

F A L L 2 0 1 2

the  
**San Diego County 4-H**  
**MEMO**



## Welcome to the new San Diego County Farm and Home Director

Unbelievably we have already started the holiday season, a super exciting time of year. There are many events to prepare for and some things that happen spontaneously.

There are noteworthy changes everywhere; decorations, celebrations, music, food and not to be excluded, here in our County Office. We are pleased to announce that the UCCE Farm and Home Advisor's Office has a new Interim County Director. He is Jim Bethke formerly Floriculture and Nursery Farm Advisor.

In addition to being an entomologist, Jim has extensive knowledge about birds. Jim's professional biography can be reviewed at: [http://cesandiego.ucanr.edu/Floriculture\\_\\_Nursery/James\\_A\\_Bethke](http://cesandiego.ucanr.edu/Floriculture__Nursery/James_A_Bethke)

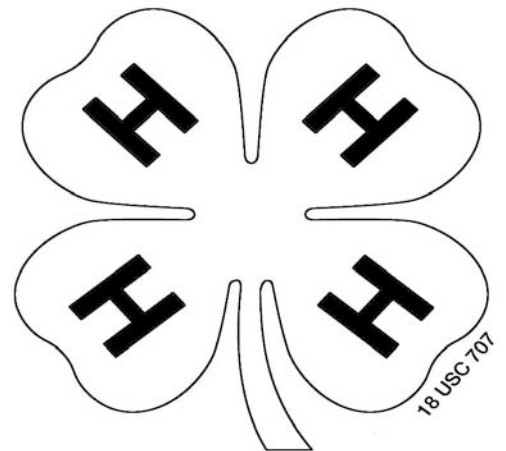
Jim belongs to professional organizations, has spoken at many professional conferences, and has written a number of articles for industry publications. He has done over 300 scientific and technical research presentations since 1982. In addition, 200 informal presentations have been given to community organizations, churches, camps, schools, etc.

Since September 2007, Jim has been the San Diego and Riverside Counties Floriculture and Nursery Farm Advisor. His duties include research and extension related activities in the area of floriculture and ornamental horticulture. At present, he is addressing the serious impacts on the ornamental industry due to a series of invasive pests.

Personally, Jim was a college football star and is still an avid football enthusiast and a diehard "cheese head" (Packers fan). Jim's wife is a teacher, their oldest two daughters are in college and their son is in high school. He enjoys putting on great bug presentations to elementary school kids every year.



Farm and Home County  
Director – Jim Bethke



## 4-H Positive Youth Development

The vision of the California 4-H program is to develop youth who are healthy, happy, thriving people who make a positive difference in their communities. The science of positive youth development points to approaches that help our 4-H members reach their full potential. The outcomes that we desire from the youth development process are youth who enter adulthood with the following skills: workforce preparedness; economic self-sufficiency; healthy lifestyles; and, the ability to contribute to their community. The California 4-H model is based on 4 components described below.

Researcher Richard Learner developed the indicators of thriving. These indicators or qualities are areas of knowledge and skills that successful youth have in common. They are broken down into the following 6 C's which make up the first component:

- Competence - includes healthy habits, life skills, love of learning, emotional competence and social skills
- Connection - involves positive relationships and spiritual growth
- Confidence - is about believing in yourself and the feeling that you will be able to accomplish what you set out to do
- Contribution - is about positive contribution to the world
- Character - decision making grounded in a clear sense of right and wrong
- Caring - honoring and protecting all living things and the world around them

These 6 C's have always been components of our 4-H program.

Sparks is another youth development approach based on the work of Dr. Peter Benson of the Search Institute and is the second component. Sparks are an inner passion, interest or talent. Adults partner with youth to discover and support sparks in young people. A youth's spark may change over time. Many members start 4-H because of their sparks.



The third component is a growth mindset. This research is done by Dr. Carol Dweck of Stanford University. A growth mindset is defined as the ability to rise to the challenges of life. It is an understanding that we can continue to learn and improve with effort. This is compared to a fixed mindset where someone believes that they were not born with a skill or are just not good at something. In 4-H we provide a safe environment in which to make mistakes and attain mastery.

