



March 2016

Cloverleaflet

Make the best better



Mark your Calendars!

Marin County 4-H Newsletter

Marin County 4-H
Youth Development Program
1682 Novato Blvd., Suite 150-B
Novato, CA 94947
Phone (415) 473-4207
Fax (415) 473-4209
Marin County Cooperative
Extension website:
<http://cemar.ucdavis.edu>
State 4-H website:
<http://ca4H.org>

April

April 23 Novato Clean & Green Day
9:00AM to 1:00PM
901 Sherman Ave., Novato

Apr 24 Marin County Fashion Revue
& Favorite Foods Day
2:00PM
Vallecito School

May

May 5 Council Meeting &
Year End Potluck
6:00PM
4-H Office

May 28 State Field Day
8:00AM—6:00PM
U.C. Davis
(Includes State Fashion
Revue and State Presentation
Day)

May 30 Memorial Day
Office Closed

June

June 12 Tri Valley Chicken Que
Pomi Ranch

June 22-26 Sonoma-Marin Fair
Petaluma Fairgrounds

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.

County & Regional News

County Fashion Review and Favorite Foods Day

April 24, 2016

2:00PM

Vallecito School

On the next two pages of this newsletter, please find the entry forms for Marin County 2016 Fashion Review and Favorite Foods Day.

This is such a fun event, where members can showcase their skills and talents in the culinary and fashion worlds.

This year's FAVORITE FOODS category will include a special award for entries that showcase local ingredients.

All participants will receive tickets for door prizes to be handed out before the awards ceremony!

You may drop off, fax (415-473-4207), or email (alkeaney@ucanr.edu) your entry. It must be received by noon on Friday, 4/22.

* We need evaluators to help make this event happen! Please email Allison at alkeaney@ucanr.edu to volunteer.

State Leaders' Forum: Save the Date!

"Connecting the Dots"

November 11-13

This year, the State Leaders' Forum is held locally in Santa Rosa and hosted by Sonoma County 4-H. If you are a club leader, or project leader, this is a great opportunity to expand your toolbox for working with young people. For more information, check out the web page at http://4h.ucanr.edu/4-H_Events/SLF/

The concept of competence as defined by social scientists in positive youth development (based on the work of many, including Lerner et al., 2010) includes emotional competence, social skills, life skills, healthy habits and love of learning. The conference will focus on building the capacity of our adult volunteers to be even more competent in helping our 4-H youth thrive. The goal is to provide quality education sessions with take home strategies and be able to invigorate all attendees for the program year(s) ahead.

**Marin County 4-H
County Fashion Revue: "Hoe Down, Sew Down"
Entry Form**

April 24, 2016 * 2:00 PM

Due to the 4-H office on April 22nd by NOON

Participant

Name: _____ Club: _____

Age Level (circle one): Senior (age 14-18) Intermediate (age 12-14)

Junior (age 9-11) Primary (age 8 and under)

* Age is the member's age as of 12/31/15

Fashion Review Categories:

UPCYCLE

MUSLIN CHALLENGE

TRADITIONAL

WESTERN WEAR CHALLENGE

CONSUMER SCIENCE PURCHASED(\$40 LIMIT)

My Entries:

Title: _____ Title: _____

Category: _____ Category: _____

Title: _____ Title: _____

Category: _____ Category: _____

For each entry, please turn in a large index card with the following information. All cards should be attached to your entry form.

A complete description of your entry, 70 word Max. (Write in third person)

In your description,

Mention your name & 4-H club

Explain skills learned, challenges, cost savings, and use descriptive words that create an appealing mental picture of your project.

Describe where you intend to wear your garment

Include a photograph

Fashion Revue Assistant/Presenter - Open to 4-H Teen Leaders, 14 or older, who have given a county presentation and been a room chairperson at County Presentation Day.

Name _____ Age _____ Year in 4-H _____

4-H Club _____ Phone () _____

Fax to 415-473-4207 or email to alkeaney@ucanr.edu or drop off at 1682 Novato Blvd. Ste. 150B, Novato

FAVORITE FOODS

Marin County 4-H 2016

Name: _____ Club: _____ Age: _____

Please select your Division:

_____ Senior (age 14-18) _____ Intermediate (age 12-14) _____ Junior (age 9-11)
_____ Primary (age 8 and under) _____ Adult Volunteer Leader or Parent (age, none of our business)
_____ Master Chef Category (separate instruction sheet)

Please select your Category (Maximum is Two Entries per Member):

Salad _____ Bread _____ Vegetable _____ Main Dish _____

Side/Appetizer Dish _____ Dessert (no cookies) _____

* A special award will be given for dishes with local ingredients! Please check here if you would like your dish given this consideration _____

Directions for Entry:

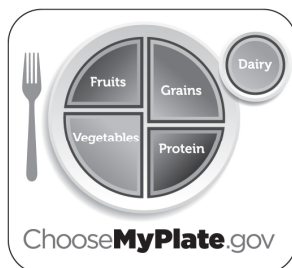
All entries must be home-prepared by the 4-H member. (**Note:** Enrollment in a Foods & Nutrition Project is NOT required.)

Member must provide own utensils, **serving plate** for each entry, place setting dishes, **and card table**. (a limited number of tables are available; contact the 4-H office if one is needed.)

