



# San Diego County 4-H

UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION



## MEMOS

October 2009

### ADDING MULTIMEDIA 4-H Zooms into National 4-H Week Thanks to Jeff Gordon and DuPont

National 4-H Week will take off with a speedy start on October 4th, as the 4-H emblem makes its debut appearance in a NASCAR Sprint Cup Series race. The well-known national icon will be featured on the 'TV panel' of the No. 24 DuPont Chevrolet driven by Jeff Gordon at Kansas Speedway that day. The placement of the 4-H clover on the No. 24 Chevrolet was made possible through a generous donation by DuPont, sponsor of both the No. 24 team and of 4-H.

National 4-H Week is an annual celebration for the 100-year old youth development organization. The highlight of the week includes the highly anticipated, 4-H National Youth Science Day, which brings together millions of youth to participate in the National Science Experiment. This year's experiment, Biofuel Blast, will introduce youth to alternative energy. DuPont is a premier sponsor of 4-H National Youth Science Day and the Biofuel Blast National Science Experiment.



**MEET THE FUTURE**

**National 4-H Week**  
October 4-10, 2009

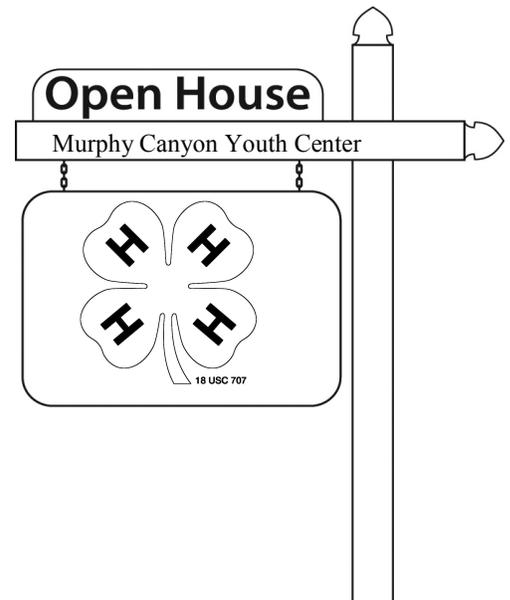
Ever wonder what the future will look like? Just take a look at your local 4-H today. It's where young people explore, learn and discover in a safe environment. In 4-H, kids find their true passions, gain confidence and give back to the community.

Celebrate 4-H's efforts in helping today's kids become tomorrow's leaders.

[www.4-H.org](http://www.4-H.org)

# Celebrate National 4-H Week!

# 4-H Military Partnership Open House and Leadership Training (Officer Day) October 3rd, 2009



The San Diego County 4-H youth development program would like to invite all military and 4-H families to come and see all of the wonderful opportunities our 4-H program has to offer.

Enjoy a fun filled day of learning and leadership development.



## Murphy Canyon Youth Center

4867 Santo Rd

San Diego, CA 92124 (in Tierrasanta)

10:00 AM– 2:30 PM

(with a one hour break for lunch-bring a sack lunch or eat off site)



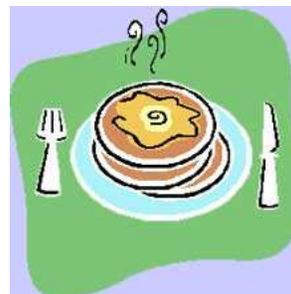
...To Make the Best Better.

