



**University of California**

**Agriculture and Natural Resources | 4-H Youth Development Program**

*The Newsletter for the 4-H Family*

# Clover Country 4-H Newsletter

## August 2014

*This newsletter is online along with Record Book forms, scholarship applications, event registration forms and more! Visit <http://cecentralsierra.ucanr.edu/> for information.*

*Like us on Facebook! <https://www.facebook.com/CalaverasCounty4HProgram>*

### August 4-H Council Meeting

The next 4-H Council meeting will be held on Wednesday, **August 20<sup>th</sup>** at the old CCWD Board Room in San Andreas (same location as always). The meeting begins at 7 pm. All 4-H families are welcome to attend! You do not need to be a 4-H leader to attend. Parents and 4-H members may also represent your club.

### UPCOMING DATES TO REMEMBER

August 9<sup>th</sup>, Club Officer Training, Tuolumne County  
 August 20<sup>th</sup>, Calaveras 4-H Council meeting, 7 pm, CCWD Board Room, San Andreas  
 September 1<sup>st</sup>, Labor Day Holiday



### COUNTY RECORD BOOK JUDGING RESULTS

Boer Goats

County Winner: Kyra Allemand

Medalist: Megan Wright

Swine

County Winner: Alyssa Carlin

Cavies

County Winner: Kenny Reed

Primary Wildlife & Fisheries

County Winner: Carlin Enderlein

Primary Construction & Building

County Winner: Jason Moore

Public Speaking  
County Winner: Brianna Navas

Wildlife & Fisheries  
County Winner: Elizabeth Enderlein

Poultry & Game Birds  
County Winner: Kelly Baird  
Medalist: Nikolette Nunn

Record Keeping  
County Winner: Dezjani Belt

Clothing & Textiles  
Medalist: Sydney Jones

Bicycles  
County Winner: Daz Belt

Horses & Ponies  
County Winner: Megan Borzone  
Medalist: Elena Smith  
Certificate Winner: Pearl Rawlings

Industrial Arts  
County Winner: Jaden Bitner  
Medalist: Carson Jones

Foods & Nutrition  
County Winner: Emmary Jones  
Medalist: Archer Bitner

Poultry & Game Birds – Turkeys  
Certificate Winner: Trent Norman

Dairy Goats  
Medalist: Cooper Morlan

**Thank to all of our judges! They were:**

Jan Black  
Sylvia Belt  
Robin Danfelt  
Missie Smith  
Tina Enderlein  
Kim Borzone  
Anita Hatfield  
Shannon Jones  
Chris Markus – chairperson

The winners of the two tablets were Megan Borzone and Kelly Baird!!!

*County*  
**RECORD BOOK**  
*Judging*

## Incentive For Reading the 4-H Newsletter

This month, there will be an incentive prize for registered Calaveras 4-H members who read and answer a question about the 4-H Clover Country Newsletter. This month's prizes are three gift cards, one of the three to be given to the first three Calaveras 4-H families that answer the question (one prize per family, please). The only trick? You must read through the newsletter to find the answer!

This month's question: Where were the two Day of Science and Service events held in Calaveras County? If you know the answer, call the 4-H Office, 209/754-6474 (leave a message if no answer and spell out your first and last name slowly, and leave a phone number) or email [jgoerlitz@ucanr.edu](mailto:jgoerlitz@ucanr.edu). We are not accepting texts for this. Good luck!

## 4-H Club Officer's Training

Dear 4-H Families,

I would like to extend an invitation to all 4-H members in the county to attend our first Officer's Training on Saturday, August 9th from 10 a.m. to 2:00 p.m. Youth can receive training in their current office or an office they would like to hold in the future. I will host a roundtable discussion for leaders as an opportunity for current volunteers and interested adults to share ideas and ask questions about leading 4-H Clubs and project groups. Lunch will be provided to all who attend, but we need your help to plan appropriately. If you would like to attend Officer's Training, please RSVP by completing the online survey at <http://ucanr.edu/otrsvp> so we can get a count for handouts and lunch. Please feel free to call me at (209) 533-6990 if you have any questions. Topics covered will be leadership, team building games, responsibilities of specific offices, parliamentary procedures and meeting tips. There will be lots of learning, fun, games and pizza! Join us for this fantastic day hosted by our All Stars and Leadership Team.

Thanks,  
Melanie Curtis  
4-H Program Representative

## Salute To Excellence Awards

***Don't miss the opportunity to nominate exemplary 4-H Volunteers for the 2015 Salute to Excellence Awards Program  
Information & Deadlines***

The National 4-H Salute to Excellence Volunteer Recognition Award recognizes 4-H volunteers who demonstrate exemplary service to 4-H, while promoting service through volunteerism as both an opportunity and a privilege.

In 2015, eight regional honorees will be selected. Each region will have its own *Outstanding Lifetime Volunteer* and *Volunteer of the Year*. The eight regional winners become nominees for the national award, and one volunteer in each category will be named the national winner.

### Selection Criteria

1. The *Volunteer of the Year Award* is for individuals who have served as 4-H volunteers for **less than 10 years** at the local, county, district or state level.

