

University of California
Agriculture and Natural Resources
Making a Difference for California



4-H MEMOS

DECEMBER, 2010

Thank you! "Silent gratitude isn't much use to anyone." ~G.B. Stern.



I've been given 86,400 seconds this day I'd like to spend a few of them saying thanks to you! At this first Thanksgiving and Holiday Season in San Diego I want you to know I have been moved and inspired by the contributions the San Diego 4-H members and volunteers make to their clubs and their communities. I am grateful to be part of this amazing organization.

You are the gift!

The rewards of volunteering are many. Being a volunteer allows you to give back some of what has been given to you. It is a rewarding experience to see the difference one person can make. I hope that you share the results volunteering makes in your life and the life of others, encouraging others to be part of our 4-H family.

Be sure to thank someone this week for making a difference in your life. Don't let the attitude of gratitude go unexpressed. Give the gift of appreciation.

"Courtesies of a small and trivial character are the ones which strike deepest in the grateful and appreciating heart." ~Henry Clay.

Have a wonderful Thanksgiving and Holiday Season with your family and friends.!

Carol Roberts
4-H Program Rep, San Diego County

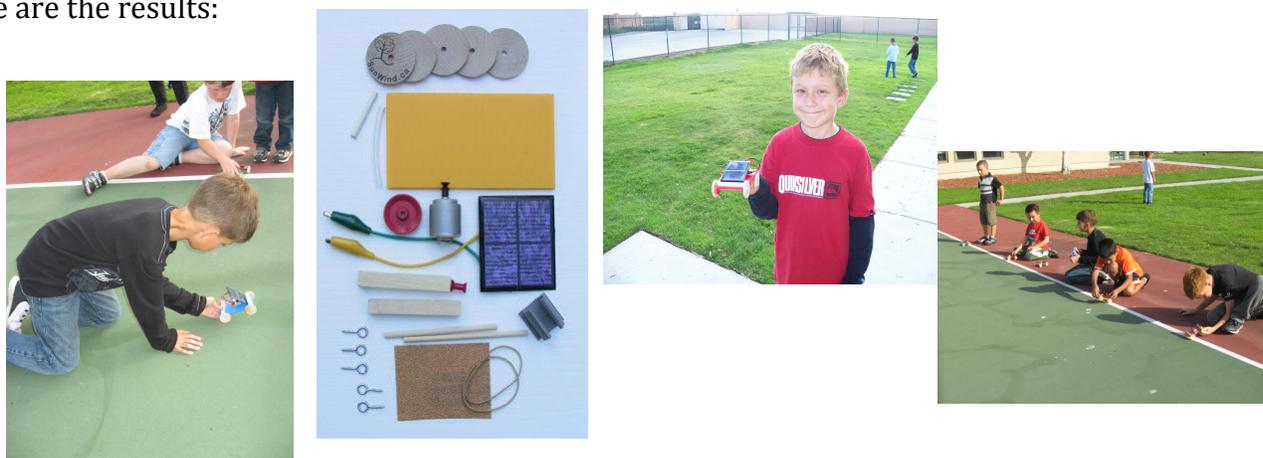


Solar Power Cars

Silverstrand Rec Center learned about solar power cars. Photovoltaic cells in solar panels convert some sunlight directly into electricity using silicon semiconductors. Photons of light energy excite electrons near an electrostatic field inside a solar cell, causing some electrons to jump over. While only about 12-15% efficient, this sunlight induced flow of electrons is immediate.

By attaching wires to the electrical poles of the cell we can use this current to power a motor, channeling the energy through coiled wires on a motor shaft, creating electromagnets, which, surrounded by permanent magnets, create forces resulting in rotational motion.

Here are the results:



Saturday, December 11, 2010 9:00 A.M. - 11:00 A.M.

SMALL ANIMAL LEARNING DAY

at the County 4-H Office



Will include a tattoo clinic,
and a showmanship clinic for rabbits, cavies, and poultry.

Good news!

Web conferencing opportunities are returning for your remote participation in County Council Leaders' meetings and Teen Council Meetings.

County Council Meetings are held the first Monday of the month at 7:00PM at the county extension office.

