

4-H



WAY

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October

- 7-13 National 4-H Week
- 13 Achievement Night, Grenada Berean Community Church
- 10 4-H National Youth Science Day
- 15 Online 4-H Re-Enrollment deadline
- 27 4-H Halloween Horse Show

November

- 1 Volunteer Leader Orientation, 6pm 4-H Office-New Leaders only
- 5 Hi 4-H Meeting, 5:30 4-H Office
- 9-11 State Leaders Forum, Asilomar
- 13 Leaders Council Meeting, 7pm 4-H Office
- 17 Officers Training, 10am Grenada Elementary School

This is a great chance for your club to recruit new members and inform the public about 4-H opportunities. Be creative; the opportunities are limitless. Create window displays for local businesses, hang posters at your schools, have members create radio public service announcements, or visit classrooms for individual presentations. Provide the National 4-H Science Experiment for local youth programs or for schools. Don't forget to have signs showing locations, times and contact information for 4-H meetings in your area. Each club must show that they have an open enrollment for everyone in the community. Please use this opportunity to reach out to all youth in your area.

New Year Enrollment

Online new-year enrollment is under way. Program fees have changed for 2012-13 to be \$28 per youth and \$10 per adult volunteer. The fee is set by the State and covers insurance and program fees at the State Level. The "How to Enroll" information sheet is included in this 4-H Way. Clubs may choose to have a minimal fee to help cover club costs. These costs can be paid at your first club meeting of the year. Remember all members should be re-enrolled by **October 15th**.

Halloween Horse Show

Gazelle 4-H and the Siskiyou County 4-H Horse program will be hosting a 4-H Horse Show on Saturday, **October 27th** at the Siskiyou Golden Fairgrounds. Information packets are available at the 4-H Office. Entry deadline is October 19th. For more information contact Robin Wood 340-1457. You are welcome to create non-violent costumes for you and your horse. Happy Halloween!

4-H Achievement Night

The Siskiyou County 4-H Leader's Council would like to invite you to attend the 4-H Achievement Night on **October 13th** at **5:30pm** at the Grenada Community Berean Church. This is a community event that highlights the honors received by members and leaders throughout Siskiyou County. In addition, families are encouraged to bring desserts for a live and silent auction. (Please cover all desserts, place them on a dish that you do not need returned and label them with the ingredients that were used.) All proceeds will go towards awards and events for the 2012-2013 4-H year. A Taco Bar Dinner will be served starting a 5:30pm followed by the dessert auction and the annual awards & honors. Dinner cost is \$5.00 per person or \$20 per family. Remember this event is open to the community. Invite a few guests.

Officers Training

Officers Training will be held on **November 17th** at 10:00am. The training will take place at Grenada Elementary School in Grenada. Training will be available for presidents, vice presidents, secretaries, treasurers, historians, reporters, song and game leaders and sergeant-at-arms. Information will be presented and available for the officers to take home. Attendance at this event is for the benefit of your club. Please make arrangements to attend and receive information to improve in your role as a club officer.

Volunteer Leader Orientation

The 4-H Youth Development Program is committed to providing a safe environment for young people involved in Cooperative Extension activities. Through standardized procedures for the appointment of volunteers, appropriate screening, selection and placement is conducted for volunteers in the 4-H Youth Development Program. New leaders **MUST** complete enrollment, pay fees to the county, be live scan fingerprinted, along with attending leader orientation. Only approved 4-H volunteer leaders whose prints have cleared, are covered under the University of California liability insurance. Leader orientation for this 4-H year will be on **Thursday, November 1st, at 6:00pm** at the **4-H Office**.

Siskiyou Hi 4-H Happenings

By Katelynn and Lindsay Jackson

The Siskiyou Hi 4-H started their project year off by attending a showing of *Romeo And Juliet* at the Shakespeare Festival in Ashland, OR. The play had audience members laughing and crying. Fifteen members and six adults enjoyed this cultural event. To end the evening, our group ate a delicious meal at Munchies.

