

4-H Youth Development Program

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University of California

Agriculture and Natural Resources | Cooperative Extension

4-H Newsletter

January 2014

[Statewide 4-H Calendar](#)

ASSOCIATE DIRECTOR

100 Years of Cooperative Extension: The Smith-Lever Act Centennial

May 2014 will mark the 100th anniversary of the Smith-Lever Act, legislation that created Cooperative Extension, a nationwide system of community-based education, established as part of each state's land grant university. Cooperative Extension was started to help farmers, homemakers, and youth use the latest university research to improve their lives. With the passage of the [Smith-Lever Act](#) by Congress in 1914, all Cooperative Extension work, including boys' and girls' clubs, became an official function of the United States Department of Agriculture directed through the land grant college system.

In its first years, Cooperative Extension played a critical role on the home front during World War I, helping farmers to grow enough wheat and other crops to meet expanded war-time needs. Extension's value was quickly established as farmers came to rely on having an expert close at hand who was familiar with local conditions and crops. In addition to addressing the needs of farmers, Cooperative Extension soon expanded to provide educational opportunities for their families, including programs for rural women and activities for local youth. Nutrition, food preservation, and a variety of skills were taught by "home demonstration agents" working with rural women. Thousands of young people would learn about food production, cooking, science and more through participation in 4-H clubs. Despite its rural roots, as communities have changed, so has Cooperative Extension and the 4-H Youth Development Program, adapting and fine-tuning programs to meet the needs of a changing society. As the nation urbanized, many Cooperative Extension and 4-H efforts were developed to meet the needs of non-rural and rural audiences alike.

Today, UC Cooperative Extension continues to serve communities throughout California as part of the UC ANR, with 200 locally based Cooperative Extension advisors, 130 campus-based Cooperative Extension specialists, 57 county offices throughout the state, and nine research and extension centers. Over a century of service, Cooperative Extension has continued to connect communities with the land grant campus, bringing practical, trusted, science based solutions to Californians.

Incorporate the centennial celebration into the larger statewide campaign by using the resources and tools provided here: <http://ucanr.edu/sites/100brand/>. The theme, *A Celebration of Science and Service*, celebrates the direct impacts that UC Cooperative Extension has on local communities, and the vital research and science that happens throughout the state.

Shannon Hovrillo

A Celebration of Science and Service

STORIES FROM THE FIELD:

Authored by: Grace Tobias, Collegiate 4-H

Revolution of Responsibility: State Leadership Conference 2013

At the 2013 California State Leadership Conference (SLC) held at UC Davis, over 400 youth delegates and adult chaperones participated in three simultaneous Revolution of Responsibility service learning projects. The 2012-2013 California 4-H State Ambassadors wanted to teach the delegates the importance of a Revolution of Responsibility project and provide them with hands-on experience of completing one with the hopes that the delegates will take this newly learned information and continue the Revolution in their own counties.

One project partnered with the [Tree Davis](#) organization and provided gardening service to the trees in Covell Park in Davis, CA. Participants applied mulch to the trees, deep watered the trees, and pruned the trees and weeds. A second project partnered with the Clovis Police station to raise money and collect items for the new animal shelter in Clovis, CA. SLC participants helped these efforts by making dog and cat beds. The third project supported farmers and growers in California. Participants built 50 owl nesting boxes to be distributed to the participating counties to provide nesting places for owls.

The three Revolution of Responsibility projects executed at SLC were all successful and have provided excellent examples of projects for California 4-H youth members. They have sparked new Revolution of Responsibility projects, successfully fulfilling the State Ambassadors' goal.



CA 4-H FOUNDATION UPDATES

Fundraising News from the Field

Several 4-H county programs have developed business plans that enable them to support fundraising at a much higher level than is often afforded by doing small events or dinners and auctions. This often means that staff and volunteer leadership are coordinating their efforts and strategizing together to solicit gifts from local family foundations or sponsorships for an entire program from local businesses. This frequently includes a written proposal or sponsorship letter that makes an effective case for support and results in funding (sometimes for multiple years) that is minimally restricted so can be used in the best way possible to meet the goals of the local 4-H program. These counties have reached out to CA Foundation staff for help and support in crafting these solicitations and for advice on follow up to ensure a strong and lasting relationship. Click on the following links to take a look at some great samples of [winning proposals](#) (based on the [business plan](#)) from Santa Barbara County 4-H and [their annual sponsorship letter](#) for the large animal program.

Note: Recently a 4-H countywide project had such an opportunity arise and almost lost over \$17,000 in funding by not engaging the CA 4-H Foundation before contacting the funder and submitting their proposal. The proposal submitted did not meet the requirements of the funder and the money was solicited for purposes which were not legally acceptable. Fortunately, 4-H leadership contacted us for support before it was too late. We intervened with the funder, helped to recraft the proposal and the funds were successfully awarded so that this important project could go forward. Please contact me at the CA 4-H Foundation at aleeland@ucanr.edu before initiating any written proposals to local funders.

