



2019-2020 Independence 4-H Project Guide

Here is a roundup of projects to help plan your 4-H year. Please take some time to review the wide variety of projects with your 4-H'er before the September 4th registration meeting. Also note that dates are listed to help families avoid conflicts between 4-H and other school and family commitments. Please be sure to add the dates to your calendar once your 4-H'er is confirmed in the project. 4-H members must attend six hours of project meetings in order to receive record book credit and a project pin.

We are introducing a new sign-up system in hopes it will allow more 4-H'ers to participate in their preferred projects. You will be receiving registration tickets prior to September 4th. Fill out the tickets by preference (use #1 for the project your 4-H'er is most eager to participate in, #2 for their second favorite, etc.). You'll turn in the tickets when you meet the project leaders at the meeting. We cannot guarantee everyone will get all their choices but will be making a concerted effort to do so. If you are interested in doing more than 6 projects, let the project leaders of those additional projects know and they will add you to their roster if space allows.

Each listing also includes if the project has a material fee and what the age group for the project is. 4-H age groups are based on the age of the child by December 31st of the program year: Primary (5 to 8), Junior (9 to 10), Intermediate (11 to 13) Senior (14 to 19).

Please note: Sometimes meetings (especially for outdoor projects) will need to be rescheduled, and the project leader will notify you asap with a new meeting date. Thank you for understanding. Have fun planning your year and we'll see you September 4th!

Arts & Crafts: Cardmaking Project

Project Leader: Lindsay Maddocks

Junior/Teen Leader: Iyla Kjaer

Dates: Saturdays Nov. 16, Jan. 25, March 7

Time: 10am - 12 noon

Location: 11700 Green Valley Road, Sebastopol

Material Fees: None

Age Group: Open to All Members

The cardmaking project will provide members the opportunity to create their own unique greeting cards. Techniques and ideas will be shared but members will be able to have free creative time to create. (Project size limited to 10 persons due to size of craft space.)

Arts & Crafts: Wreath Making

Project Leaders: Hilary Kjaer and Jennie Harriman

Junior/Teen Leaders: Iyla Kjaer

Dates: Saturday, Nov. 30

Time: 9am to 3pm

Location: Kjaer Residence in Occidental

Material Fee: None

Age Group: Open to Junior, Intermediate and Senior Members

Collect and prep tree cuttings to make a wreath. Design a handmade bow and choose decorations for your wreath. (Maximum of 10 4-H'ers.)

Bees: Beekeeping

Project Leader: Randy Coffman

Dates: Saturdays Nov.2, Feb. 22, March 21, April 18, May 16

Time: 11 to 12:30 for first four meetings, 1 to 2:30 for May

Location: Coffman Ranch, 11450 Barnett Valley Road, Sebastopol

Material Fee: Free

Age Group: Open to All Members

Members will learn the importance of bees in the environment and how to start and maintain a bee colony. We will have local beekeepers as guest speakers. We also plan on doing a field trip to a beekeeper's sustainable farm.

Beginning 4-H

Project Leaders: Mindy Wright, Jill Wesselkamper

Dates: Friday Sept. 20 from 5 to 7, Sundays Oct. 20 and Nov. 17 from 3 to 5

Location: Youth Ag Leadership Center, Rohnert Park

Material Fee: None

Age Group: Open to All Members

Beginning 4-H is a great first-year project to understand how 4-H works and the variety of projects and events you can participate in at the club, local, state and even national level! Our first meeting will be a joint meeting with the Record Book Project, which will give you a solid overview of how to plan your year. The second two meetings will be both informational for parents and engaging for members as we sample activities from several different 4-H Projects.

Bicycles: Mountain Bike

Project Leader: Ron McDonell

Teen Leader: Clay McDonell

Dates: Info meeting Saturday, Oct. 5, 2019

Time: 1:00 p.m.

Location: McDonell House, 500 High St., Sebastopol

Material Fee: None

Age Group: Open to Junior, Intermediate and Senior Members

The project introduces club members to basic mountain biking skills and provides cardiovascular exercise. Members will learn bike safety, trail etiquette, and practice various riding techniques. Ride dates to be determined by availability. Bring calendars to the first meeting and we will work out ride dates. Each ride will require an additional parent volunteer to ride along as well. Must have a bicycle with at least 7 speeds/gears and a helmet, and basic equipment to maintain your bike at home (more information on this at the first meeting).

