



University of California
Agriculture and Natural Resources

In The Clover

August 2018

Tehama County 4-H Program

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Josh Davy
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4-H Community Educator

Layout by Spring Severson

Mission—The University of California 4-H Youth Development Program engages youth in reaching their fullest potential while advancing the field of youth development.



Download a QR Code Reader today
for instant access!

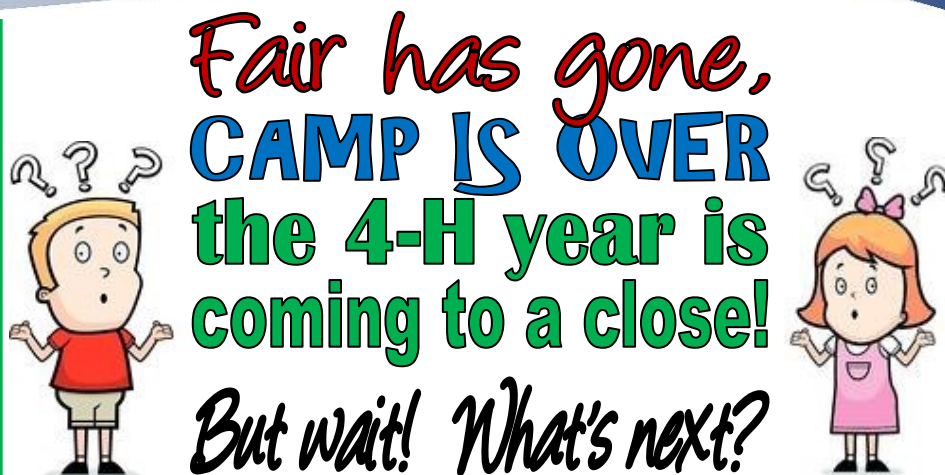
Office Hours

8AM-5PM*

Monday through Friday



*Except Holidays listed on back page



Have you finished your 4-H Record Book? Record Books do not have to be a daunting task. In fact they are a great way to reflect on your yearly work by documenting your skill development, learning experiences and growth in 4-H.

In California, there are two ways to complete a Record Book - through the **Online Record Book (ORB)** or with a **paper Record Book**. Both versions are aligned with the same forms and follow the same instructions for completion. Members may use either version as their Record Book.

Your Record Book is YOURS... 4-H Record Books must be completed by the 4-H member - that means you! This includes completing forms, writing the 4-H Story and other records. Adults may assist by guiding, explaining and helping to compile information and proofreading.

*Think of it as the Scrapbook of your 4-H Experiences!
It is a good reference when completing Resumes for
Scholarships and even Jobs!*

Don't get stuck—there is help available! If this is your first time completing a 4-H Record Book, be sure to read through the "Record Book Manual" available online at http://4h.ucanr.edu/Resources/Member_Resources/RecordBook/. Also, reach out to your veteran members, your project leader and even your club leaders!





4hOnline Guide* for Youth and Adults for Tehama County

INSTRUCTIONS FOR RE-ENROLLING FAMILIES

4hOnline is a web-based system used to enroll youth and adults in the California 4-H Youth Development Program. 4hOnline may be accessed 24 hours a day, 7 days a week from any computer connected to the internet.

Computer Requirements

Use a current version of one of the following Web browsers:

- Microsoft Internet Explorer 6.0 or newer (for Windows users)
- Mozilla Firefox 1.5 or newer (for Windows and Apple users)
- Netscape 8.0 or newer (for Windows and Apple users)
- Safari or Mozilla Camino 1.5 or newer (for Apple users)

You must enable cookies and Javascript.

Set up in Family Accounts

4hOnline groups enrollments within a "Family Account." One family account is created to enroll youth and adults within that family-unit. **ALL RE-ENROLLING FAMILIES ALREADY HAVE AN ACCOUNT: do not create a new one.**

Username & Passwords

The username is the family email address. In order to log into the system or create a new family account, a valid email address must be used. Each family account must have a unique email address; they cannot be shared with any other family accounts. Passwords may be changed once you are logged into the system.

IF YOUR E-MAIL HAS CHANGED SINCE LAST YEAR, contact the 4-H office to update or you will not be able to enter the system.