Six Siskiyou County 4-H members attended the 2012 WHY Conference in Nevada County. During this fun-filled weekend, we learned about leadership, communication skills, and participated in this year's National Science Day Eco-Bots science experiment. Each county put on a skit in front of the group and we had many opportunities to learn leadership and teambuilding skills.

Siskiyou Hi 4-H is planning to participate in the 2013 American Cancer Society's Relay For Life as their service learning project. The members have chosen "Siskiyou 4-H

Justice League" as their team name and they will be focusing on skin cancer as their "Fight Back" theme.

In October, members will be heading to San Francisco for Farm Day where members will have an opportunity to teach urban youth about animal agriculture and farm life.

For more information about Hi 4-H, you may call Jacki Zediker at 842-2711.



State Updates

- **2012 4-H National Youth Science Day**
Events to be held during October 2012
http://www.ca4h.org/Projects/SET/NYS/2012_NYS/
For the fifth annual 4-H National Youth Science Day (NYS), The Ohio State University Extension has designed the 4-H Eco-Bot Challenge: the 2012 National Science Experiment. The experiment will introduce youth to robotic engineering concepts as they program an autonomous robot to clean up a simulated environmental spill. To list your California 4-H NYSD event, please contact Steven Worker at smworker@ucanr.edu.
- **Come Join the Revolution of Responsibility!** 2013 marks the centennial for 4-H in California and the 4-H YDP will celebrate by giving back to their communities with youth-designed, youth-led projects where participants learn leadership by actually leading, collaboration by forming relationships with other groups and agencies, and citizenship skills by actively seeking opportunities to make a difference in their communities. The Revolution of Responsibility will celebrate the power of youth taking action and will consolidate all the various funding programs that are provided by the State 4-H Office. Chartered 4-H clubs/units can apply for funding (up to \$1,000) to support service-learning projects related to either club or project activities. An on-line application is available at: <http://ucanr.org/join/>. Next deadline November 15th. For more information, check out the website at: <http://www.ca4h.org/Support/RofR/>
- The **State 4-H Fashion Revue** committee announces categories and service projects for 2013 SFR! Entry categories will be Traditional, Consumer Science Purchased, Wearable Art-Embellished, 2 Yard Wonder, and Duct Tape Challenge.

- Traditional: new this year, the entry must be sewn by the member as part of his/her 4-H Clothing and Textile project.
- Consumer Science Purchased has a \$19.99 limit, shoes and sales tax not included. Receipts for all items showing except shoes are required, with purchases made during the 2012-2013 4-H year. The \$100 CS Purchased category will not be offered.
- The Wearable Art – Embellished entry must start with a purchased garment. Duct tape entries are not eligible for WA-Embellished.
- 2 Yard Wonder is a Challenge category: using 2 yards of 100% cotton fabric, sew a garment and an accessory. Additional garments to complete the outfit may be sewn or purchased. There is no specific pattern requirement. The entry must be sewn by the member as part of his/her 4-H Clothing & Textiles project.
- Duct Tape Challenge: Create a wearable garment out of duct tape such as a jacket, shirt, pants, skirt or dress. The member may choose to begin with a purchased garment or not. Additional garments, accessories, fabric and materials may be added.
- For all entries, the outfit must be produced and modeled by the individual member. The outfit must meet SFR modesty guidelines.

State Fashion Revue is coordinating two service projects. The first is a sewn teddy bear or doll. The second is a drawstring bag. Patterns and instructions will be posted on the SFR website. SFR will continue to accept quilts for troops to pass on. If you, your project, or your county would like more information about SFR, these categories and service projects, or would like to join the committee, please visit

