

San Diego County 4-H

MEMO



Happy New Year!



Million Pillowcase Project

National Community Service Project in conjunction with State Fashion Revue 2012

The Million Pillowcase Project is a national community service activity adopted for 2012 by 4-H State Fashion Revue. To participate, sew a standard-size pillowcase, 20" x 30". Bring it to State Fashion Revue on May 26 at UC Davis or have a delegate from your county deliver it. The SFR committee will collect the pillowcases and donate them to charitable organizations throughout California.

Get creative with your pillowcase fabric! Add a decorative border! Design a pillowcase for a foster child, a homeless person, or perhaps a nursing home resident. For ideas and sewing instructions, go to www.allpeoplequilt.com and click on Million Pillowcase Challenge. Our goal is 500 pillowcases from California 4-H. Contact ashleyandtara@grmail.com with pillowcase questions. For more information about State Fashion Revue, go to <http://www.ca4h.org/Programs/Events/SFR/>.



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Tech Corner

4-H has always used innovation and research to further the development of youth in local communities. Memo's newsletter will dedicate space in the Tech Corner to some of these new ideas and technologies.

San Diego 4-H is invited to Beta Test a newly designed online video game from the Geek Squad. The Beta-Test starts mid-January and runs for 4 weeks. There are 3 sections developed right now:

1. Tutorial (how to play the game)
2. How to take digital camera pictures
3. How to make movies

You will need a computer (MAC or PC) and internet to play the game. Each section takes 30-40 minutes to complete and you don't have to complete a session at one time.

Join the **L33TFLEET** for FREE. Online learning and video games combine as you learn how to capture digital images of unique wildlife, and create movies - all in the name of saving the universe.

<http://geeksquadaacademy.com/> Let us know if your club is interested or if you as an individual member are interested by calling Carol at the County Office 858 614-7614.

If you want to play but don't have a computer or internet you can come to the Teen Council meeting and stay after to play the game on January 23rd and Feb. 13th. Bring your own laptop, if possible or let us know you are coming and want to use our computers so we can make arrangements for you. We have 150 openings, let us here from you soon!

This beta test is only open to San Diego County 4-H members.



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Did You Know?

- Interested in developing your leadership skills? If you are in middle school consider registering for Junior Leadership Camp. If you are 9 years old or older you can join a leadership development project. Half of our clubs have Leadership development projects. Sorry, I forgot to list Homesteaders last month. Shirley Salado of Homesteaders is on the Master Trainer team for Thrive and a wonderful resource for leaders, sorry Shirley!! If your club does not offer leadership development you can still be part of a project with a crossover leadership development project to one of these clubs:
 - Alpine
 - Escondido
 - Fallbrook
 - Japatul and Santa Ysabel /Julian
 - Jamul Chaparros
 - Olivenhain
 - Poway
 - Ramona Stars
 - Sagebrush
 - Valley Center Homesteaders
- Congratulations to the State Record Book participants Celeste Salado and Olivia Dalager. Olivia received merit recognition for her entry. Thank you for your efforts to submit quality record books!
- Area 5 Field Day and Small Animal Learning Day have been combined. Area 5 Field Day information is in this newsletter.
- **All Star** Applications are due in the County Office February 24, 2012. Informational meeting is January 23rd; anyone wishing to apply is highly encouraged to attend. Application located here: <http://ucanr.org/sites/cetest/files/54964.doc>
- We still need recipes. Please send your favorite recipes to 67ford@nethere.com
- Robin Whitecotton and Paulette Sauln will be attending the Western Regional Leader's conference Jan 13-15 in Wyoming!
- Resource: Free Online 4-H Curricula Library, <http://www.ca4h.org/Projects/Curriculum/SETCurriculum/> Download PDF files for Veterinary Science, Rabbits, Exploring Salmon and Steelhead, Water Quality, Pollinators, Pond Mapping, Engineering, Agriculture, or DNA!
- Revolution of Responsibility due date is January 15th. \$1,000 for 1,000 projects. If your project fits the purpose the money is available for your club! More information at <http://www.ca4h.org/Support/RofR/>

Youth Adult Partnerships

Current research indicates there are five youth development practices or supports and opportunities young people should experience in the 4-H Youth Development Program (YDP). 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 youth participation. This involves more than young people showing up for the program and being engaged in the



program activities. Meaningful youth participation means that youth:

- Have opportunities to participate in decision-making
- Have opportunities to develop and practice leadership
- Experience a sense of belonging

