



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

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### The Power of our Words

By Sandy Sathrum

Have you ever stopped to consider what impact your words have on others? The impact of the right word for the right moment can make a lasting impression in either a positive or negative direction. Inspirational words are a powerful tool in reaching the 4-H mission: *“to empower youth to reach their fullest potential”*.

As we approach the new club year I would like to share with you a poem by Dorothy Law Nolte entitled “Children Learn What They Live” and challenge us all to consider the impact of our words and our examples in the 4-H Youth Development Program.

May this year be your BEST EVER!

#### Children Learn What They Live

By Dorothy Law Nolte

If children live with criticism, they learn to condemn.  
 If children live with hostility, they learn to fight.  
 If children live with fear, they learn to be apprehensive.  
 If children live with pity, they learn to feel sorry for themselves.  
 If children live with ridicule, they learn to feel shy.  
 If children live with jealousy, they learn to feel envy.  
 If children live with shame, they learn to feel guilty.  
 If children live with encouragement, they learn confidence.  
 If children live with tolerance, they learn patience.  
 If children live with praise, they learn appreciation.  
 If children live with acceptance, they learn to love.  
 If children live with approval, they learn to like themselves.  
 If children live with recognition, they learn it is good to have a goal.  
 If children live with sharing, they learn generosity.  
 If children live with honesty, they learn truthfulness.  
 If children live with fairness, they learn justice.  
 If children live with kindness and consideration, they learn respect.  
 If children live with security, they learn to have faith in themselves and in those about them.  
 If children live with friendliness, they learn the world is a nice place in which to live.

Together we can make the 4-H world  
a nice place to live.

**University of California  
Cooperative Extension  
Humboldt County 4-H**

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Eureka, CA 95503-6999

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Phone: 707-445-7351 Fax: 707-444-9334

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[afkilgore@ucdavis.edu](mailto:afkilgore@ucdavis.edu)

web site: <http://cehumboldt.ucdavis.edu>

## 4-H Office Help Needed

With the current budget crisis in California, furlough hours have been assigned to all UCCE Staff. This means a reduction of hours in the 4-H Office to less than the current ½ time position.

As a result, we are looking for volunteers who would be willing to come in once a week or more to make phone calls, fill out paperwork, help input enrollment, manage the curriculum library or assist in a variety of roles. This could be a high school student needing to fulfill service learning hours & gain clerical skills for a job resume or a retired person wanting to continue to contribute and leave a legacy.

Please call the 4-H Office, 445-7351, if you are interested in assisting.



## Calling ALL 4-H Club and Unit Leaders

**August 26th, 2009, 6:30 PM** at the Ag Center

On Wednesday, August 26<sup>th</sup>, the Club Leader Orientation will be held at the Ag Center at 6:30 PM. With transitions in leadership, be sure that your club is represented.

### EVERY CLUB AND UNIT GROUP

### MUST BE REPRESENTED!

Many important items will be discussed that will impact your club or unit this year. New Policies will be shared

You may bring more than one key club leader to this meeting. One set of materials will be provided for each club and unit.

If you have any questions, please call the 4-H Office.

## Spamming the 4-H Email

A new spam filter was added to the 4-H Office email server. As a result several messages that needed to reach the 4-H Office in June and July never arrived.

If you are waiting for a response to an email, please resend it or call the 4-H Office. It is always a good practice to do a follow up phone call if you do not receive a response to any email message you send to the 4-H Office. We are working to remedy this situation but currently it is unresolved.

Thank you for your patience and understanding.

## Project Leaders Needed for 2009-2010

The 4-H Project list encompasses a multitude of areas. Those projects only become a reality with project leaders to guide them.

Think about people that you know who could contribute their knowledge or skills to make a desired project happen for your club or county-wide. Several project leaders last year joined forces with project leaders in other clubs to offer meetings for a larger group and share the work load for themselves.

Together we can accomplish more!



