



The 4-H Green Sheets

Santa Cruz County 4-H Youth Development Program

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UCCE Website: <http://cesantacruz.ucdavis.edu>

September 2009

ANNOUNCEMENT:

4-H Newsletter goes online only in two months. 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/

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 your email address registration with Stephanie, 763-8015, sfontana@ucdavis.edu



Congratulations
Jerry & Sherri Bonnema
Winner's of the 2009 Keith Barnes
4-H Volunteer of Excellence
Golden Clover



Jerry & Sherri are recognized by the California State 4-H program for their years of dedication and service to the Santa Cruz County 4-H program.



Leader Information:

Funding for Volunteers

4-H club support funding is available through the **Bob and Pat Dean Memorial Legacy Fund** for California 4-H members or volunteers. Funding is intended for activities that meet the following criteria: 1) enable youth to develop citizenship, leadership, or life skills; 2) support the development of new and innovative 4-H projects benefiting 4-H members; 3) increase public awareness of the 4-H Youth Development Program; 4) expand the reach of the 4-H Youth Development Program (new youth, new audiences); 5) provide continuing benefits to the applicant's local 4-H Club or project.

Application information is available at: <http://www.ca4h.org/citizenship/funding/>
Applications are due **September 15, 2009**

Youth Garden Grants offers awards for schools and community organizations with child-centered garden programs. The National Garden Association helps youth learn vital life lessons from working in gardens and habitats. Priority is given to programs that emphasize: nutrition or plant-to-food connections; environmental awareness/education; entrepreneurship; and the social aspects of gardening. Applicants must plan to garden with at least 15 children between the ages of 3 and 18 years. Applications are due by **November 2, 2009**. For more information, please visit <http://www.kidsgardening.com/YGG.asp>

Community Volunteer's needed!

Jacob's Heart Children's Cancer Support Services is looking for both youth & adult volunteers to help staff a petting zoo for their annual KIDRAGEOUS Carnival.

When: Sun. Sept. 20th 12pm-5pm
Where: Watsonville City Plaza Park
Event Contact: Feather 2344871

This event is a fundraiser to help benefit Jacob's Heart and their support work with families dealing with childhood cancer.

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>

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State 4-H Leaders' Forum 2009



November 6-8, 2009 at Asilomar Conference Center, Pacific Grove. Some of the best, most practical learning for 4-H volunteers happens there! You'll come home loaded with ideas and activities and the enthusiasm to implement them. Forum fee is \$45.00 and meals are priced separately (please see registration form). Registration & fee's are due by September 6th, 2009.

More information is available at:
<http://www.ca4h.org/conference/slf/>
Please call the 4-H office if you plan on attending so we can all car-pool together!

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Member Opportunities:

4-H Grants

California 4-H Service Learning Grants

Do you need money to carry out your service project? Each year the California State 4-H Office provides funds to members and volunteer leaders for service-learning projects through the **California 4-H Service Learning RFP**. Groups can request up to \$5,000 to fund activities that address significant environmental, economic and/or social issues affecting California's youth, families, and communities. The Service Learning RFP application and information is available on the web at: <http://www.ca4h.org/citizenship/funding/index.asp>. Examples of past projects are also listed. The application is due **September 15, 2009**.

Leadership Opportunities

National 4-H Conference 2010

The **2010 National 4-H Conference** will be held **March 20-27, 2010** at the National 4-H Center in Chevy Chase, MD. The National 4-H Conference is the Secretary of Agriculture's premier youth development opportunity to engage youth in developing recommendations for the 4-H Youth Development Program. 4-H members, volunteers and staff may apply to join the California delegation by **September 30, 2009**. More information is available at <http://www.ca4h.org/conference/n4hc/index.asp>.

Join CA 4-H Computer Corps

Do you have experience and interest in computers, the Internet, digital photography, GPS/GIS, or other tech area? Join the **2009 California 4-H Computer Corps!** The 4-H Computer Corps increases the use and awareness of computer technology in the California 4-H Youth Development Program. 4-H members, age 15-19, 4-H volunteers and staff may apply by **September 30, 2009**. More information is available at <http://ca4h.org/wrp/compcorps/>.

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!



4-H News & Resources



Project News

Archery

The results for the 2009 Postal shoot are in!

Santa Cruz County Results:

Jr. Recurve Short

5th Andrew Gullman La Selva Beach 4-H

7th Chase Ledger La Selva Beach 4-H

Jr. Recurve Mid

2nd Simone Bushard Felton 4-H

10th Chase Ledger La Selva Beach 4-H

Jr. Recurve Long

4th Chase Ledger La Selva Beach 4-H

Jr. Compound Short

11th Neil Pacella Felton 4-H

Jr. Compound Mid

1st Neil Pacella Felton 4-H

Jr. Compound Sites Mid

10th Carson Newton Soquel 4-H

Int. Recurve Short

3rd Autumn Bushard Felton 4-H

Int. Recurve Mid

4th Robert Gullman La Selva Beach 4-H

11th Anna Gullman La Selva Beach 4-H

12th Stu Steinbruner La Selva Beach 4-H

15th Cami Newton Soquel 4-H

Int. Compound Sites Short

5th Piper Hodges Felton 4-H

Int. Compound Sites Mid

6th Piper Hodges Felton 4-H

Sr. Recurve Mid

6th Greta Steinbruner La Selva Beach 4-H

7th Roger Gullman La Selva Beach 4-H

Sr. Recurve Long

1st Brittany Newton Soquel 4-H

Sr. Compound Mid

2nd Tanner Newton Soquel 4-H



Conservation & Citizenship



As 4-Her's we learn and acknowledge the call to be good community stewards and 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.

