



A message from our State 4-H Director:

As the new program year is underway, it is a good time to share with you some ideas on how we can increase our effectiveness when working with young people to help them reach their full potential.

Current research indicates that there are five youth development practices or supports and opportunities that young people should experience in all major settings in which they spend time, including 4-H. These five supports and opportunities include: 1) emotional and physical safety; 2) multiple supportive relationships with adults and peers; 3) meaningful opportunities for involvement and membership; 4) knowledge and ability to impact the community; and 5) challenging and engaging activities and learning experiences.

This month we will focus on the first support and opportunity – building safety. Creating a safe environment for young people is critical to their health and development. Young people feel physically safe when the surrounding environment is properly equipped with systems and procedures to protect them from physical harm. A young person feels emotionally safe when s/he is fully accepted and valued as an individual by adults and peers.

Establishing safety is critical as safety is the foundation of any quality environment. For example, without safety it is difficult to build relationships. Additionally, if young people do not feel safe they will not want to stay in the program. Here are five things you can do now to build safety:

1. Develop agreements regarding safety and regular group meetings
2. Include “no put-downs” in your agreements
3. Institute a regular group or “community” check-in at meetings
4. Assess the cultural, gender, ethnic and family structure background of your group
5. Expand the group’s knowledge of particular groups and cultures

How do you know if the environment is safe? Here are a few indicators of a safe environment:

- The emotional climate of the session is predominantly positive and any playful negative behaviors are mediated by staff or youth
- There is no evidence of bias but rather mutual respect for and inclusion of others
- The program space is free of health and safety hazards
- Written emergency procedures are posted in plain view
- Other appropriate safety and emergency equipment is available to the program offerings as needed
- All entrances to the indoor program space are supervised for security during program hours
- Access to outdoor program space is supervised during program hours
- Program space is suitable for all activities offered
- Available food and drink is healthy

Set at least two goals for building safety in your work with young people and assess whether these indicators of safety are present. All youth seek to learn and grow but they have needs that must be met – safety is one of those needs. Next month we will explore relationship building.

Stay Tuned!

Regards,

Shannon Dogan

Associate Director of 4-H Program and Policy



Leader Information:

"Save the Date!"

Conferences

State Leader's Forum

"THE MAGIC OF 4-H: TRANSFORMATION" SLF November 11, 12, 13, 2011

Come this November to the State Leader's Forum in Pacific Grove. Stay at the historic Asilomar conference grounds, enjoy walks on the beach, meet new friends, and re-connect with old friends. Coming to any conference is always a rejuvenating experience – it gets you 'revved-up' for the year to come. You hear new ideas and get excited to try that 'same ole' project in an entirely new way. And this year's conference is guaranteed to do all of the above, and more.

We have top-notch speakers lined up: Andrew Bosworth, former Diamond Star and current Director of Engineering at Facebook; Carolee Hazaard, who calls herself an 'opportunist' and community service activist; and Ralph Flynn, local businessman with a goal to keep everyone motivated to do the best they can. Plus you'll hear from Sandy Cohen (the State 4-H Leader's Council president); Shannon Dogan (our Associate Director of 4-H Program and Policy); Annette Leland (Executive Director of the 4-H Foundation); and Steven Worker (4-H SET Coordinator) – to name a few.

The workshops we have are terrific: communication, technology, project work, healthy living and much, much more. There will be time to visit with friends, time to ask your questions, and time to enjoy the day. Go to: www.ca4h.org; click on 'programs' and then 'conferences'. Download the registration forms (one for the conference, and one for your room) and sign up today and be transformed!



2012 California 4-H Camping Conference March 23 – 25th, 2012

Camp Campbell in Boulder Creek, CA
There will be hands-on training for adult and teen leaders who help plan and administer 4-H camping programs. More details will follow in the next edition of Updates.

Western Regional Leaders Forum



For more information and registration please visit http://4-h.uwyo.edu/WRLF_12.asp

Healthy Living

September Policy Update

By Terri Spezzano, 4-H Healthy Living Advisory Committee
Brownies, cookies and fruit "drink"—oh my! Does your club need a healthy snack makeover? Although this month's article is not an official 4-H policy, counties and clubs are encouraged to offer healthier snacks at 4-H events and activities to promote healthy living. What determines food as healthy or unhealthy? Often there are mixed messages that come from media and other reputable sources. Eating healthy should not be this hard! Here are a few tips from www.ChooseMyPlate.gov.

