



OCTOBER 2009

FROM OUR ADVISOR

Launching the Year: Club Finances

Marianne Bird, 4-H Youth Development Advisor

The beginning of our 4-H program year is the time for clubs to do financial planning. While we may feel like the money in our checking account is “ours” to do with as we please, we should remember that 4-H is a public organization, and that all monies that run through our books—be it Council, Club, or Project level—are public funds. That doesn’t mean that 4-H members can’t make decisions about how to spend what’s in the bank, but it does mean that those decisions need to be transparent, appropriate, and accounted for.

As you start your year, here are some important things to remember if you are a community club leader, a project leader, or a club officer.

- **Make a budget.** After your club (or project, for that matter) has an idea of what it wants to accomplish during the year, create a budget. What are your plans and what will they cost? Do you need money for awards and recognition? A service project you plan to conduct in the community? Budgets are not an afterthought; they’re a product of our plans. Budgets should reflect club activities, be voted on by members, and a copy provided to the UCCE 4-H Office.
- **Know what you’re raising money for.** If you plan to raise funds, it should be part of your budget and outlined at the beginning of the year in your budget. Please submit fundraising request forms to the UCCE 4-H Office with your annual budget for approval. While sometimes an exciting money-making opportunity arises mid-year, all funds should be generated with a specific purpose in mind. Raising money simply to have in the bank is not okay.
- **Keep good records.** There’s nothing more frustrating than having to rummage through papers or (worse yet) recreate a year’s worth of financial transactions from disorganized records. Your club treasurer should work in partnership with a knowledgeable adult to understand how to keep proper books. At the end of the year, you’ll be asked to prepare an annual financial statement and turn your books in for review. The 4-H treasurer’s manual (<https://fourh.ucdavis.edu/finances/forms/4H1035-TreasurerManual.pdf>) provides forms and all you need to know.
- **If you have questions...** Call us! Rita and Marianne want to help you understand what needs to be done and why. Our financial policies protect not just our assets, but our volunteers as well. And what a great learning opportunity for our members.

On-line financial reports (to the State 4-H Office) and last year’s club books (to the Sacramento County 4-H Office) were due September 15. For more specifics on finance, see the 4-H statewide policy handbook at <http://www.ca4h.org/policy/chapter9/index.asp>

FEATURED NEWS

Clarification

The 4-H Office is **not** closed on Fridays. Joan Ryan, 4-H Secretary, is off on Fridays. The office remains open to those who need to pick up or drop off materials or make copies.

Online Enrollment is Now Open

4-H families, members, and leaders can now enroll and re-enroll themselves online. Log on to <https://california.4honline.com> to re-enroll for the new year.

Here are some quick tips to get you started:

- Families **re-enrolling** will need to enter the email they provided on their enrollment form last year and select “I Forgot my Password”. A temporary password will be emailed to that address. You can then return to 4hOnline and select “I Have a Profile”, enter your email and temporary password, and proceed with re-enrollment. Once logged in, you will need to create a new password (at least 8 characters), you can update your email and any other necessary information. If you changed your email or forgot which address you listed, please contact your club’s Enrollment Coordinator.
- **New families** can enroll themselves simply by going to 4hOnline and selecting, “I Need to set up a Profile” and follow the steps to set up a new profile.
- A link to the 4hOnline website and step-by-step instructions can be found online at http://cesacramento.ucdavis.edu/4H/How_to_Join.htm
- Members and leaders are strongly encouraged to use the 4hOnline system if at all possible. Those who absolutely have no access to email or internet must request a New Enrollment packet from your club’s Enrollment Coordinator.
- Need access to a computer or help with online enrollment? County Enrollment Coordinator, Gail Jones, will be at the **October 27** Leaders’ Council meeting to assist those who need help with enrolling online.

United Way Contributions

Sacramento County 4-H is a United Way Partner Agency listed as **4155 4-H Youth Development Program, Sacramento County**. Many families contribute to the United Way Campaign. If you are donating through United Way or your work, please let the 4-H Office know, so we are sure to receive your donation.

