

# 4-H Tips 'n Topics



University of California Cooperative Extension, Shasta County 4-H  
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## Looking for Gold Star Recipients



If you have received your Gold Star and would like to earn some community service points here's an opportunity. We need 6-8 youths, 7th grade or older to assist with serving lunch at the SDF Pioneer Luncheon. If you are interested, please contact the 4-H Office at 224-4900. It will be on a first come, first serve basis.

## 4th Annual 4-H/FFA Community BBQ - July 3

Hosted by local 4-H and FFA organizations, a BBQ dinner will be served in conjunction with the Anderson Explodes Fireworks at the Shasta District Fairgrounds. All meat provided for dinner will be grain fed and raised by our local 4-H and FFA members. Tickets are a \$10 donation and include a drink with their meal. This dinner was created to benefit agricultural education programs offered through our local 4-H/FFA organizations. Again this year, the committee has secured a building and is **asking each project group or each club to design a display/poster that shows projects other than livestock**. You may also bring in some of the items you have made in projects.

Clubs participating will see a \$5 return for every ticket sold! Clubs who are not officially participating in the BBQ can still purchase tickets for their buyers through the 4-H office.

You can also come and help out that day.

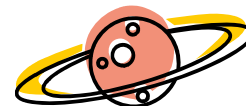
### **Attention youth selling an animal!**

Council is asking all youth who sell an animal through the SDF to purchase tickets for their buyers. An informational flyer is available and should accompany the ticket.

Clubs who are not officially participating in the BBQ can still purchase tickets for their buyers through the 4-H office.

## 4-H Summer Resort Camp is Early This Year! June 26-29

### Theme: "4-H is Out of This World"



Camper applications are now available through your club, the 4-H office or on the county website ([ceshasta.ucdavis.edu](http://ceshasta.ucdavis.edu)). They are due to the 4-H office by **June 2<sup>nd</sup>** (to get a camp t-shirt) **or June 9<sup>th</sup>**. Again this year camp will be held at the Sheperds Ranch in Whitmore. However, our cost is \$100/person. We are strongly encouraging clubs to pay half. As members you can make that decision so bring it up at your club meetings! Those of you who attended last year know how great the food was and what a great facility it is. Bring a friend to camp with you! Campers are 4<sup>th</sup> thru 8<sup>th</sup> grades (use the grade you will be entering in the fall). \*Non-4-H members may attend but will be required to enroll and pay the additional \$12 for 4-H insurance.

## IMPORTANT DATES

May 3	• Lrg. Animal Ag. Field Day • Expo Challenge • Home Ec. & Mechanics F.D.
May 8	Scholarship Interviews
May 9	SDF Entry Deadline
May 15-17	Redding Rodeo
May 19	Leader. Passes Available
May 20	Budget Committee Meeting
May 22	4-H / FFA BBQ Meeting
May 27	Buyer's Gifts Delivered to Livestock Office
May 31	State Presentation Day
June 2	Camper Registrations Due
June 6	Pioneer Luncheon
June 10-15	Shasta District Fair

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## West Valley Classic Buckle Show Results

By Lana Deppen, West Valley 4-H Project Leader

Once again the West Valley Classic Buckle show series was a huge success with record number attendance this year. Thank you to all of the participants for attending. Congratulations to each of you on doing an outstanding job. The judges from both of our shows commented on how well the riders and horses rode & behaved. You did not make their job easy. Again we would like to thank PetSmart in Redding for their generous donations. If you received a prize at our shows please be sure to send them a thank you. These prizes would not have been possible without their support. A special thank you to the horseless horse project for all of your help at our shows, and to the many parents who are so willing to jump in. Thank you again and we hope to see you back next year.



From Left to Right

Carley Arthur, Lone Pine 4-H, Butte Co. (Reserve High Pint—Pleasure)  
Callie McCarthy, Lone Pine 4-H, Butte Co. (Reserve High Point—Pleasure)  
Katie Freitas, Plaza 4-H, Glenn Co. (High Point—Pleasure)  
Willow Duncan, Bowman 4-H, Tehama Co. (Reserve High Point—Pleasure)  
Bailey Brownfield, Antelope 4-H, Tehama Co. (High Point - Pleasure)  
Brandi Sealander, West Valley 4-H, Shasta Co, (High Point—Pleasure)