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Drink water instead of sugary drinks.

Check out the recipe section of the Healthy Living Newsletter at <http://www.ca4h.org/files/121007.pdf> for more information and activities.



4-H Member Opportunities:

Fashion Revue

The **State 4-H Fashion Revue** committee announces categories and service projects for **2012!** Entry categories returning from 2011 will be Traditional, Consumer Science Purchased (with \$100 limit), and Wearable Art-Embellished. The Recycled category will not be offered at State Fashion Revue for 2012; counties may choose to include it at local events only. The \$15 Challenge was so popular in 2011, it will become the \$19.99 Challenge for 2012. It has the same rules (shoes and sales tax don't count, receipts required) but the limit is increased to \$19.99 to allow more creativity. We are adding a second challenge, called the Bag Up Fashion Challenge. Sew a tote bag from Simplicity #7161, view A only, and model it with a garment or garments that coordinate with the tote bag. SFR will be coordinating two service projects. The Quilts for Wounded Warriors is returning because the American Legion needs more quilts. Statewide, 4-H created sixty quilts in 2011 and we look forward to even more in 2012. Our second service activity is the Million Pillowcase Project, for handmade or decorated pillowcases. If you, your project, or your county would like more information about SFR, these categories and service projects, or would like to join our committee, please visit our website at <http://www.ca4h.org/Programs/Events/SFR/>

From National 4-H Council

National 4-H Council has announced the annual **Youth in Action awards** opportunity. If you know of a 4-H youth between the ages of 14-19 who has made a significant impact in their community, consider nominating him or her today. A youth who is nominated will also need to apply for the award at <http://www.4-h.org/get-involved/sponsor/4-h-legacy-awards-gala/youth-in-action-awards/> by November 1, 2011. An application and more information is available at: <http://www.4-h.org/get-involved/sponsor/4-h-legacy-awards-gala/2011/>.

LCORT

Leadership Conference of **Regional Teens**
"Reeling in Success Through 4-H"

When: January 27-29, 2012

- Check-in: Friday, Jan. 27th, 6-9pm
- Adjournment: Sunday Jan. 29, at noon

Where: Wonder Valley Ranch, Sanger CA

Who: 7th-9th Grade 4-Her's

Cost: \$140 – includes 2 nights lodging, 4 meals (Saturday breakfast through Sunday breakfast) snacks, all registration materials and LCORT T-Shirt (\$150 after Dec. 1, 2011)

Why: To define and develop your leadership abilities. To have an opportunity to meet and share ideas with other 4-H youth and adults. To expand your perspective on the world around you and to have an enjoyable time!

To Register: Forms can be found online at <http://www.ca4h.org/files/122083.pdf> or in the 4-H office. Forms **AND** payment are due to the 4-H office by November 10th, 2011.

Citizenship

The **National 4-H Conference** is a working conference in which youth and adults develop recommendations to help guide 4-H Youth Development Programs nationally and in their communities. This event brings together youth, volunteer leaders, and state and county extension staff members from across the United States, the U.S. territories, and the Canadian provinces.

Applications are now available at: <http://www.ca4h.org/Programs/Conferences/N4-HC/>

For more information please contact Quang "Hogan" Tong at qtong@ucdavis.edu

Important dates to remember:

- 2012 National 4-H Conference
- March 24 – March 29, 2012
- October 31, 2011 Applications due
- November 14, Notifications out to applicants
- December 10, Team Meeting State Office
- February 11, Team Meeting State Office



4-H Member Opportunities Continued:

Funding Opportunities

Come Join the Revolution of Responsibility!

2013 marks the centennial for 4-H in California and the 4-H YDP will celebrate by giving back to their communities with youth-designed, youth-led projects where participants learn leadership by actually leading, collaboration by forming relationships with other groups and agencies, and citizenship skills by actively seeking opportunities to make a difference in their communities. The Revolution of Responsibility will celebrate the power of youth taking action and will consolidate all the various funding programs that are provided by the State 4-H Office. Chartered 4-H clubs/units can apply for funding (up to \$1,000) to support service-learning projects related to either club or project activities.

