



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

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### OFF TO A GREAT START! Goal Setting – a Valuable 4-H Life Skill

By Sandy Sathrum

October is a great time for setting goals in the 4-H program. Whether you are a club member, project leader or county committee chair it is very valuable to take time to list your goals and chart a course that will reap wonderful benefits!

Clubs should outline their meetings, events, committees and budget at the beginning of the club year. Each meeting should be equally divided between business, program and recreation. Good planning equals effective officer leadership. Consult the *4-H Officer's Manual* and the *4-H Club Goals, Planning and Evaluation Sheet* for items to include in your year. Be sure to invite the entire family to participate in at least one club event, prepare a display for National 4-H Week, exhibit your project work, invite guest speakers, and participate in community service activities.

Project leaders and junior/teen leaders work together to outline their year of meetings. Set regular meeting times and communicate them clearly to the members and their parents. Include field trips, guest speakers, judging events, community service, presentations, and record keeping at project meetings. Assist members with their *project proficiency* levels and *star ranks*. Help members get to know each other and be sure each meeting is FUN!

Committee chairs and members are vital to getting the work done and must join together as a team. Plan together. Build on personal strengths as you divide responsibilities. Clearly communicate expectations and timelines. Involve each person. Check your progress regularly, reflect and review after the event, and make suggestions for improvement for the future.

Members and Families can use the *"Handbook for 4-H Members and Families"* to guide them to a successful year. Ask your club leader or call the 4-H Office for a copy.

AND, Always take time to **EVALUATE!** Build in 5 minutes at the end of each meeting or activity to get feedback from those attending. A simple chart with two columns, one labeled + and the other ++ can serve as your tool. The + column is for sharing what went well and the ++ column is for sharing what could make this meeting or activity even better.

**Use these tips to "make the best better" in your 4-H group this year!  
Then Celebrate your SUCCESS!**

(Contact the 4-H website or office for more information and the forms listed above)



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



Open Monday—Friday 8:30-12 am; 1-5 pm  
Phone: 707-445-7351 Fax: 707-444-9334  
TDD: 1-800-698-4544  
Email: sksathrum@ucdavis.edu or  
afkilogore@ucdavis.edu  
web site: http://cehumboldt.ucdavis.edu

## Lamb BBQ and Country Auction Reminder October 4<sup>th</sup> – Noon to 2:00 PM

The Annual County 4-H Fundraiser, the **Lamb BBQ** is October 4<sup>th</sup>. So, sell your tickets & come. We will be cooking and serving all the meats along with the menu items being supplied by each club. You can also buy raw meat at the BBQ or order it ahead by calling Bert Van Duzer at 839-0672. For more information call Helena Krebs, 722-4330, or Sadie Mullins, 725-3302.



The 4-H **Country Auction** is held in conjunction with the Lamb BBQ. Every club supplies a basket and auction items to sell. This event is a great place to shop early for Christmas or buy that special present for a friend or loved one.

Call Jenni Phillips (832-2671) or JJ Mullen (443-1424), with any questions and let them know what your club is providing.

### “Meet the Future”

#### **National 4-H Week, October 4-10, 2009**

National 4-H Week, October 4-10, 2009, will be celebrated across the nation and I hope each of your clubs and units are planning festive activities! This year's theme, “**Meet the Future,**” is especially fitting with our new national **4-H Mission Mandates** in Science, Engineering and Technology, Healthy Living, and Citizenship.

The Board of Supervisors will be issuing a proclamation at **9:00 AM on October 6<sup>th</sup>** at the Board Chambers in the **County Courthouse**. You are invited to attend and represent 4-H to our county. Wear a 4-H t-shirt, your uniform or just nice school clothes. You can count it in your record book. Many clubs do window displays, library displays, back to school night tables and community service activities to draw attention to National 4-H Week and the beginning of the club year. Let us know how your club celebrates!

For more information on **National 4-H Week** check out the tool box at the National 4-H Website

<http://4-h.org/brandnetwork/4hweektoolkit.html>

Here you will find forms, press releases, proclamations and other ideas on ways to celebrate!

## Co-op Donation

The County 4-H Program has received a check for \$90 from the Co-op Community Fund. It is through your efforts of informing the Co-op that you want your 1% donation to go to Humboldt County 4-H. Thank you for continuing to use **#80031** when you shop at the Co-op!

