



COLUSA COUNTY 4-H NEWS



MONTHLY CLUB MEETINGS:

Arbuckle 4-H – 2nd Monday, 7:00pm, Arbuckle Elementary
Colusa 4-H – 2nd Monday, 7:00pm, St. Bernadette's Hall, 745 Ware Ave, Colusa
Maxwell 4-H – 1st Wednesday, 6:30pm, Maxwell Elementary multipurpose room
Princeton 4-H – 2nd Monday, 6:30pm, Princeton High School multipurpose room
Stonyford 4-H – See article for monthly dates, Town Hall
Williams 4-H – 3rd Tuesday, 6:30pm, Williams Elementary Multipurpose Room
4-H Council – 3rd Wednesday of every other month, 6:30pm, CIP room (begins Sept)

CALENDAR:

FEBRUARY 2012

- 1 Maxwell Club Meeting, 6:30pm, Maxwell Elementary Multipurpose Room
- 5 Stonyford Club Meeting, 4:00pm, Town Hall
- 5 Super Bowl XLVI
- 8 Deadline: register for Livestock Bowl (see article)
- 7-9 Colusa Farm Show
- 11 Sheep & Meat Goat Educational Day & Sale, CSUChico
- 11 9th Annual Northcoast Youth Summit: "Target Tomorrow"
- 12 Beef Weigh-In and Entry, 7:30am – 11:00am
- 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 High School Multipurpose Room
- 18 4-H Livestock Bowl, Orland High School
- 20 Presidents Day – UCCE Office Closed
- 25 Poultry Play/Field Day, 9:00am – 2:00pm, Fairgrounds

MARCH 2012

- 1 Farm Bureau Dinner
- 3 UC Davis Field Day
- 3 March Hare, Rohnert Park
- 4 Home Ec Review, Arbuckle Elementary, 9:00 a.m. check-in
- 7 Due: applications for Mattingly and Sherer loans
- 9 Deadline: registration for Calif. 4-H Camping Conference (see article)
- 17 Sectional Presentation Day, Willows Intermediate School
- 17 Rabbit & Cavy Event, Auburn
- 21 Thrive follow-up meeting, 5:30 p.m., CIP Conference Room (see article)
- 21 4-H Council Meeting, 6:30pm, CIP Conference Room
- 23-24 CA 4-H Camping Conference, Santa Cruz Co.
- 24-29 2012 National 4-H Conference

FUTURE CALENDAR EVENTS—2012

- April 28-29, Shooting Sports Conference, Oakdale Sportsmen's Club
- May 24-28 – Sacramento County Fair Junior Horse Show
- June 7-11, 2012 – Colusa County Fair, "Stars, Stripes and Fair Delights"
- July 18-22, 2012— California State 4-H Horse Classic, Elk Grove, CA <http://www.california-equestrian-center.com>

LIVESTOCK WEIGH IN/ENTRY DATES ~ Be wise. Enter before the deadline, avoid the line.

- Beef – February 12, 2012 from 7:30 am - 11:00 am
- Sheep, Swine & Goats – April 17, 2012 from 3:30 pm - 6:30 pm
- Rabbits & Avian – May 7, 2012 from 3:30 pm - 5:30 pm

Entries are accepted at the Fair office during regular office hours 8-12, 1-5 M-F before your deadline day.

New for 2012: Ear tags must be in the animal's right ear, with the numbers visible from the top/backside of the ear (except cattle). All old tags must be removed, except scrapie tags. All items/pictures are required with entry from and fees or disqualification will occur. Pictures must be on 8"x10" on regular printer paper and labeled with the exhibitor's name.

Market animal exhibitors are reminded to monitor animal weight closely and practice good feeding practices. Overweight animals are not good practice and self-monitoring is better than rules being imposed by the fair management.

2012 FAIR NEWS

We welcome Susan (Susie) Clark as the new CEO of the 44th DAA and the Colusa County Fair. She has served as a CEO of fairs at Ukiah, Amador and El Dorado Counties. You may have met her also as a clerk at the Cow Palace. Introduce yourself and say hello to welcome her to Colusa County.



The buyers' luncheon at the Colusa County Fair this year is chaired by Colusa 4-H Club and Colusa FFA.

Beef judge is Randy Perry. Livestock judging times have shifted. Goats will follow swine on Wednesday. Thursday at 8:00 will be dairy followed by beef and at 1:00 will be sheep judging. Moving dairy/beef earlier in the day before the public are walking into the carnival area will make for a safer area between the barns and show ring.

ED & JOSIE MATTINGLY MEMORIAL LIVESTOCK LOAN

Ed and Josie Mattingly were 4-H Leaders in Butte County for many years while 7 of their 9 children were in the Biggs 4-H Club. Both have since passed away and their family and friends would like to memorialize them by helping 4-Hers in livestock projects. In this spirit their family would like to help 4-Hers who would have difficulty financing a livestock project without a loan. **The deadline to apply for this loan is March 7th.** For further information please contact the 4-H Office at 458-0570.

JOEL SHERER MEMORIAL LIVESTOCK LOAN

Mr. and Mrs. Joseph Sherer of Arbuckle established the Joel Sherer Memorial Fund in 1965 to memorialize their son Joel, who was "an energetic 4-Her during his lifetime", and to assist 4-H members in establishing a degree of independence by allowing them the opportunity to finance their livestock projects. **The deadline to apply for this loan is March 7th.** For further information please contact the 4-H Office.

