Hello 4-H members, families, and leaders,

I hope everyone had a wonderful holiday season and enjoyed time with family and friends. It is always fun to catch up with one another and get ready for a new year. I cannot believe it is 2017 and we are gearing up to start a new 4-H year. I cannot express my excitement for us to begin another year in 4-H and one that I am sure will be full of excitement, memories, life lessons, and fun. With a new 4-H year starting, we have several different projects for youth to participate in. We are extremely thankful for our wonderful leaders that volunteer to lead the program. We hope you will take advantage of the projects and continue to succeed in the ones you have participated in. I challenge all the members of Santa Cruz County 4-H to set SMART (Specific, Measurable, Achievable, Realistic, Timely) goals for the year, work on your record book throughout the year, and become active in your club. Consider signing up for a new project and learning something you haven’t before. Again I ask if you have any new ideas that you would like to see implemented in our program please come talk to me or let me know I look forward to hearing them!

Best of luck and see you soon,

Amanda Zamudio

County Director: Darcy Dixon

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeffrey C. Silvertooth, Associate Dean & Director, Economic Development & Extension, College of Agriculture and Life Sciences, The University of Arizona. The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.
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<td>Registration Deadline for Meat Identification &amp; Evaluation Workshop Contact Amanda</td>
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<td>Shotgun Project</td>
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<td>Mustangs Club Meeting 6:30 p.m.</td>
<td>4-H Foundation Scholarships due to Amanda</td>
<td>AZ Invitational Shooting Sports Registration Due</td>
<td>Elgin Elementary 4-H Enrollment Night 5:00-7:00 p.m.</td>
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<td>Archery Project 1:00 p.m.</td>
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<td>Leaders Council Meeting 6:00 p.m.</td>
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<td>Sonoita Princess Royalty Dinner Community Service Event 5:00 p.m.</td>
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Hope you have wonderful birthday filled with fun and joy. Happy Birthday!

**JANUARY**

Oskar Bergh  
Valerie Burleson  
Madeline McGuire  
Aidan Bronstein  
Icela Reyes  
Samantha Thwaits  
Madison Vines

**FEBRUARY**

Brent Anderson  
Rachel Gronlund  
Bryan Gutierrez  
Annette Koweek  
Sarah Lyman  
Sydney McKay
Become a Santa Cruz County 4-H Member Today!

4-H Mission
4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.

Sign up at https://az.4honline.com
Dues are $20.00 for the year
Market projects enrollment deadline is March 1st

Please contact Amanda Zamudio at (520) 281-2994; azamudio@email.arizona.edu.
What can I do in 4-H?

Arizona 4-H offers a variety of opportunities for youth, ages 5 to 18, to learn and get involved in their community. No matter where you live in Arizona (cities, suburbs or rural communities) there is a 4-H program nearby. Some of the things you can do in Santa Cruz County are:

Join a Community Club in your area:
- Mustangs Community Club (Sonoita)
  - Heidi Gonzales
- San Rafael 4-H Club (Patagonia)
  - Joy Quiroga
- Rattlesnakes 4-H Club (Nogales & Rio Rico)
  - Amanda Zamudio

Next, choose a County Project(s) that interest you:

- Archery
  - John Anderson
- Cloverbuds (ages 5 to 8)
  - Julie Gutierrez
- Beef
  - Dean Fish
- Food & Nutrition (Cooking)
  - Isela Reyes
- Dairy Cattle
  - Densie Purvis
- Dog
  - Densie Purvis
- Fine Arts
  - Densie Purvis
- Horse
  - Tami Young
- Leadership (ages 14 and up)
  - Amanda Zamudio
- Livestock Judging & Skillathon
  - Amanda Zamudio
- Meat Goats
  - Valerie Burleson & Joy Quiroga
- Photography
  - Teresa Eubanks
- Pistol
  - Brian Crawford
- Poultry
  - Cassina Farley
- Rabbit
  - Heidi Gonzales
- Rifle
  - John Anderson
- Sewing
  - Annette Kowek
- Shotgun
  - Andrew Titche
- Swine
  - Rachel Lyman
The upcoming 4-H Leaders Council Meeting is January 23, 2017 at 6:30 p.m. at Patagonia High School.

