



**UC Cooperative Extension
Humboldt County
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Sandy Sathrum
4-H Program Representative**



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web site: <http://cehumboldt.ucdavis.edu>

**NYS 3/16/13
8:30 A.M. CR**

CALENDAR OF EVENTS (Local Events in **Bold**)

March 1-2, 2013	UC Davis CA&ES Field Day		UC Davis
March 1, 2013	Fieg-Tucker Scholarship Due	5:00 pm	4-H Office
March 2, 2013	Video Production Workshop	1:00-5:00 pm	Red Bluff
March 9, 2013	Video Production Workshop	1:00-5:00 pm	Ukiah
March 16, 2013	Northcoast Youth Summit (p4)	8:30 am	College of the Redwoods
March 20, 2013	Emerald Star Applications Due		Ag Center
March 23, 2013	ORB Training (p10)	9:00 am-12:00 noon	
March 23, 2013	Pygmy Goat Day	10:00 am	Red Bluff
March 24, 2013	4-H Horse Show (p10)		Humboldt Co Fairgrounds
March 25, 2013	County 4-H Leaders Council Meeting (p4)	6:30 pm	Ag Center
April 13, 2013	Sectional Presentation Day (p7)		Lake County
April 16, 2013	Soliciting Buyers Training (p7)	5:30-7:00 pm	
May 11, 2013	Tour of the Unknown Coast (p10)		
May 20, 2013	County 4-H Leaders Council Meeting	6:30 pm	Ag Center
May 25, 2013	State 4-H Field Day	8:00 am—6:00 pm	UC Davis
June 14-18, 2013	California Focus (p10)		Sacramento
July 25-28, 2013	4-H State Leadership Conference		UC Davis
November 8-10	State 4-H Leaders' Conference		Sacramento

See pg 2 for State 4-H updates of event and funding dates and deadlines

State 4-H Updates!



State Field Day Events on May 25, 2013 at UC Davis
State 4-H Field Day Educational Exhibits - Applications due **April 1, 2013** <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=9588> Educational exhibits and displays include hands-on activities, community service crafts, informative booths, etc. Contact Megan Oats at msoats@ucdavis.edu for more information.

State Fashion Revue information, registration and categories as well as the service project are online at <http://www.ca4h.org/Programs/Events/SFD/SFR/>.

Special Recognition Pin at 2013 State Presentation Day for youth who focus their presentations on healthy living. This year's focus area is physical activity. For details visit: http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities/

4-H MyPlate Photo Challenge at 2013 State Field Day
We invite you to submit a photograph illustrating how you're creating healthy meals using MyPlate as a guide.. More details about this contest can be found at: http://www.ca4h.org/Programs/Events/SFD/4-H_MyPlate_Challenge/

Golden Clover Awards 2013 - nominations will be available online this year in early March. All nominations will be due on **May 1, 2013 by 11:59 pm**.

Higher Education Scholarships 2013 applications will be available online this year in early March. All applications will be due on **May 1, 2013 by 11:59 pm**.

4-H Advisory Committee applications for the 2013-14 program year are now being accepted. The committees of 4-H members, volunteers and 4-H YDP staff offer insight, review and input for the operation and management of the statewide 4-H YDP. Please note that there is now an [online](#) option to apply. We advise applicants to read the [advisory committee descriptions](#) for additional materials that may be required depending on the committee. **Applications are due to the CA State 4-H Office postmarked by May 31, 2013 or online by 11:59pm on May 31, 2013.** For more information, see: http://www.ca4h.org/Administration/Advisory_Committees/

California Focus -June 14-18, 2013 in Sacramento at the Holiday Inn. California Focus is a unique citizenship educational experience that combines hands-on participation in workshops, debates, and simulations with speakers, tours, fun activities, and new friends from across California. <http://ucanr.org/sites/UC4-H/Projects/Citizenship/Focus/CF/>. **Online Registration Deadline is March 15, 2013**

4-H State Leadership Conference 2013 – July 25-28, 2013 at UC Davis. Celebrating 100 years of California 4-H. This year's theme: *"There's no place like 4-H"* brings together high school youth from across California in a four-day leadership training, networking, and learning experience. For more information visit: <http://www.ca4h.org/Programs/Conferences/SLC/>

State 4-H Leaders Forum - Awesome Time – November 8-10, 2013 in Sacramento. Join your fellow 4-H leaders and staff for an

awesome experience, a networking opportunity, and a celebration of your 4-H commitment. Check out the web page <http://ucanr.edu/slf2013> for information.

