



4-H E-News Updates

February 2013

[Statewide 4-H Online Calendar](#)

ASSOCIATE DIRECTOR UPDATES

As a young person in 4-H, have you ever wondered what the impact of 4-H is on you? As a 4-H adult volunteer, have you ever wondered what the impact of 4-H is on young people? Of course not – because you live it and see it every day. All of us in 4-H see first-hand the value and beauty of the program. Not only is it fun but it helps develop healthy, happy, thriving people who make a positive difference in their communities.

We want to tell this story to everyone and you can help us! We have included surveys in the 4-H Online Record Book (ORB). The surveys ask questions related to sparks (what excites and motivates youth) and goal management in addition to questions about academics, science, healthy living and citizenship.

Help us document and demonstrate the value of 4-H for youth, families and their communities by taking the surveys in the ORB before February 15, 2013 or if you are an adult, by encouraging young people to take the surveys by the deadline. This will help us to continue to secure funding to support the program that we care deeply about. Survey data can also help us make this program better for youth, and make the program fit their needs. We want to make sure that 4-H is not only fun, but is helping youth find their spark, reach their goals and contribute to their community.

As if that isn't enough of a reason... 4-H Thrive is awarding \$20 gift cards to every 4-H member that completes all SPARKS Score Questions (including the "Bonus" ones) and adult volunteers that complete observation tools in the 4-H Online Record Book (ORB). SPARKS Score Questions appear twice a year; you must complete both time points to be eligible for these gifts. In addition, these same individuals will automatically be entered into a drawing to win a new iPad Mini. The current SPARKS Score Questions and adult observation tools must be completed in ORB no later than February 15, 2013 to be considered. The second set will appear in ORB beginning May 1st, these must be completed by August 31, 2013.

Thanks for helping us tell your story – the story of 4-H!

Shannon

CA 4-H FOUNDATION UPDATES

Fundraising News from the Field:

As the centennial year gains momentum, it is a perfect time to think about how to engage and recognize alumni. Alumni are great allies as they have had the benefit of being in 4-H and understand the value and impact of the program. 4-H alumni should be embraced in all of your centennial plans and that means inviting them to your centennial events and/or reaching out to them to get their 4-H stories. There are several counties that are already

doing this and providing a road map for others. For instance, in Mendocino County they are making a concerted, focused effort to include alumni in their annual May extravaganza. The Ukiah Valley Shamrock 4-H Club has contacted the Foundation to get ideas and guidance on alumni outreach strategies and names and addresses of their local alumni. The San Carlos Eaton Hills 4-H Club is doing a history project where they are reaching out to alumni to get their alumni stories. They are particularly interested in alumni who were in 4-H in the 1940s and 1950s and even later. In the Central Sierra, they will be handing out window clings to local business owners that are 4-H Alumni. The window clings say "I got my start in 4-H." This effort will be extended to all four counties, Amador, Calaveras, Tuolumne and El Dorado, in the Central Sierra. These are a few examples of how local clubs and counties are thinking about engaging and recognizing alumni for the centennial and beyond. For more information on alumni efforts across the state or how to engage your local alumni, contact Amy McGuire at almcguire@ucanr.edu or 530-754-1523.

Foundation News:

Speaking of alumni, the California 4-H Foundation has been involved in a national alumni pilot project. The pilot group, composed of ten states, had its first meeting in December and learned of recent research that identifies our "booster" alumni; these are the alumni who are most likely to be involved through making a donation, volunteering or advocacy. The survey also asked about the impact of 4-H on their lives.

Here are a few of the highlights from the research survey:

- The majority of the respondents were female age 25-54
- Had small town/rural 4-H experiences
- Currently live in the suburbs
- Half of these respondents have children
- Half of them work full time
- They are interested in issues surrounding education, human services, health and youth development
- 96% of the respondents said they had positive experiences as youth in 4-H
- 63% said their 4-H experiences fostered a sense of responsibility and helped them develop character and values

We will continue to bring you updates on the research and the alumni pilot project as we learn more.

Fundraising Tip of the Month:

We want to support your efforts to connect with 4-H alumni. Attached is a template of a letter to send to your alumni to inform them of your centennial plans and to let them know how California 4-H is celebrating the centennial. Click [here](#) for the template of the letter. Please adapt as needed.