Calling all 4-H Horse Projects!

Mark your calendars for the **State 4-H Equine Field Day at UC Davis for October 24th, 2009.** There will be a speakers from UC Davis Animal Science department and from surrounding areas. More details to at <http://ca4h.org/projresource/horse/>. Early registration due October 16th.





4-H Record Books

What are 4-H record books?

The 4-H Record Book is a place to keep records of all the 4-H happenings, projects, volunteer work, meetings, and extra curricular activities members do.

History:

The California 4-H Youth Development Program has a long history of record-keeping as an activity by 4-H members. In early 4-H history, Record Books focused on project profit and loss and other activities in agricultural and home economics projects. As 4-H moved from a primarily agricultural focus to encompassing suburban and urban clubs, the Record Book process changed. In the 1980's, the state level Record Book was reformatted to conform to national achievement (which was then eliminated in the early 1990's) and the core values of the 4-H Youth Development Program. In the 21st century, the 4-H Record Book has undergone another transformation to ensure positive outcomes of youth participating in the 4-H Youth Development Program. Practices have been modified to meet the needs of a changing society. In order for the 4-H Record Book process to pilot youth into prepared and engaged partners within their communities, it has undergone changes to meet the mission of 4-H Youth Development Program.

The Purpose of Record Books:

4-H Record Books serve a variety of purposes in the California 4-H Youth Development Program. While society has changed, the goals of teaching record-keeping to youth remain the same.

- 4-H Record Books give members an opportunity to reflect on their yearly work. They document their skill development and their learning experiences in a written report. 4-H members measure their achievements and growth in their total years in 4-H.
- 4-H Record Books encourage members to set goals and develop plans to meet those goals. Completion of the Personal Development Report awards 4-H members for participation in 4-H activities, which provides an incentive for participation, learning, and achievement.
- Completing a 4-H Record Book is a process where 4-H members record project and club work. Records management (RM) is an industry-standard practice of identifying, creating, classifying, archiving and preserving records. The 4-H Record Book teaches 4-H members these skills through a standard format.

4-H Record Books are an educational component of the 4-H Youth Development Program. 4-H Record Books are not required for 4-H membership or for participation in 4-H activities such as club events and activities, or for attending 4-H camps or conferences. The 4-H Record Book process must be based on educational criteria and approved by county 4-H staff. Notification of 4-H Record Book requirements must be given to the 4-H member at the time of enrollment (ref: 4-H Policy 308.4 I). A 4-H Record Book may be required to receive participation awards (such as star ranking, medals or pins based on Record Book achievements).

The format of 4-H Record Books will depend on the 4-H member's age, experiences, and whether he or she is entering the book for competition. While following formatting guidelines is important, the benefits of completing a 4-H Record Book are a positive and important experience.

Record Book Work Shop

Join Stephanie and some of the record committee for a record book workshop during National 4-H week, October 4th-10th. Location and time are TBA. At the workshop we will provide forms, record book manuals, have record book folders to buy, and you will get to work with a leader to help place events in the correct PDR categories. For more info or to sign up please call the 4-H office 763-8015.

This is a great opportunity to come together during National 4-H week to work on your 4-H record book!

4-H Record Books Continued

Santa Cruz County Record Book Committee

Records Books 101

Over the past few months, a handful of dedicated 4-H volunteers and club leaders have met to work out the bugs in the record book evaluation forms. The last time the group met, they discussed the just-completed county judging process (which had some issues) and the whole of the record book keeping in our county.

The group talked about actions each club leader can take to help 4-H families better understand not to categorize activities in the Personal Development Report (PDR form) and how to make the whole thing less daunting. One idea was to have examples of completed record books available at meetings for parents and kids to look through. Even better would be to have a 4-Her who made the record book talk about their book and how they did it. Another idea was that there be a monthly article in the "Green Sheets" discussing record book keeping that could act as a forum for 4-H youth and their parents who have questions/suggestions regarding the P.D.R. and record books in general. So... voi la! Here it is!

WHY DO RECORD BOOKS?

Well, like it or not, part of life is learning to keep good record, and for many reasons. If you own your own business, you obviously have to keep track of a lot of paper work to not only run the business, but also to figure out how successful (or not) things are running in the business. Even if you are not self-employed, you need to know how to keep records for budgeting, bills, taxes, insurance matters, and so on.

