



# 4-H Memos



Cooperative Extension \* University of California \* San Diego County \* March, 2003

## COUNTY LEADERS' COUNCIL NOMINATIONS

Nominations will be accepted for 2003-2004 Officers at the May 5, 2003 County Leaders' Council meeting. President, Vice-President, Secretary, and Treasurer nominations will be accepted. Individuals interested in nominating individuals should contact Nominations Committee Chair, Debbie McAdams at 619-669-1954. Any 4-H volunteer who has actively served in administration, assistant, project or activity capacities for at least one year; or 4-H members who are sixteen (16) years of age or older shall be eligible to hold the following offices:

**President** - It shall be the duty of the President to preside at all regular and special meetings of the County 4-H Council and the County Council Executive Committee. The President shall serve as ex-officio member of all other committees of the County Council and shall appoint members of such committees. The President's signature shall appear on all checks issued by the Council, together with that of the Treasurer or Secretary-Treasurer.

**Vice President** - It shall be the duty of the Vice President to preside at all meetings in the absence of the President and to succeed to the office of President if that office should become vacant between elections. The Vice President may serve as chairman of committees if so named by the President.

**Secretary** - It shall be the duty of the Secretary to record the full and complete minutes of all meetings of the County Council and the County Executive Committee, and to carry on such correspondence as the Council and President shall direct. (The Secretary will provide a set of all Council minutes to the County Cooperative Extension Office.)

**Treasurer** - It shall be the duty of the treasurer to receive, deposit, disburse and keep a complete and accurate accounting of all monies received by the Council. The Treasurer shall be prepared to present an up-to-date financial report at each meeting of the Council or its Executive Committee. The Treasurer's signature with that of the President shall appear on all checks issued by the Council. The Treasurer shall secure authorization from the County Council or the Executive Committee at regular meetings or special meetings for all disbursements of funds. The Treasurer shall be responsible for compliance with all regulations of the Internal Revenue Service, The State Franchise Tax Board and the State Compensation Insurance Fund. The Treasurer shall have accounts and records ready for audit at the close of the 4-H year, prior to annual elections.

Individuals who are eligible to run for County Office are encouraged to do so. Election of Officers shall be by written ballot by a majority of active Council members present at the July meeting. Area representation to the Executive Committee should be elected in a similar manner. If you have any questions or concerns, please contact Scott at the 4-H Office at (858) 495-5190.

### STATE AMBASSADOR 4-H SURVEY

This year, the State Ambassador team members decided to combine efforts toward one statewide service project. Through their project they hope to benefit the youth in our communities and strengthen the 4-H Youth Development Program. Both enrollment and personal experience have revealed the dwindling participation of older members (high school age) in 4-H. The team has consulted the 4-H Center for Youth Development and developed a survey, in order to derive directly from the youth, the reason behind the lack of participation. The survey is currently online at:

[www.ca4h.org/survey/](http://www.ca4h.org/survey/)

and is included in this newsletter on page 5. We would like to encourage all high school members to complete the survey by March 31 and help us better serve YOUth. If you want to email the 4-H State Ambassador team, send email to [ca4hambassadors@ucdavis.edu](mailto:ca4hambassadors@ucdavis.edu).

### SAN DIEGO COUNTY 4-H MEMBER MEETS WITH SECRETARY OF AGRICULTURE

Secretary Ann Veneman, head of the USDA, was at the San Diego Concourse on February 18, 2003 to discuss President Bush's new Faith-Based and Community initiative. I was fortunate enough to be invited by the Secretary, to not only attend the conference, but also shadow her throughout the event. I had the opportunity to meet with the Secretary, prior to her speech to the forum and get a behind the scenes look of what an official of such distinction does at such prestigious events. During her warm presentation, she highlighted the basics of the new initiative, which makes over \$600 million in grant monies more readily and equally available to both secular and faith-based service organizations nation wide. She brought up 4-H, as being a prime example of the many successful service organizations that partner with the federal government for support, since we are a part of the USDA extension program.

