



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

### 4-H National Science Experiment at Mega Field Day

A team composed of the All Starts, Will Green, Evelyn Rumsby, Amanda Sura, Kerri Alaimo and Kenny McDevitt and Joe Walters, SCC SET Chair, led the 2011 National Science Experiment, *Wired for Wind*, at Mega Field Day on October 1st at Emma Prusch Farm Park. This was a hands-on experiential activity, where youth who participated in this experiment had the opportunity to build their own windmills using a variety of materials to make their blades. Once they finished, kids tested their different pitch angles to figure out the effect of pitch on rotor speed. The All Stars and Joe guided each kid by asking them questions such as; “how can you make it go faster?”, or “why do you think it is not moving?”. The All Stars kept a tally of each kid’s name and rotor speed.

Fifty youth, from 4-H and the general public participated in this activity. Some children stayed in their stations trying over and over in an effort to make the blades go faster.



### Promoting 4-H at Boot Barn in San Martin:

Hi My Name is Aja Ota I’m Reporter/Historian for Pacheco Pass 4H. I’m proud to announce that our community outreach on September 10, 2011 at Boot Barn in San Martin was a huge boost for 4H clubs county wide! We talked to people about the 4-H clubs in Santa Clara county, the community service we do and the different projects 4-H offers us youth. Pacheco Pass 4-H would like to say thank you to , Boot Barn, the Manager and all employees, and everyone who made donations. Also a special thanks to Hot Country Radio KRTY 95.3 who cheered us on and announced our booth throughout the day (awesome)! Tommi Ota, Sara Magana, Kyle Weseloh, Angelica Galletto, Steven Baird, Katherine Black, and I had a great time. Our club looks forward to the next outreach at Boot Barn for holiday gift wrapping in December. Hope to see you there!

### Food Preservation at Coyote Crest 4-H



Hello my name is Emily Friesen and I am from the Coyote Crest 4-H Club. On Sunday September 18, 2011 we had a food preservation meeting. At the meeting we made Dilly Beans and Jardiniere Vegetables. A few ingredients in the Jardiniere we made were bell pepper, mushrooms, garlic, onions, carrots, and celery. In the Dilly beans the only vegetable in it was green beans! Fresh yummy green beans! We used up about 5 bags of them!

It was a very fun meeting, I learned a lot, and ate some too! At our next meeting we will be making something with apples!

### Safety in 4-H

This month’s edition of the Timely Topics includes two Clover Safe Notes. The Division of Agriculture and Natural Resources Environmental Health and Safety department has developed easy to use Clover Safe Notes for several 4-H projects. Check it out:

[http://safety.ucanr.org/4-H\\_Resources/  
Clover\\_Safe\\_Notes\\_by\\_Project\\_Area/](http://safety.ucanr.org/4-H_Resources/Clover_Safe_Notes_by_Project_Area/)

In this web site you will find useful information for your 4-H projects whether you are a Project Leader, Teen/Junior Leader, member or parent.



# CLOVER SAFE

AGRICULTURE AND NATURAL RESOURCES  
ENVIRONMENTAL HEALTH AND SAFETY



#15

## HOLDING AND ATTENDING 4-H MEETINGS IN PRIVATE RESIDENCES

*Clover Safe notes are intended primarily for 4-H volunteers and members nine years and older.*

When a 4-H meeting is held in a private residence, the host and guests each assume roles with attendant responsibilities that contribute to productive, safe, and successful meeting outcomes.



### Host Responsibilities

- Prior to a meeting, assure all 4-H members have completed and turned in required medical and permission forms.
- Assure two adults will be present in accordance with 4-H Policy 815.2 A. The adult in charge must be 4-H staff or an appointed volunteer.
- Develop a meeting agenda and schedule, including pre-arranged 4-H member drop-off and pick-up times and modes of transportation.
- Prepare your residence by removing clutter and trip hazards.
- Confine or remove pets from the meeting area.
- Inform guests of residence areas and items that are off limits such as swimming pools and refrigerators.
- At the beginning of the meeting, inform guests about how to exit the meeting area and residence and where restrooms are located.
- Be prepared to offer guests water as needed.

