



# Clover Chatter

Sutter and Yuba Counties  
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## November 2005

## Achievement Night A Success For All!

### Special Points

#### of Interest

- Senior Award Winners, Megan Quisenberry and Eileen Whitcomb
- "Creating Safe and Successful Spaces", by Katie Bogdonoff
- Program Rep. Willa Davis continues visits to Club meetings
- Resources for Projects



4-H - "To Make the Best Better"

A potluck dinner kicked off the Bi-County Achievement Night celebration that recognized the outstanding accomplishments of our youth members, leaders and clubs. The event officially ended the 2004-2005 program year and started another dynamic year of youth development through *learn by doing* project work. Areas of Recognition included:

- '5' Presentation Pin Awards
- Junior and Teen Leadership Certificates
- County Record Book Winners and Medalists
- Senior Award for Yuba County
- Alfred Garcia Awards for Sutter County
- Special Leader Awards
- Charter Seals
- Secretary and Treasurer Book Seals
- Alumni Certificates and Pins

### Inside This Issue:

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Now that the new Program Year has begun, it's time to meet with your 4-H Club leaders to **decide** what you want **your goals** to be **this year**, both for personal development and star rank accomplishment. See the "ABCs of Personal Development" on page 2 to **think** ahead about **how you can achieve your goals**.

Remember, each effort may be counted only once, but it is possible, however, to accomplish more than one item at one event, such as at County Fair.

- Example:**
- P—Project exhibited (animal)
  - Z—Showmanship (showing that animal)
  - W—Individual Achievement (placing in Showmanship)

Refer to the Star Rank Judging Guidelines on the local 4-H website at [http://cesutter.ucdavis.edu/Youth\\_Development](http://cesutter.ucdavis.edu/Youth_Development), ask your Project or Community Club Leader or call the 4-H Office for help in completing your Personal Development Form. **The deadline for submitting your Record Book to the 4-H Office is January 6th for the next Star Rank Judging.** *Prepare now* in order to earn *your next star!*

## ABCs Of Personal Development

During October and in the coming months there are many projects, events and activities in which you could record points as follows:

**A & B: Attendance at 80% or more** Community Club *and* Project meetings make you eligible for this.

**D: Attendance at the “Livestock Leaders and Educators Symposium”** last month counts here.

**F: Committee Chairperson:** What club committee will you commit to lead this year? Make it fun for you!

**H: Writing an article** promoting 4-H for the local newspaper or for your school newsletter, **OR by writing an article for the “Clover Chatter”!**

**I: Did you serve as M.C. at Achievement Night** or did you make a **presentation** about 4-H during **“Red Ribbon Week”**? If so, count it here.

**J: Committee Member:** Each time you help **plan or coordinate a 4-H activity**, you are on a committee.

**M: Offices Held:** Congratulations to those who are **servicing in an official role** this year!

**Q: Participation Other Than 4-H:** Are you a member of a **school choir, church youth groups or an after-school sports team**? It earns points here if you are.

**T: Planned Group Activity:** **Helping to plan club activities for National 4-H Week** earned you points.

**U: Attending the “Fashion Revue”** workshop in October and participating in the upcoming **“Craft Day”** earns these points (plus, you’ll have fun and make crafts for the holidays!).

### FOOD FOR THOUGHT

*“Try not to become a man of success but a man of value.”*

Albert Einstein

*“Do not follow where the path may lead. Go instead where there is no path and leave a trail.”*

Harold R. McAlindon

*“One way to get the most out of life is to look upon it as an adventure.”*

William Feather

### “Creating Safe and Successful Spaces for Our Youth” by Katie Bogdonoff

On October 15th, I participated in a regional training with Franklin 4-H Community Club Leader, Nancy Perkins, and 4-H Program Rep., Willa Davis, on how to keep our 4-H kids safe. We learned about four types of child abuse and the physical and emotional effects they have on children and youth. We also learned about related policies that the California 4-H Office is revising, and everyone brainstormed answers to the following: *“How do I transport youth when I’m alone?”*, *“How do I protect myself and the 4-H youth when traveling overnight?”*, *“How do I recognize child abuse?”*, and *“What should I do if I suspect child abuse?”*

These new “Section 800” Health and Safety policies need to be fully implemented by the 2006-2007 Program Year to provide successful and safe spaces for our children and young teens. The policies will include safe dating practices, too.