From Left to Right

Franki Mannion, Happy Valley 4-H, Shasta Co. (Reserve High Point—Gymkhana)  
Brittney Finch, Corning 4-H, Tehama Co. (Reserve High Point—Gymkhana)  
Kersten Fletcher, Richmond 4-H, Lassen Co. (Reserve High Point—Gymkhana)  
Willow Duncan, Bowman 4-H, Tehama Co. (High Point—Gymkhana)  
Breanna Norton, Bowman 4-H, Tehama Co. (High Point—Gymkhana)  
Cassidy Cunningham, Lone Pine 4-H, Butte Co. (Reserve High Point Gymkhana)  
Katie Hardesty, Shasta 4-H, Siskiyou Co. (Reserve High Point—Gymkhana)

### Ten Commandments for Parents of 4-H'ers Showing Livestock



- ☆ Thou shalt not feed, train, or care for the animals for thou art trying to teach the child responsibility.
- ☆ Thou shalt forgive a child for making mistakes in the show ring for thou hast made mistakes, too!
- ☆ Thou shalt not get mad when thy child forgets items in the show box for one day. Thou may forget the show box.
- ☆ Thou shalt help the show manager for they are doing a job that thou would not want to do.
- ☆ Thou shalt see that thy child is on time for all show activities for thou would not want to wait on another.
- ☆ Thou shalt make sure thy child has animals entered and registration papers in order by the designated time.
- ☆ Thou shalt teach the child that winning a blue ribbon is a desirable goal, but making friends along the way is a more worthy goal.
- ☆ Thou shalt not complain about the judge for it is his opinion that has been sought.
- ☆ Thou shalt remember that livestock projects are teaching projects, not necessarily money-making projects.
- ☆ Thou shalt remember that the livestock project is a family project that shall be enjoyed and supported by the entire family.



~Clyde D. Lane, Jr., Extension Specialist, University of Tennessee

## State 4-H Horse Classic - Championship Horse Show

The State 4-H Horse Classic - Championship Horse Show will be June 26-29, 2008 at the Santa Cruz County Fairgrounds in Watsonville. Entries are due June 1. Classes being offered are Western, Gymkhana, English Flat, Over Fences and Miniature Horses. There is no qualifying to participate; it is recommended 4-Hers have shown locally at horse shows. Information and rules, entry forms, and much more are now available at <http://ca4h.org/projresource/horse/classic.asp>.

## Do You Have an Interest in Horses?

Then I encourage you to consider applying for the State 4H Equine Education Advisory Committee. They will be appointing new members this Summer. Please visit <http://www.ca4h.org/council/advisory.asp> for committee information and if you're interested you can access an application. There will be adult and teen positions available. Applications are due May 31<sup>st</sup> at the State 4-H Office. If you have any questions, please send an e-mail or call.

## Emerald Star Project—Show for Breeding Projects

By Stacey Stroing, Sierra Scholzen, and Katie Parks

We are from the Westside 4-H Club in Tehama County. We each own and raise large livestock animal breeding projects and have been for several years. Stacey raises Beef Cattle, Sierra raises Market Sheep, and Katie raises Toggenburg Dairy Goats. These are year round commitments for us. We care for our animals through the school year, through sporting events and other 4-H activities. We each have also been involved in the leadership of our club as Club Officers; Junior Leaders of our animal projects, and have each achieved the honorable award of County Winner in our animal projects with our Record Books. Together now, we are working as a team on a 4-H Emerald Star Project. An Emerald Star is earned by providing a special service to the Community. We saw a need in our County to provide a local venue for 4-H members who have breeding projects involving market animals such as beef, sheep, meat goats and swine. Over the past few years, we have seen an increase in breeding projects. Currently, there is no other local 1 day show for these kids to participate in. Week long fairs in other Counties, long distance Association Shows and Jackpot shows are the only other places for breeding animals to be shown. These types of shows are not always achievable for many reasons. This is why we have decided to work toward earning our Emerald Star by putting together a local 4-H Breed Show with a date set at the Tehama District Fairgrounds to be held May 10, 2008. We are also inviting our neighboring counties to participate with their breeding animals. We hope this will make for a challenging and well attended show. Participants can look forward to showing their animals which they have worked year long with and also have another opportunity to practice their showmanship skills and learn from the advice of Judges. Awards will be given out for both showmanship and conformation classes. Your County Office has a show schedule to share with you and your project leaders. Please pass to word along to your 4-H friends of this opportunity. We hope to see you there. If you have any questions, please feel free to call one of the Emerald Star Project Team Members listed on the flyer or Lisa Humphreys, Tehama County 4-H Program Representative.



