



UCCE Colusa County 100 Sunrise Blvd., Suite E, P.O. Box 180, Colusa, CA 95932, Office 530.458.0570, Fax 530.458.4625, Email: [colusa@ucanr.edu](mailto:colusa@ucanr.edu) Web-

## MONTHLY CLUB MEETINGS:

**Arbuckle 4-H** – 2<sup>nd</sup> Monday,  
7:00pm, Arbuckle Elementary

**Colusa 4-H** – 2<sup>nd</sup> Monday,  
7:00pm, St. Bernadette's Hall,  
745 Ware Ave, Colusa

**Maxwell 4-H** – 1<sup>st</sup> Wednesday,  
7:00pm, Maxwell Elementary mul-  
tipurpose room

**Princeton 4-H** - 2nd Monday,  
6:00pm, High School cafeteria

**Stonyford 4-H** – 2<sup>nd</sup> Sunday,  
4:00pm, City Hall

**Williams 4-H** – 3<sup>rd</sup> Tuesday,  
6:30pm, Williams Elementary  
Multipurpose Room

**4-H Council** – 3<sup>rd</sup> Wednesday of  
every other month, 6:30pm, CIP  
room (begins Sept)

**Luis Espino**  
UCCE County Director

**Emily Schoenfelder**  
UCCE 4-H Program Advisor

**Liz Dawley**  
UCCE 4-H Program Rep.

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Inquiries regarding ANR's nondiscrimination policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1318.



## CALENDAR:

### JANUARY 2015

- 1-2 New Year's Holiday, UCCE Office is closed
- 12 Agenda items for Home Ec Committee Meeting due by noon
- 13 Home Ec Committee Meeting, 6:30, CIP Conference Room
- 17-18 Archery Certification, Livermore-Pleasanton Rod & Gun Club
- 19 UC Holiday, office closed for Martin Luther King Jr. Day
- 21 Midyear Treasurer Training, 5:30, CIP Conference Room
- 21 Council meeting, 6:30 p.m., CIP Conference Room
- 24 Chico State Swine Day, University Farm, 8-2
- 31 Last day to complete online record book survey

### FEBRUARY 2015

- 2 Deadline to own market steers for Colusa County Fair
- 6 Beekeeping Essay Contest deadline, submit electronically
- 7 Jr. Livestock Expo., Redwood Empire Fairgrounds, Ukiah
- 7 Chico State Sheep & Goat Day, University Farm, 8 a.m. start
- 7-8 4-H Shooting Sports Workshop, River Oaks Range, Winton
- 8 Beef Weigh-In, 8-10 a.m., Colusa County Fairgrounds
- 13 Home Ec Review & Presentation Day entries due by 5 p.m.
- 16 UC Holiday, Office closed for President's Day
- 16 State Ambassador applications due

### MARCH 2015

- 7 Application deadline for Mattingly and Sherer livestock loans
- 7 4-H Home Ec Review and Presentation Day, Princeton High School, Check in begins at 9 a.m.
- 20 4-H Night at the Sacramento Kings

## FOR STATE CALENDAR OF ACTIVITIES GO TO:

<http://www.ca4h.org/News/Calendar/>



## **COLUSA COMMUNITY 4-H CLUB**, submitted by Sammy Martinez, Colusa 4-H Reporter

On Monday, December 8, 2014, the Colusa 4-H Club met. The Flag Salute was presented by Mason Saso and then the 4-H Pledge was presented by Francis Peterson. Members were reminded to contribute to the food and toy drive. Project reports were given then the meeting ended with a fun Christmas Wrap Fashion Show activity.

## **HOME EC COMMITTEE**

All project leaders except livestock are invited to the Home Ec Committee meeting on Tuesday, January 13, 2015 at 6:30 p.m. in the CIP Conference Room. Items on the agenda include the Home Ec Review, still exhibits at the fair, field day judging, project requirements, and community service. Additional agenda items must be submitted to the UCCE Office by noon the day before the meeting, that is Monday, January 12, 2015.

## **4-H ARCHERY CERTIFICATION TRAINING FOR VOLUNTEERS AND JUNIOR/TEEN LEADERS**

A 4-H Archery Certification Training for Volunteers and Junior/Teen leaders will be offered Saturday, January 17th, 2015, 9 AM – 4 PM, and Sunday, January 18th, 9 AM- 1:00, at the Livermore-Pleasanton Rod & Gun Club, 4000 Dagnino Road, Livermore, CA 94551 in Alameda County. You must be an enrolled 4-H leader or 4-H member (12 or older) and attend both days to receive certification to teach archery at the project, club and camp levels. The course will include a slideshow lecture, review of equipment, practice shooting, practice teaching, and a written test. The cost is \$25 per person to cover the range fees. Overnight RV parking, water & power only, is available for an additional fee.

To register, please complete and mail the “4-H Shooting Sports - Application for Certification” available at <http://4h.ucanr.edu/files/4785.pdf>, and an adult or youth 4-H medical release form and a \$25 check payable to “De Arroyo 4-H Club” to Jennifer Siders, 4967 Erica Way, Livermore, CA 94550. Registration is due Friday, January 9 and space is limited. For more information call Jenny at 925-321-6009 or email her at [jsiders@gmail.com](mailto:jsiders@gmail.com).

Return forms and check to:

Jennifer Siders

4967 Erica Way

## **CLUB TREASURER TRAINING**

All Club Treasurer's and their Treasurer Advisor will meet on Wednesday, January 21, 2015 at 5:30 in the CIP Conference Room. This will be a follow up training covering mid-year review and end of the year procedures. All participants are to bring their treasurer book binders and records up-to-date as of the end of December, 2014. The meeting will be over at 6:15. The regular Council meeting follows at 6:30 p.m. A brown bag dinner is encouraged.

