

San Diego County 4-H

Memo Newsletter

Happy New Year!



Let's Celebrate The California
4-H Centennial!

A Special Congratulations to...

Mara Hughes

from Sagebrush on receiving a medal and Merit and Participation Certificate from the state 4-H Office for her record book this past year!

Michael Lonsway

from Olivenhain Valley as a recipient of a Revolution of Responsibility Award

Meet the President

Hi, I am Paulette F. Sauln, President of the San Diego County 4-H Leaders Council. I am retired from the Navy and have been a 4-H volunteer for 22 years. My daughter was enrolled in 4-H for 12 years and recently was Council Treasurer for 2 years. I currently have no children in the program and am a Middle Management Volunteer; which means I am available as a resource to all! I have served as Medical support for many 4-H functions and I also hold a B.F.A. in Musical Theater. I have served as Leader in many small animal projects and as Avian Bowl Coach.

Several major changes are happening this year to our 4-H program. Fees have gone up and staff hours have been cut. In order for the program to survive, we must step in and assist in facilitating the program. County Council needs the help of volunteers, parents and members in order to keep the program viable. Please make your wishes known by sending representation to Council this year, either by the required club representative or by e-mail. We need your input in order to succeed.

Council has several fundraising ideas, but we need your participation in order to make them work. On May 4, 2013 we are going to have a San Diego County 4-H Night at Petco Park. This event will bring us some community recognition as we provide the Color Guard for the game. These young people will be selected from the County Teen Council, so remember to attend the Teen Council meetings!

Looking forward to a very exciting year,

Paulette



Please share with the county office awards, efforts and accomplishments that are happening throughout the clubs to foster the continued spirit of accomplishment within the 4-H community.

County Updates



By Linda Corrales, San Diego County 4-H
Program Representative

Times Are Changing

San Diego 4-H has completed another busy year full of fun, learning, hard work and growing. As with life, there are always challenges and growing pains to spur us to new heights.

We are currently experiencing changes here at the county office. As you now know, my program representative position hours dedicated to 4-H have been cut in half. Only four hours will be specifically dedicated to **high priority** tasks within the program. I will address telephone, email, general correspondence, newsletters and special events from **12:30PM-4:30 PM daily**. There will be a message on my 4-H telephone line to reflect this change.

The balance of my day will be divided between: Thrive, SET and the Military Club Grants. In

the near future, meetings from the various Council groups will be combined as is possible to ensure more efficient use of my 4-H time. The County Council will maintain a secure evening meeting slot. Other counsels will attempt to adjust schedules for either a meeting at the county office or earlier meetings through *Ready Talk* telephonically. In the Ready Talk scenario, I would be in the office and members would dial my number at a specific time with an access code. We have test piloted this program with Carmen Rodriguez and her Knowledge Bowl group and it worked well. It was simple, inexpensive and efficient.

Again, I would need to facilitate the process and be in the office during the agreed upon time. Advance planning of 1 month is recommended.

Smooth Transition

Clubs were hard at work to be in compliance with annual requirements. Clubs learned this past year that when it's known what is needed in advance and they maintain organized records throughout the year, then December compliance requirement deadlines are much less difficult. Both online and in the county office, there are resources available to help.

Check the *Officer's Manual* for concise and useful information about officer responsibilities. Many samples of needed forms are included. The *Treasurer's Manual* is great; it provides a step-by-step framework to simplify this important duty. The constitution and bylaws templates are also available online at:

<http://ucanr.edu/sites/4HSandiegoCounty>

We will announce trainings and resources at upcoming events.



Featured This Month: *Teen Council*



The Teen Council program is a county-wide program that invites youth 12 years old and older to learn about leadership, citizenship, trust, financial management, and about new, diverse friends through an informal self-governance program.

