



*The newsletter of the University of California
Cooperative Extension 4-H Youth Development Program,
Santa Clara County*

Mission: The University of California 4-H Youth and Development Program engages youth in reaching their fullest potential while advancing the field of youth and development



See What Other 4H'ers in Ross County, Ohio Are Doing...

4H Flash Mob against bullying

<http://www.chillicothegazette.com/article/20110810/NEWS01/108100302>

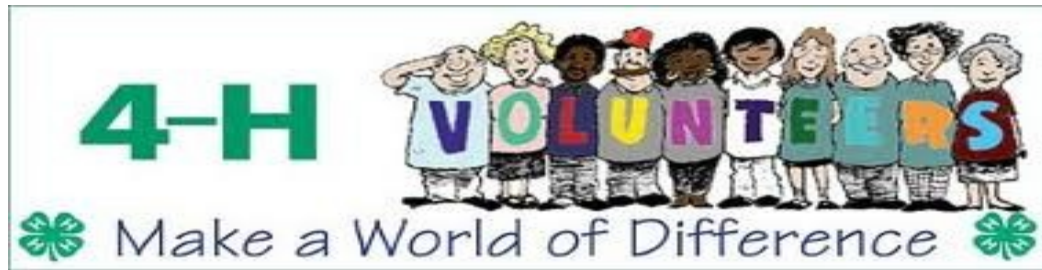
An interesting way to raise awareness of 4H in the community!!

Resources for 4-H Volunteers and Parents on Bullying

Unfortunately, bullying is a common occurrence in settings where children and youth interact. Personally, I have listened to stories from friends and 4-H volunteers that describe instances when a young person is bullied by often times someone his or her own age. The Search Institute has published a new book, *The Right to Be Safe: Putting an End to Bullying Behavior*, by Dr. Cricket Meehan. This book presents a comprehensive view of all aspects of bullying behavior and its consequences. It offers information needed to keep all kids safe in a more positive environment. Specific areas of the book include:

- o Ways to help students who are bullied and those who show bullying behavior
- o How to partner with parents to stop bullying
- o Best practices in bullying prevention
- o How to build a positive classroom culture that reduces bullying behavior

While the book is written for school-based settings, the information is relevant for youth leaders and parents. The book is available through the Search Institute website: www.searchinstitutestore.org/The_Right_to_Be_Safe_p/0823-w.htm.



On July 1st we initiated another 4-H program year, but the month of September is when many 4-H projects and activities start. As you well know, 4-H is a volunteer managed program. This past year, over 300 adult volunteers contributed their time and resources to ensure that all youth developed to their fullest potential and had a positive experience in the program.

We celebrate all volunteers for your service to the 4-H program. Thank you! Looking forward to a great 2011-2012 4-H year!

2011 4-H GOLDEN CLOVER AWARDS

The California State 4-H Office recognizes the contributions of members and 4-H volunteers with the 4-H Golden Clover Awards. Individuals and groups may apply or be nominated in multiple categories. Individuals and groups may win in only one category per year. Individuals are eligible to win as an individual and as part of a group in the same year.



There are several categories of awards and include: Innovative Ideas Award, Fundraising Award, the Luella Zamzow Spirit of Citizenship Award, Collaboration and Outreach Award, Special Events and Activities Award, Mae Brown Volunteer Leader Mentor Award, Member Mentoring Award, Dillon Percy 4-H Member Award, 4-H Member of Excellence Award, Robert Brownlee Science Award, Jack and Robert Clay Outdoor Adventure Award, Emerging 4-H Volunteer Leader Award and two Keith Barnes Memorial Awards.

This is an opportunity to receive recognition for your excellent support of the 4-H program. A description of each award and information on how to apply for the Golden Clover Awards can be found here:

<http://www.ca4h.org/files/107076.pdf>

Applications must be postmarked by September 30, 2011, and sent to the California State 4-H Office.

How do you teach citizenship, leadership and life skills in a 4-H Project?

In this workshop you will learn the different opportunities for developing leadership skills in youth. You will also understand how to include citizenship within 4-H projects and activities.

How do Teen Leaders and Project Leaders work together?

In this workshop you will learn some of the best practices of planning a project, including developing project goals, learn-by-doing elements, using life skills in 4-H project activities and embracing youth-adult partnerships.

