



San Diego County

4-H
Youth
DEVELOPMENT
PROGRAM

CITIZENSHIP
LEADERSHIP
LIFE SKILLS



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4-H Memos



All Stars are the county Ambassadors of the 4-H program. As an Ambassador, the All Star visits other 4-H clubs, reaches out to other organizations within the community, attends and participate in the State 4-H Leadership Conference, 4-H County meetings, State or Sectional 4-H meetings and events, and other activities as outlined by each individual county.

Typically, the All Stars plan their own program within the established guidelines. Their "Plan of Action" includes planning and leading a county event, field trips, visiting clubs, participating in Council meetings and presenting the 4-H program to other agencies, etc.

Throughout the All Star year, new and challenging situations are encountered. The chance to learn, to grow, and to make a difference is what the All Star program is all about!

Applications are now being accepted for San Diego All-Star Program. Applications are due on May 19th at the end of the business day. An informational session to discuss the program and to answer questions from parents and members will be held on May 8th at 6:00 pm. Following the informational session will be the Teen Council Meeting at 7pm.

FINAL SELECTION:

- Judges will select ALL STAR candidates on the basis of 4-H achievement, leadership, and personal development.
- Total 4-H accomplishments, attitudes, personality, poise, potential, and ability to contribute to the County 4-H Program will also be considered.
- There is no "quota" of All Star candidates to be selected.
- The judge's decisions will be based on evaluation of applicants:

Records and application	40%
Interview	40%
Recommendations	20%
- ALL STAR candidates will be announced at the County Presentation Day.
- Have your record book, application recommendations in the 4-H Office by the announced time.
- At that time arrange for an interview.

If you wish to apply for the All Star award, contact the 4-H Office at 858-495-5190.

MAY, 2006

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ART AND DESIGN DAY WINNERS AND MEDALISTS

Senior Sewing/Construction

Co. Winner- Gracie Colletta

Medalist- Elizabeth Parker

Finalists- Devon Torres, Brittany Volk

Senior Fashion Revue

Co. Winner- Devon Torres

Medalist- Elizabeth Parker

Finalist- Gracie Colletta, Brittany Volk

Senior Recycled Outfit

Co. Winner- Brittany Volk

Intermediate Fashion Revue

Co. Winner- Jennifer Landini

Medalist- Ellen Payton

Intermediate Sewing/Construction

Co. Winner- Ellen Peyton

Medalist- Jennifer Landini

Junior Sewing/Construction

Co. Winner- Natasha Proctor

Medalist- Kylie Gerhardt

Junior Wearable Art

Co. Medalist- Haley Grigsby

Junior Purchased Outfit

Co. Winner- Haley Grigsby

Junior Fashion Revue

Co. Winner- Haley Grigsby

Medalist- Hannah Rebello

Finalists- Natasha Proctor

Hi. My name is Ashley Breed and this was my 3rd year participating in Arts and Design Day. I had so much fun meeting new friends and seeing all the different 4-H projects going on around the county. This year I participated in the Fashion Review and Favorite Foods categories. I received a blue ribbon for both projects and was a county medalist for my "Eat Like an Egyptian" Favorite Foods entry. I learned a lot preparing for my entries and being interviewed by the judges. I would highly recommend this event to all 4-Hers involved with art and design projects. You'll definitely see me there next year.

Senior Favorite Foods

Co. Winner- Elizabeth Proctor

Medalist- Britney Grigsby

Junior Favorite Foods

Co. Winner- Frances Zagel/Jennifer Landini

Medalists- Ashely Breed, Haley Grigsby

Primary Favorite Foods (Honorable Mention for outstanding work)

