



INDEPENDENCE 4 - H

September 2022

In this Issue:

- CCL Letter ----- 2
- Community Service Corner ----- 3
- HLO Spotlight ----- 4
- 4-H Camp Review ----- 5
- Contact Information ----- 5
- 2022/23 Exec/Officers ----- 6
- Calendar ----- 6

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

Important Upcoming Dates:

State 4-H Record Book Intent to
 Submit Due Sep 30th

National 4-H Week: Oct 2 - 8th

Achievement Night: Oct 22 at YAL
 Theme will be "Masquerade Ball"

YA&L Foundation Project Grants
 Due Nov 14th

President's Message

By Wilder Larrain

Hello everyone! My name is Wilder Kathleen Larrain. I am your new president for Independence 4-H's 2022-2023 year! First off I want to say thank you for all the support my club has given me throughout the past eight years of being in 4-H. I have learned so much from the leaders and Executive Boards. They encouraged me to take on this new challenge. As your president, it is my privilege and honor to represent our club whenever I have the chance. I want Independence 4-H to be recognized not only for all the fun and important opportunities we give to kids and their families but also for showing how much we truly care about our community. I know that Leo, our Community Service Officer is already organizing an activity for us, and Quinn, our Vice President of Programming, is planning some interesting programs.

This year will be a blast! I look forward to working with our Executive Board and each and every one of you.

I can't wait to be your president. Our first general meeting is on September 28th at the YAL center in Rohnert Park. There you'll get to learn about all of our 4-H projects and sign up for your favorite ones. If you have any questions, please don't hesitate to ask. Thank you again.





Community Club Leader's Letter

By Bonny and Beth

Hello Independence 4H Families!

We hope that all of you had wonderful summers and that the start of your school year has gone smoothly. Beth and I are excited to start our new 4-H year with all of you. Over the summer, we have been learning more about how our club works. We are meeting with our Executive Board to set goals for the year and plan for our pizza party opener on September 28th at 6:00 at the YAL center in Rohnert Park.

At the meeting, you will get to sign up for projects. We have a blend of returning favorites and new projects. You can get a sneak peek at the list by visiting our website: www.independence4h.com. We will also be organizing our new Tribe Groups. While that is happening, there will be a mini-parent meeting to explain ways to help support the club.

If you haven't already enrolled the family, please do so as soon as possible. Lindsay Maddocks, our club's enrollment specialist, has been working with the county to help streamline the process. If you have any questions, please let us know.

Fortunately, we do not have the strict COVID protocols that we had to follow last year. People are, however, still getting sick. If you have any symptoms, please stay home. We want everyone to stay healthy.

4-H is a collective effort. It is the enthusiasm and participation of both 4-H members and family members that make our club so wonderful. We want to give a big shout-out to all of the families who worked at our first club fundraiser parking cars at the Gravenstein Apple Fair. Thank you to the Casey family, particularly Maria who organizes the whole thing, the Craven-Pittman family, the Russell Larrain family, the Harriman family, the Hobbins family, the Heartt-Johnson family, the McDonell family, the Wu family, and Aidan Silvestrich and his friends. With their help, the club earned \$1,200.00.

We extend our gratitude to Stephanie Wang for taking over the position of Newsletter Editor. It is a big job. We know she will do a great job.

We also want to thank Chelle McDonell for doing all of the scheduling for our meeting places this year. Our first meeting is at the YAL center. The rest of the general meetings will be at the Sebastopol Center For the Arts / Veterans building. Our two club parties will be at the YAL center. The time for our general meetings will be at 6:30. You can refer to the calendar on the website for specific dates.

Our thanks also goes to Rosie Wu, our project coordinator. She is helping to set up the projects. If you want to run a project, please let her know. She will help you get it on the project roster.

We look forward to seeing all of you in person. We will get to see some old friends and some new faces.





Community Service Corner

By Leo McDonell

Hey 4-Hers! I am Leo and I am going to be your Civic Engagement Officer this year. My job is to plan and implement community service missions for our club and to tell you about the organizations that we help. This is my second year in this position. I like to do lots of fun and engaging activities, so in addition to what we do at the meetings, we will have more opportunities for outside group activities for members and families. Community service is an important part of 4-H. We learn about the needs in our community and to help others and that helps us be better people too.