## Shasta District Fair Leader Passes - Available May 19

Project leader passes will be distributed through the 4-H office as in the past. Please designate one project leader to pick up passes for your species. Passes will be available for pick up weekdays from 8 a.m. to 5 p.m. starting **Monday, May 19**. **A list of who receives the passes must be submitted to the 4-H office by June 10**. Community Club Leaders who do not receive passes as a project leader will receive a fair pass.

### Livestock Exhibitor Parent Courtesy Passes:

- May be purchased by parents at a reduced rate of \$10 each
- Limited to 2 books of 5 passes each
- Must be ordered and paid for by June 2

### A Great Loss to Our Program

4-H volunteer leader, Lupe Baker has passed away, April 23<sup>rd</sup>, after a long battle with cancer. Lupe was one of the strongest women I have ever had the pleasure of knowing. She didn't know the words "give up" and didn't let you refer to them either. The Shasta County 4-H program was fortunate to have her for 7 years. She was an assistant swine project leader, and countywide safety shooting sports leader. She and her husband Mike were always volunteering beyond their project commitment. Her presence at the Shasta District Fair was always there, out front in the ring with a fight board among all the men. Lupe was one of the few women who could handle a fight board as good as any man. It was evident that she possessed a deep conviction for helping, and giving back to the community whether it be youth or adults, through her paid job as a police person, or giving back to the Women's Refuge, 4-H or other ways. We will miss Lupe, I will miss Lupe, and the people she touched in her short life through her friendship, knowledge and skills will never forget her. Our condolences go out to her husband Mike, and her children Kristina and Erika. Entrée Express coupons are being purchased for the family. If you would like to donate to the Baker Family Fund, please make your check payable to 4-H Council and bring or send it to 1851 Hartnell Ave., Redding 96002.

### Glenn County Hosts 4-H Horse Show June 1, 2008

Attention horse members looking for a qualifying event to fulfill the SDF contract can now meet that by attending this show. For more information or entry form, contact the 4-H office at 224-4900 or stop by the office.



### Volunteers Needed for Community Service

The Palo Cedro Park Committee is looking for volunteers to help with roadside clean-up on **May 10<sup>th</sup>**. You're to bring heavy duty gloves and meet in the Holiday parking lot at 8:30 a.m. Contact Bill Evens at 547-5272 if you can help.

White shirts and pants are available at the 4-H office in a various of sizes free of charge. We just ask when you're finished, to please wash and bring them back for others to use.

### Community Service Opportunity

Below is a series of opportunities regarding the Challengers Baseball program in Shasta Lake. This program is a non-competitive league that provides the opportunity for youth with mental, physical and social disabilities to play an organized sport. They play a valuable role in developing assets in our community. In order to make the program work, Challengers relies on volunteers to assist with the games on a weekly basis. These volunteers are paired with players to assist with fielding, etc. On behalf of the Youth Initiative Committee at Public Health, I would like to encourage you to volunteer for one or multiple Saturdays. I know that you all have 1 or 2 youth that could spearhead an effort to participate in this program in some capacity. All games played at Shasta Dam Little League Fields (West on Shasta Dam Blvd from I-5 Little League Fields on your left **before** Toyon School and Lake Blvd). Dates are Saturday 4/12, 4/19/ 4/26, 5/3, 5/10 & 5/18 @ 9:00 a.m. You can learn more about the program and needs by contacting Carol Matheny at 547-4633.

### Talent Show on Sunday May 18

As you may or may not know, Planned Parenthood will be holding a Talent Show **May 18<sup>th</sup>** (from 2:00-5:00 at the outdoor stage, just right of the Convention Center) to showcase the talent of local High School students. This is an exciting opportunity to raise awareness about Teen Pregnancy Prevention Month and have a great time. Local organizations have already contributed donations (which we are truly grateful) for all participants involved with an extra something special for the talent show winner(s). Currently they are taking talent sign ups. All talent is welcomed! This includes both individual and group performances. Please have anyone interested contact either myself or Deborah Cates (530-351-7110) [dcates@ppshastadiablo.org](mailto:dcates@ppshastadiablo.org), or [www.myspace.com/pegpp](http://www.myspace.com/pegpp)) with contact name, group name (if applicable), contact number/email, and a short description of the talent being showcased. A rehearsal performance will be held **Sunday, May 11** from 2:00-5:00 at the outdoor stage, just right of the Convention Center. Even if you are not in the showcase, come out on May 18 and support our local youth and have some fun!



**CLUB & PROJECT CONNECTION**



**Cottonwood 4-H**

Submitted by Taylor Renihan

Hello! My name is Taylor Renihan with Cottonwood 4-H. On April 11th we pulled weeds in Cottonwood. Our Cottonwood 4-H has adopted the median in front of the Head Start Preschool, on main street. Everyone brought a bag and pulled all the weeds. We were there for about an hour.