<http://www.ca4h.org/Programs/Events/SFR/>

- **Announcing the New Highest California 4-H Youth Award!**
The Incentives and Recognition Advisory Committee is pleased to announce the launch of the California 4-H Diamond Clover Award. The Diamond Clover is awarded to the highest achieving 4-H youth members through an application and essay process. All youth who achieve the qualifications are eligible for this award. Applications may be submitted at any time during the year and while a young person is between 17 and 19 years of age. Each quarter, applications are reviewed by the Incentives and Recognition Advisory Committee and awards are given. Awardees are announced annually at the State Leadership Conference. Applications are available now for submission beginning July 1, 2012 at http://www.ca4h.org/Administration/Advisory_Committees/IR/
Rationale: Most youth serving organizations have a highest honor—Boy Scouts have Eagle Scouts, Girl Scouts have the Gold Award, Camp Fire USA has the WoHeLo Award. While the 4-H State Ambassador Program is a very high honor, it is a working honor and is prohibitive to many who may be deserving of a highest youth award.
- **2013 National 4-H Conference** – Applications for the 2013 National 4-H Conference will be available in August! If you are interested in attending the conference as part of the California delegation, you can find the application and detailed information on the State 4-H website at: <http://www.ca4h.org/Programs/Conferences/N4-HC/>. Applications will be due October 31, 2012.
- **California State 4-H Shooting Sports Leader Meeting, December 8 & 9, 2012, Visalia, CA**
All California 4-H shooting sports leaders are invited to attend a state meeting to be held on:
Saturday, December 8, 2012 10:00 a.m. – 8:00 p.m.
Sunday, December 9, 2012 8:30 a.m. – 12:00 noon
The meetings will be held in Visalia, CA at the Visalia Police Association Range Facility. There is no fee to attend. Camping will be allowed on site. Hotel/motel arrangements are available in Visalia which is approximately 5 miles from the meeting site. There will be presentations of information regarding the project, guest speakers, and hands-on activities for all participants. More details will follow regarding registration and the agenda. The point of contact is John Borba at: jaborba@ucdavis.edu

4-H Beverage Guidelines

California 4-H: Engaging Youth in Living Well

For anyone who knows the 4-H pledge, “health” is a cornerstone of our organization. 4-H Healthy Living encompasses a holistic approach including physical, social and emotional health. The California 4-H Youth Development Program is focusing efforts on increasing healthy living opportunities and strengthening the presence of healthy living themes in existing programs, activities and curriculum.

Why beverage guidelines?

The percent of Americans—both children and adults—who are overweight or obese is staggering. Roughly two-thirds of adults are overweight and 32 percent of children and adolescents. Obesity is linked to serious health consequences such as heart disease, diabetes, certain cancers, and more. All lines of scientific evidence indicate a strong link between sugar-sweetened beverage consumption and obesity. In recognition of this problem, California 4-H is committed to educating 4-H youth and their families about healthy habits and encouraging healthy options at 4-H events and activities.

How can we implement beverage guidelines?

Beverage guidelines feature criteria to determine which beverages are healthful choices to offer at a 4-H event, such as 4-H State Presentation Day or even a county council meeting. One approach to implementing guidelines is to increase options, such as always offering water and skim milk at 4-H club meetings. A second approach is to limit options, such as limiting the sales of sugar sweetened beverages at 4-H sponsored events.

Guidelines

Sugar-sweetened beverages are especially harmful to children. Every additional daily serving of soda increases a child’s risk for obesity by 60 percent. Young children who drink sugar-sweetened beverages between meals have more than double the risk of overweight compared to those who don’t. Additionally, 13 percent of teen calorie intake comes from soda. In support of healthy habits, 4-H events will feature healthier beverages for youth and their families, volunteers and staff.

Suggested – beverages without added sugars, such as:

- Juice containing 100% real fruit or vegetable juice
- Water
- “Light” lemonade
- Unsweetened iced tea
- Carbonate fruit juice
- Low-fat or non-fat milk

Discouraged – beverages that contain added sugar, such as:

- Regular soft drinks
- Energy drinks
- Vitamin water
- Sports drinks
- Coffee drinks
- Sweetened iced tea



Healthy Living

University of California 4-H Youth Development Program
For more information, visit www.ca4h.org/Projects/HealthyLiving

Welcome to the enrollment process for the Siskiyou County 4-H club program for 2012/2013.

You will once again be re-enrolling online. (If you can not get access to a computer or need another alternative for enrollment please contact the 4-H Office at 842-2711.) As a returning member or adult volunteer you are being asked to register online and complete any necessary forms. Please return all forms to the 4-H office with your payment by October 15th.

