



### **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](http://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](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](http://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 are due to the 4-H office by November 21, 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](mailto: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](mailto: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](http://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](http://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>.

# ALL STAR CONTRACT

Applications accepted July 1 to October 14<sup>th</sup>, 2011

Please type or print neatly in ink

I, \_\_\_\_\_, would like to submit this All Star Contract. I have reviewed "How to Apply for All Star" and understand that I am making a commitment to complete the following five categories and submit written documentation of my accomplishment by the 2nd Monday in May.

I. **Leadership:** The following is my tentative plan for a 4-H program or activity that I will organize and conduct prior to June 15th. (Attach additional pages, if needed.) Your report at the end of your activity should include examples of your promotion information, details on how and where you promoted your event, copies of newspaper articles etc.

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II. **Citizenship:** My tentative plan is to observe the following county and/or state government in action. Be sure to attach a copy of the agenda for the meeting that you attended and write a brief report about what you observed. My plan is:

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III. **Promotion and Publicity of the 4-H Program:** Choose one of the following for your promotion and publicity plan.

- 1) Write **three** informational articles promoting the San Benito County 4-H Program for print in the local newspapers.
- 2) Visit **two** groups outside of 4-H and provide an informational program about San Benito County 4-H.

(News articles must be submitted to the 4-H Advisor before you submit them to the newspapers. Be sure to submit copies of your articles and the published articles with your final report. If you speak to other organizations, be sure to write a summary of your program and provide verification that you attended the meeting (pictures of you speaking, a copy of an agenda if you are listed or thank you notes from the group). My plan is:

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IV. **Expansion:** Which 4-H Club do you plan to visit with an educational program? What type of program do you plan to present?

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V. **Record Book:** I will submit my records and Record Book to current for review by the Awards Committee by the 2<sup>nd</sup> Monday in May.

VI. **Documentation and Interview after Completing Contract:** I agree to submit documents of my entire All Star Contract activities and up-to-date Record Book by 2nd Monday in May.

I understand that the Awards Committee will meet to review my report and 4-H Record.

I also understand that the Awards Committee reserves the right to interview me as an All Star Candidate before confirming my appointment as a San Benito County All Star.

All Star Candidate Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

### TIMELINE FOR ALL STAR CONTRACTS

July 1 – October 14 <sup>th</sup> , 2011	Completed Contracts are accepted at 4-H Office
July - December	Entrance Interview with Awards Committee
July - May	Work on completing all sections of All Star Contract
2 <sup>nd</sup> Monday in May	Contract documentation and 4-H Records are due to 4-H Office.
May - June	Exit Interview with Awards Committee

## San Benito County 4-H Club Reports

### **San Juan 4-H**

All of our members/leaders had a great time as usual at our San Benito County Fair. All animals were brought to fair on Tuesday and all made weight. They all qualified for Auction. All were happy with their animals and please with the outcome. Reno was chosen last May to raise the Heritage Hog. He went to many meetings to support the Heritage Foundation. Reno May would like to thank all 4-H/FFA members who supported the San Benito County Heritage Foundation. The Buyer certificate promotion was a huge success. The Auction sale of the Heritage Hog was a great success as well. The total revenue for these two promotions totally over \$36,500. Reno knows that the support from 4-H/FFA members and their parents, local/central coast businesses, and business in the Agriculture/Ranching industry made these promotions such a huge success. The Heritage Foundation was formed in 2099 with the purpose to raise funds for the 33rd District Agricultural Association (Bolado Park). The Heritage Foundation Mission is to maintain a standard of excellence in the facilities and grounds of Bolado Park by supporting capital improvement projects sponsored by the San Benito County Fair (33<sup>rd</sup> District Agricultural Association), and promoting opportunities to showcase the agricultural heritage of our county.

**Thank you so much for contributing to the San Benito County Heritage Foundation Hog. I've worked very hard getting this hog show ready. I also spent a lot of time representing the SBC Heritage Foundation and spreading the word about the Heritage Foundation mission. To see it all come together was a great feeling, and I'm glad to have been a part of it. I hope that you will continue to support the Heritage Foundation and the San Benito County Fair. The SBC Fair is going to be experiencing some tough times ahead, and the Fair will need any support you can offer. Thank you again for your generosity.**

Sincerely,

**Reno May**

*Space reserved for **YOUR** club!*

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](mailto:fontana@ucdavis.edu), mail to 1432 Freedom Blvd Watsonville, CA 95076 or Fax 763-8006.