HEALTHY LIVING

New Healthy Living Officer Position can be added to any club. Starting in the 2013-2014 program year California 4-H will be adding a Healthy Living officer position to the 4-H Officer Manual. This officer will serve as the club's ambassador for health and safety. The *Choose Health Officer Guide* developed by Cornell University Extension outlines lots of ideas and can be found at: <http://www.ca4h.org/Programs/Clubs/Officers/>

Youth Physical Activity Guidelines Toolkit provides ideas to help youth meet the recommended 60 minutes of physical activity a day that children and adolescents aged 6-17 years should have. <http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines.htm>

The Great American No Bull Challenge is the first, student-led National video contest and Teen Video Awards show dedicated to bullying prevention and promoting empathy, respect and inclusive communities using the power of music and the magic of filmmaking. Middle and high school students will have 4+ months to create a 2-5 minute video or 30-60 second PSA with a digital responsibility or a bullying prevention theme and submit their video to the NO BULL Challenge no later than **April 30, 2013 at 11:59 PM (PST)**. Check out <http://nobullchallenge.org/campaign-toolkit> to learn everything you need to know.

Eating Healthy from Farm to Fork Curricula
Content revisions and updated formatting on the Eating Healthy from Farm to Fork grade-base (Kindergarten, Grade 1 and Grade 2) curricula are nearly complete! Updated training and delivery support materials for these three curricula (Power Point presentations, poster templates, flyers, name tags, etc.) will also be available. Contact Anne Iaccopucci at amiaccopucci@ucanr.edu for questions.

SCIENCE, ENGINEERING, and TECHNOLOGY (SET) 2013 4-H Film Making Statewide Project, supported by BestBuy. March 2 in Red Bluff & March 9 in Ukiah. Register at <http://www.ca4h.org/Projects/SET/Tech/CTLT/Film/>

For 4-H members (age 13-19), volunteers, and staff to learn how to produce films. The goal of the 4-H Film Making Project is to enhance technological literacy of 4-H members by helping them learn the basics of film production including storyboarding, filming, and editing. Our goal is to have 4-H members produce films that feature how 4-H is impacting their community (for example, 4-H Revolution of Responsibility projects) and recording 4-H alumni and creating films featuring the "Voices of 4-H History" for the CA 4-H Centennial.

Apply by May 31st to the California 4-H Technology Leadership Team <http://www.ca4h.org/Projects/SET/Tech/CTLT/> Candidates must have some type of technology experience which could include photography, video, website design, social media, GPS/GIS, computer support, graphic design, 3D imaging, smartphones, or programming. The California 4-H Technology Leadership Team is composed of 8-15 4-H members, volunteers and staff who serve a 14-month term starting July 1. Candidates must be 16 years of age.



4-H is a community of young people across America who are learning leadership, citizenship and life skills.

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Key Assets in 4-H Youth Development BUILDING SUPPORTIVE RELATIONSHIPS



As was shared in January, current research indicates that there are five youth development practices or supports and opportunities that young people should experience in all major settings in which they spend time, including 4-H. These five supports and opportunities include: 1) safety; 2) **supportive relationships**; 3) meaningful youth participation; 4) community involvement; and 5) skill building activities.

This month we will focus on relationship building. Relationship building is the development of caring, supportive relationships between adults and young people, and among young people and their peers. Research tells us that the presence of supportive and caring adults in a young person's life is the leading indicator of his/her future success. **Relationship building means that young**

people:

- Experience emotional and practical support from adults and peers
- Experience guidance from adults
- Build knowledge of adults and peers

Here are **five things you can do** now to encourage relationship building:

1. Make sure that each young person has one adult who knows him/her well.
2. Begin each meeting with a check-in circle and let each person speak briefly.
3. Develop group agreements.
4. Hold a conflict resolution training for young people.
5. Participate in a training that focuses on group process and collaborative learning.

Here are **a few indicators** to know if you are creating a supportive environment for building relationships?

- All youth are greeted by adults.
- Youth are asked about their interests, skills, and passions (sparks!).
- During activities, adults generally smile, use friendly gestures, and make eye contact.
- Youth exhibit inclusive relationships with everyone in the program, including newcomers.
- To help youth understand and resolve conflicts and negative behavior, they are encouraged to examine the relationship between their actions and consequences.
- Youth have structured opportunities to get to know each other.

