



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

4-H Youth Development Program

4-H Timely Topics for Santa Clara County



2020 HOLIDAY NEWSLETTER



A message from Fe Moncloa, Ph.D., 4-H Youth Development Advisor

This Timely Topics newsletter is our final issue for 2020! Thank you to all 4-H volunteers, youth and adults, for bringing fun and interesting activities to our 4-H members.

During these months, I am hoping you will have several opportunities to come together and celebrate in-person or remotely, What holidays come to mind when you think of November? How about when you think of December? Chances are you will respond in many ways to these questions since we have diverse lived experiences. I invite you to take the time to explore how our diverse community celebrates various festivities and holidays. Did you know that many American Indians do not celebrate this holiday? You can read more about this [here](#). A friendly reminder, as a program of the University of California, 4-H engages in non-denominational activities when it comes to holidays,

As the end of the calendar year comes to a close, I am getting ready to go on a nine-month sabbatical a la "shelter in place" beginning January 1, 2021. Keith Nathaniel, 4-H Youth Development Advisor and County Director in Los Angeles County will support Susan and Evelyn while I am "gone." Honestly, I expect I will be in the U.S. the entire time while I write and create fun videos.

Wishing you a healthy and happy end of 2020 and a wonderful 2021!



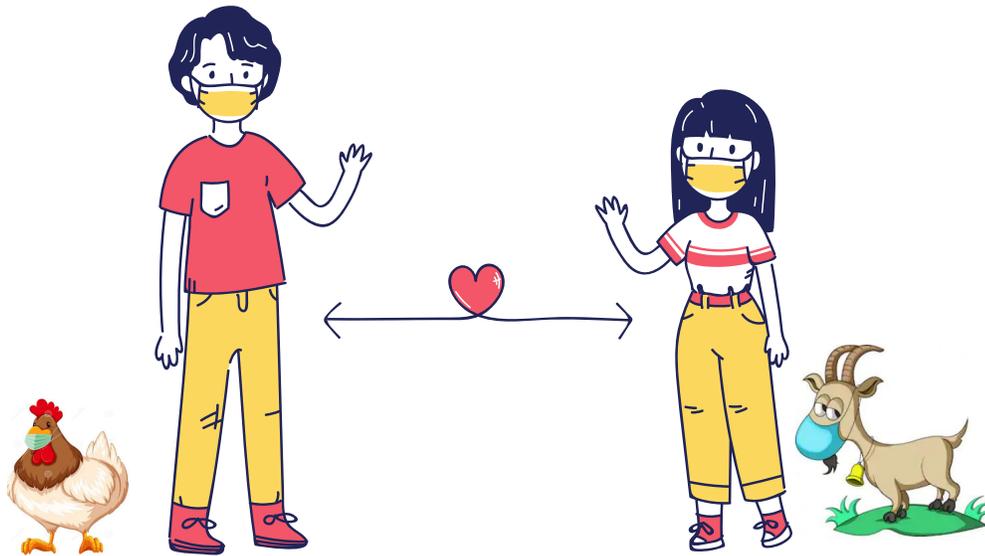
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4-H Youth Development Program

Santa Clara County

Updated UC ANR Covid-19 Mitigation Guidelines for Project Participation

Updated UC ANR Covid-19 Mitigation Guidelines for Ranch Participation

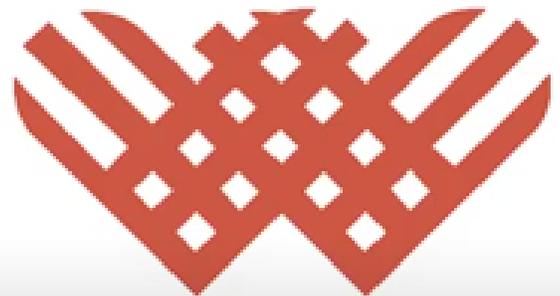


Giving Tuesday December 1

The California 4-H Foundation will have a 1:1 match incentive for gifts made to 4-H programs/clubs/councils through the Foundation in the amount of **\$25,000.**

Match is first made first matched up to \$25,000
Must make gift online at givingtuesday.ucanr.edu

It's a MATCH!



Giving Tuesday is a global day of giving back. On the Tuesday following Thanksgiving, you'll have the chance to join people around the world and support a cause close to your heart. By donating to the 4-H Youth Development Program and UC ANR you extend the knowledge and resources of the University to your community. Mark your calendars, spread the word, and stay tuned for more details! We hope you will join us on December 1! ucanr.edu/GivingTuesday



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4-H Youth Development Program

Santa Clara County

4-H Enrollment for 2020-2021

Thank you to the families that have already completed their 4-H online enrollment and fee payment for the 2020-2021 program year!

