# University of California Cooperative Extension

# 4-H Spirit

Motto"To Make the Best"



Mariposa County 4-H Youth Development Newsletter

March 2011



Happy St.

Patrick's Day

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#### **FASHION REVUE AND STYLE SHOW**

Mariposa County 4-H Fashion Revue and Style Show is slated for Saturday, April 2 at the United Methodist Church in Mariposa.

**Fashion Revue** is an event for our 4-H members in the sewing project. They model their garments in front of judges and are interviewed. The top winner has the opportunity to attend the State-wide Fashion Revue on Saturday, May 28 at UC Davis.



**The Style Show** portion of this event is where all of our 4-H members, both boys & girls, can model a purchased, borrowed from a store, or home-sewn selection. They are also judged but not interviewed.

We would like to see as many of our 4-Hers enter in this event. Entries are now available at the office, clubs, or on-line at <a href="http://ucanr.org/sitebuilder/admin/eventedit.cfm?caleventnum=130128">http://ucanr.org/sitebuilder/admin/eventedit.cfm?caleventnum=130128</a>

# Entry deadline is March 23, 2011

#### CHOWCHILLA MADERA COUNTY FAIR

**2011 Fair Dates:** May **18th - 22nd** 



Website-

http://www.chowchillafair.org/

# **Presentation/Favorite Foods Date Changed**

Due to the rainy & snowy weather, Presentation/ Favorite Foods Day has been changed to Saturday, March 19 at Grace Church.

Since this date change, we will take additional entries until March 7th. Drop off at the UCCE Office or FAX To 966-5321.

# 4-H Kid's Night Slated for April 8th

This event is for K-6th grade 4-H members! Members will have dinner, play games, have crafts then settle down for a movie "**How to Train Your Dragon**".



When & Where: Friday, April 8th- 5pm -8 pm (Food, crafts, games) at Grace Church off Woodland Drive Movie Time- 8pm- 9:30pm Cost is Free!

You can invite a friend but they will need to fill out a Waiver Form available at the office or that night at the party (but it must be signed by their parent or guardian). Registration forms are available at the office and at club meetings OR on-line at <a href="http://ucanr.org/calendar/?calitem=130165&group=1412">http://ucanr.org/calendar/?calitem=130165&group=1412</a> and due into office by April 4th.

See You April 8th!!!

### 4-H Pancake Breakfast a Success!

Thank you to all the 4-H members, leaders, and parents who helped at the Valentine Pancake Breakfast. The breakfast was a huge success! The proceeds will help with the upcoming 4-H activities/events, scholarships, and help send our leaders and leadership teams to conferences.

Also a BIG thank you to Kristin Stoesser, chair, for all of her hard work!!!!!

If you still have any pancake breakfast tickets and/or money to turn in, please bring it to the UCCE office ASAP so our council treasurer can deposit it.

Thanks again!

### GRASSHOPPER PRESENTATION

On Wednesday, March 9 at the Stag Hall in Hornitos, Maxwell Norton, Interim County Director/Farm Advisor, will give a presentation about Grasshoppers: Their Biology and Control. It will begin at 6:30p. All are welcome!

This will take place before the Catheys Valley 4-H Club meeting.



### WORKING WITH TEEN LEADERS

# Marianne Bird, 4-H Youth Development Advisor University of California • Cooperative Extension

Teen Leader. It's a title and a role long embraced in the 4-H Youth Development Program. We believe that young people not only learn and grow from leading, but that our projects and programs are stronger because of it. Some tips for working with our teen partners:

- Clarify expectations. Before beginning your work together, take time to discuss what you expect from each other. Teens need to know the specifics about their commitment. Outline the expectations, time commitment, and benefits (e.g. skills gained, service hours granted) of the position. Be sure to ask teens what they expect from you and what they think they need to do their job well. Let them know what they can expect from you. Use this dialogue at the beginning of your work together as a touchstone if misunderstandings occur.
- Create a plan together. It's not your place to lead the project, nor is it the teen's responsibility. In orchestrating the project, together you should make decisions about what will happen, who will do it, and how it will be done. Meet with teen leaders to map out the program year. Teens bring a different perspective, and encouraging their participation and assigning responsibilities early only strengthens your program. Don't holdback on offering your ideas. Listen, but also coach.
- **Build a relationship.** Get to know the teens you're working with and allow hem to know you. Phone calls to check in, notes of appreciation, and genuine interest in their lives helps insure success and solidifies their commitment.
- Help teens to organize. Organizational skills vary among individuals, but teens generally have less experience in pulling things together. Adults should regularly check with the teens to ensure plans are in place and explore with teens any problems they may not foresee. Adults bring experience teens haven't yet acquired.
- Have high expectations. Believe in teen leaders and know they can produce. Communicate this belief through your words and behavior. Recognize and support their limitations. Remember, teens do not have the same access to resources as adults. School schedules, transportation, and money for materials—all these things need to be considered when teens commit to leadership roles. Be patient as they learn, but don't be afraid to give guidance to help them improve.
- Evaluate, affirm, and recognize. Reflection is an important element in learning, and together teen leaders and adults should evaluate their project's goals, direction, and progress. Young leaders also should have the chance to reflect upon their role in the project and their effectiveness. For teens as well as adults, a little praise goes a long way. Give feedback on their work, encourage them, acknowledge their strengths, and celebrate their success, both formally and informally. But don't over praise. It can sound patronizing if out of proportion to the teen's work.

## STATE LEADERSHIP CONFERENCE SLATED FOR JULY 28-31

The State Leadership Conference 2011 "Oh, the Places You'll Go!" is now online at http://www.ca4h.org/Programs/Conferences/SLC/ This event is for high school 4-Hers and volunteer leaders.

Financial assistance will be allotted on an "as needed and available" basis and is not transferable. Financial aid applications are due **May 13th**. Please direct questions to Quang "Hogan" Tong at 530-752-5644 or email at <a href="mailto:gtong@ucdavis.edu">gtong@ucdavis.edu</a>.



### REGIONAL PRESENTATION DAY SLATED FOR APRIL 16th IN STANISLAUS COUNTY

Stanislaus County 4-H will be hosting the North Sub-Region Sectional Presentation Day April 16 at Denair Middle School. Gold Medal winners from Madera, Merced, Mariposa, Stanislaus, and Tuolumne counties will be giving their presentations.

We are looking for judges, tally crew, & room monitors (7th grade and above), so if you are interested, please call Donna at 966-4829.

#### SOUTH CENTRAL SECTIONAL 4-H COUNCIL SCHOLARSHIP

The South Central Sectional 4-H Council scholarship applications are now available and due into the Stanislaus UCCE office by April 2. South Central Sectional 4-H Council has budgeted \$1500 to give scholarships to 4-H members. Members may only be awarded the scholarship once.

The SC Sectional scholarship is for current 4-H graduating seniors. Get your application at website http://groups.ucanr.org/SC4H/Scholarship/

#### TEEN NIGHT SLATED FOR MAY 13TH

On Friday, May 13, 2011, Hi 4-H will be chairing 4-H Teen Night. All 4-H teens (7th-12th graders) are invited to this night filled with fun and excitement and dinner. We hope to see you there!!

More details will be at the April club meetings and in the 4-H Spirit. Mark your calendar!

## **Remember Project Leaders**

To avoid overlapping project meetings or county 4-H events, please announce your meeting dates at your club meetings, or let the UCCE office know so we can put the dates in the Spirit or on the website. This will help leaders, members, and parents.

The meeting room has been used a lot lately, so if you want to use this room, please call the office several weeks in advance to schedule your meeting and remember to check out the key.

# 4-H Camp Tweety

Camp Tweety is just around the corner and we need 4-H certified chaperones for both genders. There is a time commitment for the camp weekend, June 17-20 plus two camp meetings prior to camp and after. Chaperones need to be at least 21 of age and willing to be cabin helpers along with the teen counselors. We also need 2 certified lifeguards, one at least 18 years old or older.

Beth Broomfield will once again be the Camp Director and Cathie Kirk, our nurse. The committee is planning scrumptious meals and a great weekend with fun activities.

Camp will be held at Lions Camp Pacifica. Registration forms are available at the office or online at <a href="http://cemariposa.ucdavis.edu/4-H">http://cemariposa.ucdavis.edu/4-H</a> Program/Camp Tweety.htm. Cost is \$80 for 4-Hers and \$95 (includes \$15 insurance fee) for non-4-Hers. Fee along with registration forms must be postmarked by June 3. After this date, a \$5 late fee will be added on. Make checks payable to 'Mariposa County 4-H Council'.