## Annual San Diego County 4-H Leaders' Council Pancake Breakfast!

The pancake breakfast is a fundraiser to raise money to support San Diego County 4-H programs throughout the year. The Pancake Breakfast will be held at the **Escondido Street Fair October 18th**. Setup will start at 5:00AM with breakfast service beginning shortly thereafter. Breakfast will continue to be served until close at 12:00PM. We will need volunteers to set up, serve the customers throughout the morning, and clean up. If you are unable to attend the Pancake Breakfast we could still use your help getting the following items donated:

Bacon  
Sausage  
Paper goods  
Syrup  
Sugar  
Coffee  
Orange juice  
Bottle water

**Contact information:**  
Robbie Cranor  
619-889-8125  
cranorr@saic.com



# Goal Setting



Would you take a trip without first deciding where you want to go? Of course not. That would be pretty hard to do! Setting goals for your 4-H experiences and projects is very much the same as deciding where you want to go on a trip. At the beginning of the 4-H year a club should set goals for what the membership wants to accomplish and to describe the kinds of experiences it wants to provide the membership. When it comes to planning for projects, you are the one who's in the driver's seat with your 4-H experience. Like planning a trip, it's important to plan what you want to learn and do and what you want to accomplish. By setting goals for yourself you can enhance your 4-H experience and you will become aware of the skills and goals you are able to master during the 4-H year.

Answer the following questions to help you set some goals.

What are some things that I really like to do?

How good am I already at these things?

How much do I know about this already?

Is there one of these things that I'd like to learn more about or learn to do better?

Are there completely new things that I want to learn to do?

A good goal should be challenging but attainable and also measurable. A goal has three parts:

1. Action - how you will do something,
2. Result(s) - what you are going to do, and
3. Timetable - when you are going to do it.

For example

"I want to learn how to bake two kinds of cookies by Christmas." – **I want to learn** is the action portion of the goal.

What you intend to do is the result – **I want to learn to bake two kinds of cookies.**

When is the amount of time it will take to complete the goal - **I want to learn to bake two kinds of cookies by Christmas.**

## ACTION RESULT TIMETABLE

**I want** to learn to bake two kinds of cookies by Christmas.

**I want** to give two demonstrations for my club by June 1.

**I want** to train my dog to sit and lay down before the county dog show.

Now let's try to apply this to your 4-H projects. Writing down project goals in a 4-H journal will help you to keep track of them throughout the 4-H year. Make sure to document your achievements (completion of goals) in your 4-H Record Book.



The **Emerald Star** project's purpose is to:

1. Provide an opportunity for 4-H members to develop projects in their community, or in 4-H YDP beyond the club level.
2. Improve, create, and expand 4-H Youth Development Programs.
3. Help individual 4-H members grow and improve themselves in the areas of organization, leadership, and project planning.

The Emerald Star program is designed for intermediate and senior 4-H members (age 11-19).

The application and instructions can be found on the County Website at:

[http://cesandiego.ucdavis.edu/4-H/Awards\\_and\\_Incentives.htm](http://cesandiego.ucdavis.edu/4-H/Awards_and_Incentives.htm)

# Buena Vista 4-H Horticulture Project Group helps Museum and Meals On Wheels

By Melissa Woodall

Today's youth are more removed from the source of food. Most of us adults are unaware of all that goes into making a canned food item. Everyone I know who has a home garden grows at least eight different things, each of which needs to be processed or preserved differently. Hunger, wise use of resources, food becoming a product; these are complicated issues. In the effort to simplify, learn, and explore, what is a good approach? If you had to pick one thing to grow, what would be the ideal vegetable?

Beets are most ideal. They take 60 days to be ready to harvest. Several plants come up with each seed so thinning is required. The thinned plants are eatable or can be composted. The harvest is fun and after separating the greens from the beet root, both parts are usable. The greens can be cooked briefly, bagged, and frozen. The beets can be pickled and any extras can be frozen after cooking. The waste from harvest and pickling can be composted. They have more manganese and potassium than a banana.



The Buena Vista 4-H Club is only a year old and has been meeting at the Antique Gas and Steam Engine Museum, located in Vista. The museum has a year around garden. Part of the year they grow beets to pickle and sell for fund raising. They gave the 4-H Horticulture group a section of the garden, seed, and use of water. The project group was guided in making furrows, setting soaker hoses, and how to plant seeds on each side of the buried soaker hose.