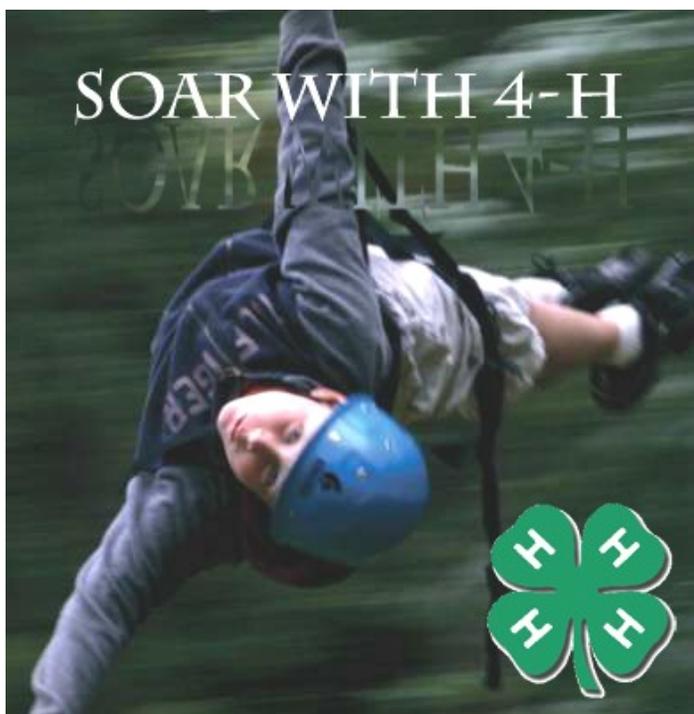
## Council

The 4-H Council of San Benito County meets on the fourth Monday of the month, except for December.

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

The 4-H council of San Benito County would like to invite you to attend our next council meeting on Monday October 24th, 2011, 6:30pm at the Veterans Memorial Building, 649 San Benito Street, Hollister.

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



## Shooting Sports



### 2012 National 4-H Shooting Sports Invitational

June 17-22, 2012

Grand Island, Nebraska

For more information and welcome video, please visit:  
<http://www.youtube.com/embed/rWzyK2H3Ao8>

## Shooting Sports Volunteer Trainer Course

Rifle Discipline

Pajaro Valley Rod & Gun Club

557 ½ Lakeview Rd. Watsonville, CA 95076

Saturday October 29, 2011 8:30 a.m. – 5:00 p.m.

Sunday, October 30, 2011 – 8:30 a.m. – 4:00 p.m.

Upon successful completion of this course, 4-H leaders will be certified Trainers in the shooting sports discipline of Rifle. They will be certified as Trainers. There is a \$25.00 fee for the course.

To register for the class contact:

Stephanie Fontana at [sfontana@ucdavis.edu](mailto:sfontana@ucdavis.edu) or call 831-763-8015.

For Questions contact:

Randy Turnquist at [randy@randyt.com](mailto:randy@randyt.com) or 831-566-2590

For directions to the class site, visit

[www.pajarovalleyrodandgun.org](http://www.pajarovalleyrodandgun.org)

This course is not open to leaders in the counties of Santa Cruz or Ventura counties.

