

# Independence 4-H

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## President's Message

Mia Wesselkamper

Welcome to our new members and welcome back to our returning members! I hope you all had an exciting summer. I am thrilled and honored to have the opportunity to serve as President of this club for the 2019-2020 4-H year. I have been an active member for over ten years now and it feels like I have seen it all. As President, I would like to work to make positive changes to our club so that it can continue to grow as a community. I look forward to collaborating with this new executive board to generate ideas on how we can improve our club. However, I also encourage all of you to think of what changes you would like to be made and let the executive board know so we can do our best to put it into action. This can be anything from an organization you would like to see us support, a community service activity, an activity you think should be included in the meetings, or an idea for a new project. I would also like to take this opportunity to encourage you to try new things this 4-H year. My goal is to have our existing members find ways to participate even more this year. Maybe try a new project, go to a county, state or national 4-H sponsored event, try Presentation Day, or plan to enter something at the fair! In addition, having more member involvement in committees and club activities would allow us to expand our impact as a club. I am super excited to see what this year has in store, so I encourage you to help us and let's make this one of the most active years yet!

### 4-H Pledge

I pledge *my head* to clearer thinking,  
*my heart* to greater loyalty,  
*my hands* to larger service, and  
*my health* to better living,  
*for my club, my community, my country,*  
*and my world.*

### Thanks So Much!

Mindy Wright

Shoutout to Maria Casey, who organized and managed the Gravenstein Apple Fair parking this year for our club! And thanks to all the families who volunteered this year too- the Black Family, Buchanan Family, Casey Family, Craven-Pittman Family, Gill Family, Harriman Family, Hobbins Family, Konezny Family, Maddocks Family, Maxwell-Rorick Family, McDonell Family, Nordstrom Family, Silvestrich Family and the Wright Family. It's a busy time of year and the club appreciates your time and support!

# Community Club Leader's Letter

Mindy Wright

Welcome to, or welcome back to, Independence 4-H! If you are a returning family, I can't wait to hear about your summer, especially if it included any trips to the fairs, camps, or other 4-H fun at the potluck!

If you're new, I'm excited for your family to discover all that 4-H has to offer. I'm new in a way as well. Our family joined 4-H in 2012, but this is my first year as a Club Leader. Being in a new role brought up memories of our first year in 4-H: we had just moved, the kids were starting a new school and walking into the potluck not knowing a soul- I felt a little overwhelmed. The second thing I remember is how quickly that dissipated, being warmly greeted at the registration table; how Jill and Julie, the leaders at the time, took time to chat with us; and how friendly the 4-H'ers were to our daughters. By the end of that meeting, the kids were thrilled about the projects they signed up for, and I had signed up to help the cooking project leader.

I am confident your family will have a similar experience. You'll notice I refer a lot to "4-H families," and that's because it truly is a family affair. Some activities are drop-and-run; this is not one of them. It's also the reason 4-H makes such a profound impact on its members. Family potlucks, parents at club meetings, grandparents taking kids to projects, everyone building a float together- we all contribute to the Independence 4-H community through our participation.

So, if you're new and wondering "where do I start?" or returning and thinking about your involvement this year, my advice is to jump right in! Signing up that first night to help the cooking leader gave me a sense of investment I never would have had sitting it out on the sidelines (and I made a great friend to boot). You'll see we have volunteer opportunities for every personality and every schedule. Jump in and volunteer this year and I promise you it will be richly rewarding for both you and the club.

Understanding all the different projects and programs 4-H offers at the club, county and state level can be a challenge even for seasoned 4-H families. This year we'll have a Record Book/Year Planning project to help families plan their year, which will also be a joint meeting for Beginning 4-H. It should give you a very solid foundation of both 4-H programming and how to complete a record book. I encourage you to come check it out! As we start this year, I would like to say thanks to Robin and Maria, who have been our club leaders for the past few years! Thanks to Jill Wesselkamper and Lindsay Maddocks who are rounding out "parent leadership" this year as Assistant CCL and Volunteer Enrollment Coordinator. And, speaking of leadership, our superstar exec board has been busy planning an action-packed year for our club- it's going to be a great year! So glad you're here!