You can also attend by accessing the internet from home by going to the following URL:

<http://uc-d.na4.acrobat.com/r21758455/>

To attend the Teen Council meeting you can go to the county office at 7PM on the second Monday of the month or access the internet from home by going to the following URL:

<http://uc-d.na4.acrobat.com/r21758455/>

The recorded meeting links will be posted in the newsletter to view or review at your leisure.

2011 County Council fundraiser Calendars will be available for pick up at County Council Meeting, Monday, December 6th. If you are unable to attend, calendars will be mailed to your Community Club Leader.

Tribute to Tonya Trayer

How to describe a life cut short? A mother, a wife, a new grandma, a new mother in law, a friend, a 4H leader, a biker, a lady. Funny, serious, friendly, fun loving. A person who can get away with a chicken hat on her head to let everyone know she had every intention to be the best poultry leader she could be, even though she had never done it before. You knew she would make the project so much fun. Someone that you can call on any time of day or night as many of her friends have said before. Ask her to help on any project and there she is, tools in hand. Smiling all the while. She and her family are a part of 4H and part of the Sagebrush family. Her loss is more than she can imagine it would be. We will miss her and we as a 4H family will do everything possible to be there for her family as she would have for any of us. Tonya please find comfort in knowing that we will be there for your family and know that heaven is a sweeter place for having you there.

With love and sadness and pleasure in having known you.

Ragina Robertson and the Sagebrush 4H Family



Donations Needed ASAP

As most of us have heard, members of the Saddletamps Motorcycle Club were recently involved in a fatal accident in Imperial County. The result of the accident were 4 members of the motorcycle club fatally injured and 6 others seriously injured.

Tonya Trayer was killed and her husband, Wilson, is hospitalized and in critical condition in a coma. Tonya leaves behind 3 children. Amanda is the oldest and she and her husband have moved back in to her parents home to help take care of her younger siblings, Wilson Trayer IV, and Sierra. Tonya was a Poultry Project Leader in the Sagebrush 4H club.

Please support the Trayer family with a gift of cash or other in-kind support (grocery card, gas card, etc.). Make your checks payable to the East County Posse and the Posse will write you a receipt for a charitable donation. As always 100% of your contribution will be sent to the family. No administrative costs are ever charged.

Make checks payable to:	another donation set up by the Trayer family is thru
EAST COUNTY POSSE	UNION BANK
*REFERENCE THE TRAYER FAMILY	TRAYER FAMILY DONATIONS,
3511 CAMINO DEL RIO S STE 210	EL CAJON VALLEY OFFICE,
SAN DIEGO CA 92108	580 N 2ND STREET,
FEDERAL TAX ID 20-5114370	EL CAJON CA. 92021

WHICH EVER ONE YOU CHOOSE -PLEASE HELP WITH WHAT EVER YOU CAN.

LARGE OR SMALL IT ALL ADDS UP.

Master Trainers needed for 4-H Thrive

We are looking for an adult and youth representative from each Area to serve for a year-long commitment to train the trainers for 4-H Thrive.

For several years national 4-H and the California 4-H Youth Development Program has promoted the Four Essential Elements as a foundational practice. There are a number of resources within 4-H that describe the Essential Elements and their value for youth, the most widely used publication for California 4-H is the Project Leaders' Digest, AMNR Publication 21729.

Building upon the Essential Elements framework, 4-H Thrive expands the theory of positive youth development to include:

Identity of sparks

Create a mindset of success and learning

Self-reflect on indicators of thriving

Set goals



General Description The San Diego County 4-H Thrive Master Trainer is a member of a state-wide training team that acts locally to train, support, and guide 4-H volunteers on promising practices in positive youth development with special emphasis on concepts of thriving.

Qualifications Current 4-H adult volunteer or youth leader, or member teen in good standing with their county, who has:

- A knowledge of and interest in training adults and/or youth in promising positive youth development practices like thriving.
- Motivation to devote time and energy to learning challenging new tasks.
- An eagerness to participate in design and implementation of the 4-H Thrive Master Trainer program.
- A willingness to engage in training team meetings, conferences, and other special events.
- The ability to share decision-making and responsibilities with a diverse team of youth and adults.
- The capacity to support others while he/she seeks to accomplish a task.
- Knowledge of the 4-H Youth Development Program (4-H YDP), and its mission, core values and policies.
- Familiarity with local community and its resources.
- A sense of commitment to complete all agreed upon assignments

(continued on next page)

Duties

The 4-H Thrive Master Trainer team ensures that 4-H Thrive is implemented in their county and volunteer and youth development trainings are implemented at the county level on a regular, ongoing basis.

