HEALTHY ENVIRONMENTS | HEALTHY COMMUNITIES | HEALTHY CALIFORNIANS

HEALTHY FOOD SYSTEMS



4-H Pancake Breakfast

VALENTINE PANCAKE BREAKFAST-SUNDAY, FEBRUARY 10 7A.M. TO 1:00P.M. MARIPOSA MASONIC HALL

How are your ticket sales coming? Let's make this pancake breakfast the best council fundraiser yet!

Displays: Has your club or project group put together a display to share with the community on what you have been doing or studying.

Tickets sales:

Every club has received tickets to sell. Have you been promoting the breakfast among your family and friends? This is a 4-H Council fundraiser. Its success is very important to our program and this success is dependent upon YOU. Funds from this breakfast help pay for our county 4-H events, awards, training and travel for teens and leaders, and supplies. Help us help you—support our breakfast!! Sell, sell, sell!! Give your money or tickets to your Community Club Leader by February 5. All money/tickets are due into the office NO LATER than February 6. Two members will receive a top ticket sell prize.

Set-up-and Serving:

Club members & leaders will be setting up and serving at the breakfast. Members will take or sell tickets, seat diners, pour coffee/juice, and clear tables. Please wear your 4-H uniform. All clubs are to help with clean-up.

Cooking- We need adult and senior members to help cook. Someone that has attended the "Make It Safe, Keep It Safe" workshop must be in the kitchen at all times. When preparing the food make sure you wear clean clothes, hair is pulled back, remove loose jewelry, wash your hands thoroughly for 20 seconds and re-wash them if you touch your face, sneeze or cough, eat something, or use the restroom. If you have a cut or sore on your hand, please wear disposable gloves.

Menu- Pancakes, eggs, sausage, coffee, tea, and juice. Cost- \$8.00 per person.

If you have questions, please contact Donna Wice at 966-4829.

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4-H Junior/Teen Leader Training

This <u>recommended training</u> will be Saturday, March 9 at McCay Hall beginning at 10a. Lunch will be provided. Bring pencil and paper. Leaders are also welcome. Please contact the office to RSVP by March 4.



2013 Mariposa County Fair

Mariposa County Fair & Homecoming

August 30 ~ September 2, 2013

Important Dates for Livestock Exhibitors

Birthday Dates for Market Animals

Chevon	$1/01/2013 \sim \text{ or after}$
Chicken	6/07/2013 (not over 12 weeks)
Turkeys	4/26/2013 (not over 18 weeks)
Ducks	3/22/2013 (not over 6 months)
Geese	3/22/2013 (not over 6 months)
Pigeons	3/22/2013 (not over 6 months)
Rabbits	6/21/2013 (not over 70 days)

Ownership Dates (minimum time)

Leased Horses	04/18/2013	(120 days)
Beef	05/02/2013	(120 days)
Sheep, Hogs & Chevon	07/02/2013	(60 days)
Rabbits, Poultry & Pigeons	07/31/2013	(30 days)

VERY IMPORTANT-ALL INDEPENDENT JUNIOR EXHIBITORS MUST FILL OUT AFFIDAVIT AND SUBMIT A PHOTO OF THE ANIMAL BY THE OWNERSHIP DATES LISTED ABOVE.



PDR CORNER

To earn a new star rank there are 8 different sections to complete. Here are various activities we have had the past few months. If you participated in one or more, find the section and write in your PDR.

LCORT-

as a delegate or on the leadership

as a delegate of off the readership	
team-	Sec. 3 or 4
Judging Day -	
Attended-	Sec. 3
Medallist-	Sec. 7
High Point Winner	Sec. 7
Committee Chair-	Sec. 4
Committee Member-	Sec. 4
News Articles-	Sec. 6

4-H EMBLEM

The 4-H emblem is a four-leaf clover with the letter "H" on each leaf. The four "H's" stand for Head, Heart, Hands, and Health. The leaves of the clover are green and the "H's" are white. The white is for purity; green is nature's most common color and symbolizes youth, life, and growth.