There are TWO steps for 4-H youth members to re-enroll or newly enroll in a 4-H club in Santa Clara County.

- 1) Go to 4-H online and follow these instructions to re-enroll OR create a new profile.
- 2) Next, payment for the annual enrollment fee may be made online with your credit card. Fee waivers are available. Contact your VEC, OR complete the online form OR email the 4-H office.

****Note that due to reduced 4-H staff hours during December, enrollments completed after November 15, 2020 may not be made active until January 2021.**

For adult volunteers, please follow the instructions for Re-enrolling volunteers OR Newly enrolling volunteers. Adult volunteers must be "active" in 4-H online prior to leading 4-H activities.

Finally, be sure to reach out to your club's leadership team, listed on the club flyer. Confirm that you are listed on the club's email list so that you don't miss out on any of the activities or projects offered with your 4-H membership.

Need direction to your club contacts? Send an email to sjweaver@ucanr.edu or view your club's flyer.



"Because of my involvement in 4-H, I want to do more things in 4-H and push myself to do better. I want to experience leadership opportunities and other things that 4-H has to offer to benefit myself and others. Through my involvement in 4-H, I know I can."



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4-H Youth Development Program

Santa Clara County

County 4-H Ambassadors

Anna Clayton and Megna Nayar
SCC4HAmbassadorTeam@gmail.com



Save the Date:
Virtual LON 2020



When: February 19-21
Where: at your home!



Open to all 4-H members, 12 and older!



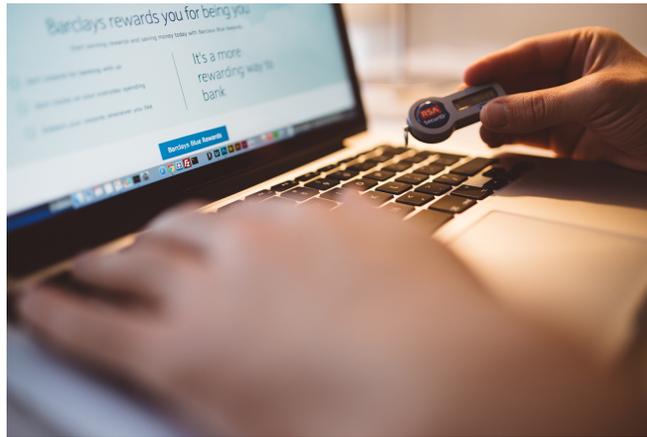
Safety Matters: Cybersecurity Put First for Youth Registration Link

Date: Monday, November 23, 2020

4:00 – 5:00 PM PST

Guest Speakers: (FBI): Amanda J. Knutson, (CISA): Tony Enriquez

Who Should Attend: Youth, Parents, and general public.



Summary of Webinar: Please join the Region 5 Youth Preparedness Council for a webinar to learn about the importance of cybersecurity and resources needed to engage safely online. Data shows that three in five children use Internet-based devices in their homes, and it's estimated that children between 8 and 18 spend about 45 hours per week online – numbers that have most likely increased during stay-at-home orders. With the Coronavirus (COVID-19) pandemic changing the way learn and socialize – it is critical for you to identify steps you can take to protect yourself when you connect online. The Internet can provide a wide range of fun activities from social media to gaming and shopping; but, as youth surpass their parents in tech savviness, their digital profiles can easily become a target for cyber criminals. Learn the basics of good cyber hygiene from expert guest speakers from the Federal Bureau of Investigation (FBI) and Cybersecurity and Infrastructure Security Agency (CISA) who will help clarify common questions and discuss the resources youth need to be safer and more secure online.



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4-H Youth Development Program

Santa Clara County

Golden Clover Award

Congratulations to Ethan of El Sereno 4-H Club for being awarded a **2020 4-H Golden Clover Award** in the category of Brownlee Science!



Ethan has been a 4-H member for three years, and has been a member of the 4-H computer science pathway project for two. He is an avid coder and teacher, excelling at programs including scratch, python, and more. Ethan also creates his own programs!

Ethan is extremely grateful to 4-H: "Without 4-H I definitely would have never been able to discover a passion where I could teach the community about computer science and provide opportunities and interests to the young generation."