United Way Speakers Needed

The United Way Tours and Speakers season is here. Youth and adult volunteers are needed to staff 4-H information booths and speak about the 4-H program at local businesses and organizations on various weekdays September-November. Last year, United Way Donors contributed over \$8,000 to the Sacramento County 4-H program! Speaking opportunities pop up weekly. If you can help out, please email Rita your availability and contact information rjboyes@ucdavis.edu. You will be placed on an “on call” list and will be notified of upcoming speaking opportunities. Thank you to the volunteers and families who have signed up so far!

State Record Books

Senior members are eligible to submit their Record Books in the State 4-H Record Book competition. Record Books are due to the 4-H Office on **October 23**. For more information about the State 4-H Record Book competition, go to <http://www.ca4h.org/4hresource/ir/recordbook/competition.asp> or email Quang Tong at qtong@ucdavis.edu for additional questions.

Facility Use Permits

As the Club Year starts, it is time to get Facility Use Permits. As **ONLY** the County Director may sign Facility Use Permits, you need to get them to the 4-H Office as soon as possible. Please **do not** fill in the Facility Use form you obtain from the facility. Fill out all the information on a separate sheet of paper. Please try to consider all projects and activities that may require individual dates and arrange for them at the same time, i.e. Field Days, teas, parties, etc. If you have questions, please contact the 4-H Office, 875-6811.

COUNTY EVENTS AND ACTIVITIES

Ring Stewards Needed

The Sacramento Dog Training Club is looking for ring stewards for their October Obedience Trial. The event will take place **October 2-4** at the Placer County Fairgrounds. All 4-H’ers are welcome to help out, especially members in dog projects! For more information, contact Camilla Rogers at rogers10888a@sbcglobal.net.

Old Sacramento’s Annual Fall Harvest Days Scarecrow Contest

Clubs are invited to submit a scarecrow in this annual scarecrow contest held October 6 through the 31 in Old Sacramento. If you would like an entry and more information, please contact the Old Sacramento Schoolhouse by phone 916-483-8818 or email info@oldsacschoolhouse.org. Entries are due **Friday, October 2**.

County Horse Trail Ride

There will be an overnight trail ride to Point Reyes on **October 10th and 11th**. On this trip, you get the best of every thing – ocean, mountains, old dairy lands, creeks, and some of the best views you can imagine! We will be staying at Stewarts Horse Camp (the trails are right out of the camp) on Hwy 1 just south of Olima. You will need to call and make your own reservations 415-663-1362 ASAP, they do tend to fill up. For the non-riders, there are plenty of things to do and see. So break out the old tent, put the nags (meaning the horses) in the trailer, and join us for a great weekend! If you would like to attend, please contact Robert McNabb at 916-662-2111. For more information about Point Reyes State Park, visit <http://www.nps.gov/pore/planyourvisit/horse.htm>.

Leadership Development Awareness Day – LDA Day

LDA Day has moved to a new date and location! Members 7th grade and up are invited to learn more about leadership and leadership opportunities on **Sunday, October 18**, at Rosemont High School, 9594 Kiefer Blvd., Sacramento (just down the street from the 4-H Office). The event will run from 11:00 a.m. to 4:00 p.m. For more information, contact TLA's Taylor Brass tcopperzinc@yahoo.com or Caitlyn Audycki cowgirlcva@yahoo.com.

Hearts and Paws Project

The Hearts and Paws project is a community service project that aims to support the Sacramento S.P.C.A. with needed supplies and financial support for medical needs. All ages welcome. The first meeting will be on **Tuesday, October 20**, 6:30-7:30 p.m. at the 4-H Office. If interested contact Kayla Withrow at 916-687-8839 or by email at kaywithrow@gmail.com

Achievement Night

Get ready to get your luau on at the 2009 Sacramento County 4-H Achievement Night! Achievement Night recognizes 4-H members for their accomplishments over the past year. Bring you family and friends to this fun event. This year's theme is luau, so wear your finest (or craziest) Hawaiian shirt, grass skirt, sunglasses, etc. and get ready to have a great time. Achievement Night will be held on **Saturday, October 24**, from 6:00 - 9:00 p.m. at Pleasant Grove High School, 9531 Bond Road, Elk Grove, CA 95624. If you have questions, please contact Kayla Withrow, Sacramento County 4-H All Star, at 916-687-8839 or by email at kaywithrow@gmail.com.

