

D E C E M B E R 2 0 1 2

San Diego County 4-H

Featuring
this month:

COUNTY COUNCIL

Want to have a voice?
Want to know what's
happening in the
San Diego 4-H??

Join us for **County
Council Meetings** held at
the County Office on the
**1st Monday of the
month @ 6:30 P.M.**



“The State Leaders Forum was an eye opening and energizing experience!”

The Asilomar State Beach & Conference Grounds, in Pacific Grove, served as the venue for the 2012 Senior Leadership Conference. Nancy Franz, inspirational keynote speaker at the workshop, presented her views on raising public awareness on the impact of the 4-H program on broader communities. Franz is the Associate Dean for Extension and Outreach to Families and 4-H Youth Development in the College of Human Sciences at Iowa State University. She is also the Director of ISU Extension and Outreach to Families. Nancy gave thought provoking ideas as to how to properly release press statements. For instance, instead of saying “4-H Members Clean Up Neighborhood Park,” she suggested maybe stating “4-H Community Clean-up Project Leads to Higher Property Values and Lower Crime Rates”.

Linda Corrales, Program Representative for the County of San Diego 4-H, and who also attended the event, states, “We did not have enough hours in the day to attend all of the useful sessions being offered.

Each workshop was full of committed 4-H staff and knowledgeable 4-H leaders, all of which traveled from all over the state. Mealttime was a great opportunity for meeting and greeting new and seasoned 4-H individuals. The silent auction and information board was both educational and entertaining. The evening games of friendly competition between sections were creative, raucously entertaining and...South Section came in second place! (By the way, South Section was the only group with a female representative! She was great!) There was also the recognition of volunteers by how long they served. Which was so very moving. There have been people onboard as 4-H volunteers for over 50 years; what better testimony to the worth and resiliency of such a valuable organization.... Overall, The State Leaders Forum was an eye opening and energizing experience. Certainly a rewarding time.”

FEATURING THIS MONTH:

County Council

PRIMARY FUNCTION:

San Diego 4-H County Council is organized to assist the University of California Cooperative Extension (UCCE) in planning, promoting and carrying out 4-H youth development work. The San Diego County Council is chartered by the UCCE and operates in compliance with UC policies and the mission, core values, and framework of the 4-H Youth Development Program (YDP). Policy interpretations are made by 4-H YDP staff, the County Director and the Statewide 4-H YDP office, which are authorized under federal and state statutes to organize and administer the 4-H YDP in the State of California.

SPECIFIC DUTIES:

- Help implement programs and projects based upon the educational framework of the 4-H YDP and the educational goals and standards as identified by the county and state 4-H YDP staff.
- Help ensure that all county 4-H YDP programming is consistent with the 4-H YDP mission and direction, guiding principles, core values and 4-H program criteria checklist.
- Build mechanisms to achieve affirmative action goals and develop a management body whose membership is representative of the diversity of the community.
- Include involvement of members in County Council operations and decision-making.
- Set limitations on term length and succession of adult volunteers to distribute more service opportunities.
- Develop mechanisms to recommend solutions to problems and disputes within the county 4-H YDP.
- Facilitate mechanisms for providing training and support of adult volunteers and youth.
- Facilitate community involvement to contribute to program focus and direction.
- Facilitate the expansion of programs into new communities.

Plant and Science Exploration



Mary, Mary, quite contrary, see our plants grow. (Notice the potato

How can a potato grow without soil?



One of our friends is taking home her pumpkin plant.



Wow! Watch them grow.

Mary Cartin, Program Representative for the San Diego Military Project, received these photos from Mary Chesterton who wanted to showcase one of the many projects they do in their clubs.



Many New York and New Jersey communities were devastated by Superstorm Sandy.



Because these communities are still in need of urgent help, 4-H and Cooperative Extension in these states are stepping up and stepping in to make a difference. It's not too late to help, so lend a hand and help aid our 4-H family.

TO DONATE, PLEASE GO TO:

https://secure3.convio.net/n4h/site/Donation2?df_id=2200&2200.donation=form1



America's Move to Raise a Healthier Generation of Kids

LET'S MOVE! FAMILY ACTIVITIES

1



Let's Play!

- Tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.
- What's your family doing? Tell us on Facebook and your family's activity may be featured on the site.

2



Let's Clean!

- Involve the whole family in household chores, cleaning, vacuuming, and yard work.

3



Let's Go!

- Select activities that are easy to do anywhere, such as walking, jogging, jumping rope, or aerobics. Your community parks and recreation programs offer low cost programs for the whole family.
- Bike to the library together Dance or move during commercial breaks - that's usually 15 minutes in an one hour television show.

- Go up hills instead of around them.
- Take the stairs instead of the escalator or elevator.

4



Let's Celebrate!

