



4-H is a community of young people across America who are learning **leadership, citizenship and life skills.**

IN THIS ISSUE

Record Book Judging Reminder Club Nominations & Awards Club & Unit Leader Orientation 4-H Summer Camp 4-H Summer Camp Scholarships Hog Calling Contest	Page 2
Lamb BBQ Lamb BBQ Ticket Sales Awards Night Celebration	Page 3
4-H Baby Week 4-H Country Auction State 4-H Presentation Day Humboldt County Fair Count Event Chairs for 2009-2010	Page 4
Ferndale Club News Cutten Club News Hydesville Club News All Star Team Update	Page 5
Celebrate & Evaluate Your Work North Star Quest Camp for Girls Natural Resource Science Camp	Page 6
State 4-H Updates	Page 9
Calendar of Events	Page 10

REFLECTION AND EVALUATION—A 4-H Life skill

By Sandy Sathrum

As the 4-H year shifts gears from the school year to summer, it is good to take time to reflect and evaluate your 4-H experience this year. Whether you are a **member**, a **leader** or a **parent** taking **time to reflect and implement change** is a valuable skill that will bring you personal benefits. You can do this alone or with others. Remember that 4-H strives to follow our motto: "To make the best better" and evaluation is a key tool in that process.

One way of evaluating is through completing your 4-H Records: the PDR (Personal Development Report), the Project Sheets & your Junior Leader Form. What did you like about your project this year? What could be improved? Did you meet your goals? What could you do differently? Will you take this project again? Why or why not?

Another way is to have a **group evaluation** session. Share your favorite moments in this 4-H year. Ask someone to record what is shared. The same format can be followed for evaluating your club year. What went well at your club meetings? What challenges did you have? How can you make changes that will improve the time you spend together at your future club meetings?

Self-evaluation is another important piece. What did I do that contributed to a successful year? What could I have done better? What will I change to make next year even better than this year? How have I grown, changed or improved this year? What new skills have I learned? What can I share with others?

Once you've reflected & recorded your findings, share them with others. Write an article for the GRAM about the best part of 4-H to you. Share your needs with those in leadership who can help make changes. **Be a positive change agent.** See if others have had similar thoughts or experiences to yours. Brainstorm together ways to make adjustments to realize goals and improve the time you meet together. Volunteer to help and be a part of the solution. Make plans to join a County Council committee or chair an event. Outline your goals for next year.

In your reflections I hope you will also **find** that there are **people to THANK!** Without the efforts of your club, project, junior & teen leaders, & parents, you could not have these great 4-H experiences.

Make plans to come and celebrate together at the Annual 4-H Awards Night at Redwood Acres on July 29th at 6:00 PM.

THANK YOU for your contributions to the 4-H Youth Development Program in Humboldt County this year. I look forward to working together **"To Make the Best Better!"**



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Cooperative Extension
Humboldt County 4-H
Agriculture Center Building,
5630 South Broadway
Eureka, CA 95503-6999



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Phone: 707-445-7351 Fax: 707-444-9334
TDD: 1-800-698-4544

Email: sksathrum@ucdavis.edu or
afkilgore@ucdavis.edu
web site: <http://cehumboldt.ucdavis.edu>

Record Book Judging Reminder! **July 8th at 6:00 PM**

All club records and individual member county level record books will be judged at the 4-H Office on **Wednesday, July 8th at 6:00 PM**. Clubs must first judge their member books before submitting them to the county by **June 30th**. The record book judging night is a great opportunity for parents and leaders to get first hand knowledge and experience about county level books and award opportunities.

An orientation will provide you with the training needed for this task and new judges will be paired with mentors. **EACH CLUB** must provide a judge for every 3 record books submitted. If you have 1-3 books you need to supply one judge. If you have 4-6 books you need to supply two judges, etc. If judges are not supplied by your club, your club's record books may be disqualified.

The more help the sooner we can complete the task! So come and lend your hands.

IMPORTANT!!!! **Club Nominations and Awards**

Club Goals and Top Club Forms are due to the 4-H Office by **July 8th** along with the Secretary's book and the Treasurer's Financial Report. Clubs also need to complete their nominations in the following categories:



Club Leader of the Year
County Leader of the Year
Alumni of the Year
Business Partner of the Year



Send in names by **July 8th** for recognition at this year's **Awards Night, July 29th**.