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5555 OVERLAND AVENUE, BLDG. 4, SAN DIEGO, CA 92123 (619) 694-2845

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University of California, County of San Diego and the United States Department of Agriculture cooperating.

## SAN DIEGO COUNTY 4-H AVAILABLE RESOURCES: SCHOLARSHIPS

As part of our ongoing resource column, the following is a list of scholarships that are available to 4-H members. For more information see details listed in separate articles in this and previous newsletters or contact Scott Parker at (858) 495-5190.

<b>Scholarship</b>	<b>Contact</b>	<b>Deadline</b>
2003 Hispanic Heritage Youth Awards	<a href="http://www.hispanicheritageawards.org/youth.php">www.hispanicheritageawards.org/youth.php</a>	March 6, 2003
Del Mar Fair Junior Livestock Auction Committee Scholarship	D.K. Nasland, 858-292-7770	March 10, 2003
Colgate Youth for America	Scott Parker, 858-495-5190	March 15, 2003
New Education Foundation	<a href="http://www.educationisfreedom.org">www.educationisfreedom.org</a>	March 15, 2003
2003 National 4-H in Action/Community Tree Planting	<a href="http://www.grants.n4h.org">www.grants.n4h.org</a>	March 18, 2003
2003 Junior Grand National Merit Award	Scott Parker, 858-495-5190	March 28, 2003
California State Fair Scholarship	916-263-3010	March 28, 2003
Puppy Raising Youth Scholarships	<a href="http://www.4hresources/ir">www.4hresources/ir</a>	May 30, 2003
Don Diego Scholarship	Chana Mannen, 858-755-1161, ext. 4210	April 1, 2003
John D. Isaacs Scholarship	Scott Parker, 858-495-5190	March 25, 2003
San Diego County Farm Bureau Scholarship	760-745-3023	April 12, 2003
San Diego Cowbelles Memorial Scholarship	Dottie Martinez, 619-478-2364	July 1, 2003

Thousands of dollars in scholarships are available. General 4-H Statewide Scholarships and Awards have been updated and are available on the website at <http://ca4h.org/4hresource/ir/>. The deadline for most of these has been moved to May 30, 2003. Check the website for specific criteria and eligibility for each award.

### COWBELLES MEMORIAL SCHOLARSHIPS

The San Diego County CowBelles is accepting applications for a scholarship to a college student with a major directly related to the beef industry in the areas of education, management or animal science.

The scholarship shall be given to a resident of San Diego County who has successfully completed at least one year of a four-year college or university, or student who is attending a 2 year college. Contact the 4-H Office for more information.

### SAN DIEGO COUNTY FARM BUREAU SCHOLARSHIP

Are you studying Agriculture or plan to enter a two or four year college or university soon to study agriculture?

SDCFB is committed to investing in the education of future farmers in San Diego County. If you are a San Diego County resident studying for a career in local agriculture, be sure to submit your application. Eligibility information, instructions and application forms are available from the Ag department at all San Diego County High Schools and at the SDCFB office.

## COUNTY COUNCIL MEETING MINUTES FEBRUARY 3, 2003

**Meeting was called to order by President Paulette Sauln at 6:33 p.m.**

**Mr. Len Merson** - A guest speaker and motivational speaker. He works with 4<sup>th</sup>-12<sup>th</sup> graders. He gave a small example of what he does. Scott has his E-Mail and all info.

**Sue Manglalan**, Acting County Director, honored Kristina Byrne for her many contributions to the 4-H organization.

**Terry Salmon**, New County Director was introduced by Sue. Proposed 2003-04 University budget issues were discussed. A 30% cut in Cooperative Extension that includes county offices and staff, and the 4-H Program, has been proposed. Make sure we make people aware of the value of our program. Make our legislators aware of how we serve San Diego's youth.

**Dr. Megnone Pollard**, Assistant State Director for volunteer and staff development from U.C. Davis attended. The budget suggestion was to work together in our county and in our sections as leaders council. She met with volunteers and discussed short and long-term goals and visions.

**Secretary's Report** - Minutes were accepted after corrections and the \$30 purchase of puppets for the group use was added.

**Treasurer's Report** - An error in the beginning balance was found and was corrected. Report was accepted after corrections were made.

