

HEALTHY FOOD SYSTEMS • HEALTHY ENVIRONMENTS • HEALTHY COMMUNITIES • HEALTHY CALIFORNIANS

University of California  
Agriculture and Natural Resources  
*Making a Difference for California*



*Timely Topics*

January, 2013

# 4-H Office Holiday Closure

The 4-H Office will be closed December 24, 2012 to January 6, 2013 for the Christmas and New Year Holidays. Please have a safe and joyous Season

## 2012 North Central Section Presentation Day Awards

April	Alger	gold	Demonstration Illustrated	1, 2, 3 Easy As Can "B"	Coyote Crest
Stuart	Bettencourt	blue	Talk Illustrated	The Living Frame	San Martin
Alexander	Call	primary	Talk Illustrated	Success From Failure	El Sereno
Alysia	Call	gold	Talk Illustrated	Judging Holland Lops Birds that Make a	El Sereno
Rebecca	Call	gold	Talk Illustrated	Splash The Long, Short and	El Sereno Coyote
Ashleigh	Croce	gold	Talk	In-Between of It	Crest Rolling
Adhithi	Fernandes	primary	Demonstration Interpretive	Drawing with MSLogo Harry Potter and	Hills Rolling
Nikitha	Fernandes	gold	Reading	Sorcerer's Stone	Hills Coyote
Emily	Friesen	gold	Demonstration Interpretive	It's Spudtastic! Showdown at the Food	Crest El Sereno
Dustin	Geringer	gold	Reading Interpretive	Pyramid	El Sereno
Kyle	Geringer	blue	Reading	The Son of Neptune	El Sereno Pleasant
Sam	Horovitz	gold	Demonstration Illustrated	From Fibers to Felt	Acres Coyote
Paula	Piva	blue	Talk	Poultry Showmanship	Crest Coyote
Santiago	Piva	gold	Demonstration Interpretive	Ratastic Rats! Eleven (It's more then	Crest Rolling
Melissa	Robell	blue	Reading Interpretive	ten plus one) The Gettysburg	Hills Rolling
Aidan	Venneman	primary	Reading Illustrated	Address A Day in the Life of	Hills Rolling
Brynne	Venneman	gold	Talk Illustrated	Two American Girls in 1770	Hills Rolling
Genevieve	Whitmer	primary	Talk	How To Wash A Dog	Hills



## Youth in Action: Coastal Cleanup

On Saturday September 15<sup>th</sup>, I along with other members of the Coyote Crest 4-H Club participated in the California Coastal Cleanup at Hellyer County Park. The creek that our group was picking up trash from was the Coyote Creek. The members of our group were Brianna Kemlo, Emily Friesen, Brandon Vince, Cameron Vince, Cory Carleson, Aaron Alger and myself, April Alger. The purpose of this event was to protect our streams and water ways from man's intrusion.

We started picking up trash at 9:15 am. Our group found the usual items such as bottles, cans and plastic bags, but we also recovered clothing, diapers and even a computer mouse. These were all separated into a trash and recycle bag. We were very grateful for our gloves since some of the items had been imbedded in poison oak and they were also odoriferous. While we were collecting these items, we also had to complete a survey of what we found. By 11:30 a.m. we estimated that we had picked up a total of 150-200 lbs. of trash and recyclables. This community service has opened my eyes as to the sheer amount of pollution in our natural habitat.

## HARVEST FESTIVAL AT EMMA PRUSCH FARM

By Darrick, Lauren and Jackson Oliver  
Pleasant Acres Club

On Saturday, October 6<sup>th</sup>, Emma Prusch Farm hosted a Harvest Festival. The Pleasant Acres 4-H Club had a cavy booth where we encouraged kids to hold various cavies from our project.

We taught kids how to pet Abyssinians, the swirly-haired cavies, how to properly handle cavies, and answered questions about cavies. We were able to tell people about 4-H and the kinds of projects we do in it.

