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UC DAVIS SURVEY

Dear Clientele: We are asking that you take about 10 minutes to help academic colleagues at UC Davis with a survey they are conducting about how people handle and use nuts grown in California.

“Do you enjoy almonds, pistachios, and walnuts? Please help us learn more about who eats these nuts grown in California and how the nuts are used by completing an on-line survey at



<http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=2655>

The survey only takes about 10 minutes. This link will be available until August 1.

STATE FIELD DAY RESULTS

Seven Monterey County 4-H members attended the 2008 State 4-H Field Day on Saturday May 31st at the University of California Davis! Members qualified to attend the State 4-H Field Day by earning a Gold Medal at the Sectional Presentation Day.

Participating from Monterey County were:

Aromas: Lauren Brown

Buena Vista 4-H: Hana Ferguson, Ellie Milanessa, Mariah O’Grady

King City Blue Ribbon: Bobby Vivian, Lillian Vivian, Melody Vivian

Lockwood: Hannah Wilkins,

Spring: Ashley Wilson

Monterey County participated in Presentations, the Plant Science Contest, 4-H Judging and Mock Interviews. Between those events there were 8 gold’s, 8 blue’s and 1 white. Way to go Monterey County!

To Make The Best Better!

University of California,
U.S. Department of
Agriculture, and
County of Monterey
cooperating

2008/2009 4-H ENROLLMENT ON-LINE:

The CA State 4-H Office and the 4-H Enrollment Task Force is rolling out a new web-based enrollment and data management system July 1st.

Re-enrollment: With 4hOnline, we will be able to collect the Waiver of Liability, Code of Conduct, Photo Release, and Self-Disclosure Form electronically for youth and adults that are re-enrolling in the program. *(HARD COPIES of Self Disclosure, Medical Form and Waiver of Liability will still need to be provided to the 4-H Office)*

New Enrollments: We will require paper copies (as in previous years) including new formats and have our administrative support staff enter/update the information on line.

We will be sending out more information and training Club Leaders in July. Stay tuned.



1432 Abbott Street •
Salinas, CA 93901

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[http://
cemonterey.ucdavis.edu](http://cemonterey.ucdavis.edu)

CALIFORNIA 4-H YOUTH TRAVEL OVERSEAS FOR A CULTURAL EXCHANGE

This summer, 19 4-H youth are going overseas for cultural exchange programs in Japan, Australia and Finland. The one-month exchange in Japan, with 14 participants, runs from July 9 to Aug. 7. Six of those teens will also participate in a language program in Tokyo from June 12 to July 8. The Finland trip, involving two young people, is June 13 to July 15. Three youth are going to Australia from June 18 to July 17. The students are departing on their adventures from a variety of California counties:

- Japan -- Colusa, El Dorado, Mariposa, Mendocino, Nevada, Sacramento, San Mateo, Santa Clara, Sonoma, Sutter and Yolo counties
- Finland -- Stanislaus and Trinity counties
- Australia -- Lake and San Bernardino counties

The California 4-H global travel program sends California youth overseas on even years and welcomes visitors from foreign counties to 4-H homes on odd years. All of the traveling delegates, ranging in age from 14 to 19, were required to interview with the state 4-H office before they were accepted into the program. They attended an all-day orientation where they presented a research project related to their destination countries and they will take a "culture project" with them to help their host families learn about American culture. "Thousands of young people have been involved in the 4-H cultural exchange over the years," said Pat English, the 4-H International Exchange coordinator. "They learn to work, live and play with people from diverse cultures." For more information or to contact 4-H members who are traveling overseas, contact English, (530) 754-8520, pnenglish@ucdavis.edu. Tip by Jeannette Warnert, (559) 241-7514, jwarnert@ucop.edu.

STATE RECORD BOOK JUDGING

Time Line

- September 30, 2008 - Applications to Judge Due
- October 31, 2008 - Books Due
- December 5 - 7, 2008 - State Judging

Age Eligibility for the 2008 Competition: Senior 4-H members (at least 14 years of age and no older than 19 years old by December 31 of the program year for which the book is being entered) are eligible to enter state competition. This means that 4-H member born anytime in 1989, 1990, 1991, 1992, or 1993. (between January 1, 1989 and December 31, 1993.) are eligible.

State 4-H Cover Page - The State 4-H Judging Cover Page must be included with 4-H Record Books entered for State Judging. The Cover Page may not be altered. 4-H Record Books missing the Cover Page will be reason for disqualification.

