

San Diego County 4-H

∞ Welcome to a new 4-H year ∞



Greetings Everyone!

This month has County Councils and clubs busily working on establishing budgets, moderating by laws, and many planned events being fine-tuned for success. Clubs are holding their first meetings of the year. Energy, dedication, commitment, enthusiasm and hard work are in evidence throughout. This positive environment forecasts a productive and fruitful 4H year. *Linda Corrales - Program Representative*

When sending mail to the county office be sure to include 4H in the addressee portion of your correspondence. The County Farm and Home Advisors Office houses many and diverse groups. When 4H is not included, mail may be opened by other county staff to ensure correct delivery.

Q) Why aren't council meetings held in San Marcos? A) Primarily because meetings must be held in a location that is deemed central to North/East/and South Counties.



TIPS TO ADVERTISE



Sic erat scriptum

Mara Hughes

Awarded Gold medal for Prepared Speech at State Presentation Day for her speech “Introducing the Companion Rat”

Increasing broad awareness of 4-H in your community can be done easily at no cost! Through Public Service Announcements (PSAs), 4-H programs can inquire about free advertising space with local newspapers and radio stations. Some media outlets have formal programs that donate specific time slots for non-profit organizations, while others make unfilled advertising space available free-of-charge. Contact your local radio or print media outlets to find out if they are able to partner with your 4-H program. Follow these three easy steps to get started:

1. Choose the Right Advertisement

View print, radio, and web banners on the Brand Toolkit.

- Choose a print ad that suits your needs and sends your selected print advertisement

NATIONAL AG DAY POSTER ART CONTEST

The Agriculture Council of America (ACA) and Successful Farming are encouraging young artists to celebrate modern agriculture through the first ever National Ag Day Poster Art Contest. A winning original piece of art will be chosen as the Official National Ag Day poster. The contest is open to amateur artists enrolled in high school or college. The contest theme is *Generations Nourishing Generations*. A nine-member jury will screen entries. Finalists will then be judged through online voting to determine one winner. In addition, the artwork and a profile of the artist will be prominently featured in Successful Farming magazine and Ag Day correspondence. The winner will receive a \$1,000 scholarship from Successful Farming. Media releases will also be sent to all Ag Day sponsors and supporters. The artist will receive a portion of the proceeds from limited edition prints and the original artwork will be on display in a public location. The deadline for submitting entries is Midnight (CST), October 31, 2012. For rules on the National Ag Day Poster Art Contest visit www.agday.org.

**A winning piece of art will be chosen as the
Official National Ag Day Poster.**



Internship Program Opportunities in Military Child and Youth Programs

A partnership between the Cooperative Extension System and the Department of Defense has provided the funding for a national, military childcare/youth development internship program. Through this initiative, students and recent graduates have the opportunity to develop professional skills in childcare and youth development through practical work experience with military children, youth, and families. Interns are placed on military installations across the United States with limited opportunities for international placement and receive an hourly wage or stipend and assistance with travel expenses for their efforts. Current students may obtain academic credit for this experience if desired.

The Military Extension Internship Program will accept applications for the Spring 2013 class through September 28, 2012. Students will be notified of their application's status at the beginning of November. More information and application materials can be found at www.ydae.purdue.edu/military. Specific questions regarding the internships may be referred to: Jessica Wandless, Purdue University Cooperative Extension Service Internship Coordinator, at jwandles@purdue.edu.

OPERATION MILITARY KIDS

Congratulations Jason and Kyle for a Job well done!!!

This past August, Kyle and Jason Pinkney, who are members of the Ramona Wranglers 4H Club, had the opportunity to lead volunteer at a US Army Yellow Ribbon event. They conducted various learning activities to a group of 12 military youth whose loved ones were to be deployed the next day. As military kids themselves, they were great role models and led and directed the group with amazing empathy.

Keep up the good work!!!