FUNDING UPDATES

- **California 4-H \$1,000 for 1,000 Service Learning Projects**
2013 Revolution of Responsibility - <http://www.ca4h.org/Support/RofR/>

2013 Application Deadlines:

March 15, 2013
May 15, 2013
July 15, 2013
September 15, 2013
November 15, 2013

- Applying for a Revolution of Responsibility grant is not the only way to support your service learning efforts. Click on this [link](#) to see a listing of upcoming grant opportunities that can provide local support for service learning projects.
- The **Friends of the California State Fair** announced that they will continue their scholarship program for the 2013-2014 academic years. California college students and graduating high school students are eligible and must submit an application by **Friday, March 8, 2013**. The scholarship applications are available now at www.bigfun.org. For more information contact Jake Rowe at jrowe@calexpo.com.

Please note: University policy requires an Advisor or County Director to submit all grant applications and fulfill the requirements of UC ANR Contracts & Grants. If you plan to apply for any of the following opportunities, please notify the California 4-H Foundation (aleeland@ucanr.edu) who will review your application prior to submission to ensure that it is as strong as possible.

DATES & DEADLINES

- **Can You Top This?**
The Centennial of 4-H in California will be celebrated in 2013 in many ways, including traditional events and special programs. Culminating the activities is the State 4-H Leaders' Forum, Nov. 8 - 10, 2013 in Sacramento. As part of the celebration, the SLF committee is searching for the family with the most generations involved in the 4-H program. How about yours? Another search is looking for the oldest living 4-Her. Do you know someone who was in 4-H in the early days (1930s, 40s, 50s) of 4-H? Please contact Charlean Andes at teacherc2@gmail.com for more information or to register your family or old-time 4-Her.

If you have memorabilia from your 4-H experience which you are willing to share with others we would like to hear from you, too. There is room for several displays to document the progression of traditions, projects, hair styles, fashions, experiences, etc. Please contact Stephanie Barrett mom4a2g@yahoo.com.

We are taking suggestions and applications for educational workshops. Please contact Mary Engebretson at maryengebretson@comcast.net.

- **Hosting a Qualifying show for the 2013 California Horse Classic?**
Register your show here: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=9834> for it to be considered a qualifying show for the 2013 California Horse Classic.
Criteria for a Qualifying Show:
 - Show verified by County
 - Up to 3 shows per county
 - If your county has 3 horse shows 1 show must be associated with a county fair
 - Each horse show must be registered
 - The Horse Show must offer the same classes that are offered at the State 4-H Classic (they may offer more if they choose too)
 - Management of each show is required to send show results to Sarah Watkins at the State 4-H Office

Results can be sent via email to spwatkins@ucanr.edu or faxed to (530)754-8541 or mailed to:
Sarah Watkins, CA State 4-H Office, 1 Shields Ave, DANR Building, Davis, CA 95616

- The University of California, Davis College of Agricultural and Environmental Sciences will hold its **37th Annual Agricultural and Environmental Sciences Field Day on March 1st and 2nd**. The UC Davis CA&ES Field Day is the 2013 California 4-H State Qualifier for Poultry, Dairy and Livestock judging. Visit <http://www.ca4h.org/Projects/SET/Animal/SLJC/> for state qualifying guidelines.

To register, go to: <http://calaged.csuchico.edu/registration/>

Select the event (2013 UC 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 club 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: Courtney Rhodes, College of Agricultural & Environmental Sciences, One Shields Avenue, Davis, CA 95616

Deadlines:

February 8: Agriscience Fair and Job Interview materials due

February 8: Online Registration closed

February 15: Payments must be postmarked – We are now enforcing a **\$25 late fee** for payments postmarked after the 15th

For questions email fieldday@ucdavis.edu or visit <http://caes.ucdavis.edu/fieldday>

- **4-H Honey Bee Essay Contest**

For 4-H members, due February 15, 2013

2013 Topic: "Reducing the Usage of Bee-Killing Pesticides in My Community."

<http://www.ca4h.org/files/156350.pdf>

The Foundation for the Preservation of Honey Bees, Inc. sponsors this essay contest for 4-H members. 1st place national winner receives \$750, 2nd place \$500 and 3rd place \$250. Each state will select a winner and then a national winner will be selected from the pool of state winners.

