



MAY 2012

Cloverleaflet

Make the best better

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Mark your Calendars!

**Marin County 4-H
Newsletter**

Marin County 4-H
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<http://ca4H.org>

May

May 23 County Council Meeting
Farm Bureau, Pt. Reyes
6:30 p.m.

***West Marin 4-H Fair Entries
Due to County Office***

May 26 State Field Day

June

June 2 West Marin Fair
Toby's Feed Barn, Pt. Reyes

June 10 Tri Valley BBQ
Pomi Ranch

June 20-24 Sonoma-Marin Fair

June 30-July 4 Marin County Fair

July

July 8-14 Marin 4-H Summer Camp

July 15-20 Record books due CCLs

July 27 All record books forwarded to
County office

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.

FROM THE PRESIDENT....

GPS for Personal Success

The 4-H year is drawing to a close and we are heading into the summer fair season. Our members have worked hard throughout the 4-H year. As we wind up the 4-H year, record books are due in July. Members will be taking stock of their 4-H work, tallying up the boxes in their PDR grids to see whether they will advance to the next Star rank. This is a good time for us to spend time with our members and children, to reflect on how they did with the goals they set for this year, and what their goals are for the coming year.

This year, California 4-H began its roll-out of the Thrive Program. The Thrive Program is like a 3-legged stool. The three legs are *Sparks, Growth Mindset, and GPS (Goal Setting, Pursuit of Strategies & Shifting Gears)*. In previous articles, I have written about *Sparks and Growth Mindset*. This month, I will discuss *GPS: Goal Setting, Pursuit of Strategies, and Shifting Gears*.

When we work with members on *Goal Setting*, we can help them choose goals that are meaningful, achievable and also challenging. *Pursuit of Strategies* means we help kids develop a plan for achieving those personally meaningful, challenging goals. When we talk about *Shifting Gears*, we help kids figure out what to do when things do not go according to plan--when they do not reach their goal, or their strategies do not seem to be working.

In today's competitive, over-achieving, "everybody's a winner" environment, many kids are robbed of important life skills that build resiliency, like *Goal Setting* and *Shifting Gears*. Kids become focused on appearances, on GPA, on winning at all costs. Many families gravitate to 4-H because it provides an antidote to this "everybody's a winner" mentality. Usually, in order for everybody to be a winner, it means that standards have been relaxed in order for every child to "get a trophy." In 4-H, we have found a way for everybody to be a winner AND feel the accomplishment from meeting certain standards.

The usual "everybody's a winner" mentality leads to kids giving up in the face of perceived failure, because they have not learned the life skill of persistence. In order to encourage kids who give up in the face of challenge, it is tempting to lower expectations so they can get an award. In the short term, kids may feel good because they got an award. But giving kids honors that they did not actually earn does not build self-esteem. Lowering our standards so that kids can get an award or a star actually undermines self-esteem. Kids build self-esteem by getting to the goal post, not by having the goal post moved to them. Kids build self-esteem from persisting in the face of challenge, not from having challenges removed. And kids are smart! They know when the standards been "eased" and they feel the sting of a watered-down achievement.

In 4-H, we use the Danish system for many of our competitions. In the Danish system, any member who achieves a certain level of proficiency earns an award. In the Danish system, everybody really can be a winner if they do the work and do a good job. As we work with kids on Goal Setting for the coming year, we can build their resiliency and self-esteem by encouraging them to choose challenging goals, rather than helping them figure out how to fill the PDR with things that are quick and easy, but do not present a challenge. As kids tally up their PDR's, we can foster their development by helping them figure out what they can do next year to reach their goals, build their life skills and enrich their 4-H experience.

MAKE THE BEST BETTER!
ALEXANDRA MATTHEWS

Fairs are Coming!

Fair season is just around the corner!

This is a great time to get your whites (or your new whites) if you need them.

Hats, scarves and ties can all be ordered from:

Leslie Carman 4-H Supplies

www.4hsupplies.com

888-466-9433

While the 4-H program does not require uniforms for participation, fairs often require that members “wear their whites” for showmanship, interviews and other presentations.

