



California

4-H

CITIZENSHIP

LEADERSHIP

LIFE SKILLS

Youth
DEVELOPMENT
PROGRAM

SONOMA COUNTY 4-H REPORTER

UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION

From Our President...

As we enter into October, it's time to gear up for a very busy and fun filled 4-H year. Our first couple of meetings are behind us and reaching our club goals is ahead. Let's work together and create an incredible 4-H year, one meeting at a time.

National 4-H week is October 4-10. We have our 4-H babies to look forward to and some incredible window displays throughout the county. Encourage new membership the whole month.

October 10 is the biggest event of the year, Sonoma County 4-H Achievement Night! Come and celebrate with the All Stars and the incredible members, leaders and volunteers of our county. It's a pirate theme, so bring your bring

"mates" and celebrate.

I would like to encourage everyone to read the newsletter every month. I say this annually, but honestly, our newsletter has everything you need and all the necessary information. A big THANK YOU to the 4-H Foundation for their continued support of the Council and its many events and activities. The "Harvest at the 4-H Corral" BBQ was incredible and the weather was perfect- a very successful event, made possible by the awesome 4-H Foundation volunteers, 4-H leaders, 4-H members, their parents and the clubs of our county. Together we are a great team.

~Cheryl

4-H Participation Makes a Difference!

Those of us involved in 4-H know that participation in 4-H programs makes a difference in the lives of youth. Data collected in a national study of 4-H and non 4-H youth provides evidence that "when the strengths of youth are aligned with healthy positive youth development practices, youth thrive." Here are some of the highlights:

o Youth who were in 4-H for at least one year by eighth grade were 3.5 times more likely to contribute to their families, themselves and their communities.

o 4-H youth ranked 41% lower in risk/problem behaviors measures than youth who participated in other out-of-school time activities.

o 4-H youth were more behaviorally and emotionally

engaged in school.

o Youth who participated in 4-H at least twice per month:

- ✦ Showed greater confidence
- ✦ Reported higher grades
- ✦ More likely to help neighbors and bond with adults and teachers

o Youth who participate in 4-H are more likely to participate in science, engineering, and technology activities, and:

- ✦ Pursue careers in science, engineering and technology
- ✦ Perform higher than their peers in science and engineering subjects

*The 4-H Study of Positive Youth Development <http://ase.tufts.edu/iaryd/>; waves four, five and six data.

October 2009

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Don't forget to enroll online by 10/26- your club could win a pizza party!

All Stars' Corner



We are off and running on a new 4-H year! We would like to thank everyone who attended Officer's Training in September. Hopefully every officer was able to gather some valuable information to aid in their new offices.

For any club who is interested, our All-Star team would be happy to visit any club meetings and host team building activities, ice breakers, or speak to your club. If you are interested please contact Karyn Pulley, the All-Star team advisor, through e-mail at kdpmick@aol.com. We have some great activities and resources so please feel free to contact us.

Don't forget, Achievement night is just around the corner on October 10th. Everyone is encouraged to attend, so come represent your club and cheer on all of the award winners. Also coming up is the first every Primary Science Day on October 24th. Join us in exploring the crazy cool world of science! We hope to see you there! —*The 2009/10 Sonoma County All-Star Team, Bethany Garman, Brooke Parsons, and Zach Henney*

Save the Date! Primary Science Day is October 24th!



Don't Miss the First Ever: **Primary Science Field Day!**

When: Saturday, October 24th, 2009, 9:00am-12:00pm

Where: 4-H Center, Rohnert Park

Who: K-3rd grade

A fun filled day of exploration with magnets, microscopes and atomic green slime! Sign-up online by: October 13th, 2009. www.ucanr.org/soco4h

Get Ready for County Wide Vet Science

Come learn, see, and participate in a hands-on VETERINARY SURGERY PROGRAM. Take advantage of this opportunity to learn and even PARTICIPATE in an actual day of surgery.

