



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

Clover Foundation Gala Fast Approaching

We are getting close!
The Youth Fair Gala is set for
May 21 and you do not want
to miss it! You may still purchase
tickets from your club leader or
online at theclover-foundation.org.

We need those tickets, donations,
and baskets turned in ASAP. Also, adult



volunteers are needed May 19
and 20 to help set up. May 21
older youth may help out. Please
contact Mary Bartlett at 408 354-
9934 or at
mbart800@hotmail.com
if you have any questions, need
donations to be picked up and to

volunteer.

This is going to be a fun night!

YOU'RE INVITED TO JOIN 4-H IN ANSWERING THE PRESIDENT'S CHALLENGE

As part of 4-H's involvement with the First Lady's Let's Move! campaign, 4-H National Headquarters has started a group to take the President's Challenge together—and you're invited to join us! The President's Challenge is for one million Americans to complete the Presidential Active Lifestyle Award (PALA).

**4-H youth are answering this call by achieving 100,000 awards by
September 2011.**

The Presidential Active Lifestyle Award recognizes individuals who log their recommended physical activity for six consecutive weeks, five days a week (minimum 60 minutes for youth, 30 minutes for adults). 4-H is making this goal a top priority. National 4-H Council and Kraft are offering incentives for 4-H counties to get the most youth in their county to achieve the award. Signing up for the 4-H group is simple. All you have to do is register. It's quick, and there's no cost to participate!

HOW TO JOIN

- 1) Go to www.presidentschallenge.org/natl4-H/
- 2) Fill out the registration form.
- 3) After registering, start logging your activities. As you log activities you'll be able to track your progress toward winning a President's Challenge Award or Medal.

4-H Camp for Adult Volunteers

My then 15 year old Daughter pleaded with me..., "Please Mom - we really need a new cook at camp this year, you WON'T have to wash the dishes and everyone loves the camp cooks!" Knowing I had responsibilities at home - I thought, -- with only a year or two more for her to attend camp I should at least consider it. With care for the younger three arranged, I made plans to go at least, for that year.

7 years have passed and I have volunteered at camp for each of those summers. Marisa is now 22, and doesn't attend anymore - but my 10 and 12 year old do. It is a week that we look forward to every year.

4-H Summer Camp is planned and created by youth that have attended camp for 1 or more summers and are entering the 8th grade or older. The youth are in a youth adult partnership with the adult chaperones that attend. Adults are there to chaperone and to support the youth in creating a safe, fun and engaging camp atmosphere.

As an adult volunteer at camp, there are many roles that you can fill. In the kitchen, we need adults to help with preparing the meals. The youth campers are divided into family groups and an adult is needed to serve as a chaperone for each family. The youth in the craft area need adults to work with them. There are positions in safety, shooting and archery supervision. Maybe you would like to train as a lifeguard and be the adult supervisor for the lifeguard team.

Adults have come to camp and been impressed by the leadership role the youth assume. One adult commented to me, "This is like a vacation; the kids do all the work." It's our role as adults to help them accomplish their goals and help provide a safe and fun environment for all of the campers.

Another benefit for Adult Volunteers at camp is meeting and getting to know the outstanding youth in our county as well as working with the fantastic adult volunteers. I hope you will consider joining us this year. Volunteer approval is required so if you have not completed this yet, be sure and get started so that there is time to process it.

Attendance is free to Adult Volunteers - 3 meals a day, snacks and deluxe accommodations in your tent surrounded by tall-tall trees, babbling brooks, singing birds and laughing campers. We promise to teach you all the camp traditions, camp songs and table games! It's a BLAST!

If you would like to volunteer, please contact Bobclemmons@Yahoo.com or walters_joseph@yahoo.com I hope to see you there! ~ Susan Weaver





States' 4-H International Exchange Programs

PRESS RELEASE

California 4-H Youth Development Program

2011 Japanese Exchange

One-month Summer Hosting Program

California 4-H is looking for families who would like to host a Japanese student in their home for one month this summer. The students range in age from 12 and 15 and will be with host families from July 22 to August 18..

Applications are being accepted now. Students are placed in homes with a youth of the same gender and within two years of age. The application provides information to help ensure good placements with families and teens sharing common interests.

You don't need a fancy home or a separate bedroom to host – just a desire to make room in your lives for a new friend. And you don't need to spend a lot of money or time traveling the state – the students are not here as tourists. They are here to live with your family and participate in your normal summer activities. The costs are minimal. The students come with their own spending money and medical insurance.

