



Joe Ostaszewski, Biggest Loser finalist and former Florida State University defensive lineman, says the Biggest Loser show saved his life. Now, he’s “riding it forward” in a 2,900-mile bike ride across the country to inspire others and help save American youth from the dangers of childhood obesity. He will be making stops in San Bernardino and Los Angeles counties to motivate local 4-H youth to take the pledge to live a healthy lifestyle and join the fight against childhood obesity. You can “Ride it Forward” too:

1. Follow Joe at [@joeostaszewski](https://twitter.com/joeostaszewski). Applaud his effort and promote 4-H Healthy Living. Share your own healthy living commitment using hashtags **#RidingItForward** and **#ca4h**.
2. “Join Joe”/Pledge to Exercise During “Riding it Forward”

“Match Joe's Miles Across America” with a commitment to exercise a certain number of miles during the months of August to September. Chronicle your commitment to healthy living online—share photos and inspiration using the hashtags **#RidingItForward** and **#ca4h**

For more information: <https://www.youtube.com/watch?v=jsDDB0oCxOo>

Member Tip of the Month:

Did you know CA 4-H has a Cloverpedia? The Cloverpedia is a resource designed to be a living document for individuals to learn more about common California State 4-H terms, events and programs. Along with an explanation of which each item is, there are also hyperlinks to online resources that will provide more detail.

Check out the Cloverpedia [here](#).



4-H Calendar of Events

Check out our statewide
calendar of events, dates
& deadlines!

August

8/30/2014 [CA 4-H at Raley Field](#)

September

9/6/2014 [4-H Shooting Sports Workshop - Pistol Discipline](#)

9/13/2014 [South Section Meeting](#)

October

10/1/2014 [Deadline: CA 4-H Quick Start Record Book Course](#)

10/4/2014 [North Section Meeting](#)

10/4/2014 [Shooting Sports Archery Certification Workshop](#)

10/4/2014 [2015 State Fashion Revue Committee Meeting](#)

10/18/2014 [Shooting Sports Leaders Meeting](#)

10/18/2014 [State 4-H Equine Field Day](#)

November

11/3/2014 [Deadline: Records Books for State Competition](#)

11/14/2014 [Save the date: 2014 State 4-H Leaders' Forum](#)

December

12/21/2014 [4-H Day at the Oakland Raiders](#)

SLF 2014

101 Innovative Explosions on tap!!

Here are 101 innovative opportunities to meet and communicate with people from far distances but with close experiences and interests. Yes, it's the 2014 California State 4-H Leaders' Forum. The location is the Crowne Plaza Hotel in Sacramento from November 14 – 16, 2014. The schedule is similar to past Forums, but the content explodes with innovation and depth.

How would you like to learn about Brain-based learning, get renewed in working with special needs members, or perhaps participate in Fun Ways to Learn? You will find how to make everyone welcome at your meetings, update your technology skills, science ideas or just "Be Happy." Many new and innovative crafts are also included, or, participate in the Fireside Chat with the State 4-H Council. There is something for everyone in the workshop offerings at SLF. See the workshop descriptions and schedule on the SLF website coming soon.

Dynamic guest speakers will engage, excite, and motivate you to make decisions and take action. Please think about creative silent auction items to bring. The more creative and innovative, the better.

Last chance to save with the early bird registration price is September 1. See the SLF website for registration details. We urge you to register for the whole Forum, but it is possible to register just for a day.

See the SLF website: http://4h.ucanr.edu/4-H_Events/SLF/

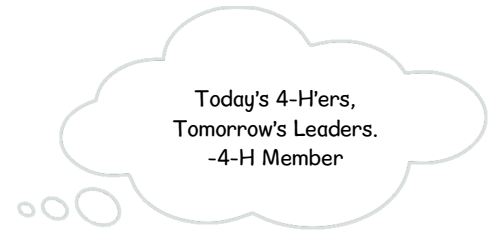


#California4H





Scholarships, Awards & Grants



Teens Teach Tech Grant **NEW!**

Deadline: September 15

More [info](#).

Project Learning Tree GreenWorks! Grants **NEW!**

Deadline: September 30

More [info](#).

Captain Planet Foundation Grants **NEW!**

Deadline: September 30

More [info](#).