PROJECT IDEA FOR CLUBS – REVOLUTION OF RESPONSIBILITY GRANTS FOR SUPPORT – HERO PACKS

What are Hero Packs? Making Hero Packs is a service-learning project that is part of Operation: Military Kids. Hero Packs are care packages made to thank and salute children with deployed parents for their sacrifices and contribution while their parent is deployed in the service of our country. The Hero Packs are targeted to youth with a parent in the National Guard or Reserve. These youth face a unique situation because they are "suddenly military."

This project is about more than assembling backpacks, however. The young people who assemble the packs learn about the stresses faced by military youth when their parent is deployed. A lesson plan to use with Hero Pack assembly is available; some of the activities are pictured here. Overall, this project helps to raise community awareness about situations faced by military families.

If your 4-H club is interested in assembling Hero Packs, contact Ohio's Operation: Military Kids, at omk@cfaes.osu.edu .



AMERICA'S FARMERS GROW COMMUNITIES

Rural community members and farmers can help give back to local 4-H organizations. Now **through Nov. 30, 2012**, eligible farmers can enter for a chance to win \$2,500 that can be directed to their local 4-H. And new this year, the entire community also has a voice. Rural community members can suggest an idea or initiative that needs funding for their local 4-H, such as a community garden or camp scholarships. Farmers may review the ideas and consider them in their application. To plant your idea and encourage farmers to support your 4-H, go to GrowCommunities.com.

In addition, in communities impacted by drought, the Monsanto Fund will provide twice the financial support. Winning farmers from counties that have been declared natural disaster areas will now receive double the donation, a total of \$5,000. These winners may choose where to direct the additional \$2,500 disaster relief donation based on community needs brought forth by the drought. The Monsanto Fund will select one winner at random from each of the eligible 1,271 counties and winning farmers and recipient nonprofits will be announced in January 2013.

Contact the county office for the application form.

WESTERN REGION LEADER FORUM – MARCH 21-24, 2013 IN HAWAII

Hawaii 4-H members, volunteers, faculty and staff are looking forward to seeing you in Hawaii March 21 – 24, 2013 for the Western Region Leader Forum. The conference site is the Waikiki Beach Marriott and Resort. You will need to register at the hotel before you register for the conference so you will have the confirmation code required to avoid the surcharge for those who choose to attend WRLF and stay at another place. Reservations at the Marriott may be made at 800-848-8100 or by using the local number of 808-922-6611.



We have reserved a block of rooms which you will need to refer to when you register by giving the code, WR4A, to the person taking your reservation. Registration for the forum may be completed by going to: <http://www.ctahr.hawaii.edu/wrlf/>
DEADLINES: Deadline for Regular Registration is December 31, 2012 - \$375 Deadline for Hotel room Rate of \$179 is February 21, 2013 - \$425

APPLICATIONS FOR THE 2012 PRESIDENT'S ENVIRONMENTAL YOUTH AWARD ARE DUE DECEMBER 31.

The PEYA program promotes awareness of our nation's natural resources and encourages positive community involvement. Since 1971, the President of the United States has joined with EPA to recognize young people across the U.S. for protecting our nation's air, water, land, and ecology. One outstanding project from each region is selected for national recognition. Projects are developed by young individuals, school classes (K-12), summer camps, and youth organizations to promote environmental stewardship. Visit www.epa.gov/peya for more information

2012 STATE LEADERS FORUM, COMING NOVEMBER 9-11 AT ASILOMAR.

Simply complete the survey or the printed form then mail your fee to the registrar. Use the Asilomar form to reserve your conference lodging and meal package. "4-H in a Minute: Wake up to the Possibilities!" promises to be fun, relaxing, motivating, educational, and timely. Volunteer leaders and staff - join the South Central Section for workshops, games and prizes, including a drawing for an iPad and "Minute to Win It" competitions. Nancy Franz, our Saturday keynote speaker, brings new ideas from Iowa 4-H. Silent Auction donations and county baskets are gratefully accepted to help defray conference expenses. More information and forms are at <http://ucanr.org/slf2012> or contact Sue Moore, Registrar, 2moores@mlode.com.



