



# 4-H Memos



Cooperative Extension \* University of California \* San Diego County \* January, 2005

## HAPPY NEW YEAR!

### 2005 STATE LEADERSHIP CONFERENCE

The California State 4-H Leadership Conference will be held August 4-7, 2005 at the University of California Davis.

This years conference is titled GET READY, GET ENERGIZED, GET ACTIVE, GET LEADERSHIP (GET R.E.A.L.) The conference will once again focus on involving teen youth and adult 4H volunteers with hands on learning experience while continuing to develop leadership and interpersonal skills. Teens and adults will have a variety of workshops to participate in during the conference.

The San Diego County 4H office has packets available for those interested in presenting a workshop. The forms are due to the **State 4-H office on March 11, 2005.**

If you would like more information on this event please visit the State 4-H website for more information at: <http://ca4h.org/conference/slc/2005>

The estimated cost of the conference is **\$340** not including air fare.

### CALIFORNIA COASTAL ART & POETRY CONTEST

The California Coastal Commission invites California students in kindergarten through 12<sup>th</sup> grade to submit art work or poetry with a coastal or marine theme to the annual Coastal Art & Poetry contest. Up to eight winners will be selected to win \$100 gift certificates to an art supply or book store, and each winner's sponsoring teacher will receive a \$40 gift certificate for educational supplies. Winners may have their work featured on Commission web pages and materials.

**Entries must be post marked by January 31, 2005 to be eligible.**

For contest rules and entry forms, please visit [www.coastforyou.org](http://www.coastforyou.org), email [coast4u@coastal.ca.gov](mailto:coast4u@coastal.ca.gov), or call (800) Coast-4U. Or call Annie Frankel at (415)597-5888 for more information.

### WESTERN LEADERS

When: February 23-27, 2005  
Where: Sacramento, CA

This forum provides the opportunity for 4H volunteer leaders to share their knowledge, experience and love for the 4H program. It is also an avenue to explore new ideas, activities and resources and to help engage youth in all aspects of the program. Registration fees are \$295 dollars until January 12, 2005. For more information and details please visit <http://www.ca4h.org/WRLF2005>. Please call Jazz Stables for additional information at (530) 754-5809.

### 4H FIRE RECOVERY PROJECT: UPCOMING GIS WORKSHOPS

GIS workshops will be held in January at the Farm Advisor's office for all photo/ fire recovery project groups who have not yet attended the Introduction to GIS workshop.

The first workshop will be on **Thursday, January 13, from 6:30-8:30 pm**; and the next workshop will be on **Saturday, January 15, from 9:00 am-12:00**. These two workshops will be exactly the same; we are offering the workshop on different dates so that all Fire Recovery groups will have a chance to attend. Groups will not need to bring any equipment or materials to the workshop. For those who are actively taking photos a laptop computer is being provided per group, and each group will be able to take the laptop home with them after the workshop to use with their photo-monitoring activities.

The workshop will include a brief background presentation on the components and applications of GIS programs, and the majority of the workshop will focus on how to load, process, and display geographic features within ESRI's ArcGIS software. We encourage all groups to select one of these workshops to attend. These workshops will provide groups with the necessary skills to attend the next GIS workshop in February that will focus on loading the digital photos, GPS waypoints, and table data that groups are collecting at their fire recovery sites.

Please make sure that you R.S.V.P. Caitlin Chason at [clchason@ucdavis.edu](mailto:clchason@ucdavis.edu), or Steve Dasher at [hsdasher@ucdavis.edu](mailto:hsdasher@ucdavis.edu), (858) 694-8874, as soon as possible so that we know who will be attending which workshops. Hope to see you all there!

### 2005 4-H STATE LEADERS FORUM



When: **November 4-6, 2005**  
Where: To be announced

Applications will be available by the 1<sup>st</sup> of February 2005. San Diego Leaders Council provides scholarships for leaders who never attended this conference. For more information on this event please visit <http://ca4h.org/conference/slf/index.asp>

### DISTRICT LEADERS NEEDED

The 4H Citizenship Program is searching for college aged students to serve in a leadership role as District Leaders at California Focus. The internship gives young adults the opportunity to plan and deliver and educational program centered on California government and history. Application deadline is January 18, 2005. For more information please visit the following website: <http://www.ca4h.org/citizenship/focus/districtleaderinfo.asp>.

