



4-H Youth Development Program

4-H E-News Updates

April 2013

[Statewide 4-H Online Calendar](#)

ASSOCIATE DIRECTOR UPDATES

Greetings California 4-H Youth Development Program staff and volunteers:

California 4-H is proud to recognize Mary Lash of Downey, California for her commitment to 4-H and the community. Ms. Mary Lash was named the 2013 Western Region 4-H Salute to Excellence Volunteer of the Year for her exceptional contributions to the California 4-H Youth Development Program.



Ms. Lash was a 4-H member herself of the Alameda Girls 4-H Club beginning in 1938. Mary's projects included home economics, sewing and raising vegetables on their family farm in Downey, California where she still lives to this day. Mary is active in the Greenleaf 4-H Club and for the past 67 years has been the Club Leader for Greenleaf 4-H. For the past 17 years, she has also filled the important role of Treasurer for the Los Angeles County 4-H Leaders' Council. Mary has also volunteered with planning, organizing and working at the San Gabriel Valley Fair and for many years as a judge for record books, fashion revues and other District, County and Regional 4-H events.

Her contributions to the California 4-H Youth Development Program extend beyond the community club program to include summer camp. Every year, from 1960 to 2008, Mary Lash attended 4-H summer camp and coordinated all the meals and supervised all aspects of the camp kitchen. Since then, she annually coordinates the menu and food preparation for L.A. County 4-H Summer Camp and serves as a member of the Summer Camp Committee.

"Mary is always the first to dive into a project and has spent her lifetime advancing the mission of 4-H. It was Mary who taught me the real value of "Learning By Doing" and because of her, myself and dozens of others have remained committed to the 4-H Youth Program", stated Dennis DeYoung, 4-H Adult Volunteer and Los Angeles County 4-H Summer Camp Committee Chair.

In 2012, the California 4-H Youth Development Program recognized Mary Lash as the well-deserved recipient of the Keith Barnes 4-H Volunteer Lifetime Achievement Award.

Besides her 4-H leadership, Mary has taught Home Economics at Paramount High School since 1950. Ms. Lash is the Director of the Future Homemakers Association at her school and attends meetings and assists with planning and organizing activities for Delta Kappa Gamma (professional honorary society of women educators) and the Paramount Corsaires (advanced girls' choir). Mary Lash is mentioned in the Congressional Record as the longest tenured school teacher in the country and has been recognized by the California Department of Education as the state's longest-serving credentialed teacher and for her commitment, inspiration and enduring efforts on behalf of students.

Get connected with 4-H!



“Without Mary’s guidance and teaching throughout the years, I truly believe my life and the lives of many others would be very different today”, stated Michael A. Spaziano, Greenleaf 4-H Club Woodworking Project Leader.

It is with the commitment of volunteers like Mary Lash, that the 4-H program remains a premiere youth development program teaching young people the life skills they need to be successful. Mary’s contributions and dedication to the young people in California will be realized for many generations as the knowledge, values, integrity and wisdom she has instilled in 4-H members is passed on to others.

Mary Lash will be recognized at the 2013 Western Regional 4-H Leader’s Forum scheduled for March 21-24 in Honolulu, HI. A plaque and \$200 award donated in the name of Mary Lash to the Los Angeles County 4-H Leaders’ Council will be accepted on her behalf. She is also in contention for the National 4-H Salute to Excellence Volunteer of the Year award, which will be announced later this year.

With best regards,

Shannon

STORIES FROM THE FIELD:

Authored by: Jenna Colburn, State 4-H Program Representative

“The Power of the Revolution of Responsibility”

The Mesa Goathill Go-Getters from Orange County (MGG) Elderly Safety Service Learning Project joined with the 4-H Revolution of Responsibility and Kronos, a local FIRST Lego League team. Together, they provided bathroom safety equipment for seniors living in their own homes, educated their community through flyers and presentations and created a device for fall recovery.

Through the 4-H Revolution of Responsibility grant, bathroom equipment was donated to the Convalescent Aid Society (CAS) in Pasadena. CAS is a non-profit organization that loans out durable medical equipment at no cost to anyone in need. Through the use of GPS and the Internet, MGG members contacted organizations that accept and recycle safety equipment. With the approval of CAS and Revolution of Responsibility funds, posters and flyers were created to help better educate the community of the services provided. 250 flyers were passed out at 5 different locations – libraries and senior centers. The group also created an invention to assist seniors in getting back up after a fall. It is called “U-Lift.” The Revolution of Responsibility provided the materials used to create the new device.