Ethan will be graduating high school next year and has big dreams for the future: "I can hopefully gain more knowledge on computer science and STEM in college where I can pursue a career where I can continue to positively use computer science to benefit the younger generation and get them more interested in this amazing field."



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4-H Youth Development Program

Santa Clara County

Golden Clover Award

Congratulations to Nathan of Rolling Hills 4-H Club for being awarded a **2020 4-H Golden Clover Award** in the category of California Beekeepers Association!



Nathan saw a problem in the beekeeping community and took action to fix it. He writes: "Every year, beekeepers around the nation face the same daunting problem: winter loss. As the number of hive fatalities surge, overwintering strategies have become increasingly important to beekeepers. And yet, we can't seem to decide on the very best technique—each beekeeper maintains a unique toolkit, with tactics ranging from a simple reduction in entrance width to a full-blown cold storage transfer."

Nathan has been a junior and teen teacher for his beekeeping project for seven years. He did extensive research on overwintering techniques to help both his personal hive and his project's hive. He surveyed over twenty-five experienced beekeepers from the welcoming Santa Clara Valley Beekeepers Guild on their overwintering techniques, and wrote a detailed essay on his findings.



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4-H Youth Development Program

Santa Clara County

Virtual Project Success!

by Nathan of Rolling Hills 4-H Club



For the past few years, I've been a teen leader for the Rolling Hills Food and Nutrition Project—that aims to teach participants cooking and the science behind it. Before the pandemic, our meetings were often rambunctious. With measuring spoons and ingredients strewn around the kitchen, more than twenty kids cheerfully cooking up their creations: crispy egg rolls, light and airy almond macarons, delightfully rich crème brûlée. But this all came to a halt with the coronavirus outbreak, which prevented us from having our March meeting. We wanted to delay our meeting until the pandemic ended, but as a month of sheltering-in-place became two—then three—we decided to let members decide whether to have our meeting, albeit online. The answer? A resounding "yes"—so, we resolved to have our meeting.

Planning for the meeting was a challenge. Our foremost hurdle was finding a way to keep participants engrossed. To ensure success, we chose two foolproof recipes (blueberry muffins and Dalgona coffee) and set up two cameras: a wide-angle camera and a close-up camera, illuminating the specifics of the kitchen work. The day came, and although there were a few mishaps along the way, it was a success. We hoped that the pandemic would be over by summer's end, but with the new 4-H year came no change. For our first meeting, we planned on making chocolate cake and potato chips from scratch with a device that typically has been relegated to reheating: a microwave. This time, our meeting went even smoother—with a few members happily exclaiming that they could easily make fresh potato chips that tasted just like store-bought ones! At the end, it was satisfying to hear the members crunch on fresh chips together and see their enticing chocolate cakes, fresh out of the microwave. Interwoven with cooking portions, our junior and teen leaders gave presentations about how microwaves work, different types of potatoes, sweet potatoes and yams, the history of potato chips, and the varieties of chocolate cakes. The online meeting provided an unexpected boon: we were able to cover a formerly impossible topic—after all, we don't have twenty microwaves in our kitchen—but having members cook in their own homes solved this problem! It allowed for some members, recently relocated to Ohio and Vermont, to join in the fun. In this uncertain year, Food and Nutrition meetings are certain to be fun.



The Masked Crusaders



In November, the California 4-H Youth Development Program will be featured in a UC ANR tour attended by the new University of California President - Dr. Michael Drake and the UC Board of Regents. As part of this tour, each participant will receive a "learning box" of items produced by UC ANR. Two 4-H families in Santa Clara County contributed to the 4-H boxes by handcrafting face masks sewn with 4-H fabric. Attached to each mask was a removable "tag" to identify the first name of the sewer and Santa Clara County. Thanks Alger and Clayton families for participating in this opportunity to share your sewing skills and provide such a useful gift.

Holiday Shopping??

The California 4-H Foundation is on Amazon Smile!

If you shop on Amazon, it is easy to make your shopping benefit the California 4-H Foundation. Just start each shopping session at <http://smile.amazon.com>.

Log into your Amazon account the way you normally do, then search for and select "California 4H The California 4-H Foundation is on Amazon Smile! Bookmark the page and then every time you shop, 0.5% of your eligible purchases will support 4-H in California.