- Conduct regular meetings with members of the local master training team and statewide trainers (webinars, teleconferences, and/or face-to-face meetings) as needed
- Develop, distribute, implement and evaluate local training calendar for adult volunteers.
- Seek technical assistance and support from other regional master training teams and 4-H staff as necessary.
- Maintain communication between the members of the master trainer team, the county and state 4-H YDP staff.
- Submit reports, training evaluations, and other documentation as needed.
- Raise visibility and awareness of thriving within the greater 4-H community and beyond.
- Request training supplies and support as necessary.

Relationships The 4-H Thrive Master Trainer builds relationships with:

- Adult 4-H volunteers and youth members
- Members of the 4-H Thrive Master Trainer team
- 4-H YDP staff, the county 4-H council, and other experienced organization volunteers in the county.
- The larger community.

Time required The 4-H Thrive Master Trainer allows sufficient time for:

- Attendance at one regional in-person Train-the-Trainer event each year.
- Participation in 6 statewide Master Trainer meetings per year, usually through teleconference or webinar, approximately one hour each.
- Organizing and planning with the training team (approximately 20 hours per year).
- Lead volunteer 4-H Thrive trainings (approximately 20 hours per year)
- Participation in other activities and events as desired by the team to promote 4-H Thrive in the county.

Resources Available

The 4-H Thrive Master Trainer will receive:

- Cutting edge, 4-H Thrive Train-the-Trainer curriculum, training equipment and supplies.
- Guidance and support from county and state 4-H YDP staff
- Technical assistance, training, and support from other county training teams as part of a statewide training platform.
- Travel reimbursement will be provided.

Rewards The 4-H Thrive Master Trainer may experience the:

- Satisfaction of significant statewide contribution to growth of members toward their full potential.
- Satisfaction of advancing thriving as a promising practice within the field of positive youth development.
- Respect and friendships of members, officers, and junior/teen leaders.
- Recognition of accomplishments by units, county and state.
- Opportunity for continued personal growth.
- Opportunity for increasingly responsible leadership roles.
- Out-of-pocket expenses may be deductible from income tax.

Length of Commitment

- One year, reviewed annually.

Please call the County Office for more information or an Application! 858-694-2861



HELPFUL 4-H WEBSITES

<http://cesandiego.ucdavis.edu/> UC Cooperative Extension, San Diego- home to the County 4-H Program and website

<https://california.4honline.com/> California 4-H Enrollment System- enrollment guides can be found at the County 4-H website above

<http://www.ca4h.org/> California 4-H Youth Development Program website

<http://www.ca4h.org/Administration/Policies/> Policy Handbook (By Laws, Constitution, financial policies)

http://groups.ucanr.org/ANR_AA/ Nondiscrimination Affirmative Action Statement

<http://www.ca4h.org/Resources/Volunteers/> California 4-H Volunteer Website- courses, trainings, newsletters, blogs- all for 4-H Volunteers (Orientation & Child Safety Training)

<http://4-h.org/> National 4-H website

<http://4-h.org/getinvolved/volunteer.html> National 4-H Volunteer community

<http://www.4-hmall.org> Source Book online- supplier of 4-H educational material, promotional material, and awards

<http://www.lesliecarman4h.com> Leslie Carman 4-H Club Supplies

<http://www.jamul4h.org> Jamul Chaparros 4-H Club website, County 4-H Event Calendar

<https://www.4-h.org/NYSD/> National 4-H Youth Science Day website

On November 13th San Diego County 4-H attended a multi-base **Yellow Ribbon Event**. A Yellow Ribbon Event is designed to help military families with various issues pertaining to service members who are preparing for deployment or those who are returning from deployment . The families are invited to attend the event based on their deployment status. The event is organized much like State Leadership Conference. They have general assembly's with guest speakers and breakout sessions for youth, parents and families.

Our county set up a booth that provided information about the 4-H Community Club Program, the 4-H Military Partnership and the OMK Program. We gave out Power of the Wind Activity Packets and there was a hands on activity where children built a farm from a kit.

Shown in the picture are Kaela, Maria and Chelsea who worked very hard to create a farm where they raised horses, chickens and they grew blueberries and cherries.



