

# 4-H Tips 'n Topics



University of California Cooperative Extension, Shasta County 4-H

<http://ceshasta.ucdavis.edu>

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## IMPORTANT DATES

### Attention: Valley Club Secretaries and Treasurers

Our mid-year review is **Monday, January 25 at 5:30 p.m.** It will again be held at the **Redding Library** located at 1100 Parkview Avenue, Redding. All Valley club secretaries, treasurers, and the adult who assists them are to attend this meeting. Be sure to **bring the following:**

- Minutes
- Checkbook
- Receipt Book
- Ledgers
- Receipts
- Reconciliation Sheets

A snack and drinks will be available. Please no siblings!

|        |                                 |
|--------|---------------------------------|
| Dec 24 | Holiday - Office Closed         |
| Dec 25 | Christmas Day - Office Closed   |
| Jan 1  | New Year's Day - Office Closed  |
| Jan 20 | Valley Council Meeting          |
| Jan 23 | IM Favorite Foods Day           |
| Jan 25 | Mid-Year Review                 |
| Jan 27 | New Leader Orientation - Burney |
| Jan 27 | IM Council Meeting - Burney     |
| Jan 30 | CSU Chico - Swine Day           |

## Is the Challenge On?

### Pop Tab Challenge Needs a Sponsor

Twin Palms has been in charge of this activity for the last two years and is unable to continue. It's such a great contest AND community service project I'd like to see it continue! So if there's a club that will take it over, please contact the 4-H office at 224-4900.



## INSIDE THIS ISSUE

## New Leader Orientation Offered in Burney

If you interested in teaching a 4-H project, there will be an orientation on Wednesday, January 27, 5:30 p.m. at Gepettos Pizza in Burney. A minimum of six hours of instruction is all that is needed for a completed non-animal project. Let your club community leaders know your interest. Three things must be completed before your project can begin:

1. Fill out an enrollment form and pay your fee.
2. Obtain a fingerprinting form from the 4-H office and be fingerprinted through the Sheriff's Office (cost: \$18).
3. Attend a new leader orientation.

**January 27th, at 5:30 p.m.**

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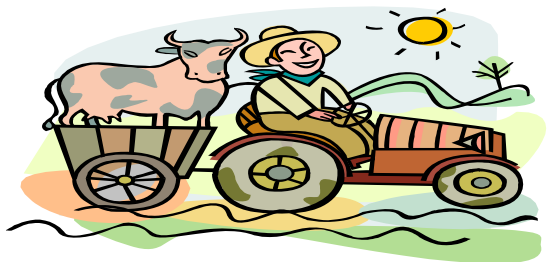




## 4-H/FFA BEEF & HEIFER TAGGING & WEIGH-IN

Youth wishing to take a market steer or bred heifer to the Shasta District Fair are required to attend one of the following tagging activities. They will take place on **Sunday, February 14.**

- **Shasta College** 9 - 11 a.m.
- **Shasta Livestock Yard** 1 - 3 p.m.



## Valley Feeds & Breeds Results

### Senior Division:

Miranda Johns Golden Acres

### Intermediate Division:

Ashley Neau Millville

### Junior Division:

Melinda De LaLoza Golden Acres

### Primary Participants:

Bailey Alexander Swede Creek

Abby Garrett Black Butte

Jayden Gordon Millville

Indy Johnson Millville

Shaina May Black Butte

Julia Norman Cow Creek

Crystal Simmons Happy Valley

Reese Whitehead Happy Valley

## EXHIBITING OR SELLING AT THE SHASTA DISTRICT FAIR?

If you plan to exhibit your 4-H project or show/sell an animal at the Shasta District Fair, you are required to sign and adhere to the rules of the **Shasta County Contract**. The 4-H Council has approved events that qualify a member for showing/selling a market animal at fair. If you have any questions regarding this contract, you can contact your Project Leader, Community leader, or the 4-H office.

### FACILITY USE PERMITS

With the start of a new 4-H year, clubs need to be sure that Facility Use Permits are secured where needed. Remember **ONLY** the County Director may sign the Facility Use Permits, so please get them to the 4-H office as soon as possible

TWO COUNTIES: OK  
TWO CLUBS: NOT OK

A 4-H member may participate in projects in two different counties at the same time, but can only be a member of one club. The Community Club where enrollment fees and paperwork were submitted determines which county the 4-H member will participate in fairs and achievements.