The last component of the California 4-H Youth Development Model is the goal management system, based on the work of Dr. Richard Learner at Tufts University. The goal management system is made up of three components goal selection, pursuit of strategies and shifting gears to deal with challenges that occur. These are referred to as the GPS. It has been proven that youth that use these GPS skills are more likely to have a hopeful future. 4-H has always had goal setting as part of our program. Part of the record book is members setting goals and tracking progress.

4-H has proven to make a difference in the National 4-H Study of Positive Youth Development (2009). This study showed that when compare to other youth, 4-Hers are more likely to contribute to their community and less likely to engage in risky or problem behaviors. This happens because caring adult leaders partner with youth to provide a positive youth development experience.



## 4-H Thrive and Leadership Projects

San Diego County has the opportunity to participate in two new projects that will help develop personal and leadership skills. The first project is *iThrive*, which is designed for junior and teen leaders. This project covers all the youth development components that are listed on the previous page.

We are in the second year of this project and have received good feedback from leaders that members have enjoyed the project. The second project is *Step Up to Leadership*. It is designed for 9 - 11 year olds. This project is an excellent tool to get younger members ready to take on leadership roles in their clubs. Curriculum and training for volunteers that are interested in leading either one of these projects. It would be great if every club were able to recruit volunteers to lead each of these projects. If your club is interested or you have questions, please email 4-H Advisor Sue Manglallan at [ssmanglallan@ucanr.edu](mailto:ssmanglallan@ucanr.edu) or call 858 614-7613.



The California 4-H South Section Teen Involvement Conference (TIC) is a three-day youth leadership conference for high school aged 4-H members of the South Section. Youth who attend this conference will have a chance to: gain new leadership techniques; learn teamwork skills; obtain

information on opportunities 4-H has to offer at a sectional and state wide level; meet 4-H members from across the state; participate in community service activities; and much more! TIC is completely put together by the officers of the South Section Teen Council.

2013 Teen Involvement Conference: Flashback to Leadership Registration Forms are available! This year, TIC will be held from January 18-20, 2013, at the Pathfinder Ranch outside of Mountain Center, California. The registration packet can be found on the South Section website: <http://ss4h.org/>.

You can also get up-to-date details about the conference by following the TIC face book page at: <https://www.facebook.com/4HTIC>

Please help the Teen Council spread the news about the conference! Numbers have been on the lower side the past few years. We would love to get the numbers up, especially this year, as TIC is celebrating its 20th year! Early Bird Registration will be due December 9, 2012.

## Local News:

Officer Training Day had over 30 attendees. There was a speaker from Gatekeeper Training for Suicide Prevention who spoke about “QPR question, Persuade and Refer” who did an excellent job about a difficult but relevant topic. Our own Academic Advisor, Sue Manglallan, did an in-depth account about the THRIVE program explaining the messages of the program which truly are the original underlying philosophy of 4-H. The breakout sessions followed the training day tradition of helping prepare new officers to serve in the various club offices. The Thrive Master Trainers explained the lessons and activities that will be used this year in the I Champion 2. Feedback from club leaders was very positive.



## Be in the Know

Support your Councils by attending monthly meetings. Hear the latest news and be a true 4-H insider. It is a great time to share club news and projects as well. Check the monthly calendar for meeting information.

## News to Share:

If you have upcoming events you want to detail, submit them to the county office by the 15<sup>th</sup> of the month for inclusion in the monthly MEMO.



## San Diego Padres and 4-H:

Our San Diego Padres have offered to work with San Diego County 4-H during the spring 2013 season. Details to follow.

## Health and Wellness-Halloween Fun

**Healthy Food Treats:** Think outside the box when choosing treats for trick-or-treaters or party-goers. The calories in all those bite-size Halloween treats add up quickly. Four "bite size" chocolate bars contain approximately 320 calories, 25 jelly beans have 140 calories, and 20 pieces of candy corn add up to 100 calories.

