



### 4-H Calendar of Events

#### Inside this issue:

Calendar	<b>1</b>
Leader page, Awards Committee Info	<b>2</b>
Dr. Preston Scholarship Essay by Shannon Whetzel	<b>3</b>
Archery Leader Training & Beginner Class, Shooting Sports Training	<b>4</b>
Black Bart Parade, 2017 Washington Focus Trip, Summer Camp Strategic Planning Committee Report	<b>5</b>
State Updates, Resources for Parents	<b>6</b>
More State Updates	<b>7</b>



#### August

31.....Completed Project Proficiency lists due to office;  
End of 4-H Year

#### September

1.....Beginning of 4-H Year  
5.....Labor Day Holiday—Office is Closed  
9.....Chili Cook Off -Ukiah Alex Thomas Plaza  
15.....articles due for newsletter  
16-18.....Boonville Fair and Apple Show  
30.....Record books due to office for County Judging

#### October

1.....County Council meeting Ukiah 9-1  
5..... Record Book judging at County 6pm  
5-16.....Tractor Supply 4-H Paper clover Days  
7-9.....WHY Conference—Whiskey Town  
8.....Yoga Training for Project Leaders 9—3  
15.....Last Day to Enroll for Market Animal Projects  
15.....articles due to newsletter  
15-16.....Ukiah Pumpkin Fest  
17.....Record books (senior) due at office for going to State  
29.....Cloverbud Field Day- Location TBD

#### November

11-13..... State Leaders Forum—Santa Rosa  
11.....Holiday—Office Closed  
15.....articles due to office  
24-25.....Thanksgiving Holiday—Office Closed

# Leaders Page

## MENDOCINO COUNTY FAIR AWARDS COMMITTEE

### Due Dates for Record Books at County for Judging

- \* **September 30th** with names of judges
- \* **October 5th** judging at County
- \* **October 17th** due to county for mailing to state
- \* **October 21st** is when they MUST be at the state

## Leaders

### things to think about and plan for:

- Treasurer final reports due no later than September 15th
- Enrolling members; new and re-enrolling will be done online
- Re-enrolling leaders will be done online
- New Leaders will fill out paper enrollment forms which get turned into the office right away.
- Project Proficiency completed from each club are due at the office by August 31<sup>st</sup>
- Banner club awards; club planning guide completed, treasurer, secretary and historian book are due to the office on Sept 30<sup>th</sup>
- Record books must be evaluated by clubs in September

From now on, Tannis Boyd will be doing the Round up Newsletter! Her email address is: [tlboyd@ucanr.edu](mailto:tlboyd@ucanr.edu)

If you have any questions call 463-4495

Currently, Chris Ceresa has headed up the Awards Committee. But, she will need *many helping hands* to make this committee work! She would like to ask any adult, teens and/or youth members, who has a parent that is willing to offer support, come forward and be a part of this very rewarding experience.

If you are interested in the following committees, please **contact** Chris at:

**email:** [mendofairawards@gmail.com](mailto:mendofairawards@gmail.com)

**phone:** (707) 841-3007 – leave a message

Please give her your name, 4-H club, age, email and phone # information and which committee(s) you're interested in helping with.

### List of Committees:

**Banner Coordinator (REF)**

**Perpetual Trophy Coordinator (REF)**

**Awards Ceremony Chairman (REF & MCF)** – Rory Beak has volunteered for MCF 2016

**Awards delivered to ringside (REF & MCF)** – can be more than 1 person

**Thank You cards (REF & MCF)** – Samantha Arkelian volunteered for REF 2016

**Clean Stall (REF & MCF) – 1 Clerk & 2-5 Judges**

**Ice Cream Social (REF)** – Alexis Rutherford volunteered 2016

**Dress Lead (MCF)** – Devon Jones volunteered 2016

**Barnyard Olympics**

**Stills**

**Species :**

Beef, Cavies (showmanship only), Dairy Cattle, Dairy Goat, Dogs, Horse, Meat Goat, Poultry (showmanship only), Pygmy Goat, Rabbit (showmanship only), Sheep, Swine, Turkey

**Next Year:** \*Sponsorship Committee

**\*\*Please be aware that this committee will not continue without additional help.**

Don't forget, you can get credit in your 4-H Record Book for helping on committees!