## Horse Projects: Mark Your Calendar!

The annual West Valley Buckle Series Horse Show is coming up! This wonderful horse show involves english, western, and gymkhana riding. Hosted by the West Valley 4-H horse club of Shasta County, it is sure to be great! This year's shows are to be held at Hale's Arena of Cottonwood, California. The address of this arena is 16998 Evergreen Rd. Cottonwood, California 96022. The dates of these horse shows are March 28 and April 25. We would like to remind you that 4-H is for the kids so trainers and parents are not allowed on the horses during the show or warming them up before the show, thanks. The attire of all showers is the appropriate riding gear for the event (english/western/gymkhana), boots, and a helmet.

If you have any questions, please call:

Assistant Leader: Misty Landon at (530)365-7225 or

Project Leader: Kellie Dunham at (530)378-1934

-Kassadie Dunham

West Valley 4-H Horse Project



### California International Exchange Program

The California International Exchange Program will offer outbound programs to Australia, Costa Rica, and Japan during the summer of 2009.

Applications will be accepted until January 15, 2010. An interview with the California 4-H International Exchange Coordinator, Pat English, is required. For more information contact Pat English at: [penglish@ucdavis.edu](mailto:penglish@ucdavis.edu) or 530-754-8520.



### 2010 Citizenship Focus Program

On-line registration for the 2010 California Focus Program is available now and is due on January 15, 2010. 4-H

members and leaders come together to run their own state government in the fictitious state of Sierra Cascade. Delegates draft legislation, participate in a mock trial, and run for office. Then participants interact with their legislators, court officials, and those close to current issues. Financial assistance is available for this program for members who could not afford to attend without help and the Young Civic Leader Scholarship is available for teens with an outstanding leadership and community service record. Those applications are due by Jan 7, 2010. More information and registration forms are available at: <http://ca4h.org/citizenship/focus/>.

- California Focus June 25-29, 2010  
<http://www.ca4h.org/citizenship/focus/>

\* Washington Focus I

Road to Democracy, June 27-July 5, 2010

Heritage Trail, I June 27-July 3, 2009

\* Washington Focus II

- Global Journey, July 11-21, 2010

Heritage Trail II, July 11-17, 2010

<http://www.ca4h.org/citizenship/dcfocus/>

For more information, contact Pat English at [penglish@ucdavis.edu](mailto:penglish@ucdavis.edu) or 530-754-8520.

### Essential Elements of Positive Youth Development

4-H National Headquarters promotes the Essential Elements of Positive Youth Development which consist of four elements:

- Caring Relationships (Belonging): All youth need a caring, supportive relationship in their lives.
- Constructive Learning Experiences (Mastery): 4-H offers opportunities to take on new challenges and learn new skills.
- Leadership Opportunities (Independence): Creating opportunities for youth to develop skills and confidence for leadership and self-discipline.

Service to Communities (Generosity): 4-H helps youth focus on developing concern for others and taking action to demonstrate that concern. More information on youth development research and frameworks is available in a 4-H Center for Youth Development monograph at <http://www.ca4h.org/4hinfo/proginfo/YDFrameworks.pdf>

### Outreach Summits on Bio-Security

Three Regional Education Outreach Summits on Bio-Security in 4-H will be held Dec 12 at UC Davis, Jan 16 in Tehama County and Feb 27 in Kern County. These three Regional Education Outreach Summits are offered by 4-H and Veterinary Medicine Extension in order to improve the understanding of 4-H adult volunteers, veterinarians, and administrators from fairs and exhibitions about existing bio-security risks associated with 4-H Animal Science projects in California and issues related to traceability. Each Education Outreach Summit will include four major components: 1. an overview of current data on bio-security risks associated with 4-H Animal Science projects, including risks at exhibits and fairs, shows, and exhibitions; 2. updated information from USDA on the current status of NAIS and animal traceability; 3. a listening session to provide stakeholders the opportunity to share their experiences and provide feedback on traceability issues to USDA; and 4. a mini-training for 4-H teens and volunteers on the new 4-H Bio-Security curriculum. Register at <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=4238>. For more information, contact Martin Smith ([mhsmith@ucdavis.edu](mailto:mhsmith@ucdavis.edu)) or Steven Worker ([smworker@ucdavis.edu](mailto:smworker@ucdavis.edu)).



