NAVARRETE • MARY MARSH • MOLLY DOHERTY • SIERRA MURPHY • SYDNEE WILSON • TATUM CARRERE • VAUGHN MYERS • WYATT HENDRIX •

## **EQUINE FIELD TRIP**

Submitted by: Alli Ward

On Saturday, November 19th, Williams 4-H horse and mini-horse members attended a horse field trip to Historic Nelson Ranch for a trail/showmanship clinic. It was a lot of fun and we actually got to work hands on with the horses on our showmanship techniques. The lady working with us, Sam Ballard - an AQHA select amateur, was really nice and taught us a lot of new ideas on working with our horse. Also, at the ranch there were many great photography opportunities and we were able to take some pictures. Overall, it was a fun trip and we learned a lot.



## **STONYFORD CLUB MEETINGS**

### Held at Town Hall:

Sunday, December 4, 2011 at 4:00pm Sunday, January 8, 2012 at 4:00pm Sunday, February 5, 2012 at 4:00pm Sunday, March 4, 2012 at 4:00pm Sunday, April 15, 2012 at 4:00pm Sunday, May 20, 2012 at 4:00pm

Held at the fairgrounds camp area: Sunday, June 10, 2012 at 10am

## **4-H SERVICE LEARNING PROJECTS**

Mandi Bottoms, Healthy Living Coordinator, <u>mlbottoms@ucdavis.edu</u> reports the website for Revolution of Responsibility is <u>http://www.ca4h.org/Support/RofR/</u>. Members can apply for financial assistance up to \$1,000 for your service-learning project. The next application due dates are January 15 and April 15. The application is available on line. The goal is to work with each student that applies until they get funding for a service learning project. Healthy Living, S.E.T. and Citizenship are all related. Mandi has cards with 50 ways to include healthy living in 4-H service learning projects. See which of these spark the interest of the member. The healthy living information may be found at <u>http://www.ca4h.org/files/122657.pdf</u> At State Field Day there will be a My Plate Challenge. Check out the details and see if this is for your members: <u>http://fruitsandveggies.challenge.gov/</u>. Mandi encourages everyone to include the healthy living, S.E.T., Citizenship and service learning in their presentations at State Field Day. Last year they focused on injury prevention and they gave out 12 special recognition pins to the youth who participated. This year the focus is on healthy foods. There were handouts showing resources from state and national healthy living programs.

### **DECEMBER TRIVIA**

Dec. 1 – Basketball created, 1891 – James Naismith, a P.E. teacher at the YMCA training school in Springfield, MA, developed an indoor sport that could be played during the winter months. Using peach baskets as hoops and soccer balls to throw, he started a whole new phenomenon. Leather used for today's basketballs comes from agriculture!

Dec. 4 – National Grange Founding, 1786 – The National Grange was the first organized agricultural movement in the United States.

Dec. 9 – Clarence Birdseye's Birthday, 1886 – American industrialist who developed a way of deepfreezing foods. He was marketing frozen fish by 1925 and was one of the founders of General Foods Corporation.

Dec. 10 – National Day of the Horse – The horse is a living link to the heritage and history of our nation, and represents a common bond among all peoples who led the way in building our country.

Dec. 12 – Poinsettia Day – A day to enjoy poinsettias and to honor Dr. Joel Roberts Poinsett, who introduced the U.S. to the Central American plant named for him. The poinsettia has become a favorite Christmas season plant.

Dec. 22 - First Day of Winter

Dec. 27 – Louis Pasteur's Birthday, 1822 – Pasteur's principle of sterilization pasteurization changed the dairy industry forever.

Stonyford Club Meeting dates are not on a standard schedule so be sure to check monthly

## **NEW ONLINE RECORD BOOK**

The 4-H program has a long history of record keeping. The focus reflects the importance of this life skill in our daily lives. In 4-H, young people have tracked their activities, events, profits and losses, skill development and learning experiences, and much more using the iconic 4-H Record Book. In addition to record keeping, the 4-H Record Book gives members an opportunity to reflect on their year, measure their achievements and growth, and set goals, and develop plans to meet those goals.

