

Fresno County 4-H Guidelines

October 2023



University of California

Agriculture and Natural Resources | 4-H Youth Development Program



October	EVENT/DEADLINE	Page
4	Project Leader Workshop– Session #1 via ZOOM 6:30-8:30 PM	4
6	Deadline to submit entries for 4-H Week Contest	Sept. Issue
4-15	Big Fresno Fair @ Fresno Fair Grounds– 1121 S. Chance Ave., Fresno	Sept. Issue
4-15	Paper Clover Days at Tractor Supply Company– Go shopping!	4
11	Project Leader Workshop– Session #2 via ZOOM 6:30-8:30 PM	4
17	Emerald Star Webinar 7:00-8:00 PM via ZOOM	2
18	Project Leader Workshop– Session #3 via ZOOM 6:30-8:30 PM	4
18	Incentives & Recognition Committee Meeting via ZOOM 6:00 PM	2
21	Time Travelers Country Fair @ Kearney Park	Sept. Issue
24	Emerald Star Webinar 7:00-8:00 PM via ZOOM	2
25	Project Leader Workshop– Session #4 via ZOOM 6:30-8:30 PM	4
29	Countywide Girl's Health Project Meeting 2-3:30 PM Call 325-4045	12
29	County Fair 4-H Horse Show @ Verdi View Ranch 1683 North Del Rey ,Sanger	3
Nov.	EVENT/DEADLINE	Page
10	4-H Office is closed to observe Veteran's Day	
11	Horse Rally sponsored by Renegades 4-H	
11-12	Volunteer Leader Retreat– Project Leader Clinic @ UC Davis Campus	2
14	County Leadership Council 6:30 PM via ZOOM	2
18	Livestock Judging Day@ Fresno State Livestock Pavilion	
20	Junior Camp Counselor Applications due to the 4-H Office	3
28	#Giving Tuesday	

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- 3- Junior Camp Counselors
- 3- Co. Fair 4-H Horse Show
- 4- On-Line Workshops
- 4- Paper Clover Days
- 5- Volunteer Ldr. Recognition
- 6- Countywide Projects
- 7- Buyers Wanted
- 8- Halloween Donation Drive
- 9- After School Program
- 10- College Open House
- 11- Teen Leadership
- 12- Periods
- 13- Money Management

Deadline

4-H News articles due for *Guidelines*– October 20th
Please send articles to-
tnewton@ucanr.edu

Words To Live By:

Tell me and I forget, teach me and I remember, involve me and I learn. – Benjamin Franklin



Our programs are open to all potential participants. Please contact the Fresno County UCCE office (two weeks prior to the activity), at (559) 241-7519, if you have any barriers to participation requiring any accommodation.



UC Cooperative Extension
550 E. Shaw Avenue, Suite 210-B
Fresno, California 93710
Phone: (559) 241-7519
Website: cefresno.ucanr.edu



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Fresno County 4-H Leader's Council & Committee Meetings

Fresno County Leadership Council Meeting

Tuesday, November 14, 2023 at 6:30 PM

Join Zoom Meeting
<https://ucanr.zoom.us/j/99221656258?pwd=dW9BcmJlJk1WENLeFBxU1JUQT09>



Meeting ID: 992 2165 6258 Passcode: 969022
One tap mobile +16699006833 # US (San Jose)

Incentive and Recognition Committee Meeting

October 18, 2023 at 6:00 PM

Join Zoom Meeting
<https://ucanr.zoom.us/j/92683649900?pwd=YlVXai9xRnlQOTJfFERTOGMvOWhiZz09>

Meeting ID: 926 8364 9900 Passcode: 612421
One tap mobile +16699006833 # US (San Jose)

Color Me Green Planning Meeting

Wednesday, Oct 25, 2023 at 6:30 PM

Join Zoom Meeting
<https://ucanr.zoom.us/j/97239700992?pwd=ZDlzMmpuNzJwbk96Tmsvbi9vMVN4UT09>

Meeting ID: 972 3970 0992 Passcode: 783767
One tap mobile +16699006833 # US (San Jose)

Join using computer or phone

All Meetings One Tap Mobile +1669 900 6833 #US (San Jose)

Incentives & Recognition Committee

Join In!

The Incentives & Recognition Committee is active again and you are invited to participate! The purpose of the committee is to reinforce the motivation of members to participate, create and achieve in the 4-H Youth Development Program; and to underscore a sense of belonging and being valued in the 4-H Youth Development community.