The 4-H MGG Elderly Safety Service Learning Project provided members with hands-on experiences emulating the “H’s” in 4-H – Head, Heart, Hands, and Health. This project taught the youth to brainstorm ideas, make plans, and execute them successfully. “Revolution of Responsibility taught me that I can do anything that I put my mind to,” stated project member, Henry John. Members learned to communicate with adults, work as a team and respect others’ strengths and differences in order to greater impact society. It also “... helped the members of MGG see the bigger picture,” says Mrs. Schrieber (MGG Club Leader).

Locally, the equipment will help people in San Gabriel Valley for years and years to come since each piece is used and re-used. “...The Revolution of Responsibility is a fantastic program for kids,” concluded Mr. Daniel Maljanian, CEO of CAS. So far, 2 seniors have used CAS services due to this project. Many flyers were requested by seniors for their family, friends and social groups. Altogether, seniors and non-MGG members passed out 110 flyers. The project youths were especially surprised and pleased to see the impact they were having. A benefit that the group hopes will have a lasting impact is the promotion of organizations that recycle equipment to help reduce plastics and waste in landfills and help the earth stay clean.

Get connected with 4-H!



Congratulations to the Mesa Goathill Go- Getters! To see their amazing video on how they accomplished their project visit the California 4-H YouTube channel: <http://www.youtube.com/California4H>

CA 4-H FOUNDATION UPDATES

Fundraising News from the Field:

A [matching gift](#) is a donation made to a non-profit which is tied to a separate contribution by another donor. Since the prospect of a matching gift encourages donations, many companies offer matching [gift programs](#) to motivate employee contributions to non-profits. Foundations and individuals can also offer challenge gifts as a way to encourage others to support an organization. The matching gift can be dollar for dollar or a partial match for each dollar; and sometimes the matching gifts can be multiples of the original donation.

The California 4-H Foundation has been working with funders statewide and with several counties to help raise matching gifts. This is a great way to incentivize 4-H supporters to give and to have their donations increased by the amount of the match. For example if a donor offers a \$5,000 challenge gift that matches dollar for dollar every gift over \$100 made to support a specific county, every gift of \$100 from an individual or business designated for that county would be matched with a gift of equal size, thereby doubling the amount available to the local program. Our most recent fundraising appeals matched over \$60,000 in donations designated to counties resulting in \$120,000 in distributions to counties. In recent years the CA 4-H Foundation has distributed over \$200,000 in matching funds to over 35 counties across the state. For more information on identifying funders within your community who might offer a challenge gift or creating a matching gift campaign, contact Annette Leeland at aleeland@ucanr.edu.

Foundation News:

We are very interested in hearing from our 4-H colleagues. In particular, we would like to help you publicize your events and news items on our website and in other applicable publications. We have tried to create an easy and accessible format for you to use to share your information. The links below are connected to very short forms that will ask for your event information: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=10336>

And/or your news items: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=10338>

You will note they are different surveys—one for events and one for news items. We want to make this as easy as possible, so please contact Amy McGuire at almcguire@ucanr.edu with any questions or suggestions.

Fundraising Tip of the Month:

Many companies will match their employees' gifts to the California 4-H Foundation through their giving programs. You receive full credit for your matching gifts for the purposes of recognition and benefits. Check with your human resources department to find out whether your company has a matching gift policy. Some companies also make cash contributions based on the number of volunteer hours an employee contributes. If it does, your employer will usually provide a form for you to fill out and send to us with your donation. We will verify your gift and return the form to your company, which will then issue a matching gift contribution directly to the Foundation which will be forwarded to the county or program you designate. Find out if your company has a matching gift program by checking the list on the CA 4-H Foundation website:

http://ca4hfoundation.org/uploads/documents/FINAL_Matching_Gifts_page.pdf.

If your company's name does not appear on the list, it may still have a giving program – check with your H.R. Department to find out your options.

Get connected with 4-H!



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:

May 15, 2013

July 15, 2013

September 15, 2013

November 15, 2013

- **Do Something Awards**

Deadline: April 15

Since 1996, DoSomething.org has honored the nation's best young world-changers, 25 and under. Do Something Award nominees and winners represent the pivotal "do-ers" in their field, cause, or issue. In 2013 five finalists will appear on the Do Something Awards on Vh1 and be rewarded a minimum of \$10,000 in community grants, media coverage and continued support from DoSomething.org. The grand prize winner will receive \$100,000 during the broadcast. <http://dsorg.us/YdWhea>

- **Ben & Jerry's Foundation Grant**

Deadline: Rolling

The grant seeks to promote social justice, protect the environment and support sustainable food systems. Funds are provided to grassroots, constituent-led organizations that use community organizing strategies to accomplish their goals and to organizations that provide technical support and resources to such groups.