How can we agree to disagree? Peace by Piece Conflict Management

In this workshop you will learn 3-steps for building agreements and understand why listening as an ally is important to facilitate communication. You will walk away with an idea on how you will improve and possibly prevent conflict situations in 4-H

What are the goals of the Science, Engineering and Technology (SET) initiative?

Some folks think SET is only about robotics and engineering. Do you know that all animal 4-H projects fall under this initiative? Meet our local experts and learn more about how you too can be involved.



4-H WANTS YOU

Project Leader and Teen Leader Training

September 24th, 2011

Noon-4:30 p.m.

Berger Drive Auditorium

1555 Berger Drive, Bldg.2

RSVP by September 9th

This is an opportunity for Project Leaders and Teen Leaders to learn together to kick start the 4-H program year. Workshop handouts and a light lunch will be served for all participants that RSVP by September 9. No exceptions.

Coaching 4-H Teen Leaders for Success



One of the key elements in 4-H is that the program is based on youth-adult partnerships, where youth and adults work together in a positive and respectful manner, each contributing their unique strengths to the project AND to the relationship.

In 4-H youth have the opportunity to partner with adults as Teen and Junior leaders, as an Officer in the club, and/or organizing a club outreach/ community service event (s). At the County level, youth may serve as Camp Director, Camp Staff, co-chair a county-wide event, or hold a position at the Santa Clara County 4-H Council.

In the Teen Leadership Program (9th grade and above), youth develop their leadership skills by teaching a project under the supervision of the Project Leader. Teen Leaders plan, set up, and conduct the project meetings under the guidance of the adult Project Leader. This is one of the instances when youth-adult partnerships take place.

Project Leaders make the determination each year of the number of Teen and Junior Leaders the project will need. These decisions need to be equitable to all teens, to allow various teenagers to serve in leadership positions.

The following information is an excerpt from an UC ANR (1998) publication titled “Teenagers as Teachers: Twelve Essential Elements” by Faye Lee, Shelley Murdock and Carole Paterson. If you want to learn more about youth-adult partnerships, come to the training and/or visit our 4-H Library.

Successful 4-H project leaders that support Teen Leaders:

- Respect teenagers and children
- Recognize, promote and celebrate diversity.
- Build on the strengths of individual teenagers and the teenagers as a team.
- Respect individual differences and work with teenagers: wherever they “are”
- Allow teenagers’ “voices” to be heard. Teens are encouraged to improve the program
- Support teenagers in and outside of 4-H
- Provide opportunities for feedback and debrief of teaching experience. Feedback: “I like the way you....” and “Next time, I wish you....(list planned improvements)”
- Celebrate accomplishments

Quality teams of Project and Teen Leaders have the following characteristics:

- Share a common goal
- Value the rights of every member
- Critique ideas, not people
- Capitalize on the strengths of individuals
- Immediately resolve areas of conflict.

IN 4-H, YOUTH LEARN BY DOING... DO THEY?

“Experiential learning takes place when a person involved in an activity looks back and evaluates it, determines what was useful or important to remember, and use this information to perform another activity.”

– John Dewey

One of the key elements of 4-H projects is that 4-H members’ learn-by-doing by experiencing an activity. Learning-by-doing is one of the steps of the experiential learning cycle.

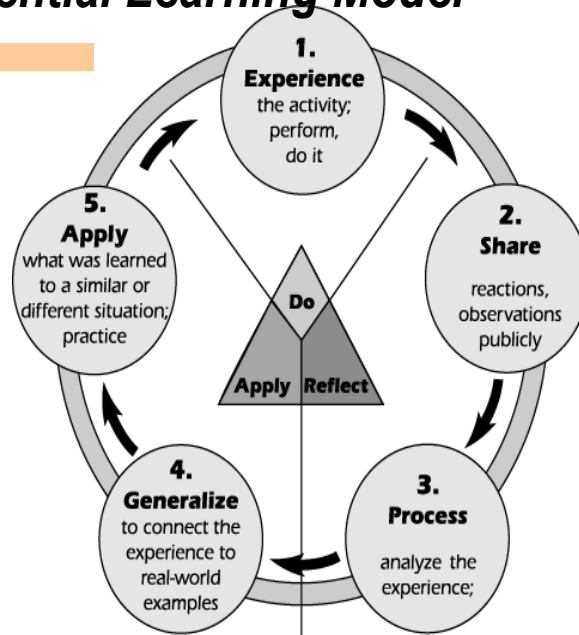
When youth experience an activity, this experience must have a purpose. For you, the 4-H Project and/or Teen Leader “what are you doing this activity?” The purpose of the activity is the knowledge or skills that you hope youth will learn. To teach using the experiential learning cycle, it may take more time to prepare than a lecture or a demonstration for a club meeting. Yet, you will soon find that your investment of time is well worth the effort, since youth learn best this way.