Farm Day

Farm Day is an annual event that brings the farm to elementary school students. Each year Sacramento County 4-H members bring farm animals and other projects to share with students in Sacramento City Unified School District Elementary Schools. Farm Day will be held on **Wednesday, November 4**. Clubs and individuals are invited to take part in this event. If you are interested in participating in this year's event, please contact Cyndee Plaskett at 916-955-6723 or cyndeelou3@aol.com by **October 9**.

4-H Babysitting Savvy Project

Are you ready to babysit and make money? This project uses the New 2008 American Red Cross Babysitter's training video, activities based on how to supervise infants and children in safe-play; how to respond to cardiac emergencies for infant, child, and adults; and how to deal with minor cuts, bruises, bone and muscle injuries, shock, bleeding, and other first aid emergencies. Topics include injury prevention and preventing disease transmission and other health and safety issues related to the lay person and babysitter. Members who complete the Babysitter's Training successfully will receive an American Red Cross Certificate.

Our first meeting is on **Sunday, December 6, 2009**, in Citrus Heights, beginning at 1:00 p.m. You **must pre-register** with the 4-H Project Leader, Rayne Koppe, 916- 412-8181. At this meeting, we will schedule the project for January 2010, look at materials, meet some 4-H Babysitting Savvy graduates, and determine our costs. Mrs. Koppe is a community and home educator for over twenty years. She volunteers for the Sacramento Sierra Chapter Health & Safety and Disaster Services and 4-H Countywide Projects.

4-H CPR and First Aid Trainings

"You are more likely to care for a loved one than for someone you don't know."

These project trainings teach you how to respond to breathing and cardiac emergencies for infant, child, and adults and how to deal with minor cuts, bruises, bone and muscle injuries, shock, bleeding, and other first aid emergencies. Topics will include injury prevention, preventing disease transmission, and other health and safety issues related to the lay person. Members who complete the training(s) successfully will receive an American Red Cross CPR and First Aid Certificate(s).

Our first meeting is on **Sunday, December 6, 2009**, in Citrus Heights, beginning at 2:30 p.m. You **must pre-register** with the 4-H Project Leader, Rayne Koppe, 916- 412-8181. At this meeting, we will schedule the project for January 2010, look at materials, meet some 4-H CPR & first aid trained 4-H members, and determine our costs.

Disaster Preparedness Training

In times of disaster you may not think properly or quickly. You will only do what you have practiced! Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you, your family and neighbors do if basic services, such as water, gas, electricity, telephone, computers, or cell phones, were cut off? Knowing what to do is everyone's best protection and everyone's responsibility. Topics will include "what is a disaster?", disaster supplies kit and plan, home alone preparations, safety, first aid, and communications to help you respond to emergencies confidently.

Our first meeting is on **Sunday, December 6, 2009**, in Citrus Heights, beginning at 3:00 p.m. You **must pre-register** with the 4-H Project Leader, Rayne Koppe, 916- 412-8181. At this meeting, we will schedule the project for January 2010, look at materials, and determine our costs.