## DR RUSSELL PRESTON ESSAY BY SHANNON WHETZEL

Hi, my name is Shannon Whetzel and I just finished my ninth and final year in the Ukiah Shamrock 4-H Club. In the fall of 2016 I will attend Santa Rosa JC and go into the Athletic Training program and study kinesiology. In that program I will learn how to treat, tape, and care for athletes. I knew I wanted to go into the medical field when I transferred into the Scrubs 101 class at Ukiah High School. Through guest speakers and presentations in this class I was fascinated by the possibility of a career in the military to be a Med Evac, or to become an RN, a paramedic, or a physical therapist. During my senior year, I was meeting with the SRJC Water Polo coach about the possibility of being the goalie for their 2016-17 team. I was excited to find out that Santa Rosa JC had both an Athletic Training/Sports Medicine program and Women's Water Polo Team. In the end I realized in completing the athletic training/kinesiology for an AA degree this would be a great base to accomplish any of my career dreams. After completing the AA degree, I plan to transfer to a 4-year athletic training program at a state school. I hope to practice as an Athletic Trainer for professional sports teams.

I joined 4-H when I was nine years old and for the last nine years I've been in projects such as shooting sports (archery, rifle, shotgun), knitting, rabbits, horses, cooking, communications, cake decorating and photography. Due to these projects, I have shown my animals and items at our county events such as Extravaganza, Redwood Empire Fair, and the Mendocino County Fair in Boonville. I participate at the state level in the My Plate contest in 2014 and won 1<sup>st</sup> place. I have competed in, helped organized and was a mistress of ceremony/presenter at County and Sectional Presentation Days, Redwood Empire Fair Awards Ceremony, and Extravaganza. I have also been a presenter at club officer trainings, county presentation day workshops and new member open houses. Throughout my membership I have attended numerous County Council meetings to report on events such as Color Me Green and Wreaths Across America. I have volunteered to help and organize our local club's Halloween Party and work at the Hopland Sheep Dog Trials. I have held many officer positions in my club: president, recording secretary, supply officer, recreational/ activities director, and sergeant at arms. At 4-H Summer Camp, I was a camper for 3 years, a CIT for 2 years, a Counselor for 1 year, a Dean for 1 year, and a Director last year. I was also a co-chair for the Wreaths Across America program in December of 2014 and 2015.

As I look back on the last nine years, I think I can say that I literally wanted to "make the best better" by being a positive person and giving back to my community. I learned to work well with others including adults, my peers, and younger children. Being involved in 4-H summer camp, being an officer, and being one of the oldest kids in my club, I have strived to be a role model for the youth of the 4-H program. I encourage younger members to become involve within our club and county events. Though my club I have had the opportunity to organize and encourage community service projects with Tango Mike, Brookside retirement, veterans, Plowshares, Senior Center and the Animal Shelter/ Humane Society. 4-H has given me the opportunity to overcome my fear of public speaking and it has helped me tremendously with my leadership skills. These leadership roles have taught me attentiveness, concentration, and to be comfortable talking to large groups of people. Five of my peers and I ran a five-day summer camp in which I learned how to handle stress in a healthy way. I also learned how to work well with my peers to make the camp a better place for all ages. As a Wreaths Across America co-chair for the last two years I have been inspired to see how many citizens of Ukiah came out and shared this amazing event with the 4-Hers of their community.

As I move forward to my college experiences as an athlete and as a student, I know I will take the many things I learned while being involved in 4-H: leadership, helping and caring for others, and people skills. These qualities will help through college and the rest of my life. I hope current 4-Hers will recognized that they have a bright future ahead of them and that 4-H is an amazing asset to be a part of. I would just like to say thank you to all the adults and my peers that I met through 4-H. They have made me a better person and always pushed me to do greater things in and outside of 4-H. Also a very special thank you to my parents. They are both involved in 4-H because of my siblings and I. They have made my 4-H experience a one to remember. To my brother and all the members in my club, good luck and make the best better!

