HEALTHY FOOD SYSTEMS | HEALTHY ENVIRONMENTS | HEALTHY COMMUNITIES | HEALTHY CALIFORNIANS

4-H Spirit

University of California
Agriculture and Natural Resources | 4-H Youth Development Program

Mariposa County 4-H Youth Development Newsletter **April 2014**

4-H Camp Tweety

June 14-June 16 will be 4-H Camp Tweety. This camp is for 4th-8th grade 4-H members and non-members in Mariposa and surrounding counties. Camp will be held at Lions Camp Pacifica in Ahwahnee.

Cost- $90 for 4-Hers $124 for non-4-Hers
(must be postmarked by May 28)

After May 28 an additional $10 will be added on. Registration forms are available at UCCE office, and on-line at **http://cemariposa.ucanr.edu/4-H_Program/Camp_Tweety/**

We still need chaperones and teen counselors and registrations are due by April 1. There is no cost for chaperones.

Registration fee includes (2) nights lodging, (7) meals, materials, & souvenir. For more details, call Donna at 966-4829.

4-H Teen Night

Friday, May 9 will be 4-H Teen Night for members 7th-12th grades. Registrations will be available at April club meetings, on-line and at the office. Registrations are due into office by May 5.

This event will be held at the Mariposa County Park. Members will meet at the park at 4p for dinner, games, and lots of fun.

More details will be at April Club meetings.

Inside this issue:

Volunteer Thank you	Pg. 4
Fashion Revue/Style Show	Pg. 5
MS Bike-a-thon	Pg. 9
Record Book Workshop	Pg. 10

Junior Livestock Auction Committee Meeting

Date: April 15
Time: 5:30p.m.
Where: Fairgrounds Boardroom

2013-14 4-H representatives will be Kevin Shelton, Heath Brower, alternate– Karen Robb along with Donna Wice, 4-H Coordinator.

Celebration of Science and Service

On May 8, 1914, President Woodrow Wilson signed into law the Smith-Lever Act, which created Cooperative Extension, the world's first system connecting public higher education with local communities in the pursuit of service to the land and its people. In California, Cooperative Extension is administered by the University of California Division of Agriculture and Natural Resources (UC ANR), the host organization for the 4-H Youth Development Program!

May 8: University of California Day of Science and Service

http://beascientist.ucanr.edu

On May 8, 2014, UC Cooperative Extension celebrates its 100th birthday. In the spirit of cooperation, the UC ANR is asking you to join us for a one-day science project. Take a walk, visit a park or enjoy the beauty of a garden. Paint a picture of California's food and water resources by marking your responses on our online GIS maps!

How many pollinators do you see outside in a 3-minute time period?

- Bees, wasps, flies, butterflies, moths, beetles, birds and bats help plants reproduce. By marking our California map, we can get a better idea of where pollinators are—and are not—across the state.
- *Where is food grown in your community?*
- Nearly every community in California contributes in some way to food production, from large farms to backyard gardens. By marking our California food map, we can get a better idea of where food is produced across the state.
- *How do you conserve water?*
- With each passing day, the availability of clean water is diminishing. Your data will help create a clearer picture of what water conservation practices are used across the state of California.

Free educational activities are available for grades K-12 around water conservation, gardening and nutrition, and pollinators to support the questions outlined above. In addition, links to curricula, ANR research projects, and additional efforts around these topics are avialable on the website. More information is available at http://beascientist.ucanr.edu.

Plan to host an event with your 4-H Club, project, or another organization!

- Steven Worker, 4-H Science, Engineering, and Technology Coordinator, smworker@ucanr.edu

30th Annual California Range & Natural Resources Science Camp for High School Students June 15th-20th

University of California's Elkus 4-H/Youth Ranch just south of Half Moon Bay

Mark your calendars for this great opportunity! **April 18th is the deadline for submitting applications for Range Camp!** Range Camp is a week-long camp experience for students ages 15-18 who have an interest in the science and conservation of natural resources in California. Students learn plant identification, principles of livestock and wildlife management, forestry, fire ecology, hydrology and water quality, geology and soils, and management of stream and river environments. Field activities include learning to read wildlife 'sign', outdoor navigation with compasses, maps and GPS, forest management, a tour of a working ranch, and a beach BBQ. Information and applications are available at http://www.rangelands.org/casrm/HTML/rangecamps.html. Cost is $400.00. Applications will be considered until May 30th if spaces remain.