Mandatory Club & Unit Leader Orientation! **Wednesday, August 26th—6:30 PM**

The Mandatory Club Leader Orientation Meeting for all community club leaders and leaders of other 4-H delivery modes will be held on **Wednesday, August 26th at the Ag Center at 6:30 PM**. Critical updates on changes for the coming club year will be presented. You must attend to receive your enrollment forms. **At least one club leader MUST BE PRESENT!** You may bring more than one key club leader to this meeting.

4-H Camp "Rock and Roll" **July 24-26, 2009** **Blue Slide Camp in Maple Creek**



By July 6th Early bird fee:
\$55 (with t-shirt)
By July 17th Late application fee:
\$65.00 (no t-shirt)
Adult and Teen staff fee:
\$30.00

Don't miss out on great summer time FUN, exploring the outdoors, water games, swimming, crafts, and making new friends at 4-H Camp! 4-H members and their friends are invited to attend 4-H Camp at Blue Slide Camp in Maple Creek. Grades K-3 must have a parent for overnight camping. Forms are available on the county 4-H website or from the 4-H office. A limited amount of scholarships are available.

For more information or to help at camp and with planning, contact Julie at julsg93@aol.com, Mallory at mallory4hcamp@gmail.com, or Natalie at grantn24@aol.com. Come and join in on the FUN!

4-H Summer Camp Scholarships

THANKS to the Humboldt Area Foundation Summer Youth Program Funding Partners for a grant to provide scholarships to this year's 4-H Summer Camp, **July 24-26 at Maple Creek**. This grant is from the Humboldt Area Foundation, St. Joseph's Health System, Humboldt County; The Smullin Foundation and the Melvin & Grace McLean Foundation. Please contact the 4-H Office if you would like to apply for financial assistance for camp.

Hog Calling Contest **Humboldt County Fair**

The second annual "Hog Calling Contest" will be held on **Tuesday, August 18th, beginning at 3:00 PM at Friendship Square**, at the Humboldt County Fairgrounds in Ferndale.

This is a LOT of FUN! Select people to represent your club. For more information and to sign up, call Marie at 442-5359. Prizes will be given!

Lamb (Pork and Goat) BBQ**October 4th, 2009****Rohner Park in Fortuna**

My first taste of Lamb was at the 4-H Lamb BBQ over ten years ago and I've been coming ever since. Pork and goat will also be included again this year so get busy selling your tickets to family and friends and put up posters on your local bulletin boards. Many community members look forward to this event and want to hear from you. This Lamb BBQ is not only the

major fundraiser for the Humboldt County 4-H Program and the Scholarship Foundation but is a wonderful time to connect with 4-Hers from all over the county. This year the 4-H Lamb Barbecue is set for **October 4th beginning at NOON**. Each club should have signed up for their food item and members should be selling tickets. For info contact Helena Kreb at 722-4330 or Sadie Mullins/Lisa Dias at 725-3302. We need EVERY 4-H club to participate & make it a success!

Lamb BBQ Ticket Sales - \$50 Prize

ALL Clubs should be actively selling their Lamb BBQ tickets. A club ticket chairman should be keeping track of tickets and the money. Summer time allows youth the freedom to be creative in contacting neighbors, family & friends to invite to this wonderful event. You could also contact a business to see if you can sell tickets in front of their store or ask the fair if you can set up a table in the livestock barns. Remember the top ticket seller will receive a \$50 savings bond. Clubs are required to keep accurate records for determining this award. Additional tickets can be obtained from the 4-H Office. Unsold tickets and ticket sales money must be brought to the BBQ on **October 4th at noon at Rohner Park, Fortuna**.

**AWARDS NIGHT CELEBRATION!****Come One and Come ALL!!!****July 29th at 6:00 PM at Redwood Acres**

Come join the celebration of our 4-H Year! This event is for the entire family. New 4-Hers and long timers alike will join together for an evening of good food and great FUN!

Clubs, leaders and members will be honored for their outstanding work! Awards for project proficiencies, super presenter, record books, club achievement and special recognition for leaders and business supporters will be presented.



The All Stars are planning a super program and the final weigh-in of your aluminum cans for the competition between clubs.

COME AND CELEBRATE!

We are planning a power point presentation during dinner and need as many pictures as possible. Please **send photos** to the County Office by **July 8th**. Include a description about the photo with your club name. Your club cannot be represented if photos are not sent. Come and see your smiling faces on the big screen!

Mark your calendar to "**Save the Date**" for the **July 29th Awards Night Celebration at 6:00 PM at Redwood Acres**. Invite your club supporters to join as your guests and encourage your members to bring extra food for them.

What to Bring:

The whole family

Plenty of **Food** to share (a hot **and** a cold dish)Your own **Table Service**

Beverages and dessert will be provided.

