



November 2022

UCCE CENTRAL SIERRA

UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

4-H Youth Development Program

4-H NEWS

Alpine County | Amador County | Calaveras County | El Dorado County | Tuolumne County

Dear Central Sierra 4-H Family,

I hope you are staying warm as we prepare for more rain and snow. We are excited to share our 4-H news with you, especially projects that have been happening in South Lake Tahoe in partnership with the Boys and Girls Club. The Tractor Supply Paper Clover fundraiser was a success, and I hope you will consider making a donation to your local 4-H programs on #GivingTuesday November, 29, 2022. Read on to explore upcoming events, see what's happening in your county, and how you can get involved!



JoLynn Miller
4-H Advisor
UCCE Central Sierra

[#GivingTuesday](#)

COUNTY NEWSLETTERS



[Alpine County](#)

California 4-H Handbook for Families

The Youth Retention Study is a multi-state research project that collected four years of data across nine states to better understand the experiences of families and youth during their first year in 4-H. We sent two sets of surveys, one to youth and one to adults, at the end of their first year in 4-H. Some of the questions we asked were “why did you join 4-H?”, “what was the best part of 4-H?”, “what would you change?”, plus more. It was interesting to note that the majority of responses were similar across years and across states. We found that both parents and youth joined 4-H to “have fun” and to “try new things”. In addition, we learned that “communication” was mentioned a lot in response to multiple questions. This is similar to the conversations we had with parents and youths revealed that 4-H essentials can be hard to understand. As a result, a team of staff in California decided to write a family handbook, to better communicate all that is 4-H to new families. The handbook gives information about 4-H basics, youth leadership opportunities, club and project leader responsibilities, annual state and national events, incentives and recognition, and more. We’ve heard from families that this handbook is helpful to everyone in the program, not just new members. So if you’re interested in browsing it, check it out here. And if you thought it was helpful, please share with others in your club or project. If you’d like a printed copy, please contact your county staff and they’ll print one that you can pick.

[4-H HANDBOOK FOR FAMILIES](#)



Amador County "DIGGINGS"



Calaveras County "CLOVER"



El Dorado County "HOTLINE"

Central Sierra Staff and El Dorado County 4-H Member receive Golden Clover Award



Central Sierra 4-H staff, Vera M. Bullard, and fellow Public Speaking and Communications Advisory Committee members, including past 4-H member and current volunteer in El Dorado 4-H, Sara Tibbitts, were awarded the UC 4-H Golden Clover Award for their work over the past couple years, which includes updating the 4-H Presentation Manual, standardizing evaluation forms, building a framework for county, regional, and state events, and creating an online evaluator course.

Public Speaking and Communications Advisory Committee members includes of both youth and adult members from across the state. The other committee members recognized are: Carter Teasdale, Livia Vertucci, Amelia Robinson-Burmester, Rhett W Smelser, Grace Barrett, Kyle Rutz, Clairissa Mangal, Collin Robinson-Burmester, Llyton Rutz, Ciara Zito, Monique Morgan, Susie Franklin Roeser, Kate Lynn Sutherland, Maria Santos-Silva, Karen Davidson, Jennifer Moffitt, Susan Rutz, Karyn Luke, Stephanie L Barrett, Sadie Camacho, Nicole Marshall-Wheeler, and Steven Worker.

The Golden Clover Awards recognizes outstanding achievements of members, volunteers, program staff, and groups within the 4-H Youth Development Program and is awarded annually.

[MORE INFORMATION](#)

Save the Date! #GivingTuesday is November 29, 2022

The Tuesday after Thanksgiving is a worldwide day of giving. On #GivingTuesday, give back to community organizations like 4-H.

Here's how you can participate:

- Sign up to be a 4-H volunteer
- Donate to your 4-H club, 4-H county, or Central Sierra
- Spread the word! Like and share on social media and ask your community to support 4-H in your county!

Double Your Donation

This year California 4-H has a \$50,000 match by donors to the California 4-H Foundation! Dollar for dollar matching gifts will be distributed on a first give, first get basis until funds are depleted, starting at 12:00 am on November 29.

#GIVINGTUESDAY



South Lake Tahoe



Tuolumne County "TOOTER"

JOIN THE CLUB

It's not too late to enroll for the 2022-2023 program year...

Youth enrollment can be done in just two steps!

1. SUBMIT a membership application
2. PAY \$66 enrollment fee

Visit your county 4-H page to find more information about clubs and available projects.

4-H Adult Volunteers

Returning volunteers can complete their enrollment in a few steps. ***Must be completed by 12/31/22***

1. SUBMIT a volunteer application & screening online
2. PAY \$30 enrollment fee (no fee for Tuolumne Co. volunteers)
3. Complete ANNUAL TRAINING online

Are you interested in becoming a **NEW 4-H volunteer?**

Submit an Interest Survey and we'll send you the details!

4-H Collaborates with Boys & Girls Club of South Lake Tahoe

In South Lake Tahoe, we have two 4-H groups where Boys and Girls club members in 4th and 5th grade can choose to join. The two clubs are the 5th grade Teens as Teachers and the 4th grade Student Nutrition Advisory Council Club or SNAC Club. Here is a look at our Teens as Teachers group!