#### Help Send Kids to Camp Fundaiser-

Two camp fundraisers will take place at the Mariposa Pizza Factory from 5-8p on Fridays, April 1 and May 6. Members that need some financial assistance for camp fees can help one night holding signs and they will get a percentage of the earnings off their registration fee. Contact Donna or Beth Broomfield for more details. Support our members by purchasing pizza these nights!

# 4-H COUNCIL, CLUB & PROJECT NEWS

# Mariposa County Horse & Pony Project News

By Carol Suggs, County-wide leader

**Mariposa County Fair Horse Show Committee** has added two riding classes for 4H/FFA/ Independent youth members to the Fair Horse show which takes place on August 20, 2011. Check the Fair Exhibitor book for uniform requirements for Showmanship and remember although uniforms are not required for 4H/FFA/Independent <u>riding</u> classes, helmets are.

**Chowchilla Jr Fair Horse Show** changed from April 23 to Sunday April 17<sup>th</sup>. Look for entries at <a href="https://www.chowchillafair.org">www.chowchillafair.org</a> web site by March 1<sup>st</sup>. In order to show at this fair you needed to show proof to your leader that you owned/leased your horse 120 days prior to April 17<sup>th</sup> and your leader will need to sign off on any entries. Also, check the rule book for specifics as this fair requires white pants for showmanship!

**Mariposa Mountain Riders have donated** \$235 to 4-H Horse & Pony County Project and Catheys Valley Horse & Pony project. Division of funds was based on the number of members in those respective projects as of December 2010. **THANKS** to the Mariposa Mountain Riders for their continued support of 4H!

Teen leaders Jocelynn Barrington and Katy Casner, along with Junior Leader, Elseana Skowronski, put some of our level 1 and level 2 students through **basic skills testing** on Sunday February 20. After lunch we had a brief discussion on colors and markings and went through the uses of different Western and English saddles. Leader Carol Suggs went over the typical bit phases involved in training a Western horse which included transitioning from the snaffle, to the bosal, to the two-rein and finally bridle. Those in attendance went through three boxes of magazines, books and misc. horse items that were donated by Michelle Tomerlin. The rest of the items will be sold at a tack swap in Merced on June 11<sup>th</sup>. **Next meeting: Wednesday March 9 6pm-7pm** at 5100 Bullion Street.

# **4-H Cloverbuds March Meeting Dates**

4-H Cloverbuds will have two project meetings in March, one on the 17th and the other on the 31st. Both will be held at the office at 5p. Mark your calendars!

# 4-H Healthy Living Question to Clubs

If you could improve the health in your 4-H club, where would YOU start? The 4-H Healthy Living Initiative Advisory Committee wants to hear about what is currently taking place within your county and club programming, and how the healthy living components and practices of California 4-H can be strengthened. To put it simply, we want to know how we can BEST provide the desired programs, resources, and activities that will benefit your 4-H community. To represent \_\_\_\_\_ County and have your voice heard, visit <a href="http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=5768">http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=5768</a>.

#### WHAT IS 4-H SET?

- 4-H science, engineering, and technology projects encompass a wide variety of subjects and topics.
- Animal Science
- Biological Science including embryology, entomology, marine biology, and veterinary science
- Consumer and Family Science including textiles, fiber science, and kitchen science
- Earth Science including astronomy, climatology, forestry, outdoor adventure, and water education
- Physical Science including energy management, sustainability, and geology
- Plant Science including agriculture and gardening
- Environmental Education
- Engineering and Technology including website design, computers, gis/gps, and video production, aerospace, electricity, electronics, robotics, engines, and woodworking

