

MEMOS

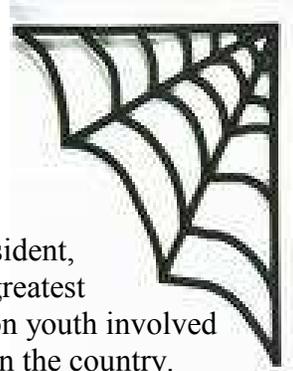
OCTOBER
2008



UNIVERSITY OF CALIFORNIA COOPERATIVE

San Diego County 4-H

Welcome 4-H 2008-2009 !



I would like to introduce myself as your new County Council President, Terry Stark. You have just enrolled or volunteered in one of the greatest youth development programs in the nation. In fact, with 6.8 million youth involved nationwide, 4-H is the largest out-of school educational program in the country.

4-H as we know it began around 1900 as a means of reaching parents with improved farm and home practices. American farmers had experienced poor economic times for thirty years, and it was risky for them to try a newly recommended farm practice. In 1902, a few Midwestern school teachers developed some crop demonstrations with their students, who in turn shared their successes with their parents and families. These school projects developed small groups that covered a single topic such as: beef, corn, gardening, or canning. By 1909, some of these clubs were called 3-H clubs, and in 1911 the name 4-H was finally adopted.

When describing 4-H to someone new, we often use the analogy of a super department store. 4-H is like a “store” full of wonderful, fun, positive educational programs. It has pretty much every type of workshop, project, contest, trip, conference, camp, or activity you could possibly want or need. It is just up to your family to decide what and how much you want and to determine what things fit into your schedule and your budget.

Your club leader and extension staff are like the “greeters” at the front of the store to help you find what you need. We are here to answer your questions, so please do not hesitate to call or email. Keep in mind that leaders in your club are volunteers. Like all of us, your leader is more than willing to do his or her part. But, your leader also wants help. Your club will be able to accomplish so much more if parents and guardians share some of the responsibilities with the leader. Ask your leader what you can do to support your child’s club. If we all take a small piece of the pie, it makes everyone’s involvement more manageable and fun!

4-H programs are hands-on, age-appropriate, and university-based. 4-H helps youth improve their self-confidence; learn subject matter; and develop important skills including leadership, citizenship, communication, and decision-making that can be applied over a lifetime. 4-H is young people sharing, doing, and learning together in all kinds of projects, events, activities and informal situations with the guidance of their adult family members and other adult volunteer club leaders.

I look forward to leading our program throughout the 2008 – 2009 year. With Online registration, SET initiatives, and so many other program responsibilities we should be pretty busy. I hope that we all come together as 4-H’ers and make our club, community, country, and world a better place.

Again, welcome to the wonderful world of 4-H!

Sincerely,
Terry Stark

"Across the Line" game



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

Supplies needed: Rope or masking tape or anything to make a line

Time: 20-30 minutes

Target element: A welcoming environment increases members' sense of "belonging" in their 4-H club.

Do ahead: Make a line on the floor with rope or masking tape that is long enough for the whole club to stand along in single file on one side.

Find the top 4-5 projects or activities in the club to include in the questions.

(Direct club members to stand on one side of the line. If there is enough space, include parents and leaders.)

This is a get-to-know-you-better game. (Add or change questions to better fit the club.)

When I make a statement that applies to you, step over the line. Look around to see who has stepped across the line and who hasn't. After we're done with the statement, you will step back across the line before the next one. Step across the line . . .

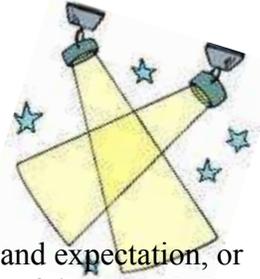
1. If you like summer
2. If you're wearing red
3. If you ate breakfast this morning
4. If you've been in the 4-H Club three or more years
5. If you know the 4-H Pledge
6. If you have green eyes
7. If you've been to 4-H Camp
8. If you like mushrooms on pizza
9. If you're in the 4-H Rabbit project (or foods, swine, or clothing, etc.)
10. If you have a brother
11. If you are a dog person
12. If you play a sport
13. If you've given a talk in 4-H
14. If you've ever taken a project to the Fair

Etc.

