



San Diego County

4-H
Youth
DEVELOPMENT
PROGRAM

CITIZENSHIP
LEADERSHIP
LIFE SKILLS

San Diego County 4-H Leaders' Council

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4-H Memos

4-H PROJECT HELPS FEED THE HOMELESS

By Amanda Daniels
Community News Writer San Diego Union-Tribune
June 9, 2005

CARLSBAD – The cabbage grew huge. But the English peas went to the bugs. Members of the Olivenhain Valley 4-H Club learned about gardening through a Junior Master Gardener project at The Flower Fields recently. At the end of their harvest, they cooked a meal for the Bread of Life Rescue Mission in Oceanside.

The project demonstrates how 4-H encourages community service, said parent Mary Jane Najor, who was a member as a child. She said the club emphasizes learning a skill and then applying it in the community.

"Families who are in 4-H tend to continually focus not on what can the world do for them, but how can they contribute to the community at large," Najor said. "There's an overreaching focus on service, citizenship and leadership development."

Her two daughters, Katherine, 12, and Anna, 14, led club members from about seven families in pulling weeds and planting, nurturing and harvesting vegetables and flowers. They made a meal for the homeless using their vegetables, and potted their flowers and herbs to sell at the Encinitas Garden Festival to raise funds for the club.

Some students in the project were home-schooled and able to tend the garden during the day. The Flower Fields provided irrigation. Anna said everyone learned a number of things. For instance, most children do not like nasturtiums, which are edible flowers, Anna said. But rabbits love flowers and lettuce.

"At the beginning of the year, all of the plants were eaten by rabbits. That was kind of disappointing because we had to replant stuff," she said. Other challenges were combating insects and scheduling crops to produce at the same time.

The group had planned to cook a meal of soup and salad. At the end of the project, however, they decided to roast the most plentiful vegetables: cabbage, cauliflower, carrots and onions.

Each family contributed to the feast by adding a salad and cooking chicken and rice for 12 to 15. They fed more than 100 people. The families brought the meals to the Bread of Life Rescue Mission in Oceanside, where they served the food and ate with diners.

Katherine said it felt good to see how much everyone appreciated the meal. Anna said, "We were surprised at how thankful they were." Najor said the smiles on the children's and diners' faces made the experience meaningful.

The Najors have been in the club for about three years. They worked on the garden project last year, too, but on a smaller scale. The Olivenhain Valley 4-H Club has about 50 members who work on various projects each school year. The children run the meetings and lead the projects. Most members are from Carlsbad and Encinitas.

An orientation for next year's project will be at 7 p.m. Sept. 13 at the Olivenhain Town Hall at Seventh Street and Rancho Santa Fe Road in Encinitas.

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GROUP DYNAMICS

It is the responsibility of the leader to help members reach their potential, as well as to help the club function as a group. Besides being aware of typical childhood characteristics and needs, leaders also should understand group dynamics. It is easy for us to become so involved in a situation that we don't distance ourselves enough to observe the group dynamics taking place. Leaders should have the ability to do this.

In all human interaction, there are two major parts:

- content – the subject matter or task and
- process – what happens between and to participants.

Sensitivity to group process will better enable leaders to diagnose club problems early and deal with them more effectively.

Marks of an effective group

By reviewing the marks of an effective group, leaders will gain insight into how a successful club could operate. It is rare that a newly formed group displays all of these characteristics. However it is the responsibility of the leader to move the group in that direction. Here is a check list members and leaders should ask about their group.

Members possess a clear sense of the purpose and goals of the group

There are consistent but flexible operating procedures

Leadership is viewed as a shared responsibility among members

The group sets aside sufficient time to select, plan, implement, and evaluate its activities and analyze its effectiveness as a group

The group can make decisions efficiently and effectively and is frequently able to reach consensus among members

The group makes good use of the skills, interests, and talents of members

A balance exists between meeting individual needs and group goals

Members demonstrate a high degree of commitment to the group

A high level of trust among members encourages open communication

The group is not dominated by a person, officer or by any member

MESSAGE FROM THE PRESIDENT

This is the beginning of a new year and I would like to take this opportunity to encourage everyone get involved in one aspect of planning for our up coming year. On August 27, we are sponsoring a retreat to discuss our calendar of events as well as aspects of the county program such as training, Chart of Work, county vs. local club communication and the 4-H constitution to name just a few.