NYLC Service-Learning Practitioner Leadership Award **NEW!**

Deadline: November 7

More [info](#).

NYLC Youth Leadership for Service-Learning Excellence Award **NEW!**

Deadline: November 7

More [info](#).

Sports-For-All Clinic Grants

Deadline: Rolling

More [info](#).

State Ambassador Corner:

Hello California 4-H! We are your Ambassador team for 2014-2015, and we are ready for a great year of California 4-H. Our team is made up of ten teenage 4-H'ers, eager to make a difference: we are never satisfied with the status quo, but instead want to make this the greatest year in California 4-H to date. We look forward to meeting all of you and hearing your ideas for how to make this year of 4-H successful and what we can do to help.

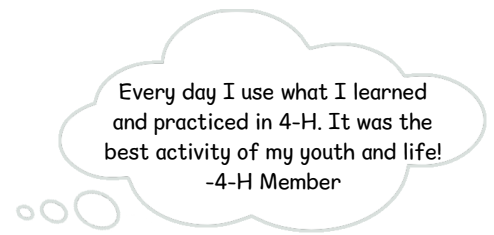
But first, let's introduce ourselves. I'm Andrew Wood and I am passionate about this Ambassador team, European football, and robotics. Ashley Lauinger is a dedicated 4-H'er and FFA girl who loves to read. Bryce Corron makes creative movies and has a hilarious offbeat sense of humor. Christine Fry is a sweet, knowledgeable and talented horseback rider. Colton Searcy, a dedicated 4-H'er with a great personality, loves his rabbits. Justina Sharp will amaze you how accomplished she is and her ability to wear a fashionable new outfit every single day. Linnae Rodriguez swims 16 hours a day and somehow manages to fit in her busy 4-H schedule as well. Lyle Glass has a passion for cars and can tell you just about everything about any car model ever. Madison Gibson plays lacrosse, soccer and speaks French, but still manages to stay relaxed and have fun during her busy schedule. Sallie DeYoung is the final member of our team; she is personable and smart, with tons of great ideas. So that's us, the 2014-2015 State Ambassador Team!

We have already started our two biggest projects this year, our platform and SLC 2015. Our platform this year is to help create standards and a framework for the All-Star program so that every county has support for their All-Stars and similar guidelines. Furthermore, we will seek to gain greater awareness for 4-H's citizenship efforts. Also, we are already planning SLC 2015! It is going to be at UC Irvine next July and the theme will be "Bringing Your Fantasies to Life" ...it will be a fairy tale SLC!!!

~Andrew



Stories from the Field



Every day I use what I learned and practiced in 4-H. It was the best activity of my youth and life!
-4-H Member

Authored by:
Sarah Watkins, 4-H Animal Science Education Program Representative

CA 4-H Throwdown

The 2nd annual 4-H Cooking Throwdown at the California State Fair took place June 22nd and 24th. Youth ages 9 to 18 had one hour to create a three-course meal with each course containing the designated "secret ingredient." The theme was "Fair Food Done Healthy."

All of the dishes were judged on originality, taste and the USDA's [MyPlate](#) standards. Healthy living is a major component of the 4-H Youth Development Program and this contest was introduced to help teach youth to cook and learn portion sizes.

On June 22nd, three junior teams composed of 9- to 13-year-olds competed.

Round 1—secret ingredient: hot dog

Teams: Champs vs. The Blonde, the Brunette & the Ginger
The Fat and Furious Team made a mini corn dog, a "speedy" Italian sandwich and a funnel cake with homemade whip cream and candied hot dog. The Blonde, Brunette and Ginger Team made hot dog nachos, seafood stir fry and cinnamon chips with fresh crème and strawberries. The fresh cream was infused with hot dog. The food was very original and very tasty.

The Fat and Furious won the round.

Round 2—secret ingredient: zucchini

Teams: Cuisine Queens

The Cuisine Queens Team made a berry zucchini crepe, chicken salad, and a berry zucchini smoothie.

Final Round—secret ingredient: watermelon

Teams: The Fat and Furious vs. Cuisine Queens

The Fat and Furious Team made a watermelon mint goat cheese appetizer, a wasabi bread crumb pork chop with a watermelon reduction sauce and fried watermelon for dessert. The Cuisine Queens made a fruit salad, fruit and beef kabobs, and a baked funnel cake for dessert.

