

University of California
Agriculture and Natural Resources

100 Years
and thriving

4-H Youth Development Program

4-H E-News Updates

July 2013

[Statewide 4-H Online Calendar](#)



California State Fair

★ July 12th - 28th 2013 ★

4-H is going BIG at the CA State Fair this year! More info [here](#).

ASSOCIATE DIRECTOR UPDATES

Beginning in June of 2010 California 4-H began to integrate the Thrive “theory of change”, which is based on cutting edge research on positive youth development, into 4-H. To do this, 4-H developed new curriculum entitled, “iThrive”, based on the works of highly regarded developmental researchers. In the curriculum, youth aged 11 to 19 are guided through activities designed to promote self-awareness about their particular self-competencies through identifying their interests and passions (sparks), understanding that ability is not fixed but grows with hard work and persistence (growth mindset), reflecting on personal factors that facilitate their thriving as well as risk factors (self-reflection), and gaining tools to pursue their goals (goal management). These components are thought to be important factors that contribute to thriving. Thriving is defined as demonstrating growth in the functionally valued behaviors of competence, confidence, caring, connection, character, and contribution (AKA 6 Cs) across development.

In the roll-out of the 4-H Thrive Initiative, master trainer teams composed of 4-H youth members, 4-H adult volunteers, and 4-H YDP staff were trained by a statewide team and, in turn, trained 4-H Thrive Leadership Development Project leaders. Over 4,500 youth have received iThrive through Leadership Development Projects to date. To help evaluate the effectiveness of the iThrive curriculum, youth responded to surveys in the 4-H Online Record Book including information about their sparks, mindset, and goal management skills.

The results indicated that participation in Thrive Leadership Development Projects led to significant increases in youth thriving. In fact, youth that received iThrive through Leadership Development Projects demonstrated a 53% increase in Sparks, 63% increase in Goal Management, and a 51% increase in Growth Mindset. And, an increase in each of these areas was significantly correlated with increased thriving as defined by the 6 Cs. Importantly, increased thriving was associated with significant increases in self-esteem.

Counties are continuing to implement the iThrive curriculum in Leadership Development Projects. We will continue to evaluate the effectiveness of this curriculum and its long term outcome and impacts on youth through the 4-H Online Record Book. Beginning this year, we will be piloting iGrow for 9-12 year olds in 4-H partnered afterschool programs in 4 counties: San Joaquin, Marin, Humboldt, and Santa Clara.

We thank our 4-H adult volunteers, youth members, families, and staff for their hard work and persistence in helping us to implement the 4-H Thrive Initiative into CA 4-H.

Get connected with 4-H!



WWW.CA4H.ORG



ONLINE RECORD BOOK



A resource site for our 4-H Thrive leadership



CALIFORNIA 4-H
FOUNDATION

With best regards,

Shannon Dogan

STORIES FROM THE FIELD:

Authored by: Scott Mautte, 4-H Thrive Program Representative

Mercedes Malloy: A Spark that has turned into a fire

I met Mercedes in December of 2012 at one of our training events where we were training county teams to take back the principles of positive youth development. Mercedes along with her mother were part of the team in Santa Cruz who would go back and train project leaders in their county that were planning on using the 4-H Thrive curriculum in their Jr. and Teen Leadership projects. Even though she is only 13 years old, it didn't take long to realize that Mercedes had begun to grasp something about positive youth development that many of us as adults struggle with—internalizing the principles into every aspect of our lives.

This past May, while speaking at a conference down in Santa Cruz, I had the privilege of spending a day with Mercedes and her mother and hearing their story about how the principles of positive youth development in the context of the 4-H Thrive project had impacted their lives. In just a few short minutes you could see how Mercedes has both embraced the principles and become a champion of them in her county, touching her world both inside and outside 4-H with them.

Immediately upon entering her home, you were greeted with a taste of who Mercedes is and what gives her joy and energy each day. Her home was filled with beautiful paintings that she had created depicting many of her passions from animals to landscapes. As I took a tour of this homegrown museum, Mercedes went on to talk about her “spark” for painting and how her involvement with 4-H Thrive has encouraged her to continue to pursue it and helped her put a vocabulary to how she felt. It's clear from listening to her that painting is one thing in Mercedes life that gives her joy and purpose.