So, the earlier youth learn organization in this arena, the less stressful their adult lives will be. Enter the 4-H record book. In 4-H, if you make or grow anything as a project, you need to keep track of expenses, income and the time put into the endeavor (much like a small business). Was it successful, Keep good records and you will quickly get your answer. Did you have a goal (i.e. direction for motivation)? If you did one thing differently, would the outcome have changed? Keep good records and you can better determine where you made mistakes or could improve for next time. But here's the MOST important question for consideration: WHAT DID I LEARN? Compiling a record book the documents experiences throughout a project help you better see what you did, what was the results and why, and strategize for next time. All this documented reflection is an invaluable tool later in life when you look back and see (maybe with laughter) what was important, what were your thought processes, and what happened as a result. And, it can all win you BIG scholarships at college time!

Now parents, the record book needs to be done BY YOUR KIDS as much as possible. It is their learning experience, not your master piece that should be compiled at the end of the 4-H year (July 1 - June 30). But your encouragement and support are imperative. You can help by writing down all events, meetings, community service days on the family calendar.

Does the book have to be complex with oodles of photos, clippings, and artwork? Nope! Does it need dates, activities and the child's notes? Yep!

Never done this before? Join the crowd. Last year, relatively few record books were submitted for evaluation in May, but that has soon changed! Felton 4-H alone had 60 record books submitted at club level with many going on to the county level this year.

But take heart - it doesn't have to be difficult. Just get into the habit of writing activities down in one place. Just begin-sometimes that's the hardest part of the new or seemingly daunting tasks; there in itself is a great life skill mastered!

Please look forward to next months' article about how to categorize fair activities in you 4-H P.D.R.

UPCOMING TRAININGS

Three professional volunteer development opportunities are available for the *Power of the Wind* curriculum. The **Power of the Wind**, a new curriculum offered by the National 4-H Council, engages youth in using engineering principles to design and to build alternative energy projects, utilizing wind as the primary resource. Training locations include San Luis Obispo, San Diego, and UC Davis in Fall 2009. Additional information on training dates and registration will be forwarded as available. Primary contact: Cynthia Barnett, San Bernardino 4-H YD Advisor at ccbarnett@ucdavis.edu. More information on the Power of the Wind is available at <http://projects.4-hcurriculum.org/curriculum/wind/>

CURRICULUM

PBSKids FETCH 2010 Challenge Packs are now available! The 2010 Challenge Pack contains new activities that explore sound, light, and energy - and require inexpensive materials that won't break your budget! Use these challenges to create a fun, engaging event for kids and families or to provide additional challenges for your 4-H meeting. 2009 activities are available at <http://pbskids.org/fetch/parentsteachers/activities/challengepack.html>. To obtain the 2010 activities, please email fetch-news@wgbh.org. Be sure to include your name, organization, and mailing address (please indicate work or home).

EVENTS & ACTIVITIES

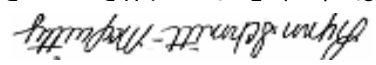
4-H members can help to collect soil samples to give a much clearer assessment of the health of the Nation's soils. Northeastern University is conducting the **National Soil Research Project** where students are measuring the humic (HA) and fulvic acid (FA) contents of the nation's agricultural top soils. HA and FA are vital organic components of healthy soils. They retain water, act as pH buffers, improve soil texture/porosity and regulate many other soil functions. We need to double the number of samples to be analyzed. We can do that with your help! We're asking 4-H members to collect and mail a one-pound, dry soil sample to Northeastern University for analysis. For more information or to participate, please contact Geoffrey Davies at g.davies@neu.edu.

4-H Clubs, Camps, and After School programs are preparing to engage 4-H and other youth in the **2009 4-H National Youth Science Day on October 7, 2009!** You can now pre-order your "Biofuel Blast" National Science Experiment kits! The price of the kits are \$20 each, but - thanks to in-kind donations from Fleischmann's Yeast and Karo Corn Syrup - we are pleased to offer the first 500 kits at \$15!
https://www.4-h.org/NYSD/the_experiment_mall_kit.php



Test your science skills in the 2009 4-H national Youth Science Experiment - "Biofuel Blast" - where youth can engage in the important environmental issues our global community faces together and the opportunity available for a greener tomorrow. As our nation grapples with important environmental issues such as global warming, sustainability and energy independence, "biofuels" - sources of energy obtained from recently harvested plant materials- are at the forefront of the discussion of alternative energy sources. At 4-H, we encourage the youth of today to become our nation's future leaders. And, as such, it's vital for youth to understand and engage in the important environmental issues our global community faces together, and the opportunities available for a greener tomorrow. More information is available at <http://www.ca4h.org/SET/>

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

15	Newsletter articles due	To County Office
15	State 4-H Record Books due	
15	County Council Meeting	
4-10	National 4-H Week	
2-4	San Benito County Fair	
October 2009		
22		
21	Booth Clean-up 8am - 7pm	
17	Newsletter articles due	
14	(10:30am Harvest Building)	Santa Cruz County Fair
13	Feature Booth Judging-S. C. County Fair	To 4-H Office
5-6	S. C. County Fair Booth Work Days	
1	State Leader's Forum Early/room Registration Due	
1	Labor Day Holiday - Office Closed	
	No County Council Meeting	
September 2009		



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

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Important Information for
4-H Members, Leaders and Families.
PLEASE READ!