## Mandatory New Leader Orientation

Saturday, October 3rd, 2009 10:00 AM, Ag Center

Monday, October 19th, 2009 6:00 PM, Ag Center

### Mandatory for All first year leaders

Any leader or parent is welcome to attend

Updated information that is helpful to all leaders

Background history of 4-H  
Resources for Project Leaders  
Curriculum Helps  
Project Proficiencies

Keys for working with Youth  
Statewide 4-H Policies  
Record Keeping Tips  
Q & A

Choose one of the dates above  
**Call the 4-H Office to reserve your space!**

445-7351

**To be certified as a leader, you must attend the orientation, complete the livescan fingerprint and be cleared; and complete all sections of the volunteer enrollment form.**

When this process has been completed you will be notified that you can begin your volunteer work with 4-H. If you have any questions, call the County 4-H Office, 445-7351.

### Country Auction Donations REMINDER

Auction items can be dropped at the 4-H office anytime. Remember **EVERY CLUB** is asked to provide **three** auction items and a **theme basket** that is worth between \$50 and \$100. These are due to the 4-H Office by September 28<sup>th</sup>.

The auction will be in conjunction with the Lamb BBQ on October 4<sup>th</sup>, 2009 at Rohner Park in Fortuna. Contact the 4-H Office if you have any questions.

Cooperative Extension office hours are 8:00am until noon and 1:00pm until 5:00pm, Monday through Friday. We are closed during the lunch hour (noon until 1:00pm).

It is best to make sure someone will be here to receive your donations in case there are any questions.



### Lamb BBQ Ticket Sales

All clubs should be actively selling their Lamb BBQ tickets for the October 4th, 2009 Lamb BBQ. Top ticket seller will receive a \$50 savings bond. Clubs are required to keep accurate records of ticket sales to determine this award.

If you need additional tickets contact Helena Krebs, 722-4330. **Unsold tickets and sales money** must be brought to the BBQ at 12:00 noon at Rohner Park in Fortuna the day of the BBQ.

**Thank you for your support!**

## **CLUB FINANCIAL REPORTS DUE!**

**August 30<sup>th</sup>, 2009**

All clubs need to turn in their Financial reports by August 30<sup>th</sup> to the 4-H Office so that we can submit them to the State 4-H Office and we can also submit the 990 tax form required for your non-profit status. If these forms are not returned, your club will lose its charter and the ability to raise funds. The financial report includes an annual audit and inventory list. If you need another copy of all the forms, please contact the 4-H Office. The report can be handed in at the **Club Leader orientation on August 26<sup>th</sup>**.



### **Reach for the Stars! Lighting the Path to Leadership**

**WHY Conference - Camp Tehema**

September 11-13, 2009

**Registration DUE: August 27, 2009**

Registration forms to attend the 2009 WHY Conference are available at the 4-H Office. Forms can also be downloaded from our website. Make plans to attend!

### **Community Clubs Need Leaders to Help!**

At least two of our clubs are in need of Community Club Leaders for the upcoming 2009-10 program year. This job is made easier with many hands willing to help with the various duties. If you can assist even in some small way, contact your current club leader or the 4-H Office. Remember, 4-H is a family affair and we need everyone to participate to have great clubs!

### **VISTA Project Update**

By Jane Harris

Hello 4-Hers. As most of you know I have been working on a project here at Humboldt County 4-H to build capacity in the 4-H program by reaching new audiences. I have visited the clubs to get feedback about different aspects of 4-H to see why you think people currently are not involved in 4-H and what barriers we might be able to overcome. We are also looking at ways to enhance how we currently deliver 4-H in our communities and how we can improve our service, organization, and outreach. I want to thank you all for cooperating and participating. I am working to finish reviewing the results so I can give you feedback about your clubs and about the county program as a whole. I hope that this information will help your club, the county program, and all of us better understand how to target key areas with our resources. We have a limited supply of time, energy and financial resources that we want to use to the best of our ability. It has been a pleasure to be here and experience the power of youth programs like 4-H. It is a great program with so many opportunities that serves so many with the potential to serve even more.



### **Livestock Auction Buyers Letters**

Do you ever wonder how to write an effective buyers letter? A good resource is available in the 4-H Office called "**A Guide to Writing Better Buyer's Letters**". All livestock project members and leaders who are considering selling an animal at the livestock auction will find sample letters to give you ideas as well as a list of what to write and what *not* to write in a buyers letter. The answers to a "buyers survey" are included. Remember to write a good Thank-you letter too!

## Hydesville 4-H News

By: Dalton Williams

This was a slow month. A lot of our members went to the fair and we had a good time. The weather was nice too. Buyers' luncheon tickets were due the first of July, I hope you remembered to turn those in. Now it is time to start handing out our buyers' letters.