Foundation News

The CA 4-H Foundation staff have recently expanded our overall staff and individual roles to encompass fundraising for all of the Cooperative Extension offices and programs of the University of California, Agriculture and Natural Resources. While this will allow us to coordinate funding among all UC ANR entities, The California 4-H Foundation will remain a separate 501c3 and the official recognized UC support group for the University of California 4-H Youth Development Program. Gifts made to the UC 4-H YDP program can continue to be made through the CA 4-H Foundation and designated to the program or county of the donor's choice. As the funds are available, we will continue to match any donations raised locally and distribute 100% of funds as designated with no gift fees withheld. We anticipate this change will strengthen funding for the 4-H program overall and provide greater fundraising coordination for all UC ANR programs. Please feel free to contact me with any questions or to make a gift to 4-H. (aleeland@ucanr.edu)

Fundraising Tip of the Month

I am frequently asked about how to write an effective proposal. Writing a winning proposal is entirely achievable if you follow some basic rules. This [article](#) is written by a former director of a grant-making foundation and gives some very practical advice for those considering soliciting foundations by writing a proposal. As always, when submitting a proposal for funding to a foundation or company, please involve the CA 4-H Foundation at the outset to avoid common mistakes that could impede a successful outcome.

FUNDING UPDATES

- **NSF Releases FY2014 Advancing Informal STEM Learning Solicitation**

Proposals due **January 14, 2014** and **November 14, 2014**

The solicitation seeks to advance new approaches to and evidence-based understanding of the design and development of STEM learning in informal environments; provide multiple pathways for broadening access to and engagement in STEM learning experiences; advance innovative research on and assessment of STEM learning in informal environments; and develop understandings of deeper learning by participants. The AISL

program supports five kinds of projects: 1) Pathways, 2) Research in Service to Practice, 3) Innovations in Development, 4) Broad Implementation, and 5) Conferences, Symposia, and Workshops. More info: <http://informal.science.org/nsf-ais/>

- **2014 Muhammad Ali Center Peace Garden Grants**

Deadline: January 17

This is an award designed to engage youth on the topics of nutrition, peace studies, social development, and environmental stewardship, using gardening as a catalyst. Non-profits, schools, and youth programs with 15 or more participants ages 3-18 are welcome to apply. A total of 50 programs will be awarded. Grant winners will receive a \$500 gardening package including; \$400 in supplies from the Gardening With Kids Catalog and a \$100 in funding for soil, plants, and other locally sourced supplies. More info: <http://bit.ly/1kgO4RU>

- **Sodexo Foundation Youth Grants**

Deadline: January 31

Do you know where your next meal is coming from? One in five children in America don't. But this is a problem that can be solved, and kids are a part of the solution. Funding of up to \$500 is available for youth that live in the U.S. to lead projects focused on ending childhood hunger in their communities. Find out how you can help end childhood hunger: www.YSA.org/grants/sodexoyouth

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

- **2014 Presidential Environmental Youth Awards**

Due December 31, 2013

<http://www2.epa.gov/education/presidents-environmental-youth-award>

The Presidential Environmental Youth Awards (PEYA), formally established in 1990, allows young individuals, public K-12 schools, summer camps, and youth organizations nationwide to submit proposals for consideration to the Environmental Protection Agency. Thousands of young people from across the country and US territories have applied in the past, and projects have covered a wide range of subject areas including recycling programs in schools and communities, construction of nature preserves, major tree planting programs, videos, skits, and newsletters focused on environmental issues, and environmental science projects. One outstanding project from each region will be selected for national recognition.

- **Youth in Action Award**

Deadline: January 10

This award recognizes an outstanding young person from the 4-H program who is realizing 4-H's vision for youth driving positive change in their communities. Applicants should have led a project, service, or event that: identified a problem in their community, included 4-H as part of the solution, and made an impact in resolving the issue. Read full guidelines here:

http://n4h.convio.net/site/DocServer/2014_Youth_in_Action_Award_Guidelines.pdf?docID=2241

- **2014 C-SPAN StudentCam Competition**

Deadline: January 20

StudentCam is an annual national video documentary competition that encourages students to think critically about issues that affect our communities and our nation, sponsored by C-SPAN. StudentCam's theme for 2014 is: "A Message to the U.S. Congress: What's the most important issue the U.S. Congress should consider in 2014?" Maximum award: \$5,000, plus \$750 to spend on digital video equipment for his/her school. Eligibility: students grades 6-12, individually or in teams. More info: <http://cs.pn/wo6O3b>

- **2014 4-H Honey Bee Essay Contest**

Deadline: February 15

Each year the Foundation sponsors an essay writing contest for active (fees paid) members of 4-H clubs across the country. There are cash prizes for the national winners: 1st Place - \$750.00; 2nd Place - \$500.00; 3rd Place - \$250.00. National and state winners receive a book about honey bees, beekeeping, or honey. All essays must be submitted electronically to Eric Mussen, ecmussen@ucdavis.edu, and are due on or before **February 15, 2014**. More info and rules: <http://4h.ucanr.edu/files/176473.pdf>