Presentation/Favorite Foods Day Slated for March 16 Entries due March 6

Just a reminder that Presentation/Favorite Foods Day will take place on Saturday, March 16 at the Grace Community Church. Presentation skills are an important part of the 4-H experience and often are cited by former 4-H members as the most valuable skill they developed through the 4-H program. Members can only enter two Presentations and one Favorite Food. Copies of state guidelines are available on-line at http://www.ca4h.org/files/2193.pdf

Categories that are eligible to advance to Sectional Presentation Day are demonstrations, illustrated talks, prepared speeches, interpretive reading, impromptu speech, educational display, share the fun, cultural arts, audio/visual presentation, science demonstration or illustrated talks, and problem solving. **New this year is the 4-H Creed competition. Entries are due by March 6 by 5p.**

At the county level, presentations may be given by any age member. Only junior, intermediate and seniors may advance to the sectional or state levels. A gold medal at county level qualifies a member to advance to sectional. All presentations include an introduction, body, conclusion, and questions by judges. Make sure you have the correct number of posters for demonstrations (4) and illustrated talks (3) and the correct size of display boards for educational displays.

At Sectional Presentation Day, April 13 in Madera County, only a gold medal winner may advance to State 4-H Presentation Day that will be held May 25 at UC Davis.

Primary members receive participation awards only and cannot receive medals or judges awards for presentations, or favorite foods.

Favorite Food categories are Mexican, Italian and American. Members will be able to do a healthy dessert if they wish. All members need to know the calorie content, cost per serving, and nutritional facts, how to make and more for their dish. All Favorite Food entries must include the recipe.

Remember, entries for Presentations, Favorite Foods, and 4-H Creed are due in the UCCE office by March 6 by 5:00p.m. Entries available at the office or on-line at http://cemariposa.ucdavis.edu/?calitem=173219&g=37458

Annual Agricultural and Environmental Sciences Field Day

The University of California, Davis College of Agricultural and Environmental Sciences will hold its 37th Annual Agricultural and Environmental Sciences Field Day on March 1st and 2nd.

The UC Davis CA&ES Field Day is the 2013 California 4-H State Qualifier for Poultry, Dairy and Livestock judging. Visit http://www.ca4h.org/Projects/SET/Animal/SLJC/ for state qualifying guidelines.

Prices for 4-H Supplies

Hat	12.50
Tie	10.50
Scarf	13.00
Scarf kit	7.00
Chevron	1.50
Binder	4.00
Gate Sign	3.50

Make checks payable to:
Mariposa County 4-H Council



Junior and Teen Leader Training Slated for March 9

Leadership Development is one of the most valuable skills in 4-H and the challenge we have is to give every eligible member that opportunity. On Saturday, March 9 at McCay Hall the 4-H Thrive Master Trainers will provide a training for all Junior and Teen Leaders. We will begin around 10a with ice breakers, games, training and end with lunch. Project leaders are also welcome!

Please contact the office 966-4829 by March 4 if you are planning to attend.

Winter Fun Day Date Change

On Saturday, March 2 will be 4-H Winter Fun Day. 4-Hers will be ice skating at the Tenaya Lodge Ice Rink. Council will provide snacks and drinks. Cost is \$7 for 4-H youth, \$15 for adults and \$12 for invited youth unless they have their school ID then cost is \$7 which includes skates. Registration forms will be available at the February



club meetings, office and on-line at http://cemariposa.ucdavis.edu. Members can bring a friend but their parents need to sign a waiver form along with registration form. Registration forms are due February 25.

4-H 'KID'S NIGHT'

On Friday, March 22, the 4-H 'Kid's Night' will take place. This event is for 4-H members in kindergarten through 6th grades. It will be held at the Grace Church off of Woodland Drive. This event is from 5-9:30p. The committee, Triangle Club, is planning an exciting evening! Dinner, games/activities, arts/crafts, movie and more will take place.