County Check Sheet - A county check sheet must be included with 4-H Record Books entered for State Judging. A committee, authorized by the County 4-H Office, must complete the checklist and ensure the completeness of the 4-H Record Book. 4-H Record Books missing the Check Sheet will be reason for disqualification.

Previous Years Materials - Materials from all previous years in 4-H must be removed and replaced with a summary of your previous involvement in 4-H (the 4-H member may include all involvement as a 4-H member, including primary). These pages must be placed at the back of the 4-H Record Book and must conform to the standard formatting and page guidelines. More information is available in the 4-H Record Book Manual on page 35 - 36.

TACK BOX FOR SALE

"Sullivan Showtime Tack Box", 24 X 40, by 20 tall, removable, washable box lid pad, sliding tray, caster wheels - EXCELLENT condition - asking \$175.00. ALSO available - two "Andis" clippers - 1 corded - \$50, 1 cordless \$65, 6 blades, oils, spray, charger, carrying cases, AND 1 cordless mini clipper.

Please call Kyler Monares, Gonzales 4-H @ 229-0330



2008-2009 MONTEREY COUNTY LEADER'S COUNCIL PROPOSED BUDGET

Category	GL #	2007-2008 BUDGET	2007-2008 Actuals	2008-2009 Proposed	Budget Notations
INCOME					
Council Scholarships	220	1000.00	4000.00	4000.00	funds from 12 month CD with a base amount of \$65,000.00
State Insurance Fee's	230	7828.00	6580.00	8200.00	800 Members X \$8 state fee + 300 Volunteers X \$6 state fee
County Publication Fee's	new #	4604.00	4094.00	3800.00	800 Members X \$4 publication fee + 300 Volunteers X \$2 publication fee
Food Booth Income	150	10000.00	11320.80	9200.00	PR as well as fundraiser at Monterey County Fair annually generated from Council's Savings CD
Interest Income	152	900.00	900.00	900.00	
Other Income/Donations/ Grants	153	100.00	0.00	100.00	
Participation Fees	160	7000.00	5993.00	6200.00	\$10 fee for each member to help offset County Council Budget costs
Previous Year Carryover	153	0.00	0.00	0.00	carry over or additional fundraising \$, to help cover expenses of current year
TOTAL INCOME		31432.00	32887.80	32400.00	
EXPENSES					
Achievement Night	210	400.00	653.53	500.00	facility fees, awards, decorations, entertainment, food, gifts, etc.
All Stars	211	800.00	90.62	500.00	funds to assist with the purchase of uniforms up to \$100 per All Star
Bank Fees	215	50.00	0.00	50.00	to cover expenses incurred during the year for returned checks & bank fees
Scholarships	220	4000.00	3600.00	4000.00	\$1,000 maximum awarded (\$4,000.00 per year)
Fashion Revue	225	0.00	0.00	150.00	for costs & planning, facility use, awards, decorations, judges gift, food
State Insurance Fee's	230	7900.00	6580.00	8200.00	Paid to the State 4-H Office in 2 yearly installments: December and May
Leader's Council	232	400.00	317.89	200.00	to cover services/consulting fees related to proper operations - audits
Regional / State Council Dues	232	200.00	0.00	200.00	for Council's annual regional and state dues
LCORT	240	2000.00	480.00	2750.00	1 TLAW + 1 Advisor+15 delegates +3 Chaperones at \$125 each including All Star
Officer / Leader Training	241	500.00	0.00	300.00	for expenses of events, or to hire speakers, facility, supplies, handouts, etc.
Leadership Get Away / Fun Day	243	1000.00	0.00	1000.00	facility fees, awards, decorations, entertainment, food, gifts, etc. (3 Delegates per club + Chaperone
Mini Conference	245	600.00	0.00	800.00	to hire speakers, facility, supplies, awards handouts & food (3 Delegates per club + Chaperone
State Leadership Conference	247	2500.00	1109.60	6150.00	10 @ \$100 + 4 Chaperones, 1 All Star, 1 TLAW, 1 Advisor X \$350 50 + \$250 gas
Washington Focus	250	1000.00	0.00	1000.00	to assist with expenses to attend W. F. Monies to be split between all applicants
Presentaton Day - County	265	300.00	0.00	300.00	facility fees, awards, decorations, entertainment, food, gifts, etc.
Presentation Day - Sectional	265	300.00	0.00	300.00	see above. Additional money needed when hosting Sectional 1n 2007, 2010 & 2013
Project Field Day	270	500.00	0.00	250.00	certificates, printing, handouts, awards
Guide Dog Field Day	New #	0.00	0.00	100.00	to help with costs of supplies, awards, handouts, facilities, speakers, etc.
Animal Project Field Day	New #	0.00	0.00	100.00	groups would need to charge to supplement as needed
Project Resources	300	300.00	0.00	300.00	books, kits, videos for county projects. Proposals submitted to Council for approval/vote
Record Book Judging	305	300.00	113.81	150.00	food, thank you's, printing, etc.
TLAWS	325	350.00	50.00	300.00	assist with purchase of uniform up to \$70 per TLAW (4) + \$20 LCORT games, trinket share
Volunteer Trng / Recognition	330	750.00	250.00	300.00	to cover costs of volunteer training events and/or yearly recognition event
Misc. Expenses	335	400.00	0.00	500.00	for Council to cover any approved non-budgeted expenses
Outreach/Visibility	260/ 350	500.00	0.00	500.00	Council approved marketing and promotion materials for events
County Publications	Need #	4604.00	0.00	3800.00	News Notes
Council Recognition				300.00	appreciation dinners & gifts
Program Rep				200.00	incentives and rewards
TOTAL EXPENSES		29654.00	13245.45	32400.00	