2012 4-H LIVESTOCK BOWL ENTRY FORM & INFORMATION

Saturday, February 18, 2012, Orland High School Cafeteria, 101 Shasta St., Orland.

8:30 a.m. - Swine & Cavy

9:00 a.m. - Goats & Dairy

9:30 a.m. - Sheep & Rabbits

10:00 a.m. - Beef & Dog

10:30 a.m. - Horse & Avian

This is a fun contest where we use a push button electronic device, much like the TV game show Jeopardy. This is an opportunity for members to demonstrate their knowledge on their species. Questions are taken only from the livestock bowl study guides (<http://ceglenn.ucdavis.edu/4-H Program/Livestock Bowl Study Guides/>)

Online registration or call-ins accepted. Registration deadline is Wednesday, February 8, 2012. Please register in the appropriate time slot. Only game participants will be allowed in bowl room.

Any 4-H member can enter, 4th grade (or 9 yrs. old by December 31, 2011) thru 12th grade. Primary members can participate in Rabbit, Goat, Dog, Avian or Cavy categories. Each club can select one team (consisting of a minimum of 3 to a maximum of 4 members) for each project at the event following the individual competition. Team competition pending if enough interested participants.

IMPORTANT! To submit another registration: After you "Submit Survey Information", you MUST close form and start over with next registration.

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 hands-on 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. Entry form included at the end of this newsletter.



SOLANO COUNTY JUNIOR HORSE SHOW

Howdy! The Dixon May Fair (Solano County) has opened up their Junior Horse Show to all counties this year! It is a 2 day event, to be held April 21st & 22nd 2012 at the Dixon May Fairgrounds. Gates open at 6am classes start @8:30 am sharp. Open to all 4-H/FFA and independent youth. Sat., April 21st is English/Western & Trail - Sun. April 22nd is Gymkana events and Queen horsemastership classes. Divisions are walk/trot junior & senior. The awards are engraved halters, trophies, girth belt buckles and other donated items. High point overall, high point & reserve to walk/trot, Jr., Sr., Novice and Cowboy to be awarded. We run 2 arenas. Any information can be found online Dixon May Fair Junior Horse Show or call 707-678-5529. This show qualifies for Ca. 4-H Classic and for the State Fair.



FARM BUREAU DINNER – HELP NEEDED

The annual Farm Bureau Dinner is scheduled for March 1, 2012 at Festival Hall. Help is needed! Twenty Jr. High and high school members in uniform shirts and ties/collars are needed to serve and bus tables. Please contact the 4-H office to volunteer. Thank you!

2012 CA 4-H SHOOTING SPORTS LEADERS' MEETING

April 28-29, 2012

Oakdale Sportsman's Club

The California 4-H Shooting Sports Program welcomes all current and/or potential 4-H Shooting Sports project leaders and teen leaders (high school aged 4-H members) to attend a two-day leaders meeting. Participants will receive project and curriculum updates in all disciplines. Participants will be able to experience hands-on learning through rotations in the following 4-H Shooting Sports disciplines: muzzle loading; archery; rifle; and shotgun.

There is no cost to attend this leaders meeting. All participants will be responsible for their own lodging. Camping will be allowed on site with prior approval. Please see the agenda for which meals will be provided on each day. For more information or additional questions, please contact John Borba, CA. 4-H Shooting Sports Chair at 661-868-6216 or by email at jaborba@ucdavis.edu

The California 4-H shooting sports program provides instruction in the safe handling of firearms and archery equipment while developing self-confidence and leadership abilities in 4-H participants. As a youth development education program, 4-H shooting sports uses the skills and disciplines of shooting to assist young people and their leaders in attaining knowledge and developing essential life skills. The program follows a standardized format, lists program components, and identifies clearly intended learning outcomes. <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=7810>

36TH ANNUAL AGRICULTURAL & ENVIRONMENTAL SCIENCES FIELD DAY

The University of California, Davis College of Agricultural and Environmental Sciences will hold its 36th Annual Agricultural and Environmental Sciences Field Day on March 3rd, 2012. The UC Davis CA&ES Field Day is the 2012 California 4-H State Qualifier for Poultry, Dairy and Livestock judging. Members wishing to attend to learn but not participate need not register. To register, go to <http://www.calaged.org/registration>. Select the event (2012 U.C. Davis Agricultural & Environmental Sciences Field Day). Choose the link "Get Access Code". Complete the information on the form and click the register button. Please include 4-H next to your club name on the registration form. On the following page save the registration code and register later or simply continue with the registration at this point. Note that you may only register once so be prepared to complete the registration or contact us if you have any changes. After your chapter is registered, we request that you submit a printed copy of your online registration along with your payment. Checks should be made payable to "UC Regents" and mailed to:

Attn: Francesca Ross

College of Agricultural & Environmental Sciences

One Shields Avenue

Davis, CA 95616

Deadlines:

February 10: Agriscience Fair and Job Interview materials due / Registration closed

February 17: Payments must be postmarked – We are now enforcing a \$25 late fee for payments postmarked after the 17th. For questions email fieldday@ucdavis.edu or visit <http://caes.ucdavis.edu/fieldday>.

