



4-H Memos



University of California Cooperative Extension * San Diego County * June, 2004

Controlling West Nile Virus Involves Everyone

West Nile Virus has been found in San Diego County and we all need to do our part to protect our animals and ourselves from it.

West Nile Virus is the result of a bite only from an infected mosquito. It is *not* spread from horse to human or person to person. Horses infected with West Nile Virus can be made very ill and in some cases die as a result of it. Most humans bitten by a mosquito infected with West Nile Virus will have no symptoms. Some may experience headache, slight fever and body aches for a few days. A small number could have serious neurological illnesses that can include high fever, severe headache, neck stiffness, tremors, paralysis, disorientation, muscle weakness that can last several weeks or even become permanent damage, or death. The chance that any one person is going to become ill from a single mosquito bite is low. The risk of severe illness and death is highest for people over 50 years old and other persons with lowered immune systems. If you think you have West Nile Virus, realize that mild West Nile Virus disease generally improves on its own, but if you think you have severe disease, contact your physician.

There are three things you can do to minimize exposure to West Nile Virus:

Immunize Your Horses

Immunization is your best defense to protect horses (there are no vaccines available for animals other than horses). Right now, it's not too early to begin vaccinating your horses against West Nile Virus. The horse must receive two doses of the vaccine three weeks apart. The last dose may not "kick in" and be effective for another two weeks. With warm weather fast approaching, the vaccine needs to start now. The peak of the mosquito activity will be late summer and fall.

Many people have been vaccinating their horses against other encephalitis-type diseases. However, these vaccinations do *not* protect against West Nile Virus.

Eliminate Mosquito Breeding Sites on Your Property

This is a critical point. Change animal drinking bins weekly. If animals are stabled, use insect screening and put animals in before dusk and after dawn as infected mosquitoes are the most active at dusk and dawn. (Some human mosquito repellents can be used on horses, but be sure to read the package instructions carefully to be sure.)

It doesn't take much standing water to enable breeding. An old tire tossed aside will suffice. Conduct a thorough survey of your entire property to eliminate areas with standing water. If you have standing water that must remain, there are fish available at no cost from vector control that can prevent the water from becoming a breeding ground. Visit www.sdfightthebite.com to find locations that supply these fish.

Wear Protective Clothing and Use Mosquito Repellents

People who spend time outdoors, such as farmers, ranchers and their workers especially need to take preventative measures to protect themselves from exposure to mosquitoes possibly infected with West Nile Virus.

It is strongly recommended that farmers, ranchers and their workers, and anyone who spends a lot of time outdoors, protect their bodies from mosquito bites by wearing long-sleeved shirts and log pants, especially at dusk and dawn. I realize such a recommendation is a challenge here in the land of tank tops and Bermuda shorts, but it can significantly reduce your exposure to a mosquito bite.

Also, use mosquito repellents that contain the ingredient Deet. Mosquitoes are drawn to the carbon dioxide in our breath. Repellents, such as Deet, exude chemicals that make it difficult for mosquitoes to find you. When used properly, Deet is safe. Because different strengths of Deet are available, you need to use one that offers protection for the length of time you need. While some sunscreens also contain Deet, the Centers for Disease Control and Prevention (CDC) does not recommend you use these combination products because the duration of the sunscreen and Deet products are different, so you could be over- or under-applying one or both products. Always use separate solutions so that you can control how much and how often you apply it.

Some Deet solutions are made for children, while others are suitable for adults and children. Children's solutions are not as strong as those for adults, which means they must be applied more often, so follow application instructions carefully to avoid over-applying. Because children put their hands and fingers into their mouths, avoid applying Deet on children's hands.

More information on preventing West Nile Virus is available in both English and Spanish from the Department of Agriculture, Weights & Measures (www.sdcawm.org), the department of Environmental Health, Vector Control (www.sdfightthebite.com) and the CDC (www.cdc.gov/ncidod/dvbid/westnile/). West Nile Virus is something we can protect against. In this case, an ounce of prevention is worth a pound of cure.

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

COUNTY PRESENTATION DAY RESULTS

The following are the results for the San Diego County 4-H Presentation Day, April 3, 2004 at Midland Elementary School in Poway. All Gold Award winners are now eligible to compete at the Southern Sectional Presentation Day on Saturday May 15.

