



# 4-H Memos



University of California Cooperative Extension \* San Diego County \*

## COMPASSIONATE CUT



Hi, my name is Taelor Robertson, and I am with the Escondido 4-H club. I would like to talk to you all about my community project called "Looks Like Me."

"Looks Like Me" is a non-profit organization that makes natural hair wigs for San Diego Counties less fortunate children who have lost their hair due to childhood illness and cancers. "Children say that losing their hair is more devastating than their diagnosis."

This past February, I was able to have a fellow 4-Her cut 13" of my hair off!!! At first, I was nervous, but excited... In less than one minute all of my long hair was now tickling my ears! I was holding on to my cut braids and thinking, WOW! I'm really going to make a difference in a child's life. I also personally raised \$800 for the non-profit organization.

I would especially like to Thank my family for their support (when I raised \$500 my dad let the whole club buzz his head) and all the 4-Hers who donated their hair – Goat leader Susan Kasten, Swine leader Katie Lyon, our member Lynda Cains' mom Carla, Katie Kasten, Liz Kasten, Clarrissa Carmona, Renate Waack, and Leandra Chapman. Also, Randi Robertson donated on behalf of Jessica Lundquist, a Valley Center alumnus, Bailey Chapman on behalf of her cousin Robin, and Christina Groleau on behalf of her friend Jill. I would like to Thank KUSI, Channel 8 News and the North County Time. I would also like to encourage everyone to put their HANDS, HEAD, and HEART into a community service project. Imagine what an impact it would be on the world!!!

Written by: Taelor Roberston, Escondido 4-H President

## WILDFIRE PLANT REGROWTH PROJECT

4-H teams across San Diego County have signed up to help with monitoring the re-growth of vegetation following the deadly wildfires last fall. This is an important job since very little has been documented about how the land and vegetation recovers from wildfire in the San Diego Region and wildfires are a reoccurring part of our living environment. Each team or club is identifying 10 to 20 sites that were burned and over the next couple of years will periodically go out and take photos of those sites to document the way plants recover in that area.

Currently, there are teams from the Jamul Chaparras 4-H, Escondido 4-H, Ramona Wranglers 4-H, Pauma Valley 4-H and Mira Mar Marine Base Teen Center. Congratulations to Ramona Wranglers who have already turned in their first photos. Farm Advisor Carl Bell is working with the groups to incorporate their photos into a web site for the county.

There is still a need for more teams and clubs to participate in the project. Contact Steve Dasher at 858-694-8874 if your club is interested in participating in the project. Also, if you or your 4-H group have been involved in another community service project as a result of the wildfires be sure to let the 4-H Office know.

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

## ROUND ROBIN WORKSHOP

Small Animal  
Round Robin Workshop

**Hosted by Jamul Chaparros & Lemon Valley Leprechauns**

Who:	Anybody competing in Small Animal Showmanship at ESDCJF or SDCF
When:	April 24th. 10:00 am to 1:00 pm.
Bring:	Chair & Signed Medical Release if you are being dropped off. (Hosts will provide Drinks & Sweet Snack)
Where	3028 Miramontes Road, Jamul CA
Itinerary	10:00 - 10:30 Pygmy Goats: Instructor Nicole Fletcher  10:30 - 11:00 Dogs: Instructor Melissa Holland  11:00 - 12:30 Rabbits, Cavies & Chickens: Instructors Paulette & Ariel Sauln  12:30 - 1:00 Questions & Individual Help
Purpose	To help kids with animals they don't normally show. If you win first place in Showmanship you advance to Round Robin and will compete with all other 1 <sup>st</sup> place winners for Master Showmanship. This workshop will give kids a chance to work hands on with all the animals in the Small Animal Round Robin, learn how to show all the animals in the round robin & questions that might be asked by a judge.
Questions	Call Dana or Kevin Fletcher @ 619-669-1057 E-Mail k.fletch@cox.net
Directions	94 east, left on Lyons Valley Road, 3 tenths mile right on Olive Vista Drive, right on Miramontes Road, 3028 (train mail box).

## THE CLASSROOM CONNECTION FOR KIDS AND CROPS

Applications are available for two scholarships for students interested in careers in the pest management industry. These scholarships are sponsored by the California Association of Pest Control Advisers (CAPCA), Kern County CAPCA Chapter and Southern Valley Chemical and are administered by the Stanley W. Strew Educational Fund, Inc. CAPCA represents more than 3,400 pest control advisers (PCA;s). Each scholarship will provide \$2,000 to the selected student.

