



Timely Topics



February 2012

*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*



Cleaning, Digging, and Planting!

By Paula Piva
Coyote Crest 4-H

On November 22,
Coyote Crest 4-H
Club had a “double-
feature” community
service project. At
the Bernal-Gulnac-



Joice Historic Ranch, White Giant Lilies were overgrowing and taking over in front of the back porch of the historic house. While at the Coyote Grange Hall, the front yard was bare. So, we removed (dug up) the extra lilies and re-used them by taking the ones with roots to the Grange Hall.

It was fun because three of my friends were there (in addition to my brother): Emily Friesen, Brandon Vincze, Cameron Vincze, and Santiago Piva. It was also a good learning experience because I learned that square shovels are good for chopping, and round-pointed shovels are good for digging. I wish I could do this again!



During our Christmas party Pacheco Pass 4-H rolled up our sleeves and made 25 bags for the I.O.O.F. homeless shelter! We had a delicious pot luck with tamales, rice, beans, lasagna, pasta, chicken tenders, garlic bread, cookies, cupcakes, cake, and my favorite, Apple cider! Christen Honerlah read, The Night Before Christmas during our gift exchange. Every time he said the word “the” we passed wrapped gifts around the circle. That was a lot of fun!

Our club would like to welcome our new swine leader Matt Thiel and our new 4H members Rachel S. and Natasha H. Matt has a lot of 4H and FFA experience and is looking forward to leading our swine project.

By Aja Ota, Reporter Historian for Pacheco Pass 4H

The Magic of 4-H

By Ali h Cemendtaur

The excitement has not worn out yet. Every time we reach the 4-H Homesteaders farm, children always run to their chicken coop to count how many eggs they got. They have six chickens: three White Leghorns, two Ameraucanas, and one Rhode Island Red. The Leghorns started laying the earliest, right around twenty-two weeks, and then an Ameraucana followed suit--the Red and the second Ameraucana don't seem to be in any rush. But of the dozens of eggs retrieved so far, none has been as special as the first one.

The discovery of the first egg was a magical moment, hard work had paid off... but the excitement associated with that magic quickly transformed into a heated debate. The argument among children over who would eat the first egg--and none was ready to share it with the other--was about to descend into an all-out war, so we decided to wait for another day, until we had two eggs. In caring for their chickens, filling up the feeder, replacing water, and cleaning up the coop, the children are learning things they are not being taught in school.

As members of 4-H, children are getting their most basic education in understanding where food comes from and how hard or easy it is to grow things you can eat. So if you ask me where is the 4-H farm, I would say it is somewhere between the quest for food security, understanding the viability of farming, and having confidence that you are capable of fulfilling your basic needs without making yourself a cog in the complex modern economic system.



Dictionary Project at San Martin and Rucker Elementary



Dictionary committee

The annual Dictionary project at San Martin and Rucker Elementary School was an awesome experience for Pacheco Pass 4H club. Before passing out dictionaries we talked to the kids about animals, leather craft, bee, dog, canning and other projects 4H offers. We thank Howard Honorlah for organizing the dictionary project and keeping us on track. We also thank San Martin's and Rucker's 3rd grade teachers, Campbell, O'mara, Reynolds and, Fortino, Lozano, Carlile, Larner, Gamm, Hansen, and all the third grade students for allowing us to be a part of such an awesome project. I'm sure having such an educational book we'll keep all the 3rd graders at the top of spelling charts!

By Aja Ota, Reporter Historian



Emily Friesen, coyote Crest 4-H

On November 28, at the Piva's house we had a poultry meeting. There were two different groups. One group had to try to remember all the parts of a chicken. The other group (my group), had to remember all the bones of a chicken. It was hard and I only remembered a few of the parts. The ones we didn't know, we had to look up in a book.