As the day went on, Mercedes shared with me a presentation that she had prepared and delivered to the Santa Cruz Board of County Supervisors on the 6 Cs of thriving. Research tells us that the 6 Cs are indicators that a young person is on a trajectory to reaching their full potential. The 6 Cs are: Caring Character, Connection, Competence, Contribution and Confidence. Her presentation showed how she is using her “spark” for art to teach kids about recycling and how her participation in this project is specifically contributing to the development of each of the 6 Cs in her life.

As if this wasn't enough, she shared another presentation that she had developed for school called, “Many Faces of a Hero”. This presentation was an intense and powerful look at the different human rights heroes. While doing her research, Mercedes was able to connect personally with a holocaust survivor Dina Babbit who was forced to draw portraits of Romani inmates for the infamous Dr. Mengele at Auschwitz and shares about her struggle to regain possession of her paintings. Since her presentation, Mercedes has become involved in the effort to have Dina's paintings returned to her.

Mercedes is an amazing example of how our 4-H youth are learning skills that are preparing them for life and how 4-H is helping them become caring, confident and competent people of character who connect with others and contribute to their community. Mercedes' story shows how with the support of 4-H and other caring adults, a young person can identify a spark in their life and have it turn into a flame.

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, Mendocino County held a great event in May where they highlighted past 4-H stories and alumni. The Foundation assisted their efforts with letter templates, alumni contact information, and Foundation staff was able to attend the event. The San Carlos Eaton Hills Club is doing a history project by 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 Solano County they held an alumni event after the Dixon May Fair. They had over 100 people attend and are considering making it an annual event.

These are a few examples of how local clubs and counties are 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

The State Fair is July 12th through the 28th and we will be having presentations throughout the run of the fair. We hope you will encourage your 4-H family and friends to attend. For more information here is a link to the State Fair happenings: <http://www.bigfun.org/>

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 will have a follow-up meeting in September. At the December meeting, National 4-H Council shared 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 around 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. One great way to engage alumni is to conduct interviews. These interviews can be in person, over the phone, or in some cases over email. The Foundation has been doing interviews in all three of these mediums and can provide interview templates, lessons learned, and direct support if you identify people in your county you would like to interview. The Foundation has two students

who are trained in doing interviews, which are then transcribed and added to our website:
<http://ca4hfoundation.org/connect/share-your-story>

If you would like to work with the Foundation on conducting interviews, please contact Amy at
almcguire@ucanr.edu.



FUNDING UPDATES

- **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)**
- **Global Youth Service Day Lead Agency Grants - \$2,000**
Deadline: July 17
YSA and State Farm will support up to 100 Global Youth Service Day Lead Agencies for GYSD 2014 (April 11-13, 2014). GYSD Lead Agencies are local, regional or statewide organizations across the United States, and the Canadian provinces of Alberta, Ontario, and New Brunswick, that increase the scale, visibility, and impact of Global Youth Service Day by leading GYSD activities in their city, region, and/or state. GYSD Lead Agencies receive a \$2,000 grant provided by State Farm, a travel stipend to attend the Youth Service Institute, and ongoing training and technical assistance. More info: www.YSA.org/grants/leadagency
- **MLK Day Lead Organizer Grants - \$1,000, \$2,000, \$3,000, or \$4,000**
Deadline: July 17
Honor Dr. Martin Luther King's legacy by leading your community in service on MLK Day and build your organization's capacity to engage volunteers in high-impact service by applying to be a MLK Day Lead Organizer. YSA and CNCS will provide MLK Day Lead Organizer grants to organizations for Martin Luther King Day of Service (Monday, January 20, 2014) activities. MLK Day Lead Organizers will engage youth and adult volunteers on MLK Day, use service as a strategy to meet important community needs, and build partnerships with other organizations in their community to achieve scale, visibility, and impact on MLK Day 2014. YSA will award between 16 and 64 grants of \$1,000, \$2,000, \$3,000, or \$4,000. MLK Day Lead Organizers will also receive ongoing training and technical assistance. The program is open to organizations from all 50 states and DC. More info: www.YSA.org/grants/MLKDay
- **Open Meadows Foundation Grants**
Deadline: August 15
The Open Meadows Foundation offers grants up to \$2,000 to projects that are designed and implemented by women and girls, reflect the diversity of the community served, promote building community power, promote racial, social, economic and environmental justice, and have limited financial access, or have encountered obstacles in their search for funding. Small and start-up organizations are strongly encouraged to apply. (Organizational budget should not exceed \$150,000.) More info: <http://bit.ly/1a99Tk3>
- **World We Want Foundation Grants**
Deadline: Rolling
The World We Want Foundation promotes and supports Young Global Citizens making positive social change in their communities and around the world. They work with and through Partner Organizations and Mentors youth applicants provide; help young people design and conduct meaningful Social Action Projects and

