



### Inside...

- New 4-H Enrollment.....1
- Service Animal Project .....1
- New Curriculum Binders ....2
- Scholarship Recipients.....2
- State Record Book Judgin...2
- 2008 Mty Cty Record Book  
Judging .....3
- Proposed 08-09 Calendar....4
- 2008-2009 Proposed Budget5
- Leadership Conference .....6
- 4-H All Breed Shows & Jr.  
Showmanship Events .....7
- Word Defined .....8
- Go Green.....8
- Horse Project.....9
- State Updates .....9
- Safety Note.....10
- Calendar.....11

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County of Monterey  
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cemonterey.ucdavis.edu](http://cemonterey.ucdavis.edu)

### NEW 4-H ENROLLMENT FEES FOR 2008-2009

Effective July 1, 2008, the new enrollment fees for the 2008-2009 year will be:  
Youth Members - \$12.00 per year  
Adult Volunteers - \$6.00 per year



### 2008 – 2009 ON- LINE ENROLLMENTS

The CA State 4-H Office and the 4-H Enrollment Task force has rolled out a new web-based 4-H enrollment and data management system, named 4hOnline. Enrollment packets were given to Community Club Leaders at the On Line Enrollment training July 30th. New enrollees will be required to fill out hard copy paperwork. Re-enrollees will be required to enroll on line. What does this mean if you are re-enrolling on line? You will need to provide your Community Club Leader with an up to date email address in order to receive your password.

All Club leaders will be required to have new enrollments to the 4-H office with payment by November 3rd, 2008.

### SERVICE ANIMAL PROJECT by Sandy Ferguson

The Service Animal Project (Guide Dog Puppy Raising) is available to all 4-H members of Monterey County. Meetings are held on the first Monday of the month. You will have a chance to learn about blindness, guide dogs, puppy raising and handling. You can earn communication, community service, project exhibit credits, and more. You can even hold an office.

If you have dedication, you can raise a puppy full term, in which you will raise, groom, train, and socialize a puppy for 12-18 months. If you prefer, or cannot keep a puppy that long, you can raise a starter puppy. You will receive a puppy at 8 weeks old and keep it for 2 months, the puppy would then be transferred to another raiser home. You can also raise a transfer puppy, you will receive a puppy age 4 months or older and keep it until its recall for formal training. But, sometimes the transfer puppy will be quite older than 4 months of age, and you will only keep it for a few months.

If you cannot raise a puppy of your own, you can do short or long term puppy sitting for other members of the club. If you cannot have a puppy in your house at all, you can still be in the project. We're always looking for help with planning meetings, outings, or fundraisers.

If the service animal club sounds like too much commitment, or you're unsure about the project, you can join the Introduction to Guide Dogs project. This project only includes a field trip to the Guide Dog for the Blind Inc. campus for a graduation. A class of fully trained guide dogs are presented to their new blind parents. The Introduction project will also sit in at one of the Monterey County Guide Dog meetings to see what they are like.

For more information contact Sandy Ferguson at:  
(831) 455-1585  
or email at: [info@montereycountyguidedogs.com](mailto:info@montereycountyguidedogs.com)



## NEW CURRICULUM BINDERS

(with level 1-3 booklets)

Child Development  
Consumer Savvy  
Entrepreneurship  
Leadership  
Service Learning  
Microwave Magic  
Horse  
Woodworking  
Fantastic Foods  
Swine (2nd copy)  
Photography  
DVD'S:  
Geospacial  
BOOKS:  
Standard of Perfection  
(Standard Bred Rabbits & Cavies  
2006-2010)  
Raising Better Rabbits & Cavies (Official  
Guide Book)

## CONGRATULATIONS 2008 4-H SCHOLARSHIP RECIPIENTS

**Mattie Eckels**

**Nick Jackson**

**Ian Kile**

**Amanda Kosty**

**Jennifer Means**

**Erin Metzger**

**Katelyn Robledo**

**Jay Smith**

**Kyle Thorp**

## LEADER ORIENTATIONS

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

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## 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.