Adults and Youth Forms: Youth need to complete and return the Medical Release form.

You will only be considered enrolled if you have returned all necessary forms, enrollment fees and completed the online registration process. The enrollment fee is \$28 per youth and \$10 per adult volunteer leader. Checks must be made out to Siskiyou County Leaders' Council. Please mail forms and payment to UCCE Siskiyou, 1655 South Main Street, Yreka, California 96097.



Step By Step Guide to RE-Enrollment Online

Go to: <https://california.4honline.com>

1. Click on "I have a profile"
2. Enter your email address. (This is the same one you used for enrollment in previous years. If the email has changed still enter the old email and once you enter the program you will be able to change the family email.)
3. Enter your password. (If you have forgotten your password, back track and select "I forgot my Password", enter your email and your role as Family and click "Send My Password". The temporary password will be sent to your email address. Get the password from your email. Return to the login screen and click "I have a profile", enter your email again and your temporary password.)
4. Be sure Family is indicated as your Role.
5. Click on "Login". If you still can not login but you were enrolled previously please stop and contact the 4-H office for clarification of your email address. Please **do not** create a new profile. This creates multiple records for the same member.
6. Password Management may pop up and this would be your chance to change your password.
7. Reset your password by entering the current one and then picking one of your own. It must be 8 characters with at least one number or symbol. Click Update Password. You'll get a message in green that the password has been reset.
8. Click Family to enter the enrollment page.
9. Make any changes in your family information by clicking edit family next to the family name. Don't forget to click continue after you make any changes.
10. For each person you want to Re-Enroll, click on the "Edit" button to the right of their name
Each persons "Personal Information" will appear (You may need to scroll to the bottom portion of page to see member list)

Member List-Page 1

11. Scroll down and Click "Enroll for 2012-2013"
12. Check over all the information that was entered last year- make corrections where necessary. Please check each email carefully.
13. If you are an adult or a Jr/Teen Leader or a club officer, check Yes under the Volunteer Section
14. Be sure to look at the whole page and make any changes needed. For youth pay special attention to school and grade in school to make sure information is correct.
15. Click on Continue at the bottom

Additional Information-Page 2

16. Check over all the information that was entered last year- make corrections where necessary
17. Scroll down and click the box for Waiver Confirmation (downloading the copy is optional.)
18. Scroll down and click the box for **Enrollment Confirmation PY12/13**
19. Download the Medical Release/Health History Form, complete the information and mail them to the 4-H Office. **YOU MUST ALSO CHECK THE BOX.**
20. Scroll down to the Confidential Self Disclosure section and check the box
21. Click on "Continue" Note: For Adults this will take you to a Confidential Self Disclosure form to be completed online.

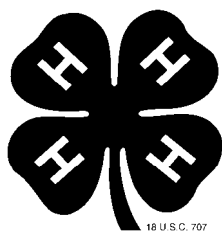
Participation-Page 3 (CLUBS, PROJECTS, GROUPS)

22. Scroll down a little to see what club you are in.
23. If you see a place for Volunteer Type, disregard it unless you are a Community Club Leader or Club Officer.
24. If you are participating in the same club, click on Continue.
25. This will take you to the Projects. Scroll down to the Project List.
26. Look over your projects from last year
27. Age, School Grade, Years in 4-H, and Years in a Project have already been increased by 1 year
28. Add, edit or delete projects to reflect the 2012-2013 Program Year. When you add a project, be sure to select a volunteer type if you are an adult or a Jr/Teen Leader
29. Click on "Submit Enrollment" (We are not using the Groups function, so ignore it.)
30. This will take you back to the Member List page where you may Re-Enroll another family member OR add family members that were NOT enrolled last year

When you have finished adding/re-enrolling members, log out. Remember that the Enrollment Fee for Members is \$28.00 per youth and \$10.00 per adult volunteer. This should be paid to Siskiyou County Leaders' Council and mailed to the 4-H office by October 15, 2012 in order for your enrollment to be completed. Your club may have additional fees.

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4-H WAY

This is your copy of the Siskiyou County 4-H Way. It is published to promote 4-H activities and participation. Your comments are invited.

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