



4-H Memos



Cooperative Extension * University of California * San Diego County * November/December, 2004



California 4-H Citizenship Focus Program

Come and develop your citizenship and leadership skills. Get involved with the 4-H Citizenship Focus Program. Participate in one of the five programs that are available to 4-H members and leaders across the state.

California Focus
June 17 – 21, 2005 Adults \$535.00; Teens \$450.00

Washington Focus #1
Road to Democracy June 25 – July 4, 2005 \$1,690.00
Heritage Trail I June 25 – July 2, 2005 \$1,470.00

Washington Focus #2
Global Journey July 9 – 20, 2005 \$1,985.00
Heritage Trail II July 9 – 16, 2005 \$1,470.00

Check for more information on the web site: <http://ca4h.org/citizenship/index.asp>

County delegations work through the program year to prepare for these special opportunities. Besides participating in an educational study/travel program, teams work to impact their own communities and live-out their citizenship experience through a plan of action.

The application packets are available in the county 4-H office. Applications, with a non-refundable deposit, are due in the California 4-H Youth state office on January 10, 2005 for Washington Focus and January 31 for California Focus. Information about financial assistance and the Young Civic Leader merit scholarships will be included in the county mailing.

You Can Support 4-H While You Shop!

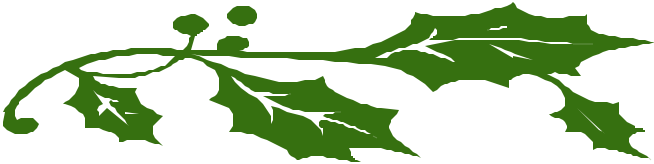
Thanks to the **Albertson's Community Partner** program, all you have to do is link your Albertson's Preferred Savings Card to a local 4-H club and/or to The California 4-H Foundation for statewide 4-H support. Register online by going to www.albertsons.com/abs_inthecommunity and follow the Community Partners link at the bottom of the page. Log in using your zip code, then enter your Albertson's Preferred Savings Card number and phone number. Click on "Find a Partner" from the menu. Enter 4-H as the Name and enter which city and state to search for. Then select your local 4-H club and/or The California 4-H Foundation to support. You will need to renew this link once a year in order to continue supporting 4-H.

Go nuts for 4-H! The California 4-H Youth Development Office has developed a partnership with OC Roasters Gourmet Roasted Nuts. Simply enter our Partner Code (4HYDP) into the "Special Instructions" box when confirming your order on-line and a portion of the sales will be donated to 4-H. Visit their web site at www.ocroasters.com/partners.shtml and go nuts for 4-H!

Donate on-line through Network for Good. Go to www.networkforgood.org, enter the key word **4-H** and select **California** in the Quick Search to find The California 4-H Foundation listed as 4-H Clubs & Affiliated 4-H Organizations. Click on that link to make your donation today!

Going...going...gone! Do you have anything that you are thinking about selling? Register as a seller on E-Bay and participate in **E-Bay's Giving Works** program, which offers sellers the option of donating a percentage of the earnings from an item to support a favorite charity – we hope you will choose The California 4-H Foundation! www.ebay.com

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MS O-18 5555 OVERLAND AVENUE SUITE 4101, SAN DIEGO, CA 92123 (858) 694-2861

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Home Arts Day 2005

Home Arts Day will be held on April 16, 2005. For those who have not participated in this wonderful county event, think of it this way: THE ANYTHING BUT ANIMALS THAT CAN BE DONE IN 4-H DAY. So, that could be photography, stained glass, quilts, foods, sewing, leather crafts, embroidery, cake decorating, spinning and weaving, woodworking, metal working, etc. The sky is the limit. We will be giving you more details about judging criteria, location, etc in the next newsletter. If you are a project leader in any of these areas, you will want to target this date for your 4-H'ers to be participants. Emphasis is on learning and each 4-H'er is interviewed by a judge to see what they have learned, as well as having the project judged for merit.

