



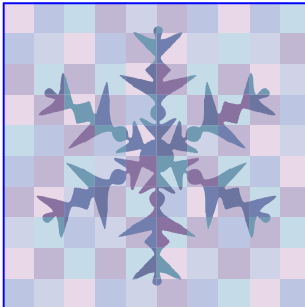
DECEMBER 2010

Cloverleaflet

Make the best better

INSIDE:

Club News: 2
C.A.L. Conference: 5
PDR Update: 4
Presentation Day: 5
Record Books: 3



2010

December

Dec 24, 27

30, 31

Office Closed

2011

January

Jan. 15

Sonoma/Marin ARBA (Rabbits and Cavies)
Show, Santa Rosa Fairgrounds

Jan. 28-30

C.A.L. Conference

Jan. 29-30

PPBA Poultry Show, Stockton

February

Feb. 1

County Council Meeting,
4-H Office, Novato

Feb. 5

S.E.T. Workshops
Locations TBD

Feb. 26

County Presentation Day

March

Mar. 24

Farm Day, Marin Civic Center

Marin County 4-H Newsletter

Marin County 4-H Youth Development Program

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Marin County Cooperative Extension

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State 4-H website: <http://ca4H.org>

The newsletter is sent to all 4-H families with completed and approved registration. A digital version of the newsletter is available on our website. To discontinue receiving a paper copy, call the office at 415-499-4207.

Club News

Mill Valley 4-H Takes Special Visitors to Aegis Retirement Home

By Emily Press

Last Thursday, December 2, the Mill Valley 4-H group went to the Aegis retirement home in Corte Madera. We brought our pets; the Mill Valley 4-H club brought 3 chickens, 2 tortoises, 1 rabbit, and 2 guinea pigs. We made the elderly people happy, 'cause we were kind, and gentle to them and they never really get to see children or animals. Some of the elderly people did not want to touch them, they just wanted to look at them, but I think we still made them happy. We carried the animals from table to table so all the residents could see and touch them. We spent an hour and a half there. We explained things to them like how old our animals were, how old they will get to be, and how long we have had them. There are a lot more of things we explained to them, but I don't think I should write them all [Or else they would take up the whole page!]. I'm sure they liked us coming cause they were smiling the whole entire time!

Indian Valley Prepares for Coat Drive

The Indian Valley 4-H Club will be holding a One Warm Coat drive on:

December 11th and 12th at 10:00am-3:00pm at Harvest Market in Novato



Bring your gently used coats to help make someone warmer this holiday season!

San Rafael 4-H Kicks off the Holidays

Where do you start? There are were many great looking cookies at the Cookie Party for the San Rafael Club. Awards were given for several categories including “Most Frosting” and “The One You Most Want to Eat.” After judging, the club members dig in to their creations so everyone wins!

Yum!



Record Book Corner

Record Book Basics

The great accomplishments of your 4-H year are all captured in your 4-H Record Books. Record Books seem like a really big job at the end of the year, but if you do a little each month, it won't be so bad.

Record books basically have three main sections.

1. **The Personal Development Report (We usually call it the PDR)**
2. **The Project Reports (one per project)**
3. **The 4-H Story, (we just call that the 4-H Story).**

This month we are going to talk about the PDR.

The PDR

The PDR is where you keep track of ALL the things you do during the 4-H year. It has:

1. A page for your name and personal information.
2. A page for your Star Ranking
3. Pages for each category of participation.

We will talk about the first two pages toward the end of the year. For now, let's just focus on the 8 categories of participation.

Each category has specific instructions which are all included in your packet. These are very important and can help you figure out where your participation in an activity goes. It takes a little practice, but once you get the hang of it, you will be fine.

The categories are:

1. 4-H Projects Completed – Your average attendance across all projects must be 80%. If you have a project that has bad attendance, and it ruins your average, you should not count it!
2. 4-H Project Skill Activities – these are things you do that build your skills that are related to your project. Exhibiting at a fair is the most common Project Skill Activity. Some members attend judging contests at regional and state events and those count here too. Making a bowl in your ceramic project is NOT a skill activity, it's the project itself.
3. 4-H Events Attended – these are events OTHER than project or regular club meetings. State Field Day, Achievement Day, and Presentation Day are special 4-H events that can count here.
4. Leadership Development – offices held, jr/teen leader roles in projects, committee chair and committee member are the most common.
5. Citizenship and Community Service – each event and visit counts. If you go to a retirement home every month, each visit counts. Many activities can count under citizenship and community service so read the description very carefully.
6. Communication Skills – presentations, prepared talks, newspaper and newsletter articles (we love it when you write for the "Cloverleaflet!").
7. Honors and Recognition – we can only count the big ones! 1st places, county winner and gold seals are what get listed here.
8. Lifestyle Activities (in and out of 4-H) Each organization, group and sport counts has one activity. So if you play soccer, that counts as one activity, not each soccer game you play.