The more people that we can encourage to use our number the more proceeds we can easily give to serve the youth in Humboldt County through the 4-H Program!

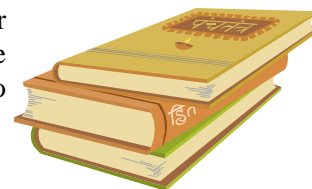


## FOR PROJECT LEADERS AND MEMBERS: Who pays for project material and supplies?

At the beginning of the project year, the project leader should make a plan to figure the overall cost of the project materials and supplies for the year. This information should be shared with members and their parents **before** the project begins so that there are no “surprises” about costs. Members should be charged to cover the fees of materials they receive and supplies that they use. Members should not be charged for a leader’s services, lessons, or rental of equipment.

4-H is a volunteer organization. Any circumstance where an adult charges a fee for services, lessons, rental or any related type of charge is not a 4-H project and the adult is not covered by the UC Liability Insurance. The youth also is not covered by the 4-H Accident Insurance in this situation.

Should you have any questions or need clarification about these issues, you are encouraged to contact the 4-H Office at 445-7351.



## Get to Know Contest

The Humboldt Bay Wildlife Refuge invites you to participate in the 2009 Robert Bateman “Get to Know” contest. Forms and information are available from your club leader and must be postmarked by **November 30<sup>th</sup>**.

The 4-H Office also has forms. Entries can be in art, writing or digital photography. Let your 4-H creativity shine!

## City of Arcata's Forest and Marsh Volunteer Workdays

### **Saturday, October 17**

Arcata Marsh & Wildlife Sanctuary  
Trash & Non-native plant removal  
FOAM, CNPS, HFAC & HSU NR Club

### **Saturday, November 7**

Jolly Giant & Janes Creek  
Trash removal  
HFAC, Americorp & HSU NR Club

### **Saturday, December 5**

Arcata Community Forest  
Trash & Non-native plant removal  
HFAC & HSU NR Club

- Saturday volunteer workdays run from 9am –1pm.
- Forest, Marsh & Shay Park workday dates are subject to change: Call to verify meeting location @ 825-2163.

### **The City of Arcata will:**

- provide gloves, tools, first aid kit, snacks and beverages.
- present safety talk and tool-use instructions prior to work.
- Volunteers: wear work clothes and boots and must sign a liability release form in order to participate.

## MANDATORY Child Safety Procedures

4-H emphasizes keeping children safe and eliminating risk wherever possible. The 4-H Policy Handbook requires **every 4-H event, meeting or activity** to have **two adults** available at **all times** to supervise youth. What is important to remember is:

1. These adults should, whenever possible, stay within view of one another.
2. At least one adult must be a 4-H appointed volunteer leader. For best practice, both of these adults are appointed 4-H volunteer leaders. If the second adult is not an appointed 4-H volunteer leader, the adult must be over the age of 21.

Remember, no one-on-one interactions should occur in private. This includes between members and adults or among youth.

Your club or unit leader has information and examples of this required policy. The policy is in chapter 11 of the State 4-H Policy Handbook. You can get a printed copy of the brochure from the 4-H Office.

## Animals as Gifts

“The 4-H Youth Development Program does not accept animals as gifts or donations. 4-H units or council, and County Cooperative Extension Offices **cannot accept title or ownership of animals.** Any such gifts should be made directly to individuals.” (It should be understood, however, that gifts to individuals are not deductible as charitable contributions for federal or state income tax purposes.)

The California 4-H Policy Handbook, chapter 9, section VIII.

## Record Book Support for YOU!

This fall we have three different ways to make completing your record book an easier task. First of all the **All Stars** are working to compile a section by section list of items to include based on what is available locally through clubs and county events. Secondly, the **Cutten Club** will host Record Book Workshops to walk you through the process. And thirdly, **Jennifer Johnson** is willing to host quarterly meetings on a Saturday at the EAST lab at Eureka High to guide you in electronically completing your forms.

You can contact the 4-H Office to sign up for Record Keeping events. Clubs could have a team that attends and then hosts a Record Book Workshop at the club level. Or you can come as an individual. So, list your record book questions and come find ways to simplify this task.

