



4-H Youth Development Program

4-H E-News Updates

June 2013

[Statewide 4-H Online Calendar](#)

ASSOCIATE DIRECTOR UPDATES

The California 4-H Youth Development Program's (YDP) mission is to "engage youth in reaching their fullest potential while advancing the field of youth development." 4-H YDP core values require that programs be evaluated regularly and adjusted as needed to maintain effectiveness. As such, to help make the best better we must evaluate our program to determine if the program is leading to the outcomes we have identified as core to our program (e.g., confidence, competence, contribution to the community, improved academic performance, science literacy), and if not take active steps to improve the program quality and youth's experiences.

The 4-H Online Record Book is not only an innovative 21st century record keeping system but it also includes surveys to help us understand if 4-H is helping youth reach their fullest potential. When youth take surveys they get "Spark Points" and are eligible to receive other incentives including a gift card, centennial pin, or iPad Mini.

Whether or not youth complete a record book they can still enter the system, take the surveys, and network with other youth in their club or group.

Login to the 4-H Online Record Book now or encourage youth that you work with to login and help us know if 4-H is making a difference and how we can improve: <https://4horb.ucanr.edu/login.cfm>. Surveys are open May 1 – August 31st.

With best regards,

Shannon Dogan

STORIES FROM THE FIELD:

4-H SET: Cardboard Automaton, Simple Machines

Co-authored by: Steven Worker (4-H SET Coordinator) and Grace Tobias

The 4-H Science, Engineering, and Technology Initiative is designed to engage young people in science and engineering, spark an interest, and ultimately, help address the critical need for more scientists and engineers in the workforce. Jessica Choi, and her father, Dr. B. William Choi saw a need to help further the SET Initiative, so in 2009, on their own initiative, knowing that 4-H Clubs need low-cost educational activities, Jessica, with help from her father, designed the Cardboard Automaton workshop.

Get connected with 4-H!



The Cardboard automaton workshop is a hands-on inquiry based experience that is low cost and environmentally friendly, using shoe boxes that would otherwise be thrown away and common household items, such as straws and skewers. This workshop explores simple machine elements such as cams, levers, and linkages while engaging participants in using creativity and problem-solving skills to accomplish a task. Since 2009, Jessica has presented this workshop to over 850 youth and adults at a variety of venues, including club meetings, the County Leaders' Council meeting, California 4-H State Leadership Conference, California State Leaders Forum, International Society for Technology in Education Conference, local schools, and at the Livermore Civic Library 4-H Information Day. Youth participants in the workshops were inspired to explore further independently, as well as share what they had already learned with others. This project supported the goals of the California 4-H SET Initiative by increasing interest in engineering and technology among both 4-H and non-4-H youth.



In addition to the workshop, Jessica has developed a companion curriculum others may use to deliver this excellent engineering education to youth. The curriculum is professional in its appearance and offers useful tips to the facilitator. The curriculum is available at (student guide) <http://www.4-h.org/my4h/Detail.aspx?contentId=2147502632> and (facilitator guide) <http://www.4-h.org/my4h/Detail.aspx?contentId=2147502631>

CA 4-H FOUNDATION UPDATES

Fundraising News from the Field

Several counties have embraced the 4-H Centennial as an opportunity to both celebrate 4-H in their county and to re-engage alumni and introduce 4-H to new audiences. The Foundation is receiving a lot of information and invitations to centennial celebrations across the state and we appreciate being included in the events. Take a look at what they have been up to: Mendocino County hosted a lovely afternoon celebration that showcased 4-H projects, recognized families with more than 100 years of combined 4-H experience and set up a corner where current 4-H youth videotaped stories of past members. Solano County 4-H hosted a barbecue for friends and family of 4-H that piggybacked on their annual May Fair which always includes an impressive 4-H presence. http://cesolano.ucanr.edu/4-H_Program/4-H_Centennial_Jubilee/

Foundation News

Foundation News: Many of you are planning events and wish to include alumni—this is a great idea, and we want to help. There are a number of ways the Foundation can be of assistance before, during and after the event.