- **Everyday Young Hero Award**

Deadline: Rolling

The Everyday Young Hero program highlights one outstanding youth a week that is making extraordinary contributions and commitments to service. Nominations must come from a parent, teacher, or other adult mentor. The Everyday Young Hero award is open to those between the ages of 5-25. Winners receive an announcement in Youth Service America's (YSA) weekly National Serving e-Briefing, a certificate and letter from YSA's President and CEO, a customized press release, and publicity on the YSA's website, Twitter and Facebook accounts. More info: www.YSA.org/awards/hero

DATES & DEADLINES

- **4-H Shooting Sports Workshop - Pistol Discipline**

Saturday, January 4, 2014 – 8:00 a.m. – 4:00 p.m.

Sunday, January 5, 2014 – 8:00 a.m. – 12:00 p.m.

Fresno County Peace Officer Range

7633 N. Weber, Fresno, Ca.

A 4-H shooting sports workshop for the pistol discipline will be held at the Fresno County Peace Officer Range, 7633 N. Weber, Fresno, CA. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a level 1 pistol instructor and can lead a pistol project. The cost for this course is \$30.00 to cover the instruction binder each participant will receive. Participants will need to bring their own eye and ear protection and are encouraged to bring their own .22 rim fire pistol and/or own air pistols if they have them. To register for the course or receive more information, contact Sammy Ashworth at sdashworth@gmail.com or (559) 707-0755. (This course is not open to 4-H adult volunteers from Santa Cruz County). Please fill out and bring this form:

<http://4h.ucanr.edu/files/2123.pdf>

[Connect on Facebook:](#)

<https://www.facebook.com/pages/California-4-H-Shooting-Sports/359716147438695>

- **State 4-H Horse Classic Planning Team**

Application deadline: January 15

Want to help plan the 2014 State 4-H Horse Classic?

Apply here: <http://ucanr.edu/classic-planning-team>

All applications are **due by January 15th** and the planning team will be determined by 4-H staff and will be announced the first week of February.

- **LCORT: Leadership Conference of Regional Teens**

January 24-26, 2014

LCORT is the South Central Section's Leadership Conference for members in grades 7-9. The heart of the conference is a series of workshops presented by high school-age members from the leadership teams in the 12 member counties. This year's event will be held on **January 24-26, 2014** at Wonder Valley Conference Center in Sanger (Fresno County), CA. Workshop application materials have been sent to county staff and are available on the LCORT web page of the CA 4-H website. Registration packets, LCORT 2015 Youth



Chair applications, and other materials are also available on the web. Please direct questions or comments to LCORT Coordinator Pauline Smoke at lcort.coordinator@yahoo.com.

- **Thrive Contest**

Deadline: January 6

4-H Members: We want to know what Thrive means to you! The State 4-H Office is having a contest to find our favorite pictures of what iThrive means to our young people. You can send a drawing, painting, photograph, sculpture of any of the thriving concepts: Sparks, Mindset, Goal Management, the 6 Cs, Thriving, or Well-being. We will pick our 5 favorites: 1 for sparks, 1 for mindset, 1 for GPS, 1 for the 6 Cs (thriving) and 1 for well-being. Each winner will get a **\$25 gift card!** The deadline is Jan. 6, 2014. Send art entries to:

iThrive
University of California, Agriculture & Natural Resources
California State 4-H Office
2801 Second Street
Davis, CA 95618

- **Online Record Book Survey Awards**

Deadline: January 31, 2014

We would like as many 4-H members as possible to complete surveys in the Online Record Book. It is our way to find out about you and how 4-H is doing overall. If you have previously completed the required Spark Score Questions for any time period ending before January 31, 2013, you will be eligible to win a **\$25 gift card** in the spring if you complete all the required Spark Score Questions in your ORB by January 31, 2014. Also, all youth who complete all the required Spark Score Questions in ORB before January 31, 2014 *and* all the required Spark Score Questions that are available between May 1, 2014 and August 31, 2014 will receive a **\$50 gift card** in the fall of 2014.

A new way to win!

All youth who complete the required Spark Score Questions in ORB by January 31, 2014, but haven't completed any Spark Score Questions at a previous time, can still win a **\$10 gift card!** So be sure to log in and do all the required Spark Score Questions in your ORB.

Are you leading a Thrive project?

If so, you have a chance to win a **\$50 gift card!** Send in all 8 postcards following your Thrive project meeting and you will receive a gift card at the end of the program year.

