



OCTOBER 2016

Cloverleaflet

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Marin County 4-H Newsletter
Marin County 4-H
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Make the best better

Mark your Calendars!

October

- | | |
|-----------------|---|
| Oct 2 | Achievement Day
4:00PM
Vallecito School |
| Oct 2-8 | National 4-H Week |
| Oct 5 | National Youth Science Day |
| Oct 28 | Club Enrollment Due to
4-H Office |
| November | |
| Nov 3 | Club Budgets due to 4-H
Office |
| Nov 3 | County Council Meeting
6:30PM 4-H Office |
| Nov 11-13 | State Leaders' Forum |
| Nov 24-25 | Thanksgiving Holiday
Office Closed |

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.

Message from the President

By the time you are reading this we will be well into the 4-H year. The first meetings of the new year are always filled up with new faces and getting together with old friends and seeing what went on during the summer months. Some of you will have fair experiences to share with other members of your club whether it be how your live-stock demonstrations went or if your animal made weight. Some of your club or project members from last year may have moved on because they may have graduated from high school and they are now in college, but with any 4-H project there will be new members coming in the door and they will depend on your experience and guidance to help them along and make the 4-H experience something they will want to come back to, year after year.

For those of you who are new to the 4-H world or maybe have been around for a while, 4-H is a volunteer centric organization. There are very few paid position's in the program, which means 4-H needs parent participation to make the various clubs and projects successful. The Marin County program has always operated with volunteers mostly parents of members, and we cannot have one or two families carrying the load for the many programs being run. For instance at the Marin County Fair there was a food booth staffed by 4-H'ers an effort was made to include all the clubs in the county to fill in for volunteer spots, it is my opinion that if not for the extraordinary efforts of one particular family the food booth would not have been successful. The Camp Committee is looking for a new Chair due to the fact that Nancy O'Neil Shepardson has completed her two year term and must step down. Volunteering for 4-H activities does not take a lot of time and the more adult participation we have the more we spread the work around, so if you are reading this think about it! Thank-you,

— Pat Karinen
President
Marin County 4-H

I pledge...

My Head 

To clearer thinking

My Heart 

To greater loyalty

My Hands 

To larger service

My Health 

To better living

For my club, my community, my country and my world.



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Agriculture and Natural Resources

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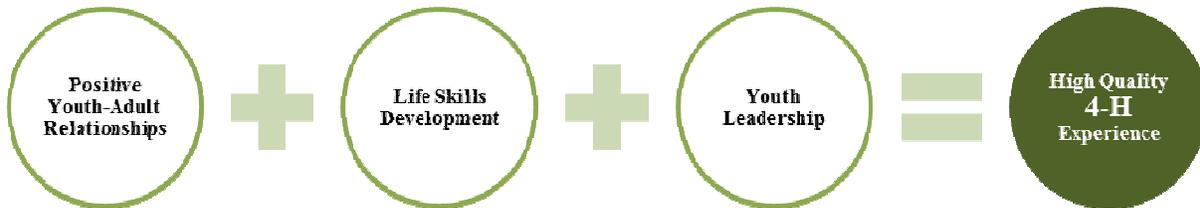
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From the 4-H Youth Development Advisor, Steven Worker

The 4-H Formula for High Quality Experiences

What is the formula to ensure youth have a high quality learning experience in 4-H? Based on research from Richard Lerner at Tufts University, National 4-H promotes the “Big 3” program elements that need to be present together in every 4-H meeting and activity.



Positive Youth-Adult Relationships are sustained over time between a young people and adults who are competent, caring, and continually available, for at least a year (such as a mentor, coach, teacher, or 4-H leader). Interactions between youth and adults must be respectful, encouraging, promote a sense of trust and belonging, and be focused on the growth and development of the child.

Life Skills Development through educational activities that target knowledge, applied skills, interpersonal attributes (self-esteem, confidence, empathy, character), and social skills (teamwork, public speaking). In 4-H, we say that our programs help youth build citizenship, leadership, and life skills!