2012-2013 Teen Council Executive Board

President: Faith Knipe
Escondido 4-H Club

Vice President: Michael Lonsway
Olivenhain Valley 4-H Club

Treasurer: Salena Woodall
Buena Vista 4-H Club

Some points of interest related to Teen Council:

- Youth must be at least 12 years of age to join
- Teen Council is a great place to meet new friends
- Members can be from any community within San Diego County
- You can belong to Teen Council in addition to your regular club
- Teen Council meets the second Monday of every month

- Teen Council plans and organizes Junior Leadership Conference
- Members decide how much of the budget they would like to use to subsidize both teen and general 4-H trips.
- The officers of Teen Council are elected from within the membership
- Members learn how to run organizational meetings, if they have not all ready learned this in their own club
- The Teen Council oversees and raises funds

SAN DIEGO JR. LEADERSHIP CAMP IS COMING UP. THE APPLICATION AND FLYER ARE ATTACHED. A MINIMUM OF 25 REGISTRANTS ARE REQUIRED BY FRIDAY JANUARY 11TH. PLEASE SUPPORT THIS IMPORTANT EVENT.

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!

ACCOMMODATIONS: 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- robwhctco@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: _____



Annual Pet Food & Blanket Drive by the Sagebrush 4-H Dog Project

Article by Mara Hughes, Sagebrush Dog Project Teen Leader

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!

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.**

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/>.



Shooting Sports Project Leader Course Rifle Discipline

WHERE: Pajaro Valley Rod & Gun Club
557 ½ Lakeview Road
Watsonville, CA

WHEN: Saturday, March 9, 2013 – 8:30 a.m. – 5:00 p.m.
Sunday, March 10, 2013 – 8:30 a.m. – 4:00 p.m.

Upon successful completion of this course, the participant will be certified as rifle trainer and can lead a rifle project at the club or county level or serve as county trainer to certify project leaders in the shooting sports discipline of rifle. This course is also open to 4-H teen leaders (high school aged youth). **For more information, or to register for the class, contact Randy Turnquist at randy@randyt.com or phone 831-566-2590.** Please discuss the course fee with the instructor-- which could be up to \$25 depending on if you wish to print your own course material or have him do it. (Please note that the rifle discipline is not an approved project in Santa Cruz County).



For more information about the class facility visit this website:
www.pajarovalleyrodandgun.org

State Event Information



Through tours in the living classroom of Washington, D.C. and hands-on educational workshops, youth will learn about the history of our nation, the leaders who have shaped it, and how they can apply their enhanced leadership and citizenship skills to issues in their own community.

Delegates have the option of traveling to Washington, D.C., and participating in Heritage Trail, which is a 7-day program that is hosted by the National 4-H Conference Center. Delegates may extend their travel 3 additional days through the *Global Journey* program, which includes visits to Gettysburg, Philadelphia and New York.

Dates for the 2013 program include:

Heritage Trail: June 23 to June 29, 2013 The 7 day program to Washington, D.C.

Global Journey: June 23 to July 2, 2013 The 10 day program to Washington, D.C., Gettysburg, Philadelphia and New York City

Washington Focus is a year-long program, beginning with registration in December and orientation in March. County delegations are expected to complete a study guide and prepare thoroughly for their Washington Focus program. During their participation in the program, all county delegations develop and carry out a service-learning plan of action to address a current issue in their community. A final report on their service project is due September 15 of the year they travel. Contact Jenna Colburn Program Coordinator at jcolburn@ucanr.edu

See Citizenship Washington Focus at the National 4-H Center in action at:
[Citizenship Washington Focus Program](#) [Citizenship Washington Focus Registration](#)

[Citizenship Washington Focus Financial Assistance Application](#)

Calling all Volunteer Leaders with an interest in WA Focus! Check out the Washington Focus Intern Opportunity