- **4-H Archery Leader Certification**

February 1, 2014 – 9am-5pm

February 2, 2014 – 9am-12pm

33 Browns Valley Road Corralitos, CA

Registration due Friday, January 17th

If you have an interest in sharing your archery skills with youth, how about becoming a 4-H Archery adult volunteer or teen leader. There will be a 4-H archery leader certification training held February 1st & 2nd in Corralitos, CA (near Watsonville). The class will be offered Saturday, February 1st, 9 AM – 5 PM, and Sunday, February 2nd, 9 AM- 12 noon, at the Corralitos Community Center, 33 Browns Valley Road, Corralitos, in Santa Cruz County. This class is being hosted by Santa Cruz County 4-H. You must become a 4-H adult volunteer 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 \$35 per person to include a resource binder, and Saturday breakfast & lunch and Sunday breakfast. Junior and teen leaders are invited but must attend with an adult. If you are already a certified volunteer archery leader and would like to become a trainer, contact Jeanne at 530-524-7278 or email mtlassenlover@gmail.com to discuss options.

To register, please complete and mail the "CA 4-H Shooting Sports Training Request and Registration Form" available at <http://4h.ucanr.edu/files/2123.pdf> and an adult or youth 4-H medical release form and a \$35 check payable to "Santa Cruz County 4-H Council" and mail to UCCE, 1432 Freedom Blvd., Watsonville, CA

95076. **Registration is due Friday, January 17th and space is limited.** For more information call Stephanie at 831-763-8015 (Mondays & Wednesdays only) or email her at sfontana@ucanr.edu or contact Jeanne at the contact information above.

- **World Ag Expo**

Feb 12, 2014

UCCE is celebrating 100 years this year!

4-H is joining the party and hosting an interactive display with UCCE at the World Ag Expo on Feb 12th from 9am-5:00pm. The Smoothie bike will be in tow along with other interactive activities. If you would like to participate or give a presentation or demonstration contact Sarah Watkins, spwatkins@ucanr.edu.

- **Save the Date: 37th Annual Agricultural and Environmental Sciences Field Day**

This year's event will take place on **March 7th and 8th**. 4-H can participate in all 24 different contests!

Registration must be completed online at: <http://calaged.csuchico.edu/registration/>.

After you register, we request that you submit a printed copy of your online registration along with your payment. Checks should be made payable to "UC Regents" and mailed to:

Attn: Courtney Rhodes
College of Agricultural & Environmental Sciences
One Shields Avenue
Davis, CA 95616

Deadlines:

- December 2: Online Registration opens
- February 7: Agriscience Fair and Job Interview materials due and online Registration closed
- February 14: Payments must be postmarked – A \$25 late fee for payments postmarked after this date will be enforced.

Please register as soon as possible to ensure space for your teams. For more information contact: fieldday@caes.ucdavis.edu, or visit: <http://caes.ucdavis.edu/fieldday>

- **4-H Shooting Sports Workshop – Rifle Discipline**

Saturday, March 15, 2014 – 8:00 a.m. – 4:00 p.m.

Sunday, March 16, 2014 – 8:00 a.m. – 12:00 p.m.

Auburn, CA

A 4-H shooting sports workshop for the rifle discipline will be held near Auburn, CA, official location TBD. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a volunteer and can lead a rifle project at the club level. The cost for this course is \$30.00 to cover the instruction binder that each participant will receive as well as lunch on Saturday. Teen leaders are invited but must attend with an adult. Participants should bring their own eye and ear protection. To register for the course or receive more information, contact Eric Vander Linden at evl@cebridge.net or 916 257-4796 (This course is not open to 4-H adult volunteers from Santa Cruz County). Please fill out and bring the documents listed below. The training request form will need to be signed by your county staff prior to participating in the training.

Documents:

- <http://4h.ucanr.edu/files/2123.pdf>
- <http://4h.ucanr.edu/files/4758.pdf>
- <http://4h.ucanr.edu/files/4726.pdf>

Registration is due Friday, February 22nd and space is limited.

- **Save the Date: 2014 Ag Day**

We will be celebrating on the Capitol lawn on **Wednesday, March 19th, 2014!**

More information about participating is to come in February!

- **2014 California Camping Conference**

March 21 – 23, 2014

Boulder Creek, CA

The California Camping Conference inspires ideas and innovation and helps camp administrators create fun, safe, and rich learning experiences for both campers and camp staff. Sponsored by the University of California 4-H Youth Development Program, the weekend offers staff, volunteers, and youth opportunities to develop their capacity as leaders in their local camp programs.

You will...

- Add new, fun, educational activities to your program
- Better understand how to work with campers, teen staff, and adult volunteers
- Learn how to market and recruit campers and teen staff
- Network with others who share your passion for camp
- Come away with practical tools to increase the safety, fun and growth for campers, and staff

Conference workshops include:

- Understanding and dealing with difficult behaviors
- New science, engineering and technology (SET) activities for camp: shelter building, first aid and safety, creating cookouts, and overnight adventures
- Working with chaperones and other adult volunteers
- Project Learning Tree and more “green” ideas
- Our campers Thrive activities
- Important steps for camp health and safety compliance
- Archery certification
- And more!