A few weeks before the meeting several of us collected feathers from different kinds of poultry. When I had lots of feathers, I washed them in a tub of warm water with baby shampoo. For the last rinse I added a little bit of vinegar. When I was done, I let the feathers air dry and put them in a plastic bag. At the meeting we picked one of our favorite feathers we had and taped it to a piece of colored paper. With a pencil, we labeled the parts of a feather and looked in a book to find what type of feather each one was.

Once we finished, we had a choice to make either a pair of earrings or a key chain with the feathers. All the girls chose to make a pair of earrings and all the boys chose to make a key chain. We also made a feather with tip taken off of it just like an ink pen! The meeting was very fun!

The Fire House Visit by Cameron "Cami" Walters



This year I was the Chair for the fire house visit on Jan. 1, 2012 at the Sunny Oaks fire house. The reason why we do this is because firemen and women don't get to go home on the holidays.

The first thing to do to get started to organize this visit is to call the fire house and set a time. To make sure everyone knew, we sent an email to the El Sereno yahoo group. Instead of buying our baked goods we thought this time we could make cake pops at home. When we got to the fire house on New Year's day, the people at the fire house weren't there because there was a fire.

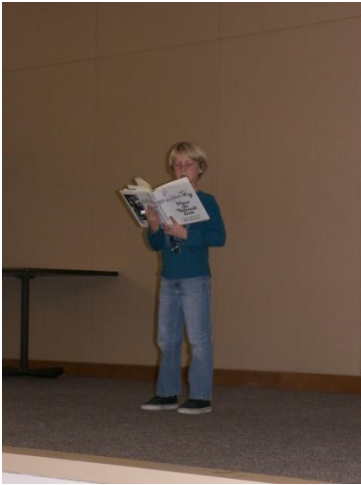
We waited about fifteen minutes, and the firemen came back. We gave our desserts to the firemen and women and we also got a picture in front of the fire truck. Every year I do this and every year it is fun, but this time I was Chair. About ten people came. Thank you for reading and I hope you can go next year.

Firing marshmallows!!

Coyote Crest 4-H
Paula Piva

The Robotics Project met on January 6, 2011. Each team made one catapult, to fire a marshmallow six feet. We used: tongue depressors, dowels, tape, brads, and washers (for weight). We saw whose team's catapult threw farthest, then compared designs. I liked building the catapult because it was exiting! Afterwards, we got to eat some marshmallows. I learned about trying different things to make things work.





Workshops By Dustin Geringer

On Saturday January 14th I attended two workshops. The first one was the Fashion Revue Workshop. In this workshop we talked about what everyone needs to know about Fashion Revue. We described the different categories that members could enter, questions judges might ask them, the 30 second commercial about their outfit and the 60 word commentary for when members model. We also went on the stage and showed members how to model. Everyone had a chance to try if they wanted to. We also did a trial run and asked each of the contestant's questions, so they would know what it would be like to be in front of the judge. We had about 25 members that came. It was a great turnout!

Right after that we had the Presentation Workshop. We learned the different styles of presentations you can give, such as; interpretive reading, illustrated talk, presentation etc. To start it off we were given a piece of paper that was given a descriptive word. Mine was "funny". We had to read a poem with what that paper said, so I had it read it funny. Everyone did great. We also learned about the proper way to make a poster. We each read tongue twisters, which was really hard to do. At the end of the workshop we broke into groups to demonstrate a type of presentation. Our group made posters and we did one on Stretches. Everyone did a great job and it was a lot of fun

County Presentation Day

County Presentation Day is one of the most important events in our County. It helps the participants develop a skill that all 4-Hers should have: the ability to speak confidently in public. Presenters can choose from a wide variety of presentations, including demonstrations and interpretive readings. The presentations are judged according to a rubric, not against one another. If a presenter receives a gold, he/she can go on to Sectional Presentation Day.



This year, County Presentation Day will be held at 1555 Berger Drive, San Jose, on Feb. 11th, from 10:00 a.m. to 2:00 p.m. The **deadline for applying as a presenter is February 3rd**, so send your applications (found on the scc4h yahoo group or the county website (insert link) in by then. All necessary mailing information can be found on the application.