2. The *Outstanding Lifetime Volunteer Award* is for individuals who have served **10 or more years** at the local, county, district or state level.
3. **A completed nomination will consist of an overview resume of the applicant's 4-H and relevant community volunteer experiences and three (3) letters of recommendation. A template for the resume is provided and should be followed in developing the nomination packet. A packet missing any of the four components is eliminated.**

Please take the time to nominate outstanding individual volunteers using the Nomination Application and Resume Template. Mail completed nomination packet(s) to the UC ANR, State 4-H Office, Attn: Shannon Horrillo, 2801 Second Street, Davis, CA 95618.

Nominations should be received **by October 25, 2013** to be considered. The State 4-H Office will verify with county 4-H staff that the volunteer is enrolled and in good standing. If multiple nomination packets are received they will be reviewed by the 4-H Incentives and Recognition Advisory Committee who will recommend one nominee for each category to the Associate Director of 4-H Program and Policy for final approval. Please note there is no limitation on the number of nominees from each county. <http://www.4-h.org/resource-library/grants-awards/opportunities/salute-to-excellence/program-information/>

### 4-H Council Treasurer Needed

The person who was nominated to serve as the 4-H Council treasurer as declined the nomination. Therefore, we will be having an election for the position at the August 4-H Council meeting.

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### CALAVERAS 4-H COUNCIL

Meeting Minutes

June 18th, 2014

President – Chris Markus    Vice President - Kenny Reed  
Secretary – Patty Reed    Treasurer – Kathy Carlin

The meeting was called to order at 7:03 pm. In attendance were the following clubs: Angelus Ranus (0) Murphys (0) Mountain Ranch (1) San Andreas (3) Tri-Dam (4), West Point (0) Jenny Lind (0) Mokelumne Hill (0) Copper Hills (0) Calaveras Wranglers (2) Countywide (0) and Ex-Officio (1) Guest (0)

San Andreas - Keeping busy with 4H events and planning for Amador County Fair

Mtn. Ranch - Moving meetings to the 3<sup>rd</sup> Thursday and they have a new co-club leader

Wranglers – Participated in the Horse Expo. Elections set for July and YR end Roller Skating party

Correspondence: Scholarship thank you from Julia K.

Additional Agenda item None

#### **Reports**

Secretary Report: Patty Reed– April Minutes motion to approve as read Kelsey M 2<sup>nd</sup> Shannon S motion passed.

Treasurer report: Kathy Carlin – April treasurers report read. Motion to approve Kelsey 2<sup>nd</sup> Alyssa C Motion passed

All Stars: June interview for one candidate, Kenny Reed. Committee will meet to review

**Staff:** Jennifer Reported would like to see more input for the agenda from Council. Chris M volunteered to take over writing the agenda. Discussed achievement awards, record book judging, paper enrollment forms, 229 members & 71 leaders. Toyon had their kick off meeting with the members doing woodworking projects

**Old Business**

New Fundraising ideas - Nothing new to report

Fall Club Officer Training/Leader retreat- Chris M. still in the planning stages Sept 7<sup>th</sup> tentative date

4-H booth at fair - Went well there were some new 4-H boards and interest from the public

Update 4H Council Constitution \_ Motion to approve the constitution as written Shannon S 2<sup>nd</sup> Kelsey M Approved

Day of Science and Service - Starbucks in Valley Springs and Angels Camp participated. Lots of interest from the public.

Kiss the Pig - Kelsey reported things went very well. It was very successful raising \$515. Thank you to Kelsey for coordinating this event and thanks to Kenny for volunteering Bubba.

**New Business**

4H Cook Shack – It is state property and can't be sold. The cook shack can remain at Kathy's and we need to advertise its available and hopefully it can be put to use. Dave Cundiff and Aldie Broglio originally renovated the small trailer to function as a food booth. \*\*Action item: Kathy to get pictures for the July meeting and it may be due for some maintenance.

Kid's Day –Valley Springs Attendance was low this year with fewer booths and volunteers. There was a 4H presence thanks to Belts and Enderleins.

Calaveras Fair Judges for 2015 Discussion regarding the Saturday shows and what is required to keep the shows going. Members whose shows fall on the Saturday need to be involved at the Jr Livestock meetings and help with fundraising.

Countywide Record Book Judging - Set for July 19<sup>th</sup> Calaveras County of Education RSVP only & 1 judge for every 10 books a club submits. We cannot have children at event & appreciate your understanding.

County events Judging Medals - 5 Counties invited are Calaveras, Tuolumne, Mariposa, Amador & El Dorado. Motion made by Shannon S In order to receive medals participants in Sub-Regional Presentation Day & Home Arts Expo must be members of a community club within the 5 invited counties and can therefore receive medals regardless of where the project meetings are held. 2<sup>nd</sup> motion Kelsey Motion passed.

Adjournment: 8:30 Motion to adjourn 1<sup>st</sup> Kelsey M - 2<sup>nd</sup> Kenny - Motion passed meeting adjourned.

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Accessibility clause:

Should you need assistance or require special accommodations for any of our educational programs, please contact us at 530-621-5502.

Cooperating statement:

The University of California working in cooperation with County Government and the United States Department of Agriculture.