## 2008 MONTEREY COUNTY RECORD BOOK JUDGING

<b><u>Junior Medalists</u></b>			
<b><i>First</i></b>	<b><i>Last</i></b>	<b><i>Club</i></b>	
Jasmine	Aranda	KCBR	Foods & Nutrition-Pie Making
Brenna	Cumming	KCBR	Arts & Crafts-Scrapbooking
Anthony	Cruz	Lockwood	Leadership
Alexander	Duke	Lockwood	Welding
Elliot	Mirassou	Mission	Viticulture
Lucas	Mirassou	Mission	Viticulture
Cody	Elam	Natividad	Swine
Marisa	Fernandez	San Benancio	Swine
Molly	Roche	Spring	Poultry
Patrick	Russo	Spring	Swine
Ashley	Wilson	Spring	Foods & Nutrition-Cake Decorating
<b><u>Senior Medalists</u></b>			
Jerad	Elam	Natividad	Swine
Andrew	Jones	Aromas	Woodworking
Lizzie	Prader	Buena Vista	Arts & Crafts
<b><u>Junior County Winners</u></b>			
<b><i>First</i></b>	<b><i>Last</i></b>	<b><i>Club</i></b>	
Lindsay	Brown	Aromas	Meat Goat
Jenny	Sowash	Aromas	Dog Care & Training
Jocelyn	Sosa	Greenfield	Woodworking
Ismael	Aguilar	KCBR	Individual Sports-Racquetball
Hillary	Hughes	KCBR	Home Arts-Cross Stitch
Allyson	Hughes	KCBR	Leisure Ed-Pedro
Hope	Duke	Lockwood	Welding
Zachary	McCormack	Lockwood	Swine
Hannah	Wilkins	Lockwood	Arts & Crafts-Jewelery
Becca	Walker	Natividad	Photography
Samantha	Fernandez	San Benancio	Sheep
Jerica	Hurtado	San Benancio	Clothing & Textiles-Quilting
Nicole	Hurtado	San Benancio	Beekeeping
Andrew	McHaney	San Benancio	Foods & Nutrition-Creative Cooking
Dale	McHaney	San Benancio	Geo Caching
Gabriella	Jardini	Buena Vista	Gardening
Mariah	O'Grady	Buena Vista	Poultry
Cody	DeCarli-Martinez	Buena Vista	Shooting Sports-Archery
<b><u>Senior County Winners</u></b>			
Kayla	Walker	Natividad	Home Arts
Bess	Pezzini	Spring	Vegetable Crops
Michael	Russo	Spring	Shooting Sports
Hana	Ferguson	Buena Vista	Guide Dogs
Kassie	McIntyre	Buena Vista	Swine
Ivy	Lurz	Buena Vista	Poultry
Mattie	Eckels	Natividad	Sheep
Jennifer	Means	Spring	Leathercraft
Nick	Jackson	Natividad	Community Pride

### 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



PROPOSED CALENDAR OF EVENTS 08/09

**JULY**

Tues 22<sup>nd</sup> Leader's Council Mtg 7 pm  
Food Booth Mtg 6 pm  
Wed 23<sup>rd</sup> News Notes Due  
Thurs 31<sup>st-3</sup> RD STATE LEADERSHIP CONFERENCE

**AUGUST**

Mon 11<sup>th</sup> Monterey County Fair weigh in  
Tues 12<sup>th</sup> – 17<sup>th</sup> Monterey County Fair  
Wed 20<sup>th</sup> News Notes Due  
Fri 15<sup>th</sup> – Sept 1<sup>st</sup> Cal State Fair  
Sun 17<sup>th</sup> Mo Co Fashion Revue  
Fri 29<sup>th</sup> Golden Clover Award Apps Due

**SEPTEMBER**

Mon 1<sup>st</sup> LABOR DAY  
Fri 5<sup>th</sup> Achievement Night – Steinbeck Center  
Tues 9-14 Santa Cruz County Fair  
Tues 16<sup>th</sup> Leader's Council Mtg  
Wed 17<sup>th</sup> News Notes Due

**OCTOBER**

Fri 3<sup>rd</sup>- 5<sup>th</sup> San Benito County Fair  
Sun 5-Sat 11 NATIONAL 4-H WEEK  
Thurs 9<sup>th</sup> Yom Kippur  
Sat 11<sup>th</sup> Sun 12<sup>th</sup> KID FEST  
Wed 15<sup>th</sup> News Notes Due  
Sat 18<sup>th</sup> Fall Training Day  
Thurs 20<sup>th</sup> Farm Day Monterey  
Fri 31<sup>st</sup> State Record Books Due

**NOVEMBER**

Sat 1<sup>st</sup> Beginning of the year packets due by  
Tues 11<sup>th</sup> Veteran's Day  
Fri 7<sup>th</sup> – 9<sup>th</sup> STATE LEADERSHIP CONFERENCE  
@ ASILOMAR  
Tues 18<sup>th</sup> Leader's Council Mtg  
Wed 19<sup>th</sup> News Notes Due  
Thurs 27<sup>th</sup> Thanksgiving