**Correspondence** - A statement to Mr. Hilliker for the rental of the puppets at \$35.

### **Old Business:**

**Youth Expo** - Meeting to be held Feb 19, 2003 - 6:30 at county conference room. Need volunteers for committee and if you can not attend, send ideas. Hoping date of event will be Oct. 11, 2003 in Balboa Park Casa del Prado.

**Super Sat.** - Great success and good attendance. County-wide event - each community can do a booth with hands on activities. Booths are project specific - 7 sessions for both adults and youth were offered. Teen Council members who helped did a great job.

### **New Business:**

**County presentation Day** - To be held May 3, 2003 at the Village Community Presby. Church, Rancho Santa Fe. Youth Chairman: Amanda Nelson. Adult Chairs: Jean Combs and Debbie Torres. Committees are assigned and working.

**Regional Presentation Day** - May 17, 2003 at Mt. Sac. Open to youth of our county that qualify. Last year was the first time for us to participate. Need more info. Discussion was tabled until next meeting. Next step, to get county input and get started a year before the event.

**Regional Meeting** - April 12, 2003

**Area Reports** - Area 5,6,7 - Met on Jan. 29<sup>th</sup>. Leaders Appreciation Day - April 5. County Livestock Judging Team will participate at Fresno in April. East County Jr. Fair Board BBQ will be March 16 at Fair Grounds, \$5 for dinner tickets. Group looking for donations. No other areas reported.

**Teen Council** - Bring your checkbook to next leaders council meeting for the Auction of Baked Goods as a fundraiser. Ann Middleton, a cat veterinarian, spoke to the group.

**Small Animal** - Approved budget and discussed show. Small Stock Learning Day reg form packets are due Feb. 28.

**Horse** - Feb. 11, meeting in county conference room, 7p.m. Show schedule, horse leader and horse ID forms are due Feb. 14.

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## HOME ARTS DAY

*Wish Upon a Star* is the theme for this year's Home Arts Day, to be held on April 26 at Ramona Elementary School. Check-in will be from 8:30-9:00 a.m., and the day should be finished around 2:30 p.m. Ramona Elem. is located 2 blocks south of Rt. 78/67 (Main Street in Ramona), on 8th Street. Events will take place in the multi-purpose room.

Events include: Fashion Revue, Favorite Foods Show (food items do not need to necessarily follow the theme of the day), Home Arts Judging, and a Talent Show. A luncheon will be served after the morning judging events are finished and prior to the Fashion and Talent Shows in the afternoon. If you would like to help with the luncheon, please contact Jenni Hill at (619) 281-0992.

Registration packets will be mailed to individual clubs and forms must be returned to the 4-H office by March 30. No late entries will be accepted. Clubs that are sending items to be judged for sewing are asked to help by bringing 2-3 people with sewing skills who are capable of judging clothing construction and fit, but who have not had any contestants in a sewing project (i.e. no current sewing leaders who have club members participating that day). If you know of any suitable judges, please contact Lori Kennedy at: Lori\_Kennedy@HomeDepot.com or at (760)751-2538.

Further questions can be e-mailed to Beth Prinz at: bandbprinz@jps.net or by contacting Sue Manglalan or Scott Parker at the 4-H office.

## 4-H INCENTIVES & RECOGNITION COMMITTEE

As the California 4-H Youth Development Program moves forward with our new Mission and Direction, we have evaluated the Incentives and Recognition Committee. The 4-H Program Advisory committee has discussed the future of incentive and recognition programs, during two meetings, and has helped us reshape the committee.

Members (6 youth, 3 volunteers, and 3 county staff) will meet to review, formulate, and evaluate statewide incentives and recognition programs and activities including the state competition, scholarships, awards, and more!

Committee members may, if they desire, also opt to serve on sub-committees that will handle the logistics and details of the state competition and scholarships.

The CA 4-H Youth Development Office is seeking new members for the 2003-2004 4-H Incentives and Recognition Committee. Youth members (ages 14 and up), adult volunteers, and county staff are encouraged to apply. Applications are accepted until April 11.