## **ENROLLMENT IS CLOSING!**

### **COMPLETED ENROLLMENT IS:**

Fee (\$45 members, \$12 leaders) paid, Medical Treatment form turned into Community Leader  
Additionally, for all new leaders clear livescan prints and attend orientation.

**If you do not do ALL these steps, you are not enrolled  
and your meetings will not count!**

To make project enrollment changes to your 4H Online profile (for both leaders and members) you must go through your club's Community 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.

November 1, 2014-June 30, 2015, parents must call for an appointment at the Cooperative Extension office, 458-0570, to come in and enroll a member or themselves. Be aware that enrolling this late in the year members have missed some meetings and requirements.

## **LIVESTOCK ENTRY DATES**

## **COLUSA COUNTY FAIR**

**"There is Magic in the Fair"**

**Livestock entry deadline is before weigh-in**

**June 4-7, 2015**

Beef ownership date: Feb. 2 Weigh-in date: Feb. 8, 8-10 a.m.

Sheep, hogs, goats ownership date: April 3, entry deadline, weigh-in date: April 13, 3:30-5:00

Rabbits and poultry ownership date: May 3, weigh-in date: May 4, 3:30-5:00

## **CHICO STATE SWINE DAY 2015**



Chico State is hosting a Swine Day on January 24, 2015 from 8 a.m. to 2 p.m. at the CSU University Farm, located at 311 Nicholas C. Schouten Lane in Chico. There will be a Professional Keynote Speaker, Live Project Pig Auction, Raffle Hog, and Swine Education Workshops on Health, Nutrition, Reproduction, Selection, and Showmanship. Lunch is included with the \$5.00 entry fee. More info. is available at [chicostateswineunit@gmail.com](mailto:chicostateswineunit@gmail.com) or by calling 898-6025

## **CAMP COUNSELOR APPLICATIONS**

Camp Counselor applications will be sent to each 4-H member in 8-12 grades in late January.

## **CALIFORNIA 4-H STATE AMBASSADOR PROGRAM**

The California 4-H State Ambassador Program is a working honor that provides 4-H members expanded opportunities to serve the University of California 4-H Youth Development Program. Due February 16, 2015.

## **4-H SHOOTING SPORTS WORKSHOP - RIFLE DISCIPLINE**

**Saturday, February 7, 2015 – 8:00 a.m. – 6:00 p.m.**

**Sunday, February 8, 2015 – 8:00 a.m. – 4:00 p.m.**

A 4-H shooting sports workshop for the rifle discipline will be held at Safety First Shooting Association – River Oaks Range, 11584 N. Shaffer Road in Winton (Merced County). Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course or receive more information, contact John Borba at: [jaborba@ucanr.edu](mailto:jaborba@ucanr.edu)

For directions to the facility visit: <http://www.safetyfirstshooting.org/html/directions.html>.

## **JUNIOR LIVESTOCK EXPO—MENDOCINO COUNTY 4-H**

Saturday, February 7, 2015 at Redwood Empire Fairgrounds, 1055 No. State St., Ukiah, CA  
This workshop meets mandatory Ethics & Quality Assurance requirements (no required in Colusa County). There will be Ethics training by Jeff Goodwin in the morning, and a walking lunch with learning labs by local meat cutters, UC Davis Vet students, Biosecurity by Martin Smith, and college judging teams in the afternoon. Fun, prizes, vendors, feed reps, vets and much more! Afternoon species learning sessions in: beef, swine, sheep, goat, rabbit, chicken, cavy, horse and dairy goat. Cost is \$5 per person, by check only.

## **CHICO STATE SHEEP AND GOAT DAY 2015**

CSU, Chico Sheep and Meat Goat Educational Day and Sale will be held Saturday, February 7, 2015 at 8 a.m. at the University Farm, located at 311 Nicholas C. Schouten Lane in Chico. Youth lamb and meat goat project members can learn about various aspects of their project! Topics will include nutrition, fitting and grooming, showmanship, and selection. There is a \$5/person charge, those under 9 are free. Concession lunch will be provided by the Northern California Meat Goat Association Youth Members. All paid participants in the Sheep & Goat Educational day will receive 2 raffle tickets for a raffle ewe! Additionally, if you need a project lamb or goat kid for May/June fairs, there is a sale of about 60 lambs and 15 goats that afternoon!

## **4-H NIGHT AT THE SACRAMENTO KINGS!**

Friday, March 20th, 2015

20% of sales go to support 4-H Animal Science!

Link: [https://oss.ticketmaster.com/html/group\\_corp\\_start.html...](https://oss.ticketmaster.com/html/group_corp_start.html...)

Passcode: Kings

Tickets make great Christmas gifts and support 4-H!



## HOME EC REVIEW AND COUNTY PRESENTATION DAY WILL BE THE SAME DAY, SAT. MARCH 7, 2015

HOME EC REVIEW is in the morning, Saturday, March 7, 2015 at 9:00-11:30 a.m. at Princeton High School. Registration forms are due 5:00 p.m., Friday, February 13 at the 4-H Office.

This is an exhibit day to provide members practice in exhibiting their projects and a bit of public speaking. 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 January 21, 2015 and sent electronically to all non-livestock project leaders.

COUNTY PRESENTATION DAY is in the afternoon, Saturday, March 7, 2015, 12:00-3:30, at Princeton High School.

Registration forms are due 5:00 p.m., Friday, February 13th. They will be included in the January and February newsletters. Start thinking and planning **NOW** about giving a presentation. First, find a subject in which you are very interested in or your main project. You may consider the special recognition topics for State Field Day. 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, March 7, 2015 at Princeton High School, 12:00 p.m. 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. Give your presentation to five different audiences, including County Presentation Day, and win a Super Presenter Award!