Record Book Corner (cont.)

Helpful hints:

- Some items may count in two categories. For example, if you go to County Presentation Day and do a Dramatic Reading – that is a #3: 4-H Event and #6: A Communication Skill.
- You can also count activities not done in 4-H. You might make honor roll at school, or take dancing. You might give a presentation at a Scout meeting. Up to two of these can count in some categories.
- Keep your PDR with you, or in an easy to find place at home and update it once a week.
- Read the “Cloverleaflet” for any suggestions and reminders about things you can add to your PDR.
- Visit the state website where you can see the state winners for Record Book judging and see what they do.
- Put your PDR in a folder and bring it to your meetings. You can add something if you think of it and ask your leader if you have questions.

For more information about Record Books, visit:

<http://www.ca4h.org/Resources/Members/RecordBook/>

Forms are also located at the Marin County 4-H website.

Primary Record Books

Our primary members (ages 5-8) have their very own record book. In 4-H, primary members do not participate in competitive events, so the record book is a friendly way for our youngest members to track their 4-H accomplishments and prepare for the junior record book process to come later.

Every primary member to complete their record book earns a Rainbow Star to wear on their 4-H hat. They may earn this award each year they are a primary member!

Forms for the Primary Record Book/Rainbow Star Rank can be located at:

http://cemarlin.ucdavis.edu/Programs/4-H_Program/Record_Books/



Update Your PDR

What did you do this month? Take some time to log it in your PDR!

Date	Activity	Category	Level
Various	Sold See's Candy	Leadership	C
	Visited a retirement home	Community Service	L
	Participated in a One Warm Coat drive	Community Service	L
	Collected blankets for Marin Humane Society	Community Service	L
	Donated food to a food bank	Community Service	L
	Worked a bake sale	Leadership	L

From the Staff

Peer Summit Jane Chin Young

Sequoia Meadows of the Nicasio 4-H Club served as a youth co-presenter for a 4-H session at the Marin County Peer Summit XV held November 19th at College of Marin. Targeted for 7th and 8th grade youth leader participants, the annual event included educational sessions. Sequoia co-presented with Jane Chin Young, 4-H Advisor, for a session entitled "Youth Leading Youth." A total of 39 youth leaders from throughout the county attended the session, which was presented twice. The session was adapted for younger youth leaders based on trainings conducted for the Marin Environmental Stewardship project, CAL Conference, and State 4-H Leadership Conference.



PRESENTATION DAY

Public speaking skills are ranked number one among the skill sets of professionals. Practicing public speaking helps youth increase self esteem, self-confidence and the ability to accept feedback. Because of this, public speaking and presentation opportunities are found all through the 4-H program. One of the most fun is Presentation Day! Marin County Presentation Day will take place **February 25th, 2011**. There are several different types of presentations our youth may deliver including interpretive readings, demonstrative talks, educational posters and displays, power point, cultural arts and favorite foods.



Junior and Senior participants who receive a gold award at County Presentation Day are eligible to represent their clubs at Sectional Presentation Day taking place at U.C. Davis on March 26th. Gold recipients at Sectionals are eligible to then compete at State Presentation Day which takes place at State Field Day on May 28th, also at U.D. Davis.

Consider spending some of your winter break thinking about the kind of presentation YOU can do. There are lots to choose from! For more ideas and guidelines on 4-H presentations, please visit:

<http://www.ca4h.org/Programs/Events/SFD/PD/And>

<http://www.ca4h.org/files/2193.pdf>

C.A.L. Conference

We are pleased to announce that the following members will be delegates to the 2011 C.A.L. Conference.

Brenda Arisman	Morning Sun
Nicholas Cruse	San Rafael
Grace Strasen	Nicasio
Kate Iida	Nicasio
Sequoia Meadows	Nicasio
Geena Tognini	Nicasio

We look forward to all the learning these members will bring back from the conference!

This Newsletter is Presented by :

Jane Chin Young
4-H Advisor

Allison Keaney
4-H Program Representative

Artlette Cohen
4-H Secretary (temp)

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