**Pop-Tabs Weight Judging**

By Tiffany Plunk

Congratulations to everyone participating in the “Pop Tab Challenge.” At the April council meeting I helped weigh each of the club’s collections and the results are **AWESOME!**

<b>Black Butte</b>	<b>1.0#</b>	<b>Cottonwood</b>	<b>7.2#</b>
<b>Millville</b>	<b>1.0#</b>	<b>Canyon</b>	<b>7.8#</b>
<b>Anderson</b>	<b>2.2#</b>	<b>Oak Run</b>	<b>9.3#</b>
<b>Foothill</b>	<b>2.2#</b>	<b>Palo Cedro</b>	<b>24.6#</b>
<b>Swede Creek</b>	<b>2.9#</b>	<b>Twin Palms</b>	<b>34.0#</b>
<b>Golden Acres</b>	<b>3.2#</b>	<b>Happy Valley</b>	<b>40.0#</b>
<b>Twin Creeks</b>	<b>4.2#</b>	<b>Cow Creek</b>	<b>147.0 #</b>

Thank you for helping to support the Sacramento Ronald McDonald House. We have contacted the House and they are looking forward to receiving the tabs at the beginning of June. I am looking forward to challenging all 4-H clubs next year. I’m sure we can “Pull for the Ronald McDonald House” again.

**What's Your Club Doing?**

The TNT is a great way to get the word out on what your club is doing. Have your reporter send in articles and pictures of your club’s news by the 15th of each month. Community service events, outings, and recognitions are all news worthy.

The Twin Palms 4-H Photography Project is proud to announce that they have been invited to display their photography at the local YMCA for the entire month of May. Please come by the YMCA and take a look at our wonderful work. A big thanks to the local YMCA for giving us this great opportunity and for supporting the community’s youth. Please remember to stop by and see our work

**Twin Palms 4-H Gets the Big Picture**

Submitted by Audrey Wallers

The Twin Palms 4-H photography club went down to Red Bluff to the Big Picture Framing Shop. We met up with Diane, the owner, and she gave us a tour of her studio. She then showed us how to operate the machine to cut mats. Diane showed us how to pick out color mats to enhance our pictures and showed us how to mat the picture by taping only the top corners of the picture so that they lay flat and stay in place. We also discussed different sizes. She let us mat every picture we had. We are even more prepared for the Shasta District Fair. She really showed support to our photography club and we really appreciated it a lot!



## Operation SOS: Kids

Operation SOS: Kids will be part of the 2008 State 4-H Field Day at UC Davis on **May 31, 2008**. The goal is to help U.S. soldiers in war torn areas to provide humanitarian relief. Children in these areas often go without proper clothing, school supplies, hygiene items (especially dental) and toys. By sending these items, we enable our soldiers to reach out to children and their families, creating relationships and trust which helps to keep our soldiers safe and secure. More information is available at: <http://www.ca4h.org/projresource/fieldday/SOS.pdf>

## Asilomar Conference

Get ready to rock at the beautiful Asilomar Conference Center in Pacific Grove for the California State 4-H Leaders' Forum, *4-H Rocks: 4-H Builds Solid Foundations*, on November 7-9, 2008. Volunteers, youth, community members and agency employees are encouraged to present a workshop and can apply online at <http://ucanr.org/slfworkshop>. The deadline for proposals is **June 27, 2008**. Lodging and meal reservations will be made through Asilomar and, after September 5th, will be on a space-available basis. The conference registration will be handled through the Stanislaus County, UCCE office. Conference materials are with County Council Presidents and posted at:

<http://www.ca4h.org/conference/slf/index.asp>.

## Survey for Youth 8 – 12 Years

The youth members of the Texas 4-H Technology Team have recently undertaken a research project to evaluate why young people (ages 8 to 21) are so interested in on-line social networks such as MySpace, Xanga, and FaceBook. As part of their research project, they are conducting a survey and then will be presenting the findings at the 2008 Children, Youth, and Families at Risk Conference in San Antonio in May. The Texas 4-H Technology Team invites all young persons, ages 11 to 21, to go on-line and complete the survey. The survey is totally anonymous and is hosted by a secure website. It will take you no more than 10 minutes to complete the entire survey. The survey can be completed by clicking on: [https://www.surveymonkey.com/s.aspx?sm=3Gcf613NZTPJIOXeuOlbzw\\_3d\\_3d](https://www.surveymonkey.com/s.aspx?sm=3Gcf613NZTPJIOXeuOlbzw_3d_3d)