- First we can help you “advertise” your event by placing it on our website. If you would like us to do this, here are two survey links that will guide you through the information we need. 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>

- We do email blasts about once or twice a month and our events link is always included. We can highlight your event in one of our email blasts if you would like.
- We have limited donor and alumni data in each county, but we are happy to share what we have, so you can send invitations to alumni and other friends and family of 4-H.

Fundraising Tip of the Month

We encourage you to think about collecting alumni stories, data, and contact information during your event. These stories can then be incorporated into your donor communications and future funding requests to provide powerful evidence to the importance of 4-H. Here is a link to our toolkit which has outreach card templates Reaching out to Alumni: Collecting Data and data collection templates Managing your Alumni Data:

http://www.ca4h.org/Support/RofR/Toolkit/Alumni_Relations/

It is important to use these opportunities to capture alumni information. Also, consult with Amy about effective outreach strategies; she can be reached at almcguire@ucanr.edu or 530-754-1523. Once you have collected the information, we will consult with you about what to do with it. We can add your information in our database and send your alumni e-news blasts, newsletters, and solicitations. All gifts collected from your efforts will go directly back to you and will be matched as matching funds are available!

FUNDING UPDATES

- **Annie's Grants for Gardens**
Deadline: May 31

Annie's offers grants to school gardens that connect children directly to real food. These funds can be used to buy gardening tools, seeds or other needed supplies. Get \$500 to start a brand-new school garden program. Use these funds for anything from classroom seeds in a cup to garden beds. There's no need to have an existing garden! Or, apply for \$1,500 to deepen your school garden program. You must have an existing school garden to choose this entry type. More info: <http://bit.ly/YIGM4i>

- **MacArthur Foundation Grant Competition to Provide \$150,000 for Summer Youth Programs**
Deadline: June 10

A new grant competition will award \$150,000 to libraries, museums, and other nonprofits to provide hands-on learning opportunities this summer for youth across the country to help make the online experience more civil, safe and empowering. More info: <http://dmlcompetition.net/summer-youth-programming/summer-youth-programming-competition>

- **National Child Awareness Month Youth Ambassador Program**
Deadline: June 16

Do you have a passion for community service? Have you worked hard to solve a local problem and want to do more? Apply for the National Child Awareness Month Youth Ambassador Program (NCAM). This year-long Ambassadorship will train youth (ages 16-22) to address critical issues facing youth. Fifty-one Youth Ambassadors will be selected - one per state - creating a powerful national network of young people who raise their collective voice in service to other youth. Each Ambassador will receive \$1,000 grant, travel to a leadership training in Washington, D.C., and ongoing support and guidance as they implement their service projects. More info: www.YSA.org/grants/NCAM

Get connected with 4-H!



- **The Be Big Contest**

Deadline: June 23

If you have a BIG Idea that demonstrates Clifford's BIG Ideas, let us know! The BE BIG Fund can help bring YOUR winning idea to life with the help of Scholastic, HandsOn Network and, of course, Clifford! Enter now for the chance to bring your BIG Idea to life with a \$5,000 community grant. Other prizes consist of five \$1,000 first prize grants. More info: <http://bit.ly/YuVbeT>

- **State Farm Good Neighbor Student Achievement Grants**

Deadline: June 23

Increase academic achievement, workplace readiness, and stronger communities during the 2013-2014 school year with a \$1,500 State Farm Good Neighbor Student Achievement Grant. The grant requires a 14+ week Semester of Service™ starting in Fall 2013. Educators from all fifty US states and D.C., and the Canadian provinces of Ontario, New Brunswick, and Alberta are invited to apply. Each teacher awarded a grant will also receive a one-day professional development training in one of five cities around the country. Learn more at: www.YSA.org/goodneighbor

- **State Farm Good Neighbor YOuth in the Driver Seat Grants**

Deadline: June 23

Learning to drive is one of the most exciting milestones in a teen's life. To support teens and their teachers in this rite of passage, YSA and State Farm® are offering YOUTH in the Driver Seat, a service and learning program that includes training, ongoing support, and a \$1,500 grant to implement an extended project that encourages safe driving habits, service to the community, and student achievement. Learn more about the program and eligibility requirements at: www.YSA.org/grants/YOUthInTheDriverSeat

- **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](#).

