



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>

April 2011

Study Shows 4-H Youth Healthier than Peers

4-H'ers less likely to smoke, drink alcohol, use drugs

Chevy Chase, MD (April 11, 2011) – According to recent findings from Tufts University, 4-H youth are engaging in positive healthy living behaviors more often than youth that do not participate in 4-H. According to the study, 4-H'ers, regardless of their background, socio-economic status, race, and gender, thrive through the health/safety education and experiences they receive through 4-H programming.

Youth development scholar, Dr. Richard Lerner, works with researchers at the Institute for Applied Research in Youth Development at Tufts University to conduct The 4-H Study of Positive Youth Development. The longitudinal study has found that, when compared to other youth, young people involved in 4-H are:

- More likely to spend more time exercising or being physically active;
- Two times less likely to engage in drug use;
- Two times less likely to use cigarettes or drink alcohol.

"The results of this longitudinal study continually reinforce the idea that when youth participate in programs such as 4-H, they thrive in numerous ways including health, positive development, and community contribution," said Dr. Lerner. "The comparisons we've made between 4-H youth and other young people highlight the considerable strengths and health of the young men and young women participating in 4-H around the country."

4-H Healthy Living programs are conducted by the 109 land-grant universities and the Cooperative Extension System, and seek to address national issues including nutrition, physical fitness, substance abuse, safety, and social and emotional wellness.

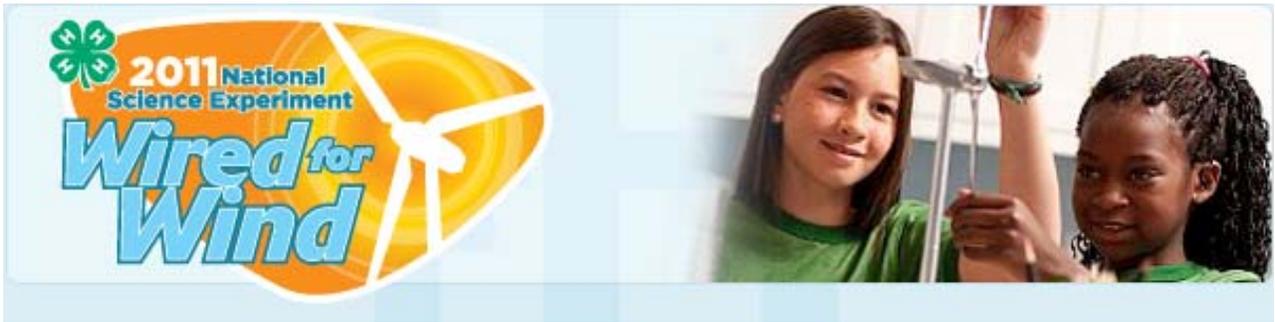
"With nearly 2.7 million youth enrolled in 4-H healthy living programs in 2009, the findings from the Tufts study underline 4-H's unique ability to make a significant impact on the health and wellness of many of our nation's future leaders," said Donald T. Floyd, Jr., president and CEO of National 4-H Council.

"Working in conjunction with the White House Let's Move! campaign and the Presidential Active Lifestyle Award challenge, 4-H's extensive healthy living programs equip youth with the knowledge and skills that will prepare them physically, emotionally and socially to meet the challenges of the 21st century."

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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."



Announcing the 2011 National Science Experiment: *Wired for Wind!*

4-H National Headquarters and National 4-H Council are pleased to reveal that the 2011 National Science Experiment is *Wired for Wind*, an in-depth look at renewable energy technologies in the form of wind-power. Developed by the University of Nebraska-Lincoln and the University of Nebraska Cooperative Extension program, this three-tiered experiment will help 4-H young people to enhance their science, engineering, technology and applied math skills by allowing them to:

- Design, build and test two different wind turbine models,
- Experiment with variables by examining three different blade pitch angles to determine the effect of pitch on rotor speed,
- Relate their scientific experiences back to their own lives by determining how their communities can harness the power of wind and create a more sustainable and clean energy system, and
- Determine the best location for a potential wind farm in their state or local area by calculating wind power and studying wind data and maps.



This year, 4-H National Youth Science Day will take place on October 5, 2011. On this day, hundreds of thousands of young people across the United States and the world will simultaneously become scientists for a day as they connect important scientific lessons to civic engagement.

4-H youth are a living, breathing, culture-changing movement for doing the right thing, breaking through obstacles and pushing the country forward to successfully face the challenges of the future. Participation in *4-H National Youth Science Day* is meant to help spark an early passion for science, engineering and math and to encourage young people to consider these paths of study and future careers.