Bring your aluminum cans**What to Wear:**

Your 4-H Uniform (or 4-H T-shirts or 4-H colors)

SEE YOU ALL ON July 29th at 6:00 PM at Redwood Acres!

4-H Baby Week



Summer is a perfect time to have members from your club make, get a donation or buy a baby gift for the first baby born during National 4-H Week. Each club should appoint a member to chair getting an item to the 4-H office by the **September 28th** County Leaders Council meeting so the basket can be assembled and delivered. Thanks to your generosity the first baby at each of our hospitals have been honored in recent years.

4-H Country Auction October 4th, 2009

Last year's auction had an amazing assortment of items and was a huge success! Summer is a great time to contact businesses for donations for this year's Country Auction. Think about what you, your family or friends can use or would like to buy and that will give you ideas of who to contact for donations. The 4-H Office can furnish you with a letter to the businesses for tax purposes.

Proceeds from the auction and Lamb BBQ provide the funds to run our county 4-H events, curriculum, awards and leader training. Each club and unit needs to provide three individual auction items and a theme basket that is worth between \$50 and \$100. Baskets can be themed: Kids toys; Movie night (popcorn, candy, movie tickets, & DVD), gardening, etc. Each club should designate one person to sign up and get the basket and auction items together and to the office. Auction donations can be dropped by the 4-H office anytime and are due to the 4-H Office by **September 28th, 2009!**

THANK YOU for your support!

State 4-H Presentation Day

Congratulations to Morgan Tuel for earning a GOLD Award for her Demonstration: "Chicken Showmanship 101" and to Savannah McCauley for earning a Blue Award at State Presentation Day for her Illustrated Talk: "Bunny Basics 101". Morgan and Kacy Tuel and Savannah also entered the judging contest and Morgan placed 17th overall in her age group. See the photo on page 5 of them with the Banner they created to represent Humboldt County 4-H. The banner is available for use by clubs and event chairs.

Humboldt County Fair

August 13th-23rd

"Racing, Squeals and Ferris Wheets!"

Humboldt County Fair books are available at the 4-H Office. Entry deadlines:

Still Exhibits—July 10th
Livestock—July 10th
Floriculture—July 31st
Horticulture—July 31st
Rabbits—July 31st

For more information please call 786-9511 or 725-1306; or visit the website at www.humboldtcountyfair.org

County Event Chairs for 2009-2010

EVERY county event will need a youth chair and a supporting leader. Make plans now to choose which event you and your club want to guide to success. Events include:

4-H Camp
 Ag Day
 Awards Night
 Baby Week
 Country Auction
 Horse Camp
 Horse Show
 Junior Livestock Auction committee
 Lamb BBQ
 Large Animal Workshop
 Parade Safe Horse Clinic
 Postal Shoot
 Poultry Show
 Presentation Day
 Rabbit/Cavy Show
 Tour of the Unknown Coast

Applications are available on the website or by calling the 4-H Office. Materials from prior events are in on file at the 4-H Office to guide you with event planning. The next interviews will be held on **September 28th, 2009 at 5:30 PM** by the Selection and Events Committee at the Ag Center. Call Annette Nickols, 822-8905 for more information.



Ferndale Club News

By: Kelly Pedrotti

We just had our final meeting of the year on **June 4th** and it was our awards night. We had many people that received awards throughout the night!

To start off the night we had four senior members that received scholarships. Chris Rye received \$250, Margaret O'Neil received \$500, Alayna Renner \$500, and Heather Morris \$500.

We then awarded all the members that completed the year with their pins and stripes. We had: eleven mini members, eleven first year members, twelve second year members, nine third year members, eight fourth year members, five fifth year members, three sixth year members, three seventh year members, one eighth year member, and three tenth year members that completed the year.

We also had new star holders this year. There were three new bronze star members, one new silver star member, and one new gold star member.

We have a total of eighteen project leaders in our club and we are very appreciative for all of their help and support. Kay Becker awarded eight of her Arts & Crafts kids with certificates, and MaryAnn Bansen awarded nineteen of her Community Pride members with pins for their hats.

To round out the meeting we had our new officer initiation. Our 2009-2010 officers are as follows: Brytann Busick as President, Terris Becker as Vice President, Danielle Hansen as Secretary, Andrea Guggenbickler as Treasurer, Gracie Griggs as Reporter, Sara Richardson as Quartermaster, Genivieve Regli as Photographer, Kelsey Becker as Historian, Nathan Hansen and Rachelle Regli as Sergeant At Arms, and lastly, Phoebe Ruggles and Janelle Guggenbickler as Song & Recreation Leaders.