Additionally, we participated in *learning by doing* activities about the **four essential elements for youth development** that the California 4-H Office has adopted. These elements include: ***Belonging, Mastery, Independence, and Generosity.***

Willa, Nancy and I will be making presentations about the training at New Leader Orientations, and at Bi-County Council and Hi 4-H Club meetings after the New Year. For more information about these policies and youth development training, call Willa at 822-7515 or Nancy at 674-9555. Thanks for helping to keep 4-H a fun, safe program for the youth in our communities.

### POLICY REMINDERS AND UPDATES

#### Important Reminders:

- Remember, safety is the #1 priority in 4-H. All project work topics will have a safety awareness/training element. Project work will not begin until all safety issues have been determined and addressed. . . . Practice safety at all times.
- Until you have attended the certification training and had your fingerprints returned “clear” by the Dept. of Justice, you **MUST** have a certified leader co-lead your project meetings.
- Only the County Director can sign facility use agreements.



## Up Close and Personal With Tommie Metz and Nancy Perkins

*"Believe in kids' capabilities, and learn to let them do their own work"* is the advice Mrs. Loeta (also known as Tommie) Metz wants to give new 4-H volunteer leaders. It was that conviction that led Mrs. Metz to become a 4-H adult leader *45 years ago* in order to ensure her own daughters' abilities were allowed to be developed. She demonstrates her belief in young people as she continues in her role as Primary Community Club Leader for the Dententer 4-H Club by guiding, teaching and leading them to become self-sufficient adults.

The most important trait volunteer leaders can possess, is to care enough about children to let them learn and grow by doing it themselves. It's what makes the Sutter/Yuba Counties 4-H a worthwhile program, states Mrs. Metz, and it's what helps our youth give superior demonstrations. She says our program is also top-notch because of the guidance and leadership of the staff at the local 4-H Office.

We can all take Mrs. Metz's lead about how best to help our youth grow. She says, *"Respect them, talk to them and believe in them."*

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Nancy Perkins is Vice-President for Sutter County on the Bi-County Council and serves as Community Club Leader for the Franklin 4-H Club. She started with 4-H 20 years ago when her daughter enrolled, but she's really been involved in 4-H since she was 5 years old when she "tagged along" with her Project Leader parents and grandmother.

Nancy says she has stayed involved throughout her life because, *"I am proud to see kids start as shy little children and grow into confident, responsible leaders."* She believes what makes our 4-H Program stand out above other ones is our animal projects and the way members can learn both how to be competitive and also stay together as a cohesive group.

Nancy stated that the most important traits that 4-H Volunteer Leaders can possess are compassion and understanding, and *"the ability to see situations through the eyes of a young person."* Her advice to new volunteer leaders is, *"Go with the flow and don't sweat the small stuff."* - wise words for us all.

## Meg Quisenberry and Eileen Whitcomb are Winners of the 2004-2005 Senior Awards



Sutter Co. Senior Award recipient, Megan Quisenberry, now a nursing major in college, started in 4-H at 9 years old. She stayed in 4-H until she "aged out", in large part due to the active involvement of her parents in it, because she loved to "show" at the County Fair and because she wanted to be involved in her community.

Meg's first project was dog care and training, then she progressed to raising and showing sheep. She says that the most important things she learned in 4-H was working on and chairing a committee; the importance of giving back to one's community; and how lucky youth are to have community support for such a great program like 4-H.

