



San Diego
County

MEMO

December



*From Left,
Kelly Edwards –
Escondido 4-H and
Robin Whitecotton
– San Dieguito 4-H,
enjoy an outing
with Teen Council*

4-H University of California Youth
Development Program

All Stars

The San Diego County 4-H All Star rank is the highest countywide 4-H achievement. Only qualified 4-H members will attain this rank. A person who has achieved this rank is designated as an All Star. An All

Star has shown and continues to exemplify:

- Enthusiasm and commitment to the 4-H Program
- Contribution to the 4-H Program
- Citizenship and community pride
- Leadership
- Teamwork
- Enjoyment of public speaking
- A positive role model for all 4-H members



The 4-H members that are chosen to be All Stars have shown exemplary accomplishments in the 4-H Program and the community. The rank of 4-H All Star should not be looked upon as an award only, but as a responsibility. All Stars work together as a team to participate in, lead and promote the 4-H Program.

Application is here: <http://ucanr.org/sites/cetest/files/54964.doc>

Applications are due to the County Office February 24, 2012. Information meeting is January 16th; anyone wishing to apply is highly encouraged to attend. Contact Carol Hrigora for more information



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We Need Recipes!

The San Diego County Cookbook currently has a total of 41 recipes. **We need 150 to publish!**

Call grandma for her Cookie recipe, call aunt Flo for her mashed potatoes, call uncle Frank for his BBQ sparerib rub.

You make good meatloaf? How about lasagna? Know a good way to cook trout? We want it in the San Diego County Cookbook!

Thank you to clubs who have already sent in recipes:

Jamul Chaparros: 1 main dish, 3 desserts, 4 cookies and candies.

Alpine Amigos: 2 main dishes, 1 bread and rolls, 1 dessert, 2 cookies and candies, 1 this and that.

Sagebrush: 1 main dish

San Marcos Wranglers: 1 main dish

Escondido: 2 vegetable and side dishes, 5 main dishes, 4 desserts, 1 cookie and candies, 2 this and that.

56 ranchers: 4 main dishes, 1 dessert

Mexican Cornbread

2 eggs

1 cup sour cream (or substitute buttermilk)

1/4 cup oil

1 cup cream-style corn or whole kernel corn

1½ cups corn meal mix

1 teaspoon salt

2 tablespoons chopped green peppers

2 jalapeno peppers, chopped

1 cup grated cheese

1/4 cup chopped onion

Mix all ingredients. Bake for 25 minutes at 425 degrees.

Pistachio Salad

1 medium can crushed pineapple

1 package pistachio instant pudding

1/2 to 1 cup pecans

3/4 cup miniature marshmallows

1 large container whipped topping

Drain pineapple. Combine juice and instant pudding and mix together. Add rest of ingredients and mix well.

Recipes take from: **4-H favorites**

Cookbook. Morgan County, Georgia



4-H cookbook circa 1950's



Constitution, Bylaws, and Budgets oh my!

The County Office would like to thank the following clubs for their diligence in turning in proper documentations to the Office:

56 Ranchers: Budget and Constitution and Bylaws

Escondido: Budget and Constitution and Bylaws

Jamul Chaparros: Budget, Outreach Report and Constitution and Bylaws

Mission Trails: Budget, Constiution and Bylaws

Olivenhain: Budget, Constitution and Bylaws

Oceanside Country Kids: Budget, Outreach Report and Constitution and Bylaws

Homesteaders: Outreach Report

It is important that all clubs turn in the required paperwork to maintain their charter with San Diego County 4-H. Not turning in the documentation may result in loss of the club charter.

Did You Know?

