

MEMOS

DECEMBER

2008



4-H Teaches Commitment

Commitment is an act of connecting and trusting. For families, this means that they place a high priority on spending time together and are dedicated to the well being of their family. It means trusting one another, being honest, dependable and faithful. It also means sharing.

The benefits of long-term commitment are considerable. If families can work to be committed to one another, they can count on each other, have a safe place to think through choices and have help in making decisions that keep with their values. Family commitment is also the key to developing the memories that last a lifetime. When families are committed, they spend time together and make memories.

Maintaining strong family commitment is not easy. Demands of all kinds pull us away from our family. Making family a priority and sticking to it takes work. After all, it is a commitment! 4-H works to help families build commitment. Projects enable families to work and spend time together. 4-H families credit the 4-H program for building lasting memories. Commitment to the family is key because memories are made when the family is spending time together.

4-H allows families to learn together, play together and win or lose together. Families must realize that all of these issues center around the commitment to helping children grow. This should not be manipulated in any way. Commitment to making your family strong means helping everyone learn the values of life.

Families often feel so committed that they do acts that don't show character. Commitment in its purest form means family members displaying good character and making good choices when it comes to their family. 4-H works to build in its members and their families commitment by encouraging them to complete their projects, meet deadlines and follow through on responsibilities. The commitment 4-H teaches enables members to grow into committed adults. It must be remembered that everyone can be committed to something. To build a strong family, the commitment needs to be to your family. 4-H allows families to be a part of the program together, enabling the family to come first because you are spending time with each other.

Commitment takes work. The 4-H program works to teach commitment as well as encourages family commitment by helping families achieve one of the six qualities of a strong family.

4-H Club/Family Discussion Topics:

Name a personal goal.

Tell about a special project you did with your family.

I joined 4-H because ...

Visit with your 4-H leader, or an older relative who has been with 4-H a long time. Ask them questions: Why did you join 4-H? What did you learn from 4-H? Why did you stay in 4-H? Do you use what you learned in 4-H today?

UNIVERSITY OF CALIFORNIA COOPERATIVE

San Diego County 4-H

"I pledge: ... my hands to larger service..."



4-H members are encouraged to develop and practice skills to become helpful or useful in their club, community, country and world. 4-H community service projects allow youth and adults to work together and to help others at the same time.

Community service can play an important role in 4-H Clubs. A community service project can take many forms depending on your club. Whatever is decided, the community as well as 4-H members benefit. Following are some hints in making your 4-H Club community service project both successful and fun.

4-H has a history of promoting community service. Community service activities have always been an important part of the 4-H experience. In the 4-H pledge, members state that they will strive to use their head, heart, hands, and health to improve their club, community, country, and world.

What Are the Benefits of Community Service?

A 4-H member's involvement in service activities offers an excellent way for youth to practice and enhance their leadership and social skills by working for the common good of their community. Members' participation also helps to build discipline, provide self-satisfaction, foster respect for others, and promote civic responsibility. Community service can also give the youth real world experience in a variety of career fields.

How Does Our Group Get Started?

The most important aspect of starting a group community service project is making sure that all members are involved in project development. When youth are involved in developing a program, they have a stronger commitment due to their sense of ownership. This commitment will increase their enjoyment of activities. Involving youth in the program planning will also create new ideas from their diverse views and experiences. Once members are interested in a community service project, there are just a few easy steps to follow to make sure the activity is a success.

Step 1: Decide what is needed

Survey the community and take note of any areas which need some care, as well as community assets which could be built upon. Inform members that they are going to decide on a community service project at the next meeting. Ask 4-H volunteers and members to spend interim time looking for projects in the community. At the next meeting, your group can spend some time brainstorming ideas to determine needs in your community. Try to make sure everyone is able to give at least one idea to the group.

Step 2: Decide what should be done

Once a list of possible activities has been developed, members can start to prioritize items. An easy way to do this is list all ideas on a large sheet of paper and give every member five stickers. Each member can then place stickers by ideas that are most important to them. Stickers may be placed on a separate idea or, if a cause is important, multiple stickers may be placed on one idea. Once everyone has had a chance to vote, tally the stickers on each idea to help you select ideas which are most important to the group. From these, members choose a top priority item. This selection can be done very simply by allowing members to vote again with stickers of a different color.