True youth-adult partnerships happen when projects or activities are initiated by young people and decision-making is shared between youth and adults. This empowers and builds the skills of young people while at the same time enabling them to access and learn from the life experience and expertise of adults. Here are five things you can do now to increase meaningful youth participation:

1. Give youth opportunities to develop program, club, or project goals
2. Get young people involved in activity planning, training, and evaluating the program
3. Give young people choices in the program or activity
4. Give every young person an opportunity to help others
5. Ensure that adults are serving as a mentor and facilitator in all aspects of the 4-H Youth Development

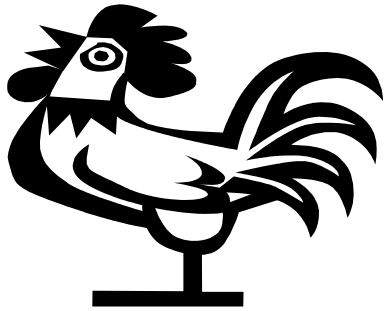
Program with young people taking the lead

How do you know if you are creating an environment that fosters meaningful youth participation? Here are a few indicators:

- Adults share control of the meetings, planning, activities, etc. with youth
- The program schedule allows time for youth to make choices about how they use their time
- Youth have multiple opportunities to set goals and make plans for projects and activities
- Youth are engaged in an intentional process of reflecting on what they are doing or have done
- Give youth opportunities to provide feedback on activities and changes are incorporated accordingly

Assess these indicators of meaningful youth participation and think of at least two ways you can strengthen youth participation. Set specific goals and re-evaluate your progress. Through these practices you will communicate the message to young people that “What you think and what you do matters!”

Mr. and Mrs. Whitenight are 4-H leaders who conduct 4-H winter survival - Michigan 4-H



Area 5 Field Day

March 3, 2012

This year we are trying to give the members of the county an opportunity to work on their showmanship skills and practice their show ring abilities. So get those steers halter broke, put the collars on your goats, work with your lambs, and train your small animals for a day of fun at the Lakeside Fairgrounds.

The fair grounds will open at 7:30 A.M. to receive animals, and set up for the events. At 9:00 A.M. the classes should be ready to start.

Field Day- Members will be able to show large and small animals for market or breeding, and showmanship. All large animals will be divided into class groups. If there is time the top showman in each division will participate in Round Robin and Master Showmanship following the completion of all market classes and small animal judging. Awards for Round Robin will be presented at the end of Round Robin and Master Showmanship.

Japatul 4-H would like to invite any 4-H member from San Diego County to participate in this fun learning day. Come practice your showing skills, meet new friends, and learn from this hands on experience.

You must pre-enter so we know how many pens to set up and just how much work we actually have to do. It is important that I know the breed, sex, and variety for the small animals. I make up the cage cards beforehand to save a lot of time the day of the field day. Hope to see you all there. If you have questions please call Margaret Drown at 760-765-3381.



Japatul 4-H Field Day Livestock Entry Form

March 3, 2012

REGISTRATION: Pre-registration is required. Each exhibitor must submit a separate entry form. Use a separate form for each species, i.e. one form for beef, one for sheep, etc.

Lakeside Jr. Fair Grounds Check-In 7:30 A.M. to 8:30 A.M. Judging starts at 9:00 AM. Poultry will have a health inspection prior to check-in.

Specie (check one) Beef: ___ Dairy Heifers: ___ Sheep: ___ Market Goats: ___

_____ Phone _____
 Address _____ Grade in School _____
 City, Zip _____ Birth Date _____
 Club _____

Breed/Variety	Sex	Date of Birth/Age	Ear Tag/ Leg band	Market	Breeding	

SHOWMANSHIP: Divisions are by grade as of January 01, 2012.

- Primary (5 years old to 8 years old)
(Showing--Poultry, Cavies, Rabbits or Pygmy goats only)
- Junior (3rd, 4th, 5th, grade) must be 9 by January 1, 2012
- Intermediate (6th, 7th, and 8th grade)
- Senior (9th grade & up)

Please send in your entries by February 22, 2012. This is important because we need to know how many pens. It also helps with the paper work and helps get the show running in a timely fashion on Saturday morning.

Send to:

Margaret Drown
 PO Box 330
 Santa Ysabel, CA 92070
 760-765-3381

What is a 4-H presentation?

A presentation is a method used to communicate an idea by showing and/or telling. It can be a demonstration or a talk that uses posters and other visual aids. A 4-H Presentation helps you learn to:

- Research a subject
- Organize ideas in a logical order
- Be a teacher and practice public speaking skills

Why are public speaking skills important?

