

University of California Cooperative Extension

Santa Cruz County 4-H Youth Development Program



The 4-H Green Sheets

1432 Freedom Blvd, Watsonville, CA 95076-2741

4-H Office: (831) 763-8015 Coop. Ext. Office: (831) 763-8040 FAX: (831) 763-8006

4-H E-mail: sfontana@ucdavis.edu UCCE Website: <http://cesantacruz.ucdavis.edu>

December/January 2010



Santa Cruz County Snow Camp



Date: February 12th-15th, 2010

Place: Camp Sylvester www.campsylvester.org

What: Join 4-H families from all over Santa Cruz County at Family Snow Camp. Snow Camp is a semi-structured, family-oriented winter camp. Spend the weekend at Camp Sylvester, located in Pinecrest, just 3 miles from Dodge Ridge Ski Area. Have breakfast and pack a lunch in the heated mess hall at camp before you take advantage of daytime activities on your own: ski & snowboard at

Dodge Ridge; ice skate at Long Barn, build the perfect snowman or sled across the street from camp. Come back to camp for hot cocoa, dinner and evening activities.

Cost: Snow Camp is \$100 per person, 9 years and older, \$80 per person ages 5 to 8yrs.

We encourage each person to bring a box of hot cocoa or cider packets and a package of cookies to share. We'll have hot water for beverages going all day. Camp does not provide linens or bedding – make sure to bring sleeping bags, pillows and towels.

Deadline for registration is by Friday, January 22, 2010

(Registration Form can be found on page 9)

Fill out the registration form, 4-H medical release and 4-H Code of Conduct and send it in with your registration fees, to Snow Camp 2010, c/o Felton 4-H/John Detke, 300 Moon

Meadow Lane, Felton, CA 95018. 4-H registration forms are available at <http://ca4h.org/4hresource/forms/index.asp> under 4-H Enrollment Forms.

Please call John Detke at 335-1285 or email jdetke@yahoo.com for more information.

*****Please note: all adults attending Snow Camp must have attended volunteer leader orientation and have completed the volunteer finger printing process by Jan. 20th*****

Please contact the office for more information on volunteer leader orientation, 763-8015.

Congratulations to Lynn!

The **National Association of Extension 4-H Agents** has presented awards for the **Western Regional Winners** to the following: Martin Smith, Mignonne Pollard and Lynn Schmitt-McQuitty. Each of these individuals has been recognized for their outstanding achievement in excellence in 4-H club support. Congratulations to each winner for their work in 4-H programs!



Leader Information:

Conferences

Western Regional Leader's Forum
March 11th-14th, 2010
Albuquerque, New Mexico



<http://aces.nmsu.edu/4h/wrlf2010/index.html>

Plan to join us in the Land of Enchantment!

The 2010 WRLF planning committee, New Mexico 4-H Leaders and New Mexico State University Cooperative Extension staff look forward to hosting you at the 2010 WRLF in Albuquerque. Come and experience the Land of Enchantment - New Mexico! We have planned an educational and fun event. A few things to assist you in preparing for this experience...

Review [workshops](#), [teen activities](#), [tour descriptions](#) and [souvenirs](#) before going to the registration page.

[Hyatt Regency Hotel reservations](#) can be made on-line or by calling 402-592-6464 or 888-421-1442.

WRLF Registration:

Regular registration due by Jan. 15th \$250
Late registration due by Feb. 15th \$300

Forms:

<http://aces.nmsu.edu/4h/wrlf2010/documents/registration.pdf> or call the 4-H office, 763-8015.

Leadership

Please encourage your older members to participate on the Santa Cruz County 4-H Leadership Team

Leadership team has so much to offer your older youth. Team participants assist in putting on various 4-H events in the county, work with other members from around the county, help plan summer camp and attend leadership conferences. Every teen that participates in this leadership program gains an enormous amount of life skills in the area of leadership and citizenship.

The leadership team in our county is run by Robin Turnquist, a very dedicated 4-H Volunteer Leader. Leadership Team is for 7th grade and above.

Meets every 3rd Wednesday, 7pm at Robin Turnquist's house, 1528 Wilshire Drive, Aptos. Please call Robin for more information, 688-4750

4-H Supplies

4-H Supply/Resources

Hats, ties, scarves, etc.

