



"Updates" is sent out once a month to two email lists: one for 4-H Staff and a week later to our General News email list.

## November 2009

[Statewide 4-H Online Calendar](#)  
[4-H Science, Engineering and Technology Updates](#)

### DIRECTOR UPDATES

- **The Fourth H...Healthy Living Initiative**

4-H has a long history of promoting healthy living among youth and their families, reaching back to the establishment of the 4-H program over 100 years ago. Healthy Living is the second of the three 4-H Mission Mandate Initiatives identified for national programming. Through the 4-H Healthy Living Initiative, 4-H will *engage youth and families through access and opportunities to achieve optimal physical, social, and emotional well-being*. The initiative is timely. Today's U.S. children are in jeopardy of having shorter life spans than their parents if the effects of poor diets and sedentary lifestyles are not reversed. Local 4-H Youth Development Programs are encouraged to use the following guiding principles in assessing and developing their 4-H Healthy Living programs:

- Learning about healthy living should occur in the context of the Essential Elements of 4-H Youth Development.
- Healthy living programs should be developed and carried out through youth-adult partnerships.
- Curricula and materials used in 4-H healthy living projects and programs should be experiential and based on best practice.

Watch for more resources and programming opportunities around the Healthy Living Initiative in future 4-H UPDATES.

### CA 4-H FOUNDATION UPDATES

- **Developing Financial Sustainability for 4-H**

Traveling to multiple counties this past month has reinforced for me the tremendous value 4-H brings to each community of our state. These conversations continue to guide our work toward creating a long-range funding plan for 4-H in California that focuses on sustaining and growing our large and diverse corps of articulate and compassionate young leaders grounded in real-life issues affecting our world today. Today more than ever, the need for financial sustainability has never been more apparent or more urgent.

Although still a work in progress, our funding plan focuses on capacity-building for sustainability in each county. This strategic direction represents an important step in 4-H's ability to provide the best in staff and volunteer development across the diverse social, ethnic and environmental landscape that is California. It also serves to increase the capacity of each county's 4-H program to become more visible and financially sustainable so that the positive impacts created by 4-H are available in years to come.

This capacity-building model will be tailored to the specific needs of each county 4-H program, while ensuring consistency in programming quality and content. The three key elements of the plan:

1. Ensuring sufficient professional volunteer management staff in each county to recruit, train and support a large and diverse corps of volunteers and providing both paid and volunteer staff with ongoing professional development to deliver the highest quality programming to our 4-H participants.
2. Building the funding capacity of county 4-H teams so that paid and volunteer staff have the knowledge, tools, resources and support they need to achieve fiscal sustainability, while ensuring quality programming and raising visibility of 4-H impacts in local communities.
3. Adapting and creating innovative curricula that connect the research of UC academic specialists with youth and adult volunteer leaders to address the key initiative areas of 4-H- Science, Engineering and Technology, Healthy Living and Citizenship.

I welcome your questions about this plan and am currently making visits to county offices to speak with our paid and volunteer staff in each county. I can be reached at [aleeland@ucdavis.edu](mailto:aleeland@ucdavis.edu).

## HEALTHY LIVING INITIATIVE

No items to display this month.

## IDEAS THAT WORK

- **4-H learning resources for the National Directory**

View the new National Directory of 4-H Materials (<http://www.4-hdirectory.org>) in its initial launch. Material should be submitted to the state office for submission into the national site.

- **4-H & MLK Day of Service.....Year of Service!**

4-H, as part of the Citizenship mission mandate work, will be a partner for the **January 18, 2010** MLK Day of Service. 4-H Council will create a message around youth engagement and service and will be sharing more about this opportunity and more about how individuals and clubs can be involved with MLK Day of Service and then throughout the year! Watch the 4-H UPDATES for more information.