**DECEMBER**

Mon 1<sup>st</sup> LCORT apps due  
Fri 5<sup>th</sup> – Sun 7<sup>th</sup> State Record Book Judging  
Tues 16<sup>th</sup> Leader's Council Mtg  
Wed 17<sup>th</sup> News Notes Due  
Thurs 25<sup>th</sup> Christmas

**JANUARY**

Thurs 1<sup>st</sup> New Year's Day  
Mon 19<sup>th</sup> Martin Luther King Day  
Tues 20<sup>th</sup> Leader's Council Mtg  
Wed 21<sup>st</sup> News Notes Due  
Fri 30<sup>th</sup> – Feb 1<sup>st</sup> LCORT – TLAW only

**FEBRUARY**

Thurs 6<sup>th</sup> Salinas Farm Day  
Mon 16<sup>th</sup> Presidents Day  
Wed 18<sup>th</sup> News Notes Due  
Sat 21<sup>st</sup> Project Field Day

**MARCH**

Fri 6<sup>th</sup> County Presentation Day  
Tues 17<sup>th</sup> Leader's Council Meeting 7 pm  
  
Wed 18<sup>th</sup> News Notes Due  
Sat 21 – Sun 22 Leadership Overnight  
OR PROJECT FIELD DAY

**APRIL**

Sun 12<sup>th</sup> Easter (Passover 9<sup>th</sup>-16<sup>th</sup>)  
Tues 22<sup>nd</sup> Leader's Council Mtg 7 pm  
Food Booth Mtg 6 pm  
Budget /Calendar Mtg 6 pm  
Wed 23<sup>rd</sup> News Notes Due

**MAY**

Thurs 14<sup>th</sup> Salinas Valley Fair – Sun 17<sup>th</sup>  
Wed 20<sup>th</sup> News Notes Due  
Sat 23<sup>rd</sup> State Presentation Day UC Davis  
Mon 25<sup>th</sup> Memorial Day

**JUNE**

Tues 16<sup>th</sup> Mandatory Food Booth Mtg 6 pm  
Leader's Council Mtg 7 pm  
Wed 17<sup>th</sup> News Notes Due  
Fri 19<sup>th</sup> CA Focus  
Sun 21<sup>st</sup> Camp – Sat 27<sup>th</sup>

**JULY**

Record Books due at club level

**AUGUST**

MON 3<sup>RD</sup> SCHOLARSHIP APPS DUE W/RECORD BOOKS  
WED 5<sup>TH</sup> SCHOLARSHIP INTERVIEWS  
WED 19<sup>TH</sup> RECORD BOOKS DUE TO COUNTY  
  
CLUB BOOKS DUE TO COUNTY  
SAT 22<sup>ND</sup> COUNTY RECORD BOOK JUDGING

**2008-2009 MONTEREY COUNTY LEADER'S COUNCIL PROPOSED BUDGET**

Category	GL #	2007-2008 BUDGET	2007-2008 Actuals	2008-2009 Proposed	Budget Notations
<b>INCOME</b>					
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
<b>TOTAL INCOME</b>		<b>31432.00</b>	<b>32887.80</b>	<b>32400.00</b>	
<b>EXPENSES</b>					
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
<b>TOTAL EXPENSES</b>		<b>29654.00</b>	<b>13245.45</b>	<b>32400.00</b>	

# **LEADERSHIP CONFERENCE OF REGIONAL TEENS**

**WHAT:** Leadership Conference Of Regional Teens (LCORT)

**WHEN:** Jan. 30-Feb. 1, 2009 / Check-in time: Jan. 30, 6-9 p.

**WHERE:** **Wonder Valley Ranch**  
6450 Elwood Road  
Sanger, CA 93657

**WHO:** \*7<sup>th</sup>-9<sup>th</sup> Grade 4-Hers  
\*County Leadership Teams (10<sup>th</sup> Grade & Above)  
\*State Ambassadors, Leaders and Staff

**COST:** \$95.00 – includes 2 nights lodging, 4 meals, (starting Saturday morning), snacks, and all registration materials (\$105 after December 1, 2008)

**THEME:** 4-Hers to the Rescue! Find Your Inner Super Hero!

**WHY:** To define and develop your leadership abilities. To have an opportunity to meet and share ideas with other youth your age. To expand your perspective on the world around you and to have an enjoyable time.