In Teens as Teachers, students get to learn advanced cooking skills and explore making different recipes from different cultures around the world. On November 3, the 5th grade chefs made their first cultural dish from Mexico. In honor of "Día de los Muertos" or "Day of the Dead" celebrations, student chefs made a delicious traditional hominy soup called "Pozole". Students added chicken to their pozole making it a protein rich meal. Their prep work included slicing, chopping, cutting, and blending different vegetables, such as radishes, onions, limes, cabbage, garlic, and California chiles. They had fun learning where the country of Mexico was on a map, and they got to start a cooking journal to document their recipes. Students enjoyed eating together and some tried pozole for the first time! It was very satisfying to hear students say how delicious their meal was, especially since it was a group effort to make it. The pozole recipe can be found on **Pozole with Chicken (foodhero.org)**. Enjoy these pictures!



National Institute of Food and Agriculture
U.S. DEPARTMENT OF AGRICULTURE



save the date



2023
NATIONAL
4-H CONFERENCE

FRIDAY, APRIL 14 – WEDNESDAY, APRIL 19

Hyatt Regency Crystal City + Online
Arlington, VA

MORE INFORMATION TO FOLLOW



**Want to represent 4-H at the National level?
Apply to be a California 4-H delegate for the 2023 National 4-H Conference!**

The National 4-H Conference is the U.S. Secretary of Agriculture's premier youth development opportunity to engage youth in developing recommendations for the 4-H Youth Development Program.

Any 4-H youth members, ages 16 – 19, who have not participated in the National 4-H Conference may apply. Applications must be submitted online and include a 4-H Resume. Each applicant is required to have two references, one from a county staff person and the other from a 4-H member or recent alumni. The reference must be submitted through the online reference form.

All costs are covered for the California 4-H delegation thanks to a generous sponsorship from the Thomas and Dorothy Leavey Foundation through the California 4-H Foundation. [MORE INFORMATION](#)

Shop 4-H Offering New Fiber Arts Curriculum

Exploring Fiber Arts introduces 4-H members to 11 art forms involving fibers and different techniques to create dazzling pieces to use, wear, and display. This guide serves as a starting point for learning several skills, pointing youth to resources, listing potential projects, and teaching the basic history of the



craft. Art forms introduced in this guide are basketry, braiding, embroidery, felting, hooking, macramé and tatting, needlepoint, papermaking, quilting, spinning, and weaving. Exploring Fiber Arts is a great resource for anyone looking to get started in the fiber arts! Ask your program representative for a copy or buy your own. [SHOP NOW](#)

4-H Activity Tracker

Need a quick and simple way to capture your 4-H activities? Thanks to Alameda County 4-H member Harini Muthu and her Emerald Star project, there's an app for that! The free app was created to aid 4-H members with the completion of the PDR section of the Record Book. It helps them keep track of the activities they participate in as well as all the relevant information for the activities. [Download for iOS](#) / [Download for Android](#)



California 4-H Transitioning from Star Ranking System

This year we are starting the transition to a new achievement recognition program. The Star Ranking system will transition to this new system in phases. Phase 1 is the Spark Achievement Program. This is designed for new and Junior 4-H members who haven't started the Star Ranking system yet. Join a webinar to learn more about Phase 1 and how this new program will benefit your club and members!

**We're transitioning from the
Star Ranking system!**





**PHASE I
SPARK ACHIEVEMENT PROGRAM**

- Starting with New & Junior 4-H'ers
- Motivate youth to try new projects & activities
- Simple checklist for achievement levels
- New achievement pins!

Learn more at one of our webinars

For all 4-H'ers	
Nov. 9, 7:00 pm	
Dec. 13, 6:00 pm	
Club & Project Leaders	
Nov. 21, 6:00 pm	
Dec. 1, 6:00 pm	
Dec. 5, 6:00 pm	
New & Junior 4-H families	
Nov. 15, 6:00 pm	
Dec. 19, 6:00 pm	

RSVP bit.ly/Achieve_Webinars_1022

[RSVP for a Webinar](#)

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UCCE Central Sierra 4-H

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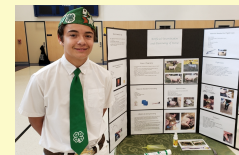
[Shop the 4-H Mall](#)



[Order Uniforms](#)



[Record Books](#)



[Presentation Manual](#)

UCCE Central Sierra 4-H Contacts

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Calaveras & Tuolumne

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Region 6

(Alpine, Amador, Calaveras, El Dorado, Nevada, Placer & Tuolumne)

Vera M. Bullard, 4-H Regional Program Coordinator
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We would love the opportunity to deliver more information to our 4-H families. If you have an event, article or announcement that you would like considered for publication in our monthly newsletter, please email to centralsierra4h@ucanr.edu by the 10th of the month for publication on the 15th.



UNIVERSITY OF CALIFORNIA
 Agriculture and Natural Resources

■ 4-H Youth Development Program

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