If you do not have access to a computer or an e-mail address: paper enrollment packets are available from the Volunteer Enrollment Coordinator (VEC) for your club or at the 4-H office.

To complete your enrollment, you must also pay your fees directly to your community club:

2018-2019 Program Fees

Youth \$60 (Of which, State 4-H receives \$54 and Tehama County 4-H Council receives \$6)

Adult Volunteer \$25 (Of which, State 4-H receives \$18 and Tehama County 4-H Council receives \$7)

Youth Request for 4-H Program Fee/Reduction forms are available at:

http://cetehama.ucanr.edu/4-H_Program/How_to_Join_4-H/

Adult Volunteers must complete eXtension Training

All Adult Volunteers will receive an email with instructions for completing "2018-19 California Returning Volunteer Training" through eXtension, once you re-enroll online.

***For complete step-by-step instructions, please visit** http://cetehama.ucanr.edu/4-H_Program/How_to_Join_4-H/



4-H News



STATE PROGRAM FEES

4-H is the first and largest youth development organization in the world, and for over 100 years has been preparing young people ages 5 to 19 with the skills they need to lead for a lifetime. Annual program fees paid by members and volunteers help support fundamental services, including staff, insurance, program development, resources, events, and required online systems to sustain and enhance exceptional programming for nearly 110,000 members and 15,500 adult volunteers. Over the coming years, state program fees are projected to increase to cover the usual costs for program operations. For the 2018-2019 program year, starting July 1, 2018, fees will be \$54 for youth and \$18 for adult volunteers. Counties and clubs may also have a separate fee. We believe that 4-H should be accessible to everyone and, therefore, fee waivers will continue to be available for qualifying families (contact the local County 4-H Office for more information). 4-H is still relatively inexpensive compared to other youth activities such as youth football or soccer (which start at several hundred dollars a season). And, youth who participate in 4-H are more likely to excel in school, participate and be interested in science, make more healthy choices, contribute to their communities and thrive today and in the future. The University of California, Division of Agriculture and Natural Resources administers 4-H and provides significant support to cover operational costs, including funding for nearly half of all county-based staff positions and all Advisor positions. The State 4-H Office will continue to raise funds to help alleviate projected increases and develop new revenue streams to support 4-H in order to keep costs as low as possible for families.

A Message from Shannon Horrillo, Statewide 4-H Director (4-H Update, May 2018)

COUNCIL REPRESENTATION

To achieve "Club in Good Standing" status and earn a green seal, clubs must have representative(s) regularly attend the County Leader's Council meetings. Nice work clubs!

Council Attendance	S	O	N	J	F	M	A	M	J
Antelope	X	X	X	X	X	X	X	X	X
Bend Jelly	X	X	X	X	X	X	X	X	X
Bowman	X	X	X	X	X	X	X	X	X
Corning	X	X	X	X	X	X	X	X	X
El Camino	X	X	X	X	X	X	X	X	X
Flournoy/Paskenta	O	X	X	X	X	O	X	O	X
Lassen Colony	X	X	X	X	X	X	O	X	X
Los Molinos	X	X	X	X	X	X	X	X	X
Manton	X	X	X	X	O	O	X	X	X
Olive	X	X	X	X	X	X	X	X	X
Westside	X	X	X	X	X	X	X	X	X

Get a jump on the new year—

4-H Program Year TIME TO ENROLL 2018-2019

http://ceteama.ucanr.edu/4-H_Program/

LEADERS COUNCIL OFFICERS for 2018-2019

President: Anne Junge, Los Molinos 4-H
Vice President: Cindy Dixon, Olive 4-H
Secretary: Debbie Simmons, Westside 4-H
Treasurer: Amanda Woelfel, Lassen Colony 4-H

Welcome aboard! The Tehama County 4-H Council is organized for the purpose of implementing programs and projects based upon the educational framework of the 4-H Youth Development Program. All 4-H volunteer leaders and 4-H members (14 years & older) are voting members and invited to attend the monthly Council meetings. Meetings are held at Tehama County Department of Education at 1135 Lincoln Street, in Red Bluff. **The next meeting will be on Tuesday, September 25.** For agenda and minutes, visit http://ceteama.ucanr.edu/4-H_Program/4-H_Leaders_Council/.

