

California 4-H Association

January 2014



University of California
Agriculture and Natural Resources

The California 4-H Association is committed to improving our professional skills and development, exchanging new program ideas, methods, and techniques, while getting to know 4-H Youth Development Program colleagues across the state.

Welcome from the 2013-14 Association President



Happy New Year, members of the California 4-H Association. Thank you for joining the Association and becoming a part of a state and nationally recognized network of youth development professionals committed to advancing the professional status of the 4-H staff and academics. The Board of Directors, including JoLynn Miller, Rita Boyes, Gemma Miner, Jacki Zediker, Charles Go, and Russell Hill, are energetic, ambitious, and working hard to revitalize and rebuild the Association. The Board reflects the experience and diversity of staff throughout California, including Program Representatives, Coordinators, and Advisors.

What does the Association do and how does it help me so that I would want to be a member? With limited time to do our work as well as competing demands and priorities, how will the Association benefit my work as a 4-H professional? You will find that the Association, as we rebuild over the next few years, may be able to provide resources, support, and a place to share and obtain information from colleagues.

In 2013, a small group worked to focus the Association's purpose and its governance by revising the [Constitution and Bylaws](#). The purpose of the Association is threefold:

- 1) Provide opportunities to learn from each other;
- 2) Recognize staff for innovation, service, and achievement; and
- 3) Support interstate networks and the National Association of Extension 4-H Agents.

To accomplish these goals, the Board of Directors is moving forward with these efforts:

- Establishing regular communications for members, using our email list, website, and social media. Our new secretary, Jacki Zediker, will publish a quarterly electronic newsletter.
- Hosting monthly webinars on pertinent and practical topics, presented by those in the field. Plan to participate on the first Thursday of every month, starting in February 2014! For more information, connect with our President-Elect, JoLynn Miller.
- Strengthening our recognition for amazing work being conducted by 4-H staff around California. Check out the various opportunities including the 4-H Golden Clover Awards, ANR Distinguished Service Awards, and awards from the National Association of Extension 4-H Agents. To this end, we have a new officer position dedicated to recognition-the Vice President of Recognition, Gemma Miner.
- Hosting a Spring 2014 California 4-H Staff Retreat with a program emphasizing the practical, the inspirational, and the social. Let us learn from each other!

There are good things in store for 2014. Find our website at <http://ucanr.edu/sites/CA4-HA> and our Facebook page at <https://www.facebook.com/CA4HA>.

Steven Worker
President, California 4-H Association
and 4-H Science, Engineering and Technology Coordinator

Everyone Can Build Assets

Charles G. Go, Ph.D., University of California Cooperative Extension – Alameda County

There are many things you can personally do or could do to make a big difference for children and teenagers. Whether you're a parent, grandparent, neighbor, uncle, friend, mentor, volunteer, or someone who just sees young people in the mall, in the neighborhood, or on the street corner, there are many ways you can help young people succeed.

How? By building developmental assets--positive relationships, experiences, and inner strengths that all young people need to become healthy, caring, and responsible adults. Search Institute (2003) research on thousands of young people has shown that having these assets can make a tremendous difference in young people's lives, giving them the strength to make positive choices.

Search Institute organizes the 40 developmental assets into 8 categories. The first 4 categories are "external assets"--relationships, experiences, and opportunities provided by nuclear and extended families, caring adults and peers, neighborhoods, and institutions within communities. The other 4 categories are "internal assets," which focus on the commitments, values, skills, and outlook on life that guide young people's choices.