#### All 4-H SET projects should contain these elements:

- Activities follow the **Experiential Learning Cycle:** After the activity, the facilitator leads youth through a period of reflection where the learner shares and processes the experience and applies new learning in authentic situations.
- Activities promote **Inquiry Learning using Effective Questioning:** Through learning experiences, youth are encouraged to think, explore, question, and make decisions. Youth build understanding by exploration and questioning.
- Provides opportunities to improve **Science**, **Engineering**, and **Technology Abilities** (**Processes**): Engages youth in science, engineering and technology through one or more of the science, engineering, and technology processes.
- Anchored in a **Positive Youth Development Context:** Positive youth development occurs from an intentional process that provides youth opportunities to learn new skills, experience independence and develop concern for others in a positive learning environment. Contextualizing SET learning experiences within a positive youth development framework is critical in helping youth learn, grow, and contribute to their communities.
- Facilitated and delivered with **Adult Mentors who Partner with Youth:** Learning experiences are led by trained, caring adult staff and volunteers acting as mentors, coaches, facilitators and co-learners who operate from a perspective that youth as partners and resources in their own development.
- Programs offer **Extended Learning Opportunities:** Projects offer long-term experiences to significantly increase youth knowledge, skills and attitudes. Experiences are designed for extended frequency and duration that serve to build learning over time.
- •Based on **National Science Education Standards:** SET activities delivered through inquiry-based learning focusing on concepts of physical science, life science, earth and space science, science and technology, science in personal and social perspectives, history and nature of science.

Additional resources, hand-outs, and links are available at http://www.ca4h.org/Projects/SET/Initiative/

#### WHAT IS 4-H HEALTHY LIVING?

For anyone who knows the 4-H pledge, "health" is a cornerstone of our organization. 4-H Healthy Living encompasses a holistic approach including healthy eating habits, physical fitness, the capacity to recognize and direct emotions, and the ability to develop and maintain positive social interactions and relationships. California 4-H is focusing efforts on increasing healthy living opportunities and strengthening the presence of healthy living themes throughout existing programs, activities and curriculum. For more information, visit http://www.ca4h.org/projects/healthyliving

Science Pirates: The Curse of Brownbeard This free, 3D educational computer game is a way to communicate food safety knowledge in an environment of scientific exploration. Learners will engage in testing variables, understand hypothesis formation, draw conclusions, and make recommendations for hand washing behavior. 4-H members can apply what they learn when preparing food at 4-H activities and events! To play, visit www.sciencepirates.com.

**WiredSafety** - Youth and adults working with youth will find a wealth of information about internet safety on this website including tips on social networking safely, learning the risks of identity theft, countless videos, animations, printable educational materials and curriculum related to cyber safety. Visit www.WiredSafety.org.

**ANR Environmental Health and Safety**: Are you confident your 4-H activities, events, retreats or camps are a safe place for youth? This website hosts Clover Safe Notes listed by project area, the 4-H Camp Safety Guidebook, 4-H Safety Training Record and more. 4-H youth, volunteers and staff will learn how to evaluate their environment for potential hazards prior to 4-H activities. Check out the website at groups.ucanr.org/ehs/4H.

**Start! Walking Now:** On this website, youth are encouraged to identify a walking path in their community. Using Google Maps, visitors can record their favorite walking path in an online database. Then with a free tool kit, go outside and mark your path with official "Start! Walking Path" signs. To help get others in your community on the road to good health, visit www.startwalkingnow.org.

# **4-H Council Scholarships Available for Graduating Seniors**

Applications are now available for the Mariposa County 4-H Council scholarships. Mariposa 4-H Council has budgeted \$800 for scholarships that will be awarded up to \$250 to the selected Mariposa County 4-H members. Scholarships available for current 4-H members in good standing.

#### Qualifications are:

- Must be a Mariposa County 4-H Member graduating senior.
- Must have a 2.0 or above grade point average.
- Must study in his/her chosen field at a college/ university or vocational school of applicant's choice.
- Must have a minimum of five (5) years of active participation in 4-H, have a gold star rank, or have achieved the All-Star status, and be currently enrolled in 4-H.
- Attend 80% of current year club and project meetings at time of application.
- Must have participated in community service, leadership or citizenship (4-H, school, community, or other).
- Must have ongoing participation in 4-H Council fundraisers and 4-H events (county, regional, or state).

The following are due in the UCCE office by:

Names for References due– April 4 by 5:00p.m. Applications due– April 13 by 5:00p.m. Interviews– April 18



## **Attention 4-H Leaders**

A reminder that the University of California does not offer liability insurance to 4-H volunteer leaders for use of their homes for 4-H project meetings. Please make sure your have adequate liability insurance on your home owners and automobile policies. It is better to be safe, than sorry.