## 2014-2015 Open Enrollment Going on **NOW!**

Deadlines to be eligible for 2015 fair:

Wednesday, October 15th for returning members

Monday, December 1st for new members

**Follow the steps below to enroll a youth.**

1. Log onto [cecentralsierra.ucanr.edu](http://cecentralsierra.ucanr.edu). Click on the 4-H Logo.
2. Under the Enroll Now screen you can log into 4-H Online.
  - Update profile (only create a new family profile if you are new to 4-H)
  - Be sure to check the box agreeing to "WAIVER OF LIABILITY"
3. Return to the Enroll Now screen. Click on your county for required reading and online payment. You can also pay by check made out to UC REGENTS and given to your Club Leader or local 4-H office. By enrolling in the 4-H Youth Development Program you are agreeing to your county's enrollment policies and guidelines.
4. Print out the Medical Release AND Health History forms. Give both forms to your COMMUNITY CLUB LEADER. No need to bring them to the office.
5. If you have questions about the enrollment process itself, please check out our "Enrollment Help" page on the Central Sierra 4-H Website. For additional help, contact Nancy Starr our Enrollment Coordinator at (530) 621-5503 or [njstarr@ucdavis.edu](mailto:njstarr@ucdavis.edu).

<http://ucanr.org/centralsierra4-H>

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Agriculture and Natural Resources  
Making a Difference for California



# Fee Waiver 2014-2015

Amador, Calaveras, El Dorado, and Tuolumne counties

Provisions will be made by the 4-H club/unit or county council (VMO) to cover program fees for eligible youth who are unable to pay them. The parent/guardian of an eligible youth for which a program fee waiver or reduction is requested to complete and sign this form. While fees are waived for your family, they are still paid to the State Office by the 4-H club/unit or county council and covered by local fundraising efforts within the county.

A. Name of Youth (Print): \_\_\_\_\_  
(First) (Last)

B. Club/Unit Name: \_\_\_\_\_

C.  I am requesting a waiver of the program fee in full.

---Or---

I am requesting a reduction of the program fee. I can pay \$\_\_\_\_\_.

(If requesting a partial fee waiver, the remainder must be paid to County Staff by cash or check-no online payments for partial fees can be accepted).

D. To determine eligibility for a waiver or reduction of the program fee, please indicate if:

Monthly household cash income is at or below 185% of the Federal Poverty guidelines. If your child is eligible for/enrolled in free or reduced price school breakfast or lunch you meet this criteria.

(Reference: <http://www.fns.usda.gov/cnd/governance/notices/iegs/iegs.htm>)

My family does not meet Federal Poverty guidelines, but because of a hardship we are unable to pay the full amount and request a **partial fee waiver** in the amount listed above.

UC reserves the right to verify the above information by further reviewing the household financial status with the parent/guardian. **By signing this form, you acknowledge you have read all required information about 4-H enrollment and eligibility found on our website at [cecentralsierra.ucanr.edu](http://cecentralsierra.ucanr.edu).**

\_\_\_\_\_  
Name of Parent/Guardian of Youth (Print)

\_\_\_\_\_  
Signature of Parent/Guardian of Youth

\_\_\_\_\_  
Date

**RETURN TO: Your local 4-H office (addresses at [cecentralsierra.ucanr.edu](http://cecentralsierra.ucanr.edu))**

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### Member Tip of the Month:

Do you know about the 4-H Officer's Manual? The 4-H Officer's Manual is designed specifically for the 4-H club officer. If you're a club officer, this resource will help you be a great leader and learn the responsibilities of your job as well as the job of your fellow officers. Check it out [here!](#)



University of California  
Division of Agriculture and Natural Resources

4-H Youth Development Program

State 2014  
Leadership  
Conference

### Don't miss SLC 2014!

4-H State Leadership Conference  
"Raiders of the Lost Leadership"  
August 14-17, 2014 | U.C. Santa Cruz  
Ages 13-19

Don't miss out on one of the most fun and educational events CA 4-H has to offer!

Registration DUE July 25, 2014.  
Register [here.](#)

## 4-H Water Policy

As of July 1, 2014 drinkable water, without anything added, must be available at all 4-H meetings, activities and events. In addition, any 4-H fundraisers that include the sale of beverages must include water as an option.

The health and safety of 4-Hers is a priority at all activities and events. Drinking water is crucial for good health and will help prevent dehydration and heat illness. Having water available ensures a healthy beverage choice.

Water is the best option for rehydration when participating in physical activities, and ensures more stamina to complete events. Water contains no sugar, which helps ensure stable energy levels and reduces fatigue. Water contains no caffeine, so hyper-activity, loss of concentration, and possible behavioral problems are avoided. Water is oftentimes free. Choosing water when thirsty is a natural instinct, and should be encouraged.



I PLEDGE MY HEALTH  
*to better living.*  
#4Hwaterwed







# 4-H Calendar of Events

Check out our statewide calendar of events, dates, & deadlines!

## August

- 8/3/2014 [4-H Film Fest 2014](#)
- 8/14/2014 [State Leadership Conference](#)
- 8/16/2014 [Shooting Sports Workshop - Muzzle Loading Discipline](#)
- 8/16/2014 [4-H Millionth Tree Planting Event](#)—NEW
- 8/30/2014 [CA 4-H at Raley Field](#) — NEW

## September

- 9/6/2014 [4-H Shooting Sports Workshop - Pistol Discipline](#)
- 9/13/2014 [South Section Meeting](#)

## October

- 10/1/2014 [Deadline: CA 4-H Quick Start Record Book Course](#)
- 10/4/2014 [North Section Meeting](#)
- 10/4/2014 [Shooting Sports Archery Certification Workshop](#)
- 10/18/2014 [Shooting Sports Leaders Meeting](#)

## November

- 11/3/2014 [Deadline: Records Books for State Competition](#)
- 11/14/2014 [Save the date: 2014 State 4-H Leaders' Forum](#)

## December

- 12/21/2014 [4-H Day at the Oakland Raiders](#)— NEW

## SLF 2014

### Extend the Thrive of 4-H

Many 4-H members, volunteers and staff are engaged broadly in local, regional, and national work. They are recognized as exceptional teachers, mentors, and helpers, who contribute widely to many fields of learning, and as participants in a wide variety of communities. 4-H has embraced the changing world around us, and we are leaders in those changes as we teach, learn, discover, create, build, and thrive.