Set at least two goals for building relationships in your work with young people and assess whether these indicators are present. All youth seek to learn and grow but they have needs that must be met – building relationships is one of those needs. **Next month** we will explore youth participation.



NORTHCOAST YOUTH SUMMIT

“Illuminate Your Future”
College of the Redwoods
Saturday, March 16th, 2013

Join the 300 youth and adults to register for this incredible event. Don't miss your chance to attend. Register today for the **Northcoast Youth Summit at College of the Redwoods on March 16th from 8:45 AM- 4:00 PM**. All High School youth, 7th & 8th graders, and adults who work with youth, in any capacity, will get stoked to make change happen, investigate career opportunities and gain leadership skills! This inspiring and FUN day will include two keynote speakers, 48 workshop choices, a service project, a photo booth, lunch and lots of door prizes. You will meet lots of teens from the North Coast and beyond!

For a complete listing of workshops, full registration materials and detailed information check out the www.ysummit.org website, call the 4-H Office at 445-7351 or email sksathrum@ucanr.edu. Space is limited. Over 150 are already signed up. Early registration receives preference and a lower price. Sign up today!

Call your friends and fill the car!

RANKING SYSTEM: STAR AWARDS

Part of the 4-H fun of learning is measuring your progress. The Star Awards in 4-H are designed to help you plan attainable objectives and to measure the progress you are making toward those objectives.

The Star Award is a program unique to California. Bronze, Silver, Gold, Emerald, Platinum, and All-Stars are awarded at the county level to 4-H members in recognition of their achievements. There is no time limit for achieving a star rank, and there is no limit to the number of Bronze, Silver, Gold, Emerald, Platinum, or All-Stars a county can award.

Star ranks are based on individual member's participation. The member sets goals each year to work toward Star Awards. If the award is not reached in that year, the totals are added to the next year. Star Ranks are designed to encourage members to participate in a wide variety of activities over a number of years and to gain confidence and proficiency in life skills.

CLUB PIN ORDER

Due March 10th, 2013

The State 4-H Pin order deadline has been posted and in order for our order to get to them on time, club orders must be in the 4-H Office no later than **March 10th**. Forms have been sent to all club leaders. The State Office is no longer subsidizing pins so our county order must be sent in by mid-March to All Action. Please contact the 4-H Office for more information or forms, 445-7351.

COUNTY LEADERS COUNCIL MEETING

March 25th at 6:30 PM at the Ag Center

Fortuna 4-H will host the March meeting. Event reports will be shared with opportunities available for celebrating the centennial and other county events. Nominations for Council Officers will be presented! Important decisions affecting all of 4-H are made at these meetings. We look forward to your club being well represented in the decisions and plans being made by the county 4-H program.

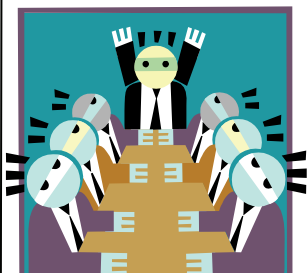
NEW REQUIRED COUNCIL POLICIES

At the 2012 January meeting of the County Leaders Council two new policies were adopted that will be required for the **2012-2013 club year**. **All clubs need to add these policies to their by-laws** and share the information with all leaders and members.

The policy on **Attendance minimums for exhibiting at fairs**: ***“To be eligible to show at fairs, members must be enrolled by December 31st AND attend 60% of community club meetings (with a maximum of 2 make-up meetings: one being a County Council meeting and the other at the discretion of the club).***

The policy on **Awards for Club and County level**. ***The recommendations of the Incentives and Recognition Committee for Awards at Club and County level is a spreadsheet that will serve as the policy on awards for all clubs and project groups.*** A copy will be given to all club leaders and is posted on the County 4-H Website. The purpose of the policy is to provide information on what awards can be achieved at these levels and standardization between all clubs.

NOMINATIONS FOR COUNCIL OFFICERS



The nominating committee is looking for youth and adults to fill the offices of the County 4-H Leaders Council. If your club has a teen leader or an adult who you think could serve in this role, please contact the 4-H Office. Council Officers serve a one year term. To have the best representation we need **each club to nomi-**

nate one member who could serve. Officer nominees are to be presented at the March Council meeting and elected at the May Council meeting. We have 12 positions to fill. They include President, President-elect, Secretary, Treasurer, (4) At Large Adults and (4) At Large Youth. Job descriptions can be obtained from the 4-H Office. Contact Susan Regli with your nomination or the 4-H Office.