This is a unique program that partners the Santa Rosa Junior College Agricultural Ambassadors, 4-Hers, FFA members and is coordinated by Dr. Dan Famini of the SRJC Veterinary Technician Program.

This program is open to 4-H members 9 and up. This unique opportunity will consist of 4 training meetings and then three days of genuine small animal surgery! The training meetings will be held on the SRJC campus in room ***** on the following Saturdays from 10am to 11:30:

Oct 24th, Nov 21st, Dec 19th and Jan 23rd

Participants who attend all four training meeting are eligible to directly participate in a spay/neuter event specially scheduled for this program.

Members will be partnered with a surgical patient.

The surgical process includes: Intake and owner communication, physical examination, premedication, anesthetic induction and intubation, surgical prep, the surgery itself, and recovery. Participants will stay with their patient throughout the process and assist in several areas.

No, you will not do the surgery itself. That task is reserved for licensed veterinarians only.

The surgery days themselves will be finalized after the first training meeting when the number of potential participants is known.

Tentatively we will have one surgery day located at the shelter in Healdsburg in Feb, one at the shelter in Sonoma in March, and one in Santa Rosa.

The surgery dates will be on Saturdays and last from 9am to about 3pm.

It is critical that you show up on time. For the JC meetings plan on either: Dropping your members off, paying \$4 for a one day pass to park in a JC lot, or giving yourself and additional time to walk in from the city streets.

4-H PARENTS: We will frankly discuss reproductive anatomy and function so if you think your 4-Her is too young to know such details DO NOT ATTEND.

For more information contact Dr. Dan Famini at dfamini@santarosa.edu or (707) 527-4649.



Sonoma County Rocks and Lapidary Project

Rocks and lapidary project will teach geology and jewelry making. You must be at least 8 years of age for insurance purposes. The rocks and lapidary project is at the Santa Rosa Mineral and Gem Society Rock Shop which is located on 5690 Old Redwood Hwy Santa Rosa 95402. It is necessary for you to join the SRMGS rock club in order to use the tools or take the classes. The membership rates are \$15 a year and \$2 for each time you use the shop. The rock meetings will be held on the first Saturday of each month, 9:30-12:00. Contact Mike Fynan at 569-0565. Rocks and lapidary is fun and you get to meet some really nice people. — Ben Fynan, Wild Oak 4-H



Countywide Community Service Projects!

My name is Gianna Pendleton of Gold Ridge 4-H, this year I'm the teen Community service coordinator. We are planning a lot of different events and activities for this year. As a "collection item" for the year we will be having a "10 Warm Toes" drive. We will be collecting NEW socks to donate to Nursing homes and Homeless Shelters. Bring your NEW socks to the monthly CCC meeting or to the 4-H office September through May. GOAL: 500 pairs by June 1, 2010!

In the works, I'll be meeting with the Santa Rosa & Petaluma Salvation Army Corps to set up times and locations throughout the county during the holiday season for 4-H members and families to

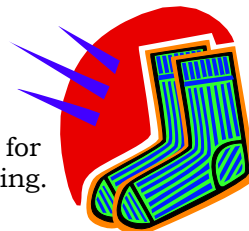
ring the bell and help raise funds. I'll have a flyer and packet for sign ups at the October CCC meeting.

I'm hoping to set up a couple of workdays throughout the year possibly a community clean-up day and some other different work days, more information will follow in later newsletters.

If you have any ideas or suggestions, or would like to help with coordinating some activities, please let me know. You can e-mail me at:

imgigip8@aol.com or call me at (707) 568-6435.

--Gianna Pendleton



Would You Like to Take Your Project Countywide?

As our new year begins we are always looking for new Countywide Projects. Are you a leader who would like to expand your club project and provide knowledge to a larger group? Are you a volunteer who would like to start up something new? In the past few years we have had a wide variety of projects start up financial literacy, lapidary, EMS, just to name a few. Contact the county office, 565-2681 if you have an idea and we will get you started! Sonoma County 4-H has awesome volunteers!