Maximum grant: \$15,000. Find out more [here](#).

- **OJJDP Announces Mentoring Funding Opportunities**

Deadline: By April 30, 2013

The Office of Juvenile Justice and Delinquency Prevention (OJJDP) has announced the following fiscal year 2013 funding opportunities:

- [National Mentoring Programs](#). This program supports the implementation, delivery, and enhancement of mentoring services to improve outcomes for at-risk, high-risk, or underserved youth.
- [Multi-State Mentoring Initiative](#). This solicitation will support qualified, established mentoring programs as they expand services for underserved at-risk and high-risk youth and enhance services to implement additional research- and evidence-based mentoring practices.

- **Children Exposed to Violence (CEV)**

Deadline: May 20, 2013

The National Institute of Justice, U.S. Department of Justice, is seeking applications for research and evaluation related to childhood exposure to violence, including bullying/harassment in home, school, community, and on-line. The solicitation is available here: <https://ncjrs.gov/pdffiles1/nij/sl001042.pdf>.

- **Healthy Eating Research Releases Call for Proposals**

[Healthy Eating Research: Building Evidence to Prevent Childhood Obesity-Round 8](#)

[Healthy Eating Research: Building Evidence to Prevent Childhood Obesity-RWJF New Connections](#)

Proposal Deadlines:

*Round 8 grants: **July 10, 2013 (3:00 p.m. ET)***

*RWJF New Connections grants awarded through HER: **Mar 27, 2013 (3:00 p.m. ET)***

Healthy Eating Research: Building Evidence to Prevent Childhood Obesity is a national program of the Robert



Wood Johnson Foundation (RWJF). The program supports research on environmental and policy strategies with strong potential to promote healthy eating among children to prevent childhood obesity, especially among lower-income and racial and ethnic populations at highest risk for obesity. Findings are expected to advance RWJF's efforts to reverse the childhood obesity epidemic by 2015. This call for proposals is for two types of awards aimed at providing advocates, decision-makers and policy-makers with evidence to reverse the childhood obesity epidemic. The award types are: Round 8 grants and RWJF *New Connections* grants awarded through the *Healthy Eating Research* program.

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.

SCHOLARSHIPS & AWARDS

- **Daisy Air Guns** is offering two \$500 scholarships for graduating seniors who meet the academic criteria and who have been active in 4-H Shooting Sports. Applications must be received by the State 4-H Shooting Sports Coordinator by **April 1, 2013**. For more information, look under the heading "Just for Youth" - 2013 Daisy Scholarship at: <http://www.4-hshootingsports.org/index.php>
- **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.
- **America's Farmers Mom of the Year**
Deadline is April 23, 2013
The 2013 Farm Mom of the Year program sponsored by Monsanto is underway. Do you know an outstanding mom who contributes to her family, farm, community and agriculture? Nominate your favorite farm mom and give her a chance to win \$10,000! Check out [America's Farmers](#) for the contest details.
- **The Great American No Bull Challenge - 4-H'ers Can Enter NOW!**
The Great American NO BULL Challenge is the first, student-led National video contest and Teen Video Awards show dedicated to bullying prevention and promoting empathy, respect and inclusive communities using the power of music and the magic of filmmaking. Middle and high school students will submit their video to the NO BULL Challenge no later than **April 30, 2013 at 11:59 PM (PST)**. Check out the [Digital Responsibility 411 toolkits](#) to learn everything you need to know in order to create your video.
- **Gloria Barron Prize for Young Heroes**
Deadline: April 30
The Gloria Barron Prize for Young Heroes honors outstanding young leaders who have made a significant positive difference to people and our planet. Nominees, who may range in age from 8 to 18 years old, must have been the prime mover of a service activity, and demonstrated positive spirit and high moral purpose in accomplishing their goals. Winners of the Barron Prize receive \$2,500 to be applied to their higher education or to their service project and several other benefits. <http://bit.ly/edhitj>



- **The Power of Children Awards**

Deadline: April 30

The Power of Children Awards: Making a Difference is an annual event to honor and further empower youth, in grades 6-11, who have made a significant impact on the lives of others, demonstrated selflessness, and exhibited a commitment to service and the betterment of society. Each award recipient will receive a \$2,000 grant to continue his or her extraordinary work, a four-year post-secondary scholarship to a participating institution of higher learning, recognition in the museum's The Power of Children exhibit for at least one year, and honor and recognition during a special awards event on Nov. 1, 2013, at The Children's Museum.