4-H Leaders and Jr. Leaders are members of the Santa Cruz 4-H Council. Meetings are on the 4th Monday of every month at 6:30 pm.

4-H Leaders

Meeting the Needs of Youth

Tips for 4-H Leaders

4-H leaders can support the positive and successful development of all youth. Youth Development research emphasizes the importance of meeting four basic human needs: belonging, mastery, independence and generosity. It is clear that youth whose needs are met in positive ways are likely to grow into good citizens and contributing members of their families and communities.

1. Need to Belong

Youth need to know they are cared about by others and feel a sense of connection to others in the group. This represents the HEART of 4-H. Here is how you can help:

- Help group members to get to know each other through introductions, group games, mixers, and small group activities.
- Develop traditions to welcome new members and celebrate individuals.
- Find ways to involve family and community members in as many activities as possible.

2. The Need to Master

Youth need to feel and believe they are capable and experience success at solving problems and meeting challenges to develop their self-confidence. This represents the HEALTH of 4-H. Here’s how you can help:

- Help youth find resources to explore their 4-H projects and activities.
- Provide project-learning experiences.
- Model and teach that failure or frustration is not a disgrace but a part of the learning experience.
- Be fair and consistent when enforcing rules and giving feedback.

3. The Need to be Independent

Youth need to know that they are able to influence people and events through decision-making and action. This represents the HEAD of 4-H. Here’s how you can help:

- Give youth opportunities to lead simple tasks and then progress to more difficult.
- Avoid jumping in to help unless you are really needed, encourage young people to overcome obstacles on their own.
- Encourage, motivate and praise members who complete leadership roles.

4. The Need to Be Generous

Youth need to feel their lives have meaning and purpose. This represents the HANDS of 4-H. Here’s how you can help:

- Have your group adopt a specific service project that fits their interests and abilities and meets a community need.
- Arrange tours of local sites and opportunities to get involved.
- Encourage youth to consider the feelings of others.
- Set up mentoring opportunities where youth learn from others. The 4-H Environment 4-H is designed to support the positive and successful development of all youth. 4-H leaders are essential partners in creating a positive environment by focusing on the strengths of youth and providing positive ways for youth to meet their four basic needs: Caring Relationships (Belonging), Constructive learning Experiences (Mastery), Leadership Opportunities (Independence) and Service to Communities (Generosity).

Excerpt taken from "Meeting the Needs of Youth: Tips for 4-H Leaders" by Iowa State University For the complete article, check out: http://www.extension.iastate.edu/4hfiles/Volunteers/411FourNeeds.pdf
Meat Identification and Evaluation Workshop

Join us at the UA Meat Lab for an afternoon of meat identification and evaluation. Dr. Sam Garcia has offered to do a cutting demo with a side of beef, lamb, and pork. What will you gain from attending: you will learn about the difference between wholesale cuts and retail cuts and about the different cuts of meat, along with the trimness and quality factors that affect the safety and taste of the meat products we consume.

The workshop will be on **Saturday, February 4th from noon to 3pm** and will include lunch (burger, chips and a drink) for **$5.00 each**. You will need to bring a jacket with you and please wear closed toed shoes. The auditorium will be at about 50 degrees Fahrenheit for the cutting demo. In the morning, Dr. Sam Garcia will have a practice meat identification contest for the FFA members. If you have been working on meat identification and would like to participate in the practice contest, please contact Amanda. This is a great learning opportunity.