COUNTY PRESENTATION DAY

On Saturday, January 14, 2012 Colusa County 4-H sponsored their County Presentation Day with Williams 4-H Club hosting at Williams Intermediate School. Gold medalists and blue ribbon winners qualified to move on to **Sectional Presentation Day to be held in March 17th at Willows Intermediate School.**

Gold medalists from Arbuckle 4-H: Carlyn and Sarah Marsh, Emma and Hannah Doherty, Hannah Cutter, Sarah Driver, Jessica Croxson and Austin Rourke. Gold medalists from Colusa 4-H: Chaena and Charlie Laux. Cody Pearson of Maxwell 4-H and Kory Parsons of Williams 4-H were also gold medalists.

Receiving blue ribbons were: Justin Matthews, Ashleigh Erhke, Jessica Godinez and Cody Murphy of Arbuckle 4-H; Tylor Gerrard of Colusa 4-H and Ryan Ward of Williams 4-H.

Kiersten Bramble of Arbuckle 4-H received a red ribbon.

4-H Council thanks Dawn Brown, Donna Rourke, Julie Driver, Tessa Reynolds, Jewel Godinez, Kim Croxson and Kristi Ward for volunteering to assist the judging. We also thank Kristi, Allison and Ryan Ward, Genia Colsa, Marcy Parsons, Makayla Freed and 2011-12 All Star Josh Brown for serving on the event committee. We appreciate the free loan of Williams Intermediate School.



MERIT AWARD, ALL STAR & SCHOLARSHIP APPLICATIONS

DUE: APRIL 15, 2011

Merit Award – applicants must be 8th grade graduates by June 2012 or 14 years of age or older. A prime consideration in the selection will be how much work, assistance and cooperation the member has given to younger members, leaders, and the club program. The award is a full scholarship to the State 4-H Leadership Conference at UC Davis, July 28 - July 31, 2012.

All Star – applicants must be 15 years of age as of January 2012, have a Gold Star or are eligible to attain a Gold Star this year. Up to 4 members may be chosen to serve as All Stars. Duties include attending State 4-H Leadership Conference, present at Achievement Night, other countywide events, represent 4-H at public events and be a counselor at 4-H summer camp.

College Scholarship – Any graduating senior that is a 4-H member should call the 4-H office and request an application to be sent to them.

There are 3 components to scholarship;

- 1) Enrollment award based on your years enrolled in 4-H
- 2) Merit award is based on your interview and record book
- 3) Renewable scholarship – for each scholarship awarded, Council will set aside \$1500. You can reapply for three additional years, and be awarded \$500 per year if you meet the requirements: Completion of application, full time student with passing grades, and your transcript from the previous year.

2012 STATE FASHION REVUE "BEHIND THE SEAMS"

Date: May 26, 2012

Location: Olson Hall, UC Davis

Entry Categories: Traditional, Consumer Science-Purchased (\$100 limit), Wearable Art-Embellished Plus 2 Challenge entry categories: \$19.99 Challenge [\\$19.99 Challenge](#) and "Bag Up Fashion" Tote Bag Challenge [Bag up Fashion Challenge](#)

The Recycled category will not be offered at 2012 State Fashion Revue.

Two Service Projects

* Quilts for Wounded Warriors [Quilts for Wounded Warriors](#)

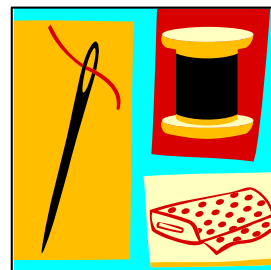
* Million Pillowcase Project [Million Pillowcase Project](#)

Sewing instructions for French (enclosed) seams go to

<http://www.allpeoplequilt.com/millionpillowcases/instructions/RollItUp.pdf>

Sewing instructions for zig zag finished seams, go to

<http://utah4h.org/files/uploads/Resource%20Materials/Consumer%20and%20Family%20Sciences/Designer%20Pillowcase%20Update%202008.pdf>



[SFR Brochure 2012](#) 2-sided brochure to print about SFR categories & service projects. Print it for yourself, your club members and friends who might like to participate!

SFR Manual [SFR Manual 2012 smaller file](#)

Larger file, will take longer to download [SFR Manual 2012](#)

SFR Manual version 2, revised for 2012. Counties, project leaders, members and families are encouraged to download and read the manual. It is not required for the manual to be adopted by county or sectional competitions, but it is recommended that it be used as the state-wide standard for 4-H Fashion Revues. Consistency will help 4-H members understand the requirements of their categories and methods of evaluation which will be used at each level of competition. The manual is a living document and will continue to be updated as needed. Hopefully it will help guide members and leaders in 4-H projects and competitions.

Registration survey will open April 1st. Final entry deadline is May 12, 2012

2012 CALIFORNIA CAMPING CONFERENCE

March 23-25, 2012

Registration for the **2012 California Camping Conference** is now open! The California 4-H Camping Advisory Committee has assembled top-notch workshops for volunteers, teens and 4-H Program Representatives and Advisors responsible for camping programs. From risk management to cabin time activities; a "check list" for camp administrators to opportunities to measure your impact on campers; new SET activities to healthy living ideas... the program offers something for everyone on your camp leadership team.