The Fat and Furious team were the junior champions!



"Cuisine Queens" Team



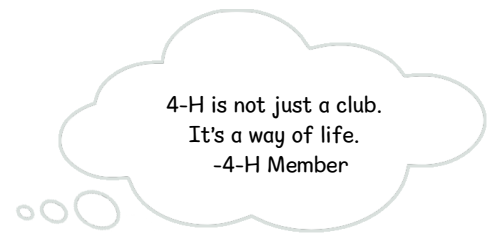
"The Blonde, the Brunette and the Ginger" Team



"The Fat and Furious" Team



Stories from the Field



CA 4-H Throwdown Continued...

July 24th was the senior competition of the State Fair 4-H Cooking Throwdown. Six teams competed for the champion title. The youth were between 14 and 18 years old.

Round 1—secret ingredient: berries

Teams: The Cookin' Coyotes vs. The Culinary Ninjas

The Culinary Ninjas focused on the health aspect of the competition. They cooked a chorizo caramel apple appetizer, egg roll in a bowl as the main course and a mini churro for dessert. The Cookin' Coyotes made guacamole and chips for the appetizer, fish tacos with a fruit salad for the main course and a baked funnel cake with berry infused fresh cream. The Culinary Ninjas won the round.

Round 2—secret ingredient: broccoli

Teams: Lamorinda Iron Chefs vs. Organic Fanatics vs. Clever Clovers

The Organic Fanatics made a sweet and tangy yogurt sauce for a kabob appetizer, a veggie stuffed burger on a lettuce bun, and a baked funnel cake. They focused on creating a healthy, well-balanced meal. The Clever Clovers made baked potato chips, chicken and broccoli kabobs, and a dessert smoothie. The Lamorinda Iron Chefs made zucchini and broccoli backed chips, a gyro with a broccoli sauce, and a chocolate, broccoli and avocado mousse. They focused on a tasty balanced meal. The Lamorinda Iron Chefs won the round with the Organic Fanatics in 2nd and the Clever Clover earning 3rd place.

Final Round—secret ingredient: dried seaweed

Teams: Lamorinda Iron Chefs vs. Culinary Ninjas

The Lamorinda Iron Chefs made a seven-layer bean, salsa, seaweed, guacamole chip, chicken on a stick with a apple and onion slaw, and for a dessert a baked funnel cake with seaweed flakes in the batter and topped off with seaweed and strawberries. The Culinary Ninjas made a zucchini chip with seaweed hummus, a baked vegetable and seaweed pizza and a berry mousse pretzel cookie.

Lamorinda Iron Chefs were the senior champions of the day. They are eligible to represent California at the Texas State Fair in the National 4-H Cooking Challenge. The contest will be held during the State Fair of Texas in Dallas, October 7th and 8th, 2014. The National Food Challenge will not only include a contest, but an educational day as well. More information can be found here: <http://texas4-h.tamu.edu/nfchallenge>

Check out more pictures [here](#).



“Lamorinda Iron Chefs” Team



“Organic Fanatics” Team



“Clever Clovers” Team



Program Updates

4-H builds self-esteem, and helps youth to realize that their opinion counts and that they can make a difference.
-4-H Volunteer

POSITIVE YOUTH DEVELOPMENT

THANKS!

Online Record Book Surveys are open from September 15 to January 31st, 2015!!!

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 the California 4-H Youth Development Program is doing overall. Thank you to everyone who has completed their surveys so far. A list of previous survey winners can be found [here](#).

Thank you to all the Project Leaders that sent in all your **Thrive** postcards! Your responses will help us in making this program better for our young people. A list of the Project Leaders can be found [here](#).

Evaluation Report for the 2014 Online Record Book Satisfaction Survey

<http://4h.ucanr.edu/files/195881.pdf>

The California State 4-H Office was interested in learning about the experiences of youth 4-H members and 4-H volunteers with the Online Record Book (ORB). In July 2014, 231 youth and adults completed a 14-item survey letting us know how they felt about ORB, what they liked, and the challenges they faced with the system. Go to the webpage above to view a brief report of the findings from the survey!