Meg also states what she liked best about 4-H were, *"The people and all the different activities that you can get involved in; the adult leadership whose dedication allows us to participate in such a great program; and the leadership skills members can learn by being involved in 4-H."*

Meg's advice to 4-H youth members who are just starting out in the program is, *"Take full advantage of all that 4-H has to offer. Become an officer or chair a committee. Just be as involved as you can be while in 4-H. And, when you can, give back to the program. I know when I have kids I want to get them involved in 4-H!"*

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Eileen Whitcomb, Yuba County Senior Award winner, enrolled in 4-H at the tender age of 6 years. She stayed involved because of the opportunities to learn from older youth members and then, wanting to help younger members learn all about 4-H and growing as a result of it.

Eileen became involved with various animal science projects while in 4-H, starting with poultry and pygmy goats, then dog care and training. Next, she progressed to lambs, swine, and beef cattle. She ultimately got rid of all animals except for the cattle, which her parents are still caring for while she attends college as an Animal Science major. She's unsure of the kind of job she will seek after graduation, maybe as a Coop. Ext. Farm Advisor!

Eileen says the most important things she learned in 4-H were responsibility and being dedicated—to keep track of and attend meetings, to keep her Record Book updated, and of course, to care for her animals. And, she learned to have fun with others who shared her interests and who had the same sense of purpose. What she learned was mirrored in what she also liked best about 4-H.

*"Take it slow and don't push yourself, stick with it, and have fun!"* is Eileen's advice to younger members.



## COMING EVENTS, WORKSHOPS, ACTIVITIES, AND MEETINGS

### State Leaders' Forum

November 4-6, 2005 at Asilomar Conference Center at Pacific Grove, CA

### Prudential Spirit of Community Awards

November 7, 2005 is the deadline to nominate one of your 4-Hers for state-level judging for this prestigious award. It honors young volunteers in middle and high school grades for outstanding community service. Awards include sizable cash prizes, engraved medallions and a trip to Washington, D.C. County 4-H offices.

For applications and information, go to:

[www.prudential.com/spirit](http://www.prudential.com/spirit)

### Bi-County Craft Day

Will be held on **Saturday, Nov. 12th, from 9:00 a.m. to 1:00 p.m. at the 4-H Office, 142A Garden Hwy. in Yuba City.** Lunch will be provided for a small fee at this fun-filled, easy-going day to make crafts for holiday gift-giving or any occasion! Call Mrs. Metz at 742-2900 for more information.

### Archery Leader Training in Bakersfield

November 12-13, 2005, 8:00 a.m. to 4:00 p.m.

Robert Claffy at (661) 829-1658 for more info.

### 4-H New Leader Orientations

27 Project and Resource Leaders attended the "New Leader Orientation" on Tuesday, October 25, 2005 conducted by Willa Davis, 4-H Program Rep. If you didn't make it to the October orientation, you have two more opportunities to participate in this important certification training. They are: **Thursday, November 17th at 7:00 p.m., and Saturday, January 7th at 9:00 a.m.**



### 4-H Shooting Sports Leader Training

November 18, 19, & 20, 2005; Cost: \$10.00  
Call John McGray at (805) 925-3143



**\$250.00—\$500.00**

### YOUTH GARDEN GRANTS

Sponsored by the National Gardening Assn. and Home Depot, winners must **plan to garden** in 2006 with at least **15 youth**, ages 3-18 yrs. old. **Application deadline is November 30, 2005.** For forms, go to: <http://fconline.fdncenter.org/pnd/3988/garden>

### 2006 Western Regional 4-H Leaders' Forum

Early Registration Fee (\$225.00) due 12/1/05

Regular Registration (\$260.00) due 1/13/06

For more information, go to  
[www.utah4h.org](http://www.utah4h.org)

### **SAVE THE DATES—1/14/06 and 1/15/06**

Swine and Beef Show Camp—For Details,  
Call CSU, Chico Swine Unit—(530) 898-6025