Presenters can also be room hosts; they just need to put that on their applications. There is also a great need for judges at Presentation Day this year, so if you are an adult volunteer please consider applying; email me at banachfam@sbcglobal.net. Youth judges over the age of 16 can also apply. Judges will need to attend a brief orientation on County Presentation Day before the presentations begin.

I hope many people will attend this great event. You may also just come to watch the presentations and meet 4-Hers from other clubs.

-- Stas Banach

Favorite Foods Day

A great 4-H activity that takes place each year is Favorite Foods Day!

Do you love the Food Channel?

Well 4-H has its own version of a young chef competition!

Mark your calendars for **March 3, 2012**

9 am to 2 pm @ Berger Drive Auditorium.

You need not be in a foods project to enter.

Entries may be in one of two categories:

Dessert **or** One Dish Meals.

Everyone is a winner here!



The event includes planning a menu with your favorite food as an item, selecting a theme with a table setting for one, preparing your favorite food at home and bringing it to the event.

You will be judged on your appearance (appropriate dress, knowledge, and confidence), the menu's color, texture and nutritional value; the appropriateness of your table setting and arrangement; and the quality of your favorite food (texture, flavor, and eye appeal).

Your table setting must include all of the tableware (dishes, utensils, and flatware) for serving all of the foods listed on your menu card for one person.

This is a fantastic opportunity to participate in a Santa Clara County wide 4-H activity.

The guidebook & applications will be available online soon

Applications are due February 17th.

IF YOU WOULD LIKE TO BE ON THE
PLANNING COMMITTEE - PLEASE EMAIL

Susan Weaver @ Susanssixpack@aol.com

Santa Clara Co. Fashion Revue

By Dustin Geringer

WHAT IS FASHION REVUE? It is an event that encourages members to focus on their personal appearance and their sense of style and fashion. Yes, 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 work on grooming, posture and stage presence. Members may purchase an outfit or sew a garment for the event. This year there are two challenges: to use consumer science skills while showcasing creativity and keeping to the \$19.99 limit for the entire purchased outfit (excluding sales tax and shoes) and the tote bag challenge. You are to use Simplicity pattern #7161 (view A only) by keeping it the same size; the padding is optional. Be creative with embellishments!

Categories to participate in: Traditional, Consumer Science – Purchased Wearable Art/Embellished Clothing, and Challenges.

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, Eileen Hails

Adult Leaders: Sandi Geringer and Kelly Hails

srgerin225@sbcglobal.net

kelly564@juno.com

Fashion Revue Date: March 24, 2012

Application Deadline: March 5, 2012

Time: Registration 9:30 AM/Judging 10:00 AM

Where: Berger Drive Auditorium

Registration forms are available on the yahoo group and the scc4h.org website

2012 4-H Honey Bee Essay Contest

Sponsored by The Foundation for the Preservation of Honey Bees, Inc.

Each year the Foundation sponsors an essay writing contest for active (fees paid) members of 4-H clubs across the country. There are cash prizes for the national winners: 1st Place - \$750.00; 2nd Place - \$500.00; 3rd Place - \$250.00. National and state winners receive a book about honey bees, beekeeping, or honey.

All Essays Must Be Submitted Electronically!

Topic – “**The Results of Honey Bee Pollination in my Community.**” Honey bees pollinate a wide variety of plants. The food crops that benefit from honey bee pollination have been said to contribute one-third of the American diet. In addition, many non-food plantings and natural environmental plants benefit from honey bee pollination. The 4-H’ers are encouraged to investigate the plants in their communities that benefit from honey bee pollination and determine the results of that pollination.