Registration fee by February 1st is \$140 per person (\$150 by March 7th) and includes meals, lodging, and all conference materials. The conference begins at 7:00 p.m. Friday, ending just before lunch on Sunday. Suggested participants include camp directors, youth leadership team, camp volunteers, and 4-H staff members. Archery Certification is an additional \$35 and the 12-hour course and precludes other workshop sessions. For a copy of the brochure or to register online, visit:

<http://4h.ucanr.edu/Programs/Camps/Conference/>

FOLLOW US ON FACEBOOK & TWITTER!

www.facebook.com/CA4HCamping

www.twitter.com/CA4HCamping

- **Western Region Leaders' Forum**

March 27-30 at the Crowne Plaza located in downtown **Billings, MT**.

Join Montana 4-H as they welcome the Western Region Leaders' Forum to Billings in March 2014. Agents, staff, and volunteers are hard at work planning a conference that will help you to “Discover the Past. Present. Possibilities of 4-H”. Participants will enjoy a first class conference facility and hotel accommodations, national speakers, local entertainment, and over 60 informational workshops.

WRLF is an exciting time to network with peers from across the region sharing ideas and building relationships to carry 4-H into the future. More info: <http://4h.ucanr.edu/files/175016.pdf>

Registration is now open! <http://wrlf2014.com/registration>

- **Hosting a Qualifying show?**

Register your show here: <http://ucanr.edu/qualifying-shows> for it to be considered a qualifying show for the 2014 California Horse Classic.

Criteria for a Qualifying Show:

- Show verified by county
- Up to 3 shows per county
- Each horse show must be registered

- The Horse Show must offer the same classes that are offered at the State 4-H Classic (they may offer more if they choose too)
- Show must be before June 3rd, 2014
- Management of each show is required to send show results to Sarah Watkins at the State 4-H Office. Results can be sent via email to spwatkins@ucanr.edu.

- **Looking for a Qualifying Horse show for the 2014 California 4-H Horse Classic?**

Visit http://4h.ucanr.edu/Programs/Events/Horse_Classic/Equine_Qualifier_Events/ to find a Horse Show near you!

- **Save the Date - State Field Day**
May 31, 2014



8:00am-6:00pm
UC Davis Campus-Wellman Hall

Participation opportunities:

MyPlate Challenge- <http://ucanr.edu/myplate> (MyPlate last day to register May 15)
State Field Day exhibit applications due May 4th

New this year: 4-H Engineering and Technology Showcase

Have a 4-H Engineering or Technology project you will like to showcase or demonstrate? Apply here http://ucanr.edu/exhibit/display_application! Funding for supplies, materials or handouts is available, contact Steven Worker for more information, sworker@ucanr.edu.

Find more information here: <http://ucanr.edu/4hstatefieldday>.

- **2014 State Fashion Revue**
May 31, 2014

Theme: California Grown, California Sewn

- SFR logo contest open to all 4-H members: **Entries due January 15** to <http://ucanr.edu/sfrcovercontest>.
- Categories: Traditional, CS Purchased, Upcycled, Denim and Apron Challenge
See the [website](#) for all the rules and category requirements.
- SFR is open to members qualifying at their County Fashion Revue.
- **Entry deadline is May 17**, so schedule your county event in time.
- SFR website: <http://4h.ucanr.edu/Programs/Events/SFD/SFR/>.

SFR is coordinating 2 service activities. Get a group together and join in the fun by making something to benefit others. The walker/wheelchair bags are for seniors, both men and women. Suggested patterns are Simplicity #2382 and 2882, or a free online pattern (see the link on the [SFR website](#)). If you would like to contribute tote bags, please go to the [SFR website](#) for instructions. Tote bags will be used for Foster children. You may bring completed walker bags or tote bags to State Fashion Revue or contact Courtney at cjam11219@gmail.com or Araceli at carrillosonia@yahoo.com for mailing information.

- **Save the Date: 2014 State Fair 4-H Throwdown**



July 22nd and 24th, three teams compete each round with a secret ingredient in each round! A panel of judges, yet to be named, will judge the 3 course creations!

Registration opens in March!

The daily schedule: Round One: 11am-1pm, Round Two: 1:30pm-3pm, Champion Round: 3:30pm-5pm

Start prepping now for the State Fair 4-H Throwdown!

Save the date! SLF 2014 - Nov. 14 – 16, 2014 at the Crowne Plaza Sacramento. Look for 'Innovative Project Idea Sharing' coming soon to the [SLF website](#). Chair: Cindy Dixon cin_mom@sbcglobal.net

PROGRAM UPDATES

POSITIVE YOUTH DEVELOPMENT

- **iThrive Leadership Project Curriculum has a SET Focus for the 2013-14 Program Year**

Are you looking for ways to continue to develop 4-H members ages 12 and up 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. Each module of this year's curriculum links one or more scientific and engineering practices to a Thrive concept. These eight essential practices are those used every day by scientists and engineers in their work.