**5555 OVERLAND AVENUE, SUITE 4101, SAN DIEGO, CA 92123 (858) 694-2861 [sandiego4h.ucdavis.edu](http://sandiego4h.ucdavis.edu).**

In accordance with applicable State and Federal laws and University policies, the University of California does not discriminate in any of its policies, procedures or practices on the basis of race, religion, color, national origin, sex, marital status, sexual orientation, age, veteran status, medical condition or handicap. Inquiries regarding this policy may be addressed to the Affirmative Action Director, University of California, Agriculture and Natural Resources, 300 Lakeside Drive, 6th Floor, Oakland CA 94612, (510) 987-0096 University of California, County of San Diego and the United States Department of Agriculture cooperating.

## NATIONAL LEADERSHIP AWARD AND I DARE YOU SCHOLARSHIP

The American Youth Foundation's National Leadership award is an opportunity to recognize and honor outstanding youth for their character and leadership. The award recognizes youth age 15-18 years old strive for excellence and who make a positive difference in their schools, youth groups, 4-H clubs and communities.

In addition, the American Youth Foundation selects nominated youth who have demonstrated exceptional servant leadership within their communities or organizations for the I Dare You Scholarship. The Scholarship pays for funds towards the AFY Leadership Conference which is a nationally recognized leadership training program.

For more details on this great opportunity please contact Nancy Wittkamp or Lynn Folkema at (231) 861-2262. If you would like a nomination form please contact the County 4-H Office at (858) 495-5190. Or register online at [www.ayf.com](http://www.ayf.com)

## GLORIA BARRON PRIZE FOR YOUNG HEROES

The Gloria Barron Prize for Young Heroes is currently seeking nominations for its 2005 awards. The Prize recognizes young people ages 8 to 18 in U.S. and Canada who have shown leadership and courage in public service to people and our planet. Each year, ten winners receive \$2,000 to support their service work or higher education. Nomination deadline is April 30, 2005. For more information and nomination, please visit [www.barronprize.org](http://www.barronprize.org). or call Barbara Richman at (970) 875-1448.

## DON DIEGO SCHOLARSHIP

If you are a high school senior who has participated as an exhibitor in the San Diego County Fair (but necessarily during this applying year) and demonstrated leadership through your participation in school, 4-H and community activities this scholarship may be for you.

One scholarship of **\$5000.00** will be awarded to a deserving 4-H member at this year's fair.

The completed applications must be sent to the Del Mar Fair **before April 1, 2005** Since the first scholarship awards in 1986, \$346,500 has been distributed.

Application forms are available on the San Diego County Fair's website <http://www.sdfair.com> Applications are also available from the 4-H Office.

For more information or applications – call Jane Spivey at 858-755-2401 or email her at [jspivey@sdfair.com](mailto:jspivey@sdfair.com)

## 2005 4-H JAPANESE EXCHANGE PROGRAM

Take advantage to be a host family for Japanese youth aged 14 -19. The delegation of Japanese teens and their chaperones will be visiting the state for one month this summer from July 23- August 20, 2005. Applications are available online at <http://ca4h.org/exchange/japanese/2005/index.asp>.

For additional information call Pat English at (530)754-8520 or [penglish@ucdavis.edu](mailto:penglish@ucdavis.edu)

## 2005 4-H STATE PROJECT COMPETITION

The project competition recognizes 4H members ages 14-19 for their leadership, citizenship and growth in a specific area. Record books, due to sectional in mid-July, are judged sectional and then at the state level. State winners receive \$500 cash and Reserve winners receive \$250.

Visit the following link for forms and additional information: <http://ca4h.org/4hresource/ir/>

## ART & DESIGN DAY

The County 4-H and volunteer team invite all the local 4-H Clubs in San Diego County to assist in applying the 4-H Motto to the 2005 County Art & Design Day, an event formally known as Home Arts Day. It CAN be accomplished through your participation! This year a greatly expanded event is being planned to include participation of ALL projects that involve a "create and/or design" function. Members are asked to present to others their creativity through displays and interviews in any number of areas. We are inviting clubs and members to participate not only with their projects, but also in sponsoring mini learning activities such as identification or judging contests, demonstrations, make-and-take items, etc.

This year the expanded Art and Design Day includes all projects where design, form and function have been utilized. If you're involved in an Engineering or Technical project such as Website Design, Woodworking, Computers, Metal Working, Rocketry, etc., you're invited to participate in this county-wide learning, presentation and judging day. Also included in the day event will be a prize to 4-H'ers in the amount of \$20 for best cover design.

The event will be held Saturday, April 16, 2005 at the Rancho Bernardo Swim and Tennis Club from 8am to 3pm. Packets with details, registration forms, design entry forms and contact information will be sent to each club soon.

For more information regarding Art & Design day contact Jan Gonzalez at (619) 282-9422.