Council Corner

Date of next meeting:

September 25 @ 6:30PM
Tehama County Dept. of Education
1135 Lincoln St., Red Bluff
Agendas available online

Agenda to include:

- ♦ County Event Reports
- ♦ Budget/Fundraising
- ♦ Program Updates
- ♦ And more!

*Decisions
are made here -
join us!*

All 4-H certified volunteer adult leaders & 4-H members (14 years and older) are voting members and invited to attend the monthly council meetings.



4-H Announcements



NATIONAL 4-H STEM LAB

Looking for easy ways to get your kids interested in science? The National 4-H STEM Lab provides fun, hands-on STEM activities for kids of all ages to do anywhere! These hands-on activities are designed to instill curiosity, and critical thinking, helping kids develop the skills needed to be successful in life. They are also fun, easy to do, and feature a messy factor just for you! Check out the activities today to get started. With the support of HUGHESNET, 4-H is bringing some of the best STEM activities from its land grant university network and other education partners to STEM Lab. 4-H has clubs in every county across the nation and STEM Lab can help you bring 4-H experiential learning to your family. For more information visit the 4-H STEM Lab website at <https://4-h.org/parents/stem-agriculture/youth-stem-activities/>

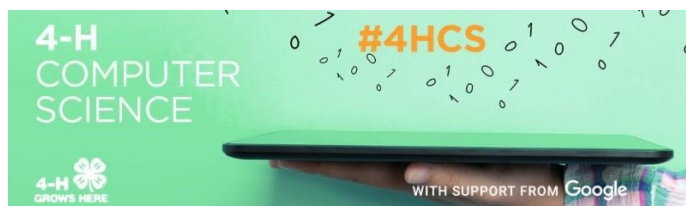
CODE YOUR WORLD

This October, 4-H and Google will launch an exciting National Youth Science Day (NYSD) challenge, *Code Your World*, which invites kids to get involved in computer science through hands-on doing. *Code Your World* is a four-part computer science (CS) challenge that teaches kids to apply CS to the world around them through hands-on activities. Developed by Google and West Virginia University Extension Service, it includes a computer-based activity on Google's CS First platform and three unplugged activities that bring coding to life through games and interaction. *Code Your World* uses games and hands-on fun to teach kids important CS and computational thinking concepts, and is perfect for first-time and beginner coders ages 8-14. Kits are now available for pre-sale, visit <https://4-h.org/> to order your kits today!



4-H COMPUTER SCIENCE

Become a Computer Science Teen Leader – You could WIN \$1,000 by bringing CS to your community! Google and 4-H need you to help bring computer science to kids in your community! This October, 4-H and Google will launch an exciting **National Youth Science Day** (NYSD) challenge, *Code Your World*, which is all about learning computer science through four fun, hands-on activities. Google and 4-H need your help bringing the online activity, called Animate a Name, to kids in your community. Register to be a Computer Science Teen Leader in your community. Registration opens July 2 online at <https://publish.extension.org/4hcs/pathways/teen-cs-leaders/>



STILL EXHIBITS FAIR RESULTS

*Congratulations to the following members!
Thank you Olive 4-H Club.*

SWEEPSTAKES WINNER:

Nicky Parks, Westside 4-H

RESERVE SWEEPSTAKES WINNER:

Sierra Huntsman, Antelope 4-H

Best of Show by Class:

Beef	Karlee Smith , Antelope 4-H
Equine	John Gilles , Westside 4-H
Swine, Sr.	Trinity Kingwell , Olive 4-H
Arts/Crafts, Jr	Sergio Lopez , Lassen Colony 4-H
Arts/Crafts, Sr	Salina Laugesen , Bend Jelly 4-H
Photography	Jolene Junge , Los Molinos 4-H
Comm. Service	Sierra Huntsman , Antelope 4-H
Clothing/Textiles	Evelyn Frucci , Westside 4-H
Environment	Derek Rulon , Bowman 4-H
Cake Décor	Tessa Kanabrocki , Flournoy/Paskenta 4-H
Plant Science	Libby Merkley , Flournoy/Paskenta 4-H
Woodworking	Nicky Parks , Westside 4-H
Technology	Nicky Parks , Westside 4-H

Primary Members

Wyatt Hill, Marcelo Vargas and Katie Junge

STATE FIELD DAY RESULTS

Congratulations to the following members!