Leslie Carmen 4-H Supplies Call: (888)466-9433
Or, www.4hsupplies.com

4-H Wear and 4-H Pride Gear

Use the Source Book Catalog (available in the 4-H office) or www.4-hmall.org

Pins

Call the 4-H Office 763-8015



Pin order's for the 2010-2011 4-H Year will be placed in February. Please email Stephanie by Feb. 10th as to how many your club will need for the upcoming year.



Member Opportunities:

Citizenship

Looking for a way to get involved in the community?

Big Brothers Big Sisters of Santa Cruz County Needs your help!

Age 16 & over

Be a Support to a Child in North County with the Site-Based Program at Brook Knoll Elementary School
1 or 2 hours on Tuesdays between 2:20-5pm

How to Help?

Volunteer for one or two hours on Tuesday afternoons, on-site at Brook Knoll Elementary School. Spend quality time with one individual child every week. Have a great time doing art projects, throwing a frisbee, and other fun activities. Have fun, be yourself, and be a good friend to a child that needs one! - This would be a 1 year commitment.

OR

Help Kids Excel with the After-School Program in Watsonville

Tuesdays: 3:30-5:30pm OR Wednesdays: 3:30-5:30pm

How to Help

- **Volunteer** either on Tuesday or Wednesday afternoons, for 6 months or more. Help students with their homework. Laugh and enjoy their company while doing fun and educational projects. Assist in guest speakers' time with the children. *Have a great time* making a big difference! (And, if you had difficulty in school or overcame language barriers, you can provide unique insight.)

- This would be a 6 month+ commitment.

OR Come for 1 day and present your 4-H project to the children! Share about why you're a part of 4-H and the work you're doing.

Let us know if you're interested!

call (831) 464-8691 or visit www.santacruzmentor.org

Early Head Start of Santa Cruz

Early Head start of Santa Cruz is looking for You!

Come and share your 4-H project with a young child today!

Children are often not exposed to animals at a young age or know how to properly handle them. Please come and bring your 4-H expertise and critter with you to the Head Start Pre-school of Santa Cruz. Please call Diane 420-1800 to arrange a time to come into the pre-school to share your project.

This would be a great outreach opportunity!

Incentives, Recognition & Grants

Bird Photo Contest

If you have an enthusiasm for birds and have some wonderful photos of birds to share, consider entering in the **Biosecurity for Birds Calendar photo contest** by the USDA's Animal and Plant Health Inspection. The contest entry deadline is **January 31, 2010**. The winning photos will be displayed in the 2011 Biosecurity for Birds calendar. Everyone is encouraged to enter at:

<http://healthybirds.aphis.usda.gov>

National Ag. Day Essay Contest

4-H youth, in grades 7-12, with an enthusiasm for agriculture and its importance in society are encouraged to consider submitting for the **National Ag Day Essay Contest**. The submission deadline is **February 12, 2009**. The national winner selected will receive a \$1,000 prize and a trip to Washington, D.C. for the award presentation. Visit: <http://www.hpj.com/agdayessay> for an entry application and contest rules.

Call for Mini-Grant Applicants

The [Celebrate Urban Birds](http://www.CelebrateUrbanBirds.org) project at the [Cornell Lab of Ornithology](http://www.CornellLabofOrnithology.org) offers mini-grants to help museums, after school programs, libraries, community centers, and other local organizations fund neighborhood events. These events may involve art, gardening, science, community service or other cultural activities.

We're ready to award a new round of these mini-grants which average \$250-\$500. If you are planning an event, you're invited to apply for a grant at www.CelebrateUrbanBirds.org. Organizations working with underserved communities are strongly encouraged to apply. No experience with birds is required.

Application deadline is February 15, 2010

4-H Honey Bee Essay Contest

The Foundation of the Preservation of Honey Bees, Inc. is sponsoring the annual **4-H Honey Bee Essay Contest**. Active members of 4-H clubs are eligible to submit an essay for consideration. Please click [here](#) for contest rules. Submissions must be received on or before **February 12, 2010**.





4-H Workshops & Conference's



International Exchange Opportunity:

Are you ready to hop on a plane and become an ambassador for California 4-H and the United States? California 4-H is seeking 4-H members and leaders who would like to participate in an **International Exchange Program** during the summer of 2010. Join a team and prepare to be an ambassador for one month 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/>

LCORT 2010

WHAT:

Leadership Conference Of Regional Teens (LCORT)

WHEN:

Jan. 29-31, 2010 / Check-in time:
Jan. 29, 6-9 p.m.