## Start Thinking About It Now!

Leo McDonell

This summer I entered some things that I made and grew in the Sonoma-Marin Fair in Petaluma for the first time. I entered three Lego creations, two vegetables, a flower arrangement and two woodcarvings. There are lots of different categories - even for school projects - so you will definitely do something this year that can go to the fair. The Petaluma Fair is earlier in the summer (June) and is a smaller fair than the Sonoma County Fair, so it is easier to get around and see everything. This year they had unlimited rides with admission!

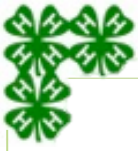
How to enter? Look on the fair website to see what categories you would like to enter in. Then ask your parents to enter your awesome gismos on-line. They charge a very small fee but it is very likely that you

will get the money back, plus some more, in prizes.

On the day to drop off the entries, you bring them in and the fair people tag them with your information and put them on display. Then they stay at the fair for the week. Everyone who comes fair can look at them. When you go to the fair with your family, you will find your things and it is very fun to see them. After the fair is over, you get them back and, if you win a prize then you get a check, which is very useful.

I encourage you to enter something in this fair. It is very fun and satisfying to see your things on display and to win a prize. Start thinking about what you want to enter now!





## Dog Agility at the Sonoma County Fair

Quinn Craven-Pittman

This year I attended the Sonoma County Fair, and I participated in the Dog Agility Competition. Unfortunately, this year there were only 4 competitors. There was a Chihuahua, a Great Pyrenees, and a Dalmatian, as well as my dog Chester. The Dalmatian was a very good dog. It was his first day to ever run through an agility course, and he did great. The Chihuahua and the Great Pyrenees did great as well.

This was my dogs' second time doing an agility demonstration. This time he got first place, which is a huge improvement from last time. In the previous demonstration he got last place, and didn't listen to me at all. This time he listened to all of my commands, and won the competition with a time of one minute and eleven seconds.

I think that the places where I most improved this year with my dog are at the paws table and the teeter-totter. At the beginning of the year Chester had never been on the teeter-totter; what helped a lot in the competition was probably practicing three times a week before the fair.

Next year I hope to come back to the fair and get first place again. It would be great if more people join the dog agility project and compete in the fair, because the leader of the dog project, Lenore, did a lot of work this year to have the dog agility competition and not many people signed up. Hope to see you there!



## Calendar of Events

### September

- **Wed September 4, 2019**

6pm - 9pm Club Meeting & Potluck Dinner  
Where: Youth Ag & Leadership Foundation of Sonoma County, 6445 Commerce Blvd, Rohnert Park, CA 94928, USA

- **Fri September 20, 2019**

5pm - 7pm Record Book & Planning Your 4-H Year

- **Sat September 21, 2019**

9am - 10am Introductory Archery  
Where: Coffman Ranch

*also on September 21<sup>st</sup>...*

10am - 11:30am Archery

Where: Coffman Ranch

12:30pm - 2:30pm Gems & Minerals

Where: 5690C Old Redwood Highway

- **Wed Sep 25, 2019**

4pm - 5pm Rabbit Meeting

Where: Wesselkamper House

- **Sun Sep 29, 2019**

4pm - 5pm Executive Board Meeting

Where: Wright House

7am - 7pm Newsletter Articles Due to Sophia  
([buttercup.farm@yahoo.com](mailto:buttercup.farm@yahoo.com))



## My First 4-H Camp

Satleen Gill



This year, we stopped our family tradition of spending the summer in Europe or Asia so that my brother and I could go to 4-H Camp at Las Posadas. In my opinion, it was the best decision my parents ever made. 4-H camp is just something you don't want to miss. The camp lasts six days and five nights. Our camp sits in the heart of Las Posadas State Park. It is surrounded by nature's wonders, trees, beetles, butterflies, dried creeks, and banana slugs.

