



FEBRUARY 2014

# Cloverleaflet



Make the best better

**INSIDE:**

<b>C.A.L.</b>	<b>2 &amp; 4</b>
<b>Camp:</b>	<b>8</b>
<b>Club News:</b>	<b>4</b>
<b>Smoking Policy:</b>	<b>7</b>
<b>Uniform Contest:</b>	<b>5</b>
<b>Update your PDR:</b>	<b>3</b>

<b>February</b>	
Feb 23	County Presentation Day Vallecito School
<b>March</b>	
Mar 20	Farm Day Marin Civic Center 9:00—11:30 A.M.
Mar 29	Sectional Presentation Day U.C. Davis (all day)
<b>April</b>	
Apr 27	Fashion Revue Favorite Foods Day Vallecito Elementary School
<b>May</b>	
May 8	100th Anniversary UC Cooperative Extension
May 31	State Field Day State Presentation Day State Fashion Revue U.C. Davis

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>

*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.*

## *Mission Possible For Everyone*

CAL Conference 2014

Rachael Metzger

Tamalpais 4-H Club

As soon as I arrived at CAL Conference, held at Walker Creek, I felt at home. Not only because the songs and games were similar to those at 4-H camp, but also because of how welcoming everyone was. All the attendees were broken up into different cabins regardless of their age or county. I liked the blend of counties because it allowed me to get to know others outside of Marin. Although I was one of the last ones to arrive at my cabin, I was immediately welcomed and included.

CAL Conference is only two nights so we were swept up and sent to assembly right away to get introduced to all that CAL has to offer. Over the next day and a-half there was a large variety of workshops, speakers and activities. For example, my first class was on bullying. We played games to get to know each other, made skits to demonstrate bullying, techniques to protect ourselves and had discussions about our own experiences.

One of my favorite adult speakers was Scott Mautte. He talked to us about being leaders of today, and how children and teens can lead in an adult-led community. There was many other workshops and speakers on subjects including how to make business plans, working in a team to complete a project that will effect the bigger whole, how to stay organized and reduce your stress.

Another large part of CAL was the social aspect. When 4-Hers that all have similar interests are put together, it is easy to socialize. Cabin time was a chance to get to know your bunkmates better, chat and create fun skits. I became friends with all my cabin mates and I am still in contact with a couple of them. Seeing how quickly I bonded with those in my cabin, I wish there had been more time to get to know the others.

An event that got everyone excited was the dance! Since this year's CAL Conference theme was "Mission Possible," the dance was a masquerade ball. The dance was a blast, with lots of snacks and a choice of games for those who didn't feel like getting on the dance floor. One thing that I really enjoyed about the dance was the level of participation. There were games played, we danced both a waltz and a swing that we had been taught in a session earlier that day. Afterwards, everyone headed back to their cabins. I was happy and ready for a good night's sleep.

I learned many skills at CAL Conference, some that I have already put to use, like how to stay organized! I gained knowledge about public speaking, leadership and how to stay on track in everyday activities. My most important take-away was the realization of how much all 4-H members can learn from one another and then share that knowledge with the younger members of their clubs. I would suggest CAL conference to any 4-H member that wants to have a great weekend filled with informative workshops and awesome people! I hope to see you there next year!

# Update Your PDR

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

Date	Activity	Level	Category
1/21	C.A.L. Conference Orientation	C	3
1/22	ORB Training	C	3
1/24—26	C.A.L. Conference	M	3 or 4
1/30	Attended Council Meeting	C	3

*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.*

## Presentation Day is Coming!

**Marin County Presentation Day  
Sunday, February 23, 2014  
Vallecito Elementary School  
50 Nova Albion Way, Terra Linda  
2:00 p.m. to 4:00 p.m.**

Registration for Presentation Day is due soon! The deadline is February 18th to have all registration forms into the office.

There are many different kinds of presentations that our members can do. Newer members are often reluctant to try Presentation Day because they are nervous about standing up in front of others and talking, but at there are many types of presentations that involve little or no talking, including posters and displays. Get in there and try one!

***Parents: clubs are asked to send one judge for every three entries. Judging is fun and easy! We will provide an orientation at the beginning of the event. We are need area chairs as well and youth members can serve in this capacity.***

Forms and agenda are posted on our county website at:  
[http://cemarin.ucanr.edu/Programs/4-H\\_Program/Presentation\\_Day\\_426/](http://cemarin.ucanr.edu/Programs/4-H_Program/Presentation_Day_426/)

***\* Please note that Favorite Foods will NOT be a part of Presentation Day this year, but will take place on April 27th!***

## Club News

### C.A.L. Conference By Lucy Schafer

My name is Lucy Schafer and I am in my 4th year at the Tamalpais 4-H club. This year I was old enough to go to the C.A.L. (Creating A Leader) Conference at Walker Creek. While I was there attended workshops, met new people and went to a dance.