For more details go to http://danr.ucop.edu/riskmanagement

PDR Corner	
Be sure to count on your Personal Development Report the following events, if you participated:	
LCORT- Attended	Sec. 3
Planned session Taught LCORT session	Sec. 4 Sec. 6
Horse show-	
Attended Entered one of the judge's classes	Sec. 3 Sec. 6
Pancake Breakfast-	
Served/rolled silverware/set-up/clear	Sec. 4
Committee member Attended	Sec. 4 Sec. 3
Sold tickets to others than immediate	Sec. 4
Judging Day- Participated	Sec. 2
Medalist High Point Winner Committee chair	Sec. 7 Sec. 7 Sec. 4
Committee chair Committee member	Sec. 4 Sec. 4
Camp Tweety- Teen Counselor	Sec. 4
Jr/Teen Leader Workshop- Attended	Sec. 3
<b>Community Service</b>	Sec. 5
News Articles- 4-H Spirit or other	Sec. 6

#### WHAT MAKES A GOOD LEADER?

- **Be Well Prepared** Know leadership takes work as well as practice.
- ◆ **Be Group Minded** Regard yourself as a part of the group. Say 'we' instead of 'I'. Don't try to run the crowd. Instead, be guided by the crowd's wishes.
- Like People— Be understanding and friendly.
- Be Poised— Don't let irritations bother you.
- Have Humility— Be confident, but not cocky. Don't be afraid to reveal you don't know everything.
- Be Responsible—Live up to your word and duties.
- **Be Cooperative** Know how to work with others and enjoy working with them.
- Be a Fun-Lover— Enjoy life-the simple things as well as the big.
- Have Vision— Help the persons in your group to learn and grow through the activities.
- Be Clear

  Be able to express yourself effectively.
- **Be Proud** Proud of what you do. Take pride in being a leader, but earn it.
- Be Neat
   — Always be neat in dress and personal appearance.
- Be Courteous-The words 'please' and 'thank you' pay dividends. Use them often.
- Think Ahead
   Know members opinions and be ready to meet changing situations.
- Set Goals
   – Make them high, but be sure to reach them.
- Take Advice— But do your own thinking.
- **Get the Facts** Analyze them before you draw conclusions.
- Do Your Best- At all times. Plan to make the most effective use of your time.

# STANISLAUS YOUTH POULTRY SHOW & FIELD DAY March 20 Stanislaus County Fairgrounds, Turlock

The show is open to any youth member ages 5-18. In addition to the show, MJC Poultry department is hosting poultry activities and there will be a sale area with animals and vendors. The Field Day seminars include Beginning Showmanship, Advanced Showmanship, Incubation, Grooming, Meat Pens, and Conditioning. So if you don't want to compete, you can attend the Field Day for new information.

For more information, contact Anthony Rose, 209-988-7762 or arose@valleyalphaelectric.com



# MERCED COUNTY 4-H SUMMER CAMP

When: Friday, June 24 to Monday, June 27 When: Camp Sylvester, near Pinecrest

Merced County invites ten of our members to attend. Cost is approx. \$170, for regular age members through 8th grade (no primaries). We may need to send an adult chaperone with our youth campers. Are you interested in being a teen camp staff? For more information contact Darlene McIntyre, dlmcintyre@ucdavis.edu or 209-385-7418.



Join the fun at camp!



# Goats for Fun, Profit, or Fire Protection Workshop

# **Presented By**

University of California Cooperative Extension

# Mariposa & Stanislaus Counties TOPICS

Keeping Goats Safe - Basic Goat Nutritional Needs Commitment Needed for Owning a Small Herd Goat Uses for Fire Fuel Control -

Cost \$20.00

Lunch Catered by Sal's Mexican Restaurant



# March 15th 2011

Time: 10:00 am to 2:00 pm McCay Hall

PLEASE R.S.V.P BY MARCH 09, 2011 @ 209-966-2417
OR REGISTER ON-LINE @ cemariposa.ucdavis.edu



#### STATE 4-H NEWS

State 4-H Fashion Revue registration will be open March 1 through May 16 at http://ucanr.org/sfr2011. SFR is part of State Field Day on May 28 at UC Davis. Delegates must qualify at the county level before registering. The \$15 Challenge category has generated much interest! Everyone is invited to participate in the pattern exchange and our two service projects: Operation Cover Up and Quilts for Wounded Warriors. Complete details are at http://www.ca4h.org/Programs/Events/SFD/SFR/. You can also contact Karli Draxler, Youth Chair, at chat2kd@unwiredbb.com or Jillian Milam, Staff Liaison, at jmbedel@ucdavis.edu. For information about your county qualifier, please contact your county office.