4H Calendar

Schedule is subject to change. Please review monthly

1-7-13	6:30PM	County Council Meeting	SD County Office	Paulette Saln		
1-14-13	6:00PM	All-Stars Mtg	SD County Office	Kevin Fletcher	619 922-5342	k.fletch@cox.net
1-14-13	6:30PM	Teen Council	SD County Office	Robin Whitecotton	760-840-0325	robwhtco@yahoo.com
1-25/27-13	5:00PM thru 1:00PM	Teen Council	Camp Oliver	Robin Witcotton	760-740-9718	robwhtco@yahoo.com
1-12-13	8:00AM	Area 5 Ag Judging Day	El Capitan HS	Jaime Dyer	619-445-8261	Jdyer445@gmail.com

- **California 4-H \$1,000 for 1,000 Service Learning Projects**

2013 Revolution of Responsibility - <http://www.ca4h.org/Support/RofR/>

2013 Application Deadlines:

January 15, 2013

March 15, 2013

May 15, 2013

July 15, 2013

September 15, 2013

November 15, 2013

- Applying for a Revolution of Responsibility grant is not the only way to support your service learning efforts. Click on this [link](#) to see a listing of upcoming grant opportunities that can provide local support for service learning projects.
- The **Friends of the California State Fair** announced that they will continue their scholarship program for the 2013-2014 academic years. California college students and graduating high school students are eligible and must submit an application by **Friday, March 8, 2013**. The scholarship applications are available now at www.bigfun.org. For more information contact Jake Rowe at jrowe@calexpo.com.
- **Join the California 4-H State Horse Classic Planning Team!**
The event will take place June 26-30, 2013 at Brookside Equestrian Center. The planning team is responsible for planning, conducting and overseeing the entire event. Multiple conference calls, a face to face meeting in April (travel reimbursed) and a work dinner on June 25th are planned. The team will be broken into 3 sub-teams: Education, Western and English. All efforts will be made to assign volunteers to the planning area of their choice, but in some cases, this will not be possible. Each sub-team will consist of 3-4 volunteers and the entire team will consist of 10-14 members. Resumes may be uploaded if you choose to do so. The link to the survey to apply to be on the planning team is: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=9605>. All surveys are **due by January 15th**. The planning team will be determined by 4-H staff and will be announced by **February 1, 2013**. **Any questions please contact Sarah Watkins, spwatkins@ucanr.edu.**

- **Feeding a Hungry Planet
Global 4-H Youth Ag Summit
August 19-25, 2013, Calgary, Alberta, Canada**

This is an opportunity for 10 U.S. applicants (ages 18-25) to be selected to participate in an expense-paid international conference. Applicants selected will be based on essays or videos submitted online to a Canadian-hosted website. The application deadline is **Feb. 15, 2013**. After the application closing date, Canada 4-H will electronically forward all the U.S. applications to National 4-H Council for review and selection. There will also be a need to select two adult mentors to accompany the 10 U.S. winners and participate in the Summit. The submission form found at www.youthagsummit.com must be filled out in order to upload an essay/video application. For questions contact: Ms. Nadica Koskarovska, 301-961-2866 or nkoskarovska@fourhcouncil.edu
- **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 (800-848-8100). Refer to code, WR4A, to the person taking your reservation. Registration for the forum may be completed by going to: <http://www.ctahr.hawaii.edu/wrlf/>
Deadline for Regular Registration is December 31, 2012 - \$375
Deadline for Hotel room Rate of \$179 is February 21, 2013 - \$425
- **American Youth Leadership Program with Samoa**
Applications due April 1, 2013

The [American Youth Leadership Program \(AYLP\) with Samoa](#) will offer 18 youth and 2 adults the opportunity to explore the vast historical and cultural traditions of Samoa. The program will include a pre-trip orientation on the campus of the University of Wyoming (July, 2013), three week cultural trip to Samoa (December 13, 2013 – January 4, 2014) and a follow-on project that will be carried out in each participant's local community following the exchange trip. The educational theme for AYLP with Samoa will focus on nutrition and food security issues that are common to the western U.S. and Samoa. For more information visit: <http://www.uwyo.edu/4-h/youth/travel/samoa/index.html> or applications visit: <http://www.uwyo.edu/4-h/youth/travel/samoa/samoa-applications.html>. Please note: There is no program fee and out of pocket expenses will be minimal.
- **California Focus June 14-18, 2013**