Our service activities have benefited refugees, people who are in need, rescue animals, wild animals, and the environment. A big club favorite is volunteering together to pack food at the Redwood Empire Food Bank. We will definitely collect food for them this year and have at least one evening to volunteer there. This year we would also like to add some clean-up and habitat restoration days at the beach and the Laguna de Santa Rosa. "Feed the Bears" was another popular activity. We collected and delivered food to the Sonoma County Wildlife Rescue for bear cubs orphaned by wildfires. We also did something to help with a national and world event happening right at the beginning of the 4-H year last September by making and giving toiletry care packages to refugees arriving in the Bay Area from Afghanistan.

Share ideas with me...YES, I would love to hear your ideas. Please be specific and give details, like the name, location, what they do, and how to contact them.

Contact me by [email](#) or talk with me at a meeting.

September Service Activity

Our September service activity benefits the Living Room in Santa Rosa. We have worked with the Living Room for a few years, doing different projects. They are nice people who do good things! This time we are collecting art supplies and small toys to put in boxes for kids to use while their parents are getting services at the shelter. The Living Room helps women and their children with housing, clothes, food, and finding work. I will talk about them some more at the meeting. Please sign up [here](#) to bring some items and we will fill the boxes at the September meeting. Remember, these boxes are small so please read the instructions on the signup. Thank you!



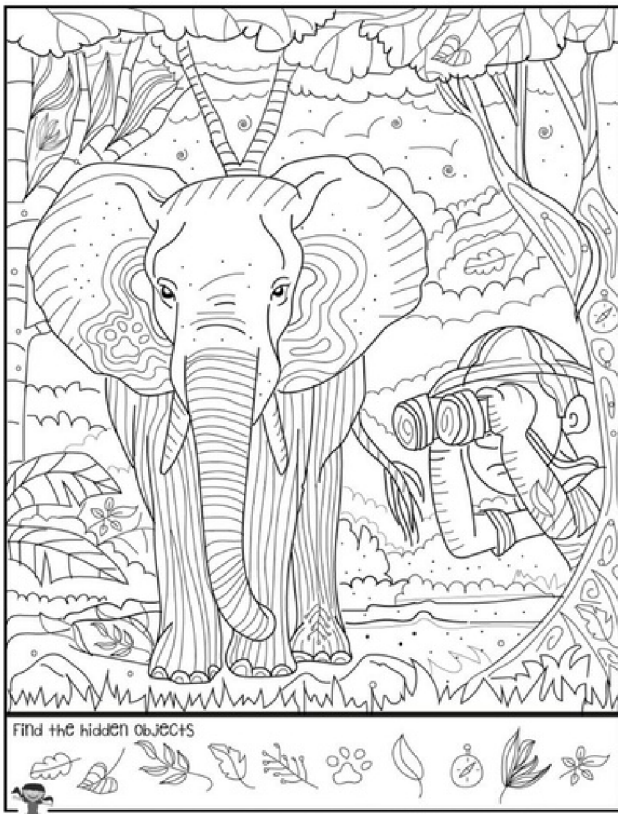


HLO Spotlight

By Harman Gill

As the club's Healthy Living Officer, my main job is to design and lead club-level Healthy Living activities and write Healthy Living articles for the club newsletter. The way our club does this is the Healthy Living Officer chooses one activity for each month, either writing an article for the newsletter or planning an activity. I wrote an article last October. For the rest of the club gatherings, I opted for leading activities because I felt kids could benefit more from them. Last year, I designed some simple educational group games such as picking out healthy drinks, planning balanced meals, and learning about the amount of water our body needs.

I feel that group activities can give kids opportunities to interact with each other and get to know each other when they work together. Healthy Living is a big part of 4-H. I really like this job because I get to help teach our members healthier ways to live.



© Wool Jr. Kids Activities, LLC. All Rights Reserved. Find us @ Wooljr.com

**Starting in October, it's
back to our regular time and place!**

Oct, Nov, Jan, Feb, March, April & May.