### Guest Responsibilities

- Follow the 4-H Code of Conduct and host's and/or project leader's rules, instructions, and directives.
- Do not wander outside the meeting area.
- Do not approach or touch household pets without explicit permission from the host.
- Wash your hands with soap and water after using the restroom or touching a household pet.
- Do not participate in horseplay, running, jumping, hiding, climbing, or chasing while in the host's residence.
- Request permission from the host to use the telephone.
- Depart the meeting at the pre-arranged time and by the pre-arranged mode of transportation.
- If 4-H members are walking, riding a bike, or taking public transportation home, it is recommended that they telephone their parent, guardian, or other family member at the time of departure to allow for their arrival time at home to be estimated. Calling home before departing a private residence meeting is particularly important for younger 4-H members and meetings held during evening hours.



# CLOVER SAFE

AGRICULTURE AND NATURAL RESOURCES  
ENVIRONMENTAL HEALTH AND SAFETY



#13

## EMERGENCY PREPARATION AND RESPONSE GUIDELINE

*This Clover Safe note is intended primarily for 4-H volunteers and staff.*



### Introduction

Although University of California 4-H YDP activities are planned and conducted to eliminate risk of injury to participants, unforeseen accidents periodically occur whereby injuries are sustained. When an injury occurs, 4-H YDP volunteers and staff need to be prepared to provide an appropriate emergency response to the type and extent of a participant's injury. This Clover Safe describes how to prepare for and respond to an injury emergency.

### Emergency Preparation

4-H YDP volunteers and staff should be prepared for potential participant injuries by:

- Being capable of distinguishing between life threatening and non-life threatening injuries.
- Being competent to determine whether an injury requires immediate Emergency Medical Services (EMS) evacuation or other transportation in a passenger vehicle to a hospital or clinic.
- Knowing the location of and route to the nearest hospital or clinic.
- Having a telephone (cellular or land-line) to be able to immediately communicate with EMS. Dial 911, but remember that some phone systems require you to first dial an outside line.
- Maintaining a confidential youth or adult Medical Release Form for each participant in a 4-H event or activity.
- Knowing whether any participants have special medical conditions stated on the Medical Release Form (such as severe allergies or diabetes) that may require emergency medication or other assistance.

### Primary Emergency Response

4-H YDP volunteers and staff should provide a primary emergency response as follows:

- Evaluate the situation and if a serious injury has occurred, contact EMS.
- Stabilize the situation.
- Evacuate other event participants if a serious hazard continues to exist.
- Provide basic first aid to the extent you are trained.

### Secondary Emergency Response

4-H YDP volunteers and staff should provide secondary emergency response as follows:

- Once EMS has arrived, provide assistance as requested or needed.
- Act as a resource to EMS or responding agency (police, fire dept., etc.)
- Manage other 4-H members and/or event participants to prevent additional injuries.
- Report any injury to the 4-H member's parent/guardian/emergency contact.
- Report any injury and circumstances of the incident to their immediate supervisor and 4-H YDP staff.
- 4-H YDP staff will report any injury through their chain of command until an administrator such as the Cooperative Extension (CE) County Director, Regional Director, or State 4-H Director is notified.

### Incident Reporting Procedures

- 4-H YDP volunteers or staff are not expected to conduct any investigation of a serious injury or incident. Any investigation will be conducted by the responding agency (police, fire, etc.) or directed by ANR Risk Services.
- 4-H YDP volunteers and/or staff will complete an Incident Report form for all injuries regardless of seriousness and submit the form to the CE/4-H county office and CE Director and/or 4-H staff within 48 hours of the incident. Incident Report forms are available from the CE county office or online at: <http://ucanr.org/incidentreport>.
- CE county offices will keep a copy of the Incident Report and forward it to ANR Risk Services within two working days of the incident.
- Contact ANR Risk Services at (510) 987-0080 or ANR Environmental Health & Safety at (530) 752-6024 for help with the Incident Report form.

