



AUGUST 2011

# Cloverleaflet

Make the best better

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**Congratulations to all our hard-working and talented members on their accomplishments at this Summer's fairs!!!**

**August**

Aug 3      Officer's Books Due  
            Club Financials Due  
Aug 17     Record Book Judging  
Aug 27     THRIVE Leader Training

**September**

Sept 7     ENROLLMENT!  
            County Council Meeting  
            4-H Office, Novato—6:30pm

**October**

Oct. 2     Achievement Day  
            Buck Center  
Oct 15     Tri-Valley 4-H Discovery Day

**November**

Nov. 4     Peer Summit

**Marin County 4-H Newsletter**

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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!

### Are you thinking about Shooting Sports?

Marin County 4-H Shooting Sports is a 4-H Club, but is also open to members of other 4-H Clubs as a cross club project.

To participate in Shooting Sports, girls and boys should be about 10 years of age, have enough upper body strength to handle the gun and complete safety training which takes place only twice, in September and October, at the planned meetings. These are scheduled for:

**September 10, 2011**

**October 1, 2011**

Shooting Sports meets at the Valley of the Moon Trap Club in Sonoma. For more information please contact Martin Charles at [mpcharles@live.com](mailto:mpcharles@live.com).



### What's the 4-H News? You Are!

The Marin County 4-H newsletter, the Cloverleaflet, is your newsletter too! Members of all ages from all Marin 4-H clubs are welcome to submit news, articles and events for publication. Members can get credit in their record books under "communications" in the PDR at the county level.

The newsletter is edited during the first week of every month, so the deadline for submitting articles and information is usually the 1st of the month.

Did you do something interesting this summer? Did you go to 4-H camp or learn a new skill? Did you enter your first fair? Did you do something in your community to help others? Consider writing an article and sharing it with the rest of the county in the September Cloverleaflet!



## Lead and Chickens By Sequoia Meadows

This July, we noticed one of our chickens, Heather, was acting strange. She had stopped laying, yet she stayed in the nesting box all day. After a day or two of this, we got worried and took her to UC Davis. They took some blood tests and x-rayed her and figured out that she had a few 1-2mm sized metal tubes in her gizzard. We wondered what her lead count was so we had a test done. The results came back the next day and they were “high” – we didn't know how high until later (UC Davis wouldn't send us the results over email).

We wanted to know whether it was safe to eat her eggs or not so we looked for some place to send them. It took a while, but finally we found that the University of Missouri would test the eggs, so we sent them in. The website for having testing done is <http://www.aescl.missouri.edu>. To get the eggs tested for lead the cost is \$16.50 per egg and the minimum charge is \$55.00. We mailed in three of our eggs from various chickens and one of Heather's eggs. About a week later the test results were emailed back to us and we found out the eggs were safe to eat. Each egg had < 0.4ppm (parts per million) of lead.

We now think that Heather was just acting broody. But we know a lot more about lead poisoning now. A great source of information on lead is “Lead Content of Soil, Plants, Foods, Air, and Chinese Herb Formulas” by Subhuti Dharmananda, Ph.D., Director, Institute for Traditional Medicine, Portland, Oregon. This article can be found at <http://www.itmonline.org/arts/lead.htm>.



## Update Your PDR

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

Date	Activity	Category	Level
Various	Served on Peer Review Committee For club	4	L
7/31-8/14	Attended Sonoma Co. Fair	3	C
"	Exhibited at Sonoma Co. Fair	2	C
"	Won Best in Show at Sonoma Co. Fair	7	C
7/30	Judge at Primary Record Book Judging	4	C

# From the Staff

## Dear Project Leaders.... Learn to help your Jr. and Teen Leaders to Thrive!

Mark your calendars for Saturday, August 27th for Thrive Leader Training.

What is Thrive? It is an approach to leading youth based on the latest in developmental research that helps grow youth into engaged and enriched adults.

How does this approach do that?  
By helping guide youth to:

- Find their true passions (Spark)
- Developing Goal Setting Skills (GPS)
- And looking at mistake and setbacks as a chance to grow (Growth Mindset)

Youth who grow in these areas become adults who are:

- *Contributors* to society,
- *Connect* with others and their world,
- *Competent* with skills and habits for life,
- *Caring* of others,
- *Confident* in their abilities
- Individuals of good *Character*.

Each club is asked to send one leader who works with Jr. and Teen leaders in their clubs. Clubs may send more leaders if they choose.

**August 27th      9-11A.M.      4-H Office**

## Enrollment Time Again!

July is here and families who are ready may re-enroll on-line for the 2011-2012 4-H Program year.

To enroll, please visit the  
Marin County 4-H website at:

**[cemarin.ucdavis.edu](http://cemarin.ucdavis.edu)**

Click on **“Programs”** under the header to find a pull down menu. Click on **“4-H Program”** which will be the first on the list.

Once on the 4-H page, look to the left-hand margin and click on the button for On-line Enrollment. This will take you to the enrollment page with complete instructions and links to the enrollment system.

Please print the medical form, fill it out, and give it to your Community Club Leader at your first meeting along with a check for \$20 for each youth member and \$6 for each adult leader.

If you do NOT have internet access, please contact the office so we may assist you.

**Please don't hesitate to call the 4-H Office  
with questions, problems or concerns  
at 415-499-4207.**



This Newsletter is Presented by :

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