acquire substantive knowledge and 21st-century skills while creating social value; provide micro-grants to support their Projects; provide an online funding platform to encourage and allow others to help fund their Projects; and provide an online Showcase to share their Stories of Social Impact with the world.
More info: <http://bit.ly/11E94t>

- **DoSomething.org Seed Grants**

Deadline: Rolling

A \$500 Do Something Seed Grant is given out every week to help young people just like YOU! These grants can be used towards project ideas and programs that are just getting started, or to jump-start your program and realize your ideas for the first time. These grants can also be used towards projects that are already developed and sustainable, towards the next steps of your project and organization to help you as you look to expand your project and grow your impact. More info: <http://bit.ly/PQYfTr>

- **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](#).

- **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

To celebrate our centennial we are going big at the **CALIFORNIA STATE FAIR!** Check out the full list of activities at <http://ucanr.edu/statefair2013>

- 1) **July 21, 24-27: Gold Seal Presentations from State 4-H Field Day** (http://ucanr.edu/gold_seal/)
4-H members that received a gold seal at the State 4-H Presentation Day 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**.
- 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, 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 16, 20 & 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/>
- **Joint Reserve Component Teen Leadership Summit**
Wahsega 4-H Center
Dahlonoga, 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>
- **“Made by Me” Challenge Contest**
Office of National Drug Control Policy’s “Above the Influence” (ATI) youth campaign has launched a national challenge that calls on teens to share their ideas for the next ATI commercial. The “Made by Me” challenge allows teens (ages 13-18) to submit 60 second video entries that capture their commercial ideas. Please see the link below for more information. **Contest deadline is July 10th.**
More info: <http://partners.atipartnerships.com/partner-resources/made-by-me-national-psa-challenge/>
- **Teen Distracted Driving Summit**
The 2013 Teen Distracted Driving Summit will be held in Washington, D.C. on Friday **September 20th**. All are welcome to attend this year's National Teen Distracted Driving Prevention Summit! Through sponsors' support, NOYS will provide travel scholarships to select teams of youth leaders to attend the Teen Distracted Driving Summit. **The deadline to apply is July 15th**. We also encourage youth leaders to apply to be Peer Mentors for this year's Summit. For more information on the 2013 Teen Distracted Driving Summit or to learn how YOU can become involved, email info@noys.org.
- **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!

- 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/>
- 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/>
- What Heifer Inspires You?**
 Oh yes, this was on a billboard for Clover milk and it seemed to fit our theme this month. The California State 4-H Leaders' Forum 2013 offers both information and inspiration, sometimes in an unconventional way. This is a unique opportunity for networking and weaving more tightly the fabric of our 4-H program. Volunteer leaders who have inspired youth and adults through the years, from first year leaders to the more experienced, will be honored for their service.

Scintillating and thought provoking workshop proposals are arriving. Be inspired to make a contribution to the educational program at SLF. There is still time for you to submit yours (**due by June 30**): www.ucanr.edu/slf2013workshop

SLF will be held on **Nov. 8 – 10, 2013** at the Crowne Plaza Hotel in Sacramento. Early bird registration ends Sept. 1, so get registered soon and use your saved pennies to spend at the silent auction. Should you be inspired to contribute items for the silent auction or the live auction, please let us know, at your earliest convenience, so we can arrange to pick up the items. We would gratefully accept monetary donations, as well. Please contact Louise Silacci, moolu@unwireddb.com, Chair of the Silent Auction.