- **Congratulations to Rowlynda Moretti** from the Santa Ysabel/Julian club! She received the Mabel W. Jacks Scholarship for her higher education pursuits.
- **San Diego County is #1** in the state for use of the online record book!
- **Thirteen San Diego Leaders** attended this year's Leaders' Forum at Asilomar and everyone can come hear what they learned December 5th at the 6:30PM Leaders' Council Potluck Meeting. The Leaders' Forum attendees will present the program. Come be inspired!
- **December 5th at 6:30 the Leaders' Council** will have a potluck to say goodbye to Terri Barrett and Natasha Mini (Natasha will still be working part-time for us). Please attend and tell Charla what you plan to bring for the Potluck: arabian@nethere.net
- **Treasurer's Books/Secretary's Books** for the 2010-2011 year have been audited with feedback and are ready to be picked up at the County Council meeting December 5th
- **Sandra Dalager and Connie Newgard** will represent San Diego County at the South Sectional Meeting January 14th
- **Brittany Stanek** is the new Vice President of Teen Council
- **Brooke Stanek** is the new Recording Secretary of Teen Council



Area Presentations Days

Area 2 Presentation Day

Sat. Feb. 25th, 2012

Twin Peaks Middle School:
Poway

Check in: 8:30 a.m.

Presentations begins at 9:00
a.m.

4-H members may register the
day of event, but pre-
registration is preferred.

Please use the registration form
that can be found [HERE](#)

Contact: Margaux Payton
margaux.payton@gmail.com

858-602-9528

Area 1 Presentation Day

Feb 4th, 2012

Check in: 9:30 AM

Presentations Begin at 10:00
AM

Antique Gas & Steam Engine
Museum

Contact: Salena Woodall
Salena.charlie@gmail.com

Informational flyer found [HERE](#)

Area 4 Presentation Day

Contact: Robin Evans Becker

Area 5 Presentation Day

Feb 4th

Contact: Mary Bradley

Small Animal Learning Day Has been postponed until January

Members, parents, and leaders join us TBA for January from 9:00AM to 1:00PM at the County 4-H office to learn everything you ever wanted to know about small animals. Here are some of the things you can learn:

Rabbits & cavies (yes you can bring your rabbit or cavy, but bring a towel and cage). Teen leaders please come to help younger members learn how to hold and display their animal.

- Tattoos and tagging.
- Where to get your rabbit or cavy.
- Name that rabbit breed-for help with mixed breed/rescued pet rabbits that need a breed for entering a show
- How to correctly hold and carry a rabbit/cavy
- Good rabbit /cavy diet
- Nail clipping
- Common health problems
- Showing/showmanship

Poultry

- Zoning considerations
- What makes a good project bird and where can I find my bird?
- Parasite Control and Health Inspections
- How to prepare/groom a chicken for show.
- Showmanship
- avian bowl

Pygmy Goats (these will be outside in pens, weather permitting)

- How to start a pygmy goat project
- Where do you get project goats?
- How to care for and groom goats
- How to show goats

Dogs

- How to start a dog project or revitalize an old project
- Where can a club find adult volunteers with dog training experience

County Operations Center parking structure will not be open please park on street or in parking lot across from 4-H office.



San Diego 4-H Thrives!

Alpine Amigos, Escondido, Fallbrook, Jamul, Japatul, Poway, Ramona Stars, Ramona Wranglers, Sagebrush, San Dieguito and Santa Ysabel Julian have leadership development project leaders trained in Thrive. One of their Thrive project meetings will be recorded between now and June. Please let Carol Hrigora know when your club meets so we can set up a time to film your club.

Just wanted to remind you that we have all of the Thrive iExplore activities posted on the 4-H website. Feel free to view, them, download them or copy them as needed. Here is the link:

http://www.ca4h.org/About/Thrive/Thrive_Activities/

Every club should offer a Leadership Project for their officers and those interested in developing their leadership skills. Our last County-Wide Thrive Training and Rubric Training will take place on December 3rd during Small Animal Learning Day. The Thrive Training will run from 9-noon in the upstairs Lounge and the Rubric Training will start at noon and go until 1:00PM in the same location.