Public speaking skills are ranked number one among the skill sets of professionals. Other guiding factors for developing public speaking skills include:

- Discovering an important component of leadership development
- Increasing self-esteem, self confidence, and ability to accept feedback
- Expanding skills for planning, preparation and performance

Story telling has been a traditional way of passing knowledge from group to group and youth enjoy participating in this activity. Young children begin by telling stories to friends, family, at school, and later as part of formal presentations. As 4-H members participate in projects, they collect information and ideas that can be shared with others. This sharing of information is part of the process of learning. Teaching project skills in a presentation takes advanced skills and a deeper understanding of what you have learned.

Giving presentations helps develop many skills including the ability to speak in front of a group, organizing your ideas and creating and using graphics to support the spoken word. Members prepare for presentations by giving talks to project groups and community club meetings, practicing skills learned in a project, and observing other members giving presentations.

Members can get ideas for presentations from many different sources. The first place to start is with your project leaders. They will know what you have learned in your project and what you might enjoy presenting. Your community club leader also can be a source of ideas. Your local librarian can help you develop your subject through research. Publications that can be sources for presentation ideas are project manuals, books, magazines, and brochures from various organizations.

Presentations are not just demonstrations. You have many options ranging from traditional demonstrations to problem solving for senior members. All of the various presentation styles require similar skills, but are designed to meet the interests and age-appropriate levels of the member. No style of presentation is better than any other. Choose the style that best fits you for your first presentation and then try other styles as you advance in 4-H.



The effectiveness of
your presentation
depends on:
HOW YOU LOOK,
HOW YOU SAY IT,
and
WHAT YOU SAY.

Area 2 Presentation Day Entry Form

(pre-registration preferred)

Name _____

Other group member names _____

Address _____

(City)

(State)

(Zip code)

Telephone Number (____) _____

Age _____ Year in 4-H _____ Year in School _____

4-H Club _____

4-H Club Leader _____

Presentation Title(s) and list presentation category(ies):

CHECK DIVISION

Senior (14-19) Junior (9-13) Primary(5-8) Group

CHECK CATEGORY (IES) (all that apply)

- (A) Demonstrations and Illustrated Talks
- (B) Share the Fun
- (C) Educational Display
- (D) Impromptu Speech
- (E) Scientific Demonstrations and Illustrated Talks

- (F) Prepared Speech
- (G) Cultural Arts
- (H) Audio-Visual Presentation
- (I) Problem Solving Presentations
- (J) Interpretive Reading



Area 2 Presentation Day will be held at Poway High School, Rm K-1, 15500 Espola Road, Poway, CA 92064 on **February 25, 2012**.

Check in starts at 8:30 am and opening ceremonies start at 9am. Each member in a group presentation must have his/her own registration form. Return forms to Margaux Payton, 12832 Adah Lane, Poway, CA 92064. If you have any questions, contact Margaux Payton at (858) 602-9528

margaux.payton@gmail.com

Area 1 Presentation Day will take place at the Antique Gas & Steam Engine Museum.

February 4, 2012

Check in starts at 9:30 AM
Program starts at 10:00 AM
If you have any questions please contact Salena Woodall at salena.carlie@gmail.com

Area 5 Presentation Day
Feb 4th, 2012

Jamul Community Church
Check in: 8:30 AM
Presentations start: 9 AM
Contact: Mary Bradley at l_mbradley@hotmail.com



Operation Military Kids Regional Support Network Advisory

The 4-H Military Partnership is currently part of 8 Military Youth Centers here in San Diego County. Last year we involved 993 military youth from these sites in the 4-H Program. They were involved in a wide variety of

projects such as entomology, gardening, cooking and robotics. Some even attended Junior Leadership Camp last year.

Currently, Debbie McAdams – Program Rep for Operation Military Kids (OMK), is involved in a project to create a support network to support more military youth in the San Diego County area. She is looking for partners who can offer some type of support to youth who don't live on the base and are geographically dispersed in our county. If you would like to offer your support as a club or even as a project she can be reached at the county office at 858-614-7632 or at dmcadams@ucdavis.edu.

Your support and contribution could be volunteering your time, donating resources to specific events, organizing and facilitating an event specifically for military youth or you could be part of SMOK – Speak Out For Military Kids, a special section for presentations at county, regional, and state levels of competition. These are just a few of the examples of ways you could support military youth.