Our first county council meeting is September 12 at 7:00 p.m. in the conference room at the county office. The involvement in the county council directly affects the substance and quality of the educational opportunities we provide to the members. I would like to challenge each teenage member, parent and leader to attend one of the four county council meetings to be held in the upcoming year. We will be electing the county council officers at the September meeting. Please come and cast your vote, voice an opinion, share a new idea or just see what is happening at the county level. I hope to see you there.

As many of you know we have a new Program Representative. I would invite you all to get to know Quang "Hogan" Tong. The retreat or first council meeting, are perfect opportunities to meet him! He is a creative and innovative person with a background in child development and working with children and teens. He has worked with several of the teens and leaders on various events in 4-H. He is an asset to our program and is an excellent resource for both leaders and members. I look forward to working with him, as well as all new and returning members and leaders.

I would like to thank all the members, leaders and parents, as well as the county staff, for their time, effort and support throughout the last 4-H year. To all members and leaders who volunteered to be chairpersons of committees and the various events, a special thank you. Your dedication is noted and deeply appreciated. I enjoyed my term as council president and I look forward to another wonderful year.

Debbie McAdams, President

HUMAN BEINGS ARE SOCIAL AND LEARN BEST FROM OTHERS

We learn:

10% of what we read

20% of what we hear

30% of what we see

50% of what we see and hear

70% of what is discussed

80% of what is experienced personally

95% of what we teach to someone else

WORKING WITH CHILDREN

When working with children and teens and engaging on sensitive topics, a lot of consideration must be given to their comfort level and trust that they feel within a group. Until this rapport is established the conversation will be awkward and shallow. To establish these group dynamics, these steps should be followed:

1. Children should be given a chance to get to know each other.

Go beyond “icebreakers” and do “get to know you” games. Give children tools that help them learn about each other and recognize commonalities. 4-H Leaders can use the opportunity to ask the kids about projects and goals that they wish to achieve. If they can relate to one another, their curiosity will be aroused and they will be willing to take the new relationship to the next level.

2. Personal barriers need to be broken.

Trust is recognizable when children will let down their guard and feel safe enough to get a little zany. Provide them with activities that are fun, unique and that ask them to do something more than what they would normally do. By taking emotional risks, the group will hopefully support the individual. The 4-H leader can facilitate this by taking the lead in reassuring behavior and guiding the responses that the rest of the group gives. These activities also tell you a lot about the child, their confidence level, leadership abilities and social skills.

3. There must be sensitivity to discussion groups.

All projects should involve discussion groups between leaders and members. Discussion topics should be appropriate for the age and the situation the group is in. Character building topics often will cause children to recognize areas that they need to build upon. They may not feel comfortable talking about their weaknesses with their peers and a right to pass on any question must always be available. We want the children to grow in relation to others, not belittle or create negative opinion about their accomplishments and goals.

4. Remember what your goals are for the group.

By creating a comfortable environment that fosters thought and personal growth, you are allowing children to be introspective. Hopefully with the right type of positive self-esteem building activities, the children will feel comfortable about their choices and will have a strong skills to make future choices. The leader’s goal should never be to lead the kids into discovering their faults or problems, but rather to build upon strengths. Problems within the group dynamic never exit within the group but rather within certain individuals. Acting out is generally a sign of discomfort. Children that are drawing attention away from the activities should be talked to individually with the hopes that the leader can gain better insight into the driving force behind the distracting behavior.

5. Kids are funny.

They have a refreshing and simpler view of life. We have a lot to learn from them. The biggest mistake we can make as leaders is act as if we cannot grow as much as they can. Feel comfortable in complimenting children on their wisdom.

**2005 CALIFORNIA 4-H LEADERS’ FORUM
“4-H CONNECTS”
NOVEMBER 4 – 6, 2005
AT THE ASILOMAR CONFERENCE CENTER**

2005 California State 4-H Leaders’ Forum will have something for everyone; new leaders, experienced leaders, befuddled leaders, staff and parents. Come share your 4-H community service, fundraising projects, and any other ideas or activities with peers from throughout the state. At the same time, learn some new ideas to take back with you!

