



San Diego County

4-H
Youth
DEVELOPMENT
PROGRAM

CITIZENSHIP
LEADERSHIP
LIFE SKILLS



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

Drew Middleton
President
drumanator

Charlie Knust
Vice President
knust@ncdipa.org

Charla Cranor
Vice President
Arabian@nether.net

Kevin Fletcher
Treasurer
K.fletch@cox.net

Cathy Mitchell
Secretary
zubizoe@aol.com

Taelor Robertson
Corresponding Secretary

4-H Staff

Sue Manglallan
4-H Advisor
ssmanaglallan@ucdavis.edu

Steve Dasher
4-H Advisor
hsdasher@ucdavis.edu

Terry Walker
4-H Secretary/Publisher
terry.walker@sdcounty.ca.gov

Colleen Tschumperlin
Volunteer Coordinator
colleen.tschumperlin@sdcounty.ca.gov

Quang "Hogan" Tong
Program Representative
qtong@ucdavis.edu

4-H San Diego County
Phone: (858) 694-2861
Fax: 858-694-2849

4-H Memos

GOOD ETHICS — THE ONLY WAY TO WIN AT FAIRS

- Exhibitors can win without cheating, and winning by cheating is not winning.
- Animals should never be mistreated or abused and, if mistreatment is witnessed, exhibitors or leaders must step forward and stop that action.
- Only approved livestock drugs should be used in treating animals, and all withdrawal times must be adhered to.
- Animals should never be given illegal drugs or illegal steroids.
- Contaminating meat with illegal substances is a violation of state and federal laws.
- Exhibitors cannot pick and choose which fair rules to obey at any livestock show.
- Exhibitors must abide by a rule even if they don't like it.
- Exhibitors and their parents should never criticize officials or judges. All that is asked of a judge is their opinion, and that is all that will be given by having a livestock project, it is the responsibility of the youths to feed, train and prepare that project for a livestock show – not parents or a professional fitter.
- It is unethical to dye an animal with any color other than the natural color of that animal.
- It is unethical to physically or surgically alter an animal.
- It is important adult leaders practice good ethics and that they walk the walk, not just talk the talk. Good ethics teach honesty, values, character, and skills that should last a lifetime.

MAY, 2007

WHAT'S INSIDE

SD County Code of Conduct	2-5
Human Beings are Social	5
Selecting & Using Backpacks	5
Developing Sportsmanship	6-7
A Few More to Serve	7
Lost 4-H Hat	7
Missing Dog Ring	8
National 4-H Conference	8
4-H Calendar	9

5555 OVERLAND AVENUE, BLDG. 4, SUITE 4101, SAN DIEGO, CA 92123 (858) 694-2861

The University of California prohibits discrimination against or harassment of any person on the basis of race, color, national origin, religion, sex, physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship or status as a covered veteran (special disabled veteran, Vietnam-era veteran or any other veteran who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized). University policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 300 Lakeside Drive, 6th Floor, Oakland, CA 94612-3550, (510) 987-0096. **University of California, County of San Diego and the United States Department of Agriculture cooperating.**

SAN DIEGO COUNTY CODE OF CONDUCT

Recently the San Diego Teen Council accepted the following statement to apply to all 4-H members in San Diego County.

In 4-H, in everything we do, we are role models for youth of all ages. How 4-H'ers present themselves to the public is very important. Therefore, we have high expectations that both 4-H members and leaders will abide by the Code of Conduct including the Dress Code and program content/presentation criteria outlined below. It is an honor and a privilege to represent San Diego County 4-H at events. It is the responsibility of adult 4-H leaders to advise 4-H participants on Code and program content expectations, and to guide them in making appropriate choices.