For information and forms visit our webpage: <http://www.ca4h.org/Programs/Camps/Conference/> or download the attached 2012 Camping Conference Brochure. Please forward to your camp colleagues and partners. **Registration deadline is March 9.**

FEBRUARY BIRTHDAYS

• ADAM MCKASSON CODORNIZ • AIDEN CHARTER • CHARLIE LAUX • ALISON ORNBAUN •
CHLOE WILLIAMS • CLAYTON ANGUS • COLE SIMMONS • COLT ORNBAUN • DYLAN HEIDRICK
• ELLA KALFSBEEK • EMILY PINGREY • GIZELL RAMOS • GRANT HARTILL • HAILEY
TRAYNHAM • HALLE CHARTER • HANNAH AZEVEDO • KENDALL WILSON • LEO HERNANDEZ •
LUKE CHARTER • MAGGIE AZEVEDO • MARLENE ESTRADA • MICHAELA CARVALHO • RYANN
DENNIS •

HOME EC REVIEW

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

Each club is to provide at least 2 hot dishes and 1 salad for the luncheon.

Colusa County 4-H has held a Home Economics and Arts judging event for at least 20 years. Over the years it has evolved into an event that combines judging activities and project exhibition for 4-H members interested in home economics and consumer science topics such as foods and nutrition, home furnishings, arts and crafts, mini gardens, and cake decorating. Now called the “Colusa County Home Ec Review,” this event provides a platform for 4-H members to showcase their projects and skill development at a countywide event. The event encourages the advancement of life skills including decision making, public speaking and relationship building, all while promoting creativity.

The Home Ec Review gives 4-H members the opportunity to participate as much as they would like, whether they decide to just test the water or dive in head first. Members who participate in the judging classes may leave after an hour, and still fulfill a requirement for their project. Often, members will have limited participation the first year, but after watching their peer’s exhibit they are inspired to exhibit the following year. In this way, new members are slowly introduced to 4-H project components, while also getting invaluable learning experiences and receiving feedback from caring adults.

The Home Ec Review is a combination of three traditional 4-H events—it serves as the Home Economics Field Day, Project Exhibit Day, and offers the opportunity to introduce 4-H initiatives such as S.E.T. and Healthy Living. In a rural county it is increasingly important to efficiently use 4-H families’ time and energy.

***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 packet was sent electronically to all Key Leaders and non-livestock project leaders January 18, 2011. It is also available in this newsletter and on the county website.

WAYS TO INCLUDE HEALTHY LIVING IN 4-H SERVICE LEARNING PROJECTS

~ Plan a formal dance for a senior citizen community ~ Demonstrate how to pack a healthy lunch at a local school ~ Launch a “Rethink your Drink” campaign ~ Lead physical activities for an afterschool program ~ Start a youth hiking program for low income children ~ Bring fresh fruit and vegetable tastings into a local school ~ Launch a bicycle helmet drive and donated helmets to children in need ~ Teach others how to manage stress ~ Facilitate a peer mentoring program ~ Start a gleaning program and donate harvested produce ~

REVOLUTION OF RESPONSIBILITY

The ***Revolution of Responsibility*** Centennial Campaign celebrates the power of California 4-H youth taking action through an ambitious statewide program that is funding 1,000 service learning projects at \$1,000 each through the end of 2013. The centennial for 4-H in California is in 2013. It's an important milestone for an organization that is deeply connected to communities throughout California. Core to the 4-H experience is service learning, which takes the form of youth-designed, youth-led projects where participants learn leadership by leading, collaborating, and learning the importance of civic engagement by actively seeking opportunities to make a difference in their communities.

Do you see a need in your community?

Do you know 4-H members and volunteer leaders who work to improve their community?

JOIN The Revolution of Responsibility! \$1,000 is available to 4-H Clubs and Groups

Due April 15, 2012

<http://ucanr.org/join/>

To JOIN the revolution, 4-H members, with the help of an adult 4-H volunteer mentor, should follow these steps to plan a project.

1. Identify an issue or problem in your community.
2. Find community organizations to collaborate with.
3. Plan the project: form goals, outline tasks, list needed resources, and prepare a budget
4. Prepare ways to document and record your project to share with others.
5. JOIN the revolution at <http://ucanr.org/join/>

A **toolkit** of tips, templates, links, and suggested guidelines has been developed to support your projects. From the initial work to identify a compelling community issue to the final celebration of its completion, use this toolkit to help you carry out the important steps necessary to ensure success.

<http://www.ca4h.org/Support/RofR/Toolkit/>



Projects Funded in October 2011

- School Nutrition Education, Cottonwood 4-H Club, Yolo County
- Underprivileged Children's Christmas Party, Del Arroyo 4-H Club, Alameda County
- Robots in the Environment, Two Rock 4-H Club, Sonoma County
- Project Rabbit, Redwood 4-H Club, Alameda County
- Friends for Love, Felton 4-H Club, Santa Cruz County
- Goal Day, Santa Cruz County All Stars
- Service Learning, Westwind 4-H Club, Solano County
- Sutter County Flag Project, Sutter Buttes 4-H Club, Sutter County
- 4-H Million Trees Project, San Mateo Countywide Project

COLUSA COUNTY 4-H THRIVE TRAINING

Saturday, January 7, 2012 twenty-eight adults and members came together to become better leaders. Chairing the event was Adrian and Cody Murphy of Arbuckle 4-H. Assisting them were the rest of the Colusa 4-H Thrive Team, Samantha Murphy, Serena Carlsen, Josh Brown, 2011-12 All Star and Liz Dawley, Program Rep.