## PROGRAMS

- As of **October 1st, 2009** the **CSREES** (Cooperative State Research Education and Extension Service) became the **National Institute of Food and Agriculture**. You may visit their website at: <http://www.csrees.usda.gov/> for more information.
- The name "**National 4-H Headquarters**" has been officially changed to **4-H National Headquarters** lending more focus on the 4-H organization. You may visit: <http://www.national4-hheadquarters.gov/> for more details.
- **Hats Off to Kindness** at the **State Fashion Revue!** Make a soft, fleece or knitted hat, bring it to the State Fashion Revue, model it, and donate it to cancer patients, young or old! This community service is open to all 4-H youth and adults. This is a great way to use your sewing skills for the benefit of your community. Think soft and fuzzy, not hard or scratchy. Bring your hats to Fashion Revue in May and let's show our cancer patients we

care! For more details, check out the website at <http://www.ca4h.org/projresource/fashion/>.

- The **Junior Master Gardener program** has offered a Recognition Certificate for JMG groups to earn this fall. The certification will be in Building a Vegetable Garden. Students will experience hands-on learning as they participate in all aspects of gardening. There is no cost to register your JMG group. If you have a Level One JMG Teacher Guide, visit <http://67.59.137.247/index.cfm?did=2035&sectionID=2017>

## EVENTS AND DEADLINES

- The California Exposition & State Fair Board has announced new dates for the fair. The 2010 California State Fair is now tentatively scheduled to run for 19 days from **Wednesday, July 14 to Sunday, August 1, 2010**. For more information, you may contact Erica Manuel of the California Exposition and State Fair at [emanuel@caexpo.com](mailto:emanuel@caexpo.com). 4-H members, adults and staff may also contact 4-H Animal Science Committee Chairs Cynthia Barnett, [ccbarnett@ucdavis.edu](mailto:ccbarnett@ucdavis.edu) and Steve Dasher, [hsdasher@ucdavis.edu](mailto:hsdasher@ucdavis.edu) for additional questions.
- **Character Counts! Week: October 18-24**  
National Character Counts! Week is **October 18-24** with more than 60 countries expecting to celebrate. For more information and to receive free resources, please check out the website <http://charactercounts.org/>
- The annual **State 4-H Equine Field Day** will be held on Saturday, **October 24th** at UC Davis. Go to <http://ca4h.org/projresource/horse/> for the event details and registration form. Pre-registration is due Friday, October 16th; no postmarks. You are welcome to attend and pay the on-site registration. This event is in partnership with the UC Davis Department of Animal Science. 4-H Horse members, leaders and parents are invited to attend.
- A red carpet event cattle judging contest will be held **November 1**, at 10am at the Pheasant Trek Ranch in Wilton, CA. 4-H teams are welcome to join. Click [here](#) for more information.
- For those who are planning on attending **2010 Citizenship Washington Focus**, be sure you get your application into your county 4-H office so that staff can enroll you on-line by **November 5, 2009**. The State 4-H Office must commit actual numbers to the National 4-H Center soon after. Sometimes we are able to secure additional space after the contract is signed, but there is no guarantee. Financial assistance is available for this program for members who could not afford to attend without help. More information and registration forms are available at: <http://ca4h.org/citizenship/dcfocus/>.
- You Are Invited to **The Military Child Education Coalition's Seminar on Military-Connected Children with Unique Learning Needs November 9-10, 2009** in Sacramento. Registration cost in \$25.00 per participant. To register: Go online to <http://www.MilitaryChild.org> and choose "Upcoming Trainings" from the top menu bar. Choose "Education Conf. Sacramento, CA" from the list provided.
- The American Association of University Women (AAUW) invites high school 4-H members to compete in **California Speech Trek**. Beginning each September and continuing through March 1, high school students throughout California are welcome to contact the local AAUW branch near them (or email [speechtrek@aauw-ca.org](mailto:speechtrek@aauw-ca.org)) for details about the local AAUW speech contest. The theme this year is "Breaking Through Barriers". The first place winner receives \$750, while second and third place winners each receive \$500. More information is available at <http://www.ca4h.org/4hresource/updates/attach/2009/Nov09/SpeechTrek4HBrochure-2PrizeMoney.pdf>
- The **State 4-H Leaders' Forum 2009** is **November 6-8, 2009**. If you are a 4-H Leader and think you may be interested in attending this information event at **Asilomar**, please visit: <http://clubs.ca4h.org/nsection/SLF09/index.htm> and submit your registration forms today. You may also contact Richard Meade at [rmeade@csuchico.edu](mailto:rmeade@csuchico.edu) for any questions.
- **4-H and the Military: Working Together- State Leaders Forum - November 6-8, 2009**

Is your 4-H club supporting a military base with a community service project? Do you want to find out about ways your clubs can support military families and their children with 4-H Operation Military Kids support projects? Please attend the State Leaders Forum 4-H and Military Workshop at Asilomar to learn about more. Contact Sylena Wise at [smwise@ucdavis.edu](mailto:smwise@ucdavis.edu).