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

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

Proposal Deadline for Round 8 grant: **July 10, 2013 (3:00 p.m. ET)**

- **California 4-H \$1,000 for 1,000 Service Learning Projects**

2013 Revolution of Responsibility - <http://www.ca4h.org/Support/RofR/>

2013 Application Deadlines:

July 15, 2013

September 15, 2013

November 15, 2013

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

- **State 4-H Field Day live broadcast on the Internet!**

May 25, 2013, 9:00am – 6:00pm

Get connected with 4-H!



WWW.CA4H.ORG



[ONLINE RECORD BOOK](#)



A resource site for our 4-H Thrive leadership

The State 4-H Field Day will be live broadcast over the Internet, so watch from your home at http://www.ihigh.com/ca4h/broadcast_296627.html?silverlight=1. We suggest tuning in from 9:00am – 10:00am for the opening, 2:00pm – 3:30pm for the Fashion Show, and 4:00pm – 6:00pm for the awards ceremony. More info on State 4-H Field Day: <http://www.ca4h.org/Programs/Events/SFD/>

- Celebrate “Timeless Fashions” at **State Fashion Revue** on May 25, 2013 as part of State 4-H Field Day at UC Davis. Morning activities open to all include Pattern Exchange (bring 5 and take 5), Make it take it crafts, judging and identification classes, and presentations. New for the centennial celebration is the Vintage Fashion Show at 1:30 at Wellman, followed at 2:00 by the SFR participant fashion show and awards. Bring all service project items to Olson Hall: Little dresses and shorts for Africa, drawstring bags, and A Zoo of Hugs stuffed animals. Do you have an idea for next year’s Challenge class or service projects? Bring your suggestions on an index card. We will post them by the information table. We are actively seeking youth and adults to be part of our SFR2014 committee. Join us at our wrap-up meeting at 4:00 PM in Olson room 118. Complete information for SFR is at <http://www.ca4h.org/Programs/Events/SFD/SFR/>.

- **Connecting the USDA Summer Food Service Program and Public Housing Authorities**
Webinar May, 28th 10 am – 12 pm

Register here: <http://ovici.com/wsb.dll/s/17fb9g53917>

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 less than 3 million of those students participate in a USDA summer feeding program. 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. The USDA Food and Nutrition Service (FNS) is offering this webinar so you can learn more about how you can help your public housing authority feed children in need and/or promote SFSP. The webinar will review SFSP participation requirements, cover resources, and tools available to help you get started, highlight successful programs and outreach practices from around the country, and provides an opportunity to have your questions answered by FNS Program experts.

- **4-H Advisory Committee applications for the 2013-14 program year are due to the CA State 4-H Office postmarked by May 31, 2013 or online by 11:59pm on May 31, 2013.** All 4-H members, adult volunteers, county and state 4-H YDP staff, as well as community partners are encouraged to apply. 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. For more information, see:
http://www.ca4h.org/Administration/Advisory_Committees/

- **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](#)

- **4-H Archery Certification Training**

Mt. Shasta City Park

Saturday, June 1st - 9am-5pm

Sunday, June - 2nd 9am-12pm

A 4-H Archery Certification Training for volunteers and junior/teen leaders will be offered Saturday, June 1st , 9 a.m. – 5 p.m., and Sunday, June 2nd, 9 a.m.- 12 noon, at the Mt. Shasta City Park, Lower Lodge, 1315 Nixon Street, Mt. Shasta, CA in Siskiyou County. You must be an enrolled 4-H leader or member and attend both days to receive certification to teach archery at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is \$25 per person to include a resource binder, range fees, and Saturday lunch. For current 4-H certified archery leaders, if you would like to become a trainer and provide certification at the county level, please contact

Get connected with 4-H!