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 leadership project. To find out more about Thrive, check out the state website at <http://4h.ucanr.edu/About/Thrive/>. **If you are interested in bringing Thrive into your leadership project for the 2013-2014 program year, contact your county office to find out how you can get started.**

- **4-H Online Record Book (ORB) Opportunities**

Have you checked out the 4-H Online Record Book lately? Did you know that there are over 6000 users across the state using ORB to complete their record books? Did you know that 4-H members in EVERY county are using ORB? To find out what is fact and what is fiction about ORB, check out the ORB MythBusters on our website at <http://4h.ucanr.edu/files/176241.pdf>

- **ORB Internet Café**

The ORB Internet Café is provided to give staff and volunteers both individualized and group instruction on using California 4-H's Online Record Book System. The café is designed as a 3-hour workshop that combines presentation, hands-on practice, and group discussion. Participants will need to bring a laptop or tablet with them to the café. The following topics will be covered:*

- Overview of the Features & Functions in the Online Record Book (Record Book, Social Media, Evaluation)
- Navigating the forms in the Online Record Book (PDR, APR, 4-H Story)
- Project & Club Leader Functions and Approving Forms
- Myth busters—unravelling some of the myths concerning ORB and its use

To bring this training to your county, please fill out the following request form.

<http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=9591>. Counties are responsible for covering the travel and lodging cost of the trainer for this event.

*Logging into the Online Record Book will not be covered in this training, please work with your county office prior to the training to secure your login information for the Online Record Book if you currently have not accessed the system.

HEALTHY LIVING

- **National Youth Summit on Healthy Living**

Congratulations to Glenda Marshall (Ventura County) and Audrey von Raesfeld (Sonoma County)! Both 4-H members have been selected to attend the National Youth Summit on Healthy Living. Youth attending this

summit will gain knowledge and skills to address issues surrounding nutrition, physical fitness, and emotional well-being. Upon returning Glenda and Audrey will share what they learned at the Summit.

- **#4hwaterwed**

Start the New Year with a pledge to drink more water! Each Wednesday take a picture of yourself drinking water and post it to Facebook, Twitter, and Instagram. Be sure to #4hwaterwed to show your commitment to healthy living. For more information on the importance of hydration and ideas for your club visit:

http://4h.ucanr.edu/Projects/HealthyLiving/Water_For_Better_Living/

- **New 4-H curriculum: *Steps to a Healthy Teen***

Steps to a Healthy Teen helps youth develop skills and knowledge in physical education and nutrition. For a curriculum overview please visit:

<https://nationalfourcouncil.adobeconnect.com/a701077731/p3z93c5muzd/?launcher=false&fcsContent=true&pbMode=normal>

- **Skillastics** is a series of oversized board games that develop children's fitness and sports skills. Each game engages up to 100 children at one time in an organized manner. Skillastics nutrition cards, aligned with MyPlate, are a perfect, fun, and innovative solution for integrating nutrition with fitness! To see an overview on Skillastics and the nutrition cards, click on the following links:



- Skillastics Overview: <http://www.youtube.com/watch?v=upJFWGC6P8g&feature=youtu.be>
- Nutritional Cards: http://www.skillastics.com/skillastics_nutritional_cards.html
- Website: www.skillastics.com

To learn more, contact Jess Wadleigh at; (310) 431-8205 or jwadleigh@skillastics.com

- **FREE Pin For Newly Elected Healthy Living Officers!**

Congratulations! California has nearly 50 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, writing 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 FREE Healthy Living Officer pin please email the name of your officer and club to Anne Iaccopucci at amiaccopucci@ucanr.edu

CITIZENSHIP/LEADERSHIP

- **Save the date! California Focus is June 13-17, 2014**

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.

- **Citizenship Washington Focus
June 22-28, 2014**

Citizenship Washington Focus (CWF) is a week-long 4-H citizenship program for youth ages 14-19 that takes place at the [National 4-H Youth Conference Center](#), just 1 mile from the Washington, DC border. Every summer, thousands of young people participate in the program, which provides opportunities for them to:

- Strengthen their communication, leadership, and citizenship skills on a national level
- Understand the importance of civic and social responsibilities as they relate to the development of better citizens and leaders
- Exchange ideas, practice respect, and form friendships with other youth from diverse backgrounds
- Experience hands-on learning using the historical backdrop of Washington, DC.

For more Information <http://www.4hcenter.org/youth-conference-center-overview/educational-programs/citizenship-washington-focus/about/>

Additional optional travel dates:

- **June 29-July 2, 2014 –Destinations to include Historical Gettysburg, PA, Philadelphia, PA and more!**
Registration will be open December 1, 2013.

- **New for 2014- Leadership Washington Focus**
July 15-19, 2014

Leadership Washington Focus (LWF) is a 4-H leadership program for youth entering grades 7 through 9. The program will take place at the National 4-H Youth Conference Center, just 1 mile from the Washington, D.C. border. For more than 50 years, thousands of 4-H'ers have participated in our high school program, Citizenship Washington Focus and now we are happy to introduce its precursor for middle school 4-H'ers. For more information visit

<http://www.4hcenter.org/youth-conference-center-overview/educational-programs/leadership-washington-focus/about/>. If your county has members interested in participating contact Jenna Colburn at jcolburn@ucanr.edu.