All clubs offering the Thrive curriculum for their leadership project are requested to complete the first rubric on three youth members by the end of January. If you still need the rubric training you can complete it by online by going to the following link:

http://www.ca4h.org/Resources/Volunteers/GPS_Rubrics_and_Thriving_Training/

If you wish to participate in the conference call option, you can sign up for one of the following dates to participate. You can email Scott at scmautte@ucdavis.edu with your 1st, 2nd and 3rd choices or call him at 530-752-9388. Each call is limited to 10 people so sign up today.

You will need access to both a phone line and computer with internet for this training.



Times and Dates for Thrive Training Conference Calls

December 1st, 6:30-8pm
December 3rd, 10:30am-Noon
December 7th, 1-2:30pm
December 8th, 6:30-8pm
December 15th, 6:30-8pm
December 17th, 10:30am-noon
December 21st, 1-2:30 pm
December 22nd, 6:30-8pm

January 4th, 1-2:30pm
January 5th, 6:30-8pm
January 12th, 6:30-8pm
January 14th, 10:30am-Noon
January 18th, 1-2:30pm
January 19th, 6:30-8pm
January 25th, 6:30-8pm
January 28th, 10:30-Noon

You will receive a confirmation email with instructions to access the training and materials. The complete training materials are available on a DVD from the San Diego county office.

Dive into Leadership: Make a Splash!

San Diego County Junior Leadership Conference

This Conference is open to all 6, 7, and 8 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 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 darnit it's just plain fun to go! If you are a teen and want to present a session come to the December Teen Council Meeting to present your idea.

When: January 27-29

Check in: 5-7 PM

Check out: 12 -1 PM (must pick 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: \$110

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 or any teen council member or county office.

Required forms to register:
Medical Release Health History
JLC application
Camp fees
Code of Conduct

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

Reminder: Clubs are responsible for sending chaperones if sending 3 or more members. Standing policy is 8 delegates per 1 adult chaperone by gender.

Transportation: All participants must provide their own transportation





SAN DIEGO COUNTY JUNIOR LEADERSHIP CAMP APPLICATION

YOUTH DELEGATE INFORMATION

NAME: _____

ADDRESS: _____

PHONE: () _____ CLUB or BASE: _____

PARENT/GUARDIAN NAME:: _____

GRADE: _____ MALE _____ FEMALE _____ E-Mail: _____

CHAPERONE INFORMATION

MALE _____ FEMALE _____ CPR / FIRST AID CERTIFIED _____

CHAPERONES ARE REQUIRED TO PERFORM CAMP RELATED DUTIES ASSIGNED BY THE CAMP COORDINATORS. CHAPERONES COULD BE ASKED TO ASSIST IN PREPARING MEALS, OBSERVING SESSIONS, ESCORTING DELEGATES TO AND FROM CABINS, COURTEOUSLY ENFORCING CAMP RULES, ETC. THERE WILL BE A MANDATORY CHAPERONE TRAINING AT CAMP. CHAPERONES MUST BE APPROVED 4-H LEADERS. AS A CHAPERONE, MY SIGNATURE CERTIFIES THAT I AM AT LEAST TWENTY-FIVE (25) YEARS OLD AND WILLING TO ASSIST THE CAMP STAFF, DOING WHAT IS NECESSARY TO PROVIDE YOUTH WITH A POSITIVE EDUCATIONAL EXPERIENCE.

SIGNATURE: _____ DATE: _____

Upon receipt of Application, Health History/Medical Release forms and Code of Conduct forms will be E-mailed to you along with Camp Do's & Don'ts

DEADLINE TO COUNTY OFFICE: 5:00 PM January 13, 2012

COUNTY USE ONLY:

DATE RECEIVED: _____ CHECK #: AMT: _____

ENROLLED ONLINE: _____ COC: _____ MR/HH Form: _____





JUNIOR LEADERSHIP CAMP 2012 WORKSHOP PROPOSAL FORM APPLICATION



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 on
January 9th at 5:00pm at the County Office**

I, _____, hereby state that to my knowledge the information included in my Junior Leadership Conference 2012 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



Teen Council is having their holiday fundraiser to help them put on JLC, fun events, and community service. Help them out by purchasing a wonderful holiday wreath. Please submit order forms to county office. Thank you and HAPPY HOLIDAYS!!!