Registration forms will be available in March on-line, club meetings, and at the UCCE Office. The forms will be due into the office by March 18 so the committee can get a head count to buy supplies. Mark your calendars!!

FASHION REVUE AND STYLE SHOW SLATED FOR APRIL 27

Fashion Revue is an event for our 4-H members in the sewing project. Our event will take place Saturday, April 27 location TBA. Members model their garments in front of judges and are also interviewed. The top winner has the opportunity to attend the State-wide Fashion Revue on Saturday, May 25 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. Watch for entries and more information in the 4-H Spirit and at club meetings.

Catheys Valley 4-H Club News by Gauge Butler, reporter

Catheys Valley 4-H has been very busy in December. The members went Christmas Caroling to several homes in Catheys Valley. Following the Caroling the members exchanged gifts and had a surprise visitor, Santa Claus. The club collected several coats for the Coats for Kids drive. The parents and members then enjoyed a potluck dinner to complete the night activities.

The members planned their annual dinner. The Rigatoni Dinner was held January 19th at McCay Hall from 4:00 to 7:00. There was also a silent auction held at the dinner.

Are you a sheep rancher or small flock owner? Do you raise alpacas or other fiber animals?

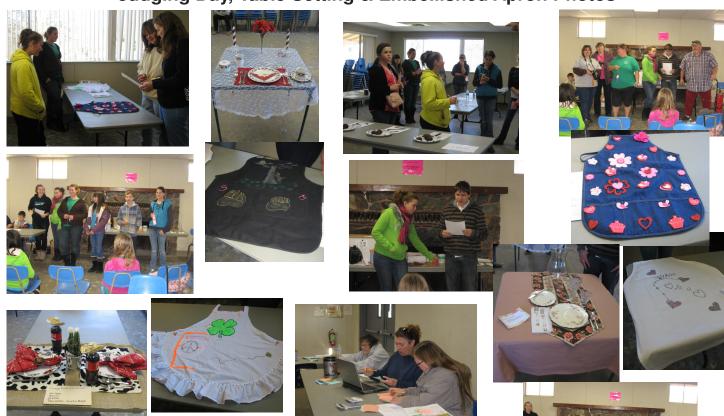
Our goal is to collect data on all the sheep and fiber animals in California. To that end, we have created a survey which we invite you to participate in. If you feel a mill based in north/central California would support your farm or ranch, then please take this survey. Here is the survey: https://www.surveymonkey.com/s/CaliforniaFiberProducers Each fiber farmer who completes the survey will be entered in our raffle of fibershed goods. Photos of our three beautiful prizes will be added soon!

Why are we doing this survey?

Fibershed is in the process of researching and analyzing California's wool supply for quality, quantity, and land management practices, in collaboration with UC Davis Sustainable Agriculture Capstone interns. An estimated 1.5 million pounds of under utilized or 'waste' wool is grown annually in the counties that comprise the Northern California Fibershed (see our map). Our wool mapping project will provide a first-ever visual and geographical analysis of its distribution, quality and quantity. We plan to utilize data from the Wool Inventory Map to assess the scale, scope and location of fine gauge yarn mill processing and felting facilities.