A completed application form and copy of your transcript are due to the 4-H Office by May 7, 2004. The students selected will be notified the last week of June.

The two scholarship winners will also be invited to attend the CAPCA annual conference at the Disneyland Hotel in Anaheim, California on October 21-24, 2004 to receive recognition.

For applications contact Scott Parker at 858-495-5190 or [www.plantdoctor.org](http://www.plantdoctor.org) to download the file.

## 2004 SAN DIEGO COUNTY FAIR UPDATE

### **BADGING INFORMATION AND SCHEDULE**

The Live stock Office will be open for badging beginning April 12<sup>th</sup> during regular office hours (10:00 – 3:00 PM). Office hours will be extended until 8:00 PM on the following days:

May 11, 12, 13, 18, 19, 20, 25, 26, 27, June 1, 2, and 3.

Groups of 12 or more can schedule appointments at other times. Please call the Livestock Office at 858-792-4283.

### **CASH ONLY WILL BE ACCEPTED**

Remember: No Badging may be done for any exhibitor until their entries are in and processed. All San Diego County Exhibitors **MUST** be badged prior to opening day of the fair .

### **ENTRY TURN-IN**

For clubs having more than 20 entries, please make an appointment with Gerri in the Livestock Office 858-792-4283. Appointments will be accepted up until May 5<sup>th</sup>, after which time it is by walk-in, first come, first served.

### **ETHICS TRAINING REQUIRED FOR ALL EXHIBITORS**

All 2004 San Diego County Fair Junior Livestock Exhibitors are required to attend a mandatory Ethics Training. This training can either be conducted by a staff member from the San Diego County Fair Livestock Office or by an approved 4-H Adult Volunteer Leader. An outline and supporting materials in the form of a Power Point Presentation, overheads, and/or handouts are available through the San Diego County Fair Livestock Office. All material will be available after April 1, 2004. To set up a training with the Livestock Office staff or to obtain the necessary materials, please contact the Livestock Office at 858-792-4283. Please note that attendance at the January 24, 2004 Educational Seminar conducted by the San Diego County Fair Livestock Office fulfills this mandatory requirement. Please contact the Livestock Office if you have any questions.

## ADVISORY COMMITTEES

The California 4-H Youth Development Program has five advisory committees that work to develop, support, and evaluate critical functions of the 4-H Youth Development Program. These committees are composed of 4-H state and county staff, volunteers, and youth and include:

- 4-H Program Advisory Committee
- 4-H Policy Advisory Committee
- Incentives and Recognition Advisory Committee
- Curriculum Advisory Committee
- Citizenship/Service Learning Advisory Council

Please notice that the **4-H Curriculum Advisory Committee** has been re-formed this year with a very specific focus. Its purpose will be to identify useful and relevant resources for 4-H staff, volunteers, and members. Those with a special interest or expertise in a subject area or the field of youth development are encouraged to apply.

For the first time this year, application to all statewide committees will be synchronized to occur at the same time, with the use of one application. The application packet and specific information about each committee's responsibilities and organization is available in county 4-H offices (included in the County Resource Kit sent in December 2003) or on the web at:

[http://ca4h.org/council/4-HYDPStatewideCommittees\(2004\).doc](http://ca4h.org/council/4-HYDPStatewideCommittees(2004).doc)

There are many opportunities for 4-H staff, volunteers, and youth to guide and support the 4-H Youth Development Program by contributing their expertise and participating in one of these five committees.

**Applications are due to the State 4-H Office by April 30, 2004.**

## 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 12<sup>th</sup>. 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 COMPETITION AND COOPERATION AT THE FAIR (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 ring-side 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.

## RAMONA JUNIOR FAIR 2004 UPDATE

July 31 – August 9  
Auction will be August 7, 2004

Meetings of the Ramona Junior Fair Board of Directors are held the first Wednesday of each month at the Senior Center on Aqua Lane, Ramona, 7 PM. Please send a representative from your club who can report back with news about the Fair. Upcoming meetings dates are:

April 7  
May 5  
June 2

### **LEADER MEETING, PREMIUM BOOKS....**

**June 2** will be a required leader's meeting. There needs to be at least one representative from each club or chapter present. Fair procedures and expectations will be outlined. Premium books will be distributed at this meeting. 7 PM at the Senior Center on Aqua Lane, Ramona (across from the Fair grounds).