## REGIONAL, STATE & NATIONAL NEWS

### Luz Martinez Memorial Scholarship

The Luz Martinez Scholarship application is now available at the 4-H Office. This scholarship of \$200 is given to a 4-H'er who demonstrates the most desire and involvement with the Sheep Breeding Project. The scholarship must be used to purchase a breeding ewe. (Proof of purchase is required.) The applicant must have facilities to start this breeding project, enough financial assistance, good records, experience in the sheep project and parental guidance in this project. If you are interested in applying, please call the 4-H Office at 224-4900 for an application. **Application Deadline is February 1, 2010.**

### Changes Coming to California State Fair

The California State Fair board of directors has voted to change the fair dates to July starting in 2010. The tentative dates are from Wednesday, July 14 to Sunday, August 1. Those breeding animals for this fair need to plan for the date change! For more information you may contact Erica Manuel at [emanuel@calexpo.com](mailto:emanuel@calexpo.com).

### 2010 State 4-H Horse Events

Dates have been set for 2010 State 4-H Horse Events. The State 4-H Horse Classic - Educational Contests will be held April 24 & 25 at Reedley College, Reedley, CA (southeast of Fresno). The Championship Horse Show will be held at the Santa Cruz County Fairgrounds in Watsonville on Thursday, June 24 thru Sunday, June 27. Tentatively, the English classes and Over Fences will be held on Friday, Western classes on Saturday and Gymkhana on Sunday. More information will be available by December 1st on the web site at <http://ca4h.org/projresource/horse/>.

### CSUC

#### Chico Livestock Educational Days

The following are the dates for the very educational field days at the Chico University Pavilion. All field days begin at 8:00 a.m.

- January 30<sup>th</sup> - Swine Education Day
- February 13<sup>th</sup> - Sheep & Goat Education Day
- February 20<sup>th</sup> - Beef Education Day  
(not geared toward youth)

### Excellent Resource for Scholarships, Grants, etc.

The American Grants and Loans Book is a publication that contains valuable information with more than 1800 financial programs, subsidies, scholarships, grants and loans offered by the U.S. federal government. The book will provide a description of the grant available, a URL to the government website, a full mailing address, and phone and fax number. To order please call: 819-322-7533.



### The Fourth H - Healthy Living Initiative

4-H has a long history of promoting healthy living among youth and their families, reaching back to the establishment of the 4-H program over 100 years ago. Healthy Living is the second of the three 4-H Mission Mandate Initiatives identified for national programming. Through the 4-H Healthy Living Initiative, 4-H will *engage youth and families through access and opportunities to achieve optimal physical, social, and emotional well-being*. The initiative is timely. Today's U.S. children are in jeopardy of having shorter life spans than their parents if the effects of poor diets and sedentary lifestyles are not reversed. Local 4-H Youth Development Programs are encouraged to use the following guiding principles in assessing and developing their 4-H Healthy Living programs:

- Learning about healthy living should occur in the context of the Essential Elements of 4-H Youth Development.
- Healthy living programs should be developed and carried out through youth-adult partnerships.
- Curricula and materials used in 4-H healthy living projects and programs should be experiential and based on best practice.

### 2010 State 4-H Field Day

The 2010 State 4-H Field Day is planned for May 29, 2010. The event will include a variety of interests including presentation day, state fashion revue, a plant science contest and interview contest amongst many others. If you are interested in exhibiting at this annual event, click here

<http://www.ca4h.org/projresource/fieldday/SFD-App-Form2010.pdf> for an application. Applications are due by **April 2, 2010.**

### Teens & Leaders Needed for 2010 4-H SET Professional Development Workshop Shasta College

Shasta County needs a team of 4-H members (age 14 and up) and 4-H volunteers. You may register for the Winter 2010 4-H SET Professional Development workshop taking place on February 6th, 9 am – 4 pm. (lunch to be provided). This professional volunteer development opportunity will help prepare 4-H volunteers, teens and staff to incorporate science, engineering, and technology into 4-H projects and activities in a hands-on, experiential manner. We are lucky that this training opportunity is being held in Shasta County. Teens will be able to use this in their record books. Morning topics focus on utilizing teens-as-Teachers and the afternoon introduces a 4-H SET curriculum. Register by January 15, 2010 at <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=4208> Be sure to contact the 4-H Office if you wish to be a part of this training.

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### State Qualifying Dairy and Livestock Judging Contests

The 2010 Judging contests will be held April 17, 2010 at Fresno State University in conjunction with a state FFA judging contest. Applications are due by February 19, 2010 to the State 4-H Office. The entry fee is \$25.00/team or \$5.00 per individual. The applications will be available on the state website after December 1, 2009 and by contacting the State 4-H Office, 530-754-8518.

