



From our State 4-H Director

As I shared in October, current research indicates that there are five youth development practices or supports and opportunities that young people should experience in the 4-H Youth Development Program (YDP). These five supports and opportunities include: 1) safety; 2) supportive relationships; 3) meaningful youth participation; 4) community involvement; and 5) skill building activities.

This month we will focus on youth participation. This involves more than young people showing up for the program and being engaged in the program activities. Meaningful youth participation means that youth:

- Have opportunities to participate in decision-making
- Have opportunities to develop and practice leadership
- Experience a sense of belonging

True youth-adult partnerships happen when projects or activities are initiated by young people and decision-making is shared between youth and adults. This empowers and builds the skills of young people while at the same time enabling them to access and learn from the life experience and expertise of adults. Here are five things you can do now to increase meaningful youth participation:

1. Give youth opportunities to develop program, club, or project goals
2. Get young people involved in activity planning, training, and evaluating the program
3. Give young people choices in the program or activity
4. Give every young person an opportunity to help others
5. Ensure that adults are serving as a mentor and facilitator in all aspects of the 4-H Youth Development Program with young people taking the lead

How do you know if you are creating an environment that fosters meaningful youth participation? Here are a few indicators:

- Adults share control of the meetings, planning, activities, etc. with youth
- The program schedule allows time for youth to make choices about how they use their time
- Youth have multiple opportunities to set goals and make plans for projects and activities
- Youth are engaged in an intentional process of reflecting on what they are doing or have done
- Give youth opportunities to provide feedback on activities and changes are incorporated accordingly

Assess these indicators of meaningful youth participation and think of at least two ways you can strengthen youth participation. Set specific goals and re-evaluate your progress. Through these practices you will communicate the message to young people that "What you think and what you do matters!". Next month we will explore community involvement.

County Updates:

Snow Camp 2012

Come join us for a fun weekend of Skiing, Snowboarding, sledding and hot apple cider by the fire.

When: President's weekend February 17-20, 2012

Where: Camp Sylvester, Pinecrest, CA (www.campsylvester.org)

See page 6 for more information

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"



Leader Information:

Events

36th Annual Agricultural and Environmental Sciences Field Day March 3rd, 2011

The University of California, Davis College of Agricultural and Environmental Sciences will hold its **36th Annual Agricultural and Environmental Sciences Field Day on March 3rd, 2011**. The UC Davis CA&ES Field Day is the 2012 California 4-H State Qualifier for Poultry, Dairy and Livestock judging. To register, go to <http://www.calaged.org/registration>. Select the event (2012 U.C. Davis Agricultural & Environmental Sciences Field Day). Choose the link "Get Access Code". Complete the information on the form and click the register button. Please include 4-H next to your club name on the registration form. On the following page save the registration code and register later or simply continue with the registration at this point. Note that you may only register once so be prepared to complete the registration or contact us if you have any changes. After your chapter is registered, we request that you submit a printed copy of your online registration along with your payment. Checks should be made payable to "UC Regents" and mailed to:

Attn: Francesca Ross
College of Agricultural & Environmental Sciences
One Shields Avenue
Davis, CA 95616

Deadlines:

November 14: Registration opened

February 10: Agriscience Fair and Job Interview materials due

February 10: Registration closed

February 17: Payments must be postmarked – We are now enforcing a \$25 late fee for payments postmarked after the 17th. For questions email field-day@ucdavis.edu or visit <http://caes.ucdavis.edu/fieldday>.

Conferences

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.

"Shooting Sports Leaders - Mark Your Calendars!" A **State Shooting Sports Leader Meeting** will be held **April 28 & 29, 2012** at the Oakdale Sportsman's Club in Stanislaus County. There will be hands-on sampler sessions for adult and teen leaders as well as updates on policies and programs. More details will be provided in the next edition of Updates.

Santa Cruz County Archery Leader's Only



National 4-H

Power of YOUth News:

[Mississippi Youth Make a Community Splash](#)

The 4 H Fair came early for several Mississippi fourth graders from Union, Lee and Pontotoc County schools. Thanks to 4-H in Blue Springs, Miss., and Mississippi State University Extension Service, students were treated to a day full of important lessons on how to conserve water and protect their community's environment.



View full article at: www.4-H.org



4-H Member Opportunities:

Presentation Day

Preparing for your **county** and **sectional/regional 2012 4-H Presentation Day?**

The 2012 impromptu topics are available at <http://www.ca4h.org/files/72298.pdf>.

The 2012 Senior and Intermediate problem solving presentation fact sets are available at <http://www.ca4h.org/Programs/Events/SFD/PD/>.

Problem Solving presentations allow the member to select a position on an issue and develop a presentation defend that position. There is NOT pre-qualification required to enter this category at the State 4-H Presentation Day (i.e., a gold medal at a sectional competition is not required to enter the Problem Solving category).