- **Shooting Sports Project Leader Course**

Rifle Discipline

Pajaro Valley Rod & Gun Club

557 ½ Lakeview Road

Watsonville, CA

Saturday, March 9, 2013 – 8:30 a.m. – 5:00 p.m.

Sunday, March 10, 2013 – 8:30 a.m. – 4:00 p.m.

Upon successful completion of this course, the participant will be certified as rifle trainer and can lead a rifle project at the club or county level or serve as county trainer to certify project leaders in the shooting sports discipline of rifle. This course is also open to 4-H teen leaders (high school aged youth). For more information, or to register for the class, contact Randy Turnquist at randy@randyt.com or phone 831-566-2590. Please discuss the course fee with the instructor which could be up to \$25 depending on if you wish to print your own course material or have him do it. (Please note that the rifle discipline is not an approved project in Santa Cruz County). For more information about the class facility visit this website: www.pajarovalleyrodandgun.org.

- **Shooting Sports Workshop**

Muzzle Loading Discipline

5 Dogs Range - Bakersfield, CA

Saturday, March 23, 2013 – 8:00 a.m. – 6:00 p.m.

Sunday, March 24, 2013 – 8:00 a.m. – 4:00 p.m.

Upon successful completion of this course, 4-H leaders will be certified in the shooting sports discipline of muzzle loading. They will be certified as leader trainers and are eligible to serve as shooting sports leaders for clubs or counties and they may also instruct and certify shooting sports volunteers. Class size is limited. There is no fee for the course. However, if you wish to receive National Muzzle Loading Rifle Association instructor certification there is a fee of \$40. To get more information or register for the class contact John Borba at: jaborba@ucdavis.edu or telephone 661-868-6216.

- The Humboldt County 4-H Horse Show will be held March 24, 2013 in Ferndale, CA. Youth from all counties are welcome to register for this event. The registration packet and all event details are available [here](#).
- The Northcoast Youth Summit will be held on March 16, 2013 in Eureka, CA. All youth grades 7-12 and adults who work with youth are welcome to participate. Please see the event flyer for additional details [here](#).
- Calling all camp professionals! The [Tri-State Camp Conference](#), held in Atlantic City, NJ from March 12-15, 2013, gives like-minded individuals the chance to come together and share experiences, ideas and tips about the camp industry.
- **Western Region Leader Forum – March 21 – 24, 2013 in Hawaii**
Hawaii 4-H members, volunteers, faculty and staff are looking forward to seeing you in Hawaii March 21 – 24, 2013 for the Western Region Leader Forum. The conference site is the Waikiki Beach Marriott and Resort (800-848-8100). Refer to code, WR4A, to the person taking your reservation. Registration for the forum may be completed by going to: <http://www.ctahr.hawaii.edu/wrlf/>
Deadline for Hotel room rate of \$179 is February 21, 2013 - \$425
- **American Youth Leadership Program with Samoa**
Applications due **April 1, 2013**
The [American Youth Leadership Program \(AYLP\) with Samoa](#) will offer 18 youth and 2 adults the opportunity to explore the vast historical and cultural traditions of Samoa. The program will include a pre-trip orientation on the campus of the University of Wyoming (July, 2013), three week cultural trip to Samoa (December 13, 2013 – January 4, 2014) and a follow-on project that will be carried out in each participant's local community following the exchange trip. For more information visit: <http://www.uwyo.edu/4-h/youth/travel/samoa/index.html> or applications visit: <http://www.uwyo.edu/4-h/youth/travel/samoa/samoa-applications.html>. Please note: There is no program fee and out of pocket expenses will be minimal.
- **State Fashion Revue**
The State Fashion Revue committee is hard at work planning our event for State Field Day on May 25th. You can help to make SFR a success by volunteering to be a judge or a room monitor. We are now actively recruiting for both jobs! State Fashion Revue judges are adults who have an interest in fashion, current fashion trends, arts and crafts techniques, consumerism and garment construction. Room Monitors are willing adult workers who will help with logistics in the judging rooms. We are also recruiting judges for the presentations that will take place in Olson Hall by members who are dually entered in both State Fashion Revue and State Presentation Day. These adults must have previous experience in judging presentations at the county or sectional level. Counties are responsible for providing 1 judge for every 5 entries into State Fashion Revue. If you have any questions regarding judges, please contact Sharon Payne, SFR Judge Coordinator, at royalayne6@yahoo.com or call 707-332-3049. To register to be a judge or room monitor, please complete the online survey at <http://ucanr.edu/sfr2013judges>.
- **State 4-H Field Day Educational Exhibits**
<http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=9588>
Applications due **April 1, 2013**
Educational exhibits and displays constitute a unique aspect of the State 4-H Field Day. These exhibits are a great opportunity to share knowledge, interact with youth and adults and engage people in new activities. Possibilities for displays include hands-on activities, community service crafts, informative booths, etc.
- **4-H MyPlate Challenge at 2013 State Field Day**
In 2011 the U.S. Department of Agriculture (USDA) unveiled the federal government's new food icon, MyPlate, to serve as a reminder to help consumers make healthier food choices. 4-H is challenging YOU to show how you're making YOUR plate MyPlate. We invite you to submit a photograph illustrating how