Workshops

Archery Workshop

November 6 & 7, 2004
8:00 a.m.—5:00 p.m. both days
Stanislaus County Cooperative Extension
3800 Cornucopia Way, Suite A
Modesto, CA

\$25 per person
For more information contact Dan Burner (evenings) at 209-874-2732.

Upon completion of this course, participants will be certified at the volunteer leader level.

Shooting Sports Workshop

December 11 & 12, 2004 8:00 a.m.—5:00 p.m.
(Participants must attend both days to complete the course.)

Location: Modesto, CA

Discipline: Black Powder & Rifle (Participants may only take one discipline.)

Upon successful completion of either course, the participant will be certified to be a shooting sports leader and rainier for her/his county/region. For more information contact John Borax at 661-868-6216 or Jim Atherton at 209-993-7971.

Holiday Closings

The 4-H Office will be closed the following days:

- ⇒ **November 11 for Veterans Day**
- ⇒ **November 25 and 26 for the Thanksgiving Holiday**
- ⇒ **December 24, 2004 through January 2, 2005.**

County Presentation Day

County Presentation Day will be held on April 9, 2005. Watch future *Memos* for the location. Check-in will begin at 8:30 AM. Club members are required to participate in an Area Presentation Day to qualify for the County Presentation Day. You should contact your Community Club Leader to find out when your area is having their Presentation Day. If you have questions or concerns, please contact the 4-H Office (858) 694-2861.

4-H demonstrations are short presentations wherein the 4-H member shows particular skills or knowledge that have been learned in the member's project work. Their purpose is twofold: (1) to develop the member; and (2) to teach appropriate and accurate subject matter, utilizing effective methods. Some presentations may be illustrated talks rather than demonstrations, depending on the nature of the subject matter.

Activities:

Demonstration and Public Speaking Competition
Share the Fun Skits
Song Leading Skits
Cultural Arts Group Presentations
Impromptu Speaking Competition
Primary Program

Demonstration:

Categories will correspond to the projects in which the member is enrolled.

Competition Divisions:

Primaries - Grades K-3
Juniors - Grades 4-5
Intermediates - Grades 6-8
Seniors - Grades 9 and above

Individuals or teams; teams are 2 people only and compete at the older member's level.

Timing: Junior and Intermediate - 5-12 minutes
Seniors - 7-12 minutes

Public Speaking Competition:

Competition Divisions are the same as for the Demonstration section. No teams, individuals only.

Timing: Junior and Intermediate- 3-5 minutes
Seniors - 3-7 minutes

Share the Fun Skits:

One entry per Club
Club Leaders will have forms
10 minute time limit

Song Leaders Contest:

Individual or 2 person Team
Lead one song with musical props

Cultural Arts Group Presentation:

Cultural dances, choral groups, etc., not specifically related to 4-H
10 minute limit

Impromptu Speaking Competition:

No divisions, all individuals compete on the same level
1-minute presentation on random topics not related to 4-H, i.e. current affairs, American Government.
Sign-ups are at the event.

Primaries:

No judging, this is for participation only.
Can participate in any of the activities previously listed (in Primary Divisions)
All participants receive ribbons.

University of California Cooperative Extension
in cooperation with Iowa State University
Presents a Two-Part Satellite Series:

What's a Parent to Do?

***(Helping families deal with bullying and kids
who are out of control)***

**November 30 and December 7
3:30 p.m. - 6:30 p.m. each day**

- Nov. 30** What Families, Schools, and
Communities Can Do to Support
Healthy Social and Emotional
Development in Children
- Dec. 7** Finding a Mighty Heart: Acquiring the
Courage to Stand Up for Oneself and
Others

Register Early! Space is limited.

This two-part series will be held at:

Farm and Home Advisor
County Operations Center
5555 Overland Avenue, Building 4, Suite 4101
San Diego, CA 92123

For further information contact:

Sue Manglallan (858) 694-8836 or Lori Renstrom
(858) 514-4976

Also check our Web Site:

cesandiego.ucdavis.edu Click on the "Off to a
Good Start" Program

Each Satellite Conference is approved by San
Diego CARES for 3 hours of School Readiness
Training.