We had a good variety of breeds of cavies on display. We had American, which is a straight-haired cavy. We also brought American Satins, which is a very soft, shiny American cavy. Then we had a Teddy, who looks like he put his paw in a socket and fluffy all over! Last, but not least, we had Abyssinian Satins. They have the swirly, soft hair. The children really enjoyed seeing the different breeds of cavies. The 4-H members who worked the booth were: Rylie Weaver, Faith Roder, Darrick Oliver, Lauren Oliver, and Jackson Oliver.



## What is Fashion Revue?

It is an event that encourages members to focus on their sense of style and fashion. It is for all 4-H members: girls, boys and clovers! Its primary purpose is to build self-confidence in young people by helping them find the style that suits them best and to work on grooming, posture, and stage presence.

You may purchase an outfit or sew a garment for the event. This year, there are two sewing categories: the Traditional and the Two Yard Wonder. Traditional is for members who use new fabric to sew a garment. The Two Yard Wonder is a Challenge category using two yards of 100% cotton fabric to sew a garment and an accessory.

Another challenge is to use duct tape to make a wearable garment. You can start with a purchased garment or not, that is your choice. For the Consumer Science-Purchased category, you are limited to using up to \$19.99 for making your outfit. This limit does not include shoes and sales tax. Please keep all receipts. Shop wisely!

Categories to participate in are: Traditional, Consumer Science Purchased, Wearable Art-Embellished, Two Yard Wonder, and the Duct Tape Challenge.

For more information about each category you can go onto the State Fashion Revue website <http://www.ca4h.org/Programs/Events/SFD/SFR/> and review the Fashion Revue Manual or you can contact a member of the committee listed below.

Thank you,

Fashion Revue Chairs

Junior Leaders: Kyle Geringer, Dustin Geringer, Leah Hails, and Eileen Hails

Adult Leaders: Sandi Geringer and Kelly Hails

[srgerin225@sbcglobal.net](mailto:srgerin225@sbcglobal.net)

[khails@outlook.com](mailto:khails@outlook.com)

## **The Most Delicious Healthy Snack Ever!**

Lauren Oliver, Pleasant Acres Club

Did you know that healthy food doesn't have to taste gross? Well, I didn't, before we had the first meeting of Pleasant Acres' Cooking Project. Together, we made Pumpkin Muffins and Chocolate Granola Bars. I learned that making your own snacks is a lot better than buying snacks, since you know what's in them.

Not only were they healthy recipes, but they were delicious and easy to make! While the foods were baking, we talked about making good food choices, and how you should have a variety of meats, vegetables, fruits, dairy, and grain on your plate in each meal. Happily, we all chewed the yummy foods when they came out of the oven. These were two recipes that were so delicious; you couldn't even tell that they're healthy! So, in the end, I learned that making healthy choices on what to eat may sound hard or gross, but it's actually easier and yummier than I ever imagined!

Here's the recipe for the Granola Bars:

- 1 C. butter, softened
- 1 C. honey
- 1 t. vanilla
- 4 ½ C. rolled oats
- 1 ½ C. whole wheat flour
- 1 t. baking soda
- 2 C. add-ins: mini chocolate chips, chopped nuts, dried fruit, sunflower or other seeds, coconut

Lightly butter a 9x13 glass pan. In a small saucepan, cook butter, honey, and vanilla on low for 5 minutes. Add to the dry ingredients in a large bowl and beat well. Stir in add-ins. Press mixture into pan using your hands.

Bake at 325 degrees F for 15-22 minutes until just golden brown on the edges. Let it cool for 10 minutes before cutting into bars. Let them cool completely before removing and serving. Store at room temperature or freeze. (Recipe courtesy of Kitchen Stewardship)

## Coaching 4-H Teen Leaders for Success

*Fe Moncloa, 4-H Youth Development Advisor*

One of the key elements in 4-H is that the program is based on youth-adult partnerships. *What does a youth-adult partnership look like?* This is when youth and adults work together in a positive and respectful manner, each contributing their unique strengths to the project AND to the relationship. The key element here is that youth and adults work together toward a common goal.