### 4-H ANIMAL SCIENCE SYMPOSIUM

Save the date! May 27-29, 2015. The 4-H Animal Science Symposium is a professional development opportunity for **4-H staff and key volunteers** on key topics and skills relating to bio-security and animal health. Central to this symposium will be a foundational training on the "Bio-Security Proficiencies for Beginning Producers," which participants will implement back home with 4-H volunteers and junior/teen leaders. Symposium speakers will include leaders in the California Department of Food and Agriculture, the UC Davis School of Veterinary Medicine, Division of Agriculture and Natural Resources, commodity and industry groups. Registration will open in January 2015. For more information on program related questions, email Martin Smith at [mhsmith@ucdavis.edu](mailto:mhsmith@ucdavis.edu) and logistic related questions to Sarah Watkins at [spwatkins@ucanr.edu](mailto:spwatkins@ucanr.edu)

## **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 7<sup>th</sup>.** 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 7<sup>th</sup>.** For further information please contact the 4-H Office.

## **SECTIONAL PRESENTATION DAY**

Tehama County will be hosting the 2015 Sectional Presentation Day on March 21, 2015.

## **CSU, CHICO GOAT REPRODUCTION WORKSHOP**

**April 18 & 19, 2014 (select one date)**

Topics: Estrous cycle, estrous synchronization, artificial insemination.

Registration: \$50

Student Registration (college or high school): \$10

Lunch and snacks included.

Both workshops 9 a.m. to 3 p.m.

Registration form available at: <http://www.chicostatesheepgoat.com/events.html>

Contact Dr. Celina Phillips at [crphillips@csuchico.edu](mailto:crphillips@csuchico.edu) for more information.

## **YOUTH LENDING PROGRAM**

Colusa-Glenn Farm Credit offers financing programs for 4-H livestock projects. If you are interested, contact Brittany Watts at 530-458-2163 or [bwatts@fcscolusaglenn.com](mailto:bwatts@fcscolusaglenn.com).

## **STATE FASHION REVUE 2015 "THROUGH THE LOOKING GLASS"**

California State Fashion Revue is May 30, 2015. For more information about this year's categories, visit their web site at [http://4h.ucanr.edu/4-H Events/SFD/SFR/](http://4h.ucanr.edu/4-H%20Events/SFD/SFR/). The SFR community service projects are pillowcases (sewn), which will be donated to children's hospitals and homeless shelters, and hats (knitted, crocheted, or sewn) which will be made for cancer patients. Instructions for the pillowcases and hats can be found on the website. They can be made throughout the year and brought to SFR to be donated or you can donate them in your county. If you can't make the trip to SFR, you can mail them to the committee. This year some new workshops and activities at SFR which are open to anyone attending State Field Day.



## News from your 4-H Advisor.....

As I type this, *Auld Lang Syne* plays in my office. The contemplative atmosphere created by this beautiful folk song is inescapable. The anachronistic wonder that a poem written in 1788 is streaming from my Ultrabook is, in itself, enough to give one pause. However, the lyrics and meaning of this beautiful piece are even more affecting. The New Year is so often about the excitement of things to come – but this song, traditionally played at the stroke of midnight on January 1<sup>st</sup>, reminds us to also reflect on what has been.



A few weeks ago, I had the opportunity to do just that when Laurie Charter stopped by to visit the office. I had never met Laurie, but as she spoke to other staff members, the wisdom in her voice compelled me to introduce myself – and I'm so glad I did. I learned that Laurie was a Home Economics Advisor for UCCE more than 50 years ago. (In fact, she was the advisor in Butte County when Liz was a child.) She explained that she focused only on Home Ec because "in those days," women were not allowed to be hired as farm advisors. While we reminisced about days gone by, I was reminded of the necessity and inevitability of change. However, I was also struck by how much knowledge and experience can fade away if we're not intentional about seeking it out.

As we look forward to a bright year filled with joy, changes and challenges, we must also be mindful of the history and tradition of 4-H. Only then can we be complete as we move forward.

Should auld acquaintance be forgot,  
And never brought to mind?  
Should auld acquaintance be forgot,  
And auld lang syne?

May 2015 fill you with fond memories and delightful newness!

Gratefully,

Emily Schoenfelder  
4-H Youth Development Advisor  
Email: [eschoenfelder@ucanr.edu](mailto:eschoenfelder@ucanr.edu)  
Phone: (530) 458-0577



Colusa County 4-H



@4HColusa



4h.colusa

## 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>

CA 4-H has a Facebook page. Like us at: <http://www.facebook.com/california4H>

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## ONLINE RECORD BOOK SURVEY

The Online Record Book surveys are open from September 15 to January 31st, 2015!!! We would like as many 4-H members as possible to complete these surveys in the Online Record Book. It is our way to find out about you and how the California 4-H Youth Development Program is doing overall. Thank you to everyone who has complete their surveys so far.

## CITIZENSHIP WASHINGTON FOCUS AND LEADERSHIP WASHINGTON FOCUS

CWF and LWF are more than just another DC field trip— 4-H'ers learn civic and leadership skills, that are essential for the future. Delegates leave with the tools that allow them to bring about real change in their communities. Both programs take place at National 4-H Youth Conference Center.

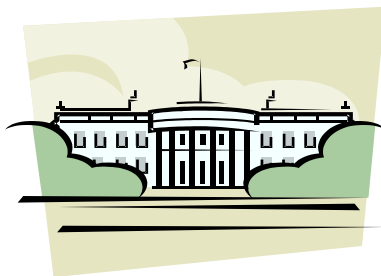
LEADERSHIP WASHINGTON FOCUS    CITIZENSHIP WASHINGTON FOCUS

Week 1: May 31-June 6

Week 2: June 7-13

Week 3: July 6-10

Week 4: July 13-17



Week 1: June 15-19

Week 2: June 22-26

Week 5: June 28-July 4

Week 6: July 5-11

Week 7: July 12-18

## JANUARY BIRTHDAYS

- AMEILA LAGRANDE • ARIANA AVERA • ASA VANN •
- ASHLYN WATSON • AUBREY HAGLE • AVERY DYKZEUL • BAILEE HAYWOOD •
- BARRETT LANGLOIS • CAIDYNCE LOPEZ • CHANTAL L CRUZ • CHASE FRIEL •
- DAVID GUTIERREZ • ELEANOR JEWETT • ELIJAH ELVERT • ERIN WALSH •
- GARY GASPERSOON • HANNAH CUTTER • JAYCEE BRACKETT • JULIAN MENDIOLA •
- KATIE WILLIAMS • KYLIE BURGESS • LYLAH BARRETT • MAKAYLA MOORE •
- MITCHELL KLEY • MONROE MILLER • PHILLIP SASO • RHIANNA RUIZ •
- SARAH DRIVER • SYDNEY PARSONS • TODD READING • WILLIAM DAFOE •