## **EVERY DELEGATE IS RESPONSIBLE TO...**

- \*Attend and participate in all sessions and activities.
- \*Act in accordance with the 4-H Code of Conduct.
- \*Be responsible for yourself and your belongings.
- \*Follow all facility rules.



## **BE SURE TO BRING WITH YOU...**

- \*Toiletries, personal items, towels, etc.
- \*Suitable changes of clothing (for 2 days), including a jacket.
- \*A sleeping bag or blankets and a pillow

## **PLEASE DO NOT BRING...**

- \*Food—Don't worry, you'll be well fed!
- \*Clothing that will not meet the dress code standards.
- \*Electronics or other valuables which you will not absolutely *need*.

## **ACCOMODATIONS:**

Dorm type rooms with 6 to 10 per room. Each room has a bathroom and shower. Sessions will be held in meeting rooms, and multipurpose rooms.

Personal stereos including, iPods and other MP3 players, cell phones, video games, etc. are **NOT ALLOWED** in sessions. ***The Sectional 4-H Council will not be responsible for lost or stolen articles.***

## **COUNTY OFFICES REGISTER ON-LINE USING WRP:**

County 4-H Offices should register their delegates online using the system at <http://ca4h.org/wrp/>



Save the Date!  
Saturday  
11/15/2008

# 2nd Annual 4-H All Breed Shows & Jr. Showmanship Events Cavy ★ Poultry ★ Rabbit

Saturday, November 15th, 2008

## FUR & FEATHERS

At Ventura's Beach

NEW!  
Champion Exhibitor  
Buckle!  
Sale tables from any  
County 4-H  
Club or Project.

\*Educational Posters,  
\*Jr. Showmanship,  
\*Primary Divisions,  
\*Silent Auction, &  
\*Breakfast Burritos!



Hosted by Ventura County 4-H SAS PDC  
4-H Youth Welcome  
Medaling Events: Showmanship, BIS & RBIS!  
(Youth must be enrolled in project to medal.)

Ventura Fairgrounds Seaside Park  
10 West Harbor Boulevard

Entries Due Thursday, October 30th  
Find Flyer & Premium Books at [www. http://ceventura.ucdavis.edu/](http://ceventura.ucdavis.edu/)  
For more information contact Show Superintendent:  
Susan Trockey 805-480-9976 or [stdesign@roadrunner.com](mailto:stdesign@roadrunner.com)  
For Sales Tables contact: Kitty Beckmann at [nosmurfs@adelphia.net](mailto:nosmurfs@adelphia.net)

## WORDS DEFINED

### re•spon•si•bil•i•ty

Pronunciation:

\ri-□spān(t)-sə-□bi-lə-tē\

Function:

noun

Inflected Form(s):

plural

re•spon•si•bil•i•ties

Date:

1737

1: the quality or state of being responsible: as a: moral, legal, or mental accountability b: RELIABILITY, TRUSTWORTHINESS 2: something for which one is responsible : BURDEN <has neglected his responsibilities>



## 4-H IS GREEN AND GETTING GREENER

**W**e are 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.”

### BACKGROUND

- You might not think that landscaping and lawn care have anything to do with energy. But, as Sierra Club founder John Muir said, “everything is hitched to everything else.”

### ENERGY FACTS

- During the summer, the majority of household water is used for keeping yards green.
- Even in places where water doesn’t have to be moved long distances from source to tap, a significant amount of energy is required to treat and process it before it enters the water mains.

### SIMPLE WAYS TO SAVE ENERGY

- Treat you lawn right:
- Use a push mower instead of a power mower to save energy and reduce carbon dioxide emissions by up to 80 pounds per year.
- Set you mower blades to the cut grass about 2-3 inches tall. Mowing it shorter dries out the soil faster and increases water use.
- Let grass clippings turn into mulch. During dry periods, cut the grass high and leave clippings on the lawn to keep it from drying out – thus reducing the amount of water your lawn needs.
- Most lawns need about 1 inch of water a week once they’re established. Apply it slowly so the water doesn’t run off.
- Here’s how to tell how long it take s to apply an inch of water: Set two or three cans out on the lawn and turn on the sprinkler. Check every few minutes to see how land it takes to land and inch in each can. Average the times for the cans, and that’s the length of time to water.

### WATERING SMART

- Water in the early morning or very late afternoon to cut down on how much water evaporates before it reaches the roots.
- Try drip irrigation for shrubs and garden plants. It’s a way of putting the water in small, steady amounts right to the soil around the plant you’re watering.
- When you re-landscape, group together the plants that need similar amounts of water. That way, you can avoid overwatering one just to irrigate another.

