



*A monthly newsletter for 4-H Members, Leaders, Parents, Alumni, and Supporters in Santa Barbara County*

**Monthly Highlights**

**November Issue - 2011**

**Exploring Your Environment**

*Exploring Your Environment is a new piece to the National 4-H Curriculum Collection*  
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**Online Record Book Training**

*As soon as you are officially enrolled, you will have access to the brand new Online Record Book - aka ORB*  
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**Countywide Community Service Learning Project**

*Our goal is to provide packages of necessary... and fun items desperately needed by our military men and women...*  
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**La Graciosa 4-H Food Drive Challenge**

*Join together in the month of November and collect food for our local Food Banks...*  
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**4-H Shooting Sports Course Rifle Discipline, Tulare**

*Upon successful completion of the course, the participant will be certified as rifle trainer and to lead a rifle project.*  
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**New Countywide Project Offered**

*Featured below are our most recently offered countywide projects. We encourage you to take advantage of as many as possible, and spots are filling up fast!!!*  
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## Win an iPad2!

*See page 5 for more details*



So what does Santa Barbara County 4-H offer that is new and fun for older 4-H members? 2011 is the dawn of a new beginning for Santa Barbara County 4-H Teen involvement through the new Hi 4-H program and the LEaD Conference. The opportunities are amazing, the fun is contagious, and the benefits are priceless. Join us at our kick-off event....

Hi 4-H Holiday Hoedown  
 December 10th, 2011  
 Olga Reed School, Los Alamos  
 7-10 p.m.

Dance to music provided by DJ- Aaron Ruiz of Class Act Entertainment  
 Open to ALL Santa Barbara County 4-H Members who are 8th grade/13 years and up.  
 Younger 4-H members will not be admitted.

Cost of entry- One or more non-perishable food items that will be donated to the Santa Barbara County Food Bank



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Please submit articles and photos by the 15<sup>th</sup> of each month to:

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Santa Barbara County 4-H website:

<http://sb4h.org/>

California State 4-H website:

[www.ca4h.org](http://www.ca4h.org)

National 4-H website:

[www.4-h.org](http://www.4-h.org)

## Director Updates

As I shared last month, current research indicates that there are five youth development practices or supports and opportunities that young people should experience in all major settings in which they spend time, including 4-H. These five supports and opportunities include: 1) safety; 2) supportive relationships; 3) meaningful youth participation; 4) community involvement; and 5) skill building activities.

This month we will focus on relationship building. Relationship building is the development of caring, supportive relationships between adults and young people, and among young people and their peers. Research tells us that the presence of supportive and caring adults in a young person's life is the leading indicator of his/her future success. Relationship building means that young people: 1) Experience emotional and practical support from adults and peers, 2) Experience guidance from adults, 3) Build knowledge of adults and peers

Here are five things you can do now to encourage relationship building: 1. Make sure that each young person has one adult who knows him/her well. 2. Begin each meeting with a check-in circle and let each person speak briefly. 3. Develop group agreements. 4. Hold a conflict resolution training for young people. 5. Participate in a training that focuses on group process and collaborative learning.

How do you know if you are creating a supportive environment for building relationships? Here are a few indicators:

- All youth are greeted by adults.
- Youth are asked about their interests, skills, and passions (sparks!).
- During activities, adults generally smile, use friendly gestures, and make eye contact.
- Youth exhibit inclusive relationships with everyone in the program, including newcomers.
- To help youth understand and resolve conflicts and negative behavior, they are encouraged to examine the relationship between their actions and consequences.
- Youth have structured opportunities to get to know each other.

Set at least two goals for building relationships in your work with young people and assess whether these indicators are present. All youth seek to learn and grow but they have needs that must be met – building relationships is one of those needs. Next month we will explore youth participation.

Stay Tuned!

Regards,

Shannon Dogan

Associate Director of 4-H Program and Policy



# Countywide Projects in Santa Barbara County 4-H

Featured below are our most recently offered countywide projects. We encourage you to take advantage of as many as possible, and spots are filling up fast!!!

For more information on each project, simply click on the highlighted poster for the project, and you will be directed to the project page on our website @ sb4h.org

## Junk Drawer Robotics Project

Ever wondered how robots work and want to learn more? 4-H club members are invited to join in our new science, engineering, and technology (SET) project-Junk Drawer Robotics. In Junk Drawer Robotics youth will explore important scientific concepts involved with how robotics work. Through a series of experiential learning activities they will gain an understanding of how science concepts are needed in robotics and how to apply the concepts to problem solving in everyday life.



## Environmental Stewardship Project

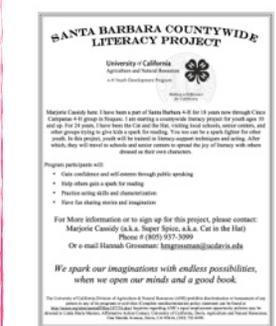
Come be an Environmental Steward with Agua Pura which is a watershed education program that helps youth become agents of environmental change through watershed outreach to the Latino community and other local groups.