For registration information and forms see www.ucanr.edu/slf2013.

- 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

- 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 (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/>



Instagram: <http://instagram.com/ca4h>



Blog: <http://4hvolunteercafe.wordpress.com/>



CA 4-H Foundation: <http://ca4hfoundation.org/>

We will be continuing to provide virtual opportunities for you to connect directly with us at the State 4-h Office through these social media outlets.

Come across a published 4-H story in the news? Send it to ca4h@ucanr.edu and we will include it in our [4-H in the Media](#) section of our website.

- **2013 Thrive Professional Development Opportunities – Save-the-Date:**

- **4-H Thrive Master Trainer, Train-the-Trainer Workshops**

This year we will be offering 3 professional development opportunities for Thrive Leadership development Projects. The full details and registration information will be coming shortly. The travel and development expenses are fully covered for each county to send up to five (5) people. Each county will determine the best configuration of the team. For example, it may be that County XYZ decides that their local program is best served by sending one Program Representative and one Key Leader. At the same time County ABC may decide that one Key Leader plus another volunteer and two youth are the best team.

1. August 24-25, 2013 Davis, CA
2. September 7-8, 2013 Visalia, CA
3. September 14-15, 2013 Anaheim, CA

- **iThrive for Jr. & Teen Leaders**

Are you looking for ways to continue to develop your Jr. & Teen Leaders in effective leadership skills? iThrive takes the principles of positive youth development and organizes them in a fun and engaging way to develop the leadership skills of our 4-H youth. The accompanying iChampion Adult Volunteer Leader Guide, provides an easy to follow resource to make project leaders successful in using this curriculum. Using the experiential learning cycle, iThrive provides opportunities for youth to realize their true and full potential and shows them how they can help their peers do the same. The curriculum is free and

available to any project leader of a Jr. & Teen Leadership Project. To find out more about Thrive, check out the state website at <http://www.ca4h.org/About/Thrive/>. If you are interested in bringing Thrive into your Jr. & Teen Leadership Project for the 2013-2014 program year, contact your county office to find out how you can get started.

- **iDevelop**

iDevelop is our virtual platform for professional development. The purpose of iDevelop is to provide deeper learning around the principles of positive youth development and to assist 4-H staff and volunteers in creating and sustaining healthy environments for our 4-H members to reach their full potential. For a description of the trainings offered and access to them, click on the following link: http://www.ca4h.org/Resources/Volunteers/4-H_Thrive_Resources/4-H_Thrive_Virtual_Trainings/.

- **4-H Volunteer Café**

Are you a club or project leader who is tired of doing the same old activities month after month? Maybe you need something designed just for you to be encouraged and encourage your own personal growth. The 4-H Volunteer Café is a place designed just for you providing encouraging and thought-provoking articles of how the principles of positive youth development translate into your 4-H experience, it offers tons of resources for you as a 4-H volunteer that you can use immediately in your meetings and gives you a place where you can contribute your own experiences and challenges. To check out the 4-H Volunteer Café, use the following link: <http://4hvolunteercafe.wordpress.com/>.

- **Because toolkit released**

The Campaign for Disability Employment, funded by the U.S. Department of Labor's Office of Disability Employment Policy (ODEP), is pleased to announce that the *Because* toolkit, including public service announcements (PSAs) and inspirational posters, is now available to download and order free of charge. The *Because* PSA features seven people — not actors — with disabilities who are pursuing and realizing their goals and passions as a result of the support and encouragement they received from everyday people in their lives. The full-size posters, like the examples attached, are available for each participant in the PSA. Order the free posters for your organization and learn more about the Campaign for Disability Employment at [Because toolkit](#).

HEALTHY LIVING

- **Welcome New Healthy Living Officers!**

Congratulations to all our newly elected Healthy Living Officers!