The best way to learn how to teach experientially is to learn about this teaching style by experiencing it....learn-by-doing. Come join us at the Project Leader and Teen Leader training on September 24, 2011 to learn how!

The standard practices that define the experiential learning cycle are included in the figure below. These five steps will be described in the next section.

The first step is **EXPLORATION:** In this step 4-H members “Do an activity with little to no help/and or instruction from the Project/ Teen Leader such as making products or models; role-playing; giving a presentation; problem-solving; playing a game.

Experiential Learning Model



The next step is **SHARING**: “*What Happened*”
In this step, youth share talk freely about the activity they just did. Some of the questions to ask are:

- * What did you do?
- * What happened?
- * What did you see, feel, hear, taste?
- * What was the most difficult? Easiest?

PROCESSING: “*What’s Important?*”

In this step, Project/Teen Leaders facilitate a discussion with youth, and help them analyze and reflect on the experience. Discuss how the experience was carried out. Discuss how themes, problems, and issues are brought out by the experience. Discuss how specific problems or issues were addressed. Discuss personal experiences of members. These are *examples of processing questions*:

- * What problems or issues seemed to occur over and over?
- * What similar experience(s) have you had?

GENERALIZING: “*So What?*”

In this step, Project/Teen Leaders help youth connect the experience with real world examples. The following are *examples of generalizing questions*:

- * What did you learn about yourself through this activity?
- * Why is (life skill) important in your daily life?
- * How does what you learned relate to other parts of your life?

APPLICATION: “*Now What?*”

In this step, Project/Teen leaders help youth apply what was learned to a similar or different situation; learn from past experiences and practice. In the discussion youth figure out how this new learning can be applied to other situations or in the future. Project/Teen Leaders help each 4-H member feel a sense of ownership for what was learned. *Example questions about applying the experience*:

- * How can you apply what you learned to a new situation?
- * How will you act differently in the future?
- * How could you apply the life skills learned through this practice in the future?

Are 4-H members learning how to raise animals experientially? Are they learning beekeeping this way

too, or is the Project Leader telling them what to do and then doing it for them? Are parents of 4-H members assuming the roles of 4-H youth and feeding animals, cleaning the pens, and going to the breeders without youth members?

References: Retrieved from the California 4-H webpage at <http://www.experientiallearning.ucdavis.edu/default.shtml>

4-H Project Proficiencies

The Santa Clara County 4-H Proficiency Program provides youth with the opportunity to demonstrate knowledge and skills in a project area. Each Project Proficiency is developed by a team of 4-H Volunteers who have taught a specific project for *at least* three years and the 4-H Youth Development Advisor. Final approval of the content of the proficiency rests with the 4-H Advisor.

Since each 4-H project is taught using 4-H approved curriculum and the experiential learning model, then each proficiency is based on 4-H curriculum and allows youth to demonstrate proficiency experientially.

Proficiencies are not tests. Youth should never be asked to complete proficiencies as a written test, instead youth demonstrate how they gain skills and knowledge throughout the course of the project year.

4-H members who successfully completed an approved project proficiencies by September 1, 2011 will receive a pin at the County Awards Night.



Harvest Festival and 4-H Mega Field Day October 1, 2011

The Eighteenth Annual Harvest Fair & Exposition is scheduled for Saturday, October 1, 2011, at Emma Prusch Farm Park, from 10:00 a.m. until 4:00 p.m.

The park is located at 647 South King Road in San Jose, near the intersections of Highways 280/680 and 101. Admission and parking are free.

4-H Mega field Day is our annual opportunity to showcase what 4-H does best...to learn by doing. In preparation for this event, each 4-H club should provide an interactive activity for children and youth, as well as information on the projects that the club will offer.

