



# COLUSA COUNTY 4-H OCTOBER 2025 NEWSLETTER



## Upcoming Events:

### October

**1st** - Enrollment Deadline for Fair Participation, must be enrolled in ZSuite, enrollment paid, and Colusa County Fair requirements form signed

**1st** - Maxwell 4-H Meeting, 6:00, Maxwell Elementary Multipurpose Room

**5-11** - National 4-H Week, "Beyond Ready"

**6th** - Colusa Community 4-H Meeting, 6:15 Primary, 7:00 Regular Members, Etchepare Hall at Colusa County Fairgrounds

**13th** - Arbuckle 4-H Meeting, 6:30 Primary meeting, 7:00, Regular members, Arbuckle Elementary School Multipurpose Room

**13th** - Princeton 4-H Meeting, 6:00, Princeton Elementary School Cafeteria

### November

3rd - Colusa Community 4-H Meeting, 6:15 Primary, 7:00 Regular Members, Etchepare Hall at Colusa County Fairgrounds

5th - Maxwell 4-H Meeting, 6:00, Maxwell Elementary Multipurpose Room

8th - Colusa County 4-H Countywide Craft Expo., 10 a.m. to 2 p.m., Festival Hall, Colusa County Fairgrounds

10th - Arbuckle 4-H Meeting, 6:30 Primary meeting, 7:00, Regular members, Arbuckle Elementary School Multipurpose Room

10th - Princeton 4-H Meeting, 6:00, Princeton Elementary School Cafeteria



**ENROLL TODAY**

## Adult Volunteer Enrollment

Are you or someone you know interested in becoming a 4-H adult volunteer?

Here are the requirements:

- Complete the [interest survey](#)
- Receive welcome email from the 4-H Office
- Enroll in [ZSuite](#)
- Complete Livescan background check
- Complete the 25-26 New Volunteer course in [Campus](#)
- Attend new volunteer in-person workshop, first one September 16
- Pay \$30 enrollment fee to your club leader

Returning volunteers please complete the following requirements:

- Enroll in [ZSuite](#)
- Complete the 25-26 Returning Volunteer course in [Campus](#)
- Keycode: Colusa
- Pay \$30 enrollment fee to your club leader

If you have a break of a year or more in service, you need to follow the steps of a new volunteer.

Any questions about any part of the process, please call the office at 458-0570.

## Member Enrollment

### **Registration for the 2025 - 2026 Program Year is open!**

Follow the steps below to enroll. Please note that ZSuite is not compatible with Safari. Use Chrome or Firefox.

New this year is the updated Health History link. Click on the blue box to enter your health information which will open a new window. After submitting your health information close the window and return to ZSuite to submit your ZSuite application. If your status is "InProgress" log in and click the pink submit button.

Call the office with any questions, we are here to help. 530-458-0570



## ZSuite Enrollment Tip-Sheet

Enrollment is completed online at <https://4h.zsuite.org/>

### Enrollment Process:

Enrolled in 4-H the past 7 years	New to 4-H or enrolled before 2018-2019
1. Go to <a href="https://4h.zsuite.org">https://4h.zsuite.org</a>	1. Go to <a href="https://4h.zsuite.org">https://4h.zsuite.org</a>
2. Enter account email and password. If you have never logged into ZSuite, or forgot your password, Click <i>Forgot Password?</i> and complete process to reset account and select PIN	2. Click <i>Sign Up</i>
3. Login to <b>Primary</b> profile and update household and profile information. Click Household Profile from the left menu to update your mailing address.	3. Create a Household
<p>Parents/Guardians do not need a profile unless they wish to be an appointed 4-H adult volunteer.</p>	
Click pencil icon next to the household member to update profile information (name, birth year, role).	
4. Click ' <i>Enroll Member/Volunteer Now</i> ' for the applicable member	4. Click ' <i>+ Household member</i> ' to add individuals to the household
5. Complete 4-H enrollment including units/projects and waivers	5. Complete 4-H enrollment including units/projects and waivers
6. Click <i>Submit</i>	6. Click <i>Submit</i>
7. Pay enrollment fees to your local county 4-H office or unit leader	7. Pay enrollment fees to your local county 4-H office or unit leader
For Adult Volunteers:	
8. Complete additional volunteer requirements	8. Complete additional volunteer requirements

Contact your [local county 4-H office](#) for questions and support

UCCE Colusa County 4-HOffice contact information:

Address: 100 Sunrise Blvd Suite E Colusa CA 95932  
Phone: 530-458-0570  
Hours: M-F 8am - 5pm

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Inquiries regarding ANR's nondiscrimination policies may be directed to UCANR, Affirmative Action Compliance Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1343.