WWW.CA4H.ORG



ONLINE RECORD BOOK



A resource site for our 4-H Thrive leadership

Jeanne for more details. You would attend this training and assist with the teaching of this class.

To register, please complete and mail the "CA 4-H Shooting Sports Training Request and Registration Form" available at <http://www.ca4h.org/files/2123.pdf>, and an adult or youth 4-H medical release form and a \$25 check payable to "Siskiyou County 4-H Council" and mail to Leland & Jeanne George, 8504 N. Old Stage Road, Weed, CA 96094. **Registration is due Friday, May 24th and space is limited.** For more information call Jeanne at 530-524-7278 or email her at mtlassenlover@gmail.com.

- **Western Region Leader's Forum**

March 27-30, 2014

Billings, Montana

Workshop proposals for the WRLF 2014 are being accepted now. **Proposals due June 1.** Visit their website for more information and a workshop proposal form: www.wrlf2014.com

- **2013 State 4-H Horse Classic**

June 26-30

Premium online, online registration is now open!

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

Registration for the Educational Contests- <http://ucanr.edu/classic-educational-contest-registration>

Registration is Due June 3rd!

Each sponsor is 20% of Class/Contest Fees

New Horse Classic Social Media

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/>

Fill out the Doodle for State 4-H Horse Field Day

<http://www.doodle.com/zrpp48zp98qewmrp>

- **Animal Science Survey**

http://ucanr.edu/animal_science_survey

We want your opinion! Survey is open until June 30th!

- **Joint Reserve Component Teen Leadership Summit**

Wahsega 4-H Center

Dahlonega, Georgia

July 7-12, 2013

Now in its third year, the Joint Reserve Component Teen Leadership Summit is a week-long camp for 14-18 year old dependent teens of current reserve component family members. Teens will focus on leadership development and self-confidence, learn about programs and services available to Air Force dependents, and build a community. Information is now available for the 2013 Joint Reserve Component Teen Leadership Summits at: <http://t.uga.edu/cR>

- **California State Fair**

July 12th-28th

To celebrate our centennial, we are going BIG at the CALIFORNIA STATE FAIR! Check out the full list of activities at <http://www.ca4h.org/Programs/Events/CountyFairs/>

1) July 21, 24-27: Gold Seal Presentations from State 4-H Field Day (http://ucanr.edu/gold_seal/)

4-H members receiving a gold seal at the State 4-H Presentation Day on May 25, 2013 at UC Davis are eligible to present, non-competitively, at the California State Fair. 4-H members will present 1-3 times during an hour-long block of time on July 21, 24, 25, 26, & 27.

Get connected with 4-H!



2) July 16, 20, 23: Present your Science, Technology, Engineering, and Math (STEM) Projects (<http://ucanr.edu/stem/>)

4-H members and volunteers are invited for three types of exhibits.

A) July 16, 2013, 11am - 8pm: Eco-Bot

4-H will present Eco-Bot, the National 4-H Youth Science Experiment. 4-H volunteers and members will help children design and build a simple brush-robot to cleanup a spill (simulated using a cookie sheet and rice). Materials and instructions are provided. We just need 4-H volunteers and members to sign-up for 2-hour blocks during the day!

B) July 20 (10-8pm) & July 23 (11-8pm)

i) **Non-Competitive 4-H Presentations** – 4-H members are invited to present, non-competitively, at the California State Fair on July 20 and 23. 4-H members will present 1-3 times during an hour-long block of time on one day. Presentations must be related to 4-H science, engineering, or technology.

ii) **Hands-on, Interactive, 4-H Science, Engineering and Technology Activities** – Groups of 4-H members, volunteers, and staff are invited to engage the public in quick hands-on activities. The group will conduct activities with the public for at least an hour block of time on one day.