Scope of Research – This essential judging criterion accounts for 40% of the score. The number of sources, the authority of the sources, and the variety of the sources all are evaluated. Personal interviews with beekeepers and others familiar with the subject are valued sources of information and should be documented. Sources that are not cited in the end notes should be listed in a “Resources” or “Bibliography” list. **Note that in the US, honey bee is spelled properly as two words, despite what the spell checkers and dictionaries may tell you.**

Contest Rules:

1. Contest is open only to **active** 4-H Club members. Previous national winners, at any level, are ineligible. Former state winners are eligible to re-enter.
2. Format should be computer-generated, double-spaced, 12-point Times or similar (serif) type style, following standard manuscript format.
3. Submit as a Microsoft Word compatible document, with a file ending of “.doc” or “.rtf”
4. Write on designated subject only.
5. All factual statements must be referenced with bibliographical-style endnotes.
6. The essay must contain 750 to 1,000 words. This does not include the endnotes, the bibliography, references, or essayist’s biographical sketch (which should be on a separate page).
7. Essays will be judged on (a) scope of research – 40%; (b) accuracy – 30%; (c) creativity – 10%; (d) conciseness – 10%; and (e) logical development of the topic – 10%.
8. A brief biographical sketch of the essayist, including date of birth, gender, complete mailing address, and telephone number, must accompany the essay.
9. Individual essays for the State of California should be e-mailed to Dr. Eric Mussen, Entomology Department, University of California, in time to be received **on or before February 17, 2012**. The e-mail address is: ecmussen@ucdavis.edu.

All national entries become the property of the Foundation for the Preservation of Honey Bees, Inc., and may be published or used as it sees fit. National winning essays will be posted at: <http://honeybeepreservation.org>.

The State 4-H Office is pleased to introduce the California Delegation to the 2012 National 4-H Conference, March 24-29, 2012.

Adult advisor, Mary Meyer, San Mateo County 4-H Program Representative

Sarah Lloyd, San Mateo County

Evelyn Rumsby, Santa Clara County

Taylor Walters, Santa Clara County

While the team size is smaller in 2012, primarily due to funding restrictions, we are excited that these outstanding youth leaders will represent California this important National 4-H Event.

The National 4-H Conference is the Secretary of Agriculture's premier youth development opportunity to engage youth in developing recommendations for the 4-H Youth Development Program. More information is available at <http://www.ca4h.org/Programs/Conferences/N4-HC/>

News and Updates from the California 4-H Office:

- **State Leadership Conference - Support Group Applications**

Deadline: February 24, 2012

The support group is an opportunity for teens to assist with the planning of the 2012 4-H State Leadership Conference. During the conference, the support group acts as a resource to the planning staff by serving as group facilitators, delegation hosts, logistical support, and State Ambassador assistants (among other roles). Serving as a member of the support group is a great opportunity for older members to take on a leadership responsibility at the state level, and provides valuable experience for youth who intend to apply for the 4-H State Ambassador team. Applications are available online at: <http://www.ca4h.org/Programs/Conferences/SLC/>.

- **Project Y.E.S!** is a national **internship program** engaging college students in service to meet the needs of military families. Specifically, Project Y.E.S! expands the resources of the Yellow Ribbon Program (YRP) and other youth & teen oriented programs. Project YES interns will work with an assigned professional mentor throughout their year of service and complete a community- or service-based project. Project Y.E.S! is looking for interns who would like to participate in a year of service through this program. If you are interested, visit: <http://militaryfamilies.extension.org/yes-intern-program/> for more information and application materials. Deadline to apply is **February 29, 2012**.