SD CARES is a stipend program for child care
providers administered by the YMCA Childcare
Resource Service,
with funding from the County of San Diego and
First 5 of San Diego County.
For information call 1.866.CARES SD
(San Diego County only).

Citizenship Program Opportunities for Members

We are looking for responsible citizens. Do you know if you
fit the role? Would you like to talk with your California State
Senator or Assembly member. Or your US Senator or Con-
gressperson?

At **California Focus**, you become a registered voter in the
state of Sierra Cascade and take on all the rights, privileges
and responsibilities of citizenship. Washington Focus allows
you to travel and study in our nation's capitol, Washington
D.C.. You learn how government works and enjoy the tradi-
tions and history of the Capitol. A visit with your elected offi-
cials is the highlight of both programs. Information about
the California Citizenship Focus Program is available on the
state 4H website, <http://ca4hinfo/calendar/> or at the county
4H office. Check it out.

California Citizenship focus will take place on June 17 – 21,
2005 at the Holiday Inn Capitol Plaza in downtown Sacra-
mento. Applications with a non-refundable deposit are due
in the State 4-H Office January 31, 2005.
Four Washington Focus Programs are available to Califor-
nia 4-H members and leaders:

- "Road to Democracy" on June 25- July 4, 2005
- "Heritage Trail I" on June 18 – 25, 2005
- "Global Journey" on July 9 – 20, 2005
- "Heritage Trail" on July 9-16, 2005

Horse Advisory Committee

Horse ID forms are due by January 1, 2005 or prior to
participation at a 4-H horse event. All leased horses must
have a Horse ID form and lease agreements with photos. If
you have additional questions call Carmen Rodriguez at
(760) 966-0307.

Listed below are the event dates for 2004-2005 calendar
year:

| | |
|----------------|---------------------------------|
| Nov. 9 | Horse Advisory |
| Dec. 7 | Horse Advisory -4H Office- 7 PM |
| Dec. 18 | County Trail Ride |
| Jan. 15 | Horse Mastership |
| Jan. 29 | County Horse Show |
| March 20 | County Horse Show |
| April 16 | Horse Judging/Hippology |
| May 1 | County Horse Show |
| June (day TBA) | Del Mar Fair Horse Show |

Giving Presentations is a Basic Part of 4-H

Every 4-H member can profit from planning and giving presentations. They need to be encouraged to give presentations and be provided every opportunity to do them. Many of the skills that make us successful in school, later in work and our careers and even in our personal interactions with others can be developed and strengthened by giving presentations. Through presentations 4-H'ers have the opportunity to:

- Develop an ability to express them selves, to become part of the group and develop more interest in their activities like 4-H.
- Learn to organize their thoughts and material, and to complete a job satisfactorily.
- Search out additional information, to release their creative ability and to accept that learning can be achieved through error as well as success.

Members look to their Leaders, Teen Leaders and parents for guidance in giving presentations . What you say and how you feel about presentations may influence how members feel about presentations. Teen and Junior Leaders should set a positive example by giving presentations regularly in front of members and at events such as field days, county events, project meetings and community club meetings. Basically, young people move through 3 stages as they give presentations.

1. They are mainly concerned about facing a group and speaking in such a way that they can be heard and understood. This is the time they can start to develop self-confidence and poise.
2. There is still a need to further develop poise and self-confidence, but a member can start to be more creative with presentations. The member includes the "why" as well as the "how" and does more research on the topic.
3. The member begins to develop a concern for those who are listening and is able to modify a presentation to meet the interests of the people in the audience.

There are several types of presentations: demonstrations, illustrated talks, speeches and skits. You can introduce younger 4-H members to presentations in several ways. Their first presentation should be simple. One way to start members giving presentations is through a "1 Minute Demonstration". Show a beginner how to measure one cup of flour, or how to hold a camera and then ask them to show other members the same thing. After the member has completed the task, that is the time to let them know they have just given a demonstration. Follow this with a word of praise and encourage other beginners to give 1 - Minute Demonstrations.