3) July 23 & 24: 4-H Cooking Throwdown (<http://ucanr.edu/throwdown/>)

4-H Cooking Throwdown - 4-H members are invited to participate in the 4-H Throwdown at the California State Fair. Teams will consist of 2 youth members and 1 teen leader. The minimum age is 12 years old, total of 3 members. Each round will have a secret ingredient. Each course must include the secret ingredient. Each team will have 10 minutes to prep and then 50 minutes to cook a three course meal. A judge will taste all courses prepared and the winners of each round will then compete at 4:00pm each day to determine the daily 4-H Throwdown Champion! Each day has a theme: July 23rd- International Cuisine; July 24th- BBQ Throwdown without the Grill. **Facility:** California Kitchen at the State Fair.

4) Represent California 4-H by exhibiting at the Fair

We are working on a 4-H Day-July 20th! Share your memories of the State Fair <http://www.bigfun.org/memories/>!

• Registration Open: NYLC's National Youth Leadership Training

This is an opportunity for high school students to build leadership skills to make a real change in their communities. The event is **July 20-27, 2013** at the National Center for Service and Innovative Leadership. Registration is now open and space is limited for the NYLT this summer. The Registration Packet is available for download at www.nylc.org/nylt - turn in your packet ASAP to secure your spot!

• 2013 National 4-H Forestry Invitational

July 21-25

Jackson's Mill State 4-H Conference Center in Weston, WV

California 4-H is invited to send a 4-H forestry team to compete in the [2013 National 4-H Forestry Invitational](http://4hforestryinvitational.org/registration/intent-form). On-line intent form due **by May 31, 2013**: <http://4hforestryinvitational.org/registration/intent-form>

• 4-H State Leadership Conference 2013: Celebrating 100 years of California 4-H

July 25-28, 2013 at UC Davis

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/>

Get connected with 4-H!



WWW.CA4H.ORG



[ONLINE RECORD BOOK](http://WWW.CA4H.ORG/ONLINE-RECORD-BOOK)



A resource site for our 4-H Thrive leadership

- **Win a FREE Dutch Oven & Curriculum!** – For all 4-H Camp Programs. Have your adult camp director, youth camp director, and one other camp adult fill out the 13 short camp surveys at the link below (under Assessment Areas) **before August 31, 2013**. Once 3 complete surveys of all the assessment areas are entered, your county will be on the list to receive a Dutch Oven with Curriculum, compliments of the State 4-H Camping Advisory Committee. Ovens will be awarded at the State 4-H Camping Conference in the spring of 2014. If you have any questions contact John Borba, jaborba@ucdavis.edu. Access the survey here: <http://www.ca4h.org/Programs/Camps/CampToolkit/>

- **Dyn - O - Mite**

The dynamic format of the **2013 State Leaders' Forum** allows you to focus attention on issues that really matter. There is a world of creativity in store for you. Gain insight from innovative 4-H volunteers and staff, discover a multitude of new techniques, feast your eyes on detailed presentations, and much more. This includes sharing in the keynote presentation: **Making Collective Impact Work** with Matt Wilka. Matt, a former Fulbright Fellow in Ecuador, is a consultant with FSG - a non-profit consulting firm specializing in strategy, research, and evaluation. With Matt at the helm we will have an in-depth look at how organizations are implementing a collective impact approach to solve social problems.

Workshop Proposals are accepted until June 30 at <http://ucanr.edu/sl2013workshop>

Some suggested topics we are seeking include: Anti-bullying, Sharing Cultures, Techniques for Teaching, Fundraising in Counties, Advanced Topics for Experienced Leaders, Specific Project Ideas, ORB, Fireside Chat with the State Office, Taxidermy, and other subjects you might wish to share.

SLF 2013 will be held **Nov. 8 - 10** at the Crowne Plaza in Sacramento. Conference registration is on-line at <http://ucanr.edu/sl2013register>. Reservations for rooms at the Crown Plaza are made directly with the hotel at 1-877-270-1393 or 1-916-338-5800, using code FRH.

