



UNIVERSITY OF CALIFORNIA  
COOPERATIVE EXTENSION  
**4-H**  
**ROADRUNNER**  
INYO AND MONO COUNTIES

207 W. SOUTH STREET  
BISHOP, CA 93514

*March - April 2013*

OFFICE (760) 873-7854  
FAX (760) 873-7314

## 2012-2013 Calendar of Events

### March

- 10 Field Day, 1pm, Presentations and Judging Competition, Home Street Middle School  
\*Note\* New Location of Field Day! Home Street Middle School, Multi-purpose Room
- 15 Revolution of Responsibility grants due

### April

- 14 Livestock Field Day, Sunday, April 14, 1pm Bishop FFA Farm, Sunland Drive
- 27 South Sectional Presentation Day, open to all 4-H members who received a gold seal at County Presentation Day
- 29 Seniors: 4-H Scholarships are due to the 4-H Office on Monday, April 29

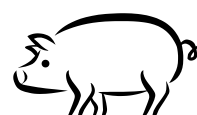
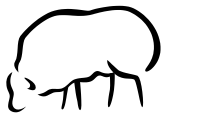
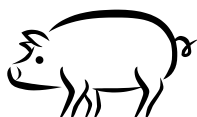
**Sunday March 10 is Daylight Savings!**  
**Move your clock ahead one hour so you don't arrive late to Field Day!**

### 2013 4-H Field Day

**Sunday, March 10 at 1pm**  
**Home Street Middle School**

All 4-H members are encouraged to attend this event.

Practice your judging skills, display your demonstration skills, and support your fellow 4-Hers!



### Livestock Field Day

**Sunday April 14, 1pm**

Bishop High School FFA Farm

Mandatory for all 4-H members wanting to sell or show an animal at the Junior Livestock Show.

All 4-H members welcome to attend.  
*See page 3 for more information.*

# Important Information

## 4-H Council Meeting— Tuesday, April 30, 2013

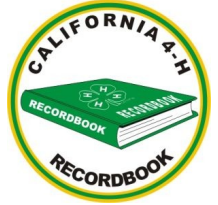
6:30pm, 4-H Office. 4-H Council is the group that guides our 4-H youth program, planning events, awarding scholarships, and setting policy. We invite you all to attend a meeting, find out what Council is all about, and encourage you to get involved. You have the opportunity to make the best better!

## Junior Livestock Auction Committee—Tuesday, March 12, 2013

5:30pm, Eastern Sierra Community Bank, Bishop. The Junior Livestock Auction Committee is the volunteer committee that partners with the Tri-County Fairgrounds to put on the Livestock Auction at the Junior Livestock Show and Sale. All 4-H Animal project leaders encouraged to participate. Any 4-H parent of a 4-H member taking a 4-H animal project is encouraged to participate as well. Come to the next meeting and see how you can contribute.

## Reminder! Don't forget to work on your 4-H Record Book

Record book forms are available in the 4-H office or can be downloaded at the 4-H website, [http://ceinyo-mono.ucdavis.edu/4-H\\_Program/4-H\\_Record\\_Book.htm](http://ceinyo-mono.ucdavis.edu/4-H_Program/4-H_Record_Book.htm). All 4-H members turn in their record books to their community leaders in June. Is this your first year completing a record book? Forms and information will be available at your community club meetings, as well as drop-in hours at the 4-H office to stop by and ask questions and learn how to fill out the record book. Read more about this on Page 4.



Drop in hours at the 4-H Office are as follows: Thursdays from 3pm—5pm, starting on Thursday April 18 and going through Thursday, May 30. Bring your record book forms and questions to the 4-H office during this time and we will sit down with you and help you figure out the record book! Parents are welcome to attend with 4-H members.

## Save the Date: State 4-H Field Day 2013 – May 25 at UC Davis

<http://www.ca4h.org/Programs/Events/SFD/>, The State 4-H Field Day takes place annually on the Saturday of Memorial Day weekend at the UC Davis campus from 8:00am until 6:00pm. The event is open to all 4-H members, volunteers, staff and parents.



## California 4-H Revolution of Responsibility - \$1,000 for 1,000 Service Learning Projects

The University of California 4-H Youth Development Program is dedicated to fostering an environment where youth and adults work together as equal partners to gain new skills and create positive community change.