California State Fair Youth Competition Deadlines

Youth Art..... April 18
Fine Art, Crafts & Hobbies, Fashion & Textile, Media
California Kidz Kitchen.....June 20
Baking, Canning
Junior Livestock (all) .....June 6
Fur & Feathers
Junior Rabbits.....June 6
Junior Poultry.....June 6
Junior Dog Care & Training.....June 6
Junior Cavy.....June 20

Watch for 2014 Competition Handbooks and enter online at www.bigfun.org
The 2014 California State Fair runs July 11-17 at Cal Expo in Sacramento. All shows are open with no prerequisites for entry. Questions? Contact the State Fair Entry Office at (916) 263-3149.

4-H Shooting Sports Workshop - Pistol Discipline

Friday, May 2nd, 2014 – 7:00 a.m. – 7:00 p.m.
Facility Location: Madera County 4H class room
328 S. Madera Avenue, Madera CA, 93637-5465

A 4-H shooting sports workshop for the pistol discipline will be held at the Madera County 4H office in Madera, CA. This is a one day-twelve hours course. This course will be held indoors using the Creedmoor portable air gun range and Crosman Silhouette 1700P PCP pistols donated by the NRA. Participants may also bring their own **AIR** pistols to use should they choose. Upon successful completion of the course, the participant will be certified as a volunteer and can lead a pistol project at the club level. The cost for this course is $30.00 to cover the instruction binder each participant will receive. Teen leaders are invited to attend. Eye protecting will be provided, however, students may bring their own eye protection if desired. Polycarbonate prescription eye glasses are acceptable.

To register for the course or receive more information, contact Sammy Ashworth at (559) 707-0755 or email sdashworth@gmail.com Please fill out and bring the medical documents listed below.
http://4h.ucanr.edu/files/20100.pdf
http://4h.ucanr.edu/files/4726.pdf

2014-15 4-H Leadership Team Applications Now Available

Members 13 years & up, have their bronze star and have been a junior or teen leader for at least one year can apply for the 2014-15 Leadership Team. Please review the criteria. Applications now available on-line at http://cemariposa.ucanr.edu/files/162845.pdf , at the office or at club meetings. Applications due into the office by May 31.

4-H and Jackpot Livestock Shows

In 1997, the California 4-H Program adopted a policy regarding official 4-H participation in shows defined as "jackpot" shows.

A jackpot show is defined as one in which entry fees are charged and cash prizes or premiums are awarded from the accumulated entry fees or other matching funds.

4-H youth may participate as individuals in jackpot shows with their 4-H project animals. However, youth may not participate as 4-H members nor will their participation be recognized as a 4-H experience. (i.e. cannot be counted in the 4-H record book except as an "other than 4-H activity".) Coverage under the 4-H accident insurance program and protection under the University's liability program will not be in effect during participation in a jackpot show.

The reason for this decision was a growing concern that the project participation and entry requirements of some "jackpot' shows were not consistent with the California 4-H Youth Development Program's emphasis on learning and practicing animal project lessons.

Members, leaders, and parents should take care in reviewing the rules of a show to determine if it meets the definition of a jackpot show. Some shows that members have traditionally participated in do meet that definition and will not be considered as a 4-H experience.

NATIONAL VOLUNTEER APPRECIATION WEEK
APRIL 6-13, 2014

4-H Volunteers

Somewhere between the sternness of a parent and the comradeship of a pal is that mysterious creature we call a 4-H Leader.

These leaders come in all shapes an sizes, and may be male or female. But they all have one thing in common-a glorious twinkle in their eyes!

4-H Leaders are found everywhere– at judging contest, fairs, square dances, and talent shows. They always are preparing for, sitting through, participating in, or recuperating from a meeting of some kind.

They are tireless consumers of muffins, expert at taking knots out of thread, peerless coaches, and spend hours on the telephone.

A 4-H Leader is many things– an artist making a float for the Fourth of July, a doctor prescribing for an underfed calf, a counselor at camp, a lawyer filling out reports, and a shoulder to cry on when that dress just won't fit. Nobody else is so early to rise and so late to get home at night. Nobody else has so much fun with so many boys and girls.

We sometimes forget them, but we can't do without them. They receive no salary, but we can never repay them.

They are angels in aprons, saints in straw hats. Their only reward is the love of the kids and the respect of the community. But when they look around them at the skills they've taught, and the youth they've built, there's an inner voice from somewhere that says, "Well done."