## Use of the 4-H Name and Emblem



National 4-H states in their website, that the 4-H Name and Emblem are protected under federal statute Title 18, U.S. Code 707. This provides the 4-H Name and Emblem with the level of protection afforded other Federal marks, such as the Seal of the President of the United States. The 4-H Name and Emblem is intended to represent the ideals of the program with its focus on serving the educational needs and interests of 4-H youth. The 4-H Name & Emblem belongs to the 4-H Youth Development Program, under the authority of USDA and anyone wishing to use it must obtain permission to use it ahead of time. If you are a 4-H member or volunteer, you are permitted to use the 4-H Name & Emblem once your club is chartered with the official 4-H Charter from National 4-H Headquarters. In SCC each club has the approval to use the 4-H Name and Emblem. To maintain this charter each 4-H club shall complete all annual requirements such as the financial reports.

Permission to use the 4-H Name & Emblem is not required when the 4-H Name & Emblem is used to link to an official 4-H website in keeping with the policies and guidelines of National 4-H Headquarters.

Source: [http://www.national4-hheadquarters.gov/emblem/4h\\_name.htm](http://www.national4-hheadquarters.gov/emblem/4h_name.htm)



### Coyote Crest Camping

By: Kerri Alaimo

Over Labor Day weekend, many members of Coyote Crest went to a local campground for three days and two nights. It was fun for kids of every age and parents too. With a creek right next to our campground, we went on hikes down it. Another thing to do there was go geocaching. (check it out at [geocaching.com](http://geocaching.com))

During this activity, Jason Bombardier found a tree filled with daddy long leg spiders. This was the highlight of many hikes, too.

Since we all needed to eat, our club had an Outdoor Cooking Project while we were there. It was a great way to get the kids involved and get this project completed for the year. The food was amazing and it was all made by the members!

The trip overall was really fun. It was nice to be able to bond with your club so early in the year. I hope that we're able to do it again!

### Day on the Bay

The Flesners, the Browns & Evelyn McGarry had a wonderful time at Day on the Bay, a community health fair organized by Supervisor Cortese in Alviso. It was a beautiful day in a lovely setting. Over 300 people visited the 4-H booth and participated in science hands-on activities and visiting with guinea pigs, a snake, chicken & a kitten. Everyone learned about the various 4-H clubs in SCC



## **Show to Win**

By Savannah Weaver

### Pleasant Acres 4-H Cavy Project

It all began when I joined 4H and got a cavy, more commonly known as a guinea pig.

“He’s so adorable, tiny, and soft!” I kept telling everybody. My new guinea pig was four weeks old and fit in my hand. I named him Midnight because he was all black.

“You’ll need to learn how to take care of it,” my mom would tell me.

So, I joined the cavy project in my 4H club. I learned all about the basic care and knowledge that I’d need. I even learned how to do showmanship, which is basically a health check of the animal, done in front of a judge. I was good at it too! Soon, I was determined to be a great cavy showman. Slowly, I worked up to being a winner.

My first year of having a cavy at the Santa Clara County Fair, I received second place in beginning showmanship. That same year, I moved on to get another second place in novice and fourth place in the advanced level. The next year, I won third place in advanced and continued to get better by receiving a second place in advanced the next year. I was always pleased with how well I’d done, especially compared to many of the other competitors, but I was still fixed on getting awarded first place.

Then, the next year, I decided to compete at State Fair. It was an unbelievably long drive to Sacramento and I was excited the entire way there. Once we got to State Fair, we checked in, and before long, it was time for showmanship. I sat there nervously waiting for my turn and clutching the handle of the carry cage. Soon enough, it was time for me to go. I carried out all of the steps correctly and answered all of the judge’s questions to the best of my ability. I was satisfied with my performance. Quickly, it became time to announce the winner. There were so many of us that only the top eight placed. The judge had just announced the third place winner and I still didn’t have a ribbon.

Before revealing the winner, the judge declared, “When it comes to this intense of a competition, it really comes down to knowledge, and this girl



really knew her stuff.” I smiled in anticipation, hoping that it was me. The judge continued, “The first place winner for cavy showmanship is Savannah Weaver!”

