



4-H E-News Updates December 2011

[Statewide 4-H Online Calendar](#)

ASSOCIATE DIRECTOR UPDATES

As I shared in October, current research indicates that there are five youth development practices or supports and opportunities that young people should experience in the 4-H Youth Development Program (YDP). These five supports and opportunities include: 1) safety; 2) supportive relationships; 3) meaningful youth participation; 4) community involvement; and 5) skill building activities.

This month we will focus on youth participation. This involves more than young people showing up for the program and being engaged in the program activities. Meaningful youth participation means that youth:

- Have opportunities to participate in decision-making
- Have opportunities to develop and practice leadership
- Experience a sense of belonging

True youth-adult partnerships happen when projects or activities are initiated by young people and decision-making is shared between youth and adults. This empowers and builds the skills of young people while at the same time enabling them to access and learn from the life experience and expertise of adults.

Here are five things you can do now to increase meaningful youth participation:

1. Give youth opportunities to develop program, club, or project goals
2. Get young people involved in activity planning, training, and evaluating the program
3. Give young people choices in the program or activity
4. Give every young person an opportunity to help others
5. Ensure that adults are serving as a mentor and facilitator in all aspects of the 4-H Youth Development Program with young people taking the lead

How do you know if you are creating an environment that fosters meaningful youth participation? Here are a few indicators:

- Adults share control of the meetings, planning, activities, etc. with youth
- The program schedule allows time for youth to make choices about how they use their time
- Youth have multiple opportunities to set goals and make plans for projects and activities
- Youth are engaged in an intentional process of reflecting on what they are doing or have done
- Give youth opportunities to provide feedback on activities and changes are incorporated accordingly

Assess these indicators of meaningful youth participation and think of at least two ways you can strengthen youth participation. Set specific goals and re-evaluate your progress. Through these practices you will communicate the message to young people that "What you think and what you do matters!". Next month we will explore community involvement.

DATES & DEADLINES

- A 4-H shooting sports workshop (Saturday, December 3, 2011 8AM-6PM & Sunday, December 4, 2011, 8AM-4PM) for the rifle discipline will be held at Rankin Field Range, 20000 Road 140 in Tulare. Participants **must attend both days** of training to receive certification. Upon successful completion of the course, the participant will be certified as rifle trainer and to lead a rifle project. There is no cost for the course. Bring your own beverages and lunch each day. To register for the course and receive more information contact Leah Harrelson at 559-684-3322. For information about the facility and a map, please visit the range website at: http://www.tcdsa.org/documents/rankin_field.htm.
- The **2012 Western Regional Leader's Forum** is planned for **January 12-15**, in Cheyenne Wyoming. This will be an opportunity to meet and share with other Extension professionals what innovative ideas are happening in youth development programming. Online registration is now available [here](#). Registration will close on **December 15, 2011**. More information can be found [here](#).
- The University of California, Davis College of Agricultural and Environmental Sciences will hold its **36th Annual Agricultural and Environmental Sciences Field Day on March 3rd, 2011**. The UC Davis CA&ES Field Day is the 2012 California 4-H State Qualifier for Poultry, Dairy and Livestock judging. To register, go to <http://www.calaged.org/registration>. Select the event (2012 U.C. Davis Agricultural & Environmental Sciences Field Day). Choose the link "Get Access Code". Complete the information on the form and click the register button. Please include 4-H next to your club name on the registration form. On the following page save the registration code and register later or simply continue with the registration at this point. Note that you may only register once so be prepared to complete the registration or contact us if you have any changes. After your chapter is registered, we request that you submit a printed copy of your online registration along with your payment. Checks should be made payable to "UC Regents" and mailed to:

Attn: Francesca Ross
 College of Agricultural & Environmental Sciences
 One Shields Avenue
 Davis, CA 95616

Deadlines:

November 14: Registration opened

February 10: Agriscience Fair and Job Interview materials due

February 10: Registration closed

February 17: Payments must be postmarked – We are now enforcing a \$25 late fee for payments postmarked after the 17th. For questions email fieldday@ucdavis.edu or visit <http://caes.ucdavis.edu/fieldday>.

