



4-H Family Newsletter

IMPORTANT DATES At a Glance

**Camp Staff Youth
application available**
12/13/22

**Interview
Workshop**
1/13/23

**Camp Youth Staff
Interview**
1/27/23

Interview Contest
2/10/23

Presentation Day
2/11/23

Summer Camp
7/24-29/2023

I pledge...



... to my club, my community,
my country, and the world.

Visit

Placer County 4-H

site for continued
updates regarding

COVID -19.

You can find

up-to date

information as well as
lots of useful guidelines
and tools for your club.

Meet Matt Rodriguez - New 4-H Youth Development Advisor

Matthew Rodriguez joined UCCE this past September, as a 4-H Youth Development Advisor serving Placer, Nevada, Sutter, and Yuba counties. He earned his PhD from the University of Maryland's School of Public Health in the Department of Family Science. As a family scientist, Rodriguez specializes in father-child involvement in underrepresented families. He also provides expertise in 4-H positive youth development and volunteer engagement.

Rodriguez recently celebrated his 16th wedding anniversary with his wife Malia and they have two children. He is a UCLA alumnus and is grateful to be "back home" in California.



Welcome Matt!!

Placer County 4-H is Cooking!!



From October to December, Placer County 4-H, in collaboration with Newcastle Elementary, hosted a California Cooking Academy Enrichment Program. Over the course of 7 weeks, youth in grades 3-5 spent their Wednesdays after school learning about the value of a well-balanced meal and kitchen safety. They discovered new ways to try foods that they would not normally have at home and got to bring their skills and recipes back to their families.

The cooking academy enrichment program is open to all elementary schools in Placer County.

We are currently in search of a highly motivated teen who can assist with the program at Newcastle Elementary for the upcoming year starting in January. Training will be required.

For more details about this exciting opportunity and to submit your registration if you are interested, please visit and complete the survey by **5PM Friday, January 6:**

[Teen Teacher January Cooking Academy Survey](#)

4-H YOUTH OPPORTUNITIES

2023 Youth Summits— Jungle Quest: Uncover Your Trail to Success

Reach the next steps by identifying your skills, utilizing available resources, and developing competencies needed to take action.



Dates & Locations:

January 13-15, 2023
Southern-Pathfinder Ranch,
Riverside County

January 27-29, 2023
Virtual, Zoom

February 10-12, 2023
Bay/Coast CYO Retreat Center,
Sonoma County

Fees:

- * **In person:** \$175
- * **Virtual:** \$40
- * **Both (In-person & Virtual):** \$210 (\$5 discount)
- * **Conference T-shirt:** \$25

Register by Dec. 20th
to order a t-shirt.

Registration for all summits
closes January 6, 2023

Who should attend: Youth ages 11-13

Choose virtual, in-person - or both! The workshops for virtual and in-person events will be different, so you can attend more than one. Get a \$5 discount when you register for both in-person and virtual. Programming and workshops will be specific to the delivery method.

[Visit our Website](https://ucanr.edu/4HYouthSummits)

[Register Now](https://ucanr.edu/4HYouthSummits)

Now Recruiting Chaperones

Please support the Youth Summits by becoming a chaperone. Please review the Statewide [Chaperone Selection Process](#) and complete the requirements and the application.
Deadline January 6, 2023



NATIONAL 4-H CONFERENCE

Attend the National 4-H Conference

**In-person in Washington DC or
Virtually**

April 14-19, 2023

Hosted by the USDA and Known as "the Secretary's Conference," the National 4-H Conference is the flagship youth development opportunity of the U.S. Department of Agriculture (USDA).

The USDA National Institute of Food and Agriculture (NIFA) has administered the National 4-H Conference on behalf of the Secretary of Agriculture in Washington, DC since 1927.