## Facility Use Agreements

**County directors** are the only county-based administrators authorized to execute license agreements for 4-H.

4-H volunteers and/or members should **NEVER** sign for licenses, contracts, or use agreements for any type of 4-H YDP activities.

Certificates of insurance are issued by the University to outside individuals or organizations in connection with activities of the University. All contracts and facility use agreements must be submitted **at least three weeks** prior to an event or activity to the UCCE/4-H office for proper processing.

Call 445-7351 and talk to Ann if you need a facility use agreement.



## Cutten 4-H News!

By Savannah McCauley, reporter

The Cutten Club is excited to report their first meeting this year was a success! They met on Tuesday September 15th at Cutten Elementary School. There were many new attendees at the meeting and they discussed new and interesting projects this year. At this time the club is very busy coordinating upcoming events such as 4-H BBQ, Baby Week, 4-H Week and the newest event on the calendar - Take a Child Outdoors Day.

Next month they will continue with the enrollment and planning for the upcoming 4-H year.

## Arcata Bottom Club News

By Alex Anderson

Arcata Bottom 4-H had our first meeting for the year in September. We had lots to talk about. JJ Mullin won the 4-H large animal round robin at the Redwood Acres Fair and Hannah Van Duzer won it at the Humboldt County Fair.

This year we are planning many different events, new member orientation, baskets for soldiers in Iraq, Thanksgiving and Christmas food baskets, Adult Day Health Care visits, any many others. Last weekend Freshwater and Arcata Bottom Clubs were at the Farm Store open house. There were tons of visitors. We had a lot going on. We had the BBQ, petting zoo and we also sold raffle tickets. We had a great time.



We are looking forward to October's meeting. Remember to dress up.

See You Next Month.....

## 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.**

Choose ONE of the dates above  
**Call the 4-H Office to reserve your space!**  
445-7351

## Hydesville 4-H News

By: Dalton Williams

Hello from Hydesville!! Everyone had a wonderful time at the fair. Hydesville 4-H was represented in every category. Congratulations to everyone who won and sold their animals.

Morgan Pryor won the top showman award, you go girl! We had sign-ups on the fifteenth and we had a wonderful turnout.

Don't forget, the first general meeting is the fifth of October, see you there.



## Fortuna 4-H News

Reporter: Cameron Dale

Fortuna 4-H started the year off with a great first meeting! Our new officers did great at their first meeting too. We had many new faces show up and many old friends. We had sign ups for our ever expanding clubs including sewing, cooking and cake decorating, rocketry, gardening, and multiple animal clubs such as swine, sheep, beef, dairy cattle, dairy goats, meat goats, poultry, rabbit and turkey groups.

Members also gave reports on the Humboldt County Fair. We had multiple champions and participants in round robin. Members also received lamb BBQ tickets to sell from our Lamb BBQ chairmen, Helena and Sadie. Good work and sell those tickets!!!

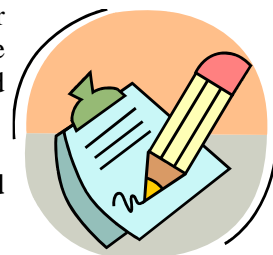
Our next meeting is October 1. Have a great fall!

## 4-H RE-ENROLLMENT for 2009- 2010 Due November 1<sup>st</sup>!

Your club leader received the re-enrollment forms and the guidelines for enrollment at the club leader orientation. It is **very important** that you update the re-enrollment form **every year** and return the form and your enrollment fee **to your club leader** now.

The enrollment system will drop you from our records if we do not have your forms by November 1<sup>st</sup>. If you add projects during the year, inform both your club leader and the 4-H Office.

**All re-enrollments must be returned to the 4-H Office by November 1<sup>st</sup>.**



## 4-H Shooting Sports Courses

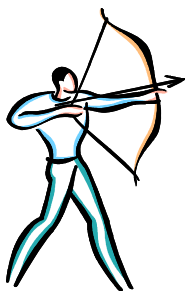
The Training Request Form can be found at <http://ca4h.org/projresource/shootingsports/index.asp>.