WHERE:

Wonder Valley Ranch

6450 Elwood Road
Sanger, CA 93657

WHO:

- 7th-9th Grade 4-Hers
- County Leadership Teams (10th Grade & Above)
- State Ambassadors, Leaders and Staff

COST:

\$105.00 – includes 2 nights lodging, 4 meals, (starting Saturday morning), snacks, and all registration materials (\$115 after December 1, 2009)

THEME:

Life is not a dress rehearsal...Take the Leading Role!

WHY:

To define and develop your leadership abilities. To have an opportunity to meet and share ideas with other youth your age. To expand your perspective on the world around you and to have an enjoyable time.

Forms are available on the web at <http://ucanr.org/LCORT> or from the 4-H office. Please call 763-8015 to have a form mailed to you.



Winter 2010 4-H SET Professional Development workshop

on **February 6, 2010**

Counties are invited to send a team of 4-H members (age 14 and up), 4-H volunteers, 4-H staff, and program collaborators. Effective science, engineering and technology education requires good educators. This professional volunteer development opportunity will help prepare 4-H volunteers, teens and staff to incorporate science, engineering, and technology into 4-H projects and activities in a hands-on, experiential manner. Locations include Shasta, Yolo, Santa Barbara, Merced and Riverside Counties. Morning topics focus on utilizing teens-as-Teachers and the afternoon introduces a 4-H SET curriculum.

Please register by **January 15, 2010** at <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=4208!>

North coast Youth Summit

Calling all 4-H youth, 7-12th graders and adults working with 4-H youth! You are invited to attend the **7th Annual Northcoast Youth Summit**. This year's theme is: "Connect for a Cause!" and will be held on **February 27, 2010** at the College of the Redwoods, 9am-3:45pm (check-in begins at 8:30am).

Registration Deadlines:

\$10.00 per participant, which includes the Conference and Food if received by Jan. 29th.
\$20.00 per participant, for registrations received between Jan. 29th & Feb. 12th.
\$30.00 per participant after Feb. 12th
Click [here](#) for more details on the event and registration details.

If you would be interested in sending a team to the amazing Summit, please contact Stephanie in the 4-H office, 763-8015, sfontana@ucdavis.edu

CURRICULUM

CRIME SCENE: The Case of the Missing Computer Chip - In this activity for grades 6-12, a simulated crime scene is presented for teams of youth to solve. Using clues received piecemeal, youth adjust hypotheses as more clues are found and discussed. The elements of the nature and process of science are recognized through discussion of the crime solution metaphor. Find it at the Evolution & the Nature of Science Institutes (ENSI) website at <http://www.indiana.edu/~ensiweb/lessons/crime.html>

Order your free **Teacher's Guide from PBS' engineering reality competition series, Design Squad!** Developed for middle school science and technology educators, Design Squad's latest guide blends hands-on engineering challenges with 3 core science concepts: Force - youth build their own blimps; Electricity - youth design electronic games; and Sound - youth make and play instruments. The challenges use low cost, readily available materials. Order your free copy of the Design Squad Teacher's Guide at <http://pbskids.org/designsquad/engineers/newsletter.html>

RESOURCES

The **Encyclopedia of Life (EOL)** is the first comprehensive, authenticated web site established to make information about the world's biodiversity freely available over the Internet. EOL's portal currently includes more than 160,000 authenticated species pages, another 1.4 million base pages, and links to 13 million pages of digitized biodiversity literature.

Visit the EOL at <http://www.eol.org/>

The Science of Speed:

You can't win NASCAR races without getting the science right. NASCAR teams push science to its limits to eke out the tenths or hundredths of a second that separate the winner from the also-rans. ***The Science of Speed***, produced for the National Science Foundation (NSF), explains the scientific principles that are so essential to the NASCAR experience. Viewers learn how science makes cars powerful, agile, fast and safe--and how these same principles affect their own cars. View the videos at http://www.nsf.gov/news/special_reports/sos/?WT.mc_id=USNSF_51

Design Squad is high-energy, high-drama reality TV that lets kids show off their smarts as they design and build working solutions for real-world clients-people who are hungry for clever ideas from a new generation of innovators. From creating remote-controlled flying football targets for Hasbro to dry land dog sleds for the Jamaica Dog Sled Team. More information is available at <http://pbskids.org/designsquad/>