4-H groups can apply for up to \$1,000 to identify, plan, and carry out a service-learning project in their community. An open application process has review dates of May 15 and July 15, 2012. To apply, go to: <http://ucanr.org/join/>

## New! 4-H Calendar Online

<http://ceinyo-mono.ucanr.edu/?calendar=yes&g=39782>

Are you a project leader trying to schedule a meeting and wonder what else is happening on that day? Are you a 4-H parent, wondering where you put the schedule of when the next project meeting is? The new online 4-h calendar is here to help! Take a look, bookmark the site, and check back often.

4-H Leaders! The calendar is only as good as you make it. Send me the dates of your project and club meetings, and I'll make sure they get put on the calendar. Send to Serena at [sldennis@ucanr.edu](mailto:sldennis@ucanr.edu).

## California Focus is June 14—18, 2013

California Focus is a unique citizenship educational experience that combines hands-on participation in workshops, debates, and simulations with speakers, tours, fun activities, and new friends from across California. <http://ucanr.org/sites/UC4-H/Projects/Citizenship/Focus/CF/>. Online Registration Deadline is March 15, 2013

## 4-H State Leadership Conference 2013 – July 25-28, 2013 at UC Davis

Celebrating 100 years of California 4-H. This year's theme: *There's no place like 4-H*. The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. For more information visit: <http://www.ca4h.org/Programs/Conferences/SLC/>

# 4-H Livestock Field Day

**Sunday, April 14, 1pm, Bishop FFA School Farm on Sunland Lane**

*Mandatory for all 4-H members wanting to sell or show an animal at the Junior Livestock Show.*

## Important! Please Read:

### Unable to Attend 4-H Livestock Field Day?

You must call the 4-H office to excuse yourself. Each 4-H member who does not attend Livestock Field Day but wishes to show an animal at the Livestock Show and Sale will receive an alternative assignment. 4-H members who do not contact the 4-H office and who do not complete their alternative assignment will not be allowed to show an animal at the Junior Livestock Show and Sale.

Questions? Call the 4-H Office, 760-873-7854.

### First time attending 4-H Livestock Field Day? Here's what to look forward to!

**Registration** from 1:00pm to 1:30pm

**Judging** will start promptly at 1:30 and conclude at approximately 3:15 pm

Livestock Judging will include Sheep, Chickens, Hogs, Beef Cattle, Rabbits, and Horses

When you arrive, you'll be assigned to a group with your group leader. Stay with your group the entire afternoon! You will get a set of 6 individual judging cards and judging sheets.

At each specie station, a moderator will teach you how to judge the animals. You will fill out both a judging card for each specie and your judging sheet. At each station, turn in your judging card. Make sure you have your **first and last name and club** on all cards and judging sheets. Before going to the next station, the moderator will give the correct placing so you can see how you did.

Make sure all your cards have been turned in, and that you turn in your reasons sheet before you leave. Certificates and medals will be presented at your June community club meeting.

## Save the Date!

**2013 Junior Livestock Show and Sale**  
**July 9 - 13**

### 4-H Farm Orientation on March 21 at 5:15pm

Mandatory for all members who will be keeping an animal at the 4-H Farm. Packets with cost and agreement will be sent in the mail in the next week. 4-H Members can start using the 4-H Farm on April 6.

### Junior Livestock Auction Committee Tuesday, March 12, 2013

5:30pm, Eastern Sierra Community Bank, Bishop

The Junior Livestock Auction Committee is the volunteer committee that partners with the Tri-County Fairgrounds to put on the Livestock Auction at the Junior Livestock Show and Sale. All 4-H Animal project leaders encouraged to participate. Any 4-H parent of a 4-H member taking a 4-H animal project is encouraged to participate as well. Come to the next meeting and see how you can contribute.



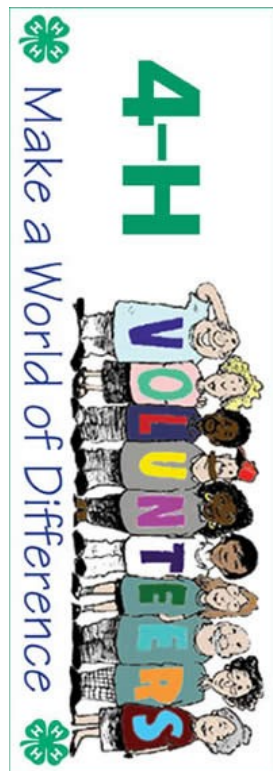
# National Volunteer Week is April 21 - 27

The Inyo and Mono Counties 4-H Office would like to thank each and every one of you for the time you give and the impact you have in our local community.