The daytime was packed with fun activities that were carefully planned by the staffers and chaperones. Everything was safe and age appropriate yet super exciting. There was never a dull moment and never a boring activity. Every morning, campers participated in a variety of outdoor activities. We learned how to cook over a campfire, how to start a flame and how to filter water. We went on hikes and did team building exercises. In the afternoons, we had the choice between making lanyards at the Craft Shack, going swimming at the pool, practicing shooting at the archery range, or just hanging out at the dining hall or bunks with our friends. On top of that, you can always find fun in traditional card games. Everyday around 5:30pm the bell for dinner announced the start of the evening program. The camp had a different theme or activity every night. We had a bean carnival where we could bid on staffers and a tribe race where we competed in activities such as tree climbing and water balloon launching. We had a day completely dedicated to water activities followed with a night of talent show performances. On Wednesday we had glow stick fireworks and a thrilling night hike. Our thoughtful staffers even surprised us with a dance on Thursday night!

The camp was all around extraordinary. It was 100% outdoors and 100% unplugged. It was dusty, it was muddy, it got hot in the day, it got cold at night but it had beautiful sunsets and starry skies as well. The sound of laughter surrounded us from every corner throughout the entire week. We didn't want to

## Record Book Round Up

Mindy Wright

Record books are a rewarding way to track your growth and knowledge development in 4-H. It does require an investment of time, beginning with each family reading the Record Book Manual (RBM) to understand how the book is organized. To help 4-H'ers who are starting to keep a record book for the first time, we'll be highlighting a few activities in the newsletter every month that you can list if you attended that event. After each event will list the category it would most likely fit under, as explained in the RBM. This list will not be comprehensive, but hopefully assist your 4-H'er as they spend a little time each month as they reflect and record everything they did that month in 4-H.

### **For the summer:**

Did you attend Los Posadas 4-H Camp in July? As a staffer, look at PDR 4, Leadership Development. As a camper, look at PDR 3, 4-H Events.

Did you show at the Sonoma County Fair in August? Turn in an exhibit? Look at PDR 2, Project Skill Activities.

Did you attend the August Fair just for fun? Look at PDR 3, 4-H Events.

Did you go to band or baseball camp? Volunteer at a non-profit? Take swim lessons? Look at PDR 8, Healthy Lifestyle Activities.

### **Looking ahead to this September:**

Include our September 4<sup>th</sup> Potluck in PDR 3, 4-H Events.

Start an Annual Project Report Page (Section 4) for each of the projects you are enrolled in. Write down the date, time and what you did at every meeting in those APR pages.

If this sounds like Greek to you, no worries! It's a lot to absorb. So this year, if you'd like help in completing a record book (and earn a record book pin and project pin), join the Record Book Project. Our first meeting is **September 20<sup>th</sup> from 5 - 6:30pm** at the Youth Ag Leadership Center in Rohnert Park. (This is a parent/4-H'er project; parents will need to stay at all the meetings.) Sign up for the project at the potluck if interested and email Mindy at [mwright@sonic.net](mailto:mwright@sonic.net) if you have any questions.



## Leadership Washington Focus

Millie Wright

This summer I went to Washington D.C to participate in Leadership Washington Focus. LWF is a national 4-H activity for kids around the nation to learn about government and leadership in the U.S capitol. I, along with 4-H'ers from across the nation, got to travel across the country and see some pretty historic sights and learn about leadership.

The program was one week long and it was jam-packed with fun and learning opportunities. What I was most looking forward to were the sights. On the first day, we went to the Smithsonian Museum of Natural History and then Ford's Theater, where we learned about the death of Abraham Lincoln. Tuesday was probably my favorite day. We first went out and visited the U.S Capitol building. Here we saw the famous statues in the Capitol Building. We walked around and learned about the three branches of government. After that, we went to the Library of Congress, the largest library in the world. I was able to look at many books about the civil rights movement, the suffragettes, and government spending. Tuesday night my group did a night tour of Washington D.C, where we visited all of the famous memorials. We saw the Thomas Jefferson, Martin Luther King Jr., and Abraham Lincoln memorials. The National Archives, Smithsonian for natural History, and The White House were just a few other landmarks I visited.