I hope that everyone has a fun summer and good luck at the fair!!!

All Star Team Update

In the June GRAM, Savannah McCauley was listed as an All Star intern incorrectly. She will be a full All Star with the 2009-2010 All Star Team.

Cutten Club News

Our June meeting was an end of the year pizza party. The club furnished the pizza and our cake decorating group furnished the dessert. Record books were collected and congratulations were given to Savannah McCauley, Morgan Tuel and Kacy Tuel for their involvement in State Presentation Day and making a county banner. This has been a great year for our club and we have had lots of FUN! We look forward to next year!



Hydesville Club News

By: Dalton Williams

This month we had officer elections and these are our winners:

President- Abby Price
 Vice President- Justin Cook
 Secretary- Morgan Pryor
 Treasurer- Cole Moxon
 Reporter- Dalton Williams
 Song Leader- Beth Noel
 Quartermaster- Addie Godino
 Sergeant at arms- Braden Paine

Our volunteer of the month was Jessica Paine because, she is almost always there with our club and she is a very big help. Our club was able to raise \$1,201 from the spaghetti feed. Thank you again Kiwanis and all of the other 4-H groups. Last meeting we gave out 100% attendance pins and we had a whopping 33 people get them. That's our biggest number so far. Great job 4-H'ers, keep up the good work.

P.S. Don't forget to fill out your entry forms for Ferndale Fair. Also if you have not already done so, turn in your record books to your community leader because they are very important.

Celebrate and Evaluate your Club Work!

It would be great to have every club complete the “**4-H Club Seal Awards, Planning and Evaluation**” form. This form provides a checklist of categories that strengthen the success of your club and provides a way to plan, implement and evaluate club goals each year. The resulting seal is a group achievement that can be recorded by ALL club members on their Personal Development Report Form. What a great way to benefit everyone in your club! A copy is available on the website and from the 4-H Office.

The 4-H Office also has a “**Checklist for Success**” to evaluate the effectiveness of clubs that can be used with all leaders, members and parents. This check list along with the form above can guide your officers as they plan for even greater success in your next club year. Questions include the two questions below:

What would you say are the “three best things about your 4-H club, not about 4-H in general, but about your club. Many wonderful things are shared about your clubs, including FUN, friendships, a sense of adventure, excitement, a supportive community, and family involvement. I’m sure you could add more.

What are “three things about your 4-H club that could be improved”? These could be things that are already good, but could use some improvement or they could be little changes that would bring a major improvement. Some things that have been identified are simplified enrollment, more members, more project leaders, more organized activities, better parent involvement, more guest presenters, improved communication and more record books completed.

**Remember, the 4-H motto is
“To Make the Best Better!”**



18 U.S.C. 707



18 U.S.C. 707



18 U.S.C. 707

4-H... More Than You Ever **IMAGINED.**



North Star Quest Camp for Girls July 26th-30th or Aug 2nd-6th

This "Coming of Age Camp" is for Girls going into 6th-8th grade next fall. Girls spend Saturday—Thursday attending Empowering & Fun workshops, Swimming, Dancing, Singing, & developing the Confidence it takes to navigate the turbulent waters of Middle School. They won't turn any girl away for lack of money, so check out the website: northstarquest.org for registration info. There you'll find a chance to make an online donation, check out their "Wish List" or call 707-633-4522 for more info. North Star Quest Camp is a DreamMaker program of the Ink People Center for the Arts.

Natural Resource Science Camps July and August

Every day is an opportunity for adventure and discovery in the outdoors. In a camp setting, participants will go on field trips and quests, learn to collect and analyze data, and get hands-on experience with GPS units, Google Earth, lab and field equipment. Discover the “WOW” of science in your own back yard!

July 13-17 – Forestry

July 20-24 – Aquatics

July 27-31 – Wildlife Biology

August 3-7 – Air and Space

Please visit the website for information & registration at www.cityofarcata.org/rec or call Arcata Recreation Office: 822-7091 or email: rec@cityofarcata.org.

State 4-H Updates

PROGRAMS

4-H Stories from 4-H Record Books submitted to the State Office on or before **July 31, 2009** will be entered for a chance to win a \$25 certificate. Visit the state website for more information on submission guidelines and to upload and submit your story on-line or call the State 4-H Office, 530-754-8518 for questions.