- Thank you for being a **Club Leader**! We appreciate you stepping up to this significant leadership role and for providing structure and a place for young people to belong.
- Thank you for being a **Project Leader** and for imparting upon youth the knowledge and skills that only you have.
- Thank you for stepping up to be a **Thrive Master Trainer** and for helping to disseminate and train other volunteers in 4-H Thrive – our approach to positive youth development.
- Thank you for being a **Council Officer** and helping to plan, promote, and carry out 4-H youth development work.

## THANK YOU TO ALL OF YOU FOR YOUR TIME, TREASURES, AND TALENT!

*Bristlecone:* Karen Alderman, Erin Baiano, Paula Boxley, Diane Doonan, Lili Felgar, Alonna and Gary Giacomini, Kathy Grevenkamp, Maria Kemp, Marsha Milovich, Debbie Nikolaus, and Helen and Tim Shultz. *Lone Pine:* Sarah Fogarty, Sheyanne Joiner, Brenda Lacey, and Carrie McDivitt. *Mt. Tom:* Robin Barrett, Rebecca and Joe Bragdon, Jeff Griffiths, Chris Plum, Joni Riggs, and Sally Symons. *Sierra Crest:* Lily Brooks, Shannon Dohnel, Jan Hambleton, Diane Hepburn, Cindy Kitts, Cheryl Mureau, Ashlynn Rigney, Barbara Stuhaan, Annette Switzer. *Team Inyo Healthy Cooking:* Debborah Morales and Maile Wagoner. *White Mountain:* Shannon Barlow, Fred DiRisio, John Hays, Heidi Hensel, Robin Johnston-Cox, Jack McMurtrie, Suzie Olson, and Rob Pearce. *Junk Drawer Robotics Club:* Tom Linnastruth, John Stavlo, and Don Zeleny.



## Healthy Living Officer

### New Healthy Living Officer Position

Are you looking for ways to integrate healthy living practices into your 4-H club?

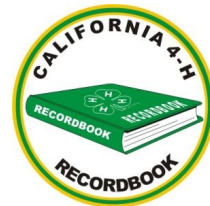
Starting in the 2013-2014 program year California 4-H will be adding a Healthy Living officer position to the 4-H Officer Manual. The Healthy Living officer will serve as the club's ambassador for health! By choosing to elect a Healthy Living officer your club is taking an active role in promoting healthy lifestyles. The Healthy Living officer will be the leadership for all health activities including: Providing ideas on how to incorporate physical activities and healthy eating into each club meeting, write Healthy Living articles for the club newsletter and adopting and promoting a club Wellness Plan. Please help ensure that the health "H" of 4-H is at the forefront of all our meetings - consider electing a Healthy Living officer! The Choose Health Officer Guide developed by Cornell University Extension can be found at:

<http://www.ca4h.org/Programs/Clubs/Officers/>

## 4-H Record Book Help

The 4-H Record Book can be confusing the first year you complete it. We have many resources available to help you fill and complete the 4-H Record Book:

- Drop in hours with 4-H Staff
- Forms and training at your April Community Club meeting
- Examples of Completed Record Books on the 4-H Website



Record book forms are available in the 4-H office or can be downloaded at the 4-H website, [http://ceinyo-mono.ucdavis.edu/4-H\\_Program/4-H\\_Record\\_Book.htm](http://ceinyo-mono.ucdavis.edu/4-H_Program/4-H_Record_Book.htm).

Drop in hours at the 4-H Office are as follows: Thursdays from 3pm—5pm, starting on Thursday April 18 and going through Thursday, May 30. Bring your record book forms and questions to the 4-H office during this time and we will sit down with you and help you figure out the record book! Parents are welcome to attend with 4-H members.

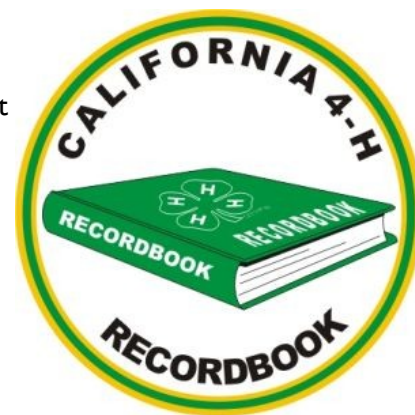
Why complete at 4-H Record Book? See Page 5 for lots of information.