OCTOBER MEETINGS @ 4-H OFFICE

DATE	MEETING	TIME	CONTACT
Thursday, October 1	Fiber Goat	7 pm	Barbara Fiorica 684-6406
Monday, October 5	Horse Council Training	7 pm	Alan Edwards 687-4717
Wednesday, October 7	Camp Board	7 pm	4-H Office 875-6811
Friday, October 9	Horse Review Committee	7 pm	Paula Martin 687-8540
Thursday, October 15	Rabbit Leaders' Meeting	6:45 pm	Joy Dittus 991-5651
Thursday, October 15	County Rabbit Meeting	7 pm	Joy Dittus 991-5651
Friday, October 16	Mini Equine Meeting	7 pm	Kelly Allan 332-6745
Monday, October 19	Executive Board Meeting	7 pm	Rob Withrow 684-8839
Tuesday, October 20	Hearts and Paws	7 pm	Kayla Withrow 687-8839
Thursday, October 22	New 4-H Leader Orientation	7 pm	4-H Office 875-6811
Friday, October 23	Horse: Parent and Leader Meeting	7 pm	Cheryl Hill 991-2122
Monday, October 26	Horse Council Meeting	7 pm	Alan Edwards 687-4717
Tuesday, October 27	Leaders' Council Meeting	7 pm	Rob Withrow 687-8839

CROSS COUNTY EVENTS & ACTIVITIES

4-H Member Exclusive Horsemanship Clinic

Attention all Horse Project Members: Do you want to improve your horsemanship skills? Then don't miss this opportunity to ride and learn from Richard Winters! This is a one-of a kind opportunity to work with a champion horseman and national clinician. Richard was one of the premier clinicians at Horse Expo this year.

When: **Saturday, October 10**

Where: El Dorado Fairgrounds, Placerville (covered arena)

Two sessions: 9:00 am-noon (walk/trot), or 1:00-4:00 pm (junior/senior)

Cost: \$87.50 – **Space is limited**, so reserve your spot!

Call Julie Abel for more info at 530-626-8849 or email abelfire@d-web.com

(This event is a fundraiser for the El Dorado County Horse Project)

Fall Poultry Show

The 3rd Annual Fall Poultry Show will be held **Saturday, October 17, 2009**, at the Gold Country Fairgrounds, 1273 High Street, Auburn CA. **NEW** this year we will be offering a primary show for exhibitors aged 5-8. Youth ages 9-18: come join us for competition including, APA judging for caged poultry, showmanship, breed I.D., costume contest, poster contest & egg judging.

Enjoy fabulous awards, a silent auction, door prizes, snack bar and a poultry sales area. Proceeds will benefit awards programs of Placer and El Dorado County 4-H Poultry Coordinator Groups. For more information call: Heidi Carpenter 530-885-5778 or Courtney Moody 530-823-7071 <http://calendar.ucanr.org/eventdisplay.cfm?caleventnum=62602&group=w6871>

Aggie Football Day

UD Davis Athletics presents FFA & 4-H Day with Aggie Football. **Saturday, November 7**, 1:00 p.m., Aggie Stadium at UC Davis – UC Davis vs. Cal Poly. Tickets are \$12 in the reserved section. To place your order, contact Nellie Aube 530-752-8962.

STATE EVENTS & ACTIVITIES

State 4-H Leaders' Forum 2009

The State 4-H Leaders' Forum 2009, **November 6-8, 2009**, is still accepting registration at the same fee. The fee will increase to \$50 on **October 1st**. If you are a 4-H Leader and think you may be interested in attending this information event at Asilomar, please visit: <http://clubs.ca4h.org/nsection/SLF09/index.htm> and submit your registration forms today. You may also contact Richard Meade at rmeade@csuchico.edu for any questions.

National 4-H Week

October 4-10, 2009, is National 4-H Week! How will you spread the word about 4-H and what it does in your community? School talks, window displays, and articles in your local newspaper are a few simple ways to spread the word about 4-H. Form a National 4-H Week committee in your club and spread the word!

4-H National Youth Science Day

4-H Clubs, Camps, and After School programs are preparing to engage 4-H and other youth in the 2009 4-H National Youth Science Day on **October 7!** Test your science skills in the 2009 4-H National Youth Science Experiment – "Biofuel Blast" – where youth can engage in the important environmental issues our global community faces together and the opportunity available for a greener tomorrow. More information is available at <http://www.ca4h.org/SET/>

State 4-H Equine Field Day

The annual State 4-H Equine Field Day will be held on **Saturday, October 24**, at UC Davis. Go to <http://ca4h.org/projresource/horse/> for the event details and registration form. Pre-registration is due Friday, **October 16**; no postmarks. This event is in partnership with the UCD Department of Animal Science. 4-H Horse members, leaders, and parents are invited to attend.