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/>

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

- **Teens Take on Health**

We are excited to announce that 4-H has partnered with Molina Healthcare to bring a national campaign Teens Take on Health to California. As part of this campaign, 4-H California youth will host a Town Hall event for teens and other stakeholders to discuss their solutions to the current health issues of our nation. The

Teens Take on Health Town Hall Meeting will be on **October 12th, 2013** in Sacramento. We are currently soliciting teen leaders to participate in the planning of the Town Hall. If you are an interested teen please contact Renata Atayeva at renata.atayeva@gmail.com. Additionally, we will be holding a Teens Take on Health session at the State Leadership Conference in July.

- **Be SAFE Curriculum and Training Are Now Available!**

Announcing the release of Be SAFE: Safe, Affirming and Fair Environments! Be SAFE is now available and is designed specifically for use in out-of-school time settings such as 4-H, after-school programs, scouts and Boys and Girls Clubs. Follow the link to download a free PDF of the Introduction of Be SAFE – and/or to order the full curriculum. MSU Extension Bookstore:

<http://web2.msue.msu.edu/bulletins2/product/be-safe-safe-affirming-and-fair-environments-1363.cfm>

We are also excited to announce that a day-long workshop Be SAFE: Addressing Bullying in Out-of-School Settings will take place on August 8, 2013, at the Hannah Community Center in East Lansing, Michigan. The cost of the workshop is \$175 and includes a copy of the curriculum, refreshments and lunch, and seven continuing education units. (This course is approved by the Michigan Social Work Continuing Education Collaborative.) Registration information is available at: <http://events.anr.msu.edu/BeSAFEAugust8/>.

- **Courage to Care™**

Developed by the University of New Hampshire, Courage to Care is an evidence-based curriculum for middle school students, designed to increase care for others, and reduce bullying. The program teaches empathy, civility, and attacks school meanness by increasing students' social and emotional skills. View a sample Courage to Care lesson by going to: <http://bit.ly/CtoCSample5>.

More info: <http://www.courage2care.com/>

- **4-H Healthy Living Programs of Distinction:**

- **4-H Eco-Stewardship Program**

The 4-H Eco-Stewardship Program is an educational program offered to students residing in Chelan County, Washington State. The unique quality of the program is the nature of the collaborations with schools and natural resource management agencies. The primary purpose is to develop life skills and engage local youth in "Outdoor Classrooms" where they are presented with learning opportunities related to the environment and natural resources surrounding their communities. Through this program, students develop a deeper understanding of the relationship between healthy forests and healthy communities. The experiential education model (4-H Challenge) is infused throughout all activities to focus on the development of critical life skills. This nationally recognized 4-H Eco Stewardship Program successfully provides young people the skills they need to become self-directing, positive, contributing members of society.

- **4-H Health Jam**

The 4-H Health Jam engages elementary-age youth in exploration of health careers, daily physical activity, and experiential study of body systems. During the 9-week program, youth participate in a 2-day overnight camp and an 8-week follow-up. Youth complete the "Walk across Illinois" to achieve 30 minutes of daily physical activity. At the end of 8 weeks, each team has "walked" 448 miles. Participants keep a daily log of exercise, meet weekly to chart progress, and participate in Get Up and Move activities. The 4-H Health Jam uses an experiential approach to learning. Research has shown that learning and memory are increased and improved through physically and mentally engaging activities that stimulate attention and emotions. The 4-H Health Jam looks to the Surgeon General's reports (1996, 2000) for guidance on motivating youth to participate in and sustain daily physical activity. Through Health Jam, youth engage in physical activity and identify exercise that appeals to their personal preferences. Youth develop confidence in their ability to perform and enjoyment of the exercise. Youth eliminate perceived barriers to being physically active. The 8-week "Walk across Illinois" program provides on-going support from peers

and caring adults to complete the walk and sustain daily exercise.