<http://bit.ly/Yeu5bR>

- **Golden Clover Applications** must be completed online and are due by **11:59 p.m. on May 1, 2013**. The application link is available on the 4-H state website at:

<http://www.ca4h.org/Resources/Members/GoldenClover/>

- **Higher Education Scholarships 2013**

The Higher Education Scholarship applications are now available online. All applications will be due on **May 1, 2013 by 11:59 pm**. For more information and to apply:

<http://www.ca4h.org/Resources/Members/Scholarships/>

- **Paper Clover Fundraiser, May 8th -19th** in all Tractor Supply Company/Del's stores. There are several exciting features that have been added to this spring's promotion

- TSC will be offering a \$5 Paper Clover available for purchase in addition to the \$1 option;
- a Purina coupon will be attached to each Paper Clover;
- a new incentive program for counties to receive additional funds; and
- a regional 4-H award winner, which will award \$1,000 to the top performing state in each 4-H region

The online Paper Clover toolkit is now available! You will find promotional resources like ads and web banners to help you spread the word in your community. You will also find information and planning resources to help answer any questions you may have such as an FAQ, tip sheet for in store activities, and planning calendar of all upcoming TSC events. [Click here to access the toolkit](#): user name: paperclover@4-H.org; password: paperclover

DATES & DEADLINES

- **State Field Day – Applications due April 1st!**

UC Davis Campus

May 25, 2013

- **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.

- **Host an exhibit/display booth at the 2013 Field Day on May 25, 2013!**

The Exhibit and Display Application for State Field Day is now located online this year! Apply here:

http://ucanr.edu/exhibit/display_application. **Applications are Due April 1st, 2013**

Get connected with 4-H!



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. More information is available on the application. Contact Megan Oats at msoats@ucdavis.edu for more information.

- **State Fashion Revue is May 25, 2013** at UC Davis, as part of State Field Day. If you were selected as the County winner for Fashion Revue in Traditional, Consumer Science-Purchased \$19.99 limit, Wearable Art-Embellished, 2 Yard Wonder, or the Duct Tape Challenge then you are eligible to participate in SFR. Each county may send one delegate per category and age group. **SFR registration is open April 1 – May 11** at <http://ucanr.edu/sfr2013register>. Counties, please register your judges (ratio 1:5) and room monitors at <http://ucanr.edu/sfr2013judges>. Thank you to the counties and businesses who have donated funds to support SFR! If you have completed service projects please bring them with you to Olson Hall: Little dresses and shorts for Africa, Drawstring bags, and A Zoo of Hugs softie animals. For the Pattern Exchange, bring some and take some, limit 5. For complete information about SFR, go to <http://www.ca4h.org/Programs/Events/SFD/SFR/>.
- **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/
- **County Centennial Banners!**
How is your County "Joining the Revolution to 4-H's next 100 years?"
Bring your felt 30" X 36" County Banner to Field Day!
<http://www.ca4h.org/Programs/Events/SFD/>
Contact Sarah Watkins at spwatkins@ucanr.edu for more information.
- **Special Recognition Opportunities at State Field Day**
http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities/
California 4-H is offering 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. Participants may only choose one focus area for their presentation. What will be your focus area?
- **California State Fair's Youth Art & Design Expo**
Entry Deadline Friday, April 19, 2013
This competition is open to all California youth, ages 5-18. Areas for entry include fine art, fashion & textile, crafts & hobbies, and media. Winning entries will be exhibited during the California State Fair at the Cal Expo in Sacramento, July 12th-28th. Prizes include ribbons, cash and donated prizes. Enter online by uploading a digital image of your entry. The entry fee is \$8. To get more information, or to enter, visit www.bigfun.org or contact Michelle Johnson at mejohanson@calexpo.com or by phone at 916.263.3189.
- **2013 State 4-H Shooting Sports ARCHERY Match**
Entries for the 1st Annual State 4-H Archery Match in partnership with the state 4-H shooting sports program and Mendocino County 4-H Council must be postmarked by **May 1, 2013** and returned by **June 17, 2013**. Read the official rules: [State Archery Match Rules](#) and [State Archery Match Entry Form](#)
- **Field Workshop**
UC Sierra Foothill Research & Extension Center
8:30am-4:00pm, May 7th, Browns Valley

Get connected with 4-H!