Step 3: Decide what the group can do

From a broad list of ideas, members have narrowed concerns to one area. Now the group needs to decide what they can do to assist their community with this situation. Some problems may be too complex for a club to completely solve, however, they can still help with part of it. An example would be litter. 4-H members can't stop people from littering, but monthly roadside cleanups or an educational campaign to help reduce litter in their community could be conducted. Keep safety in mind with all community service activities.

Step 4: Decide what will be done

Members are now getting down to specifics. This stage is planning the community service activity. At this point, the project will need to be defined and members assigned their part in the activity. It is very important to insure that everybody has a part in the endeavor. All members must feel that their assistance is an important part of the operation. One good way to make sure everyone is participating is to list everything which needs to be done, including who will bring supplies, and have youth volunteer for an item that is most interesting to them. Have members list their three most desirable activities and make sure they get at least one of those. Then spread the remaining jobs evenly throughout the group. Everyone should get part of the "grunt work" necessary to complete any project. Be sure to contact the local media before doing the community service project. Not only will a photograph and story promote the group and its service project, but it will also call attention to a need for community service, encourage other groups to plan similar activities, and promote 4-H programs.

Step 5: Evaluation

An important part of community service actually occurs after the hard work is done and tools are put away. The fifth step in a community service project is taking time to review what members have done and learned through this activity. Volunteers may want to give each member an opportunity to share what they gained individually from their experience. This gain can be actual knowledge or simply that warm feeling one receives from helping others. Another means of assisting members in their evaluation may be to have them write a journal of their service activities and what those activities meant to them.

Community Service Activities

The best community service activities for youth are centered around a common interest shared by members of the group. One easy way to identify a common interest is to review the 4-H projects youth are enrolled in. Look for service projects which relate to members' projects. For example, members of a dog group could become trained in pet therapy and work with a retirement center, a photography club could stage an art exhibit to beautify the Courthouse, or a bicycle group could put on a safety demonstration at a local shopping center or store.

Following are a few ideas that may spark an interest for 4-H members:

- Clean up a local vacant lot that is overgrown with weeds and debris.
- Adopt a highway or street to keep a section of roadside free of litter.
- Provide recycling bins at various points in your community to collect newspaper, plastic, or aluminum.
- Support a local animal shelter by providing blankets, food, cleaning cages or exercising animals.
- Set up and maintain an aquarium in a retirement center or hospital.
- Coordinate a food or clothing drive to support local shelters for the homeless.
- Plant and maintain flowers and shrubbery in parks, schools, or downtown areas.
- Conduct a petting zoo with small animals to expose children to animals.
- Work with "Meals on Wheels" to provide food to shut-ins.

There are any number of ideas. The list is limited only by the imaginations of the 4-H'ers and their volunteers. Contact the County office or local civic organizations for additional ideas, input, or assistance. These groups are always looking for more help in the completion of their mission.



ATTENTION CLUBS: IMPORTANT FINANCIAL ISSUE!

Thank you to the clubs who have updated the address of record with their banks. The list of clubs below will need to change their address by **December 15, 2008** in order to obtain their 4-H Charter for the current program year. This is a University of California policy so that the University can continue to allow youth in the state to manage 4-H club bank accounts. It is also a national policy that a 4-H Club to be chartered and be recognized as an official 4-H Club. The 4-H Office requested that clubs make this change before July 1, 2008. The 4-H Office recognizes with the changes in club leadership this year, last year's club leadership may not have passed on the information to the new club leadership but it is important to **make this change now!**

All clubs must change their address, including those utilizing on-line banking. The clubs that have **not** changed their address to the County 4-H Office as of November are:

Golden Clovers 4-H of El Cajon

Olivenhain Valley 4-H (online banking)

Peñasquitos 4-H

Ramona Paisanos 4-H (online banking)

Ramona Valley 4-H

Ramona Wranglers 4-H

San Dieguito 4-H

Warner Springs 4-H

The address for all 4-H financial accounts should be:

4-H Office

5555 Overland Ave, Ste 4101

San Diego, CA 92123

Without the STATE CHARTER, clubs will **NOT** be able to:

- meet
- carry out functions
- raise funds
- use the 4-H name or emblem



Please be sure to do the **change of address** for club bank accounts before the December 15th deadline.