State Rabbit Orientation Day is November 14th

November 14, 2009, 1:00p.m. to 4:00p.m.
4-H Center in Rohnert Park, Ca

The Sonoma County 4-H Rabbit Raisers invite all 4-H members and leaders to attend this educational event. Presentations will be held on showmanship, breed identification, judging, leader orientation, and select a rabbit.

*New * Select a Rabbit- There will be rabbits for sale by local rabbit breeders. Each rabbit for sale is pedigreed and free of disqualifications at that time. There will be numerous breeds to choose from. If you are looking to purchase a quality and show able rabbit, this is a perfect opportunity for you.

Leader Orientation – Open to all rabbits leaders who would like to join. We will discuss how to plan out the year of your own rabbit project, what to teach and much more.

Pre-registration is strongly encouraged but not required– the forms are on the county 4-H website. For more information, please contact Stephanie Karinen-Turner at rsturners@aol.com or 707-293-7713.



Do You Want Learn About Viticulture?

Green Valley 4-H Viticulture project invites any Sonoma County 4-H member interested in Viticulture to join our group.

Do you want to learn about the #1 agriculture commodity in Sonoma County???



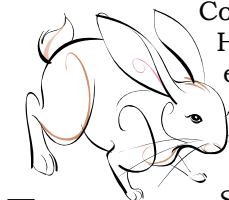
If your 4-H club does not offer a viticulture project you can cross club to Green Valley 4-H. Get a cross club form from your club leader, and sign up through

4hOnline for "Field crops and management-viticulture."

Project meetings will be held from October to February. The year will culminate with the pruning contest and Viticulture Challenge held the end of January or the first part of February.

If interested contact teen leader Catie Kunde or leader Saralee McClelland-Kunde at 707 546-3276 or email: saralee@saraleesvineyard.com

Hop Over to Countywide Rabbit Meetings



County Rabbits will be meeting on the second Thursdays of each month at 7p.m. at the 4-H Center. We are going to bring back education to the project this year and we encourage all ages to join our meetings. We plan on having a lot of fun this year. If you have a rabbit, please bring them to our meetings. Our October meeting will be learning about breed and body parts of the rabbit and also housing your rabbit. If you have any question, please contact me by email at rsturners@aol.com or 293-7713.

Stephanie Karinen-Turner, Countywide Rabbit Leader

Hold the Date ... Exciting, New Sectional Event!

The North Central Section is excited to announce its First Annual Family & Consumer Sciences Field Day! Set for Saturday, October 24, 2009 at UC Davis. This day-long event features educational workshops for 4-H members 9 and older with sessions running concurrently all day. Members will have the opportunity to participate in up to six fun, educational sessions including:

Food/Nutrition: What's for Dinner, Martha Meets Miss Manners, Play With Your Food, Smoothie "Throwdown", Got Jerky?

Clothing: Strut Like Tyra, Creative Costuming, Beadazzeling, Project Runway, Fashion Frosting, Sewing 101, Upcycling

Personal Consumerism: What Not to Wear, BOGO, Fashion Cat, Chairman of the Board

Look for more details in upcoming issues of The Reporter and from your CCC Leader. Pre-registration is required and will be online in the Fall. Cost is \$10 for the first member from your family and \$5 for each additional family member. Members don't have to be enrolled in any particular project to participate! Be part of something NEW and EXCITING ... you may find your next 4-H calling!

Fashion Revue Challenge Pattern Announced

Make an inVESTment in your future wardrobe with this year's challenge. Sew a lined vest, but don't forget to spice it up. It could be reversible, have pockets, frills or whatever fits your style.

Start with Simplicity pattern #4762. You must use this pattern; no substitutions. The possibilities for personalization are endless! You can make it shorter or longer, add trim or appliqués, and experiment with fabrics, colors or details. To alter the pattern for girls, move the buttons to the left side. If needed, add back darts or use the cinch and enlarge the front darts. Purchase or sew an outfit to coordinate with your vest.