### Why have 4-H record books?

4-H Record Books serve a variety of purposes in the California 4-H Youth Development Program.

- 4-H Record Books give members an opportunity to reflect on their yearly work. They document their skill development and their learning experiences in a written report. 4-H members measure their achievements and growth in their total years in 4-H.
- 4-H Record Books encourage members to set goals, pursue strategies to meet those goals, and to shift gears in the face of challenges and obstacles. Completion of the Personal Development Report awards 4-H members for participation in 4-H activities, which provides an incentive for participation, learning, and achievement.
- Completing a 4-H Record Book is a process where 4-H members record project and club work. Records management (RM) is a competency skill to identify, create, classify, archive, and preserve records. The 4-H Record Book teaches 4-H members these skills through a standard format.

### Not Required for 4-H Membership

4-H Record Books are not required for membership or for participation in 4-H activities such as club events and activities, or for attending 4-H camps or conferences. 4-H Record Books may be required by project leaders or clubs or to receive participation awards (such as star ranking, medals or pins based on 4-H Record Book achievements).

### Online Record Book at http://www.ca4h.org/4hbook/

### Need help logging on? Read this document: ORB Log-In Help Sheet

### Online Record Book Guide can be found here: Online Record Book Guide v1

Enrolled 4-H members and adult volunteer leaders may access the Online Record Book. The system uses 4hOnline enrollment data to pre-fill in club and project information.

## The system will export the forms needed for submitting a hardcopy Record Book at the end of the year. So use the 4-H Online Record Book!

The 4-H Online Record Book:

- Has a social connection! It extends opportunities to stay connected to other club members and leaders online.
- Is a fun and interactive way to log 4-H activities and events.
- Is a more efficient way to keep Record Book information. No more worries about lost pages or misplaced work.

## **CARING FOR OUR WATERSHEDS CONTEST**

By joining the *Caring for our Watersheds* program you take a stand for the environment. You join students from all over the world who want their voice to be heard. We all need to work together to ensure our watersheds are healthy.

- Answer the question: What can you do to improve your watershed? (Independently or as a team of no more than four). Identify an environmental concern that impacts your watershed.
- Come up with a realistic solution to address the concern.
- Research your idea and explain it in an approx. 1,000 work proposal (include visuals). Be creative!
- Proposal guidelines can be found at <u>www.CaringForOurWatersheds.com</u>
- Entries are judged on innovation, environmental impact, comprehensive scope, communication, budget, realistic solution and visuals.

You can win rewards for yourself and your school!

Contest entry deadline: February 2012 TBA

If you have any questions, please contact your local Program Coordinator: Beth Del Real, (530) 795-1544 or E-mail: <u>beth@landbasedlearning.org</u>.

## FROM THE 4-H SCIENCE, ENGINEERING & TECHNOLOGY E-NEWS:

http://www.ca4h.org/Projects/SET/

### 2011 Experiment: Wired for Wind

In this year's experiment youth will enhance their engineering skills by designing, building, and testing two different wind turbine models. This year's National Science Experiment will also help youth relate their scientific experiences back to their own lives by determining the best location for a wind farm in their state or local area by calculating wind power and studying wind data and maps. More information and downloadable versions of the youth and facilitator's guides are available at <a href="http://www.4-h.org/4-h-national-youth-science-day/">http://www.4-h.org/4-h-national-youth-science-day/</a>.

**JOIN THE REVOLUTION \*\* Come Join the Revolution of Responsibility!** 2013 marks the centennial for 4-H in California and the 4-H YDP will celebrate by giving back to their communities with youth-designed, youth-led projects where participants learn leadership by actually leading, collaboration by forming relationships with other groups and agencies, and citizenship skills by actively seeking opportunities to make a difference in their communities. The Revolution of Responsibility will celebrate the power of youth taking action and will consolidate all the various funding programs that are provided by the State 4-H Office. Chartered 4-H clubs/units can apply for funding (up to \$1,000) to support service-learning projects related to either club or project activities. An on-line application is available at: <a href="http://ucanr.org/join/">http://ucanr.org/join/</a>. The deadline for applications are January 15 and April 15, 2012. For more information, check out the website at: <a href="http://www.ca4h.org/Support/RofR/">http://www.ca4h.org/Support/RofR/</a> or contact Pat English at: <a href="mailto:pnenglish@ucdavis.edu">pnenglish@ucdavis.edu</a>.