We realize that this information will be posted late but the Conference will still be taking late registration. There is an additional fee. Please Contact Quang “Hogan” Tong at the County office for more information. 858-495-5190

**2005 SAN DIEGO COUNTY
JUNIOR LEADERSHIP CAMP
Camp Cuyamaca
NOVEMBER 11 - 13, 2005**

Teen Council and Teen Leaders are responsible for deciding, planning, conducting, and evaluating almost everything that occurs at the three day event. In doing so, they develop real life leadership knowledge, skills, attitudes and aspirations.

This conference is open to all 4-H members in grades 6, 7, 8 only. A member does not have to be a Junior Leader to attend. Chaperones must be a minimum of 25 years of age. Delegates will participate in sessions/workshops/activities that will help them develop leadership skills and increase their knowledge of 4-H!

Costs: \$90.00 for delegates
\$45.00 for chaperones

BULLETINS

Program

The California 4-H Citizenship Program is looking for **adult volunteers** who are interested in leading 4-H members and their chaperones while on a **Washington Focus Program** internship opportunity. The program provides training in the spring along with a one-year internship working beside the current coordinator. During the second year of participation, the candidate moves to the coordinator position. Applications are available online at: <http://ca4h.org/citizenship/dcfocus/index.asp> and are due by **September 15, 2005**.

2006 4-H Computer Corps applications are now available online. The 4-H Computer Corps is composed of youth, volunteers, and staff ages 15 and above. The 4-H Computer Corps administers the state 4-H website (www.ca4h.org), conducts computer trainings around the state, and helps 4-H clubs design web pages. Applications are available at: <http://ca4h.org/compcorps>. The deadline for applications is **September 30, 2005**.

The **2006 National 4-H Conference** will be held March 25-31, 2006 at the National 4-H Center in Chevy Chase, MD. 4-H members (ages 15 and above), volunteers, and staff are encouraged to apply for this exciting opportunity for National 4-H programming. Applications are due **September 30, 2005** and available at: <http://ca4h.org/conference/n4hc/>

Funding

For Youth: Through the annual **Do Something Brick Awards**, Do Something, a national non-profit organization that inspires young people to believe that change is possible, honors 6 outstanding leaders up to age 18, and 3 outstanding leaders between ages 19-25, who use their talents to take action that measurably strengthens their communities in the areas of community building, health, or the environment. Winners of the 18 and under age group are awarded a \$5,000 higher education scholarship and a \$5,000 community grant. Winners in the 19-25 age category receive a \$10,000 community grant. For complete program information and application, go to: <http://www.dosomething.org/>. Deadline is **November 1, 2005**.

For Groups: Community groups are invited to apply for the **SeaWorld/Busch Gardens/Fujifilm Environmental Excellence Awards**. These awards recognize outstanding efforts of K-12 students and teachers across the United States to protect and preserve the environment. The program provides school and community group winners an award of \$10,000 to benefit their project; an all-expenses-paid trip for 3 students and 1 adult leader to SeaWorld Orlando; a Fujifilm digital camera; T-shirts to share with school and community partners; and

BULLETINS (cont.)

an award trophy and certificates for every student/group leader participant. Project applicants should be able to demonstrate significant accomplishments that have occurred prior to the application deadline. See the website for complete information at: <http://fconline.fdncenter.org/pnd/2814/anheuser>. **Deadline is November 30, 2005**.

Policy

A **new agreement between 4-H, FFA, Grange, and the California Department of Food and Agriculture's Division of Fairs and Expositions** has been signed and is effective **starting July 1, 2005**. This can be found at <http://ca4h.org/4hresource/handbook/index.asp>, then scroll down to Appendix D. Changes pertain to transfers from 4-H to FFA membership and classifications of projects. The State 4-H Office has received inquiries about Junior Livestock auctions. Please be reminded that **4-H is not permitted to hold Junior Livestock auctions**. See the California 4-H Policy Handbook, Section 409, pgs. 400-413.

2006 NATIONAL 4-H CONFERENCE

MARCH 25 - 31, 2006

DELEGATE APPLICATION DUE SEPTEMBER 30, 2005

The National 4-H Conference is held at the National 4-H Center, Chevy Chase, Maryland in the spring of each year. Eight youth and two adult delegates are selected to represent California 4-H. The conference focuses on creating recommendations to help improve the 4-H Program.