Evette and Gloria Gonzalez

Community Service-Senior

Co. Winner- Brittany Volk

Garden and Plant Design- Intermediate

Co. Winner- Breanna Goldie, Catie Corle, Jo Lindsey

In Process- Senior

Co. Winner- Natasha Stull

Medalist- Natasha Stull

Arts and Crafts- Senior

Co. Winner- Aubrey Bryant

Medalist- Ashley Von Nordheim

Arts and Crafts- Intermediate

Co. Winner- Andy Colletta

Medalist- Ellen Payton and Cassie Von Nordheim

Arts and Crafts- Junior

Co. Winner- Margeaux Peyton

Medalist- Haley Grigsby

Engineering/ Mechanical and Technical

Senior Co. Winner- Sarah Martin

Intermediate Co. Winner- Ian Pedlow and Will Martin

CORRECTION FROM APRIL'S NEWSLETTER

Olivenhain Valley 4-H was not mentioned as one of the active Fire Protection Groups in the last county newsletter. The Group has been very active under Leader David Hill (619) 540-1778.

The group received special recognition in a newspaper article in 2005 and they have attended various training sessions at the County Office under the direction of Steven Dasher.



San Diego County's 4-H Tips



Keeping Competition Healthy

Competition is a part of our society. It is vital youth develop a positive attitude about competition. Often it is the actions and attitudes of the significant adults in the youth's life that determine his or her positive or negative reaction to competition. Understanding the youth's perspective and the adult's role is the first step toward creating a positive environment for developing successful skills to compete.

In 4-H, a youth's performance or competence may be publicly demonstrated and evaluated in a variety of competitive events. An increase in anxiety often occurs with these events. Youth Sports Institute surveyed youth 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 activity and "to win" was ranked 12th. Youth and unfortunately a portion of society in general, equate success with winning, and failure with not winning an event. Winning in and of itself can be a failure-oriented goal. If winning depends on placing higher than others, then many participants will not learn to win.

Focusing on the improvement of a skill is a success-oriented goal that helps a youth regardless of their placing. By attaining or exceeding personal, realistic performance goals, everyone has the opportunity to win. Also, skills learned and demonstrated throughout the year allow youth to be recognized for their achievement many times, instead of just once a year. You can support everyone being successful by offering opportunities for youth to set and attain personal goals throughout the project experience. The more this happens, their self-confidence becomes stronger.

Youth in 4-H competitive events may be combined together across a broad age range. Within that broad range specific age groups can have different developmental needs. Every individual youth also has a different motivation for participation in activities. They can include:

- Involvement in an activity with friends
- To please their parent
- Looking for some type of recognition or evaluation of their competency or mastery in a project.

Some youth may not like competition. For them it is more important to participate, belong, and have fun with other youth and adults. Cooperative group activities can have just as positive effects for youth as competition. Research shows this to be true especially for young children.

Adults need to take the time to understand the youth's motivation and provide support rather than push their own expectations. Everyone needs to work together to ensure there is a healthy and supportive environment if competition is to be a positive experience. The piece that is important in any 4-H activity and especially so in competitive events is the reflection or personal evaluation time spent with the youth after the activity is over.

If youth have fun in the competitive activity they can still feel they came out a winner even if they do not place high. 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 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 competing. Give members this age a chance to help and be involved in the decisions regarding group assignments and displays.

(Continued on page 4)

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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.

Some adults try to soften the blow of not placing and make excuses or they may even blame someone else and deny what actually happened. This can be confusing to a young person. Avoid denial and excuses to "soften the blow." Recognize the youth's effort. Try, "I can see that you tried your best, and I am proud of you".

Loss or failure should be viewed as unavoidable and a learning experience. The young person may be viewing the loss or failure 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. Ask the young person questions such as:

- ◆ "How do you feel you did?"
- ◆ "What do you think happened?"
- ◆ "What do you think caused this to happen?"
- ◆ "What can you do differently next time?"

Follow these questions with encouragement to try again. It is important that all youth have an opportunity to process with someone about the experience. It can be a 4-H leader, parent, or teen leader.

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.