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### Bio-Security for Birds Calendar Photo Contest

If you have an enthusiasm for birds and have some wonderful photos of birds to share, consider entering in the Bio Security for Birds Calendar photo contest by the USDA's Animal and Plant Health Inspection. The contest entry deadline is January 31, 2010. The winning photos will be displayed in the 2011 Bio Security for Birds calendar. Everyone is encouraged to enter at: <http://healthybirds.aphis.usda.gov>.

### New USDA Web Tools Aimed at Improving Consumer Nutrition

USDA has launched three new online tools, aimed at the "disconnect between the farmer and the food that consumers buy" according to USDA Secretary Tom Vilsack. The tools will provide information to improve consumer nutrition and, according to Vilsack, will "re-connect these long standing ties between the people who produce the food and those who purchase and prepare it." The tools are:

**Growing a Healthier You: Nutrition From the Farm to the Table** - part of the USDA MyPyramid food guidance system, this Web page promotes national initiatives (like National Nutrition Month) and offers fruit, vegetable and other food facts. <http://www.cnpp.usda.gov/KnowYourFarmer.htm>

**MyFood-a-pedia** - provides nutrition information for more than 1,000 foods, including calorie counts for the five "healthy eating" food groups, as well as counts for extra calories from solid fats, added sugars, and alcohol. <http://www.myFoodapedia.gov>

**10 Tips Series** - Offers tips on cutting salt intake, advice for more environmental food choices, and other topics as part of a nutrition education series. <http://www.MyPyramid.gov>



### State Leadership Conference

The 2010 year's theme is "Operation 4-H", and is an annual event in which high school age members from across the state meet to develop leadership skills through workshops, games, and night time activities. We are now accepting applications for educational session/track presenters. Please share your knowledge about all things leadership and help Operation 4-H be a tremendous success! Proposals are due the State 4-H Office by Feb. 26, 2010. You may contact Quang Tong for additional questions at 530-752-5644.

### California Camping Conference April 23 – 25, 2010

The 2010 California Camping Conference will be held at the Nevada 4-H Camp near Stateline, Nevada (off Highway 80 at Lake Tahoe) on April 23 – 25, 2010. The conference serves as a valuable resource for camp administrators, camp staff (youth and adult), and Extension Staff in planning and implementing all types of camp programs. Important conference topics include the new Camp Safety Manual addressing California Health and Safety Code requirements for camps; engaging, fun activities for your camps; archery certification; and camp staff training. Look for conference fee and registration details in next month's newsletter, but be sure to mark the date on your calendar for this important event.

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### Youth Leading The Way

*Taken from the University of Nevada Cooperation Extension.*

Science and 4-H have a long history together that sometimes is overlooked. In 1900 the U.S. Department of Agriculture was having a hard time teaching new scientific farming methods to farmers. People had been using some of the same methods of producing food for centuries; methods were not learned in school but passed on from generation to generation.



How was the government going to change age-old practices in a rural population? The answer was the Land Grant University system. Each state would have a Land Grant University and in each county there would be Agriculture Agents to each the new science of growing our food.

But it was still a hard sell. People were too busy and wary of any new or different methods. After all, “what worked last year would work again this year.”

In order to promote the new science, the idea of boys' and girls' clubs was born. Young people are often more open to new ideas. If the government could teach them a new way to farm, and if it was successful, the parents of the youth might have buy-in on this new idea.

The young boys, using new scientific ways to growing crops, started making local headlines with record-breaking production on their acre. The adults could not help but note that on the one acre plot given to their son to experiment on, they were producing in some cases three times the crop! The ideas started to take root and the population in general started using the new ways. Soon, the Cooperative Extension Service was looked to for the latest in science knowledge.



Today we are about more than canning and baling hay. These boys' and girls' clubs became known as 4-H clubs. The 4-H clover and 4-H pledge were adopted. Scientific knowledge has grown with today's youth clubs, as have the number of projects. Today we have national initiatives to promote science within the 4-H program.

One of these is the S.E.T. (Science, Engineering and Technology) program. As you may know every 4-H project does have some science or technology within it. For example: sewing uses a lot of math skill, raising an animal involves use of chemistry and biology and those in rocketry projects are learning engineering skills.

The original purpose of 4-H, to promote scientific knowledge in agriculture, is still as important as it was over 100 years ago. We are still helping to raise animals and promote best practices to put food on the table. But we have also moved into the center ring in promoting other science education with rocketry projects, GSP projects and environmental projects. The 4-H youth of today, like those over 100 years ago, are the ones leading the rest of their community to better times using science as their road map.