Committee Responsibilities include:

- Addressing the needs of 4-H teens
- Ambassador Program
- Emerald & Ruby Star Programs
- Record Book Judging
- Scholarships
- Award systems for county events
- Address any concerns regarding awards

The committee functions under the direction of the County Leadership Council and brings recommendations to the Council for review and approval. The committee is chaired by Zach Niles. (Thank you for stepping into this role!)

The next committee meeting is scheduled for:

*Wednesday, October 18, 2023
6:00 PM Via ZOOM*

Plan to join the committee, the more representation from clubs, the better! If you have questions, please contact Zach at-

zjniles@gmail.com



Gold Seal Clubs



Congratulations to the following 2022/2023 gold seal status clubs recognized at 4-H Achievement Night—

American Union 4-H	Blossom Trail 4-H	Fairmont 4-H
Fowler/Lone Star 4-H	Kerman 4-H	Kingsburg 4-H
Reedley 4-H	Renegades 4-H	Rural Route 4-H

Volunteer Leader Retreat: Project Leader Clinic

November 11 & 12, 2023
UC Davis Campus

This retreat is for 4-H Adult Project Leaders and 4-H Project Teen Leaders to learn project specific skills to lead that project from beginning to end. More information and registration is coming soon!

Presenters Needed!

Are you an experienced project leader who loves to help others get better at their project skills? Are you interested in being an esteemed presenter at the Volunteer Retreat? You may present individually or as a team, including expert Teen Leaders. Presenters registration fees are waived/ Apply now at https://bit.ly/PL_Clinic_Presenter2023



Emerald Star Webinars for the 4-H Achievement Program

Webinars on Tuesdays-

October 17 and 24

7:00 to 8:00 PM

Do you want to learn more?



Register Now at:

bit.ly/ESI_II_Webinar



4-H Summer Camp 2024

*Junior Camp Counselor Applications
are now available!*

Do you enjoy Teen Leader opportunities? Is summer camp at Huntington Lake something you would like to plan, organize, and participate in? If so, consider becoming a Summer Camp Junior Counselor (JC) or a JCT (JC in training).

DEADLINE TO APPLY: POSTMARKED By Nov. 17th OR RECEIVED BY November 20th, 2023.

Summer Camp JC participation is a wonderful leadership development opportunity offered to 4-H teens currently in the 9th grade and above, and JCT is offered to current 8th graders. Summer Camp 2024 will be held June 17th – 22nd . Interviews will be held at the 4-H Office on December 7th .

At camp you will be expected to teach an hour-long educational skill class. At your interview you MUST provide your lesson plan for the workshop in written form. Start planning now for your creative teaching session. The first planning meeting will be January 15th , 2024. Any questions please contact Anne Cehrs (559) 618-0250.

To learn more and/or apply: <https://ucanr.edu/sites/4-H-Fresno/files/388895.pdf>

County Fair 4-H Horse Show

High Point Buckle Awards

Saturday, October 29, 2023



Location: Verde View Farms, 1683 N. Del Rey Avenue, Sanger, CA 93657

7:30 AM Registration - Showmanship starts at 8:00 AM - Open Card Trail

ENGLISH ~ WESTERN ~ GYMKHANA

High Point Buckles awarded to the highest placing in each age division of competition for English, Western, & Gymkhana events

Special Reserve High Point awards

Same rider & horse required for High Point eligibility

Class must have 3 or more riders to be buckle eligible

Rosette Ribbons 1st – 6th place

Onsite Snack Bar Available

For forms click here: https://ucanr.edu/sites/4-H-Fresno/Annual_Events_Page/Horse_Shows_and_Activities/



2023 On-line Workshop Series for 4-H Project Leaders

This series is designed to help adult 4-H volunteer educators learn how to plan and facilitate 4-H learning experiences (projects) with young people in community 4-H club projects, after-school club programs, day camps, and other educational experiences. In the four-part series, 4-H volunteer educators learn about their roles, responsibilities, lesson planning, making learning engaging, working with youth, and effective hands-on learning. Sessions cover content from *The UC 4-H Volunteer Educators' Guide: For Volunteers Facilitating 4-H Educational Experiences* (published in 2023).



Participation: Complete the full four-part series to earn a certificate and 4-H volunteer name badge. They will be mailed to your UC cooperative extension county 4-H office in January 2024.

Note: In order to receive these incentives, participants must have active (approved) 4-H volunteer status, through the 4-H volunteer appointment process, by December 31, 2023.