Participants from Arbuckle 4-H were: Hilary Brainard, Jessica and Kristina Godinez, Gabe Grimmer, Justice Howering, Carlyn and Sarah Marsh and Brandon Carlsen. Colusa 4-H: Braden Kelley, Charlie and Shannon Laux and Terri Swiggum. Maxwell 4-H: Hannah Azevedo, Maureen, Paige and Theresa LaGrande, Taylor and Wyatt Perry. Stonyford 4-H: Anita and Sarah McCabe and Ralph Minto. Williams 4-H: Genia Colsa.

The team guided volunteers and members in the Leadership Project through the promising practices of thriving. Using iexplore activities followed by ireflections participants began to understand how the activities apply to them and how they might want to grow that concept in themselves. The activities included a get acquainted "snowball fight", involved a problem solving Magic Carpet Ride and growing connections in the brain by playing "Traffic Jam". Cody Murphy introduced the Online Record Book and its connection to Thrive. Participants were sent back to their clubs with a challenge to further explore Thrive at their Leadership project meetings. **Everyone will return for a meeting Wednesday, March 21st, 5:30 in the CIP Conference Room to report and share their progress.**

Thank you to Colusa County Farm Bureau for the free loan of their conference room and kitchen. Thank you also to Colusa County 4-H Council for their gift of \$200 for supplies, and to the California State 4-H Office for curriculum, team training and Thrive kit.

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 www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities or see full page sheet at the end of this newsletter.



VOLUNTEER LEADER WEBSITE

The volunteer leader website is a new interactive and growing site that can be seen at <http://ucanr.org/4-hvolunteers/>. 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: fourhstateofc@ucdavis.edu.

2012 NATIONAL 4-H CONFERENCE DELEGATION

The State 4-H Office is pleased to introduce the California Delegation to the 2012 National 4-H Conference, March 24-29, 2012.

- Adult advisor, Mary Meyer, San Mateo County 4-H Program Representative
- Sarah Lloyd, San Mateo County
- Evelyn Rumsby, Santa Clara County
- Taylor Walters, Santa Clara County

While the team size is smaller in 2012, primarily due to funding restrictions, we are excited that these outstanding youth leaders will represent California this important National 4-H Event.

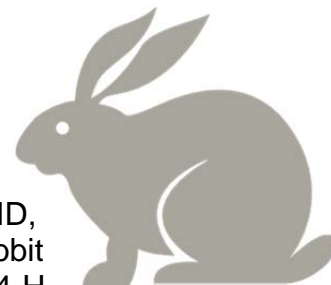
The National 4-H Conference is the Secretary of Agriculture's premier youth development opportunity to engage youth in developing recommendations for the 4-H Youth Development Program. More information is available at <http://www.ca4h.org/Programs/Conferences/N4-HC/>

4-H SERVICE LEARNING PROJECT

At State Field Day there will be a My Plate Challenge. Check out the details and see if this is for your members: <http://fruitsandveggies.challenge.gov/>. Mandi Bottoms, mlbottoms@ucdavis.edu Healthy Living Coordinator, 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.

FUTURE RABBIT SHOWS

Rabbit shows with youth activities are fun and informative. They are great places to learn more about rabbits and improve in sportsmanship before County Fair. Below are some examples of youth shows that offer not only breed classes, but may offer other activities such as showmanship, breed ID, judging contests, poster contests, and breeder classes. Two great 4-H rabbit events both regularly held in January will not be offered this year -- Murphy's 4-H Rabbit Show in Amador County (may have a show in 2013) and the State Rabbit Field Day (Sonoma County <http://www.examiner.com/pets-in-oakland/california-state-rabbit-field-day>) may restart the event in 2014. By looking online at the ARBA website <http://arba.net/showsSearch.php> or 4-H newsletters from other counties you may find more shows.



Rabbit show entries are usually sent either through email or regular mail—the deadlines to enter are typically a month before the show.

- Event: March Hare at the 4-H Center in Rohnert Park. This show is ARBA sanctioned and is sponsored by the Sonoma County 4-H Rabbit Raisers. Show Date: March 3, 2012, Contact: hindekelly@gmail.com
- Event: (4-H) Rabbit & Cavy event at the Gold Country Fair Grounds in Auburn, CA. This is not an ARBA sanctioned show, so no legs for ARBA Grand Champion can be won, but it is a great show to practice showmanship, breed ID, etc. and earn 4-H hat pins and ribbons. Show date: March 17, 2012, Contact: Johanna Humber 530-633-9046, or go online: http://ucanr.org/sites/placercounty4h/Community_Clubs/?calitem=126227

WARM WELCOME!

We extend a warm welcome to our new Healthy Families and Communities Advisor for Del Norte, Humboldt, Mendocino and Lake Counties, Dorina Espinoza, PhD, to the UCCE family as well. Dorina comes from the Public Health sector in Humboldt County and has a wealth of experience and expertise to add to our pursuits of Healthy Living. Dorina will have both 4-H and Nutrition duties. Dorina began her time with UCCE on Monday, January 9th. We are very excited to have her added to the team!

We are excited to announce and welcome Dr. Cynthia Barnett to the North Section. Dr. Barnett was formerly the 4-H YD Advisor for UCCE San Bernardino County. She will be located at the UCCE Shasta Office and cover Shasta, Trinity, Modoc, and Siskiyou counties. Dr. Barnett earned her PhD in Agricultural Education specializing in Logic Models from Iowa State University. She brings a wealth of knowledge, state and national leadership to the position. Currently, she is with our state equine team representing California 4-H at the Denver Horse Classic. We wish her and the state team best of luck and safe travel.