Please consider offering this priceless educational experience to your family. Teens that participate in exchange opportunities are better prepared for life in a global society. Through this first-hand experience they gain a deeper understanding of another culture and gain insight into the values and lifestyle of their own family and community.

Placements for the Japan program are on a first-come, first-served basis with a goal of getting all the students placed by early June. For additional information go to: <http://www.ca4h.org/Projects/Citizenship/International/>
Or contact Pat English, California International Exchange Coordinator, at 530-754-8520 or pnenglish@ucdavis.edu for more information.



SHOOTING SPORT LEADER TRAINING

4-H Shooting Sports Workshop RIFLE DISCIPLINE

Saturday, May 21, 2011 8:00 AM – 5:00 PM
Sunday, May 22, 2011 8:00 AM – 2:00 PM

A shooting sports training workshop for the rifle discipline will be held in Watsonville, CA . Upon successful completion of the course, participants will be certified as rifle shooting sport volunteers and can instruct rifle shooting sports projects and camp programs. Attendance at both days is required. Teens are invited. Adults must be a certified 4-H volunteer.

The course will be held at **Pajaro Valley Rod & Gun Club,**

557 1/2 Lakeview Rd Watsonville, CA.

Cost for the course will be \$55 and includes morning refreshments, Saturday lunch and class materials.

Must pre-register for event. Space is limited so please sign up soon.
For questions or more information please call the Santa Cruz Co. 4-H office (831) 763-8015

**Detach and mail with check to Santa Cruz County 4-H Office
1432 Freedom Blvd. Watsonville CA 95076
Make check payable to: "Santa Cruz Co. 4-H Council"**

Name: _____
4-H Club: _____ County: _____
Phone: _____ Address: _____
Email: _____

\$55.00 Before May. 14th

\$65.00 After May 14th

**4-H Shooting Sports Workshop
Rifle Discipline
Tulare, CA**

**Saturday, June 25, 2011 – 8:00 a.m. – 5:00 p.m.
Sunday, June 26, 2011 – 8:00 a.m. – 5:00 p.m.**

A 4-H shooting sports workshop for the rifle discipline will be held at Rankin Field Range, 20000 Road 140 in Tulare. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course or receive more information, contact John Borba at: jaborba@ucdavis.edu (This course is not open to 4-H leaders from Santa Cruz or Ventura Counties).

For information about the facility and a map, please visit the range website at:
http://www.tcdsa.org/documents/rankin_field.htm

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**Welcome to the May 2011 issue of
4-H Updates E-News.**

**You may access the PDF document at
<http://www.ca4h.org/files/87107.pdf>**

**This 4-H Updates E-Newsletter will be posted
on the public website a week from today at
<http://www.ca4h.org/News/>.**

**4-H Science, Engineering, and Technology
E-Newsletter, May 2011**

Please access the PDF document online at
<http://www.ca4h.org/files/90143.pdf>.

The newsletter will also be posted on the public
website a week from today at [www.ca4h.org/
News](http://www.ca4h.org/News).

**Healthy Living Monthly Update
May 2011**

Please access the PDF document online at
www.ca4h.org/files/90117.pdf.

The Healthy Living Monthly Update will also be
posted on the public website a week from today
at www.ca4h.org/News.

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[http://cesantaclara.ucdavis.edu/
Youth_Development](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 the cooperative efforts of the
University of California Cooperative Extension
and the 4H Members in Santa Clara County.*

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**Deadline for articles is the 15th of each
month.**



4-H Calendar

May 2011

- 5/10** Full Council Meeting
1555 Berger Dr Bldg 2
7:15 pm to 9:00 pm
- 5/14** BTS Follow-up Leaders Sessions
Watch for announcements
- 5/16** SCC 4H All Star Applications Due
To the CE Office
1553 Berger Dr Bldg 1
San Jose, CA 95112
- 5/17** 2011 Youth Fair Planning Meeting
Jr. Stills and Small Animals
Fair Office
7:00 pm
- 5/21** SCC All Star Selection Interviews
- 5/21** *Clover Foundation Fair Gala
SCC Fairgrounds, Expo Hall
6:00 pm to 11:00 pm
- 5/23** 4H Summer Camp Staff Meeting
SCC Fairgrounds
7:00 pm

*** This non-4H event is for adults, 21 year and older**