Name	Address	Phone #	Qty

Dates to Remember

Date	Event	Location and Time	Contact	Phone
TBA	Small Animal Learning Day	County Office 9 AM – 1 PM	Marian Head	760-489-8507
Dec 3	Thrive Training Rubric Training in Afternoon	County Office 9 AM – 1 PM	Carol Hrigora	858-614-7614
Dec 5	County Council	County Office	Charla Cranor	619-322-8069
Dec 10	Large Animal Field Day	Imperial County	Matthew Smith	760-352-9474
Dec 12	All Star Meeting	County Office 6 PM	Kevin Fletcher	619-922-5342
Dec 12	Teen Council	County Office 6:30 PM	Robin Whitecotton	760-840-0325
Dec 13	Horse Advisory Meeting	County Office 6:30 PM	Jason Gosschalk	619-850-8426
Dec 26	Office Closed	County Office	Santa	760-555-1212
Jan 9	County Council Meeting	County Office	Charla Cranor	619-322-8069
Jan 16	All Star Meeting	County Office 6 PM	Kevin Fletcher	619-922-5342
Jan 16	Teen Council	County Office 6:30 PM	Robin Whitecotton	760-840-0325
Jan 16	JLC Session Presentations	County Office 5:30 PM	Robin Whitecotton	760-840-0325
Jan 10	Horse Advisory Meeting	County Office 6:30 PM	Jason Gosschalk	619-850-8426
Jan 27-29	JLC	Camp Oliver	Teen Council	
Feb 4	Area 1 Presentation Day	Antique Gas & Steam Engine Museum 9:30 AM	Salena Woodall	Salena.charlie@gmail.com
Feb 5	Area 5 Presentation Day	TBA	Mary Bradley	lmbradley@hotmail.com
Feb 25	Area 2 Presentation Day	Twin Peaks Middle School	Margaux Payton	margaux.payton@gmail.com
TBA	Area 4 Presentation Day	TBA	Robin Evans Becker	robby174@yahoo.com

The University of California prohibits discrimination against or harassment of any person employed by or seeking employment with the University on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994; *service in the uniformed services* includes membership, application for membership, performance of service, application for service, or obligation for service in the uniformed services) or any person in any of its programs or activities.

University policy also prohibits retaliation against any employee or person seeking employment or any person participating in any of its programs or activities for bringing a complaint of discrimination or harassment

San Diego County Cooperative Extension

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

BOYS' AND GIRLS'
4-H CLUB WORK



San Diego
County

San Diego County UCCE Community Service Opportunity for the Holiday

The 4-H program is one part of the Farm and Home Advisor's Office. The County will be putting on a Health Fair for the Monarch School (it's a school for homeless children) on December 8th from 9-11 am. There will be booths with various health- and nutrition-related information. A goal is to also give each of the 130 children at the school (which goes from K-12) a \$20 gift card from Target or Wal-Mart. They also provided Holiday Gift Bags to fill with various toiletries.

The Farm and Home Advisor Office will definitely be manning a booth (or two). We also took responsibility for two Holiday Gift Bags (one for a boy and one for a girl) for 9-12th grade students. If you would like to contribute a toiletry item here is what each bag needs (age appropriate of course):

- 1 Bottle of shampoo
- 1 Bottle of conditioner
- 1 Bottle of body lotion
- 1 Package of socks
- 1 Package of Underwear

Donations of \$20 gift card would be great, too. Any amount of money donated would be great and I'll put it in incremental \$20 gift cards. Contact Carol Hrigora for information or donations. Thank you and Happy Holidays!!!