(continued on page 3)



Did anyone learn something new about someone? How about something new about someone that you've known for awhile? Helping new and continuing members and their families feel welcome is the responsibility of everyone. You can do more get-acquainted things in the club throughout the year with roll call and other activities. You can also help by sitting next to different people and visiting.



WELCOMING NEW MEMBERS AND FAMILIES

Most of us probably remember being new to a group. Was there a feeling of excitement and expectation, or was there a feeling of nervousness and worry? How long before you started to feel a part of the group? By helping new members and families feel welcome, you can increase their sense of belonging to the 4-H club.

Here are some ideas:

- Establish a “Sunshine or Welcoming Committee” to take new members and families under their wing. This would include introducing them to others, helping orient them to the club, project work, requirements, etc. Welcome to 4-H , a Publication for Families is a good introductory hand-out and is available at the 4-H office. Keep it simple though. Don’t overload them with lots of information. Just give them what’s needed for this time of year. Maybe stage a second meeting half way through the year to hear their questions and gain feedback.
- Conduct get-to-know-you activities, “mixers or ice breakers” at the beginning of club meetings with members, volunteers and parents.
- Consider pairing new members or families with experienced members or families as a way to ensure that relationships start developing and that people are offering help to new participants.

Remember: all of us were new to 4-H at one time. Helping new families feel welcome will strengthen your club and create a fun and interesting environment.

Livestock Learning Day - October 4, 2008 - Ramona Junior Fairgrounds

This workshop is for both experienced and first year project leaders, individuals thinking of being a livestock project leader, teen leaders, members and new families that want to learn about livestock projects.

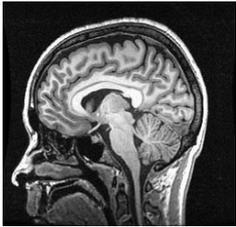
Time: 9AM to 2PM

RSVP: Please email Terri at terri.barratt@sdcounty.ca.gov.

Please identify what livestock species you will be involved in this year.

IF YOU PLAN ON ATTENDING THIS WORKSHOP PLEASE BRING A SIGNED MEDICAL TREATMENT/ RELEASE FORM TO PARTICIPATE

For form go to: <http://cesandiego.ucdavis.edu/files/5563.pdf>



SEE YOUR OWN BRAIN!

Invitation for Children to Participate In Science Research

Dear 4-H'ers,

My research team of psychologists at San Diego State University and the University of California at San Diego are studying brain development in children 8-17 years of age. We are conducting research funded by the National Institute of Health to learn more about how the brain grows with age and how activity in the brain may change as children mature.

We would like to invite 4-H'ers to take part in our research projects. For participants this is a great opportunity to be a part of science-based community service, to see scientists in action, to have a direct experience in research at the university.

To study children's brains, we take pictures using a magnetic resonance image (MRI) scanner like hospitals use. We work with healthy volunteer children to gain knowledge about the normal course of development. The participation of healthy children and our gains in learning about normal development will also help us to better understand children with different disorders.

For a child, participation involves coming to the Center for Functional MRI at the University of California, San Diego in La Jolla. The appointment will take up to 1.5 hours and imaging itself will take approximately 45 minutes. Depending on the study, a participant may be asked to look at designs, make finger movements, listen to music, or lie still while we take pictures. During imaging series or studies when your child is not performing a task, we will show cartoons or a DVD of your selection for your child's entertainment.

MRI brain imaging is noninvasive and has been used in hospitals for diagnosis since the early 1980s. No pain or discomfort results from the MRI. However, the MRI scanner is loud, so your child will be given earplugs and headphones to make it less noisy. Since the MRI scanner contains a very large magnet, it is important that your child is free of bodily metal such as braces or pins, plates and implants from surgery (fillings are ok).

Participants will receive up to \$40.00 for taking part in the study. Your child will also be able to see his or her brain images on the computer at the end of the appointment.

If you would like to have your child participate or you are interested in learning more about our projects, **please contact me at (619) 594 – 8675 or Leanna Hernandez at (619) 594 – 8678, lhernand@rohan.sdsu.edu**. We would be very happy to arrange an appointment for a weekday or weekend or answer any questions that you have.