Demonstration Contest

Junior Gold Awards

Olivia Cary – Sagebrush 4-H
Joni Hillebrecht – Escondido 4-H
Charleton Mills – Fallbrook 4-H
Meredith Prinz – Ramona Stars 4-H
Randi Robertson – Escondido 4-H
Erica Rogers – Valley Center 4-H
Holly Rogers – Fallbrook 4-H

Intermediate Gold Awards

Josh Billimoria and Cameron Drown (team) – Santa Ysabel/Julian 4-H
Robby Hillebrecht – Escondido 4-H
Amanda Kaiser – Valley Center 4-H
Taelor Robertson – Escondido 4-H
Patrick Rogers – Fallbrook 4-H

Intermediate Blue Awards

Emily Cary – Sagebrush 4-H
Kristen Conchola and Rachel Hochstetler (team) – Valley Center 4-H
Jon Fowler – Jamul Chaparros 4-H
Breanna Janovy – Sagebrush 4-H
Chandler Mills – Fallbrook 4-H
Mike Mitchell – Escondido 4-H
Aaron Prinz – Ramona Stars 4-H
Marla Rogers – Valley Center 4-H
Robert Tate – Jamul Chaparros 4-H
Katherine Thompson – Santa Ysabel/Julian 4-H

Senior Gold Awards

Chase Mills – Fallbrook 4-H
Logan Peyakov – Santa Ysabel/Julian 4-H

Illustrated Talk Contest

Intermediate Blue Award

Lisa Hillebrecht – Escondido 4-H

Senior Gold Award

Shannon Fagan – Escondido 4-H

Speech Contest

Intermediate Blue Award

Jessica Curodeau – Valley Center 4-H

Cultural Arts Contest

Gold Award

Rachel Hochstetler - Valley Center 4-H

Blue Award

Jessica Curodeau – Valley Center 4-H
Erica Rogers – Valley Center 4-H

Red Award

Marla Rogers – Valley Center 4-H

Congratulations again to all our participants! And thank you to our supporters, room monitors, timers, and Teen Council for making this a fantastic day. And a special THANK YOU to our judges: Leslie Arner, Janice Hochstetler, Debbie McAdams, Matthew McAdams, Drew Middleton, Cathy Mitchell, Bill Prinz, Gail Raser, Ray Raser, Paulette Sauln, Valerie Thompson, and Debbie Torres.

Record Book Evaluation Dates Set

Record Books of members' 4-H projects and achievements are due, as a club group, in the 4-H Office on August 6, 2004 by 5:00 p.m. Check with your Community Club or Unit Leader.

On Wednesday and Thursday, August 18 and 19, the Record Books will be categorized from 12:00-7:00 p.m. Contact Debbie McAdams at 619-669-1954 if you can help.

Record Books evaluations will take place on August 19 and in the evenings on August 20 and 21 at the 4-H Office. Adult and Teen evaluators are needed. This is a good way to get involved and learn about record books to help your members. Each club who submits record books is required to also provide evaluators. Lunches will be provided by San Diego Leaders Council. Contact

Sectional Presentation Day Fashion Review Results

Listed below are the results from Southern Sectional Field Day held on May 15, 2004 at Mt. San Antonio College for San Diego county participants:

Presentations-

Junior Medallist- Holly Rogers, Community Pride
Junior Blue- Joni Hillebrecht, Crafts
Junior Blue- Randi Robertson, Beginning 4-H
Junior Blue- Erica Rogers, Communications

Intermediate Medallist- Patrick Rogers, Radio-Controlled Cars
Intermediate Blue- Robby Hillebrecht, Sheep
Intermediate Blue- Amanda Kaiser, Communications
Intermediate Blue- Taelor Robertson, Exploratory

Senior Blue- Shannon Fagan, Horses

Horticulture Judging Contest

Intermediate Gold Medallist- Robby Hillebrecht

Fashion Review-

Junior Gold Medallist- Meredith Prinz, Traditional

Intermediate Blue- Camber McKenzie, Traditional

Senior Blue- Britney Grigsby, Traditional

Congratulations to all participants!

4-H CAMPING TASK FORCE



Applications are being accepted for the **Statewide 4-H Camping Task Force** until **June 30, 2004**.