## State Field Day Updates

California State 4-H Field Day will be May 30, 2015 from 8:00 a.m. to 6 p.m. at Wellman Hall on the UC Davis Campus. There is an interactive map along with all the exciting activities you can participate in and enjoy! <http://4h.ucanr.edu/Programs/Events/SFD/>

**Special Recognition and Impromptu Topics for 2015 Presentation Program are now available.** Find them here: <http://4h.ucanr.edu/4-H/events/SFD/PD?>

## 2015 National 4-H Beekeeping Essay Contest

2015 Essay Topic: "Planting for Bees from Backyards and Up". Participate in the 2015 National 4-H Beekeeping Essay Contest and submit a 750 to 1000 word essay with the listed criteria in this document: <http://4h.ucanr.edu/files/199256.pdf>. This contest is open to active 4-H club members and must adhere to the requirements and designated subject.

Awards: 1st Prize-\$750, 2nd Prize-\$500, 3rd Prize-\$250

The National winners' essays will appear in an issue of the American Beekeeping Federation's newsletter.

## Discussion Meet—New Project and Contest

This new project was unveiled at SLC and will be offered to 4-hers aged 15-19. The project and contest are modeled after the Young Farmers and Ranchers Discussion Meet through the Farm Bureau. Project meetings (in a Discussion Meet, Leadership, or Public Speaking project) will be held to prepare for the competitive event; the first round will be held at Sectional Presentation Days. Discussion Meet questions center around Healthy Living, SET, Citizenship and 4-H Membership. Top competitors at Sectional levels will advance to the State Field Day. Watch the Young Farmers and Ranchers competitions. If you are interested, please check out the 4-H Discussion Meet website at <http://4hdiscussionmeet.weebly.com/>

## 4-H History Map

Help record 4-H history by contributing to the National 4-H History Map: <https://docs.google.com/forms/d/1zleHQbRqaPGNcBPq5EEqPAx6zqVaknDhagxt0BsiPvA/viewform>

Submit your county's most significant 4-H historical photographs and tidbits. There is no better guide toward our future than to learn from and build upon our past.

Check out the National 4-H History Preservation Program: <http://4-hhistorypreservation.com/>

**Spark Score Surveys are open!** Surveys opened Sept 15th and close January 31, 2015!

Ever wonder why we ask you to take surveys once or twice a year? It's so that we can make statements like these and share with everyone the thing that 4-H does for you, and what you do for our communities!

You are constantly growing and changing, and you may not answer questions the same from one point in time to the next! By doing the surveys once or twice a year, we can see how youth in 4-H are developing and changing. These surveys are our way to find out about you and how the California 4-H Youth Development Program is doing overall! Thank you to everyone who has completed their surveys so far.

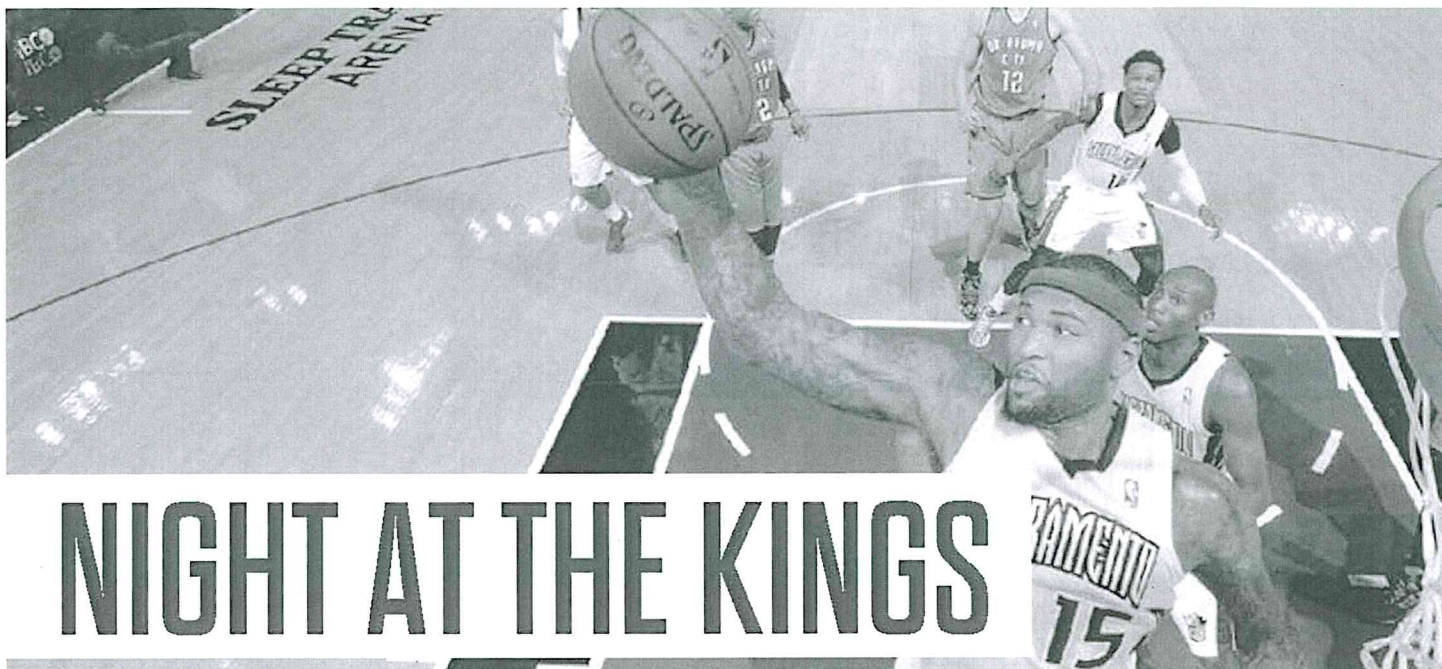
## Citizenship & Leadership Gift Certificate Program

