



# 4-H Guidelines

## November 2009



DATE	EVENT/LOCATION/TIME	PAGE	CONTACT
1	Applications Due Citizenship Focus 2010/4-H Office/4 pm	4	Melanie Curtis 456-7285
10	County Council and HI-C Meeting/4-H Office/7 pm/	1	Melanie Curtis 456-7285
13	Applications Due Junior Camp Director/4-H Office/4 pm	2	Melanie Curtis 456-7285
DECEMBER 2009 UPCOMING EVENTS			
1	Applications Due LCORT 2010	4	Melanie Curtis 456-7285
3	Junior Cap Director Interviews/Location TBA/4 or 6	2	Melanie Curtis 456-7285
JANUARY 2010 UPCOMING EVENTS			
9	Festive Faire/Fowler High School/10 am/2, 3	4	Melanie Curtis 456-7285
9-10	4-H Shooting Workshop/Rankin Field Range, Tulare/	1	John Borba <a href="mailto:jaborba@ucdavis.edu">jaborba@ucdavis.edu</a>
29-31	LCORT 2010/Wonder Valley Ranch, Sanger/	2	Melanie Curtis 456-7285

### In this edition...

- 4-H Shooting Sports Workshop Rifle Discipline
- 4-H Committee Meetings
- Take the Leading Role....LCORT 2010
- Applications for Junior Camp Director
- Citizenship Focus 2010
- Fashion Revue — January 9
- Festive Faire

### 4-H Shooting Sports Workshop Rifle Discipline Tulare, CA

Saturday, January 9, 2010 – 8:00 a.m. – 6:00 p.m.  
Sunday, January 10, 2010 – 8:00 a.m. – 4:00 p.m.

A 4-H shooting sports workshop for the rifle discipline will be held at Rankin Field Range, 20000 Road 140 in Tulare. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course and receive more information contact John Borba at: [jaborba@ucdavis.edu](mailto:jaborba@ucdavis.edu)

For information about the facility and a map, please visit the range website at:

[http://www.tcdsa.org/documents/rankin\\_field.htm](http://www.tcdsa.org/documents/rankin_field.htm)

#### Words To Live By:

The problems of victory are more agreeable than those of defeat, but they are no less difficult.

**Winston Churchill**



Our programs are open to all potential participants. Please contact the Fresno County UCCE office, (two weeks prior to the "scheduled" activity), at (559) 456-7285, if you have any barriers to participation requiring any special accommodations.

**Fresno County 4-H Office**  
1720 South Maple Avenue  
Fresno, California 93702  
(559) 456-7285  
Website: [cefresno.ucdavis.edu](http://cefresno.ucdavis.edu)

## Meetings

**WHEN:** Tuesday, November 10<sup>th</sup>

**WHERE:** 4-H Office, 1720 S. Maple Ave. Fresno

**County Leaders Council Meeting..... TIME: 7:00 p.m.**

**WHAT:** All 4-H leaders and members are invited to this county-wide decision-making and informational meeting. Club representatives are especially encouraged to participate and report back to their clubs.

Agenda Items: LCORT, Fresno Fair, Sponsoring Committee, Education and Achievement Committee

**Hi-C Meeting..... TIME: 7:00 p.m.**

**WHAT:** Lacy Benefiel will be talking to us about her trip to Australia. Our Community Service for this meeting will be collecting canned food for the Community Food Bank; we will also be collecting Coats For Kids, and sorting donations brought for the Blue Star Moms' care packages to the military. We will be having a potluck-style dinner so bring your favorite dish. **HOPE TO SEE YOU THERE!!!**

Submitted by: Austin Pitts

**Education and Achievement Committee .....**

**We will NOT be holding and E.A. meeting** prior to the November County Council meeting. The next meeting will be announced in Guidelines.

If you have any questions or recommendations, please contact Melanie Curtis at 456-7562.

## Take the Leading Role.....LCORT 2010

**WHEN:** January 29, 2010 – January 31, 2010

**WHERE:** Wonder Valley Ranch - Sanger, CA

**FEE:** \$105.00

**Deadline for registration: December 1, 2009.**

(Late registration will be accepted based on availability and will cost an additional \$10.00.)

- Want an exciting experience?
- Want to meet 4-H members from different areas?
- Want to build your leadership skills?