**2011 Promise Neighborhoods Program** – Through the U.S. Department of Education, grant opportunities for this program and applications have recently been made available. Grant recipients will be selected no later than **December 31, 2011**. For more information, visit: <u>http://www2.ed.gov/programs/promiseneighborhoods/index.html</u>.

### AbilityOne Network Design Challenge

Deadline: April 20, 2012

http://www.instituteforempowerment.org/index.php?option=com\_content&view=section&id=12&Itemid=55

This challenge was established to encourage students to develop creative technological solutions that can empower people with disabilities to overcome barriers to employment. Students design, build, and test an assistive technology device for a person with a disability. The design challenge is a service learning opportunity for students in grades 9-12 in the High School Program or any college student or student team at the graduate or undergraduate level in the University Program that also enhances science, engineering and technology skills.

## FROM THE 4-H SCIENCE, ENGINEERING & TECHNOLOGY E-NEWS CONTINUED:

### **USA Science & Engineering Festival**

April 27-29, 2012 in Washington, DC. http://www.usasciencefestival.org/#

This 2nd Festival will inspire the next generation of scientists and engineers with school programs and nationwide contests throughout the 2011/2012 school year and a finale Expo in Washington DC on April 27-29, 2012. The Expo is the nation's largest celebration of all things science & engineering and features over 1500 hands-on activities and over 75 performances.

### DO SOMETHING GRANTS

Deadline: Weekly http://www.dosomething.org/grants/FAQ

A variety of Do Something Grants of \$250 are offered to youth each week. These community action grants help turn dream projects into a reality and take existing projects on a variety of issues to the next level. Past grantees have used the money to create a community-run organic farm, publish a youth-written literary magazine for women of color, and even create an organization that teaches sick kids how to fly.

**Cornell Lab of Ornithology Presents "Citizenship Science"** <u>http://www.birds.cornell.edu/citscitoolkit/about/guiding-principles-for-this-site</u> An increasing number of informal science education projects have involved the public directly in the multifaceted and iterative processes of scientific research. This site combines several resources and projects based on user interests from experts in the field.

### Science Buddies http://sciencebuddies.org/

Non-profit Science Buddies empowers K-12 students, parents, and teachers to quickly and easily find free project ideas and help in all areas of science from physics to food science and music to microbiology.

### Our Peoples Garden Database http://www.usda.gov/peoplesgarden

Our Peoples Garden Database is now open to the public!

In order to add your garden to our database, you will need to follow 3 easy steps.

1) The first step is to submit your application on-line.

2) Second, request an eAuthentication from USDA. This should take about 10 minutes. Instructions on how

to do this will be emailed to you once your application is approved.

3) Third, enter your garden in the database and share your story.

### Free Lesson Plans on Energy Efficiency and Renewable Energy

### http://energyworksmichigan.org/educational-resources

Energy Works Michigan has just released free downloadable lesson plans on energy efficiency, solar energy, and wind energy. Their hands-on, inquiry-based lessons are targeted for upper elementary, middle school, and high school levels. The lessons challenge students to conduct classroom energy audits, interpret wind maps to assess potential wind turbine sites, power a radio using solar panels, and more!

### Committee on the Public Understanding of Science (COPUS) http://www.copusproject.org/

This is a grassroots effort that builds connections that support a better understanding of the nature of science and its value to society. COPUS is built around three values: community, celebration, and promotion. COPUS catalyzes connections--locally, regionally, nationally--to people, resources, and programs.

### Chris Greer County Director

### Liz Dawley 4-H Program Representative



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Inquiries regarding the University's equal employment opportunity policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, One Shields Avenue, Davis, CA 95616, (530) 752-0495.