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4 for 4: STEM Innovation



Santa Clara County's recent 4-H graduate, Fiona interviews Andrew 'Boz' Bosworth, head of Facebook Reality Labs and California 4-H alum, to discuss opportunities in STEM, his passion for virtual and augmented reality, and how kids can continue innovating. Andrew and his family were members of El Sereno 4-H in Santa Clara County, where he originally explored STEM in a 4-H project.

[Enjoy the 4 minute interview here](#)





"Cold Weather" Shelter Community Service

by Nathan of Rolling Hills 4-H Club

The Rolling Hills 4-H club assembled 200 toiletry kits for the 175 guests at HomeFirst's Cold Weather Shelter. Offering services, shelter, and housing, HomeFirst is a crucial organization that serves more than 5,000 people around the Bay Area, and the Cold Weather Shelter alone provides 2 meals/day and refuge for around 140 people experiencing homelessness.



At last year's February General 4-H Meeting, we held our annual Craft Fair and Open House, a lively event filled with homemade crafts put up for sale: eggs, soaps, pottery, string alpacas, salad jars & recipes, and many others! Thanks to our members' generous contributions at the Craft Fair (both in making and purchasing crafts), our club was able to raise almost \$400—a hefty amount that allowed us to procure supplies. Originally, our club was going to assemble the kits as a group at the March general meeting, but the coronavirus pandemic and shelter-in-place orders meant that we had to delay the community service activity. It seemed increasingly likely that we wouldn't have a chance to meet in person. In May, our dedicated club members realized that there was a still need for these kits—even if we weren't able to meet together—so they picked up bags of supplies and returned them as finished kits, complete with wonderful hand-written & hand-drawn cards, filled with inspirational messages. Some 4-H members even made fabric masks! (cont.)



"Cold Weather" Continued...

The culmination of everyone's effort was a sight to behold: 200 toiletry kits, consisting of toothpaste, toothbrushes, shampoo, soap, lotion, deodorant, chapstick, band-aids, and socks, topped with homemade cards. When a representative from HomeFirst picked up the kits, she immediately remarked that the drawings were very special—and was extremely impressed at the amount of work our club had put in. Furthermore, she wanted to pass on this message: "Please let the kids know that they have made a positive impact on the lives of many in their community. We are so thankful and appreciative of their hard work!"

Revised Presentation Manual

Public speaking continues to be a cornerstone of the University of California (UC) 4-H Youth Development Program. Over the 120 years of UC 4-H, the presentation program has expanded to include various public speaking formats and opportunities for members to receive feedback from evaluators. UC 4-H alumni will often mention that they learned how to speak more effectively through their participation in the UC 4-H presentation program. In Santa Clara County, Presentation Day will be held on March 13, 2021.

To be on the planning committee, email latisca@gmail.com

Find out more about preparing a presentation at the [CA4-H Website](#).

Save the date! Saturday, March 13 is Presentation Day!



Attention Poultry Enthusiasts!

The Veggieloution team at Prusch Park is seeking how-to poultry videos for their patrons!

They would like videos that...

- are short (3-5 minutes)

- have content focused on chickens, chicken farming, chicken breeds, eggs, etc.

This opportunity is open to adults and youth. Contact Rosa Maria Gordillo if you are interested! rmgg@pacbell.net



Backyard chicken owners can now get UC research-based information about raising poultry from a Backyard Poultry Central app!

“As far as I am aware, it is the first poultry app from an academic institution and it will focus on sharing science-based info in a practical and entertaining way,” said Maurice Pitesky, UC Cooperative Extension specialist, who developed the app with Joseph Gendreau, research data analyst. For more information, [read the blog](#)





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STEM Challenge Success Story!

by Sarp from Rolling Hills 4-H Club



The 4-H Mars Base Camp activity was awesome! I most liked the rover building and the card game. I also liked when I made my own game!

Building the rover and getting it to go on the obstacle course was hard. I kept on failing! But I kept on persevering through until the rover went through the obstacle course.

The coaches helped me by giving me ideas for upgrading the rover and the obstacle course. Now I know that it's hard to get the rover to go where you want it to; In the game, or in real life.

I also liked the coding! It was so much fun! But it was sad when the code didn't save and was deleted. It was so cool!





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Santa Clara County

Trunk or Treat!

by Malia from El Sereno 4-H Club



To celebrate Halloween, El Sereno 4-H planned a musical trunk or treat event. When the day arrived, I was excited. At 6:12pm my family and I arrived with a trunk full of Halloween decorations. A few families were setting up and I knew that this was going to be fun! I jumped out of the car, and put on my costume, a snow leopard onesie, some gloves for setting out goodie bags, and a mask.

