

August/September 2020

Trinity County Cloverleaf

County Dates at a Glance

Club Year-End Reporting

Due: September 15, 2020

ecparadis@ucanr.edu

Record Books

Due: September 18, 2020

Location: Community Club Leader

Council Meeting

October 12, 2020

Location: Young Family Ranch

National 4-H Week

October 4 -10, 2020

A Note from Your Community Educator

Welcome to the 2020-2021 4-H program year. Although this year is going to look a little different, we are very excited for the new year.

We will continue to look for opportunities to create a “hands on learning” atmosphere where our members are able to explore knowledge, share ideas, grow skills, and find their passion.



Enroll Today

4HOnlineSM

4-H Enrollment and Event Registration

<https://ca.4honline.com>

4-H is a model for the practice of positive youth development for all youth ages 5-19. Members and volunteers engage in youth adult partnerships for equal learning and decision-making in 4-H.



"Learn by Doing"

Projects are offered in the following areas:

Citizenship
Leadership
Healthy Lifestyles
Science, Engineering and Technology



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

4-H Youth Development Program

Staff and Office Hours - Young Family Ranch

530-623-3746 | P.O. Box 1468 Weaverville, CA 96093



Erin Paradis, 4-H Community Educator - ecparadis@ucanr.edu

Generally speaking, my hours are Monday - Friday from 8:00-5:00. I am always available through email. I can also be reached at 530-949-9366 or at the Shasta County 4-H office at 530-224-4900

Nate Caeton, 4-H YDP Advisor - nwcaeton@ucanr.edu

Natasha Floerke, Office Manager - nkfloerke@ucanr.edu

Office hours: Monday 10:00-12:00 | Wednesday 8:30-3:00 | Friday 10:00-12:00

Hello, My name is Natasha Floerke and I am the new Administrative Clerk for the UCCE Trinity office. I graduated from Trinity High School and went on to get my B.S. in Mathematical & Computational Biology at Harvey Mudd College. I love the opportunities that Trinity County offers youth and I am excited to work with 4-H. I look forward to meeting you soon!

Natasha



4-H Record Books

Online Record Book (ORB) is no longer being used to complete record books. If you began a 2019-2020 record book in the ORB system will have access to the system until December 31, 2020 to complete your book.

Why have a 4-H Record Book?

Completing the Personal Development Report in the Record Book provides you an incentive for participation, learning, and achievement.

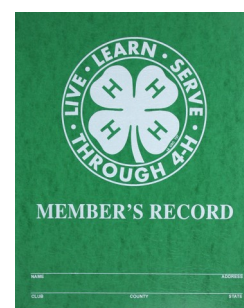
Benefits of completing a 4-H Record Book:

- Practice Records Management - Track your activities, events, profits and losses, skill development and learning experiences. In this competency skill you identify, create, classify, archive and preserve records.
- Reflect on your yearly work - Document your skill development and learning experiences in a written report.
- Measure your achievements and growth throughout your years in 4-H.
- Set goals, pursue strategies to meet those goals, and record how you may have had to shift gears in the face of challenges and obstacles.

4-H Star Ranking:

The star award ranking system is a voluntary advancement program utilizing the Personal Development Report form as a goal setting tool, aimed at encouraging broad-based participation and achievement in 4-H. 4-H members record their participation in eight categories for the current 4-H program year on the Personal Development Report. Activities are totaled for all years in 4-H and star awards are given to those 4-H members meeting the requirements.

Junior, intermediate and senior members may all strive for star ranks. Each star level takes an average of two years to complete. Star rank achievers receive a tangible star, which is often attached to the 4-H hat.





Tips for Earning and Recording Star Rank Credits in a Virtual World

Purpose: To help youth reach their 4-H Star Rank advancements when events they were counting on are canceled.

We know you may be having many disappointments right now. We hope that you can still find ways to work toward your rank achievements, even when everything has to be done from home.

We hope this document will give you some ideas on how to continue your 4-H work from home.

If you need help earning credits, please reach out to your 4-H Club Leaders and 4-H Project Leaders to help you with ideas and to make sure that what you are planning will meet their expectations of completion.

It's okay if you don't reach your Star Rank goal this year. Make a plan for how you will achieve your goal next year. We all have disappointments in our lives and one of the best skills we can have is how to cope with disappointment. At the end of this document are some steps to take if you are sad or disappointed about not reaching your goal this year.

Did you attend something online? Here's how to record it.

