



SONOMA COUNTY 4-H REPORTER

UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION

From Our President...

It's enrollment time and our calendars are filling fast with meeting and event dates. The All Star team has been meeting every week, planning the event of all events, Sonoma County 4-H Achievement Night. Please join us in a night of celebration and wonder as we enter into space, clapping and cheering for our outstanding members and leaders. October 9, 7pm at the 4-H Center, see you in outer space.

Our 4-H Camp Staff and Robin MacDonald deserve a round of applause. The adults and youth of Camp 1 and 2 continue to do an incredible job in planning and preparing for two weeks of solid fun for everyone. Robin and his awesome helpers once again organized a great evening of training for our young board

members.

Last month, I announced the winners of the 4-H Golden Clovers and I left one great teen out. Patrick Hinde won his Golden Clover in the category of Innovative Ideas for his skateboarding project. Not sure how I could of forgotten Patrick, but I did. Sorry my friend.

With our first CCC meeting behind us, I would like to thank everyone for coming and encourage you to share all the information with your clubs. Our next meeting is October 5, 7pm at the 4-H Office. If you would like to be on the agenda or if you have any questions, please let me know.

~Cheryl

October 2010

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Mark your Calendars for Leader Orientation

Mark Your Calendar

6:30pm at 4H Center in Rohnert Park
October 21 (Thursday)
November 15 (Monday)
January TBA

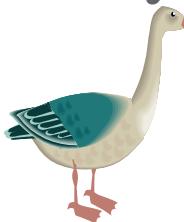
These are the scheduled dates for the upcoming fall orientations. Every new leader must attend this one-time orientation before you hold project meetings, sign Fair forms or work with youth. This is a University of

California requirement in order to be appointed as an agent of the University and to receive liability insurance coverage when performing as a 4H leader.



Please call or email Allie at the 4H office (707) 565-2681 or astable1@sonoma-county.org) to make a reservation. If you want to have your fingerprints taken, please arrive by 6:00pm

County Wild Life Project



The dates for the County Wildlife meetings at the 4-H Center are as follows: Oct 22nd and 27th, none in November, Dec 1st, Jan 26th, Feb 23rd, Mar 23rd, April 27th, and May 25th.

Time: 4:00 - 5:30

Contact: Mary Engebret 996-2981

maryengebreth@comcast.net

CCC Meetings

Sep - Nov
Will be held at the UCCE Office
Jan - May
Meetings will be held at the 4H Center in Rohnert Park

Sonoma County 4-H Program

Do You Have a Growth Mindset?

Do You Want One?

Everyday each of us are faced with disappointments and setbacks, some bigger than others. How we perceive and handle these setbacks can affect our future life success, as youth and adults. Some of us approach disappointments and mistakes as threats to our ego and may lose self-confidence because these errors are attributed to our lack of ability. Others approach setbacks with perseverance and perceive them as opportunities to further grow skills and abilities.

These two approaches have been described as **fixed or growth mindsets**. Those with fixed mindsets, may risk not developing their full potential as they view hard work and effort as an indicator of a lack of ability or intelligence. They base their value on the grade or the prize alone. While those with growth mindsets are more oriented towards learning and want to challenge and stretch their abilities. If they fail in achieving something they focus what they can do to improve the outcome next time. They strive to take on new or different opportunities. If you look at those who are the business

successes of our nation they would say they have a growth mindset.

So are we stuck with one or the other of these mindsets? Here there is good news! New brain development research by Carol Dweck and others, which identified these two types of mindsets, has shown that our brains are not static, and in fact we can train our minds to function in a growth mindset. **Youth have an enormous ability to shape their brains by exercising those regions of the brain that manage reason and emotional competence.** According to Dweck, "If we foster development of a growth mindset, we can empower youth to love challenges and believe in effort, thereby helping them to achieve their fullest potential." Over the coming months, the California 4-H Youth Development Program with funding from the Thrive Foundation for Foundation for Youth, will be introducing training and activities to help 4-H volunteers and parents assist youth in developing a growth mindset and thereby, **starting youth off on a lifetime of thriving!**

Sharon Junge

Acting Director, Statewide 4-H Youth Development Program and Center for Youth Development