My sister and I displayed all of the trick-or-treat bags for people to grab when they walked by our car. By now, 3 more cars had arrived and the place was starting to come together. I decorated the car with a skeleton and spider webs. I turned around and saw everybody in their costumes, including two people dressed as a dog and a fox with masks that looked like actual animal faces! That was such a cool idea! Others dressed up as sushi, a corgi, and many more!

Each family pod walked up to a car. Since we were two cars short, 2 pods went in the middle and danced to music. The family pods had 60 seconds at each trunk to look at the decorations and pick up a goodie bag. My favorite was the Egyptian themed car where they wore Egyptian themed costumes. When music stopped, each group would move to the next car.

Time flew by so quickly while visiting all of the cars, but there was one last thing to do!

Everyone gathered around in a really large circle 6 feet apart and the music started playing again. Our president of the club stepped in the middle and started dancing. Everyone followed her moves until she picked on someone new. Everyone danced, even the parents!

It was fun to see everybody's unique and lively dance moves.

I was sad when it ended, but also very happy since it had been so long since I had seen anyone from my club. With a bag full of goodie bags, memories I won't forget, and a big smile on my face I packed up the car and waved to people as they left the parking lot, and we left for the night.



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4-H Youth Development Program

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4-H Grown with Teens as Teachers

The Escuela Popular in-school 4-H Teens as Teachers Program is now virtual!

By Susan Weaver, 4-H Community Educator and 4-H Program Representative.

Three University of California programs in Santa Clara County, 4-H, the CalFresh Healthy Living and Master Gardeners' Program partnered to bring a series of Healthy Living Plant Science lessons, taught by Teen Teachers. The second and third grade students at Escuela Popular Bilingual Academy participated in their Google Classroom. To allow hands-on virtual activities, students collected the prepared session supplies from school in advance. Also included in the kit were living vegetable plants, provided through a generous donation by Valley Verde, a non-profit program that teaches families in San Jose to grow their own gardens.

Prior to the first session, an online training was held for the six middle-school-age Teen Teachers. Training topics included: navigating the Google Classroom as a presenter, how to create a Powtoon video, how to engage the younger students, how to ask questions when it's time for student input and how to adapt the lessons for different developmental abilities in a virtual setting. The three session themes they taught were:

- 1) **The Plant Lifecycle** – students created plant lifecycle timelines, learned the function of each plant part and how to identify which foods come from plants and what part of the plant the food comes from
- 2) **Plant Needs** – students learned about keeping plants healthy and a tricky way to remember a plant's needs. Each student also made a greenhouse garden to begin to germinate a seed. The template and instructions are linked here.
- 3) **Composting** – students used the supplies provided to create their own recycling container and learned to combine composting with plant health. We also discussed how composting is part of a successful recycling plan to help our planet. The instructions to make your own composting container are linked here.

Presenting the Teens as Teachers program virtually was a learning experience for all of us. The response we received from the second and third grade students was very welcoming. At the end of each session, the students were excited to share what they learned that day. We even saw a couple virtual tours of their home gardens that they had started with their Valley Verde plants.

If you would like more information about leading these sessions for a 4-H project, please contact Susan Weaver, sjweaver@ucanr.edu. For more information about Valley Verde, please [follow this link](#).





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4-H Youth Development Program

Santa Clara County

Shooting Sports Enthusiast?

Are you a 4-H member, leader, or parent? Do you want the latest information regarding trainings, matches, youth leadership programs, or anything related to 4-H shooting sports?

The fastest way to get the most current information is to be signed up for the 4-H shooting sports mailing list or our Facebook page. Enter your email address into the mailing list link below or like our Facebook page and you will receive information about the program as quickly as we receive it and post it. Don't be left out of the loop!



4-H Shooting Sports Mailing List link

[https://ucanr.edu/maillists/joinlist.cfm?
listnum=1926](https://ucanr.edu/maillists/joinlist.cfm?listnum=1926)

California 4-H Shooting Sports Facebook Page

[https://www.facebook.com/California-4-H-
Shooting-Sports-359716147438695/](https://www.facebook.com/California-4-H-Shooting-Sports-359716147438695/)

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4-H Youth Development Program

Santa Clara County

The Tech Interactive

The Tech
Interactive
at Home

Share
Imagine
Engage

The Tech Interactive has created an [online community forum](#) to co-create better educational programs!

Share your thoughts, opinions, and interests in the topic of **agtech, biotech, and food systems**.