Event/Activity Any virtual/distance learning 4-H Activity should be counted just like an in-person event/activity. <i>Examples:</i>	Level of Participation I = Individual, L = Local Club/Unit/Project, C = County, M = Multi- county/Area, S = State, N = National/Multi-State G = Global	Record Book Section PDR= Personal Development Report APR=Annual Project Report
Virtual State Presentation Day	S	PDR: Event Attended
Virtual Area Presentation Day	M	PDR: Event Attended
Virtual Club Movie/Game Night	L	PDR: Event Attended
Virtual Leadership, Healthy Living or Civic Engagement training	L	PDR: Leadership or Civic Engagement
Practicing project skills at home	I	APR: Learning Experience
Virtual Project Meetings	L or C	APR: Learning Experience
Virtual Room Host	C or M or S	PDR: Leadership
Virtual Club Meetings	L	
Virtual 4-H Presentation or Talk that you gave	Depends on who you presented to	PDR: Communication
Virtual participation in music lessons, faith- based youth group, etc.	L	PDR: Healthy Lifestyles

Personal Development Report**Events Attended**

Record 4-H events that you attend during the year. Count any virtual 4-H event that you attend outside of regular club and project meetings.

- Virtual Club Movie/Game Night
- Virtual Area/State Presentation Day
- Virtual County Fashion Review

Communication Skills

Record communication activities that you participate in at any event inside or outside 4-H, including virtual presentations. Do not include thank you letters as communication activities.

- 4-H Presentations: To be counted as a presentation, you must meet the requirements in the [State 4-H Presentation Manual](#). Count 4-H Presentations given live over any virtual platform or prerecorded.
- Evaluator: Served as an evaluator for any virtual 4-H activity or contest.
- Prepared Talk: Any time you prepare (in advance of the event or activity) a report or talk, record this here.
Record prepared talks from any virtual event or meeting.
 - Example: You give a prepared talk about virtual State Presentation Day to your club at the April Virtual Club Meeting.
- Written Communication: Newspaper articles, letters, Online Communication remain the same

Honors and Recognition

Record all high honors and recognition you have earned include honors earned at virtual events.

Annual Project Reports (APR)

Record every project-related activity or event where you learned something new or developed a skill related to the project.

- Any virtual or online project work.
 - Doing research
 - Working on a sewing project at home
 - Watching a documentary about the history of chicken showmanship
- Virtual project meetings
- Practicing project skills at home *
 - Practicing poultry showmanship with backyard chickens
 - Baking a cake in your kitchen
 - Practicing a new drawing technique

*Your Project Leader may want to see evidence of this, so you may want to do a short video from a phone, of what you did and share that video with your Project Leader.

Record Book Evaluations and Competitions

This year many club and county record book evaluation competitions may become virtual and require books to be submitted digitally in Microsoft Word or .pdf format. You may not need to print out your record book at all. In order to make it easier for Record Books to be uploaded as a Microsoft Word or .pdf file some Sections of the Record Book will NOT be required or be evaluated for the 2019-2020 Record Book Evaluation season:

- Collection of 4-H Work
- Project Expression Pages

Record Book Sections that will be Evaluated
PDR (all parts)
My 4-H Story
APR without the Expression Page
LDR (Intermediate and Seniors)
Resume (Seniors only)

Check with your Club Leader on how Record Book evaluations will be handled by your Club and County this year.

Getting signatures on the PDR, APR and LDR may take a little more effort this year. Here are the things that will work:

- 1) Email the form to the right leader.
 - The leader can sign it electronically OR
 - The leader can print it out, sign it with a pen, scan it, and send it back to you OR
 - The leader can send an email back to you saying they approve the document.
- 2) Save these email exchanges and attach them to your Record Book as verification.
- 3) OR you could use regular mail
- 4) OR you could drop off on porches and back and forth—remember to social distance and follow CDC guidelines for not touching paper that others have touched for a few days.

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>) Inquiries regarding ANR's nondiscrimination policies may be directed to UCANR, Affirmative Action Compliance & Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1343.

Upcoming Administrative Deadlines

September 15th

- Year-End Financial Reporting due (2019/2020 Program)
- Secretary & Treasurer Book (2019/2020 Program)
- Completed Club Planning Guide (2019/2020 Program)
- Outreach Methods (2019/2020 Program)

DON'T MISS
THE DEADLINE!

December 1st

- Returning Volunteer Enrollment and Training
- 2020-2021 Club Documents

Returning volunteer link: <https://campus.extension.org/course/view.php?id=1868>

DON'T FORGET TO COMPLETE FUNDRAISER FORMS

Fundraiser Forms must be completed and turned in at the UCCE Office for approval at least 2 weeks prior to your event to ensure we are following state policy and are able to receive approval from our County Director. Please be sure all sections are completed properly and all signatures are obtained.