- “Save the Date!” - The **2012 California 4-H Camping Conference** will be held **March 23 – 25th, 2012** at Camp Campbell in Boulder Creek, CA. There will be hands-on training for adult and teen leaders who help plan and administer 4-H camping programs, including new 4-H SET camping curricula!
- **USA Science & Engineering Festival**
April 27 - 29, 2012 in Washington, DC, <http://www.usasciencefestival.org/#>
 This 2nd Festival will inspire the next generation of scientists and engineers with school programs and nationwide contests throughout the 2011/2012 school year and a finale Expo in Washington DC in April. The Expo is the nation's largest celebration of all things science & engineering and features over 1,500 hands-on activities and over 75 performances.
- “Shooting Sports Leaders - Mark Your Calendars!” – A **State Shooting Sports Leader Meeting** will be held **April 28 & 29, 2012** at the Oakdale Sportsman’s Club in Stanislaus County. There will be hands-on sampler sessions for adult and teen leaders as well as updates on policies and programs. More details will be provided in the next edition of Updates.

- The **2012 California State 4-H Field Day** will be held on May 26, 2012 at UC Davis. The State 4-H Field Day is a fun-filled event for the whole family, with a day of 4-H contests, activities, picnics, and meeting others. The event is composed of the State 4-H Presentation Day, State 4-H Fashion Revue, Plant Science Contest, Film Festival, Photography Contest, Interview Contest, Judging Contest, and many others! Information on the event will be available in January 2012 at <http://www.ca4h.org/Programs/Events/SFD/>. If you want to host an educational exhibit, display, or hands-on activity, complete the form by April 2, 2012 at <http://www.ca4h.org/files/59519.pdf>. These exhibits are a great opportunity to share knowledge, interact with youth and adults, and engage people in new activities.
- Preparing for your **county** and **sectional/regional 2012 4-H Presentation Day**? The 2012 impromptu topics are available at <http://www.ca4h.org/files/72298.pdf>. The 2012 Senior and Intermediate problem solving presentation fact sets are available at <http://www.ca4h.org/Programs/Events/SFD/PD/>. Problem Solving presentations allow the member to select a position on an issue and develop a presentation to defend that position. There is NOT pre-qualification required to enter this category at the State 4-H Presentation Day (i.e., a gold medal at a sectional competition is not required to enter the Problem Solving category). The 2012 special recognition opportunities available at http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities/. Members focusing their presentation on one of these themes will earn a special pin at the State 4-H Presentation Day! The SET theme is **renewable energy**, the healthy living theme is **healthy foods**, and the citizenship theme is **speak out for military kids**. For questions, contact Steven Worker at smworker@ucdavis.edu.
- The **Million Pillowcase Project** is a national community service activity adopted for 2012 by 4-H State Fashion Revue. To participate, sew a standard-size pillow case, 20" x 30". Bring it to State Fashion Revue on May 26 at UC Davis or have a delegate from your county deliver it. The SFR committee will collect the pillowcases and donate them to charitable organizations throughout California. Get creative with your pillowcase fabric! Add a decorative border! Design a pillowcase for a foster child, a homeless person, or perhaps a nursing home resident. For ideas and sewing instructions, go to www.allpeoplequilt.com and click on Million Pillowcase Challenge. Our goal is 500 pillowcases from California 4-H. Contact ashleyandtara@gmail.com with pillowcase questions. For more information about State Fashion Revue, go to <http://www.ca4h.org/Programs/Events/SFR/>.

PROGRAM UPDATES

POSITIVE YOUTH DEVELOPMENT

Resource: Having launched on September 1st, 2011, the 4-H Online Record Book (ORB) continues to grow. Here are the latest statistics: 590 club meetings registered, 2284 Developmental Activities have been entered, 91 Presentations added, 880 Photos uploaded, 245 Comments were made and 388 Promotions received.

The 4-H Online Record Book has built-in reporting systems that will improve staff and volunteer efficiencies. As with anything new, it takes a little time to figure out how a system works. Once a user gets going on ORB, youth, volunteers, and staff will find that the Online Record Book will streamline reports and make approving things so much quicker and easier. Check out the Online Record Book today at <https://ucanr.org/4hbook/login.cfm> and simplify your 4-H life ☺.