- A free professional development training opportunity is available for those involved with youth development programs focusing on healthy living concepts. The two-day trainings, "**Fresh Fruits and Vegetables: A Centerpiece for a Healthy School Environment**" will be held in several location across California. You may visit: <http://www.lifelab.org/ffv.php> to register today. Click here for the full training flyer. For any questions, contact Deborah Beall at [dbeall@cde.ca.gov](mailto:dbeall@cde.ca.gov).
- 4-H members are invited to participate in the **Fur and Feathers show**, a small animal breed show and showmanship event, planned for **January 16, 2010**. Entry deadline is **December 15, 2009**. The event is for 4-H members statewide in Cavy, Poultry and Rabbit projects. You may contact Jenean at [bass@roadrunner.com](mailto:bass@roadrunner.com) for questions.
- **Education Summits on Bio-Security in 4-H**  
In order to improve the understanding of 4-H adult volunteers, veterinarians, and administrators from fairs and exhibitions about existing bio-security risks associated with 4-H Animal Science projects in California and issues related to traceability, three **Regional Education Outreach Summits** will be offered by 4-H and Veterinary Medicine Extension. Each Education Outreach Summit will include four major components: a) an overview of current data on bio-security risks associated with 4-H Animal Science projects; b) updated information from USDA on the current status of NAIS and animal traceability; c) a listening session to provide stakeholders the opportunity to share their experiences and provide feedback on traceability issues to USDA; and d) a mini-training for 4-H teens and volunteers on the new 4-H Bio-Security curriculum. Dates and locations of the Education Outreach Summits are: **December 12, 2009 - UC-Davis; January 16, 2010 - UCCE Tehama County; and February 27, 2010 - UCCE Kern County**. Times for all summits will be **9 a.m. - 3 p.m.** Lunch will be provided. For more information, contact Martin Smith ([mhsmith@ucdavis.edu](mailto:mhsmith@ucdavis.edu)) or Steven Worker ([smworker@ucdavis.edu](mailto:smworker@ucdavis.edu)).
- **4-H Shooting Sports Leader Certification for Rifle**  
A shooting sports training workshop for the rifle discipline will be held in **Tulare, CA** on Saturday, **January 9, 2010** 8 AM - 6 PM and Sunday, **January 10, 2010**, 8 AM - 4 PM. The course will be held at the Rankin Field Range, 20000 Road 140 in Tulare, CA. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course and receive more information contact John Borba at: [jaborba@ucdavis.edu](mailto:jaborba@ucdavis.edu). For information about the facility and a map, please visit the range website at: [http://www.tcdsa.org/documents/rankin\\_field.htm](http://www.tcdsa.org/documents/rankin_field.htm)
- On-line registration for the **2010 California Focus Program** is available now and is due on **January 15, 2010**. 4-H members and leaders come together to run their own state government in the fictitious state of Sierra Cascade. Delegates draft legislation, participate in a mock trial, and run for office. Then participants interact with their legislators, court officials, and those close to current issues. Financial assistance is available for this program for members who could not afford to attend without help and the Young Civic Leader Scholarship is available for teens with an outstanding leadership and community service record. More information and registration forms are available at: <http://ca4h.org/citizenship/focus/>.
- Dates have been set for **2010 State 4-H Horse Events**. The State 4-H Horse Classic - Educational Contests will be held **April 24 & 25 at Reedley College, Reedley, CA** (southeast of Fresno). The **Championship Horse Show** will be held at the Santa Cruz County Fairgrounds in Watsonville on **Thursday, June 24 thru Sunday, June 27**. Tentatively, the English classes and Over Fences will be held on Friday, Western classes on Saturday and Gymkhana on Sunday. More information will be available by December 1st on the web site at <http://ca4h.org/projresource/horse/>.
- Dates have been set for the **2010 Citizenship Focus Program**. Come participate in hands-on programs that

bring government and policy issues to life and help you get involved in your own community.