EXPERIMENT OF THE WEEK

Use these activities for S.E.T. activities at club or project meetings:

Walking on Eggs – shows you how eggs can support all of your weight! You'll master the craft of egg-walking and impress friends with your knowledge of physics after performing this experiment.

http://www.stevespanglerscience.com/experiment/walking-on-eggshells?tab=video&utm_source=Steve+Spangler+Science&utm_campaign=140a6fcf99-EOW_20120104&utm_medium=email.

Erupting Volcano – shows you how to create an Erupting Volcano without that stinky vinegar. And unlike a real volcano, this volcano won't cause any flight cancellations. <http://us1.forward-to-friend2.com/forward/show?u=6df25d6312f9523bdbbeb4465a&id=9e40440381>.

STONYFORD CLUB MEETINGS

Held at Town Hall:

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

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

4-H INFORMATIONAL LINKS:

To view the 4-H State news, go to <http://www.ca4h.org/Administration/StateOffice>

To view the 4-H Science, Engineering, and Technology news, go to:
<http://www.ca4h.org/Projects/SET/>.

To view the National 4-H news, go to <http://4-h.org/news/4hnews.php>

To view the National 4-H news Healthy Living Program, go to <http://www.4-h.org/youth-development-programs/kids-health>

CLUB & PROJECT REPORTS

COLUSA CLUB MEETING

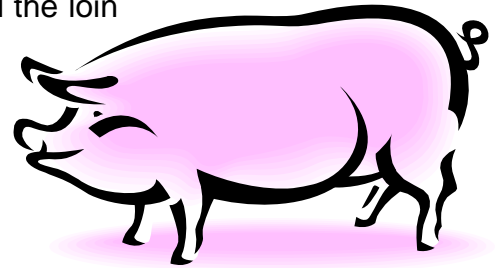
Submitted by: Joe Hamilton

Our Colusa Community meeting for December was held on Monday, December 12th, at 7 p.m. at Our Lady of Lourdes School. We had an activity by the beef group to see who could figure out what their partner changed about themselves when they turned around. Then we did old and new business. We collected food for the canned food drive and toys for the Toys for Tots drive and Terri will deliver them. Garrett and I collected coats for our coat drive. We have had lots of donations and we thank everyone who donated. Charlie and Chaena Laux reported on their Books for Kids Africa fundraiser and they raised over \$800! Their goal was \$200, so they more than quadrupled what they wanted.

COLUSA SWINE GROUP MEETING

Submitted by: Joe Hamilton

The Colusa swine group had their second meeting on Thursday, November 15th, at 7 p.m. at the CIP Room. The first thing we did was talk about pig parts. We went over all of the parts of the pig, like the hock, the rump, the shoulder, the underline and the topline. We also talked a little about where some of the cuts of meat come from, like the bacon, the ham and the loin eye. Next, we talked about setting up a pen for a pig. Some of the things you need to make sure to have are a good fence, shade, fresh water, shelter and a feed trough. You want to make sure to use hog wire instead of livestock wire because it is smaller at the bottom to keep the pigs from getting into it.



Chris Greer
County Director

Liz Dawley
4-H Program Representative



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Colusa County Youth Poultry Fun Day

February 25, 2012 9:00-2:00

Colusa County Fairgrounds

Come join us for a day of fun activities, learn more about your poultry and win some great prizes! There will be many workshops to attend along with the following activities. Bring your chicken with a cage to keep it in. There will be a long day of activities and there are not cages provided on the facility for you to house your birds in. Please sign up ahead of time so we have the appropriate amount of materials. The day is open to any youth interested in poultry, not all activities require that you bring a bird there will be many activities. Registrations due by February 20, 2012 please mail to Cody Murphy, PO Box 903, Arbuckle, Ca 95912. Any questions call 530-476-0933 for Cody Murphy or Adrian Murphy.

- **Chicken Round Up**
- **Poultry Obstacle Course**
- **Poultry Judging Contest**
- **Breed ID Contest**
- **Breed and Egg Matching Contest**
- **Dress up Your Chicken Contest** (use your imagination dress your bird in anything)
- **Showmanship Clinic (Hands On)**
- **Quiz Bowl**
- **Photo Contest** (any size photo must be taken by you, limit 1 photo per youth)
- **Egg Craft Activities**
- **Many poultry related educational workshops**



Name: _____ **Age:** _____

Phone Number: _____ **# of Lunches @ \$5.00** _____

Address: _____

A lunch including Hot dog, chips, drink and a cookie will be available for purchase for \$5.00. Proceeds benefiting the Arbuckle 4-H Poultry Project.

Pre weigh in for the 2012 Colusa County Fair will be as follows:

1. For those who wish to participate in Rate of Gain or registered Independent Exhibitors, they will bring the animal and entry form with payment to the Fairgrounds on the advertised weigh in date. Beef must be able to cross scales on a halter. Animals present will be ear tagged at this time.