I was ecstatic and very proud of myself. I turned around and was engulfed into a booming applause and a sea of smiles. I was happy with my hard work. It was so amazing that it didn’t seem quite real.

“Great job, I’m so proud of you,” my mom chimed in.

The next night, there was an awards ceremony. I was awarded a beautiful plaque, with my name on it! Eventually, it was time to go home. For a while after we were home, whenever friends or family would come over, my mom would always show off my massive ribbon and my astonishing plaque. They would say things like, “Wow,” and, “Great job!” or, “That’s so cool.” Seeing all of their impressed expressions made me remarkably pleased. Now, the awards embellish one of the walls in my room and my pride is everlasting.

This experience has given me knowledge about work and reward. I understand that hard work is likely to lead you to success. I also learned that you will always do well if you work at the things you love.



## An “Egg-citing” Start for Coyote Crest 4-H

### Poultry Project By Paula Piva

Poultry Project Junior Leader



The Poultry Project met on September 12, 2011 at the historic Bernal-Gulnac-Joice Ranch. Those who attended were: Aaron Alger, April Alger, Trey Buccellato, Madi Burkhardt, Jessica Davidson, Scott Davidson, Emily Friesen, Lilian Hardy, Julia Hardy, Adriana Perazzo, Paula Piva, Santiago Piva, Maria Rauwolf, Brandon Vincze, and Cameron Vincze. Junior Leaders, April Alger and Paula Piva, gave a coop duty demonstration and health check demonstration, respectively. Next, all project members scrubbed with bleach the coop. Everybody did a great job! After that, Santiago Piva talked about the snack he brought (Deviled Eggs) and how he made it. While the group was enjoying this “eggs-quisite” snack, the Mega Field Day Committee (MFDC) was formed. Our MFDC organized an activity for the public to participate in.

### How to Make the ‘Deviliest’ Eggs”

By Santiago Piva

Coyote Crest 4-H Club Photographer

The secret to hard-boiling eggs is to put them on medium or low temperature and to be careful about the time. First, put a layer of eggs in a pot and cover them with cold water. Make sure that the water is one inch above the eggs. Second, cover the pot and bring them to boil in medium heat. Third, once the water starts boiling, take the pot off the burner. Fourth, leave the pot covered for 15 minutes. Fifth, ask a grown-up to drain the water. Sixth, run cold water over the eggs. Last, peel them.

This is one way to make Deviled Eggs: (They are called “Deviled” Eggs because the name originated from spices being used.)

#### Ingredients

6 hard-boiled eggs, peeled  
3 tablespoons mayonnaise  
1 teaspoon prepared mustard  
¼ teaspoon salt  
¼ teaspoon pepper  
1 tablespoon pickle relish (optional)  
Paprika

#### Equipment

Knife  
Cutting Board  
2 spoons  
Small mixing bowl  
Plate  
Fork  
Measuring spoons

#### Directions

1. Have an adult help you slice the eggs in half lengthwise. Carefully scoop out the egg yolks and put them in a mixing bowl. Put the egg whites onto the plate.
2. Mash the yolks with the fork. Stir in the mayonnaise, mustard, salt, and pepper. Mix until smooth. Stir in a tablespoon of pickle relish if you like.
3. Use 2 spoons to put the yolk mixture back into the whites. Try to fill each of the 12 halves equally. Sprinkle each deviled egg with a little paprika before serving.

#### Resources:

National 4-H Avian Bowl Manual 2009, Clemson University Cooperative Extension, Eggyclopedia Section, “Cooking Methods,” “Deviled Eggs” Molly's Cooking Studio, (American Girl Collection), American Girl Editors (Author), Nick Backes (Illustrator) & Susan Mahal (Illustrator)





## The California Coastal Cleanup Day

By Cameron Vincze  
Coyote Crest 4H Club

September 17, 2011 was California Coastal Cleanup Day. The Alger's, the Friesen's, the Piva's and the Vincze's were there. We signed in and got to do a water test on water from the creek that runs through New Almaden. Then we were moved to area E to clean. We found a lot of trash. We found 2 tires, a car bumper, a T.V, a washing machine, lots of metal and more! After we finished we took a group picture with all of our trash. Then we headed back and had lunch. Next year we are going to run some games for all the kids that come out and help clean.