Here is our website with some more explanation: http://www.fibershed.com/survey/

Judging Day, Table Setting & Embellished Apron Photos



WHO'S WHO IN 4-H

- ♦ All Community Club Leaders (CCL) and project leaders in the 4-H program are adult volunteers. They accept the responsibility of serving as a leader because they enjoy working with, and teaching 4-H members. They also receive much self satisfaction in knowing that they have helped the youth in their community. Without volunteer leaders, 4-H would not exist.
- Junior leaders are members in the sixth through eighth grade in school. They help project leaders in leading projects and are available to answer any questions about their projects and 4-H.
- Teen leaders are members in the ninth grade and above. They lead project groups (an adult leader must be present for insurance purposes) and help with other things in the club. Most teen leaders can answer any questions concerning 4-H or direct you to someone who can.
- All-Stars are 4-H members in 9th-12th grades who have earned their gold star and have gone through an interview process to earn this top county 4-H star rank. They are our "County Ambassadors" who speak at clubs, give sessions at LCORT and State Leadership Conference, and promote county 4-H activities.
- The Mariposa County 4-H Club Council is a group of 4-H adult leaders, 4-H members (7th-12th graders), and 4-H staff whose purpose is to plan, coordinate, conduct and assist with the many 4-H activities of the youth program. Council focuses on developing funds to sponsor the local 4-H events/activities. All meetings are open to members, leaders, and parents to express their ideas and views.
- The 4-H staff, located in the UC Cooperative Extension Office are available to assist you in many ways. Stop by or call when questions arise. The staff supports you in county-wide activities. They are willing to help you solve problems that arise occasionally and are usually as available as your nearest telephone. The 4-H staff is part of the University of California Cooperative Extension Service. In Mariposa County, this staff consists of a 4-H Coordinator, Donna Wice. She can acquaint you with project materials available. She can also answer questions about county deadlines and paperwork. The 4-H Coordinator can also answer or help with any other questions or problems you might have. The new 4-H Advisor is Russ Hill. He is based in Merced County. The Interim County Director/Farm Advisor is Maxwell Norton. On February 11 the new Farm Advisor/County Director will be Dr. Fadzayi Mashiri.

WHAT'S WHAT IN 4-H

Mariposa County 4-H publishes a monthly newsletter that is on-line and sent to all with email addresses. This newsletter is called "4-H Spirit". The "4-H Spirit" should be **read and kept**, as it contains important information on county, regional, and state activities for the 4-H member and family. This newsletter is also on the Mariposa County UC website at http://cemariposa.ucdavis.edu.

SAFE FOOD HANDLING

It is important for 4-H members and leaders providing food for bake sales, pot lucks, or any other food fundraiser to follow safe food handling guidelines. Leaders and senior 4-H members can take the "Make It Safe, Keep It Safe" on-line training at URL: http://ucanr.edu/sites/MISKIS/Username: miskis Password: makeitsafe 1234



When preparing your food:

- ♦ Wear clean clothing
- Pin back loose hair, put in a scrunchie or wear a hair net
- Remove loose jewelry from your hands. Wash your hands thoroughly for 20 seconds. Re-wash them if you touch your face, sneeze or cough, eat something, or use the restroom. If you have a cut or sore on your hand, wear disposable gloves or if at a fundraiser do another job
- Use clean equipment-bowls, spoons, etc.
- Keep your cooking and prep area clean
- Do not chew gum or eat while preparing food
- Keep eggs refrigerated before using them
- Keep food from contamination while it is being transported to your activity

BASIC NEEDS FOR PEOPLE IN GROUPS FOR LEADERS AND OFFICERS TO KEEP IN MIND

Leader! If you want my loyalty, interest, and best efforts as a group member, you must take into account the fact that.......

- 1. I need a SENSE OF BELONGING
 - a. A feeling that no one objects to my presence.
 - b. A feeling that I am sincerely welcome.
 - c. A feeling that I am honestly needed for my total self, not just for my hands, my money, etc.
- 2. I need to have a SHARE IN PLANNING THE GROUP GOALS, my need will be satisfied only when I feel that my ideas have had a fair hearing.
- 3. I need to feel that the GOALS ARE WITHIN REACH and they make sense to ME.
- 4. I need to feel that what I'm doing contributes to HUMAN WELFARE-that its value extends beyond the group itself.
- 5. I need to share in MAKING THE RULES OF THE GROUP– the rules by which together we shall live and work toward our goals.
- 6. I need to know in some clear detail just WHAT IS EXPECTED of me so that I can work confidently.
- 7. I need to have RESONSIBILITIES THAT CHALLENGE, that are within range of my abilities, and that contribute toward reaching our goals.
- 8. I need to SEE that PROGRESS is being made toward the goal WE have set.
- 9. I need to be KEPT INFORMED. What I'm not up on, I may be down on.
- 10. I need to have CONFIDENCE IN OUR LEADER- Confidence based upon assurance of consistent fair treatment, of recognition when it is due, and trust that loyalty will bring increased security.