Eligibility Requirements

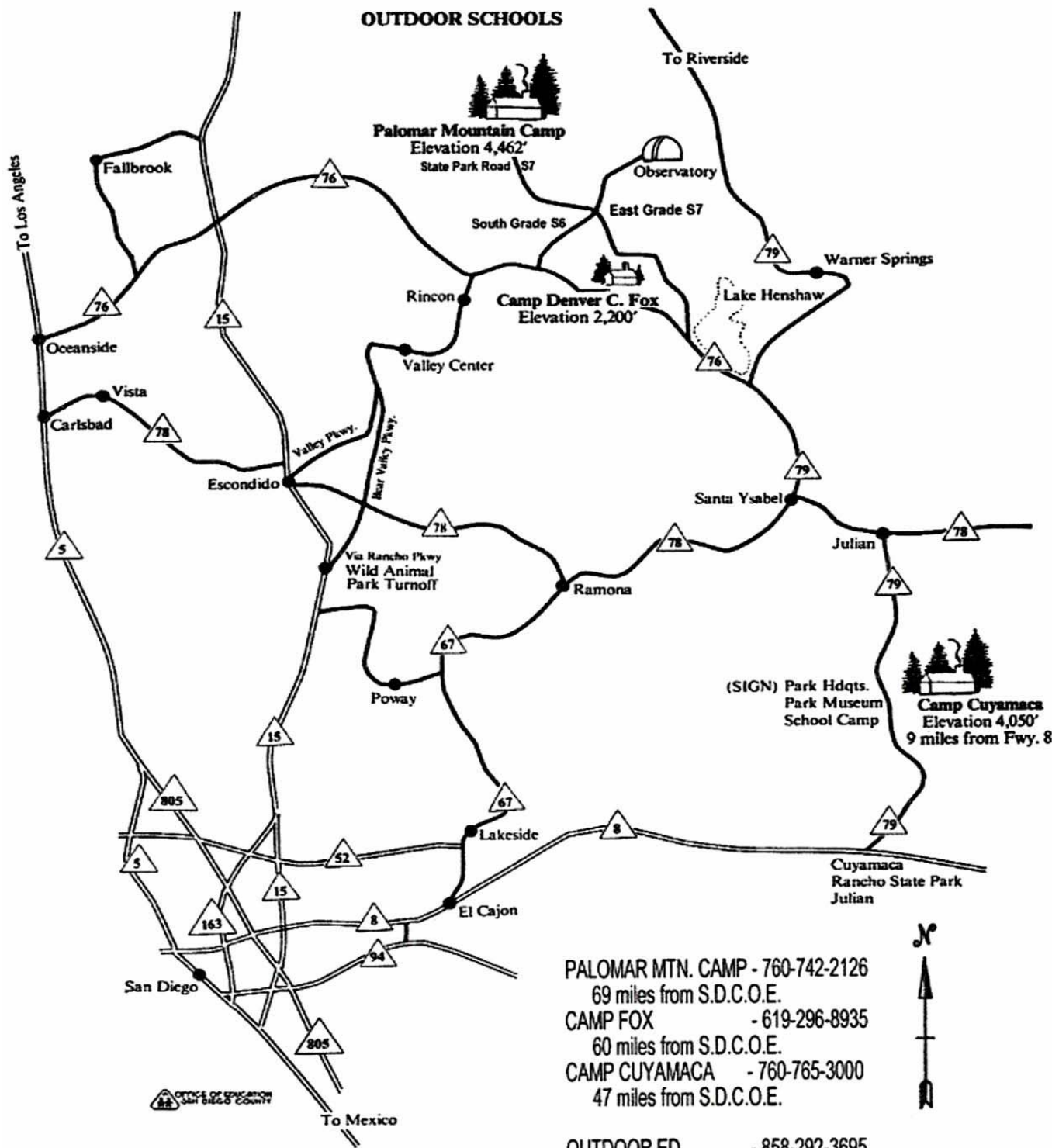
- Youth Delegates - At least 15 years of age as of January 1, 2006 and enrolled as a 4-H Member.
- Adult Delegates – At least 18 years of age, enrolled as a 4-H Volunteer Leader or is 4-HYDP staff.
- Chaperones – At least 21 years of age, enrolled as a 4-H Volunteer Leader or is 4-HYDP staff.
- All Delegates – Have not represented California 4-H Youth Development at the National 4-H Conference within the past seven years.