## SOUTHERN SECTION 4-H FIELD DAY

Southern Section 4-H Field Day will be held on Saturday May 17, 2003 at Mt. San Antonio College (Mt. SAC) in Walnut, CA (eastern L.A. County). There will be competition in the following areas:

1. Presentations and Public Speaking
2. Share the Fun, Cultural Arts and Song Leading
3. Fashion Review

(Participants must pre-qualify for the above 3 events by being declared a county winner in order to participate)

Other events:

4. Impromptu Speech Contest
5. Extemporaneous Speeches (4-H seniors)
6. Judging Contests
7. Sports

(There is no pre-qualifying or pre-registration for the above 4 events. Register on day of events)

8. Educational Exhibits--no limit on number of exhibits per county. Hands-on project exhibits encouraged. No exhibits by primary division.

9. Sectional Dog Field Day- exhibitors must be currently enrolled in dog care and training project.

Awards will be given in all areas from participation seals to gold medals.

Entry forms are due on Saturday, April 12, 2003 at the Southern Sectional Council meeting to be held at Mt. SAC. With entries, include a \$1.00 fee for each Presentation, Public Speaking, Primary Presentation, Educational Exhibit, and for each member of a skit, song leading, or cultural arts entry. There is no pre-registration for Sports events, the judging contest, Impromptu Speaking or Extemporaneous Speaking for seniors.

For additional information, contact county 4-H Office or Gail Raser, Escondido 4-H at (760) 743-2950

## COUNTY COUNCIL MEETING MINUTES FEBRUARY 3, 2003

(Cont. from pg. 1)

Awards & Incentives – Discussed All Star Program.  
Record Books – What events goes where, changes and corrections (not for this year). Have recommendations – community service is a change. More clarification needed.  
Staff Report – Scott recommends we should contact coordinators of Regional Presentation Day to see if we can help and let our youth participate this year. Appointed chair by the president to this project is Gail Raser.  
Home Arts – Met Jan. 29<sup>th</sup> and the Fiesta was talked about – April 26<sup>th</sup>.

**Meeting Adjourned at 8:18 p.m.**

Respectfully submitted,  
Debbie Torres, County Council Recording Secretary

## SAN DIEGO COUNTY 4-H MEMBER MEETS WITH SECRETARY OF AGRICULTURE

(Cont. from pg. 1)

During her presentation, to my great surprise, I was so honored as the Secretary introduced me and discussed some of my accomplishments throughout my 4-H career, such as Coats for Kids, and as she commented on it, as being a great example of a successful community service program that this new initiative is all about. Afterward, I was able to sit in at her press conference and observe a consummate politician field questions about the new ground breaking plan.

I am very honored to have had this experience. I realize that not very many individuals have such an opportunity at any point in their lives. I am thankful that I had the opportunity to meet with such a prominent individual as Secretary Veneman, to learn about what an official does and goes through, as well as learn about an initiative that will be extremely beneficial to service organizations like 4-H and to the nation.

Submitted by Levi Gassaway  
Ramona Stars 4-H Club

## COMMUNITY SERVICE OPPORTUNITY PEP PROJECT

This is a community service opportunity for 4-H Clubs who have the desire to help the PEP non-profit organization continue to cheer many isolated senior residents throughout San Diego County.

PEP (Performance Entertainment Program for adults) is requesting help in continuing to brighten the day for many senior residents with seasonal artwork. We can't express enough appreciation for the many smiles this brings to the residents. You can play a large part in cheering our elderly friends.

Here is the schedule for the coming year . . .

March	St. Patrick 's Day	3/1 due date
April	Spring Holidays	4/1 due date
May	Mother's Day, Memorial Day	5/1 due date
June	Father's Day, Flag Day	6/1 due date
July	4th of July	7/1 due date
August	Beach scenes	8/1 due date
September	Back to School scenes	9/1 due date
October	Halloween, Autumn	10/1 due date
November	Thanksgiving	11/1 due date
December	Winter Holidays	12/1 due date

Thank you! Just a reminder, if you have access to laminating, the residents really enjoy having laminated artwork to use as placemats . . . these can be used year after year to enhance the seasonal celebrations.