The California State 4-H Leaders' Forum 2014 will showcase "101 Ways 4-H Thrives". Many of these incredible people will continue making the connections that extend the impact of their expertise. The Sacramento Crowne Plaza Hotel is the place. November 14 – 16, 2013 are the dates. Join your fellow 4-H friends and make use of the many opportunities to continue forging the connections that extend the impact of the workshops. The list of workshops will be available next month. Your 'tool box' of methods, ideas, and links will be refreshed and understanding gained when you participate in these workshops, extending your thrive tools.

Through the educational, social and celebratory experiences at SLF 2014, CA 4-H has the opportunity to bring people together for collaboration, inspiration, and sheer joy, and send them out to share the incredible treasures of 4-H, and promote the 4-H mission. Registration information is found at:

<http://4h.ucanr.edu/Programs/Conferences/SLF/>.



#California4H





# Scholarships, Awards & Grants



## Summer of Service Awards

Deadline: July 31

More [info](#).

## Global Youth Service Day 2015 Lead Agency Program Grants

Deadline: July 31

More [info](#).

## Video Game Innovation Fellowship

Deadline: August 15

More [info](#).

## Dollar General Afterschool Literacy Award from Afterschool Alliance

Deadline: August 15

More [info](#).

## The Home Depot Foundation Community Impact Grants

Deadline: August 15

More [info](#).

## Sports-For-All Clinic Grants

Deadline: Rolling

More [info](#).

# Don't miss it!

Support your 4-H county! Get the full details [here](#).

2014

# CALIFORNIA 4-H

## At Raley Field



## Saturday, August 30 River Cats vs. Reno Aces

Triple-A Affiliate of the Arizona Diamondbacks

First pitch at 7:05 p.m.

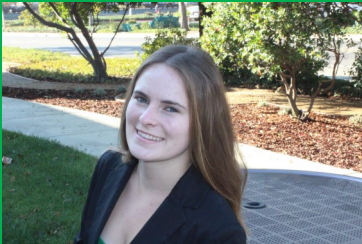


# State Ambassador Corner

Today's 4-H'ers,  
Tomorrow's Leaders.  
-4-H Member

## State Ambassador Corner:

As we welcome the new 2014-2015 State Ambassadors, these 2013-2014 State Ambassadors want to share some thoughts about their experience serving the members of California 4-H. We also want to thank our statewide 4-H family for the support and encouragement.



**Ashley Abrahamson**

"Being a part of the State Ambassador Program has truly opened up a whole new world. The people, the experiences, and all of the wonderful opportunities opened up through the program have established a strong and lasting foundation to my 4-H experience as well as my future".



**Cole Breck**

"A year can go many different ways. This year I have had the honor to work alongside nine top achieving youth in the State of California. We have met new people, made new friends, and experienced things that will stay with us a life time. The State Ambassador program has shown me that we (the youth in California) are not just individuals doing extraordinary work but we are a family that is showing the world what the youth in the State of California can really do. We have and we always will strive to *Make the Best Better.*"



**Julianna Lydon**

"I have never been a part of something as huge as being State Ambassador. Through this program. I now realize how important and influential California 4-H is as a whole, and recognize that I am only one of the many dedicated and thriving 4-Hers within my state. It's an amazing sense of completion and wholeness that I've never experienced before."



**Maryn Spangler**

"My year as a State Ambassador was a life changing experience. I met so many new people, made some amazing friends, and most of all I felt like I had true influence in our state 4-H program. Thank you team for this past year. You have taught me so much about collaboration, team work, and the importance of communication. We laughed, we yelled, but between all that I always felt like we were there to back each other up. So thank you for being my 4-H family."



**Sigrid Derickson**

"Over the past year our team have had many amazing experiences. As our term comes to an end, I find myself at a loss for words. I am so grateful to everyone at the State office and my fellow Ambassadors for making this one of my most impactful years. I have matured, grown and learned new skills. I cannot emphasize how much this program has meant to me, but if I were to sum up my experience in one sentence this would be: *My most life changing, rewarding and memorable experience was being a State Ambassador and the experience has been priceless.*"



# State Ambassador Corner

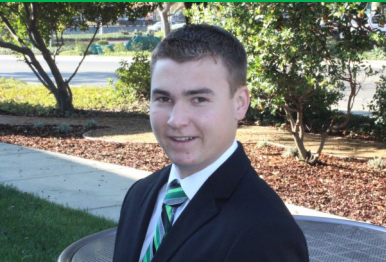
I pledge my...  
heart to greater loyalty.