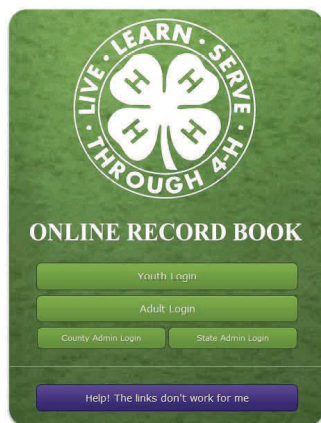


RECORD KEEPING—A LIFE SKILL

By Sandy Sathrum

Record keeping is one of the 4-H Life Skills you will use throughout your life; just ask anyone working on their taxes. Record keeping is important to develop good organizational habits and use your creativity. Well-kept records provide short-term goals to meet club requirements, complete project work, show at the fair, and provide opportunities for star ranks and special recognition. Long-term rewards include career opportunities, scholarships, and leadership opportunities at county, regional, state and national levels. Record keeping skills help members:

- Plan and reach goals
- Celebrate accomplishments.
- Recognize growth and expertise
- Account for the investments of time, energy and money
- Keep a record for future needs (jobs, scholarships, etc.)
- Develop organizational skills
- Increase discipline and responsibility
- Plan for wise use of resources.



Inside this issue of the GRAM is information on completing your 4-H records using the printed forms and information on using the new online record book system. Whatever method you choose, there are great benefits for you!

4-H THRIVE TRAINING FOR ALL CLUBS

March 24th, 12:30 – 3:30 PM

Ag Center Auditorium

On Sunday, March 24th Scott Mautte, State 4-H THRIVE Trainer, will be at the Ag Center to assist our clubs with the THRIVE project. Whether you currently have a leadership project or not, send a team from your club to learn and be trained in these leadership materials that will enrich your youth and enhance the work of your club and project groups.

Annette Nickols will soon be helping to coordinate the THRIVE Leadership Project from the county office. She will work with your club team and project leaders to implement this exciting curriculum with our older youth.

4-H Thrive will standardize how 4-H helps young people to reach their full potential through intentional, step by step lessons. The components of the THRIVE: competence, caring, contribution, confidence, character and connection are being implemented in all of 4-H. Support, coaching, and continuous training for volunteers and staff are being provided through a Monthly Newsletter entitled the Monthly Morning Memo and an online blog called 4-H Volunteer Café.

CALIFORNIA 4-H CENTENNIAL BEGINS

HERE!

Tips and Tools in the Party Pack

Humboldt County was the birthplace of 4-H in the state of California and our year of celebration events and activities leads the way! The California 4-H centennial marks 100 years as an innovative, research-based youth development program. The centennial offers us the opportunity to celebrate our past and create our future. Your ideas are welcome!

To assist in celebrating the centennial, a California 4-H Centennial Party Pack has been developed. Just go to www.ca4h.org and click on the Centennial Logo to access the resource page. You will find logos in different file formats for use on flyers, banners, t-shirts and other merchandise and a sample flyer, fundraising letter, invitation to an event, press release, alumni outreach letter and proclamation.

Use of the official logos and marketing materials will increase the impact and power of the centennial across the state. The tips and guidelines are helpful tools for maximizing the use of these materials. Let's take this opportunity to create a **highly visible** 4-H Centennial Celebration.

CELEBRATE THE CENTENNIAL!

Momentum is building for celebrating our 4-H centennial continue moving forward! And your help is needed. Read the list below and let us know where YOU can be involved!

Parade coordinator for your club! Cristal Wilson and Wanda Ackley are coordinating county efforts to develop items that can be used in all parades in all communities. They need a person from each club to plan with them. **Vehicles for the entries are also needed.** If you have any suggestions, please call!

4-H Welcome signs – Does your community have a sign? Is it in good repair? The Millers and Gary Markegard are working on the county sign.

Redwood Acres and Humboldt County Fair celebratory events – Planners are need to lead a service project followed by an ice cream or other social at the fair. This could be an Emerald Star project.

Collecting stories – 4-H past leaders and members are needed to record stories about how 4-H has influenced their lives.

Photos and displays – All clubs need to complete their club backboards. Assist with collecting and compiling historic photos and memorabilia for display at community events and the Clarke Museum this fall. Use your creativity to help make displays.

Call the 4-H Office or email skathrum@ucanr.edu to join the celebration!

WELCOME ESTHER TROSOW!