An on-line application is available at: <http://ucanr.org/join/>. The first deadline for applications is **October 15, 2011** with additional due dates of January 15 and April 15, 2012. For more information, check out the website at: <http://www.ca4h.org/Support/RofR/> or contact Pat English at: pnenglish@ucdavis.edu.

UnitedHealth HEROES program is offering grants to assist youth ages 5-25, build local programs to combat childhood obesity. The deadline for grant submission is: **October 17, 2011**. More information is available at: www.YSA.org/HEROES.



The **2011-2012 Junior Master Gardener** program is offering a fundraising opportunity for any youth group to take part in at any point during the '11-'12 year. This is a green fundraiser that features Growums theme garden starter kits. An FAQ is available at <http://www.ca4h.org/files/121929.pdf> on the fundraiser for more information.



Lowe's Charitable and Educational Foundation Community/School Projects Funded

<http://www.toolboxforeducation.com>

Application deadline: **October 14, 2011**. The Toolbox for Education Grant Program, offered by Lowe's Charitable and Educational Foundation, provides grants of \$2,000 to \$5,000 to public K-12 schools and school parent-teacher groups associated with public schools throughout the U.S. that develop projects that encourage parent involvement and build stronger community spirit. Preference is given to funding requests that have a permanent impact such as facility enhancement (both indoor and outdoor) and landscaping/clean-up projects. This year the program is seeking ways to provide the tools that help educators and parent groups through these challenging times efficiently and with the greatest impact.

Incentives & Recognition

The **Everyday Young Hero Awards** are offered and awarded on a weekly basis to youths from around the world, ages 5-25, who exemplify commitment to service. If you know of a youth that is deserving of nomination for this award, visit: www.YSA.org/awards/hero today.

NYLC Youth Leadership for Service-Learning Excellence Award – If you are or know of a service-learning program that is working to build youth leadership skills, please share this opportunity. The deadline to apply is **October 21, 2011**. For more information, visit: <http://bit.ly/n9fvNY>.

The **NYLC Service-Learning Practitioner Leadership Award** is also concurrently being offered to recognize adults who have shown exemplary work in teaching youth to lead and serve others. The deadline to apply is also **October 21, 2011**. For more information, visit: <http://bit.ly/p5w9cX>.

The **Prudential Spirit of Community Awards** offer an opportunity to recognize volunteers who have made a significant difference in their community over the past year. If you would like to nominate someone deserving of this award, the deadline for submission is **November 1, 2011**. More information is available at: <http://bit.ly/pb4Fbb>.

Santa Cruz County 4-H Club Reports

Corralitos 4-H Club

Submitted by: Cori Margo, Corralitos 4-H

4-H Fun at the Fair

The Corralitos 4-H had a lot of fun this year at the Santa Cruz County Fair. We worked in the Harvest Building keeping an eye on all the displays. We also worked at the Clover Deli and Padres sausage booth.

Speaking of sausage.... the Corralitos 4-Hers in the swine project won the cleanest pen award with 36 pigs. Also in livestock, we had goats, both meat and dairy, lambs, poultry and rabbits. The auction prices were awesome! Buyers were very generous. Pee Wee showmanship was a big hit. We had a lot of fun.

All of the exhibitors were invited to the Saturday night dance. This was a great way to end the fair!

Scotts Valley 4-H

Scotts Valley 4-H is holding our fourth annual wreath sale fundraiser! We make the wreaths entirely by hand and offer evergreen, bay laurel, or combination wreaths for \$10 each. If your club does not do a wreath sale and you would like to support 4-H, please consider ordering your holiday wreaths from the Scotts Valley 4-H. We will share the funds raised through orders from other clubs by paying your club \$3 per wreath sold. If you can provide volunteers to help make wreath bases and/or wreaths, we will pay your club \$4 per wreath sold.

Wreaths will be made in late November. Orders are due by November 11, 2011. Supplies may be limited so orders will be filled on a first come, first served basis.

