

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>

November 2010

Snow Camp 2011 Pinecrest, CA

It's that time of year again! Join 4-H'ers from all over Santa Cruz County on **February 18-21, 2011**, at Snow Camp. Snow Camp is a semi-structured, family-oriented winter camp. Spend the weekend at Camp Sylvester in Pinecrest, just three miles from Dodge Ridge. Have breakfast and pack a lunch in the heated mess hall at camp before you take advantage of daytime activities on your own: ski and snowboard at Dodge Ridge; ice skate at Long Barn, sled at nearby hills or build the perfect snowman or sled run across the street from camp, play board games and cards in the mess hall. Come back to camp for hot cocoa, dinner and evening activities. Enjoy the heated cabins and hot showers, too! Camp chores will include kitchen help, restroom, cabin and common area cleanup. Chores will be assigned by cabin.

All 4-H members must be accompanied by a parent or other adult. All adults **MUST** have attended 4-H Leader Orientation and been fingerprinted prior to attending.

Cost of Snow Camp is \$100 per person, 9 years and older, \$80 per person ages 5-8

Deadline for registration is by Friday, January 22, 2010

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.

Fill out the registration form, 4-H medical release and 4-H Code of Conduct and send it, with your registration fees, to Snow Camp 2011, c/o Felton 4-H, 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.

See you there!

Please call John Detke 335-1285 for more information

Snow Camp Registration Form can be found on Page 6

Mission Statement for the California 4-H Youth Development Program

"The University of California 4-H Youth Development Program engages youth in reaching their fullest potential while advancing the field of youth development."



Leader Information:

Conferences

The **2010 State Leaders' Forum: Upgrade, S.E.T. Your System, Go!** will be held November 5-7, at the Asilomar Conference Center. For registration forms and information about **Registration & Housing arrangements** on grounds or off grounds visit <http://www.ca4h.org/Programs/Conferences/SLF/>.

The **2011 Western Regional Leaders' Forum, "Cruise to 4-H Excellence!"**, is planned for **May 7-14, 2011**, and will be held aboard a cruise ship and will be visiting Alaskan and Canadian ports as attendees participate and learn at the many workshops being offered. You can visit: <http://4h.wsu.edu/conferences/2011wrlf/index.html> for more information and registration details.

Mark your calendars for an upcoming conference, **Leadership for Tomorrow Conference: Investing in Communities**, to be held April 12-14, 2011 in Columbus, OH. This conference will be an opportunity for attendees to learn more about utilizing technology for community networking, building and leading partnerships and collaborations as much more!

<http://leadershipfortomorrow.osu.edu>

Curriculum

National Directory of 4-H Materials

Combination of free and for sale materials

<http://www.4-hdirectory.org/>

The 4-H National Directory of Materials is a searchable database of educational materials currently available throughout the Cooperative Extension System. You will find group project materials, volunteer and professional development materials, as well as many other resources. You can search by topic area or keyword, then click on the links to the resources.

Explore It! Design It! \$9.95 per module

[http://www.kelvin.com/Merchant2/merchant.mv?](http://www.kelvin.com/Merchant2/merchant.mv?Screen=CTGY&Category_Code=TSED)

[Screen=CTGY&Category_Code=TSED](http://www.kelvin.com/Merchant2/merchant.mv?Screen=CTGY&Category_Code=TSED)

A series of exploratory science and engineering experiences developed by Education Development Center, Inc. (EDC). Explore It! provides an experiential foundation for science concepts associated with basic phenomena and helps develop essential skills for inquiry. Design It! allow for development of basic engineering principles, and promote problem solving and creativity.

Project Resources

Cooking with Kids

The website contains video segments, recipes, and classroom materials. The program shows how easy it is for kids to prepare snacks and meals that taste good and that are good for them – using the five food groups as a platform for nutrition messages. Each segment of "Cooking With Kids" was developed with a registered dietician.

"Cooking With Kids" is designed to address the following issues:

- 1) Kids don't cook and have become accustomed to fast or snack foods.
- 2) Parents should cook more with their kids to educate and facilitate good communication.
- 3) Kid-friendly, good tasting and easy to prepare recipes and meals are hard to find.

Visit website more information: cookingwithkids.org

4-H S.E.T.

Science, Engineering & Technology

Think about taking a 4-H project field trip to a local science center! Science centers are located around the state. Find the closest one to you.

- San Francisco County – Exploratorium, Palace of Fine Arts, 3601 Lyon Street, San Francisco, CA 94123
<http://www.exploratorium.edu/>
- Alameda County – Chabot Space and Science Center, 10000 Skyline Blvd. Oakland, CA 94619
<http://www.chabotspace.org/>
- San Francisco County – California Academy of Sciences, 55 Music Concourse Drive, Golden Gate Park, San Francisco, CA 94118
<http://www.calacademy.org/>
- Sacramento County – The Discovery Museum Science and Space Center, 3615 Auburn Blvd Sacramento, CA 95821 <http://www.thediscovery.org/>
- Yolo County - ExplorIt Science Center, 2801 2nd Street, Davis, CA 95618 <http://www.explorit.org/>
- Santa Clara County –Tech Museum of Innovation, 201 South Market Street San Jose, CA 95113
<http://www.thetech.org/>
- Mariposa County - The Mariposa Discover Science Center, 4971 8th Street, Mariposa, CA 95338
- Fresno County – The Discovery Center, 1937 N. Winery, Fresno, CA 93703
<http://www.thediscoverycenter.net/>