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

## REGIONAL, STATE & NATIONAL NEWS

### State Fashion Revue 2010

What are you doing in your county clothing projects? State Fashion Revue 2010 will feature our County Corner where you can share innovative ideas from your county that relate to the Clothing & Textiles project, including non-wearable items. Check out the website at <http://www.ca4h.org/projresource/fashion/> to find out more about it.

### Calling all 4-H Equine Enthusiasts!

The National Youth Horse Council presents the National Youth Horse Leaders Symposium is scheduled to be held March 19-21, 2010 in Lexington, KY. Registrations are due postmarked by Feb. 24, 2010. Please go to <http://www.ca4h.org/4hresource/updates/attach/2009/ec09/2010RegistrationBrochureEmail.pdf> for full details on event.

### Relocation for Extension Poultry Specialist

Dr. Francine Bradley, Extension Poultry Specialist has relocated to an office in Southern California and will be continuing her role in supporting statewide 4-H Poultry programs. There is no email available, but you may contact her at the following address: 1775 East Palm Canyon Dr., Ste. 110-#129, Palm Springs, CA 92264. During this transition time, there will not be an Avian Science Day held. This event is anticipated to resume for 2010.

### VALLEY PRESENTATION DAY REGISTRATION - MANDATORY DUE FEBRUARY 8TH (TO THE 4-H office)



NAME: \_\_\_\_\_ NAME: \_\_\_\_\_

CLUB: \_\_\_\_\_ CLUB: \_\_\_\_\_

PHONE: \_\_\_\_\_ PHONE: \_\_\_\_\_

GRADE (as of 12/31/09): \_\_\_\_\_ GRADE (as of 12/31/09): \_\_\_\_\_

AGE (as of 12/31/09): \_\_\_\_\_ AGE (as of 12/31/09): \_\_\_\_\_

#### Type of Presentation: (CHOOSE ONE)

- Demonstration
- Illustrated Talk
- Scientific Demonstration
- Educational Display
- Prepared Speech
- Impromptu Speech
- Interpretive Reading
- Share the Fun
- Cultural Arts
- Audio-Visual Presentation
- Problem Solving Presentation

#### Grade Division:

- Primary (K-3)
- Junior (4-5)
- Intermediate (6-8)
- Senior (9-12)

#### Subject or Title of Presentation:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Bringing a live animal? \_\_\_ Yes \_\_\_ No

#### Help Needed:

\_\_\_\_\_ YES, I would like to be a room coordinator/MC.

\_\_\_\_\_ YES, I would like to be a judge. (\_\_\_ Youth \_\_\_ Adult)

**INDIVIDUAL or TEAM**  
(circle one)

\*\*We are in need of judges. A judge can be an adult or youth (9th grade or older who has received a gold on a presentation).



**REGISTRATION DUE (mandatory):** Monday, February 8th (No late entries accepted)

**WHEN:** Saturday, February 20\* **\*DATE CHANGE**

**WHERE:** Sequoia Middle School, 1850 Sequoia Street, Redding

**COORDINATED BY:** Twin Palms 4-H, Robin Baker 275-2868

**CONCESSIONS BY:** Swede Creek 4-H- (breakfast items, drinks, and snacks offered)



## IMPORTANT INFORMATION

**EVENT ELIGIBILITY:** This event is open to all 4-H members.

**UNIFORMS:** Uniforms are acceptable, but not required.

**SDF REQUIREMENTS:** This event can qualify you for participation at the Shasta District Fair if presentation is in project area. Call the 4-H office for clarification.

**GRADE DIVISIONS:** Teams will be assigned rooms by *oldest member*.

Primary (K-3)

Junior (4-5)

Intermediate (6-8)

Senior (9-12)

## AWARDS

Danish system of judging is used with gold and silver medals or blue ribbons awarded. Primary participants will not be ranked, but will receive participation pins. Those receiving a gold award will be eligible to compete at the *Regional Level* on **Saturday, April 17** in Lassen County. Gold medalists at Regional Level will qualify for competition at the *State Level* on **Saturday, May 29** in Davis.

## SPECIAL EQUIPMENT

4-H members are responsible for arranging any special equipment or facilities they may need for their presentations! This includes a TV and VCR for videos, slide projector and screen for slide presentations, tri-folding standup display for the Tabletop Displays, etc. Any special considerations for "Share the Fun" must be arranged by the 4-H members, including sound systems, pianos, tumbling mats, etc.