Sincerely,

Pamela Moses,

Ph.D. Assistant Professor, Department of Psychology, San Diego State University

Assistant Research Scientist, Center for Human Development, University of California, San Diego



2008-2009 STATE AMBASSADORS

With a new year fast approaching, the 2008-2009 4-H State Ambassadors are at your service! A team of eleven 4-H members have been selected to be ambassadors for the University of California 4-H Youth Development Program. The 4-H State Ambassador Program is a working honor that provides older 4-H members expanded opportunities to serve the 4-H Youth Development program. 4-H State Ambassadors serve a fourteen-month term in which they conduct team projects, represent 4-H to foundations and organizations, and coordinate the California 4-H State Leadership Conference.

The 4-H State Ambassador team is made up of eleven individuals with one mission: to make the best better!

Ashley Audycki: Sacramento County: ashleyatriplea@aol.com
Felicia Byrne: Los Angeles County: sweetwaterboers@yahoo.com
Wade Colburn: San Diego County: wadecolburn@yahoo.com
Lezlie Elmer: Mendocino County: elmersglue91@gmail.com
Sarah Hazeltine: Yolo County: saanengoatgirl@aol.com
Andrew Kalinowski: Contra Costa County: cowboyandy91@aol.com
Gina Lee: Santa Clara County: gina_lee@pacbell.net
Brittany Newton: Santa Cruz County: boomoney07@yahoo.com
Chelsea Pugh: Yolo County: cpugh009@yahoo.com
Alyssa Taylor: Riverside County: 1tallcowgirl@gmail.com
Mark Tobias: San Benito County: mtobias62@gmail.com

These eleven individuals have outstanding and wise advisors:

Michelle Costamagna: Los Angeles County: mcostamagna@gmail.com
Carrie Hermle: Yolo County: carrietaylor@hotmail.com
Art Smoke: Fresno County: Arthur_Smoke@csaa.com

The ambassadors have already begun work for the 2009 year. Their goals include:

- Promote the 4-H State Ambassador Program
- Become more involved in county activities while being a 4-H State Ambassador
- Emphasize service-learning in all 4-H activities
- Make other 4-H opportunities better known
- Make a difference in 4-H and the community at large

This team has also started planning the 2009 State Leadership Conference which will take place on August 6-9 2009 at UC Merced. The theme for this great event is "SLC: It's a BIG Deal".

One of the major goals of this year's team deals with the county. We, the 2008-2009 team, would like to offer our services at any sectional/county event. We can give workshops, presentations, be an emcee, or assist you in your event. Please do not hesitate to contact us since we are yearning for more opportunities. Our major goal for the year is to bring one member or more from each county to the 2009 SLC. We ask that you start now promoting this great opportunity so our goal is met. We will be sending videos and fliers promoting this event, but we still need your assistance. Thank you for your time and please contact us if you need assistance from the 2008-2009 State Ambassador Team.

If you have an event or activity where 4-H State Ambassadors should be present, please contact:

Steven Worker
State 4-H Program Representative
530-754-8519
smworker@ucdavis.edu

San Diego County

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Phone: (858) 694-2861

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SLC Report

SLC 2008 was great and we had a lot of fun. We went to cool work-shops, made new friends, played in a gigantic pool; stuffed ourselves at the all-you-can-eat cafeteria, in short SLC was awesome.

SLC is a 4 day state event for 4-H'ers age 14-19. The first day, the State Ambassadors have a fun-day/carnival. The second day, there are work-shops (lots of hands-on learning) and then a pool party, and if you don't like to swim there is volleyball/games/movies. The third day, more fun sessions and a dance or other things like bowling if you don't dance. And the fourth day, we eat again, say "good-bye" to our new friends, have a closing assembly, and go home.

At SLC, delegates select from a wide range of sessions. We had sessions on how to build a PC, Photo editing with Photoshop, GPS/GIS & Geo-caching, and Musical Theater.