She would like to encourage any youth who are in need of an Emerald Star Project or who would like to do a Community Service Project to think about supporting the military youth in our county. She has many ideas for Service Projects that could be used for Revolution of Responsibility grant projects.

Operation Military Kids

On November 18, 2011 we performed a skit in honor of the Lights on After School Program. This program is sponsored by JC Penny and helps fund and support after school programs nation wide. Our skit represented the Military's long history in San Diego along with the struggles children face when their parents deploy and the support they are provided by the San Diego County 4-H and the Boys & Girls Club after school programs. We also recognized a few of our heroes that served our country throughout the different wars for their hard work and dedication to better our lives. – Katelyn Boles



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 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: \$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: _____



Dates to Remember

Date	Event	Location and Time	Contact	Phone
Jan 9	County Council Meeting	County Office	Charla Cranor	619-322-8069
Jan 10	Horse Advisory Meeting	County Office 6:30 PM	Jason Gosschalk	619-850-8426
Jan 13	JLC Apps Due	County Office 5 PM	Robin Whitecotton	760-840-0325
Jan 20	MLK Day	County Office Closed		
Jan 23	All Star Meeting	County Office 6 PM	Kevin Fletcher	619-922-5342
Jan 23	Teen Council	County Office 6:30 PM	Robin Whitecotton	760-840-0325
Jan 23	JLC Session Presentations	County Office 5:30 PM	Robin Whitecotton	760-840-0325
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 4	Area 5 Presentation Day	Jamul Community Church	Mary Bradley	l_mbradley@hotmail.com
Feb 20	President's Day	County Office Closed		
Feb 25	Area 2 Presentation Day	Poway High School	Margaux Payton	margaux.payton@gmail.com
March 3	Area 5 Field Day	Lakeside Jr Fair Grounds	Margaret Drown	760-765-3381
March 24	Presentation Day	TBA	Charla Cranor	arabian@nethere.net
March 30	Cesar Chavez Day	County Office Closed		
March 31	Art and Design Day	TBA	Sandra Dalagar	smdalager@msn.com
TBA	Area 4 Presentation Day	TBA	Robin Evans Becker	robby174@yahoo.com
May 5	San Diego 4-H Tech Conference	TBA	Carol Hirgora	858-614-7614

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 pursuant to this policy. This policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's equal employment opportunity policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources.



San Diego County Office Intern

Internship Job Description Position Summary

The intern will work on projects that support the goals of the University of California Cooperative Extension (UCCE) of San Diego County 4-H. The UCCE is designated Farm and Home Advisors Office and is tasked with serving the San Diego area in cooperative agreement with the County of San Diego. 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.

Responsibilities

- Answering phones
- Preparing correspondence
- Filing
- Program support
- Active willingness to support and work on a variety of projects as assigned
- Attend and staff outreach events on behalf of the San Diego County 4-H YDP

Desired Qualifications

- Knowledge of the 4-H Program
- Experience with general office procedures
- Assertive personality, persistence, and strong people skills critical for working with a variety of departments, volunteers, and personalities
- Training will be provided
- Ideal candidate would be high school, college student or retired person

Application Guidelines

Priority will be given to candidates who email resume and cover letter to:

Quang "Hogan" Tong, qtong@ucdavis.edu. You may mail a hard copy resume and cover letter to: 9335 Hazard Way Suite 201 San Diego, California 92123. Deadline: Feb 24, 2012

Dates of Internship: 6 month rotations. Note: This is a nonpaid internship.

The University of California Division of Agriculture & Natural Resources (ANR) prohibits discrimination against or harassment of any person participating in any of ANR's programs or activities 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). University policy also prohibits retaliation against any employee or person participating in any of ANR's programs or activities for bringing a complaint of discrimination or harassment pursuant to this policy. This policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to employment or to any of its programs or activities. The University is an affirmative action/equal opportunity employer. The University undertakes affirmative action to assure equal employment opportunity for minorities and women, for persons with disabilities, and for covered veterans (including veterans with disabilities, recently separated veterans, Vietnam era veterans, veterans who served on active duty in the U.S. Military, Ground, Naval or Air Service during a war or in a campaign or expedition for which a campaign badge has been authorized, or Armed Forces service medal veterans). University policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's equal employment opportunity policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, One Shields Avenue, Davis, CA 95616, (530) 752-0495.

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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Phone: 858-694-2845
Fax: 858-694-2845
Email: cesandiego@ucdavis.edu

University of California
Agriculture and Natural Resources



100 years of 4-H



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 what 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.