### • Shotgun Discipline

A shotgun trainer course will be held 9:00am-5:00pm, Saturday and Sunday, **October 24-25** at the Ukiah Gun Club, in Mendocino County. Upon successful completion of the two-day course, participants will be certified as 4-H leader trainers, and will be eligible to serve as shooting sports project leaders, as well as instruct and certify other volunteers in the discipline of shotgun. Cost for the course is \$30, which includes shotgun shells, clay targets, continental breakfast and lunch both days, and class materials. Teen Leaders may attend, with a participating adult volunteer. Limited camping space is available, contact John Holder for arrangements. The course will be limited to twenty (20) participants. You must be an appointed 4-H volunteer or member to attend this training. Send Training Request Form with fees payable to "Mendocino County 4-H Council" to UCCE 4-H Shotgun, 890 North Bush Street, Ukiah CA 95482. For more registration information, contact Linda Edgington (707) 463-4495 or [lgedgington@ucdavis.edu](mailto:lgedgington@ucdavis.edu). If you have questions regarding the course or facility, contact the instructor, John Holder at (707) 485-8445 or [bearhunt56@hotmail.com](mailto:bearhunt56@hotmail.com).



### • Archery Discipline



A shooting sports training workshop for the archery discipline will be held in Modesto, CA on **Saturday, November 7**, 8 AM - 4 PM and **Sunday, November 8**, 8 AM - 2 PM. Upon successful completion of the course, participants will be certified as archery volunteers and can instruct archery club projects and camp programs. Attendance at both days is required. The course will be held at the Stanislaus County Ag Center, Harvest Hall Room E, 3800 Cornucopia Way, Modesto. The cost will be \$25 and includes lunch, snacks, and class materials. For more information, contact Dan Burner, [dan\\_burner@yahoo.com](mailto:dan_burner@yahoo.com) or 209-874-2732 (evenings).

Training Request Form and Fees are due by **October 23** and can be submitted to:

Dan Burner,  
P.O. Box 829  
Waterford, CA 95386

## Join the County 4-H SET Team!

The 4-H SET (Science, Engineering and Technology) initiative is here and our 4-H SET Expo in April shared the exciting world of 4-H SET with over 500 people in our community! The county 4-H SET TEAM is looking for youth, parents, leaders and community members who would be willing to help expand SET in our projects, events and the community.

### **The SET TEAM will:**

- Identify our local 4-H SET content interest(s)
- Recruit our county 4-H SET team.
- Develop a county 4-H SET Plan that includes local partners.
- Explore potential funding sources
- Encourage SET activities in all areas of 4-H.

Call the 4-H Office today, 445-7351, to join the county 4-H SET planning team and help determine the focus of 4-H SET in our county! For more information on how SET is being implemented in California and across the nation visit the website: <http://www.ca4h.org/SET>

To get the monthly SET newsletter updates:

<http://www.ca4h.org/SET/updates/index.asp>

## Recognition and Awards for Outstanding Community Service

Each year **4-H Members** can gain state and national recognition for outstanding volunteer community service by participating in the Prudential "Spirit of Community Awards". This program recognizes young people in **grades 5-8 and 9-12** solely on the basis of their volunteer activities. Applications must be completed and submitted to the 4-H Office (or a participating school) **by November 2, 2009!**

Certificates are awarded at the local level and the top applications are sent to the state. Top state applications receive silver medallions, \$1,000 awards and a fabulous trip to Washington D.C. for several days of national recognition events. The top 10 at the national level will receive gold medallions, crystal trophies and \$5,000 grants from the Prudential Foundation for a charity of their choice (including our local 4-H Program). You can receive an application from the 4-H office or at [www.prudential.com/spirit](http://www.prudential.com/spirit).



## **EMERALD STAR APPLICATIONS** **DUE OCT. 26<sup>th</sup>**

Do you have a passion for a particular area or project? Do you see needs in the 4-H Program and in the community that relate to this passion or a favorite 4-H project or an area of interest? Could you design a project to meet those needs? If you answer YES and are in the 6th grade or older you can apply for an Emerald Star.

If you need help figuring out a project that works for you, talk to your parents, your club or project leader, or call the 4-H Office. Some ideas are making permanent signs for the Lamb BBQ, developing a website about your project or club, organizing a countywide event, or providing a community service project to an organization in need.

Applications are due **October 26<sup>th</sup>** for those applying for approval for a **new** Emerald Star project AND for those who have **completed** their Emerald Star project. The forms are available on the website or by calling the 4-H office. Interviews will be held on **November 2<sup>nd</sup>**.