Suggestions for parents and 4-H leaders:

- Use a positive approach. Praise for the positive aspects of what one does throughout the duration of the event, not just the competitive part.
- Focus on the youth's development of skills, abilities and personal goals by offering encouragement and praise.
- Check your personal expectations or needs at the door. Don't live out your own life's dreams through your child's participation. Help your child set their own 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.
- 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. Promote courtesy, respect and consideration for everyone involved in the event.
- 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 expectations and ethical standards encourage and support appropriate behavior. Adults who turn a blind eye to bending and breaking of the rules or cheating in the name of participation or "winning" promote poor sportsmanship and poor ethical behavior.

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 as your youth to do the best they can. Respect for others means accepting them and their actions.
- Teach honesty and positive ethical behavior.
- 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.

Adapted from:

*Moving Ahead, Preparing the Youth Development Professional, 4HCCS MI-7515
Leaders Guide for Working with K-3rd Grade Youth, University of California Pub. 4-H 1150*

Area 4 4-H Field Day Livestock Entry Form

June 3, 2006

REGISTRATION: Pre-registration is required. A group entry with one club check is preferred. Each exhibitor must submit a separate entry form. Use a separate form for each species, i.e. one form for beef, one for sheep.

Ramona Fair Grounds Check-In and Weigh-In 7:30 A.M. To 8:30 A.M.

Judging starts at 9:00 AM. Poultry will have a health inspection prior to check-in.

Specie (check one) Market Beef: ____ Veal: ____ Market Swine: ____

Market Sheep: ____ Market Goats: ____

Rabbits: ____ Cavies: ____ Poultry: ____ Rats/Mice ____

Exhibitor _____ Phone _____
 Address _____ Grade in School _____
 City, Zip _____ Birth Date _____
 Club _____

Breed/Variety	Sex	Date of Birth/Age	Ear Tag/ Leg band	Market	Breeding

SHOWMANSHIP: Divisions are by grade as of January 01, 2006.

- Primary (5 years old to 9 years old)
(showing--Poultry, Cavies, Rabbits, Rats/Mice only)
- Junior (3rd, 4th, 5th, grade).
- Intermediate (6th, 7th, 8th, grade).
- Senior (9th grade & up)

COST: \$3.00 for large and \$1.00 for small animals.

Amount Paid _____ Group Check# _____ Individual Check# _____ Cash _____

ENTRIES MUST BE RECEIVED BY MAY 26, 2006. Postmark will be accepted.

ANY QUESTIONS, CONTACT: Lynne Kotas at 619-997-6879.

PLEASE MAKE THE CHECK OUT TO:

RAMONA VALLEY 4-H, and mail to

Peggy Roloff, 25397 Starlight Mountain Rd, Ramona, CA, 92065

4-H Judging day
Area 4-June 3, 2006
Entry form

This event allows the kids to be the Judge! Excellent for sharpening and increasing their knowledge of 4H related materials and show off what they know! Medals and Ribbons awarded! The Judging event will be held at the Ramona Junior Fair Grounds on the corner of 5th and Aqua Lane. Judging will start at 8:00 A.M. The Field Day event will be going on at the same time. There will be a variety of judging and identification classes, along with some livestock reasoning. You will be able to participate in both judging and field day events if interested. The Judging areas will close at noon so please allow plenty of time to do the different areas.

Club _____ Phone _____
Address _____ Birth Date _____
Name _____ Grade in School _____
City, Zip _____

Judging class will be divided into the following grade & age divisions as of January 1, 2006

(Check box):

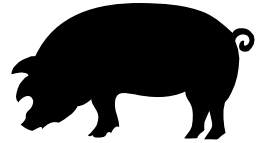
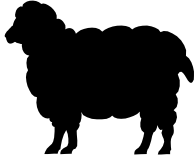
- Primary (5 years old to 9 years old)
- Junior (3rd, 4th, 5th, grade)
- Intermediate (6th, 7th, 8th, grade)
- Senior (9th grade & above)

Cost: \$1.00

Entries received by Friday, May 26, 2006. Postmark will be accepted. For questions contact Lynne Kotas at 619-997-6879. Entry fee for Field Day and Judging Day may be combined. Same day of show entries may be allowed.

Make Checks to: **RAMONA VALLEY 4-H, AND MAIL TO:**
Peggy Roloff
25397 Starlight Mountain Rd
Ramona, CA, 92065

Fee included with field day entries.