Details: Each club need to bring their own pop-up tent, tables and chairs. If additional tables are needed contact Jackie Brethschneider at (jackiebret@aol.com).

The 4-H Office will bring informational brochures in English and Spanish.

Habla Español? Si usted habla Español, considere participar en este evento para brindar información sobre 4-H a las familias Hispánicas que viven cerca de Prusch Park. Favor de comunicarse con Fe Moncloa (fxmoncloa@ucdavis.edu) si usted esta dispuesto(a) a colaborar en esta función tan importante.

For those of you that do not speak or read Spanish...I am asking Spanish speakers to contact me, to help promote 4-H in Spanish at this event.

The Harvest Festival will include a large family oriented pumpkin patch, exhibits of 4H projects, expanded plant sales, all day entertainment, tours of the Park, historic farm house, barn, orchards and "Emma's Heirloom German Kitchen Garden".



Prusch Farm Park Foundation Presents
HARVEST FAIR
and
EXHIBITION
"AN OLE TIME COUNTRY FAIR"

Saturday, October 1st, 2011
10:00 am to 4:00 pm

Giant Pumpkin Contest!

Pumpkin patch, good food, all day entertainment,
farm tours and 4-H Mega Field Day! Free Admission!

COME ONE COME ALL
A Fun Family Day!

For more information visit www.pruschfarmpark.org
Or call 408-264-9654

Emma Prusch Farm Park, 647 South King Road, San Jose

San Jose Parks Foundation | VEG-GLUTTON | 4-H | 90.5 KSIJ | SAN JOSE OFFICE OF MUNICIPAL AFFAIRS | PEOPLE'S RADIO KKUP 91.5 fm

The Harvest Festival will include a large family oriented pumpkin patch, exhibits of 4H projects, expanded plant sales, all day entertainment, tours of the Park, historic farm house, barn, orchards and "Emma's Heirloom German Kitchen Garden".

JOIN | THE REVOLUTION OF RESPONSIBILITY

The Revolution of Responsibility is described as "... a movement for positive change in every community in America. 4-H youth are a living, breathing, culture-changing revolution for doing the right thing, breaking through obstacles, and pushing our country forward by making a measurable difference right where they live. That takes uncommon commitment."

2013 marks the centennial for 4-H in California, an important milestone for an organization that is deeply connected to communities throughout California. Core to the 4-H experience is service learning, which takes the form of youth-designed, youth-led projects where participants learn leadership by leading, collaboration through collaborating, and the importance of civic engagement by actively seeking opportunities to make a difference in their communities.

The **Revolution of Responsibility** Centennial Campaign will celebrate the power of California 4-H youth taking action through an ambitious statewide program that will fund 1,000 service learning projects at \$1,000 each through the end of 2013. It will also provide an opportunity to re-connect with an estimated one million past 4-H participants living in California, engaging them as volunteers, donors, and advocates. Learn more at <http://www.ca4h.org/Support/RofR/>

California 4-H \$1,000 for 1,000 Service Learning Projects

The University of California 4-H Youth Development Program is dedicated to fostering an environment where youth and adults work together as equal partners to gain new skills and create positive community change. 4-H groups can apply for up to \$1,000 to identify, plan, and carry out a service-learning project in their community. An open application process has review dates of October 15, 2011; January 15, 2012; and April 15, 2012. To apply, go to: <http://ucanr.org/join/>



DID YOU KNOW...

All 4-H projects need to use 4-H approved curriculum. The difference between 4-H approved curriculum and most of the material available elsewhere is that in 4-H curriculum the activities are designed to follow the experiential learning cycle.

You can find 4-H curriculum at <http://anrcatalog.ucdavis.edu/4HYouthDevelopment/>

Additional publications are available through

National 4-H Council at: <http://www.4-hmall.org/Curriculum.aspx>

Updates from the CA 4-H Office

From the desk of the CA 4-H Associate Director:

When someone asks, “What makes the 4-H Youth Development Program (YDP) so successful” the answer is, in large part, our volunteers. Without our volunteer core the 4-H YDP as you know it would not exist. In the 2010-2011 program year, nearly 22,000 volunteers dedicated their time, energy, and passion to the 4-H YDP – 14,485 adult volunteers and 6,704 youth volunteers (e.g., camp staff, junior/teen leader, officer). Not only have these volunteers changed the lives of young people in 4-H, but they have contributed a great deal to their communities. When translating time into value of volunteer service for California 4-H the dollar figure is estimated at over \$37,000,000. Yes! Million! This number is based on the assumption that our volunteers spend on average 75 hours per year contributing to 4-H. Admittedly, this is a very rough estimate.