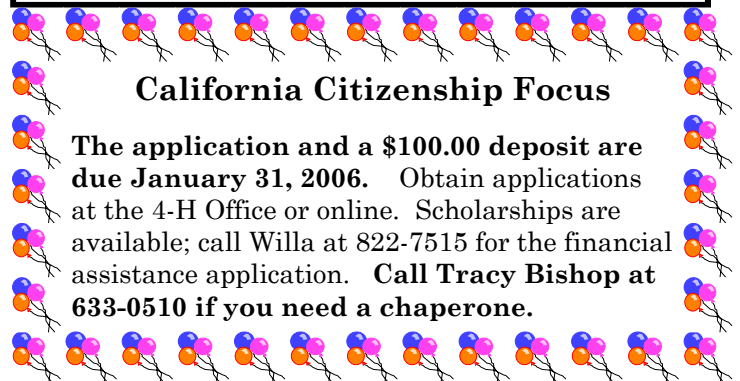
### State Horse Leadership Conference

January 28-29, 2006 at Fresno State University

More information to follow in the  
December/January Clover Chatter

### California Citizenship Focus

The application and a \$100.00 deposit are due **January 31, 2006.** Obtain applications at the 4-H Office or online. Scholarships are available; call Willa at 822-7515 for the financial assistance application. Call Tracy Bishop at **633-0510** if you need a chaperone.



## FYI

- **KICK-OFF DINNER:** Good food, great fellowship, silent and live auctions, & plenty of music & dancing gave the 2005-2006 Program Year a great start. So did the net proceeds of over \$3,000.00 from the event. Thanks for making it a success!
- **FASHION REVUE WORKSHOP:** 37 individuals participated, including beauty and personal care professionals who provided tips and hints on hair, hand and nail care; color; accessorizing clothing; and poise and modeling techniques.
- **ENROLLMENT FORMS:** Forms must be turned into Community Club Leaders; those turned into the 4-H Office by individuals will not be accepted. **Community Club Leaders should turn in all enrollment forms and fees to the 4-H Office by 11/1/05.** Fees for the 2005-2006 4-H Program Year are as follows: Youth=\$25.00; Adult=\$4.00.
- **RECORD BOOKS:** The 4-H Office has some from September star rank judging ready for pickup.
- **PROJECT RESOURCES:** The 4-H Office in Yuba City and the State 4-H Office in Davis have extensive resources to help your members buy live-stock for their projects, as well as curriculum manuals and other educational and reference materials to help you lead your project group. For State resources, go to: <http://www.ca4h.org>.
- **SELF-DETERMINED PROJECTS:** a plan using the Annual 4-H Project Report form needs to be completed and preapproved by your 4-H Leader BEFORE starting your project, which will then be overseen by a 4-H Leader or 4-H Staff member.
- **LEADERSHIP PROJECT:** Jr. and Teen Leaders need to use the Plan and Report form as a guide in setting goals to clarify what leadership attitudes, knowledge and skills they want to develop this Program Year. Your Project Leader needs to sign the form to indicate approval of stated goals and the plan to achieve them.
- **CAMP M&O NOTES:** Work will start soon on the boys' shower, the dining slab roof replacement will be outsourced, the CHY Co. will replace the flag pole, and the pool cover will be installed soon.
- **ONLINE STORE FOR COOL 4-H STUFF:** The National 4-H Supply Store will return 10% of your total merchandise ordered online to the California 4-H Program. Order online at: [www.4-hmall.org/California](http://www.4-hmall.org/California).

## Community Clubs Corner



The Hi 4-H Club is taking orders for poinsettias to raise funds to pay the expenses for club members' "Exchange with Virginia" next summer. Contact a Hi 4-H member in your area or call Mary Hall at 743-2490 and she will connect you with a Hi 4-H'er. Also, **8th graders are invited to join Hi 4-H this year!**

The Sutter Buttes 4-H Club had a very successful fundraiser last year by buying bags of fresh mandarin oranges from local growers and reselling them for a profit. Call Debbie Tarke at 696-0265 for information.

The Wheatland Club shares they will be having a door-to-door red wagon brigade to collect cans and a frozen turkey drive this month to prepare Thanksgiving and Christmas food baskets. Upcoming events will include decorating a Christmas tree with homemade ornaments at the Plumas Street Stroll. The tree will be given to a local needy family.