NEED PRACTICE FOR LIVE STOCK JUDGING?

Anyone interested in practicing for Livestock Judging for the Monterey County Fair, Santa Cruz County Fair and the San Benito County Fair. Contact Karen Ivey at 455-2284 by July 15th, 2008. Meetings will be held this summer. For more information please contact Karen.



MONTEREY COUNTY 4-H COUNCIL FOOD BOOTH DONATIONS

It's that time of the year again for the Monterey County Food Booth. Visit the County Website at <http://cemonterey.ucdavis.edu/4%2DH%5FProgram/Events.htm> and scroll down to the Food booth section to download the letter for donations request. Please have checks made payable to Monterey County 4-H Council and mail to the 4-H Office 1432 Abbott St., Salinas, CA 93901, attention Food Booth Chairman by August 1, 2008 to insure all names are listed on the banner for sponsor recognition. Please call JoAnn Etchison at 424-0451 ext.429 if you have any questions.



ALL ADULTS WORKING IN THE MONTEREY COUNTY FAIR FOOD BOOTH MUST BE ENROLLED AS A 4-H ADULT VOLUNTEER. THIS MEANS:

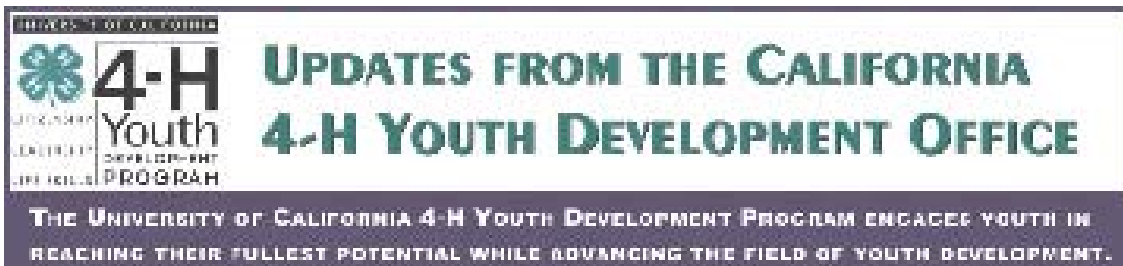
Completing the three easy steps to becoming a volunteer:

1. Fill out the enrollment packet.
2. Obtain a live-scan fingerprint. The 4-H Office must have on record the clearance from the DOJ.
3. Attend an orientation meeting. Leader Orientation meetings may be scheduled by calling 831.759.7360

To reserve the Large Conference Room Please call Lennis at 759-7353

REMINDER TO ALL COMMUNITY CLUB LEADERS:

Only the County Director (Sonya Hammond) can sign Facility Use Agreements, however the Oakland 4-H Office is the final authority, therefore any use agreements need to be in our office **no less than 30 days before the event.**



- (information about current and future 4-H Youth Development Programming)
Upload your "My 4-H Story" from your 4-H Record Book by July 31, 2008 to enter a drawing for a \$25 gift certificate. Ten gift certificates will be awarded. More information is available at <http://www.ca4h.org/wrp/recordbook/index.php>

- (information about new curriculum, curriculum trainings, and other educational resources)
National 4-H Council has partnered with EMI Music to create "Clover Country: Songs from Famous 4-H Alumni" - the first of its kind country music compilation CD featuring famous 4-H alumni. This extraordinary blend of country music showcases the benefits of 4-H through talented 4-H alumni like Reba McEntire, Hillary Lindsey, Faith Hill, and Johnny Cash. Proceeds from each CD sold supports 4-H programs! In addition, counties can use this as a fund-raiser. Copies can be ordered on-line by 4-H staff through the WRP system/marketing materials.

