



# The 4-H Green Sheets

Santa Cruz County 4-H Youth Development Program

1432 Freedom Blvd, Watsonville, CA 95076-2741

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4-H E-mail: [sfontana@ucdavis.edu](mailto:sfontana@ucdavis.edu) UCCE Website: <http://cesantacruz.ucdavis.edu>

October 2009



## Conservation project (fall session)

As 4-Her's we learn and acknowledge the call be good community stewards and be thoughtful leaders who can take action in the time of great need.

All 4-Her's are being called to take community action and help clean up & save our beautiful shoreline and oceans.

Every year thousands of pounds of trash (mostly from litter on beaches) ends up in our oceans where animals eat harmful plastics that can either kill them or contaminate our food source. We can help make a difference by cleaning up our shoreline and reducing our plastic use.

**Please join 4-H and Save our Shores for the Lighthouse Field Beach clean-up day on October 17th 10am-12pm.**

Meet in front of the surf museum and wear your 4-H shirts. Save Our Shores will provide the clean-up gear. 4-Her's are welcome to stay for a picnic on the beach after the clean up.

For questions, call Stephanie in the 4-H office  
763-8015.

## ANNOUNCEMENT:

4-H Newsletter goes online only **NEXT** month. Starting November 1st the 4-H "Green Sheets" will only be available online to help reduce printing costs.

Please sign up to receive the monthly newsletter via email at  
[http://cesantacruz.ucdavis.edu/Youth\\_Development/](http://cesantacruz.ucdavis.edu/Youth_Development/)

If you do not have access to the internet, please make arrangements with your club leader to receive the newsletter at your monthly club meeting.

If you have previously signed up to receive the newsletter via e-mail and have not received one, please check you email address registration with Stephanie,  
763-8015, [sfontana@ucdavis.edu](mailto:sfontana@ucdavis.edu)



## 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...

The best rate for registration is due by December 15, 2009.

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:**

Early Bird registration Dec. 15th \$200

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.

### Project Curriculum

#### **Gadget Teaches Youth Water Conservation**

The new 4-H2O: Replenish gadget on [4-H2Online](#), sponsored by the Coca-Cola Foundation, allows youth to see how much water they can save through simple household tasks. Youth are asked to click on one of the eight water using activities and indicate if they practice those water saving techniques. If they do, it calculates how much they saved and combines it all together with other youth who have played the gadget.

It also gives updates on the four 4-H2O: Replenish grantees in Oklahoma, Arizona, Georgia, and Wisconsin and what water-saving projects they are completing along with pictures. The gadget is both a call to action and a neat measure of what youth can do around their house-and how they can improve.

To play, visit the [4-H2Online](#) page on the 4-H website at <http://4-h.org/b/Pages/Layouts/4h2online.html>

#### **Free Life Lab Gardening & Nutrition Workshop**

FREE Garden-Based Nutrition Education workshops coming up: One in Salinas on Weds, October 28, and one in Santa Cruz on Thurs, October 29th. Both will run from 3:30-6PM. CAFF's Farm to School program and Life Lab Science Program are co-hosting these free after-school workshops in which educators will share their favorite lessons and best practices for teaching nutrition and connecting it to the garden.

Please see the website for registration information and details. The registration deadline is coming up on Friday, Oct 23rd! The website is: <http://www.lifelab.org/cde.php>



## 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](http://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!**

### Citizenship Focus Program

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

Please check out <http://www.ca4h.org/citizenship/dcfocus/> For more information, contact Pat English at [pnenglish@ucdavis.edu](mailto:pnenglish@ucdavis.edu) or 530-754-8520.



### Competitions

The Make It Yourself With Wool Competition is requesting those who enjoy sewing and knitting projects to enter in a district contest near you, planned for October and early November. Winners will compete in state finals. If you are interested in participating, you may download a contest entry form <http://ca4h.org/4hresource/updates/>, a national competition brochure is available on the web or from your 4-H office. Please contact Julie Castillo at [calif.wool@gmail.com](mailto:calif.wool@gmail.com) for additional questions.



# 4-H News & Resources



## International Exchange Opportunity:

The California International Exchange Program will offer **outbound programs** to Australia, Costa Rica, and Japan during the summer of 2009. Applications will be accepted until **January 15, 2010**. An interview with the California 4-H International Exchange Coordinator, Pat English, is required. For more information contact Pat English at: [pnenglish@ucdavis.edu](mailto:pnenglish@ucdavis.edu) or 530-754-8520.

## 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.

Form 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.