### **State 4-H Equine Field Day**

Mark your calendars!! The State 4-H Equine Field Day at UC Davis on Saturday, **October 24, 2009** not 2010 from 9:45 – 3:30 PM. There will be speakers from UCD and surrounding areas. Early registration will be due Friday, October 16<sup>th</sup>. More information will be available soon on the web site at <http://ca4h.org/projresource/horse/>.

Many have been asking and now the flyer and registration form is online at the state 4-H web site at <http://ca4h.org/projresource/horse/#2>



It has been just confirmed that our afternoon presentation will be given by Charles Wilhelm. According to his web site, Charles Wilhelm is internationally known as America's most respected horse trainer. His unique approach to horse training enables

horse owners to train their own horses. He has many books, DVDs and has a TV weekly show. Learn more about Charles on his web site at <http://www.charleswilhelm.com/html/aboutcharles.htm>

## **4-H National Youth Science Day October 7, 2009!**



The 2009 4-H National Youth Science Experiment - "Biofuel Blast" - will engage youth in important environmental issues our global community faces together and the opportunity available for a greener tomorrow. As our nation grapples with important environmental issues such as global warming, sustainability and energy independence, "biofuels" -sources of energy obtained from recently harvested plant materials- are at the forefront of the discussion of alternative energy sources.

The experiment will be shared at the Council meeting September 28<sup>th</sup>. Contact the 4-H Office for kit for your club and ways to share "Biofuel Blast" with others!

### **Health Fair Activity** **Jacobs Education Center – Eureka** **October 11th, 2009 (noon – 4 PM)**

Latino Net is planning a Health Fair on Sunday, October 11, 2009. There will be good food and activities for all. We need 4-H members to help at our 4-H table handing out 4-H information and guiding kids in fun hands-on activity. You can count this in your record book toward your star awards. Contact the 4-H Office if you can help, 445-7351.

### **\$\$ Merit Awards for Cow Palace \$\$**

The Cow Palace and the award sponsors have been awarding financial assistance to Junior Exhibitors for over **sixty** years. The Merit Award Program is intended to assist in the purchase, care and feeding of animals to be shown at the 2010 Junior Grand National Stock Show, April 7-11, 2010. This award can be used for Market, Classic and Breeding Beef, Sheep, Swine and Goats. Awards up to \$750 will be given.

Information & Applications are available at [www.cowpalace.com](http://www.cowpalace.com) and at the 4-H Office. Contact Vanessa Adams, [vadams@cowpalace.com](mailto:vadams@cowpalace.com); (415) 404-4100 with questions.

## Council Officer Vacancies

The County 4-H Leaders Council is looking for four additional officers. If you know a leader who could represent the interest of your club on the Council please contact the 4-H Office. We will be happy to let them know they have been nominated and to send them a copy of the duties for the office.

The current vacancies are for President elect, Treasurer, and two Adults at Large. If you would like a copy of the duties for these offices, please contact the 4-H Office.

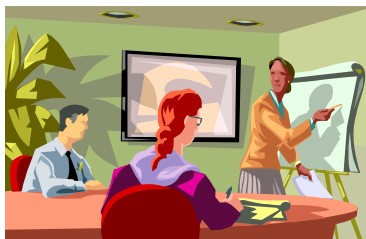
## ALL Junior and Teen Leaders

The 4-H Junior and Teen Leadership experience is designed to provide members with the opportunity to learn about the qualities and competencies needed to be a leader. Junior Leaders (grades 6-8) provide assistance while Teen Leaders (grades 9 & above) assume more challenging leadership roles. Junior and Teen Leaders may assist with specific projects or with other 4-H activities or events. A 4-H member may be a Junior or Teen Leader for one or more projects during the year. The major duties of a Junior or Teen Leader are (varies by age, experience, and other factors):

1. Work collaboratively with the adult leader to set goals, develop lesson plans, teach skills, and evaluate the activity.
2. Coordinate logistical details such as meeting times, locations, materials and supplies, and expenses with the adult leader.

Communicate with the adult leader and members about group expectations, responsibilities and expected outcomes.

At the beginning of the year, the 4-H member and the adult leader should meet to discuss the project and define each of their roles. (It is the decision of the project leader to decide if they can utilize a junior or teen leader in their project group.)