## New County Wide Archery Project!

Members 11yrs and older have the opportunity to join the countywide Archery project this year. Meetings will be held at the Grand Island Elementary School in Grimes. They will take place at 10am or 12pm on Sundays.

The project is listed under Unit: Maxwell Project: Shooting Sports - Archery. If Maxwell is not your primary unit you can add it as a secondary unit.

If you have questions, please contact the 4-H office 530-458-0570

# Celebrate National 4-H Week!



**National 4-H Week** *at a Glance*

Celebrate 4-H from October 5 to 11

4-H Youth Development Program  
University of California  
Agriculture & Natural Resources

Monday	Tuesday	Wednesday
 <b>#GOGREEN!</b> Rock your best green fit!	 <b>#GiveaClover</b> Tell someone why you ❤️ 4-H!	 <b>Show #Gratitude</b> Thank an adult volunteer or staff
 <b>#4HforGood</b> How are you helping your community?	 <b>#FlashbackFriday</b> Share your favorite 4-H memory!	 <b>#GrowGreen</b> Plant a seed somewhere

When you're driving around the county, be sure and look for 4-H Week Window Displays in the surrounding towns! Each club is busily preparing their window with the theme "Beyond Ready!".



## Countywide Craft Expo

The Colusa County Arts & Crafts leaders, along with the 4-H Council, will once again be sponsoring the "Make It and Take It Craft Expo. It will be held November 8 in Festival Hall at the Colusa County Fairgrounds from 10 a.m. to 3 p.m.

This event is a day of crafting fun for everyone! We have projects for all ages and abilities, with them running \$.50 to \$10.00. Buy some tickets and go around the room making Christmas ornaments and decorations, painting rocks, decorating cookies, scrapbook cards and frames, and more!

Any group interested to run the snack bar? We will provide the food, just need someone to work during the Craft Expo, 9:30 a.m. for set up, 10 a.m. to 3 p.m. for covering. Your group will receive \$250.

We're also looking for people to work in a craft booth during the Craft Expo. Just look to Pinterest for an idea, go and buy your supplies, and you will be ready! Cost of supplies are covered by the Colusa County 4-H Council. Email Jenny at [jpperry@ucanr.edu](mailto:jpperry@ucanr.edu) if you are interested or have more questions.

This event is sponsored by the Colusa County 4-H Council, and is open to the public. Be sure and tell your friends and neighbors!





Jordan Guerrero

Jordan Guerrero is the Attendance Secretary for Arbuckle 4-H. Her three years in 4-H has taught her responsibility and independence. Her favorite experience has been showing her lamb at the fair. She would consider trying to show another animal at the fair. She's really good at socializing, her mom calls her a social butterfly! She loves cheer and softball. She would like to come up with more opportunities and ideas to make her club even better. Her favorite character from a book is Heidi Heckleback.

Mason Martinez is the Sergeant at Arms for the Arbuckle 4-H Club. His favorite part is raising a pig, learning about the responsibility it takes to get to the fair. Fair time with his pig has been his favorite 4-H experience. He'd like everyone to know that he has great hair! He is really good at shooting and hunting. Dog Man is the character in a book that he would like to be!



Mason Martinez



Kaylee Romero

Kaylee Romero is the Community Service Officer for Colusa Community 4-H club. Her favorite part in her four years in 4-H is raising and spending time with her fair lamb and competing at the fair. It has taught her to be responsible and how to properly take care of her lambs. She enjoys lambs so much she doesn't think she would want to give any other project a try! She enjoys spending time with her family and friends and learning new things. Kaylee is really good at Art, and Spiderman is her favorite character who she would like to be!





The Arbuckle 4-H Club gathered for its monthly meeting on September 8 to discuss upcoming events and opportunities for members to get involved.

One exciting announcement was the launch of the Arbuckle 4-H newsletter, which will keep members and families updated on club activities, events, and important announcements. This new resource will help strengthen communication and keep everyone connected.

The club is also proud to share that a large group of officers will be attending the upcoming officer training. We have added two new officer roles. They are Primary Officers, who are regular members who assist the Primary Leader during the Primary Member Meeting. They teach our youngest members the 4-H Pledge and introduce them to the 4-H program. At our first meeting, they did an activity to learn more about the 4 Hs: Head, Heart, Hands, and Health. The members had the opportunity to share about their goals and interests.





