

MEMOS

NOVEMBER

2008



UNIVERSITY OF CALIFORNIA COOPERATIVE

San Diego County 4-H

Earning Your Emerald Star



The Emerald Star is a rank in 4-H a member can earn for planning and implementing a leadership activity within the 4-H Program or their community. You do not have to earn any other 4-H rank to be eligible to participate in this activity. You do need to be 13 years of age and have completed at least one year of 4-H. The Emerald Star Program is designed to give members an opportunity to plan, implement and evaluate an activity or project from beginning to end. The activity should be one that is beyond their local project level, on a multi-club or countywide basis. It can be within the 4-H Program or within their community.

The objective of the Emerald Star Program is to:

- Help youth learn to plan, organize and evaluate their own work.
- Encourage youth to be creative and expand their involvement beyond the local 4-H Club.
- Strengthen other life skills in youth that will benefit them throughout their life.
- Provide youth with an opportunity for leadership experience without requiring a previous star rank or by holding a club office.
- Encourage youth to get involved with their community outside of 4-H in addressing youth and community issues.

The Emerald Star Project should involve a member in a leadership role working with a group of other youth and adults to plan and implement a new project, event or activity. Previous Emerald Star Projects have included conducting Area Field Days, a county-wide project to collect and distribute coats and sweaters to families in need, establishment of a food bank for a community, identifying and creating new 4-H curriculum to be used in projects, and holding a Day Camp during school breaks for elementary youth. The possibilities are endless.

Before starting, the member must complete an application and identify an adult (who is not a parent or a 4-H leader of one of his or her current projects) to serve as the advisor for the Emerald Star Project.

Contact Hogan at the 4-H Office (858-495-5190) for an Application for Emerald Star.

Members are eligible to apply throughout the year for the Emerald Star Program.

HOW TO ENROLL ONLINE– A STEP BY STEP GUIDE

Go to: <https://california.4honline.com>

Click on “I need to set up a profile”

Make sure it says San Diego County

Enter your email address

Confirm your email address

Type in your last name

Type in a password for your family to use and Confirm this password

Role: Family

Click on “Create Login”



Personal Information

Make sure the following boxes are filled in: email, last name, address, city, state, zip, phone, county.....then Click on “continue”

Member List

From the “Add a New Family Member” dropdown, select Youth or Adult

Fill in as much Profile Information as possible. Include your full birthday.

How many years have you been in 4-H ? (including this year)

Is this person a Volunteer? Yes or No

Click on the appropriate buttons for: gender, ethnicity, residence, Military service, grade in school

Click “continue”

Fill in name and type of school, Choose the Newsletter preference

Click the box for enrollment confirmation, Click the box for Waiver of Liability

Click on the red sentence to download and print the medical Release Form-give this to the Community Club Leader

Adult Volunteers click on the red sentence to download and print the Self Disclosure Form, Answer the Yes or No questions, Initial #9, Mail to County Office or give to Community Club Leader

Click on “Continue”

Participation

Highlight your club from the dropdown menu

Select Volunteer if applicable

Click on “Add a Club”

If you are participating in a project from another club, repeat these steps to add the crossover club

Click on the Projects tab

(the projects offered by your club will download-this could take a few moments)

Select the club, select the project, select years you have been involved with this project and volunteer type if applicable

Click on “Add Project”

Repeat these steps for each project you are enrolling in

Click on “Continue”

This will take you back to the Member List page where you may add another family member

When you have finished adding members, log off

Age Appropriate 4-H Programming



4-H members feel a sense of belonging when they can participate in learning experiences that are age appropriate. This is often difficult because most 4-H projects and activities are conducted with youth in mixed age groupings. It is important that youth are able to master new skills that are developmentally appropriate. To help you plan age appropriate activities think about the characteristic of 4-H members.

Development Characteristics of 4-H Members

Primary Members (Kindergarten through 3rd grade)

- have short attention spans
- may have limited reading and writing skills, at the younger ages have limited manual dexterity and hand-eye coordination

Junior Members (4th and 5th graders)

- have boundless energy
- have increased attention span
- enjoy cooperation and limited competition

Intermediate Members (6th through 8th grades)

- fluctuate between childhood and adulthood
- they are experiencing physical, emotional and social changes
- tend to enjoy competition
- their project and communication skills are advancing



Senior Members (9th grade to 19 year olds)

- enjoy leadership opportunities
- they are fine tuning their interests and exploring career possibilities

Ideas for Working with Youth of Mixed Ages

- Hands on activities work best
- Divide into smaller groups to do activities (these could be age specific)
- Find leadership roles for older members (for example demonstrate project skills or lead smaller groups)

4-H members will feel a sense of belonging when they are able to participate in projects and activities that are age appropriate so that they can be successful.

Belonging Activity - the "Snowball Game"

Intended audience: 4-H club members, parents and leaders

Required props: Paper and pencils

Time: about 15 minutes

Directions:

Participants stand in a circle. Give each person a blank sheet of paper. (Primary members may need to "buddy up" with an older member or sibling). Have participants write three things about themselves on a piece of paper (not their name.) Then tell them to crumble up the paper into a "snowball" and have a one-minute snowball fight. At the end of one minute, everyone grabs the closest snowball and has to try to find the person who wrote it. They can then introduce that person to the rest of the group, sharing the three facts.