- **4-H Summer Science Camp at Oregon State University**

The Oregon State University Department of 4-H Youth Development partnered with the Science Math Investigative Learning Experiences (SMILE) program, and the Colleges of Engineering and Science to deliver a 2-week resident science, technology, engineering and mathematics (STEM) camp on the OSU campus. Sixty middle school campers, entering grades 6-8, from diverse ethnic and geographic backgrounds were selected from 500 applicants. An \$80,000 grant from the ExxonMobil Bernard Harris Foundation provided full scholarships to the campers. The camp included 30 hours of classroom and field activities with pre-service teachers, 10 hours of mechanical and chemical engineering, and field trips to science centers, the beach, a research forest and the local watershed. With guidance from their teacher/mentors, campers worked in teams to select a research question, carry out a scientific investigation and analyze the results. Each camper produced a poster on their contribution to the team. Each team provided an oral summary of their research accompanied by PowerPoint slides to over 200 parents, faculty and guests at the closing program. Through participation in the Summer Science Camp-4-H Mission 2007, campers increased their abilities to use science process skills and their connection domain on a positive youth development scale.

- **4-H Urban-Rural Exchange for a Sustainable Future**

As the effects of urbanization accelerate in many parts of the world, relationships between urban and rural communities are also changing. The results of these rapidly changing relationships impact mankind's desire to create a more sustainable world. It is increasingly clear that sustainability is complex and entails an array of interacting socioeconomic and ecological factors. As the building blocks of society, communities play an essential role in addressing the challenge of sustainability. Yet communities are complex and diverse systems with multiple stakeholders, and there are often many interpretations of sustainability and very different ideas about how best to achieve it. Oregon is no exception. Oregon is a state of great economic, social and geographic diversity. While this diversity brings strength, it also challenges Oregonians to meet the needs of all communities. Nowhere is this divide more deeply felt than in the area of natural resource management. The divide is especially pronounced in regards to how Oregonians feel their natural resources should be managed. The 4-H Urban-Rural Exchange program is bridging this divide. Outcome evaluations indicated significant changes in urban and rural participants' attitude, knowledge and understanding of lifestyles and environmental management practices from both sides of the divide.

CITIZENSHIP

- **State Leadership Conference**

July 25-28, 2013

UC Davis

Celebrating 100 years of California 4-H

"There's no place like 4-H"



University of California
Agriculture and Natural Resources

The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking and learning experience.

The 2012-2013 California State Ambassadors are looking for your help! In order to celebrate the 100th year of California 4-H we will be having a birthday bash at this year's State Leadership Conference to celebrate the past one hundred years along with the next. We will be putting together a slide show of photos that date back as far as we can go. If your county has photos they would like to send in for the video you can send the directly to Samantha Wadstein at samanthawadstein94@gmail.com. If all photos could be into Samantha by **July1, 2013** it would be greatly appreciated.

SLC registration is open until **July 8th**! Register online [here](#).

Congratulations to Ashley Hautala for winning the video contest!

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

SCIENCE, ENGINEERING, and TECHNOLOGY (SET)

- **Represent 4-H Science, Engineering, and Technology @ The California State Fair!**
<http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=10555>
4-H members and volunteers are invited to showcase their 4-H science, engineering, and technology projects and activities on **July 16** (11am - 8pm), **July 20** (10-8pm) & **July 23** (11-8pm).
 - A) *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.
 - B) *Hands-on, Interactive, 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.
- **PBS Design Squad Hands-on Challenges: Solar System**
http://pbskids.org/designsquad/parentseducators/guides/mission_solar_system.html
Launch your kids into space exploration with these space-based, hands-on engineering challenges. They are designed for kids in school and afterschool programs, grades 4 to 8. Engage kids in engineering and in NASA's exploration of the solar system. Let kids think like NASA engineers and apply their creative problem-solving skills. Spark kids' interest in engineering and space-science careers.
- **Science 360: The Knowledge Network**
<http://science360.gov>
Science360 Knowledge Network immerses visitors in the latest wonders of science, engineering, technology and math. We gather the latest science videos provided by scientists, colleges and universities, science and engineering centers, the National Science Foundation and more.
- **Energy Education Resources**
 - **Department of Energy Office of Energy Efficiency and Renewable Energy**
<http://www1.eere.energy.gov/education/lessonplans/default.aspx>
Searchable library of K-12 Lesson Plans & Activities.
 - **EERE Wind Office:** Energy Basics/how wind turbines works with a really great widget/animation.
http://www1.eere.energy.gov/wind/wind_animation.html.