## TIME LIMITS

A demonstration can range in length from 3 minutes for an individual primary presentation to 15 minutes for a senior individual or team presentation. The complexity of the topic, and the age of participants should dictate the appropriate length. Team members should divide work and speaking parts. An uneven distribution of work or speaking parts will impact the scoring of the "Presentation" skill.

## SCHEDULE (Approximate times)

|                    |                                   |
|--------------------|-----------------------------------|
| 8 - 9 a.m.         | Registration - then report to gym |
| 8:15 a.m.          | Judges & MC's Registration        |
| 8:30 - 9 a.m.      | Judges & MC's Orientation         |
| 9 - 9:10 a.m.      | Welcome & Rules in gym            |
| 9:10 - 9:30 a.m.   | Members to Set-up Presentations   |
| 9:30 - 11:30 a.m.  | Presentations                     |
| 11:30 - 12:30 p.m. | Awards                            |

## HELP NEEDED

We are looking for older members to serve as Master of Ceremonies (MC) and Room Coordinators. They may also give presentations. We also need adult or youth (9th grade or older who have received a gold on a presentation) to be judges. If interested, be sure to mark the section on the registration form.

# December 2009



| Sun | Mon | Tue   | Wed   | Thu  | Fri   | Sat |
|-----|-----|---|---|--|---|-----|
|     |     | 1   | 2   | 3  | 4   | 5   |
| 6   | 7   | 8   | 9   | 10   | 11  | 12  |
| 13  | 14  | 15<br><i>7pm<br/>IM Council<br/>Meeting</i> | 16<br><i>6pm Potluck<br/>7pm Valley<br/>Council Meeting</i> | 17<br><i>6pm<br/>Valley Beef<br/>Leader Meeting</i>  | 18  | 19  |
| 20  | 21  | 22  | 23  | 24<br><i>Happy Holidays!</i><br><i>(Office Closed)</i>   | 25<br><br><i>(Office Closed)</i> | 26  |
| 27  | 28  | 29  | 30  | 31<br><br><i>New Year's Eve</i> |   |     |



# January 2010



| Sun | Mon                              | Tue | Wed   | Thu | Fri   | Sat                                   |
|-----|----------------------------------|-----|---|-----|---|---------------------------------------|
|     |                                  |     |   |     | 1<br><br>(Office Closed) | 2                                     |
| 3   | 4                                | 5   | 6   | 7   | 8   | 9                                     |
| 10  | 11                               | 12  | 13  | 14  | 15  | 16                                    |
| 17  | 18                               | 19  | 20<br>7pm Valley<br>Council Meeting   | 21  | 22  | 23<br>IM Favorite<br>Foods Day        |
| 24  | 25<br>5:30 pm<br>Mid Year Review | 26  | 27<br>5:30pm<br>New Leader<br>Orientation -<br><u>BURNEY</u><br>7pm IM Council<br>Meeting -<br>BURNEY | 28  | 29  | 30<br>CSU Chico<br>Swine<br>Day<br>31 |

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**Current Resident Or:**

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**COUNCIL MEETINGS**

**-VALLEY-**

**Wednesday, January 20  
 7 - 9 p.m.**

**-INTER MOUNTAIN-**

**Tuesday, January 27  
 Leader Orientation at 5:30pm  
 Council at 7 p.m.**

All leaders and youth 14 years and older have voting rights.

***Please come and take part!***

**Where to list 4-H participation on PDR 09-10**

| <u>Date:</u> | <u>Activity/Event:</u>                          | <u>PDR Category:</u>       |
|--------------|---|----------------------------|
| 12/6/09      | IM Achievement Night                            | 3 - 4-H Events Attended    |
|              | IM Achievement Night Medalist                   | 7 - Honors and Recognition |
| 12/6/09      | IM Officer's Training                           | 3 - 4-H Events Attended    |
| 1/23/10      | IM Favorite Foods Day                           | 3 - 4-H Events Attended    |
|              | IM Favorite Foods Medalist<br>(not ribbons)     | 7 - Honors and Recognition |
| Various      | Christmas Caroling                              | 5 - Community Service      |
|              | Visiting Elderly or Sick                        | 5 - Community Service      |
|              | Coat/Food, Etc. Drive                           | 5 - Community Service      |
|              | Christmas Baskets                               | 5 - Community Service      |
|              | Any Committee for the Above<br>(met and served) | 4 - Leadership Development |
| 1/25/10      | Mid-Year Review                                 | 3 - 4-H Events Attended    |