Agua Pura is based on investigating local watershed issues, assessing community needs in water outreach, educating the community on water quality and providing resources so that people can act to change their environments.

## Horse Mastership Project

4-H Horse Mastership Program. Our plan is to meet once monthly and prepare for and test the kids on Levels 1-4 of the National 4-H Council's program culminating in presentations of appropriate certificates and pins.

Our first meeting is scheduled for Monday, October 24, 6:30 - 8 pm at 4781 Paint Horse Trail, Orcutt, CA, 93455. This will be a kick-off time with pizza and a Clinton Anderson Safety DVD.



## Literacy Project

*We spark our imaginations with endless possibilities, when we open our minds and a good book.*

Program participants will gain confidence and self-esteem through public speaking, help others gain a spark for reading, practice acting skills and characterization, and have fun sharing stories and imagination.

# Countywide Projects in Santa Barbara County 4-H

## Fishing Project

### Why SBCO Fishing Group?

Because fishing is fun! It's a sport that offers something for people of all ages. One in four Americans participate in fishing, and 50% of children who begin fishing before the age of 15 continue to fish for the remainder of their lives. Fishing is a tradition that has been passed on from generation to generation, but due to urbanization the tradition has deteriorated. So, why not go out and catch some fish?



## Leadership Development Project

One aspect of the camp is the learning experience offered to older 4-H members ages 14-19. Under the guidance of adult 4-H volunteers, youth serve as Youth Staff, Camp Counselors, or Junior Counselors. In this project, participating members will gain knowledge and skills in leadership, crisis management, first aid, and working as a team. Camp training will create effective leaders as they plan and prepare for Camp Wahoo! and work directly with campers while at camp.



Are you a 4-H member who is looking for  
Community Service and Service Learning opportunities?

Want to rack up points on your Record Book PDR?



## COUNTYWIDE COMMUNITY SERVICE LEARNING PROJECT

Our goal is to provide packages of necessary... and fun items desperately needed by our military men and women.

WE PLAN TO HAVE THESE PACKAGES DELIVERED BY VALENTINE'S DAY  2012.

THIS PROJECT IS OPEN TO 4-Her's of ALL AGES!

Our first project meeting will take place on Sunday, December 4th, at the Los Alamos Senior Center

Pat Bradley @ akidsnanax3@aol.com Mary Anne Christensen @ maclosalamos@aol.com

## New Online Record Book (ORB)

### Training for Adult Volunteers

#### Training Materials

Training Videos for the Online Record Book System:

[Video 1](#) - How to attain a family password to access the Online Record Book System.

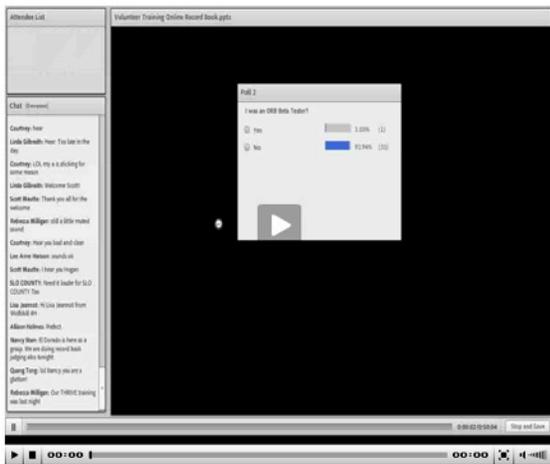
[Video 2](#) - Login to the Online Record Book System

[Video 3](#) - Simple Navigation - Tool bars

[Staff Training Online Record Book Power Point: Staff Training Online Record Book](#)

[Volunteer Online Record Book Training Power Point: Volunteer Training Online Record Book](#)

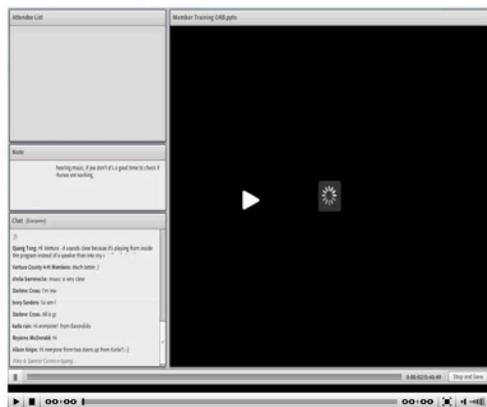
Volunteer Online Record Book Training Video:



### Training for Youth Members

Member Online Record Book Training Power Point: [Member Training ORB](#)

Member Online Record Book Training Video:



PDF: [Navigating Your Way Through the New PDR](#)  
 Word: [Navigating Your Way Through the New PDR](#)  
 Two-page quiz for the Personal Development Report. Provides examples and asks about their proper PDR placement.

## 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.

### 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 pinAll adults who complete all of the above requirements by the designated deadlines are eligible to receive the Centennial commemorative pin.

