



May 2016

Cloverleaflet

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Mark your Calendars!

**Marin County 4-H
Newsletter**
 Marin County 4-H
 Youth Development Program
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 Novato, CA 94947
 Phone (415) 473-4207
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 Marin County Cooperative
 Extension website:
<http://cemar.ucdavis.edu>
 State 4-H website:
<http://ca4H.org>

May
 May 5 County Council Meeting
 6:00 PM
 Marin County 4-H Office

Expansion & Revue
 Committee Meeting
 8:30PM

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

June
 June 4/5 West Marin 4-H Fair
 Western Weekend
 Toby's Feed Barn
 Pt. Reyes Station

June 12 Tri Valley BBQ &
 Showmanship Workshop
 8:00 AM—3:00 PM
 Pomi Ranch, Petaluma

June 22-26 Sonoma-Marin Fair
 Petaluma, Ca

July
 June 30-July 4 Marin County Fair

July 10-16 4-H Camp

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 News

Fashion Revue and Favorite Foods Day

Congratulations to all who participated in Favorite Foods Day and County Fashion Revue!

Favorite Foods judges were treated to some amazing creations, including Henry Gifford's Mac n Cheese, Amelia Paulsey's guacamole, Reisa Paulsey's rice crispy treats, Melissa Osheroff's Fruit Pizza, Fiona Odonavan's carrot cake, Cassidy Rutledge's date balls, Tyler Coolidge's strawberry shortcake, and Cori Leland's lasagna. Yum! Each participant received a "gold" for their culinary mastery. The judges gave two awards for excellence in using local ingredients to Fiona Odonavan and Tyler Coolidge. A master chef medal was given to Cassidy Rutledge. Great job everyone!

Fashion Revue participants demonstrated their skills in a variety of categories. Judges reviewed garments and outfits entered in the traditional, upcycle, and purchased categories. Visitors were treated to a fashion show of all the fantastic entries. Congratulations to our Ashley Winkelman, Camilla Taylor, and Melissa Osheroff who earned the honor of moving on to represent Marin County 4-H at State Fashion Revue.

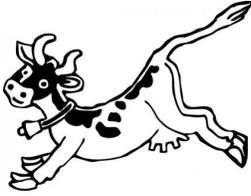


Fashion Revue and Favorite Foods Day usually takes place on the last Sunday of April. Members do NOT need to be in a sewing project or cooking project to participate, and it is lots of fun!

A Message from New Sonoma-Marin Fair CEO, Erin Post

Hello, everyone! My name is Erin Post and I am the new CEO at the Sonoma-Marin Fairgrounds in Petaluma. Let me begin by telling you a little about myself. I was a 4-H member in the Point Reyes-Olema 4-H Club and I attended school at West Marin Elementary and Tomales High School. I exhibited mostly beef cattle, but I also enjoyed other projects such as dogs, horses, sewing, baking and photography. I grew up exhibiting at the Sonoma-Marin Fair and I am excited to back home! Did you know that as a member of the Marin County 4-H Program you're able to enter your 4-H projects in our fair? I wanted to share with you that our newest Participant's Guidebook is now available online at: <http://www.sonoma-marinfair.org/entries/> You can find the guidebook as well as entries forms at the link provided. It is my hope to ensure that we keep Marin County 4-H as informed as possible about all of the events that take place at the Fair each year. This year's fair will take place from June 22-26 and our theme is 'Go Local.' I hope to see you there!

County News (cont.)



West Marin 4-H Fair & Western Weekend June 4 & 5

It's that time of year to get ready for the West Marin 4-H Fair, hosted by Pt. Reyes/Olema 4-H.

The West Marin 4-H Fair is a **great** opportunity for our member to show their exhibits and get feedback before the larger county fairs.

Members may enter many categories of still exhibits, rabbits and poultry. A complete premium book and entry forms will soon be available. In the meantime, here are the main details:

Date: Saturday, June 4th

Time:

11:00 AM—Exhibit Drop Off

Noon — Judging Begins

3:30PM — Awards Ceremony

4:00 PM — Exhibits released to participants

Place: Toby's Feed Barn, Hwy 1, Pt. Reyes Station

Families are invited to stay for live music, art reception, and the Barn Dance at 6:00pm.

Entry Deadline: May 27th

Sunday, June 5th is the Parade and BBQ, with bake sale hosted by Pt. Reyes/Olema 4-H. Come join the fun!

State Field Day 2016 May 28 * 8:00 AM to 6:00 PM

State 4-H Field Day is fun day of events and activities held at U.C. Davis for members and their families. Those who are eligible compete in State Presentation Day and State Fashion Revue at State Field Day.

There are many other activities including a plant science contest, film festival, interview contest, photography contest and MyPlate challenge.



The event draws hundreds of members and their families. The day is like a large family picnic and families bring lawn chairs and blankets, picnic lunches and take time to, visit with other members and enjoy the day.