## State Ambassador Corner Continued...



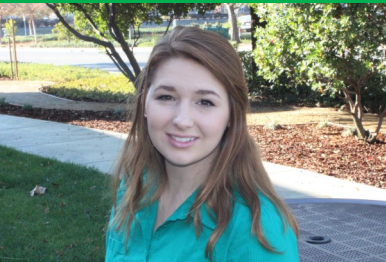
**Rachel Ricchiuto**

"Serving as a State Ambassador this past year has been the highlight of all my years in 4-H. Our team has done amazing work. We have planned together, served together, and grown together. I want to thank the other nine ambassadors for all of the wonderful memories and for everyone being there for each other. I would also like to thank our wonderful advisor Jenna, who has helped us with anything, and everything, when we have asked! This past year it was exciting to work collaboratively on a team, and know that even if we had different ideas of how to get there, we were all working towards a common goal. I could not have had a better year and I am excited to use the new skills I have learned in my future endeavors, while carrying the memories with me."



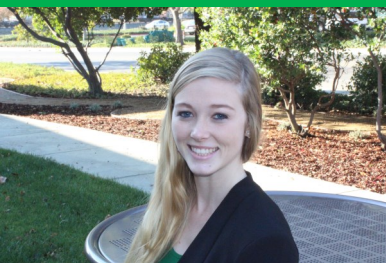
**Tristan Chester**

"When you reach the highest level of 4-H you realize that regardless of different backgrounds, areas of focus, or personality, that the pillars of the 4-H program are so strong that they unite and bond your State Ambassador team. 4-H celebrates our individuality and collaboratively we accomplished "Making the Best Better!"



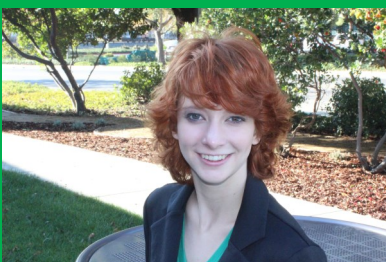
**Jeanette Downer-Lanatti**

"It's strange to think that the year is coming to an end. I feel like State Ambassador Orientation was just a few weeks ago. Although this year has flown by, I've loved spending it getting to know and cherish all the other members of the team. I've learned a lot throughout the year and truly believe my teammates have allowed me to grow as an individual. This has truly been the highlight of my 4-H career and I can't express enough my thanks to everyone involved in the program for being so amazing for this past 4-H year."



**Bobbi Jean Bertken**

It has been such an honor to get to be a part of this great team of amazing 4-H'ers from all over the state. It surprised me that even with such diverse interests we could all come together and work towards making this years SLC one to remember. I am so glad that I have had the opportunity to meet such great adults and youth going to different conferences throughout the year. This has been the such an amazing time and a great way to end my career as a youth member in 4-H.



**Genevieve Mason**



# Stories from the Field

Every day I use what I learned and practiced in 4-H. It was the best activity of my youth and life!  
-4-H Member



Authored by:

*Sarah Watkins, 4-H Animal Science Education Program Representative*

## 2014 State 4-H Horse Classic

This year's State 4-H Horse Classic was a huge success!

The horse show and educational events took place at Brookside Equestrian Show Park in Elk, Grove, June 25-29, 2014. We had over 150 horses compete and over 40 youth participate in the educational events.

Youth participated in horse judging, hippology, horse bowl, demonstrations and prepared speeches. Although there are no requirements to participate in the educational events, we encourage youth to broaden their scope of horse knowledge by participating in these contests.

We offered Western, English, Trail, Gymkhana, and Over Fences classes. Each division has a high point and the winner received a belt buckle. Our reserve high winners received an embroider throw blanket. All of the show results can be found here [http://4h.ucanr.edu/Programs/Events/Horse\\_Classic/](http://4h.ucanr.edu/Programs/Events/Horse_Classic/)

This year we offered participants text notifications of changes in classes or the schedule, and an evaluation of the event to allow youth and adults to express their opinion and recommendations.

Youth enjoyed a pool party and an ice-cream social throughout the week! The State 4-H Horse Classic is a fun family affair as the facility offers onsite camping, RV spots and dinners every evening.

We had an 11% growth in the horse show and a 9% growth in our educational events. We hope to continue to grow! Thank you to everyone that participated and attended this event, it was a great success! If you have any questions or wish to help plan the 2015 State 4-H Horse Classic please address them to Sarah Watkins, [spwatkins@ucanr.edu](mailto:spwatkins@ucanr.edu).

Check out all of the [photos](#) from the event!



# Program Updates

4-H builds self-esteem, and helps youth to realize that their opinion counts and that they can make a difference.  
-4-H Volunteer

## POSITIVE YOUTH DEVELOPMENT

**Online Record Book Surveys are open from May 1, 2014 to August 31, 2014!!!**

We would like as many 4-H members as possible to complete surveys in the Online Record Book. It is our way to find out about you and how the California 4-H Youth Development Program is doing overall. To encourage 4-H members to complete surveys online we have established incentives for completing the required Spark Score Questions.

### ***Want a chance to win?***

All youth who completed all the required Spark Score Questions in ORB before January 31, 2014 *and* who complete all the required Spark Score Questions that are available between May 1, 2014 and August 31, 2014 will receive a **\$50 gift card** in the fall of 2014. So make sure to log on and complete your surveys!