# 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](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>

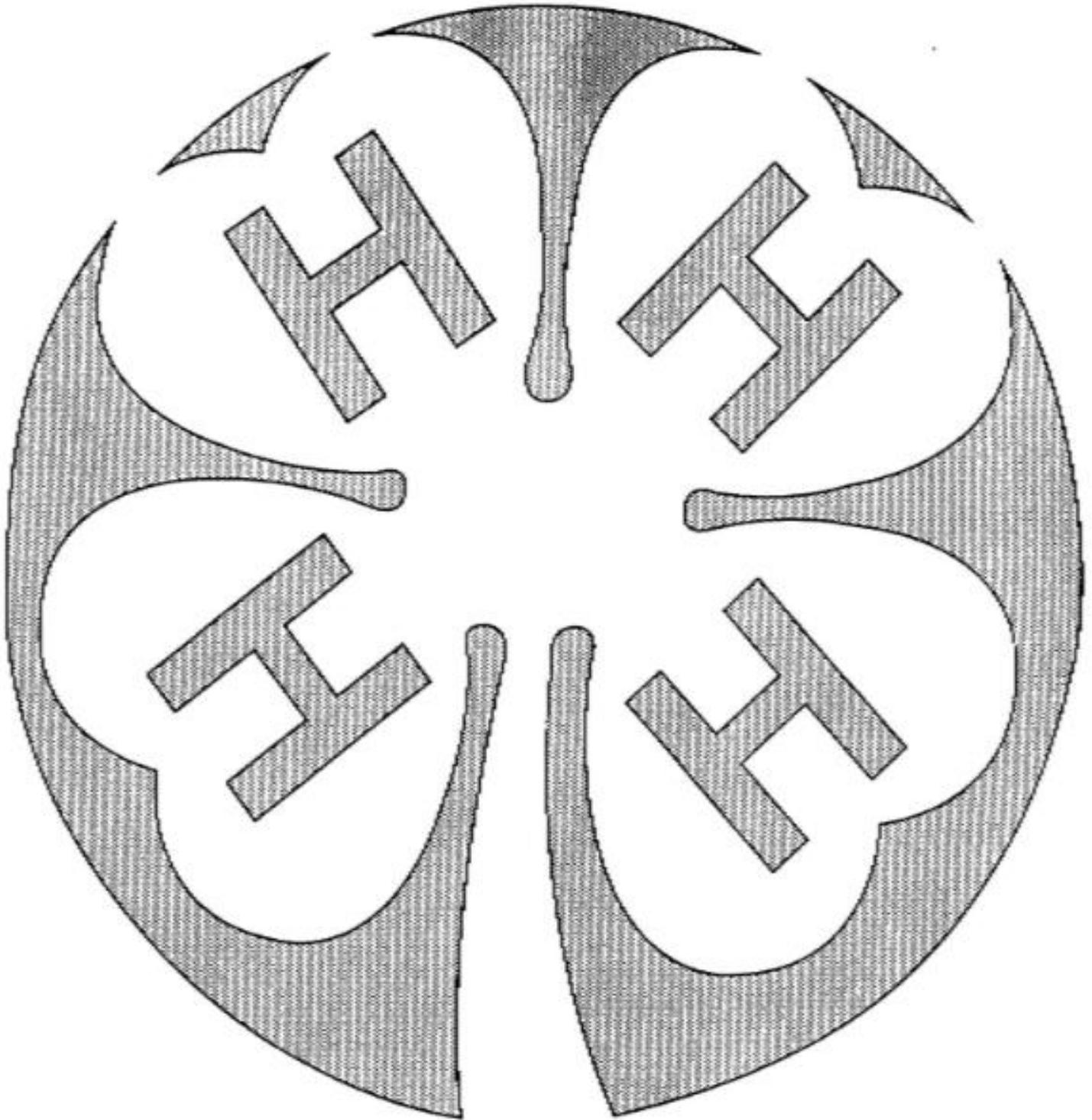
Youth work with members of a team to design, create, build, and test a wind powered devices and are given opportunities to explore wind as a potential energy source in their community.

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!

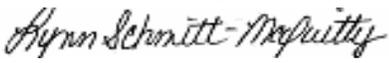


# OCTOBER 2011



SUN	MON	TUE	WED	THU	FRI	SAT
					Sept. 30	1
				<b>San Benito County Fair Sept. 30– Oct 3rd</b>		
2 <b>SBC Fair</b>	3	4	5	6	7	8
<b>NATIONAL 4-H WEEK</b>						
9	10	11	12	13	14 All Star Applications Due to Office	15
16	17	18	19	20 State Record Books Due	21	22
23	24 4-H Council 6:30pm, Vets Building	25	26	27	28	29
30	31 					

<u>Upcoming 4-H Events &amp; Deadlines</u>			
<b>November 2011</b>			
<b>1</b>	<b>2011-2012 Beginning Year reports due</b> (Club Contact Info, Fiscal Info, Budget & fundraising, Club Planner, Current Constitution & By-Laws, County-wide Committee Membership)	<b>11</b> <b>11-13</b> <b>21</b> <b>24-25</b>	Veterans Day –Office Closed State Leaders Forum-Asilomar Newsletter articles & LCORT registration due to 4-H Office Thanksgiving Holiday - Office Closed
<b>1</b>	<b>Last of Summer/Fall Club enrollment forms due to 4-H Office</b>	<b>28</b> <b>TBA</b>	<b>County Council Meeting</b> <b>All Star Interviews</b>

**4-H Youth Development Staff**  
 Lynn Schmitt-McQuitty: Youth Development Advisor [lschmittmcquitty@ucdavis.edu](mailto:lschmittmcquitty@ucdavis.edu)  
  
 Stephanie Fontana: 4-H Program Representative [sfontana@ucdavis.edu](mailto:sfontana@ucdavis.edu)  
**Hours:** Monday: 8am-12pm, 1pm-5pm  
 Tuesday: 8am-12pm, 1pm-5pm  
*Please call the office prior to your visit to check schedule changes that may occur with out notice.*

**4-H Council Officers**  
 President: Sandy Patterson  
 Vice President: Mike Mansmith  
 Secretary: Judi Johnson  
 Treasurer: Lynn Whitley  
 Reporter: Lisa Cartelli

The Guide Post is the newsletter of the University of California Cooperative Extension Santa Cruz County 4-H Youth Development Program.  
**Deadline for newsletter articles:**  
**Third Monday of every month to the 4-H Office**