The Field Workshop is a hands on workshop about adaptive grazing, foothill abortions, soil health, pinkeye and eye cancer treatment, medusahead management, and rangeland wildfire impacts. Limited class size! Register online: <http://ucanr.org/sites/sfrec/>

- **Spring Conference “Camp Works”**

Mt. Hermon Conference Center

May 17-19, 2013

The event will be held at Mt. Hermon Conference Center from May 17th to 19th and will feature a welcome by Bob Ditter, a variety of breakout sessions and skills trainings and many opportunities for networking. In addition to his welcome, Bob Ditter will also be presenting Camp “STEP” (Specific Training for Emerging Professionals). This track is designed to ratchet up the child behavior management skill level of young directors and/or mid-level staff. For more information, visit <http://www.acacamps.org/norcal/events/spring-conference-2013>

- **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](#) and [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.

- We are now accepting statewide **4-H Advisory Committee applications for the 2013-14** program year. The statewide 4-H Youth Development Program (YDP) Advisory Committees are a representative group of 4-H members, adult volunteers and county and state 4-H YDP staff. The committees offer insight, review and input for the operation and management of the statewide 4-H YDP. Please note that there is now an [online](#) option to apply. We advise applicants to read the [advisory committee descriptions](#) for additional materials that may be required depending on the committee. **Applications are due to the CA State 4-H Office postmarked by May 31, 2013 or online by 11:59pm on May 31, 2013.** For more information, see: http://www.ca4h.org/Administration/Advisory_Committees/

- **Save the Date: June 26-30, 2013**

The **California 4-H Horse Classic** at Brookside Equestrian Park in Elk Grove (20mins south of Sacramento)

We are offering Tenderfoot classes and Miniature Horse Classes this year. Tenderfoot classes are for those whom were unable to participate in a qualifying horse show. Also don't forget about our educational contests: Hippology, Horse Bowl, Horse Judging, Public Speaking, and demonstrations.

Hosting a Qualifying show for the 2013 California Horse Classic?

Register your show here: <http://ucanr.edu/qualifying-shows> 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



- o offer more if they choose too)
- o Show must be before June 3rd, 2013
- o Management of each show is required to send show results to Sarah Watkins at the State 4-H Office
- o Please submit results on this form-[Classic Qualifying Show Results Sheet](#)
- o 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 **2013 Premium for the State 4-H Horse Classic** is now published!

<http://www.ca4h.org/files/163210.pdf>

Register today! Early Bird runs through **May 1st!**

New this year: Online registration

For Educational Contest: <http://ucanr.edu/classic-educational-contest-registration>

For the Horse Classic Horse Show: <http://ucanr.edu/classic-horse-show-registration>

Looking for a Qualifying Horse show for the 2013 California 4-H Horse Classic?

Visit <http://ucanr.edu/classic-qualifiers> to find a Horse Show near you!

New Horse Classic Social Media's

Visit <http://ucanr.edu/blogs/HorseClassic/index.cfm> for updates on 2013 State 4-H Horse Classic.

Also find us and join us on Facebook- <https://www.facebook.com/events/222083951263098/>

- **Awesome Time**

Awe! When was the last time you felt awe over anything? Awe is a hard thing to revive. Things become so familiar, even a lightning bolt, or a sunset, or a 4-H project meeting. Which is why in this Centennial Year of 4-H in California – “100 Years and Thriving,” we aim to rekindle our capacity for awe, for experiencing the awe of what we do in 4-H, for relishing the awe-inspiring people we know in 4-H, for the awe of strengthening our vision of the future for 4-H. Join your fellow 4-H leaders and staff for an awesome experience, a networking opportunity, and a celebration of your 4-H commitment. Come to the State Leaders Forum in Sacramento on Nov. 8 – 10, 2013. Check out the web page <http://ucanr.edu/slf2013> for information.