you're creating healthy meals using MyPlate as a guide. 4-H members do not need to pre-qualify at a county event. More details about this contest can be found at:
http://www.ca4h.org/Programs/Events/SFD/4-H_MyPlate_Challenge/

- **2013 Milano Scholarship**
Applications for up to five \$5,000 college scholarships are now available at the Modoc County 4-H Office located at 202 West 4th Street in Alturas. The scholarships have been made possible thanks to a \$75,000 donation from Mark and Jessie Milano and the Milano Foundation. The Milano Scholarship is intended to benefit youth enrolled in the Lassen, Modoc or Siskiyou County 4-H Youth Development Programs for a minimum of four years. Youth with less than four years of 4-H membership may apply but will not be given full consideration. Click [here](#) for the application. Completed applications are due in the 4-H Office by 5:00 p.m. on April 12, 2013. Contact Susan Stokke, ststokke@ucanr.edu for questions.
- **National 4-H Hall of Fame Ceremony Opportunity**
Due to the State 4-H Office by: May 17, 2013
This year the National 4-H Hall of Fame Task Force of NAE4-HA would like to offer two 4-H youth the opportunity to play a unique role in the 2013 Hall of Fame Ceremony which will be held on October 11, 2013 at the National 4-H Center in Chevy Chase, Maryland. The Task Force will be selecting a Youth Master/Mistress of Ceremonies and a Youth Entertainer to assist with the National Hall of Fame Ceremony. Details on how to apply are provided on the respective applications:
[National 4-H HOF Entertainer Application](#)
[National 4-H HOF Master/Mistress of Ceremonies Application](#)
Applications are due to the California State 4-H Office by May 17, 2013 so applications can be reviewed and nominations from California selected and submitted by the deadline. If you have any questions, contact Shannon Dogan at sjdogan@ucdavis.edu or 530-754-8518.
- **Save the Date: State 4-H Field Day 2013 – May 25 at UC Davis**
Come help celebrate the centennial and participate in numerous activities and competitions for the entire family. The Event packet is now posted online <http://www.ca4h.org/files/158809.pdf> and more information is available here: <http://www.ca4h.org/Programs/Events/SFD/>
Check it out! Any questions contact Sarah Watkins, spwatkins@ucanr.edu.
- **California Focus**
June 14-18, 2013
California Focus is a unique citizenship educational experience that combines hands-on participation in workshops, debates and simulations with speakers, tours, fun activities and new friends from across California. <http://ucanr.org/sites/UC4-H/Projects/Citizenship/Focus/CF/>. **Online Registration will be available February 1, 2013**
- **Citizenship Washington Focus**
June 23-July 2, 2013
Delegations can look for orientation dates and locations in February.
Washington Focus, an educational conference offered at the National 4-H Center near Washington, D.C, gives youth the opportunity to explore, develop, and refine the civic engagement skills they need in order to become outstanding leaders. Additional travel days include visits to Gettysburg, Philadelphia and New York City. For more information visit: <http://www.ca4h.org/Projects/Citizenship/Focus/WF/>
- **4-H State Leadership Conference 2013 – July 25-28, 2013 at UC Davis**
Celebrating 100 years of California 4-H. This year's theme: *There's no place like 4-H*
The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. For more information visit: <http://www.ca4h.org/Programs/Conferences/SLC/>
- **Feeding a Hungry Planet**
Global 4-H Youth Ag Summit