There is a new voice on the phone and a new face in the office... Esther Trosow. Esther is our new UCCE office assistant and is learning a lot about 4-H! Give her a warm welcome!

COMPLETING 4-H RECORD BOOKS

Members: 4-H Members are responsible for completing and turning in their record books to the club leader **every** year. A pin and stripe is earned for satisfactory year of completion of the record book. Star Rank awards can be earned using the Personal Development Report (PDR) form. Club leaders review these records and recommend the rank awards. Books submitted to the county level can compete for county medals. Senior members are eligible to pursue regional and state awards. A \$500.00 cash award is given yearly to top books at the state level. The information in your book will be very useful when applying for jobs and scholarships. Your parents, 4-H leaders and older members in your club are great resources and can assist you in completing your record book.

Parents: Your child must complete their own book but you can assist them by helping to record every thing your child does on a calendar and sitting down with them to update their records regularly. Also encourage your child to set goals and consistently work to achieve them. Be informed and attend meetings with your child. Provide transportation so your child can participate as much as possible. Don't forget to **"Celebrate"** together!

Leaders: You can assist members by keeping track of what your group does and providing time at your meetings to update the records. Provide opportunities for project members to give talks, demonstrate skills and do judging activities at project meetings. Be sure to remind your members of upcoming events and encourage them to participate.

The print versions of record book forms: the PDR (Personal Development Report) form and project record sheets are available on the state 4-H web site www.ca4h.org. Help is available if you just ask. Add to your record book every time you participate in 4-H. Update your record keeping today!

4-H SUMMER CAMP NEEDS YOU!!!

July 19-21, 2013

Cutten 4-H is spearheading 4-H Summer Camp for this summer. Tentative dates of July 19-21 have been set.

Past leadership is willing to assist but we also need YOU to join in the planning. Camp is so much FUN! Lend your hand to make it happen this summer! Contact the 4-H Office today, 445-7351.

CA 4-H CELEBRATES 100 YEARS

The search is on for the family with the most generations and the oldest living 4-Her.



The Centennial of 4-H in California will be celebrated in 2013 in many ways, including traditional events and special programs. Culminating the activities is the State 4-H Leaders' Forum, Nov. 8 - 10, 2013 in Sacramento. Make plans NOW to attend!

As part of the celebration, the SLF committee is searching for the family with the most generations involved in the 4-H program and is looking for the oldest living 4-Her. Do you know someone who was in 4-H in the early days (1930s, 40s, 50s) of 4-H or someone with memorabilia from 4-H in another decade? Please contact the 4-H Office, 445-7351, if you know someone who qualifies.

KOHL'S CARES SCHOLARSHIP PROGRAM

Many 4-H youth would qualify for the more than \$425,000 that will be awarded to 2,300 young outstanding young volunteers who have made a positive impact on their communities. Do you know a deserving youth in your club? Check out the website: www.kohlskids.com and nominate that youth before **March 15th**. Two nominees from each Kohl's store will receive a \$50 gift card. Some awards will be \$1,000.



RE-THINK YOUR DRINK MINI-GRANT

CA4Health, through the Humboldt County Department of Health and Human Services, is offering qualified organizations the opportunity to apply for mini-grants of \$2,000 to \$3,000 to conduct a Rethink Your Drink Campaign. This campaign will provide education and outreach about the health consequences of sugar sweetened beverages and the benefits of healthy beverage choices. Community serving organizations that are awarded will be expected to establish Healthy Beverage Standards for their organizations. Three to four awards will be granted with this funding and all work must be completed by **September 15, 2013**.

If your organization is interested in this funding opportunity or for more information, please contact Blanca Bautista at 441-5551 or bbautista@co.humboldt.ca.us.

Application deadline is Friday March 15, 2013.

SECTIONAL 4-H PRESENTATION DAY

Date: April 13, 2013

Lake County - Upper Lake Middle School

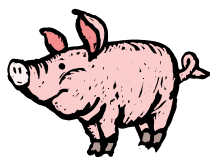
All blue and gold winners from County Presentation Day are eligible to present at the Sectional Presentation Day. Contact the 4-H Office, 445-7351 for forms, directions and information on the day. Pre-registration is required. Forms must be received by **April 5, 2013**.

Check-In Time: 9:00 a.m.; Room Coordinator & Judges Orientation begins – 9:15 a.m.