Remember: Break past conventional thinking and toss in some imagination and you have the **2013 State Leaders' Forum**.

- Early Bird registration by **Sept. 1** saves you money!
- 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.
- 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.

- **Twelfth Biennial Coalition for Education in the Outdoors Research Symposium**

January 10-12, 2014

Indiana University's Bradford Woods

The call for abstracts is attached and will also be posted at <http://www.outdooredcoalition.org/>. Abstracts are due by September 12, 2013.

PROGRAM UPDATES

POSITIVE YOUTH DEVELOPMENT

- **University of Wisconsin, Cooperative Extension online Parenting resource.**

It's called **Parenthetical** and it's available to educators and parents throughout the state at

<http://www.myparenthetical.com>. **Parenthetical** is a combination blog, website and social network for **parents**

Get connected with 4-H!



of 10-16 year old tweens and teens designed to provide parents and other caregivers with ongoing education, support and networking.

- **Families with Teens Spanish Resources**

University of Minnesota Extension developed resources to help Spanish-speaking parents meet the challenges of raising teens. Topics include school success, alcohol, tobacco, and drugs, family relationships, and technology. Visit: <http://www1.extension.umn.edu/family/families-with-teens/resources-spanish/>

- The National 4-H History Preservation Program May newsletter is available [here](#).

HEALTHY LIVING

- **Healthy Living Officers in Shasta County!**

Congratulations to the following 4-H Clubs in Shasta county: Whitmore, Trailblazers, and Cow Creek! Each of these clubs has decided to elect a Healthy Living Officer! 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: Provide ideas on how to incorporate physical activities and healthy eating into each club meeting, write Healthy Living articles for the club newsletter, and adopt and promote 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/>

*To receive your Healthy Living Officer pin please email the name of your Officer and club to Anne Iaccopucci at amiaccopucci@ucanr.edu

- **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 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 workout, 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/

- **New Society for Research on Adolescence Youth Advisory Board**

The Society for Research on Adolescence (SRA) is accepting applications for membership on a Youth Advisory Board (YAB). The YAB will be comprised of five individuals between the ages of 14 and 18 and will advise the SRA Executive Council in how the science of adolescence translates into the lived experiences of adolescents and vice versa. To learn more about SRA and the Online News to which you will be contributing, visit our website at: <http://www.s-r-a.org/>

- **Healthy Kids Hub Website Helps Out-Of-School Programs Connect with Resources To Support Millions Of U.S. Children**

Each of you may serve, work, and/or volunteer for different reasons, but we all share the common goal of wanting to make a positive contribution to kids' lives, so they are equipped with the skills and confidence to become happy and productive adults. Out-of-school-time organizations can play a key role in promoting health and wellness programs that can impact not only the children, but leaders and families as well. Recognizing this opportunity, we've been working with some of the country's leading out-of-school-time organizations on an initiative called Healthy Kids Out Of School to create a set of unified principles for healthy eating and physical activity in out-of-school-time (OST) programs. Participating organizations include Boy Scouts of America, Girl Scouts of the USA, the National 4-H Council, the National Council of La Raza, the National Council of Youth Sports, the National Urban League, Pop Warner, US Youth Soccer, and YMCA of the USA. Together, leaders from these organizations helped Healthy Kids Out of School develop three

Get connected with 4-H!



WWW.CA4H.ORG



ONLINE RECORD BOOK



A resource site for our 4-H Thrive leadership

guiding principles for out-of-school-time programs:

- *Drink Right*: Choose water instead of sugar-sweetened beverages.
- *Move More*: Boost movement and physical activity in all programs.
- *Snack Smart*: Fuel up on fruits and vegetables.

Realizing that making these kinds of changes can sometimes be challenging, Healthy Kids Out of School recently launched their Healthy Kids Hub website to help leaders adopt these principles. The Healthy Kids Hub features more than 200 resources developed by leading universities, afterschool organizations, and other non-profits.