The Task Force goal is to help assure healthy, safe, high quality, well-run, educational and fun camping program experiences for campers and staff through the

California 4-H Youth Development Program. Applications are available at <http://ca4h.org/council/camping/>

Spotlight on Education Competition and Cooperation At The Fair

Competition and cooperation are part of youth's everyday experiences. Often it is the actions and attitudes of the significant adults in the child's life, that determine a child's positive or negative reaction to competition. It is vital that a child develop a positive attitude about competition since it will be an important part of his or her adult life. Understanding the child's perspective and the adult's role is the first step toward creating a healthy environment in which that positive attitude about competition can be developed.

This time of year in the 4-H Program, children may be thrust into more public competitive situations than other times of the year. It is important that everyone develop and promote an attitude that nurtures the young person and assists them in growing positively from those experiences.

In 4-H, a child's performance is publicly demonstrated, tested and evaluated in the show ring or other competitive events. This can prove more important and more visible than classroom performance to children. An increase in anxiety often occurs. Youth Sports Institute surveyed youth 10 to 18 in 1988 and found that 3 of the top 10 reasons for dropping out of a youth activity or sport program are:

- It was no longer fun.
- There was too much pressure
- There was too much emphasis on winning

In another survey youth ranked "to have fun" as the Number 1 reason to take part in a youth program or sports activity and "to win" was ranked 12th. Children, and a large portion of society in general, equate success with winning and failure with losing.

Winning in and of itself is a failure-oriented goal that many of the participants will not achieve. If winning depends on placing higher than the opponents, then many participants will not learn to win. If winning depends on attaining or exceeding personal performance and striving for excellence, then everyone has the opportunity to win. You can strengthen the concept of everyone potentially winning by offering many opportunities for youth to attain personal goals throughout the project experience, not just in the show ring at the fair.

Focusing on the improvement of a skill is a success-oriented goal that helps a child feel good about him or herself – regardless of the placing. Also, skills or success-oriented goals learned and demonstrated throughout the year allow youth to be recognized for their achievement many times, instead of just once a year. The more this happens, the less stressful that competitive event becomes for the youth.

Many children do not like competition. They just want to participate, belong, and have fun with other youth and adults. Group activities and cooperative ventures can have just as positive effects for youth as competition. For young children, positive participation is more important than winning in competitive events.

Unfortunately, youth in fair related competitive events may be combined together across a broad age range. Within that broad age range there are several specific age groups that have a different focus and needs in competitive activities. For 9 to 12 year olds fun is the goal of involvement.

Every child and youth has a different motivation for participation in competitive activities. It might be to be involved in an activity with friends; it might be to please their parent or it might be to look for some type of recognition. Striking a healthy balance means adults need to take the time to understand the child's motivation and provide support rather than push their own values and expectations without consideration of the child or youth. Everyone needs to make sure there is a healthy and supportive environment for competition to be a positive experience.

If children have fun in the competitive activity they can still feel they came out a winner even if they do not place high in the ring or competition. The reverse is also true. If the overall experience is not fun then winning a blue ribbon may mean nothing to them.

For young members belonging to the project group is the most important aspect. Therefore, creating opportunities for them to do fun or challenging things as a part of the club or project group can be more important than actually going out into the ring as a competitor. Give members this age a chance to help and be involved in the decisions regarding group assignments and displays.

Losing is never as joyful as winning. However, a true loser is one who yells, cheats, argues, sulks and refuses to think, "How can I do better next time." How adults respond and follow up in this situation is very important. Sarcasm and teasing is never appropriate. Young people can have difficulty sorting out what is meant by teasing and what is a direct attack on them.

Spotlight on Education (Cont.)

Some adults try to soften the blow of not placing and make excuses such as, "It was just a bad day," or "You did well; they just did not see you." They may even go so far as to blame someone else and deny what actually happened. This can be confusing to the young person.

Avoid denial and excuses to "soften the blow." Try a hug, a smile and recognition of the youth's effort. Try, "I can see that you tried your best, and I am proud of you" or "I know you will do better next time."

Loss or failure should be viewed as unavoidable and as a learning experience. The young person may be viewing the loss or failure as letting you down or as proof that he or she will never succeed. Appropriate questions can be asked to avoid negative reactions and help guide the youth toward positive growth. Successful people try to evaluate the outcome, rather than focus on the win or loss. It is important that every child have the opportunity to reflect and process what happened. Ask the young person: "How do you feel you did?" "What Happened? What caused this to happen?" "What can you do differently next time?" Follow these questions with more encouragement to try again.