3. **Youth Leadership** opportunities for youth participation in and leadership of valued family, school, and community activities. In 4-H, members are encouraged to serve in Officer positions, as Junior and Teen Leaders, Committee Chairs, and other informal leadership roles. This also includes youth voice in decision-making at every level: project, Club, and county 4-H activities.

By focusing on these three ingredients in every 4-H activity, youth will be growing their competence, confidence, connection, character, and caring, helping them on a pathway towards thriving and contributing to themselves, their families, and communities.

Further Reading: Richard Lerner’s 2007 book, *The Good Teen: Rescuing Adolescence from the Myths of the Storm and Stress Years*.



Regional News



4-H at the North Bay Science Discovery Day October 29, 2016, Sonoma County Fairgrounds (Santa Rosa)

Help promote the University of California 4-H Youth Development Program at the North Bay Science Discovery Day! Please register to help at the 4-H booth during the event where you will lead two activities: Cork Mobile and Boat Float. More information about the event at <http://www.northbayscience.org/>

Cork Mobile: Youth explore the basics of axels, wheels, surfaces, and motion through tinkering with cardboard, paperclips, and corks to design, make, and test cork mobiles.

Boat Float: Youth explore the basics of buoyancy and density by creating an aluminum foil boat to determine how the size and shape of their boat affects the weight that their boat can carry.

REGISTER TO STAFF THE 4-H BOOTH AT <http://ucanr.edu/nbscienceday>

Contacts: Steven Worker at smworker@ucanr.edu or Jessica Bautista at jbautista@ucanr.edu



Bay Coast Area Update—Presentation Days & C.A.L. Conference

As many of you know, the regional sections of the California 4-H program have been changed to group our counties together into four areas. Marin County is now part of the Bay Coast Area which includes Alameda, Contra Costa, Marin, Monterey, Napa, San Luis Obispo, San Mateo/San Francisco, Santa Barbara, Santa Clara, Santa Cruz, and Sonoma. The new committee is working hard on the transition and things are starting to come together. One of the big questions on everyone's mind is how this new arrangement will affect Sectional Presentation Day and C.A.L. Conference.

We are happy to find out that:

C.A.L. Conference will take place this year just as it has in the past. There will however be a date when enrollment is opened up to the rest of the state, so you will not want to delay signing up if you want to attend.

Presentation Day for the AREA will take place in two locations: one in San Luis Obispo and one in east Contra Costa County. Dates have not been decided.

To stay informed about other events and happenings, please join the California 4-H Bay Coast Area Facebook group.

Record Books!

Did you receive recognition for your record book at Achievement Day? Congratulations!

You may feel like you just finished your record book and would not dream of even thinking about it for several months.

Or, you may have seen other record books and thought, "There is no way I can do that!" Guess what? You sure can!! Record books help you keep track of all the great things you did in your 4-H years.



Start by entering your activities in the Online Record Book (ORB). You can log on to the ORB and learn how to use it by visiting the ORB page here: http://4h.ucanr.edu/Resources/Members/RecordBook/4-H_ORB/

Another great way to begin is by keep track of your activities on your Personal Development Report. You can download a copy here: <http://4h.ucanr.edu/Resources/Members/RecordBook/RBResources/>

Print a copy and keep it with your 4-H things and fill it out as you go, or download it and save it on your computer and update it there. The key is that you are keeping records of your 4-H year, not writing an annual report as the end of the year.

Here are some things you may be ready to add:

Date	Category	Activity	Level
10/2	7	Gold or Blue for Record Book	C
10/2	7	Earned Star Rank	I
10/2	6	Emcee at Achievement Day	C
various	4	Planning Committee for Club	L
10/2	3	Attended Achievement Day	C
9/22	3	Attended Officer Training	C

Club News

Tri-Valley Members Ready For National 4-H Week!