4-H Volunteer registration at <https://bit.ly/4hpl> (no fee and no deadline)

The full series consists of 4, 2-hour sessions. Session is offered: Wednesdays- October (4, 11, 18, 25) | 6:30-8:30 PM

***Session 1: Best practices in youth development:** Focusing on youth sparks, sense of belonging, and positive relationships with adults. (The 4-H Thriving Model of Positive Youth Development)
Offered October 4.

***Session 2: Learning in 4-H:** Facilitating hands-on experiential education and planning your project.
Offered October 11.

***Session 3: Working With All Ages** (from 5 to 18) and Abilities (The Ages and Stages of Youth Development)
Offered October 18.

***Session 4: Creating effective youth-adult partnerships & Working with youth leaders** (Junior and Teen Leaders) *Offered- October 25*

All adult volunteers are invited to attend the virtual workshops listed above. The 4-H Statewide Workgroup has created valuable content to expand and enhance your leadership skills. In-person sessions will not be an option until November. Leaders attending all 4 sessions will receive a certificate and a 4-H name badge. Please use the bit.ly link above in blue type to register for sessions. There is no cost to participate. Attend one session or all 4!

PAPER CLOVER
EVERYONE'S A WINNER!



TSC TRACTOR SUPPLY CO
TractorSupply.com



OCTOBER 4-15

Funds support 4-H camp and leadership activities.

Thank you to all 2022-2023 4-H Volunteer Leaders!

Below we acknowledge our milestone year leaders. They were recognized at County Achievement Night and are the foundation of our 4-H Program.

1st Year Leaders

Chad Valorosi- Blossom Trail 4-H	Nettie Niles- Lone Star 4-H
Katie Valorosi- Blossom Trail 4-H	Jason Bates- McKinley 4-H
Sarah Wooten- Blossom Trail 4-H	Erika Luke- Ridge Top 4-H
Nichole Coreless- Fairmont 4-H	Cara Cummings- Rural Route 4-H
Alisa Falcon- Fairmont 4-H	Michelle Davis- Rural Route 4-H
Abigail Kelley- Fairmont 4-H	David Van Epps- Rural Route 4-H
Misa Saad- Fowler 4-H	Yareli Zarate- Rural Route 4-H
Bryant Elkins- Kerman 4-H	Nicole Potstada Guerrero- Sanger 4-H
Jack Martinez- Kerman 4-H	Shari Allbritton- Sierra 4-H
Allison Lemm- Kerman 4-H	Benjamin Flores- Sierra 4-H
Jessica Gomez- Kingsburg 4-H	Kasandra Flores- Sierra 4-H
Nicole Kimbler- Sierra 4-H	Shondra Cipolla- Sierra 4-H

5th Year Leaders

Savanna Duncan- Fairmont 4-H	Billy Kuykendall- Reedley 4-H
Dana Harris- Fairmont 4-H	Floyd Hager- Reedley 4-H
Gloriann Storelli Martinez- Kerman 4-H	Brigitte Aragon- Renegades 4-H
Christy Flores- Kerman 4-H	Anna Allen- Renegades 4-H
Catherine Hambleton- Kingsburg 4-H	Amy Osterberg- Ridge Top 4-H
Lisa Kliewer- Kingsburg 4-H	Elizabeth Glass- Sierra 4-H
Christina Bates- McKinley 4-H	Eric Skierka- Sierra 4-H
Leann Torrey- McKinley 4-H	Amanda McMeen- Sierra 4-H

10th Year Leaders

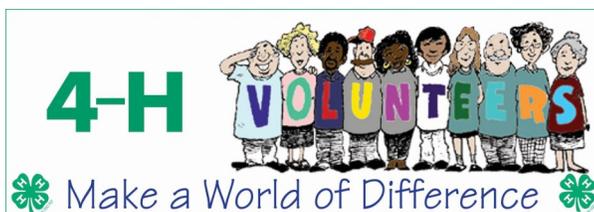
Kimberly Balch- Fairmont 4-H	Shannon Kulikov- Fairmont 4-H
Christine Kelley- Fairmont 4-H	Andy Pennebaker- Reedley 4-H
Stewart Kelley- Fairmont 4-H	Michael Thompson- Reedley 4-H

15th Year Leaders

Michael Ward- Reedley 4-H

20 Plus Year Leaders

Anne Cehrs- Renegades 4-H, 20 years	Marlene Miyasaki- Fowler 4-H, 28 years
Cindy Suarez- Fairmont 4-H, 22 years	Georgene Diener- Rural Route 4-H, 30 years
Patti Hatayama- Lone Star 4-H, 27 years	Addie Miller- Renegades 4-H, 55 years



Countywide Projects Offered...