Every year delegates come from all over California to attend SLC. One of the traditions is for different sections to compete for Best Spirited Section, which is a contest for the biggest, loudest, and most spirited section. San Diego County is part of the Southern Section. There is also South Center, North Central, and North. North section has won this competition for years, but this year South worked really hard, had a large delegation, and won! Now we need to keep the title of The Most Spirited Section. To keep this title, we need all of the youth in South section to help. Because, South Central who came in 2nd, North Central, and North who had it for 11 years, will all want to take this title away!

If you didn't go to SLC 2008 or you have never been to an SLC then mark your calendar for August 6-9, 2009.

Keep your ears open for the sign-up to the next SLC. We will be going to UC Merced and instead of flying we will be using a motorcoach (a big bus).





Trick or Treat!

**COUNTY OFFICE GATE
CODE: 0038#**

Date	Event	Location & Time	Contact	Phone #
Oct 4	Livestock Learning Day	Ramona Fair Grounds	Steve Dasher	858-694-8874
Oct 5-11	National 4-H Week			
Oct 6	County Council	County Office 7:00	Terry Stark	619-405-3687
Oct 8	National Youth Science Day			
Oct 11	Shooting Sports Leader trng	Corona	John Borba	909-387-2179
Oct 11	Equine Learning Day	TBA	Carmen Rodriguez	760-966-0307
Oct 13	Teen Council	County Office 7:00	Cathy Mitchell	
Oct 13	All Star Meeting	County Office 6:00	Kevin Fletcher	619-669-1057
Oct 14	Horse Advisory	County Office 7:00	Carmen Rodriguez	760-966-0307
Oct 18-19	Shooting Sports Leader trng	Ukiah, CA	John Holder	707-485-8445
Oct 25	Horse Advisory	Halloween Playday-TBA	Carmen Rodriguez	760-966-0307

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	
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 (Monday)	County Office 7:00	Carmen Rodriguez	760-966-0307
Nov 14-16	Teen Retreat	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	
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 25	Merry Christmas	County Office Closed		

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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>





Imperial County 4-H Youth Development Program
presents

Volunteer Leader Field Day

Leaders, Parents, Jr. and Teen Leaders welcome

**Saturday
October 25, 2008**

**Imperial Valley College
380 East Aten Rd
Imperial, CA 92251**

**Advanced Registration
Required!**

**Contact
Jennifer Garcia
Imperial Co 4-H
Youth Development Program
1050 E. Holton Rd
Holtville, CA 92250
760 352-9474
jlgarcia@ucdavis.edu**

**8:00am —2:30pm
Lunch Provided
Courtesy of Farm Credit**

WORKSHOPS

Feeder Calf

*Dr. Juan Guerreo
UCCE Livestock Adv.*

Poultry

*Jim Adkins
APA & ABA Judge*

Swine

*Dr. Patrick Pauley
IVC Ag. Instructor*

Clothing

*Patty McGrew
Home Economist*

Foods and Nutrition

*Molly Johnson
Volunteer Leader*

Photography

*Leland Foerster
UCSD Ext. Instructor*

Rabbit

*Devon Sullivan
ARBA Showman*

Beef

*Dr. Celina Johnson
Professor, CSU Chico*

Market Goat

*Joe Camarillo
UCCE 4-H YDP Emeritus*

Cavy

*Jessica Lovecchio
Volunteer Leader*

Sheep

*Joe Camarillo
UCCE 4-H YDP Emeritus*

Youth Development

*Sue Manglallan
4-H YDP Advisor*

Arts and Crafts

*Evelyn Croak
Volunteer Leader*

Project Management

*Mary Harmon
4-H YDP Advisor*

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Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Equal Opportunity Director, University of California, Agriculture and Natural Resources, 1111 Franklin Street, 6th Floor, Oakland, CA 94607, (510) 987-0096



2008 NATIONAL YOUTH SCIENCE DAY

4-H National Science Experiment



Can hydrogels help the environment?

Water is everywhere – in the sky, in the ground, and in our homes. However, caring for this vital resource is often a challenge for each of us. Conservation means using water wisely. Protecting our groundwater is important because it is a source for drinking and irrigation. Consequently, scientists and engineers have developed amazing, superabsorbent polymers, called **hydrogels**, that can help.