The 2012 special recognition opportunities available at http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities/.

Members focusing their presentation on one of these themes will earn a special pin at the State 4-H Presentation Day! The theme is **renewable energy**, the healthy living theme is **healthy foods**, and the citizenship theme **speak out for military kids**. For questions, contact Steven Worker at smworker@ucdavis.edu.

Please see page 5 for more information.

Council

The 4-H Council of Santa Cruz County meets on the Third Thursdays of the month, except for December, February, July & September.

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

The 4-H council of Santa Cruz County would like to invite you to attend our next council meeting on Thursday January 19th, 2012, 7 pm at the Aptos Grange, 3555 Mar Vista Drive, Aptos.

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

Healthy Living

Activity: President's Active Lifestyle Award
Congratulations California 4-H! With 146 members participating in the President's Active Lifestyle Award (PALA) Challenge, California 4-H represented the largest group of 4-H members nationwide! Did you miss out? It's not too late to start the challenge! Visit www.presidentschallenge.org/natl4-H to join.

Activity: Project Yellow Light Contest Opens:
December 1, 2011 High school seniors can submit a PSA that conveys the importance of teens developing and embracing safe driving habits, and focuses on not texting while driving. The winner will receive a \$2,000 college scholarship. Visit www.projectyellowlight.com for details.

Activity: Burpee Home Gardens "I Can Grow" Youth Garden Awards Deadline: **December 23, 2011**
Burpee Home Gardens is accepting funding applications to support urban school and community gardens. Awards will be presented to gardens that demonstrate well-developed plans for a youth-centered educational program, with an emphasis on nutrition and food production, environmental awareness, social responsibility and scholastic integration. Visit www.burpeehomegardens.com/ICanGrow/YouthGardenAward.aspx for more info.

Activity: No BULL Challenge Deadline: **March 15, 2012**
Students in sixth through twelfth grade are challenged to start an anti-cyberbullying campaign in their school or community, use video to document their campaign, and then submit their project to the NO BULL Challenge website. Win prizes such as a \$10,000 production deal, a trip to the Sundance Film Festival, scholarships and much more! Visit nobull.votigo.com for more information.





4-H Member Opportunities Continued:

Citizenship & Travel

2012 Citizenship Focus Program

California Focus – June 15-19, 2012

Washington Focus #1

Heritage Trail I – June 24-30, 2012

Road to Democracy – June 24-July 2, 2012

Washington Focus #2

Heritage Trail I – July 8-14, 2012

Global Journey – July 8-17, 2012

Meet 4-H'ers from across California while you expand your life skills and learn more about your community and state. An information packet will arrive in your county 4-H office by mid-October or information is available now on the web at: <http://www.ca4h.org/Projects/Citizenship/Focus/>. Registrations are due January 16. For questions contact Pat English at pnenglish@ucdavis.edu or 530-754-8520.

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 Steven Worker at smworker@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

Funding

Come Join the Revolution of Responsibility!

2013 marks the centennial for 4-H in California and the 4-H Program 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 next application deadline is **January 15. If you can't submit by January 15, 2012, applications will also be accepted for a third submission round until April 15, 2012.** For more information check out the web site at: <http://www.ca4h.org/Support/RofR/> or contact Pat English at: pnenglish@ucdavis.edu.

2011 Promise Neighborhoods Program –

Through the U.S. Department of Education, grant opportunities for this program and applications have recently been made available. Grant recipients will be selected no later than **December 31, 2011**. For more information, visit:

<http://www2.ed.gov/programs/promiseneighborhoods/index.html>.

The **Whole Kids Foundation & FoodCorps School Garden Grants** are available to schools and garden-related non-profit organizations to apply. The grants will help support engaging youth with fresh fruits, vegetables and launching school gardens. The deadline to apply is **December 31, 2011**. For more information, visit <http://wholekidsfoundation.org/gardengrants-application.php>

May 26, 2012
UC Davis

Special Recognition Opportunities at the 2012 State 4-H Field Day California

California 4-H offers a thematic recognition pin for youth who participate at State 4-H Presentation Day and focus their presentations on one of the following areas: Science, Engineering and Technology; Healthy Living; or Citizenship. Participants may only choose ONE focus area for their presentation, and the area must be the PRIMARY topic of the presentation. Youth must first qualify through county and sectional events in order to present at the State 4-H Presentation Day.



