07-01-2016 Alameda County 4-H News Blast

4-H Fund Raiser at Fentons Creamery!

We still need clubs to sign up for a shift at Fentons Creamery, 4226 Piedmont Ave., Oakland 94611.

We have partnered with Fentons Creamery in Oakland for the last few years to bring 4-H to the public and in return Alameda County 4-H receives the proceeds from their sundae of the month. The money goes to Leaders’ Council.

Here’s how it works. Clubs sign up for a 4 hour shift on a Saturday or Sunday in July and show what 4-H is about. Bring animals, make and take, project displays or other 4-H activities to the Fentons parking lot to show the public what we do. It’s pretty casual and there are always lots of adults and kids excited to meet and talk with 4-Hers. It’s a lot of fun and doesn’t have to be a lot of trouble. Fentons will donate to Alameda County 4-H Leaders’ Council the month’s proceeds from the sundae of the month.

Clubs are welcome to partner with another unit.

Many thanks to the clubs already signed up and we really need more clubs to sign up. Here is the link to the sign up: <http://www.signupgenius.com/go/9040545afae2ea46-fentons5>

Contact me with questions.  
Carla  
Montclair 4-H  
[carlab2001@earthlink.net](mailto:carlab2001@earthlink.net)

The Mission Trail Poodle Club, Inc. All Breed Obedience & Rally Workshop

Needs stewards, no experience necessary

They will be at Cal State East Bay, on Saturday, July 30th with the judging starting at 9:00 a.m. Any volunteers to help steward at the event are appreciated.  We anticipate around ten rings (offering 1 Beginner Novice, 2 Novice, 2 open, 3 utility, Rally and separate sits and downs ring), canine good citizen, and conformation) and ideally each ring has three stewards assigned.

The stewards would need to muster between 8:00 and 8:30 to get assigned and help set up their rings. We hope to have a club member man each ring as supervisors. No experience is necessary to do these jobs. We will teach volunteers everything they need to know! Of course, everyone can have a free entry to work their own dogs, and morning hospitality and lunch will be provided. We should be wrapped up by about 1:00 pm.

Contact Olesya Arkhipova at [olesya.arkhipova@gmail.com](mailto:olesya.arkhipova@gmail.com) or Carol Kent at [cmkent@att.net](mailto:cmkent@att.net)

Check out the flyer at their website at [www.missiontrailpoodleclub.org](http://www.missiontrailpoodleclub.org) or call 408-464-6264

Register to volunteer by July 20, 2016. Register at the following link <http://ucanr.edu/survey/survey.cfm?surveynumber=18399>

**California 4-H Throwdown at the State Fair!**

July 12 or 19, 2016

Cal Expo in Sacramento

Promoting University of California 4-H

All 4-H members are invited to participate in the 4-H Throwdown at the California State Fair. Teams will consist of 3 youth members.

Each round will have a secret ingredient. Each team must prepare an appetizer, main course, and desert. Each course must include and focus on the secret ingredient. Each team will have 15 minutes to prep and then 60 minutes to cook a three course meal. A panel of judges will taste all courses prepared and the winners of each round will then compete at 4:00pm each day to determine the daily Throwdown Champion!

Each team may bring one tool to use during competition. No cookbooks are allowed.

Each team must wash their dishes and return them after competition.

**Age Divisions:**

Juniors: 9-13 years old, Seniors: 14-19 years old   
The oldest member on the team determines the groups’ age division

**Themes:**

Round 1 and 2: Something on a Stick, Round 3: 5-Star Dining  
The themes are the same for both Junior Day and Senior Day

**Times:**

Round 1: 11:00 am-1:00 pm, Round 2: 1:30 pm-3:30 pm, Final Round: 4:00 pm- 6:00 pm

**Facility:**California Kitchen at the State Fair. Below are images of the California Kitchen where the Throwdowns will take place!

Pictures/Register here: <https://ucanr.edu/survey/survey.cfm?surveynumber=17825>

**NEW 4-H Yoga Project!**



The Yoga for Kids Project combines physical movement with breathing and focused concentration. Youth in the 4-H Yoga Project learn breathing exercises, physical postures, and mindful practices that help strengthen the mind and body. Youth and Volunteers will:

* Increase physical fitness.
* Learn strategies for stress management.
* Explore the benefits of concentrated focus and attention.
* Practice movements that improve flexibility and balance.

If you are an enrolled 4-H Project Leader and are interested in leading a **4-H Yoga for Kids Project** please register for a training session below. CA 4-H will provide 6.5 hours of on-site training by a Registered Yoga Teacher; program guides; and technical support following the training. Trainings are offered at five locations throughout California:

September 22, 2016 2801 2nd St. Davis, CA 8:30am-3:00pm

September 24, 2016 San Luis Obispo, CA 9:00am-3:30pm (location TBD)

October 1, 2016 [208 Fairground Road](http://ucanr.org/sites/UCCE-Plumas-Sierra/about/directions/?mapd=136&unit=196) Quincy, CA 95971 , CA 9:00am-3:30pm

October 8, 2016 21150 Box Springs Road, Ste 202 Moreno Valley, CA 9:00am -3:30pm

October 8, 2016 890 N. Bush Street Ukiah, CA 95482 9:00am -3:30pm

Please contact Anne Iaccopucci at [amiaccopucci@ucanr.edu](mailto:amiaccopucci@ucanr.edu) with questions.

**Register here**: <https://ucanr.edu/survey/survey.cfm?surveynumber=18337>

**UC California Naturalist Statewide Conference Sept 9-11, 2016**

**Check out this awesome Scholarship Opportunity!**

"We are pleased to announce that due to generous support from our conference sponsors, we’ve been able to extend the scholarship deadline for the California Naturalist Statewide Conference to July 15th (flyer attached). Scholarships are NOT limited to Certified California Naturalists, and we hope that they function as a way to make sure that the registration fee is not a barrier to participation. PLEASE help us get the word out to your members, partners, and collaborators who might be interested in this chance to learn more about hot topics in conservation and natural history in California!

 This year we’re meeting Sept. 9-11 in the San Bernardino Mountains near Big Bear. Topics include:

    - Environmental Engagement: Learn Through Doing

    - Art and Sense of Place: Creating an Experience

    - Biodiversity: Species Conservation Planning

    - Forest Health: Disease, Bugs, and Other Stressors

    - Global Change: Climate, Carbon and Fire

    - History: Looking Back to Move Forward

 …as well as our plenary sessions on “New Approaches to Conservation” with Jon Christensen and Peter Kareiva from UCLA and

“Nature Para Todos:  Culture and Stories for an Inclusive Nature Movement” with Alina Bokde from LA Neighborhood Land Trust and Jose Gonzalez from Latino Outdoors.

AND

Pre-conference advanced trainings and post-conference field trips!

For more about the conference - <http://calnat.ucanr.edu/2016conference/>. For a direct link to the scholarship application - <http://calnat.ucanr.edu/2016conference/reg/Scholarship/>"