**Registration is due January 27th**

Meat Identification and Evaluation Workshop Registration

February 4th, Noon to 3pm at UA Meat Lab

Name(s): __________________________________________________________

Phone: ____________________ Email: _______________________________

Please include $5.00 for cost of lunch made payable to Santa Cruz County 4-H and mail to:

UA Cooperative Extension Santa Cruz County
Attn: Amanda Zamudio
489 North Arroyo Blvd
Nogales, AZ 85621
Apply for 4-H Scholarships

Seniors as you continue your journey after high school onto college, vocational school, or any other secondary education we would like to help you. My advice is apply to all you can because college is expensive and we want to help. There are two scholarships you can apply for from 4-H:

**The State 4-H Foundation** scholarship is due to my office before February 10, 2017. You will need to apply to this one each year and is available to you during all your years of undergrad. Please follow this link to access the application and details regarding this scholarship: [http://cals.arizona.edu/4-h.foundation/Website/pdf%20finals/USE%202016%204H%20Scholarship%20Application%202.pdf](http://cals.arizona.edu/4-h.foundation/Website/pdf%20finals/USE%202016%204H%20Scholarship%20Application%202.pdf) I only need one copy and I will make your additional 3 copies at the office. (If you have older siblings or friends that were in 4-H and are currently enrolled in college please let them know this is available for them too.)

**The Santa Cruz County 4-H** scholarship is due the first Friday in April to me or your 4-H community club leader. You do not have to apply each year. Here is the link to the information sheet for this scholarship: [https://extension.arizona.edu/4h/sites/extension.arizona.edu.4h/files/resources/Santa%20Cruz%20County%204-H%20Scholarship%20Guidelines.pdf](https://extension.arizona.edu/4h/sites/extension.arizona.edu.4h/files/resources/Santa%20Cruz%20County%204-H%20Scholarship%20Guidelines.pdf)

Please do not hesitate to contact Amanda at (520) 281-2994 Ext. 106 or email azamudio@email.arizona.edu if you have questions regarding the scholarships.

Community Service Opportunity!

**WE WANT YOU!**

The Santa Cruz County Fair and Rodeo Association is hosting their Rodeo Royalty Contest in Pioneer Hall on Saturday, March 4, 2017.

We need volunteers to help serve the dinner, clean-up, and prepare the meal. This is great for your record books and the fair is donating some money that can be used for summer camps and activities. Please consider helping out at this event and let Amanda know you can by email azamudio@email.arizona.edu or by phone (520) 281-2994. We will make sure all volunteers are fed. We would love to see 4-H members, families, and leaders at this event in their 4-H apparel or a 4-H t-shirt.
4-H Enrollment Night
Elgin Elementary
Friday, February 10, 2017
5:00 to 7:00 p.m.

Enrollment Fee is $20.00 per youth
Market projects enrollment deadline is March 1st
Contact Amanda for more information at azamudio@email.arizona.edu
14th Annual
Elgin Middle School
Spaghetti Dinner

Friday, February 10, 2017
5:00-7:30 PM
Adults—$10.00
Children, ages 5-10—$5.00
Children under age 5—Free

8th grade students will be serving you the following menu:
All you can eat spaghetti plate with/without meat sauce, Salad, Dinner Roll and Dessert

Advanced tickets are available from Elgin School 8th grade students or the school office.

This fundraiser is used to raise money for the annual 8th grade class trip to California. This educational field trip allows students to learn about Marine Biology while having fun.

Please contact Annette Kowek at 455-5514 X 122 or akowek@elgink12.com for more information.
2017 ~ Arizona Invitational hosted by Pinal County 4-H Shooting Sports
February 25th in Eloy (Big Shots/CATS Range)
February 26th in Casa Grande (Elzy Pearson Public Shooting Range)
Entry and payment must be received to the 4-H Office by February 10th or a late fee will be assessed.
Pinal County welcomes ALL 4-H Shooting Sports Members to what we hope is a Bigger, Better, More Fun and Safe 2017 Shooting Sports Competition!
Questions, contact Rodney Shedd, Shooting Sports Coordinator at (520) 251-2024 or ratfarm@msn.com

Name: ___________________ Club: ___________________
Address: ___________________ City: _______ State: _______ Zip Code: _______