For more information about State 4-H Fashion Revue, go to <http://www.ca4h.org/projresource/fashion>



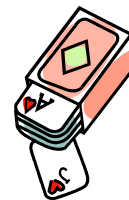
Updates From the State 4-H Office

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§ionID=2017>

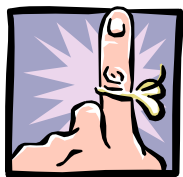
The **California International Exchange Program** will offer **outbound programs** to Australia, Costa Rica, and Japan during the summer of 2009. Applications will be accepted until **January 15, 2010**. An interview with the California 4-H International Exchange Coordinator, Pat English, is required. For more information contact Pat English at: penglish@ucdavis.edu or 530-754-8520.

Playing Card Donations Delivered!

Our very own Judy Ludovise recently traveled to the Ronald McDonald House to deliver the 903 decks of cards collected. The Ronald McDonald House was so grateful! The activity director, Michelle, said, "Thank you so much to all of the Sonoma County 4-H families who donated cards. It is so incredible that all of you chose to donate to our organization. The children here will benefit greatly from all of your thoughtfulness. Thank you again!"



Save the Date: Presentation Day is February 6th!



Save the date! County Presentation Day is Saturday, February 6th, 2010, bright and early! Come join in the fun and give a presentation. Information on 4-H Presentations is available at: <http://ca4h.org/leadership/spd/4HPresentationManual-3.pdf>. Email Diana Hampton at hamptond@mac.com with questions. See you there!

All Aboard for the Model Railroad Project at Wild Oak!

If you are looking for a project that provides you with an opportunity to learn a variety of skills and opens up your world to endless creativity, consider Model Railroading. Model Railroading has been offered as a project in the Wild Oak 4-H Club for the past three years, and we have had fun and taken home our fair share of blue ribbons at the Sonoma County Fair. Model railroading as a 4-H project and a popular hobby is the re-creation of real life steam and/or diesel train operation, passenger or freight, and creating a miniature world around it.



Skills learned in the project include carpentry and electricity as you construct your module out of pine and plywood, and

solder the wires at connector plugs and the track. Modelers learn how to landscape, which can include mountains, lakes, rivers, tunnels, and trees, building construction, and installing road bed and track, and ballasting. The modules are constructed to meet certain specifications so they can be connected to each other for real life train operation. Modelers also learn engine and rolling stock coupler installation, decaling, painting, and train operation meeting the National Model Railroad Association Standards. All ages are welcome. All skill levels are welcome. Cross clubbing is encouraged with the approval of both clubs' leaders. If you are interested or have questions, I can be reached at (707) 576-2675 or Joanfleck@sbcglobal.net.

Mark Your Calendar— New Leader's Orientation Dates

6:30pm at 4H Center in Rohnert Park

October 7 (Wednesday), November 16 (Monday), January TBA

These are the scheduled dates for the upcoming fall. Every leader must attend this one-time orientation before you hold project meetings, sign Fair forms or work with youth. This is a University of California requirement in order to be appointed as an agent of the University and to receive liability insurance coverage when performing as a 4H leader. Please call the 4H office to make a reservation—565-2681.



**UNIVERSITY OF CALIFORNIA
COOPERATIVE EXTENSION**

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WEBSITES

National 4-H: <http://areyouintoit.com>

California State 4-H : <http://ca4h.org>

Sonoma County 4-H: www.ucanr.org/soco4h

National 4-H Council: www.fourhcouncil.edu

Volunteer resources: <http://ucanr.org/4-hvolunteers>

Project ideas:

<http://www.extension.iastate.edu/4H/ProjectLinks.htm>

UC Cooperative Extension- Sonoma County:

<http://cesonoma.ucdavis.edu>

4-H Foundation: <http://www.4hfoundationofsoco.org/>

Email: 4hfoundation@sbcglobal.net

Upcoming 4-H Events...