- The University of California, Davis College of Agricultural and Environmental Sciences will hold its **36th Annual Agricultural and Environmental Sciences Field Day on March 3rd, 2012**. The UC Davis CA&ES Field Day is the 2012 California 4-H State Qualifier for Poultry, Dairy and Livestock judging. To register, go to <http://www.calaged.org/registration>. Select the event (2012 U.C. Davis Agricultural & Environmental Sciences Field Day). Choose the link "Get Access Code". Complete the information on the form and click the register button. Please include 4-H next to your club name on the registration form. On the following page save the registration code and register later or simply continue with the registration at this point. Note that you may only register once so be prepared to complete the registration or contact us if you have any changes. After your chapter is registered, we request that you submit a printed copy of your online registration along with your payment. Checks should be made payable to "UC Regents" and mailed to:

Attn: Francesca Ross
College of Agricultural & Environmental Sciences
One Shields Avenue
Davis, CA 95616

Deadlines:

November 14: Registration opened

February 10: Agriscience Fair and Job Interview materials due

February 10: Registration closed

February 17: Payments must be postmarked – We are now enforcing a \$25 late fee for payments postmarked after the 17th. For questions email fieldday@ucdavis.edu or visit <http://caes.ucdavis.edu/fieldday>.

- **State Leadership Conference - Workshop Proposals**

Deadline: February 13, 2012

The 2012 California 4-H State Leadership Conference needs presenters! If you would like to

present a session on Friday, August 10th or Saturday, August 11th, please submit a workshop proposal form to the State 4-H Office. Sessions can address many subject areas, but we ask that they emphasize one of the three National 4-H Mission Mandates: 4-H Science, Engineering & Technology (SET), Citizenship, or Healthy Living. Applications and additional criteria can be found at: <http://www.ca4h.org/Programs/Conferences/SLC/>.

- **4-H State Ambassador Applications**

Deadline: March 31, 2012

The California 4-H State Ambassador position is one of the highest service opportunities and recognitions attainable in the University of California 4-H Youth Development Program. The State Ambassador Program is a working honor that provides members with the opportunity to serve as a representative of the 4-H Program, plan the annual CA 4-H State Leadership Conference, and implement a service-learning project during their 14 month term. Youth members ages 16-18 are eligible to apply. Applications for the 2012-2013 State Ambassador team are available online at: <http://www.ca4h.org/Projects/Leadership/SA/>.

- **2012 CA 4-H Shooting Sports Leaders' Meeting, April 28-29, 2012**, at the Oakdale Sportsman's Club
The California 4-H Shooting Sports Program welcomes all current and/or potential 4-H Shooting Sports project leaders and teen leaders (high school aged 4-H members) to attend a two-day leaders meeting. Participants will receive project and curriculum updates in all disciplines. Participants will be able to experience hands-on learning through rotations in the following 4-H Shooting Sports disciplines: muzzle loading; archery; rifle; and shotgun. There is no cost to attend this leaders meeting. All participants will be responsible for their own lodging. Camping will be allowed on site with prior approval. Please see the agenda for which meals will be provided on each day. For more information or additional questions, please contact John Borba, CA. 4-H Shooting Sports Chair at 661-868-6216 or by email at jaborba@ucdavis.edu. The California 4-H shooting sports program provides instruction in the safe handling of firearms and archery equipment while developing self-confidence and leadership abilities in 4-H participants. As a youth development education program, 4-H shooting sports uses the skills and disciplines of shooting to assist young people and their leaders in attaining knowledge and developing essential life skills. The program follows a standardized format, lists program components, and identifies clearly intended learning outcomes. Registration Link: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=7810>

- **USA Science and Engineering Festival
April 28 & 29, 2012**

<http://www.usasciencefestival.org/>

The Science Festival is the nation's largest celebration of all things science & engineering and features over 2,000 hands-on activities and over 150 performances. There are satellite events hosted in California! Search for an event near you at <http://www.usasciencefestival.org/satellite-event-directory>.

- The **State Fashion Revue Manual** has been revised for 2012 and posted on our website at <http://www.ca4h.org/Programs/Events/SFR/>. The rubric scorecards used at SFR are also online for use at local events. As county fashion revues are planned, please have someone from your county notify Jillian Barden of your event date. Then after the county event, notify the SFR committee again with the names of your qualifying delegates. State Fashion Revue will be Saturday, May 26 at UC Davis, as part of State Field Day. Delegates must qualify at their local County Fashion Revue. See the updated manual for information. SFR registration will open be open from **April 1 to May 12**. Contact Jillian Barden, staff liaison at jmillambarden@ucdavis.edu or Sue Moore, SFR Registrar at 2moores@mlode.com, with questions. If you need a pattern for the Tote Bag Challenge or you have questions about the SFR service projects, contact Mary Engebretth at maryengebretth@comcast.net.