### GOING NATIVE

- Consider plants for your yard that are already adjusted to local conditions and don’t require extra water or attention. These are usually plants that are native to your area.
- Think about shrubs, succulents, and trees as a substitute for some of your lawn. Nothing requires more water than a lawn.
- When you’re ready to reseed or resod your lawn, look for grasses that require less water to thrive.
- Check your local government or PS&E Web site for information about water conserving plants. These plants are also called ‘drought tolerant’ and the practice of landscaping to conserve water is called “xeriscaping.”

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

### REMINDER TO ALL COMMUNITY CLUB LEADERS:

**O**nly 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.**





## 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

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### Think like a chicken and tour the UC Davis campus....

**A**vian Sciences Day is a fascinating look into the world of poultry led by Dr. Francine Bradley. Each year, 4-H and FFA members from all over California come for an entertaining and educational half day session. A variety of speakers cover different topics in a comfortable theater style seating room. No chickens are allowed but bring a sack lunch and lots of questions! There is no fee or reservations required but you can take part in a carpool to UC Davis or, take advantage of the day and to tour the campus!  
Avian Sciences Day is Saturday, October 4th. Contact Michelle Palmer, Junior Specialist @ 530-752-9040. [mcpalmer@ucdavis.edu](mailto:mcpalmer@ucdavis.edu)



### E-MAIL ADDRESSES

To be notified of current commitments, date changes or just timely information - please call the 4-H Office at 759-7386 or email [Wendywdgrennan@ucdavis.edu](mailto:Wendywdgrennan@ucdavis.edu) with your most current email address. Wendy's office hours are Monday, Tuesday, Thursday, Friday, 8-5.

- (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.
- Did you know that the State Fair 2007 provides two opportunities for 4-H horse members? First, 4-H'ers winning a class at their County, District, or Citrus Fair between August 9, 2006 and August 7, 2007 are eligible to compete in the County Best of Show Youth Horse Show. The show dates are August 21 & 22. This year, the California State 4-H Horse Classic will also be a qualifying show for the State Fair. For more information, go to [www.bigfun.org](http://www.bigfun.org). 4-Hers are also invited to participate in the Equine Champion Challenge (see page 28 of the rule book). This competition is open to all 4-H horse members. If you exhibit in the State Fair 4-H Horse Show, you are eligible to compete. The champions and reserve champions for each division are required to compete. Others not exhibiting may pay a \$10 fee the day of the event. The competition includes a written Champion Challenge Exam on Wednesday, August 22nd at 8 AM. Those receiving a qualifying score will participate in further competition and interviews. The top prizes are \$250 to \$2,000 savings bonds.
- 2007 State 4-H Record Book Judging will take place November 30 - December 2, 2007. Books must be postmarked by October 31, 2007 and be limited to the twelve-month period for the 2006-2007 program year. The Record Book form is now available in PDF format with form fields at: <http://ca4h.org/4hresource/ir/recordbook/index.asp>, and members can download the file onto their own computer. Information and additional forms are available at: <http://www.ca4h.org/4hresource/ir/recordbook/competition.asp>, including the "County Check Sheet" that must be filled out by either the County 4-H Staff or a volunteer committee before the book is submitted to State Judging. In addition, the State 4-H Office is seeking judges for the state competition. Applications are due September 30, 2007.





# Safety Note

UNIVERSITY OF CALIFORNIA AGRICULTURE AND NATURAL RESOURCES ENVIRONMENTAL HEALTH AND SAFETY

Safety Note #21 HIKING SAFETY

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



## NEXT 4-H COUNCIL MEETING

The next County Council meeting will be on Tuesday, September 16th 7:00 PM. 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>



4-H members participate on hikes that take place in terrain ranging from relatively flat land to steep, rugged topography and from wetland to desert conditions. Precautions to prevent injuries vary somewhat depending on the type of terrain and habitat encompassed by the path of the hike. Common injuries that are related to hiking include strains, sprains, cuts, bruises, insect bites, and sunburn. By taking several simple precautions and becoming familiar with the area and path to be hiked, 4-H members can control and/or reduce exposure to conditions that may cause injuries.

The following precautions should be followed to reduce the potential for incurring hiking-related injuries:

- Good safety practices are to (1) tell someone (that is not participating) the hiking route and when the hikers should return or complete the hike, (2) hike with a group or partner in remote areas, (3) bring adequate water for the weather conditions, and (4) carry a first aid kit and cell phone or other communication device while hiking.
- When possible, know the route(s) you will be taking during your hike.