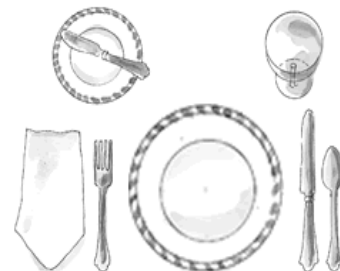
A **copy of the recipe**, neatly typed or handwritten on a 3" X 5" note card, **must be included** with your registration form. It is also nice to have copies of your recipe to hand out at the event, but it is not required.

Provide a place setting and table cloth/cover for your entry. (See example below.)

Know where your food entry is located on **MyPlate**, and be able to answer questions on the food safety precautions when preparing your food.



My Plate Reference



Place Setting Example

Fax to 415-473-4207 or email to alkeaney@ucanr.edu or drop off at 1682 Novato Blvd. Ste. 150B, Novato

Update Your PDR in Your Record Book

Updating the Personal Development Report in your Record Book is the best way to prepare yourself to complete your record book at the end of the program year. Completing a Record Book allows you to earn rank advancement and project pins for your 4-H hat.

Are you unsure about record books, what they are, and how to complete them?

Complete resources and all forms can be found at:

<http://4h.ucanr.edu/Resources/Members/RecordBook/>

Use this helpful list to update your own PDR!

Date	Category	Activity/Event
2/28	5	Attended County Presentation Day
2/28	6	Delivered a Presentation at County Presentation Day
2/28	7	Received a Gold award at County Presentation Day
2/28	4	Served as an Area Chair, Jr. Judge, or Master of Ceremonies at County Presentation Day
3/3	3	Attended March County Council Meeting
3/3	6	Delivered a presentation at March County Council Mtg
3/26	3	Attended Sectional Presentation Day
3/26	6	Delivered a Presentation at Sectional Presentation Day
3/26	4	Served as a room chair or runner at Sectional P.D.
3/26	7	Received a Gold award at Sectional Presentation Day
Various	8	Personal sports, community activities, faith based groups, Music lessons, and other healthy lifestyle activities.

Marin County 4-H Shines at Sectional Presentation Day, 3/26

Marin County 4-H has the proud distinction to have sent 14 entries to Sectional Presentation Day and ALL of them Received a GOLD! Congratulations to Morgan Boothe, Taylor Boothe, Erin-Rose Charlton, Henry Gifford, Lana Greenberg, Dylan Greenberg, Maike Mieritz, Christina Naser, Ava Rasmussen, Emillie Rasmussen, Kacia Walker, and Kyan Walker.

Many thanks to Marin's volunteers who helped make this day possible! Evaluators: Jim Boothe, Rachael Metzger, Cathleen Nathanson, Joel Nathanson, and Teresa Walker. Couriers: Emma Nathanson, Kyan Walker.

These events cannot take place without volunteer help and support. Each of these members is eligible to advance to the State Presentation Competition at State Field Day on May 28th. We will need to provide volunteers for this event as well, so stay tuned!

Club News

Nicasio Members Experience "Search and Rescue" Overnighter

The dog tore up the hillside and immediately found the hidden girl! The dog's name is Nike, and he was part of a demonstration showcasing the efficiency of search dogs to locate missing persons. This was just the beginning of our weekend adventure, learning all the In's and Out's of Search and Rescue. Over the next 24 hours we learned orienteering and navigation, like taking and plotting a bearing on a map. We learned how to input waypoints into a GPS and then how to follow them to a destination. After a great dinner, we watched a slideshow of past searches and talked about leadership. We also discussed why people go missing and where they go, as well as reviewing search techniques.

After crawling out of our tents and eating breakfast the next morning, we starting right in on learning our basic rescue knots. Some of the knots we learned were figure eights, bowline, prusik, clovehitch, and butterfly. We used our newly acquired "knot knowledge" to set up anchor systems, which are used to get people safely up and down steep terrain. Moving on from the ropes course, we looked at the medical side of search and rescue. We practiced patient packaging and litter handling skills.

During a break for lunch, an urgent call crackled through our radios. This was the beginning of a mock search and rescue for an injured hiker. Using all of the skills we'd learned, we assigned resources, formed teams, and began the assignment. Using our new GPS skills, we located the injured hiker, and set an anchor to rappel into the gully where he was lying. After a medical assessment, we transferred him into a litter, and using a walking belay, carried him to safety.

This weekend project was an amazing glimpse into the world of search and rescue. I'm really grateful to all the people who donated their time and expertise to make it happen.

From the Staff

CAMPER APPLICATIONS **ARE OPEN!**

4-H Camp: July 12—18

Camper Applications are now being accepted.

Parents may download and print out their applications, fill them out, and turn them in to the 4-H office. Applications are only considered complete when they are accompanied by payment.

We currently have room for about 22 more girls and a few boys. We create a waiting list when camp fills up, because people do cancel as family plans change. If you were thinking of signing your child up for camp, please do!

Please visit:
http://cemarin.ucanr.edu/Programs/4-H_Program/4-H_Summer_Camp/



State Field Day **May 28, 2016** **U.C. Davis** **8:00AM to 6:00PM**

State Field Day is a terrific opportunity to gather with 4-H members from counties all over California and celebrate all that 4-H is.

Many are familiar with State Field Day as the event that hosts State Presentation Day and State Fashion Revue. It ALSO is the place to participate in the State Film Festival, judging contests, entomology contest, and interview contest.

For a complete schedule and details about this fun, family, 4-H day, please visit:
http://4h.ucanr.edu/4-H_Events/SFD/



University of California
Agriculture and Natural Resources

This Newsletter is Presented by :

David Lewis
County Director

Allison Keaney
4-H Program Representative

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