All clubs involved in food service and preparation activities must have at least one volunteer on hand who has completed Food Safety Training. The university's "Make It Safe, Keep It Safe" Food Safety Education has been made available in an online format for your convenience. The training can be accessed at: <http://ucanr.edu/sites/MISKIS/Intro/>

Visit our webpage for a list of leader resources and forms

<http://cetrinity.ucanr.edu/4-H Program/4-H Resources/Leader Resources/>



VOLUNTEER

WITH 4-H TODAY!

Your time and talents can make a big impact.

BECOME A 4-H VOLUNTEER As a 4-H volunteer, you are helping our youth “learn-by-doing”

To meet the requirements of USDA, University of California, and the 4-H Youth development Program, volunteers are required to participate in yearly trainings related to positive youth development, cultural competency, and 4-H policy. These trainings can be completed online.

New volunteer link: <https://campus.extension.org/course/view.php?id=1867>

Returning volunteer link: <https://campus.extension.org/course/view.php?id=1868>

Ways to volunteer...

- Become a community leader
- Teach a skill as a project leader
- Serve on committees
- Help with events

Visit <http://4h.ucanr.edu/files/14270.pdf> to see a complete list of California 4-H projects.

Trinity County 4-H Community Clubs

Hayfork Timberjacks

Leader: Kathy Johnson (530) 628-4221

Hayfork Valley

Leader: Cassie Rourke (831) 206-5418

Southern Trinity

Leader: Ronie Millsap (707) 574-6472

Trinity Alps (Weaverville)

Leader: Shannon Taylor (530) 623-8377

Trinity Lake (Trinity Center)

Leader: Veronica Stewart (530) 266-3370

Trinity River (Burnt Ranch)

Leader: Sarah Jorgensen (530) 784-7602



Community Club Meetings

Both in-person and virtual monthly 4-H club meetings:

- Develop relationships and create a sense of belonging
- Allow for youth leadership and learning in a fun and interactive way
- Continue to serve and be a resource for our community

The club meeting structure has been reframed to meet the needs of our youth.

- Opening Activities (35% of meeting) focus on relationship building.
- Business (10% of meeting) send your agenda/minutes before the meeting
- Learning and Planning (20% of meeting)
- Closing Activities (35% of meeting) have fun!



UC ANR Meetings, Events, and Activities for Employees, Volunteers, and Participants

To reduce potential exposure to COVID-19, the five basic protocols that are required to follow:

1. Do not come to work or participate in any in-person ANR activities if sick (frequent cough, fever, difficulty breathing, chills, muscle pain, headache, sore throat, recent loss of taste or smell) or if you or someone you have been in contact with has been diagnosed with COVID-19.
2. Maintain six feet of distance between people at all times.
3. Wear face coverings (cloth or paper masks, cloth bandanas, etc.) when six feet of separation between people cannot be maintained.
4. No group meetings/gatherings/events with more than 10 persons.
5. Maintain sanitary practices – wash hands often and/or use hand sanitizer, frequently clean, and disinfect high-touch surfaces, and avoid shared materials, handouts, equipment, tools, etc.

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Procedures for 4-H Meetings during Covid-19

UC 4-H wants you and your child to be safe and healthy. In order to hold in-person meetings, there are some guidelines that must be met to ensure everyone's well-being.

Together we will help to keep everyone healthy!

UC 4-H Healthy Living Team
 **University of California**
Agriculture and Natural Resources  4-H Youth Development Program

Wear a mask.

Masks must always be worn indoors, and outside when physical distancing cannot be maintained.



Check your temperature before you come.

Do not come to a meeting if you have had a fever within the last 48 hours.



Watch for other symptoms.

Aside from fever, Covid-19 symptoms include cough, difficulty breathing, headache, body aches, nausea, loss of taste or smell and fatigue. Do not come to a meeting if you feel sick.



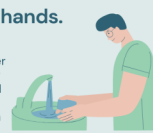
Practice physical distancing.

Maintain at least 6 feet distance from others.



Wash your hands.

Wash your hands with soap and water when you arrive (or use alcohol or hand sanitizer). Wash them again as soon as you get home.



Do not share items.

Please confirm with your leader ahead of time what items you may need to bring to the meeting. Do not share your things with others.

If possible, put needed materials into a bag or box labeled with your name.



Keep a record of the meetings you have gone to, with dates.

If you or someone you live with gets sick within 48 hours of a meeting, let your project leader know immediately. Be sure your leader has recorded your attendance as well.