SCIENCE, ENGINEERING, and TECHNOLOGY (SET)

Research: Read about 4-H robotics efforts taking place around the country in the International Society for Technology in Education's publication, *Learning and Leading: Learning Connections: No Robotics in School? 4-H Can Help.* http://www.iste.org/learn/publications/learning-and-leading/issues/Learning_Connections_No_Robotics_in_School_4-H_Can_Help.aspx

Resource: Every project in 4-H can benefit from the addition of science, engineering, and technology! In your 4-H projects, do members observe, compare, infer, plan, or build?! Download a new 4-H SET flyer at <http://www.ca4h.org/files/131247.pdf>

Resource: Free Online 4-H Curricula Library, <http://www.ca4h.org/Projects/Curriculum/SETCurriculum/> Download PDF files for Veterinary Science, Rabbits, Exploring Salmon and Steelhead, Water Quality, Pollinators, Pond Mapping, Engineering, Agriculture, or DNA!

Curriculum: Want to lead a **4-H robotics project?**! The new national 4-H curriculum is now available at <http://www.4-h.org/resource-library/curriculum/4-h-robotics/>. In California, many counties are offering *Junk Drawer Robotics*, where middle school youth learn scientific concepts and processes, the engineering design process cycle, and technology creation and building. For more information on 4-H robotics in California, visit <http://www.ca4h.org/Projects/SET/Tech/JDR/>

Resource: Check-out the **Bay Area Science website** for information on science events, podcasts, and resources in the greater Bay Area at <http://www.bayareascience.org/>

Activity: The **2012 Team American Rocketry Challenge** is accepting registrations through November 30, 2011. The annual rocket contest, sponsored by the Aerospace Industries Association (AIA) and the National Association of Rocketry (NAR), challenges teams of three to ten students to design and build a rocket that will climb to 800 feet with two raw eggs as the payload and stay aloft for 43 to 47 seconds. The eggs must then return to earth unbroken. The complete 2012 contest rules and information are available at www.rocketcontest.org.

4-H Success Story: In the **2011 National 4-H Horticulture Contest**, California 4-H members, Merrie Bedford, Jesse Hazeltine, Sara Aarestad, Isabelle West placed well! One of the highlights was California sweeping the top three places in the honors contest. See more at http://www.niha.org/pdfs/convention2011_winners.pdf. If you want to participate in the 2012 National 4-H Horticulture Contest, plan to participate in the state qualifier at the State 4-H Field Day on May 26, 2012 at UC Davis.

Resource: Science Guidelines for Nonformal Education

<http://www1.cybernet.org/prog/schl/science/4h590.html#link2>

The Science Guidelines for Nonformal Education are developed to help youth educators and volunteer leaders understand the importance of nurturing the skills necessary for a scientifically literate society. Utilizing the tools and strategies outlined in these guidelines will help non-traditional STEM educators become more successful in their teachings.

HEALTHY LIVING

- Activity: President's Active Lifestyle Award**

Congratulations California 4-H! With 146 members participating in the President's Active Lifestyle Award (PALA) Challenge, California 4-H represented the largest group of 4-H members nationwide! Did you miss out? It's not too late to start the challenge! Visit www.presidentschallenge.org/natl4-H to join.

- Activity: Project Yellow Light**

Contest Opens: December 1, 2011

High school seniors can submit a PSA that conveys the importance of teens developing and embracing safe driving habits, and focuses on not texting while driving. The winner will receive a \$2,000 college scholarship. Visit www.projectyellowlight.com for details.

- Activity: Burpee Home Gardens "I Can Grow" Youth Garden Awards**

Deadline: **December 23, 2011**

Burpee Home Gardens is accepting funding applications to support urban school and community gardens. Awards will be presented to gardens that demonstrate well-developed plans for a youth-centered educational program, with an emphasis on nutrition and food production, environmental

awareness, social responsibility and scholastic integration. Visit www.burpeehomegardens.com/ICanGrow/YouthGardenAward.aspx for more info.

- **Activity: No BULL Challenge**

Deadline: **March 15, 2012**

Students in sixth through twelfth grade are challenged to start an anti-cyberbullying campaign in their school or community, use video to document their campaign, and then submit their project to the NO BULL Challenge website. Win prizes such as a \$10,000 production deal, a trip to the Sundance Film Festival, scholarships and much more! Visit nobull.votigo.com for more information.