## 4-H Archery Leaders Training & Archery for Beginners Class

Saturday September 24th and Sunday  
September 25th  
Saturday from 9am-3pm at Redding Mistletoe  
School room #700  
Sunday from 9am-2pm at Carnage Ridge  
Archery Range

Carnage Ridge Archery  
10283 Oak Run Road  
Oak Run, CA. 96069

Now accepting enrollment for Archery **For  
Beginners Training** and 4-H Archery Leaders  
Training

Do you want to know more about this exciting sport? Are your children interested in archery? We are accepting enrollment now for ages 11 & up for our class. You will learn about the styles of archery, technique, products used, form of shooting, safety, course designs, and teaching others as a leader. You do not need a bow to attend but if you have one please bring it.

This is a California State Certification Program for junior, teen, and adult leaders for 4-H. Instructors are California State Certified Master Instructors Jason Ham and Rebekah Ham.

Class is only \$35 for adults, \$20 for youth.  
Space is limited so sign up today!

Mail your registration to:  
Rebekah Ham  
10283 Oak Run Rd.  
Oak Run, CA. 96069

Please make checks payable to:  
"Foothill 4-H/Archery"  
Please include your name, address, and phone number for anyone attending the class.

For information call 530-410-9101 or find us on Facebook at 4-H Archery Shasta County

## 4-H Shooting Sports Trainings

### Merced County

The Merced County 4-H Shooting Sports training team will be offering a series of project leader and leader trainer classes in rifle, pistol, shotgun, muzzle loading and archery offered from September to December in Central California. All classes will be in a Saturday and Sunday format, 9 AM –4 PM, at the Safety First Shooting Association, River Oaks Range, 11584 N. Shaffer Rd, Winton 95388, in Merced County. Participants must become a 4-H leader or member and attend both days to receive certification to lead any of the shooting sports disciplines at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The **cost for each discipline is \$35** per person to include a resource binder, with Saturday and Sunday lite breakfast refreshments. Dry camping is available on site as is self-contained RV camping. You are responsible for lunches. The nearest shopping is 15 minutes away. It is recommended to bring lunches each day. You may bring your own firearms and ammunition or archery equipment. However everything will be provided if you want to use their equipment. Junior and teen leaders are invited but must attend with an adult or have a certified shooting sports adult leader they will be assisting back home.

Driving directions to the classrooms and range are at <http://www.safetyfirstshooting.org/html/directions.html>

To register, please complete and mail the "CA 4-H Shooting Sports Training Request and Registration Form" available at <http://4h.ucanr.edu/files/4785.pdf> and an adult or youth 4-H medical release form and a **\$35 check** payable to "Merced County 4-H Council" and mail to UCCE, 2145 Wardrobe Ave, Merced, 95341. Registration is due Friday, 7 days prior to the class you are taking, and **space is limited to 25 attendees**. For more information call Darlene McIntyre at [209-385-7418](tel:209-385-7418) or email her at [dlimcintyre@ucanr.edu](mailto:dlimcintyre@ucanr.edu). Range and class info contact is Dave Givens 209-614-1718 or [dave@hammerstryke.com](mailto:dave@hammerstryke.com)

### Class Dates:

**Rifle Leader:** Sept 17<sup>th</sup> and 18<sup>th</sup> (Registration due Sept 9<sup>th</sup>) & Nov 5<sup>th</sup> and 6<sup>th</sup> (Registration due Oct 28<sup>th</sup>)

**Shotgun Leader:** Sept 17<sup>th</sup> and 18<sup>th</sup> (Registration due Sept 9<sup>th</sup>) & Nov 19<sup>th</sup> and 20<sup>th</sup> (Registration due Nov 11<sup>th</sup>)

**Archery Leader:** Oct 8<sup>th</sup> and 9<sup>th</sup> (Registration due Sept 30<sup>th</sup>) & Nov 5<sup>th</sup> and 6<sup>th</sup> (Registration due Oct 28<sup>th</sup>)

**Pistol Leader:** Oct 8<sup>th</sup> and 9<sup>th</sup> (Registration due Sept 30<sup>th</sup>) & Nov 19<sup>th</sup> and 20<sup>th</sup> (Registration due Nov 11<sup>th</sup>)