This program allows family members and friends of 4-H members to provide a specific 4-H member with financial support for attending Statewide and National 4-H Citizenship and Leadership Conferences. Gifts may be used on registration costs of the following conferences and events\*

\* Citizen Washington Focus \* California Focus \* Leadership Washington Focus \* State Leadership Conference\*

Order a gift certificate today! For questions please contact Jenna Colburn, [jcolburn@ucanr.edu](mailto:jcolburn@ucanr.edu)

\* Gift certificates must be used within 12 months of purchase.



# NIGHT AT THE KINGS

## California 4-H



University of California

Division of Agriculture and  
Natural Resources

4-H Youth Development Program

### Come support California 4-H

- Come watch your Sacramento Kings take on the Charlotte Hornets!
- Enjoy an exciting game with your family and friends!
- A portion of proceeds will go to California 4-H
- Save up to 40% with special group seating!

## SPECIAL GROUP PRICING

\$81.00 — Lower Level Corner (Limited tickets available at this price)\*

\$35.00 — Upper Level Sideline (Limited tickets available at this price)\*

\*Once the above ticket allotments sell out, ticket prices are subject to increase.

To purchase tickets online,

[PLEASE CLICK HERE](#)

Passcode: Kings



VS.



Friday, March 20, 2015

Game starts at 7:00 p.m.





## University of California

Agriculture and Natural Resources ■ 4-H Youth Development Program

### State 4-H Leaders' Forum 2014

With the grand celebration of California 4-H at the 2013 State 4-H Leaders' Forum, the North Section 4-H Leaders' Council knew they had a tough act to follow. The key leaders from this huge, 19 county section have never been afraid of a challenge. **"101 Ways 4-H Thrives"** was the spark that was ignited to become a different State 4-H Leaders' Forum, and that it was. Let us highlight what a typical leader experienced:

Upon arrival at SLF 2014, the center terrace room of the Crowne Plaza Hotel in Sacramento wows leaders with over 101 different and innovative project ideas. Ones that you may have heard about but never actually seen or many you hadn't even thought of! The project ideas were so quick and easy to review and were provided via DVD in the registration bags.



Throughout the evening leaders notice something innovative and different about this year's State 4-H Leaders' Forum—youth. I know what you're thinking—This is a "Leaders' Forum"; but we put the youth in charge of important areas such as Tech team, MC, greeting, and assisting people. At the evening ceremonies you notice more than the usual special recognition. You notice an overwhelming sense of "family" between the leaders. You remember seeing and hearing the phrase, "4-H is more than just a club, we're a family". Now that phrase makes sense to you. WOW! Now you are so glad to be a part of such an amazing group!! Can this night get any better? The speaker for Friday night is Jeff Devoll. He lights you on fire with the energy to go out and do more than you already do as a volunteer!! You are ready to lead 2 more projects that you saw in the terrace room and 2 more committees that your county needs, and it's only Friday night of State Leaders' Forum 2014!!!

Kicking off Saturday is another outstanding speaker, Mark Thompson, showing us how we are the legacy for others to make a difference. The workshops that day are innovative, informative, and unique—equipping us with the tools we need to be the best leaders. Saturday night, "The 4-H Family" is the atmosphere of the evening. Volunteer leaders and staff from all over California feel connected and united. Some have just begun their 4-H journey for the 1st year and others are completing their 50+ year. What an amazing team to be a part of! The event is full of learning, sharing, networking, and laughter. Where has the weekend gone? Sunday morning we meet in our 4-H Sections. Learning who, where, what, why, and how we can be involved. The last guest speaker, Jana Flaig, is a riot! She sends us on our way, well-inspired to overcome adversity, laugh in face of trouble, and leave negativity behind us. With all the youth, volunteer leaders, and staff that are a part of 4-H, the combined talent, experience, and legacy is like no other organization.

The North Section 4-H Leaders' Council nailed the task of following up the Centennial Celebration with an innovative State 4-H Leaders' Forum with "101 Ways 4-H Thrives". Thank you North Section!

**Authored by: Sandy Cohen, Past State 4-H Leaders Council President**

#California4H







# 4-H Calendar of Events

Check out our statewide calendar of events, dates & deadlines!

## January

- 1/5/2015 2015 State 4-H Horse Classic Planning Team Applications DUE
- 1/4/2015 Small Animal Science Field Day
- 1/15/2015 WRLF Registration DUE
- 1/16-18/2015 South Section—TIC Conference
- 1/17-18/2015 4-H Archery Certification Training
- 1/17-18/2015 Shooting Sports—Shot Gun Discipline
- 1/23-25/2015 North Central Section—CAL Conference
- 1/23-25/2015 South Central Section—LCORT Conference
- 1/27/2015 WRLF 2015 Session 1
- 1/31/2015 Spark Score Surveys Close
- 1/31/2015 Master Trainer Incentive Deadline

## February

- 2/6/2015 2015 National 4-H Beekeeping Essay Contest
- 2/12/2015 WRLF 2015 Session 2
- 2/16/2015 State Ambassador Apps Due
- 2/17-18/2015 IDI Statewide Staff Conference (Davis)
- 2/25-26/2015 IDI Statewide Staff Conference (Eureka)
- 2/28/2015 4-H Equine Field Day