The principles of SET were applied to observe, explore, and discuss different types of soil samples, to observe what size plants grow in different textures of soils, and to compare the nutrients in beets compared to bananas.

The project toured the Horticulture Department at a college. There were 3 canning parties, two of which were to process the museum's beets. The project group became proficient at pickling beets as they worked with the museum's volunteers. They helped the museum to have a very successful season of pickling beets, 37 quart size cases total. They helped sell the museum's pickled beets and were able to share with the public what 4-H is doing and their role in producing that jar of beets. They met with Meals On Wheels to make a donation of 4-H pickled beets.

The project group learned life skills of weed control, wise water use, harvesting, pickling beets, preserving beet greens, the many uses of beets in food, and about beet nutrition.

They excelled in generosity in their many hours of community service while working with the museum's volunteers and giving pickled beets to Meals On Wheels.

The project group looks forward to returning to the college to see their continued changes and progress in the Horticulture Department. They look forward to helping Meals On Wheels and are now helping the museum plant sorghum. Seed to jar, it's another new adventure and none of this would have started without Service Learning RFP; they are the first seed for this project.

More about what we are doing can be seen at [Vista4h.org](http://Vista4h.org)





## CLOVER SAFE #85 PREVENTING THE SPREAD OF COMMUNICABLE DISEASES

Each year, an average of more than 200,000 people are hospitalized and 36,000 people die from seasonal influenza (flu) complications in the United States. You can help keep yourself,

your family, and your fellow 4-H volunteers and members healthy and prevent the spread of seasonal colds, flu, and other communicable diseases by practicing some simple measures at home, work, school, and other social settings. In fall of 2009, there is particular concern over the novel H1N1 influenza virus (also known as swine flu). The precautions to protect yourself from H1N1 are the same as those recommended for seasonal flu or other common communicable illnesses.



For additional information about preventing the spread of communicable diseases, go to the Clover Safe note at: <http://ucanr.org/cloversafe>.

Clover Safe Notes are prepared by the UC ANR Office of Environmental Health & Safety, in support of the Statewide 4-H Youth Development Program.



# SAVE THE DATE!

## Junior Leadership Camp will be held **February 5-7, 2010.**

The camp will be held at **Camp Oliver** in Descanso.

JLC is open to all members in 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> grade (age 12-15 by December 31<sup>st</sup> for homeschoolers).

High school age members may apply to host a session at **JLC**.

Applications and detailed information for **JLC** will be sent out in November.





## 4-H National Youth Science Day on October 7, 2009!

The 2009 4-H National Youth Science Experiment - "Biofuel Blast" - will engage youth in important environmental issues our global community faces together and the opportunity available for a greener tomorrow. As our nation grapples with important environmental issues such as global warming, sustainability and energy independence, "biofuels" -sources of energy obtained from recently harvested plant materials- are at the forefront of the discussion of alternative energy sources. **This event is a great way to publicize 4-H and 4-H SET!** Download your 4-H National Youth Science Day **media toolkits** - news release template, media advisory and sample scripts - and customize for local media in time for your event. If you know of times, dates and locations of 2009 4-H NYSD experiments, we can offer support in getting media attention.

San Diego County has distributed "Discovery Kits" to each Club. These kits contain all the materials you will need to participate in the 2009 4-H National Youth Science Experiment. Moreover, each month, beginning in November, your club will receive a new 15-20 minute science activity to conduct at your club meetings. This is great way to promote the California SET initiative! Please send any photos or written article blurbs to the County Office as we would like to share what you are doing with the county and state!

Contact Ruby Rodriguez at [rerodriguez@ucdavis.edu](mailto:rerodriguez@ucdavis.edu) or 858-694-2857.