For order forms or more information, contact Mindy Gillen, 566-1178 or 4hscottsvalley@gmail.com

Felton 4-H

Submitted by: Michaela Crill, Felton 4-H Reporter

FANTASTIC FELTON FATHERS!

At the October meeting of the Felton 4-H club, 4-H livestock kids were astounded and delighted when Ben Wildman stood up and made an announcement on behalf of the Felton Fathers (a group of dads dedicated to fundraising for our local club.) He said that fundraising had been really good this year and the Felton Fathers had a special surprise for all the livestock kids, both market and dairy animals. The Felton 4-H Fathers gave all seventeen kids \$100 each for a total of \$1,700! This was a great way to supplement auction proceeds and offset high feed costs this year.

The price of feed (alfalfa, grain, corn, etc.) has risen substantially over the past few year due to corn production being channeled largely into the ethanol/fuel scene instead of animal feed. This results in higher cost for feed corn which is used in all kinds of animal feeds from poultry to beef, horses to llamas and beyond.

So, a big thank you to the Felton Fathers for their generous donation to the hard-working livestock kids of Felton 4-H!

Club report submissions are due by the third Thursday of the month to the 4-H office (or 4-H council meeting that month). There are various ways a 4-Her can submit a report for publishing. You can email your report in to the 4-H Program Rep at fontana@ucdavis.edu, mail to 1432 Freedom Blvd Watsonville, CA 95076 or Fax 763-8006.

County Council News

The 4-H Council of Santa Cruz County meets on the third Thursday of the month, except for September, December, February and July.

The 4-H council is open to all 4-H members and leaders.

The 4-H council of Santa Cruz County would like to invite you to attend our next council meeting on Thursday October 20th, 2011, 7pm at the Aptos Grange (3225 Mar Vista Dr. Aptos)

*Please come and get involved in **YOUR** county 4-H program!*

Standing Rules for Santa Cruz County Council

June 2003 to Jan. 2011

Date Sept. 2003: Reimbursement for LIVESCAN fingerprinting shall be after 1 year of service.

Action: Council

August 2005: County clubs shall be paid \$30.00 per shift in the Clover Deli.

Action: Clover Deli Committee & Treasurer

Our County will make changes to Monterey County's Livestock record sheets and use it as a supplement or alternative for livestock project sheets.

Action: Greta Steinbrunner, LSB 4-H

June 2009: The current Vice President shall be the head of a committee to review funding applications prior to Council meetings. The teen advisor will be a member of this committee as well.

Action: Vice President

August 2009: Green Sheets for Santa Cruz County 4-H news will now only be available by email. No more postal mailing.

Action: County Staff

March 2010: County Record book judging- The member with the highest score in each project will be selected to submit their RB at State level.

Action: RB Committee

May 2010: Two new county star rankings will go into effect June 30, 2010. (Colors have yet to be determined).

Action: RB Committee

JW11

Guidelines for Fundraising and Donations to a Recognized Charitable Organization by 4-H Units

Purpose

This section outlines policy and procedures regarding activities of chartered 4-H units that relate to donations given to charitable organizations or fund raising on behalf of charitable organizations

Scope

The University holds that the occasional participation of 4-H Youth Development Program members in support of charitable organizations is consistent with the development of community service and civic engagement skills as part of the mission of 4-H. General principles guiding this view include:

The UCCE County Director must approve the proposed fundraising project as appropriate from a programmatic, youth-development perspective.

Charitable organizations must be recognized non-profit or tax-exempt organizations and must not be religious or political in nature or purpose.

The organizations must not discriminate in their membership on the basis of race, color, sex, handicap, religion, age, sexual orientation, or national origin.

The UCCE County Director must approve the organizations as appropriate recipients of donations or fundraising efforts.

The donations made by 4-H units must be a minor part of an annual budget or mid-year fundraising request approved by the County Director.

Fundraising efforts must be clearly identified as benefiting the recipient organization so contributors understand who is receiving the funds.

Fundraising efforts must comply with the [Chapter 9 VII of the 4-H California Youth Development Program Policy Handbook](#).

III. Procedures

Chartered 4-H units that wish to make a contribution to a recognized charity should include the donation in the annual budget approved by the unit membership and submitted to the UCCE office for approval by the County Director.