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

<http://www.childobesity180.org/our-initiatives/out-of-school-time/>

- **Bullying Prevention**

Take a look at a new blog posted on StopBullying.gov to learn about National 4-H Conference delegates' briefings on bullying prevention: <http://www.stopbullying.gov/blog/2013/05/08/national-4-h-conference-teens-tackle-bullying-issue>

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:

July 15, 2013

September 15, 2013

November 15, 2013

Get connected with 4-H!



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

SCIENCE, ENGINEERING, and TECHNOLOGY (SET)

- **Interested in Citizen Science in 4-H? Learn more on a Webinar.**

Wednesday, June 12th 1-2pm Pacific repeated Thursday, June 13th 9-10am Pacific.

<http://citizen-science.org/context/youth-development/4-h/webinars>

Citizen science is the involvement of the public in real-world scientific investigations: asking questions, collecting data, and/or interpreting results. Cornell Cooperative Extension 4-H Youth Development, in partnership with the Cornell Lab of Ornithology, and with support from the Noyce Foundation, is building support for citizen science in 4-H contexts to help educators and volunteer leaders use these activities to their fullest potential for SET/STEM learning and civic engagement. Participate in this webinar to learn more about integrating citizen science in your 4-H projects. Take 2-10 minutes to complete this [survey](#) and help them understand how to best support citizen science in 4-H contexts.

- **From the Cornell Lab of Ornithology - BirdSleuth K-12 and Nature Detectives**

<http://www.birdsleuth.org/afterschool-investigators-nature-detectives>

BirdSleuth is an inquiry-based science curriculum that engages kids in scientific study and real data collection through the Cornell Lab of Ornithology's exciting citizen science projects. Afterschool Investigators: Nature Detectives kit offers fun and easy indoor and outdoor science activities developed with the unique, informal nature of afterschool, out-of-school time, and club programs in mind. California 4-H is one of two states in a pilot project to use Nature Detectives for citizen science, and as such comes with unique access to support from the Lab of Ornithology in exchange for feedback on the curriculum and its potentials. If interested, please contact Steven Worker at smworker@ucanr.edu.

- **Understanding Science Searchable Resource Database**

<http://undsci.berkeley.edu/search/resources.php>

The mission of Understanding Science is to provide a fun, accessible, and free resource that accurately communicates what science is and how it really works.

- **Join the 4-H Technology Leadership Team**

Applications due May 31, 2012

<http://www.ca4h.org/Projects/SET/Tech/CTLT/>

Do you have an interest and experience in technology? Think about joining the 4-H Technology Leadership Team! 4-H members age 16 and older and 4-H volunteers may apply. Candidates must have some type of technology experience where he/she could lead an hour workshop. Technologies could include photography, video, website design, social media, hardware, GPS/GIS, computer support, graphic design, 3D imaging, smartphones, programming, biotech, engineering, technology & society.

- **UC Davis C-STEM/NCWIT Girl's Leadership Camp for Computing and Robotics**

July 22-26, 2013, applications due May 31

http://c-stem.ucdavis.edu/GCRC/leadership_camp.php

The ultimate goal of the C-STEM/NCWIT Girl's Leadership Camp for Computing and Robotics is to motivate girls in middle school to learn science, technology, engineering, and math (STEM) concepts through a fun and exciting robotics-based curriculum.

- **Nominations Now Open for the 2014 Presidential Award for Excellence in Science, Mathematics, and Engineering Mentoring (PAESMEM)**

PAESMEM nomination materials due June 5, 2013.

www.nsf.gov/PAESMEM

The White House Office of Science and Technology Policy (OSTP) and the National Science Foundation (NSF) seek nominations of individuals and organizations that have demonstrated at least five years of excellence in mentoring students, trainees, and/or early career scientists and engineers from groups that are underrepresented in STEM.

- **Free e-Judging App by NMSU Extension's Ag. Comm.**

Get connected with 4-H!