Lastly, Ferndale fair is coming really quickly so it is time to get your entry forms filled out and signed by your leader and turned in. See you at the fair!

P.S. Don't forget your record books so that you can get your pin and stripe for the year.

## 2009 LAMB CARCASS CONTEST WINNERS

**First Place** Winner is Breanna Detherage, FFA  
**Second Place** was Luke Noland, Trinity River 4-H  
**Third Place** was as tie between 3 entries: Matthew Coopman, Sunrise 4-H; Hannah Lovfald, Eureka FFA; and Jillian Casacca, Hydesville 4-H

Other 4-H participants were Hannah Van Duzer, Alex Anderson, Shelby Beck, Brooke Chrisler, Alayna Renner, and Helena Krieb.

THANK YOU to Gary Markegard for leading this event!

## THANK YOU to our Record Book Judges!

Please find time to give your THANKS to Janet Rosser, Brenda Tuel, Lawana Schultz, Kerri Egbert, Jennifer Johnson, Heidi Collingwood, Nancy and Diana Casteel for spending hours reviewing record books! Also give thanks to Lisa Jensen and Mary Ann Renner for judging the club books. Because of their work we were able to give club and individual record book awards! Make plans to help at next year's record book judging. It is a great way to gain understanding of the value and skills of record keeping and to learn how to help the youth in your club receive recognition for their work!

## State 4-H Policy Handbook Revised

The revised handbook can be accessed on the Web at [www.ca4h.org/policy](http://www.ca4h.org/policy) <<http://www.ca4h.org/policy>> and includes numerous links to helpful resources. Web publication of the handbook will facilitate its continued review and revision. If desired, individual copies may be printed. The new search feature of the policy handbook allows you to easily find all references to a topic with one search. Check it out!

## 2009 California State 4-H Leaders Conference

The 2009 4-H State Leaders' Forum will be at Asilomar Conference Center November 6-8, 2009. Conference activities will include powerful speakers, workshops, new 4-H ideas, discussion groups, silent auction, and just plain fun!

Registration forms are available on-line at  
<http://ca4h.org/conferences>

OR

at the 4-H office in the Ag Center

Prices vary, register early as space is limited! **4-H Council has funding available for leaders who would like to attend.**

## Introduction to Ivy Bashing

Patrick's Point State Park  
 Sunday, August 9  
 10:00a.m. - 12:00 noon

State Parks is starting a project enabling volunteers to work removing ivy in Patrick's Point State Park and Trinidad State Beach. This introductory day will introduce volunteers to the removal methods, the places to work, special park considerations, and the all-important paper work. Consider this project for yourself, your family, your youth group or club. This is a way to help the environment and see immediate results. For information contact Michelle Forsys at 707-677-3109. If you are interested and cannot attend the Aug. 9 introduction, please call her to arrange another time.

California State Fair Presents  
**Vet School**



Presented By  
**UC DAVIS**  
 COLLEGE OF AGRICULTURAL  
 & ENVIRONMENTAL SCIENCES  
*where knowledge meets need...*

Saturday, August 22, 5:00 p.m. - 9:00 p.m.  
 Saturday, August 29, 5:00 p.m. - 9:00 p.m.  
 Saturday, September 5, 5:00 p.m. - 9:00 p.m.

UC Davis School of Veterinary Medicine, Veterinary Medical Teaching Hospital will be conducting hands-on activities and lessons to promote animal health and welfare.

This special opportunity will give students ages 10 -17 the chance to learn veterinary practices and procedures.

Applications available online at [www.bigfun.org](http://www.bigfun.org)

**California Exposition & State Fair**

Daneé McMahan - Administration Office - Vet School  
 P.O. Box 15649 • Sacramento, CA 95852  
 (916) 274-0477 • (916) 263-7903 fax  
[dmcMahon@calexpo.com](mailto:dmcMahon@calexpo.com)

**Cavy Bowl Questions**

Sonoma County Fair is sponsoring a Cavy Bowl this year. If you would like a copy of the five pages of questions, please contact the 4-H Office.



**4-H Dairy Judging Opportunity**

Steve Dasher, San Diego 4-H advisor, is working to build a statewide dairy science program for California. He is looking for staff, volunteers, 4-H members and industry cooperators who will be interested in helping create a statewide program this year. He has submitted a request to hold a state qualifier to send a team to the national judging contest in 2010.