Author Unknown

Mariposa County 4-H YDP has 61 volunteer leaders in our program. Members, please thank your project leaders for their generosity, for we wouldn't have a 4-H program without them!!

4-H Fashion Revue/Style Show Scheduled for April 26

Mariposa County 4-H Fashion Revue and Style Show is slated for Saturday, April 26 at the Lake Don Pedro Elementary School.

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 4-H Fashion Revue (pre-registration due by May 17, 2014).
Categories are:

- **Traditional-** The focus is to showcase the member's sewing skills and ability to coordinate an outfit.

o As skill levels range from beginning to advanced, entries in the Traditional category will also vary. The entry might be a one-piece dress or it might be three coordinated pieces.

o A beginning member may sew one garment and purchase coordinating pieces to complete the outfit, for example a sewn jumper worn with a purchased blouse. The entry form would state which garment(s) are sewn.

o If the Traditional ensemble has additional sewn garments which cannot all be worn at once, for example a 4-piece suit containing coordinating pieces, the additional garments may be carried. All the coordinated sewn pieces will be evaluated.

o There is no separate category at SFR for wool, cotton or costumes. If the outfit is sewn from yardage, regardless of fabric content, it is a Traditional entry.

- **Consumer Science Purchased** has a $40 limit for everything showing including shoes, jewelry and accessories, but not sales tax. Receipts are required, with purchases made during the 2013-2014 4-H year. Receipts can be handwritten if from garage sales, thrift shops, etc.
- **Upcycled** category involves taking at least one existing garment and turning it into a completely new, different, and usable garment. The outfit must also include an accessory made from something that wasn't originally an accessory.

o A before photograph is required showing the beginning garment.

o Refashioning clothes and accessories is a great way to revamp your wardrobe on a budget. Instead of throwing away unwanted pieces of clothing or household items, be innovative and transform them into items you can actually wear.

o This is not an alteration. It is taking one or more existing garments, deconstructing them, possibly adding other fabrics or materials, and ending up with a different garment. It is not a dress changed into a different dress. But it could be pants and a shirt changed into a dress.

o Ideas include:

✦ A dress from a man's shirt with embellishments from neckties
✦ Transform a t-shirt into a ruffled shrug
✦ A prom dress made from men's tuxedo pants and a silk scarf
✦ Pants from an old jacket using the buttons to fasten the new pockets
✦ A hat made from a sweater (accessory)
✦ A belt made from jeans (accessory)
✦ A shoulder bag from pants (accessory)
✦ Jewelry from paper clips, pull tabs, and newspaper (accessory)

- **Denim Challenge**: Sew a wearable garment out of woven cotton denim, any type or color. Sew or purchase additional garments to complete the outfit. There is no specific pattern requirement.

Apron Challenge: Create an apron from McCalls 6132 or 6476. Use of one of these patterns is required. The member may make the pattern larger or smaller to fit and embellish the apron but not change the basic design. Sew or purchase additional garments to compliment the apron. The SFR entry form asks the member to describe the purpose of the apron, so be thinking about this during the apron design.

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 many of our 4-Hers enter in this event.

Entries for both events, the Fashion Revue and Style Show, will be available at the office and on-line by March 26 in the calendar section at http://cemariposa.ucanr.edu and are due into office by April 16, 2014.

Attention Livestock/Poultry Members Per 4-H Council Policy:

Members may not be away from their ongoing livestock project for more than a continuous 14 day period prior to fair; ownership days are 120 days for beef & horses, 60 days for sheep & swine, and 30 days for rabbits & poultry so as to have adequate management time with the project. Allowances may be made at the discretion of the project leader and 4-H Council.

ARE YOU A JUNIOR OR TEEN LEADER?

If you are, then you should be experiencing the time of your life working with younger members, providing project materials for your members, doing presentations, and helping your project leader in many other ways.

As a Junior or Teen Leader you are never permitted to work with a project group without an adult project leader present. Teen Leaders are not covered by UC liability when driving during, to, or from any 4-H event or activity. There is no longer liability coverage for anyone under the age of 18. The University of California extends liability coverage to volunteers and the 4-H program defines volunteers as those being adults 18 years of age or older.

Remember, that you and your project leader must have filled out your goals and planned activities on the Leadership Plan and Report Form at the beginning of the project year. You should get together at mid-year to review the goals, and at the end-of-year to see if you attained them. The project leader must evaluate the junior or teen leader to see if the member will receive their junior or teen leader patch or pin.