A goal of the 4-H Youth Development Program of San Diego County is to provide opportunities for children and youth to develop character. San Diego County 4-H supports the CHARACTER COUNTS!SM six pillars of character: TRUSTWORTHINESS, RESPECT, RESPONSIBILITY, FAIRNESS, CARING, and CITIZENSHIP. In order to assure that the 4-H provides positive environments for all individuals to learn and grow, participants agree to abide by these expectations of behavior:

I will be trustworthy. I will be worthy of trust, honor, and confidence. I will be a model of integrity by doing the right thing even when the cost is high. I will be honest in all my activities. I will keep my commitments by attending all sessions of the planned event. If I am not feeling well or have a schedule conflict, I will inform my chaperone or a person in charge. I will be in the assigned area (e. g. club meeting room, building, dorm) at all times. San Diego County 4-H does not permit dishonesty by lying, cheating, deception, or omission.

I will be respectful. I will show respect, courtesy, and consideration to everyone, including myself, other program participants, and those in authority. I will act and speak respectfully. I will treat program areas, lodging areas, and transportation vehicles with respect. I will not use vulgar or abusive language or cause physical harm. I will appreciate diversity in skill, gender, ethnicity, and ability. San Diego County 4-H does not tolerate statements or acts of discrimination or prejudice.

I will be responsible. I will be responsible, accountable, and self-disciplined in the pursuit of excellence. I will live up to high expectations so I can be proud of my work and conduct. I will be on time to all program events. I will be accountable by accepting responsibility for my choices and actions. I will abide by the established program curfew. I will be responsible for any damage, theft, or misconduct in which I participate.

I will be fair. I will be just, fair, and open. I will participate in events fairly by following the rules, not taking advantage of others, and not asking for special exceptions.

I will be caring. I will be caring in my relationships with others. I will be kind and show compassion for others. I will treat others the way I want to be treated. I will show appreciation for the efforts of others. I will help members in my group to have a good experience by striving to include all participants.

I will be a good citizen. I will be a contributing and law-abiding citizen. I will be respectful to the environment and contribute to the greater good. I will not use any illegal substances such as tobacco, alcohol, and drugs. See below for San Diego County 4-H Code of Conduct, which must be signed by the 4-H member and his/her parent or guardian.

SM CHARACTER COUNTS! Is a service mark of the CHARACTER COUNTS Coalition, a project of the Josephson Institute of Ethics.

(Cont. pg. 3)

SAN DIEGO COUNTY CODE OF CONDUCT (cont. from pg. 2)

Dress Code

The dress code is designed to assure that each delegate brings the appropriate attire resembling a school and community expectation. Any youth attending 4-H events are expected to adhere to standards of dress and appearance that are compatible with an effective learning environment. Presenting a bodily appearance or wearing clothing which is disruptive, provocative, revealing, profane, vulgar, offensive or obscene, or which endangers the health and safety of the youth or others is prohibited.

While participating in any activity in which you are representing 4-H, please be advised of the following dress code which will be enforced for all participants, including adult representatives.

1. All clothing shall be neat, clean and acceptable in repair and appearance, and shall be worn within the bounds of decency and good taste as appropriate for 4-H events.
2. Articles of clothing which display gang symbols, profanity, products, or slogans which promote tobacco, alcohol, sex, or are in any other way distracting are prohibited.
3. Excessively tight or baggy clothing is prohibited. Excessively baggy (or loose) clothing = any pants or shorts that (1) are a potential safety hazard while working around animals and/or equipment, or (2) will not stay up.
4. Items of clothing which exposes bare midriffs, bare chests, undergarments or that are transparent are prohibited. Tank tops are permitted. Shirts which expose the bare back, halter tops and tube tops are prohibited. Appropriate undergarments are required.
5. Shoes appropriate for the specific event are required.
6. Swimming: In cases where a swimming is available, be advised for the following:
 - a) Swimsuits must be covered to and from the pool.
 - b) Generally speaking, the fit for all swimsuits should not be immodest or provocative.
 - c) Swimsuits for men — swim attire only (no cut-off pants).
 - d) Swimsuits for women — one piece suits recommended, however two piece suits are allowed as long as they are modestly cut. No thong or crochet suits will be allowed.
7. Dances: The dress code will be enforced during the dances. Modestly cut dresses for women will be allowed. Women's shorts must have a least a 2" inseam. "Hot pants" and "Daisy Dukes" shorts are prohibited.
8. Women's dress/skirt length should be no shorter than 5" above the knee.
9. Members are encouraged to make greater use of wearing their club tee shirts whenever representing 4-H.