Carry a reference hike-route or -location map, if necessary.

- In case of an emergency, know how to direct emergency responders to your location or transport an injured person to the closest medical facility.
- Do not wander from your hiking group or partner.
- If you notice that a member of your hiking group is missing, immediately notify your project leader, parent, or guardian.
- Always treat hilly and mountainous topography with caution. Carefully pick the spots where you intend to step. Be careful of dislodging rocks onto other hikers below or following you.
- Walk carefully in uneven terrain, especially when the ground surface may be obscured by vegetation or during twilight or at night.
- Dress appropriately for the weather conditions and hiking path terrain: as necessary wear a hat, long pants, boots or sturdy shoes, jacket, and skin and eye protection (i.e., sunscreen and sunglasses).
- Use insect repellents containing compounds such as DEET (repels insects) on exposed skin and permethrin (kills many insects on contact) on clothing only.
- Rock climbing without proper experience or equipment is dangerous and ill advised.
- Always be aware of potential temperature extremes associated with the hiking path and area. Dress appropriately for extreme temperatures that may cause heat or cold stress.
- Be particularly alert for falling rocks, rock slides, or rock falls when hiking in proximity to cliff faces or steep rock outcrops. Wear a safety hat when hiking in areas where falling rocks are common.
- When hiking in wet areas or in proximity to water, beware of stepping onto slippery rocks, slopes, or ground.
- When hiking in wetland areas, be cautious of stepping onto unsupported vegetation, soft mud, or quicksand. Use a pole or branch to probe the path surface ahead of you when crossing wetland areas.
- Be conscious of tidal cycles when hiking in coastal and estuarine wetland areas. Consult tide tables or similar reference materials and plan your hike accordingly.
- Whenever a lightning threat becomes apparent, move to a low spot and seek shelter immediately.
- If you encounter a snake, remain calm and back away slowly. Always give snakes plenty of room to escape from you. Never approach, tease, corner, or poke at any snake.
- Closely look for snakes or insects before placing your hands on objects such as rock outcrops or trees or picking up objects from the ground (i.e. rocks, plants, leaves, etc.)
- Thoroughly inspect the area where you intend to sit, particularly around stumps, logs, boulders, or rock outcrops.
- If you experience an insect bite or sting, wash the wound with soap and water, apply an antiseptic, and cover the wound with a band aid or clean dressing. Carefully remove stingers from skin by using tweezers and then clean and dress sting wounds. Never scratch an insect bite or sting.
- Promptly seek professional medical attention if you suspect you are experiencing severe venom allergic reaction symptoms.
- If a snakebite occurs: calm the victim, wash the area of the bite with soap and water, apply a cold dressing over the bite area, and immediately transport the victim to the closest medical facility for professional treatment. Also, remove jewelry, watches, and tight clothing in preparation for tissue swelling.

# Monterey County 4-H Calendar

## August 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 directly at 831.759.7386 or [wkgrennan@ucdavis.edu](mailto:wkgrennan@ucdavis.edu) on Mondays, Tuesdays, Thursday, or Fridays.



### COMING EVENTS...

#### September

1st Labor Day - Office Closed  
 5th Achievement Night (Location to be announced)  
 9th - 14th Santa Cruz County Fair  
 16th Leader's Council Meeting  
 17th News Notes Due

#### October

3rd - 5th San Benito County Fair  
 5th - 11th National 4-H Week  
 11th - 12th Kid Fest  
 15th News Notes Due  
 18th Fall Training Day  
 20th Farm Day Monterey  
 26th Daylight Savings Time Ends  
 31st State Record Books Due



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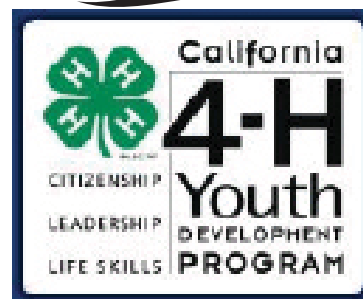
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MONTEREY COUNTY

# 4-H News Notes



August, 2008

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

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4-H Program Representative  
(831) 759-7386 ~ [wdgrennan@ucdavis.edu](mailto:wdgrennan@ucdavis.edu)

Sonya Varea Hammond  
County Director  
(831) 759-7350 ~ [slvareahammond@ucdavis.edu](mailto:slvareahammond@ucdavis.edu)