Military Mail

Boost the morale of our young service men and women serving around the world at bases and hospitals. The nonprofit program of Friends of Our Troops receives Fan Mail – cards and letters prepared by thousands of people across the United States. The Fan Mail that is received gets mixed, then made up into packages that are sent to more than 1,000 bases, units, hospitals, ships, etc. across the US and around the world. Log on to <http://www.fanmailfortroops.net> to learn how you can send fan mail to our troops. Christmas mailing deadline is **November 27, 2009**.

International Exchange Program

The California International Exchange Program will offer **outbound programs** to Australia, Costa Rica, and Japan during the summer of 2010. Applications will be accepted until **January 15, 2010**. An interview with the California 4-H International Exchange Coordinator, Pat English, is required. For more information contact Pat English at: pnenglish@ucdavis.edu or 530-754-8520.

Citizenship Focus Program

Dates have been set for the 2010 Citizenship Focus Program. Come participate in hands-on programs that bring government and policy issues to life and help you get involved in your own community.

California Focus June 25-29, 2010, <http://www.ca4h.org/citizenship/focus/>

Washington Focus I <http://www.ca4h.org/citizenship/dfocus/>

Road to Democracy, June 27-July 5, 2010

Heritage Trail, I June 27-July 3, 2009

Washington Focus II

Global Journey, July 11-21, 2010

Heritage Trail II, July 11-17, 2010

For more information, contact Pat English at pnenglish@ucdavis.edu or 530-754-8520.

UPCOMING TRAININGS

New Leader Orientation

Please let your home county know if you will be attending this training in another county.

SACRAMENTO	SAN JOAQUIN	SOLANO	YOLO
7:00-9:15 pm 4145 Branch Center Rd. Sacramento. RSVP 916-875-6530 • Thursday, October 22 • Thursday, December 3	6:00-8:30 pm, 2101 E. Earhart Ave Stockton. RSVP 209-953-6106 • Tuesday, October 6 • Tuesday, November 3	6:30 - 9:00 pm 501 Texas Street Fairfield RSVP 707-784-1319 We will have a Livescan technician present to take fingerprints. You must pre-register at least 2 weeks prior to the scheduled orientation. • Wednesday, October 28 Register by Oct. 14	6:30-8:30pm Norton Hall, 70 Cottonwood St, Woodland RSVP 530-666-8703 • Thursday, October 15 • Thursday, November 19

Project WILD and 4-H Wildlife Habitat Evaluation Program Workshop

Nothing inspires a young person to learn more than wildlife. A 4-H wildlife project can be fun and life changing. 4-H leaders are invited to attend a hands-on Project WILD and 4-H Wildlife Habitat Evaluation Program (WHEP) training at Erlewine School. This workshop will provide participants with the Project WILD K-12 & WILD Aquatic Guides, WHEP Guide CD, supplementary materials and program strategies. WILD & WHEP activities interest young people and help them to evaluate and make informed choices on issues related to wildlife, habitat conservation. Project WILD is designed to reach diverse needs and learning styles. To reserve your Workshop Space, please call Betsy Magladry, bmagladry@dfg.ca.gov, or 916-322-8974

Saturday, October 17, 2009, 8:30AM – 4:30PM at Erlewine School, 2441 Stansberry Way, Sacramento
 Cost is \$15.00 (workshop fee) by **October 8**

4-H Shooting Sports Courses

The Training Request Form can be found at <http://ca4h.org/projresource/shootingsports/index.asp>.