## 4-H Shooting Sports Course Rifle Discipline, Tulare

Saturday, December 3, 2011 – 8:00 A.M. – 6:00 P.M.  
Sunday, December 4, 2011 – 8:00 A.M. – 4:00 P.M.

A 4-H shooting sports workshop for the rifle discipline will be held at Rankin Field Range, 20000 Road 140 in Tulare. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as rifle trainer and to lead a rifle project. There is no cost for the course. Bring your own beverages and lunch each day. To register for the course and receive more information contact Leah Harrelson at 559-684-3322.

For information about the facility and a map, please visit the range website at:  
[http://www.tcdsa.org/documents/rankin\\_field.htm](http://www.tcdsa.org/documents/rankin_field.htm)

**UCCE SANTA BARBARA COUNTY 4-H OFFICE**  
New Address, Phone Number, and Fax Number

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**General Office Hours: Monday – Friday, 9:00 AM – 12:00 PM and 1:00 PM – 4:00 PM**



## 4-H Project Training for Adults and Youth - Exploring Your Environment

Exploring Your Environment is a new piece to the National 4-H Curriculum Collection. This project is designed for middle school aged youth to learn about the environment. Each section of the curriculum focuses on an environmental question or issue and has a corresponding activity that allows youth to jump right into real-world issues that affect their lives. The Earth's Capacity Curriculum guide focuses on environmental stewardship and issues such as transportation choices, waste management, composting, recycling, and natural resources, and the Ecosystems Service curriculum guide provides youth the opportunity to engage in hands-on activities that focus on our ecosystems, climate change, life cycles, sustainable life.

Drs. Cynthia Barnett and Keith Nathaniel, 4-H Youth Develop Advisors for San Bernardino and Los Angeles counties, respectively, will provide the training. This event is sponsored by Toyota.

This training event is open to Adult 4-H Leaders and Jr./Teen Leaders from Santa Barbara, San Luis Obispo and Ventura Counties, 4-H Military Program staff, and other individuals interested in learning about this new 4-H curriculum.

If you'd like to reserve your spot, please call the 4-H office at 893-3409 or email [smmills@ucdavis.edu](mailto:smmills@ucdavis.edu).

Saturday, November 19, 2011  
10:00AM - 4:00PM  
Ralph Dunlap School  
1220 Oak Knoll Road  
Santa Maria, CA 93455



# La Graciosa 4-H Food Drive Challenge

All SB County 4-H Clubs are invited to compete in a food drive challenge for the month of November.

La Graciosa 4-H Club challenges all other Santa Barbara County 4-H clubs to a food drive weigh off! In these economic times, many people are in need! Let us all join together in the month of November and collect food for our local Food Banks! La Graciosa 4-H challenges other 4-H Groups to a Food Collection Weigh off. Our local Food Banks will be the judges on the amount we collect. The Winner will get bragging rights and knowing they have helped so many people in need! To make it fair the total number of pounds collected will be divide by the number of members in your group so small groups will have the same chance as larger groups. So let us all join together any show our community what 4-H does! Any questions please contact: La Graciosa 4-H Club Co-Community Leader Rick Sacks 805-260-5794.

## SAVE THE DATE

November 5th 8:30am-3:00pm	7th Annual Beef Play Day	The Spanish Ranch
November 11-13	2011 State Leaders' Forum	Asilomar Conference Center, Pacific Grove
November 11	4-H Office Closed - Veteran's Day Holiday	
November 15	Camp Wahoo! Youth Staff & Cabin Counselors Applications Online	Details @ sb4h.org
November 19	Exploring Your Environment Project Leader Training	Santa Maria
November 24-25	4-H Office Closed - Thanksgiving Holiday	
December 26-27	4-H Office Closed - Winter Break Holiday	
December 30	4-H Office Closed - New Year's Holiday	
December 31	Camp Wahoo! Youth Staff & Cabin Counselors Applications Due	Details @ sb4h.org
January 8	Camp Wahoo! Youth Staff & Cabin Counselors Screening Day	Olga Reed School
January 16	4-H Office Closed - Martin Luther King Day	
February 1	Camp Wahoo! Junior Counselor Applications Online	Details @ sb4h.org
February 11	County Presentation Day	Olga Reed School
February 20	4-H Office Closed - President's Day	
March 10	Sectional Presentation Day	Cal Poly, San Luis Obispo
March 15	Camp Wahoo! Junior Counselor Applications Due	Details @ sb4h.org
March 25	Camp Wahoo! Junior Counselor Screening Day	Olga Reed School
March 30	4-H Office Closed - Cesar Chavez Day	
April 25-29	Santa Barbara Fair & Expo	Earl Warren Showgrounds, Santa Barbara
May 12	Exhibit Day	Nojoqui Falls Park, Solvang
May 28	4-H Office Closed - Memorial Day	
July 11-15	Santa Barbara County Fair	Santa Maria
July 22-28	Camp Wahoo!	Camp Yeager