Help Staff 4-H Booth at California State Fair Once again The California 4-H Foundation is recruiting 4-H members and leaders to help staff the 4-H booth at the California State Fair (**August 21 - September 7**). This is a great opportunity for 4-H members and volunteers to share with the public their 4-H experiences, as well as, the wide range of projects and leadership opportunities that are available to youth through participation in the California 4-H Youth Development Program. Small 4-H projects are welcome to accompany you (robots, rabbits, arts/crafts, service dogs, etc.) to give the public a "feel" for what types of projects are available. Examples of service projects also make for good stories to share with the public. Please feel free to bring photo albums or record books with you to show anyone who may be interested in learning even more about your 4-H project. Parking passes and fair admission tickets will be provided to 4-H members and adults who sign up for a 2-hour shift. A maximum of 4 youth and 2 adults per shift will be allowed. Further, each shift must have an adult or older teen in the booth at all times. To sign-up, please visit <http://www.ca4h.org/wrp/statefair/>.

Youth ages 10-15 are invited to attend the **3rd Annual Kids Culinary Convention and Conference, September 19, 2009 in Sacramento, CA**. Youth and parents may register starting **August 15**. The conference is an opportunity for youth to experience and learn about food, from preparation, hands-on cooking to the benefits of healthy eating habits. Visit: <http://www.jrchefcentral.com> for more information.

If you are working on a 4-H project that focuses on youth, Pre-K to 5th grade, learning about food, you may be interested in a free resource offered by North Carolina Agriculture in the Classroom. This resource is a set of free lesson activities to use in teaching about MyPyramid, a food guide developed by the USDA. The lessons address the importance of nutrition and builds on multiple academic subjects. Visit <http://www.ncagintheclassroom.com/>, today for more information.

State 4-H Updates

FUNDING OPPORTUNITIES

Are you planning a service-learning project for next year? Each year the California State 4-H Office provides funds to members and volunteer leaders for service-learning projects through the California 4-H Service Learning RFP. Groups can request up to \$5,000 to fund activities that address significant environmental, economic and/or social issues affecting California's youth, families, and communities. The Service Learning RFP application and information is available on the web at: <http://www.ca4h.org/citizenship/funding/index.asp>. Examples of past projects are also listed. **The application is due September 15, 2009.**

4-H club support funding is available through the Bob and Pat Dean Memorial Legacy Fund for California 4-H members or volunteers. Funding is intended for activities that meet the following criteria: 1) enable youth to develop citizenship, leadership, or life skills; 2) support the development of new and innovative 4-H projects benefiting 4-H members; 3) increase public awareness of the 4-H Youth Development Program; 4) expand the reach of the 4-H Youth Development Program (new youth, new audiences); 5) provide continuing benefits to the applicant's local 4-H Club or project. Application information is available at: <http://www.ca4h.org/citizenship/funding/>. **Applications are due September 15, 2009.**

UNIVERSITY OF CALIFORNIA



CITIZENSHIP

LEADERSHIP

LIFE SKILLS

4-H
Youth
 DEVELOPMENT
 PROGRAM

CALENDAR OF EVENTS

DATE	EVENT	TIME	LOCATION
June 30	Club Records & Record Books Due	5:00 pm	4-H Office
July 6	4-H Camp Early Bird Deadline	5:00 pm	4-H Office
July 8	Records and Books Judging	6:00 pm	4-H Office
July 17	4-H Camp Late Registration Due	5:00 pm	4-H Office
July 18-21	4-H Horse Camp		Cuneo Creek
July 24-26	4-H Camp "Rock and Roll"		Maple Creek
July 29	Awards Night Celebration	6:00 pm	Redwood Acres
August 6-9	State Leadership Conference		UC Merced
August 13-23	Humboldt County Fair		Ferndale
August 18	Hog Calling Contest at Humboldt County Fair		
August 26	Mandatory Club Leader Orientation	6:30 pm	Ag Center
August 27	WHY Conference Registration Due		
September 11-13	WHY Conference		Camp Tehema
September 28	County 4-H Leaders Council & Committees		Ag Center
September 28	Country Auction & Baby Week Items Due		4-H Office
October 4	Lamb (Pork & Goat) BBQ & Country Auction		Rohner Park
	ALSO SEE DEADLINES IN STATE 4-H UPDATES		

4-H is a community of young people across America who are learning leadership, citizenship and life skills.



inside!

- Page 3: Awards Celebration! July 29
- Page 2: 4-H Camp "Rock & Roll" July 24-26

Sign Up Now!

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Sandy Sathrum
4-H Program Representative
UC Cooperative Extension
Humboldt County
5630 South Broadway
Eureka, CA 95503

If you have special needs, please let us know.