If a 4-H member has any questions about the appropriateness of any articles of clothing, they are encouraged to check with the event or project leader PRIOR TO the event in order to avoid either personal

(cont. pg. 4)

SAN DIEGO COUNTY CODE OF CONDUCT (cont. from pg. 3)

personal embarrassment or compromise the image of the county-wide membership.

San Diego County 4-H Member Code of Conduct

4-H members participating in or attending club, county, regional, district, state, and national programs, activities, events, shows, and contests sponsored for youth by the 4-H Youth Development Program are required to conduct themselves according to the 4-H Code of Conduct. The code operates in conjunction with the University of California Cooperative Extension 4-H Youth Development Program and the rules and regulations of the specific activity. Adults attending or participating in 4-H youth activities are expected to conduct themselves according to the code and to assist and support youth in their efforts to adhere to the code.

The following are not permitted at 4-H sponsored programs, activities, or events:

- Possession, consumption or distribution of alcohol.
- Possession, use, or distribution of illegal drugs.
- Possession or use of all tobacco products.
- Gambling and betting by adults and youth representing 4 H is prohibited.
- Display of overly affectionate attention between participants is prohibited.
- Sexual activity.
- Boys in girls' rooms and girls in boys' rooms or lodging areas.
- Cheating or misrepresenting project work.
- Theft, destruction, or abuse of property.
- Violation of an established curfew.
- Unauthorized absence from program site.
- Physical, verbal, emotional, or mental abuse of another person.
- Obscene and discriminatory language, roughhousing, and insubordination will not be tolerated at any time.
- Possession or use of a weapon.*
- Possession or use of a harmful object with the intent to hurt or intimidate others.

Other conduct deemed inappropriate for the youth development program by an event chair; YDP staff; or a 4-H volunteer leader.

*This does not refer to the equipment used in authorized projects such as shooting sports practice or competition.

Program Content/presentation – Lyrics, costumes, signs, dialogue and other program content should support the positive ideals of the 4-H program. 4-H prides itself on helping young people develop skills for success in life; for example.....conflict resolution, solving problems by peaceful methods, modeling respect for all groups of people, and appreciating differences. With this in mind, all San Diego County 4-H events...

Will discourage the use/display of any items or activities which promote violence. Firearms, archery supplies and other related equipment are permissible when used in an educational context by

**SAN DIEGO COUNTY
CODE OF CONDUCT** (cont. from pg. 4)

trained Shooting Sports enthusiasts in a forum which promotes safety.

Will not promote violence;

Will not include sexually explicit material or foul language;

And will not be degrading to any population.

If the code is violated, the following steps may be taken:

- The adult chaperone for the youth involved in the violation (extension agent or 4-H leader) will be made aware of the situation.
- The parent(s) may be called and arrangements made for transportation home at the parent's expense.
- The 4-H'er(s) may be barred from participating in 4-H.
- When a violation occurs at a competitive event, 4-H members may be disqualified from the contest and be ineligible for any awards. Competition in later contests may also be barred. This will be determined by the event chair; YDP staff member; or a 4-H volunteer leader.
- If any laws are violated, the case may be referred to the police.

All chaperones are responsible for all youth at an event.

**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

SELECTING & USING BACKPACKS

Backpacks can cause neck, shoulder and back discomfort if not selected and worn properly.

Here are some tips to follow to avoid problems:

- Limit the load you carry to about 15% of your body weight. That's 22.5 pounds if you weigh 150 pounds. Many doctors recommend a maximum of 25 pounds, no matter how big you are.
- Select a backpack with wide, padded shoulder straps. Air-filled cushions are available on some packs.
- Wear the shoulder straps of the backpack over both shoulders. Slinging the straps over one shoulder can cause you to lean to one side.
- Adjust the shoulder straps to keep the pack snug against your back. Loose packs can pull and strain the muscles in your shoulders and back.
- Position the backpack so it hangs just below the shoulders and rests on your hips and pelvis. The bottom of the pack should rest in the curve of the lower back. It should never hang lower than 4 inches below your waistline.
- Choose a pack with a waist belt to transfer weight from your shoulders to your trunk and hips.
- Select a backpack with multiple compartments to distribute loads.
- Arrange items so they don't slide around and shift weight.
- Use a wheeled backpack for heavy loads and long distances.