In brief—the situations in which I may find myself as a member must MAKE SENSE to me regardless of how much sense it makes to the leader.

ADULT/YOUTH PARTNERSHIP = TEAMWORK

Record Books - Purpose

The California 4-H Youth Development Program has a long history of record-keeping for 4-H members. In early 4-H history, Record Books focused on project profit and loss and other necessities for agricultural work. As 4-H moved from a primarily agricultural focus to encompassing suburban and urban clubs, the Record Book format changed. In the late 80's, the state level Record Book was reformatted to conform to national achievement (which was then eliminated in the early 90's) and the core values of the 4-H Youth Development Program. However, this left the California 4-H YDP with two different Record Book formats - local and state.

The Statewide 4-H Incentives and Recognition Advisory Committee has combined the local Record Book format (Personal Development Report) and the state level Project Competition format into an integrated California 4-H Record Book system. In the 21st century, practices must transform to meet the needs of a changing society: industrial agricultural practices have moved to computerized systems, and record-keeping has become streamlined. In order for the 4-H Record Book process to pilot youth into prepared and engaged partners within their communities, it needs to become modernized, streamlined, and relevant.

The Purpose of Record Books:

4-H Record Books serve a variety of purposes in the California 4-H Youth Development Program. While society has changed, so have the goals of 4-H record-keeping. 4-H Record Books allow 4-H members to reflect on their yearly work completed as well as maintain records of project and club work. 4-H members demonstrate growth and measure achievements across their years in 4-H.

In record-keeping, 4-H members develop the following life skills:

- Maintaining records of 4-H project and club work and school and community activities
- Keeping personal and business records
- Improving communication with other people
- Learning time management and organizational skills
- Learning responsibility and developing goal setting skills

4-H Record Books are an educational component of the 4-H Youth Development Program.

In Mariposa County 4-H YDP -

4-H Record Books are required to complete a program year and to receive the year stripe and pin. Each project report must be current and a demonstration must be done for each project a member is in plus PDR by July 15 to attend fair and to receive participation awards such as star ranking. In many clubs, counties and at state, 4-H members receive medals or pins for 4-H Record Book achievements.

Members must turn in their Record Books which includes PDR, project record forms, if Junior/Teen Leader, a leadership form must be completed, and photos (nice but optional) at the September club meetings or by the date specified by the 4-H Office. The Community Club leader and committee review the books and the members requesting to go on to county level and receiving a Gold Seal can go onto County Record Book Judging. At this level, members are interviewed by the county judges on their project. The winners of this county judging is then recognized at the annual Achievement Night scheduled in October.

If you have questions on the Record Books, please contact the 4-H Office at 966-4829. A Record Book workshop will take place in spring. Watch for the date.

RANKING SYSTEM: STAR AWARDS

Part of the 4-H fun of learning is measuring your progress. The Star Awards in 4-H are designed to help you plan attainable objectives and to



measure the progress you are making toward those objectives. The Star Award is a program unique to California. Bronze, Silver, Gold, Emerald, Platinum, and All-Stars are awarded at the county level to 4-H members in recognition of their achievements. There is no time limit for achieving a star rank, and there is no limit to the number of Bronze, Silver, Gold, Emerald, Platinum, or All-Stars a county can award.

Star ranks are based on individual member's participation. The member sets goals each year to try to accomplish this set goal. Some members earn their Bronze star in their first year, and others may take a couple of years. Star Ranks are designed to encourage members to participate in a wide variety of activities over a number of years. Stars provide 4-H members opportunities to accomplish goals. Each star level takes an average of two years to complete.