SOLICITING BUYERS TRAINING

April 16th, 5:30-7:00 PM

All leaders and youth involved in 4-H market animal projects that have the potential to sell an animal at the fair are encouraged to attend and learn. You invest a lot of time and money into raising your animal and you will want to maximize the sale of your animal. More information will be in the April GRAM. So, "Save the Date" on your calendar and make plans to attend!

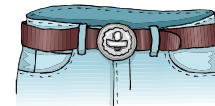


NEW HEALTHY LIVING OFFICER POSITION

Starting in the 2013-2014 program year California 4-H will be adding a Healthy Living officer position to the 4-H Officer Manual to integrate healthy living practices into your 4-H club. The Healthy Living officer will provide leadership for all health activities including ideas on how to incorporate physical activities and healthy eating into each club meeting, write Healthy Living articles for the club newsletter and adopting and promoting a club Wellness Plan. Please help ensure that the health "H" of 4-H is at the forefront of all our meetings - consider electing a Healthy Living officer! The Choose Health Officer Guide developed by Cornell University Extension can be found at: <http://www.ca4h.org/Programs/Clubs/Officers/>

WIN A BELT BUCKLE! **KATHLEEN SYNDER AWARD FOR NOVICE SHOWMANSHIP**

To compete for the 1st year showman award be sure to register on your entry form for the Redwood Acres Fair. Full information can be found in the fair book, which will soon be available.



CALIFORNIA 4-H PHOTOGRAPHY COMPETITION

**State 4-H Field Day |
May 25, 2013 | UC Davis**



Enjoy photography? Looking for opportunities to showcase your photographs to fellow 4-H members from around California? Enter in the California 4-H Photography Competition to showcase your work and for a chance to win awards such as Best of Show! Any 4-H member aged 9-19 can participate. Does **NOT** have to be enrolled in the photography project to enter! Held in Hart Hall at UC Davis from 8:00 am - 5:00 pm. Hosted by the California 4-H Technology Leadership Team.

ENROLLMENT DROP DATE

Incomplete re-enrollments will be dropped!

Re-enrollment forms from any members or leaders who were **enrolled last year** and not returning to 4-H this year need to be returned to the 4-H Office. Any returning adults or youth with incomplete enrollments will be dropped **March 15th**. All clubs need to review their club rosters to make sure enrollments are complete.

Clubs can continue to accept new enrollment in accordance with their bylaws. Please contact the 4-H Office with any questions.

EMERALD STAR APPLICATIONS

DUE March 20th!



Do you have a passion for a particular area or project? Do you see needs in the 4-H Program and in the community that relate to this passion or a favorite 4-H project or an area of interest? Could you design a project to meet those needs?

If you answer YES and are in the 6th grade or

older you can apply for an Emerald Star.

If you need help figuring out a project that works for you, talk to your parents, your club or project leader, or call the 4-H Office. Some ideas are developing a website about your project or club, organizing a countywide event, or providing a community service project to an organization in need. Applications are due **March 20th** for those applying for approval for a new Emerald Star project AND for those who have completed their Emerald Star project. Both sets of forms are available on the website or by calling the 4-H office. Interviews will be held on **March 27th**.

EVENT CHAIRS NEEDED

Once an event has been completed, it is open again for the following year. The following County 4-H Events need youth chairs:

- 4-H Camp
- 4-H Horse Camp
- Awards Banquet
- Country Auction
- Poultry Show
- Presentation Day
- Project Field Day
- Rabbit/Cavy Show
- Postal Shoot



The 4-H Office has information to guide you through the process. To apply, download an application form from the County 4-H Website and turn it in to the 4-H office with your letter of recommendation. Plan to interview at the next Selection & Events meeting on March 25th at 5:30 PM.

SLC SUPPORT GROUP

DUE: MARCH 15TH

Jake Bones served on this Support Group team last year and had a great experience. The Support Group is a team of youth who assist the 4-H State Ambassador team, volunteers, and staff in the planning and implementation of the 4-H State Leadership Conference. The Support Group provides delegates with the opportunity to take on a unique leadership responsibility and see what happens behind the scenes at SLC. This is a great experience for individual State Ambassadors, or for members looking to get involved beyond the county level. Support group members attend SLC as part of their county delegation and are responsible for all fees associated with the conference.