# Special Recognition Opportunities at the 2012 State 4-H Field Day

California 4-H offers a thematic recognition pin for youth who participate at State 4-H Presentation Day and focus their presentations on one of the following areas: Science, Engineering and Technology; Healthy Living; or Citizenship. Participants may only choose ONE focus area for their presentation, and the area must be the PRIMARY topic of the presentation. Youth must first qualify through county and sectional events in order to present at the State 4-H Presentation Day.



## Focus Areas

## Renewable Energy

Science, Engineering, and Technology (SET): 4-H helps youth learn about the scientific pro-cess and engineering design. With the continuous rise in energy demands, decrease

ce Engineering Technology in available fossil fuels and the ever increasing amounts of pollution, the need for clean renewable sources of energy is more important than ever. This year's SET emphasis is on renewable energy: sunlight, wind, rain, tides, water, and geothermal heat. Presenters are encouraged to explore one or more types of renewable energy and/or relate to their impact on their home, community, state or world. For additional information on renewable energy and the 4-H SET initiative, please visit www.ca4h.org/Projects/SET/ or contact Steven Worker at: smworker@ucdavis.edu



## Healthy Food

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 healthy food. Potential topics may include USDA's MyPlate, serving sizes, sugar-sweetened beverages, nutrition facts labels, preparing a healthy meal on a budget, food groups, nutrients, healthy snacks, whole

**SHEALTHY LIVING** grains, food safety, dairy products, dietary fiber, and more. For additional information about 4-H Healthy Living, visit www.ca4h.org/Projects/HealthyLiving or contact Mandi Bottoms at: mlbottoms@ucdavis.edu

JOIN THE REVOLUTION & The 4-H Military Partnership provides opportunities aimed at the more and 170,000 military youth who live throughout California. Speak Out for Military Kids

is one of those projects. Its purpose is to generate community awareness about the special issues military youth face. 4-Hers can join the call by speaking out for military kids. Potential topics may include the deployment cycle, military youth on the move or how to help military youth in your community. For more information, visit www.ca4h.org/Programs/MilitaryPartnership or http://joiningforces.gov or contact Crystal O'Hara at: crohara@ucdavis.edu



### **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 on formats.
- 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.

## 4-H Western Rendezvous



## COWBOY CLOVER NEWS

OCTOBER 24, 2011

### EARLY BIRD REGISTRATION ENDS SOON!

Online registration is now available through our web site at <u>http://4-h.uwyo.edu/</u> <u>WRLF\_12.asp</u>. Early bird registration is available for \$225 until November 1. Registration will close on December 15, 2011.

- It is not necessary to pre-register for workshops, they will be filled on a first-come, first-served basis at the event.
- Photos of apparel and souvenirs can be found online at <u>http://4-h.uwyo.edu/WRLF\_12.asp</u>

## YOUTH TRACK: CAREER COUNTS! (for ages 14-18)

Participants will learn essential skills for being successful in a part-time job and on to a desired career. Goal setting, workplace ethics, communication skills, and personality assessment will be the foundation of this course. Participants will also visit with professionals in jobs related to science, engineering, and technology, healthy living, and citizenship.

### SHARE FAIR INFORMATION

Join us at the 2012 WRLF Share Fair! Share a little bit of history about your county, state, or province, show us what you are currently doing, or introduce us to innovative ideas that you are working on. Registration forms are due November 15, 2011.

## HOTEL INFORMATION

The host hotel for WRLF is The Historic Plains Hotel in Cheyenne, Wyoming. A special rate of \$99 is available to conference participants. Reservations can be made now by contacting them at 307-638-3311 and mentioning you are attending the event. This rate will not be available after December 12, 2011 so be sure to reserve yours early!

Wyoming State 4-H Office ~ 307.766.5170 • 2012WRLF@gmail.com • www.Wyoming4H.org Things to see: www.cheyenne.org www.wyomingtourism.org Hotel information: www.theplainshotel.com