There are other treats that are lower in fat and sugar but may provide vitamins, minerals and fiber. The possibilities for healthy food treats are endless. Set a good example for your own children and the neighborhood kids by passing out healthy treats like these instead of giving them candy.

- cereal bars
- snack packets of dried fruit, baked pretzels, nut and seeds (e.g. peanuts\*, unsalted almonds, sunflower seeds or pumpkin seeds)
- trail mix
- packages of low-fat crackers with cheese or peanut\* butter filling
- animal crackers
- gold fish crackers
- graham crackers
- Cracker jacks
- 100 calorie packs of various products
- beef or turkey jerky
- single serve boxes of ready-to-eat cereal
- raisins and chocolate covered raisins
- fig cookies
- sugar-free gum or hard candy
- gummy candies made with real juice
- mini boxes of raisins
- individual juice drinks (100% juice)
- snack pack pudding
- Jello with fruit
- applesauce
- bean dip
- single-serve packets of low-fat microwave popcorn
- sugar-free hot chocolate or apple cider packets

\*Be careful of peanut allergies.



If you choose candy for treats, look for those that are lower in fat and sugar. Choose bite-size candy bars based on the least amount of fat and calories per serving. Better choices are: 3 Musketeers; 100 Grand Bar; Butterfinger; Milky Way; Raisinets; Starburst and York Peppermint Patties. In addition, consider healthier dark chocolate versions.

**Treats to Promote Activity:** Encourage kids to be more physically active by giving small, inexpensive toys to get them up and moving.

- a bouncy ball
- a jump rope
- sidewalk chalk for drawing a hopscotch or foursquare game
- a beanbag for hacky sack
- a plastic or foam flier

to eating about two pieces of candy a day. Larger treats, such as chocolate candy bars, can be cut into smaller pieces and frozen. Pull them out weeks or months later for some bite-sized treats.

Remember that sugary Halloween candy contributes to tooth decay. Candies do far more damage to teeth than to wrecking diet or behavior. Tooth brushing and flossing are extremely important after eating sweets or any foods that stick to the teeth.

## Familiar Foods With a Halloween Theme

If you have the time, host a Halloween dinner with spooky background music. Here are some ideas for putting a special Halloween face on familiar foods that you frequently serve.

**Jack-O-Lantern Pizzas:** Make mini-pizzas from your favorite recipe. Top with shredded cheese and let children make jack-o-lantern faces with bits of cut-up black or green olives. Bake as usual.

Or, pat purchased refrigerator biscuits into 4-inch circles and top with pizza sauce, shredded cheese and olive eyes, etc. as described above. Bake on a greased baking sheet in an oven that's been preheated to 350° F. Bake for 12 to 15 minutes or until crust is lightly browned.

**Ghosts:** Serve a mound of mashed potatoes on each child's plate with two slices of black olives positioned near the top for eyes. Prepare mashed potatoes with low-fat or fat-free milk and soft or liquid margarine to reduce the fat and calories. If served the traditional way with milk and butter, they will have about 200 calories per ½ cup serving.

Another edible ghost can be made with popcorn. Wrap a small popcorn ball in plastic wrap. Place wrapped ball in the middle of a large, sturdy white napkin. Tie the napkin together over the popcorn ball with white string, so the ends of the napkin hang out to form the body. Draw on a scary face with a black marker.

**Jack-O-Lantern Burgers:** Top hamburgers with a cheese slice into which you've cut out a jack-o-lantern face (eyes, nose and mouth).

**Monsterwiches:** Have available an assortment of bits and pieces of various vegetables, such as: carrot shavings (use a vegetable peeler to shave off thin strips of carrots); small slices of black and green olives; slices of red pepper (for lips); shredded lettuce, etc. Let children spread a piece of bread with cheese spread or peanut butter and add these toppings to make a monsterwich.