Please contact Andrea Ladmer at (619) 593-7377 or email us when the artwork is ready to be distributed so we can arrange for pick up or drop-off.

## 4-H YOUTH DEVELOPMENT OLDER MEMBER RETENTION SURVEY



The 2002-03 4-H State Ambassador Team is researching the issue of older member retention. In an effort to determine how the 4-H Youth Development Program can better address the needs and interests of high school aged 4-H members, we need to hear about your 4-H experience!

Please take a few minutes to complete this survey to help us make the best in 4-H better. If you are a past member, please answer the questions based on your past 4-H experience.

**Take this survey online at [www.ca4h.org/survey/](http://www.ca4h.org/survey/) or return this survey to the address on page two by March 31, 2003.**

If you have any questions or concerns regarding the completion or purpose and use of this survey, please contact: Steven Worker @ (530) 754-8519 or [smworker@ucdavis.edu](mailto:smworker@ucdavis.edu)

Date \_\_\_\_\_ Member:     Past  Present

County \_\_\_\_\_ Age Joined \_\_\_\_\_ Age Left (if no longer a member) \_\_\_\_\_

Current Age \_\_\_\_\_ Gender:  Male     Female

Residence:     Urban     Suburban     Rural

**1. Why did you join 4-H? (Check all that apply)**

- My parents encouraged me to join.
- My friend(s) were involved in 4-H
- I wanted to participate in 4-H activities like projects, fairs, etc.
- To have fun.
- To be with others my own age.
- To achieve recognition.

**2. Why do you stay involved in 4-H? (Check all that apply)**

- I enjoy working on my projects.
- I enjoy my experiences at fairs and exhibitions.
- I work with younger kids that need me to stay involved.
- I like being with others my own age. (i.e. "Hi 4-H")
- I like the incentives and recognition I achieve or work toward.
- I learn skills that help me in life.

**3. Why did you decide to leave 4-H? (Check all that apply only if no longer a member)**

- I had accomplished what I had set out to do in 4-H.
- I didn't have enough time to participate.
- My friends were not in 4-H.
- I didn't enjoy being a member.
- It became too expensive.
- I lost interest.
- It was hard to get transportation to meetings.
- I felt other youth organizations had different things to offer me.

**4. Have either of your parents/legal guardians been or are currently involved with 4-H?**

- (i.e. project leader, volunteer, past member)
- YES     NO    In what way? \_\_\_\_\_





Target Audience:       Youth (ages 14-19)       Adults       Mixed  
Emphasis of Workshop:  Leadership       Citizenship       Other Lifeskills

Identify the minimum and maximum numbers for your workshop, if they differ:  
Default Minimum: 10      Default Maximum: 50 or classroom size  
Workshop Minimum: \_\_\_\_\_ Workshop Maximum: \_\_\_\_\_

Are you willing to repeat your workshop?     Yes       No

Please identify any time frames you **WOULD NOT** be able to present:  
 Not able to present Saturday, August 9, 9:00-10:00 am  
 Not able to present Saturday, August 9, 10:15-11:15 am  
 Not able to present Saturday, August 9, 1:00-2:30 pm – Please note: 90min session  
 Not able to present Sunday, August 10, 9:00-10:00 am  
 Not able to present Sunday, August 10, 10:15-11:15 am

Please **X** the items that you would like provided for your workshop.  
 None       Digital/LCD Projector  
 Flip Chart with Markers       Overhead Projector  
 Teaching Table       Slide Projector  
 Internet Connection       Chalkboard or Whiteboard  
 TV/VCR       Other \_\_\_\_\_

Most rooms are classroom setup with moveable desks facing the front of the room. If your workshop requires something different, please indicate:  
 No Preference       Hollow Square  
 Reception (chairs against wall)       Meal (tables with chairs surrounding each)  
 No furniture       Other \_\_\_\_\_  
 Other \_\_\_\_\_

Many presenters prefer to have a “room host” to aid in the logistics of their workshop. The room hosts are responsible for checking-in delegates, helping with set-up, introducing the presenter, distributing and returning presentation evaluations to the Presenter’s Lounge. Without a room host, the presenter would be responsible for these duties. Would you like a room host?  
 Yes       No, I will take care of it.

