



MARCH 2012

# Cloverleaflet

Make the best better

**INSIDE:**

**Club News: 5**  
**Presentation Day: 4**  
**Record Books: 4, 6**  
**State Field Day: 5**  
**Thrive: 2, 3**  
**West Marin Fair: 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>

Mark your Calendars!

**March**

Mar 4 (SUN) Presentation Day  
12-4pm  
The Dance Palace, Pt. Reyes

Mar 22 Farm Day  
Marin Civic Center

Mar 28 Council Meeting

Mar 31 Sectional Presentation Day  
(U.C. Davis)

**April**

Apr 1 Camp Applications for Campers  
Available

**May**

May 26 State Field Day

*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 415-473-4207.*

# Thrive!

## Growing a Mindset

“I have not failed. I've just found 10,000 ways that won't work.” - Thomas Edison

As usual, our county had a great Presentation Day on March 4. I always enjoy seeing the amazing presentations that the kids do. Our 4-H members have so much to teach us! One of the things I really like seeing is members who return, year after year. I have watched these kids grow--not just physically, but mentally and emotionally.

I have seen kids who could barely talk above a whisper the first time they did Presentation Day returning, improving year after year, often becoming poised and confident speakers. Kids who do not always get a gold for their presentations come back to try again. When they return, their presentations are better than they were last time. In contrast, some kids who did not do as well as they wanted or expected, do not return.

Why do some kids keep coming back, while others give up easily? The difference is in their mindset. According to Dr. Carol Dweck (Mindset), some kids have a Fixed Mindset and others have a Growth Mindset.

Kids who have a Fixed Mindset believe that intelligence and talent are fixed; they can not be changed. Fixed Mindset kids believe that you are smart or dumb, talented or untalented, and there is nothing you can do to change that. They are focused on the product and appearances. Their response to failure is to give up. If you get a bad grade, that means you are dumb, and there is nothing you can do to change that, so there is no point in trying. Kids with Fixed Mindsets tend to be disengaged and lack enthusiasm for activities where they will be judged.

In contrast, kids with a Growth Mindset believe that intelligence and talent can be developed. The neuroscience backs them up on this. Many studies show that the more you use your brain for something, the more your brain grows in that area. Kids with a Growth Mindset are focused on the process rather than the product. To them, life is more about the journey than about reaching a destination. These kids do not understand the concept of failure--they see opportunities for learning and improvement. When Growth Mindset kids do not get their desired outcome, they work harder and may change strategies in order to reach their goals. Kids with a Growth Mindset are engaged and enthusiastic.

To help kids develop a Growth Mindset, we should not give them praise such as “you are smart” or “you are a great soccer player”. This kind of praise has been shown to lead to a Fixed Mindset. Instead, we should focus on the process, praise kids for the time they spend on an activity, the work they put into it. Rather than focusing on failure, we can help our kids focus on what they can do to do better next time.

## **Council Meeting March 28, 2012 6:30 p.m.**

All leaders, parents and senior members are welcome to attend Marin County 4-H Council meetings. In voting matters, each club has one vote.

Agenda items for the upcoming meeting include:

Tri Valley BBQ and Proficiency Day  
West Marin Fair  
Presentation Day Recap  
Thrive

# WHAT IS THRIVE?

At its essence, Thrive is three components that when mastered, help the individual create a life that is meaningful, rewarding and fulfilling. It is:

Finding your...

## **SPARK**

A hobby, passion or skill that gives you joy and energy, and is an important part of who you are.

Having a...

## **Growth Mindset**

Where you strengthen and grow new connections in your brain by putting forth effort, trying new things and taking on challenging tasks.

Using your...

## **GPS**

This is goal setting at its best.  
**Goal Selection**  
**Pursuit of Strategies**  
**Shifting gears (in the face of obstacles)**



*How do you know you are thriving?* By exhibiting a certain group of qualities that we call The Six C's.



**Competence**

**Caring**

**Connection**

**Confidence**

**Character**

**Contribution**

We help make this happen in 4-H by providing experiences that help our youth members discover and develop Spark, Growth Mindset and GPS, and measuring development in each of the 6 C's.

## **Great Job at Presentation Day**

A big congratulations to everyone who made Presentation Day a success!

Many thanks to our judges,

**Douglas Charlton, Martha Olsen, Caryl Hodges, Cindy Pomi, Nancy Shepardson,  
Dorothy Drady, Tracy Smith, Patty Pomi & Teri Meadows**

And to our area helpers,

**Shannon Joyce, Megan Sintef, Jenna Magner & Alyssa McClure**

A special thanks to Karen Taylor for organizing County Fashion Review and to her judges, **Eileen Jenson and Myra Nelson.**

To Pt. Reyes/Olema club—thanks for the great snack bar!