Find out more by visiting http://4h.ucanr.edu/4-H_Events/SFD/

Club News

Alpaca Shearing

By Alexandra Coe

Nicasio 4-H

It was quite a cold, and windy day as we drove up onto the big hill of Alpaca's at Marin in Nicasio. I could already here the sounds of alpacas moaning as we got out of car. The alpacas were already in the process of being shorn and boy did they look naked without their fleece! As we entered the gated area, I noticed that there was a professional photographer and news reporter on site. I was excited, nervous, but curious at the same time.

You might be wondering how the alpacas put up with the shearing. Well, it is quite a process. As you can guess, the alpacas DO NOT like to be sheared, even though it is for their own good. So how is it that they are kept still? Well, two shearers handle an alpaca at a time. While one shears, the other holds the head. Their legs are bound by a pulley system so that they are unable to move. This is important, so that they don't get cut. As you can imagine it is quite the sight, and more often than not, they are spitting up their 'chud'.

During this display, I notice that the reporter, while intrigued seems a little confused, and turns to me to ask questions. The first question is the need for alpacas to be sheared. I told her that in addition to selling their fiber, the alpacas could become overheated in the summer, causing risk to their well being.

She was curious to learn more about the alpacas and asked what types of breeds there were. I explained, "There are two types of alpacas. The Huacaya's & Suri's. The Huacaya's are very soft, much like that of a teddy bear and the Suri's have longer and silkier fiber, which is the preferred fiber."

As I spoke the news reporter jotted down notes. Just for the record, the reporter's name was Janis Mara. Janis focused her attention to the weighing station. I explained the process of needing to weigh the alpacas before and after shearing to see how much the fiber weighed and how all this information was gathered so that Sandy Wallace would have a record of her alpaca weight. The final steps was to dust bug-repellant on their backs and confirm whether they were male or female to be sure to place in correct area on ranch.

Janis and the photographer continued to ask questions to all of the 4-H kids that were present. I was having a great time teaching them all that I knew about alpacas.

I then directed Janis to the alpacas that were not going to be sheared because of an upcoming show that they were a part off. I would be one of five 4-H kids to attend that show. A few hours later, my mom and I decided to leave as we were quite tired from all of the excitement.

The next day, in the Marin Independent Journal, on front page, Janis Mara wrote up an article about her morning spent at the farm. I was quite thrilled when I read my quote. "If you show them you have control, they will be OK," said Alex Coe, 11, a 4-H member an alpha alpaca whisperer. Being called an alpha alpaca whisperer will be one of my most memorable moments of this fun-filled day at Alpacas of Marin.

You can read the entire I.J. article here: <http://www.marinij.com/article/NO/20160404/NEWS/160409913>

And see a great photo here: <http://photos.marinij.com/2016/04/04/photos-alpacas-gets-spring-hair-cut/#6>

Club News (cont.)

Tamalpais 4-H Community Service Project

By: Julia Downing

On February 8th, I lead a project on how to make no-sew fleece blankets for Project Linus during a club business meeting. Project Linus is a non-profit that helps kids in need. They have chapters all over the country, but the blankets we made will be donated to north Marin county.

I bought fleece and pre cut them to the right shape. Then at the meeting, kids helped by cutting strips and knotting the strips. We made 6 blankets by the end of the business meeting. Around the same time we did this project Joann's coincidentally donated 3 full bags of no sew blankets to the Tamalpais 4-H club. So at the end of the same business meeting, we handed out the blankets from Joann's so volunteers could make some blankets at home and bring them back next business meeting.

Even though many volunteers took blankets home there were still more to do, so at Presentation Day we set up a table so people at Presentation Day could knot some blankets before and after they did their presentations. By the end of the day we had finished all the left over blankets. At the next business meeting, the volunteers had brought the blankets. On April ,10 we went to a Project Linus Coordinator's house and brought all the 15 blankets we had made. She wrote us a thank you note that said:

“Hi,

I just wanted to thank you all for the “blankies” that you so generously donated to Project Linus. You did a great job and I know that some children will be very happy to receive them. I will proudly call you “blanketeers” from now on!

Thanks again,

Jenny”



Club News (cont.)

Nicasio 4-H Holds Mini Search and Rescue Project

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. We are really grateful to all the people who donated their time and expertise to make it happen.

All Star Corner

I am Skye McCormick. I have been a member of the Tamalpais 4-H club for 8 years and I am a Marin county All Star. All Stars visit 4-H clubs; reach out to organizations within the community; assist in planning, and participate in, county wide event; attend the 4-H State Leadership Conference, 4-H County Council meetings, State and Sectional 4-H meetings and events, and various other 4-H activities. All Star is the highest county 4-H rank. It is based upon achievement in leadership, citizenship, publicity/promotion, and outreach

I have been working with my brother, Liam McCormick, on developing an All Star project centered around outdoor safety education. It is a collaborative effort to educate 4-Hers and, eventually, other members of the community on how to be safe in the outdoors. We have used the knowledge we have gained during our time on the Marin County Search and Rescue team to prepare presentations to deliver to Marin County 4-H clubs on outdoor safety. To finish off our project, we will write an outdoor safety booklet to stay at the 4-H office

Would you like to be an All Star? It is a great experience! All Star applications will be available mid May.