**Witches' Smiles:** Core and cut a red-skinned apple (leave skin on) into long, vertical slices, about ½ " wide. Spread one side of apple with a small amount of peanut butter and place on top of a second slice so it looks like the two lips of a mouth. Stick raisins between the red "lips" for "decayed teeth." If you make ahead of time, coat any exposed flesh of the apple with a little orange or pineapple juice to keep apple from turning brown.



# San Diego County Junior Leadership Conference

This Conference is open to all 6th, 7th, and 8th grade students. 4-H members do not have to be a Junior Leader to attend. Chaperones are required to be a 4-H Leader and must be 25 years old or older. The Conference is organized and planned by San Diego County Teen Council and lead by All Stars. Delegates will participate in Sessions, Workshops, and Activities that will help them develop leadership skills and increase their knowledge of 4-H opportunities. And gosh darn-it it's just plain fun to go! If you are a teen and want to present a session, please fill out the following Junior Leadership Conference Session application.

**When:** January 25-27 2013

**Check in:** 5-7 PM

**Check out:** 12 -1 PM (must be picked up by 1 PM – we want to go home too)

Delegates are asked to stay for the entire weekend. Please do not register if this is not possible.

**Where:** Camp Oliver – 8761 Riverside Dr.  
Descanso, CA

**Costs:** \$160- members

\$140- session leaders

\$120- chaperones



Accommodations: Cabins with bunk beds; central showers, restrooms. Bring a sleeping bag, toiletries, and towel. Dining Hall will have all utensils needed. Dress WARM!!! It's cold in Descanso during the winter and it just might rain. Prepare accordingly. There will be a dance.

Contact: Robin Whitecotton – Teen Council Advisor: [robwhtco@yahoo.com](mailto:robwhtco@yahoo.com) or any teen council member or county office.

Required forms to register:

Medical Release Health History

JLC application – will be in December's newsletter!!!

Camp fees

Code of Conduct

Clubs should turn in applications together with one check. Individual applications and checks will not be accepted.



## Junior Leadership Conference Session Leader Application 2012-2013

NAME(S): \_\_\_\_\_

COUNTY: \_\_\_\_\_

ORGANIZATION/CLUB(S): \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CITY AND ZIP CODE: \_\_\_\_\_

PHONE NUMBER(S): \_\_\_\_\_

E-MAIL(S): \_\_\_\_\_

TITLE OF WORKSHOP: \_\_\_\_\_

Please provide a detailed description of your Workshop. \_\_\_\_\_

\_\_\_\_\_

**2. Do you need any special equipment in your session? (i.e.: electrical outlet, projector, etc.)**

Circle:      Yes    No    If "Yes," explain below: \_\_\_\_\_

\_\_\_\_\_

**3. What kind of facility and amount of space do you need/prefer? (Table with chairs, seating only, indoor, outdoor, small or medium sized room, etc.)**

\_\_\_\_\_

**4. Would you be able to complete your session within the allotted hour? Would you need to use two session periods? Would you be able to put on this session more than once during this conference?**

\_\_\_\_\_

**5. Please provide the maximum # you can accommodate in the Workshop.**

Maximum \_\_\_\_\_

**\*If possible please attach a session outline and be prepared to give presentation to a committee in January at the County Office\***

I, \_\_\_\_\_, hereby state that to my knowledge the information included in my Junior Leadership Conference 2013 Workshop Proposal Form is correct, and my Workshop will hold up the integrity of the California 4-H Youth Development Program.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date



# San Diego County 4H Equine Learning Day

**When?** SUNDAY, December 2, 2012

**Where?** Fallbrook Rider's Field  
1627 S Stage Coach Ln. Fallbrook, CA 92028

**Timing?** Gates open at 8:30

Come and play in the beautiful fields with your horses until our first class begins at 9:30

**What?** Sessions will include:

Wraps, Bandages, Boots and Beyond!

Healthy Horse, Happy Vet!

Take it Up a Notch -- What the Judge is Looking For

Mounted Clinics

Showmanship and Equitation

Suppling and Maneuvering Techniques

Tips for Overcoming Trail Obstacles with Finesse

And much, much more!!