## March

- 3/2/2015 WRLF 2015 Session 3
- 3/3-4/2015 IDI Statewide Staff Conference (San Diego)

## April

- 4/11-18/2015 National 4-H Conference

## May

- 5/27-29/2015 4-H Animal Science Symposium
- 5/30/2015 State 4-H Field Day

## June

- 6/19-23/2015 California Focus
- 6/28-7/7 Citizenship Washington Focus

## July

- 7/14-18/2015 Leadership Washington Focus
- 7/23-26/2015 State Leadership Conference

## August

## Member Tip of the Month:

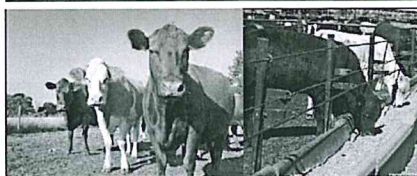
Starting a new project? Check out project sheets for ideas on how to start: [http://4h.ucanr.edu/Programs/Projects/Project\\_Sheets/](http://4h.ucanr.edu/Programs/Projects/Project_Sheets/)

Do you know a 4-H adult volunteer that would be great at writing a project sheet? The State 4-H Office is looking for people to help write and develop the content for project sheets. Project sheets serve as descriptors and guides for project leaders as well as assist parents and youth in project selection.

If you are interested in developing one or more sheets, or know of volunteers that could help, please contact Steven Worker at [smworker@ucanr.edu](mailto:smworker@ucanr.edu).

CALIFORNIA 4-H PROJECT SHEET

### 4-H Beef Cattle Project

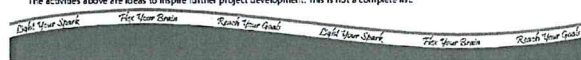


The 4-H beef program is part of the animal science project. The program will help you learn to select, manage, produce, market and show cattle.

- Learn basic principles of animal science by owning, caring for, and keeping records on one or more head of livestock.
- Demonstrate knowledge of sound breeding, feeding, and management practice.
- Learn value of scientific research in its influence on animals and the meat industry.

Starting Out Beginner	Learning More Intermediate	Exploring Depth Advanced
<ul style="list-style-type: none"> <li>Identify parts of your animal and cuts of meat.</li> <li>Understand the different types of feed (grain, mix, hay, supplement, pasture, silage) and quantity (pounds per day, etc.) to feed.</li> <li>Learn how to groom your animal.</li> <li>Learn about all the different beef by-products.</li> <li>Learn to show your animal.</li> <li>Determine quality grades of cattle.</li> </ul>	<ul style="list-style-type: none"> <li>Ramp up your judging and meat grading skills.</li> <li>Understand the digestive system.</li> <li>Identify common external parasites and other health issues.</li> <li>Understand medication uses, storage, how to administer the medication and how it relates to food safety.</li> <li>Learn appropriate handling techniques and housing for beef cattle.</li> </ul>	<ul style="list-style-type: none"> <li>Learn about EPD's and select a sire for your animals.</li> <li>Balance a beef ration and understand feed quality.</li> <li>Learn about breeding and reproduction techniques.</li> <li>Identify and learn to treat common diseases.</li> <li>Evaluate beef carcasses and market your product.</li> </ul>

The activities above are ideas to inspire further project development. This is not a complete list.



#### 4-H Thrive!

##### Help Youth:

##### Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find what it is about archery that

##### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to

##### Reach Their Goals

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies

##### Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the

#California4H







## State Ambassador Corner

I pledge my...  
head to clear thinking.

### State Ambassador Corner

The California 4-H State Ambassador is a working honor that provides 4-H members expanded opportunities to serve the University of California 4-H Youth Development Program. The 4-H State Ambassador position is one of the highest service opportunities and recognition attainable in the University of California 4-H Youth Development Program. 4-H State Ambassadors are youth who have excelled in the areas of leadership and community service. They are selected to serve the 4-H Youth Development Program in roles that promote leadership through education and service. 4-H State Ambassadors work with advisors who are experienced in working with older youth in a youth-adult partnership.



We have been asked often about what a State Ambassador is and what does a State Ambassador do? Since we are most often seen at State Leadership Conference it is assumed that we only work on SLC. The fact is we do many things. We travel throughout the State promoting our platform and present to the sectional conferences. We represent California 4-H to outside organizations, at community events and to our legislators. The State Ambassador program was formally called Diamond Star, so if you have parents or grandparents that were in the program that is probably what they know the program by.



View passed State Ambassador teams and read the history of the program originating in 1936:

<http://4h.ucanr.edu/Programs/Projects/Leadership/SA/FormerSA/>

California State Ambassador applications are now open. Due **February 16, 2015** For application instructions and requirements, visit: <http://4h.ucanr.edu/Programs/Projects/Leadership/SA/>

### Follow the State Ambassadors through social media

If you'd like to follow along with our ambassador team, check out the hashtags **#iamCA4H** and **#CA4HSA15** on Instagram! We love hearing from members and adult volunteers, so feel free to interact with us on all of our platforms, and if you see us in person, say hi!





## Program Updates

I pledge my...  
hands to larger service.

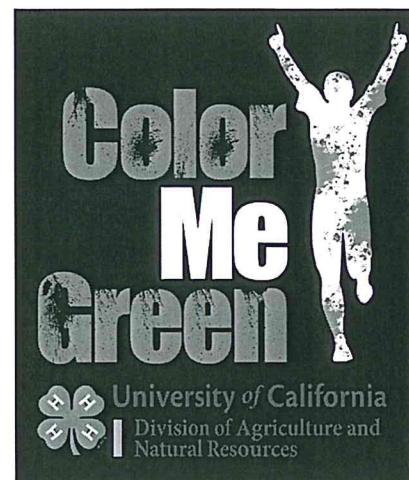
### HEALTHY LIVING CONTINUED...