During planning, the 4-H member should complete pages 1 & 2 of the "Junior and Teen Leadership Development Report". This form helps you plan together with your leader roles and responsibilities for the year and then evaluate

(using pages 3 & 4) the plan at the end of the year. The 4-H member must include the entire form in his/her Record Book to receive credit.

## COLLEGE OF THE REDWOODS

### Science Night

October 23<sup>rd</sup>, 5-9 PM

Complete information will be available after October 1<sup>st</sup> on the CR web site ([www.redwoods.edu](http://www.redwoods.edu)).

They will have 28 activities scheduled throughout the campus for kids and families to explore. The cafeteria will also be open during those hours with a special menu for families.

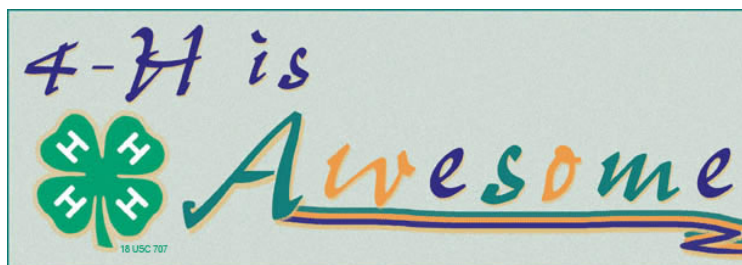


## Clover Safe Notes

Safety is always a primary consideration when working with youth. To assist you in creating a safe environment, a series of "Clover Safety Notes" have been developed by the State 4-H Program. The single page of information has a fun activity on the back to use as review. Contact the 4-H Office or the website <http://groups.ucanr.org/ehs/4H/CloverSafeNotes.htm> to get your copy.

Current project topics include animals, camping and outdoor adventure, food preparation, sporting activities, crafts & hobbies, tools/equipment and machinery, gardening, clothing & textiles and computers. Some general topics include "Preventing 4-H Member Injuries and Illnesses", "Holding and Attending 4-H Meetings in Private Residences", and "Emergency Preparation and Response Guidelines". There are more.

Take a look at the Clover Safe Notes that could apply to your club or project group.



## Project, Club, and Council Finances, Budgets and Fundraising

Now is the time in our 4-H program year for clubs to do financial planning. Listed below are some key elements to keep in mind. Remember that 4-H is a public organization, and that all monies that run through our books—be it Council, Club, or Project level—are public funds. While 4-H members make decisions about how to budget, fundraise and spend what's in their bank account, those decisions must be transparent, appropriate, and accounted for, following 4-H Policy



procedures. For specifics on finance, check the State 4-H Policy Handbook at <http://www.ca4h.org/policy/>

◆ **Make a budget.** A budget is a plan to help guide you in your financial decisions. It helps you meet your established goals. Decide what your club wants to undertake and what costs might be involved. Do you need money for a service project, awards, supplies, incentives, mailing newsletters, sending youth to a conference, or buying curriculum for leaders? Budgets should reflect club activities, be voted on by members each year, and a copy provided to the UCCE 4-H Office by November 1st. A budget is a guide and not “set in stone”. If there are deviations from the approved budget the members must be informed & vote on any changes. The amounts budgeted can be changed.

◆ **Know what you're raising money for.** The purpose of fundraising in 4-H is to further the educational goals of the 4-H YDP at all levels. If you plan to raise funds, it should be part of your budget and outlined at the beginning of the year in your budget. Submit fundraising request forms by November 1st to the UCCE 4-H Office with your annual budget for approval. Sometimes an exciting money-making opportunity comes along after the request is sent. Another request can be sent at that time. All funds should be generated with a specific purpose in mind. Raising money simply to have in the bank is not okay. Carrying over excess funds is discouraged unless the funds are for the purpose of a long range goal (such as a scholarship fund, the purchase of a large piece of equipment, or money to start up the next club year). The youth and adults who earn the money should be the ones to benefit from the use of those funds.