At the State Level, State Ambassadors are awarded for outstanding achievement and leadership in 4-H.

4-H State Ambassador are youth who have excelled in the areas of leadership and community service, and



have been selected to serve the California State 4-H Youth Development Program in roles that promote leadership through education and service. 4-H State Ambassador Advisors are adult volunteers who are experienced in working

with older youth in a youth-adult partnership atmosphere. The term is a 14 month commitment from July to August and may only serve a term.

Eligibility Requirements for 4-H State Ambassador:

Youth: 4-H State Ambassador candidates must have completed at least one year as a California 4-H Youth Development Program member, and be at least 16 years of age as of December 31 of the program year yet no older than 18 as of December 31.

New Healthy Living Officer Position For 2013-14 Program Year

Are you looking for ways to integrate healthy living practices into your 4-H club? Starting in the 2013-2014 program year California 4-H will be adding a Healthy Living officer position to the 4-H Officer Manual. The Healthy Living officer will serve as the club's ambassador for health! By choosing to elect a Healthy Living officer your club is taking an active role in promoting healthy lifestyles. The Healthy Living officer will be the leadership for all health activities including: providing ideas on how to incorporate physical activities and healthy eating into each club meeting, write Healthy Living articles for the club newsletter and adopting and promoting a club Wellness Plan. Please help ensure that the health "H" of 4-H is at the forefront of all our meetings - consider electing a Healthy Living officer! The Choose Health Officer Guide developed by Cornell University Extension can be found at: http:// www.ca4h.org/Programs/Clubs/Officers/



Farm Safety

Check out the free PDF materials on four safety topics: ATV, chemical, tractor, and livestock safety. Each topic includes background information, lesson plans, activities, a Power Point presentation, and more. The ATV and chemical resources are available for download in both English and Spanish at

http://www.farmsafetyforjustkids.org/



4-H Judging Day Winners!

4-H Judging Day was held on Saturday, January 12 at McCay Hall in Catheys Valley. We had around 45+ members, leaders, and parents that participated in this decision-making activity. A big 'Thank You' goes out to the Triangle Club for chairing this event. It was a great success!!!

The winners were:

Junior-

Livestock– **Gold**– Khily Brower **Silver**– Litzy Perez **Bronze**– Anna Posey **4th–** Makayla Posey **5th–** Cole Harrison

Home Ec– Gold– Anna Posey **Silver**– Makayla Posey **Bronze–** Cole Harrison **4th**– Litzy Perez **5th**– Khily Brower

General- Gold- Makayla Posey Silver- tie- Litzy Perez, Khily Brower Bronze- Anna Posey 4th- Cole Harrison

High Point Winner- Anna Posey

Intermediate-

Livestock- Gold- Raegan Broomfield **Silver**- Wyatt Harrison **Bronze**- Haylie Davis **4th**- Josh Mandeville **5th**- Kestrel Holt

Home Ec– **Gold**– Emily Metcalf **Silver**– Taylar Davis **Bronze**– Claire Gorham **4th**–Brian Gamble **5th**– Saylor Cramer

General- Gold– Dalton Talbot **Silver**– Raegan Broomfield **Bronze**– Taylar Davis **4th**–tie Saylor Cramer, Haylie Davis, Josh Mandeville **5th**– tie– Claire Gorham, Kestrel Holt

High Point Winner-Reagan Broomfield

Senior-

Livestock, Home Ec & General – Gold– Shawnee Metcalf was the only senior so took gold in all three categories

High Point Winner- Shawnee Metcalf

Primary- All primary members received a 4-H cup with candy, 4-H airplane and participation ribbon–Khiera Brower and Emily Bryson.