#### Color Me Green 5K Runs

Over the past few years Color Runs have gained popularity. The original five-kilometer run was designed to encourage novice runners to improve their physical activity while also having fun. Participants are showered with green colored dye as they pass through each mile marker. The race is all in the spirit of fun and the dye stations serve to celebrate each success in completing the run. California 4-H hopes to host Color Me Green 5K Runs throughout the state, all taking place during the month of March 2015.

Is your County planning to host a Color Me Green 5K? Let us know more about your event and how we can help [here](#).

[Resources and additional information.](#)



#### Have a Healthy Holiday!

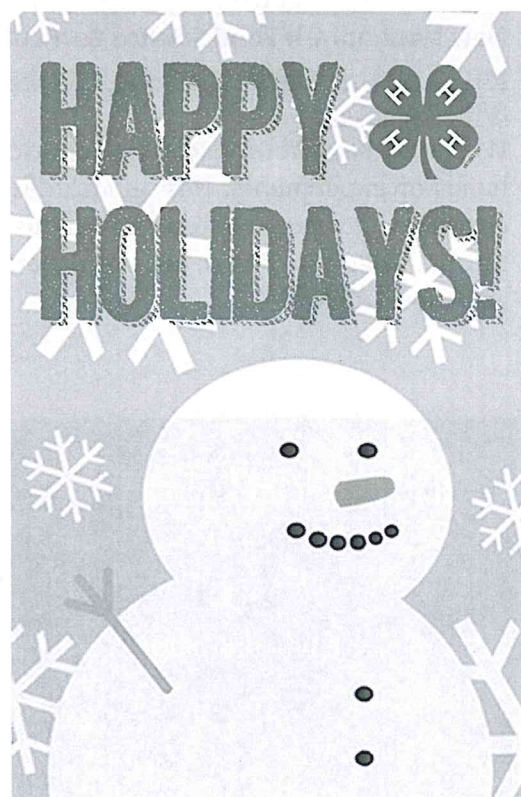
Here are some health tips from your Healthy Living state office:

- Eat healthy and in moderation. Not everything delicious has to be sugar-packed and full of fat. Make sure to eat your food in [MyPlate proportions](#) to keep healthy.
- Stay Active. Just because it is the holidays doesn't mean you should give up your morning jog or your evening walk. Or if you can't get out of the house, turn on some music and get dancing!
- Prepare food safely. Keep raw meats, seafood and eggs away from eating surfaces and foods that are ready to eat to avoid cross-contamination.
- Try and manage your stress. Stress can lead to a low immune system making you vulnerable and more likely to get sick. It is the holidays so try to relax and stay positive. Also, don't forget to get proper sleep!
- Wash your hands. The holidays are no time to get sick! Washing your hands often and well can help you avoid getting sick.
- Last but not least, don't forget to have fun. Happy Holidays!

10 tips for a Healthier Holiday: <http://www.choosemyplate.gov/food-groups/downloads/TenTips/>

[DGTipsheet32MakeHealthierHolidayChoices.pdf](#)

Holiday Health and Safety Tips: <http://www.cdc.gov/family/holiday/>







# Program Updates

Today is going to be the  
BEST.  
Tomorrow will be even  
BETTER..

## ANIMAL SCIENCE

### Hosting a Qualifying Horse Show?

Register your show here: <http://ucanr.edu/qualifying-shows> for it to be considered a qualifying show for the 2014 California Horse Classic.

Criteria for a Qualifying Show:

- Show verified by County
- Up to 3 shows per county
- Each horse show must be registered
- The Horse Show must offer the same class categories that are offered at the State 4-H Classic (they may offer more if they choose too)
- Management of each show is required to send show results to Sarah Watkins at the State 4-H Office

Please submit results on this form: Classic Qualifying Show Results Sheet  
Results can be sent via email to [spwatkins@ucanr.edu](mailto:spwatkins@ucanr.edu)

### Looking for a Qualifying Horse show for the 2015 California 4-H Horse Classic?

Visit <http://ucanr.edu/classic-qualifiers> to find a Horse Show near you!

## EQUINE UPDATES



### Want to help plan the 2015 State 4-H Horse Classic?

Apply here: <http://ucanr.edu/survey/survey.cfm?surveynumber=13572>  
Applications are due Jan 5, 2014.

### 2015 State 4-H Horse Classic –Save the Date

June 24-28, 2015

Brookside Show park

[http://4h.ucanr.edu/4-H Events/Horse Classic/](http://4h.ucanr.edu/4-H%20Events/Horse%20Classic/)

Check out the blog for up-to-date information!

## 4-H EQUINE FIELD DAY-FEB 28 (MORE DETAILS SEE PAGE 2)



## Program Updates

#iam4H

### CITIZENSHIP/LEADERSHIP CONTINUED...

#### 2015 SLC Program Assistants

Program Assistant applications open now. **Due February 2, 2015:** [http://4h.ucanr.edu/4-H Events/SLC/](http://4h.ucanr.edu/4-H%20Events/SLC/)

SLC Program Assistant Role:

**If you have been to SLC and are now between the ages of 19-24 you still want meaningful ways to be involved in the program, you REALLY like being with members, you enjoy staying up late for group discussions and sharing your positive experiences with the delegates. This is the opportunity for you!**

SLC Program assistants will have a crucial role in the youth delegates experience. The Program Assistant role helps SLC delegates have the most amazing leadership experience possible. This role has a selection process.

Program Assistant Responsibilities:

- Participate in Program Assistant Orientation Webinar.
  - Program Assistant will be assigned a group of youth.
  - Lead meaningful discussions and encourage self-reflection during assigned times with your group.
  - Attend tours as assigned.
  - Attend educational sessions as assigned and promote full participation and growth experiences. Also, assist the Resident Advisors in handling behavior and emergency situations that may arise in the assigned sessions.
- Attend assemblies and recreation events and serve in assigned locations with specific tasks, as needed to create safety, respond in an emergency and coach youth to make good choices.