**Ramona 4H Clubs
Host Area 4
Field Day and Judging Day
June 3, 2006**

Come Join us for a day of fun and learning! Test your knowledge of 4H materials and animals as well as your showmanship skills! You can do one or both events.

The fair grounds will open at 7:30 A.M. to receive animals, weigh-in and set up for the events. At 9:00 A.M. the classes should be ready to start. Those who are participating in both field day and judging day should make sure that they have their animals ready and in the show ring on time. Participants can judge their judging classes before, or after showing their projects.

Field Day- Members will be able to show large and small animals for market, breeding or showmanship. All large animals will first be weighed-in at the scales, then checked in at the office to get their class numbers. All participants will receive a ribbon and the top animals will receive a medal. The top showman in each division will participate in **Round Robin** following the completion of all market classes. We will have separate round robin events for large and small animals. Awards for Round Robin will be presented.

Judging Day – Everyone will need to check-in at the office to get his or her scorecard. Then they will go to each class in any order they would like (Making sure the class numbers match their scorecard). Make sure to keep the answers to yourself. Ribbons and medals will be awarded.

Judging will start at 10:00 A.M. Judging will stop at 1:00 P.M.



Hope to see you all there!!

4-H BULLETINS

Los Angeles & San Bernardino Counties are pleased to present "**4-H Summer Camp**" for all 4-H youth 8- 19 years old. 4-H Summer Camp is the week of July 2-8, 2006 at Camp Seeley in Crestline. Registration forms are available at: <http://www.4hsummercamp.com> and are due by June 28, 2006 (early deadline is **June 1**, 2006). Camp cost is \$250. For more information, contact Camp Director Peter Michel at (866) 579-0752 ext. 3 or at petermichel@4hsummercamp.com

- The 22nd Annual **California Range and Natural Resources Camp** for students 15-18 years of age will be held June 18-23, 2006 at Elkus Ranch in Half Moon Bay. Sessions and activities include: Riparian Watershed Management, Rangeland Management, Wildlife Managements, Forestry, Careers, etc. Information and applications are available at <http://www.casrm.org/CaSRM11.shtml>. Deadline for applications is **May 15**, 2006.

The **2006 National 4-H Technology Leadership Conference** will be held July 23-27, 2006 at the University of Nebraska, Lincoln. Youth and adult delegates will participate in technology tracks such as web, aerospace, robotics, GPS, biotechnology and much more! More information is available at: <http://www.ca4h.org/compcorps/2006-4HNTLC-Registration.pdf>. Registration deadline is **May 15**, 2006 to the State 4-H Office.

Remember to "Shop 4-H"! If you place an order with the National 4-H Supply Service, remember to do so via the California 4-H website (<http://www.ca4h.org/>). Click on the "Shop 4-H" blinking link in the upper left corner of the home page. A percentage of all sales is returned to the California 4-H Program.

For Youth: Each year, **Do Something** (<http://dosomething.org/>) awards grants of \$500 each to ten young people who submit creative proposals for solving local problems. Do Something's Youth Advisory Council evaluates the proposals and award grants in three areas: community building, health, and the environment. An applicant must be 25 years old or younger on May 1, 2006, to receive a grant and may apply individually or on behalf of a group or team. For information and application, visit: <http://fconline.fdncenter.org/pnd/10001186/dosomething>. Deadline is: **May 15**, 2006.