**California Focus** June 25-29, 2010

<http://www.ca4h.org/citizenship/focus/>

**Washington Focus I**

Road to Democracy, June 27-July 5, 2010

Heritage Trail, I June 27-July 3, 2009

**Washington Focus II**

Global Journey, July 11-21, 2010

Heritage Trail II, July 11-17, 2010

<http://www.ca4h.org/citizenship/dcfocus/>

For more information, contact Pat English at [penglish@ucdavis.edu](mailto:penglish@ucdavis.edu) or 530-754-8520.

- California will be sending 4-H members and leaders outbound on the **California International Exchange Program** during the summer of 2010. Are you ready for a one month experience in Australia, Costa Rica, or Japan? Delegates must submit an application with reference letters and complete an interview by **January 27, 2010**. More information is available at: <http://ca4h.org/exchange/>.
- **4-H Shooting Sports Workshop**  
A shooting sports training workshop for the **rifle discipline** will be held in Atascadero (San Luis Obispo County), CA on Saturday, **November 14, 2009 from 8AM-6PM** and Sunday, **November 15, 2009 from 8AM – 4PM**. The course will be held at the Santa Lucia Sportsmen's Association Facility in Atascadero. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course and receive more information contact John Borba at: [jaborba@ucdavis.edu](mailto:jaborba@ucdavis.edu). For information about the facility and a map, please visit the range website at: <http://santaluciasportsmen.org/>

## FUNDING OPPORTUNITIES

- The fall season is in full swing and as students are researching schools and colleges they'd like to attend after graduation, 4-H members are reminded to plan to apply in Spring 2010 for one of the Statewide 4-H Higher Education Scholarships available. For more information on the scholarship program, visit: <http://www.ca4h.org/4hresource/ir/scholarship/>.

## INCENTIVES AND RECOGNITION

## YOUTH DEVELOPMENT RESEARCH

letter beginning October 30, 2009. You

may contact Quang Hogan Tong at 530-752-5544 or [qtong@ucdavis.edu](mailto:qtong@ucdavis.edu) for additional questions.

- A recent webinar discussing **Research and Evaluation** also included a summary of the work and results from the **4-H Study of Positive Youth Development**. To hear the webinar, visit: <http://nc4-beval.wikispaces.com> and select the 9-23-09 webinar. If you are interested in participating in continued discussion, the next webinar will be held on **October 21, 2009** from 3-5pm and will discuss evaluation of the program development cycle.
- **For Staff: 4-H Regional Salute to Excellence Volunteer Recognition Awards**  
The 2010 National 4-H Salute to Excellence (STE) Awards nominations are available for submission now until **December 11, 2009**. The awards are for the 4-H Volunteer of the Year (VOY - less than 10 years of service) and the 4-H Outstanding Lifetime Volunteer (OLV - 10 years or more). Nominations will only be accepted through submission at the grants management system at <http://grants.4-H.org>. County offices will need to register to submit. All applications must be sent for approval to the CA State 4-H Office prior to submission. Each State 4-H Program will select the nominees for their state. Renee McKee (Purdue University), and Patrick Nestor (West Virginia University), the study on which this taxonomy is based identified the competencies that volunteers will need in order to effectively deliver 4-H Youth Development programs and activities in the next decade. This taxonomy provides 4-H professionals with a national focus and direction related to the levels of competency and

the perceived needs of 4-H volunteers. While the study provided benchmark data for future comparisons, the VRKC taxonomy provides insights into priorities for volunteer development. The complete taxonomy is available at: <http://www.national4-hheadquarters.gov/comm/vrkc.pdf>

