



SEPTEMBER 2011

# Cloverleaflet



Make the best better



**INSIDE:**

**Calendar: 2**

**Club News: 3-5**

**Enrollment: 6**

**Leader Info: 2**

**Online Record Book: 6**

**Marin County 4-H  
Newsletter**

Marin County 4-H  
Youth Development Program  
1682 Novato Blvd., Suite 150-B  
Novato, CA 94947  
Phone (415) 499-4207  
Fax (415) 499-4209  
Marin County Cooperative  
Extension website:  
<http://cemar.ucdavis.edu>  
State 4-H website:  
<http://ca4H.org>

*From the council president...*

Welcome to the new 4-H year! On behalf of the Marin County 4-H Council, I would like to welcome you to the new 4-H year and to the 4-H County Council. Many people do know that the County Council exists, or what we do.

The 4-H County Council is organized for the purpose of cooperating with the University of California Cooperative Extension in organizing, promoting, and carrying out 4-H youth development work in this county. The 4-H County Council is a nonprofit, nonpolitical, educational organization. The purpose of the council is to implement a yearly program of projects and events based on the educational framework of the 4-H Youth Development Program. The County Council is in charge of raising and spending funds for the operation of Marin County 4-H programs.

The County Council has a slate of officers, just the way local clubs have officers. The County Council meets at least three times a year. Each club should send at least one representative to each County Council meeting. Any 4-H Volunteer, adult or youth, may attend any County Council meeting.

I hope to see you at one of our County Council meetings this year!  
— Alexandra Matthews

*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.*



## Mark your Calendars!

<b>September</b>	<b>ENROLLMENT!</b>
Sept 7	County Council Meeting 4-H Office, Novato—6:30pm
Sept 27	Officers' Training
<b>October</b>	
Oct. 2	Achievement Day Buck Center
Oct 11	New Leader Orientation Marin 4-H Office 6:30pm
Oct 28	Enrollment Due to 4-H Office
<b>November</b>	
Nov. 4	Peer Summit College of Marin

### Becoming a 4-H Leader

The heart of the 4-H youth development program is the collection of talented volunteers who lead clubs and projects for our youth members. The breadth of projects that a member can take in a club is a direct result of volunteers who decide to share their interest or passion with their club members and lead a project.

Would you like to become a leader? It's easy! We have curriculum, outlines and training to help you get a project started.

Leaders need to attend a New Leader orientation and be fingerprinted for clearance.

**New Leader orientation is scheduled for October 11th at 6:30 pm at the 4-H office. Orientation takes about 1.5 hours.**

Please contact the office at 415-499-4207 to sign up or to get answers to your questions.

### **SAY CHEESE!**

4-H members participated in a special cheese making workshop held in August at the Dance Palace in Pt. Reyes. Participants were led in the creating of fresh handcrafted cheese. What a great experience!



## **I Helped Change a Law, Maybe You Can, Too**

By Zoe McCormick, San Rafael 4-H Club

On August 9, we heard that the Corte Madera Planning Commission was having a hearing that night on whether keeping chickens and bees should be legalized in Corte Madera. Under current law, neither bees nor chickens are allowed in Corte Madera. Some residents of Corte Madera made a request to legalize chickens and bees.

I decided to testify at the hearing. I prepared a speech about the benefits of keeping chickens. I wore my 4-H uniform to the hearing. When it was time to get up and talk, I was really nervous because I had to speak to a room full of strangers. However, everybody was really nice and encouraging. They listened to me with the same respect that they listened to everybody else who testified.

After I testified, I chose to stay and listen to other people testify, even though I could have gone home. It was interesting to hear what other people had to say and to be part of a government proceeding. I learned a lot about bees by listening to the beekeepers who testified.

At the end of the evening, the five commissioners all said they were going to recommend legalizing chickens and bees in Corte Madera. The planning commission still has to make a decision about whether they will limit the number of chickens you can have and whether residents will have to get a permit to keep chickens. The Town Council will make the final decision on whether to allow chickens and bees, but they will do it based on the advice of the planning commission.

One interesting thing I learned is that while the law is under review, no one can get in trouble for having chicken or bees. I think that is very interesting. I learned a little bit about how government works, like how the planning commission can make a recommendation, but they can't make any laws. I am glad that I chose to testify. It is cool to feel like I was a part of having a law changed that will benefit urban farmers who want to keep chickens.



## 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>.



## **Congratulations to Morning Sun 4-H!**

At the Sonoma County Fair, all competitors received either High Point or Reserve High Point in their competitions. Way to go ladies!!



# From the Staff

## 4-H has launched the New Online Record Book!

### Highlights of the 4-H Online Record Book

- Uses 21st century learning technology to help youth learn recording keeping within a social media learning community.  
*Online learning is the wave of the future!*
  - Provides opportunities for volunteers to mentor youth on a daily basis in a protected social networking site.  
*Only enrolled 4-H members and volunteers have access to ORB.*
  - Ability to export forms and print to include in Record Book reviews and competitions.  
*4-H members can fill in forms in ORB and then print the forms at the end of the year for county judging!*
  - Built-in reporting systems that will improve staff and volunteer efficiencies.  
*For example, the system will calculate total number of community service hours!*
  - Intentional, standardized measures of success that will demonstrate the impact that 4-H youth and adults make locally and statewide.  
*The system collects indicators of youth thriving through "sparkle" surveys. County staff will be able to access this data upon request!*
- System is secure

To learn more about security protocols of ORB, please visit <http://www.ca4h.org/files/121078.pdf>

You must be enrolled in the 4-H Online system to access the record book!

### Log In Today!

Visit the system at <http://www.ca4h.org/orb/>

## 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 :

Jane Chin Young  
4-H Advisor

Allison Keaney  
4-H Program Representative

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