Youth-adult partnerships are based on three principles:

In 4-H youth have the opportunity to partner with adults at the project level 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.

For teens that participate in the Teen Leadership Program, this program is designed for members in the 9th grade and above, to continue developing leadership skills. This is accomplished when the Teen Leader teaches 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 has been adapted from a 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, come visit our 4-H Library.

### **Key elements of a successful Teen Leader program:**

- Teen Leaders participate in Thrive and identify a spark.
- 4-H teens teach children who are at least two to three years younger than themselves.
- Teenagers are responsible for all teaching, sharing with other Teen and/or Junior Leaders
- Teenagers teach small groups of children, not one-on-one.
- Teenagers are trained on how to teach younger children and teach a particular subject matter curriculum that they have expertise in
- Adults regularly express their confidence in the teen's ability.
- Adults have high expectations of teens and regularly express this to teens in a constructive manner.
- Adults provide teenagers with flexible curricula that can be revised or "tweaked" as needed fosters success.

### **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:**

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

### **Leadership in 4-H: Project Leaders We Need You!**

Every day I respond to public inquiries about the 4-H program. During these phone calls I share with excitement how 4-H develops children and youth’s leadership skills, life skills and citizenships skills in ways that few other youth programs do. What I share in these phone calls is stories about how children develop their public speaking skills in the project meeting, then in front of the club, and the if interested by participating in Presentation Day. However, leadership is more than public speaking. How do youth develop these leadership skills in 4-H?

In addition to participating in activities where youth learn leadership from peers and adult, 4-H members also need to learn about their sparks and of their leadership potential in a 4-H leadership project. As project leaders, you need to be intentional about teaching a wide range of leadership skills to youth. One way to do this is by using research-based curriculum to teach leadership to youth.

Presently we offer two leadership curriculum in 4-H: (1) “Thrive” which is aimed at Junior and Teen Leaders and (2) Step Up to Leadership which is aimed at 9-12 year olds. Thrive is currently taught in Rolling Hills, El Sereno, Homesteaders, Pleasant Acres, San Martin and Adams. Junior and Teen Leaders from Pacheco Pass and Coyote Crest are strongly encouraged to attend a nearby Thrive project. Youth who participate in this project will be encouraged to complete a pre and post survey on the Online Record Book.

If you are interested in teaching Step Up to Leadership to 9-12 year olds, please contact Fe Moncloa at [fxmoncloa@ucanr.edu](mailto:fxmoncloa@ucanr.edu) or (408)282-3107. This curriculum was designed by a team of 4-H staff, volunteers and youth. It was piloted extensively across the nation for one-year before final publication. Youth who participate in this project will be encouraged to complete a pre and post survey on the Online Record Book.

## **Upcoming Events:**

A **4-H Archery Certification Training for volunteers and junior/teen leaders** will be offered Saturday, January 19<sup>th</sup>, 9 AM – 5 PM, and Sunday, January 20<sup>th</sup>, 8 AM- 12 noon, at the Livermore-Pleasanton Rod & Gun Club, 4000 Dagnino Road, Livermore, CA 94551 in Alameda County. You must be an enrolled 4-H leader or member and attend both days to receive certification to teach archery at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is \$50 per person to include a resource binder, range fees, and Saturday lunch. Overnight RV parking, water & power only, is available for an additional fee.

To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at <http://www.ca4h.org/files/2123.pdf>, and an adult or youth 4-H medical release form and a \$50 check payable to “De Arroyo 4-H Club” to Jennifer Siders, 4967 Erica Way, Livermore, CA 94550. Registration is due Monday, January 7<sup>th</sup> and space is limited. For more information call Jenny at 925-321-6009 or email her at [jsiders@gmail.com](mailto:jsiders@gmail.com).

## **2012-2013 COUNTY COUNCIL SNACK SIGN-UPS!**

**JANUARY - COYOTE CREST**

**MARCH - SAN MARTIN**

**MAY - ROLLING HILLS**

**JULY - HOMESTEADERS**