Though traveling and sight-seeing were amazing, the most valuable thing I received on this trip was the opportunity to develop my leadership skills. LWF enabled its participants to work on leadership both in and outside of 4-H. At Leadership Washington Focus, I was able to identify what kind of leader I am, and how I can use my leadership to better my community.

Lastly, I would like to thank Independence 4-H and Sonoma County CCC for helping make this opportunity available to me. Thanks to the generous donations of my 4-H community, I was able to use this experience to make myself a better leader. Next year I plan on attending the leadership conference in Sacramento.



## My Summer with the LA Junior Lifeguard Program

Clay McDonell

This summer, my family and I went to my grandmother's house near Los Angeles. We've gone every summer for the past five years for the L.A. County Junior Lifeguard program. Although it sounds like just a beach camp for kids, J.G. (Junior Guard) is not a joke. It is physically challenging and, in the beginning, it is scary. The L.A. County Fire Department puts this camp on and it is basically training you how to be an ocean lifeguard. We do swims around buoys in the ocean, run on the sand and paddle on rescue boards. They give lectures about ocean safety and hazards. We do mock rescues to learn how to do an actual rescue.

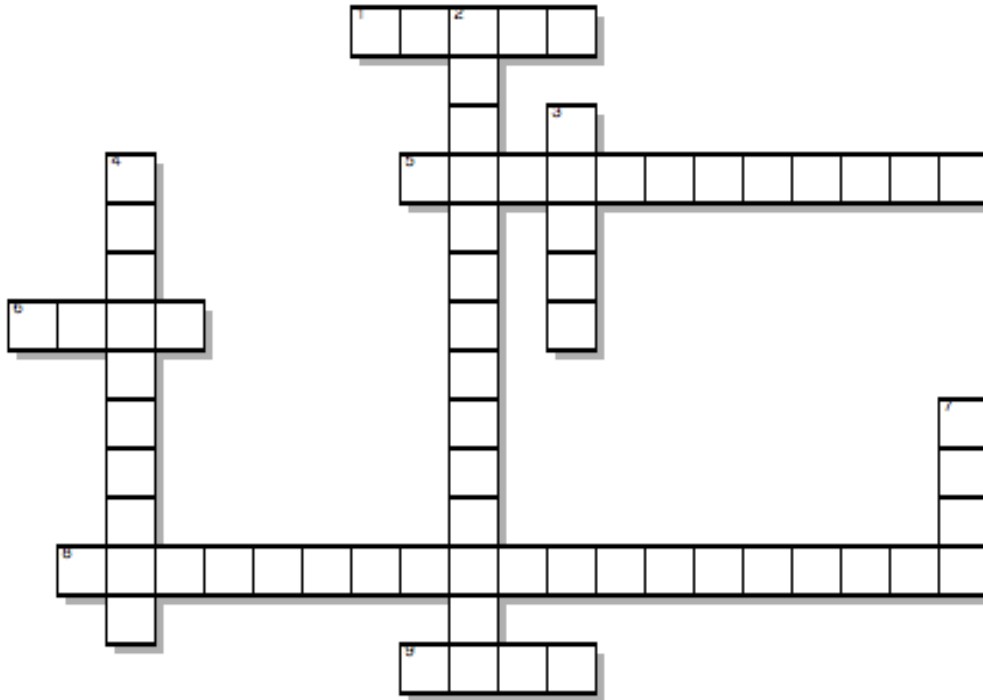
J.G.'s has a lot of benefits. First of all, participants have much more confidence in the ocean afterwards. Second, it gets you in very good shape - physically and mentally. And third, it is a big accomplishment and really satisfying. As you gain more years in the program there are more opportunities to take on responsibility and to learn new skills, like surfing.

You may be wondering why I'm telling you about my summer. It's because 4-H also has many similar benefits to Junior Lifeguards - it builds confidence and competence. This program builds a lot of the same personal qualities and skills that 4-H does - things like leadership, respect, a positive work ethic, initiative and teamwork. These are all important skills to have in life, no matter what type of work you do. And we all have the opportunity to participate in 4-H all year.