One of the workshops was about Healthy Living. I learned that you need at least 30 minutes of exercise each day. It is also a great way to meet new people! In my cabin there were 9 people. I made friends with three of them. I am so excited that I may be able to connect with them again. The staff were happy and very helpful. This made me feel more comfortable and ready to learn. Overall I was very tired when I got home! One of my favorite sayings that I learned was "Don't ick my wow." I would recommend this conference to everyone!

### Light Up a Life Cameron Harding Tri Valley 4-H

On Friday December 6th, 2013, Hospice of Petaluma hosted a Tree Lighting Ceremony. Tri Valley 4-H helped with the tree lighting event by putting candles in little silver stars and passing them out to all of the people who came to the event. We do this every year and the other members and I enjoy it very much. In their ceremony many people go on stage and give speeches like the Mayor of Petaluma. It all starts at 7:00 and they have lots of good music, of course the highlight is at the end when they light up the big trees and everyone sings together. This is a great community service and I think it means a lot to the many people who come and participate, as well as those that benefit from Hospice which is a great organization.

### State Field Day May 31, 2014 8:00 A.M. to 6:00 P.M. U.C. Davis

Mark your calendars! The event offers multiple contests, activities, and exhibits for 4-H members, volunteers, staff, and families. This year there will be plant science, photography, a film festival and a My Plate Challenge. The complete event packet and registration details can be found at: <http://www.ca4h.org/Programs/Events/SFD/>.

Included in these great events at State Field Day are State Presentation Day and State Fashion Revue. Those who qualify at the county and sectional levels may compete at these events.

This is a fun filled family day. Check it out!

## Other News

### **New Uniform Contest!**

**Proposals due April 18, 2014, 9pm.**

**If you've always complained about the uniform, now is your chance to have a voice in changing it!**

In response to 4-H members' and volunteers' input and desire to explore options for a new uniform, the State 4-H Incentives and Recognition Advisory Committee is facilitating the process to adopt a new uniform. It is important to all that the new uniform maintains 4-H tradition but is an updated, comfortable, and easy uniform for today's youth. The new uniform should make 4-Hers recognizable. The new uniform must continue to allow 4-Hers to exhibit their recognition pins and emblems. The uniform must meet the needs of certain projects. For instance, certain animal projects require boots, long pants, and/or long sleeves. Uniforms should also be affordable for all members.

The policy on 4-H attire will remain the same and states that, "There is no uniform requirement in the 4-H YDP and a uniform cannot be required for participation in any 4-H YDP sponsored activity, event, meeting or occasion. 4-H YDP staff will inform other sponsoring organizations that the 4-H YDP does not require uniforms."

### **4-H Uniform Contest Rules**

Currently enrolled 4-H members may enter the contest.

Proposals are due by **April 18, 2014, 9 pm.**

Multiple entries from one member are allowed.

Submissions will be evaluated by an ad hoc sub committee appointed by the State 4-H Incentives and Recognition Advisory (I & R) Committee. This committee will be comprised of three youth members, one adult volunteer and one staff member. The ad hoc group will make recommendations to the I & R Committee who will then prepare multiple uniform options for voting by all registered members and adults.

You do not need to be present at State Field Day for your uniform idea to be selected.

The evaluation committee and the I & R Committee reserve the right to take features of one uniform submission and combine it with features from another submission.

Members will be recognized for their selected and winning contributions in the Updates Newsletter, on the State 4-H Website and through our social media networking platforms.

(continued)



## How to Enter

Submit your proposal electronically by **9 pm, April 18, 2014**. A proposal must include a written description of the proposed uniform and may also include sketches and/or photos of the proposed uniform that can be uploaded onto the contest survey site. Submit your proposal here: <http://ucanr.edu/survey/survey.cfm?surveynumber=12195>

Submissions will be evaluated using the following criteria:

**Affordability and Availability.** Uniforms have to be affordable to all members. The uniform pieces must be generally available or easily produced.

**Serviceability and Comfortableness.** Uniforms need to be comfortable and functional for all 4-H activities, from showing livestock to giving presentations.

**Adaptability.** Uniforms should be adaptable for weather and project needs. For instance, there could be long and short sleeve options. There could be different options for younger members (e.g., green hat) and older members (e.g., no hat, but need something else that displays pins and emblems).

**Professional Appearance.** Uniforms should be easily recognizable and easy to keep clean.

**Ability to Exhibit Recognition/Awards.** Uniforms should allow for the display of pins, emblems, etc.

**Traditionalism.** Uniforms should incorporate the 4-H colors and the 4-H emblem. The 4-H colors are white, to symbolize purity, and green, to represent growth. The 4-H emblem is the green clover with four white Hs.

## Voting Process:

Voting will begin at State Field Day, May 31, 2014 and will end on June 15, 2014 at 9 pm. Photos or sketches of the uniform options will be displayed at State Field Day and also posted on the State 4-H Website on May 31, 2014.

Voting will be by survey in the 4-H Online Record Book (ORB). This will ensure that there is only one vote by registered youth member or adult volunteer.