◆ **Keep good records.** There's nothing more frustrating than having to rummage through papers or (worse yet) recreate a year's worth of financial transactions from disorganized records. Your club treasurer should work in partnership with a knowledgeable adult to understand how to keep proper books. At the end of the year, you'll be asked to prepare an annual financial report that is turned in to the 4-H office with your

(continued in next column)

audit report. The 4-H treasurer's manual provides forms and all you need to know: <https://fourh.ucdavis.edu/finances/forms/4H1035-TreasurerManual.pdf>

◆ **All** 4-H units, including clubs, project groups, Emerald Stars, after school programs, 4-H events, All Stars, etc. must submit a viable plan before doing any fundraising in the name of 4-H. Contact the 4-H Office for approval of your 4-H fundraising ideas. Remember that all food fundraisers must comply with health and safety regulations. 4-H staff will record all fundraising to avoid duplicate requests, to assure fiscal responsibility, to celebrate our community partners, and to determine the impact 4-H has on the community.

◆ **If you have questions...** Call the 4-H Office! Our financial policies protect not just our assets, but you and your program as well. Creating a viable plan for the use of funds builds fiscal responsibility and a good reputation within the community for 4-H.



## Plan now for State Fashion Review!

As you begin your clothing project or hand sewn items for the State Fashion Review and/or the Hats Off for Kindness service project. Interest has been shown to hold a local Fashion Review event this year. Contact the 4-H Office if you or your project group are willing to help.

"What's in YOUR Closet?" the 4-H State Fashion Revue, will be Saturday, May 29, 2010 as part of State Field Day at UC Davis. For counties and families planning their calendars, online registration will be due by May 10. Be sure to pick up a copy of Simplicity pattern # 4762, which is our Challenge Vest pattern. All 4-H members and adults are encouraged to participate in a new service activity, Hats Off for Kindness. Create a soft hat for a cancer patient by sewing, knitting, or crocheting. Please leave off floppy flowers, hard edges or attachments. For pattern ideas check out

<http://brimmingwithlove.com/patterns.html>.

All hat makers are invited to model their creations on stage before the SFR fashion show, but if you are a SFR participant you'll need a substitute model. We hope to collect at least 250 hats. For Hats Off information contact Rachael Gross at [kandragross@sbcglobal.net](mailto:kandragross@sbcglobal.net).

For State Fashion Revue information, contact Sue Moore [samoore@ucdavis.edu](mailto:samoore@ucdavis.edu) or see <http://ca4h.org/projresource/fashion/>.

## State 4-H Updates

### Service Project:

**My Own Book** ([www.myownbook.net](http://www.myownbook.net)) is a non-profit organization dedicated to spreading the joy of reading. It was started three years ago and now distributes over 24,000 books nationwide to less fortunate children. We'd like to see 4-H clubs and groups across the state involved in the My Own Book project. If you are interested for your club, let us know. We can supply books to hand out as well as ideas for a year of fun with members of all ages. This is a great way to reach out to other children in the community. Please contact Brady and Kyle Baldwin at [kyleandbrady@myownbook.net](mailto:kyleandbrady@myownbook.net) for more information.

### Service Project Funding:

Educators, service-learning coordinators, students in the health professions, public health professionals, and community partners are eligible to apply for the **UnitedHealth HEROES service-learning project grants**. Grant recipients will receive up to \$1,000 in support for service-learning projects that focus on childhood obesity, engage youth ages 5-25 in the planning and implementation process, and take place during Semester of Service 2010. For more information and an application for the grants, visit: [www.ysa.org/awards/](http://www.ysa.org/awards/). The grant submission deadline is **October 22, 2009**.

### Gardening Project:

- The **Junior Master Gardener program** has offered a Recognition Certificate for JMG groups to earn this fall. The certification will be in **Building a Vegetable Garden**. Students will experience hands-on learning as they participate in all aspects of gardening. There is no cost to register your JMG group. If you are in need of a Level One JMG Teacher Guide, you can start register and order one by visiting <http://67.59.137.247/index.cfm?did=2035&sectionID=2017>

### Events and Deadlines:

- 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>.
- The **State 4-H Leaders' Forum 2009**, November 6-8, 2009 is still accepting registration at the same fee. The fee will increase to \$50 on **October 1st**. If you are a 4-H Leader and think you may be interested in attending this information event at Asilomar, please visit: <http://clubs.ca4h.org/nsection/SLF09/index.htm> and submit your registration forms today. You may also contact Richard Meade at [rmeade@csuchico.edu](mailto:rmeade@csuchico.edu) for any questions.