Adults-

Livestock— **1st**—Jennifer Metcalf **2nd**— Yvonne Holt, Tina Sula **3rd**—Sherry Peters **4th**— Bear Metcalf **5th**— Suzanne Cramer

Home Ec- 1st– Sherry Peters **2nd**– Jennifer Metcalf **3rd**–Bear Metcalf **4th-**Suzanne Cramer **5th**– Tina Sula **General- 1st**– Yvonne Holt **2nd**– Jennifer Metcalf **3rd**– Suzanne Cramer **4th**-Sherry Peters **5th**– Tina Sula

High Point Winner- Jennifer Metcalf

New this year was the Table Setting and Embellished Apron competition.

Table Setting winners- Elseana Skowronski– Gold, Saylor Cramer– Gold, and Brian Gamble– Silver **Embellished Apron winners–** Shawnee Metcalf– Silver, Saylor Cramer– Silver, Emily Metcalf-Bronze and Reagan Broomfield– Bronze

CONGRATULATIONS TO ALL!!!!

State 4-H News

The **Friends of the California State Fair** announced that they will continue their scholarship program for the 2013-2014 academic years. California college students and graduating high school students are eligible and must submit an application by **Friday, March 8, 2013**. The scholarship applications are available now at www.bigfun.org. For more information contact Jake Rowe at jrowe@calexpo.com.

4-H State Leadership Conference 2013 – July 25-28, 2013 at UC Davis Celebrating 100 years of California 4-H. This year's theme: *There's no place like 4-H*The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. http://www.ca4h.org/Programs/Conferences/SLC/

SAVE the Date! November 8-10, 2013

100 Years and Thriving – Come celebrate California's Centennial of 4-H with your 4-H colleagues at the **State 4-H Leader's Forum** (SLF) at the Crowne Plaza in Sacramento. More information will be on the CA State 4-H website by the end of January. In the meantime, we are recruiting workshop presenters for this momentous event. Traditions or transitions, changes or choices, what kinds of information, issues, inspirations will you share with the delegates? Please contact Mary Engebreth - maryengebreth@comcast.net with suggestions of topics and/or experts.

The 4-H Online Record Book (ORB) has approximately 4500 users statewide. **Did you know that the 4-H Online Record Book is not just for youth members?** Adult volunteers and county staff can access their own Online Record Book account using their 4-H Online user name and password. Adult volunteers can track their volunteer hours, communicate with youth in their clubs and projects and review and approve reports from their youth. To get started using ORB today, click on the following link: https://ucanr.edu/4hbook/login.cfm

The State 4-H Office is offering a 3-hour 4-H Online Record Book training for counties desiring it. This training (ORB Internet Café) will walk participants through how to use all aspects of the 4-H Online Record Book in a fun and engaging way. Please contact your county office if you desire to bring this training to your area.

For general information and help about the Online Record Book, please check out the following resources:

ORB Webinar Archives— http://www.ca4h.org/Resources/Members/RecordBook/ORB/

ORB Login Help— http://www.ca4h.org/files/121045.pdf

ORB Support (if you aren't sure how to do something in ORB)—Please contact your county office ORB Bug Report (if a feature within ORB is not functioning correctly)— http://www.ca4h.org/recordbookbugs/

4-H Honey Bee Essay Contest

For 4-H members, due February 15, 2013

2013 Topic: "Reducing the Usage of Bee-Killing Pesticides in My Community." http://www.ca4h.org/files/156350.pdf

The Foundation for the Preservation of Honey Bees, Inc. sponsors this essay contest for 4-H members. 1st place national winner receives \$750, 2nd place \$500 and 3rd place \$250. Each state will select a winner and then a national winner will be selected from the pool of state winners.

4-H Shooting Sports Workshops

Rifle Discipline

Pajaro Valley Rod & Gun Club 557 ½ Lakeview Road Watsonville, CA Saturday, March 9, 2013 – 8:30 a.m. – 5:00 p.m. Sunday, March 10, 2013 – 8:30 a.m. – 4:00 p.m.