**MEETING DAYS, TIMES & LOCATIONS** for the following clubs are: **Dist. 10:** 1st Mon. of month, 6:30 p.m. at **Sutter North's Board Conference Room;** **Hi 4-H:** 3rd Wed. of month, 6:30 p.m.; **Yuba Hills:** 2nd Sat. of month, 6:30 p.m.;

Please **submit information about your club to Willa Davis by Nov. 15th** for the **December/January Clover Chatter.** Happy Holidays!

### CLUB RECORDKEEPING NOTES

The "Program Planning Guide", Treasurer's Manual/Book and the Secretary's Book will help you establish club goals for this program year, and give you step-by-step information needed to organize and plan your meetings, activities and financial data to help you achieve those goals.

If you would like **help in setting up bookkeeping data on your computer, call Stacy Reese at (916) 655-3564.** She will be more than happy to assist you!

### 2005/2006 DATES TO REMEMBER

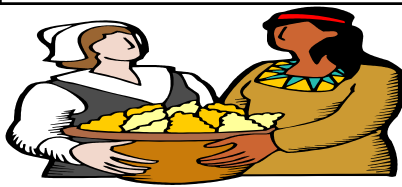
**Enrollment due into the 4-H Office:** Nov. 1st  
**2005-2006 Club budget approved:** Nov. Club Mtg  
**2005-2006 Treasurer's and Secretary's Books are established; Program Planning Guide goals are set:** Nov. 30th

# Sutter/Yuba Counties

## 2005-2006 4-H Annual Event Calendar

| EVENT                                                                                                                                                                                                 | DATE                                                                                                                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| State Leaders' Forum                                                                                                                                                                                  | November 4-6, 2005, Asilomar, Pacific Grove                                                                                                                                                                        |
| Bi-County Council Meetings                                                                                                                                                                            | 2nd Thursday of every month, 7:00 p.m., 4-H Office                                                                                                                                                                 |
| Bi-County Craft Days                                                                                                                                                                                  | November 12, 2005, 9:00 a.m., 4-H Office<br>February 2006, Date TBA                                                                                                                                                |
| New Leader Orientations                                                                                                                                                                               | November 17, 2005                      7:00 p.m.<br>January 7, 2006                         9:00 a.m.                                                                                                              |
| Star Rank Judging Submissions                                                                                                                                                                         | January 6, 2006<br>May 5, 2006<br>September 8, 2006                                                                                                                                                                |
| Bi-County Presentation Day                                                                                                                                                                            | January 25, 2006, 7:00 p.m.<br>February 22, 2006, 7:00 p.m.<br>March 11, 2006, 9:00 a.m.<br>May 13, 2006 @ Spring Fair                                                                                             |
| Chico Swine Day                                                                                                                                                                                       | February 4, 2005 @ CSU, Chico                                                                                                                                                                                      |
| Chico Sheep Day                                                                                                                                                                                       | February 25, 2006 @ CSU, Chico                                                                                                                                                                                     |
| Fashion Revue                                                                                                                                                                                         | TBA                                                                                                                                                                                                                |
| Sectional (Regional) Presentation Day                                                                                                                                                                 | TBA                                                                                                                                                                                                                |
| Grand National                                                                                                                                                                                        | April 7-15, 2006, Cow Palace, San Francisco                                                                                                                                                                        |
| Spring Fair                                                                                                                                                                                           | May 6, 2006, Set Up Day<br>May 13, 2006, Spring Fair                                                                                                                                                               |
| 4-H Camp                                                                                                                                                                                              | June 2006, Dates TBA                                                                                                                                                                                               |
| Record Book Judging                                                                                                                                                                                   | TBA                                                                                                                                                                                                                |
| <b>Be A Technology User, Access "Clover Chatter" Online!</b>                                                                                                                                          | <b>4-H PROGRAM REP. VISITS:</b> Willa Davis wants to get to know you. She will continue her brief Community Club meetings visits in November to say, "Hi!" Please give her a warm 4-H welcome when she visits you. |
| You can access "Clover Chatter" online on the Sutter-Yuba Counties 4-H Program website at <a href="http://cesutter.ucdavis.edu/Youth_Development">http://cesutter.ucdavis.edu/Youth_Development</a> . | <b>PLEASE NOTE:</b> Anyone who does NOT want their phone number or e-mail address distributed, please notify the 4-H Office immediately.                                                                           |
| By accessing the newsletter online, you get to see it ALL IN COLOR <i>and</i> save us postage when you tell us to remove you from the mailing list.                                                   |                                                                                                                                                                                                                    |