Sample: 198 Youth, 33 Adults



Evaluation Report for 2013 and 2014 State Field Day

<http://4h.ucanr.edu/files/195534.pdf>

In 2013 and 2014, attendees at State Field Day were invited to complete a brief survey about their participation and experience. Go to the webpage above to view a brief report of the findings from the survey!

In the 2014-2015 program year, the State 4-H Office is convening a **Presentation Task Force**, consisting of youth, adults, and staff to review the 4-H Presentation program. The Task Force is charged with the following: Review and revise the [California 4-H Presentation Manual \(2005\)](#) including but not limited to: presentation types, terms, and requirements; judging criteria; rubrics (review inter-rater reliability statistics of the rubrics).

1. Recommend a standard judge orientation/calibration and explore options for an online orientation.
2. Recommend modifications to the multi-level contest (county-sectional-state).

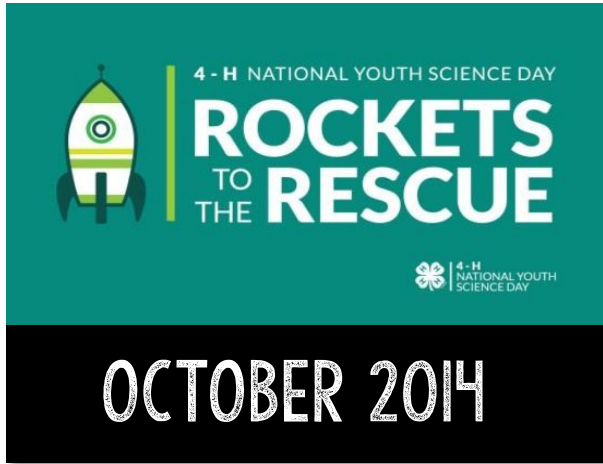
Please help the Presentation Task Force by completing this [survey](#). The information gleaned from this survey will help them fully understand the needs of the entire state. All surveys are due by September 25th.



Program Updates



SCIENCE, ENGINEERING & TECHNOLOGY (SET)



4-H National Youth Science Day (NYSD) - October 2014

<http://4h.ucanr.edu/Projects/SET/NYSD/>

The 2014 NYSD is titled, *Rockets to the Rescue* where youth will be tasked with the mission: design and build an aerodynamic food transportation device that can deliver a payload of nutritious food to disaster victims. Youth will learn engineering concepts, develop math skills, learn about nutrition and help solve a relevant, global issue. The focus of 4-H NYSD is to encourage youth to experience science in a fun, constructive manner, increase interest in the sciences and encourage participation in support of 4-H programs.

[Pre-order](#) NYSD kits.

CITIZENSHIP/LEADERSHIP



Revolution of Responsibility Service Learning Mini-Grants

4-H groups can apply for up to \$1,000 to identify, plan, and carry out a service-learning project in their community. Projects will be focused on the three key content areas that form the core of all 4-H programs, Science, Healthy Living, and Citizenship.

2014 Application dates: September 15, 2014 | November 15, 2014

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

[Read](#) how 4-H is helping their communities through California.

ANIMAL SCIENCE

State 4-H Equine Field Day

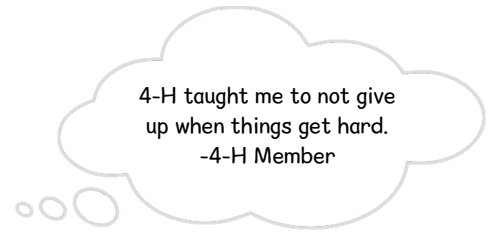
Save the date, October 18th State 4-H Equine Field Day . Tentatively will be held at Cal Poly San Luis Obispo.

More information coming soon!