It is important that every child has an opportunity to process with someone about what happened, with the placing or evaluation of their exhibit. It can be a 4-H leader, parent, or teen leader. Few judges have the time or opportunity to process with each child why the child was given a particular placing or ribbon.

The philosophy of child first, winning second is easy for most adults to endorse, but it is often difficult to practice in the heat of a competitive contest; and it is true children learn by watching what adults do as well as from what adults say.

It is important that parents act as observers and supporters of their children, but never pushers or avengers! Don't be a ringside coach. Every year I see some parent distracting their child by trying to tell them what to do. At this point you need to let them make their own decisions. Parents and other adults need to model self control.

Suggestions for parents:

- Use a positive approach. Praise for the positive aspects of what someone does throughout the duration of the event or fair, not just the competitive part.
- Focus on the developing skills and not the end result.
- Check your personal expectations at the door. Help your child set realistic expectations and support them.
- When possible, participate, contribute or assist with all the activities your child is involved in during the fair or other competitive event, not just the day of the show or judging.
- Don't live out your own life's dreams or needs through your child's participation. Instead encourage them to set their own goals and contribute to an overall congenial atmosphere.
- Be a positive role model. Enjoy the event and activity in a socially appropriate manner. This includes an absence of alcohol, the use of appropriate language and a cooperative spirit.
- Always stress the development of new skills, abilities and personal goals by offering encouragement and praise.
- Make sure every child has an opportunity to process their feelings and experiences after the competitive activity or event. This can help resolve any sense of failure from participation and emphasize something positive from the experience.
- Positive role models that promote courtesy, respect and consideration to everyone involved in the fair is important.
- Positive expectations and ethical standards encourages and supports appropriate ethical behavior. Adults who turn a blind eye to bending or breaking of the rules or cheating in the name of participation promote that poor sportsmanship and poor ethical behavior is acceptable under the "right" conditions.

Healthy Competition can:

- Teach respect for others. It is important to learn to give credit to the performance of others. Always assume that each person is trying as hard, if not harder, than your child to do the best they can. Respect for others means accepting them and their actions.
- Teach honesty.
- Teach cooperation. 4-H competition cannot exist without cooperation. Everyone involved should help each other toward being successful. It reduces the stress, takes pressure off the individual and helps everyone celebrate in winning.
- Teach how to set and achieve realistic and personal goals.

If everyone takes the time to support the efforts of the youth and 4-H leaders at all 4-H activities, then all participants can anticipate an enjoyable experience.

SAN DIEGO COUNTY 4-H CALENDAR

DATE	EVENT	LOCATION	PHONE or CODE
June 5 7 7 8 12 11-July 5	Area 4 Field Day Teen Council Meeting County Council Executive Mtg. Horse Advisory Meeting San Diego County Fair Dog Show San Diego County Fair	Ramona Fairgrounds 6:00 p. m. 4-H Office 7:00 p. m. 4-H Office 7:00 p. m. 4-H Office Del Mar Fairgrounds Del Mar Fairgrounds	Cheryl 760-789-3882 Gate Code 2733# Gate Code 2733# Gate Code 2733#
July 12 12 20	Teen Council Meeting County Council Mtg./Fair Eval Horse Advisory Meeting	6:00 p. m. 4-H Office 7:00 p. m. 4-H Office 7:00 p. m. 4-H Office	Gate Code 5064# Gate Code 5064# Gate Code 5064#
August 2 2 5-8 6 10 18-21	Teen Council Meeting County Council Executive Mtg Ramona Jr. Fair County Record Books Due Horse Advisory Meeting County Record Book Sorting/Judging	6:00 p. m. 4-H Office 7:00 p. m. 4-H Office Ramona Fairgrounds 5:00 p.m. 4-H Office 7:00 p. m. 4-H Office	Gate Code 5064# Gate Code 5064# Debbie 619-669-1954 Gate Code 5064# Debbie 619-669-1954
September 13 13 14	Teen Council Meeting County Council Meeting Horse Advisory Meeting	6:00 p. m. 4-H Office 7:00 p. m. 4-H Office 7:00 p. m. 4-H Office	Gate Code 5064# Gate Code 5064# Gate Code 5064#

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