## AMBASSADORS TO AUSTRALIA

The State 4-H office announces a new exchange opportunity this year for teenage youth ages 16-18, staff, or leaders. This outbound exchange places 4-H members on a working farm in a Victoria Province in Australia from June 14-16, 2005. For more information please call Pat English at (530) 754-8520 or [penglish@ucdavis.edu](mailto:penglish@ucdavis.edu). Application deadline is January 1, 2005.

## CONFLICT RESOLUTION TRAINING REMINDER

**When:** January 8, 2005  
**Location:** 5555 Overland Avenue, Building 4  
4-H Office  
**Time:** 9:00 a.m. -3 p.m.

This is a reminder that the conflict resolution training takes place at the above time. The conflict resolution training will help teach 4H volunteers to diffuse potentially volatile situations while building their interpersonal skills. We look forward to seeing you!

Lunch will be provided by La Salsa Mexican food for a small fee. Please call Gil Gutierrez to RSVP for event at (858) 495-5190 or email @ [grgutierrez@ucdavis.edu](mailto:grgutierrez@ucdavis.edu) or Colleen Tschumperlin at (858) 505-6538. The RSVP deadline is January 6, 2005.

## HORSE SHOW

When: January 29, 2005  
Where: Tumbleweed Arena in Lakeside  
Time: 9:00 am

In the event rain causes a cancellation for the above date, a rain date has been set for Feb. 12, 2005 at the same location and start time. Check in time is at 8 AM. The 4h south bay club is the host of this event. If you have any question please call Nancy Grigsby at (619) 445-3335 or Barbara Springe at (619) 390-6513.

## 2005 4-H HORSE LEADERSHIP CONFERENCE

Where: California State University Fresno  
When: February 12-13, 2005

Workshops with nationally known horse people such as David Lichman, who works with Parelli and teaches his training methods, as well as Daniel Stewart, author of the book "Ride Right" and many others will be offered along with 2 tours that attendees can select from.

A "Fun Night" for teens will be offered on Saturday Evening, and, of course, the State 4-H Horse Business Meeting will be held on Sunday. For more information, please contact Jazz Staples at (530) 754-5808 or visit [www.calhorse.com](http://www.calhorse.com)

## SUPER SATURDAY

When: **February 5, 2005**  
Where: **Jamul Primary School**  
**14567 Lyons Valley Road**  
**Jamul**

Mark your calendars! Super Saturday is almost here! The event will showcase project related work and hands on activities at various booths. Booth registration forms are included in the January new s-letter.

All clubs should send completed application forms to Nancy Grigsby, 17465 Loveland Lane, Jamul, 91935. Please turn in applications by January 28, 2005. For further information contact Nancy Grigsby at (619) 445-3335.

## AMERICAN ESSAY CONTEST

The National Endowment for the Humanities announces their third annual Idea of America essay contest. The contest is open to all eligible high school juniors and 16- and 17-year-old home-schooled students.

The Idea of America Essay Contest offers a cash prize of \$5,000 for the author of the winning essay and publication of the essay in a national forum. Five national finalists will each receive cash prizes of \$1,000. **The deadline for entries is April 15, 2005**

For more information, NEH at 1-800-NEH-1121 or go directly to their website: <http://www.wethepeople.gov/essay/guidelines.html>

## ARCHERY LEADERSHIP TRAINING

When: January 22 & 23, 2005  
Where: Bakersfield, CA  
Time: 8:00 a.m. – 5 p.m. (each day)

This training will certify leaders in the archery discipline for shooting sports and 4H camps. The registration fee is \$20. For more information, please contact Robert Claffy at (661) 829-1658.

## DESKTOP COMPUTERS AVAILABLE FOR 4-H CLUB WORK

The San Diego Futures Foundation has made several refurbished desktop computers available to 4-H Clubs to further their 4-H work. These computers are available on a first come first serve basis at the 4-H Office. Clubs will need to keep these computers on their annual inventory list.

Contact Steve Dasher at 858-694-8874 to make arrangements to pick up the computers. They come with mouse, keyboard, tower and monitor. There is a basic Windows operating system on them but the club or project group may want to add additional software. These can be a great way to start a computer project.

## YOUTH ADVISORY BOARD

The Youth Advisory Board is a group formed to give a 'youth voice' to a community policy board called YOUTH COUNCIL. The youth council is responsible for developing policy and funding recommendations for local youth programs that help young people get jobs, education and skills.

The San Diego School-to-Career Youth Council is currently looking to recruit 3 to 5 youth to serve on its advisory board. Applications will be accepted through January 30, 2005.

For application materials or more information please contact Mark Nanzar at (619) 228-2971.