Deadline Date for Entries:

Beef:	February 12, 2012
Sheep:	April 17, 2012
Swine:	April 17, 2012
Goat:	April 17, 2012
Rabbits:	May 7, 2012
Chickens:	May 7, 2012

2. For those who do not wish to participate in Rate of Gate, they must turn in the Entry Form, along with the following paperwork per specie, on the designated date that the entry is due. Exhibitor is responsible for ear tagging their animals. ***Ear tags must be in the animal's right ear, with the numbers visible from the top/backside of the ear (exception cattle).*** Ear tags will be available at the Fair Office. All old tags must be removed, (except scrapie). All animals must have their fair ear tag in the animal's ear prior to official weigh in on June 5, 2012.
3. ***All items/pictures are required with entry form and fees or disqualification will occur. Pictures must be 8" X 10" on regular printer paper and labeled with the exhibitor's name.***
 - A. Swine – Each entry form must have the following attached:
 - a. Picture of animal with exhibitor
 - B. Beef – Each entry form must have the following attached:
 - a. Picture of animal with exhibitor
 - b. Picture of brand on the animal.
 - c. Copy of Bill of Sale and Brand Inspection if applicable.
 - C. Sheep - Each entry form must have the following attached:
 - a. Picture of animal with exhibitor
 - b. Scrapie tag number from animal.
 - c. Copy of Bill of Sale (Only required for Colusa County Born & Bred Contest)
 - D. Goats - Each entry form must have the following attached:
 - a. Picture of animal with exhibitor
 - b. Scrapie tag number from animal.
 - E. Chickens - Each entry form must have the following attached:
 - a. Picture of animal with leg band attached with exhibitor.
 - F. Rabbits - Each entry form must have the following attached:
 - a. Picture of animal with exhibitor.
 - b. Tattoo number from animal's ear.

100 Sunrise Blvd., Suite E
P.O. Box 180, Colusa, CA 95932
(530) 458-0570 office
(530) 458-4625 fax
cecolusa@ucdavis.edu
<http://cecolusa.ucdavis.edu>

January 18, 2012

Dear Home Ec Leaders,

This year's Home Ec Review will be Sunday, March 4, 2012 with check in beginning at 9:00 a.m. held at Arbuckle Elementary, 701 Hall St, Arbuckle.

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.
- Sewing may now enter once in each of the six sewing categories to reflect State Fashion Revue requirements plus one additional project they are enrolled in. All other projects are allowed a maximum of three entries, each must be on a separate entry form.

Enclosed you are receiving one master copy of information on Home Ec Review registration. You are welcome to photocopy or request more copies of the information sheets be made by our office. You may also direct members to our website (<http://cecolusa.ucdavis.edu>) for registration information and forms. **Deadline to register exhibits is Friday, February 3, 2012.**

Participants in the Field Day portion only, need not pre-register. Please encourage all members to participate in the field day. At your discretion exempt those in projects not included in the Field Day judging posters.

After February 3, 2012 registrants will be mailed menu/display cards and information to prepare and bring the day of the event. We are still in need of adult volunteers to judge, tabulate, and monitor the day to make for a successful day.

Sincerely,

Liz Dawley, Program Representative
4-H Youth Development
University of California Cooperative Extension
(530) 458-0570

4-H HOME EC REVIEW

March 4th, 9am, at Arbuckle Elementary School, 701 Hall St, Arbuckle

Contestant Name	Club	Age	Phone #	Email
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Type of Member: ☐ Primary (K-3rd grade) ☐ Regular member (4th grade +)
Years as Primary: _____ Number of years as Regular member: _____

Please select the appropriate project, experience level and table preference:

All non-food entries may be entered as stand alone items or as a table setting.

☐ Stand Alone ☐ Table Setting

Project: ☐ Arts & Crafts ☐ Ceramics ☐ Clothing & Textiles* ☐ Floral Design
☐ Foods & Nutrition** ☐ Leathercraft ☐ Mini Gardens ☐ Photography
☐ Home Furn. ☐ Scrapbooking ☐ Taxidermy ☐ Cake Décor ☐ Other _____

Experience level (all projects except Clothing): ☐ Beginning (1-2 years) ☐ Advanced (3 years & above)

Table preference: ☐ Yes, I will bring a card table ☐ Yes, I need space on a cafeteria table

***Clothing & Textiles:** Regular members may enter one item in each Clothing & Textiles category to qualify for State 4-H Fashion Revue. They may also enter one additional item in another category they are enrolled in. Primary members can not enter the State Fashion Revue.

Category: ☐ Traditional ☐ Wearable Art-Embellished ☐ Needle Arts _____
(not eligible for (Name item)
State Fashion Revue)

Experience level: ☐ Age: 9-11 ☐ Age: 12-13 ☐ Age: 14-19
(Age as of 12/31 of current program year)

****Foods & Nutrition:**

Check category and list recipe name:

☐ Main Dish ☐ Bread ☐ Salad ☐ Dessert ☐ Other _____
(Name item)

Recipe name: _____

Do you wish to compete for a commodity prize? (Primary members not eligible) ☐ Yes ☐ No

If yes, which commodity?

☐ Almonds ☐ Beans ☐ Beef ☐ Prunes ☐ Rice
☐ Tomatoes ☐ Walnuts

Project Leader Signature

Each entry must be on a separate entry form and you must be enrolled in the project in which you compete.
An exhibitor may enter 3 exhibits, limit 2 in the same project if one is a stand alone and the other a table setting.
Remember sewing members may enter all sewing categories and one other project item.