- Celebrate special occasions—birthdays, anniversaries—with something active, such as a hike, a volleyball game, or a Frisbee match.

5



Let's Walk!

- Train together for a charity walk or run.
- Park further away. Count the steps with your children it takes from the car to the destination. Write it down. See if you can park even further away on your next stop.
- Walk instead of drive, whenever you can. If you have to drive, find a spot at the far end of the parking lot - the most distant from you are going.
- Walk your children to school.
- Walk or bike to your children's sports events to cheer for them. You can pace the sidelines while they play.

- Take a family walk after dinner.
- Replace a Sunday drive with a Sunday walk.
- Go for a half-hour walk instead of watching TV.
- Get off the bus a stop early, and walk.
- Make a Saturday morning walk a family habit.
- Walk briskly in the mall.
- Take the dog on longer walks.

The California 4-H Shooting Sports

Program welcomes all current and/or potential 4-H Shooting Sports project leaders, teen leaders (high school aged 4-H members), and 4-H staff to attend a two-day leaders meeting on **December 8-9, 2012 in Visalia, CA.**



Please note this is an informational meeting. It is not a training workshop where you receive certification in a discipline. It is an opportunity for you to network with leaders from throughout the state and gain further information about the shooting sports program.



John Borba
4-H Youth Advisor/Interim County Director
UC Cooperative Extension - Kern County
(661) 868-6216

To register for the meeting, please access the following link:
<https://ucanr.org/survey2/survey.cfm?surveynumber=7810>

San Diego County 4-H Shooting Sports program would like to congratulate our leaders who completed the required certification to lead and train in the various Shooting Sports disciplines:

Buena Vista 4-H Club

Bill Woodall - Archery: Trainer
Melissa Woodall - Archery: Trainer
Devin Woodall - Archery: Trainer

San Dieguito 4-H Club

Kelly Dowlan - Archery: Trainer
Dan Shomo - Archery: Trainer - Pistol: Trainer - Shotgun: Trainer

Fallbrook 4-H Club

Joshua Fremmerlid - Archery: Trainer
Nicole Fremmerlid - Archery: Trainer

New Website is Now Live!



The new CA 4-H Foundation website designed to increase engagement in 4-H across the state is here!

The website focuses on **Impacts** across the state. It showcases stories of the Revolution of Responsibility projects and the stories of individual 4-H club members in California. The website also encourages people to **Connect** with and **Support** 4-H in California.

Check it out to see how to get your own project or story featured!

www.ca4hfoundation.org

FUNDRAISING



Ever wondered what to say when someone asks you,
“**What is 4-H?**” try responding with this:

“Young people in 4-H are uniquely prepared to step up to the challenges of a rapidly changing world. Unique in that the 4-H experience combines the best research-based science, health related and civic engagement processes intentionally designed to prepare and support youth to achieve their dreams. 4-H helps materialize youths’ capabilities to thrive physically, professionally, and emotionally in order to serve their world. As such, 4-H is a college preparation program, a workforce development program, a science literacy program, and a recipe for a healthy and engaged citizenry.”



When this message is followed by a **personal story** that illustrates this, we begin to build the understanding that prepares the ground for effective fundraising.

Contact Annette Leeland with fundraising, marketing and Revolution of Responsibility stories and questions at: aleeland@ucanr.edu

2013 San Diego County Junior Leadership Camp

This camp is open to 4-H members and military youth grades 6, 7, and 8 only (for home schooled youth, age 11 by December 31st.) A member does not have to be a Junior Leader to attend. Chaperones must be a minimum age of 25 years old. The Conference is organized and conducted by the San Diego County Teen Council. Delegates will participate in sessions, workshops and activities that will help them develop leadership skills and increase their knowledge of 4-H.

WHEN: Friday- Sunday, **January 25th- 27th.**

CHECK IN: 5 P.M.- 7 P.M. Friday, January 25th.

CHECK OUT: 12P.M- 1 P.M. (Must be picked up by 1 P.M.)

Delegates will not be allowed to leave the conference for any reason once they have checked in.

If you cannot stay, please do not register- **NO EXCEPTIONS.** No late check-in.

WHERE: Camp Oliver, 8761 Riverside Drive, Descanso CA

COST: \$100 for everyone, including delegates, session leaders and chaperones.

Includes Friday night **SNACKS ONLY, NO DINNER;** 3 meals on Saturday; Breakfast on Sunday

SESSION LEADERS: Members giving presentations must fill out a session application and a mandatory audition on December 10th. Session Leaders must be in high school and age 14 by December 31st 2012- no exceptions! Sessions should last 60 minutes and should not be repeats from the past two years.

All camp applications due to the county office by January 11th!

ACCOMODATIONS: Cabins with bunk beds; central showers; restrooms and dining hall. Bring a sleeping bag, pillow, warm blankets, towels, washcloths, etc. Girls and boys will be in separate cabins. Delegates are expected to attend all sessions- part of the learning process is meeting new people and sharing ideas and experiences!