## APPLY TO BE A CITIZENSHIP WASHINGTON FOCUS PROGRAM ASSISTANT IN WASHINGTON, DC

Citizenship Washington Focus is looking for bright young college students to help facilitate the Program Assistant Positions which run May through July 2005. This opportunity includes a weekly stipend of \$300, with room and board provided, at the national 4-H Youth Conference Center. Applications can be downloaded at the following location: [www.cwf.n4h.org/pa.html](http://www.cwf.n4h.org/pa.html).

For more information contact Lita Haarer at (301) 961-2898.  
**Deadline is Jan. 28, 2005.**

## SMALL ANIMAL LEARNING DAY

When: February 12, 2005  
Where: Ramona Junior Fairgrounds

This day promises to be a great learning experience for everyone. Included in the day's event will be seminars, a showmanship clinic and a cooking contest. A packet with detailed information on the event will go out in January.

For more information please contact Paulette Sauln at (619) 464-4394.

## DEL MAR FAIR JUNIOR LIVESTOCK AUCTION SCHOLARSHIP APPLICATIONS COMING

Watch the newsletter or check with your community club leader for scholarship applications for this scholarship. Applications are usually available after February first. Multiple awards are given to 4H and FFA graduating seniors who are exhibiting market animals at the San Diego County Fair in Del Mar.

***Making the Best Better!***

**SUPER SATURDAY SUPER SATURDAY 2  
BOOTH APPLICATION BOOTH APPLICATION**

**February 5, 2005**

Super Saturday is an outstanding opportunity to learn about other clubs' activities and highlight what your club is doing. Now is the time to sign up for a club or project booth or to lead a session or workshop. Set-up begins at 8:00 a.m. and the event begins at 9:00 a.m.

Please send your completed application to Nancy Grigsby, 17465 Loveland Lane, Jamul 91935. Your booth should include a hands-on activity or something that the audience can participate in with your members.

**Title of Booth:** \_\_\_\_\_

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

4-H Club or Group: \_\_\_\_\_

Any materials needed (tables, chairs, etc.): \_\_\_\_\_

\_\_\_\_\_

Brief Description of your Booth: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

For more information, please contact Nancy Grigsby at (619) 445-3335.

**Please return application on or before**  
**Wednesday, January 28, 2005**

## BULLYING –WHAT’S A PARENT TO DO?

Bullying is a growing problem in our schools and communities. According to the National Association of School Psychologists, about one in seven children has either been a bully or a victim. Children who experience bullying may experience depression, fear or lose interest in school or community activities.

What can a parent do? It's important to teach children how to avoid being bullied and how to defend themselves when such abuse happens. Equally important is to teach your children not to be bullies. For parents to teach these concepts they need to understand what bullying is and why some kids tend to get picked on more than others.

Bullying is defined as any kind of ongoing physical or verbal mistreatment where there is dominance and control. Bullying is characterized by an imbalance of power. The bully can be older, bigger, stronger more verbally adept, of a different race or of the opposite sex. The bully intends to harm the victim by inflicting emotional and /or physical pain and takes pleasure in witnessing the hurt.

Bullies tend to pick on children who appear to be vulnerable. Children who become victims are usually passive, anxious, or quiet. They may be taller or shorter, overweight or have a physical disability. Another group of children who may become targets of bullying are those who are provocative and annoying, who seek negative attention from adults and peers. Children who are bullied tend to have few friends, who can rally to their defense.

Parents are often the last to know that their child is being bullied because bullies work through fear and manipulation. It is important that parents be on the lookout for signs of bullying. If your child routinely comes home from school extremely hungry someone may be taking their lunch. Does your child rush to the bathroom as soon as they get home from school? Maybe your child is afraid to enter the school restrooms because this is where they are being bullied. Does your child seem to have a new anxiety about school or school related activities? Do you notice a rash of torn clothing or lost belongings? Does your child have unexplained bruises or cuts? It's important to ask your child what's happening at school, especially if you think there is a problem. Ask questions like are there bullies in your class or at school, what do bullies do to kids at your school, have you ever been afraid at school, or have you ever been bullied?

What should you do if you find that your child is a victim of bullying? Following are steps that you can take to help bully-proof your child.

- **Teach self-respect.** A confident child is less likely to be approached by a bully. Praise and positive comments help children feel good about themselves and leads to confidence and high self-esteem.
- **It's OK to express anger or dissatisfaction.** It's alright for your child to blow off steam. Show your child that you value their opinion. Letting your child stand up to you occasionally makes it more likely they will be able to stand up to a bully. Teach your child to be respectful to you and others while being assertive.
- **Encourage friendships.** Children who are loners tend to be targets for bullies. Help your child build the social skills they need to develop and maintain friendships.
- **Teach your child to express themselves clearly and diplomatically.** When children know how to express themselves clearly without putting other people down they tend to get along with their peers and are better able to fend off bullies.
- **Teach your child defensive strategies.** The following strategies should be discussed with your child:
  - Know when to assert oneself.** Being able to put the bully on notice that their action won't be tolerated may help. Your child may be able to simply say something like you can't talk to me like that. If this doesn't work move on to another technique before the bullying escalates.