To learn more about *4-H National Youth Science Day*, how you can participate locally or to download program materials, go to www.4-H.org/NYSD



Leader Information:

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4-H National Headquarters, National Institute of Food and Agriculture, and National 4-H Council have made a significant commitment to participate in the Presidential Active Lifestyle Award challenge, aiming to have 100,000 4-H members complete the challenge by September 2011.

The Presidential Active Lifestyle Award recognizes those who log their recommended physical activity for six consecutive weeks, five days a week (60 minutes for kids, 30 minutes for adults).

Visit <http://www.presidentschallenge.org/natl4-H> for more information.

Lead by First Lady Michelle Obama, Let's Move! is working together with 4-H and other community organizations to combat the epidemic of childhood obesity in the United States.

Visit www.letsmove.gov for more information.

For more information on 4-H Healthy Living initiatives, visit www.4-h.org.

About the 4-H Study of Positive Youth Development

The 4-H Study of Positive Youth Development is a longitudinal study which began in 2002, through the support of National 4-H Council. Youth development scholar, Dr. Richard Lerner, worked with researchers at the Institute for Applied Research in Youth Development at Tufts University to conduct the study. Youth are measured in "waves" across time which compared those that participate in 4-H to those that do not. The study is currently in wave seven. The 6,400 adolescents surveyed are racially and geographically diverse representing 34 states in the nation. For more information about the study visit www.4-h.org. Click on 'About 4-H' and then 'Research'.

4-H History Preservation Program

Over the past century, 4-H has been at the forefront of experiential education, including both programs and processes. The stories of these unique ideas and their successful outcomes cannot be lost. To this end, in close collaboration with national 4-H headquarters at USDA, National 4-H Council, State and County 4-H programs, the **4-H History Preservation Program** will help obtain, digitize, and share 4-H history.

<http://4-hhistorypreservation.com/>

4-H Quote--

"I was down to the Los Angeles Livestock Show, and saw these hundreds of farmer boys that had fattened and cared for a calf, or pig, or sheep, themselves. It's a thing called the 4-H Club. Somebody was inspired when they founded that. It's all over the country. By golly, they are a great bunch of kids, and they have some fine stock."

-- Will Rogers, 1934

Project Activities

Attention Quilters and Sewers:

CA 4-H State Fashion Revue 2011 would appreciate your help. Make a quilt square, a quilt top, or a complete quilt for a wounded soldier. Special size for stretchers and gurneys, approximately 45 x 81 inches, are needed. Red, white and blue fabrics are preferred. If you make 12 1/2" x 12 1/2" squares then they can be combined with squares made by other people for a whole quilt. Bring or send your squares, quilt tops and quilts to State Fashion Revue at Olson Hall, UC Davis during State Field Day, **May 28, 2011**. Youth are invited to sew squares together and quilt during the morning SFR workshop. Please contact Lisa Kuntz, SFR youth co-chair, creulgirl101@yahoo.com or Mary Engebret, committee volunteer, at maryengebret@comcast.net with questions or suggestions.

Festival of Science: Curious about how things work? Want to know more about something? At the 2011 California State 4-H Field Day, University scientists will answer your questions! Provide your question ahead of the event and we will find the right scientists to provide an answer. <http://www.ca4h.org/Projects/SET/Initiative/Questions/>



4-H Member Opportunities:

State Leadership Conference

July 28-31, 2011

<http://www.ca4h.org/Programs/Conferences/SLC/>



The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. The conference provides advanced leadership training and is an opportunity for 4-H mem-

bers to network and share ideas with other 4-Hers from across the state.

Registration now open!

For online registration: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=6257>

Financial Aid for State Leadership Conference -

Through a grant from Wells Fargo and assistance from the California 4-H Foundation, financial aid is available to delegates wishing to attend the 2011 State Leadership Conference. Applications are due by **May 1, 2011 to the County 4-H Office** and can be downloaded here at: <http://www.ca4h.org/files/53496.doc>

4-H THRIVE

4-H Thrive Master Trainer conferences roll on!

To date, we have trained 104 adult volunteers and youth from 28 counties to be 4-H Thrive Master Trainers. By the end of April, that number will double and we will be close to reaching our goal of establishing a statewide volunteer training system.

Training for adult volunteers who lead Leadership Projects will be trained by local county Master Trainers in preparation for project launch in fall 2011. Look for training dates late this spring, summer or early fall.