Thank you to all the Thrive Master Trainers and Project Leaders that completed surveys! Your responses will help us in making this program better for our young people. A list of the adult winners can be found here: [http://4h.ucanr.edu/Research/Evaluation\\_Updates/](http://4h.ucanr.edu/Research/Evaluation_Updates/)

## HEALTHY LIVING



### **Promoting Food Literacy**

The U.S. Food and Drug Administration developed "Read the Label." This hands-on tool unites youth, family, and community outreach leaders around the goal of making smart and healthy food choices. The "Read the Label" Youth Outreach Campaign targets young adolescents and educates them on how to find and read nutrition labels. It also includes tips and videos to help youth compare the nutritional value of different foods.

Visit:

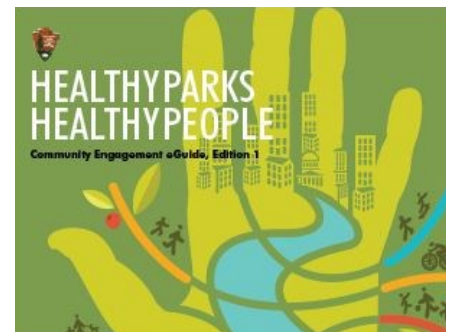
<http://www.fda.gov/Food/IngredientsPackagingLabeling/>

### **Healthy Parks Healthy People eGuide**

Learn how you can play an important role in creating and maintaining healthy spaces in your community.

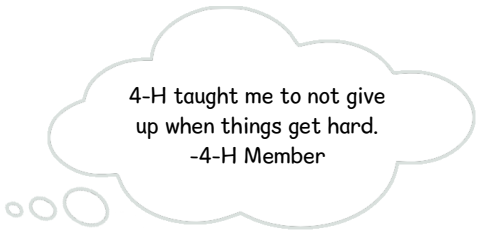
Healthy Parks Healthy People eGuide:

[http://www.nps.gov/public\\_health/hp/hphp/press/HealthyParksHealthyPeople\\_eGuide.pdf](http://www.nps.gov/public_health/hp/hphp/press/HealthyParksHealthyPeople_eGuide.pdf)





# Program Updates



## CITIZENSHIP/LEADERSHIP

**CALIFORNIA FOCUS**  
**WASHINGTON**  
**LEADERSHIP FOCUS**  
**WASHINGTON FOCUS**

### Save the dates!

California Focus  
**June 19-23, 2015**

Leadership Washington Focus  
**July 14-18, 2015**

Citizenship Washington Focus  
**June 28-July 4, 2015**

Extended travel days to:  
Gettysburg, Philadelphia & Baltimore  
**July 5-7, 2015**

For more information on these programs please visit <http://4h.ucanr.edu/>

### Save the Date: 2015 National 4-H Conference

National Conference dates are **April 11-18, 2015**

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.

National Conference Applications are available starting August 1, 2014  
Application Deadline will be **November 3, 2014**

<http://4h.ucanr.edu/Programs/Conferences/N4-HC/>



**JOIN | THE REVOLUTION OF RESPONSIBILITY**

<http://4h.ucanr.edu/Support/RofR/>

### Revolution of Responsibility Service Learning Mini-Grants

4-H groups can apply for up to \$1,000 to identify, plan, and carry out a service-learning project in their community. Projects will be focused on the three key content areas that form the core of all 4-H programs, Science, Healthy Living, and Citizenship.

**2014 Application dates: July 15, 2014 | November 15, 2014 | September 15, 2014**

## MILITARY PROGRAM



**Tutor.com** for U.S. Military Families knows that all the students out there are ready for a summer break! While it is important for students to “rest” their brains over the summer, we also don’t want them to be totally out of shape when they go back to school in the fall! To help prevent that summer brain slump, the Tutor.com team has created a booklet of fun summer activities that challenge students to use math, science and English in new and different ways.

You can find these activities at [www.tutor.com/military/brainfit](http://www.tutor.com/military/brainfit). Please feel free to disseminate them to anyone and everyone who works with military youth.



# Program Updates

I pledge my...  
heart to greater loyalty.

## SCIENCE, ENGINEERING & TECHNOLOGY (SET)



### 4-H National Youth Science Day (NYSD) - October 2014

<http://4h.ucanr.edu/Projects/SET/NYSD/>

The 2014 NYSD is titled, *Rockets to the Rescue* where youth will be tasked with the mission: design and build an aerodynamic food transportation device that can deliver a payload of nutritious food to disaster victims. Youth will learn engineering concepts, develop math skills, learn about nutrition and help solve a relevant, global issue. The focus of 4-H NYSD is to encourage youth to experience science in a fun, constructive manner, increase interest in the sciences and encourage participation in support of 4-H programs. [Pre-order](#) NYSD kits.

### Mozilla's Maker Party

<https://party.webmaker.org/>

Maker Party is Mozilla's global campaign to promote hands on learning on the web. From July 15 to September 15, thousands of culture, citizenship, and mechanics web events will take place around the world. Share your event or take advantage of the free training and fun tools on Maker Party to celebrate hands on teaching and learning on the web with this incredible new community.

### Sustainability You! Camp Planned in 2015 in Imperial County

<http://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=14491>

Imperial County 4-H and UC CalFresh Nutrition Ed Program are working with Desert Research and Extension Center (REC)'s FARM SMART program to plan and host a Sustainability You! camp in June 2015. Each day of the camp will have a theme: Land, Air, Energy, Water, and Food. Blog includes information on input from volunteers and working with 4-H teen-leaders to lead the camp. Read about the 2014 Sustainability You! Camp hosted by Hansen Agricultural Research and Extension Center (REC) in collaboration with Ventura 4-H held June 23-27.