- **Higher Education Scholarships
Deadline: April 30, 2012**

The California 4-H Youth Development Program, with help from donors, offers statewide scholarships to graduating high school seniors and current college students to cover educational expenses such as tuition,

books, room and board. Applicants may apply for multiple scholarships but are only eligible to receive one scholarship per year. Previous scholarship recipients may reapply. For scholarship categories and application details, please visit: <http://www.ca4h.org/Resources/Members/Scholarships/>.

- **Golden Clover Awards**
Deadline: May 31, 2012

The Golden Clover Awards recognize the outstanding achievements of members, volunteers, program staff, and groups within the 4-H Youth Development Program. Individuals and groups may apply or be nominated in multiple categories. Golden Clover recipients will be awarded a \$500 cash award, a medallion, and a lapel pin. For award categories and application details, please visit: <http://www.ca4h.org/Resources/Members/GoldenClover/>.

- **Camping Opportunities for Military Youth**

Attention military families, this summer we will have two camping opportunities here in California and many others outside of our state. More details will be shared in the next Update. Camp one is a one week dude ranch experience for teens where we will cover your registration and partial travel costs. The second camp will be held in conjunction with Camp Ronald McDonald for special needs military youth. Also, visit our Facebook page to learn about all the other exciting opportunities available to military kids at <http://www.facebook.com/CAOMK>.

- **Online Record Book Training – Webinar Series for the 4hOnline Record Book**

The [4-H Online Record Book](#) (ORB) is a record keeping tool that helps 4-H members compile their annual 4-H Record Books. It also provides an arena for 4-H members to share their experiences with other members in their 4-H Club. A webinar series is being offered during the month of February to help 4-H staff, volunteers, and youth become familiar with the system. Space is limited to the first 150 people to register for each webinar. This will be facilitated by [Scott Mautte](#) and [Steven Worker](#) at the California State 4-H Office. The trainings offered will be as follows:

Introduction and Logging-In: February 9, 7-8pm

Paper vs. Electric: Navigating the Forms in the Online Record Book: PDR, APR, Story|
February 16, 7-8pm

Youth Functions, Forms, and Privacy Settings: February 23, 7-8pm

Project & Club Leader Functions and Approving Forms: March 1, 7-8pm

To register for the webinars, go to <http://www.ca4h.org/Resources/Members/RecordBook/ORB/>

HEALTHY LIVING

- **NEW Resource: 4-H Project Sheets**

4-H Project Sheets were designed by 4-H staff and experienced volunteers to help 4-H project leaders determine meaningful content and lead youth in hands-on activities. Additionally, 4-H youth and their families may use these sheets to decide which project they might be interested in. Visit www.ca4h.org/Projects/Project_Sheets to learn more about bread-making, foods and nutrition, livestock judging, global education, gardening, and many other 4-H projects.

- **Bringing Free Drinking Water to California Schools Fact Sheet**

California recently passed legislation requiring schools to provide fresh, free drinking water to students during meal times. To help California schools comply with new requirements and support student health, this fact sheet highlights strategies to make drinking water more readily available, including ways for parents and community members to get involved. Visit www.phlpnet.org/sites/phlpnet.org/files/Drinking_Water_in_Schools_FINAL_20111206.pdf to view.

- **MyPlate Videos**

In September, the USDA asked people to make videos about the new MyPlate, and choosing fruits and veggies to fill up half the plate. The USDA got 142 submissions in three categories: Tips for Kids; Tips When Eating at Home; and Tips When Eating Away from Home. To see the winning submissions, go to fruitsandveggies.challenge.gov/submissions.