## FOR 4-H STAFF

- **For Staff:** Counties must enter and confirm in the 4-H Information System, the **Annual Financial Reporting** to the State 4-H office, by **November 1, 2009**. Contact the State 4-H Office for any questions, 530-754-8518.
- **For Staff:** County offices are to submit **record books to the State 4-H office** by **November 6, 2009**. Applications postmarked by November 6, 2009 will be accepted. Visit <http://www.ca4h.org/4hresource/ir/recordbook/competition.asp> for more information or you may contact Quang Hogan Tong at 530-752-5644 or [qtong@ucdavis.edu](mailto:qtong@ucdavis.edu) for additional questions.
- **For Staff:** 4-H units that operate within the July 1-June 30th fiscal year need to submit their IRS 990, 990EZ and 990 E-postcards to the IRS by **November 15th, 2009**. Click [here](#) to view instructions for filing a 990 e-Postcard.
- **For Staff:** Applications for **new state/national 4-H events and competitions** are due to the State 4-H Office by **December 1, 2009**. Click [here](#) for an application. You may contact the State Office at 530-754-8518 for additional questions.
- **For Staff:** 4-H Online enrollments reports for the 2009-2010 Program Year will be run on December 1, 2009. Invoices will be generated and sent to county offices shortly after. Payments for December invoices will be due postmarked by **December 31, 2009** to the State 4-H Office. Contact the State 4-H Office at 530-754-5818 for any questions.
- **For Staff:** The **2010 Western Regional Leaders' Forum** is scheduled for **March 11-14, 2010** in Albuquerque, N.M. Click [here](#) to register. Some key upcoming dates youth development professionals will want to save include:
  - December 15, 2009:**  
Early Bird Registration Deadline, \$200.
  - January 15, 2010:**  
Regular Registration Deadline, \$250  
Share Faire Registration Deadline  
4-H Display Registration Deadline  
Volunteer Leader Award Deadline
- **For Staff:** 4-H National Headquarters, CSREES, and the USDA have announced the **CYFAR 2010** Conference to be held in San Francisco, CA at the San Francisco Marriott Hotel on **May 4-7, 2010**. For any children, youth and family professionals who are interested in submitting a proposal to present a workshop or exhibit at the conference, National 4-H interested in your ideas. Proposals to present at CYFAR are due **November 10, 2009** and you may find more details on proposal requirements at: <http://www.cyfernet.org/cyfar10> or directly at <http://fyacs.ifas.ufl.edu/cyfar/Call.html>. You may also contact June Mead, [jm62@cornell.edu](mailto:jm62@cornell.edu) for additional questions.
- **For Staff:** The Human Development and Family Studies Division (HDFS), Department of Human and Community Development at the University of California, Davis has an opening for the position of **Assistant or Associate Cooperative Extension Specialist in Youth Development**. Click [here](#) to view the position announcement and qualifications. The position will remain open until filled, with applications received by **January 15, 2010**. For questions, contact Chris Hermes at [chermes@ucdavis.edu](mailto:chermes@ucdavis.edu).
- **For Staff:** The **University of Arizona** has announced an opening for the position of **Evaluation Specialist in Family and Consumer Sciences**. Please click here <https://www.uacareertrack.com/applicants/jsp/shared/frameset/frameset.jsp?time=1253636567623> for a full job description and more information on the application

process.

- **For Staff:** The latest issue of **Latino Briefs Digest** has been released and is available at: <http://ucanr.org/LatinoBriefsDigest>. The most recent issue provides information examining research on technology, media and health issues in Latino communities.
- **For Staff:** You may have received unsolicited mail for 4-H members and volunteers addressed to the County 4-H Office. These members and volunteers would have most likely been treasurers in 2006-2007. Each chartered 4-H unit which has an IRS EIN is associated with a contact name and address. When California's data was uploaded to the National 4-H system to update the IRS databases, in December 2007 and March 2008, many of the contact names were pulled from the 4-H Financial Reporting system for PY0607. IRS EIN is public domain and anyone can search on various websites for EIN's and obtain the contact name and address. In Fall 2008, the State 4-H Office went through a process of confirming each county's chartered 4-H units and EIN. During that process, most counties elected to use a 4-H staff name as the primary contact for each unit. This list of Chartered 4-H Units is maintained in the State 4-H Office and will be uploaded to the National 4-H system when the next window opens. If you have any questions about the list of chartered 4-H units for your county, please contact Whitney Bell at [webell@ucdavis.edu](mailto:webell@ucdavis.edu).

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