Read about it at: <http://ucanr.edu/blogs/Hansen/index.cfm>

**SUSTAINABLE  
YOU!  
CAMP 2015**

### San Francisco: How Kids Learn IV Conference – Register Today!

<http://learninginafterschool.org/howkidslearn/wp/register>

**December 11, 2014, 8:00am – 5:00pm**, \$105, Mission Bay Conference Center in San Francisco.

This conference will be led by experts in the field about cutting-edge thinking and research on implications for practice in after school and summer programming. This conference is intended for youth program leaders, educators, technical assistance providers, funders, and all afterschool stakeholders. Participants will have the opportunity to meet innovative practitioners and Bay Area colleagues.





# Program Updates



## MORE UPDATES...



"Through the Looking Glass" is the theme for **State Fashion Revue 2015**. Incorporating participant suggestions, the two challenges for 2015 will be Costumes and Jackets. The Costume Challenge uses any technique, any materials, and any pattern, with no project requirement. The Jacket challenge represents the sewing project and has tiered requirements: Juniors make a jacket using any pattern; other garments may be purchased or sewn. Intermediates make a jacket using any pattern and one other garment for the outfit. Seniors make a complete outfit including the jacket. The Traditional, Upcycled, and Consumer Science Purchased \$40 will all return for 2015. 4-H age divisions statewide for 2014-2015 are Juniors 9 -10, Intermediates 11 – 13, and Seniors 14-19. The first meeting of the SFR committee is on Saturday, Oct. 4 in Stockton. All are welcome to join this dynamic committee and help design a positive event. Please see the [SFR website](#) for more information.

### "A Bugsalicious Adventure: Insect BioBlitz at Elkus Ranch"

<http://cesanmateo.ucanr.edu/Centennial>

**September 13, 2014, 10AM – 4PM**, Elkus Ranch, Half Moon Bay, CA

Time flies by when you're trying to collect and record as many insects as possible. A BioBlitz is a great hands-on learning event that engages the public about the life that lives in your backyard. We're looking for volunteers! At Elkus Ranch in Half Moon Bay, California, come help collect and identify your six legged friends at our mini Insect BioBlitz. We will have experts on hand helping with the process, so no experience is needed. There are rumors that there may be bug-related crafts and snacks as well! We'll also have a celebration of past, present, and future contributors to the UC Cooperative Extension, highlighting Hank Sciaroni.

UCCE Centennial Celebration

# InsectBlitz

**September 13, 2014**

Wonder at Whimsical Winged Creatures!

## 4-H in the Media:

### 4-H Community Garden Project:

Stallion Springs 4-H Club in Kern County has been busy making a difference in their community through the 4-H Community Garden project. These 4-H'ers have gathered donations from many different businesses, along with some elbow grease from 4-H members and adult volunteers, filling and planting garden boxes for locals, including Papa's restaurant. Papa's will be serving the fresh organic produce they grow to customers in their restaurant.

The group is learning about water conservation during the drought by the use of the drip system equipped with water meters and timers. After the gardens are planted they will be putting in a composting system and providing gardening classes to the community.

Read the full news story [here](#).





# Research Updates



## Workshop on Out-of-School STEM Learning: A National Summit

[http://sites.nationalacademies.org/DBASSE/BOSE/DBASSE\\_086989](http://sites.nationalacademies.org/DBASSE/BOSE/DBASSE_086989)

The National Research Council's Board on Science Education recently hosted the "Workshop on Out-of-School STEM Learning: A National Summit." Programs that were featured at the summit included 4-H. The committee will compile a report on successful out-of-school STEM learning for policy makers.

## Proceedings available from the International Conference of the Learning Sciences

<http://www.isls.org/icls2014/Proceedings.html>

The International Society of the **Learning Sciences** (ISLS) is a professional society dedicated to the interdisciplinary empirical investigation of learning as it exists in real-world settings. Learning sciences research and theory draw heavily on sociocultural perspectives, cognition, and design. The recent conference featured dozens of papers relevant to learning, youth activism, making & tinkering in and out-of-school contexts useful for Cooperative Extension and 4-H work.

# 4-H Marketing Posters Available for Download

High resolution files at: <http://ucanr.edu/filevault/fileview.cfm?filenum=43298&password=YIXJBB>

The State 4-H Office developed these for use at public events, fairs, and exhibits. For local 4-H Clubs wanting to use the posters, the high resolution PDF file may be sent to a local printer for poster-sized printing.

### 4-H SCIENCE, ENGINEERING, AND TECHNOLOGY

**The PROBLEM:** 49TH OF CHILDREN AGES 9-17 ARE OVERWEIGHT. 21% OF HIGH SCHOOL SENIORS ARE CONCERNED REGARDING THEIR SCIENCE LITERACY.

**The 4-H SOLUTION:** 4-H ENGAGES YOUNG PEOPLE IN HANDS-ON, REAL-WORLD SCIENCE ACTIVITIES, WHICH USE SCIENCE TO MAKE A DIFFERENCE IN THEIR COMMUNITY. 4-H MEMBERS ARE 1.5X AS LIKELY TO ENROLL IN SCIENCE CLASSES. 4-H MEMBERS ARE 2X AS LIKELY TO HAVE PLANS TO PURSUE SCIENCE CAREERS.