On November 6, 2010, San Diego County 4-H youth attended the Military Block Party at the Murphy Canyon Youth Center . In attendance were Haley Grigsby, Lindley Mason, Tera Galea, and Ashlyn Keener and four dogs-Molly, Rini, Roxy, and Shiloh. There was a craft booth where kids made mobiles.

Many military support groups were there with booths on parenting, autism, 'no to drugs', and many other booths. There were fun games and the Southwest Navy Band performed. They sold food, had an astro jump for the kids, and a clothing exchange. Two senior 4-H'ers from Valley Center Country 4-H, Katie Simon and Kate Richards, hosted the craft booth.



**San Diego County
4-H Leaders' Council :**



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Fax: (858) 694-694-2849



Family Fun night was held Saturday November 13th from 4-7PM. It was hosted by Teen Council and everyone had a great time enjoying the picnic atmosphere, food and games.

Predictably the youth enjoyed the digital variety of games and the adults relaxed with a game of cards.

A good time was had by all.



San Diego County 4-H Military Sites:

BayView Gateway Hartman Silverstrand

Murphy Canyon Community Murphy Canyon Youth Center

Chesterton Village at Serra Mesa

For State 4-H updates go to: <http://www.ca4h.org/News>

DATES TO REMEMBER



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Date	Event	Location & Time	Contact	Phone #
County Office Closed Dec 24th, Christmas Eve through Dec 31st, New Years Eve				
Dec 6	County Council	County Office 7:00	Charla Cranor	619-322-8069
Dec 11	Small Animal Learning Day	County Office 9-11 a.m.	Paulette Sauln	619-464-4394
Dec 13	All Star Meeting	County Office 6:00	Ray Stark	858-414-9906
Dec 13	Teen Council Meeting	County Office 7:00	Cathy Mitchell	760-500-0547
Dec 14	Horse Advisory	County Office 7:00	Jason Gosschalk	619-850-8426
Dec 18	Trail Ride	Descanso	Charla Cranor	619-322-8069

County Office Closed January 17 for MLK Holiday

Jan 3	Horse ID forms due	County Office	Jason Gosschalk	619-850-8426
Jan 3	County Council	County Office 7:00	Charla Cranor	619-322-8069
Jan 8	Area 5 Judging Day	El Cap High School	Jaime Dyer	619-445-8261
Jan 9	Dog Fun Event		Jamul Chaparros	
Jan 9	Horse Learning Day	Jamul	Carmen Rodriguez	760-505-6608
Jan 10	Teen Council Meeting	County Office 7:00	Cathy Mitchell	760-500-0547
Jan 10	JLC Session Auditions	County Office 6:00	Cathy Mitchell	760-500-0547
Jan 11	JLC Apps due	County Office by 5:00		
Jan 11	Horse Advisory	County Office 7:00	Jason Gosschalk	619-850-8426
Jan 14-16	TIC	Pathfinder Ranch	Mountain Center	
Jan 22	Horse Show	TBA	Jason Gosschalk	619-850-8426
Jan 26	Dog Advisory	County Office 7:00	Jody Mason	760-744-6200
Jan 28-30	Junior Leadership Camp	Camp Oliver	Cathy Mitchell	760-500-0547

County Office closed Feb 21st for Presidents Day

Feb 5	Southern Cal Science Day			
Feb 5	Area 5 Presentation Day	Jamul Community Church	Mary Bradley	619-454-2510
Feb 7	County Council	County Office 7:00	Charla Cranor	619-322-8069
Feb 8	Horse Advisory	County Office 7:00	Jason Gosschalk	619-850-8426
Feb 12	Super Saturday	Vista Tractor Museum	Cathy Mitchell	760-500-0547
Feb 14	Teen Council Meeting	County Office 7:00	Cathy Mitchell	760-500-0547
Feb 14	JLC Reunion	County Office	Cathy Mitchell	760-500-0547
Feb 19	Area 4 Presentation Day	Julian Jr High 10:00 a.m.	Beverly Smith	760-525-5896
Feb 27	County Dog Learning Day	Felicita Park	Jody Mason	760-744-6200



Joke of the Month :

What is a Snowman's favorite breakfast?

Frosted Flakes!



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

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



For more information visit our 4-H website at <http://cesandiego.ucdavis.edu>



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