If you would like to apply to be a member of the 2013 SLC Support Group, please read the job description and instructions [2013 SLC Support Group Application Instructions](#) [2013 Support Group Application](#)

4-H UNIFORM SUPPLIES

The Leslie Carman 4-H Supply carries the items needed for the 4-H Uniform that the fairs require for showing: 4-H hats, ties, & collars. This is a good time to inventory what you might need and have supplies on hand for the fair. You can find the order information on their website: www.4hsupplies.com or by calling them directly at 1-888-466-9433. The 4-H Office has the pattern if you would like to make the collar.

There will be a uniform exchange at the May 20th County 4-H Leaders Council meeting. If you have outgrown pants or shirts to contribute, please bring them to the meeting. Leslie Borges from Hydesville is coordinating the exchange.



Community Club News

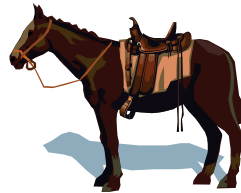


News of what is happening in our clubs is inspiring to others. We need ALL club reporters to submit their articles to the 4-H office **by the 15th** of each month so we can include your club news. Photos should be sent as a separate jpeg file. Articles should be no longer than 150 words in length.

Is your club featured in this GRAM?

4-H T.R.A.I.L. NEWS!

Here is an excerpt from the 4-H TRAIL Facebook Page. Connect to their page for photos, updates, ways to volunteer and support as well as fun horse cartoons.



Saturday February 16th started early for Dee and Adrian, who got a jump on shoveling the paddocks. They were soon joined by Alison and Forrest. They nearly finished the paddocks when it was time to get the ponies for grooming. What a team! Getting this mostly done makes time in the afternoon for horsing around!

Sally came and brought some Valentine candies. We had the smell of them on our gloves and hands. It was driving the horses crazy. She finally gave in and gave Thor one of the candies and he was so happy. But it didn't stop him from wanting more.

The first ride was a little chilly, with no sun. We had Damien on Kris and he was calling himself the "cowboy" on the ride and singing while he was loading into his car. We had Victoria and Sara grooming Drifter, while Midas waited patiently.

On the second ride, the sun decided to come out and Sally no longer needed her blanket and hat. Forrest finished the last two paddocks before the second ride then went with Adrian on a hunt for foxglove. All in all it was a great day and everyone was happy to be there.

ARCATA BOTTOM 4-H CLUB NEWS

By Sydney Miller

Last month the Arcata Bottom 4-H group made 500 sandwiches for Betty Chin. There was a great turnout of people, and Betty was very happy. We also chose secret valentines, and everyone brought their valentine a little gift to the February meeting.



Our February meeting is always a Valentine Social, so we had past 4-H members come and talk about their experiences in 4-H and what influence it had on their lives and careers. We had each member bring at least a dozen cookies. Plates are made up and distributed to local businesses to say thank you for all they have done for 4-H.

CUTTEN NEWS!

By Sarah Cox, reporter

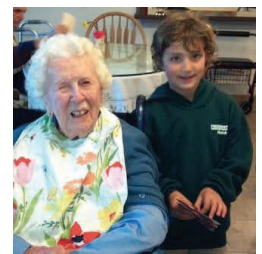
At the February Cutten 4-H meeting we had a lot of fun! We talked about our club service project, meals for the homebound. During the meeting the kids colored Valentine cards to give students at Glen Paul. Everyone wearing their uniform, sweat-shirt, or t-shirt when we called role got Valentine candy. We also talked about different ideas for our end of year party. We're considering going to the waterslides in June. At the end of the meeting everyone could guess how many chocolate kisses were in a hart shaped box. Thank you to Chloe, Jenna, Izel, Isabel, Cameron & Abby for joining our last minute snack table fundraising committee. Congratulations to Chloe & Abby for getting blues on their presentations. Our next community meeting is **March 19th** at the Cutten Elem. School. Hope to see you there!

FRESHWATER CLUB NEWS

By Kacy Tuel

Thank you to everyone who helped with the cleaning up at 3-Corners in Freshwater. Thank you to everyone who helped deliver Valentine cards to the care homes.

We met a lady who was 107 years old. At our last meeting we had fun decorating cupcakes and cookies for Valentine's Day. Our next meeting will be on **Monday March 11th**.



Left: Haidyn & Sierra Fulton and Morgan & Kacy Tuel went and delivered valentines that the club made.

Right: Haidyn Fulton and lady named Rae. She is 107 years old.