Thank you also to the McCormick Family for help with set up and to each and every one of you for helping with clean up!

## **Thank you moms/4-H supporters!**

Thank you for all the big and little things you did to help make 4-H Fashion Revue happen in Point Reyes! It was so exciting to see our members growing up before our eyes, presenting themselves so well and gaining confidence as the day went on. Having helpers in all of you made it a lot easier to coordinate, especially with those last minute tasks. Seeing the smiles on the kids faces makes me excited to do it again next year. I wanted to make sure you knew I appreciated your help!!!

Karen Taylor



### **New County-Wide Sewing Project**

4-H members interested in gaining or improving their sewing skills are invited to join a new county-wide sewing project. Meetings will take place on the following Saturdays at the Marin County 4-H Office in Novato:

**March 24, April 21 and May 12.**

Members are invited to bring current projects and their sewing machines, or come wanting to learn and project ideas will be waiting for you. This is designed to be a fun and informal sewing time where members can share ideas and get help with their projects.

Project Leader—Shari Cruse, San Rafael 4-H

# Club News

## **Mill Valley Goats on Tour!**

At the beginning of the month, Mill Valley 4-H brought their goats to visit a local retirement home. The residents thoroughly enjoyed it!



## **Presentation Day and Fashion Show for Marin County 4-H Clubs**

By Gavin Harding

On Sunday March 4th, 2012 Marin County held its annual presentation day. It was fun for everyone. When we got there people were setting up posters on tables and practicing their speeches. We were separated into groups when we presented depending on what type of presentation we did. I presented an interpretive reading along with one other member. There were many of our Tri-Valley 4-H members there and everyone did a great job. It was held at the dance palace in Point Reyes. At the end of the fashion show everyone received awards and pins for our hats.



## **State Field Day May 26, 2012 U.C. Davis**

Mark your calendars! The 2012 State 4-H Field Day will be held May 26, 2012 at UC Davis. The event offers multiple contests, activities, and exhibits for 4-H members, volunteers, staff, and families. The complete event packet and registration details can be found at: <http://www.ca4h.org/Programs/Events/SFD/>.

Among the many events held during the State 4-H Field Day, the State 4-H Presentation competition requires members to qualify at a Sectional 4-H Presentation competition prior to the event. Information regarding Sectional Presentation Days is currently being updated and will be posted on the state website at: <http://www.ca4h.org/Programs/Events/SectionalPresDays/>. Please check back next week for the 2012 dates and locations.

# From the Staff

## 4-H Camp

Applications for campers will be made available on April 1st! Please visit the Marin County 4-H camp page at that time to download applications.

Campers will be placed on a first come, first served basis. When camp is full, we will create a waiting list.

[http://cemar.ucdavis.edu/Programs/4-H\\_Program/4-H\\_Summer\\_Camp/](http://cemar.ucdavis.edu/Programs/4-H_Program/4-H_Summer_Camp/)

## Online Record Book

Did you get to see the online record book overview at Presentation Day?

Lot's of work is being done with the online record book, but please remember that our members may still do hard copy record books this year. This month is a good time to download a copy of the PDR at:

<http://www.ca4h.org/Resources/Publications/>  
And begin filling it in with the events and accomplishments of the year.

Next month's newsletter will feature a big section of "Update your PDR" to help you along.

## Farm Day—March 22nd "Celebrating Our Agriculture" 9:00 am to 11:30am

Celebrating its 28th year, Farm Day provides hands-on educational experiences outside the classroom for over 1,000 school children. Over 30 Northern California ranchers, growers, producers and educators provide interactive exhibits on agriculture, health, farm animals, gardens and environmental education.

The event is made possible by the collaborative efforts of several county agencies including the Marin Center/Marin County Fair, Marin County Farm Bureau, Marin County Office of Education, Marin Community Farmers Market Association, North Bay Dairy Women, Agricultural Institute of Marin, Marin County Weights and Measures, and the UCCE Master Gardeners.

Many of our 4-H Clubs and leaders help run farm day and create fantastic exhibits. If you are not helping out with Farm Day, come and check it out!

Admission to this event is free; no tickets or reservations are required.

This Newsletter is Presented by :

Jane Chin Young  
4-H Advisor

Allison Keaney  
4-H Program Representative

The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability medical condition (cancer-related or genetic characteristics) ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (covered veteran are special disabled veterans, recently separated veterans, Vietnam era veterans, or any other veterans who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized) in any of its programs or activities. University policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's non discrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California Agriculture and Natural Resources, 1111 Franklin Street, 6th floor, Oakland, CA 94607-5200, (510) 987-0096