August 19-25, 2013, Calgary, Alberta, Canada

This is an opportunity for 10 U.S. applicants (ages 18-25) to be selected to participate in an expense-paid international conference. Selected applicants will be based on essays or videos submitted online to a Canadian-hosted website. The application deadline is **Feb. 15, 2013**. There will also be a need to select two adult mentors to accompany the 10 U.S. winners and participate in the Summit. The submission form found at www.youthagsummit.com must be filled out in order to upload an essay/video application. For questions contact: Ms. Nadica Koskarovska, 301-961-2866 or nkoskarovska@fourhcouncil.edu

PROGRAM UPDATES

POSITIVE YOUTH DEVELOPMENT

- **4-H Record Book Manual and Forms Updated!**

When youth intentionally keep up-to-date on their 4-H Record Book, they're learning an important skill that develops competence and confidence. As youth are working on their 4-H Record Books for the 2012-2013 program year, be sure they are using the most current forms. Did you know the Record Book Manual and forms were updated in 2011? And in 2012 an addendum to the manual was written to help give more information regarding the 4-H Online Record Book (ORB).

Tip: Use 4-H ORB to complete your record book and you will always be guaranteed that you're using the correct forms.

NEW! Youth who plan to submit their 4-H Record Book to State Competition 2013 will be required to complete an online training prior to October 1, 2013. Look for more information on this online training to be released in March 2013. The training will help youth understand what forms to complete, how to complete them and tips on completing a successful book.

For the most recent forms, go to <http://www.ca4h.org/Resources/Members/RecordBook/>

HEALTHY LIVING

- **New Healthy Living Officer Position**

Are you looking for ways to integrate healthy living practices into your 4-H club? Starting in the 2013-2014 program year California 4-H will be adding a Healthy Living officer position to the 4-H Officer Manual. The Healthy Living officer will serve as the club's ambassador for health! By choosing to elect a Healthy Living officer your club is taking an active role in promoting healthy lifestyles. The Healthy Living officer will be the leadership for all health activities including: providing ideas on how to incorporate physical activities and healthy eating into each club meeting, write Healthy Living articles for the club newsletter and adopting and promoting a club Wellness Plan. Please help ensure that the health "H" of 4-H is at the forefront of all our meetings - consider electing a Healthy Living officer! The Choose Health Officer Guide developed by Cornell University Extension can be found at: <http://www.ca4h.org/Programs/Clubs/Officers/>

- **Special Recognition at 2013 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 physical activity. Potential topics may include muscle strengthening, heart rate importance, workout wear, Zumba, activity log, exercise trends, fitness apps, stretching, benefits of exercise, fun ways to work out, 'exergaming', recreational sports, types of activity, making time for fitness, safe places in your community to be active and more. For details visit: http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities/

- **A Guide to Bully Prevention Programs**

This guide to bully prevention is a resource for youth development professionals from any youth-serving organization. The purpose of this publication is to help youth professionals better understand how to

create safe and fully inclusive environments within the organizations they serve. To access the guide visit: <http://www.4-hmall.org/Product/newitems/a-guide-to-bully-prevention-programs/08450.aspx>