Military History Book Study Project

Are you a history buff? Have interest in military aircraft? Enjoy reading books and group discussion?

If yes, then this is the project for you! **Leaders:**

Valerie and Sloan Ryan are planning for 6 two-hour project meetings beginning in November.

Sample of books, *The Monuments Men* by: Robert M Edsel, *Yeager* by: Charles “Chuck” Yeager, *Call Sign White Lily* by: M.G. Crisci. Please contact Sloan at strfarmboy@gmail.com or call 559-513-3333 for additional details. *Due to the subject matter recommended for members ages 12 and older.*



Hormones and Menstruation Periods.....

We're talking about periods!

Join us as we explore a girl's monthly cycle from a new perspective.

This program is not geared towards sex education only body literacy as it pertains to female hormones, this 5th vital sign. There's a lot of taboo around this topic and it can be uncomfortable for some. But we're going to take that head-on and address it with sensitivity together because this information is pertinent for healthy living.

Interested? Please refer to *Page 12* for complete details.



Would you like to train your dog in obedience and learn dog handling? If you answered yes, consider joining the 4-H County Wide Dog Project.

Leaders of the project are Anne Cehrs and Richard Benefiel, a former dog resource leader for Fresno County 4-H. Joining this project will not only help you to train your dog so that it is well behaved and responds to commands but will also prepare you to show your dog at our 4-H Dog Show in May and at the Fresno Fair or other dog shows as well.

The second meeting will be held on-

**October 18th ~ 5 to 6pm
Treasure Ingmire Park**

on the corner of Clovis Ave and Sierra Ave in Clovis. Please text Anne at 559-618-0250 to register. You must also sign up for the project at the online enrollment site. **Project meetings will be held the first and third Wednesday of each month with a break during the winter months.**

An ideal project dog should be calm, attentive, non-aggressive, responsive to praise, and at least six months of age. For project meetings you will need a dog collar (a choker collar works best for training), a 6-foot leash and a 3-foot leash, a small baggie or pocketful of very small dog treats, a water bowl and plastic bags to clean up after your dog. It is advisable to purchase the “Dog Resource Handbook” from the 4-H office for \$22 or directly from Ohio State University Extension Publications (extensionpubs.osu.edu)

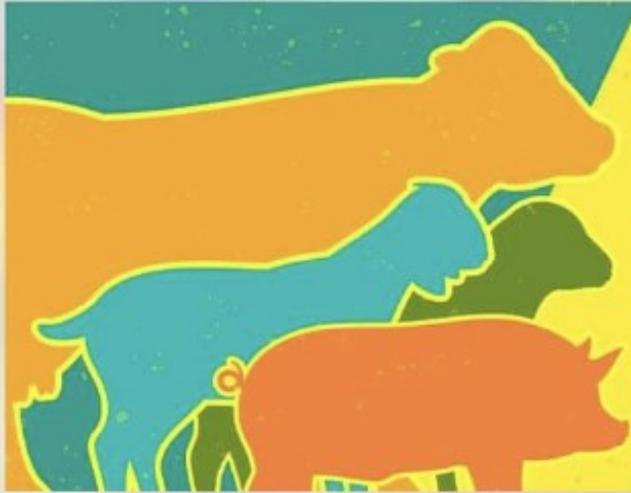
Money Management Project

Topics to be covered:

- You and Your Money
- Budgeting
- Savings and Checking
- Credit
- Investing
- Other topics will be chosen by the group and may include Borrowing / Lending, Banking, Credit / Debit Cards, Renting vs. Buying, and more.



Interested? Please refer to *Page 13* in the back of the *Guidelines* for complete details.



JR. 
LIVESTOCK AUCTION!
OCT 7&14

BUYERS WANTED

2023 BIG FRESNO FAIR
 ★ **JR. LIVESTOCK AUCTIONS** ★

SATURDAY, OCT 7

9:00 a.m.
 Featuring **Sale of Champions**,
 followed by **Fur & Feathers**

6:30 p.m.
 Dairy Prospect, Replacement
 Heifers & Dairy Replacement Does

SATURDAY, OCT 14

8:30 a.m.
 Featuring **Sale of Champions**,
 followed by **Beef, Sheep, Swine**
 & **Market Goats**

**PLEASE COME AND SUPPORT OUR LOCAL
 4-H, FFA & INDEPENDENT EXHIBITORS BY:**
 Purchasing An Animal • Placing An Add-On • Cash Donation