Phone: __________ Date of Birth: ____/____/____ 4-H age: ______ (Your age on January 1, 2017)

Sub Junior (9-11) _____ Junior (12-13) _____ Senior (14-18) _____
February 25th (Eloy) February 26th (Casa Grande)
_____ Shotgun
_____ Archery (only pick one below)
_____ Compound (or) _____ Recurve
_____ Small bore Rifle
_____ Small bore Pistol (Junior and Senior only)

Registration/Check-In begins at 8am for both dates with matches starting promptly at 9am

Total submitted $ _______
1 event pricing: Shotgun $24 Archery $12 Rifle $12 Pistol $12 Please circle one event
2 event pricing: Shotgun $23 Archery $11 Rifle $11 Pistol $11 Please circle two events
3 event pricing: Shotgun $22 Archery $10 Rifle $10 Pistol $10 Please circle three events
4 event pricing: Shotgun $21 Archery $9 Rifle $9 Pistol $9 Please circle four events

Late Entry Fee: $25/event
Make checks payable to: Pinal County 4-H (All Fees are Non-Refundable)
Mail check and entry form to: Pinal County 4-H, 820 East Cottonwood Lane, #C, Casa Grande, Arizona 85122

Project Leader
Because of the nature of shooting sports, the club’s certified project leader has to sign off on every 4-H member (participant) who competes in the Arizona 4-H Shooting Sports Education Matches. By signing this form you agree that this 4-H member is in good standing with your club, is qualified to participate in this event and is qualified to use the equipment in a safe and responsible manner. This event is not a training class and you will not coach or allow other adult members of your club to coach this 4-H member during the competition, other than allowed by the rules. Coaching not allowed in the rules will result in the 4-H member being disqualified.

Club Shooting Sports Project Leader Signature __________________________ Date ___________________

Parent/Participant
Bureau of Alcohol, Tobacco and Firearms (BATF) requires a signed permission slip with the 4-H member at all times if they are under 18 years old and come in contact with a pistol. By signing this form you are consenting to allow this 4-H member to possess a firearm (including pistol) while participating in the Arizona 4-H Shooting Education Matches as a part of Arizona State 4-H Youth Development. The person who signs this form must not be prohibited by federal, state or local law from possessing a firearm. “Participant” agrees to abide by all Rules and Regulations of the State of Arizona, and the 4-H Youth Development Shooting Sports Education Oversight Committee.

Participant Signature __________________________ Date ___________________

Parent/Guardian Signature __________________________ Date ___________________

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Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting UA Cooperative Extension, Pinal County at 866.836.5221. Requests should be made as early as possible to allow time to arrange the accommodation.
THE TUCSON COWBELLES - 4-H/FFA BEEF COOK-OFF
WILL BE HELD AT THE ST. PHILLIPS PLAZA!

DATE: SATURDAY, APRIL 8, 2017    TIME: 10:00 A.M.
LOCATION:    ST. PHILLIPS PLAZA – FARMER’S MARKET
4280 N Campbell Ave., Tucson, AZ 85718 (at River Rd.)

BEEF -- IT’S WHATS FOR DINNER

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<th>Jr. Division (9 – 13 YEARS OLD)</th>
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<td>1st Place - $100</td>
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<td>3rd Place - $25</td>
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A certificate of award will also be provided.

REGISTRATION DUE BY MARCH 15

NAME:
ADDRESS:
CITY/STATE/ZIP:
PARENTS NAME:
JUNIOR. OR SENIOR DIVISION / AGE:
4-H CLUB:

Mail Registration to: Linda Vensel, PO Box 55, Patagonia, AZ 85624 / vensel10@hotmail.com / 520-394-2023

LINKS TO EDUCATIONAL MATERIALS:
www.beefitswhatsfordinner.com
www.beef.org
www.ancw.org
www.beefnutrition.org
www.bseinfo.org
www.explorebeef.org
OBJECTIVES:
- To gain knowledge of the beef industry
- To acquire skills in planning, purchasing and preparing beef
- To develop proper storage, sanitation and food safety skills to learn the principles of nutrition as they relate to the lifelong health and fitness
- To develop leadership abilities and self-confidence