# COLUSA COUNTY

## *Photography* WORKSHOP

SUNDAY 10/26/25

9 AM TO 12 PM

Davis Ranches  
7681 Sycamore Slough Rd,  
Colusa, CA 95932  
 530-526-1059

Tip: Bring a model  
such as a sibling  
or friend.

### SIGN UP LINK

<https://forms.gle/AnPeMHfweEgHa7Tt6>



**SIGN UP**



Do you love taking photos but  
wish you knew a little more? If so,  
we have a special opportunity for  
4-Hers. Photographer Emma  
Montalbano will be our guest  
teacher for a workshop designed  
for you! We will cover camera  
basics like light and composition.  
4-Hers will also participate in a  
photo walk around the beautiful  
venue, Davis Ranch. The day will  
wrap up with a digital photo  
sharing opportunity.



## 2025 California 4-H Shooting Sports -Instructor Workshop Dates-

Merced County - Winton at the River Oaks Range

- October 11/12 -Archery
- October 11/12 - Shotgun
- November 8/9 - Western Heritage
  - December 13/14 - Rifle
  - December 13/14 - Pistol

Fee: \$100 - includes instructor manual, range and range supplies, and light breakfast. We encourage interested volunteers to seek support from their club and county programs to help with the cost associated with becoming an instructor.

Other dates and locations across the state will be announced as soon as we have them.

Visit our [webpage](#) for more information and details about the California 4-H Shooting Sports program.

Questions -

Registration - Russell Hill -[rdhill@ucanr.edu](mailto:rdhill@ucanr.edu) | (209) 385-7418 or  
Facility and Workshop Details - Dave Givens:[dave@hammerstryke.com](mailto:dave@hammerstryke.com) |  
(209) 614-1718.

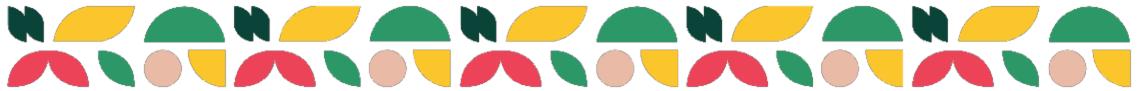
KAKAKAKAKAKAKA

**Make A  
DIFFERENCE**

**Become a 4-H  
Volunteer Today!**



**Completing the Interest Survey  
is the first step.**



## **News from California State 4-H**

**Visit the Site  
Here!**



# 4th H for Health Challenge 2025 - 2026

Every kid needs the chance to thrive. It'll inspire their lives, and they'll inspire our communities.



Get motivated to create healthy habits. To meet the challenge, choose activities that support your overall health and well-being!



UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources

4-H Youth Development Program

Inspired by and adapted from the [4th H for Health Curriculum](#) developed by the 4-H Healthy Living Management Team and Healthy Kids Out of School.



# WHY HEALTHY LIVING?

The 4th "H" in 4-H stands for "Health." This is echoed in our pledge, "I pledge my health to better living." The 4-H approach is holistic and seeks to improve the well-being of all youth. This is accomplished through healthy eating, physical activity, relationship building, emotion regulation, injury prevention, and reduction of mind-altering substances.

## ABOUT THE CHALLENGE

Complete 8 activities in each of these three areas.



Healthy eating



Movement



Social emotional health

The guide includes suggestions you can do each month. Log your activities in each area on the tracker. You can do activities individually or as a group at your club meeting or event.

**WHEN** Start any time after August 1, 2025. Challenge ends June 30, 2026

**WHERE** Do the activities in your club meetings, events and at home.

### COMPLETION

Submit completed trackers to the California 4-H State Office to receive a 4-H Healthy Living certificate & pin.



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California is the largest agricultural producer in the country, yet one in seven families in California face hunger.\*

\* <https://www.feedingamerica.org/hunger-in-america/california>

**“It’s the fairness for me.”**



## FOOD ACTION ACADEMY: Learn

### Learn. Get Creative. Take action.

Connect with youth across California to learn about the factors that affect people's access to food. Gain practical skills to create a plan for positive change.

**WHO** California youth ages 11 - 18

**WHERE** Online via Zoom

**WHEN** Tuesdays from 6 - 7:15 p.m.  
October 7, 14, 21, 28  
November 4, 11, 18

**SIGN UP BY SEP. 30**

[bit.ly/Food-Action-Academy](https://bit.ly/Food-Action-Academy)



Learn more

### Information Session

Sep. 23, 2025 at 6 p.m.

Info Session

<https://bit.ly/4fnJcOE>



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# **"I pledge my health to better living."**

**Learn. Engage. Pledge.**

The Healthy Living Advisory Committee invites you to participate in monthly office hours to learn and practice healthy habits!