## Receive \$400 for the San Diego County 4-H Program!

Thanks to generous support from John Deere, a **\$400 award** will be presented to one county from each state with the highest number of individual *Biofuel Blast* results survey submissions between October 1st and October 30th, 2009. The awards can be used toward the implementation and promotion of science, engineering and technology programs in your county. After youth complete the experiment, make sure that they go to [www.4-H.org/NYSD](http://www.4-H.org/NYSD) to fill out the survey and compete for the award!

In addition, of those who submit their results through the *Biofuel Blast* experiment survey, five youth names will be randomly selected to **receive a 32GB third generation iPod touch**. **The five youth will also be able to designate a 4-H club, school classroom, or youth organization to receive one of the Fuel Cell Car Experiment kits.**

Visit: [https://www.4-h.org/NYSD/results\\_rules.php](https://www.4-h.org/NYSD/results_rules.php) for contest rules and details.



## Discovery Kits

This year we are excited to bring you **“Discovery Kits”**. The County 4-H Office will mail out monthly activity packets to add to your Discovery Kit. Each activity will be appropriate for all ages, will be designed to take up no more than 15 minutes, will be based on the SET Abilities, and will build on existing 4-H Projects. The idea is to help volunteers and members to discover the science that already exists within your club. By providing monthly examples of science processes practiced in familiar 4-H project areas you will witness the ease with which you can build science experiences into your club activities. Your kit will also contain a journal for members to record thoughts and observations as you facilitate the experiments in your club settings. There will be a contest at the end of the year for the best journal.

Here is a timeline of events for the coming year:

**August:** Receive Discovery Kit and materials for National Youth Science Day

**September:** Assign a Teen Leader and volunteer to administer the program.

*(Please send the 4-H Secretary, Terri Barratt the name and address of the adult or teen responsible for the Discovery Kit so that we can mail activity materials directly to them.)*

**October:** Activity 1- “Biofuel Blast” National Youth Science Day (10/7/09) Experiment

**November:** Activity 2

**December:** Activity 3

**January:** Activity 4

**February:** Activity 5

**March:** Activity 6

**April:** Activity 7

**May:** Activity 8

**June:** Activity 9

**July 31, 2010:** Submit Journals- include pictures and testimonials from club members.

SET Committee will choose winners.



## Power of the Wind Training

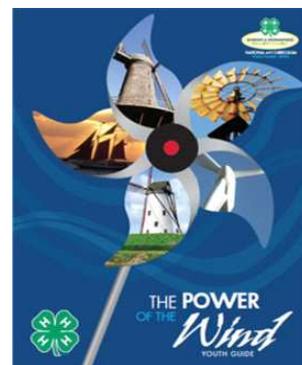
The **Power of the Wind**, a new curriculum offered by the National 4-H Council, engages youth in using engineering principles to design and to build alternative energy projects, utilizing wind as the primary resource.

A Train the Trainer Workshop will be held at the San Diego County 4-H Office November 13-14, 2009.

Friday, November 13th, 6:00 pm (dinner will be provided) - 9:00 pm

Saturday, November 14th, 8:00 am - 5:00 pm, (breakfast & lunch will be provided)

Register by October 19 by calling Terri at the 4-H office. 858-694-2853



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

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skstark@eonramp.com

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Phone: (858) 694-2861  
Fax: (858) 694-694-2849

# What Are You Doing ? ? ? ?



Have your club reporter or someone from your club write a paragraph or two telling what your club is doing in the community—send it to Terri at the County office by the 20th of the month....send pictures too! We would love to feature your project here!