State Fashion Revue Medalists:

Masie Skelton, Lassen Colony 4-H; Traditional
Josie Parks, Westside 4-H; Traditional

State Presentation Day Gold Award:

Ivy Bain, Los Molinos 4-H
Grayson Heinle, Bend Jelly 4-H
Emmalynne Stultz, Lassen Colony 4-H

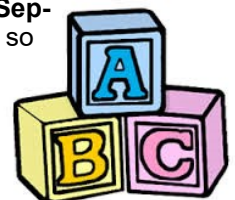
State Presentation Day Blue Award:

Jolene Junge, Los Molinos 4-H



1ST BABY BORN DURING NATIONAL 4-H WEEK

The 4-H Office is excited to continue with our National 4-H Week— "1st Baby Born" basket! This will be our 6th year and we hope to get more members involved! The staff asks that everyone who can please donate items for a gift basket to be given to Tehama County's first baby born during National 4-H Week which takes place in October. **Items can be dropped off at the 4-H Office anytime now through September.** Be sure to label your gift so that your club/project group will be recognized on the included card. For ideas and information please contact the **4-H Office at 527-3101.**





4-H Announcements



RON KNIGHT MEMORIAL SHEEP MEMBER OF THE YEAR

All 4-H members currently enrolled in a 4-H Sheep Project were invited to apply for the Ron Knight Memorial Sheep Member of the Year award. The applicants sheep project would be reviewed based on their project showing growth in size and scope, the applicants willingness to share their knowledge with others and their participation in local events and fairs. We are pleased to announce **Laney Parker of Westside 4-H** as this years recipient of the award—congratulations Laney!



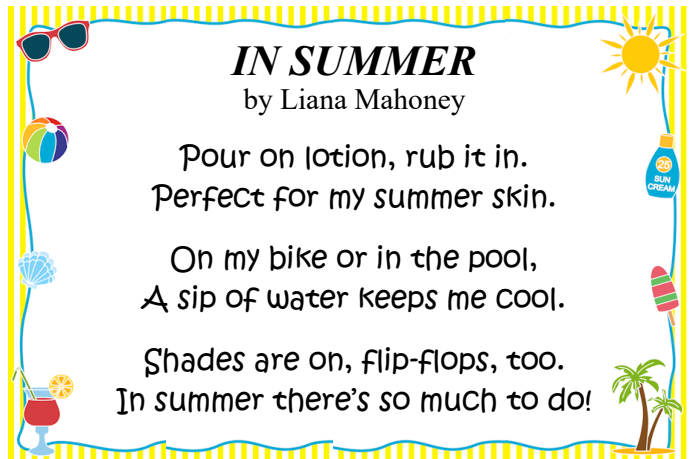
TSC SCHOLARSHIP

The Tractor Supply Company has been sponsoring a means for 4-H in local communities across the country to raise money, awareness and other support by giving their customers the opportunity to donate funds through the “paper clover” campaigns held both in the Spring and Fall. The goals for the funds are designated for use by the Tractor Supply Company to be spent on scholarships to camp and leadership events for 4-H members in the county. The Tehama County 4-H Program is pleased to announce this year’s recipients of the Tehama County 4-H Youth Cal Focus Scholarships were awarded to **Masie Skelton, Austin Flood, Makaylie Cook and Sofie Parks** and the Camp Scholarships were awarded to **Jayliza Lopez, Sergio Lopez, Marcelo Lopez, Makaylie Cook and Alexis Brewer**. For details on this scholarship, please visit <http://ceteama.ucanr.edu/4-H Program/Resources Forms and Links/Scholarships - Awards 718/>

OUTSTANDING SERVICE AWARD

4-H member’s all across California have used their Head, Heart, Hands, and Health to create and implement community service learning projects that make real and positive changes in their communities. Because of the positive impact that community service has for both the individual and the community, this award will be presented to one youth 4-H member who exhibits the qualities of community service, dependability and leadership. The selected recipient’s name will be placed on a perpetual plaque and will receive an individual award at Awards Night. **For complete requirements, please visit** <http://ceteama.ucanr.edu/4-H Program/Resources Forms and Links/Scholarships - Awards 718/>





IN SUMMER

by Liana Mahoney

Pour on lotion, rub it in.
Perfect for my summer skin.