Member Opportunities:

Grants

Lowe's Charitable and Educational Foundation (LCEF)

Nonprofit organizations with 501(c)3 status and public agencies operating in communities where Lowe's stores and distribution centers are located are eligible to apply. Grant funds are available for community improvement projects. Grant amounts range from \$5,000 to \$25,000. Application awards are ongoing. To apply, organizations will need to take an eligibility test. For more information and to apply, <http://www.lowes.com/>

Pay it Forward Minigrants

Pay it Forward Foundation's - Pay It Forward Mini-Grants are designed to fund youth-identified projects with educational value that benefit their school, neighborhood, or greater community. Programs must illustrate how their projects will embody a "pay it forward" concept, where benefits multiply exponentially in the community. Grant applications are considered throughout the year. For more information go to <http://www.payitforwardfoundation.org/educators/grant.html>.

Do Something Youth Grants

U.S. and Canadian citizens 25 or under are eligible to apply for \$500 Plum Youth Grants. These grants are designed to further the growth and success of a recently created community action project or organization. Applications are accepted on a rolling basis and grants are awarded weekly. For more information and to apply <http://www.dosomething.org/grants/general/apply>

Jenesis Group Grants

The Jenesis Group is offering grants to support youth development, education and social entrepreneurship. Nonprofit organizations with 501(c)3 status are encouraged to apply. The Foundation invests in grass roots organizations working to empower at-risk and/or disadvantaged youth to become productive citizens. Priority is given to programs with preventative approaches and comprehensive long-term solutions to challenges facing youth today. For more information please visit <http://www.afterschoolnetwork.org/node/6924>

4-H Travel Opportunities

Are you looking for a good way to enhance your leadership and civic engagement skills while you meet other 4-H members from across the state and nation? Find out more about the California and Washington Focus Programs on the web at: <http://www.ca4h.org/Projects/Citizenship/Focus/>. County teams are starting to form this fall with sign-ups due January 10. Start planning now to attend:

California Focus, June 17 – 21 in Sacramento Washington Focus #1

June 26 – July 4, Road to Democracy - Washington, D.C.; Williamsburg, Jamestown/ Yorktown

June 26 – July 2, Heritage Trail I – Washington, D.C.

Washington Focus #2

July 10 – 19, Global Journey - Washington, D.C., Philadelphia, & New York.

July 10 – 16, Heritage Trail II – Washington, D.C. Financial assistance is available. Contact Pat English at: pnenglish@ucdavis.edu.

International Exchange

The world is shrinking!! This isn't the opening line of a science fiction story. It's true! We live in a global community. In our inter-related world, events in one country affect others and we have many more opportunities to interact with people from around the world. Find out how you can begin to prepare yourself to be an active citizen in a global world by participating in the **4-H International Exchange** Programs. **In 2011**, California 4-H members and families will host students from **Costa Rica, Japan, and Norway**. In addition, 4-H members and leaders can travel outbound to Australia. Information about the 4-H programs is available at: <http://www.ca4h.org/Projects/Citizenship/International/> or by contacting Pat English at pnenglish@ucdavis.edu or 530-754-8520.



Member Opportunities (Cont.)

Fashion Cents, the 2011 Challenge category will be the \$15 Challenge.

Members are challenged to coordinate and purchase an entire outfit for \$15 or less, not counting shoes. Additional categories for 2011 will be Traditional, Consumer Science-Purchased, Recycled, and Wearable Art-Embellished. In CS-Purchased, the limit has been reduced to \$100 for everything showing. The Recycled rules have been rewritten to differentiate between recycling an old garment into a new one and alterations. In WA-Embellished, the rules clarify that the original garment must be purchased. The SFR committee welcomes your participation in planning and presenting this state event. To join the committee, contact Karli Draxler, Youth Chair, at chat2kd@unwiredbb.com. For event information, the Challenge flyer, and 2010 photos, see the SFR website at <http://www.ca4h.org/Programs/Events/SFR/>.

The committee is looking for historic photos and stories about 4-H Dress Revue and SFR when it was part of State Leadership Conference. If you have any to share, please contact Sue Moore at samoore@ucdavis.edu.

4-H Youth Training Babysitting Course

The 4-H Military Partnership Program is offering a Babysitting Training course for Youth 12-17. Location: **Beale AFB**, Yuba County. **November 19**, 2-6pm Infant/Child CPR training. **November 20**, 9:30-4:00. This training is designed to help youth learn what it takes to be responsible, caring, trustworthy, competent, capable and safe babysitters. Youth will receive an Infant/Child CPR certificate. They will also receive a Babysitter's Tool Bag filled with essential supplies for babysitters. Bring a doll for fun! For registration information, contact Jeanne Christenson, jpcchristenson@ucdavis.edu or 530-219-6608.