Countywide Dog Care



Are you looking for a new animal project to be involved in or want to continue with a dog care project? The Countywide dog care and training project is back! This project is open to 4-Hers of all ages enrolled in the county wide project. The project will mainly focus on dog showmanship and obedience practice to allow members to be ready to compete in the show ring. An emphasis will be placed on health and care for dogs as well. Members (or immediate family) must own the dog that will be used for meetings and shows. Dogs that attend meetings must be at least four months of age or older and be

up to date on all vaccinations. Please bring a current vaccination record showing that your dog has had vaccines for DHLPP series (mandatory), Rabies (mandatory), and Bordatella (highly recommended). All dogs are welcome (after proof of vaccination), your dog does not need to be purebred to attend or compete! Dogs should be well socialized and not show aggression towards other dogs or humans. The first meeting will be October 24th at 1:00PM at the 4-H Center, meeting dates for the rest of the year will be given out at the first meeting. Contact Katie Robbins for more information: 707-206-2769

Attention All Project Leaders and Parents

We would like to encourage all of our project leaders to set up their meeting dates and times this month and share them with your families. Everyone is very busy and letting our families know when, where and what time the dates of their meetings will help to reduce confusion and frustrations on everyone's part. It is so easy to think that we will "get to it" and life happens! Our 4-H Program feels that projects are the key to a successful 4-H experience. We are always so impressed by the variety of projects offered and the creative project leaders who develop these experiences for our youth.

We would also like to encourage parents to attend monthly club meetings so they can keep informed on upcoming activities throughout the county. It is also important to support your project leaders through volunteering to help them when needed and to respect their time by having your members to the meetings on time and picking them up promptly at the end of the meetings. Together our leaders and parents can create a wonderful learning environment for our young people.

A Note From Your All Stars



Blast Off to Achievement Night!!! Join the All Star Team on October 9 at 7 PM at the 4-H Center for this lunar spectacular. We'll be recognizing 4-H members for their achievements in

Record Books, Projects, Leadership, Star Achievements along with other awards. Clubs, Leaders and Community Supporters will be recognized too! Launch time is strictly 7 PM.

Remember, the All Star Team is available to visit your club any time to do team building activities, install your officers or lead your members in recreational activities.

Want to be on the 2011/2012 All Star Team? Applications will be announced soon! Keep your eye on The Reporter or check with your CCC Leader.

Mission Control Out! – The All Star Team

County Skateboard Project

Welcome to the "**CATCHIN' AIR SKATEBOARD**" project. We will be going to local skateboard parks. There will be stuff to skate at every skill level. I have been skateboarding for most of my life and will be able to help people learn new tricks or just get better at rolling around. The age limit will be 5 to 18. Ages 5-15 will have to be accompanied with an adult. Ages 16 and up can come by themselves. There will be no limit on the number of people to join this project. The first meeting will be at my home, Saturday November 6 at 3pm; call for directions-707-483-6194. We will go over the

rest of the locations at the first meeting. The next meeting will be January 8 at 1pm at the Healdsburg skateboard park. Hope to see you there. You can contact the Project Leader, Richard Williams at 707-483-6194 or 88jp@4Sx4him.org



Come Join the Fun!



On Saturday, October 2, 1 PM - 5 PM, come join Two Rock 4-H Club Primary Science, Engineering and Technology project as we participate in the National Youth Science Day. This event will be held at Walnut Park at the Petaluma Farmers Market, 310 D Street, Petaluma, CA.

Our event will feature a kid-focused science experiment to "test your CO₂ footprint" and we will have

a Lego Mindstorms NXT robot which will measure the experiment results from participants and "draw" the results on a long sheet of paper. Kids will also be able to find ways they can help reduce their CO₂ footprint by recycling and reusing.

This is a free event to all. For more information, please contact David Bell. dbell@sfsu.edu

Countywide Community Service Projects!

Hello and welcome back! My name is Gianna Pendleton of Gold Ridge 4-H. Once again this year I'm the teen Community Service coordinator. I want go thank everyone that participated last year and helped me more then double my collection goal!!!!