Below are **8 ways** you can help build developmental assets--one for each category of assets:

Asset Category	Preschoolers	Elementary
I. <u>Support</u> young people with your caring and attention	<ul style="list-style-type: none"> Get down to children's eye level whenever you interact with them. Encourage children's thinking abilities by letting them experience new sounds, sights, tastes, textures, and smells. Let the children choose what games you play with them. 	<ul style="list-style-type: none"> Encourage children's passions and interests. Answer their questions. If you don't know, admit it and work together to find out the answer. When children and adults disagree, show the children that you still care.
II. <u>Empower</u> them to use their abilities to help others.	<ul style="list-style-type: none"> Allow children to make simple choices, such as wearing black socks or red socks. Do simple acts of community service together with children such as collecting food for a food bank. 	<ul style="list-style-type: none"> Ask children what they like and do not like about their daily routines. Make changes to improve them.
III. <u>Set reasonable Boundaries</u> and have high <u>Expectations</u>	<ul style="list-style-type: none"> Model how you want children to act; don't just tell them what to do and what not to do. Learn what to expect from preschoolers. Read child development books, talk to other parents, or talk to preschool teachers or child care workers. 	<ul style="list-style-type: none"> Be firm about boundaries that keep kids safe. Don't negotiate with these boundaries. Challenge children to do their best in school, and help them whenever you can.

Everyone Can Build Assets-Continued

Asset Category	Preschoolers	Elementary
IV. Help them find activities that make <u>Constructive Use of their Time</u>	<ul style="list-style-type: none"> ▪ Take children to museums, theater, and other cultural events or activities to expose them to new things. ▪ Follow children’s leads in which activities interest them. 	<ul style="list-style-type: none"> ▪ Allow children to have one or two regular out-of-home activities that are led by caring adults. ▪ Teach children to balance their time so they gradually learn how not to get too busy or too bored.
V. Spark their <u>Commitment to Learning</u>	<ul style="list-style-type: none"> ▪ Talk about what you see whenever you are with children and ask them to talk about what they see. ▪ Visit libraries, zoos, museums--any places that give children new experiences. 	<ul style="list-style-type: none"> ▪ Set daily homework guidelines for children and provide a place for them to study. ▪ Let children read to you and show them that you are excited and proud about their reading. ▪ Help children find ways to learn more about subjects that really interest them.
VI. Guide them toward a life based on <u>Positive Values</u>	<ul style="list-style-type: none"> ▪ Teach children how to care for special things, such as toys, outfits, or plants by themselves. ▪ Encourage parents to explain their values simply to children when they see others behaving in ways they value or do not value. 	<ul style="list-style-type: none"> ▪ Encourage families to participate in service activities together. ▪ Talk to children about specific examples of people acting on their values.
VII. Help them develop <u>Social Competencies and life skills</u>	<ul style="list-style-type: none"> ▪ Continue to cheer on children’s new skills, such as drawing, walking backward, and learning how to cut with scissors. ▪ Encourage families to start having periodic family meetings in which children have input into decisions made. 	<ul style="list-style-type: none"> ▪ Break new tasks and skills into small, manageable steps that children can master without becoming too frustrated. ▪ Encourage children to use words --rather than just actions--to communicate.
VIII. Celebrate their uniqueness and affirm their <u>Positive Identity</u>	<ul style="list-style-type: none"> ▪ Find ways to teach children about their cultural heritage, such as through stories or special foods. 	<ul style="list-style-type: none"> ▪ Teach that our differences means we are all good at one thing that no one else is like. ▪ Find ways for children to spend time with people who look, act, think, and talk in different ways.

Recognition Opportunities for 4-H Staff in 2014

From Gemma Miner, Vice President for Recognition, gminner@ucanr.edu.



2014 National 4-H Hall of Fame

Sponsored by National Association of Extension 4-H Agents in partnership with the National 4-H Council and 4-H National Headquarters (USDA)

Deadline: California deadline of February 21, 2014 to Gemma Miner

Nomination: Anyone may nominate; the CA4-HA Board of Directors selects one individual to submit for California 4-H.

Purpose: To recognize 4-H volunteers, extension professionals and staff employees, donors and others who have made a significant impact on the 4-H program and/or 4-H members through the contribution of time, energy, financial resources.