Other ideas to help introduce young members to give presentations are:

- Ask a Junior or Teen Leader or older 4-H member to give a demonstration aimed at the younger member, one that is smooth, clear and simple enough that members can see how to do it.
- At project and community meetings encourage 4-H members to demonstrate a technique they have learned at a previous meeting.

Let members start with something they have successfully learned. It could be something they have used often. Help them make a simple outline of what they are going to show, step by step. Be sure the member has a chance to give the presentation after it is prepared. See that the member's first few presentations are as easy and successful as possible.

Schedule beginners early in the program so their excitement will not turn to fear. Avoid scheduling a beginner directly after an older member who is giving a complex, polished presentation. If the beginner makes a mistake, give a little help but do not take over and finish for them. Praise is the best reward and leaders and parents should be the first to give it.

Older or experienced members need regular friendly reminders to develop their presentations in keeping with their expanding abilities. Help those members to choose subjects they know. Many times members choose topics that are far too broad to be handled successfully in a brief period. Help them narrow their subjects down to a manageable size. For example, a member who chooses "DOGS" as a topic should be encouraged to select some aspect of that subject to present such as "Grooming a certain type of dog". Encourage experienced members to find new and valid references to strengthen and enrich their presentations. Check the information they use carefully for accuracy. Remind members that it is important to practice presentations several times before they give them so they feel more confident. Help them find opportunities to practice. Also, help them learn to evaluate their own performances and identify ways to improve the presentation.

The steps for planning are the same for all types of presentations. You can use this process as you counsel members who are planning to appear before a group.

1. Select a subject
2. Gather information
3. Outline the presentation
4. Select a title
5. Gather equipment and visuals
6. Practice delivery
7. Evaluate results

In February and March 2005 throughout the county there are Area Presentation Days where members can give presentations with members from other clubs. This is followed by a County-wide Presentation Day for members on April 9, 2005. Members who want to participate in the County Presentation Day must first give their presentation at an Area Presentation Day. Check with your Community Club Leader far enough in advance for the date and location of the Area Presentation Day. A Regional Presentation Day is held in May for those members who successfully gave presentations at the County-wide Day. If you would like more information on presentations you can check out the Presentation Manual on the State 4-H website at:

<http://ca4h.org/leadership/spd/index.asp>

Important Dates and Events

Conflict Resolution Training

When: January 8, 2004
Location: 5555 Overland Avenue, Building 4
4-H Office
Time: 9:00 a.m. -3 p.m.

Conflict Resolution builds stronger and more cohesive organizations and more rewarding relationships. A guest speaker from the County of San Diego will be giving a presentation regarding this issue. Please do not miss out on this important event!

Record Book Committee Meeting

When: November 29, 2004
Location: 5555 Overland Avenue, Building 4
4-H Office
Time: 7 p.m.

The Record Book Committee meeting will be held in the 4-H Conference room. Contact Robey Cobb with any questions at (760) 749-0294.

Area Meeting Make-Up Day

When: December 6, 2004
Location: 5555 Overland Avenue, Building 4
4-H Office
Time: 7 P.M.

Club leaders are required to attend if they missed the 2004 area meetings in October and November. If you have any questions contact Gilbert Gutierrez at (858) 495-5190.

Small Animal Meeting

When: December 2, 2004
Location: 5555 Overland Avenue, Building 4
4-H Office
Time: 7 P.M.