## 4-H Activity Corner

### Crossword Puzzle



#### Across

1. The color of the official 4H uniform
5. The 4H slogan
6. The first part of the body mentioned in the 4H pledge
8. 4H motto
9. The state in which 4H began

#### Down

2. The name of our 4H club
3. The color of the 4H scarf
4. The town in which our club meetings are held
7. Number of leaves on the 4H clover

### Editor's Note

Welcome to both new and returning club members! I hope everyone had a great summer- judging by the articles written above by reporters and board members, it looks like there were a lot of fun 4H activities and opportunities to participate in. I attended the State Leadership Conference in Sacramento at the UC Davis Campus, and (even though it was really hot) I had an amazing time. From Thursday to Sunday, the schedule was packed full of super fun team building exercises, tours of the Davis campus, workshops focusing on building leadership and even a pool party. I would highly recommend this event for those of high school age. If you have any photos or experiences you would like to share with the club, you can email them to me at [buttercup.farm@yahoo.com](mailto:buttercup.farm@yahoo.com) and I will include them in the newsletter.

Looking forward to starting a new 4H year!

**Sophia Ginsberg**



## Independence 4-H 2019-20 Exec Board/Officers

<p>Mia Wesselkamper Millie Wright Satleen Gill Rowan Craven-Pittman Leo McDonell Clay McDonell Quinn Craven-Pittman</p>	<p>President VP Programs VP Membership Recording Secretary Corresponding Secretary Treasurer Healthy Living Officer</p>	<p><b>Junior/Teen Leaders</b> Lauren Asire (Cavies) Rowan Craven-Pittman (Archery, Outdoor Adventure) Iyla Kjaer (Wreath Making) Karissa Konezny (Soapmaking) Kathleen Larrain (Cooking) Mia Wesselkamper (Rabbits) Millie Wright (Cooking, Record Books)</p> <p style="color: red;">Junior and Teen Leaders are always needed!! If you would like to become one, please email Mindy at <a href="mailto:mwright@sonic.net">mwright@sonic.net</a>.</p>
<p><b>Editor</b> Sophia Ginsberg</p> <p><b>Webmaster</b> Tyler Buchanan</p> <p><b>Historians</b> Karissa Konezny Sierra Hobbins Abbey Casey Kailey Hobbins</p> <p><b>Song &amp; Rec Leaders</b> Lauren Asire Harman Gill</p> <p><b>Prize Bin</b> Emily DeRutte</p> <p><b>Reporters</b> 1) Rowan Craven-Pittman 2) Satleen Gill 3) Leo McDonell 4) Quinn Craven-Pittman 5) Abbey Casey 6) Open 7) Open 8) Open 9) Open 10) Open</p>	<p><b>Store Manager</b> Siena Smith</p> <p><b>Sergeant-At-Arms</b> Sept: Lauren Brady Sept: Kyle Brady Oct: Kasen Brady Oct: Abbey Casey Nov: Aiden Hobbins Nov: Sierra Hobbins Dec: Tyler Buchanan Dec: Alex Coconos Jan: Leo McDonell Jan: Claire Pedersen Feb: Emily DeRutte Feb: Wyatt DeRutte Mar: Isabella Graefen</p> <p style="color: red;">Mar: Open Apr: Open Apr: Open May: Open May: Open</p> <p><b>Host/Hostess</b> Oct: Camille Maddocks Nov: Lauren Brady Jan: Tyler Buchanan Feb: Abbey Casey Mar: Open Apr: Open May: Open</p>	<p><b>Committee Chairs (4-H Members)</b> Community Service: Open Fall Food Drive: Joseph and Caleb Harriman Pumpkin Patch: Siena Smith and Millie Wright December Holiday Party: Open Spring Egg Hunt: Kathleen Larrain Apple Blossom Parade Float: Open ChickenQue Planning Committee: Open Youth Ag Foundation Basket: Open</p>
<p>Note: if you see a position labeled "Open" in red that you would be interested in filling, please email Mindy and <a href="mailto:mwright@sonic.net">mwright@sonic.net</a> to secure your spot!</p>		