## Calling all 4-H Horse Projects!

### California State 4-H Equine Field Day at UC Davis October 24th, 2009.

Pre-registration is due Friday, October 16th. Tentative topics are a tour of the breeding facility & Horse Barn, horse conformation & judging, farrier basics & shoeing, when to call the vet & other health issues, equine dentistry, draft horses & driving, equine nutrition, gymkhana, 4-H horse bowl & hippology, saddle fitting & tack, training foals, horse behavior and demonstration by drill or polo team.

All participants must be 9 years of age or 4th grade or older. Please wear appropriate footwear; no open-toed shoes. Bring rain gear, if forecasted. Bring an equestrian helmet for the opportunity to ride in the wagon pulled by the Draft horses.

### **Schedule**

9:00 AM Registration & Check- in  
9:45 AM General Assembly & Welcome  
10:00 – 10:50 AM First Session  
11:00 – 11:50 AM Second Session  
12 NOON Lunch\*\* with special presentation  
1:00 - 1:50 PM Third Session  
2:00 – 3:00 PM General Session  
3:00 PM Closing Session, Evaluation and Door Prizes

\*The animal science department will be preparing a hamburger/sausage lunch plate with a drink for \$8.00. Please order with registration; limited lunches being offered. Or you are welcome to bring a picnic lunch.

There will be a speakers from UC Davis Animal Science department and from surrounding areas. More details at <http://ca4h.org/projresource/horse/#2>

Early registration due October 16th. Cost of field day is \$20 per participant (\$25 day of), \$15 per participant for groups of 10 or more.





## EVENTS & ACTIVITIES

The Walt Disney Company announces the nationwide launch of **Disney's Planet Challenge**, a project-based environmental competition for fourth through sixth grade youth. The program empowers youth to make a difference in their homes, schools, and communities and prompts youth to think and act responsibly toward the environment while fostering teamwork, problem solving skills, and lifetime love for learning. Registration for the competition closes **December 18, 2009**. Registered teams then have until February 26, 2010 to complete their project portfolios. After-school science clubs, like 4-H Clubs, are eligible as long as they are comprised of 4-6th grade youth. For more information about Disney's Planet Challenge or to register for the competition, visit [www.Disney.com/planetchallenge](http://www.Disney.com/planetchallenge).

## CURRICULUM

**4-H SET-Ready curricula are available for free electronic (PDF) download** in the online library! Curriculum includes "It Came From Planted Earth", "Nature's Partners: Pollinator Protection", "Pond Mapping", "Ridges to Rivers", and "Veterinary Science". Visit the library at <http://www.ca4h.org/SET/curriculum.asp>

## FUNDING OPPORTUNITIES

The **Lorrie Otto Seeds for Education Grant Program** gives small monetary grants to schools, nature centers, and other non-profit placers of learning. Project goals should focus on enhancement and development of an appreciation for nature using native plants. Projects must emphasize involvement of students and volunteers in all phases of development, and increase the educational value of the site. Proposals are due **November 15, 2009**. More information is available at <http://www.for-wild.org/seedmony.html>

## 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/>

## 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/>



# 4-H Record Books

## **County Record Book work shop Friday October 23rd 3:30 –5pm Ag. Extension Office in Watsonville**

Come drop in and bring your record book questions with you. A group of 4-Her's will be gathering at the 4-H office to review the record book format, talk about what items go where in the record book and to organize our books. Record book forms will be available.

For more information about this record book workshop and future workshops, please contact Stephanie Fontana in the 4-H office, 763-8015, [sfontana@ucdavis.edu](mailto:sfontana@ucdavis.edu)

## **State 4-H record Book Competition**

Since the early 1900's, 4-H Record Book competition has been judged annually. Initially, competitions focused on project skill development, primarily in agricultural areas. Now, 4-H Record Book competitions measure members leadership development, citizenship activities and personal growth as well as project proficiency. 4-H Record Books may be judged at the club, county and state levels. There is no national judging.

### **The Purpose of Record Book Competitions:**

- Provides an incentive to members to record their project work and personal achievement in their 4-H Record Book.
- Members receive feedback and encouragement on their 4-H project skill development, leadership and citizenship development, and record-keeping skills.
- Members are recognized for outstanding 4-H work.

### **Levels of Competition**

#### **Cub Level**

4-H Record Books are first reviewed at the local level by 4-H Community Club/Unit Leaders and Project Leaders. Club level judging is based on the Danish system where 4-H Record Books are judged against a standard. Seals are awarded based on the member's 4-H project work, personal growth and the book's organization. Through their personal achievements and 4-H participation, members may earn Star Rank recognition.