In this investigation, you will look at a particular hydrogel that is secretly at work in millions of households across the country...

Materials:

- Disposable diaper
- Water
- Newspaper
- Scissors
- Measuring cup and measuring spoons
- Zipper-lock bag; 1 gallon size
- 9 oz. plastic cup

A polymer is a long chain of molecules. Polymers are all around us, and they make up materials like bicycle helmets, CDs, tires, plastic water bottles, rubber bands, and glue. This experiment focuses on special kinds of polymers that are superabsorbent: hydrogel polymers.

Hydrogel polymers are long molecule chains that grab onto water molecules. Some can soak up as much as 500 times their weight in water! This superabsorbent characteristic makes hydrogel polymers useful in water conservation and in solving other environmental issues.



Check out the expanded National Science Experiment at www.4-H.org

A hydrogel is a class of polymer with some unique characteristics. Find the hydrogel polymer in a diaper and examine its use.

Collect a sample of hydrogel from the cotton and plastic lining of a disposable diaper.

1. Place a new diaper on the piece of newspaper. Carefully cut through the inside lining and remove all the cotton-like material. Put all the stuffing material and plastic lining into a clean, 1 gallon zipper-lock bag.
2. Scoop up any of the powdery material that may have spilled onto the paper and pour it into the bag with the stuffing. Blow a little air into the bag to make it puff up like a pillow, then seal the bag.
3. Shake the bag for a few minutes to remove the powdery hydrogel polymer from the stuffing. Notice how much powder falls to the bottom of the bag.
4. Carefully remove the stuffing and the plastic lining from the bag, and check out the powdery polymer left in the bag. Repeat steps 1-4 with another diaper, if needed, to get 1 tablespoon of the hydrogel powder.
5. Now it's time to mix the powder with water to see what happens. Pour 1 tablespoon of hydrogel powder into a 9 oz. plastic cup. Measure $\frac{1}{2}$ cup of water, and pour it into the cup along with the powder.
6. After about 30 seconds, observe that the water has changed — it's no longer a liquid... it's a gooey solid!



Take a closer look at the gel by scooping up some of the gel with your fingers. You can poke holes in it and even tear it into smaller pieces. This hydrogel is safe and non-toxic, so you can touch it, but remember: even safe chemicals never go into your mouth, ears, or nose!

Things to think about...

- How does this water-slurping powder work? Does it only absorb water?
- How much water will the average diaper absorb?
- What would happen if you let the gel dry out? Is this powder reusable?
- Besides diapers, how else could this powder be used?
- How does the absorbency of the hydrogel compare with other materials that are absorbent: cotton balls, paper towels, sponges?
- How could adding other ingredients (like salt) affect a hydrogel's water-absorbing properties?

So what's next?

Hydrogel technology, of which there are many different types, lends itself well to an unlimited number of agricultural and domestic applications. For example, certain growers have learned that by adding hydrogels to the soil in the right proportions, crops easily survive on sixty to eighty percent less water. Today, hydrogels are widely used in such applications as forestry, gardening, and landscaping as a means of conserving water.

Go to www.4-H.org to share your thoughts, find more information, try the expanded student version of the National Science Experiment, and join a discussion on the potential impact of hydrogels as well as environmental issues relating to water conservation and groundwater contamination. 4-H, part of the Cooperative Extension System of the United States Department of Agriculture and the 106 Land Grant Universities across the country, has been educating youth on agriculture and the sciences for over 100 years—and we have lots of ways for youth to explore, engage, and get inspired by science!

A special thank you to the following for their support, expertise, and creativity in designing the 2008 National Science Experiment: Dr. Bob Horton, 4-H science education specialist for The Ohio State University Extension and his team members Carol Warkentien and Jeanne Gogolski; Steve Spangler, science author, teacher and TV personality, and the Steve Spangler Science experiment design team; and members of the 4-H Science, Engineering, and Technology Leadership Task Force who draw knowledge from ten Land-Grant Universities across the country. Copyright © 2008 National 4-H Council. 9/08-PDF-MKT01. The 4-H Name & Emblem is protected under 18 USC 707.