For more information: <http://4h.ucanr.edu/files/179527.doc>

ANR Distinguished Service Awards for UCCE Academics and Staff 2014

Sponsored by UC ANR and Academic Assembly Council

Deadline: 5:00pm February 21, 2014

Nomination: People may self-nominate or nominate others

Purpose: To recognize and reward outstanding accomplishments by UCCE academics in six categories.

Outstanding Research (\$2,000)

Outstanding Extension (\$2,000)

Outstanding New Academic (\$2,000)

Outstanding Leader (\$2,000)

Outstanding Team (\$5,000 to be split among the nominated academic team members)

Outstanding Support Staff (\$2,000)

For more information: <http://ucanr.edu/survey/survey.cfm?surveynumber=11706>

Awards from the National Association of Extension 4-H Agents

Sponsored by the National Association of Extension 4-H Agents

Deadline: March 1, 2014

Nomination: People must self-nominate for specialty and communicator awards; nominations for service awards will be completed by the CA4-H Board of Directors.

Requirement: Candidates must be members of the NAE4-HA.

Purpose: To recognize outstanding contributions to the 4-H Youth Development profession.

- Service (Selected by the CA4-HA Board)
 - Achievement in Service (4-6 years)
 - Distinguished Service Award (7+ years)
 - Meritorious (15+ years)
 - 25 years of Service (25+ years)
- [Specialty \(19 categories\)](#)
- [Communicator \(13 categories\)](#)

For more information: <http://www.nae4ha.com/awards>

Recognition Opportunities for 4-H Staff in 2014-Continued

California 4-H Golden Clover Awards

Sponsored by the California State 4-H Office

Deadline: 11:59pm May 1, 2014

Nomination: People may self-nominate or nominate others

Requirements: Only program staff may be awarded; academic staff are not eligible.

Purpose: Recognize outstanding achievements; for staff in two categories.

- * Engaging Youth in Reaching Their Fullest Potential Award – promotion and advancing youth members on a trajectory of thriving and reaching their fullest potential through direct work with youth or volunteer development.
- * Partnership Award - creating successful partnerships with 4-H volunteers, 4-H members and other community organizations.

For more information: <http://4h.ucanr.edu/Resources/Members/GoldenClover/>

Professional Development Webinar Series

From JoLynn Miller, President-Elect, jlmiller@ucanr.edu



The CA4-HA Board Members are working diligently to make the association relevant to you. We are starting a Professional Development Webinar Series where Advisors, Program Reps, and Academic Coordinators can share useful information with their colleagues. Over the past year we have collected topic suggestions from you and have planned our first two webinars. Please add the FIRST THURSDAY of EVERY MONTH from 10am-11am to your calendars. If you're interested in hosting a 45 minute to 1 hour webinar, please contact JoLynn Miller at jlmiller@ucanr.edu.

Upcoming Webinars

February 6th: Supporting Volunteers (Presenter: Russell Hill)

Russ Hill developed a survey tool that sought to collect information about the volunteers in the 4 county cluster that he is responsible for administering. (Madera, Mariposa, Merced and Stanislaus) The presentation will cover how he developed the tool, what incentives were used to increase participation, how data was collected and the results of this survey. He will also go over lessons learned and make this tool available to others who would like to modify and adapt it for their own volunteers.

March 6th: Managing Stress on the Job! (Presenter: Marcel Horowitz)

Feeling stressed and overwhelmed at work?! Yep, us too! There are some concrete steps that you can take to help minimize the negative aspects of stress, and harness that energy for good. Let's discuss what you can do to prepare for, cope with, and control the inevitable stress of your job.

Webinar Login/Call in information:

Adobe Connect link: <http://uc-d.adobeconnect.com/ca4-ha/>

Dial in Number: (712) 432-0926; Participant Access Code: 898617#

Did You Know?

4-H.org has many great resources for you to help train volunteers. Are you looking for volunteer training lesson plans. Check out the Volunteer Research Knowledge and Competency Taxonomy Lesson Plans at <http://nextgeneration.4-h.org/volunteerism/vrkc/>

Thank you!