You can have all of this and more by attending LCORT 2010 – *Life is not a dress rehearsal...Take the Leading Role!* At LCORT, you will attend a variety of sessions that will improve your public speaking skills, learning about the rewards that 4-H can bring to you, and even play some games. Members in 7th-9th grade are eligible for this opportunity.

## - JUNIOR CAMP DIRECTOR - APPLY NOW FOR THIS TULEQUOIA 4-H CAMP POSITION

The Junior Camp Director is responsible for planning, organizing, and conducting an educational camping program for youth under the direction of the adult camp directors and the 4-H YDP staff and with the assistance of the junior counselors. Interviews for this 2010 Tulequoia 4-H Camp position will be held this fall. The Junior Camp Director along with the adult camp directors will be involved with the pre-planning activities for camp, counselor interviews, and camp planning meetings.

- Eligibility:** 4-H'er must currently be in the 10<sup>th</sup> grade or above. Applicant must have been a 4-H junior counselor at a previous Tulequoia 4-H Camp. Other details are listed in the guidelines.
- Due Date:** Applications are due by 4:00 p.m. or postmarked no later than Friday, November 13, 2009, to the Cooperative Extension Office. No late applications or faxes will be accepted.
- Interviews:** Interviews for the position will be held on Thursday, December 3, 2009, place to be announce. Applicants will be notified of the interview appointment time.
- Applications:** Available online: <http://cefresno.ucdavis.edu> or at the Cooperative Extension Office
- Camp Dates:** July 11 – 16, 2010

If you have any questions, please contact one of the adult camp directors: Robert Cocagne, Tulare 4-H, (559) 687-9720 (cocagne@aol.com); Steven Schultz, Rural Route 4-H, (559) 867-3900 (IrishSchultz@aol.com); or Tina Sparlin, Palo Verde 4-H, (559) 685-8857 (Tina.Sparlin@cdcr.ca.gov).

# CITIZENSHIP FOCUS 2010

Are you interested in becoming the California Secretary of State or the U.S. Secretary of Agriculture. Or would you just like to be an active, involved member in your community? Are you interested in expanding your citizenship savvy? Consider one of the Citizenship Focus Programs. At California Focus, you become a registered voter in the state of Sierra Cascade and take on all the rights, privileges, and responsibilities of citizenship. Washington Focus allows you to travel and study in the nation's Capitol, Washington, D.C. You learn how government works and enjoy the traditions and history of the Capitol. A visit with your elected officials is the highlight of both programs. Come get involved in this hands-on experience with government and community involvement.

Applications, with a **non-refundable deposit**, are **due in the 4-H Office by 4:00 p.m. on November 1, 2009** (they may be able to add a few additional delegates after that date) for **Washington Focus** and on **January 15, 2010** for **California Focus**.

## CALIFORNIA FOCUS June 25-29

4-H members must have completed the 8th grade. \$475 for youth, \$575 for adults (county will pay a portion of the fee for chaperones).

## WASHINGTON FOCUS

### ◆ "Road to Democracy" June 21 - June 29

Take advantage of this study travel trip to Jamestown and Yorktown, Williamsburg, Gettysburg and Washington, D.C. Fee is \$1,875.

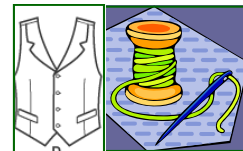
### ◆ "Heritage Trail" June 21-27 or July 12-18

Gettysburg and Washington, D.C. only. Fee is \$1,655.

### ◆ "Global Journey" July 12-22

For those who wish to take advantage of this study travel trip to Gettysburg, Washington, D.C., Philadelphia and New York. Fee is \$2,100. *Washington Focus programs are open to all adult 4-H leaders and to all youth members who have completed their sophomore year in high school or will be 16 years of age by the time of travel. Contact the 4-H office for an application or additional information.*

## Fashion Revue



What's in YOUR closet?" Planning has begun for **2010 State 4-H Fashion Revue**, to be held during the State 4-H Field Day at UC Davis! We'll have new, exciting activities, so join us by serving on the State Fashion Revue Committee. Needle Arts will not be offered this year, but Traditional, Consumer Science-Purchased, Wearable Art and Recycled categories remain in addition to our new 2010 Challenge. The **Challenge pattern is Simplicity #4762, a vest that can be customized to fit your needs**. Is it a formal vest or a durable one for fishing or hunting? Need extra pockets? Leather trim? Vests can be made for girls with a few simple adjustments and can coordinate with many different outfits. Use your imagination to create a masterpiece for State Fashion Revue.