To be eligible to become an All Star, a 4-H member must:

- Be at least 14 years old
- Have earned a least gold star
- Inspire younger member and enthusiastically participate in 4-H

Tri-Valley Chicken BBQ and Showmanship Workshops



Date: Sunday, June 12th, 2016

Place: Pomi Ranch (5227 Red Hill Rd. in Petaluma) Signs will be up.

- Times:**
- Check in for workshops at 8:30 am
 - Workshops begin at 8:45 am
 - BBQ: noon-2pm
 - Clean up at 2pm

Please report the number of attendees wishing to participate in showmanship workshops. There will be no Still Exhibits. Members may bring their own animals. If members bring their own animals they do not need to wash and/or clip them.

Thank you!

Name/Names of exhibitors _____

Club _____

Small/Large Animal Workshops

Rabbit _____

Dairy _____

Poultry _____

Beef _____

Cavy _____

Swine _____

Number of people attending the BBQ:

Adult meal \$12 _____

Children (12 and under) meal \$8 _____

Please email this information back to Cindy Pomi at cmpomi@yahoo.com by June 1st.

Tri-Valley 4-H Chicken BBQ and Showmanship Workshop Day



Our chicken BBQ and showmanship day will be held on Sunday, June 12, 2016 at the Pomi Ranch at 5227 Red Hill Rd. in Petaluma.

Our workshop day is an opportunity for all 4-H members to show what they have accomplished in their projects this year. Moreover, members learn how to show what they have learned.

Please note the following guidelines:

- All exhibits must be in place by 8:30 am.
- This is a workshop day; the goal is to learn doing.
- We are offering small and large animal workshops.
- The workshops are intended to help all 4-H members prepare for showmanship at the county fairs.
- Workshops begin at 9am.

Chicken BBQ will start at noon and go until 2 pm (or until we run out of food). The adult meal is \$12 and the child's meal (12 and under) is \$8.

Donation Prize drawing: Ticket donation is a \$1. Drawing consist of many items to choose from.

Activities include: Prize walk, bouncy house, in addition to the showmanship workshops.

Come with friends and family to enjoy a day of good learning, teaching, eating and playing to benefit the Tri-Valley 4-H club.

There is no pre-registration or fee required for exhibits. Just RSVP to Cindy Pomi at cmpomi@yahoo.com by June 1st.

Record Books



The months tick by! Stay on top of your Personal Development Report (the PDR) to make completing your record book easier at the end of the year. Remember that by completing your record book, you are eligible to earn awards for your record keeping skills, recognition for excellence in a project, and star rank advancement.

If record books are new and mysterious to you (or old and mysterious) you can find lots of help on the State 4-H Website. <http://4h.ucanr.edu/Resources/Members/RecordBook/RBResources/>

In the middle of the page, you will find a link to the Quick Start Record Book Course, a narrated overview of the record book and all its components. On this page you will also find links to the Record Book Support group, and the Record Book Manual.

Haven't been filling in your forms during the year? Don't leave it all to the last minute! Starting with your PDR is the best. To jog your memory, take a look at your family calendar, your club's event and activity calendar, and back issues of The Cloverleaflet.

Here are some items that may pertain to your record book that happened in the past month:

What did you do in April? Take some time to log it in your PDR!

Date	Activity	Level	Category
4/30	Attended Camp Staff Training Weekend	C	2, 3, or 4
4/24	Attended Fashion Revue/Favorite Foods Day	C	3
4/24	Participated in FR/FF Day	C	2
4/24	Set Up/Clean Up FR/FF Day	C	4
4/24	Led Pledge at FR/FF Day	C	6
4/24	Received "Gold" award at FR/FF Day	C	7
Various	Club community service activities	I	5

Remember, other community service you have done outside of 4-H can be counted on your PDR. Two items outside of 4-H may be counted.

From the Staff

Record Book Workshop

There will be a record book workshop at the 4-H office in May (either the 12th, 18th, or 19th).

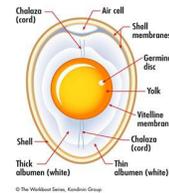
Parents, leaders, and members are all invited to come and learn about record books and the recourses available to help complete it.

We will cover...

- The Record Book Components
- Star Rank advancement
- Submitting for county evaluation (it isn't required to advance, by the way)
- Examples of state gold winners
- References available to all members and their parents/leaders

Please email Allison if you are interested in attending at alkeaney@ucanr.edu

4-H in the Classroom News



It's been a busy spring for 4-H in the Classroom!

Embryology projects are finishing up. We have visited 8 schools, helped 29 classrooms and engaged 690 students in lifecycle studies with egg hatching. Many thanks to Kyan and Kacia Walker who have visited several young students and shared their poultry expertise with them.

Students at San Pedro school in the after school program have participated in water quality workshops and iSprout, 4-H's Thrive Leadership Curriculum for ages 5-8.

In May, second graders will be testing a new science curriculum exploring polymers.

This summer, Marin 4-H will be providing training and curriculum for the summer program at Davidson Middle School, serving approximately 500 students.



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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