The Small Animal meeting will be held in the 4-H Conference room. Contact Paulette Sauln with any questions at (619) 464-4369

New Mailing Address For The 4-H Office

Due to new USPS regulation, the new mailing address for the 4-H Office is:

University of California Cooperative Extension
County of San Diego MS O-18
5555 Overland Avenue Suite 4101
San Diego, CA 92123



Volunteer 4-H Salute to Excellence Awards



The national 4-H council is seeking nominations for the national 4-H Salute to Excellence Awards for 4-H volunteers. The California State 4-H Office will nominate one volunteer for each category: Volunteer of the Year and Lifetime Achievement. The deadline to submit an application to the State 4-H Office is November 30, 2004. More information is available at <http://ca4h.org/4hresource/ir/>

2005 4H Horse Leadership Conference

When: February 12 and 13, 2005
Location: California State University, Fresno in the Livestock Pavilion
Registration information will be available November 1, 2004. For more information please visit <http://www.cal4horse.com/> or contact Jazz Stables at 530-754-5809 or jstables@ucdavis.edu

Opportunity to Pilot New 4H Curriculum

The 4-H Cooperative Curriculum System (CCS) is looking for 4-H Clubs to pilot many new curricula. Curricula being piloted for youth grades 3-12 include Dog Care and Training (kerrs@wsu.edu), Communications (Jamison@vt.edu) and Cat (mgregg@acres.edu). For more information, please visit <http://www.na4hccs.org/new2004.shtml>

Super Saturday Is Coming

When: February 5, 2005
Location: To be announced.

Super Saturday is a day devoted to 4-H clubs and members sharing their projects and activities with the entire county. This is a great opportunity for clubs to show case their projects and activities by providing booths with hands-on activities other youth can do throughout the day. Workshops on topics that will benefit youth and leaders are also provided. Club booth applications will be available in January so now is a good time to start planning. If you would like to be a part of the county planning team for Super Saturday please call Debbie McAdams at 619-669-1954 or Colleen at the 4-H Office, 858-505-

Candy Sale

At the November County Council meeting it was discussed and approved to continue the annual 4H candy sale. Informational packets regarding the sale were sent out to club leaders in early November. The candy sale continues to be the only fundraising event that County leaders use to fund the activities and awards programs for the county wide 4-H programs.

For Candy sale information, contact the County Candy Coordinator, Robey Cobb at (760) 749-0294.

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| DATE | EVENT | LOCATION | PHONE or CODE |
|--|--|---|--|
| November 1 1 5-7 6-7 11 25-26 29 30 | County Council Meeting Member Enrollment Forms Due Junior Leadership Camp Archery Workshop Holiday– Office Closed Holiday– Office Closed Record Book Committee Meeting What's a Parent to Do? | 6:00 p.m. 4-H Office 4-H Office Cuyamaca Outdoor School Modesto, CA 7:00 p.m. 4-H Office 3:30-6:00 p.m. 4-H Office | Gate Code 7342# Drew 858-792-4238 Dan 209-874-2732 Robey 760-749-0294 Sue 858-694-8836 |
| December 2 6 6 7 11-12 24– Jan 2 | Small Animal Advisory Meeting Executive Council Meeting Area Meeting make up What's a Parent to Do? Shooting Sports Workshop Holiday- Office Closed | 7:00 p.m. 4-H Office 6:00 p.m. 4-H Office 7:00 p.m. 4-H Office 3:30-6:00 p.m. 4-H Office Modesto, CA | Paulette 619-464-4369 Gate Code 7342# Gilbert 858-495-5190 Sue 858-694-8836 John 661-868-6216 |
| January 8 31 | Conflict Resolution Applications due– CA Citizenship Focus | 9:00 a.m. –3:00 p.m. 4-H Office State 4-H Office | Call for Gate Code |
| February 5 12-13 TBA | Super Saturday 2005 4-H Horse Leadership Fair Area Presentation Day | TBA CSU, Fresno | Jazz 530-754-5809 |
| March 12 TBA | Small Animal Learning Day Area Presentation Day | TBA | |
| April 9 | County Presentation Day | TBA | 4-H Office 858-694-2861 |

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

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

GILBERT GUTIERREZ
 4-H Program Representative
 grguttierrez@ucdavis.edu

For assistance
 please contact
 our office.