INCENTIVES AND RECOGNITION

The **Kids' Science Challenge (KSC)** is a nationwide competition for 3rd to 6th grade youth to submit experiments and problems for REAL scientists and engineers to solve. For the second year, 4-H is partnering with Kids' Science Challenge to extend this NSF funded opportunity to 4-H groups across the country. This year's topics are BIO-INSPIRED DESIGNS (using nature to give us ideas for new inventions), SPORTS ON MARS (what would, or COULD you play on the red planet?), and DETECTIVE SCIENCE (using the science of detection to solve everyday mysteries). Entries must be submitted by **February 28, 2010**. More information is available at <http://www.kidsciencechallenge.com/>

From Our Members

The "From Our Member's" section of the newsletter is an opportunity for 4-Her's to write-in and share with the rest of the Santa Cruz County 4-H Program their 4-H story, 4-H news, club events, project happenings, or a 4-H experience that was important to them.

This also count's as a 4-H newspaper article submitted, for points in your record book (section 6, "Communication Skills").

Early Head Start Petting Zoo

One day, my mom was looking through the 4-H Green Sheets when she saw a want ad from a nearby preschool. Early Head Start preschool wanted some 4-Hers to bring animals to their building for the kids to see and pet. The teacher requesting this was Diane Goldwasser, she gave a phone number and asked for a 4-Her to organize it for her. When my mom showed the ad to me, she suggested I take the challenge and earn some leadership points. I readily accepted thinking I could get an easy point for my record book; little did I know how much I was to learn from this undertaking.

After corresponding with the director for some time (I learned a *lot* about responsibility, organization, and punctuality here), I hand picked several families with interesting animals. I selected an elite team of brave 4-hers, strong enough to withstand the perils of many excited preschoolers. Armed with a variety of furry and feathered critters, we met the director and set up camp. She informed me of how excited the children had been when they heard about us, and how she could hardly contain them! Once we had all the animals settled in, the 2-5 yr. old swarm was let loose. I was rather surprised to learn that they all spoke Spanish! Some were learning a little English, but the teachers helped interpret for us. They were amazed and delighted to be able to see, pet, hold, and feed a rabbit, rats, chickens, and Nigerian dwarf goats.

When we prepared to leave, we were invited to come again; the kids had really enjoyed it! She also mentioned that the Head Start programs all over California including some in Watsonville would also love to be able to have 4-Hers bring their animals for the kids to see. For most of these kids, it's their first time seeing farm animals, and this is an excellent outreach opportunity. If you are interested in reaching out to the community this way, you could contact a local Head Start program or other similar organization.

-Michaela Crill

All-star, Scholarship and Medal Interview Applications

All-Star, Scholarship, and Silver/Gold Medal interview applications are due February 18th to the 4-H office. All-Star and Scholarship applications are available from your club leader, the 4-H office, 763-8015 and the county website at <http://cesantacruz.ucdavis.edu/>

Bronze Medal application is located on page 7 and the Silver/Gold Medal interview application is located on page 8. Bronze Medal Applications are due March 18th, 2010.

Bronze Medal Application

Community Club Leaders need to turn this form into the UCCE/4-H Office

Name: _____

Age: _____

Address: _____

Birth Date: _____

Years in 4-H: _____

Phone: _____

Email: _____

4-H Club: _____

| Project Area | Years in this | Judge's Signature | Date |
|--------------|---------------|-------------------|------|
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Applicant's Signature: _____ **Date:** _____

Parent/Guardian's Signature: _____ **Date:** _____

Community Club Leader's Signature: _____ **Date:** _____

Form needs to be turned into the UCCE/4-H Office by Community Club Leader

Eligibility Requirements

Three years in a project, and has completed project materials or
Thirteen years or older as of January 1st of the program year.

Member should show growth in their project. This should be measured in part in relationship to

- 1) Member's ability, 2) adult support, 3) size or increase in the project over time.

Approved Areas:

ANIMAL SCIENCE
ENGINEERING

FAMILY & CONSUMER SCIENCE
PLANT SCIENCE
SOCIAL SCIENCE

HEALTH & LEISURE
RESOURCE SCIENCE

Due March 18th, 2010 to UCCE 4-H Office

Award Interview Application

Due to the 4-H Office February 18, 2010

Name: _____

Age: _____

Address: _____

Birth Date: _____

Years in 4-H: _____

Phone: _____

Email: _____

4-H Club: _____

| Project Area | Years in this project | Medal you have now | Award applying for <i>Silver, Gold, All-Star, Scholarship</i> |
|--------------|-----------------------|--------------------|--|
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Applicant's Signature: _____

Date: _____

Parent/Guardian's Signature: _____

Date: _____

Community Club Leader's Signature: _____

Date: _____

Eligibility Requirements:

Silver Medal

Five years in the project or
 Fourteen years or older as of January 1st, and has completed a minimum of two years in the project.
 Has knowledge well beyond the regular project materials. Members may have specialized in one aspect of the project.

