



FEBRUARY 2011

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Make the best better



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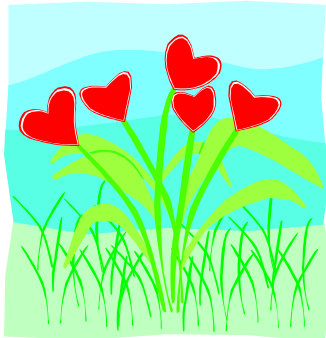
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February

- Feb. 1 County Council Meeting,
4-H Office, Novato, 6:30
Feb. 5 S.E.T. Workshops
Locations TBD
Feb 18 Presentation Day Entry Deadline
Feb. 26 County Presentation Day

March

- Mar. 24 Farm Day, Marin Civic Center
Mar. 26 Sectional Presentation Day, U.C. Davis

May

- May 1 Nicasio/Indian Valley Fair
May 28, 29 CA 4-H Equine Field Day, Davis
May 29 State Field Day, Davis

June

- June 4,5 Western Weekend, Pt. Reyes
June 4 West Marin Fair

July

- July 10-16 Marin 4-h Camp

Marin County 4-H Newsletter

Marin County 4-H Youth Development Program
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Marin County Cooperative Extension
website: <http://cemar.in.ucdavis.edu>
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.

Record Book Corner



Record Book Basics: **Your 4-H Story**

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).**

Last month we talked about Project Reports. This month we will focus on the **4-H Story** section of the record book.

Please remember that our Primary Members (ages 5-8) do NOT complete a record book in this fashion, but have their own forms that we will focus on in later newsletters. **The primary forms may all be found at our county website at:**

http://ucanr.org/sites/uccemarin/Programs/4-H_Program/

Your 4-H Story

Basically this part of your record book is an essay, telling the reader about your 4-H experience and career, your trials and accomplishments, what you learned, what you are proud of and how you can do better.

The recommended length of your 4-H story depends on your age bracket and should never exceed 6 pages:

- Junior (ages 9-10 or first year) 1-2 pages
- Intermediate (ages 11-13) 2-4 pages
- Senior (ages 14 and up) 4-6 pages

In your 4-H story you will want to:

1. Tell a little bit about yourself, your age, hobbies, goals and career plans.
2. Talk about your projects and activities
3. Tell about your leadership growth and citizenship activities and involvement
4. Describe 4-H's impact on you, how it has helped you in other areas of your life and what being a 4-H member means to you.

The 4-H story is where the reader really gets to know you and learn about your 4-H career. Complete details on "My 4-H Story" are found in the Record Book Manual on page 25.

Club News

Get Ready for 4-H Camp! Save the Date!



Everyone's favorite summer camp, 4-H Summer Camp, is scheduled for July 10-16, 2011. Our site in the inspiring Las Posadas State Forest is beautiful and historic treasure.

Would you like to...

- Live in a forest?
 - Sleep under the stars?
 - Meet new people?
 - Make new friends?
 - Swim and play sports?
 - Make craft items?
- Enjoy campfires, songs, games, skits, and stunts?
- Hike trails and explore nature?
Eat delicious food?

...Then the Marin County 4-H Summer Camp might be the thing for you! Come and enjoy this week-long program where you can participate in activities ranging from arts and crafts to nature walks all while making life-long friends and lasting memories. It's no accident that our campers rave about 4-H camp and come back year after year.

The Marin County 4-H Summer Camp is open to 4-H members **and non-4-H members**, ages 9 to 14 years old, and the cost is \$165.00.

Applications for youth staff are now being accepted. Registration for staff is due MARCH 1ST. Applications and information can be found at:
<http://cemar.in.ucdavis.edu/files/70931.doc>
and by contacting Eileen Castelli at 707-996-0354 or Marin4HCamp@aol.com

Something for Our Troops

Written by Derrick Pomi
Tri-Valley 4-H

This month's community service for the Tri-Valley 4-H is sending a letter to the troops. We are doing this because we think that the troops deserve something good for fighting for our freedom. The letters have to be unsealed and will be given out to our troops. I hope that we can do care packages one time also because our school did that and I got to help pick out what I wanted to send to the troops.