### Santa Clara County 4-H Thrive

4-H offers opportunities for youth to realize their true and full potential through the Step-It-Up-2-Thrive curriculum. By incorporating the Step-It-Up-To-Thrive process, 4-H will

- Develop youth self-reflection skills.
- Teach a common language for thriving.
- Provide a holistic view of personal development.
- Inspire youth to create visions for their futures.

Motivate youth to work toward meaningful goals. A team composed of Project Leaders who teach the Leadership project in clubs in the county along with the All Stars and other Teen Leaders will participate in the Step-It-Up-To-Thrive Training that will be held at the Lion's Club in San Martin on October 29<sup>th</sup>.

This team will then train the Junior and Teen Leaders enrolled in a Leadership Project so that they may have the opportunity to discover what it takes to set themselves on a trajectory toward achieving their full potential in life, or, in a word, thrive. Junior and Teen Leaders will have opportunities to practice and apply newly learned skills with other youth members.

#### **What is the difference between community service and service-learning?**

At a quick glance these two areas of service may appear similar, yet in practice they different concepts. They are similar in the sense that youth develop civic responsibility and meet community needs. Both of these activities promote youth's leadership and life skills.

of the community, and then they research whether this is really an expressed need or not. In this process youth learn to conduct phone interviews, write letters and attend meetings in other organizations, etc. Once youth identify an expressed need they often collaborate with local agencies to avoid duplication of efforts. The emphasis is on creating synergy with other local organizations. In community service youth identify a need, develop a plan to meet that need and conduct the service.

In service-learning, reflection is an important component that helps youth figure out how to improve their service and helps youth interpret their service experience. Community service does not emphasize reflection.

In community service, success is often measured by the number of items donated, visits made or number of hours that youth participated in the activity. In service learning, success is measured by the impact that the activity had on the community. Did youth's efforts make a difference?

The California 4-H Office encourages youth to apply for service-learning grants. Join the Revolution of Responsibility!

<http://www.ca4h.org/Support/RofR/>

In service-learning, youth identify the needs



# EVENTS & DEADLINES

## Measuring Success through the 4-H Online Record Book—Win an iPad2!

One of the features of the 4-H Online Record Book (ORB) is the “Boost Your Spark Score!” box. Through the Spark Score Questions we will be able to measure the impact of 4-H and track the progress of individual youth toward reaching their full potential, or in a word, to thrive.

Tracking youth progress allows us to continually improve 4-H programs based on real results. To incentivize use of ORB in this first year, both youth and adults have opportunities to be eligible to be entered into a drawing for iPad2’s and a Centennial commemorative pin.

### Youth Eligibility Requirements

- A. Chance to win one of four iPad2s, (16GB, Wireless)  
Drawing to be held in July 2012  
To be eligible, members must complete all of the following:
- 1) Boost Your Spark Score! Complete all five Spark Score Questions surveys in ORB plus at least one Bonus Score Questions survey by **January 31, 2012**
  - 2) Boost Your Spark Score-again! Complete all five Spark Score Questions surveys in ORB plus at least one Bonus Score Questions survey by **June 30, 2012**. As you complete the original five Spark Score Question surveys, they will disappear from your Boost Your Spark Score panel. In April 2012, these same surveys will reappear and you will answer the same sets of questions again.

Spark Score Questions: complete all five, twice during the year. 1 <sup>st</sup> time by January 31, 2012 2 <sup>nd</sup> time by June 30, 2012	Bonus Score Questions : complete at least one, twice during the year (complete the same one(s) each time) 1 <sup>st</sup> time by January 31, 2012 2 <sup>nd</sup> time by June 30, 2012
Light Your Spark Flex Your Brain Reach Your Goals How I Feel Contribution	Caring Character Connection Confidence Competence

- B. Centennial commemorative pin  
All members who complete the five baseline surveys by January 31, 2011 and the end-of-year surveys by June 30, 2012 are eligible to receive the Centennial commemorative pin.