- (information about existing policies or upcoming policy changes)
Reminder: All 4-H VMO and unit bank account must use a UCCE address as the address of record. Your deadline for compliance of this policy is July 1, 2008.



HORSE PROJECT

- * **Aug. 23rd Reg. 10** - at Santa Cruz Co. Fairgrounds- Watsonville Halter, English, Western, Reining
- * **Sept. 12th Reg. 10-** at Santa Cruz Co, Fair - Watsonville Halter, English, Western Reining
- * **Carmel Valley Western Series**
For more info contact Brenda Reese, 831-624-2829
Entry Fees- \$25 for the day, Enter that day
- * **Sept. 28th** Playday Format
- * **July 27th, Aug. 31-** Buckle Series Format



LEADER ORIENTATIONS

Call Wendy at the 4-H office, 759-7386 to schedule a convenient time.

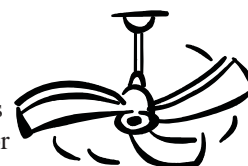
4-H IS GREEN AND GETTING GREENER

We will be adding a “green” section in our News Notes each month, highlighting environmentally sound practices. We would encourage each club to submit an article for publication. The club with the article that is selected will receive a free booklet “30 Simple Energy Things You Can Do To Save The Earth.”

PLAY IT AGAIN, FAN

Americans purchase about 16 million fans each year .

BACKGROUND. “About a hundred years ago,” says *Electrical Review* magazine, “ceiling fans were introduced to make rooms more comfortable in warm climates.” Today, when you think of ceiling fans, you probably think of classic films like *Casablanca*. There is a romance to them. But there’s still a practical reason for buying one, too.



ENERGY FACTS

Ceiling fans consume as little energy as a 60-watt bulb-which is about 98% less energy than most central air conditioners use.

Ceiling fans are often used instead of air conditioning. But it’s not necessarily one or the other. Fans produce air currents that carry heat away from the skin so even air conditioned rooms feel cooler when one is running.

Many ceiling fans save energy in winter as well as summer. The secret: Their motors run in “reverse.” This pushes warm air caught near the ceiling down to where you can feel it. Set the fan on slow speed so it pushes room air up against the ceiling, forcing warm air slowly down the walls to the floor. How much difference can that make? Some rooms in your house can be 15 degrees warmer at the ceiling than at the floor. A well-placed ceiling fan can reduce this difference to only 3 degrees.

SIMPLE WAYS TO SAVE ENERGY

- **If you’re shopping for a ceiling fan:** Purchase an energy saving unit. You’ll find them at home improvement centers. Look for a fan that’s reversible and has more than one speed. Check to make sure the blades are angled at least 10 degrees.
- **If you’re thinking about where to install one:** Rooms with the highest ceiling are the best candidates. But make sure the blades are between seven and nine feet above the floor.
- **Match the fan to the room.** For rooms 12 feet by 12 feet or less, you can use a 36 or 42-inch fan. For rooms up to 12 feet by 18 feet, use a 48 or 52-inch fan. for bigger rooms you may need more fans.

E-MAIL ADDRESSES

To be notified of current committees, date changes or just timely information - please call the 4-H Office at 759-7386 or email Wendy wdgrennan@ucdavis.edu with your most current email address. Wendy’s office hours are Monday, Tuesday, Thursday, Friday, 8-5.





Safety Note

UNIVERSITY OF CALIFORNIA AGRICULTURE AND NATURAL
RESOURCES ENVIRONMENTAL HEALTH AND SAFETY

Safety Note #19



NEXT 4-H COUNCIL MEETING

HEAT ILLNESS AWARENESS

Clover Safe notes are intended primarily for 4-H volunteers and members nine years and older.

According to the National Weather Service, an average of 235 heat-related fatalities occurred annually between 1975 and 2004. Moreover, about 25,000 heat-related illnesses or injuries occurred from 1991-2000. Children are at greater risk for heat stress because their bodies have a larger surface area per pound of weight. Youth that are vigorously exerting themselves in summer heat are at higher risk for contracting heat illness. By taking several simple precautions, people can control and/or reduce exposure to conditions that may cause heat illness.