If you have any questions about the Annual 4-H Chartering process or financial requirements please call the 4-H Office at (858) 694-2861.

4-H Million Trees Project

The 4-H Million Trees Project was conceived after a Pacifica 4-Her decided to do something **BIG** to help combat global climate change. The goal of the project is to plant 1,000,000 trees across the continent by the approximately 7 million 4-H members in the United States and Canada.

The numerous benefits of planting trees include:

- cool shade
- decrease in need of air conditioning which saves \$
- lower air pollution=better air quality
- absorb water run-off
- replace trees cut down
- add beauty anywhere!



Each individual Club can register online at: <http://www.4hmilliontrees.org/>

Click on the Registration bar on the left and enter the required information.

Sources for obtaining trees and planting information are:

1. <https://www.arborday.org/Shopping/Memberships/4h/>
\$12 for 12 trees each year
2. <http://www.trees.energycenter.org>
Click on the Free Trees Program Guide with Application Form in the left, fill out an application on page 12, and send or e-mail or fax in.
3. Your local nurseries
4. <http://www.mastergardenerssandiego.org/> Trees and natives for your community
The UCCE Master Gardeners, San Diego County Extension

Thanks to the **Fallbrook** and **Escondido** Clubs for already signing up online! The goal is for **all** Clubs in San Diego to sign up and show how much enthusiasm we 4-H'ers have to be powerful seedlings in sprucing up the environment and **"making the best better!"**

~Andrea Cornelius, 4-H All Star, SD MT County Coordinator (760) 738-0543



4-H STATEWIDE DATES & ACTIVITIES

- 4-H members may enter the **2009 4-H Beekeeping Essay Contest**. The 2009 essay topic is "The Dance Language of Bees." Essays are due February 13, 2009. More information is available at <http://www.ca4h.org/4hresource/ir/Forms/2009BeekeepingEssay.pdf>
- The **2009-2010 4-H State Ambassador** applications are now available! Candidates need to be at least 16 years old by July 1, 2009, have leadership and event planning experience, and ability to represent the 4-H YDP. 4-H State Ambassadors plan the 4-H State Leadership Conference, represent the California 4-H YDP, and conduct team projects. Applications are due **March 31, 2009** and available at <http://www.ca4h.org/leadership/ambassador/>.
- **South Sectional Council** is now headed by Tony Burkhardt, a long-time member of the 4-H Policy Advisory Committee. He holds the leadership position in the South Section. South Section hosts a youth Conference Teen Involvement Conference (TIC) on **January 16-18, 2009**. Youth registration can be found at: <http://clubs.ca4h.org/southcouncil/teen/>. This section meets at Mt. San Antonio College and the next meeting will be January 10, 2009. At this time, we are accepting staff liaison recommendations for this council.
- **Bring Home the World!** Does your family enjoy the exposure to different cultures but you're not able to find the time to travel to other countries? Looking for a low-cost international experience in which the whole family can participate and grow? The California 4-H International Exchange Month-Long Hosting Program allows families to gain the benefits of international travel right here at home by hosting an exchange student from Costa Rica, Finland or Japan. Host family applications are being accepted now for the **summer 2009** program in hopes that all placements are made by early May. In addition, 4-H members and leaders can participate in the Australia Outbound Program in 2009. More information is available at: <http://www.ca4h.org/exchange/>. Or contact Pat English at 530-754-8520 or pnenglish@ucdavis.edu.
- Is your county or club looking for an opportunity to participate in a **domestic exchange** with a 4-H club in another part of the U.S? Lancaster County, **PA** 4-H is hoping to establish a domestic exchange for **2009-10 or 2010-11** with an interested California 4-H group. Scenic Lancaster County includes Amish country and is centrally located close to Gettysburg, Philadelphia, Harrisburg, Washington DC and Hershey. For those interested, please contact Sharon Sherick at ssherick@dejazzd.com.
- Now is the time to register **Junior Master Gardener** groups for the **2008-09 year** and maximize the benefit to youth in the program! It is FREE and without obligation. Benefits of being a registered JMG group:
Youth eligible for [certification and other recognition](#)
Free monthly [newsletter](#)
Apply for state and national JMG [awards and contests](#)
Eligible for winning monthly garden treat [giveaways](#)