## California State Fair

Californians who would like to enter market livestock in the Livestock Show at the 2008 California State Fair must first register for the DNA Reservation and Collection online at [www.bigfun.org](http://www.bigfun.org). The Fair requires DNA registration to verify ownership and prevent unlawful switching of animals before or during the competition. No market animal will be eligible for official entry unless this sample is obtained and an official Market Registration form has been completed by the deadline. For additional information, rules and specific guidelines, please visit the California State Fair website at [www.bigfun.org](http://www.bigfun.org) or contact the California State Fair Livestock Program Coordinator at: 916-263-3109 or [entryoffice@calexpo.com](mailto:entryoffice@calexpo.com).

## Annual Equine Medicine Club Symposium

Here's an opportunity for 4-H members and leaders to learn more about equine medicine research at UCD. The event is **Saturday, May 17th** and 4-Hers can receive a discount registration fee. Registration form is available at:

<http://www.vetmed.ucdavis.edu/clubs/emc>. or email [ucdavisquinemedicineclub@yahoo.com](mailto:ucdavisquinemedicineclub@yahoo.com).

## 2008 California 4-H—State Leadership Conference July 31 – August 3, 2008

UC Davis

The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. Delegates stay in the campus residence halls, eat at the dining commons, participate in educational tracks in campus classrooms, and listen to motivational speakers. The cost is \$385.00 per person with registration due by **June 13, 2008**. Financial aid is available, due by **May 16, 2008**. More information and forms are available at: <http://www.ca4h.org/conference/slc/> *Special recognition for the county that sends the most youth delegates!*

### 4-H Golden Clover Awards

The Golden Clover Awards recognize outstanding achievement of 4-H members, volunteers, groups, and 4-H staff within the 4-H Youth Development Program. Recognition is available in various categories, such as innovative ideas, collaboration, citizenship, service dogs, science, and others.

- Deadline: Applications must be postmarked by **May 31, 2008.**
- Eligibility: 4-H members, volunteers, groups, and 4-H program staff
- Awards: Up to 19 awards.
- Application:

<http://www.ca4h.org/4hresource/ir/goldenclover/2008GoldenCloverAwards.pdf>

### Service-Learning Grants

Project Ignition - Grants provided by State Farm and the National Youth Leadership Council for service-learning projects that address teen driver safety for students in grades 9-12 and their teachers. Twenty-five recipients each receive \$2,000 with ten finalists each receiving \$5,000; winning schools each receive \$10,000. More information at:

[www.sfprojectignition.com/rules\\_regulations.html](http://www.sfprojectignition.com/rules_regulations.html).

Deadline: **May 16, 2008.**

### Positive Youth Development

Interest in Positive Youth Development has grown as a result of studies that show the same individual, family, school, and community factors often predict both positive (e.g., success in school) and negative (e.g., delinquency) outcomes for youth. Such factors as developing strong bonds with healthy adults and maintaining regular involvement in positive activities not only create a positive developmental pathway, but can prevent the occurrence of problems.

**86**.....Percent of youth report wanting to make meaningful contributions to their communities. [Office of Juvenile Justice and Delinquency Prevention (OJJDP), <http://ojjdp.ncjrs.org/>]

**67**.....Percent of adults describe youth as “rude, irresponsible and wild,” when asked what first comes to their minds when they think about today’s teenagers. [Farkas]

**70.4**.....Million children under the age of 18 are living in the United States, or 26 percent of the population, down from a peak of 36 percent at the end of the baby boom. Children are projected to remain a stable percentage of the total population, comprising 24 percent of the population in 2020. [America’s Children Key National Indicators of Well-Being 2001]

**20,000**.....Girls, ages 11 to 17, are serving their communities through the Girl Scouts. [<http://www.helpingamericasyouth.gov/exhibithall/PosYthDevel.pdf>]

**40,000**.....Young people have already worked to rehabilitate their neighborhoods through YouthBuild. [<http://www.helpingamericasyouth.gov/exhibithall/PosYthDevel.pdf>]

**7**.....Million youth are learning Positive Youth Development through 4-H. [<http://www.helpingamericasyouth.gov/exhibithall/PosYthDevel.pdf>]

### Target Offers Grants

Target Grants of \$1,000 to \$3,000 for programs that make art and cultural experiences accessible to children and families; that foster a love of reading and encourage young children to read with their families; and that strengthen families and communities and keep them safe. Also for family counseling and parenting classes that prevent family violence. More information go to: <http://sites.target.com/site/en/corporate/page.jsp?contentId=PRD03-001813>.