4-H SCIENCE Video Challenge

Due January 31, 2011

<http://www.4-h.org/videochallenge/>

All 4-H professionals, staff and volunteers are invited to produce their own digital video for front-line educators and volunteers to better implement 4-H science programs. The purpose of this contest is to build a vault of films to show great 4-H facilitation and learning in practice. We seek films that will help others know what inquiry-based learning looks like in real life.

California 4-H Photography Contest & Film Festival at the 2011 State 4-H Field Day

Event on May 28, 2011. Registration due by May 6, 2011.

<http://www.ca4h.org/Programs/Events/SFD/>

Start thinking now about the photography contest and film festival being planned for the 2011 State 4-H Field Day May 28, 2011 at UC Davis. The California 4-H Technology Leadership Team will release the themes for both events January 2011. Both are open to all 4-H members (age 9 through 19). For more information, please contact: Photography Contest, John Trammell at techdude4h@gmail.com and Film Festival, Ashlyn Aiu at singthis-louder@gmail.com.

Special Recognition at the 2011 State 4-H Presentation Day

May 28, 2011

http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities/

A special recognition pin will be awarded for youth who participate in State Presentation Day and focus their presentations on science, engineering and technology! This year's focus is on the natural properties and the human interactions with water. Potential topics include water quality, conservation, water cycle, effects on plants and organisms, water in cultural contexts, human impacts on water, phases and/or properties of water, storage and transportation.



DIRECTOR UPDATES

Self-Regulation...What Is It? Why Is It Important?

Have you observed youth who are able to gracefully handle disappointment, while others exhibit negative outbursts and show aggressive behavior when faced with let-downs? Learning how to control emotions is an important life skill. This is what is referred to as self-regulation and relates to youth's ability to deal with unmet needs, handle disappointments and work towards success. When youth develop good self-regulation skills, it is shown to enhance their social competence, school success and other positive habits such as healthy eating.

So how do we help young people learn how to self-regulate? Activities that promote problem-solving skills and teach self-monitoring practices are shown to enhance youth's ability to appropriately handle disappointment and work towards future success. Community service activities, as well as social skill and cognitive-behavior training are also shown to enhance youth's development of self-regulation skills. Check out the Child Trends Research-to-Results Briefs for more information on youth self-regulation at http://www.childtrends.org/Files//Child_Trends-2010_10_05_RB_AssesSelfReg.pdf

Regards,
Sharon Junge
Acting Director, Statewide 4-H Youth Development Program

CA 4-H FOUNDATION UPDATES

CA 4-H Foundation's Fundraising Tips for Your Annual Appeal

One role of the CA 4-H Foundation is to be a resource to County programs by assisting them in thinking about their fundraising strategies and actively working with them to enhance existing efforts or think about creating new ones.

One effective fundraising strategy is the annual appeal. An annual appeal is a letter that is sent to your supporters and would be supporters, inviting them to be a part of your organization by providing donations.

If you are considering creating an annual appeal process in your county or club, be mindful of who you are sending it to. The Foundation is more than happy to work with you on creating lists and donor databases to help get you started. Contact Amy at almcguire@ucdavis.edu if you are interested in starting this process.

Below are some tips for writing a compelling annual appeal letter that have been provided by Guide Star. The Foundation believes these fundraising highlights will be very helpful to those of you who are contemplating creating an annual appeal letter. We encourage you to read them and please feel free to contact us with any thoughts or questions these tips may provoke.

Thank you and happy fundraising!

"Tips to Help You Raise More Money by Mail"

www.Guidestar.org

- Tell a story. Narrative is far more powerful than a set of statistics and organizational accomplishments. Use photos in your letter or accompanying materials. The donor will read captions under photos before your letter copy.
- Photos of cute kids doing 4-H activities are always well received.
- Don't just focus on need; focus on specifically explaining the impact a donation will make. Clearly show which programs and youth are being helped by a donation.
- Always, always, always send out personalized letters ("Dear Mr. Smith," rather than "Dear Friend").
- Use the word "you" immediately in the first sentence of your appeal. Repeat the word "you" frequently; it's the most important word in your letter. Always make it about the donor.
- The appeal letter can have only one objective: a clear ask for support. It is not a newsletter, an end-of-year report, or item mixed in with other communications.
- Be sure to communicate with your donors frequently in between appeals so they are up to date and feel connected to your organization.
- Always, always, always thank your donors when they have made a gift and don't be afraid to be creative. Send a picture of how their funds were used and include a handwritten thank you from a 4-H member.



Santa Cruz County 4-H Family Snow Camp
February 18-21 2011
Registration due by Friday, January 21, 2011

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

Family Registration				
Name	Gender	A/M/P*	Special Needs*	Cost*

- *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 18-21, 2011
 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 18, 2011;
 Check out: 10:00 am Monday, February 21, 2011

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.

Please make checks payable to: **Santa Cruz County 4-H Snow Camp**

Mail Registration form by 1/21/11 to:
 Family Snow Camp 2011
 c/o Felton 4-H
 300 Moon Meadow lane
 Felton, CA 95018

Questions? Call John Detke or email: jdetke@yahoo.com

SNOW CAMP 2011