We are planning a lot of different events and activities for this year. As a "collection item" for the year we will be having a "Travel Size Toiletries Drive". We will be collecting "NEW **Travel size**" items to donate to Family Support Center for homeless families. Some suggested items are:

- Shampoo/conditioner
- Toothbrushes/Toothpaste
- Deodorant
- Body lotion
- Soap/body wash
- Hair Ties
- Small combs/brushers
- Baby products (Powder, lotion, oil, shampoo, body wash)



Bring your items to the monthly CCC meeting or to the 4-H office October through May. GOAL: 1,000 items by June 1, 2010.

In the works, I'm meeting with the Santa Rosa and Petaluma Salvation Army Corps to set up times and locations throughout the county during the holiday season for 4-hH members and families to ring the bell and help raise funds.

Last year Green Valley brought in the highest amount and they have challenged us to raise more then them this year. We will have a representative at the October CCC meeting.

I'm hoping to set up a couple of activities throughout the year possibly a host a movie night at the family support center and a holiday party on another day. Maybe a community clean-up day and some other different work days/ More information on activities will follow in later newsletters.

If you have any ideas or suggestions, or would like to help with coordinating some activities, please let me know. You can email me at: Imgigip8@aol.com or call me at (707) 827-3220.

What is the California 4-H Foundation?



(Not to be confused our very own Sonoma Co 4-H Foundation!)

The Foundation is a private non-profit whose key responsibilities are to assist California 4-H Programs through direct fundraising, fundraising training, and leadership on outreach and marketing.

How the CA 4-H Foundation can support local fundraising and outreach efforts:

- Collaborate on donor solicitations to maximize gifts to your county program
- Offer guidance and advice on fundraising and outreach efforts
- Provide tools and strategies to identify and keep your donors
- Offer fund raising planning workshops and fundraising training
- Provide support for letter writing and other

outreach efforts to 4-H supporters and friends

- Send out your county's 4-H annual appeal (we will cover the cost of printing and mailing)
- Provide templates for outreach materials such as posters, flyers and brochures

Contact information:

Annette Leeland aleeland@ucdavis.edu
530-754-0455

Amy McGuire almcguire@ucdavis.edu
530-754-1523

CA 4-H Foundation mailing address:

Agricultural and Natural Resources
CA 4-H Foundation
PO Box 73673
Davis, CA 95616

Website: www.ca4h.org

4-H Countywide – Heritage Turkey Project

Sonoma County 4-H has partnered with the local Slow Food Russian River convivium again this year for a county-wide Heritage turkey project! Slow Food is committed to maintaining a diverse food supply and supporting those who produce it.

We have a few openings in the Heritage Turkey project for the 2010-2011 H project year. Our project takes the birds from day old poult all the way through market processing and distribution of our product. If you are 9 years or older and have had a fair amount of experience raising and brooding chickens (or turkeys) we'd like to hear from you if you are interested in joining us! Parental and Poultry Project leader approval required.



With the generous support of Slow Food this project is not only interesting but can be profitable to the youth participants.

Heritage Turkeys can be shown at fairs, and be raised for meat to be sold through Slow Food for the Thanksgiving season. This project runs from late Winter through Fall. Our 1st meeting won't be until February of 2011.

This is a fun project, come and learn more about these fascinating birds!

Call Catherine Thode with questions:
829-0766 or sign up through the 4-H office

Shooting Sports Volunteer Trainer Course

Shotgun Discipline

2300 Vichey Springs Rd
Ukiah, CA 95482

Saturday October 23, 2010 8:00 a.m. – 5:00 p.m.

Sunday, October 24, 2010 – 8:00 a.m. – 5:00 p.m.

Upon successful completion of this course, 4-H leaders will be certified Trainers in the shooting sports discipline of Shotgun. They will be certified

as Trainers and be eligible to serve as a Trainer for other shooting sports leaders in Shotgun. There is a \$30 fee for the course. To get more information or register for the class contact Linda Edgington at lgedginton@ucdavis.edu or call 707-463-4495.

State Fashion Revue

2011 State Fashion Revue will be held on May 28, 2011 at UC Davis as part of State Field Day. The theme is Fashion Cents. There is one major change for the Consumer Science-Purchase category. Instead of the \$150 limit in past years, the limit for 2011 will be \$100.