San Rafael Prepares SOUP

The San Rafael 4-H Club begins preparing for their annual SOUP service effort.

The club meets to practice a special soup recipe, then visits Studio4Art in Novato to make soup bowls.

On March 13th, people come, make a donation and receive a handmade bowl with soup to fill it. The donations are then given to Homeward Bound of Marin's emergency family shelter. Last year this event raised over \$1500 to feed our local hungry families.



POSITIVE YOUTH DEVELOPMENT
Helping our Youth to “Thrive”

As part of the University of California Healthy Families and Communities Initiative, the California 4-H Youth Development Program has identified “promoting positive youth development” as one of its priority issues. The thriving approach that will be implemented statewide is intentional and purposeful, and is based on current youth development research. The process creates an environment that helps members grow into competent, caring and confident individuals who connect with and contribute to the world around them. Implementing the process will be county-based teams of Master Thrive trainers.

For Marin County, the team members are Jordan James (adult lead trainer) of the Tri-Valley 4-H Club and Alexandra Matthews (adult trainer) of the San Rafael 4-H club. Two teen trainers will also be a part of the team. (Those interested my contact the county office). Statewide training for the master leader teams begins this spring, with county volunteer training to follow. A brief introductory Power Point presentation about the process was presented at the February 1st county council meeting, and is currently available at: http://cemarlin.ucdavis.edu/Programs/4-H_Program/Positive_Youth_Development/

A statewide overview about the thriving process for positive youth development is available at:
<http://www.ca4h.org/About/Thrive/>

Update Your PDR

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

Date	Activity	Category	Level
1/28-30	Attended C.A.L. Conference	4	M
Various	Club Presentation Night/Workshop	6	L
2/3	County Presentation Day Workshop	6 & 8	C

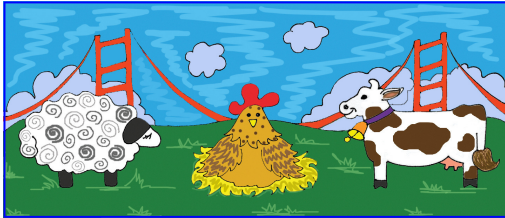
Remember, other community service you have done outside of 4-H can be counted on your PDR. Two items outside of 4-H may be counted.

**Presentation Day deadline for entries is February 18th.
 Don't miss it!**



From the Staff

SEE YOU AT FARM DAY!



Bridging Farms to the City

**Marin County Fairgrounds
Exhibit Hall**

Thursday, March 24, 2011

9:00 a.m. to 12:00 noon

Awards Ceremony at 11:00 a.m.

We are excited to have five 4-H clubs participating in this year's annual Marin County Farm Day event, scheduled for the morning of March 24th at the Exhibition Hall at the Marin Center. Clubs with exhibits will be: Indian Valley, Morning Sun, Nicasio, Pt Reyes-Olema, and Tri-Valley. Members from any county club are invited to be helpers and guides for the event. Documentation of community service hours will be provided. Please let Jane know if you would like to help. Special thanks are extended to leaders Cindy Pomi and Karen Taylor for serving on the Farm Day Planning Committee.

PRESENTATION DAY

Marin County Presentation Day will take place

February 26th, 2011.

There are several different types of presentations our youth may deliver including interpretive

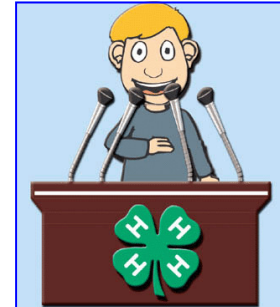
readings, demonstrative talks, educational posters and displays, power point, cultural arts and favorite foods. Entry forms for Presentation Day are on the Marin County 4-H website at http://ucanr.org/sites/uccemarin/Programs/4-H_Program/

The deadline for entries is Friday, February 18th.

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.

What makes a perfect presentation? The 4-H Presentation Manual has everything you need to know. The judging forms for presentation day are in the manual so you will be able to see exactly what the judges are looking for. Visit ca4H.org, click on "resources" then "forms and manuals" to take you there.

Good luck everyone!



This Newsletter is Presented by :

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Artlette Cohen
4-H Secretary (temp)

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