Birds - Turkey: County Turkey Project

Project Leader: Chuck and Catherine Thode

Dates: Individual Meeting Dates arranged in March through Nov. 2020

Location: various Sonoma County locations

Material Fee: None

Age Group: Open to Junior, Intermediate and Senior Members

This is a county market project that spans two 4-H years. Project members must have poultry brooding experience and be prepared to manage and handle large birds. The focus of this project is to promote heritage turkeys, especially those listed in the American Standard of Perfection and on the conservation list of The Livestock Conservancy. In early spring, project members purchase young turkey poults to raise for the Thanksgiving market and/or for exhibition and breeding. We do not have scheduled meetings but meet individually with project members a few times early in the growing season. Our main concentration of group activity is in the weeks just prior to Thanksgiving, getting the birds ready for processing and sale. The turkeys are reserved on-line by customers and picked up in Sebastopol just prior to Thanksgiving. This project is co-sponsored by Slow Food Russian River who help promote these organically fed Heritage Turkeys for the Thanksgiving market. Please note that this project starts in early spring 2020 to raise turkeys for Thanksgiving 2020.

Cavies

Project Leader: Bridget McKenna

Teen Leaders: Lauren Asire

Dates: 3rd Tuesday of each month from October

(10/15, 11/19, 12/17, 1/21, 2/18, 3/17, 4/21)

Time: 4:30 pm

Location: McKenna House, 9285 Country Lane, Sebastopol

Materials Fee: None

Age Group: Open to All Members.

You'll learn all about choosing and caring for cavies, also known as guinea pigs. You'll also learn how to select a cavy for showing at fairs, how to groom and prepare your cavy for shows, and how to do cavy showmanship. You don't have to own a cavy to be in the project.

Clothing and Textiles: Sewing

Project Leaders: Anne Reed and Robin Hobbins

Teen Leader: Satleen Gill

Date: Saturday, February 29

Time: 10am to 5pm

Location: Youth Ag Leadership Center, Rohnert Park

Material Fee: \$10 or bring your own fabric (material list will be sent)

Age Group: Open to All Members

In this sewing workshop, we will work with beginning sewers on a simple project that will emphasize basic skills and use of following patterns and using the sewing machine. We will modify the project for more advanced sewers, just let us know in advance.

Cooking for Beginners

Project Leader: Jennie Harriman

Dates: Mondays, Oct. 14, Nov. 4, Dec. 16, Jan. 13

Time: 4:30 to 6pm

Location: TBA

Materials Fee: \$20

Age Group: Open to All Members

We will be learning how to use common kitchen tools and utensils, read a recipe, and practice proper kitchen hygiene. We will learn how to do all these things using different methods of cooking both traditional American foods and some from a few different cultures. (Maximum of 8 4-H'ers.)

Cooking: Cheesemaking

Project Leader: Mindy Wright

Junior/Teen Leaders: Kathleen Larrain, Millie Wright

Dates: Thursdays March 5, April 2, May 7

Time: 4pm to 6pm

Location: Wright House, 1200 Ludwig Avenue, Santa Rosa

Materials Fee: \$15

Age Group: Open to Intermediate and Senior Members

This project will have you on your “whey” to making a variety of cheese at home including ricotta, chevre, and mozzarella. Project will include a local tour (date TBD) and a DIY pizza party during our last class. (Due to room size, project is limited to 8 members.)

Dog Agility Training – County Project

Project Leader: Lenore Ryan

Dates: Orientation meeting on Sept 22

All other meetings first Sunday of the Month

(10/6, 11/3, 1/5, 2/2, 3/1, 4/5, 5/3)

Time: 2 to 3pm

Location: Ryan Family Farm, 5075 Todd Road, Sebastopol

Materials Fee: None

Age Group: Open to All Members

You will learn how to have your dog sit, stay, heal, recall, and complete healing patterns. You will also learn some showmanship skills. Open to all ages but 4-H'er must be able to hand their dog on their own. You will need to bring a 6 ft leash, flat collar, choke chain (no harness in obedience) and dog treats.

Dog Obedience Training – County Project

Project Leader: Lenore Ryan

Junior Leader: Quinn Craven-Pittman

Dates: Third Sunday of the Month

(9/15, 10/20, 11/17, 1/19, 2/16, 3/15, 4/19, 5/17)

Time: 2 to 3pm (regular) 3 to 4pm (puppy)

Location: Ryan Family Farm, 5075 Todd Road, Sebastopol

Materials Fee: None

Age Group: Open to All Members

4-H'ers will train their dogs on how to go over several types of jumps, tunnels, teeter-totter, pause table, and weave poles. The September 15th meeting will be an informational meeting from 2 to 3pm for both groups, without dogs.