Engage with fellow participants to learn from different perspectives and values! Anyone can add to their [fun, interactive MicroBoard](#) anytime between now and

November 23rd!

[Click the link for more details!](#)

Outreach - With Virtual Style



By **Caroline Spencer, Rolling Hills 4-H**

Every October, our club does outreach for 4-H by going to the Cupertino Wildlife Day and Harvest Festival. But this year, the festival was all virtual and asked participants to send videos describing what they would be presenting on. We sent in a few videos where we talk about our ranch and the animals we keep there. Check out these awesome 4-H Animal videos created by Rolling Hills 4-H'ers!

[Goats](#)

[Alpacas](#)

[Poultry](#)

[Mini Horses](#)

The Santa Clara Valley Audubon Society's Wildlife and Harvest Festival runs from October 24 through Thanksgiving. [Follow this link](#) to check out a hub for all things Wildlife and Harvest! You can explore fun crafting ideas, and see videos that celebrate local wildlife and ecology!



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4-H Youth Development Program

Santa Clara County

4-H Guide for families

CLICK HERE TO VIEW THE
GUIDE FOR FAMILIES
THIS GUIDE INCLUDES AN
OVERVIEW OF THE
OPPORTUNITIES IN THE
CALIFORNIA 4-H
PROGRAM

"What I like most about 4-H, is that everyone has the chance to help out, even the kids. I think there's a great energy at 4-H that you can't find everywhere." (age 12)

FUNDRIVE

Your donation of gently used, clean items will raise funds to be used in support of the 4-H Youth Development Program in Santa Clara County. Donation collection will be January 9, 2021

Check out the 2019-2020 Annual 4-H Report!

40

youth qualified to compete in national competitions

Membership enrollment

100,399

Enrolled Youth ages 5 - 19



217,070

TOTAL 4-H PROJECTS



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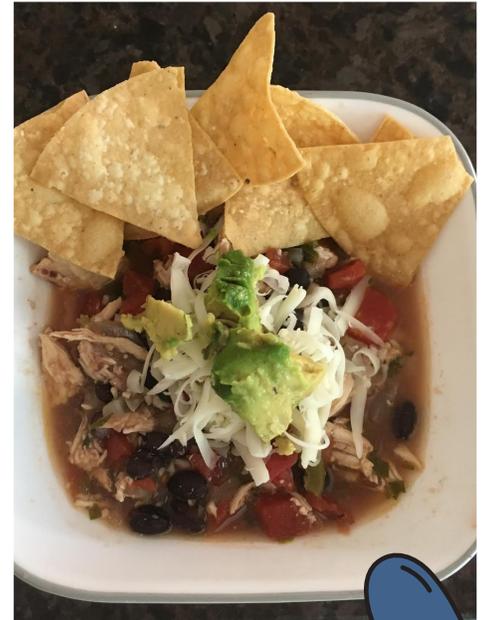
4-H Youth Development Program

Santa Clara County

4-H Santa Clara County Cookbook

We have collected **recipes** from **eight 4-H families**, we encourage all families to **participate to reach our goal of 200 families!**

Send us desserts, main dishes, dietary-friendly dishes, your favorite breads, soups, anything! If you're able, send a **photo** along with your recipes. We'd also love to know if your dishes were submitted to the Fair, Favorite Foods Day, from a cooking project, and if you won any awards for it.



Appetizers

Beverages
Soup & Salad
Bread & Rolls
Side Dishes

Main Dishes

- Beef
- Chicken
- Pork
- Pasta

Desserts

- Cakes/Pies
- Bars
- Cookies
- Candy

Dietary Meals

- Gluten free
- Keto
- Vegan
- Vegetarian

Please send all recipes in the following format:

- Recipe name
- Submitters name
- 4-H club or affiliation (4-H Alumni)
- The recipe
- Nutrition information

You can send as many recipes as you'd like. Please note if your recipe was entered in a contest, for example: *County Fair, Favorite Foods Day*, etc, and how you placed: *1st place, Star Blue, Best of Show, People's Choice Award*.

Additionally, note if it's a family recipe so we can add that to the book.

Send questions and recipes to: sccrecipebook@gmail.com

Make a nutrition label for your dishes at tinyurl.com/recipeinfo



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4-H Youth Development Program

Santa Clara County



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Check out our website for more updates and resources:

[http:// http://cesantaclara.ucanr.edu/Youth_Development](http://http://cesantaclara.ucanr.edu/Youth_Development)

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