We recognize and thank the former California Association of Farm Advisors and Specialists (CAFAS) for a generous financial gift which will be used to further the professional work of the California 4-H Association. A heartfelt thank you to Scott Stoddard and Sonya Hammond.

Help Plan the Association Retreat 2014!

Email your thoughts and/or call-in on Wednesday, January 22, 2014, 10-11am.

Purpose: A three-day gathering to help 4-H staff network, build relationships, and strengthen their '[social capital](#)'. The retreat will emphasize sharing of promising practices, expertise, and experience between staff while inspiring, recharging, and gathering strength from those who have similar job functions.



Input Needed: We need your thoughts to plan the retreat. Please email your thoughts or join the phone call to participate in planning.

What time of year work best for you, given your county program? (e.g., would April or October work for you?)

Would you rather be at a hotel or a retreat/conference center? Would you mind staying in a camp-like cabin if it reduced lodging expenses?

What type of activities, sessions, and experiences would you find useful?

Please email your thoughts to Steven Worker at smworker@ucanr.edu and JoLynn Miller at jlmiller@ucanr.edu. If you want to participate in planning, join us for a call on January 22, 2014, 10-11am at (712) 432-0926 using code 898617#



**All growth depends upon activity.
There is no development physically
or intellectually without effort,
and effort means work.**

- Calvin Coolidge





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Did You Know?

It's not too late to join the California 4-H Association. We have many new professional development opportunities planned. Join today at:

<http://ucanr.edu/sites/CA4-HA/Membership/Application/>

Welcome 2014 CA4-HA Members

As we begin 2014, we would like to welcome all our members to the California 4-H Association.

0-3 Years of Service

Shanna Abatti, Program Representative, Imperial County
Vera Allen, Program Representative, Amador County
Nathaniel Caeton, Program Representative, Shasta/Trinity Counties
Dorina Espinoza, Youth, Families, and Communities Advisor, Humboldt/Del Norte/Mendocino/Lake Counties
Jamie Marron, Program Representative, Glenn County
May McMann, Program Representative, Alameda/Contra Costa Counties
JoLynn Miller, Youth Development Advisor, Tuolumne/Calaveras/Amador/El Dorado Counties

Gemma Miner, Academic Coordinator, State 4-H Office
Jason Suppes, Program Representative, Orange County
Sarah Watkins, Program Representative, State 4-H Office

4-6 Years of Service

Stephanie Fontana, Program Representative, Santa Cruz County
Shannon Horrillo, Youth, Families, & Communities Associate Director of 4-H Program & Policy, State 4-H Office

7-14 Years of Service

Nick Bertagna, Program Representative, Butte County
Rita Boyes, Program Representative, Sutter/Yuba Counties
Cheryl Fraser, Program Representative, Alameda County
Russell Hill, Youth Development Advisor, Merced/Mariposa/Madera/Stanislaus Counties
Sandy Sathrum, Program Representative, Humboldt/Del Norte Counties
Veronica Slaton, Program Representative, Kern County
Steven Worker, Academic Coordinator, State 4-H Office
Jacki Zediker, Program Representative, Siskiyou County

15-25 Years of Service

Marianne Bird, Youth Development Advisor, Sacramento County
John Borba, Youth Development Advisor, Kern County
Charles Go, Youth Development Advisor, Alameda/Contra Costa Counties
Lynn Schmitt-McQuitty, Youth Development Advisor, San Benito/Santa Cruz/Monterey Counties

25+ Years of Service

Sue Manglallan, Youth, Families, and Communities Advisor, San Diego County
Linda Manton, Executive Director of Staff Personnel and Affirmative Action Contact, UCANR, Davis
Jane Young, Youth Development Advisor, Marin/Napa Counties

Lifetime Memberships

Linda Araujo-Wilson	Gloria Davis	Dorothy Duncan
Dick Eppley	Peggy Gregory	Judith Kingston
Darlene Liesch	Diane Metz	Augie Perez
George Rendell	Ed Schlutt	Allyn Smith
Diane Wallace	Ken Willmarth	