Please return by mail, fax, or email completed proposals by **March 10<sup>th</sup>, 2003** to:

Steven Worker, Conference Director  
ANR: California 4-H Youth Development Office  
UC Davis  
One Hopkins Road  
Davis, CA 95616-8575  
[smworker@ucdavis.edu](mailto:smworker@ucdavis.edu)  
fax: 530-754-8541  
ph: 530-754-8519

## SUPER SATURDAY REVIEW

By Aaron and Meredith Prinz

Super Saturday was held on February 1<sup>st</sup> at Midland Elementary School in Poway. There were 16 booths that covered topics from cattle to bubbles, and from clown coloring to rocketry. One of the most fun things was watching mini rockets get launched up 100 feet! The rockets were made of plastic soda bottles.

People talked about animals and resources. I had a poultry booth and wasn't even thinking about rabbits. Now I've started a rabbit project after talking to a breeder with a booth (it was really her group's booth). Now I have an animal to show since I can't show my chickens because of Newcastle disease.

There were tons of fun activities to do. There were also seven sessions taught by 4-H leaders. Thank you to all participants and people who made it possible! I encourage you to go next year.

*Submitted by Aaron Prinz, Ramona Stars 4-H*

Super Saturday is a great place to go if you want to learn about 4-H projects such as sewing on a button (which I taught), dog parts, sheep breeds, parts of a saddle, poultry showmanship (with puppets because of Newcastle disease), rabbits and cattle. Also activities such as drawing clown faces, mouse valentines, decorations with foam shapes, bubble making, bird feeders and shooting water rockets made Super Saturday lots of fun.

Thank you to all the session leaders who taught interesting sessions and made Super Saturday possible (and, of course fun).

*Submitted by Meredith Prinz, Ramona Stars, 4-H*

We wanted to thank and acknowledge the following 4-H Groups for making Super Saturday such a great success:

Alpine Amigos, Escondido, Jamul Chaparros, Olivehain Valley, Poway, Ramona Stars, Rancho Poway, Santa Ysabel/ Julian, Fallbrook, Lemon Valley Leprechauns, and South Bay.

## ANNOUNCEMENTS

**The "Way to Grow!" The Junior Master Gardener Program** will be recognizing four "CA Youth Gardens of the Year". The program is open to all CA youth involved in gardening projects through schools or youth organizations. Applications are due April 15. For more information, visit <http://ca4h.org/projresource/jrmastergardener/>

Check our **Kidspace Art**. This internet site enhances the CCS curriculum, *A Palette of Fun with Arts and Crafts*. The site offers selected art software, internet sites and resources and drawing and painting activities. Fund for the whole family.

## 2002 STATE LEADERSHIP CONFERENCE

The 2003 State Leadership Conference will be held August 8-10, 2003 at the University of California Davis .

The California 4-H State Leadership Conference provides high school aged youth with an opportunity to engage in hands-on learning experiences, while further developing leadership and social skills.



The main focus of the conference is the hands-on educational workshops presented for youth by youth. Each delegate will get to select six workshops specifically designed to develop knowledge and skills in the areas of Leadership, Agriculture, Technology, Government, Citizenship, Recreation, Environment, Diversity and Career Preparation.

An application is included in this newsletter (see page 7) for those who would like to present an educational workshop. Please return the completed form to the State 4-H Office by **March 10, 2003**.

Delegate registration fees support the California State 4-H Leadership Conference. In an effort to keep our registration fees reasonable, many of our workshop presenters donate their time towards this worthwhile leadership opportunity. To thank our volunteers, all presenters can request reimbursement for travel expenses up to \$50.00 as well as receive free duplicating of all educational materials. In addition, presenters not registering for the conference will receive one complimentary meal.

For additional information visit the State 4-H website at: <http://ca4h.org/conference/slc/2003/>.