On my bike or in the pool,
A sip of water keeps me cool.

Shades are on, flip-flops, too.
In summer there’s so much to do!

HAVE YOU VISITED OUR COUNTY 4-H WEBSITE?

Your source for 4-H information and enrollment tips; county 4-H events calendar, event information and registrations, club and camp information, club directory, and much more!



Please visit:
<http://ceteama.ucanr.edu/4-H Program/>

NEWSLETTER ARTICLES

Club Reporters, Junior and Teen Leaders, the monthly newsletter is an excellent way to keep your members and the community informed. Don’t forget—the deadline for submitting any articles and photos to be included in the **September** newsletter is **August 15**. Please email Spring Severson at: sseverson@ucanr.edu.

BEND JELLY 4-H HORSE PROJECT REPORT

On June 2nd, our horse project went to a Horse Clinic that Manton 4-H club hosted. I learned how to groom, mount and dismount, and ride. I also learned how to do a showmanship pattern. In this pattern I walked, trotted, pivoted, and set my horse up in front of the judge. It was a great experience and I thank my horse group for driving me up there.

—Submitted by
Madison Carlson





4-H Program Framework

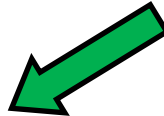


Fixed Mindset vs. Growth Mindset

Youth who can view challenges as opportunities to learn and grow are more likely to thrive.



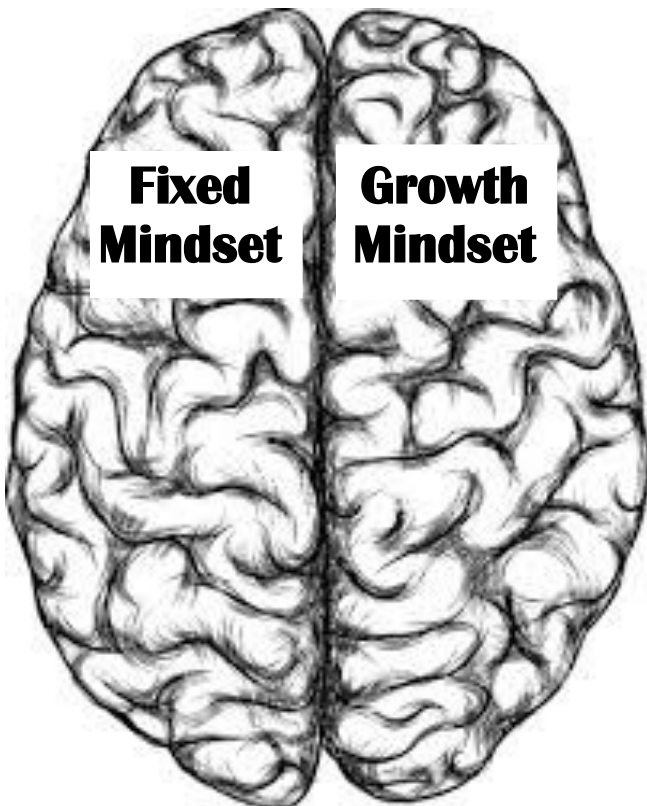
Growth mindsets help youth be more resilient, better able to adapt to challenging situations and tend to get better grades in school.



A growth mindset is defined by the ability to rise to the challenges of life. Current brain research tells us that through practice and effort both youth and adults increase their potential to learn and develop across the lifespan.



It can be easy to limit yourself based on past failures, but it's important to remember that a growth mindset will encourage you to view potential capabilities as limitless!



Activity Time!

On the left side of the brain, write at least 3 phrases that are examples of a fixed mindset (for example, "This is too hard."). On the right side of the brain, turn those phrases around so that they show a growth mindset (for example, "This is challenging, but I'm getting better at it.").