★ **FOR MORE INFORMATION** ★

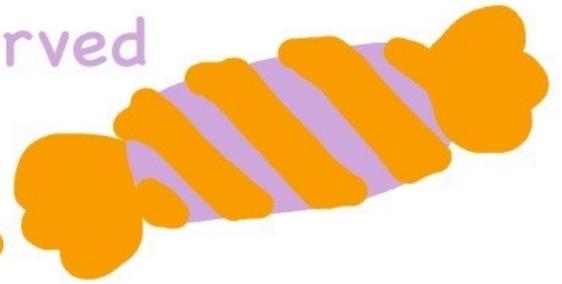
CONTACT THE LIVESTOCK DEPARTMENT AT (559) 453-6890 / (559) 570-3443
 OR AT LIVESTOCK@FRESNOFAIR.COM



Halloween Donation Drive

To support the Fresno EOC Local Conservation Corps

Let's help create a safe night of trick-or-treating for kids in underserved neighborhoods!



Needed: Halloween candy, new/used
Halloween costumes, new/used Halloween
buckets



Drop off to the 4-H office: 550 E. Shaw
Avenue, Fresno, CA 93710



Deadline: October 23rd

Questions: Contact Addie or Avery Niles at
559-246-7950 or nettieniles@gmail.com

MINDFUL ME

Fall 2023 After-School Program

MONDAY'S
Starting Sept. 25th
3:30pm - 5:30pm
(near Fresno City College)



GENERATIONS
serving **TOGETHER**
Fresno



Neighbors Helping Neighbors Thrive

5-8 years old
CHILDREN WILL LEARN:

- leadership skills
- how to regulate emotions
- reading skills
- how to work with others

5-8 year-old children will be a part of a co-generational health and wellness after-school program hosted by high school teen-teachers, 4-H volunteers and mentors from the Fresno EOC Foster Grandparent Program.

REGISTRATION

call/text Alena Pacheco
559-281-4010
Scan QR Code to Register



➔ **Nana's House After-School Program**
1635 E. Cambridge Ave.
Fresno 93704
(Blackstone across from Fresno City College)

➔ **Monday's**
September 25th-Nov. 6th
3:30 PM - 5:30 PM

LIMITED SPACE
RSVP NOW!

Cost? FREE! Snacks and water provided!



SAVE THE DATE



JORDAN COLLEGE OPEN HOUSE

SATURDAY, OCTOBER 7TH

9AM TO 12 PM

O'NEILL PARK AT FRESNO STATE

Explore all
that we
have to offer

A day of
Discovery

giveaways
coffee truck
kids activities
demos and tastings
winery and farm tours



FRESNO STATE

Jordan College of Agricultural
Sciences and Technology



Teen Leadership Essentials: Setting up for Success

Learn how to bring your leadership skills to the next level through interactive webinars led by the State Ambassadors. Earn a Certificate of Completion for attending all workshops!

This workshop series is for youth leaders ages 13 and up, County Ambassadors, County Ambassador Coaches, and Leadership Project Leaders. [Register](#) for Zoom link.

Schedule

September 20, 2023 6:30-8:30 pm: Youth- Adult Partnerships & Finding your niche as a Teen Leader

Using Hart's Ladder of Participation, learn about the different levels of youth-adult partnerships and strategies for improving youth-adult relationships both within and outside of a County Ambassador Program. As a team, you will also work through an activity designed to help you understand the Leadership Competencies and how to use them as a Teen Leader.

October 19, 2023 6:30-8:00pm: Creating a Strong Plan of Action

Discover the key components to service learning and practice transforming community service activities to service-learning projects.

November 15, 2023 6:30-8:30pm: Managing Your Goals and Building Consensus

Goal Management and decision making are key components to true success as a team. This workshop guides you through goal selection and how to make decisions cooperatively.

December 7, 2023 6:30-8:00pm: Anatomy of a Workshop

One of the functions of a Teen Leader is to educate members. In this workshop, learn how to build a cohesive, interactive, and fun workshop and still include learning outcomes.