Gold Medal

Six years in the project or
 Sixteen years or older as of January 1st, and has completed a minimum of three years in the project.
 Member has knowledge well beyond the project material and has developed the project to a commercial undertaking, an avocation or lifetime hobby, or has skills beyond the competency of the average adult.

Approved Project Area's:

ANIMAL SCIENCE
 ENGINEERING

FAMILY & CONSUMER SCIENCE
 PLANT SCIENCE
 SOCIAL SCIENCE

HEALTH & LEISURE
 RESOURCE SCIENCE



**Santa Cruz County 4-H Family Snow Camp
February 12-15, 2010
Registration due by Friday, January 23, 2010**

| | | | |
|---------------------------|--|--------------------|--|
| Name: | | Club: | |
| Address: | | Home Phone: | |
| | | Cell Phone: | |
| Email: | | | |
| Emergency Contact: | | Phone: | |

| Family Registration | | | | |
|---------------------|--------|--------|----------------|-------|
| Name | Gender | A/M/P* | Special Needs* | Cost* |
| | | | | |
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- *A/M/P: Please indicate one: Adult (over 19) Member (9-19) Primary (under 5-8)
- *Special Needs: Indicate any diet, medical or other needs
- *Cost: \$100.00 per adult or member; \$80.00 per primary member
No late registrations will be accepted.

Cost Includes: Three nights lodging at Camp Sylvester, Pinecrest, February 12-15, 2010
Breakfast, lunch and dinner on Saturday and Sunday
Breakfast on Monday; kitchen is available for use Friday night

Check in: 5:00pm -10:00 pm Friday, February 12, 2010;
Check out: 10:00 am Monday, February 15, 2010

Campers are each requested to bring a box of hot cocoa or cider packets and a package of cookies to share.
Camp does not provide linens or bedding - make sure to bring sleeping bags, pillows and towels.

Attendance at snow camp is a privilege. All Adult Members must have attended leader orientation and have been fingerprinted prior to attending camp. Members **MUST** be in good standing in their clubs and **MUST** abide by the 4-H Code of Conduct while at Family Snow Camp.

Questions? Call John Detke or email: jdetke@yahoo.com
Please make checks payable to: **Santa Cruz County 4-H Snow Camp**
Mail Registration form by 1/23/09 to: Snow Camp 2010
c/o Felton 4-H
300 Moon Meadow Ln
Felton, CA 95018



February 2010



| SUN | MON | TUE | WED | THU | FRI | SAT |
|----------------|--|-----|-----|--|-----------------------|-----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | | | | | Snow Camp 12-15, 2010 | |
| 14 | 15 Presidents Day UCCE Office Close | 16 | 17 | 18 All-Star/Scholarship Silver/Gold Medal App. Due to office | 19 | 20 |
| Snow Camp 2010 | | | | | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | | | | | | |

March Upcoming Events:

TBA County Presentation Day
 Sectional Presentation Day info due 4-H Office
 11-14 WRLF, New Mexico
 18 Bronze Medal Application Due to 4-H Office
 Council Meeting, 7pm, Aptos Grange
 Newsletter Articles due to 4-H Office

4-H Youth Development Staff

Lynn Schmitt-McQuitty: Youth Development
 Advisor lschmittmcquitty@ucdavis.edu

Stephanie Fontana: 4-H Program Representative
sfontana@ucdavis.edu

Hours: Tuesday: 7:00am—12:00pm
 Wednesday: 7:00am—12:00pm
 Friday: 1:00pm—6:00pm

4-H Council Officers

President: Dorothy Chittenden-Williams
Vice President: Stephanie Hedgpeth-Lopes
Secretary: Joan Wildman
Treasurer: Randy Turnquist

The Green Sheets is the newsletter of the University of California Cooperative Extension Santa Cruz County 4-H Youth Development Program.

Deadline for newsletter articles is the third Thursday of every month



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