Attend sessions to learn about different healthy living topics, engage with 4-H professionals and youth across the state, meet professionals from the field, and learn about resources to bring back to your community.

## **Healthy Living Advisory Committee Office Hours**

**Who:** 4-H youth, volunteers & professionals

**When:** One Thursday per month  
6 - 7 p.m.

**Where:** Online via Zoom

## **September Launch**

First 20 people to register, attend and complete evaluation for Sep. will receive a \$10 gift card!

## **Grow**

Top 15 people who attend and complete evaluation for 6 of the 10 sessions will receive a \$25 gift card!



# Healthy Living Office Hours

September 11  
6 - 7 p.m.

Physical Activity

October 9  
6 - 7 p.m.

Colds, Flu & Hygiene

November 6  
6 - 7 p.m.

Snacks & Rethink Your Drink

December 4  
6 - 7 p.m.

Rest & Sleep

January 8  
6 - 7 p.m.

Service Learning

February 5  
6 - 7 p.m.

Emotional Well-Being

March 5  
6 - 7 p.m.

Outdoor Exploration

April 2  
6 - 7 p.m.

Food Waste

May 7  
6 - 7 p.m.

Gardening

June 4  
6 - 7 p.m.

Food Preservation

Learn more

**Register for any session**

Zoom Registration  
<https://bit.ly/4fnJcOE>



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Your copy should address 3 key questions: Who am I writing for (audience)? Why should they care (benefit)? What do I want them to do (call-to-action)?

Create a great offer by adding words like "free," "personalized," "complimentary," or "customized." A sense of urgency often helps readers take action, so consider inserting phrases like "for a limited time only" or "only 7 remaining!"



# WE'RE HIRING!

Colusa County 4-H  
Community Education Specialist

Qualified Candidates Provide:  
Management, promotion, and delivery of  
educational programming that meets the needs  
of youth  
Engaged service to youth, the public and  
community partners  
Oversight and facilitation of the 4-H Youth  
Development Program



UCANR IS AN EQUAL  
OPPORTUNITY PROVIDER AND  
EMPLOYER



[Apply Here](#)

## Want to add bling to your hat? Check out the link below.



SPARKS  
EMERALD STAR  
IMPACT STAR  
ACHIEVEMENTS PROGRAM



### Ways to Earn Your Spark Achievements

A Spark Achievement reflects a member's experiences in 4-H with the purpose to try new things. Through this dip-your-toe-in strategy, members can discover something in 4-H that brings them joy and motivation—a Spark.

Spark Achievement pins show member experiences and accomplishments in 4-H.

Any member who does not currently hold a bronze star rank must use the Spark Achievement program.

Click the link below to learn more.

[4-H Achievement Manual](#)

#### Attention 4-H Club Members:

If you attend a 4-H event, you are welcome to submit an article to let us know about it! Send us a picture, and tell us the who, what, where,

and why, plus something that you learned! It will count in your record book!

Email article to [jpperry@ucanr.edu](mailto:jpperry@ucanr.edu) or [mzoller@ucanr.edu](mailto:mzoller@ucanr.edu)

We have a new Facebook page!  
Check us out!

## **Colusa County 4-H, California 4-H**

### **Colusa County 4-H Club Meetings**

#### **Arbuckle 4-H Club**

2nd Monday of the month, 7:00 p.m.,  
Arbuckle Elementary School

#### **Maxwell 4-H Club**

1st Wednesday of the month, 6:00 p.m.,  
Maxwell Elementary School Multipurpose  
Rm - No January Mtg.

#### **Colusa 4-H Club**

Varying Mondays, 7:00 p.m. - Etchepare Hall,  
Fairgrounds, No May Mtg.

#### **Princeton 4-H Club**

2nd Monday of the month, 6:00 p.m.  
Princeton Elementary School

#### **Stonyford 4-H Club**

2nd Monday of the month, 6:00 p.m.  
Community Pavillon - No December Mtg.

**Anyone interested in helping us  
revive the Williams 4-H Club, please  
contact us!**

**For More Information**

**Click here to e-mail the 4-H Office.**

Be sure to check out our website! **Colusa County 4-H Website**

# 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.

Prometo usar mi **MINTE** para pensar con más claridad,  
mi **CORZÓN** para ser más leal,  
mis **MENOS** para ser más servicial,  
mi **SOLUD** para cuidarme más,  
por mi club, mi comunidad, mi país  
y mi mundo.

[www.4-H.org](http://www.4-H.org) | [www.Shop4-H.org](http://www.Shop4-H.org)



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