If the unit wishes to conduct a fundraising activity for the benefit of a charity, that information should be attached to the budget or requested via the [Mid-year Fundraising Approval Template](#) approved by the unit membership and submitted for approval by the County Director.

All expenditures for charitable donations must be documented in writing and include the name, address and telephone number of the organization. The documentation must be filed for review by the unit peer review committee.

All expenditures should be made by check from the unit treasury.

If cash is received during the fundraising effort, it should be counted by two persons according to the Financial Processing Procedures in [Chapter 9 XI of the 4-H California Youth Development Program Policy Handbook](#) and deposited in the 4-H unit account and promptly distributed by check to the charity.

If checks are made payable to the charity, they should be immediately forwarded to the organization and the total amount received in this manner should be noted in the written documentation of the event.





UPCOMING TRAININGS

California Science Education Conference

Pasadena Convention Center October 21 - 23, 2011

Registration cost: \$148-\$173

http://www.cascience.org/csta/conf_home11.asp

This conference is designed for educators in the STEM fields. There are over 180 different workshops being offered to showcase ideas and curriculum from other educators around the country. California 4-H is being represented by Steven Worker & Richard Mahacek through their presentation on Youth Science Education Through Robotics. This new 4-H curriculum, Junk Drawer Robotics, engages youth in understanding scientific concepts, processes, engineering design, and technology creation using household items to complete simple design challenges.

Afterschool Conference: Up Your Game

- Step Up: October 31 - November 2, 2011
- Amp Up: November 2 - November 4, 2011

<http://www.afterschoolnetwork.org/>

The conferences will feature engaging workshops, keynote presentations, youth performances, and networking opportunities. In between the two conferences, there will be sessions designed that focus on programs and best practices that bridge middle and high school programs. Join the only conferences of their kind focusing specifically on middle and high school after school programs! Program staff, directors, middle and high school site administrators, and technical assistance providers are encouraged to attend.

State 4-H Leaders' Forum

November 11-13, 2011 at Asilomar Conference Center in Pacific Grove, CA

*See page 2 for more information.

CURRICULUM

Lesson: Chemical Wonders

<http://teachers.egfi-k12.org/lesson-chemical-wonders/>

Students are introduced to chemical engineering and learn about its many different applications. They are provided with a basic introduction to matter and its different properties and states. An associated hands-on activity gives students a chance to test their knowledge of the states of matter and how to make observations using their five senses.

There's No New Water

<http://4-hmall.org/Product/water-conservation/theres-no-new-water/08420.aspx>

This water conservation and water quality curriculum is grounded in a simple yet powerful concept that water is a finite natural resource whose quantity and quality must be responsibly preserved, protected, used, and reused.