## November 2005



|                                                               |                                                                                          | 1 Tuesday                                                                           | 2 Wednesday                                                     | 3 Thursday                                                                                     | 4 Friday                                   | 5 Saturday                                                                                         |
|---------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------|----------------------------------------------------------------------------------------------------|
|                                                               |                                                                                          | <b>Enrollments from clubs due at 4-H Office</b><br><br>Able Riders Comm. Club meets | Franklin Community Club meets                                   | Fashion Revue Committee meets, 7:00 p.m., 4-H Office                                           | State Leaders Forum, Asilomar Conf. Center | State Leaders Forum, Asilomar Conf. Center                                                         |
| <b>6 Sunday</b><br>State Leaders Forum, Asilomar Conf. Center | <b>7 Monday</b><br>Arboga, Browns Valley, East Nicolaus, & Hallwood Community Clubs meet | <b>8</b><br>Able Riders and Sutter Buttes Community Clubs meet                      | <b>9</b><br>Pleasant Grove and Rocky Hills Community Clubs meet | <b>10</b><br>Bi-County Council Meeting<br>7:00 p.m., 4-H Office                                | <b>11</b>                                  | <b>12</b><br><u>Craft Day</u> , 9:00 a.m. - 1:00 p.m., 4-H Office; Yuba Hills Community Club meets |
| <b>13</b>                                                     | <b>14</b><br>Plumas and Wheatland Community Clubs meet                                   | <b>15</b><br>Able Riders, Dententer and Smartsville Community Clubs meet            | <b>16</b><br>Hi 4-H Community Club meets                        | <b>17</b><br>Barry Community Club meets<br><br>New Leader Orientation<br>7:00 p.m., 4-H Office | <b>18</b>                                  | <b>19</b>                                                                                          |
| <b>20</b><br>Guide Dogs Community Club meets                  | <b>21</b>                                                                                | <b>22</b><br>Able Riders Community Club meets                                       | <b>23</b>                                                       | <b>24</b><br>Thanksgiving                                                                      | <b>25</b>                                  | <b>26</b>                                                                                          |
| <b>27</b>                                                     | <b>28</b><br>Live Oak Community Club meets                                               | <b>29</b><br>Able Riders Community Club meets                                       | <b>30</b>                                                       |                                                                                                |                                            |                                                                                                    |

## December 2005



|                        |                                                                                          |                                                                 |                                                     | 1 Thursday | 2 Friday  | 3 Saturday                                       |
|------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------|------------|-----------|--------------------------------------------------|
| <b>4 Sunday</b>        | <b>5 Monday</b><br>Arboga, Browns Valley, East Nicolaus, & Hallwood Community Clubs meet | <b>6 Tuesday</b><br>Able Riders Community Club meets            | <b>7 Wednesday</b><br>Franklin Community Club meets | <b>8</b>   | <b>9</b>  | <b>10</b><br>Pleasant Grove Community Club meets |
| <b>11</b>              | <b>12</b><br>Plumas and Wheatland Community Clubs meet                                   | <b>13</b><br>Able Riders and Sutter Buttes Community Clubs meet | <b>14</b><br>Rocky Hills Community Club meets       | <b>15</b>  | <b>16</b> | <b>17</b>                                        |
| <b>18</b>              | <b>19</b>                                                                                | <b>20</b><br>Dententer and Smartsville Community Clubs meet     | <b>21</b>                                           | <b>22</b>  | <b>23</b> | <b>24</b>                                        |
| <b>25</b><br>Christmas | <b>26</b>                                                                                | <b>27</b>                                                       | <b>28</b>                                           | <b>29</b>  | <b>30</b> | <b>31</b><br>New Year's Eve                      |