For information go to <http://www.ca4h.org/projresource/fashion/> or contact [samoore@ucdavis.edu](mailto:samoore@ucdavis.edu)



- FESTIVE FAIRE -  
Saturday, January 9, 2010  
FOWLER HIGH SCHOOL  
701 E. Main St, Fowler



4-H Festive Faire is a baking and craft event for all 4-H'ers. You can make any food, displayed with decorations, and join the fun. This is a great learning experience and 4-H tradition. Set up your display, all by yourself, and wait for the judging. Clubs may display and sell craft items. For credit for showmanship in your record book, you must be present when judging begins. 4-H uniform is strongly encouraged. Entries will be accepted from **9:00 a.m. to 10:00 a.m.**; judging begins at **10:15 a.m.** A 10-minute photo session with participants and parents will be scheduled. Awards will be presented as soon as judging is completed. Then we eat the goodies!

**GUIDELINES TO FOLLOW FOR FESTIVE FAIRE**

1. A total of six entries may be made, **one for each category**; each food entry must have its own display.
2. Pre-entry is not required.
3. All entries must be made by the contestant.
4. Contestant must set up their own display. No help is to be given.
5. Exhibit should be attractively displayed, i.e. place mat, decorations, etc., with a holiday theme or a theme for any festive event (birthdays, graduation, etc.)
6. **Complete recipes must be included**, printed or typed, on recipe cards: include category and division.
7. All displays must be in place for judging by **10:00 a.m. on January 9, 2010**.
8. 1st through 3rd grade Primary members may enter in the Primary Age Division, (ribbons only).
9. **All 4-H members are eligible to participate.**
10. Tables covered with butcher paper will be provided. Space for each contestant is approximately 1 1/2 ft. x 2 ft. We want to have room for everyone, so please keep your display to the allotted size. We do not want to disappoint you; your recipes must fall within one of the below categories or be disqualified.

**PLEASE READ** your recipes very carefully. Except for the Traditional and Made-from-a-Mix categories, mixes and prepared foods may not be used. The recipe card and judging card should be visible in the display.

**CATEGORIES**

**Category 1 - Dairy Foods** - One of the Principle ingredients must be a dairy product such as butter, milk, cheese, sour cream, yogurt, etc. No substitutes. Acceptable entries include: Appetizers/cheese balls, Cookies, Cakes, Desserts, Breads.

**Category 2 - Traditional** - Include some information about the original tradition of the recipe. Acceptable entries include: Breads, Cookies, Cakes, Desserts.

**Category 3 - Candies** - Caramels/taffies, chew candies, creams, fudges, divinity dipped candies, fruit and nut candies or brittles, candied apples, stuffed dates, hard candies, lollipops, lemon drops, gum drops, popcorn balls, etc.

**Category 4 - Healthier Goodies** - One or more of the principle ingredients must be a nutritious ingredient i.e., whole wheat grains, bran, nuts, fruit, carob. Acceptable entries include: Appetizers and snacks, cookies, breads, desserts, cakes.

**Category 5 - Made-From-a-Mix** - Ingredients must be made with a prepared food and/or mix, but not made solely from a mix or "place and bake" product.



Must include additional ingredients and not just items listed in mix instructions. Acceptable entries include: Appetizers & snacks (no meat items), cookies, breads, desserts, cakes.

**Category 6 - Holiday Decorations** - Must be designed and assembled by the 4-H'er. Entries may include: Centerpieces, Place Setting (include menu, but no food), Gift Basket (filled and decorated), Creative Holiday Craft (hand crafted holiday decorations, ornaments, jewelry, etc.).

**Age Divisions** –

**Primary Members ~ participation ribbons only**

**Junior:** 4th & 5th grade

**Intermediate:** 6th-8th grade

**Senior:** 9th grade and above

**Parents and Leaders:** Fun category for parents and leaders.

**There will be prizes for top three entries!**

**Reminder:** Complete recipes (ingredients and instructions) are required for all categories except Category 6. **Incomplete recipes will not be eligible for medals. Any item which poses a food safety risk will be disqualified.** Medals awarded (Gold, Silver, Bronze) in each regular member division and category and a medal for Overall Display.