In the state updates there is also an announcement for a request for delegates who would like to attend the national 4-H Dairy Conference in Madison Wisconsin in September 2009.

You can contact the 4-H Office if you are interested, or Steve Dasher directly at 858-694-2849.

## State 4-H Updates

- The **Record Book Judging Applications** are due to the State 4-H office by **September 30th**. For further information, please visit: <http://www.ca4h.org/4hresource/ir/recordbook/> or email Quang Tong at [qtong@ucdavis.edu](mailto:qtong@ucdavis.edu).
- **National Dairy Conference, September 27-30, 2009** - California is looking for interested delegates. California has the opportunity to send a group of 5 4-H members and 2 adults to Madison, Wisconsin in September to attend the National Dairy Conference. This group will serve as an exploratory team to determine whether California should make this an annual event. Click [here](#) for more event information and eligibility details. Interested candidates need to complete an application. Applications can be obtained by contacting Dr. Cyndi Barnett or Steve Dasher. Please contact Dr. Cyndi Barnett at [cbbarnett@ucdavis.edu](mailto:cbbarnett@ucdavis.edu) or Steve Dasher at [hdsdasher@ucdavis.edu](mailto:hdsdasher@ucdavis.edu) by August 15 if you would be willing to serve on the team or if you have any questions about the conference.
- **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 Aug. 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.irchefcentral.com> for more information.
- The **2010 National 4-H Conference** will be held

**March 20-27, 2010** at the National 4-H Center in Chevy Chase, MD. The National 4-H Conference is the Secretary of Agriculture's premier youth development opportunity to engage youth in developing recommendations for the 4-H Youth Development Program. 4-H members, volunteers and staff may apply to join the California delegation by **September 30, 2009**. More information is available at <http://www.ca4h.org/conference/n4hc/index.asp>.

- Do you have experience and interest in computers, the Internet, digital photography, GPS/GIS, or other tech area? Join the **2009 California 4-H Computer Corps!** The 4-H Computer Corps increases the use and awareness of computer technology in the California 4-H Youth Development Program. 4-H members, age 15-19, 4-H volunteers and staff may apply by **September 30, 2009**. More information is available at <http://ca4h.org/wrp/compcorps/>.

Mark your calendars for the **State 4-H Equine Field Day at UC Davis for October 3 or 10**. It will be a partnership with the UCD Animal Science department and UCD Horse Day. More details to follow at <http://ca4h.org/projresource/horse/>.

### FUNDING

- 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**.

**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.

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**Inside!**

- Page 4: *WHY Conference, Reach for the Stars*
- Page 5: *State Policy Handbook Revised*



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

# CALENDAR OF EVENTS

DATE	EVENT	TIME	LOCATION
Aug 6-9	State Leadership Conference		UC Merced
Aug 9	Ivy Bashing	10am –noon	Patrick’s Point
Aug 13-23	Humboldt County Fair		Ferndale Fairgrounds
Aug 18	Hog Calling Contest-Humboldt County Fair		Ferndale Fairgrounds
Aug 22	Vet School (Ages 10-17)	5:00pm-9:00pm	Cal Expo
Aug 26	Club Leader Orientation (Mandatory)	6:30pm	Ag Center
Aug 27	WHY Conference registration due		
Aug 29	Vet School (ages 10-17)	5:00pm-9:00pm	Cal Expo
Aug 30	Club Financial Reports Due!!	5:00 pm	4-H Office
Sept 5	Vet School (ages 10-17)	5:00pm-9:00pm	Cal Expo
Sept 11-13	Why Conference-Reach for the Stars!		Camp Tehema
Sept. 28	County 4-H Leaders Council & Committees meetings		Ag Center
Sept 28	Auction Donations due		4-H Office
Sept 28	Baby Week Donations due		4-H Office
Oct 3	New Leader Orientation	10:00am	Ag Center
Oct 4	Lamb (Pork and Goat) BBQ & Country Auction	noon	Rohner Park, Fortuna
Oct 19	New Leader Orientation	6:00pm	Ag Center
Nov 6-8	State Leaders Forum		Asilomar
	ALSO SEE DEADLINES IN STATE 4-H UPDATES		