- **Activity: Special Recognition at 2012 State Presentation Day**

A special recognition pin will be awarded for youth who participate in State Presentation Day and focus their presentations on healthy living. This year's focus area is healthy food. Potential topics may include USDA's MyPlate, serving sizes, sugar-sweetened beverages, nutrition facts labels, preparing a healthy meal on a budget, food groups, nutrients, healthy snacks, whole grains, food safety, dairy products, dietary fiber, and more. Visit www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities for details.

- **Resource: YOUTH-Turn Toolkit**

The YOUTH-Turn Toolkit provides resources to help youth turn adversity into action and create educational, sustainable, memorable and engaging projects. Find out more about the YOUTH-Turn program and request a free toolkit by visiting www.noys.org/youthturn.aspx.

- **Resource: Snack Planet Mobile iPhone and iPad App**

The Snack Planet app is a game that promotes the benefits of healthy snacking and exercise. Race the clock as Optimis, the robot, moves through the maze grabbing healthy foods along the way. Visit ianhome.unl.edu/mobileapps for more information.

CITIZENSHIP

Activity: Are you ready for California or Washington Focus? Enrollment for the 2011 summer programs is due January 10. To learn more go on-line to: <http://www.ca4h.org/Projects/Citizenship/Focus/>. Check with your county 4-H office to see if staff will be entering your registration or if you will be doing it from your own computer. Get ready for a fun, active way to enhance your leadership and civic engagement skills while you meet other 4-H members from across the state and nation? Financial assistance is available. Contact Pat English at: penglish@ucdavis.edu.

California Focus, June 17 – 21 in Sacramento

Washington Focus #1

June 26 – July 4, Road to Democracy - Washington, D.C.; Williamsburg, Jamestown/ Yorktown or

June 26 – July 2, Heritage Trail I – Washington, D.C.

Washington Focus #2

July 10 – 19, Global Journey - Washington, D.C, Philadelphia, & New York or

July 10 – 16, Heritage Trail II – Washington, D.C.

- **Activity: The Kennedy-Lugar Youth Exchange and Study (YES) Abroad Program** offers scholarships to American high school students to spend a semester or an academic year in Bosnia & Herzegovina, Egypt, Ghana, India, Indonesia, Malaysia, Mali, Morocco, Oman, Thailand, and Turkey. The application deadline is **January 11, 2012**. Visit the [YES Program's website](#) for more information.

- **Activity:** The American Youth Leadership Program with Mongolia will offer 28 youth and 5 adults the opportunity to explore the vast historical and cultural traditions of Mongolia. The four week exchange program will begin mid June and complete mid July, 2012. The educational theme during the exchange will focus on environmental issues that are common to the western U.S. and Mongolia. Youth and adult participants will be selected from Washington, Oregon, California, Idaho, Utah, Nevada, Arizona, New Mexico, Colorado, Montana, Hawaii, Alaska and Wyoming. Youth participants must be at least 15 years

old and not older than 17 years old by the trip departure date and must have at least one semester of high school left following the trip. There is no program fee and out of pocket expenses will be minimal. Additional information and application materials are available on the Wyoming 4-H web site: <http://www.uwyo.edu/4-h/>. Applications are due **January 15, 2012**.

- **Activity:** Applications for the District Leader Intern position with the California Focus Program will be available by November 10. Look for the application on line at: <http://www.ca4h.org/Projects/Citizenship/Focus/CF/>. Please let young adults, ages 18 – 25, know about this great leadership experience planning and carrying out California Focus. The dates of the conference are June 17-21, 2011. There will be two training weekends in the spring for staff to come together as a team and develop this year's education program.

FUNDING UPDATES

Please note: University policy requires an Advisor or County Director to submit all grant applications and fulfill the requirements of UC ANR Contracts & Grants. For more information, please contact your local county 4-H office.

CALIFORNIA 4-H FOUNDATION

- In early December we will be sending out our annual year-end appeal to raise funds to support 4-H across the state. The appeal is sent to over 27,000 people, throughout California, connected to 4-H. This year we are privileged to share a very compelling story from a 4-H teen who has survived many hardships and now volunteers by teaching elementary school children science education in Sacramento County. Her story is inspiring and highlights the important impacts 4-H makes by developing young people who are uniquely prepared to step up to the challenges of a complex and changing world. If you have any questions about the year-end appeal, please feel free to contact me, Annette Leeland. My direct line is 530-754-0455 or email a.leeland@ucdavis.edu.