National 4-H Conference

Applications for the 2013 National 4-H Conference will be available in August! If you are interested in attending the conference as part of the California delegation, you can find the application and detailed information on the State 4-H website at:

<http://www.ca4h.org/Programs/Conferences/N4-HC/> .

Applications will be due October 31, 2012.

THE CALIFORNIA 4-H DIAMOND CLOVER AWARD

The Incentives and Recognition Advisory Committee is pleased to announce the launch of the California 4-H Diamond Clover Award. The Diamond Clover is awarded to the highest achieving 4-H youth members through an application and essay process. All youth who achieve the qualifications are eligible for this award.



Applications may be submitted at any time during the year and while a young person is between 17 and 19 years of age. Each quarter, applications are reviewed by the Incentives and Recognition Advisory Committee and awards are given. Awardees are announced annually at the State Leadership Conference.

Applications are available now for submission beginning July 1, 2012 at

http://www.ca4h.org/Administration/Advisory_Committees/IR/

Rationale: Most youth serving organizations have a highest honor— Boy Scouts have Eagle Scouts, Girl Scouts have the Gold Award, Camp Fire USA has the WoHeLo Award. While the 4-H State Ambassador Program is a very high honor, it is a working honor and is prohibitive to many who may be deserving of a highest youth award.

NORTH AMERICAN ASSOCIATION FOR ENVIRONMENTAL EDUCATION

October 10-13, 2012, Oakland, CA

Environmental education teaches children and adults how to learn about and investigate their environment, and to make intelligent, informed decisions about how they can take care of it.

Registration will open on June 1, 2012. For more information, go to:

<http://www.naaee.net/conference>.

RECORD BOOKS

Remember to keep entries in record books current. This will ensure easier completion for next year. For general information and help about the Online Record Book, please check out the following resources:

ORB Webinar Archives— <http://www.ca4h.org/Resources/Members/RecordBook/ORB/>

ORB Login Help— <http://www.ca4h.org/files/121045.pdf>

ORB Support (if you aren't sure how to do something in ORB)—Please contact your county office

ORB Bug Report (if a feature within ORB is not functioning correctly)—

<http://www.ca4h.org/recordbookbugs>

Healthy Living – San Diego County’s Theme for 2012-13

Think about how to include this years healthy living theme into projects and everyday living. Check out the activity sheet. How are you doing about meeting your nutrition needs?

Are You Meeting Your Nutrition and Physical Activity Recommendations?

Fruits and vegetables provide important nutrients and other substances that can help you:

- Keep your skin and eyes healthy
- Avoid getting sick
- Avoid getting constipated
- Reduce your risk of cancer and other diseases
- Heal wounds faster

For a 2,000-calorie diet, you need at least 2 cups of fruit and 2 1/2 cups of vegetables a day!!

Did you meet the recommendations?

- Yes No

Foods from the Milk group are important for:

- Building strong bones and teeth
- Making muscles work

Because you are still growing, you need at least 1300 mg of calcium a day. *That means 3 cups of foods high in calcium every day.*

Did you meet the recommendations?

- Yes No

What about soda?

Drinking too much sugary soda may:

- Cause weight gain
- Give you cavities

The average 12- to 19-year-old male youth consumes about 18 oz. of soda a day. This adds up to more than an extra 14 tsp. of sugar per day! And this doesn't include the sugar from eating other foods such as candy, cookies, cakes, or ice cream.

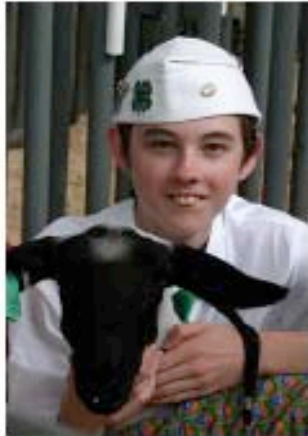
How many tsp. of sugar from soda did you have? (Multiply the ounces of soda you drank by 8 and divide by 10) ____ oz. of soda x 8 = ____ + 10 = ____ tsp. of sugar

One cup of fruit and vegetable is:

- 1 medium size pear or large orange or banana
- 1 cup 100% fruit juice
- 1 cup canned or chopped fruit
- 1 cup cooked or chopped raw vegetables
- 2 cups raw leafy vegetables – spinach, romaine, etc.
- ½ cup dried fruit
- 1 cup tomato or mixed vegetable juice

The following amounts of these foods provide similar amounts of calcium:

- 1 cup fat-free or lowfat milk, yogurt, or pudding
- 1 ½ oz. lowfat cheese
- 1 cup calcium-fortified juice or calcium-fortified cereal
- 3 cups broccoli
- 6 medium corn tortillas



Peas n' Carrots 4-H Club

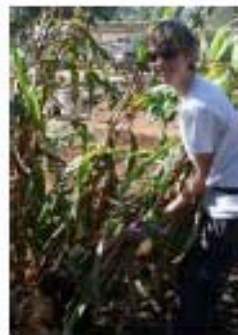
Since 2006

The Peas n' Carrots 4-H club is the first club in the United States specifically designed for children with developmental disabilities and their siblings.

Our families come together from across San Diego North County. Our focus is on leadership, acceptance, commitment, responsibility and achieving your personal best!

Whether we are gathering at our monthly general meeting or learning about local beekeeping, local poultry ranches or touring local organic farms, our members are getting involved in what's important in their communities.

The sign-ups for the 2013 4-H year will be held on October 17th at 7pm in San Marcos. If interested in attending sign-ups or to gain more information please contact Meredith Martineau-Claunch @ 760-473-0066 or meredithc@teriinc.org





8th Annual Beef Play Day at The Spanish Ranch
 Sponsored by Cuyama Valley 4-H and El Rancho Español de Cuyama
Saturday, November 3rd, 8:00am - 3:00pm

☘ "Inspire THIS Generation!"

Gold Medal Track	Silver Medal Track	Bronze Medal Track
<i>(Advanced)</i>	<i>(Intermediate)</i>	<i>(Novice)</i>
Advanced Fitting	Clipping & Fitting	Calf Grooming
Showmanship	Arena How-To	Halter Making
Choosing a Quality Calf	Breeder vs Market	Haltering & Leading
Making of a Champion	Time and Money	Your Tack Box
More!	More!	More!

**More Hands-On ☘ More Arena Time ☘ One-on-One ☘ Parent/Leader Program
 Parade of Clubs ☘ Lunch 'n' Learn Speakers ☘ Games, Prizes, Awards & More!**

You Choose the Track for the Day (Circle Above)

**REGISTRATION FORMS AVAILABLE ON-LINE AT
www.sb4h.org
 YOU MUST RETURN THIS FORM WITH PAYMENT BY
OCTOBER 25th
 TO BE REGISTERED!! USE ONE FORM PER ATTENDEE!!
**\$10.00 Donation - Advanced Registration
 Required****

Name: _____ Year in 4-H: _____

Club: _____ Leader: _____

Address: _____

Phone: _____ E-mail: _____

Member() Leader() Parent() Payment: \$10 (Please do not send cash)

Make Checks to: **Santa Barbara Co. 4-H Clubs, P.O. Box 1029, Santa Ynez, CA 93460**
YOUR SAN DIEGO CONNECTION: DEBBIE TORRES - KND
SHORTHORNS@LIVE.COM; (760) 728-6078

For more information, contact Pamela Doiron, The Spanish Ranch
 doiron@spanishranch.net * 805-245-0434

REGISTRATION DEADLINE OCTOBER 25, 2012 * \$20 AT THE GATE!!

Super Saturday Booth Application Form

Super Saturday is an event where kids and their families come to learn more about what is going on in their 4H program. If you feel that you or a project in your club has a demonstration, craft, skill, animal, etc. that they would like to show or teach, please fill out an application! Examples from the past include imprinting leather, practice judging, horse lasso-ing, quilting, cookie decorating and many, many more! The event is on October 13th from 10 A.M. -2 P.M. If you are hosting a booth, however, we ask that you arrive early to set up and stay late to clean up. There are only 10 spots available, so booths will be picked on a first come, first serve basis.