**Muzzle Loading Leader:** Oct 29<sup>th</sup> and 30<sup>th</sup> (Registration due Oct 21<sup>st</sup>) & Dec 10<sup>th</sup> and 11<sup>th</sup> (Registration due Dec 2<sup>nd</sup>)

## Black Bart Parade Entry



Erica Boesel carrying the American Flag and Hayden Hayes carrying the P.O.W. Flag—Ukiah Shamrocks supporting Wreaths Across America

## 2017 Washington Focus Trip!

### Leadership Washington Focus (LWF)

July 16-July 20, 2017

For Youth entering grades 7—9

### Citizenship Washington Focus (CWF)

June 24-July 1, 2017

For Youth ages 15 to 19. Delegates must be at least 15 years of age by time to travel to participate.

### Citizenship Washington Focus Extended Trip (CWF-EX)

June 24-July 4, 2017

Includes conference plus extra days visiting historical sites in Gettysburg, PA, Philadelphia, PA, Baltimore, MD

Registration is scheduled to open October 15, 2016

MORE INFORMATION TO COME!

## Summer Camp Report

The 4-H Summer Camp Strategic Planning Committee has completed their goals and made a series of recommendations and suggestions to the Steering Committee in the areas of marketing, fundraising, camp leadership structure, adult and teen staff trainings, camp activities and camp daily structure during the months of February-June.

In July, a group of teens and adults visited the Marin 4-H camp at Las Posadas to observe their camp and toured Mendocino Woodlands as a possible location for Mendocino-Lake 4H Summer Camp. We are in the process of securing a reservation for Mendocino Woodlands for the first week in July 2017.

This is exciting news but we now need adult volunteers to help plan and execute the 2017 4-H Summer Camp. Our Steering Committee is in need of several key positions including Executive Director and Program Director. Further we could use other interested adults from our community and within 4-H to be a part of the committee. Without these positions filled, we won't be able to proceed with the 2017 camp. Please see the position descriptions on the website for additional information. <http://celake.ucanr.edu/Mendocino-Lake-4-H-Summer-Camp/Camp-Steering-Committee/>

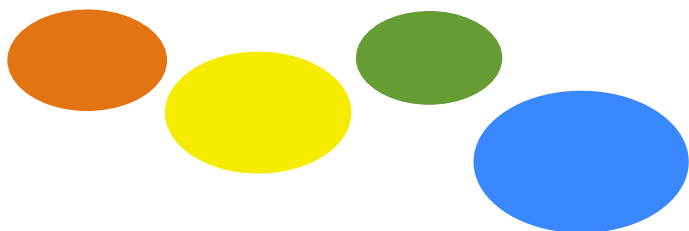
If you or if you know someone who would like to apply for the 2 director positions and/or be on the committee, please contact 4-H staff at (707) 263-6838 or Julie Frazell at [jfrazell@ucanr.edu](mailto:jfrazell@ucanr.edu).



# State 4-H Updates

## Volunteer Development State Leaders' Forum

### Connect the Dots



**November 11-13, 2016**

Registration opens on April 1

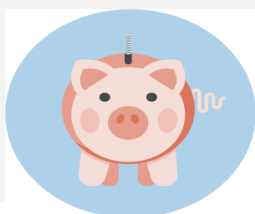
Mark your calendars to attend the final State Leaders' Forum for a couple of years. Come to **Sonoma County** and the Flamingo Hotel in Santa Rosa to expand your tool box when working with young people. The committee is motivated to create an enlightening experience for you. Scintillating speakers, first class workshops, and clever activities highlight the never-ending quest to ensure you will have monumental memories. We are searching for workshop presenters who are willing to share their out-of-seats delivery.

Please contact Education Chair - Linnaea Knisely ([linnaeak@gmail.com](mailto:linnaeak@gmail.com)). In the mean time visit the web-site <http://ucanr.edu/4hslf> for updates.  
<http://ucanr.edu/survey/survey.cfm?>

### . Resources for Parents and Caregivers

NEW Consumer Financial Protection Bureau's (CFPB) "Money As You Grow" Financial Well-being Tools for Parent and Caregivers. The site includes tools adults can use to help youth in different age groups (early, middle childhood, teens and young adults) develop money skills.