OCTOBER

- 3 Co. Lapidary 9:30 SRMGS shop
- 4-10 National 4-H Week
- 6 CCC 7pm 4-H Office
- 7 New Leader Orientation 6:30 4HC
- 8-11 Tolay Festival
- 10 Achievement Night 7pm 4-H Center
- 11 Co. Dogs 3pm 4-H Center
- 15 Foundation Grants due
- 15-18 Tolay Festival
- 24 Family & Consumer Sciences Field Day- UC Davis

**Articles for the November Reporter are due
October 5th. Please email them to
jeludovise@ucdavis.edu.**

- 24 Co. Vet Science 10am SRJC
- 24 Primary Science Field Day- 4HC
- 26 Camp planning 7pm 4HC
- 27 Ex. CCC 7pm 4-H Center
- 28 Co. Wildlife 4pm 4HC

NOVEMBER

- 3 CCC 7pm 4-H Office
- 7 Co. Lapidary 9:30 SRMGS shop
- 8 Co. Skateboarding 11am 4HC
- 8 Co. Dogs 3pm 4-H Center
- 11 Veteran's Day- 4-H Office closed
- 11 Co. Wildlife 4pm 4HC
- 12 Co. Rabbits 7pm 4HC
- 14 Co. Rabbit Orientation Day
- 16 New Leader Orientation
- 21 Countywide Vet Science 10am, SRJC
- 23 Camp Planning 7pm 4HC
- 24 Ex. CCC 7pm 4HC
- 26-27 Holiday- 4-H Office closed

DECEMBER

- 2 Co. Wildlife 4pm 4HC
- 5 Co. Lapidary 9:30 SRMGS shop
- 10 Co. Rabbits 7pm 4HC
- 13 Co. Dogs 3pm 4-H Center
- 19 Countywide Vet Science 10am, SRJC
- 24-J4 4-H Office Closed

2009-2010 4-H DAIRY REPLACEMENT HEIFER APPLICATION FORM

MEMBER:		CLUB:		YEARS IN 4-H:
ADDRESS:		CITY:		ZIP:
PHONE:	AGE:	DOB:	GRADE IN SCHOOL:	ACRES:
BREED CHOICE:	1.		2.	
HAVE YOU EVER HAD A REPLACEMENT HEIFER BEFORE?			IF YES, HOW MANY?	
OTHER PROJECTS NOW ENROLLED IN:				
DAIRY LEADER'S SIGNATURE:				

RECOMMENDATION OF LEADER:

The deadline for the **4-H Dairy Replacement Heifer Application is NOVEMBER 2, 2009**. Please mail application to Pat Groverman, 400 Ormsby Lane, Petaluma, CA 94954. Since 1958 the 4-H Dairy Replacement Heifer Project has been popular. Heifers will be placed from January to April. These heifers will be from one week to two months old (usually three weeks of age). Members enrolled in this project, raise the heifers, show them at fairs, have them bred, and sell them two and one half years later as heavy springers at a special 4-H Dairy Replacement Heifer sale. The process for securing a heifer is:

1. The 4-H member and parents should understand that this is a commitment to a two and one-half year project. The applicant must be currently enrolled in a 4-H Club.
2. Once a decision has been made to apply, the member should fill out the above application and contact the local dairy leader for a recommendation and signature.
3. The dairy leader will make a recommendation to the Replacement Heifer Committee by the application deadline. When making a recommendation, the leader should note interest, dependability, and parental support. These criteria are very important!! In the past, some members have been very negligent in turning in required information, such as vaccination, breeding dates, Bill of Sale, and contact.
4. The Dairy Replacement Heifer Advisory Committee will review all applications and select the members who will receive heifers.
5. Applicants will be notified in December, by mail whether or not they will be receiving a heifer.
6. Only in rare cases do first-year members receive heifers. Primary membership does not apply. 4-H members residing on dairy ranches can apply.
7. Members are not eligible after they are 16 years of age **or** reached their junior year in high school.