Name of Booth or Project:

Club Name:

Leader Name:

Please give a brief description of what you and your project would be demonstrating at your booth: _____

Will you need a source of electricity? _____

Will you need more space than one or two rectangular tables-length? _____

How much time would you need for set- up and clean- up? _____

Is there any other information we should know?

The event is on October 13th from 10-2 P.M. If you are hosting a booth, however, we ask that you arrive early to set up and stay late to clean up.

Completed form return options:

- Return to Faith Knipe or Robin Whitecotton at the October 1st County Council meeting. Meetings are held at the San Diego County Office at 6:30 P.M.
- Mail to Faith Knipe by October 1st:
 - 1207 Canter Rd. Escondido, CA 92027
- E-mail completed form back to faithknipe4h@aol.com by October 1st.

Thanks so much for your interest!

Dates to Remember

Date	Event	Location and Time	Contact	Phone
October 1	County Council	SD County Office 6:30PM	Paulette Salin	(619) 464-4394
October 8	All Star Mtg.	SD County Office 6:00PM	Kevin Fletcher	(619) 922-5342
October 8	Teen Council	SD County Office 6:30PM	Robin Phillips	(619) 840-0325
October 8	Knldge.Bowl	SD County Office 6:30PM	Carmen R.	(760) 505-6608
October 9	Horse Advisory	SD County Office 6:30PM	Sophia Schmidt	(760) 977-6462
October 13	Super Saturday	Vista Antique Gas & Steam Museum	Robin Phillips	(760) 840-0325
October 20	Officer Training Day	TBA	Robin Phillips	(760) 840-0325
October 20	Thrive Training	TBA	Linda Corrales	(858) 614-7614
October 21	Pancake Breakfast	Escondido Street Fair	Charla Cranor	(619) 445-4249
October 27	Horse Advisory Play day	Tumbleweed	Gianna Schmidt	(619) 669-1649

SAN DIEGO COUNTY KNOWLEDGE TEAM

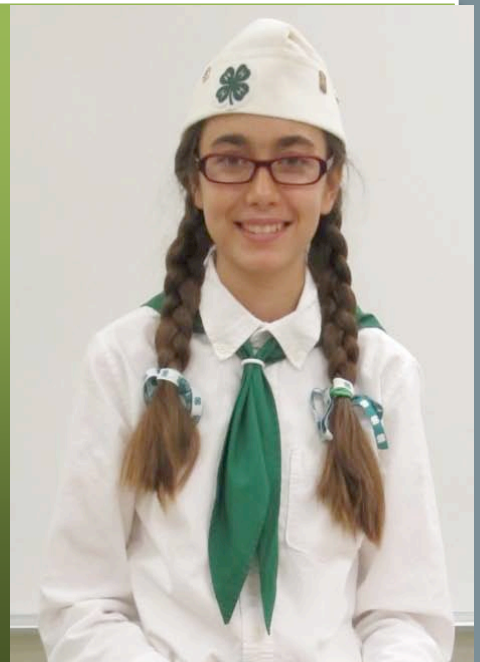
If you want to increase your knowledge in different animal categories or home arts? Want to try your hand at knowledge bowls? Or travel to new places and make new friends? Then the San Diego County Knowledge Team is for you. The Knowledge Team is looking for any and all interested youth. Our first meeting will be on October 8, 2012 at 7pm at the County office. For more information or questions, contact Carmen Rodriguez 760-505-6608 or cr4horse@gmail.com.

SAVE THE DATE: DECEMBER 7, 2012 TEEN COUNCIL IS HOSTING A FAMILY FUN NIGHT/COMMUNITY SERVICE EVENT. STAY TUNED FOR UPDATES! THERE WILL BE GAMES, TREATS AND OPPORTUNITIES FOR LOTS OF HANDS ON HOLIDAY FUN!

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.

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

*Making a Difference
for California*

100 years of 4-H



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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.

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!

San Diego County