- **State Leadership Conference August 14-17, 2014 U.C. Santa Cruz**
“Raiders of the Lost Leadership”

The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. **Check our website, Facebook, Twitter & Instagram for updates and exciting announcements!**

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

<http://4h.ucanr.edu/Support/RofR/>

2013-2014 Revolution of Responsibility Application Deadlines:

January 15, 2014

March 15, 2014

May 15, 2014

July 15, 2014

September 15, 2014

November 15, 2014

JOIN | THE REVOLUTION
OF RESPONSIBILITY

SCIENCE, ENGINEERING, and TECHNOLOGY (SET)

- **4-H Engineering and Technology Showcase (a special 2014 theme)**

May 31, 2014 at UC Davis, part of the State 4-H Field Day

Proposals due by May 4, 2014 at <https://ucanr.edu/survey/survey.cfm?surveynumber=11856>

At the State 4-H Field Day, 4-H clubs, projects, and other groups are invited to setup displays to share information, conduct hands-on activities, and engage people in new topics. In 2014, a special theme will feature engineering and technology in 4-H, which could include robotics, woodworking, rocketry, gis/gps, engines, computers, automotive, farm machinery, and more. 4-H members part of an engineering/technology display are eligible for a "4-H engineering" pin (please include names in the comments box below). Limited funding is available for groups to exhibit, please contact Steven Worker at smworker@ucanr.edu to inquire.

- **2014 USA Science and Engineering Festival**

April 26 & 27, 2014

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

Get connected with 4-H!



www.4h.org



A resource site for our 4-H thrive leadership



CALIFORNIA 4-H
FOUNDATION

Our mission is to re-invigorate the interest of our nation's youth in science, technology, engineering, and math (STEM) by producing and presenting the most compelling, exciting, educational, and entertaining science festival in the U.S.

- **Film Festivals**
 - **Save the Date: California 4-H Film Festival**
May 31, 2013 at UC Davis, part of the State 4-H Field Day
Films due May 5, 2014
The 2014 theme will be announced in January at http://4h.ucanr.edu/Programs/Events/SFD/State_4-H_Film_Festival/
 - **National 4-H Film Festival in 2014**
August 3-6, 2014 in Missouri; films welcome from 4-H members across the U.S.
<http://4h.missouri.edu/filmfest>. The National 4-H Film Festival will invite youth produced videos/films to be submitted for viewing and judging.
 - **White House Student Film Festival**
Films due January 29, 2014
http://www.whitehouse.gov/filmfestival?utm_source=email&utm_medium=email&utm_content=email265-text1&utm_campaign=filmfest
The White House is launching the first-ever White House Student Film Festival. K-12 students from around the country are invited to create and submit one- to three-minute short web videos. Finalists could have their videos screened at 1600 Pennsylvania Ave, and posted on the White House website. The topic: Highlighting the importance of technology in the classroom -- and imagining how technology will change the educational experience for kids in the future.
 - **Kavli Foundation "Science in Fiction" video contest**
Films due March 21, 2014
<http://www.usasciencefestival.org/2014-festival/2014-contests/kavli-video-contest-2013-2014.html>
The Kavli "Science in Fiction" video contest challenges students to examine the science in video games, movies, and television shows. The competition is now open to Grades 6-12 students. Winning videos will be shown at the USA Science and Engineering Festival in Washington next April.
- **The Art of Tinkering, a workshop at the Exploratorium**
January 21-23, 2014
<http://4h.ucanr.edu/files/177852.pdf>
Join us for a hands---on workshop about how tinkering and making experiences support fundamental STEM thinking and learning, designed for educators from all backgrounds, settings, and experience levels. This three day workshop will explore tinkering and making activities that have emerged as new standards for blending science and art explorations, exemplify best practices for critical thinking, and incorporate (and creative) ways for becoming active participants in the process of learning.
- **eGFI Teachers' Newsletter**
<http://www.egfi-k12.org/>
Delivered each month to your email inbox, our newsletter is packed with lesson plans and activities, resources, feature stories, and the latest developments in K-12 engineering education. eGFI is part of the American Society for Engineering Education (ASEE), a non-profit organization committed to enhancing efforts to improve STEM and engineering education.
- **Seven outstanding science-based websites you may not know**
<http://seekoutlearning.blogspot.com/2013/11/7-outstanding-science-based-websites.html>
- **California STEM Summit 2014**
February 4, 2014 in Santa Clara
<http://www.castemsummit.com/>

The California STEM Summit is the state's foremost gathering of leaders from PK-12 formal and informal education, higher education, business and industry, government, and science-rich education institutions focused on STEM education. The Summit brings together these stakeholders to advance a common agenda for increasing quality, equity, and innovation in STEM education throughout California.