Power of the Wind

<http://4-hmall.org/Product/4-hcurriculum-wind-energy/08385.aspx>

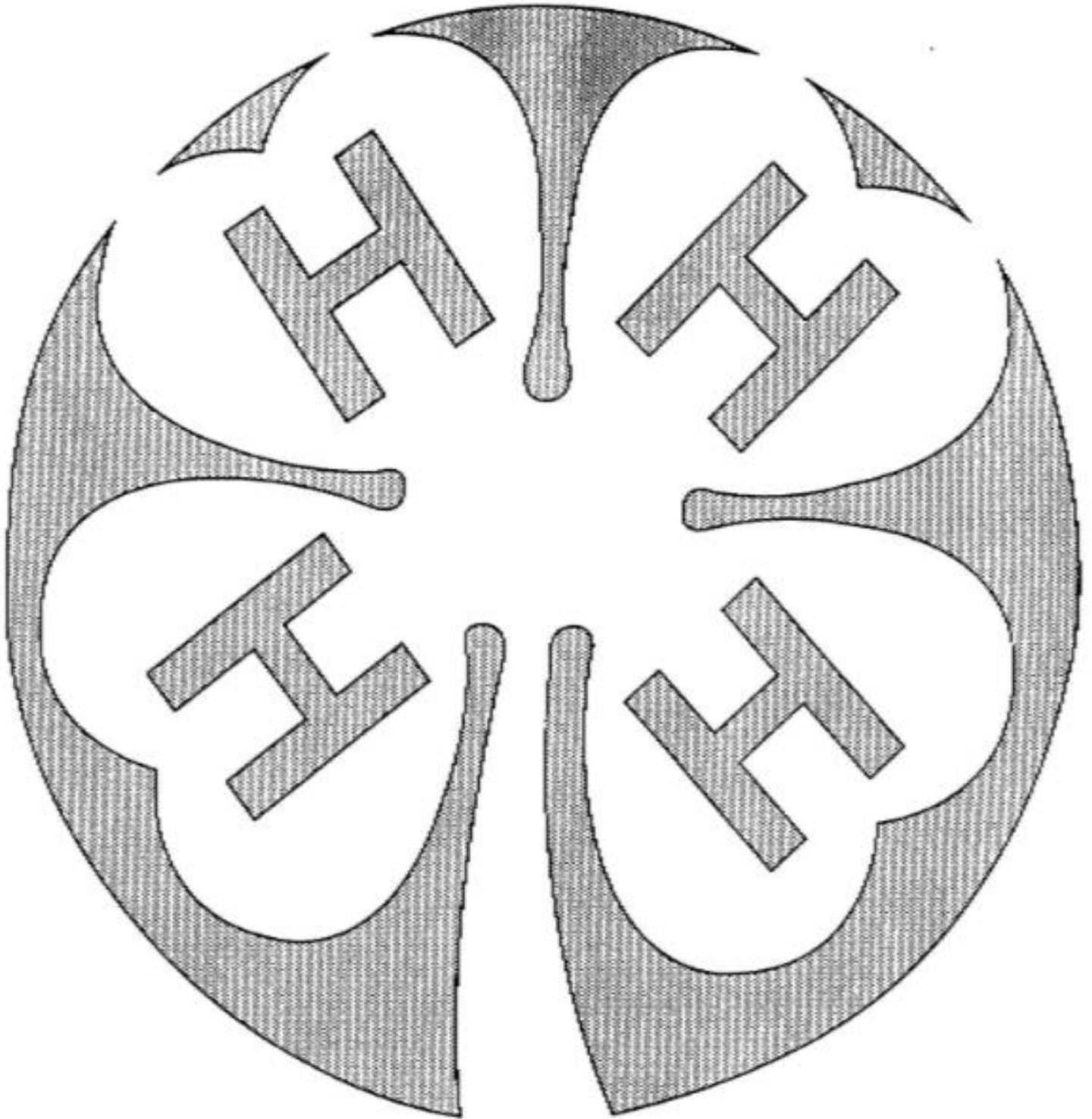
Youth work with members of a team to design, create, build, and test a wind powered devices and are given opportunities to explore wind as a potential energy source in their community.

For more information on SET please visit:

<http://www.ca4h.org/Projects/SET/>

4-H Pumpkin Carving Pattern

Have some fall fun and make a 4-H pumpkin for your front porch!
For more 4-H pumpkin patterns please visit: <http://ag.arizona.edu/mohave/4h/pumpkin.htm>



Directions: with the help of your parent,



Transfer pattern



Carve out



Carve out



Show off!



OCTOBER 2011



SUN	MON	TUE	WED	THU	FRI	SAT
					Sept. 30	1
				San Benito County Fair Sept. 30– Oct 3rd		
2 SBC Fair	3	4	5	6	7	8
NATIONAL 4-H WEEK						
9	10	11	12	13	14	15
16	17	18	19	20 4-H Council 7pm State Record Books & Newsletter articles due	21	22
23	24	25	26	27	28	29
30	31 					

Upcoming 4-H Events & Deadlines

November 2011

2	2011-2012 Beginning Year reports due (Club Contact Info, Fiscal Info, Budget & fundraising, Club Planner, Current Constitution & By-Laws, County-wide Committee Membership Club enrollment forms due to 4-H Office)	9	LCORT registration due to 4-H Office
		11-13	4-H State Leaders Forum-Asilomar
		11	Veterans Day –Office Closed
		17	County Council Meeting , Newsletter articles due
		24-25	Thanksgiving Holiday - Office Closed

4-H Youth Development Staff

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

Lynn Schmitt-McQuitty

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: Robin Turnquist

Vice President: Stephanie Hedgpeth-Lopes

Secretary: Autumn Bushard

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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