- **4-Keeping out of reach – UGA GreenWay**
From laundry pods to medicines and makeup, poisonous items show up throughout our homes. Keep them out of reach and out of sight from children.
Visit: <http://www.youtube.com/watch?v=gQG9m1MPkJQ&list=UUm9HxQoldnM0uOzR7nONUxg>
- **4-H ATV Safety**
ATVs are popular among youth and adults for recreation and for utility use. Understanding the right way to safely ride the right-sized ATV for you is important before you ride. This website is a place where you can learn about ATVs, watch videos about ATVs, find out what size ATV you should ride, and play games and take quizzes to help you find out how much you know about ATV safety: <http://www.atv-youth.org/>
Farm Safety for Just Kids is offering free ATV resources available at: http://www.farmsafetyforjustkids.org/?page_id=413
- **Underage drinking**
Nationwide underage drinking continues to be a serious problem. According to a recent Substance Abuse and Mental Health Services Administration (SAMHSA) survey, 26.6 percent of 12- to 20-year-olds reported drinking in the past month, with 8.7 percent saying they bought their own alcohol. Underage drinking can have devastating effects on youth and communities. SAMHSA Administrator Pamela S. Hyde states "Even though drinking is often glamorized, the truth is that underage drinking can lead to poor academic performance, sexual assault, injury, and even death." Read the news release at: <http://www.samhsa.gov/newsroom/advisories/1211193154.aspx>. Resources on the risks and prevention of underage alcohol abuse: <http://shop.channing-bete.com/onlinestore/store.html?cid=130749>
- **Diabetes rates continue to rise**
The Centers for Disease Control and Prevention (CDC) recently reported that in the last 15 years the prevalence of diagnosed diabetes has increased by at least 50 percent in 42 states and by 100 percent or more in 18 states. 90-95% of all diabetes diagnosed in the United States is preventable, Type 2 diabetes. "These rates will continue to increase until effective interventions and policies are implemented to prevent both diabetes and obesity," noted the CDC's Ann Albright. Read the news release at: http://www.cdc.gov/media/releases/2012/p11_15_diagnosed_diabetes.html. Resources for diabetes risk, its management and prevention here: <http://shop.channing-bete.com/onlinestore/store.html?cid=130440>

CITIZENSHIP

- **2013 National 4-H Conference April 6-11, 2013**
The Thomas and Dorothy Leavey Foundation support the California National 4-H Conference delegation through the California 4-H Foundation. This includes travel to and from the pre-conference orientations; travels to and from the National 4-H Conference and National 4-H Conference registration fees. <http://www.ca4h.org/Programs/Conferences/N4-HC/>. The 2013 National 4-H Conference Delegates are:
 - Dominique Germann – Stanislaus County
 - Ben Hampton – Sonoma County
 - Kenny McDevitt – Santa Clara County
 - Amber Meek – San Bernardino County
 - Nicole Milligan – Stanislaus County

SCIENCE, ENGINEERING, and TECHNOLOGY (SET)

- **Save the Date for SET-related events:**
 - U.S. Dept. of Energy Solar Decathlon, October 3-13, 2013, Orange County Great Park, Irvine, CA, <http://www.solardecathlon.gov/>

- CSTA Science Education Conference, October 25-27, 2013, Palm Springs, CA, <http://www.cascience.org/csta/conferences.asp>
 - California STEM Conference, Sacramento, November 18-19, 2013, hosted by the California Department of Education.
- **Farm Safety**
<http://www.farmsafetyforjustkids.org/>
Check out the free PDF materials on four safety topics: ATV, chemical, tractor, and livestock safety. Each topic includes background information, lesson plans, activities, a Power Point presentation, and more. The ATV and chemical resources are available for download in both English and Spanish.
- **Bay Area Young Makers**
<http://youngmakers.org/bay-area-2013-registration/>
The 2013 season of the Young Makers program is expanding to three host organizations (“Hubs” for short) in three regions: the Lawrence Hall of Science for clubs in the East Bay, The Tech Museum of Innovation for clubs in the South Bay, and The Bay School of San Francisco for clubs in San Francisco and the North Bay. The Young Makers Program is different in several ways from other activities such as robotics competitions and science fairs. In particular, there are no winners and losers, and the projects are cross-disciplinary and youth-driven. And, just like Maker Faire, anything that’s cool is fair game.
- **Opportunities for Public Participation in Scientific Research (PPSR) (also known as Citizen Science)**
PPSR are intentional collaborations in which members of the public engage in the process of research to generate new science-based knowledge. Read more about [PPSR](#).
 - **The California King Tides Initiative** - <http://www.californiakingtides.org/>
The Initiative encourages members of the public to document the highest seasonal tides (or king tides) that occur along the state’s coast. These photographs help us visualize the impact of rising waters on the California coast.
 - **Cornell Lab of Ornithology Project FeederWatch** - <http://www.birds.cornell.edu/pfw/>
Project FeederWatch is a winter-long survey of birds that visit feeders at backyards, nature centers, community areas, and other locales in North America. FeederWatchers periodically count the birds they see at their feeders from November through early April and send their counts to Project FeederWatch.
 - **Coastbuster** - <http://oceannetworks.ca/coastbuster>
You can help keep our West Coast clean and safe by reporting marine debris via Coastbuster for Android. Use this app to report large, unusual and potentially hazardous marine debris—especially items that may have been swept into the sea by Japan’s devastating March 2011 tsunami.
 - **CoCoRaHS** - <http://www.cocorahs.org/>
CoCoRaHS is a unique, non-profit, community-based network of volunteers of all ages and backgrounds working together to measure and map precipitation (rain, hail and snow). By using low-cost measurement tools, stressing training and education, and utilizing an interactive Web-site, our aim is to provide the highest quality data for natural resource, education and research applications.
 - **Project BudBurst** - <http://neoninc.org/budburst/aboutus.php>
BudBurst is a network of people across the United States who monitor plants as the seasons change. They are a national field campaign designed to engage the public in the collection of important ecological data based on the timing of leafing, flowering, and fruiting of plants.
 - **Long-term Monitoring Program and Experiential Training for Students (LiMPETS)** - <http://limpetsmonitoring.org/>
LiMPETS is an environmental monitoring and education program for students, educators, and volunteer groups. This hands-on program was developed to monitor the ocean and coastal ecosystems of California’s National Marine Sanctuaries to increase awareness and stewardship of these important areas.
- **2013 4-H Film Making Statewide Project, supported by BestBuy**
Register at <http://www.ca4h.org/Projects/SET/Tech/CTLT/Film/>

