



October 2013

# Cloverleaflet

Make the best better!

**INSIDE:**

**C.A.L. Conference: 2**

**Club News: 3**

**County News: 4**

**Diversity and Outreach: 5**

**Enrollment: 5**

**Record Books: 2**

**Marin County 4-H  
Newsletter**

Marin County 4-H  
Youth Development Program  
1682 Novato Blvd., Suite 150-B  
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Phone (415) 473-4207  
Fax (415) 473-4209  
Marin County Cooperative  
Extension website:  
<http://cemarlin.ucanr.edu>  
State 4-H website:  
<http://ca4H.org>

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**November**

Nov 7 County Council Meeting  
6:30—8:30  
Marin County 4-H Office  
1682 Novato Blvd., Nov.

Nov 11 Veteran's Day  
Office Closed

Nov 12 C.A.L. Conference Registration  
Due to County 4-H Office

Camp Committee Meeting  
6:30—County 4-H Office

Nov 20 Camp Staff Training  
County 4-H Office 6:30

Nov 28-29 Thanksgiving Holiday  
Office Closed

**December**

Dec 18 Camp Staff Training  
County 4-H Office, 6:30

Dec 24 & 25 Winter Holiday  
Office closed

**January**

Jan 24, 25, 26 CAL Conference  
Walker Creek Ranch

*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.*

## **RECORD BOOKS FOR 2013-2014**

As we dive in headfirst to the new 4-H year, take the time to consider doing your record book online. Information can be entered throughout the year, and updated as frequently as you like. Doing your record book at the end of the year is easier if you are working on it “as you go.”

To learn more about logging in to the online record book system, visit:

<http://www.ca4h.org/files/121045.pdf>

Here you will find complete instructions for youth members, parents and adult volunteers.

Whether or not you do your book online PLEASE log on and do your SPARKS SCORES !



## **C.A.L. Conference is Coming!**

What is C.A.L. Conference? “C.A.L.” stands for “Creating a Leader” and C.A.L. Conference is an opportunity for 4-H members in 6th—12th grades to come together and work on their leadership skills over a weekend.

The fun and informative conference is filled with great sessions, fun activities and workshops all built around a fun theme. The conference takes place at the wonderful Walker Creek Ranch where there scenery is great and the food is fantastic!

C.A.L. Conference takes place January 24-26, 2014

This year’s theme is

**Mission Possible: Golden L.E.A.D.**

Cost for each person is \$150 plus \$10 for a t-shirt if desired

Deadline to get your applications in is

**November 12, 2013**

To the County 4-H Office

*Forms and information have been sent to all Community Club Leaders!*

# Club News

## SUMMERFEST

by Reisa Paulsey

My sister Amelia and I brought our bunnies to Summerfest for the animal petting area. People had to pay 2 tickets to come in and pet the animals. The other animals there were a pig, two goats, chickens and two ponies. Everyone loved the bunnies and asked lots of questions about rabbits, like “how high can they hop” and we also got a chance to tell people about how much fun 4-H is!

They had a contest to see which school Principal had to kiss the pig. The Principal that won didn't want to kiss the pig, so she kissed one of our bunnies instead. The animal petting area raised \$700 for the HeadsUp program that helps San Rafael schools.



## Sorella's Cozy Italian Kitchen By the Nicasio Social Project

Going to Sorella's Caffè in Fairfax is like going home for a special meal with your extended family. We waited in the foyer next to a gigantic copy of the head of Michelangelo's David. Then Soya, who co-owns Sorella with her sister (Sorella means sister in Italian), greeted us with hugs and asked about school and our families.

She is happy to see us -- the Teen Social Project group of the Nicasio 4-H Club. Our project brings all the high schoolers in our club together once a month to have dinner at a local restaurant. (We each get a turn at choosing which one.) At the restaurant, we get a chance to talk about what's going on in our lives, as well as learning how to split a bill, figure out a tip, and write a restaurant review.

Our adult leader, Elizabeth Strasen, and other 4-H parents, tactfully sat at a table on the other side of Sorella's during dinner.

Soya seated us in the front room, at the window, where we could watch the people walking by on the street while perusing the menu and listening to the excited chatter all around us. Sorella's is a welcoming place, with a friendly and exciting atmosphere. It was Saturday night, so it was a bit loud and very busy. (We noticed when we went to the back of the restaurant that the tables back there were quieter than the ones in front.)

Later in the evening there was live music.

We ordered: gnocci; spinach ravioli; pasta primavera; and Pollo alla Sorella. While we waited for our food to arrive, a waiter came with an enormous wheel of parmesan and chipped off chunks of it onto each of our plates. The 'big cheese' is definitely a plus.

The service was good. Our waitress was enthusiastic, and the busboys kept our water glasses full. The food arrived in good time, with big portions, and very rich and flavorful. The primavera was delicious, with fresh and varied vegetables. The Pollo alla Sorella was also good, and really large, so that some was taken home.

For dessert, we ordered a single order of tiramisu, and split it four ways. This was perfect because it was too large for one person to eat by themselves. The tiramisu was light, fluffy, and delicious. Once we were finished, a waiter came by with a dish of brightly colored gummy bears, a perfect end to the meal.

Sorella's accepts reservations for parties of six or more.

**Sorella's Caffé – Highly Recommended**  
107 Bolinas Rd Fairfax, CA 94930 (415) 258-4520

# County News

## 4-H MEMBERS CELEBRATE!

4-H members from Marin County came together to celebrate at County Achievement Day, the annual event that honors the accomplishments of members and kicks off National 4-H Week.

Awards were handed out for project excellence, accomplishments in record book completion and stars were awarded for those that advanced in star ranking based on their activities.