**UC Davis CA&ES Field Day March 5, 2011, 7:15am - 6:00pm** http://www.ca4h.org/files/66944.pdf UC Davis College of Agriculture and Environmental Sciences are hosting the 35th annual CA&ES Field Day on March 5, 2011. Over 3,000 FFA and 4-H members (age 14 and older) will participate in 26 contests. High school aged 4-H members are invited to participate and/or observe the contests held on the UC Davis campus. This event will also serve as the California 4-H State Qualifier for the National 4-H Livestock Judging, Dairy Cattle Judging, and Poultry Judging contests.

**2011 Range Camp Applications now Available** April 22nd is the application deadline for "Range Camp", a week-long camp experience for students ages 15-18 who have an interest in the science and management of natural resources in California. Range Camp runs from June 19th-24th at the University of California's Elkus Youth Ranch just south of Half Moon Bay. More information and application forms can be downloaded from http://casrm.rangelands.org/HTML/rangecamps.html (bottom of page). Cost is \$400. Camp scholarships are available from agriculture and conservation organizations in many counties. Contact Marc Horney at Cal Poly, SLO for more information: (805) 756-7543; mhorney@calpoly.edu.

State 4-H Field Day May 28, 2011 at UC Davis, 9:00am – 6:00pm http://www.ca4h.org/Programs/ Events/SFD/. Since 2002, the State 4-H Field Day takes place annually on the Saturday of Memorial Day weekend at the UC Davis campus from 8:00am until 6:00pm. The event is open to all 4-H members, volunteers, staff, and parents. During the event, 4-H members may participate in a variety of contests and educational activities.

State Field Day: State Presentation Day Signups All members who have qualified for State Field Day Presentation and other events may register at: http://ucanr.org/statefdr. During the event, 4-H members may participate in a variety of contests. Some contests require pre-qualification and/or pre-registration. Some are open to all during the event. Please see http://www.ca4h.org/Programs/Events/SFD/ for more information or contact Quang "Hogan" Tong at qtong@ucdavis.edu.

State Leadership Conference Financial Aid: Through a grant from Wells Fargo and assistance from the California 4-H Foundation, financial aid is available to delegates wishing to attend the 2011 State Leadership Conference. Applications are due by May 13, 2011. Download application at: http://www.ca4h.org/files/53496.doc. Please contact Quang "Hogan" Tong at qtong@ucdavis.edu for more information or go to the SLC website at: http://www.ca4h.org/Programs/Events/SFD/.

Attention Quilters and Sewers: **CA 4-H State Fashion Revue 2011** would appreciate your help. Make a quilt square, a quilt top, or a complete quilt for a wounded soldier. Special size for stretchers and gurneys, approximately 45 x 81 inches, are needed. Red, white and blue fabrics are preferred. If you make 12 ½" x 12 ½" squares then they can be combined with squares made by other people for a whole quilt. Bring or send your squares, quilt tops and quilts to State Fashion Revue at Olson Hall, UC Davis during State Field Day, **May 28, 2011**. Youth are invited to sew squares together and quilt during the morning SFR workshop. Please contact Lisa Kuntz, SFR youth co-chair, creulgirl101@yahoo.com or Mary Engebreth, committee volunteer, at maryengebreth@comcast.net with questions or suggestions.

# University of California Cooperative Extension

The 4-H Spirit is published monthly for the Mariposa County 4-H Youth Development Program. University of California Cooperative Extension, U.S. Department of Agriculture and Mariposa County cooperating.

Articles or photographs for the 4-H Spirit are due into the UCCE Office by the **15th** of each month.

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#### Web sites:

http://cemariposa.ucdavis.edu

4-H State website:

http://ca4h.org

Donna Wice 4-H Coordinator





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