- o **The SLF Workshop Request for Proposal Form is ready for you to fill out and submit. It is due by June 30, 2013.** <http://ucanr.edu/slf2013workshop>
- o Each year for the SLF Silent Auction we find that items made by 4-Hers bring in the most money. If you know of youth who are clever and wish to donate a hand-made article that is worth \$10 or more, please contact Louise Silacci moolu@unwiredbb.com

The Tech Team wishes to have a head/shoulder picture of each and every 4-H volunteer in California. Please submit to John Trammel techdude4h@gmail.com. Pictures should be good quality, at least 600 KB in size. Title each photo with the name and county of the person pictured.

- **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/>

- **How Do You Speak 4-H?**

Need some help deciphering these items - ORB, CAL, TLT, LCORT, WHY, UCCE, NCSCSFD, TIC, UCANR, PDR, SA, R of R, APR, SFR, SLC, L.E.A.D.? Find the interpretations of 4-H 'slanguage' as you join with your 4-H colleagues for a weekend of celebration, a day of stimulating workshops, and an opportunity for networking with like-minded people. Come to the **State 4-H Leaders' Forum (SLF)** on **Nov. 8 – 10, 2013** at the Crowne Plaza in Sacramento for translations with a fun crowd and a thesaurus to help.

Get connected with 4-H!



On the SLF Website: <http://ucanr.edu/slf2013>

- Workshop proposal forms are available and starting to come in. The online survey is at <http://ucanr.edu/slf2013workshop>
- Registration is open on line. Be an early bird to save money. <http://ucanr.edu/slf2013register> Paper forms are also available
- Be sure to complete the Recognition Committee's questionnaire to help us recognize the best of the best.
- SLF centennial pins are available from the Sectional Council presidents. The cost is \$3.00 per pin. To purchase pins in bulk please contact Noel Keller nkeller91711@gmail.com.
- Please start collecting items for the Silent Auction. Contact Louise Silacci, moolu@unwiredbb.com.

PROGRAM UPDATES

POSTIVE YOUTH DEVELOPMENT

- **Creating Spaces to Enhance Intergenerational Relationships**

Tuesday, April 9, 12:00 - 1:30 p.m. Eastern

What does it take to set the stage for an effective intergenerational program? Did you know that the physical environment of an intergenerational program can stimulate or stifle elder and child interactions? And what can you do to conduct an effective program in a space that was designed without children or older adults in mind? Learn how to accommodate the developmental needs of both groups through Creating Spaces to Enhance Intergenerational Relationships with Karen DeBord, Shannon Jarrott and Matt Kaplan. Register for this free webinar at: <http://cyfernet.ces.ncsu.edu/mn/training/user.php?r=162>. If you have any questions about this webinar, please contact: June Mead, CYFERnet Parent/Family Editor, jm62@cornell.edu.

- **California 4-H Youth Development**

Get Connected and Plugged In to Positive Youth Development!

California 4-H has several ways to connect with us online to get up-to-the-minute updates on information affecting 4-H statewide. Don't rely on urban legend or information to pass through the grapevine—get the information as it happens and from the horse's mouth. Here is a list of the ways you can connect with us online:

- **Website:** <http://www.ca4h.org>
- **4-H Online Record Book** (yes every registered adult volunteer and every youth ages 9 and older has an Online Record Book account): <http://www.ca4h.org/4hbook/>
- **Facebook:** <https://www.facebook.com/california4H>
- **Twitter:** <https://twitter.com/California4H>
- **YouTube:** <http://www.youtube.com/user/California4h>
- **Pinterest:** <http://pinterest.com/california4h/>
- **Blog:** <http://4hvolunteercafe.wordpress.com/>
- **Instagram:** <http://instagram.com/ca4h>

We will be continuing to provide virtual opportunities for you to connect directly with us at the State Office though these social media outlets.

- **Thrive Update: Celebrating Niki Chiunti of San Joaquin County**

We know that the work that you are doing around Thrive is both important and hard work! Many of you have hit challenges along the way as you have been rolling out the Thrive Leadership Project in your counties. Today we want to send a special shout out to Niki Chiunti of San Joaquin County who has

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consistently shown persistent effort and creative resourcefulness in making Thrive successful in her county. Niki has lead San Joaquin County in developing 12 Thrive Leadership Projects across 15 Clubs and has the highest percentage of youth and adults who have completed their Spark Score Survey's in ORB. She has provided extended training around ORB to help staff, adult volunteers and members better utilize the tool and has utilized the Thrive Virtual Trainings in conjunction with live trainings to better equip Thrive Project Leaders. If your county has had some challenges in implementing Thrive, we encourage you to talk with her.

- The March 4-H History Preservation Newsletter can be found [here](#).