California Focus is a unique citizenship educational experience that combines hands-on participation in workshops, debates and simulations with speakers, tours, fun activities and new friends from across California. <http://ucanr.org/sites/UC4-H/Projects/Citizenship/Focus/CF/>. **Online Registration will be available February 1, 2013**
- **Citizenship Washington Focus Registration is currently being taken
June 23-July 2, 2013**

Washington Focus, an educational conference offered at the National 4-H Center near Washington, D.C, gives youth the opportunity to explore, develop and refine the civic engagement skills they need in order to become outstanding leaders. Additional travel days include visits to Gettysburg, Philadelphia and New York City. <http://www.ca4h.org/Projects/Citizenship/Focus/WF/>
- **4-H State Leadership Conference 2013 – July 25-28, 2013 at UC Davis
Celebrating 100 years of California 4-H.** This year's theme: *There's no place like 4-H*

The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. <http://www.ca4h.org/Programs/Conferences/SLC/>

- **SAVE the Date! November 8-10, 2013**

100 Years and Thriving – Come celebrate California's Centennial of 4-H with your 4-H colleagues at the **State 4-H Leader's Forum (SLF)** at the Crowne Plaza in Sacramento. More information will be on the CA State 4-H website by the end of January. In the meantime, we are recruiting workshop presenters for this momentous event. Traditions or transitions, changes or choices, what kinds of information, issues, inspirations will you share with the delegates? Please contact Mary Engebret - maryengebret@comcast.net with suggestions of topics and/or experts.

HEALTHY LIVING

- **"Race to Nowhere"** DVD available.

Featuring the heart-breaking stories of students across the country, it reveals an education system in which cheating has become commonplace; students have become disengaged; stress-related illness, depression and burnout are rampant; and young people arrive at college/the workplace unprepared and uninspired. With the launch of its House Party Campaign, the film is driving an urgent discussion about education in America. Join us as we participate in a nationwide effort to bring community members together in private homes to watch "Race to Nowhere" and take action!

- **Coping with Violence and National Tragedy**

With the world sending their thoughts to Newtown, Connecticut in the aftermath of the most recent school shooting, the CYFERnet team is mindful that many professionals and volunteers working with children, youth and families at risk want to lend a hand to those impacted by this tragedy. With the goal of putting information at the fingertips of those planning a response, resources are available to help parents and caregivers talk with and help children process and cope with this recent tragedy.

See: <http://www1.cyfernet.org/hotnew/12-12-tragedy.html>

- **4-H Honey Bee Essay Contest**

For 4-H members, due February 15, 2013

2013 Topic: "Reducing the Usage of Bee-Killing Pesticides in My Community."

<http://www.ca4h.org/files/156350.pdf>

The Foundation for the Preservation of Honey Bees, Inc. sponsors this essay contest for 4-H members. 1st place national winner receives \$750, 2nd place \$500 and 3rd place \$250. Each state will select a winner and then a national winner will be selected from the pool of state winners.

- **InvenTeams - Introducing Students to the World of Invention**

Due April 5, 2013

<http://web.mit.edu/inventeams/>

The InvenTeam initiative, created by the Lemelson-MIT Program, offers an unparalleled opportunity for high school age youth to cultivate their creativity and experience invention. InvenTeams are teams of high school youth/students, teachers, and mentors that receive grants up to \$10,000 each to invent technological solutions to real-world problems. Each InvenTeam chooses its own problem to solve.

6 Habits For Healthy Living

SOURCE: http://www.askmen.com/sports/health_400/449b_6-healthy-habits-for-living-longer.html#ixzz2H2yyqQfw

1- Always opt for exercise

Technology exists to make our lives easier, but it doesn't always make us healthier. Daily exercise, however, is a definite boon to health. In fact, studies suggest that daily exercise can add up to three years to your life. Although finding time for structured exercise can be pretty much impossible for many people, the good news is that opportunity for exercise is everywhere -- just be creative. Whenever you can, walk to work. You don't even have to walk the whole way. If you take public transit, just get off a few blocks sooner and enjoy a stroll. If you live or work in a high-rise building, just take the stairs. It's really that simple.