FUNDING OPPORTUNITIES

- The Starbucks Foundation has announced the **Starbucks Shared Planet Youth Action Grants**. Letters of Inquiry and online form submissions will close on **December 1, 2011** for the spring 2012 grant cycle. The goals of the grant include engaging 50,000 young people to innovate and create action in their communities. For more information, click [here](#).
- A grant opportunity is being offered by **Katie's Krops**, and is available to youth ages 9-16 who are interested in starting a vegetable garden to help feed members of their communities. The deadline to apply is **December 5, 2011**. Visit [here](#) for more information.
- The **Stephen J. Brady STOP Hunger Scholarships** are available to recognize students who have worked and have demonstrated an on-going commitment to fight hunger in the United States in the last 12 months. The deadline to apply is **December 5, 2011**. Visit [here](#) for more information.
- The **2012 President's Higher Education Community Service Honor Roll** is accepting applications for community service performed during the 2010-2011 academic year. The deadline to apply is **December 9, 2011**. Visit [here](#) for more information.
- The **2012 boating and fishing education grant information** from the Recreational Boating & Fishing Foundation (RBFF) is now available. Youth-focused boating, fishing and conservation organizations are encouraged to apply by the **December 30, 2011** deadline. For more information regarding the grant guidelines, visit RBFF.org - <http://www.rbff.org/page.cfm?pageID=376>.

- **2011 Promise Neighborhoods Program** – Through the U.S. Department of Education, grant opportunities for this program and applications have recently been made available. Grant recipients will be selected no later than **December 31, 2011**. For more information, visit: <http://www2.ed.gov/programs/promiseneighborhoods/index.html>.
- The **Whole Kids Foundation & FoodCorps School Garden Grants** are available to schools and garden-related non-profit organizations to apply. The grants will help support engaging youth with fresh fruits, vegetables and launching school gardens. The deadline to apply is **December 31, 2011**. Visit [here](#) for more information.
- The **2012 AmeriCorps Grants** are available to organizations who are working with AmeriCorps members to strengthen their communities in the following areas: Disaster Services, Economic Opportunity, Education, Environmental Stewardship, Healthy Futures, and Veterans and Military Families. The deadline to apply is: **January 18, 2012**. Visit [here](#) for more information.
- **Come Join the Revolution of Responsibility!** 2013 marks the centennial for 4-H in California and the 4-H Program will celebrate by giving back to their communities with youth-designed, youth-led projects where participants learn leadership by actually leading, collaboration by forming relationships with other groups and agencies, and citizenship skills by actively seeking opportunities to make a difference in their communities. In support of this community development work, the CA State 4-H Office has consolidated the Requests for Funding (RFP) for Service-Learning, Healthy Living, SET, and Legacy into one application. Chartered 4-H clubs/units can apply for funding up to \$1,000 to support service-learning projects related to their club or project activities by submitting the proposal. An on-line application is available at: <http://ucanr.org/join/>. The next application deadline is **January 15**. **Applications will also be accepted for a third submission round until April 15, 2012**. For more information check out the web site at: <http://www.ca4h.org/Support/RofR/> or contact Pat English at: pnenglish@ucdavis.edu.
- The Foundation for the Preservation of Honey Bees, Inc. is sponsoring the **2012 4-H Honey Bee Essay Contest**. Entries are due electronically and must be received **on or before February 17, 2012** to Eric Mussen, ecmussen@ucdavis.edu. Please click [here](#) for contest rules and essay topic.

RESEARCH UPDATES

- We would like to announce the online publication **Advances in Youth Development: Research and Evaluation** from the University of California Cooperative Extension (2001-2010). This is an edited compilation of articles featuring the outcomes of research and program evaluation in the past decade in California 4-H. The topics represented in this volume include health and healthy living, citizenship, leadership, life skills, science education, and volunteer and staff development. You can download the whole book or individual chapters from the following link:
<http://www.ca4h.org/Research/CYD/Publications/>.

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*Making a Difference
for California*