CLOVER SAFE

AGRICULTURE AND NATURAL RESOURCES
ENVIRONMENTAL HEALTH AND SAFETY



#19

HEAT ILLNESS AWARENESS

Clover Safe notes are intended primarily for 4-H volunteers and members nine years and older.

According to the National Weather Service, an average of 235 heat-related fatalities occurred annually between 1975 and 2004. Moreover, about 25,000 heat-related illnesses or injuries occurred from 1991-2000. Children are at greater risk for heat stress because their bodies have a larger surface area per pound of weight. Youth that are vigorously exerting themselves in summer heat are at higher risk for contracting heat illness. By taking several simple precautions, people can control and/or reduce exposure to conditions that may cause heat illness.



Heat Illness Disorders and Symptoms

1. Heat Stroke - sweating stops and the body fails to regulate its temperature. Victims may die if they don't receive immediate medical treatment. Characterized by: mental confusion, fainting, or seizures; hot dry skin usually reddish in color; and high body temperature.
2. Heat Exhaustion - profuse sweating results in dehydration. Characterized by: fatigue, dizziness, and nausea; pale and moist skin; and possibly slightly elevated temperature.
3. Heat Cramps - cramping thought to be due to loss of salt through sweating. Characterized by muscle spasms in arms, legs, and abdomen during or following physical activities.
4. Heat Syncope - dehydration while standing still causes blood pooling in lower portions of the body. Characterized by fainting while standing still.
5. Heat Rash - occurs under hot and humid conditions where sweat does not evaporate readily. Characterized by irritated/itchy skin with prickly feeling and small red bumps on skin.

Treatments for Heat Illness Disorders

1. Heat Stroke - call 911 immediately, soak victim's clothing with cool water, move victim to shaded and cool area, fan victim to increase cooling of their body.
2. Heat Exhaustion - have victim rest in shaded and cool place and drink fluids. Do not serve caffeinated fluids such as soft drinks, iced tea, or coffee.
3. Heat Cramps - have victim rest and drink non-caffeinated fluids.
4. Heat Syncope - have victim rest in a shaded and cool place, and drink non-caffeinated fluids.
5. Heat Rash - wash and dry skin. Wear loose clothing and keep skin dry.

Precautions to Prevent Heat Illness Disorders

1. Volunteers and 4-H members should acclimatize themselves to the prevailing weather conditions.
2. Always drink plenty of fluids such as water and sports drinks. During warm weather, plan to have at least one quart of water available per person per hour of the outdoor activity. Avoid caffeinated drinks.
3. Wear a summer hat with a brim and loose-fitting, light-colored, and lightweight clothing like cotton.
4. Schedule vigorous activities during coolest portions of the day and take frequent breaks on hot days.
5. If someone is feeling symptoms of heat illness, they should take a rest period in a shaded area. Volunteers or 4-H members should help find access to shade – this may be any area where the affected person is protected from direct sunlight, such as under an umbrella, a portable structure, or inside a ventilated building or vehicle.

If a treated victim does not recover from heat illness in a reasonable amount of time, promptly seek medical attention. Plan ahead to know how to summon medical assistance and direct emergency responders to your location or how to transport the heat illness victim to a medical service provider.

Any incidents of heat illness shall be promptly reported to the 4-H member's parent or guardian and 4-H staff. See Clover Safe #13 for incident reporting procedures.

August 2007

Additional EH&S information may be accessed at the ANR Web Site at: <http://safety.ucanr.org>



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August

- 28 4-H Club Leader and Volunteer Enrollment Coordinator Annual Meeting, 6:30PM**

September

- 3 Office closed in observance of Labor Day***
25 Leader's Council, 6:30PM**; First meeting of 2018-2019



4-H Office is now accepting donations for the
"1st Baby Born during National 4-H Week".
Any new items will be accepted through September!

Did you hear?

**4-H Enrollments
are being accepted online NOW!**

Don't wait—Enroll TODAY!

<https://www.4honline.com>



* UCCE 4-H Office, 1754 Walnut Street, Red Bluff

** TC Dept. of Education, 1135 Lincoln Street, Red Bluff

*** County Holiday—Office Closed

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