A new feature in the 4-H Online Record Book is the collection of hours spent volunteering in the program. Adult volunteers as well as youth volunteers will be able to track their hours spent in various activities which will help us provide a more accurate assessment of how much time our adults and youth spend giving back to the program and their communities. Please help us track and document your contribution to the 4-H YDP and your communities by logging your hours. For more information about the 4-H Online Record Book, please visit <http://www.ca4h.org/4hbook/>

As if you need one more reason to volunteer, research indicates that volunteering leads to better health and those volunteers who devote a considerable amount of time to volunteer activities (about 100 hours per year) are most likely to exhibit positive outcomes. Additionally, volunteering has a positive effect on social psychological factors, such as one’s sense of purpose, as well as happiness, life satisfaction, and self-esteem. So, if you haven’t joined our core of strong, dedicated volunteers now is the time to invest in yourself, your community, and our youth! Contact your local County 4-H Office for information on how to join.

Regards,

Shannon Dogan

Associate Director of 4-H Program and Policy

From the CA 4-H Office:

Training for Teens

4-H Youth Training Babysitting Course - The 4-H Military Partnership Program is offering a Babysitting Training course for Youth 12-17. Location: Moffett Field

Sept. 10, 9:30-3:30

Sept. 11, 8:30-11:30

This training is designed to help youth learn what it takes to be responsible, caring, trustworthy, competent, capable and safe babysitters. Youth will receive an Infant/Child CPR certificate on the second day. They will also receive a Babysitter's Tool Bag filled with essential supplies for babysitters. Bring a doll for fun! For registration information, contact Jeanne Christenson, jpchristenson@ucdavis.edu or 530-219-6608.

Resources for 4-H Projects

FOOD N’ ME This internet-based program promotes healthy eating while focusing on balance and togetherness. “What Food Am I?” teaches principles of the USDA’s My-Plate and concepts of eating a balanced diet. “Smash Your Food” creatively depicts the amount of sugar, salt and oil that are in common foods. “The Food Quiz” gives children the opportunity to learn more about

University of California
Cooperative Extension
Santa Clara County
4-H Youth Development Program
1553 Berger Drive
San Jose, CA 95112
http://cesantaclara.ucdavis.edu/Youth_Development

*Office Hours: 8:30 a.m. to 5:00 p.m.
Monday through Friday*

All meetings and events are open to
EVERYONE! Please come!

Contact the office for special accommodations for
disabled persons.

*TIMELY TOPICS is published monthly through
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the 4H Members in Santa Clara County.*

*Fe Moncloa, Editor
4-H Youth Development Advisor
(408) 282-3107
fxmoncloa@ucdavis.edu*

*Jenel Vincze, Design and Layout
4-H Secretary,
(408) 282-3119
jpvincze@ucdavis.edu*

Deadline for articles is the 15th of each month.



4-H Calendar September 2011

- 9/1** RSVP's Due for Leadership Team Training Session and *New Adult Volunteer Orientation
- 9/1** Project Proficiency's Due
1553 Berger Dr Bldg. 1
San Jose, 95112
- 9/13** Full Council Meeting
1555 Berger Dr. Bldg. 2
7:15 pm
- 9/15** New Adult Volunteer Orientation
By RSVP Only*
1553 Berger Dr. Bldg. 1
San Jose, CA 95112
7:00 to 9:00 PM
- 9/24** Club Leadership Team Training
1553 Berger Dr. Bldg. 1
San Jose, CA 95112
- 9/30** **RSVP Due for Project Proficiency Writing Training

October, 2011

- 10/1** Mega Field Day
Emma Prusch Farm Park
- 10/11** Executive Council Meeting
Location TBA
- 10/12** Project Proficiency Writing Training
By RSVP only**
1553 Berger Dr Bldg 1
San Jose, CA 95112
7:00 pm
- 10/18** Ranch Committee Meeting
1555 Berger Dr
San Jose, CA 95112
7:00 pm

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