- **EERE Solar Office:** Great resources for teaching about solar including videos, graphics and animations. <https://www.eeremultimedia.energy.gov/solar/>
- **PBS NOVA Labs: The Energy Lab**
<http://www.pbs.org/wgbh/nova/labs/lab/energy/>
The second lab in this new digital platform is where “citizen scientists” can actively participate in the scientific process. This Lab investigates what energy is, how it can be converted into useful forms, and why some sources are running low. In the Research Challenge, you'll use scientific data to design renewable energy systems for cities across the U.S.—and compete with others to see whose designs can produce the most power.
- **NEED (National Energy Education Development) Project**
www.need.org
This site has a large library of energy curriculum on a wide range of energy topics and is differentiated between primary, elementary, intermediate and secondary levels.
- **Climate Literacy & Energy Awareness Network (CLEAN)**
<http://cleanet.org/>
This site houses a reviewed collection of K-20 educational resources meant to help students’ understand the core ideas in climate and energy science. These resources have been linked to the essential climate and energy literacy principles and are searchable in a variety of ways.
- **Science NetLinks** from the **American Association for the Advancement of Science (AAAS)**
<http://sciencenetlinks.com/>
This site provides K-12 teachers, students, and families with quality resources for teaching and learning science. All of the resources are Internet based and free to everyone. They have a collection of resources called The Science of Energy (<http://sciencenetlinks.com/collections/science-energy/>) which shines a light on the types of lessons, tools, and interactives available to help students understand energy.
- **2013 President’s Environmental Youth Award**
Due December 31, 2013
<http://www.epa.gov/peya/>
The PEYA program promotes awareness of our nation's natural resources and encourages positive community involvement. Since 1971, the President of the United States has joined with EPA to recognize young people across the U.S. for protecting our nation's air, water, land, and ecology. One outstanding project from each region is selected for national recognition. Projects are developed by young individuals, school classes (K-12), summer camps, and youth organizations to promote environmental stewardship.

4-H MILITARY PARTNERSHIP PROGRAM

- **4-H Military Club**
The Air Force 4-H Partnership provides a variety of opportunities for Air Force youth to gain valuable life skills, develop leadership abilities and engage in meaningful contributions in their community. Please stop by the website www.4-hmilitarypartnership.org and check out the June edition of the Air Force 4-H Partnership newsletter that highlights success stories throughout the states.

RESEARCH UPDATES

- **Parenting in the Age of Digital Technology**

http://web5.soc.northwestern.edu/cmhd/wp-content/uploads/2013/05/Parenting-Report_FINAL.pdf

Parental attitudes toward the role of technology in parenting and in family life, use of media by their children.

- **Breadwinner Moms**

<http://www.pewsocialtrends.org/2013/05/29/breadwinner-moms/>

Mothers Are the Sole or Primary Provider in Four-in-Ten Households with Children; Public Conflicted about the Growing Trend; link to full report.

- **New Survey Takes A Snapshot Of The View From Black America**

<http://www.hsph.harvard.edu/news/press-releases/new-survey-finds-most-african-americans-satisfied-with-lives-overall-but-many-have-concerns-about-future/>

<http://www.npr.org/blogs/codeswitch/2013/06/04/188301149/new-survey-takes-a-snapshot-of-the-view-from-black-america>

Interest in marriage, children going to college, feelings of optimism, concerns about future, etc.

- **State of the State of Expanded Learning in California**

http://www.afterschoolnetwork.org/sites/main/files/file-attachments/asp_state_of_the_state_13_web.pdf

Released May 2013

Expanded learning programs increase safety, health, and learning among California's children and youth.

This report outlines the state and federal investment in expanded learning programs in California; describes the expanded learning workforce; illustrates how investment in these programs generates increased federal, foundation, and local investment; and highlights the promise and current unmet need for expanded learning programs in California.