Deadline: **May 31, 2008.**

### Farm Service Agency Offers Loans

FSA makes loans to individual rural youths to establish and operate income-producing projects of modest size in connection with their participation in 4-H clubs, FFA and similar organizations. Each project must be a part of an organized and supervised program of work. The project must be planned and operated with the help of the organizations advisor, produce sufficient income to repay the loan and provide the youth with practical business and educational experiences. For information on qualifications, please contact the 4-H office at: 224-4900.



SHASTA DISTRICT FAIR - LIVESTOCK / STILL EXHIBIT RECEIVING & RELEASE SCHEDULES

LIVESTOCK RECEIVING and RELEASE SCHEDULE

<u>Saturday &amp; Sunday</u> June 7th & 8th	<u>Tuesday</u> June 10th	<u>Wednesday</u> June 11th	<u>Saturday</u> June 14th	<u>Sunday</u> June 15th
11:00AM-5:00PM Pen/Stall Set-up Only <u>NO Livestock</u> Will be received on this day	7:00AM-8:00PM Breeding Cattle Dairy Cattle Dairy Goats Poultry Breeding Sheep Light Horse	10:00 AM - 2:00PM Gymkhana Horses	7:00AM-8:00AM Western Horses	<u>Barn D</u> Jr. Swine Carry Out Items Only 5:00PM No exhibitors in <b>Barn D</b> after 6:00PM
<u>Monday</u> June 9th		<u>Thursday</u> June 12th	<u>Sunday</u> June 15th	
7:00AM 4-H Horse Show	<u>Market Weigh in</u> 8:00AM-12:00PM Jr Market Swine 12:15PM - 1:00PM Jr Market Beef 1:30PM-2:30 PM Jr Market Sheep 2:30PM-3:00PM Jr Market Meat Goat	7:00AM-8:00AM Halter Horses	7:00 AM ARBA Rabbits	<u>Barn A</u> Jr Breeding Beef Load on Grass Area only 5:00PM No vehicles allowed in the area surrounding Barn A <b>Any tack items must be carried out.</b> Exhibitors may lead their steer to the truck. The Barn Supervisor will relay details to the steer exhibitors on Sunday pm.
7:00AM-8:00PM Receiving Livestock	5:00 PM Farm Bureau Welcome BBQ	5:00 PM Light Driving Horses	<u>Release Times</u> <u>Barn E</u> Jr./Sr. Dairy Goats/Cattle Poultry 3:00pm No exhibitors in <b>Barn E</b> after 6:00PM <u>Barn C</u> Breeding Sheep & Breeding Meat Goats Jr. & Sr. Dairy Goats 4:30pm No exhibitors in <b>Barn C</b> after 6:00PM	
		<u>Friday</u> June 13th		
		7:00AM-8:00AM English Horses		
		8:00 AM Rabbit Meat Pen Weigh in		

STILL EXHIBITS RECEIVING SCHEDULE

<u>Saturday</u> June 7 th	<u>Sunday</u> June 8th	<u>Tuesday</u> June 10th	<u>Wednesday</u> June 11th	<u>Friday</u> June 13th	<u>Saturday</u> June 14th
8:00AM-6:00PM Wine & Beer	<i>Continued</i> Website Design Computer Graphics Computer Art	8:00AM-6:00PM Ag/Horticulture Baked Foods Chocolate Cake	8:00AM Cream Pies Pastries	7:00AM-8:00AM Floriculture for Friday Show	5:00PM-6:00PM Fair-ly Palatable Potato Salad
<u>Sunday</u> June 8th	Ag. Literacy Kritters	Floriculture Ag Art	5:00PM-6:00PM Fair-ly Crazy Casserole	Baked Foods for Friday Show	
8:00AM-6:00PM Vocational Arts Arts & Crafts Beading Clothing & Textils. Gift Wrapping Home Arts-4-H Deco. Hats & Boxes Photography Preserved Foods Scrap Books Stamp Art Christmas In June Feature Booth Gardens Needle Art	4-H Robotics & Rocketry Roots in Agriculture Treasures from Trash Lego Sculpture Gems & Minerals	Picnic Basket G'ma Cookie jar Scarecrow Gardens Ugly Cake Feature Booth		5:00PM-6:00PM Fair-ly Zippy Zucchini Bread	<u>Sunday</u> June 15th
	<u>Monday</u> June 9th	Decorated Cow Cookies	<u>Thursday</u> June 12th		5:00PM-6:00PM Fair-ly Cozy Cobbler
	8:00AM-6:00PM Gardens Feature Booth		5:00PM-6:00PM Fair-ly Bodacious Bundt Cake		





## WHAT IS YOUR MIND-SET?

By Sharon Junge

Acting Director, California Youth Development Program



I recently had an opportunity to hear Stanford University researcher, Carol Dweck. I was immediately struck by her work on competence and achievement and its immediate relevance to our 4-H Youth Development Program.