Look for well-designed models. The following web sites have some good models:

WWW.TOUGHTRAVELER.COM/PADRE.HTML
WWW.POSTUREPACK.COM

From Cynthia Burt MS, OTR, CEA
(Courtesy UCLA Ergonomics Program)



DEVELOPING SPORTSMANSHIP AND ETHICS THROUGH 4-H DOG PROJECTS

The old saying that “honesty is the best policy” may not be the behavior for an increasing number of teens and adults. Findings in several studies indicate that many are willing to lie, cheat or steal to get what they want in society. If left unchecked, poor sportsmanship and lack of ethics will have a major long-term negative impact on youth, families and society. Because of this alarming trend, 4-H is taking a strong position on teaching ethics and better sportsmanship in 4-H related activities. As 4-H volunteers and members, we have an opportunity to help develop knowledge, skills, attitudes, and behavior about sportsmanship and ethics. Sportsmanship and ethics are a “learned by doing” principle.

People do not naturally grow up to be morally excellent or exercise good judgment. They become so as the result of lifelong personal and community efforts, and by the role models they are used to following. The measure of one’s true character is by what we are willing to do when we are sure what we do will never be found out. How is your character or what role model are you living before the eyes of tender and observing youth? That is a question that all youth leaders and parents need to ask themselves while nurturing and working with youth. Growing up has never been easy. Neither has parenting or teaching. But the challenges today are immense in what message we are sending. Are they accidental or deliberate?

What 4-H Volunteers Can Do?

Sportsmanship and ethics can be taught by example from responsible volunteers. As 4-H volunteers we must:

- 1) Demonstrate sportsmanship ourselves
- 2) Explain why these principles are needed
- 3) Provide orientation and practice on sportsmanship-like behaviors
- 4) Continue coaching, encouraging, correcting and teaching youth and their families skills needed for long term success, happiness, and satisfaction.

Sportsmanship Expectations for Youth Sportsmanship is conduct becoming to an individual involving fair, honest competition, courteous relations, and graceful acceptance of results. The development of sportsmanship is an important part of youth development. In order to become self-directing, productive, capable adults, today’s youth must develop the knowledge, skills, attitudes, and aspirations of sportsmanship. It is important that youth be fair and generous competitors, good losers and graceful winners.

All participants in 4-H programs are expected to demonstrate some of the following elements of sportsmanship before, during and after their participation.

- 1) Conduct: Demonstrate and maintain high standards of personal behavior and conduct which become you as an individual and as a representative of your family, your club, your community and the 4-H program.
 - 2) Fairness: Be honest and just. Observe and follow the rules. Do not cheat.
 - 3) Honesty: Be truthful, fair and straightforward in everything you say and do. Do not lie or deceive people.
 - 4) Courtesy: Be well-mannered in your conduct. Show respect and consideration for others.
 - 5) Grace: Show kindness, favor and compassion. Treat people, animals and things kindly.
- If you are a winner, be happy but do not gloat, brag, act conceited or downplay your accomplishments.

(cont. pg. 7)

DEVELOPING SPORTSMANSHIP AND ETHICS THROUGH 4-H DOG PROJECTS (Cont. from pg.6)

Parent Responsibilities

The biggest area to work on building character in ethics and sportsmanship is at home with parent responsibilities. As parents of youth, here is a list of some things that you can do to help build these important qualities with your children.