2- Eat a healthy breakfast

Including **breakfast** in your daily routine is a great healthy habit for living longer. Over the years, researchers have found that those who eat an early-morning meal are less likely to be obese and get diabetes compared to those who don't. Breakfast-eaters also report feeling better both mentally and physically. All in all, it seems that eating breakfast is a great, healthy way to start your day. To get the full benefits of breakfast, though, the Mayo Clinic recommends a meal with carbs, protein and a small amount of fat. The key is to keep your meals varied to ensure you get a good mix of nutrients, so spice up your breakfast every once in a while.



3- Get enough sleep

A lack of quality **sleep** can shorten your life. At least that's the conclusion drawn from a number of studies conducted over the past decade. Although it's not entirely clear how many hours of sleep we really need, failing to get at least seven hours of sleep or only sleeping at odd hours appears to heighten the risk of major illnesses including cancer, heart disease, diabetes, and obesity. But it's not just a lack of sleep that can be dangerous; a lack of **relaxation** can leave a lasting mark as well. We all know that stress and anxiety are killers, and so it follows that finding ways to relax each day can be a lifesaver. Whether it's classical music, massage therapy or meditation, whatever you use to relax will most certainly add years to your life. It may even help you sleep better.

Read more:

http://www.askmen.com/sports/health_400/449_6-healthy-habits-that-will-add-years-to-your-life.html#ixzz2H2yYfQyo

4- Brush and floss daily

Flossing can add 6.4 years to your life, says Dr. Michael Roizen in his book *The RealAge Makeover*. Although that estimate might be a little far-fetched, the thinking behind it is probably pretty sound. The reality is that poor oral hygiene can lead to nasty gum **diseases** like gingivitis and periodontitis. These inflammatory diseases can actually lead to a narrowing of the arteries, a common cause of cardiovascular disease. By simply brushing and flossing daily, we rid our mouths of the bacteria that cause inflammatory gum disease and save our heart a little bit of trouble.

5- Stay in touch with friends

There's an old saying that says a **good friend** is cheaper than therapy. Oddly enough, researchers now hold this to be true, though it's not just about friends; any social network, whether it be through church, a sports club or cooking class, can positively impact your physical and mental well-being. Social networks can provide us with useful information, like encouragement to go see a doctor. They can give physical support, like helping us run errands, and they can provide emotional support, like listening to our problems to help us overcome depression and anxiety. All of these seemingly minor perks can literally add years to our lives.

6- Stay hydrated

Our bodies are nearly 70% **water**, so it should come as no surprise that water is essential to maintaining health and prolonging life. We use water to regulate body temperature, protect our joints and organs, and to help transport oxygen to cells. But in order for water to keep our bodies in check we need to make sure that its levels are constantly replenished. The solution is simple: hydrate. Although the common prescription of drinking eight eight-ounce glasses of water per day has been called a myth, the message isn't necessarily a bad one. As long as you hydrate frequently, from various sources, not just water, you're probably in the clear.

7- Making daily habits count

Many of us are set in our daily routines. We eat the same meal, wear the same clothes, take the same route to work, and work the same old job. But what we sometimes fail to recognize is the huge impact that our daily routines can have on our health. By making just a few small changes here and there -- and sticking to them -- you can add a significant number of years to your life. Although change isn't always easy, it can be done. Set small goals, ease in changes one at a time and it won't be long before you notice a positive change in your health and mood.

Resources:

www.msnbc.msn.com
www.webmd.com
www.washingtonpost.com
www.webmd.com
<http://longevity.about.com>
www.scientificamerican.com

Read more:

http://www.askmen.com/sports/health_400/449b_6-healthy-habits-for-living-longer.html#ixzz2H2yyqQfw

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. 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!

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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