# 4-H Record Books

## Why Do You Need to Do a Record Book?

4-H Record Books serve a variety of purposes in the California 4-H Youth Development Program. In general, the purpose of 4-H Record Books fit into the following:

- Life Skill Development in these areas:
  - Communication - preparing materials to share with others
  - Keeping records - developing skills for personal and business settings
  - Planning/Organization - Learning skills in time management and prioritization
  - Goal Setting and Self-responsibility
- Reflect on yearly work completed
- Maintain records of project and club work completed and achievements earned
- Demonstrate growth and measure achievement across years in 4-H work
- To be eligible for participation awards (Star Ranking)
- To be eligible to participate in the Jr. Horse Show or Jr. Livestock Show



The California 4-H Youth Development Program has a long history of record-keeping as an activity for 4-H members. In early 4-H history, record books focused on project profit and loss in agricultural and home economics projects. As 4-H moved from a primarily agricultural focus to encompassing suburban and urban clubs, the record book process evolved as well.

As you complete your Record Book for this 4-H year, take a moment and imagine a 4-H member almost 100 years ago also sitting down at a table and completing their Record Book. You are part of a historic tradition!

## Where and how are 4-H record books judged?

### *Club Level*

4-H record books are first reviewed at the local level by 4-H community club/unit leaders and project leaders. Club level judging is based on the Danish system, where books are judged against a standard. Seals are awarded based on the member's 4-H project work, personal growth, and the book's organization. Through their personal achievements and 4-H participation, members may earn [star rank](#) recognition.

### *County Level*

Members who are successful at the club level may submit their 4-H record books for county competition. Books are judged on the member's 4-H work, leadership and citizenship, and personal growth. County level judging should be based on the Danish system as well, with all books judged against a standard. Judges provide a critique and suggestions for future growth and involvement. Counties may designate awards for 4-H record books in specific project categories and age groups based on meeting published standards.

### *State Level*

Senior 4-H members who were successful at the county level are eligible to enter state competition. State competition is focused on selecting 4-H members who have demonstrated outstanding achievement in their 4-H project work. Books are judged against standard criteria. Those books displaying the most outstanding 4-H work, life skills development, and leadership and citizenship development are selected as state medalists and/or state winners.

## Where Can I Find Record Book Forms?

**Paper Forms at the 4-H Office:** Forms are available outside the 4-H Office in the hallway. Please help yourself.

**CD's at the 4-H Office:** CD's are available for those who want to type their forms.

**Online:** You can download the forms online at [http://ceinyo-mono.ucdavis.edu/4-H\\_Program/4-H\\_Record\\_Book.htm](http://ceinyo-mono.ucdavis.edu/4-H_Program/4-H_Record_Book.htm)

**Record Book Covers:** Covers are for sale in the 4-H office for \$3.50 each.



# CA 4-H Centennial

The California 4-H centennial marks our 100 years as an innovative, research-based youth development program. The centennial offers us the opportunity to celebrate our past and create our future. For 100 years, 4-H youth have brought information and innovation solutions to their families and communities that has served to strengthen agricultural technology and that tradition continues today.

For the next 100 years, 4-H youth will be the ones to solve our most complex societal challenges – such as obesity, poverty, depletion of natural resources, climate change, unemployment and food insecurity. 4-H youth will be the leaders for change – this is our Revolution of Responsibility!



## A Revolution of Responsibility

...for the next 100 years

1913—2013

University of California

Agriculture and Natural Resources | 4-H Youth Development Program

*Picture on right: Bristlecone 4-H Club members pose with their foster care emergency kits they put together for the Inyo County Foster Care Commission as part of their Revolution of Responsibility service learning project over the summer.*

## Lone Pine 4-H Garden Project receives a Revolution of Responsibility Grant!

The Lone Pine 4-H Club's Garden Project applied for and received a Revolution of Responsibility grant to carry out a service learning project in their community. 4-H member Aubrey Hart, with help from 4-H parent Cheryl Howerton and fellow 4-H members, are leading a service learning project at the Lo-Inyo Elementary School to improve the school garden with raised beds and grow vegetables for the school cafeteria.

This is the third Revolution of Responsibility grant awarded in Inyo County! Do you see a need in your community? See more information below, or check out their website of awarded projects:

<http://ca4hfoundation.org/impact/project-profiles>



# Revolution of Responsibility

The CA 4-H Youth Development Program has started a campaign called the Revolution of Responsibility to create positive change in every community and increase visibility and awareness of 4-H. We encourage all clubs and groups to join the Revolution of Responsibility now and apply for \$1,000 to carry out a service learning project in your community. The next round of applications are due March 15. For more information visit: <http://www.ca4h.org/Support/RofR/m>.