Dr. Dweck pointed out that our society worships talent, be it in business, sports, education, science or the arts. Many hold the belief that possessing superior intelligence or ability and confidence in that ability is a recipe for success. However, her 30 years of research suggests something quite different. She has found that “an overemphasis on intellect or talent leaves people vulnerable to failure, fearful of challenges, and unwilling to remedy their short comings.”

According to Dweck, there are two “mind-sets” for intelligence (and other aspects of our lives). One is more static: viewing intelligence as a fixed trait or entity that dwells within us. This she refers to as a “fixed mind-set”. The other views intelligence as being more malleable or a process that can grow through learning. This mastery orientation she refers to as “growth mind-set.”

Dweck contends that for children and youth with a fixed mind-set, striving to learn is far less important than being (or looking) smart. This belief can be so strongly held that they see challenges, mistakes or the need to exert effort as threats to their ego rather than as opportunities to improve. This then leads to a loss in motivation and confidence when the work is no longer easy for them. This is especially true for children who excelled over their classmates in the lower grades and received constant praise for their smarts rather than for their efforts.

Children with a growth mind-set, according to Dweck, want to learn and challenges are energizing rather than intimidating. In fact, when faced with a failure or setback, children with a growth mind-set seldom place blame and often don't even view it as a failure, just a problem to be dealt with.

Children and youth with a fixed mind-set generally seek to look smart and therefore have a tendency to avoid challenges, get defensive or give up, see effort as fruitless, ignore negative feedback, and feel threatened by the success of others.

While children and youth with a growth mind-set are more likely to have a desire to learn and therefore have a tendency to embrace challenges, persist in the face of setbacks, see effort as a path to mastery, learn from criticism, and find lessons and inspiration in the success of others.

So what can we do with this information? According to Dweck, parents, teachers and others (us in 4-H) can foster a growth mind-set in young people. She offers suggestions:

- Tell and publicize stories of achievements that result from hard work,
- Praise effort and persistence rather than intelligence and talent,
- Give constructive feedback that tells how to fix something (not labels or excuses),
- Set goals for and with youth (and remember innate talent isn't a goal),
- Establish high but realistic standards and provide supports needed to be successful,
- Teach that the mind is a learning machine and we grow our competence and,
- Check you own mind-set: do you think foremost about your own reputation or record, or do you ask for full commitment and full effort?

As youth developers (parents, volunteers, educators) – as mentors and educators, let us look for ways to embrace the growth mind-set and give young people the environment and the tools they need to reach their fullest potential.

# Ethical Behavior Is the 4-H Way

University of Nevada Cooperative Extension



4-H prides itself on its experiential learning model and striving for a true youth-adult partnership in all of its programming. Ethical behavior and sportsmanship are certainly moral assets that can be a part of the “learn-by-doing” 4-H principle and are the obligation of both youth and adults in our programming.

Every 4-H member who enters a show or fair must agree to adhere to a code of conduct that spells out expected specific ethical behavior. But, ethical expectations and good sportsmanship start long before a 4-H member attends a show or fair. Leaders, members and even parents should have had ample opportunities in our programs to witness and practice ethical behavior.

4-H takes a strong position on teaching ethics and good sportsmanship in 4-H related activities. 4-H staff, volunteers, members and parents have opportunities through club activities to teach, learn, and role-model the skills and attitudes that lead to ethical behavior. Young people do not naturally grow up to be morally competent people. It takes a 4-H community effort to teach the role-model ethical behavior and a personal

commitment from our youth to do the right things.

What kinds of role models are we adults serving as before the observing eyes of our youth? What are young people’s expectations regarding sportsmanship and ethical performance? Growing up has never been easy. Parenting and teaching are also difficult. As partners in our programming, we can face and surmount the ethical challenges and mixed messages our culture offers as signs of “success.” Below are some gentle reminders of what all of us in the 4-H community can do to foster the growth of ethical behavior.

## What 4-H Leaders Can Do:

- ◆ Sportsmanship and ethics can be taught by example.
- ◆ Demonstrate good sportsmanship.
- ◆ Explain why ethical principles are important and needed.
- ◆ Provide practice on sportsmanship-like behavior.
- ◆ Coach, encourage, correct, and teach young people and their families ethical skills needed for long-term success and satisfaction.