Special awards were also given to honor outstanding contributions to Marin County 4-H. These awards were given to:



|                  |                               |
|------------------|-------------------------------|
| Zoe McCormick    | “I Dare You” Leadership Award |
| Ruth McClure     | Meritorious Service           |
| Karen Taylor     | Outstanding Alumna            |
| Cindy Pomi       | Leader of the Year            |
| Holly McArthur   | Rookie Leader of the Year     |
| Clover Stornetta | Friend of 4-H                 |



## WHERE DOES IT ALL GO?

Now that you have received all those great pins and awards, you might wonder where they all go. The snazzy photo shows you how to place all your stripes, pins, stars and “bling” that you place on your hat.

The hat shown is a white hat worn by senior members, but the same placement goes for everyone else in a green hat too. Just remember that when you move from rainbow stars to bronze, all the rainbow stars come off and you start over.



# Club Honors Community

## The Point Reyes-Olema 4-H Club Celebrates National 4-H Week

*Thanks Local Businesses for Their Support by Olivia Blantz*

**Point Reyes Station, CA, October 8, 2013** -- The week of October 7-13, 2013 is National 4-H Week. More than 6 million young people across the country are celebrating, including the local Point Reyes-Olema 4-H Club. This year, the Club has decided to mark the occasion by reaching out to local businesses and organizations that have been stalwart supporters of the club. The Club's National 4-H Week Committee members will be visiting these supporting businesses and presenting them with a certificate of appreciation. Those being recognized include Marin County Farm Bureau, Toby's Feed Barn, Wells Fargo Bank, West Marin School, Cabaline, Black Mountain Weavers, Saltwater, Bovine Bakery, Bloom, Susan Hayes, and The Thrift Store

"We wanted to make sure that the businesses in our community that support 4-H are recognized," said Camilla Taylor, Point Reyes-Olema 4-H Club National 4-H Week Co-Chair "It is because of these generous organizations that our 4-H club continues to thrive and we can continue as a leader of youth development in our community."

In the past year, the Point Reyes-Olema 4-H Club has visited and decorated the Stockill House for holidays, prepared food for the Community Thanksgiving feast, taken part in the annual Coastal Cleanup at Limantour beach, baked holiday treats for local seniors, hosted a community Easter egg hunt, volunteered for the Tomales History Center Tea, hosted and coordinated the Western Weekend 4-H Exhibit Fair, sponsored two local youth to attend summer camp and our own club President to attend 4-H State leadership conference at UC Davis. A momentous occasion this past year was receiving the Grand Prize for the Club's self designed and constructed float in the Western Weekend Parade.

While members are engaged in supporting the community they are also actively learning new knowledge and skills through their 4-H Projects. Each project is given a small stipend to be used for project materials to keep the expenses to a minimum for volunteer project leaders. This year club projects include: science literacy, photography, clothing & textiles, fiber arts, cooking, market swine, dairy cattle, cake decorating, arts & crafts, horse, dog care and training, poultry, goats and shooting sports. A new project being developed this year is a Cloverbud project which supports primary members ranging from ages 5-8.

Research has proven that participation in 4-H has a significant positive impact on young people. Recent findings from the Tufts University 4-H Study of Positive Youth Development indicate that, when compared to their peers, young people in 4-H are:

- Nearly 4 times more likely to contribute to their communities,
- Two times more likely to pursue healthy behaviors, and
- Two times more likely to engage in Science, Technology, Engineering and Math (STEM) programs in out-of-school time.

*This article was published, by the West Marin Citizen.*



# From the Staff

## DIVERSITY & INCLUSION Youth Adult Partnerships

This article, the second in a series, centers on youth adult partnerships as a way to empower youth, while promoting and encouraging the diversity of the program and community.

Studies show that youth adult partnerships promote positive youth development, increase civic engagement, and support community change. Best practices are those that include: authentic decision-making, mutuality, and connecting to the community. This approach, particularly authentic decision-making, attracts and retains low-income, vulnerable, and minority youth. To connect to the community, youth need meaningful roles. The feeling of being a part of something larger can also increase the awareness of differences among diverse people...sharing cultures and perspectives while having a common cause. As a result, youth perception is more positive, and relationships, organizations and communities are strengthened.

There are many county activities that demonstrate successful youth adult partnerships with authentic and meaningful roles. Youth and adults were resources to each other as they mutually created an agenda and carried out an action plan, taking joint responsibility for the outcomes. Having youth in these community service roles promotes peer relationships and demonstrates youth as leaders.

One example is Marin's Embryology Program. Supported by county staff and adult leaders, 4-H youth members provide educational presentations to children in grades K-2 in classrooms across Marin County through the "4-H in the Classroom: Embryology" outreach. Youth presenters share knowledge and expertise about egg hatching, brooding and caring for chickens. The presenters bring several visual aids, live chickens and samples of different eggs. The students in these classrooms participate in a complete life science unit on embryology and incubate, hatch and care for chicks in their own classroom. 4-H members are mentored by their leaders, and in turn, mentor the classroom teachers who deliver the curriculum to their students through their presentations and the teacher training workshop held each March.

## ENROLLMENT

## IS DUE

All enrollment for the 2013-2014 program year is due to the office on **October 30th**. For leaders and/or enrollment coordinators, please send a complete club roster and payment to the office.

For parents and families, please be sure that you have paid your fees directly to your club, and provided your club leader or enrollment coordinator with everything they need. We cannot approved your child's enrollment unless we have confirmation from the Community Club Leader or Club Enrollment Coordinator that everything is complete.

*Thank you  
for your  
cooperation!*



This Newsletter is Presented by :

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4-H Advisor

Allison Keaney  
4-H Program Representative

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