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/Resources/Publications/>

- **Why Summer Food Is So Important**

The USDA provides free or reduced price lunches to 22 million children during the school year through the National School Lunch Program (NSLP). However, during summer break only 3 million of those students participate in a USDA summer feeding program. You can be a game-changer by feeding more children nutritious meals during the summer and lowering the risk of hunger. The Summer Food Service Program (SFSP) is a federally funded program administered by the States that helps fill the summer meal gap for low-income children by reimbursing organizations that serve children meals at feeding sites during summer months. To learn more about the Summer Food Service Program, please [register here](#) to participate in the next webinar **April 3, 2013**- Addressing the Summer Food Transportation Challenge 11:00am - 12:00pm PST

- **Molina Healthcare-Teens Take On Health Video Competition**

Goal: Promote 4-H and Molina Healthcare's initiative to get teens to take action by creating solutions for healthy living and a healthier America.

Idea: Run a co-branded contest on both the 4-H Facebook page and 4-H.org, open to 4-H youth and youth from the general public.

Concept: Create **an online challenge for teens to propose solutions to health challenges** in their community by uploading a 90-second video. Tied closely with the views of the *Join the Revolution of Responsibility* campaign, individuals or groups will describe the health challenge and present ideas for solutions for their community, school, or family.

Submission ends April 12, 2013. Eligible participants must be between the ages of 13-19. Contact JoAnne Leatherman for more details: jleatherman@fourhcouncil.edu

- **New "Smart Snacks in School" proposal to ensure vending machines and snack bars include healthy choices**



On February 1, USDA announced the opening of the public comment period for proposed new standards to ensure that children have access to healthy food options in school. The Healthy, Hunger-Free Kids Act of 2010 required USDA to establish nutrition standards for all foods sold in schools -- beyond the federally-supported school meals programs. The "Smart Snacks in School" proposed rule is the first step in the process to create national standards. The new proposed standards draw on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

For more information and to comment on the proposed rule:

http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_2010.htm

Source: U.S. Department of Agriculture

- **Bullying: A Big Problem with Big Consequences**— Teen Talk Fact Sheet reviews the research and what can be done about bullying. [English](#) (360 K PDF) | [Spanish](#) (273 K PDF) Go to this link for free downloadable PDF: <http://www.extension.umn.edu/family/families-with-teens/fact-sheets/teen-talk-bullying.pdf>
- **Bullying: A Big Problem with Big Consequences** (Teen Talk Take and Teach CD) — CD of easy-to-use resources for professionals who work with teens and their parents. Go to this link for ordering information; \$15 for the CD, which includes power point presentation, facilitator guide, handouts/activities, evaluation, resources: <https://shop-secure.extension.umn.edu/PublicationDetail.aspx?ID=1779>

CITIZENSHIP



- **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.

County Delegations should be working on their *Plans of Action*

For details: <http://www.ca4h.org/Projects/Citizenship/Focus/PlanAction/>

Orientations will be announced soon and will be held in April via Webinars. Check the website for updates on dates for orientations.

- **State Leadership Conference**

July 25-28, 2013

UC Davis

Celebrating 100 years of California 4-H

"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.

Video Contest now being held! Winners will receive discounted registration fees to 2013 State Leadership Conference. For details visit <http://www.ca4h.org/Programs/Conferences/SLC/>.

Check our [website](#), [Facebook](#), [Twitter](#) & [Instagram](#) for updates and exciting announcements!

- **California 4-H \$1,000 for 1,000 Service Learning Projects**
2013 Revolution Of Responsibility

JOIN | THE REVOLUTION OF RESPONSIBILITY

<http://www.ca4h.org/Support/RofR/>

Application Deadlines:

May 15, 2013

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July 15, 2013
September 15, 2013
November 15, 2013

- **State Ambassador** Applications are now available online:
<http://www.ca4h.org/Projects/Leadership/SA/>

Deadline is April 15, 2013



SCIENCE, ENGINEERING, and TECHNOLOGY (SET)