The categories of Traditional, Recycled, and Wearable Art-Embellishment are still the same as in previous years. The rules for Recycled have been rewritten so that it is clear that the original materials must be a garment(s) and the finished product must be a different garment (s).



Alterations such as shortening a prom dress into a shorter dress do not qualify for the recycled category.

The State Fashion Revue Committee will be posting complete details about the 2011 State Fashion Revue to the state 4-H website as information becomes available.

The new Staff contact will be Jillian Milam, 4-H Program Representative in Madera County. The committee is excited about her accepting the position. We look forward to another successful State Fashion Revue.



Updates From the State 4-H Office

Looking for a way to enhance your leadership and citizenship skills? Delegates who participate in **California and Washington Focus** say they enhance these very skills as they engage in one of the citizenship study/travel programs and carry out a plan of action to address an issue in their school or community. The 2011 programs are planned for:

June 17 – 21, 2011, California Focus in Sacramento

Late June 2011, Washington Focus #1 -

Washington, D.C.; Williamsburg

Jamestown/ Yorktown (dates to be finalized soon)

July 10 – 19, 2011, Washington Focus #2 –

Washington, D.C.; Philadelphia & New York.

More information is available at:

<http://www.ca4h.org/Projects/Citizenship/Focus/> or with Pat English, penglish@ucdavis.edu.

California's 4-H International Exchange Program

will host students from Costa Rica, Finland, and Japan as well as send delegates outbound to Australia. The hosting programs are all about sharing your regular summer life with a teen from another culture. There is no expectation that students tour California. Find out more by contacting Pat English at penglish@ucdavis.edu or check on the web at:

<http://www.ca4h.org/Projects/Citizenship/International/>.

4-H members with an interest in clothing and textile projects may be interested in entering the

California Make it With Wool

contest. The program has provided scholarships and prizes to sewing and knitting enthusiasts since the 1940's. If you would like to enter, visit

<http://www.sheepusa.org>. The entry deadline for the District Photo Contest is **October 15**, and the Direct entries to the State contest deadline is **October 31**, 2010. You may contact Julie Castillo at Calif.wool@gmail.com for more questions.



A **shooting sports volunteer training course in the shotgun discipline** will be offered at 2300 Vichey Springs Rd Ukiah, CA 95482 on Saturday **October 23**, 2010 8:00 a.m. – 5:00 p.m. and Sunday, **October 24**, 2010 – 8:00 a.m. – 5:00 p.m. Upon successful completion of this course, 4-H leaders will be certified Trainers in the shooting sports discipline of Shotgun. They will be certified as Trainers and be eligible to serve as a Trainer for

other shooting sports leaders in Shotgun. There is a \$30 fee for the course. To get more information or register for the class contact Linda Edgington at [lgedginton@ucdavis.edu](mailto:lgedgington@ucdavis.edu) or call 707-463-4495.

All youth and adults, involved in camp education programs are invited to a hands-on workshop which will generate new ideas, enthusiasm and energy into any 4-H camp. Experience the new

Wildlife Habitat Evaluation Program (WHEP)

Camp Activity Manual, "Clues All Around Us". The workshop will help you make active learning fun and meaningful for campers. Mark your calendars to attend the training October 16 from 9:30 to 3:00 at the Cache Creek Nature Preserve in Woodland. For your \$20 registration fee you will garner a bag of resource material, a copy of the activity manual, many neat ideas, and the opportunity to exchange ideas with others. Lunch is included. Please contact Mary Engebreth, maryengebreth@comcast.net or (707) 996-2981 for registration materials. Registration deadline is **October 6, 2010**.

Attention teens with community service ideas! If your planned community service project is in need of funding and matches up to any one of the 16 issue areas listed on the **WaysToHelp.org** site, you can apply for a grant by visiting <http://waystohelp.org>. Grants requests are accepted on an ongoing basis and are reviewed and responded to on a monthly basis.



The Prudential Spirit of Community

Awards Program is currently seeking applications to nominate and recognize 4-H members in grades 5-12 for their volunteer activities in the last year. 4-H participants may apply online at <http://spirit.prudential.com>. Top high school and middle level volunteers will receive silver medallions, \$1,000 awards and a trip to Washington, D.C. All applications must be completed, printed out, signed and submitted to your county 4-H office by

November 1, 2010.