Drama and Theatre Arts: Holiday Play

Project Leader: Lenore Ryan

Dates: Saturdays 9/28, 10/5, 10/26 (tentatively), 11/9 and 11/23

Time: 3 to 5pm

Location: Ryan Family Farm, 5075 Todd Road, Sebastopol

Materials Fee: None

Age Group: Open to All Members

Participants will be performing the play at the December 4th Club Holiday Party. All ages are welcome, and we'll need members and parents to help with costumes and other backstage jobs as well.

Hobbies: Gems and Minerals

Project Leader: Jill Wesselkamper

Date: Saturdays Sept. 21, Oct. 5 and Oct. 26.

Time: 12:30 to 2:30pm

Location: 5690C Old Redwood Highway, Santa Rosa

Materials Fee: \$20

Age Group: Open to Junior, Intermediate and Senior Members

Learn about identifying gems and minerals, and cut, grind, shape and polish your very own treasure. Materials fee includes junior membership and year use of the shop and equipment. See srmgs.org for more info.

Hobbies: Soap and Cosmetics

Project Leader: Mindy Wright

Junior/Teen Leaders: Karissa Konezny

Date: Saturday, January 18

Time: 10am to 4:30pm

Location: Wright House, 1200 Ludwig Avenue, Santa Rosa

Materials Fee: \$20

Age Group: Open to Intermediate and Senior Members

Making your own soap and skincare is easier than you think! In the morning of this one-day skincare bootcamp, we will be making a cleansing soap for teen skin and a clarifying toner. After lunch we'll

round out your new skin care regimen with lotion bars, face masks and bath bombs. (Due to room size, project is limited to 8 members.)

Outdoor Adventure, Group A

Project Leader: Bonny Russell Larrain

Teen Leader: Kathleen Larrain

Dates: Tuesdays, Oct. 3, 10, 17

Time: 4:45 to 6:45 pm

Locations: See Description

Materials Fee: None

Age Group: Open to All Members

An introductory course to hike and enjoy a variety of local parks in Sonoma County. On Oct. 3, we will meet at Schollenberger Park (1800 South McDowell Boulevard in Petaluma). On Oct. 10, we will be hiking at Crane Creek Regional Park (5000 Pressley Road in Rohnert Park). Our final meeting will be the Pinnacle Gulch Coastal Access Trail (20600 Mockingbird Road in Bodega Bay. Please bring water and a snack to each meeting.

Outdoor Adventure, Group B

Project Leader: Beth Craven

Teen Leader: Rowan Craven-Pittman

Dates

Hikes/Excursions: Saturdays, Oct. 5, Oct. 26 April 25, May 9

Backpacking Prep Meeting: Saturdays May 30 at 3pm

Backpacking Trip: either June 5-7, or June 12-14

Times: TBD

Locations: TBD

Materials Fee: none, but there will park and activity fees for excursions

Age Group: Open to Intermediate and Senior members, unless exceptional outdoor experience.

(Project is limited to 12 members).

Rabbits

Project Leader: Jill Wesselkamper

Teen Leader: Mia Wesselkamper

Dates: Fourth Wednesday of the month

(9/ 25, 10/23, 1/22, 2/26, 3/25, 4/22)

Time: 4 to 5pm

Location: Wesselkamper House, 9290 Country Lane, Sebastopol

Materials Fee: None

Age Group: Open to All Members.

Learn about the basics of rabbit care as well as advanced techniques for rabbit judging and showmanship. Tailored to the age/experience of the group. No rabbit needed to participate.

Record Keeping: Record Books

Project Leader: Mindy Wright

Teen Leader: Millie Wright

Dates: Fridays, Sept. 20, Jan. 10, June 19 and Saturday Oct. 5 (Achievement Night)

Time: 5 to 6:30pm (October TBA)

Location: Youth & Ag Leadership Center, Rohnert Park

Materials Fee: None

Age Group: Open to All Members

If you've ever wanted to submit a record book, or just want to find out more about all the different opportunities 4-H offers, this project is for you. Our first meeting will be an overview of keeping a record book and planning your 4-H year to include a variety of projects and experiences at the club, county, state and even national level! After attending Achievement Night, our next meeting will focus on mid-year organizing and writing a great 4-H story. Our final meeting will include wrap-up work, editing, and group evaluations. As this is a lot of information to absorb, parents must attend all meetings with their 4-H'ers. Everyone is invited to attend the first meeting to help plan their year; attend all four meetings to earn credit for the project.