The 2015 SLC Program Assistants will be selected by the 2015 SLC Planning Committee.

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#### Apply to be a 2015-2016 State Ambassador!

The California 4-H State Ambassador Program is a working honor that provides 4-H members expanded opportunities to serve the University of California 4-H Youth Development Program. **Due February 16, 2015.**

[State Ambassador App Reference Guidelines](#)

[State Ambassador Application Instructions and Information 2015](#)

[Apply Online](#)

[Submit a Reference](#)



#### California Focus

June 19-23, 2015

Registration is Open!!!

District Leader Applications **due January 14th**. For more information visit

[http://4h.ucanr.edu/4-H Events/CF/](http://4h.ucanr.edu/4-H%20Events/CF/).







## Program Updates

4-H youth are 1.9 times more likely to get better grades in school.

### MORE UPDATES

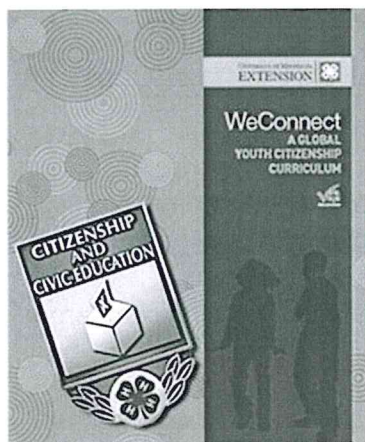
#### 2015 National 4-H Beekeeping Essay Contest

2015 Essay Topic: *"Planting for Bees from Backyards and Up"*

Participate in the 2015 National 4-H Beekeeping Essay Contest and submit a 750 to 1000 word essay with the listed criteria in this [document](#). This contest is open to active 4-H club members and must adhere to the requirements and designated subject. **Awards: 1<sup>st</sup> Prize - \$750, 2<sup>nd</sup> Prize - \$500, 3<sup>rd</sup> Prize - \$250**

Essays must be submitted electronically as a Word or .pdf attachment, to the State 4-H Office by **February 6, 2015**. Email to: [ca4h@ucanr.edu](mailto:ca4h@ucanr.edu). In the subject line write: 2015 National Honey Bee Contest. The National winners' essays will appear in an issue of the American Beekeeping Federation's newsletter.

4-H  
BEEKEEPING



#### New National 4-H WeConnect Curriculum

<http://www.4-hmall.org/Product/educationkits/weconnect-curriculum-10-pins-bundle/01501C.aspx>

*WeConnect* is a brand new Global Citizenship Curriculum that prepares youth to thrive in our culturally diverse world! *WeConnect* is a program model designed to show youth that they are participants in a global society, inspiring a sense of understanding and confidence in relating and connecting to other people. The curriculum is for middle school youth (grades 6-8), but can be adapted to suit both younger and older age groups.

#### New National 4-H Ready to Go Mentor Training Toolkit

<http://www.4-hmall.org/Product/buildyourfuture/ready-to-go-mentor-training-toolkit/4H1642PDF.aspx>

The *Ready to Go: Mentor Training Toolkit* is designed to assist youth mentoring programs in the training of new and existing mentors and other volunteers working with youth. This research-based and extensively piloted curriculum contains a highly customizable menu of training activities that can be used to tailor trainings to specific program needs.





# Staff Updates

Every day I use what I learned  
and practiced in 4-H. It was the  
best activity of my youth and life!  
-4-H Member

- **Intercultural Development Statewide Staff Conference 2015**  
Register for the conference before **February 1, 2015**: <https://ucanr.edu/survey/survey.cfm?surveynumber=14455>. Direct questions to Shannon Horrillo, [sjhorrillo@ucanr.edu](mailto:sjhorrillo@ucanr.edu).
- **1st Installment Enrollment Fees 2014-2015.** The payment form and instructions have been posted at [http://4h.ucanr.edu/Resources/StaffResources/Monthly\\_Dates\\_and\\_Deadlines/](http://4h.ucanr.edu/Resources/StaffResources/Monthly_Dates_and_Deadlines/). Completed forms and payment are due to the State 4-H Office by **January 31, 2014**. Contact Whitney Bell, [webell@ucanr.edu](mailto:webell@ucanr.edu) for questions.
- **Policy revision:** *California 4-H Shooting Sports Program Policies and Procedures* manual and forms have been revised: <http://4h.ucanr.edu/Programs/Projects/SET/ShootingSports/>. Please review the new Adult Supervision Policy to ensure the proper youth to adult ratio in all shooting sports activities. If you need to know who the certified shooting sports leaders are in your county you can find them at this link: <http://4h.ucanr.edu/Resources/StaffResources/SSCertified/>. Please take the time to review it. If you have any leaders listed who are no longer in the program, please contact Andrea Henderson so she can remove them from the list.
- **Presentations being sought for the 2015 National Association of Extension 4-H Agents (NAE4-HA) Conference**  
Conference: October 25-29, 2015 in Portland. Session proposal deadline is **January 15, 2015**  
<http://www.nae4ha.com/2015-annual-conference>
- **Service Learning Project vs. RofR**  
With the ending of the Revolution of Responsibility program, we ask that all RofR language be updated to "service learning project". The Officer's Manual 2013 and Program Planning Guide have been updated to reflect this change. Please refer to the most recent documents.
- **Update on the working title for CES staff**  
During VBB, a couple of months ago, Connie Schneider discussed that the new Career Track' Education Services job family series had the payroll title, "Community Education Specialist." Within the university system, we already have Specialists. Working titles can be different from payroll titles. To avoid confusion with "Specialist," she led a process with 4-H staff and academics to identify a working title. It was decided that 4-H Program Representative will be the working title for 4-H staff hired as Community Education Specialists. 4-H Program Representatives will be the title used for email signature blocks, name badges, business cards, working with partners, etc.

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Get connected with 4-H  
through social media!

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CALIFORNIA 4-H  
FOUNDATION