4-H FOUNDATION OF SONOMA COUNTY PROJECT/EVENT GRANTS GUIDELINES AND FORM

The 4-H Foundation of Sonoma County sponsors a Grants Program designed to support and enhance the 4-H program. Grants are made available to 4-H Clubs and countywide projects, activities or events that will benefit the 4-H program. Available funds may vary from year to year. Grant requests will be considered twice a year with applications due on October 15 and February 15 of each year. Once again, the Foundation has budgeted \$10,000 for grant requests.

Any 4-H member, leader, project group or club may submit a grant request. Grant Request Forms are available online at <http://www.4hfoundationofsoco.org/applications>

The 4-H Foundation Scholarship and Grants Committee reviews each request based on its merit and in conjunction with the other grant requests received. All decisions of the Foundation Scholarship and Grants Committee are final. Grant Requests will be considered for any 4-H project, event, or activity regardless of the scope or nature of the request. Funds will generally not be granted for payment of judges, or for expenses normally incurred in carrying out a project. In considering the requests for grants the committee will utilize one or more of the following criteria to aid in prioritizing the beneficiaries of the grants provided:

- Requests that are innovative,
- Projects, events or activities that provide educational or developmental benefits to the members and leaders involved,
- Provide recognition to the Sonoma County 4-H Program for achievement,
- Are county-wide in nature; however, local projects or events will also be considered for sponsorship,
- Include or impact the most individuals in scope,
- Projects that have special themes or areas of emphasis,

- Projects, events or activities that provide opportunities to "Make the Best Better" or to "Learn by Doing".

Grant Requests for travel expenses will be considered when Sonoma County 4-H groups are representing our county in State, Regional or National events. Grant requests for projects will be considered twice a year. **Completed Grant Request Forms should be postmarked no later than October 15th or February 15 of each year and mailed to the 4-H Foundation of Sonoma County, P.O. Box 1283, Rohnert Park, CA 94927.** Upon the completion of each project or event, a written report must be submitted to the 4-H Foundation of Sonoma County at the above address and an oral presentation given to the Board at one of its regular meetings.



2010-2011 4-H DAIRY REPLACEMENT HEIFER APPLICATION FORM

MEMBER:		CLUB:		YEARS IN 4-H:
ADDRESS:		CITY:		ZIP:
PHONE:	AGE:	DOB:	GRADE IN SCHOOL:	ACRES:
BREED CHOICE:	1.		2.	
HAVE YOU EVER HAD A REPLACEMENT HEIFER BE-				IF YES, HOW MANY?
OTHER PROJECTS NOW ENROLLED IN:				
DAIRY LEADER'S SIGNATURE:				

RECOMMENDATION OF LEADER:

The deadline for the **4-H Dairy Replacement Heifer Application** is **NOVEMBER 1, 2010**. Please mail application to Pat Groverman, 400 Ormsby Lane, Petaluma, CA 94954. Since 1958 the 4-H Dairy Replacement Heifer Project has been popular. Heifers will be placed from January to April. These heifers will be from one week to two months old (usually three weeks of age). Members enrolled in this project, raise the heifers, show them at fairs, have them bred, and sell them two and one half years later as heavy springers at a special 4-H Dairy Replacement Heifer sale. The process for securing a heifer is:

1. The 4-H member and parents should understand that this is a commitment to a two and one-half year project. The applicant must be currently enrolled in a 4-H Club.
2. Once a decision has been made to apply, the member should fill out the above application and contact the local dairy leader for a recommendation and signature.
3. The dairy leader will make a recommendation to the Replacement Heifer Committee by the application deadline. When making a recommendation, the leader should note interest, dependability, and parental support. These criteria are very important!! In the past, some members have been very negligent in turning in required information, such as vaccination, breeding dates, Bill of Sale, and contact.
4. The Dairy Replacement Heifer Advisory Committee will review all applications and select the members who will receive heifers.
5. Applicants will be notified in December, by mail whether or not they will be receiving a heifer.