- **Search Institute's Report "DEVELOPMENTAL RELATIONSHIPS: A New Strategy for Search Institute and a New Emphasis for Youth Development and Education"**

http://www.search-institute.org/sites/default/files/a/Developmental_Relationships-A_New_Strategy_for_Search_Institute.pdf

This report provides an overview the Search Institute's focus on developmental relationships that builds upon our ongoing work on Developmental Assets® and community mobilization.

- **"A Global Research Agenda for Nutrition Science"**

We are pleased to share with you the link to "A Global Research Agenda for Nutrition Science" where you can download the final version of the Research Agenda document. Information on the process, videos and slides from the launch event in December 2012 are also available at: www.nutritionresearchagenda.org

This report highlights critical research gaps in nutrition science: How does nutrition connect with agriculture and food systems? How to improve the delivery of nutrition interventions? What are the unresolved nutrition problems across the lifecycle?

FOR STAFF

- **2012-2013 Final 4-H Enrollment Invoices**

The final enrollment invoices for 2012-2013 will be sent out in the beginning of July, after the 12-13 program year has finished. The invoices will be sent out to county program staff via email. The payment deadline for final invoices will be **August 15, 2013**. Contact Whitney Bell, webell@ucanr.edu if you have any questions.

- **New Record Book Club and County Forms**

In an effort to more closely align club and county Record Book Competitions and/or Evaluations with the State Record Book Judging process, the 4-H Statewide Incentives and Recognition Committee recommends the

use of the State 4-H supported forms found here:

<http://www.ca4h.org/Resources/Members/RecordBook/RBCompetition/>

- We are pleased to announce the release of the newly revised **4-H Officer's Manual** (2013) and **4-H Club Program Planning Guide**. Please note the new addition of a Healthy Living Officer and accompanying **4-H Choose Health Officers Guide**. You can find all of the officer's resources at: <http://www.ca4h.org/Programs/Clubs/Officers/>
- **Reminder:** Please notify the State Office when new staff members have joined your county office (grant funded or otherwise) so we can make sure they are added to the listserves and have access to our online systems - 4hOnline, ORB, and the financial reporting system.
- **2013-2014 Spanish enrollment forms**
<http://www.ca4h.org/Resources/StaffResources/4hOnline/>
- **4-H "Family Brands" Tool Kit available**
http://ucanr.edu/sites/Toolkit/ANR_look/Family_of_Brands/4-H_Brand/
- **No Longer Interested (NLI) Notification**
For all 4-H adult volunteers that did not renew their appointment during the 2012-2013 program year, please submit to the California, Department of Justice (DOJ) Form BC11 8302, [No Longer Interested \(NLI\) Notification](#). When an adult volunteer does not request renewal, resigns, or when reappointment is declined, 4-H YDP staff must immediately submit the form. For additional information see [Background Investigation and Fingerprinting FAQ](#).
- **Reminder for 4-H Units**
4-H clubs and units are allowed to hold external bank accounts because managing finances is an important part of our educational program. As treasurers, youth "learn by doing" this important life skill. Adults may support youth in their role and provide guidance as needed, but should not complete the treasurer responsibilities. Every responsibility from preparing a budget, to paying for expenses, to reconciling the ledger reports with monthly bank statements, to end of the year financial reporting is designed to be a learning experience for 4-H members.
- **Reminder – Call for Publications to Submit to 4-H Studies Databases**
Have you recently completed a 4-H research study, graduate or undergraduate thesis, or dissertation? Dr. Jan Scholl, Penn State University, has created two on-line searchable databases of 4-H studies. Both databases are available at the following link: <http://www.libraries.psu.edu/psul/lifesciences/agnic/Youth.html> If you are the author of a study or know about a 4-H study that should be included in one of these databases, please contact Dr. Jan Scholl at jscholl@psu.edu.
- **15th SRA Biennial Meeting – Call for Submissions**
Submission deadline is **August 12, 2013**. Go to: <http://sra2014.abstractcentral.com/>

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



**CALIFORNIA 4-H
FOUNDATION**