For 4-H members (age 13-19), volunteers and staff learn how to produce films. The goal of the 4-H Film Making Project is to enhance technological literacy of 4-H members by helping them learn the basics of film production including storyboarding, filming, and editing. Our goal is to have 4-H members produce films that feature how 4-H is impacting their community (for example, 4-H Revolution of Responsibility projects) and recording 4-H alumni and creating films featuring the "Voices of 4-H History" for the CA 4-H Centennial. The project is coordinated by the 4-H Technology Leadership Team:

- Hosting four-hour video production workshops around California using the National 4-H Film Making Curriculum (workshops limited to 30 people)
- Lending video equipment kits to counties
- Showcasing completed videos at the State 4-H Film Festival and on various websites

- **2013 4-H Presentation Themes**

http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities/

California 4-H will offer a thematic recognition pin for youth who participate in State Presentation Day and focus their presentations on one of the following areas: Engineering to Solve the World's Problems, Physical Activity, The Path to Thriving and C is for Contribute. Specific to Science, Engineering and Technology (SET): Engineering is the application of science to solve human issues by constructing technologies, structures, machines, devices, and systems. Scientists may ask why and develop an experiment to answer the question while engineers identify a need and then create a solution to meet the need. How can you use the engineering design process and the practices of engineering to solve California, the nation, and the world's social, economic and environmental problems? How do you use engineering practices in your 4-H projects – animals, foods, health, plants, leadership, and others?

- **InvenTeams - Introducing Students to the World of Invention**

Due April 5, 2013

<http://web.mit.edu/inventeams/>

The InvenTeam initiative, created by the Lemelson-MIT Program, offers an unparalleled opportunity for high school age youth to cultivate their creativity and experience invention. InvenTeams are teams of high school youth/students, teachers, and mentors that receive grants up to \$10,000 each to invent technological solutions to real-world problems. Each InvenTeam chooses its own problem to solve.

- **Save the Date: 2014 USA Science & Engineering Festival, April 26 & 27, 2014**

<http://www.usasciencefestival.org/>

We are thrilled to announce that planning for the 3rd USA Science & Engineering Festival is well underway! The 3rd Festival will kick into high gear in 2013, with expanded school programs and year-round activities, culminating with the largest celebration of science and engineering in the U.S. on April 26-27, 2014.

RESEARCH UPDATES

- With the recent incidents of gun violence comes a greater opportunity for children to be exposed to continuing media coverage related to the recent shootings in Connecticut and the Clackamas Town Center. It may also provide parents, caregivers and human service professionals extended opportunities to respond to questions that young people may have regarding these recent tragic events. Fortunately, numerous resources are available to assist us as we help young people through these difficult times. A review of resources reveals some common themes.
 - **Prevent children under the age of eight from watching extended media coverage of the events.** The media tends to focus on the most frightening and sensational aspects of the event. Furthermore, young children may have difficulty distinguishing between disasters that are close to home compared to those that are elsewhere in the world.
 - **Assure children that they are safe and well cared for.** Children need to know that there are good, trustworthy people in charge who are helping those that have been injured by the event. They also need to know that people close to home are actively taking steps to prevent bad things from happening in their community.