**Who?** All 4H Horse Leaders, Members & Parents are invited to attend this annual educational event.

Bring your horse\* or come without a horse

**Cost?** \$15 per member

\$7 for a yummy lunch\*\*

**What else?** contact Elizabeth Sugarman with questions: [sugarmommy@earthlink.net](mailto:sugarmommy@earthlink.net), 760-815-6616

\*register your horses with SD4H Horse Advisory – bring your signed paperwork & pictures if you still need to do this

\*\* Lunch is a **fundraiser** and will be sandwiches from Jersey Mike's, chips and a drink for \$7.00. Please order with registration; limited lunches being offered. Or you are welcome to bring a picnic lunch.

# County 4-H Equine Learning Day Pre-Registration Form

Due by Friday, November 23, 2012. No postmarks accepted.

Make checks payable to "San Diego County 4H Horse Advisory" and mail to:  
Elizabeth Sugarman, 3563 Fortuna Ranch Rd., Encinitas CA 92024

Please Print Clearly:

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Club: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Bringing Horses? \_\_\_\_\_ How Many? \_\_\_\_\_

Number of Participants X \$15.00 = \_\_\_\_\_

Lunches: \_\_\_\_\_ Number of Lunches X \$7.00 = \_\_\_\_\_

**TOTAL DUE:** \_\_\_\_\_

\_\_\_\_\_

**Signature of Leader** (only if bringing a horse: safety approval required from leader on every rider/ horse combo)

Registration at the door is \$20 per person. Must pre-order lunch (it's a fundraiser!)



## SCHEDULE

### San Diego County 4-H Equine Learning Day

**Sunday, December 2, 2012 Program Hours 8:30 a.m. – 5:00 p.m.**

**8:30 AM** Grounds Open, Free riding

**9:00 AM** Check in begins

**9:30 A.M.** Session I

Dr. Dawn Brown, DVM – “Healthy Horse, Happy Vet!”

**10:30 A.M.** Session II

Virginia Mulvany, trainer – “Wraps, Bandages, Boots and Beyond!”

**11:30 A.M.** Horsemasterhip with Carmen Rodriguez: Get connected with this amazing program and take your horsemanship all the way to the top!

**12:00 P.M.** Lunch/Care for horses

Lunch is a **fundraiser** and will be sandwiches from Jersey Mike’s, chips and a drink for \$7.00. Please order with registration; limited lunches being offered. Or you are welcome to bring a picnic lunch.

**1:00 P.M.** Short presentations by Clubs/Individual Members (please bring one – more info. In the registration packet)

**2:00 P.M.** David Burrows, carded judge -- “Take it up a Notch: What the Judge is Looking For”

**2:30 P.M.** Session III: (We’ll split into 2 groups based on riding level. This is your call, so please speak to your leader about this in advance)

(a) Mounted Lesson with David Burrows – Improving your seat (Experienced Riders)

(b) Mounted Lesson with Linda Levy – Improving your seat (Beginners)

**3:30 P.M.** Session IV:

(a) Mounted Lesson with David Burrows – “Tips for Overcoming Trail Obstacles with Finesse” (Geared to Experienced Riders)

(b) Mounted Lesson with Linda Levy – “Supplying and Maneuvering Techniques like Leg Yielding, Pivots, Turns on the Forehand, and Side-passes” (Geared to Beginners)

**4:30 P.M.** Clean up – All together, please. We’d love to be invited back!



## **MORE INFO. ABOUT EQUINE LEARNING DAY!**

We are so glad you will be joining us for this year's Learning Day

### **Optional Member Presentations:**

We would like to invite 4-H members from each club to prepare a 10 to 15 minute individual or group presentation to share with the group. Presentations should be well organized and well communicated (loud). We encourage you to use games, visual aids etc. to make your presentation fun and interesting. Please let me know your topic so I can be sure we have a variety of topics covered. Some ideas for topics include, but are not limited to:

- Parts of the Horse
- Parts of the English Tack and English Show Attire
- Parts of the Western Tack and Western Show Attire
- Grooming and Saddling
- Horse Emergencies like:
  - Runaway Horse in Arena
  - Rearing or Backing Rapidly
  - Injured or Lamé horse on the trail
  - Horse stepping on handler's foot
  - Horses fighting while being ridden
  - Fallen rider
  - Horse Pulling Back when tied
- Horse Colors and Markings
- Horse Terms applied for Age and Gender etc.
- Using an English bridle in a Showmanship Class

### **Please Bring:**

A comfy chair (essential)

A notebook and pencil

Helmets (if handling horses) and wear appropriate clothing (dress code will be enforced).