WWW.CA4H.ORG



[ONLINE.RECORD.BOOK](http://WWW.ONLINE.RECORD.BOOK)



A resource site for our 4-H Thrive leadership

Of interest to faculty, staff volunteers and others involved in judging contests: The iTunes store has released New Mexico State University's **e-Judging** app – an easy-to-use quick score calculator. Celebrate and download this free app!

>From Apple: <https://itunes.apple.com/us/app/e-judging/id643459778?mt=8>

>Through the NMSU page: <http://apps.nmsu.edu/ejudging/index.html>

4-H MILITARY PARTNERSHIP PROGRAM

- The [National Guard Psychological Health Program](#) promotes and guides National Guard members and their families by supporting readjustment and readiness while offering consultation and support designed to address organizational and individual health care.
- [Real Warriors](#) offers information and tools for navigating the deployment and reintegration process. Real Warriors helps National Guard and Reserve service members and families reach out to community, religious and military services, and help connect with other service members.
- The [Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury](#) offers a variety of [resources](#) specifically for Guardsmen and Reservists. The [DCoE Outreach Center](#) provides resources and information about mental health that can be accessed 24/7.
- [Military OneSource](#) provides information and resources on topics such as counseling options for National Guard and Reserve members and their families. Options include military counseling services and non-medical counseling resources.
- The [National Resource Directory](#) connects wounded warriors, service members, veterans and their families with those who support them. It provides access to services and resources at the national, state and local levels to support recovery, rehabilitation and community reintegration.
- [Courage to Care](#) is a new, electronic health campaign for military and civilian professionals serving the military community, consisting of electronic fact sheets that provide actionable information.
- [Joint Services Support](#) provides access to the professional management tools and resources you can use to organize activities, create a network of National Guard families and family members, or find assistance to improve your daily life.
- The [Yellow Ribbon Reintegration Program](#) is a DoD-wide effort to promote the well-being of National Guard and Reserve members, their families and communities by connecting them with resources throughout the deployment cycle. Through YRRP events, service members and loved ones connect with local resources before, during and after deployments.
- [Afterdeployment.org](#) is an online behavioral health resource supporting service members, their families and veterans with common post-deployment concerns. The website provides self-care solutions, targeting post-traumatic stress, depression, anger, sleep, relationship concerns and other mental health challenges.

RESEARCH UPDATES

- **Afterschool Matters, 17 (Spring 2013), Special Issue on STEM**
http://www.niost.org/images/pdf/afterschoolmatters/asm_2013_17_spring/ASM_Spring2013_full.pdf
The latest edition of Afterschool Matters focuses on science, engineering, technology and mathematics (STEM) education during out-of-school time. Articles include topics on models of STEM learning, STEM for girls, resources, collaboration with public television, and professional development.

Get connected with 4-H!



WWW.CAHR.ORG



ONLINE RECORD BOOK



A resource site for our 4-H Thrive leadership

- **Child Well Being: US is 26 out of 29 nations**

A [new report](#) released by UNICEF charts the well-being of children in rich countries. According to the report, the United States (US) has the second highest share of children living under the relative poverty line, defined as 50 percent of each country's median income, and the second largest "child poverty gap" (the distance between the poverty line and the median incomes of those below the line). The US ranked 25th out of 29 in the percentage of people 15 to 19 years old who were enrolled in schools and colleges and 23rd in the percentage of people in that cohort not participating in either education, employment, or training. But perhaps the most interesting part of the study is what children themselves say about their levels of personal satisfaction and the quality of their relationships. Read the full report to learn about this finding and others.

Copyright © 2013 The Regents of the University of California.

Youth, Families, & Communities Program
California State 4-H Office
Agriculture and Natural Resources, University of California
DANR Building, One Shields Avenue
Davis, CA 95616-8575
(530) 754-8518
fourhstateofc@ucdavis.edu

University of California

Agriculture and Natural Resources

4-H Youth Development Program



*Making a Difference
for California*

Get connected with 4-H!



WWW.CA4H.ORG



ONLINE RECORD BOOK



4-H VOLUNTEER CAFE

A resource site for our 4-H Thrive leadership