- **Keep routines the same.** Children are reassured when they see predictability and stability in their lives.
- **Be available to discuss the situation with young people who have questions or concerns.** Encourage them to verbalize their feelings and emotions, letting them know that it is OK to be angry or upset. Don't pretend that the event has not occurred or diminish its significance. Remember, children are very resilient and can cope with much more than we often give them credit for. However, it is important for your responses to be developmentally appropriate.
- **Watch for children who may be having difficulty dealing with the event.** Particularly vulnerable are children who have experienced significant personal loss or those who suffer from depression or mental illness. In extreme cases, seek assistance from a mental health professional

Below are links to several resources that you may find useful.

- SAMHSA Website on Coping with Violence and Trauma
<http://www.samhsa.gov/trauma/?from=carousel&position=1&date=11012012>
- Tips for Talking with Children and Youth, SAMSHA
<http://store.samhsa.gov/shin/content/SMA12-4732/SMA12-4732.pdf>
- Helping Children Cope after a School Shooting, Children's National Medical Center
<http://www.childrensnational.org/files/PDF/DepartmentsandPrograms/ichoc/SchoolShooting.pdf>
- Helping Children Cope, National Association of School Psychologists
http://www.nasponline.org/resources/crisis_safety/terror_general.aspx
- Crisis Preparedness, Response, and Recovery Resource, National Center for Mental Health Promotion and Youth Violence Prevention
<http://crisisresponse.promoteprevent.org/>

- **Youth Seeking Weight Loss Treatment Report Bullying by Those They Trust**

Even as adolescents struggle to lose weight through treatment programs, they often continue to experience [weight-based discrimination](#) – not just from their peers, but from adults they trust, including parents and teachers, according to a recent study by the Rudd Center. The study, which appears online in *Pediatrics*, is the first comprehensive examination of how weight-based victimization impacts youth seeking weight-loss treatment. Researchers conducted a survey of 361 adolescents enrolled in two national weight-loss camps, and asked them about the nature and extent of victimization they had experienced because of their weight. They found that the majority of adolescents reported they were teased and bullied most at school, with reports of victimization highest among those who were the heaviest. Most adolescents reported being victimized for over a year, and some said they were teased and bullied for five years or more. For some, the victimization continued even after losing weight.

Although peers and friends were the most commonly reported perpetrators of teasing and bullying, high percentages of adolescents also reported being teased and bullied about their weight by trusted adults, including physical education teachers and sports coaches (42 percent), parents (37 percent), and classroom teachers (27 percent). Weight-based victimization was most frequently experienced as verbal teasing, followed by relational victimization (being ignored and excluded by peers), cyber-bullying, and physical aggression. The paper was co-authored by the Rudd Center's Rebecca Puhl, PhD, Director of Research and Weight Stigma Initiatives; Joerg Luedicke, MA, Statistical Consultant; and Jamie Lee Peterson, MA, former Research Associate.

- Child Trends prepared two reports identifying skills that are central to a child's development. [Encouraging the Development of Key Life Skills in Elementary School Age Children: A Literature Review and Recommendations to the Tauck Family Foundation](#) provides an in-depth scholarly review of current research and [Essential Self Management Skills: Summary of Research](#) summarizes findings for the general audience. Child Trends identified four self-management skills that have the capacity to boost elementary-school-aged children's academic achievement, which is, in turn, critical for their long-term success. These malleable skills include:

- Self Control. Children with good impulse control get along better with others and tend to have higher scores in math and reading.
- Persistence. Children who show persistence have the ability not only to stay focused on a task but also to overcome setbacks and keep trying.
- Mastery Orientation. Children who demonstrate a desire to learn are less afraid of new and challenging experiences.
- Academic Self-Efficacy. Children with strong academic self-efficacy tend to perform better in school overall.

These briefs discuss outcomes associated with each skill and strategies for developing the skills. Fundamentally these are skills that empower children, giving them some measure of control in the face of serious challenges and barriers, and potentially providing a route out of poverty for the young people who master them.

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