**NATIONAL 4-H
CONFERENCE**

April 14 - 19, 2023
In person and Virtual
Hyatt Regency Crystal City, Arlington, VA

**Applications Due 8:00 am
January 16, 2023**

Conference expenses are covered
by a grant from the Thomas &
Dorothy Leavey Foundation



MORE INFO
at ucanr.National4HConf.edu

**Applications Due
Date:
January 16, 2023
8 a.m.**

**Learn more
and apply**



**NATIONAL 4-H
CONFERENCE**

**“ It's a unique opportunity to travel outside
of your comfort zone and make memories
with new friends, build your leadership and
collaboration skills, and learn new things
about yourself.**



Megna
2022 Delegate

**4-H
GROWS HERE**



4-H YOUTH OPPORTUNITIES

Represent California 4-H as a State Ambassador

2024 State Ambassador Application is open!

Applications Due Date: January 23, 2023

State Ambassadors create a yearlong Educational platform that is delivered throughout the state. Represent California 4-H to sponsors, legislators and other organizations. They help plan State Leadership Conference and the Youth Summits, mentor younger 4-H members and help to make decisions at the state and national level.

[Learn more about being a State Ambassador and Apply!](#)

State Leadership Conference Planning Team Applications Open

Join the State Leadership Conference Planning Team

The State Leadership Conference (SLC) helps 4-H'ers wrap up their 4-H year with learning, connecting, and fun!

SLC 2023 is seeking new and energetic teens and adults to join our planning team.

If you like to collaborate with fellow 4-H'ers to plan activities and events, apply to join our team.

Deadline for applications is January 30, 2023

[Apply](#)



California 4-H Foundation Board Searching for Members

Support 4-H as a California 4-H Foundation Board Member

The California 4-H Foundation is looking for people who want to make a difference to join its Board. Board Members must commit to attending four Board meetings a year (currently three online and one in Davis) and seek philanthropic support to help fund 4-H programs throughout California.

The Foundation's main purpose is to raise private support for the 4-H program throughout California. To find out more about the recruitment process, please contact Carolyn Warne, California 4-H Foundation Director, at cwarne@ucanr.edu or 530-291-4176.



4-H SUMMER CAMP IS BACK !!!

Placer County 4-H Camp Youth and Adult Volunteers Needed

Placer County 4-H Camp is on the calendar for the last week of July, 24th-29th

4-H Camp is a fun opportunity for members to engage in a variety of activities. Members are combined in groups of similar ages under the supervision of their youth and adult counselors. In these groups, campers learn to make decisions, share responsibilities, solve problems, and organize housekeeping tasks and their daily schedule. Youth are also offered a wide variety of activities depending on the camp facility. These could include hiking, swimming, fishing, archery, shooting sports, climbing wall, arts and crafts, nature, astronomy, etc. Campers also work on creating original skits and musical programs for their campfires.

We are still in search of more 4-H Camp Leadership to allow for the event to happen. We are currently in need of more camp chaperones and youth directors. Adult chaperones must be at least 25 years of age and youth must be at least 15 years of age.

Youth counselors are 4-H youth leaders who have been selected to participate in the camp program. Their responsibilities include planning camp, teaching activities, organizing and hosting events during camp, serving as camp program staff and as a cabin counselor for a group of campers. Junior counselors are mentors, teachers and role models. They work in teams to help with logistics, activity planning, evening programs, traditions, enrichment activities, and group challenges.

Adult counselors are 4-H cleared adults who have been selected to attend camp and will be assigned a cabin group to live with during the week. The adult volunteer serves as a resource and support for the Junior Counselors in their cabin. Some adult volunteers will serve as team advisors and work with Junior Counselors prior to camp to help plan activities.

Youth Directors must be at least 17 years old. Youth directors are responsible for leading the team of youth counselors, planning and conducting the training retreat, and serve as support for their junior counselors. They provide a second line of discipline for campers. Two are selected for the camp year.