Source: California 4-H [Have Team Building Games . . . Will Travel.](#)



4-H – Being a Part of the Larger Community

The four "H"s represent much more than Head, Heart, Hands and Health. They represent how we as members of the 4-H organization need to behave. In the previous newsletter the value of belonging and what it means to belong in 4-H was discussed. All of us also belong to the larger community we live in. This includes our schools, our places of worship, the places we shop and play. As a member of the larger community we also have a responsibility to help others feel they belong. The holiday season will soon be upon us and is a time when we focus our attention to helping others.

Community Service is doing something that benefits the people of our communities. All 4-H Clubs and groups are encouraged to work together to help others. Members of the San Diego County 4-H have done some wonderful things. They have taught people to read and speak English, they have collected and distributed winter clothes to those in need, they have visited and helped others who could not get out and about. The 4-H Program encourages all youth and adult members to take the time to reach out and help your neighbors not just this Holiday Season but all year long. If you or your 4-H Club do something for your community, please send us a note about it and we will post it in the monthly 4-H newsletter to inspire others to follow your example. After all generosity is one of the four essential elements of the 4-H Program!



Presentations – A Great Way for 4-H Members to Shine



Presentations have always been a part of the 4-H Program. A 4-H presentation is a method used to communicate an idea by showing and/or telling. It can be a demonstration or a talk that uses posters and other visual aids.

They are fun, creative, and cool ways for 4-H members to show what they have learned or are interested in their 4-H projects and activities. It is a way for experienced members to teach new members. It is a way for members to develop the ability to speak in front of others.

Being able to speak in front of others is valuable because it helps us when we interview for jobs, it helps us do well in school and it helps us to express our opinions in a positive manner.

Giving presentations is fun. You can be creative in the way you present your information in your presentation to others. You can give a presentation with a friend. Presentations include:

- Demonstrations and illustrated talks

- Public Speaking

- Skits

- Displays

- Audio/Visual presentations

- Interpretive Reading

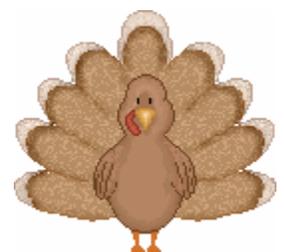
February is Area Presentation Day month. Members have the opportunity to get together with members from different 4-H Clubs and give presentations. Members receive awards for their presentations. Also, by giving a presentation at an Area Presentation Day a 4-H member becomes eligible to present it at the sub-sectional Presentation Day which is in San Diego County this year.

Presentations are as much fun to create as they are to give. You can practice your presentation at your project meetings, at your Club meetings or in front of your family.

You can get ideas for presentations from many different sources. The first place to start is with your project leaders and teen leaders. They know what you have learned or are learning in your project and what you might enjoy presenting. Your Community Club leader also can be a source of ideas. Your local librarian can help you develop your subject through research. Sources for presentation ideas are project manuals, books, magazines, and brochures from various organizations.

Now is the time to start thinking about your presentations. Information on how to create a presentation is available on the state 4-H website at:

<http://www.ca4h.org/leadership/spd/4HPresentationManual-3.doc> .



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Attention all 4-H'ers: Upcoming Fun Event!
Saturday, Nov 15th

Mark your calendars for November 15th for a Fun Event Bonfire at **Moonlight Beach**, Encinitas.

San Diego Teen Council is hosting this event and we would like to invite everyone to come! So bring a friend, a dinner dish to share, and head on down to join us at 5:30 pm at the fire pits on Moonlight Beach. If you have any questions call (858) 414 - 9906.

Hope to see you there!

Did you participate in the 2008 National 4-H Youth Science Day????

In last month's Newsletter, there was a Science Experiment called Helpful Hydrogels using a disposable diaper. If you participated in this experiment, we would love to hear from you! Did you post your results online? Did you take pictures of you or your friends doing the experiment?

It's not too late!

Go to:

<http://www.stevespanglerscience.com/experiment/helpful-hydrogels>

Do the experiment with your family or friends.

Take lots of pictures and send them to us– they may be posted on the 4-H National Website!

To post your results go to:

http://www.surveymonkey.com/s.aspx?sm=LXALOsCvj1awgGdQYsU02g_3d_3d

HAVE YOU ENROLLED ONLINE YET?

See page 2 !





UPCOMING EVENTS!

**COUNTY OFFICE
GATE CODE: 0038#**

Date	Event	Location & Time	Contact	Phone #
Nov 3	County Council	County Office 7:00	Terry Stark	619-405-3687
Nov 8	Draft Horse Day	Lakeside	Carmen Rodriguez	760-966-0307
Nov 10	Teen Council	County Office 7:00	Cathy Mitchell	760-749-9643
Nov 10	All Star Meeting	County Office 6:00	Kevin Fletcher	619-669-1057
Nov 11	Veteran's Day	County Office Closed		
Nov 10	Horse Advisory-yes, Monday!	County Office 7:00	Carmen Rodriguez	760-966-0307
Nov 14-16	Teen Retreat-CANCELLED!	Julian-Lakeside Presb Center	Robin Whitecotton	760-753-2751
Nov 27-28	Happy Thanksgiving	County Office Closed		

Dec 1	County Council	County Office 7:00	Terry Stark	619-405-3687
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	Paulette Sauln	619-464-4394
Dec 25-31	Merry Christmas	County Office Closed		

Jan 1	All Star Apps accepted at the	County Office	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-Lakeside Presb Center	Drew Middleton	858-945-2004
Jan 31	Primary Day	TBA	Debbie McAdams	619-669-1954

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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>