- **Earth Day, April 22**
<http://www.earthday.org/>
Earth Day is an annual day on which events are held worldwide to increase awareness and appreciation of the Earth's natural environment.
- **Have you planted a tree recently?**
<http://www.4milliontrees.org/>
To date, over 456,034 trees have been planted as part of the 4-H Million Trees project. The BIGGEST days of the year for 4-Hers to plant trees are coming up this April. All 4-H Clubs and Units are encouraged to organize tree planting events this April to celebrate Earth Day (April 22), Arbor Day (April 26), and Global Youth Service Day (April 26-28).
- **World Science Festival**
May 29 – June 2 in New York
<http://www.worldsciencefestival.com/>
The World Science Festival's mission is to cultivate a general public informed by science, inspired by its wonder, convinced of its value and prepared to engage with its implications for the future.
- **North American Association for Environmental Education**
October 9-12, 2013 in Baltimore, MD
<http://www.naaee.net/conference>
The deadline for submitting proposals for the 42nd Annual NAAEE Conference and 10th Annual Research Symposium is March 31, 2013. Take this opportunity to share your research, your programs, your ideas and your discoveries with the EE professionals from around the world.
- **Next Generation of my4-H**
<https://www.my4-h.org/>
The new site will focus on sharing, discussion and learning among 4-H professionals, volunteers and youth leaders anywhere. It will be accessible on 4-H.org and serve as a one-stop shop for more of the resources you want –including the addition of the National Directory of 4-H Materials to the resource library.

4-H MILITARY PARTNERSHIP

- April marks the nation's "Month of the Military Child," a time to honor our community youth impacted by deployment. In celebration, you are invited to join us in showing your support by being part of **Purple Up for Military Kids Day**. You are encouraged to wear something purple on **Friday, April 12, 2013**. This will be a visible way to show support and thank military children for their strength and sacrifices. Purple is the color that symbolizes all branches of the military, as it is the combination of Army green, Coast Guard blue, Air Force blue, Marine red and Navy blue. Be creative! The goal is for the military youth to witness a sea of "purple" on that day in order to visually witness the support of their community. Pictures are greatly accepted!

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Please send any pictures you may have to Jeanne Christenson, 4-H Military Program Representative, jpchristenson@ucanr.edu

RESEARCH UPDATES

- **American Educational Research Association Annual Conference**
April 27 – May 1, 2013 in San Francisco, CA
<http://www.aera.net/tabid/10208/Default.aspx>
The American Educational Research Association (AERA), a national research society, strives to advance knowledge about education, to encourage scholarly inquiry related to education, and to promote the use of research to improve education and serve the public good. Registration for the conference is \$400 for non-members / \$195 for members.
- **Report from National 4-H Council**
4-H Science Initiative from Inception to Impact: Methodologies, Lessons Learned, Best Practices and Recommendations
<http://www.4-h.org/Programs/Science/4-H-Science-Comprehensive-Report-February-2013.dwn>
This report highlights the development, expansion and sustainability of the national 4-H Science system. The highlights of the work—intended to show how the 4-H Science Initiative was conceived, designed, implemented and sustained—are included in this report.
- **Longer Meals Linked to Improvement in Health of Kids from Low-Income Families**
A new study looked at the impact of family dinners on elementary-age children, particularly the correlation between the time spent at the dinner table and the weight of children from low-income families. Study results showed that "children whose families engaged with each other over a 20-minute meal four times a week weighed significantly less than kids who left the table after 15 to 17 minutes." Read more at: <http://news.aces.illinois.edu/news/minutes-day-low-income-families-can-improve-their-kids-health/>
- **Dating Violence Linked to Family Violence, Says Study**
From Michigan State University: Researchers surveyed 180 female high school students in a poor Chicago community. The survey showed that 85% of students saw domestic abuse at home, 72% experienced violence personally and 29% were sexually abused. Researchers found a strong association between dating violence and severe levels of these types of family violence. Researchers believe that experiencing violence in the home can normalize this behavior, making it more likely that students will experience it in other situations. Read more about these findings here: <http://msutoday.msu.edu/news/2013/severe-abuse-at-home-linked-to-dating-violence>
- **Graphic Warning Labels on Cigarette Packages Shown Effective across Demographic Level**
A new study examined the impact of graphic labels and found that pictorial warnings were effective across all demographic groups, regardless of minority status. Text-based warnings on cigarette labels have been shown to be less effective for racial/ethnic minorities than they are for non-minorities. This is believed to be due to the fact that disadvantaged groups have less ability to access, process, and act on health information. Read more at: <http://www.hsph.harvard.edu/news/press-releases/graphic-warnings-on-cigarettes-effective-across-demographic-groups/>

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4-H Youth Development Program



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ONLINE RECORD BOOK



4-H VOLUNTEER CAFE
A resource site for our 4-H Thrive leadership