Adult positions:

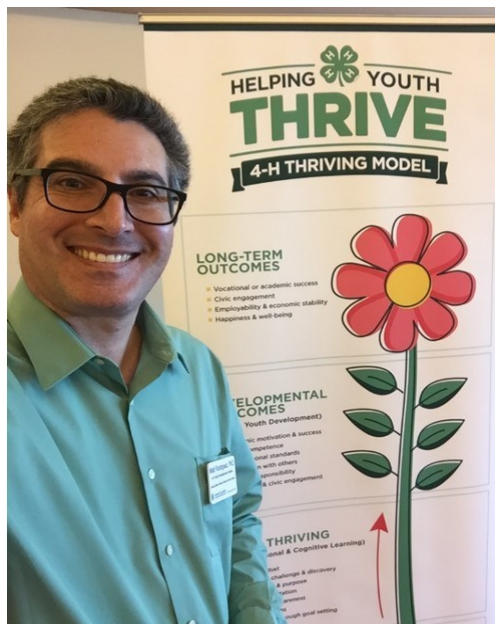
If you are interested in any of these positions, please complete the [Adult Placer 4-H Camp Leadership Interest Survey](#)
(Survey due date: January 13, 2023 - 5:00PM)

Youth Camp Staff positions:

To apply please click on link below.
[2023 4-H Camp staff Application](#)
(Due date: January 13, 2023 - 8:00AM)



Helping 4-H Youth Thrive



Dr. Matthew Rodriguez, 4-H Youth Development Advisor at the 2022 Regional 4-H Champions Network meeting in Madison, WI

Our new 4-H Youth Development Advisor, Dr. Matthew Rodriguez attended the 4-H Champions Network meeting in Madison Wisconsin to discuss innovative ways to implement the 4-H Thriving Model of positive youth development at the national, state, and county levels. Matt was excited to learn about the 4-H Thriving Model and the theories of its framework. Key to the model is the concept of a youth's "spark," which is defined as a "passion for a self-identified interest or skill. The model illustrates the process of positive youth development in 4-H programs by connecting high quality program settings to the promotion of youth thriving.

For more information about the 4-H Thriving Model, please visit the website: <https://helping-youth-thrive.extension.org/home/>

Additional information about the Thriving Model written by Dr. Matthew Rodriguez : [//ucanr.edu/sites/placercounty4h/files/377656.pdf](https://ucanr.edu/sites/placercounty4h/files/377656.pdf)

Policy Reminders

Fundraisers

The **Fundraiser Form 8.7** needs to be submitted one month prior to the proposed fundraising event. Please attach additional pages as needed. You need to work with the 4-H YDP staff for any fundraiser that requires a Facility Use Agreement and Certificate of Insurance for the facility hosting the event.

Incidents

Should an incident arise at a meeting, an **Incident Form** should be completed. Use this form to document vehicle accidents, theft, property damage or loss. This form should also be used to report injuries to ANR volunteers, 4-H members, program participants, or visitors. This form should be completed within 48 hours of the incident.

Facility Use Requests

Facility Use Requests (FUR) Forms must be completed prior to the beginning of a project, meeting, or event. Please allow 10-14 days to process requests. New facilities may take longer. You may complete the FUR forms for events and monthly meetings at:

[FUR-Countywide Event](#) | [FUR-Projects & Club Meetings](#)

Any Facility Use Requests questions, for both Placer and Nevada Counties, please contact our office directly:
Placer County: 530-889-7386 | ktofte@ucanr.edu / **Nevada County:** 530-273-4563 | jcsimmons@ucanr.edu

Sharing UCCE Workshops from Master Gardeners



UC Master Gardeners of Placer County

University of California, Placer County Cooperative Extension

2023 Public Workshops offered by UC Master Gardeners of Placer County (January, February 2023)

Top 10 tips for Backyard Orchards

Learn 10 tips for caring for your fruit trees. Master Gardener, Kevin Marini, will delight you in learning how to select the right fruit tree, the correct way to plant it, provide some pruning tips, and care advice to encourage you to have a fruitful crop.

January 14 @ 10:30 am at the Loomis Library at 6050 Library Drive, Loomis, CA

This is an in person/live presentation; no registration required.

Roses for a Changing Climate

Did you know that roses don't have to require a lot of water and labor to flourish? In this workshop, you will learn about some of the origins of roses in America and become acquainted with the categories of roses for your landscape, and which are best suited for our drier environment. We'll also cover common pests and how to manage them.