New "**Take and Teach**" resources, from the University of Minnesota Extension Service, are available to help professionals and volunteers who work with parents and caregivers of teens on the **issues of bullying, peer pressure, and risky behaviors**. All the materials needed to facilitate a parent group or parent/teen group are on one CD. University of Minnesota Extension, Family Relations staff have put together a lesson guide and background for each topic. Also included are: parent handouts and activities, a resource list, suggestions for group facilitation, and presentation materials for both small groups and formal presentations. This lesson can be facilitated by parent educators, school, public health and human service staff, Extension educators, and professionals and volunteers. To order online, go to: www.parenting.umn.edu

The Spring 2006 issue of ***Cream of the Crop* educator newsletter** isn't due out until later this season, but past issues still contain a lot of great information. The Spring 2005 issue includes instructions for making biodegradable plastic in a can from corn and ice cream. The Autumn 2005 issue includes an article from the 2005 Educator of the Year, Tina McEnroe, about teaching ancient civilizations and the history of food. Request a free copy of a past issue for yourself, or in bulk to share with your colleagues, by filling out the request form at <http://www.cfaitc.org/EMailForm/EMailForm.php>. Indicate issue date and quantity in the comments field. If you're not already on the mailing list to receive Cream of the Crop hot off the press, this form will also sign you up for a free subscription.

For Youth: The **Presidential Freedom Scholarships** are currently available for the 2006 program year. This program, administered by Learn and Serve America at the Corporation for National and Community Service, provides Presidential recognition and a \$1,000 college scholarship to high school juniors and seniors for their leadership in community service. The Corporation provides \$500 which must be matched with at least \$500 secured by the student's high school. Students must complete at least 100 hours of community service to be eligible. For more information, visit the program website: www.nationalservice.gov/scholarships. Postmark deadline to submit certification forms is **May 12**, 2006.

SAN DIEGO COUNTY 4-H CALENDAR

DATE	EVENT	LOCATION	PHONE or CODE
May			
1	County Council Meeting	7 p.m. 4-H Office Gate Code 7565#	Debbie 619-669-1954
7	Classic Qualifier Horse Show	Valley Center	Carmen 760-966-0307
8	All Star Info Meeting	6:00 p.m. 4-H Office Gate Code 7565#	Hogan 858-495-5190
8	Teen Council Meeting	6:30 p.m. 4-H Office Gate Code 7565#	Drew 858-756-2004
9	Horse Advisory	4-H Office Gate Code 7565#	Carmen 760-966-0307
19	All Star Apps Due	4-H Office Gate Code 7565#	
14-21	East County Fair		
24	Star Blaze	4-H Office Gate Code 7565#	Hogan 858-495-5190
June			
3	Area 4 Field Day	Ramona Fair Grounds	Cheryl Brean 760-789-3882
3	Area 4 Judging Day	Ramona Fair Grounds	Lynne Kotas 619-997-6879
4	Classic Qualifier Horse Show	Lakeside	Carmen 760-966-0307
5	County Council	4-H Office Gate Code 7565#	Debbie 619-669-1954
6/11-7/4	San Diego County Fair	Del Mar Fairgrounds	Debbie 619-669-1954
13	Horse Advisory	4-H Office Gate Code 7565#	Carmen 760-966-0307
28	Star Blaze	4-H Office Gate Code 7565#	Hogan 858-495-5190
July			
10	Fair Review Meeting	4-H Office Gate Code 3050#	Drew 858-756-2004
10	Teen Council	4-H Office Gate Code 3050#	Cathy 760-749-9643
11	Horse Advisory	4-H Office Gate Code 3050#	Carmen 760-966-0307
17	Expansion and Review	4-H Office Gate Code 3050#	Hogan 858-495-5190
22	State Leadership Meeting	4-H Office Gate Code 3050#	Hogan 858-495-5190
26	Star Blaze	4-H Office Gate Code 3050#	Hogan 858-495-5190
31	Expansion and Review	4-H Office Gate Code 3050#	Hogan 858-495-5190

HOST FAMILIES NEEDED

As you know this year UCSD is hosting State Leadership. That means we will be showcasing our county to the State and now I am finding out CANADA. Steven Worker had emailed requesting host families for two Canadian (from Alberta) delegates visiting the conference; 1 male, 1 female. I would like to find host families for them in the San Diego area, to show them around 2-3 days after the conference.

Are there any gracious families out there that wouldn't mind welcoming these two delegates into their homes? Please let me know, Quang "Hogan" Tong, 858-495-5190.

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For assistance
please contact
our office.