**Use humor to deflect bullying.** Doing or saying something funny is another effective means of throwing the bully off balance. Help your child come up with some one liners. It might be enough to make the bully stop.

**Never let the bully see you sweat.** Teach your children not to show the bully that they are upset. When children show their emotions they let the bully know that their tactics are working.

**Avoid bullies if possible.** One of the best ways to avoid bullying is to stay clear of the bully. Help your child plan other routes to avoid the bully. This is not a long-term solution but rather a way to avoid immediate harm.

**Don't be afraid to ask for help.** Encourage your child to ask for help from a teacher or other adult. There are times when parents must intervene and be an advocate for their children.

Although it is unrealistic to expect that your child will never experience bullying, it is possible to teach them the skills needed to minimize the bullying. Children who feel valued and respected and have been taught appropriate skills will probably fare well when approached by a bully.

### 2005-2006 4H STATE AMBASSADOR APPLICATIONS

State Ambassadors are selected to represent the California 4-H Youth Development program, plan the State Leadership Conference and complete a service project. Applications are now available online at <http://ca4h.org/leadership/ambassador/>.

**Applications are due March 31, 2005.**

### SALUTE TO EXCELLENCE SELECTION COMMITTEE

Judges are currently needed for the Salute to Excellence selection committee. The National 4-H Council is looking for both adult staff and youth ages (14-18) to serve on the committee which rewards outstanding 4-H volunteers with national recognition.

To serve on a judging panel you must be able to receive and read applications between January 31 and February 18, 2005 and have at least 3 years experience working with adult 4H volunteers. For more information please call Karen Blaney at (301) 961-2819 or email at [kblaney@fourhcouncil.edu](mailto:kblaney@fourhcouncil.edu).

## SAN DIEGO COUNTY 4-H CALENDAR

DATE	EVENT	LOCATION	PHONE or CODE
January 3 3 8 12 24 28 30 31	Teen Council Meeting County Council Meeting Conflict Resolution Western Regional Forum Conference Registration Due Record Book Meeting Booth Applications due - Super Saturday Program Assistant Applications due (Citizen Focus Program) Applications due- Youth Advisory Board Applications due- CA Citizenship Focus Applications due-California Coastal Art/ Poetry Contest	6 P.M. 4H-Office 7 P.M. 4H-Office 9am-3pm. 4H- Office  7 P.M. 4H- Office	4213# 4213# 4213# Jazz 530-754-5809  Robey 760- 749-0294/ 4214# Nancy 619-445-3335 Lita 301-961-2898
February 1 5 7 7 12 12-13	Applications due- State 4H Leadership Forum Super Saturday Teen Council Meeting Executive Council Meeting Agriculture Judging Day (Area 5, 6 and 7) 2005 4H Horse Leadership Fair	Jamul Primary School 6 P.M. 4H Office 7 P.M. 4H Office Ramona Junior Fairgrounds CSU, Fresno	Nancy 619-445-3335 4213# 4213# Dawn 619-659-0709 Jazz 530-754-5809
March 4 12 31	Area Presentation (5,6 and 7) Small Animal Learning Day 4H State Ambassador Applications due	Rios Canyon Elementary Ramona Junior Fairgrounds	Carla 619-445-4249 Paulette 619-464-4394
April 1 9 16 15 30	Don Diego Scholarships Due before April 1 <sup>st</sup> . County Presentation Day Art & Design Day (Formerly Home Arts) Applications Due American Essay Gloria Barron Prize Nominations Due	TBA Rancho Bernardo Swim & Tennis Club	Jane 858-755-2401 4H Office 858-694-2861 Jan 619- 282-9422  1-800-NEH-1121
May 22	Regional Field Day	TBA	
August 4-7	State Leadership Conference	UC- Davis	

### RECORD BOOK MEETING

**When: January 24 2005**  
**Location: 4-H Office 5555 Overland Avenue, Building 4**  
**Time: 7 p.m.**

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

SUE MANGLALLAN  
4-H Youth Development Advisor

STEVE DASHER  
4-H Youth Development Advisor

Gilbert Gutierrez  
4-H Program Representative

**For assistance  
please contact  
our office.**