#### **County Level**

Members may submit their 4-H Record Books for county competition. Books are judged on the member's 4-H work, leadership and citizenship development, and personal growth. County level judging should be based on the Danish system with all books judged against a standard. Judges provide a critique and suggestions for future growth and involvement. Counties may designate awards for 4-H Record Books in specific project categories and age groups based on meeting published standards.

#### **State Level**

Senior 4-H members are eligible to enter the state competition. State competition is focused on selecting 4-H members who have demonstrated outstanding achievement in their 4-H project work. Books are judged against standard criteria and those books displaying the most outstanding 4-H work, life skills development, leadership and citizenship development are selected as State Medalist and/or State Winner.

Please submit you county-winning record books to the office by **November 3rd,2009**. You may visit: <http://www.ca4h.org/4hresource/ir/recordbook/competition.asp> or email Quang Tong at [qtong@ucdavis.edu](mailto:qtong@ucdavis.edu) for additional questions about the senior 4-H record book.

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## PREVENTING THE SPREAD OF COMMUNICABLE DISEASES

*Clover Safe notes are intended primarily for 4-H volunteers and members nine years and older.*



Each year, an average of more than 200,000 people are hospitalized and 36,000 people die from seasonal influenza (flu) complications in the United States. You can help keep yourself, your family, and your fellow 4-H volunteers and members healthy and prevent the spread of seasonal colds, flu, and other communicable diseases by practicing some simple measures at home, work, school, and other social settings. In fall of 2009, there is particular concern over the novel H1N1 influenza virus (also known as swine flu). The precautions to protect yourself from H1N1 are the same as those recommended for seasonal flu or other common communicable illnesses.

**The Centers for Disease Control and Prevention (CDC) urges you to take the following actions to protect yourself and others from the flu:**

### Take time to get vaccinated for seasonal influenza

- CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal influenza. While there are many different flu viruses, the seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common.
- Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease, and people 65 years and older. Seasonal flu vaccine is also important for health care workers, and other people who live with or care for high risk people to prevent giving the flu to those at high risk.
- A seasonal vaccine will not protect you against novel H1N1. A new vaccine against novel H1N1 is being produced and will be available in the coming months as an option for prevention of novel H1N1 infection to those at greatest risk. People at greatest risk for novel H1N1 infection include children, pregnant women, and people with chronic health conditions like asthma, diabetes, or heart and lung disease.

### Take everyday preventive actions

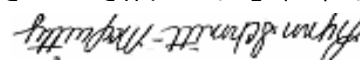
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If a tissue is not available, cough or sneeze into your sleeve. An informative and amusing video on covering your sneeze can be viewed at: <http://www.coughsafe.com/>
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible. This is to keep from making others sick.
- Visit the CDC website (<http://www.cdc.gov/h1n1flu/>) to find out what to do if you get sick with the flu and how to care for someone at home who is sick with the flu.




### Stay Informed

In addition to the precautions above, it is important that you stay informed, especially during the upcoming flu season. Health officials will provide additional information as it becomes available. UC ANR EH&S has established a website at <http://ucanr.org/h1n1> to provide links to information from CDC, the California Department of Public Health, and County Public Health Departments to help bring you national, state, and local guidance as the flu season progresses. Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures. When planning for camp, consult CDC guidance (<http://www.cdc.gov/h1n1flu/camp>) and local public health officials and develop a plan to respond to an illness outbreak at camp.

**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

**4-H Youth Development Staff**  
 Lynn Schmitt-McQuitty: Youth Development Advisor  
 lschmittmquitty@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

October 2009	2-4	San Benito County Fair	
4-10	<b>National 4-H Week</b>		
15	<b>County Council Meeting</b>		
15	State 4-H Record Books due		
15	Newsletter articles due		
November 2009			
TBA	WRLF-Registration Due		
6-8	State Leaders Forum-Asilomar		
13	LCORT registration due to 4-H Office		
19	County Applications due for All-Stars, Medals & Scholarships		
19	<b>County Council Meeting</b>		
19	Newsletter articles due		
20	<b>Club enrollment forms due to 4-H Office</b>		
20	2008-2009 Beginning Year reports due (Club Contact Info, Fiscal Info, Budget & fundraising, Club Planner, Current Constitution & By-Laws, County-wide Committee Membership)		
27-28	Thanksgiving Holiday - Office Closed		

**4-H CALENDAR** 

To County Office

UNIVERSITY OF CALIFORNIA  
 COOPERATIVE EXTENSION  
 Santa Cruz County  
 1432 Freedom Blvd  
 Watsonville, CA 95076-2741

**FIRST CLASS MAIL**  
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**Important Information for**  
**4-H Members, Leaders and Families.**  
**PLEASE READ!**