Other ways to prepare for our local fairs:

- Start looking at your animals and projects with a critical eye. What will you enter?
- Be sure to allow plenty of time for your project leaders to sign your entry forms.
- Make sure you put all the important dates on your calendar: when entries are due, when exhibits need to be delivered, when you will show your animals, when you will have your interviews and so on.
- Practice any presentations you may be giving.
- Be sure your exhibits are neat, clean and the best presentation of your skills.



Council Meeting

May 23, 2012

6:30 p.m.

Farm Bureau, Pt. Reyes

This final County Council meeting of the year will include elections and our annual pot luck.

Agenda items include:

Proficiency Program

West Marin Fair

State Field Day

Planning the New 4-H Year

End of Year Business

Update Your PDR!!!

<u>Date</u>	<u>Activity</u>	<u>Category</u>	<u>Level</u>
Various	Served on Easter Egg Hunt Committee	4	L or C
Various C	Assisted at Easter Egg Hunt		5 L or C
Various	Embryology Prep Assistance	4	C
Various	Embryology Classroom Visit	5 & 6	C
Various	Formal presentation at Club Meeting	6	C

West Marin Fair June 2, 2012 Pt. Reyes

The West Marin 4-H Fair will be enjoying it's new location at ***Toby's Feed Barn*** in the heart of the action during Western Weekend in Pt. Reyes.

The Fair will run from 11:00 am until approximately 3:00 pm.
Exhibitors may check in starting at 10:45 am.

This a fun fair where our members can enter their projects from the 4-H year, show their animals and get great feedback that will help them prepare for the county fairs.

Exhibitor's Guidebook and Entry Form are located at:
<http://ucanr.org/4hfair>

ENTRY DEADLINE IS MAY 23rd!!!

You may fax your entry to 415-473-4209

**Entry fees are not required
gratefully accepted.**

but donations are



Club News

SAN RAFAEL 4-H TO VISIT OLOMPALI

**Sunday, May 20th
Heritage Day at
Olompali State Park, Novato**

San Rafael 4-H will be sharing animals with visitors to Olompali State Park. Come out and visit them and perhaps lend a hand.

There are many exhibits and demonstrations to be seen as well as the Olompali grounds to explore.

Tri-Valley Chicken BBQ

June 10th

By Gavin Harding

The first annual Tri-Valley chicken barbeque and showmanship workshop day will be held at the Pomi deer camp on Sunday June 10th, 2012 starting at nine in the morning.

There will be many fun activities and even practice showmanship for covies, rabbits, and dairy. Finally, there will be a drawing for a hand-made quilt! Altogether it's going to be a load of fun and a very good time with friends. The food is going to be great also, so the Tri-Valley club invites you to come out, eat and have some fun!

Hopefully, I'll see you there!



COUNTY WIDE SEWING PROJECT: Finishing our Seams!

The newly formed county-wide sewing project is finishing up the year. We have had three meetings and have made napkins, skirts, doll clothes, dresses, log cabin quilt squares and scrunchies!



AND... we have plenty of ideas for next year! Look for more information during 4-H enrollment time in August to see how you can join. Come see our handiwork at the West Marin 4-H Fair on June 2nd.

From the Staff

NEW FOOD SAFETY FOR VOLUNTEERS!

Jane Chin Young

Adult 4-H volunteers are invited to participate in the field-testing of an updated, enhanced online version of the food safety curriculum "Make It Safe, Keep It Safe." The testing is part of my sabbatical study to create a framework for delivering effective, efficient online training for staff and volunteers.

Each club that prepares and serves food on behalf of UC and 4-H will need to have at least one leader trained in food safety. Leaders who participate in the field-testing will meet this requirement. Information needed includes: email address, name, and county. This information will be used only for tracking purposes. Field-testing is expected to begin in late June. The estimated time to complete the training is 45 minutes to 1 hour. The enhanced version will be Power Point based, and will include activity demonstrations. Participants can send their emails and names to me at: jchin@ucdavis.edu. If you have questions or comments, please feel free to contact me. Thank you in advance for your consideration, and for your interest in food safety education.



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/>.

Even if you are not competing or presenting, come and enjoy the photography display, State Presentation Day and State Fashion review. Look at the exhibits and try your hand at judging. Bring a picnic lunch and hang out on the grass, meeting 4-Hers from around the state.

Enjoy!

This Newsletter is Presented by :

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4-H Advisor

Allison Keaney
4-H Program Representative

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