[www.consumerfinance.gov/money-as-you-grow](http://www.consumerfinance.gov/money-as-you-grow)



## Citizenship

### Citizenship Weekend– North-Central Section

September 16-18, 2016

Hotel International, Sacramento, CA

[Registration](#) is now Open

Open to 4-H Members 12 years and up (as of December 31st, 2015). Registration is open to all youth in Registration will open to all members in the state. We will participate in numerous aspects of citizenship such as government, history and community service.



## Science, Technology, Engineering, and Math (STEM)

### 2016 4-H National Youth Science Day

Wednesday, October 5, 2016

The National 4-H is thrilled to announce the 2016 4-H National Youth Science Day (4-H NYSD) challenge: *Drone Discovery*.

Challenge will be held on Wednesday, October 5, 2016 Challenge kits, which include everything you need to complete *Drone Discovery*, are available for pre-sale now at the 4-H Mall.

Mendocino County will be holding this later in October. Date TBD.

# State Updates

## State Record Book Competition 2016

### Important Dates:

October 3<sup>rd</sup>: State Record Book Evaluators applications due. October 21<sup>st</sup>: Record Books for State Competition ARRIVE to State Office. November 4<sup>th</sup> – 6<sup>th</sup>: State Record Book Competition

### Diamond Clover Award

All youth members who achieve the requirements are eligible to receive this award. Applications are accepted year-round. Applications are reviewed by the 4-H Incentives and Recognition Advisory Committee and awarded quarterly. Find more information [here](#).

## Communications & Marketing

**Event Information in One Place**  
Now you have just one page to check for State 4-H event information and registration deadlines!

- Bookmark the Calendar page on the State 4-H site ([4h.ucanr.edu/News/Calendar](http://4h.ucanr.edu/News/Calendar)):
- Separate Deadlines Calendar
- Events calendar focuses on event information
- Send yourself email reminders
- Add the event/deadline to your digital calendar

# State Updates

## Mindfulness Retreat

Teens 13—19

November 4-6, 2016

AND

Camp Ocean Pines

Adults

Cambria, CA

Save the date for the Mindfulness Retreat! Participants will increase their personal skills in leading a healthy lifestyle, and also gain skills needed to be a health advocate in their community. The retreat will address topics such as understanding mindfulness, exercise, stress management, community connection, relationship building, nutrition, and health advocacy! Designed for teens ages 13-19 and adults.

For more information or check out:

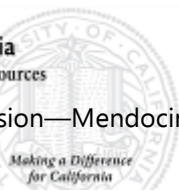
<http://4h.ucanr.edu/Projects/HealthyLiving/Mindfulness/>



### Did you know?

National 4-H is hosting a series of webinars on new 4-H curriculum. If you're interested in learning more about our 4-H curriculum, sign up for our webinars. For more information visit: <https://event.on24.com/>





«F1»

«F2»

«F3» «F4» «F5»

**“Roundup”  
MENDOCINO COUNTY 4-H  
August 2016**

**Web Sites**

National 4-H Council

[www.4-h.org](http://www.4-h.org)

**California State 4-H Website:**

<http://4h.ucanr.edu/>

Record Book forms, officer manuals, Policy Handbook, opportunities for youth and leaders, etc. Click on **Resources** for links to electronic 4-H forms, policies, and opportunities.

***Like us on Facebook @ Mendocino County 4-H***

**Yahoo Groups for Community Club Leaders**

<http://groups.yahoo.com/group/4h-ccl/>

Valuable site for discussing issues, sharing information and resources for curriculum, materials and project ideas.

**Published By:**

**University of CA Cooperative Extension , Mendocino**

890 N. Bush Street

Ukiah, CA 95482

**Phone** (707) 463-4495

**FAX** (707) 463-4477

**Gregory A. Giusti**

County Director,  
Mendocino & Lake Counties

[gagiusti@ucanr.edu](mailto:gagiusti@ucanr.edu)

**Car Mun Kok**

Youth, Families &  
Communities Advisor

707.263.6838

[cmkok@ucanr.edu](mailto:cmkok@ucanr.edu)

**Linda Edgington**

4-H Program  
Representative  
Mendocino

707.463.4495

[lgedgington@ucanr.edu](mailto:lgedgington@ucanr.edu)