Program Updates



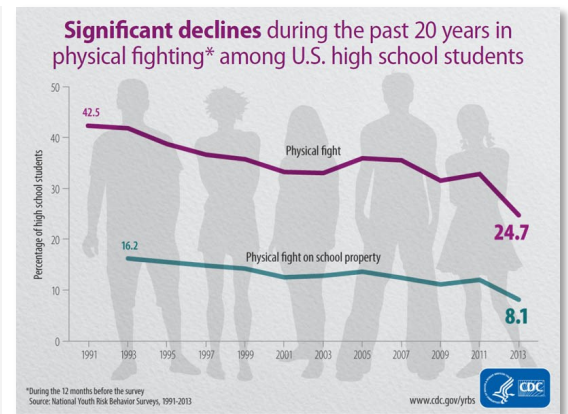
HEALTHY LIVING

Pedestrian Safety 2014 Resource Guide

The Children's Safety Network (CSN) has produced this resource guide to provide a comprehensive, annotated list of resources for pedestrian safety. The resource guide is divided into eight sections: Data; Safe Routes to School; Pedestrian Safety for Preschoolers; Other Programs, Strategies and Campaigns; Program Planning, Implementation, and Evaluation; Policy; Research; and Distracted Walking. Each item in this resource guide includes a short description and a link to the resource itself. [Download the guide](#)

2013 Youth Risk Behavior Surveillance System (YRBSS) Released

CDC's YRBSS provides national-, state-, territorial-, tribal-, and local-level data on a range of health risk behaviors among high school students. Highlights of the 2013 YRBSS report include a decline in cigarette smoking, physical fights, and fighting on school property. Illustrating the persistent dangers of distracted driving, the report reflects that 41 percent of students who had driven during the past 30 days reported texting or emailing while driving. The report also includes data on obesity-related behaviors, such as excessive screen time and drinking sugar-sweetened beverages. [Report highlights](#)



MILITARY



4-H Military Program

California's 4-H Military Partnership Program supports 20 4-H clubs on military bases in 11 counties throughout the state. These military clubs provide a safe environment for military youth to explore new interests and ideas, as well as a predictable environment as they move from place to place. Inviting a military 4-H Club to a club meeting is a great way of connecting military and non military youth.

More [information](#) on military clubs in your area.



Program Updates



MORE UPDATES

State Leaders' Council officer nominations

The current President and Secretary of the California State Leaders' Council are terming out of their positions. We thank President Sandy Cohen and Secretary Beverly Schrieber for their outstanding dedication and work as council officers. Nominations for the offices of President and Secretary of the State Leaders' Council are now being taken at masmith4hleader@gmail.com and nkeller91711@gmail.com. The election will occur at the State Council meeting on Saturday, October 25 in Davis.



Announcing **State Fashion Revue 2015** categories, service projects, cover art contest and first committee meeting! The SFR committee meets October 4 from 10-2 at the San Joaquin Robert J. Cabral Agriculture Center, 2101 East Earhart Avenue, Stockton. Bring lunch and your fabulous ideas. All 4-H members are invited to participate in the SFR 2015 program cover art contest to illustrate the theme "Through the Looking Glass." Original art work is due by December 15, 2014 to <http://ucanr.edu/sfrcovercontest>.



Participant categories returning for SFR 2015 are Traditional, Upcycled, and Consumer Science Purchased \$40 limit. The two new categories are Jacket Challenge and Costume Challenge. The service projects this year are pillowcases (sewn) and hats (sewn, knitted or crocheted). Please see the SFR website for more details on joining the committee, the cover contest, the categories and service projects or the event itself at http://4h.ucanr.edu/4-H_Events/SFD/SFR/.



2014 California Agriculture in the Classroom Conference

Oct. 16-18, 2014, Santa Cruz, CA

Early Bird Registration Deadline: September 15, 2014

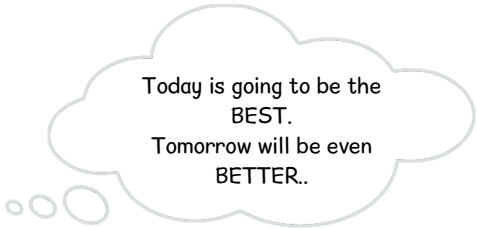
www.LearnAboutAg.org/conference

Engaging workshops, exciting field trips, and dynamic speakers are just a few of the experiences that attendees will participate in at the 2014 California Agriculture in the Classroom Conference. Registration is currently open for this year's conference, Common Core & California Crops. The conference will provide attendees with resources that connect students to the real world and help them develop critical thinking and problem solving skills.





The 4-H Pledge



I pledge my...

HEAD to clearer thinking,

HEART to greater loyalty,

HANDS to larger service,

HEALTH to better living,

for my club, my

community,

my country and my

world.

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Get connected with 4-H
through social media!



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



CALIFORNIA 4-H
FOUNDATION