**JOIN US!** 4-H IS OPEN TO YOUTH AGES 8 TO 18 AND ADULT VOLUNTEERS 18 AND OLDER.

**The 4-H vision:** Healthy, happy, thriving people who make a positive difference in their communities.

### 4-H CITIZENSHIP

**The PROBLEM:** ONLY 22% OF EIGHTH GRADE STUDENTS ARE PROGRIENT IN DEMOCRATIC CITIZENSHIP AND GOVERNMENT.

**The 4-H SOLUTION:** RESPONSIBLE CITIZENSHIP WITH CIVIC KNOWLEDGE ARE NECESSARY FOR A FUNCTIONING DEMOCRACY. 4-H ENGAGES YOUNG PEOPLE IN HANDS-ON, REAL-WORLD COMMUNITY ISSUES TO PROMOTE RESPONSIBLE CITIZENSHIP. 4-H MEMBERS ARE 4X MORE LIKELY TO MAKE CONTRIBUTIONS TO THEIR COMMUNITIES AND 2X MORE CIVICALLY ACTIVE.

**JOIN US!** 4-H IS OPEN TO YOUTH AGES 8 TO 18 AND ADULT VOLUNTEERS 18 AND OLDER.

**The 4-H vision:** Healthy, happy, thriving people who make a positive difference in their communities.

### 4-H YOUTH THRIVE

**YOUTH WHO ARE ABLE TO IDENTIFY AND NURTURE THEIR SPARK(S):** HAVE FEWER GRABS IN SCHOOL, ARE MORE EMOTIONALLY COMPETENT, HAVE A POSITIVE STATE OF MIND, AND HAVE A LOW DEPRESSION RATE.

**The 4-H SOLUTION:** 4-H ENGAGES YOUNG PEOPLE IN HANDS-ON, REAL-WORLD LEADERSHIP AND PERSONAL DEVELOPMENT ACTIVITIES, WHICH USE THEIR LEADERSHIP SKILLS TO MAKE A DIFFERENCE IN THEIR COMMUNITIES. 4-H YOUTH ARE 3X MORE LIKELY TO IDENTIFY AND NURTURE THEIR SPARK(S).

**JOIN US!** 4-H IS OPEN TO YOUTH AGES 8 TO 18 AND ADULT VOLUNTEERS 18 AND OLDER.

**The 4-H vision:** Healthy, happy, thriving people who make a positive difference in their communities.

### 4-H HEALTHY LIVING

**The PROBLEM:** 18% OF CHILDREN AGES 9-17 ARE OVERWEIGHT. ONLY 15% OF 4-H SCHOOL STUDENTS GET THE RECOMMENDED DAILY PHYSICAL ACTIVITY.

**The 4-H SOLUTION:** A HOLISTIC APPROACH TO IMPROVE YOUNG PEOPLE'S PHYSICAL FITNESS, NUTRITION HABITS, AND GOOD-EMOTIONAL HEALTH. 4-H MEMBERS ARE 2.5X AS LIKELY TO REPORT HEALTHY HABITS AND 2.3X AS LIKELY TO EXERCISE.

**JOIN US!** 4-H IS OPEN TO YOUTH AGES 8 TO 18 AND ADULT VOLUNTEERS 18 AND OLDER.

**The 4-H vision:** Healthy, happy, thriving people who make a positive difference in their communities.

### 4-H AGRICULTURE

CALIFORNIA IS NUMBER ONE IN AGRICULTURAL PRODUCTION, YET YOUTH ARE OFTEN DISCONNECTED FROM THE SOURCE OF FOOD PRODUCTION. YOUNG PEOPLE ARE OUR FUTURE AND CULTURALISTS FEEDING THE STATE AND WORLD.

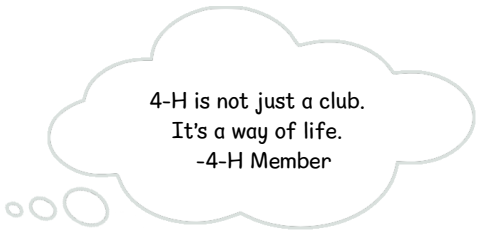
**The 4-H SOLUTION:** 4-H ENGAGES YOUTH IN HANDS-ON, REAL-WORLD AGRICULTURAL ACTIVITIES TO GAIN INSIGHT INTO HOW, WHY, AND MARKET THE PRODUCTS WE GROW. OVER 60% OF 4-H YOUTH UNDERSTAND AN AGRICULTURAL-RELATED PROJECT.

**JOIN US!** 4-H IS OPEN TO YOUTH AGES 8 TO 18 AND ADULT VOLUNTEERS 18 AND OLDER.

**The 4-H vision:** Healthy, happy, thriving people who make a positive difference in their communities.



# The 4-H Pledge



I pledge my...

**HEAD** to clearer thinking,

**HEART** to greater loyalty,

**HANDS** to larger service,

**HEALTH** to better living,

for my club, my

community,

my country and my

world.

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Get connected with 4-H  
through social media!



**4-H VOLUNTEER CAFE**  
A resource site for our 4-H Thrive leadership



**CALIFORNIA 4-H  
FOUNDATION**