- **Shotgun Discipline**

A shotgun trainer course will be held 9:00am-5:00pm, Saturday and Sunday, **October 24-25** at the Ukiah Gun Club, in Mendocino County. Upon successful completion of the two-day course, participants will be certified as 4-H leader trainers, and will be eligible to serve as shooting sports project leaders, as well as instruct and certify other volunteers in the discipline of shotgun. Cost for the course is \$30, which includes shotgun shells, clay targets, continental breakfast and lunch both days, and class materials. Teen Leaders may attend, with a participating adult volunteer. Limited camping space is available, contact John Holder for arrangements. The course will be limited to twenty (20) participants. You must be an appointed 4-H volunteer or member to attend this training. Send Training Request Form with fees payable to "Mendocino County 4-H Council" to UCCE 4-H Shotgun, 890 North Bush Street, Ukiah CA 95482. For more registration information, contact Linda Edgington (707) 463-4495 or lgedgington@ucdavis.edu. If you have questions regarding the course or facility, contact the instructor, John Holder at (707) 485-8445 or bearhunt56@hotmail.com.

- **Archery Discipline**

A shooting sports training workshop for the archery discipline will be held in Modesto, CA on **Saturday, November 7**, 8 AM - 4 PM and **Sunday, November 8**, 8 AM - 2 PM. Upon successful completion of the course, participants will be certified as archery volunteers and can instruct archery club projects and camp programs. Attendance at both days is required. The course will be held at the Stanislaus County Ag Center, Harvest Hall Room E, 3800 Cornucopia Way, Modesto. The cost will be \$25 and includes lunch, snacks, and class materials. For more information, contact Dan Burner, dan_burner@yahoo.com or 209-874-2732 (evenings). Training Request Form and Fees are due by **October 23** and can be submitted to Dan Burner, P.O. Box 829, Waterford, CA 95386.

FREE Training

A free professional development training opportunity is available for those involved with youth development programs focusing on healthy living concepts. The two-day trainings, "**Fresh Fruits and Vegetables: A Centerpiece for a Healthy School Environment**" will be held in Davis on **November 18 and 19**. You may visit <http://www.lifelab.org/ffv.php> to register today. Click [here](#) for the full training flyer. For any questions, contact Deborah Beall at dbeall@cde.ca.gov.

FUNDING OPPORTUNITIES

Prudential Spirit of Community Awards Program

The Prudential Spirit of Community Awards Program is currently seeking applications to nominate and recognize 4-H members in grades 5-12 for their volunteer activities in the last year. 4-H participants may apply online at <http://spirit.prudential.com>. The access key for applications is: **spirit**. Top high school and middle level volunteers will receive silver medallions, \$1,000 awards and a trip to Washington, D.C. All applications must be completed, printed out, signed and submitted to the 4-H office by **November 2, 2009**.

ADDITIONAL NEWS

To view the 4-H State news, go to <http://www.ca4h.org/4hresource/updates/>

To view the 4-H Science, Engineering, and Technology news, go to <http://www.ca4h.org/SET/updates/index.asp>

To view the National 4-H news, go to <http://4-h.org/news/4hnews.php>

Sacramento County 4-H, 4145 Branch Center Rd, Sacramento, CA 95827
 (916) 875-6811 Fax: (916)875-6233 cesacramento@ucdavis.edu

Office Hours: Monday, Tuesday, and Friday 8am-12pm, Wednesday and Thursday 1pm-5pm.



If accommodations are needed for any meeting or event, please contact the 4-H Office at least two weeks in advance.

PERSONS WITH HEARING DIFFICULTIES
 CONTACT CALIFORNIA RELAY SERVICE:
 711 OR (800) 735-2929 FOR TTY
 IF YOU WANT TO CONTACT HEARING
 IMPAIRED INDIVIDUALS CALL:
 (800) 735-2922



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Sacramento County Board of Supervisors -- Roger Dickinson, 1st District; Jimmie R. Yee, 2nd District; Susan Peters, 3rd District; Roberta Mac Glashan, 4th District; and Don Nottoli, 5th District. Also, Terry Schutten, County Executive; Jim Hunt, Countywide Services Agency; and Gloria J. Barrett, Director, Cooperative Extension.