January 21 @ 10:00 am at the Roseville Utility Exploration Center

1500 Pleasant Grove Blvd., Roseville, CA

This is an in person/live presentation. Pre-registration required. Fee may be required.

[Water efficiency - City of Roseville](#)

Improving Water Efficiency in Your Garden

For hands-on gardeners eager to learn tips and resources for maximizing their water efficiency.

Participants will come away with water-wise ideas and visuals for transforming their landscape.

Presenter: Marianne Calhoun, UC Master Gardener of Placer County

February 11 @ 10:30 am at the Loomis Library at 6050 Library Drive, Loomis, CA

Please visit us online at pcmg.ucanr.org for registration information.

UCCE is part of the Division of Agriculture and Natural Resources (ANR) of the University of California.

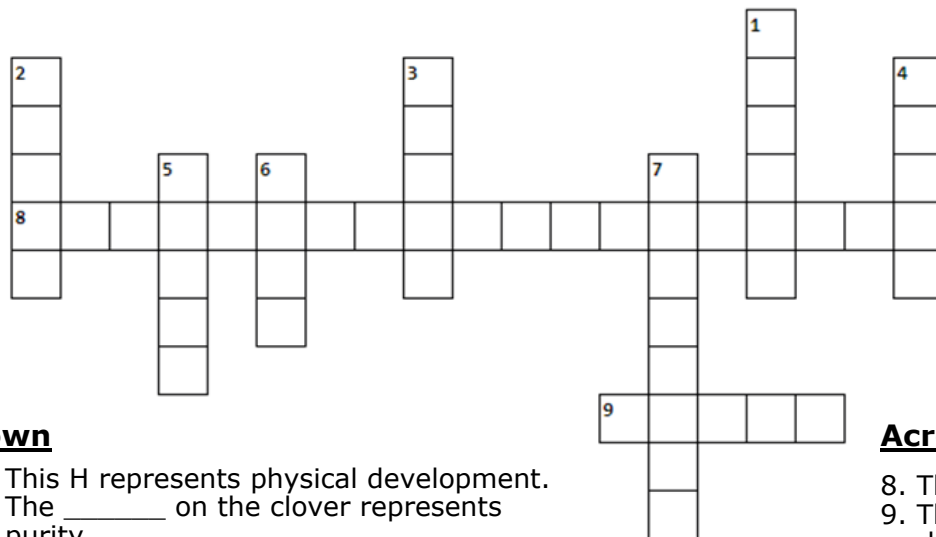
UCCE Placer County: 11477 E Avenue, Auburn, CA 95603, (530) 889-7385

UC Master Gardeners of Placer County Hotline: (530) 889-7388; Website: <http://pcmg.ucanr.org/>

Placer County 4-H Social Media & Fun Activities

4-H Crossword

You will find the answers to the crossword on the California State 4-H website under about 4-H. Submit a photo of your completed crossword by emailing a scan or a photo to ktofte@ucanr.edu for a 4-H prize.



Down

1. This H represents physical development.
2. The _____ on the clover represents purity.
3. The _____ on the clover represents youth, life, and growth.
4. 4-H projects allow youth to discover their _____.
5. This H represents skills development.
6. This H represents problem solving.
7. The 4-H Creed begins with "_____".

Across

8. The 4-H Motto
9. This H represents emotional development.

A Free 4-H App
By: Harini Muthu




4-H Activity Tracker

This app is created to aid 4-H members with the completion of the PDR section of the Record Book. It helps members keep track of the activities they participate in as well as all the relevant information for the activities.

Download
app for
Apple

Download
app for
Android

Youth members!!

Interested in submitting an article?
Send an email to: Kayla Tofte
ktofte@ucanr.edu
Please provide: **TITLE**
2-3 PARAGRAPHS & PHOTOS



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UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

Dan Macon,
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Check out our website for more updates
and resources:
<http://ucanr.edu/sites/placercounty4h/>

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