Heat Illness Disorders and Symptoms

1. Heat Stroke - sweating stops and the body fails to regulate its temperature. Victims may die if they don't receive immediate medical treatment. Characterized by: mental confusion, fainting, or seizures; hot dry skin usually reddish in color; and high body temperature.
2. Heat Exhaustion - profuse sweating results in dehydration. Characterized by: fatigue, dizziness, and nausea; pale and moist skin; and possibly slightly elevated temperature.
3. Heat Cramps - cramping thought to be due to loss of salt through sweating. Characterized by muscle spasms in arms, legs, and abdomen during or following physical activities.
4. Heat Syncope - dehydration while standing still causes blood pooling in lower portions of the body. Characterized by fainting while standing still.
5. Heat Rash - occurs under hot and humid conditions where sweat does not evaporate readily. Characterized by irritated/itchy skin with prickly feeling and small red bumps on skin.

Treatments for Heat Illness Disorders

1. Heat Stroke - call 911 immediately, soak victim's clothing with cool water, move victim to shaded and cool area, fan victim to increase cooling of their body.
2. Heat Exhaustion - have victim rest in shaded and cool place and drink fluids. Do not serve caffeinated fluids such as soft drinks, iced tea, or coffee.
3. Heat Cramps - have victim rest and drink non-caffeinated fluids.
4. Heat Syncope - have victim rest in a shaded and cool place, and drink non-caffeinated fluids.
5. Heat Rash - wash and dry skin. Wear loose clothing and keep skin dry.

Precautions to Prevent Heat Illness Disorders

1. Volunteers and 4-H members should acclimatize themselves to the prevailing weather conditions.
2. Always drink plenty of fluids such as water and sports drinks. During warm weather, plan to have at least one quart of water available per person per hour of the outdoor activity. Avoid caffeinated drinks.
3. Wear a summer hat with a brim and loose-fitting, light-colored, and lightweight clothing like cotton.
4. Schedule vigorous activities during coolest portions of the day and take frequent breaks on hot days.
5. If someone is feeling symptoms of heat illness, they should take a rest period in a shaded area. Volunteers or 4-H members should help find access to shade – this may be any area where the affected person is protected from direct sunlight, such as under an umbrella, a portable structure, or inside a ventilated building or vehicle.

If a treated victim does not recover from heat illness in a reasonable amount of time, promptly seek medical attention. Plan ahead to know how to summon medical assistance and direct emergency responders to your location or how to transport the heat illness victim to a medical service provider.

Any incidents of heat illness shall be promptly reported to the 4-H member's parent or guardian and 4-H staff. See Clover Safe #13 for incident reporting procedures.

The next County Council meeting will be on Tuesday, July 22nd 7:00 PM. The Policy Review & Food Booth Committee will meet at 6:00pm. Every adult volunteer and all youth members 14 years of age or older are eligible to be active members of the County Council. Please come and give your input, guidance, direction and leadership to the Monterey County 4-H YDP.

MONTEREY COUNTY 4-H COUNCIL MINUTES

For the latest 4-H Council Minutes call the 4-H Office at 759-7386 or go to <http://ucce.ucdavis.edu/files/filelibrary/1598/15901.pdf>



Monterey County 4-H Calendar

July 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
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LOCAL CONTACT INFORMATION

Monterey County 4-H Program Representative Wendy Grennan can be reached at 831.759.7386 or wdgrennan@ucdavis.edu on Mondays, Tuesdays, Thursday, or Fridays.



COMING EVENTS...

August

- 11th Monterey County Weigh In
- 12th-17th Monterey County Fair
- 15th-1st Cal State Fair
- 17th MoCo Fashion Revue
- 20th News Notes Due
- 29th Golden Clover Award Apps Due

September

- 1st Labor Day
- 5th Achievement Night
- 9th-14th Santa Cruz County Fair
- 16th Leader's Council Mtg
- 17th News Notes Due



UNIVERSITY OF CALIFORNIA
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MONTEREY COUNTY
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University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 300 Lakeside Drive, 6th Floor, Oakland, CA 94612-3550, (510) 987-0096.



MONTEREY COUNTY

4-H News Notes



July, 2008

Monterey County 4-H Youth Development Program
Main Line (831) 759-7360

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4-H Program Representative
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Lynn Schmitt-McQuitty
Youth Development Advisor
(831) 763-8040 ~ lschmittmcquitty@ucdavis.edu

Sonya Varea Hammond
County Director
(831) 759-7350 ~ slvareaahammond@ucdavis.edu