Focus Areas



Renewable Energy Science, Engineering, and Technology (SET): 4-H helps youth learn about the scientific process and engineering design. With the continuous rise in energy demands, decrease in available fossil fuels and the ever increasing amounts of pollution, the need for clean renewable sources of energy is more important than ever. This year's SET emphasis is on renewable energy: sunlight, wind, rain, tides, water, and geothermal heat. Presenters are encouraged to explore one or more types of renewable energy and/or relate to their impact on their home, community, state or world. For additional information on renewable energy and the 4-H SET initiative, please visit www.ca4h.org/Projects/SET/ or contact Steven Worker at: smworker@ucdavis.edu



Healthy Food Healthy Living: 4-H provides youth with opportunities that will increase the knowledge, skills and adoption of healthy habits. This year's focus area is healthy food. Potential topics may include USDA's MyPlate, serving sizes, sugar-sweetened beverages, nutrition facts labels, preparing a healthy meal on a budget, food groups, nutrients, healthy snacks, whole grains, food safety, dairy products, dietary fiber, and more. For additional information about 4-H Healthy Living, visit www.ca4h.org/Projects/HealthyLiving or contact Mandi Bottoms at: mlbottoms@ucdavis.edu



JOIN THE REVOLUTION OF RESPONSIBILITY

Military Youth The 4-H Military Partnership provides opportunities aimed at the more than 170,000 military youth who live throughout California. Speak Out for Military Kids is one of those projects. Its purpose is to generate community awareness about the special issues military youth face. 4-Hers can join the call by speaking out for military kids. Potential topics may include the deployment cycle, military youth on the move or how to help military youth in your community. For more information, visit www.ca4h.org/Programs/MilitaryPartnership or <http://joiningforces.gov> or contact Crystal O'Hara at: crohara@ucdavis.edu



Eligibility and registration

- All regular 4-H members are eligible.
- All presentation formats are eligible, except impromptu speaking and problem solving categories. View the 4-H Presentation Manual for more information on formats.
- Participants may only choose one focus area for their presentation, and the area must be the primary topic of the presentation.
- Only members who receive a gold seal at a sectional event and compete at the State 4-H Presentation Day are eligible for special recognition.
- Members may give only one presentation at the State 4-H Presentation Day, in addition to one "Share the Fun" entry.
- 4-H members must select a focus area when submitting the State Presentation Day registration to be eligible for special recognition.

Santa Cruz County 4-H Snow camp

Join 4-H'ers from all over Santa Cruz County on February 17-20, 2012, 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, be properly enrolled in the 4-H Program and have been fingerprinted at least 1 month prior to attending Snow Camp.

Cost of Snow Camp is \$100 per person, 9 years and older, \$80 per person ages 5-8
Deadline for registration is Friday, January 20, 2012.

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 2012, c/o Felton 4-H, 300 Moon Meadow Lane, Felton, CA 95018. 4-H registration forms are available at <http://www.ca4h.org/Resources/Publications/> under 4-H Enrollment Forms.

See you there! Call John Detke (831) 335-1285 for more information.

Directions: www.campsylvester.org

580 East towards Stockton

I-205 East towards Tracy/Stockton

Merge onto I-5 North then merge 120 East toward Sonora/Manteca.

Merge onto I-99 North toward Sacramento, exit onto East Yosemite/120 East

Take 120 East toward Sonora in Manteca (stay with 120 through Escalon to Oakdale)

In Oakdale, turn left to 108 East (stay with 108 East through Sonora to Pinecrest)

Camp Sylvester/Dodge Ridge is located 30 miles east of Sonora

Turn Right off Highway 108 to Pinecrest, then onto Dodge Ridge Road and you are there

Camp Sylvester is on the left hand side. If you reach Dodge Ridge Ski Resort – you've gone too far!!





Santa Cruz County 4-H Family Snow Camp

February 17-20, 2012

Registration due by Friday, January 20, 2012

Additional forms and information can be found at:

[http://cesantacruz.ucdavis.edu/Youth_Development/Camps - Conferences/](http://cesantacruz.ucdavis.edu/Youth_Development/Camps_-_Conferences/)

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 (5-9)

***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 17-20, 2012

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 17, 2012;

Check out: 10:00 am Monday, February 20, 2012

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 January 20 to:

Family Snow Camp 2012
c/o Felton 4-H
300 Moon Meadow Lane
Felton, CA 95018

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



DECEMBER 2011



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20 SC 4-H Office Open 8am-5pm	21	22	23	24
25	26	27	28	29	30	31

4-H Office Closed (Dec 21-22)

Extension Office Closed (Dec 27-28)

Upcoming 4-H Events & Deadlines

January 2011

- 1 New Years Holiday – Office Closed
- 17 Martin Luther King Day - Office Closed
- 20 County Council Meeting**
- 20 Newsletter articles due
- 28-30 LCORT - Wonder Valley Ranch

February 2012

- No County Council Meeting**
- TBA Medal Applications due to 4-H office
- TBA Co. Presentation Day Applications due
- 16 Newsletter articles due
- 17-20 Snow Camp**
- 20 Presidents Holiday - Office Closed

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: 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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