HYDESVILLE 4-H NEWS

By Abigail Albin, reporter

At our February meeting, we discussed our end of the year party and the 4-H Spaghetti Feed (Sunday April 14) and passed out tickets. Our Recreational Activity this month was making Hershey Kisses roses and tissue paper flowers for the Sequoia Springs rest home. We had a blast, with different stations, so everyone had a job to do. Mini members stuck kisses together with tape, 9-12 year olds stuck skewers through the kisses, and 13+ kids wrapped the kisses with red cellophane, and wrapped the skewers with green floral tape.

Our next meeting will be Monday, March 4th at 7:00 at Hydesville School. Don't forget, each project group will be doing a 3-5 minute presentation on something about that project. Hope to see you there!



**INTERNET CAFÉ
WORKSHOP**

On Saturday, March 23rd Scott Mautte, State 4-H THRIVE Program Rep, will offer the

ORB Internet Café workshop from 9 AM to noon for all 4-H youth and volunteers to learn how to use the 4-H Online Record Book System. The café is designed as a 3-hour workshop that combines presentation, hands-on practice, and group discussion. Participants will need to bring a laptop or tablet with them to the café.

Call the 4-H Office today to reserve your space. Bring your laptop and come get your record book done!

SAFE FOOD HANDLING

It is important for 4-H members and leaders providing food for bake sales, pot lucks, or any other food fundraiser to follow safe food handling guidelines.

Leaders and senior 4-H members can take the “Make It Safe, Keep It Safe” on-line training at URL: <http://ucanr.edu/sites/MISKIS/>
Username: miskis Password: makeitsafe_1234

HUMBOLDT CO 4-H HORSE SHOW

March 24, 2013

Humboldt County Fairgrounds, Ferndale
Registration Due Thursday March 21st



Earn your 4H Horse Pin, Ribbons and Other Awards. English, Western, Games and Showmanship.

Open to all 4-H Members 9 and Older. Activi-

ties for those not showing or under the age of 9. Complete show packet available.

For more information and to be added to the event update list, please reply to event Chair Allison Barnwell at arb56@rocketmail.com. Feel free to share with other 4H members and project leaders.

**STATE 4-H LEADERSHIP/CITIZENSHIP
OPPORTUNITIES FOR TEENS**

Registration Due for all 3 – March 15, 2013

Join the **State Leadership Conference Support Group**, a team of youth who assist the 4-H State Ambassador team, volunteers, and staff in the planning and implementation of the 4-H State Leadership Conference. The Support Group provides delegates with the opportunity to take on a unique leadership responsibility and see what happens behind the scenes at SLC, **July 25-28** in Davis. This is a great experience for individuals interested in becoming State Ambassadors, or for members looking to get involved beyond the county level. Support group members attend SLC as part of their county delegation and are responsible for all fees associated with the conference.

If you would like to apply to be a member of the 2013 SLC Support Group, please read the job description and instructions [2013 SLC Support Group Application Instructions](#)

Present an Educational Session at the State Leadership Conference. Educational Session applications for the 2013 State Leadership Conference are now available on the website <http://www.ca4h.org/Programs/Conferences/SLC/>.

Attend California Focus, a unique citizenship educational experience for youth 13-19, **June 14-18, 2013**, at the Holiday Inn, Capitol Plaza in Sacramento. California Focus can be the beginning of a life of public participation that leaves you with a strong determination to become involved in your community. Witness California’s government in action by participating in the legislative, political, and judicial processes. Don't miss being a part of this stimulating, fun-filled learning adventure in Sacramento with opportunities to gain new ideas, experiences, and perspectives. Registration is open <http://www.ca4h.org/Projects/Citizenship/Focus/CF/>

TOUR OF THE UNKNOWN COAST

May 11th

4-H provides support to the Tour of the Unknown Coast and they in return share the proceeds of the event with those who provide support. This has been a great fund raiser for the County 4-H Program. Alex Anderson is chairing the 4-H support of the TUC event. This will involve all of our clubs to assist in one of the tasks before or during the event. Alex will be contacting clubs to share at their meetings in March and April. Start recruiting members to be a part of this event!



4-H FILM MAKING ONE-DAY WORKSHOP

Dates from February - April



To learn the basics of video production, including storyboarding, filming, and editing, 4-H members (age 13-19), 4-H volunteers, and 4-H staff are invited to participate in a workshop presented by the 4-H Technology Leadership Team. There is no cost to participate. These trainings are provided by support from BestBuy through the California 4-H Foundation. Full information is available on the State 4-H Website: www.ca4h.org/Projects/SET/Tech/CTLT/Film/. Call the 4-H Office if you are interested.