- **San Francisco Bay Area 4th Annual STEAM Colloquium**

February 7, 2014 in San Ramon

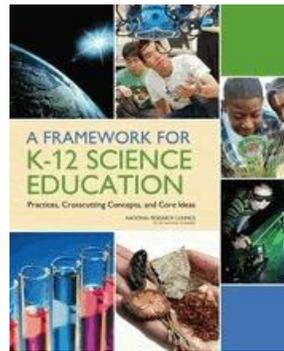
<http://www.eventbrite.com/e/san-francisco-bay-area-4th-annual-steam-colloquium-registration-8497569459>

The STEAM (science, technology, engineering, arts, math) Colloquium will: address critical issues in implementing STEAM education; showcase best practices in STEAM education; build leadership capacity for educators; provide opportunities to develop learning communities throughout the region.

- **The Next Generation Science Standards Are Available!**



[Next Generation Science Standards: For States, By States](#)



[A Framework for K-12 Science Education: Practices, Crosscutting Concepts, and Core Ideas](#)

MILITARY

- **Project Youth Extension Service (YES!)** is now accepting internship applications for 2014-2015. Project Y.E.S! is a Department of Defense funded national internship program engaging college students in service to meet the needs of military families. Staff interns are provided an opportunity to give back to their communities and country while gaining invaluable practical and career-enhancing experiences. **Applications will be accepted through Feb 28, 2014** and students will be notified of the status of their application by April, 2014. More information and application materials can be found at <http://militaryfamilies.extension.org/yes-intern-program/application-requirements/>.

- **4-H Military Program**

4-H National Headquarters, Army Child, Youth and School Services, Air Force Airman and Family Services, and Navy Child and Youth Programs are committed to a partnership to make 4-H clubs available to military youth on installations and in communities. This month our two Army 4-H Clubs will be featured for their valuable work they provide to our military youth. For example, Monterey County supported the Presidio of Monterey with projects such as Drama, Art, and a Heritage and Diversity project. San Bernardino supported Ft. Irwin with Arts and Crafts, Creative Writing, and Safety projects.

Kudos to those 4-H Counties that support Army Military clubs that truly make a difference in a military child's life!

RESEARCH

- **4-H Out-of-School Time STEM Education: Junk Drawer Robotics**

By Steven Worker and Richard Mahacek in Children's Technology and Engineering, 18(2)
<http://www.iteea.org/Publications/TandC/Dec13.pdf>

This article provides a brief overview of 4-H and the 4-H Junk Drawer Robotics curriculum. The national 4-H robotics curriculum, titled 4-H Robotics: Engineering for Today and Tomorrow, was published in 2011 (available at www.4-h.org/robotics/). Junk Drawer Robotics, one of the tracks in the curriculum, engages middle school youth in engineering design through the use of common household items. The curriculum was developed to focus on scientific and engineering practices; frame activities in the experiential learning cycle; and promote small group collaborative learning.

- **OJJDP Bulletin Examines Functional Impairment in Delinquent Youth**

The Office of Juvenile Justice and Delinquency Prevention (OJJDP) has released "[Functional Impairment in Delinquent Youth](#)." The bulletin is part of OJJDP's [Beyond Detention series](#), which examines the results of the Northwestern Juvenile Project—a large-scale longitudinal study of youth detained at the Cook County Juvenile Temporary Detention Center in Chicago, IL. This bulletin presents findings on juvenile functional impairment in the school, work, home, and community settings; and in terms of behavior toward others, mood and psychiatric concerns, self-harm, substance use, and rational thought assessed 3 years after the youth were released from detention. The authors also assess youth functioning by gender, race/ethnicity, and age and discuss future implications.

- **OJJDP Releases Fall 2013 Issue of Journal of Juvenile Justice**

The Office of Juvenile Justice and Delinquency Prevention has released the [fall 2013 issue](#) of the online "[Journal of Juvenile Justice](#)." This issue features articles that focus on early diversion and assessment to screen youth out of the juvenile justice system, the lack of research on teen courts and recidivism, the effectiveness of intervention programs and mental health courts for delinquents with mental health issues, and recidivism and delinquency risk factors for male and female offenders.

- **Children Who Sleep More, Eat Less**

Recently, a study published in Pediatrics looked at the relationship between food and sleep. The trial studied 37 children between 8 and 11 years old. Each child slept at home for 1 week for their typical length of time, and then spent one week sleeping 1.5 hours more and one week sleeping 1.5 hours less. Researchers measured dietary intake with nightly 24-hour food recalls, child weight, and hormone levels. After the study, they found that when the children slept longer, they consumed fewer calories. They also had lower levels of the hormone leptin, which helps to decrease appetite. In addition, when children slept longer, their weights were half a pound less. This study suggests the importance of adequate sleep in regulating appetite. To read more, visit <http://pediatrics.aappublications.org/content/early/2013/10/30/peds.2013-1274.abstract>

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