## Take a Step Back in Time at the Historic Los Penasquitos Adobe Ranch House Est. 1824 12020 Black Mountain Road, San Diego, CA 92129

The Rancho de los Penasquitos is a historic cattle ranch and settlement and was the first Mexican land grant in California. The Adobe Ranch House is now owned and managed by the County of San Diego and is part of the Los Penasquitos Canyon Preserve. The ranch house grounds include gardens with two raised and covered beds, orchards with 30 deciduous fruit trees, and livestock. **The Adobe Ranch House would like to expand their volunteer base so that they can maintain the gardens and orchard and possibly introduce a flock of chickens to the site.** The idea is that volunteers would be part of a working ranch cooperative. The volunteers would be responsible for dividing the labor and cost associated with the livestock project and would also get to share the eggs and meat produced by the project. Volunteers choosing to work in the community gardens and fruit orchard would also get to share in the harvest. The Supervising Ranger would like to have at least seven new volunteers one for each day of the week. If you are interested in this unique volunteer opportunity volunteers currently meet for a work day on the first Saturday of each month at 8:00 a.m. Volunteers enjoy coffee and juice and potluck breakfast items. Contact Supervising Ranger, Paul Kucharczyk to sign up or to request more information.

Paul Kucharczyk  
Supervising Ranger  
Los Penasquitos Canyon  
& Adobe Ranch House.  
858-484-7504

### Directions:

I-15 to Mercy Rd. exit. Go West on Mercy, right on Black Mtn. Rd., and left at first light. Follow entry road to Ranch House parking area.





# DATES TO REMEMBER

County Office Gate Code: \*081234#

Date	Event	Location & Time	Contact	Phone #
Oct 3	Officer Day / Open House	Murphy Canyon Youth Center	Marti Occhipinti	858-495-5190
Oct 4	Horse Leader Learning Day	San Marcos-Walnut Grove Arena	Lori Hall-McNary	760-741-1179
Oct 5	County Council Meeting	County Office 7:00	Terry Stark	858-692-4312
Oct 4-10	National 4-H Week			
Oct 12	All Stars Meeting	County Office 6:00	Cathy Mitchell	760-500-0547
Oct 12	Teen Council Meeting	County Office 6:30	Kevin Fletcher	619-669-1057
Oct 12	New Volunteer Training	County Office 10 am-12 pm	Colleen	858-505-6538
Oct 13	Horse Advisory	County Office 7:00	Karen McKinsey	760-749-2705
Oct 18	Council Pancake Breakfast	Escondido Street Fair	Robbie Cranor	619-445-8125
Oct 23	Record Books going to State	due in County Office by 5:00pm		
Oct 31	4-H Horse Play Day	Tumbleweed Arena	Jason Gosschalk	619-850-8426

Nov 2	County Council Meeting	<b>San Marcos Office 7:00pm</b>	Terry Stark	858-692-4312
Nov 2	New Volunteer Training	San Marcos Office 5:00-7:00pm	Colleen	858-505-6538
Nov 6	State Volunteer Conference	Asilomar		
Nov 9	All Stars Meeting	County Office 6:00	Kevin Fletcher	619-669-1057
Nov 9	Teen Council	County Office 6:30	Cathy Mitchell	760-500-0547
Nov 10	Horse Advisory	County Office 7:00	Karen McKinsey	760-749-2705
Nov 11	Veteran's Day Holiday	County Office closed		
Nov 13-14	Power of the Wind Training	County Office	Marti Occhipinti	858-495-5190
Nov 21	Gymkhana		Jason Gosschalk	619-850-8426
Nov 22	Horse Leader Learning	Make-Up Day	Jason Gosschalk	619-850-8426

Dec 5	Small Animal Field Day	County Office 9:00 am	Paulette Sauln	619-464-4394
Dec 5	Horse Learning Day		Jason Gosschalk	619-850-8426
Dec 7	County Council Meeting	County Office 7:00	Terry Stark	858-692-4312
Dec 8	Horse Advisory	County Office 7:00	Karen McKinsey	760-749-2705
Dec 14	Teen Council Meeting	County Office 6:30	Cathy Mitchell	760-500-0547
Dec 14	All Stars Meeting	County Office 6:00	Kevin Fletcher	619-669-1057
Dec 19	Trail Ride		Jason Gosschalk	619-850-8426



## Joke of the Month

How do you mend a broken Jack-O-Lantern?  
With a pumpkin patch!



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

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