Only in rare cases do first-year members receive heifers. Primary membership does not apply. 4-H members residing on dairy ranches can apply. **Members are not eligible after they are 16 years of age or reached their junior year in high school.**

4-H Presentations

Believe it or not it's not too soon to be thinking about Sonoma County Presentation Day! **Sonoma County's Presentation Day is scheduled for Saturday, February 5, 2011.** All members are encouraged to participate!

What is a 4-H presentation?

A presentation is a method used to communicate an idea by showing and/or telling. It can be a demonstration or a talk that uses posters and other visual aids. A 4-H Presentation helps you learn to:

- Research a subject
- Organize ideas in a logical order
- Be a teacher and practice public speaking skills

Why do a 4-H presentation?

As you participate in projects, you collect information and ideas that can be shared with others. This sharing of information is part of the process of learning. Teaching project skills in a presentation takes advanced skills and a deeper understanding of what you have learned.

By giving presentations you learn more, gain recognition and obtain important communication skills activities for your record book! You have the opportunity to do presentations at project meetings, club meetings and at County Presentation Day. Presentations are required for you to earn your Stars in the 4-H Program.

What do I do?

Speakers prepare for presentations by giving talks to project groups and community club meetings, practicing skills learned in a project, and observing other people giving presentations. You can get ideas for presentations from many different sources. The first place to start is with your project leaders. They know what you have learned in your project and what you might enjoy presenting. Your

community club leader also can be a source of ideas.

Presentations are not just demonstrations. You have many options ranging from traditional demonstrations to problem solving for senior members. All of the various presentation styles require similar skills, but are designed to meet the interests and age-appropriate levels of the member. No style of presentation is better than any other. Choose the style that best fits you for your first presentation and then try other styles as you advance in 4-H.



Every 4-H member is encouraged to give a presentation each year. Show what you've learned; give a presentation!

Visit <http://www.ca4h.org/Projects/Leadership/PublicSpeaking> to learn more and to find the 4-H Presentation Manual.

NEW THIS YEAR: Look for information in upcoming issues of The Reporter and from your CCC Leader about the new Creed Reading program!

**UNIVERSITY OF CALIFORNIA
COOPERATIVE EXTENSION**

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WEBSITES

National 4-H: <http://areyouintoit.com>

California State 4-H : <http://ca4h.org>

Sonoma County 4-H: www.ucanr.org/soco4h

National 4-H Council: www.fourthcouncil.edu

Volunteer resources: <http://ucanr.org/4-hvolunteers>

Project ideas:

<http://www.extension.iastate.edu/4H/ProjectLinks.htm>

UC Cooperative Extension- Sonoma County:

<http://cesonoma.ucdavis.edu>

4-H Foundation: <http://www.4hfoundationofsoco.org/>

Email: 4hfoundation@sbcglobal.net



Upcoming 4-H Events...

OCTOBER

- 1 4-H Annual Poster Confirmation Form
- 2 National Youth Science Day —Petaluma
- 2 County Rocks/Lapidary — 9:30am SRMGS Shop
- 4-10 National 4-H Week!
- 5 CCC — 7pm 4-H Office
- 9 Achievement Night — 7pm 4-H Center
- 21 New Leader Orientation—6:30pm 4-HC
- 23-24 Shotgun Training /8:00am to 5:00pm
- 25 Camp planning — 7pm 4-H Center
- 26 Executive CCC — 7pm 4-H Center
- 27 County Wildlife Mtg — 4:00-5:30 4-HC

NOVEMBER

- 2 Dairy Heifer Application due
- 2 CCC — pm 4-H Office

6 County Rocks/Lapidary — 9:30am SRMGS Shop

11 Holiday — 4-H Office Closed

15 New Leader Orientation —6:30pm 4-HC

22 Camp Planning — 7pm 4-H Center

25-26 Holiday — 4-H Office Closed

30 Executive CCC — 7pm 4-H Center

DECEMBER

- 1 4-H Foundation Quarterly Meeting
- No CCC Meeting**
- 1 County Wildlife Mtg — 4:00-5:30 4-HC
- 24-31 Office Closed

Happy Holidays!

JANUARY

- 4 January CCC Meeting-7pm **4-H Center**
- TBA Leader Orientation

Articles for the November Reporter are due October 7th.

Please email articles to jeludovise@ucdavis.edu