By Lucas Cheda, Tri Valley 4-H Reporter

Tri-Valley 4-H members got a jump start on preparing for the upcoming National 4-H Week. At the regular September Club Meeting, all of our members created a National 4-H Week poster with poster board, markers and 4-H cloverleaf emblems. Our members were very creative and designed very eye catching posters. Each member will hang these posters at their schools, local businesses or bulletin boards the first week of October to promote National 4-H Week. This year, National 4-H Week takes place October 2nd to the 8th and is a time to share the 4-H message to the world – Making The Best Better!



Club News

Welcoming Two New Clubs!

This month, we will be growing our program! Two new clubs are joining the Marin County 4-H family. These clubs will be at elementary schools and meetings will take place in the after school programs. Please join me in welcoming,

Bahia Vista 4-H at Bahia Vista Elementary School, San Rafael

Projects: Civic Learning & Service, Healthy Lifestyles, Science Literacy

and

San Pedro 4-H at San Pedro Elementary School, San Rafael

Projects: Chess, Civic Learning & Service, Healthy Lifestyles, Science Literacy



Clover Day! An Exceptional Day of Volunteer Development and Sharing

Clover Day is a brand new event for 4-H volunteers in Marin, Napa, and Sonoma counties. Meet fellow leaders, share ideas and strategies, and learn from one another. Morning sessions will focus on ways to make 4-H activities more engaging, while the afternoon will be filled with project specific information.

Lunch will be an inspiring keynote with Dr. Temple Grandin.

Learn more here:

http://cesonoma.ucanr.edu/Youth_Development/For_Project_Leaders/CloverDay/



ACHIEVEMENT DAY!



Thanks to all the great 4-Hers and their families who came out and joined us for Achievement Day! It was a great way to kick off National 4-H Week and celebrate the accomplishments of the 2015-2016 program year.

Awards were handed out for record books and project excellence. Those that completed the necessary requirements received their star ranks, including Emily Charlton who was awarded the platinum star. Also honored were Phoebe Blantz and Olivia Blantz who received the William H. Danforth, "I Dare You" Award, and Zoe McCormick who has earned the highest state recognition of the Diamond Clover. Outstanding officers acknowledged were Login Pomi with the Naomi McClain Secretary award and Skye McCormick with the inaugural Mike Tomasini Treasurer award.

The 4-H program is a volunteer program, led at the club level but also at the county level. While all of our volunteer leaders give selflessly of their time to all sorts of activities, a few truly stand out. This year the following adult volunteers were recognized for their contribution to the program:

Pat Duffy, *Outstanding Leader*, 'H' Lane Vaqueros 4-H

Mischa McCormick, *Meritorious Service*, Tamalpais 4-H, Marin County 4-H Camp

Matt Torrence, *Marin 4-H Hall of Fame*, Marin County 4-H Camp

The Marin County 4-H program also gratefully recognized **Larry Peter** and the **Petaluma Creamery** for their generous donation of cheese to the food booth fundraiser at the Marin County Fair with the *Friend of 4-H* award.

Congratulations to everyone!



From the Staff

Facility Use Agreement Renewal

It is the beginning of the program year and time for many to renew their club's facility use agreements.

The University of California requires a use agreement for any facility used for meeting purposes: schools, community centers, meeting halls, and such.

The facility use agreement is not a complicated process, but it does take a little time. Please contact Allison at the 4-H office to begin the use agreement process.

Thank you!



New Leader Orientation

We are pleased to be welcoming several new volunteers and project leaders to our program this year. You are the heart of our program and we are grateful for the time you are sharing with us.

Volunteers may join 4-H at any time during the year. Becoming a volunteer requires:

- Enrollment in 4honline
- A \$14 enrollment fee
- Department of Justice, LiveScan background check
- Completion of New Leader Orientation (which may be done remotely)

Contact the 4-H office if you need LiveScan forms or have questions about volunteer enrollment.

Know someone who would be a great volunteer? We have need for volunteers that just help at events too, such as fair evaluators, Presentation Day evaluators, Favorite Foods, and more!



This Newsletter is Presented by :

Steven Worker
4-H Youth Development Advisor

Allison Keaney
4-H Program Representative

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