Sponsorship of the National 4-H Conference Program

The Thomas and Dorothy Leavey Foundation support the California National 4-H Conference Delegation through The California 4-H Foundation. These costs are covered as part of the delegation:

- Travel to/from the pre-conference orientations
- Travel to/from the National 4-H Conference
- Conference registration fees
- Registration fees for the 4-H State Leadership Conference

MAP TO CUYAMACA



PALOMAR MTN. CAMP - 760-742-2126
 69 miles from S.D.C.O.E.
CAMP FOX - 619-296-8935
 60 miles from S.D.C.O.E.
CAMP CUYAMACA - 760-765-3000
 47 miles from S.D.C.O.E.

OUTDOOR ED - 858-292-3695
 George Stratman, Dir. - 858-292-3696

SAN DIEGO COUNTY 4-H JUNIOR LEADERSHIP CAMP APPLICATION

NAME: _____

ADDRESS: _____

PHONE: () _____ **CLUB:** _____

YOUTH DELEGATE INFORMATION

PARENT/GUARDIAN NAME: _____

GRADE: _____ **MALE** **FEMALE**

DELEGATE YOU WOULD LIKE TO ROOM WITH: _____

CHAPERONE INFORMATION

MALE **FEMALE**

CHAPERONES ARE REQUIRED TO PERFORM CAMP RELATED DUTIES ASSIGNED BY THE CAMP COORDINATORS. CHAPERONES COULD BE ASKED TO ASSIST IN PREPARING MEALS, OBSERVING SESSIONS, ESCORTING DELEGATES TO AND FROM CABINS, COURTEOUSLY ENFORCING CAMP RULES, ETC. THERE WILL BE A MANDATORY CHAPERONE TRAINING AT CAMP. CHAPERONES MUST BE APPROVED 4-H LEADERS.

AS A CHAPERONE, MY SIGNATURE CERTIFIES THAT I AM AT LEAST TWENTY-FIVE (25) YEARS OLD AND WILLING TO ASSIST THE CAMP STAFF, DOING WHAT IS NECESSARY TO PROVIDE YOUTH WITH A POSITIVE EDUCATIONAL EXPERIENCE.

SIGNATURE: _____ **DATE:** _____

DEADLINE TO COUNTY OFFICE: 5:00 PM OCTOBER 24, 2005

COUNTY USE ONLY

DATE RECEIVED: _____ **CHECK #:** _____ **AMT:** _____

ENROLLMENT FORM ON FILE: _____ **COC:** _____ **MRF:** _____ **CABIN#:** _____

SESSIONS: _____

SAN DIEGO COUNTY 4-H CALENDAR

DATE	EVENT	LOCATION	PHONE or CODE
September 1 5 12 15 30	2005-06 Enrollment Year Begins Leaders Forum Apps Due Labor Day-County offices closed Leaders Council Meeting Washington Focus Intern Apps Due Computer Corps 2006 Apps Due National 4-H Conference Apps Due 2005 Officer Record Books Due	5:00 p.m. 4-H Office 7:00 p.m. 4-H Office 5:00 p.m. 4-H Office State 4-H Office 4-H Office 5:00 p.m. 4-H Office	Hogan 858-495-5190 Gate Code 7254# Hogan 858-495-5190 Steve 530-754-8519 Hogan 858-495-5190 Hogan 858-495-5190
October 2-8 8 25	National 4-H Week Club Officer Day Junior Leadership Camp Apps Due	Village Comm. Church 5:00 p.m. 4-H Office	Drew 858-792-4238 Hogan 858-495-5190
November 1 1 4-6 11-13 24-25	Member Enrollment Forms Due "Due Something Brick" Apps Due 4-H Leaders Forum Junior Leadership Camp Thanksgiving-County Office closed	5:00 p.m. 4-H Office 5:00 p.m. 4-H Office Asilomar Conference Center Cuyamaca Outdoor School	Gate Code 7254# Hogan 858-495-5190 Hogan 858-495-5190 Hogan 858-495-5190

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