General Meetings

2nd Wednesday of each month

from 6:30-7:30

Sebastopol Center for the Arts /

Veterans Building

282 South High Street.

Interested in submitting your
articles/photos to the
newsletter?

Email

chellemc@sonic.net

and

stephinezhiyi@gmail.com





4-H Camp Review

by Wilder Larrain

It's crazy how close people can get in the span of a week. I've gone to 4-H Camp for 3 years, and I have to say, each time I enjoy it more than the last. The amount of fun everyone has there is indescribable. I have attended both Camp 1 and Camp 2. Each week is filled with games, great activities, and parties. This year, I got to be a Tribe Leader at Camp 2. Every year, we have a new theme and this year's theme was "Pirates of the Caribbean." I loved getting to know the campers and being able to share with them all of 4-H Camp's great traditions. Camp is normally held at Las Posadas Camp in Angwin. This year, it had to be moved to the UC research center in Hopland. It was a challenge getting used to the new location, but I was lucky enough to have some great staffers by my side. We figured out how to make it work. When you leave camp, you'll have new friends and many happy memories. I highly recommend going to 4-H Camp.

I swear you won't regret it. It is my favorite 4-H program! If you have any questions about the camp, feel free to contact me or look up the information on the Sonoma County 4-H website.



Contact Information for your Club Leadership team:

Beth Craven - Communications and County Connections: bethcraven@yahoo.com

Bonny Russell Larrain - Executive Board Coordinator: blossombonny@hotmail.com

Lindsay Maddocks - Registration (VEC - Volunteer Enrollment Coordinator): lmaddocks@outlook.com

Rosie Wu - Project Coordinator: rosiewu@yahoo.com

Chelle McDonell - General Meeting Coordinator: chellemc@sonic.net

If you are unsure of whom to contact, email Beth and she'll put you in touch with the right person.





Independence 4-H 2022-23 Officers

Newsletter Editor

Stephanie Wang

Sergeant-at-Arms

Caleb Harriman

Claire Pederson

Hannah Van De Mark

Prize Bin

Adelyn Maddocks

Claire Pederson

Photographer

Camille Maddocks

Claire Pederson

Historian

Camille Maddocks

Host

Adelyn Maddocks

Camille Maddocks

Hannah Van De Mark

Executive Board

Wilder Larrain ----- President

Quinn Craven-Pittman -- Vice President of Programming

Joey Harriman ----- Vice President of Membership

Clay McDonell ----- Treasurer

Abbey Casey ----- Recording Secretary

Camille Maddocks ----- Corresponding Secretary

Leo McDonell ----- Civic Engagement Officer

Harman Gill ----- Healthy Living Officer

Open Positions

- Junior Project Leaders
- Teen Project Leaders
- Club Reporters
- Song and Rec Leaders
- Store Manager



Junior and Teen Project Leaders

Quinn Craven-Pittman --- Archery & Outdoor Adventures:
Camping

Abbey Casey ----- Spring: Arts & Crafts

Harman Gill ----- Robotics

Caleb Harriman ----- Birds: Backyard Chickens

Ash Hobbins ----- Jewelry Making

Sierra Hobbins ----- Baking

Wilder Larrain ----- Leadership

Leo McDonell ----- Mountain Biking

Claire Pederson ----- Outdoor Adventures: Hiking

Calendar

Sept. 28th, 6:00-8:00 PM -----

Sep. 30th -----

Oct. 2 - 8th -----

Oct. 4th -----

Oct. 12th, 6:30-7:30 PM -----

Oct. 22th -----

Nov. 14th -----

Club Meeting: pizza dinner

State 4-H Record Book Intent to Submit Due Date

National 4-H Week

CCC Meeting

General Meeting at SCA/Vets Bldg in Sebastopol, 282 S. High Street

Achievement Night at YAL Theme will be "Masquerade Ball"

YA&L Foundation Project Grants Due Date

More details can be found on the independence4h.com calendar

Check with your project leader for the first meeting dates