January 17, 2024 6:30-8:00pm: The Art of Facilitation

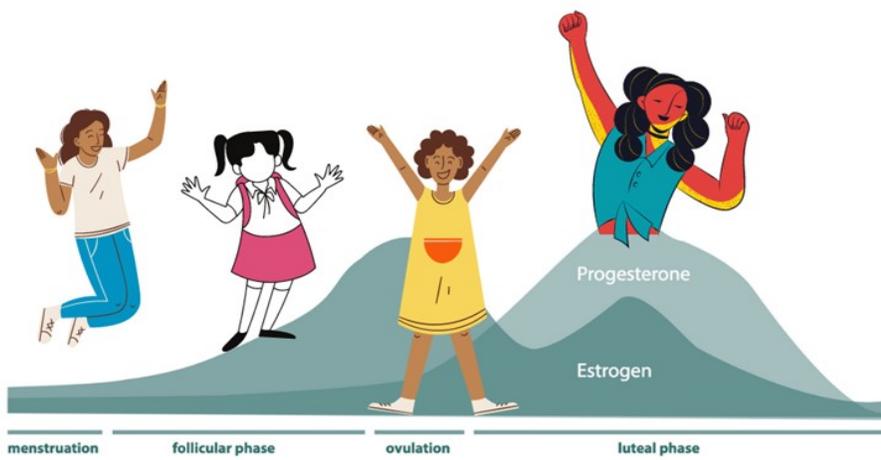
After learning how to build a successful workshop the next step is learning how to deliver it. This workshop will provide the key elements and skills teams need to facilitate an interactive and engaging workshop.

February 15, 2024 6:30-8:00pm: Adapting without Collapsing

What happens when things do not go as planned? Flexibility and resourcefulness is key. Learn how to develop your backup plan along the way, so you are ready in the event your plan has to change.

Questions? Email StateAmbassadors@ucanr.edu

The University of California Division of Agriculture & Natural Resources (UC ANR) is an equal opportunity provider.



We're talking about P E R I O D S

Countywide Project:

Hormones and Menstruation

Periods..... We're talking about periods!

Join us as we explore a girl's monthly cycle from a new perspective.

While often shrouded in a cloud of mystery & even shame, we'll be going "behind the scenes" to look at this 5th vital sign. Yup, vital sign! Back in 2015 the ACOG (American College of Obstetricians & Gynecologists) decreed that a girl's cycle is her 5th vital sign & indicator of health.

In this project, we'll be exploring the different phases of a cycle & how each plays into a girl's everyday health - in the way she feels, eats, moves, & thinks. These incredible hormones really do impact so many aspects of our lives!

This program is not geared towards sex education but only body literacy as it pertains to female hormones & this 5th vital sign. There's a lot of taboo around this topic & it can be uncomfortable for some. But we're going to take that head-on & address it with sensitivity together because this information is pertinent for healthy living.

Update to meeting dates- We'll have **5 in person meetings** that will include both experiential learning & some time in the kitchen preparing foods that support each cycle phase. (There will be a small fee to cover the supplies for the cooking portion.)

There is no age requirement for this class because the information is pertinent to girls whether or not they have started cycling. Parents are always welcome to attend & participate in our meetings - though please check with your daughter for her permission as well.

Project meetings will take place on Sunday afternoons from 2-3:30 on the following dates: October 29, November 5, December 3, January 21, February 25.

Having two consecutive weekends as project kick off, we hope to develop strong relationship building and enthusiasm for the remainder of 3 additional meetings.

Interested, have questions & to obtain meeting location call or text **Kristen Gilster at 559.325.4045** **(Please note: this is the final year this project will be offered, so now's your chance to join!)**

MONEY MANAGEMENT PROJECT

Leader: Sean Ryan

str1398@gmail.com

530-903-0942

6 Hours needed to complete a project

75% of meetings need to be attended to complete a project

Meetings held at either the Ryan House (Sanger) or via Zoom



Meetings:

Target audience is Teens (Intermediate or Senior Members)

Meetings are expected to be 1 hour long each

Tentatively meetings will be held during the 1st or 3rd week of each month (likely a weekday afternoon – will discuss as a group)

Topics:

You and Your Money

Budgeting

Savings and Checking

Credit

Investing

Other topics will be chosen by the group and may include Borrowing / Lending, Banking, Credit / Debit Cards, Renting vs. Buying, and more.

Opportunities / Resources:

Presentations

Interested in Communication Skills for your record book? Participating members are encouraged to choose a topic to discuss (must be 5 minutes in length and be memorized) or even lead a topic discussion.

Make ups for meetings

Everybody is encouraged to make it to all meetings as you are available. If you cannot there are make-up options:

Oral Presentations

Written Presentations on a topic

Other ideas will be presented

Other comments:

Ideal for Teens (Senior Members) or well engaged Intermediate Members.

Will cover a broad range of financial and career topics as directed by the group. The meetings are expected to be highly engaging with components of teaching and discussion.