## 2003-2004 4-H STATE AMBASSADOR PROGRAM

The 2003-2004 4-H State Ambassador applications are now available through the San Diego County 4-H Office. The 4-H State Ambassador Program, which replaces the State Diamond Star Program, is available for youth members and adult volunteers that are interested in providing leadership to the 4-H program on a state-wide level.

Completed applications are due to the County 4-H Office by Monday, March 24th. For an application or for additional information please contact Scott Parker at 858-495-5190.

## SPOTLIGHT ON EDUCATION

Bullying has been a problem discussed in recent months in the media. It usually has been discussed in reference to the school environment. But bullying can occur anywhere. How can we promote a bullying free environment in the 4-H Program? The mission of the 4-H Program is to ensure young people have an opportunity to develop and practice life skills that will be of benefit to them in society. Bullying behavior is something that should not be condoned or practiced in the 4-H program. A study conducted by two 4-H advisors, Go and Murdock 2002, found that the same youth can be both victims and perpetrators of bullying.

Bullying refers to deliberate hostility and aggression toward someone else. It can be physical like pushing, hitting or yanking something out of someone else's hands. It can be vocal by making threats, name calling, sarcasm, spreading rumors or persistent teasing. It is a behavior characterized by inflicting physical, verbal or emotional abuse on another individual or individuals. (Durosinni, 2002)

Bullies are cultivated in a variety of environments. In the home, where parents: (1) prefer physical means of discipline, (2) are sometimes hostile and rejecting, (3) utilize inconsistent parenting styles, and (4) have poor problem solving skills. Bullies also learn from their social environments they can get what they want by picking on others. They observe others who appear to be successful in displaying bullying behavior for personal gain, gaining status with peers or escaping an undesirable situation. (Batsche & Knoff, 1994)

The percentage of children who experience bullying decreases with age and grade. But while there is a general decline in direct physical bullying as age and grade increase the level of verbal abuse can remain the same, and is no less detrimental to youth.

A young person may indicate he or she is being bullied. The following signs may indicate that the child or youth is the victim of bullying behavior:

- Comes home with clothes torn or personal items destroyed.
- Becomes distressed, sullen or anxious.
- Stops eating.
- Becomes frightened of walking to and from school and changes his/her usual route.
- Begins doing poorly in school or the environment where the bullying takes place.
- Begins making excuses to stay at home from school or the youth program.
- Refuses to say what is wrong.
- Becomes aggressive and unreasonable or begins to bully others.

How to promote a bully free environment.

- Those who are in positions of leadership need to develop and model non-bullying social skills. Bullying is a learned behavior.
- Silence of others towards a bully's behavior contributes to that person's confidence that what they are doing is right. Do not silently stand by or laugh at someone who is the victim of bullying behavior.
- Set ground rules as a group at the beginning of the club year to decide acceptable and unacceptable behavior for participants. Define what are unacceptable aggressive behaviors and what are acceptable assertive behaviors.
- Set up a buddy or welcoming committee for new members and their families so that they gain friends and feel a part of the group early on when they join. This is important not only for those new to the group but also for those who are already a part of the group.
- Provide members with an opportunity to learn assertiveness techniques and conflict resolution strategies as part of the 4-H educational program. Role play responses someone can use to respond to a bullying situation in an assertive manner. Develop opportunities for participants to learn the difference between assertive and aggressive behaviors.
- Create opportunities for all youth to be an active part of the group and do their best.
- Diffuse bullying situations early. Do not ignore them when you first observe the situations occurring.
- Alert parents of children and youth who continue to display bullying actions of their child's behavior.
- Meet with other 4-H leaders and teen leaders in your group and share strategies to deal with bullying behavior.

## 2003 STATE RULES FOR CALIFORNIA FAIRS

We are pleased to announce the 2003 State Rules for California Fairs are currently available at [www.cdfa.ca.gov/fe](http://www.cdfa.ca.gov/fe). The State Rules contain several changes for 2003 including new scorecards for market beef and goats, as well as the new Scrapie requirements for sheep and goats.

If you need additional information or have any questions regarding exhibits at California Fairs, please feel free to contact Tomme Jo Dale, Fairs Management Consultant, at 916-263-2948.