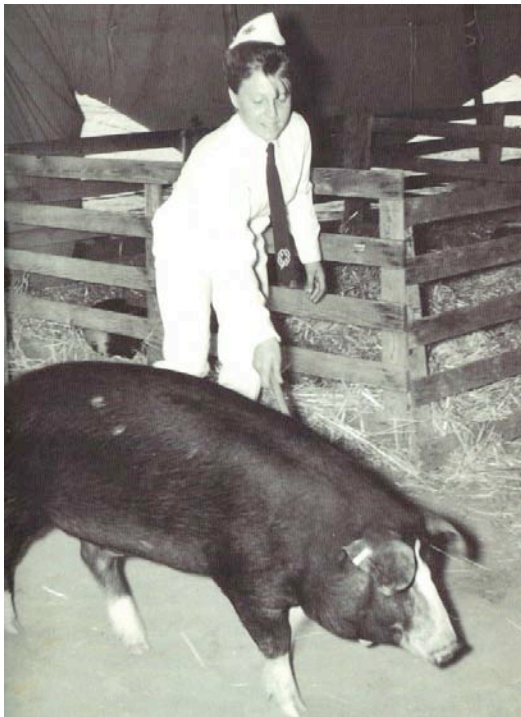
### **Please Help us Clean Up**

We need to leave Fallbrook Rider's Field even better than we found it. All poop and trash must be put in dumpsters. Please help us to clean so we will be invited back.



# Dates to Remember

Date	Event	Location and Time	Contact	Phone
November 1	Military Meeting	SD County Office 9:00AM	Mary Cartin	(858) 614-7610
November 5	County Council	SD County Office 6:30PM	Paulette Sauln	(619)4 64-4394
November 13	All Star Meeting	SD County Office 6:00PM	Kevin Fletcher	(619) 922-5342
November 13	Teen Council Mtg.	SD County Office 6:30PM	Robin Whitcotton	(619) 840-0325
November 13	Horse Advisory Mtg.	SD County Office 6:30PM	Sophia Schmidt	(760) 977-6462
November 17	Trail Day Challenge	Fallbrook Riders Field 2:00PM- campover	Robin Dixon	(951) 231-5605
November 18	Trail Day Challenge	Fallbrook Riders Field	Robin Dixon	(951)231-5605



Eastern County junior fair - 1963



Del Mar Fair 1968



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The Farm and Home Advisor's Office conducts a variety of programs in education and applied research in a unique three-way partnership with the U.S. Department of Agriculture, the University of California, and the County of San Diego. Also known as "Cooperative Extension (CE)," the Farm and Home Advisor Office plays a central role in connecting San Diegans to the resources of a national network of land-grant universities.

University of California advisors work with community leaders, government agencies, private organizations, and individuals to address local issues and solve problems. They extract useful and practical information from research and extend it to farmers, land managers, business people, educators, families, and consumers. Educational programs are conducted by way of public outreach through individual consultations, seminars, field days, publications, and the mass media.



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University of California  
Agriculture and Natural Resources

## 100 years of 4-H



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## San Diego County

The San Diego County MEMO's newsletter welcomes contributions from members and volunteers to be included in its contents. Please share with us what your project, club, or area is doing.

Send us short articles that we can put into the "Did You Know?" section or a full article that we can use to inform the county of the wonderful things that are happening in the county.

Any addition by a member may be counted towards the communications requirement for progress toward your next star achievement. Copies of the article can also be used in record books.

Send in an article! We look forward to hearing from you!