DRESS: Warm camp clothes- Jeans, T-shirts, sweatshirts, jackets, comfortable shoes. Casual, but warm. The 4-H dress code will be strictly enforced. There will be a party and dance on Saturday evening, so bring nice clothes or a dress if you'd like. For non-dancers, there will be games and movies.

TRANSPORTATION: All participants provide their own transportation to and from camp.

REQUIRED: Medical Release Health History Form, Junior Leadership Camp Application, Camp Fees, Code of Conduct Form

Clubs must turn in the delegate applications together as a group along with chaperone applications and club check. Individual checks will not be accepted. Conference limit is 100 delegates. Reserve your space now!! Please include a separate sheet of paper with your club name, number and a list of delegates being paid for. **Your club will be required to send chaperones if you have 3 or more members attending the conference.** We need adult chaperones (male and female) 1 per 8 members of the same gender. If this quota is not met, we will have to refuse the last delegates to register.



Contact: Robin Whitecotton- robwhtco@yahoo.com
Faith Knipe- faithknipe4h@aol.com (760) 740-9718
County Office: (858) 694-2845



"Step into your future by acknowledging the past!"

SAN DIEGO COUNTY JUNIOR LEADERSHIP CAMP APPLICATION

YOUTH DELEGATE INFORMATION

NAME: _____

ADDRESS: _____ Vegetarian Meals Requested _____

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 11, 2011

COUNTY USE ONLY:

DATE RECEIVED: _____ CHECK #: AMT: _____

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



4-H
Family Fun
&
Community Service
Night!

This is a night that Teen Council has planned for 4H families and their friends to just have fun and help their community! No meeting, no business. It will be a **potluck**, so bring your favorite entrée, side dish, or dessert to share. We will also have optional **food and toy drives**, so bring a new, unwrapped children's/ teen toy or non-perishable foods to donate if you can. Toys will be delivered to a local Toys for Tots drop center, and the canned foods will be donated to the North County Food Bank. Craft tables will be set up for members, friends, and family members to **make thank you or holiday cards** to be sent to Veterans and other members of our community, such as retirement home or hospital patients.

And we can't forget the games!

Bring your board games and other fun activities to play throughout the night. We will have an xBox set up for even more fun!

Teen Council's wreath fundraiser will be in full effect, too! If you have already ordered a wreath, you can pick it up at this event. If not, we will have a few extra for sale for \$20. We will also be taking donations for Junior Leadership Camp in an effort to lower the cost of camp for everyone.

When? December 7th from 6:30- 8:00 P.M.

Where? San Diego County 4-H Office
9335 Hazard Way- Suite 201
San Diego, CA 92123

Contact: Faith Knipe- faithknipe4h@aol.com

Hope to see you there! ☺





Mark that calendar!

- **4-H Shooting Sports Workshop**

A 4-H shooting sports workshop for the rifle discipline will be held at UC Cooperative Extension Office, 1031 S. Mt. Vernon Avenue in Bakersfield. The workshop will be **January 12, 2013 8am-6pm and January 13, 2013 8am-4pm**. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course or receive more information, contact John Borba at: jaborba@ucdavis.edu (This course is not open to 4-H leaders from Santa Cruz County).

- **4-H Shooting Sports Workshop**

A **4-H Archery Certification Training for volunteers and junior/teen leaders** will be offered **Saturday, January 19th, 9 AM – 5 PM, and Sunday, January 20th, 8 AM- 12 noon**, at the Livermore-Pleasanton Rod & Gun Club, 4000 Dagnino Road, Livermore, CA 94551 in Alameda County. You must be an enrolled 4-H leader or member and attend both days to receive certification to teach archery at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is \$50 per person to include a resource binder, range fees, and Saturday lunch. Overnight RV parking, water & power only, is available for an additional fee.

To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at <http://www.ca4h.org/files/2123.pdf>, and an adult or youth 4-H medical release form and a \$50 check payable to “De Arroyo 4-H Club” to Jennifer Siders, 4967 Erica Way, Livermore, CA 94550. Registration is due Monday, January 7th and space is limited. For more information call Jenny at 925-321-6009 or email her at jsiders@gmail.com.

- The **2013 4-H Honey Bee Essay Contest** sponsored by the Foundation for the Preservation of Honey Bees, Inc., has made the essay criteria and application information available for those interested. The deadline for application submission is on or before **February 15, 2013**. Click [here](#) for full essay application details.
- The University of California, Davis College of Agricultural and Environmental Sciences will hold its **37th Annual Agricultural and Environmental Sciences Field Day on March 1st and 2nd**.