## Ethical Expectations for Youth:

Ethical development is an integral part of youth development. Youth cannot grow into self-directed and capable adults without the knowledge, skills and attitudes of ethical behavior. Members should exhibit the following elements of good sportsmanship to be considered an ethical participant in our programming:

- ◆ **CONDUCT:** Have high standards of personal behavior that highlight you as an individual and as a representative of your family, club, community, and 4-H program.
- ◆ **FAIRNESS:** Be honest and just. Observe and follow all rules. Do not cheat.
- ◆ **HONESTY:** Be truthful, fair, and straight forward in all you say and do. Do not lie or deceive people.
- ◆ **COURTESY:** Be well-mannered. Show respect and consideration for all.
- ◆ **GRACE:** Show kindness and compassion. Treat all people, animals and things kindly. If you are a winner, be happy, but do not gloat. But also, do not downplay your accomplishment.

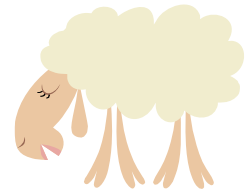
## Parent Responsibilities:

- ◆ The best place to build ethical character in our youth is at home with proper role-modeling.
- ◆ Try not to let your adult ego influence your child’s behavior.
- ◆ Support and be present with your child at 4-H events and activities.
- ◆ Support and adhere to all codes of conduct at 4-H events.
- ◆ Gracefully accept all results.
- ◆ Show kindness and courtesy.

Sportsmanship and ethics are vital principles to teach through all 4-H activities and in the home. The example we set as adults in being honest, gracefully accepting competition results, and showing courtesy and kindness will help send the right message for youth to adopt and model.



May 2008



Sun

Mon

Tue

Wed

Thu

Fri

Sat

This is your copy of Tips 'n Topics issued by the University of California Cooperative Extension of Shasta County.

Pat Weliver, 4-H Program Representative

1

2

3

*AG Field Day*  
•Vly Lrg. Animal  
•Vly Home EC.  
•Vly Mechanic & Science

4

5

6

7

*2008-09 All Star Meeting*  
4:00 p.m.

8

*Scholarship Interviews*

9

*SDF Entry Deadline*

10

11

12

*Camp Counselor Mtg.*  
5:30 p.m.

13

14

15

16

17

← Redding Rodeo →

18

19

20

*Valley Committee Budget Mtg.*  
6:00 p. m.

21

*Valley Council Mtg.* 7:00 p.m.

22

*4-H / FFA BBQ Mtg.*  
6:00 p.m.

23

24

25

26

*HOLIDAY*

27

28

*I.M. Council Mtg.* 7: 00 p.m.

29

30

31

*State Presentation Day*

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**VALLEY COUNCIL**

**Wednesday, May 21, 2008**  
7 - 9 p.m.

**INTER MOUNTAIN COUNCIL**

**Wednesday, May 28, 2008**  
7 p.m.

**Location: McArthur Fairgrounds**  
All leaders and youth 14 years and older  
have voting rights.  
*Please come and take part!*

**Record Book Forms are  
available at**

**<http://ceshasta.ucdavis.edu>.**  
**Get started today!!!**

**Where to list 4-H participation on 07/08 PDR**

<u>Date:</u>	<u>Activity/Event:</u>	<u>PDR Category:</u>
May 3	Vly Large Animal Ag. Field Day	<b>3, 2</b> - 4-H Events Attended Skill Activity
May 3	Round Robin Winner Home EC./Ag. Mechanics	<b>7</b> - Honors and Recognition <b>3, 2</b> - 4-H Events Attended Skill Activity
May 3	Best of Show Vly Animal Expo	<b>7</b> - Honors and Recognition <b>2</b> - Skill Activity
May 4	IM Small Animal Ag Field Day	<b>3, 2</b> - 4-H Events Attended Skill Activity
May 31	Round Robin Winners State Presentation Day	<b>7</b> - Honors and Recognition <b>6</b> - Communications Skills

**■ Entries for the SDF are available online at  
■ [www.shastadistrictfair.com](http://www.shastadistrictfair.com) and turned  
■ into the Shasta District Fairgrounds office  
■ in Anderson by May 9th**

**AG FIELD DAY RIBBONS & EXHIBITS**

IF YOU LEFT EARLY AND DID NOT PICK UP YOUR RIBBON OR EXHIBIT, COME INTO THE 4-H OFFICE TO CLAIM THEM. WE HAVE SEVERAL EXHIBITS.