- The Afterschool Alliance is extending an invitation to everyone interested in supporting the positive work and impact of afterschool programs for our youth. This is the **10th annual Lights On Afterschool event**, planned for **October 22, 2009**. When registering you will receive posters, events tips and helpful information to make this day a success for your afterschool program. You may visit: <http://www.afterschoolalliance.org/loaHostEvent.cfm> to register today.
- State 4-H Record Books**, please check with your county 4-H office to verify the date of submission for record books in your county. County offices will submit their county record books to the State 4-H office by **November 6, 2009**. You may visit: <http://www.ca4h.org/4hresource/ir/recordbook/competition.asp> or email Quang Tong at [qtong@ucdavis.edu](mailto:qtong@ucdavis.edu) for additional questions.
- The annual **State 4-H Equine Field Day** will be held on Saturday, **October 24th** at UC Davis. Go to <http://ca4h.org/projresource/horse/> for the event details and registration form. Pre-registration is due Friday, **October 16th**; no postmarks. This event is in partnership with the UCD Department of Animal Science. 4-H Horse members, leaders and parents are invited to attend.
- The **Make It Yourself With Wool Competition** is requesting those who enjoy sewing and knitting projects to enter in a district contest near you, planned for October and early November. Winners will compete in state finals. If you are interested in participating, you may download a contest entry form [here](#), a national competition brochure is available [here](#), and specific contacts for the California contests are listed [here](#). Please contact Julie Castillo at [calif.wool@gmail.com](mailto:calif.wool@gmail.com) for additional questions.
- Dates have been set for the **2010 Citizenship Focus Program**. Come participate in hands-on programs that bring government and policy issues to life and help you get involved in your own community. **California Focus** June 25-29, 2010 <http://www.ca4h.org/citizenship/focus/> Washington Focus I Road to Democracy, June 27-July 5, 2010 Heritage Trail, I June 27-July 3, 2009 Washington Focus II Global Journey, July 11-21, 2010 Heritage Trail II, July 11-17, 2010 <http://www.ca4h.org/citizenship/dfocus/> For more information, contact Pat English at [pnenglish@ucdavis.edu](mailto:pnenglish@ucdavis.edu) or 530-754-8520.
- The **California International Exchange Program** will offer **outbound programs** to Australia, Costa Rica, and Japan during the summer of 2009. Applications will be accepted until **January 15, 2010**. An interview with the California 4-H International Exchange Coordinator, Pat English, is required. For more information contact Pat English at: [pnenglish@ucdavis.edu](mailto:pnenglish@ucdavis.edu) or 530-754-8520.



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

## CALENDAR

DATE	EVENT	TIME	LOCATION
Oct 3	Pastels on the Plaza		Arcata
Oct 3	<b>NEW LEADER ORIENTATION</b>	10:00am	Ag Center
Oct 4	Lamb (Pork & Goat) BBQ & Country Auction	Noon-2:00pm	Rohner Park
Oct 4-10	National 4-H Week		
Oct 6	Board of Supervisors Proclamation	9:00am	Courthouse, Eureka
Oct 7	National Youth Science Day		
Oct 11	Latino Net Health Fair		
Oct 19	<b>NEW LEADER ORIENTATION</b>	6:00pm	Ag Center
Oct 23	College of the Redwoods Science Night	5:00-9:00pm	CR
Oct 24	Make a Difference Day & State Equine Field Day		
Oct 24	Shotgun Training		Ukiah
Oct 26	Emerald Star applications due	5:00pm	4-H Office
Oct 31	Trick or Treat So Others Can Eat		
Nov 1	<b>RE-ENROLLMENTS DUE!! &amp; Club Budgets/Fundraising Requests</b>	5:00pm	4-H Office
Nov 2	Emerald Star Interviews		Ag Center
Nov 6-8	State Leaders Forum		Asilomar
Nov 7-8	Archery Certification		Modesto
Nov 16	Council Officers Meeting	6:00pm	Ag Center
Nov 30	Council Committees/All Stars/County Leaders Council	5:30pm/5:45pm/6:30pm	Ag Center
	<b><u>ALSO SEE DEADLINES IN STATE 4-H UPDATES</u></b>		