### Adult Eligibility Requirements

- A. Chance to win one of two iPad2s, (16GB, Wireless)  
Drawing to be held in July 2012  
To be eligible, adults must complete all of the following:
- 1) Attend Thrive training in your own or a neighboring county.
  - 2) Attend Rubrics and Thriving Training. (multiple conference call training sessions offered October—November 2011).
  - 3) Implement and complete the iThrive Member Guide in a Leadership Project (club, county-wide or other).
  - 4) Complete evaluation surveys from UC Davis research team. (Two surveys, pre and post program delivery.)
  - 5) Complete baseline GPS Rubrics and Contribution Rubrics on at least three youth by January 31, 2012
  - 6) Complete end-of-year GPS Rubrics and Contribution Rubrics on the same three (or more) youth by June 30, 2012.
- B. Centennial commemorative pin  
All adults who complete all of the above requirements by the designated deadlines are eligible to receive the Centennial commemorative pin.



**State Leader's Forum  
THE MAGIC OF 4-H: TRANS-  
FORMATION-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!

"Save the Date!" - The **2012 California 4-H Camping Conference** will be held **March 23 – 25<sup>th</sup>, 2012** at 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.

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 return-

ing 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/>

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

## FUNDING OPPORTUNITIES

**California 4-H Revolution of Responsibility  
\$1,000 for 1,000 Service Learning Projects**

Funding up to \$1,000

Review dates of October 15, 2011, January 15, 2012, and April 15, 2012

<http://www.ucanr.org/join/>

In support of this community development work, the CA State 4-H Office will consolidate the Requests for Funding (RFP) for Service-Learning, Healthy Living, SET, and Legacy into one application. Chartered 4-H clubs/units can apply for funding up to \$1,000 to support service-learning projects related to their club or project activities by submitting the proposal linked above.

## EVENTS AND ACTIVITIES

*North Central Section Family and Consumer Science Field Day*

**November 5, 2011 • Stockton**

Save the date—all California 4-H clubs are invited to participate! This year’s field day will offer a variety of educational opportunities including a variety of food and consumer science workshops, presentations, competitions and demonstrations. Workshops include “Healthy Spa Time” highlighting common foods you might find in a spa, “Ignite Your APPEtite” showcasing food and fitness mobile apps that will enhance your healthy lifestyle, and much more! Information for this event is posted on the SCC yahoo group.

## RESOURCES



### *Keep Your Kids Safe Online*

Deliver comprehensive online safety education for elementary and middle school students with an easy to use kit. As a program of the National Center for Missing and Exploited Children, NetSmartz focuses on educating parents and children about online and personal safety. Teen leaders may also use this kit to teach younger children or create classroom presentations. Try the safety kits at [www.netsmartz.org/kit](http://www.netsmartz.org/kit). For more information, visit [www.netsmartz.org/Parents](http://www.netsmartz.org/Parents).

*Love Is Not Abuse—Educate Youth About Teen Dating Violence* Love Is Not Abuse is a curriculum that provides a step-by-step guide to educate high school students about the issue of dating violence. This program uses literature and poetry to provide necessary tools to

help educate young adults about this sensitive topic. This resource features information on how to talk to friends about dating violence, quizzes, warning signs and real teen stories. The “Just for Teens” section is especially tailored for teenagers. Love Is not Abuse also recently released an app for mobile devices. For more information, visit [loveisnotabuse.com/web/guest](http://loveisnotabuse.com/web/guest).

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1553 Berger Drive  
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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  
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**Deadline for articles is the 15th of each month.**

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## 4-H Calendar

### 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  
Auditorium
- 10/27** Club Treasurer's Training  
1553 Berger Dr. Bldg 1  
San Jose, CA 95112  
7:00 pm to 9:00 pm
- 10/29** 4H Halloween Dance  
1555 Berger Dr  
San Jose, CA  
7:00 pm—11:00 pm

### November, 2011

- 11/8** 4H Full Council Meeting  
7:00 pm—9:00 pm  
Location TBA
- 11/11-13** State Leaders Forum  
Asilomar Conference Center