To register, group leaders should complete the JMG registration packet and mail to: Susan Gloeckler, CA Coordinator, JMG Program, 669 County Square Drive, Suite 100, Ventura, CA 93003. JMG Registration Packets can be found on the JMG website: www.jmgkids.us. For additional information, contact Susan Gloeckler at (805) 662-6943.

- Wells Fargo donated over \$35,000 to support California's volunteers! One of the most useful tools that have been developed at the State 4-H Office is the **4-H Volunteer Leader website**. It is located on the State 4-H page under Volunteer Information. This web-page hosts volunteer voices to be updated monthly, a blog, on-line courses, and pointers to web-based curriculum resources. Check out the new volunteer leader webpage at: <http://ucanr.org/4-hvolunteers/>.
- The **2008-2009 Pete Conrad Spirit of Innovation Awards** is an opportunity for high school students to design products using science and technology. Students will compete for over \$120,000 in prize money and to connect with leading scientists, engineers, and entrepreneurs. Initial submissions are due by **January 9, 2009**. Visit: <http://www.conradaward.com> for more information and to enter.

SCHOLARSHIPS

- The Institute for Global Environmental Strategies announces the **2009 Thatcher Scholars Award**. \$3,500 in prizes will be awarded to secondary school students (grades 9-12) demonstrating the best use of geospatial technologies or data to study Earth. For more information on the Thatcher Scholars Award, please visit <http://www.strategies.org/ThacherScholars>. Entries must be postmarked by **April 6, 2009**.



Get-Acquainted Name Game



1. Have each person describe him/herself by using the first letter of his/her name. For example: My name is Steve and I like Spaghetti, my favorite candy is Sugarbabies and my favorite animal is a Snake.
2. Say your name and what object in a Sears/JC Penney catalog that you are most like and describe why. (i.e. My name is Jeni and I am most like a pair of work boots because I like to be comfortable and don't really care about whether others like the fashion statement I make with them).
3. Throw a Koosh ball or pillow or another small non-threatening object to someone. That person says his name and describe why he loves his Koosh ball (let them be as creative as they want to be!). He throws it to the next person, who must introduce herself and the person who went before her, including the "why I love this Koosh" story. Do this until everyone has been introduced.
4. Split the group up into pairs. Give them a few minutes to interview each other and then have them introduce one another to the group. This allows two people to get to know each other quickly and form a friendship. It's often easier for people to talk about others than themselves.
5. Find a nice bouncy ball, like a four-square ball (this works best on an uncarpeted floor). First player says her name and quickly bounces the ball to another while saying his or her name. See how fast people can keep the ball moving. Try it with two balls if it's not already too confusing.
6. Sentence From a Name. Have everyone pair up with someone they don't know. Each person writes his first name on a piece of paper and exchanges it with his partner. After a minute or two getting to know each other, each person makes up a sentence with words starting with the letter of the other person's name. For example: KEVIN: Koalas Enjoy Vegetables In November.
7. Who's IT? Best for smaller groups. Each student writes down on a scrap of paper a little-known fact about him or herself (the more unusual, the better). These are then read and everyone tries to guess who it is.

San Diego County

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Interested in Starting an Internet Business or Bringing an Existing Business Online?

If you are 14-27 years of age, we invite you to participate in an online business training module and enter the Young Entrepreneurs Project (YEP) contest.

YEP is made possible by a grant from the California Community College Economic and Workforce Development program. This grant provides the Center for International Trade Development at Southwestern College funds to create the online training module and funding for prize packages.