- **New Law Protects California Kids**

State of California has enacted new passenger safety legislation that aims to prevent unnecessary death and disability in children. Starting January 1, 2012, children less than 8 years of age must be properly buckled into a car seat or booster seat in the back seat of a vehicle. For more information, visit www.cdph.ca.gov/vosp.

- **Special Recognition at 2012 State Presentation Day**

A special recognition pin will be awarded for youth who participate in State Presentation Day and focus their presentations on healthy living. This year's focus area is healthy food. Potential topics may include USDA's MyPlate, serving sizes, sugar-sweetened beverages, nutrition facts labels, food groups, nutrients, and more. Visit www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities for details.

- **4-H MyPlate Challenge at 2012 State Field Day**

The USDA recently unveiled the federal government's new food icon, MyPlate, to serve as a reminder to help consumers make healthier food choices. 4-H is challenging you to show how you're making YOUR plate MyPlate. We invite 4-H members to submit a photograph illustrating how they're creating healthy meals using MyPlate as a guide. Visit www.ca4h.org/Programs/Events/SFD/4-H_MyPlate_Challenge for details.

- **Global Youth Traffic Safety Month**

May is Global Youth Traffic Safety Month! Celebrate by educating others about how they can be safer drivers, riders and pedestrians. Encourage your 4-H club to pass out thumb bands at community events or host a walking school bus to promote safe routes to school. Visit www.noys.org/global_youth_traffic_safety_month.aspx for more information and free resources.

- **Bullying in Schools: An Overview**

You can make a difference by taking a stand against bullying in schools! The U.S. Department of Justice's Office of Juvenile Justice and Delinquency Prevention recently released *Bullying in Schools: An Overview*. This bulletin examines the connection between different types of bullying, frequency of bullying, and other factors. View the bulletin at www.ojjdp.gov/pubs/234205.pdf.

- **Natural High**

Natural High uses drug-free celebrities, musicians and athletes to empower youth to make the right decision when faced with very real pressures to use drugs and alcohol. The website features videos, contests, and curricula that help kids say "no" while encouraging them to say "yes" to their spark! Check out www.naturalhigh.org for resources.

- **Teen Dating Violence**

Although their heads may be telling them to leave an abusive relationship, many teen girls listen to their hearts instead, which tell them they can't live without their abusive partner. Learn more about teen dating violence by visiting www.cdc.gov/violenceprevention/pdf/TeenDatingViolence_2010-a.pdf.

FUNDING OPPORTUNITIES

- The Foundation for the Preservation of Honey Bees, Inc. is sponsoring the **2012 4-H Honey Bee Essay Contest**. Entries are due electronically and must be received **on or before February 17, 2012** to Eric Mussen, ecmussen@ucdavis.edu. Please click [here](#) for contest rules and essay topic.

University of California Cooperative Extension
Santa Clara County
4-H Youth Development Program
1553 Berger Dr. Bldg. 1
San Jose, CA 95112

http://cesantaclara.ucdavis.edu/Youth_Development
SCC4H.org
9:00 am to 5:00 pm
Monday thru 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 Office and the 4-H Youth Members and Adult Volunteers of the County of Santa Clara

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.

SCC 4-H Calendar

February

- 2/3** Presentation Day Registration Due
2/3-5 Leadership Overnight (LON)
Walden West Science Center
2/11 County Presentation Day
1555 Berger Dr. Bldg 2
San Jose, CA 95112
10:00 AM – 2:00 PM
2/14 – Executive Council Meeting
1555 Berger Dr. Bldg 2
San Jose, CA 95112
7:00 PM
2/17 Favorite Foods Day Registration Due

March

- 3/3** County Favorite Foods Day
Berger Drive Auditorium
3/24 County Fashion Revue
Berger Drive Auditorium

For more information on upcoming 4-H events visit us at scc4h.org on the 4-H Events page