Scientific Literacy: Youth Exploration in Science

Project Leader: Tom Wright

Junior/Teen Leaders: Open to a Senior Member

Dates: Thursdays, Nov. 7, Jan. 9, Feb. 13

Time: 4:30 to 6:30pm

Location: TBA, at least one will be at Keysight Technologies in Santa Rosa

Materials Fee: None

Age Group: Open to Junior and Intermediate Members

Keysight Technologies Youth Explorations in Science program gives students the opportunity to learn through hands-on life, physical and earth science experiments. Projects draw from a variety of scientific disciplines and generate many questions focused on both scientific content and methodology. Students take their projects home after each session, where they may repeat the experiments or explain their scientific creations to family and friends. Maximum 12 students.

Shooting Sports – Introductory Archery

Project Leader: Brian Pittman

Junior/Teen Leaders: Rowan Craven-Pittman, Siena Smith

Dates: Saturdays, 9/21, 10/19, 11/16, 12/14, 1/11, 2/8, 3/7, 4/4, 5/2, 5/30, 6/27

(Rain may cancel some dates. Attend at least six meetings for 100% participation.)

Time: 9 to 10am

Location: Coffman Ranch, 11450 Barnett Valley Road, Sebastopol

Materials Fee: \$20 to club; plus \$15 in protective gear (shooting glove & arm guard)

Age Group: Open to Junior, Intermediate, and Senior Members

This project introduces new archers and younger members to the fundamentals of archery in a way that keeps things simple, fun, and safe. Participants will learn and develop mental and physical skills that lead to consistently good shooting form, gain familiarity with archery equipment, and become comfortable with their own style and shooting on the range. We'll shoot at least 30 minutes during each session. (Project is limited to 10 members and all members must be 9 or older by Dec. 31.)

Shooting Sports – Archery

Project Leader: Brian Pittman

Dates: Saturdays, 9/21, 10/19, 11/16, 12/14, 1/11, 2/8, 3/7, 4/4, 5/2, 5/30, 6/27

(Rain may cancel some dates. Attend at least six meetings for 100% participation.)

Time: 10 to 11:30am

Location: Coffman Ranch, 11450 Barnett Valley Road, Sebastopol

Materials Fee: \$20 to club; plus \$15 in protective gear (shooting glove & arm guard)

Age Group: Open to Intermediate and Senior Members

For our older and more experienced archers, we'll continue to develop proper shooting form and challenge ourselves to shoot at greater distances, sometimes with friendly competition. A few meetings may be off-site, possibly including an indoor archery range in Santa Rosa (addl. fees from the range may apply), a master bow-maker's workshop (also Santa Rosa), and if possible, an archery shoot with Harvest 4-H in Cloverdale. Note that meeting times/dates may vary for off-site activities. (Project is limited to 12 members.)

STEM Engineering

Project Leader: Steve Silvestrich

Junior Leader: Aidan Silvestrich

Dates: Planning meeting on Thursday, September 19

Time: 5:00pm

Location: Silvestrich House, 8360 Lewanna Lane, Sebastopol

Material Fee: Dependent on project (est. \$20.00 to \$30)

Age Group: Open to Junior and Intermediate Members

This will be a youth-directed, design and build engineering project. We will decide on the direction and scope of the project during our planning meeting in September, as well as the frequency of meetings. (Plan on at least one a month, but possibly more if the project requires it.)

Wildlife: Bats

Project Leader: Chelle McDonell

Teen Leader: Clay McDonell

Date & Time: Saturday February 15th from 2:30-5:30pm, painting and install TBD, May meeting TBD

Location: Location: Youth & Ag Leadership Center, Rohnert Park

Materials Fee: \$20/house

Age Group: Open to All Members - Parents stay to assist children who need help using tools.

We will learn about bats and their role in the ecosystem, see some live bats and have a Q&A session with NorCal Bats, and construct houses designed to attract a colony of bats to your property. Families will receive instructions for painting and installing their finished house(s). We will schedule a shorter meeting in May to discuss results.

Woodcarving

Project Leader: Chelle McDonell

Dates: Sundays, 9/29, 10/6, 11/3, 11/10

Time: 1:30 to 3:30pm

Location: McDonnell House, 500 High St., Sebastopol

Materials Fee: \$40 for a carving equipment kit the member will keep.

Age Group: Intermediate and Senior Members

Woodcarving is one of the oldest forms of art, practiced by cultures all over the world. Learn how to safely use a carving knife to transform a block of wood into a small sculpture. Then move on to relief carving, chip carving and pyrography. Keep your own basic tools to continue working at home. Additional dates may be added for the spring season.