WHO MAY PARTICIPATE:
Any County 4-H’er or FFA member

RULES:
1. The 4-H’er should prepare the selected recipe enough times before the county contest to be familiar with it. Bring the dish already prepared to the country contest.
2. A serving of meat is 3 cooked ounces. The participant’s dish should contain at least 2 servings of meat in a recipe for 2 people, 4 servings in a recipe to serve 4 people, etc.
3. The participant should follow proper food safety procedures during the preparation of the dish.
4. Participants will prepare their recipes and transfer to the serving dish and add any garnish before it is placed on the table to be judged. Please include a serving utensil with your serving dish.
5. Candle or sterna heat is acceptable under serving dishes.
6. Tables are to be set in an appropriate manner to enhance the eating experience; have fun with your table settings.
7. Each participant must place copies of their recipe next to their serving dish, at least 5 copies.
8. Participants will stand next to their table as the judges’ approach to answer any questions from the judge’s interview about the dish or table setting.
9. 4-H’ers should be dressed in a clean outfit and well groomed. The 4-H’ers hair should be secured so that loose hair cannot fall into the prepared dish.
10. When competing in demonstration and/or exhibit competition, participants must set up their own demonstration and/or exhibit.
11. Parents or agents may assist 4-H’ers in getting materials to the demonstration or exhibit room only.
12. Prepare a poster, 9 1/2 x 11, with the menu that would go with your beef entrée along with its nutritional values

PROCEDURES:
You, your leader, and the other members will need to make some plans for the competition, in order to make it a good show. To exhibit in the beef cook-off competition...

1. Participants will come into the competition area with all materials needed for the cook-off, and fully cooked meal.
2. Participants will display their own beef dishes. Someone will be assigned to help them locate a display table, if necessary.
3. Participants will be interviewed on an individual basis. Guidelines for Interviewing will be provided for the judges.
4. Know about your recipe. Select your favorite recipe - you may want to prepare one of the new recipes you have discovered or an old family favorite.
5. Practice preparing the recipe until you are sure a good product will be made each time.
6. On the day of the Beef Cook-off, exhibit your prepared food along with the menu that you prepared food would be served with and when.
7. Show the food on a card table, which you will need to bring with you ~ with the correct table setting and a centerpiece.
8. Know the nutritional value of beef, and place the info on your poster
9. Know the food preparation techniques used. Be able to tell the judge how to prepare and serve the food and why this food makes a difference to good health. Then tell them why you selected the dishes, flatware and centerpiece you are exhibiting.
10. Know safety and sanitation procedures used
11. Know the principles of beef cookery
12. Be aware of possible careers in the beef industry
13. You will be scored by the following score card.
14. Have fun with this event!

Registration is DUE MARCH 15TH!
**4-H Wildcat Camp**

July 5th - 8th, 2017

Prescott, AZ

Cost will be minimal and transportation will be provided. Please save the date and stay tuned for more updates! It will be a great week in the cool pines with activities such as fishing, swimming, archery, leather craft and more!
J.O.L.T. is an Arizona Teen Leadership Camp, designed by teens for teens! At J.O.L.T., there is a positive environment that promotes personal development, team building and self-confidence. You will go back with improved leadership, trust and communication skills.

Early Bird: Received by 4/15/2017 - $200.00
Regular: Received by 5/15/2017 - $245.00
Late registration is $300.00

Contact your county extension office for a registration packet or go online. Registration received after May 15 will not include your name on the t-shirt.

PLEASE VISIT OUR WEBSITE AND FACEBOOK PAGE:
https://extension.arizona.edu/4h/journey-opportunities-leaders-tomorrow-jolt
www.facebook.com/JOLTazcamp

SAVE THE DATE FOR JUNE 5-9, 2017 AT
CAMP SHADOW PINES IN HEBER, AZ