Please join us in thanking the Master Trainers for volunteering their service to this most important task! Contact Gemma Miner for additional questions, gmmminer@ucdavis.edu.

Santa Cruz County has room for 1 more adult and 1 more senior youth for the THRIVE Training on April 29 & 30th.

Please contact Stephanie in the 4-H office, 763-8015, to sign up.

Help Staff the 4-H Booth at the California State Fair

The California 4-H Foundation is recruiting 4-H members and leaders to help staff the 4-H booth at the California State Fair (July 14 - July 31).

This is a great opportunity for 4-H members and volunteers to share their experiences as well as the wide range of projects and leadership opportunities that are available to youth through participation in the California 4-H Youth Development Program. We encourage you to bring small 4-H projects (robots, rabbits, arts/crafts, service dogs, etc.) to give the public a "feel" for the variety of experiences available to 4-H participants. Examples of service projects also make for good stories to share with the public. (See the tips above for telling these stories powerfully.) Please feel free to bring photo albums or record books with you to share with visitors to our booth – these are a great way to showcase our amazing 4-H youth and volunteers.

Parking passes and fair admission tickets will be provided to 4-H members and adults who sign up for a 2-hour shift. A maximum of 4 youth and 2 adults per shift will be allowed. Each shift must have two adults in the booth at all times.

To sign-up, please visit <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=6119>

Healthy Living

Recipes for Healthy Kids

Deadline: May 15, 2011 Last September, First Lady Michelle Obama launched the "Recipes for Healthy Kids" competition to bring together chefs, school nutrition professionals, students and parents who work in teams to develop nutritious, delicious, kid-approved recipes. Teams across the country submitted 340 recipes! From that outpouring of culinary creativity, 15 recipes were recently chosen to advance toward a national cook-off set for this summer. To find out more about Recipes for Healthy Kids or to cast your vote for the recipe you like best, visit www.recipesforkidschallenge.com





Member Opportunities:

Presentation Day

THANK YOU to every one who helped make county presentation day possible.

Presenter's thank you for taking the time and courage to do a presentation.

Parents, thank you for taking time out of your day for 4-H.

Leadership Team; thank you for logistics, planning and coordinating our county presentation day.

And a **BIG** thank you to our judges and room monitors.

County Gold Medal Winners:

Presentations:

Sara Baker	Autumn Bushard
Simone Bushard	Becky Crill
Danielle Crill	Michaela Crill
Teralyn Crill	Megan Farley
Abby Halper	Derek Jensen
Jessica Jensen	Benjamin Lopez
Ryan Porter	Joshua Porter
Alexandra Szabo	
Julia Fuller & Marjorie Garbini	



Team/Group Cultural Arts:

La Selva Beach 4-H Hip Hop	Leesha & Angela Lopes
Scotts Valley 4-H 'Get Going on Guitar'	
Galina Cantey	Cade Gillen
Emily Truong	Trinity Maxon
Mark McLean	

4-H Awards and Pins: Ever wonder what all those pins mean on 4-H member's hats? The State 4-H Office has assembled a webpage listing the commonly used 4-H pins. The list provides information about the honor, the process to receive the pin, and for 4-H Club leaders, where to purchase. For more information, please visit <http://www.ca4h.org/Resources/Awards/>

State Activities

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.

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 tech-dude4h@gmail.com and Film Festival, Ashlyn Aiu at singthislouder@gmail.com.



APRIL 2011



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9 Section Presentation Day 8:30am Check-in
10	11	12	13	14	15	16
17 County Interview Day, Aptos Grange	18	19	20	21 County Council Mtg. 7pm Aptos Grange	22 EARTH DAY!	23
24	25	26	27	28	29	30 SPRING FAIR 10 am Fairgrounds Horse Show 8am

Upcoming 4-H Events & Deadlines

May 2011

- 1** SLC Applications due to 4-H Office
- 12-15** Salinas Valley Fair
- 19** County Council Meeting, Newsletter articles due, County Record Books Due
- 28** State 4-H Field Day, UC Davis
- 31** Memorial Day – Office Closed
- TBA** County Record Book Judging

June 2011

- TBA** State Leadership Conf. registration due
- 16** County Council Meeting
- 16** Newsletter Articles due
- 18** County Awards Event

4-H Youth Development Staff

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

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

Hours: Wednesday: 8am-12pm, 1pm-5pm
Thursday: 8am-12pm, 1pm-5pm

Please call the office prior to your visit to check schedule changes that may occur

4-H Council Officers

President: Jennifer Pacella
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:
Third Thursday of every month to the 4-H Office



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