### Do you see a need in your community?

**JOIN The Revolution of Responsibility! \$1,000 is available to 4-H Clubs and Groups**

**Ongoing Deadline of: January 15, March 15, May 15, July 15, and November 15**

<http://ucanr.org/join/>

To JOIN the revolution, 4-H members, with the help of an adult 4-H volunteer mentor, should follow these steps to plan a project.

Identify an issue or problem in your community.

Find community organizations to collaborate with.

Plan the project: form goals, outline tasks, list needed resources, and prepare a budget

Prepare ways to document and record your project to share with others.

JOIN the revolution at <http://ucanr.org/join/>

A **toolkit** of tips, templates, links, and suggested guidelines has been developed to support your projects. From the initial work to identify a compelling community issue to the final celebration of its completion, use this toolkit to help you carry out the important steps necessary to ensure success. <http://www.ca4h.org/Support/RofR/Toolkit/>

**JOIN | THE REVOLUTION OF RESPONSIBILITY** 

# Missing Items from the 4-H Library

We recently did a overhaul of our 4-H library, ordering many new titles. In the process, we discovered that many books that were checked out have not returned. This is our list of books missing from our 4-H library. If you have these at home and are still using them, just give us a call and we'll check them out to you so we know you have them. If you have these at home and are no longer using them, please return them to the 4-H office!

4-H Project Leaders! Stop by to browse our library, we have a lot of new and exciting curriculum you can use to help you plan your next 4-H project.

## Spine Label

## Title

2-A, B, C-554	Goat project Series Revised
2-D-697	Storey's Guide to Raising Beef Cattle
2-D-706	Beef Resource Handbook
2-M-201	Your Rabbit, a Kid's Guide to Raising & Showing
2-M-586	Rabbit Project Leader Guide
2-M-797	Breeding Rabbit Project & Record Book
2-M-798	Market Rabbit Project & Record Book
2-R-530	Poultry Showmanship Leader's Guide
2-R-599	Poultry Leader Guide (4-H Curriculum from CE Washington State Univ.)
2-R.3-704	Storey's Guide to Raising Turkeys
3-A-232	Aerospace, Rocketry & Aviation Project Materials
3-A-613	Astronomy – Member & Leader Guide
3-C-532	Bicycling
3-G.1-834	The Kid's Guide to First Aid
4-A.1-376	Super Sitters (complete kit including videos & guides to teach babysitting)
4-B.4-841	ABC of Knitting, Right and left hand versions
4-B.842	12 Easy Knitting Projects
5-A-632	S'Mores & More – 4-H Outdoor Cooking & Living Basic Skills
5-D-476	4-H Skateboarding Curriculum
5-G-765	Adventures with Your Camera "A" – 8 to 10 year olds
5-G-766	Adventures with Your Camera "B" – 11 to 14 year olds
5-S-426	Shooting Sports Booklets
6-K-334	Vegetable Gardening Project Materials
6-K-435	Two Green Thumbs Up
7-E-106	Natural Resource Project Guide: Working with Nature
7-E-486	Food, Land, and People – Resources for Learning Lessons For K-12
7-E-772	Down-to-Earth – Enriching Learning through Gardening
7-E-773	Teaching Kids to Love the Earth – 186 Outdoor Activities for Parents & Other Teachers
7-E-937	Gizmo's & Gadgets – Creating Science Contraptions that Work
7-E-938	The Kid's Science Book – Creative Experiences for Hands on Fun
7-E-493	Teaching Kids to Love the Earth - Outdoor Activities for parents and teachers
8-J.1-930	104 Activities That Build Self Esteem, Team Work, Communication...
8-Q-780	Lessons & More CD-Rom 4 <sup>th</sup> -8 <sup>th</sup> grade lesson plans for various projects



## 4-H RoadRunner Newsletter

The RoadRunner sends you information on events, meetings, trainings, general interest and due dates. Specific club and project information can also be included.

We encourage clubs and individuals to submit articles and photos. **All information must be received in the 4-H office by the 3rd Thursday of the month for the next RoadRunner.** The best way to submit information is to email it to: [sldennis@ucdavis.edu](mailto:sldennis@ucdavis.edu)



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## 4-H GPS Project



4-H Members successfully navigate to a geo cache in the Owens Valley as part of the 4-H GPS Project, learning to use GPS units and basic navigation. Thank you to 4-H Leaders John Hays and Rob Pearce for another successful and fun project!

Sincerely,

**Serena Dennis,**  
4-H Program Representative



Save the Date!  
Livestock Field Day is April 14  
See inside for more information.

Return Service Requested

COOPERATIVE EXTENSION  
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