PDR CORNER

This is the way members earn Star Ranks. 4-H Events & Sections– If you have attended one or more of these events, enter on the New PDR.

Thrive Junior/Teen Leadership Training
Attended 3

Presentation Day–
attended in 4-H uniform 3
attended-participant 6
medalist– Gold 7
committee member 4
Judges' Award 7
Room Monitor 4
Command Performance 6

Regional Presentation Day-
Attended in 4-H uniform 3
Attended-participant 6
medalist– Gold 7
Room Monitor 4
Command Performance 6

Camp Tweety-
Committee member/teen counselor 4

4-H Avian Science Day-
Attended 3
Exhibited poultry showmanship 2

Kid's Night–
Chair/committee member 4
Attended 3
Decorated/clean-up 4

Poultry or Rabbit Shows-
Attended 3
Exhibited animal 2
Showmanship 2
Demonstrated skills 6

Farm Bureau Rib Dinner-
Served or clean-up 5

Winter Fun Day-Ice Skating
Attended 3

State 4-H News

- **Golden Clover Applications**
  Deadline: 11:59 p.m. on May 1, 2014
  http://4h.ucanr.edu/Resources/Members/GoldenClover/

- **Higher Education Scholarship Applications**
  Deadline: 11:59 p.m. on May 1, 2014
  http://4h.ucanr.edu/Resources/Members/Scholarships/

- **National 4-H Hall of Fame Ceremony Opportunities**
  Due to the State 4-H Office by May 16, 2014
  National 4-H HOF Entertainer Application
  National 4-H HOF Master/Mistress of Ceremonies Application

- **2014-15 Statewide 4-H Advisory Committees**
  Applications due postmarked or online by 11:59 p.m. May 31st.
  See: http://4h.ucanr.edu/Administration/Advisory_Committees/

California 4-H Uniform Contest Proposals due April 18, 2014, 9pm.

If you've always complained about the uniform, now is your chance to have a voice in changing it! In response to 4-H members' and volunteers' input and desire to explore options for a new uniform, the State 4-H Incentives and Recognition Advisory Committee is facilitating the process to adopt a new uniform. Read the contest rules and voting process here: **http://4h.ucanr.edu/files/181544.pdf**

Campworks! 2014 April 25-27, 2014 Mt. Hermon Conference Center Felton, CA

Come get "working" on summer 2014! Join us as we Honor the Human Connection at CampWorks! 2014, ACA, Northern California's Spring Conference. CampWorks! 2014 will be held at Mt. Hermon Conference Center and will feature dynamic presentations by nationally recognized speaker's Faith Evans and Scott Arizala, a variety of breakout sessions, skills trainings and many opportunities for networking. Find out more and conference registration materials: http://www.acacamps.org/norcal/campworks-2014-honoring-human-connection

---

Hornitos 4-H Club Meeting

Submitted by Lane Holt Reporter for Hornitos 4-H

At the March 9, 2014 Hornitos 4-H meeting our guest speaker was Gail Stickles. Mrs. Stickles is a yoga teacher and taught the club members how to do Yoga. One of the most important things she said to remember is to "Just breathe." Thank you Mrs. Stickles for coming to visit our Club.

4-H Presentation Day Results

Presentation Day was held March 15 at the Grace Community Church. The Presentations & Interpretive reading Gold Medal winners have the opportunity to attend the Sub-Regional Presentation Day, April 5th at Mariposa High School. At this event, 4-H members from Madera, Mariposa, Merced, Stanislaus, & Tuolumne counties will present their gold medal presentations. Gold medal winners on this day will have the opportunity to attend State 4-H Presentation Day on May 31 at 4-H State Field Day at UC Davis.

We thank the following for judging– Codie Hart, Kathy Hart, Sage Hart, Mitch and Cathi Boze, Kathie Hollan, Linda Meyer, Elnora George and Noma Moore. We also thank all the helpers in the kitchen, tally crew, and the room emcees.