Upon successful completion of this course, the participant will be certified as rifle trainer and can lead a rifle project at the club or county level or serve as county trainer to certify project leaders in the shooting sports discipline of rifle. This course is also open to 4-H teen leaders (high school aged youth). For more information, or to register for the class, contact Randy Turnquist at randy@randyt.com or phone 831-566-2590. Please discuss the course fee with the instructor which could be up to \$25 depending on if you wish to print your own course material or have him do it. (Please note that the rifle discipline is not an approved project in Santa Cruz County). For more information about the class facility visit this website: www.pajarovalleyrodandgun.org.

Muzzle Loading Discipline

5 Dogs Range - Bakersfield, CA

Saturday, March 23, 2013 – 8:00 a.m. – 6:00 p.m.

Sunday, March 24, 2013 – 8:00 a.m. – 4:00 p.m.

Upon successful completion of this course, 4-H leaders will be certified in the shooting sports discipline of muzzle loading. They will be certified as leader trainers and are eligible to serve as shooting sports leaders for clubs or counties and they may also instruct and certify shooting sports volunteers. Class size is limited. There is no fee for the course. However, if you wish to receive National Muzzle Loading Rifle Association instructor certification there is a fee of \$40. To get more information or register for the class contact John Borba at: jaborba@ucdavis.edu or telephone 661-868-6216.

વાifornia 4-H Celebrates 100 Years

Can You Top This?

The Centennial of 4-H in California will be celebrated in 2013 in many ways, including traditional events and special programs. Culminating the activities is the State 4-H Leaders' Forum, Nov. 8 - 10, 2013 in

Sacramento. As part of the celebration, the SLF committee is searching for the family with the most generations involved in the 4-H program. How about yours? Another search is looking for the oldest living 4-Her. Do you know someone who was in 4-H in the early days (1930s, 40s, 50s) of 4-H? Please contact Charlean

Andes at teacherc2@gmail.com for more information or to register your family or old-time 4-Her.

If you have memorabilia from your 4-H experience which you are willing to share with others we would like to hear from you, too. There is room for several displays to document the progression of traditions, projects, hair styles, fashions, experiences, etc. Please contact Stephanie Barrett mom4a2g@yahoo.com.

We are taking suggestions and applications for educational workshops. Please contact Mary Engebreth at maryengebreth@comcast.net.

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 <u>15th</u> of each month.

 Office Location
 UCCE Office

 5009 Fairgrounds Rd.
 (209) 966-2417

 Mariposa, CA 95338
 (209) 966-5321 FAX

Office Hours

Monday– Friday 8-1p & 2-5p

4-H Contact:

Donna Wice, 4-H Coordinator Telephone– (209) 966-4829 Email– dswice@ucdavis.edu

Office website: http://cemariposa.ucdavis.edu

State 4-H website: http://www.ca4h.org



February Important Dates

- 10 4-H Valentine Pancake Breakfast-7a-1p
- 11 Don Pedro Rattlers meeting-6:30p
- 13 Catheys Valley Club meeting-7p
- 14 Bootjack Club Meeting– 6:30p & Triangle Club Meeting– 6:30p
- 18 UCCE Office closed-President's Day
- 21 4-H Council Meeting-6p
- 26 Teen Camp Counselors interview-4:30p

March Activity Dates

- 2 County Fun Day– Ice skating
- 9 Junior/Teen 4-H Training
- 16 Presentation/Favorite Foods Day
- 21 4-H Council meeting-6p
- 22 Kid's Night-5:00 Grace Church

4-H Council Meeting Date Changed For a trial run, Council meetings will be held the 3rd Thursday of February, March and April. Mark your calendars!

4-H CAMP TWEETY TEEN COUNSELOR INTERVIEWS



February 26 at 5p at the office. Applications due into office by February 20. Senior 4-H members can apply, 9th-12th graders. Applications available on-line at http://cemariposa.ucanr.edu/files/157309.pdf

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