- 1) Do not engage in unethical behavior; be honest.
- 2) Get a grip on the adult ego.
- 3) Don't jump to conclusions.
- 4) During your 4-H member's dog project year, do not allow anyone other than your youth to show his/her project dog at any type of dog show, including agility, field trials, rally obedience, etc., as well as fun matches. At 4-H dog shows, leave the professional groomers and handlers out of the picture. No one except the youth and family should lay a hand on the project in preparation for the show.
- 5) Support and be present with your children at events and activities.
- 6) Gracefully accept the results.
- 7) Show courtesy and kindness.

In summary, sportsmanship and ethics are important principles to teach at all 4-H activities, events and in the home. Helping 4-H members and families develop better sportsmanship and honest behavior will help youth be more successful in life. The example we set as adults in being honest, gracefully accepting results of competition, showing courtesy and kindness will go a long way to help send the right messages for youth to pick up and model.

Adapted from information by R. Duane Plymale by Lucinda B. Miller, Extension Specialist, 4-H Youth Development, 01/06

LOST 4-H HAT

Lost 4-H Hat

Jon Fowler was wondering if any one has turned up a 4-H hat. Someone took his hat by mistake at the Leader's Brunch March 17th. It has a 4th year pick ribbon, 4 dog metals, and a woodworking metal and at least 4 year strips. I really need it back! Whoever has it can call me and I can go and pick it up. 619-445-2488.

A FEW MORE TO SERVE....

The San Diego County Leaders Council Board will be holding elections during the Fair Review meeting **July 9th**. Currently the slate of officers running for positions include:

Drew Middleton	– President
Debbie McAdams	– Vice President Programming
Vacant	– Vice President Fund Raising
Kevin Fletcher	– Treasurer
Vacant	– Secretary
Vacant	– Corresponding Secretary

During the Fair Review meeting floor nominations will be accepted. All 4-H volunteers and members over the age of 16 may vote at the meeting.

Standing Committee Chairs and/or Advisors:

Record Book – Robey Cobb is also Community Club leader Valley Center
Small Animal Advisory – Paulette Sauln is also Southern Regional Rep.
Large Animal Advisory – Debbie Torres
Awards and Incentives – Open
Dog Advisory – Bonnie Trigg
Teen Council Advisor – Cathy Mitchell
Candy Sales – Robey Cobb
Fund Raising – Charlie Knust
Horse Advisory – Carmen Rodriguez
Enrollment and Participation – Jan Gonzales
Leadership Training – Charlie Knust
Art and Design Day – Beth Prinz and Cindy Breed
Super Saturday - needed
All Star Advisor – Kevin Fletcher
Sectional Representatives – Gail Raiser and Paulette Sauln

4-H is asking teens, parents, and alumni to come out and help serve.

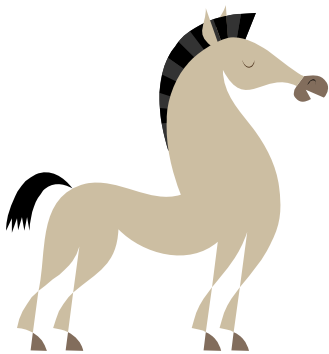


WANTED INFO ON MISSING DOG RING

I am working on recovering equipment from prior leaders, I'm looking for the original show ring that was made by Bob Burkhardt, ex-Poway dog leader in 1992. Poway donated them for the county shows until about 3-4 years ago when the dog advisory bought new show equipment. Anyways, these rings were made on 3/4 PVC with a tee on the top and spikes on the bottom, the spikes went into a 1x4 piece of wood about 20+ inches long with holes the size of the spikes [like 6" nails] and 1/2" PVC went through the tee's at the top and a bungee wrapped around all the poles. It stayed together. We had 2 of these made, with 10 poles each, which we placed into the ground [the spike] to make the dog ring, ran caution tape thru the tees, and we had dog rings.

They are MIA in someone's shed, garage, or barn. If they are broken I will repair them, but we have Kids from Ramona, Warner Springs, Poway, Rancho Poway, etc., that meet to do a pre-show practice at Garden Road Park before the Dog Shows. We just want them back!! Going to the hedge, to the tree, to the table and to the chair as our practice ring just doesn't work. If anyone has any information on them, I'll go get them. Thanks. Mike Baucom, Fishing Leader Poway 4-H. 858-679-1415.