Favorite Foods-

Emily Metcalf- Silver medal & seal
Taylar Davis– Silver medal & seal
Shelby Grazoise– Gold medal & seal
Addyson McCaig– Gold medal & seal & Judge's award
Emily Tilton—primary member
Faith Lura– primary member

Room 2– Demonstrations, Illustrated talks, Interpretive reading and 4-H Creed

Susie Gomes– Blue seal
Khily Brower– Blue seal
Samual Lura– Gold medal & seal
Laci Lingenfelter– Blue seal and Judge's award
Laurel Wagner– Gold medal & seal
Claire Gorham– Gold medal & seal
Gonzalo Tafoya– primary member
Dalton Talbot-Brower– Gold and Command Performance

Room 3– Demonstrations, 4-H Creed, Illustrated talks

Jesse Cozart– Blue seal
Shelby Mandeville– Gold medal and seal & Command Performance
Cameron Maietto– Silver seal
Emily Metcalf– Bronze seal
Evan Sanders– Silver seal
Graciela Tafoya– Gold medal & seal & Judge's award
Emily Metcalf– Gold medal & seal

MULTIPLE SCLEROSIS

MS BIKE 10 MILES

SUNDAY • APRIL 27 • 2014

go the distance for MS

ALL AGES • OPEN TO EVERYONE

WALKERS AND RUNNERS WELCOME! REGISTER WITH YOUR PLEDGES AT 8:30 AM AT THE CORNER OF INDIAN GULCH ROAD AND HWY 140 IN CATHEYS VALLEY.

THE RIDE BEGINS AT 10:00 AM FROM INDIAN GULCH AND ENDS AT THE HORNITOS PARK WITH A BARBEQUE AND AWARDS.

ALL PROCEEDS WILL BE DONATED TO THE MS SOCIETY

FOR MORE INFORMATION OR PLEDGE FORM CALL 209.376.2320

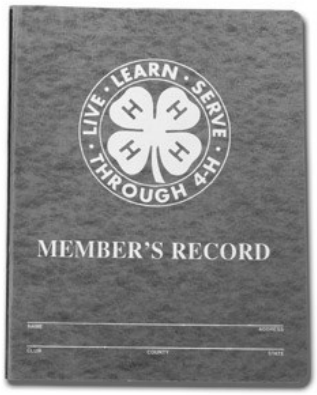
SPONSORED BY THE 4-H CITIZENSHIP PROJECT

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 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 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 receiving a Gold Seal can go onto County Record Book Judging. The winners of this county judging is then recognized at the annual Achievement Night.

If you have questions on the Record Books, please contact the 4-H Office at 966-4829.

*****A RECORD BOOK WORKSHOP WILL BE HELD MAY 13 AT 4:30P AT THE UCCE OFFICE. CALL DONNA BY MAY 8 IF YOU PLAN ON ATTENDING.*****

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.

OFFICE LOCATION
5009 Fairgrounds Rd
Mariposa, CA 95338

PHONE NUMBERS
4-H- (209) 966-4829
E-mail-
dswice@ucdavis.edu

Office Hours
Monday– Friday
8-1p & 2-5p

UCCE office
(209) 966-2417
FAX (209) 966-5321

Web sites:

http://cemariposa.ucdavis.edu

State website:

www.ca4h.org

Donna Wice
4-H Coordinator

April Important Dates

1	4-H Sectional Scholarships due
	Camp Chaperones Registrations due
4	4-H Council Scholarships due
5	Sub-Regional Presentation Day-Mariposa
9	Catheys Valley 4-H Club meeting– 7:00p
10	Bootjack 49ers 4-H meeting-6:30p
	Triangle 4-H Club meeting– 6:30p
13	Hornitos 4-H Club meeting-4p
14	Don Pedro Rattlers 4-H meeting– 6:30p
26	Fashion Revue/Style Show entries due
27	MS Bike-a-thon
28	4-H Council meeting-6p-Don Pedro fire house

May

8	UCCE Celebration-2-6p office
9	Teen Night-Mariposa Park
10/11	Pow Wow-fairgrounds
13	Record Book Workshop-4:30-6p
19	4-H Council– 6p
26	Office closed-Memorial Day
28	Camp Tweety registrations due
31	State 4-H Field Day-UC Davis

Attention All 4-H Members & Project Leaders

Just a reminder that members in your projects need to present a demonstration in front of your project members at one of your meetings. These presentations must be related to your project. These presentations must take place by July 15 for fair eligibility.

Also need to have 80% attendance of project and club meetings, complete project forms and PDR to complete the year and turn in record book at the September club meeting.

The University of California Division of Agriculture & Natural Resources (ANR) prohibits discrimination or harassment of any person in any of its programs or activities. (Complete nondiscrimination policy statement can be found at http://ucanr.org/sites/anrstaff/files/107778.doc).

Inquiries regarding ANR's equal employment opportunity policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, One Shields Avenue, Davis, CA 95616, (530) 752-0495.