Entry form due: Friday, February 3rd to the 4-H Office
100 Sunrise Blvd. Ste E • P.O. Box 180, Colusa CA 95932

RULES FOR: Arts & Crafts, Ceramics, Cake Decorating, Floral Design, Home Furnishing, Leathercraft, Mini Gardens, Photography, Scrapbooking and Taxidermy

All non-food entries may be entered as stand alone items or as a table setting. You are allowed a maximum of 3 entries, including a table setting. Each must be on a separate entry form. Members may enter a table setting & stand alone entry for the same project. Remember you must be enrolled in the project in which you compete. Table settings are judged as a separate category as are all the projects.

Stand Alone exhibits:

Set up your exhibit on a cafeteria table with the display card.

On the display card list your name, division, level, project and age.

A monitor will find you when it's time to be judged. Members must be present when judges judge the entry in order to answer questions.

Table Setting: please display the following items:

(Set your exhibit up on a cafeteria table or a card table. Supplying your own card table is preferred. Be sure to mark this item on the entry form.)

The display card listing your name, division, level, project and age as well as the theme of the table (i.e. "Valentine's Day", "Pizza party", "Washington's Birthday", "Mother's Day Breakfast", "St. Patrick's Day", "Easter" or any other theme of your choice).

A menu listing appropriate foods for your table setting. (It does not have to be nutritionally balanced.)

A place setting for one person. Include dishes, silverware, table cloth or placemat, napkin (need not be home-made), glasses, centerpiece. Fine china and silver are not a criteria; in fact, you bring them at your own risk. Plan to use what you have available. Be sure the dishes are free from cracks or chips. They serve as a background for the food. If the dishes are colored, the colors of both the food and dishes should look well together.

Use a tablecloth or placemat. If you use a tablecloth, be sure it is clean, free of wrinkles and is on straight. Lay placemat about ½ inch from the edge of the table so it will not slip.

Rules for table setting, service and manners are based on ease, convenience and consideration of others. Place the knife and teaspoon on the right side of the plate and the fork on the left side of the plate to make table neat and convenient. (Table setting example included on the back of this form)

You are allowed 20 - 24" for your table setting. A monitor will find you when it's time to be judged. Members must be present when judges judge the entry in order to answer questions.

Cake Decorating: A mix, styrofoam, or cardboard form may be used provided the shape is one which could reasonably be achieved through baking – must be made by exhibitor. For table settings, the centerpiece for the table is your decorated cake which will help carry out the theme of your table display.

Arts & Crafts, Ceramics, Leathercraft, & Taxidermy: For table settings, your piece will serve as a centerpiece or if it is ceramics may be a portion of the place setting for your table setting and help carry out the theme of your table display. The centerpiece must be made by the exhibitor.

Floral Design: The centerpiece must be made by the exhibitor. Cut fresh flowers only. Commercial flowers are acceptable. If doing a table setting, the centerpiece for the table is your floral arrangement piece which will help carry out the theme of your table display.

Home Furnishing: The entire table display including your centerpiece is the home furnishings exhibit. The centerpiece must be made by the exhibitor.

Mini Gardens: For table settings, the centerpiece for the table is your mini garden piece which will help carry out the theme of your table display. The centerpiece must be made by the exhibitor. No cut flowers or cut foliage. All plants must have roots.

Photography & Scrapbooking: Exhibits may be stand alone items or the centerpiece of a table display. Scrapbooking may be a book or a two page layout. More details on the back of the score sheets.

RULES FOR: Foods & Nutrition

Exhibitors must have a place setting that represents their meal plan. A display card must include a nutritionally balanced menu including the food entered. For years one & two plan one meal. Third year & above plan the entire days menu. Foods & Nutrition exhibits are not entered as a table setting. The exhibitor sets the place setting just prior to being judged and giving judges a tasting. The place setting does not have a centerpiece and the Home Ec Committee provides all items for the place setting except the food item. Use your 4-H manual, cookbooks, magazines or other references for your place setting layout. Bring a copy of the picture, article or other reference to support the display and to show where you received your information. (Place setting example included below.)

RULES FOR: Clothing & Textiles

Set up your exhibit on a cafeteria table with the display card.

- a. On the display card list your name(s), division, level, project and age(s).
- b. Sewn article should be clean, neatly pressed and all threads clipped.
- c. Be able to label the parts of the sewing machine. See attached.
- d. A monitor will find you when it's time to be judged. Members must be present when judges judge the entry in order to answer questions.

Members may enter one item in each Clothing & Textiles category to qualify for State 4-H Fashion Revue. They may also enter one additional item in another project they are enrolled in.

Below is a basic guide to setting the table. This can be used for setting a formal table as well as an informal one. Only the utensils for the meal need to be placed on the table.

1. The silver, plate and napkin should be one inch from the edge of the table.
2. The plate is always in the center of the place setting.
3. The dinner fork is placed at the left of the plate.
4. If a salad fork is used, it is placed to the left of the dinner fork.
5. The napkin goes to the left of the fork and is placed with the fold on the left.
6. The knife goes to the right of the plate with the blade facing the plate.
7. The teaspoon is placed to the right of the knife.
8. If a soup spoon is needed, it is placed to the right of the teaspoon.
9. The soup bowl may be placed on the dinner plate.
10. The glass is placed at the tip of the knife.
11. If a salad or bread plate is used, place it at the left, just above the tip of the fork.
12. The cup or mug is placed to the right of the spoons, up from the table edge.