2007 STATE 4-H RECORD BOOK JUDGING



Horse Advisory Scholarship Applications for the educational events at Classic will be available April 25th from Carmen Rodriguez. All applications are due in the County Office by June 1st at 5 PM. Scholarships will be awarded at the June 4th Horse Advisory meeting at 7 PM, County Office.

The next Horse show is May 12th located in Valley Center and will only involve Gymkhana events. Buckles will be awarded for High Point of the day.

COLLEGIATE 4-H MEMBERS AID NATIONAL 4-H CONFERENCE

Contributed by April Mendenhall, 2007 National 4-H Conference Collegiate Facilitator, Arizona 4-H alumni and Colorado State University Collegiate 4-H President.

This year members of Collegiate 4-H clubs from across the country participated as facilitators at the National 4-H Conference. The conference was held at the National 4-H Youth Conference Center in Chevy Chase, Maryland. These members acted as leaders of discussions and helped to teach 15 to 18 year old high school students about the many aspects of the 4-H program and citizenship.

Collegiate 4-H members led round table discussions with the delegates, encouraging them to think about issues facing their generation and what it really means to be a citizen of the world, not just of their country or their community. They also discussed changes to the 4-H program as a whole, and taught them new ideas to take back to their own communities and clubs.

These facilitators also led their groups through Citizenship Excursions—structured activities, discussion and reflection about citizenship while visiting a mix of monuments, memorials and museums in the Nation's Capitol. Sites included the Holocaust museum to discuss why it is important not to remain silent, Arlington cemetery to reflect on the cost of being free, the Lincoln memorial to consider Lincoln's dedication to freedom for all men, and many more. The delegates were questioned about the impact these monuments had on them, and why they are important to learn about, the impact their meaning has on the world. The facilitators encouraged their groups to think of themselves as citizens of the world, and how to make the world a better place, not just their home country. "We all must work together to make a difference!"

Collegiate 4-H is proud to have its members participate in this event and others like it. We continue to support 4-H and its programs through out college careers and into the future. To learn more about Collegiate 4-H and to find or start a club near you, visit the [National Collegiate 4-H Organization](#) website.

SAN DIEGO COUNTY 4-H CALENDAR

DATE	EVENT	LOCATION	PHONE or CODE
May 7 8 13-21 19 26	County Council Special Mtg.—Ethics Horse Advisory East County Fair Sectional Presentation Day State Presentation Day	4-H Office Gate Code 9317# 4-H Office Gate Code 9317# Lakeside Fair Grounds Mt. SAC UC Davis	Drew 858-756-2004 Carmen 760-966-0307 Gail Raser
June 4 4 8 9 12	Teen Council County Council SDCF Begins South Section Council Horse Advisory	4-H Office Gate Code 9317# 4-H Office Gate Code 9317# Del Mar Mt. SAC 4-H Office Gate Code 9317#	Cathy Mitchell Drew 858-756-2004 Gail Raser Carmen 760-966-0307
July 9 9 18 28	Fair Review Meeting Teen Council State Horse Classic Ramona Dog Show	4-H Office Gate Code 6523# 4-H Office Gate Code 6523# Murrieta Ramona	Drew 858-756-2004 Cathy Mitchell c Bonnie Trigg
August 2-5 2-5 6 13 14	Ramona Fair SLC County Council Exec. Teen Council Horse Advisory	Ramona UC Davis 4-H Office Gate Code 6523# 4-H Office Gate Code 6523# 4-H Office Gate Code 6523#	Hogan 858-495-5190 Drew 858-756-2004 Kevin 619-669-1057 Drew 858-756-2004 Carmen 760-966-0307

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

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

SUE MANGLALLAN
4-H Youth Development Advisor
ssmanglallan@ucdavis.edu

STEVE DASHER
4-H Youth Development Advisor
hsdasher@ucdavis.edu

QUANG "HOGAN" TONG
Program Representative
qtong@ucdavis.edu

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

**For assistance
please contact
our office.**