The UC Davis CA&ES Field Day is the 2013 California 4-H State Qualifier for Poultry, Dairy and Livestock judging. Visit <http://www.ca4h.org/Projects/SET/Animal/SLJC/> for state qualifying guidelines.

To register, go to: <<http://calaged.csuchico.edu/registration/>>

Select the event (2013 U.C. Davis Agricultural & Environmental Sciences Field Day). Choose the link "Get Access Code". Complete the information on the form and click the register button. Please include 4-H next to your club name on the registration form. On the following page save the registration code and register later or simply continue with the registration at this point. Note that you may only register once so be prepared to complete the registration or contact us if you have any changes. After your club is registered, we request that you submit a printed copy of your online registration along with your payment. Checks should be made payable to "UC Regents" and mailed to:

Attn: Francesca Ross
College of Agricultural & Environmental Sciences
One Shields Avenue
Davis, CA 95616

Deadlines:

November 14: Registration opened

February 10: AgriScience Fair and Job Interview materials due

February 10: Registration closed

February 17: Payments must be postmarked – We are now enforcing a \$25 late fee for payments postmarked after the 17th.

For questions email fieldday@ucdavis.edu or visit <http://caes.ucdavis.edu/fieldday>

The State 4-H Office is offering a 3-hour 4-H Online Record Book training for counties desiring it. This training (ORB Internet Café) will walk participants through how to use all aspects of the 4-H Online Record Book in a fun and engaging way. Please contact your county office if you desire to bring this training to your area.



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/>



WREATH SALE! \$20

Teen Council is having their holiday fundraiser to help them put on Junior Leadership Camp, Super Saturday, and other fun events that happen around the county.

Even though the deadline has passed, wreaths will **still be available for purchase** at the Family Holiday Night on **December 7th** at the County Office.

Questions?

Contact Faith Knipe via e-mail at faithknipe4h@aol.com

Annual Pet Food & Blanket Drive

by the Sagebrush 4-H Dog Project

Article by Mara Hughes, Sagebrush Dog Project Teen Leader

This year, we are looking for donations of:

- 2.5 oz Gerber Second Foods: Chicken with Chicken Gravy (For baby kitties and pups not eating well. **NO ONION POWDER INGREDIENTS**)
- 2.5 oz Gerber Second Foods: Turkey with Turkey Gravy (For baby kitties and pups not eating well. **NO ONION POWDER INGREDIENTS**)
- Canned Friskies or Fancy Feast cat food (For baby kitties.)
- Ziploc quart or gallon bags (Freezer style preferred.)
- Zipper-type sandwich or snack bags (For treats! Any brand.)
- Canned cat food (Especially Friskies, Nine Lives, or Whiskas. Preferably without fish.)
- Canned dog food (Especially Kirkland and Pedigree. **NO ONION POWDER INGREDIENTS**)
- Dry dog food (Especially Pedigree.)
- Dog or cat treats (Any brand. Yummy! **NO ONION POWDER INGREDIENTS**)
- Cuddly Blankets for the dogs and cats who have no human to cuddle with during the winter.

Our dog project puts on an annual pet food and blanket drive to benefit the Helen Woodward Animal Center. We place drop boxes for donations in different locations throughout the county along with asking our fellow 4-H members for donations. This will be the 4th year in a row we have been doing this community service project, and every year so far we have been successful in getting many donations thanks to all of those generous animal lovers out there!

Drop your items at the drop boxes or at-Carter's Hay and Grain-

10227 Palm Row Drive, Lakeside, or 1985 Olivehain Dr., Encinitas.

All donations are greatly appreciated! Our goal is to help Helen Woodward Animal Center by really making a dent in their needs. You can visit the Helen Woodward Animal Center's website at <http://www.animalcenter.org/>.

DECEMBER 2012

This meeting is only for 4H Leaders with Market Livestock projects and FFA Advisors.

On behalf of Livestock Department - ☺

SAVE THE DATE!

For the Junior Livestock Task Force Meeting

Tuesday, December 11, 2012

6:00pm in the Board Room

At the Delmar Fairgrounds

Please RSVP no later than Friday, December 7th to
(858) 792-4283 or livestock@sdfair.com

Date	Event	Location and Time		Phone
December 3	County Council Mtg.	SD County Office 6:30PM	Paulette Sauln	(619)464-4394
December 7	Family Fun Night	SD County Office 6:00PM	Faith Knipe	(760)740-9718
December 10	All Star Meeting	SD County Office 6:00PM	Kevin Fletcher	(619)922-5342
December 10	Teen Council Mtg.	SD County Office 6:30PM	Robin Whitecotton	(619) 840-0325
December 11	Horse Advisory Mtg.	SD County Office 6:30PM	Sophia Schmidt	(760) 944-6462
December 24- January 1	Winter and New Year's Holiday Closure	SD County Office Closed		

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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Phone: 858-694-2845
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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