The Training Module will provide participants the opportunity to learn the basics of starting a business, the specifics of starting an online business, and the information needed to write a legitimate and professional business plan. The training module will take approximately 4 hours to complete.

The three best business plan entries will win:

- 1 year domain name registration and hosting
- 10 hours of consulting for website setup and marketing
- An e-commerce or content management system

Visit www.sbditc.org and click on the YEP icon.



ARTS & DESIGN DAY MARCH 28, 2009

Get ready, get creative!

The 2009 STATE FASHION REVUE

CHALLENGE PATTERN IS:

SIMPLICITY APRON # 9565



Start with Simplicity pattern #9565. Change it to suit your needs! Will you wear it in the kitchen, to barbecue, for woodworking, while you paint or for animal grooming? The possibilities are endless! For example, you could adjust the neck strap; make it shorter, longer, smaller or larger; change the pockets or eliminate them; add trim or appliqués; experiment with fabrics, colors or details. Purchase or sew an outfit to coordinate with your apron. This pattern was chosen for the 2009 Challenge because it is suitable for everyone from beginners to advanced. Happy Stitching!

For more information about State 4-H Fashion Revue, go to:

<http://www.ca4h.org/projresource/fashion/index.asp>

or contact Kylie Deal, youth chair at

dmtigers06@yahoo.com

or Sue Moore, staff liaison at samoore@ucdavis.edu or 209.533.6990.



DATES TO REMEMBER



**COUNTY OFFICE GATE
CODE: 0038#**

Date	Event	Location & Time	Contact	Phone #
Dec 1	County Council	County Office 7:00	Terry Stark	619-405-3687
Dec 6	Outreach-Military Kids	National City	Rebecca Cook	760-994-4716
Dec 8	Teen Council	County Office 7:00	Cathy Mitchell	760-749-9643
Dec 8	All Star Meeting	County Office 6:00	Kevin Fletcher	619-669-1057
Dec 9	Horse Advisory	County Office 7:00	Carmen Rodriguez	760-966-0307
Dec 13	Small Animal Learning Day	County Office - 9am-1pm	Paulette Sauln	619-464-4394
Dec 25-31	Happy Holidays	County Office Closed		

Jan 1	Happy New Year!			
Jan 2	All Star Apps accepted at the	County Office	Attn: Kevin Fletcher	619-669-1057
Jan 5	County Council	County Office 7:00	Terry Stark	619-405-3687
Jan 10	Area 5-6-7 Field Day	Eastern County Rodeo Grounds	Jaime Dyer	619-445-8261
Jan 12	Teen Council	County Office 7:00	Cathy Mitchell	760-749-9643
Jan 12	All Star Meeting	County Office 6:00	Kevin Fletcher	619-669-1057
Jan 13	Horse Advisory	County Office 7:00	Carmen Rodriguez	760-966-0307
Jan 16-17	Teen Involvement Conference	Pathfinder Ranch	Paulette Sauln	619-464-4394
Jan 23-25	Junior Leadership Camp	Julian	Drew Middleton	858-945-2004
Jan 31	Primary Day	TBA	Debbie McAdams	619-669-1954

Feb 2	County Council	County Office 7:00	Terry Stark	619-405-3687
Feb 9	All Star Meeting	County Office 6:00	Kevin Fletcher	619-669-1057
Feb 9	Teen Council	County Office 7:00	Cathy Mitchell	760-749-9643
Feb 10	Horse Advisory	County Office 7:00	Carmen Rodriguez	760-966-0307
Feb 14	Happy Valentine's Day!			
Feb 21	Super Saturday	Vista Tractor museum	All Stars	
Feb 28	Area 1 Presentation Day	TBA	Jean Combs	760-728-7877



The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), 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) in any of its programs or activities.

University policy also prohibits reprisal or retaliation against any person in any of its programs or activities for making a complaint of discrimination or sexual harassment or for using or participating in the investigation or resolution process of any such complaint.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.



CHECK OUT THE COUNTY 4-H WEB CALENDAR! VISIT IT AT:

<http://jamul4h.org/CountyCal/month.php>