# SAN DIEGO COUNTY 4-H CALENDAR

DATE	EVENT	LOCATION	PHONE or CODE
<b>March</b>			
1	Ramona Book Cover Contest Due	Nancy Christensen	
2	Poultry Puppet Workshop	1:00-2:30 p.m. 4-H Office	Gate Code 2002#
3	Del Mar Fair Meeting	Del Mar Fairgrounds	
4	Craftsman/NSTA Entry Due	NSTA Headquarters	1-888-494-4994
10	Executive Council/Teen Council Mtg.	6:30 p.m. 4-H Office	Gate Code 2002#
10	Del Mar Auction Scholarship App Due		858-694-2861
11	Horse Advisory Mtg	7:00 p.m. 4-H Office	Gate Code 2002#
15	Small Animal Learning Day	Ramona Fair Grounds	Kristina 858-679-2072
15	Sockers Youth Night	7:00 p.m. Sports Arena	Alison 858-836-4625x334
15	Colgate Entry Due	4-H Office	Scott 858-495-5190
15	Spring Pattern Orders Due	Jenne Hill	Jenne 619-281-0992
15	Quality Assurance/Ethics Training	Lake Earl Grange Fort Dick, CA	Helan 707-464-4008
16	East County Fair BBQ	Lakeside Rodeo & Fairgrounds	Kathy 619-561-0631
21	Area 5,6 &7 Presentation Day	Rios Elementary School	Charla 619-445-4249
24	State Ambassador App Due	4-H Office	858-694-2861
25	J.D. Isaacs Scholarship App Due	4-H Office	Scott 858-495-5190
29	Area 1 Novice Presentation Day	St. Stephan's Church, Fallbrook	Stacy 760-728-4235
29	Quality Assurance/Ethics Training	Lake Earl Grange Fort Dick, CA	Helan 707-464-4008
<b>29-April 5</b>	<b>4-H National Conference</b>		
<b>April</b>			
1	Don Diego Scholarship App Due	San Diego Fairgrounds	Jane 858-755-1161
5	Area 1 Presentation Day	St. Stephen's Lutheran Church	Stacy 760-728-4235
5	Area 2 Presentation Day	House of Prayer—Escondido	Gail 760-743-2950
5	Area 3 Presentation Day	Old Poway Park	Kristina 858-679-2072
5	Area 4 Presentation Day	Julian Jr. High	Stacy 760-765-2979
7	Executive Council Meeting	6:30 p.m. 4-H Office	Gate Code 3144#
8	Horse Advisory Committee	7:00 p.m. 4-H Office	Gate Code 3144#
10-12	You See UC Days	UC Davis	Scott 858-495-5190
12	Bonsall 4-H Dog Show	TBA	Bonnie 760-630-1503
14	Teen Council Mtg.	6:30 p.m. 4-H Office	Gate Code 3144#
19	Area 1 Sheep Field Day	Fallbrook High School	Alice 858-522-4326
26	Rancho Poway Dog Show	TBA	Elizabeth 760-744-7763
26	State 4-H Leaders Council Mtg.		
26	Home Arts Day	Ramona Elementary	Sue 858-694-8836
28	Japanese Exchange Apps Due		
<b>May</b>			
3	County Presentation Day	Village Community Church	Jean 760-728-7877
5	County Council Meeting	6:30 p.m. 4-H Office	Gate Code 3144#
11-18	East County Fair	East County Fairgrounds	
12	Teen Council	6:30 p.m. 4-H Office	Gate Code 3144#
17	Sectional Presentation Day	Mt. Sac—Walnut, CA	Gail 760-743-2950
17	Area 4 Judging Day	Julian High School	Margaret 760-765-3381
17-18	Fallbrook Youth Fair	Fallbrook High School	
18	Area 2 Judging Day	Gang Ranch	Robert 760-749-5211
18	Area 2 Field Day	Gang Ranch	Robey 760-749-0294
24	State Presentation Day	UC Davis	
31	Area 3 Judging Day	Olivenhain Town Hall	Judy 760-632-7797

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