At State Field Day, you can vote by going to the computer lab to log into your ORB page. It will be important for you to know your log-in and password to ORB. If you do not know this information, please follow the instructions on the ORB Login Help reference: <http://4h.ucanr.edu/files/121045.pdf>. If you still need assistance, contact your county UCCE office for support.

If you will not be attending State Field Day, you can still vote by log-in to your ORB page from any computer, until June 15 at 9 pm.

If you also take your ORB surveys in the computer lab, you will receive a \$10 gift card for completing your surveys that day. (All other ORB survey incentives still apply).



## IMPORTANT NON-SMOKING POLICY REVISION FOR ALL IN OUR 4-H FAMILY....

### UC, ANR and 4-H Smoke and Tobacco Free Policy

On January 1, 2014, all UC campuses and facilities, including ANR, are completely smoke & tobacco-free, and the use of cigarettes and all tobacco products is no longer be permitted on any UC ANR property. This includes buildings and structures, grounds, parking structures, enclosed bridges and walkways, sidewalks, parking lots, and all property that is **owned, operated, leased, occupied, or controlled** by ANR. As well, smoking is prohibited in parked and moving vehicles while on grounds owned, leased, or under the control of ANR.

4-H had an existing policy prohibiting the use of tobacco for 4-H adult volunteers and youth members. The policy has been updated to include parents/guardians and other participants and to explicitly mention smokeless tobacco products, e-cigarettes and unregulated nicotine products.

Below is the current 4-H Policy on Alcohol, Drugs and Tobacco (Chapter 11, IX).

The following policy applies when youth, adult volunteers, parents/guardians and participants are participating in the 4-H YDP and while performing 4-H YDP duties at non-4-H events.

Participation in 4-H Activities and Non 4-H Events

- Adult volunteers shall not consume or be under the influence of alcohol, illegal drugs or tobacco while performing their 4-H YDP duties.
- Adult volunteers shall not be impaired by legal drugs while performing their 4-H YDP duties.
- Adult volunteers and 4-H YDP staff will not allow alcohol, illegal drugs or tobacco use.
- The use of alcohol, illegal drugs, smoking and the use of smokeless tobacco products, e-cigarettes and unregulated nicotine products is prohibited.

For the ANR Policy and associated FAQ go to: <http://ucanr.edu/sites/anrstaff/files/181051.pdf>

For the 4-H Policy and associate FAQ go to: <http://4h.ucanr.edu/Administration/Policies/Chapter11/>

## Got ORB?

On January 22, Marin 4-H leaders and youth members attended Online Record Book training given by Scott Mautte from the State 4-H Office. Participants worked through accessing the ORB, logging events and working with the PDR. Great discussion were had over privacy concerns, consistency and visibility of data. Also reviewed were upcoming fixes to problems areas.

Have you checked out the 4-H Online Record Book lately? Did you know that there are over 6000 users across the state using ORB to complete their record books? Did you know that 4-H members in EVERY county are using ORB? To find out what is fact and what is fiction about ORB, check out the ORB MythBusters on our website at <http://4h.ucanr.edu/files/176241.pdf>



# From the Staff

## Did you know that UC Cooperative Extension is Turning 100!

On May 8, 2014 the University of California will celebrate the 100th Anniversary of the signing of the Smith-Lever Act which established a system of cooperative extension services connected to the land grant universities across the country. The purpose was to put the latest information and developments in agriculture and home economics into the hands of the people.

Today, University of California, Agriculture and Natural Resources through Cooperative Extension draws on local expertise to conduct agricultural, environmental, economic, youth development and nutrition research that helps businesses and families thrive.

As you know, 4-H is part of this fantastic network of cooperative extension which also includes Farm Advisors, master Gardeners and Horticulture Advisors.

To see more about our Anniversary Celebration, please visit:

[http://cemarín.ucanr.edu/Centennial\\_Celebration/](http://cemarín.ucanr.edu/Centennial_Celebration/)

## Marin County 4-H Summer Camp July 13-19, 2014 July 20-26, 2014

### Las Posadas State Forest Angwin, California

The adult and youth staff application packets are now available online and are due to the **Marin County 4-H Office by February 15th.**

Camper applications will be available beginning **April 1st.**

Please note that all adults and camp youth staff are required to attend a training and work weekend May 9-11, 2014.

Please visit:

[http://cemarín.ucanr.edu/Programs/4-H\\_Program/4-H\\_Summer\\_Camp/](http://cemarín.ucanr.edu/Programs/4-H_Program/4-H_Summer_Camp/)

Questions? Please email:

[Marin4Hcamp@aol.com](mailto:Marin4Hcamp@aol.com)



**University of California**  
**Agriculture and Natural Resources**

This Newsletter is Presented by :

Jane Chin Young  
4-H Advisor

Allison Keaney  
4-H Program Representative

The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability medical condition (cancer-related or genetic characteristics) ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (covered veteran are special disabled veterans, recently separated veterans, Vietnam era veterans, or any other veterans who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized) in any of its programs or activities. University policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's non discrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California Agriculture and Natural Resources, 1111 Franklin Street, 6th floor, Oakland, CA 94607-5200, (510) 987-0096