### **STEERING COMMITTEE....**

Steering Committee meetings will be held the first Tuesday of each month beginning in March. Please call Colleen Fink for more information: 760-789-6635. Upcoming meeting dates:

April 6  
May 4  
June 1

### **OTHER IMPORTANT DATES TO REMEMBER:**

March 31 Entry deadline for Premium book cover contest. Call Nancy for info 760-788-8180  
April 15 Deadline to submit ads for the Premium book. Call Nancy for info 760-788-8180  
June 12 Area 4 Field Day. Call Cheryl Brean for info 760-789-3882  
July 10 Barbecue and Pie Auction. Call Colleen Fink for info 760-789-6635

### **SHEEP & GOATS – SCRAPIE TAGS REQUIRED**

All sheep (market, breeding, and wool) and all goats (market, dairy, pygmy, and angora) entered in the fair will be required to have a scrapie tag. The only exception to this rule will be animals that are registered individually with their breed associations, have a permanent tattoo, and are accompanied by their registration papers. Lambs or kids purchased this year should be tagged by the breeder. If you are a breeder or have older animals, you need to register your flock. There is no cost to register, no testing, and ear tags are issued at no charge. Please call Vicky or Dolores at the toll free number (877-741-3690) and ask for the application to the Scrapie Flock Certification Program.

### **BREEDING SWINE ALERT**

All breeding swine are required to have a negative Swine Brucellosis Test within 30 days of the Fair. This is required by the State of California to stop the possible spread of this disease. More information will be available at the leader's meeting on June 2.

### **AFTER-AUCTION AUCTION**

Donations are being sought for the "fun" auction which is held after the animal auction is completed. Items may include gift certificates, craft items, baskets of goodies, or almost anything else. Please gather your donations within your club, and send them with your representative to the leader's meeting on June 2.

### **CHANGES TO THE FAIR**

- o Breeding beef will be a one-day show. Friday
- o All animals are required to be cleaned and groomed as they enter the Fair grounds:
- o Sheep must enter the grounds clean shorn (except for wool breeds).
- o Swine must be bathed prior to weigh-in, clean enough of health inspection.
- o Home EC will move-in on Saturday July 31.

## ANIMAL SCIENCE SURVEY

As part of the Animals in Education Settings Workgroup, we are pleased to inform you that a 4-H Animal Science Survey for Adult Volunteer Leaders is now available online at <http://ca4h.org/survey/animal.asp>. We'd like to encourage you to complete it sometime between now and the second week of May 2004 when data collection will end. If you do not have ready access to the Internet, please contact the 4-H Office at 858-694-2861 and we will send you a printable copy of the survey. (\*\*Please Note: Some volunteers already completed this survey at Asilomar or local venues in their counties. If so, you should not submit another survey online.)

This survey is important. Its purpose is to help strengthen the California 4-H Animal Science Projects. The survey questions are designed to address needs that might exist within county-based programs and assist 4-H Animal Science Project Leaders in their project. Furthermore, this survey is not only for 4-H Volunteers, it also comes from 4-H Volunteers. The survey questions were derived from focus group interviews with Animal Science Project Leaders in San Diego, Solano, Tehama, and Glenn counties. During these interviews, the Volunteers outlined what they saw as the strengths and needs in their programs, and this information laid the foundation for the survey questions asked.



## SAN DIEGUITO 4-H URBAN FARM PROJECT

San Dieguito 4-H has been in negotiations with the city of Encinitas to establish a site for a youth development urban Farm. The need for this facility arose when the city bought the land that our club had kept animals on for 16 years. Many of the children in our group live in houses or apartments that do not allow animals to be kept at homes due in part to the urbanization and zoning restrictions of our area. We have been working with the city for two years trying to get this project established.

A recommendation is now being presented to the city council for a 2-acre site for us. This park would be a model and a first for southern California although there are farms of this type in the bay area.

The park would have many uses, including, a community garden area, a meeting facility for the club and a place to hold community classes. We are hoping to have a small working green house, a garden site for kids to learn nutrition through growing nutritious food and a place for kids to keep animal projects, including some types of breeding projects. All of this would be available to local school children for hands on learning projects.

With the help of 4H Staff we have had meetings with the 4-H site city committee and it has been recommended to start fundraising efforts.

We are now in the process of forming a community group to help with the organization of this project. Our club will also be holding fund raisers in the near future and hope for your attendance and /or contributions. We also are asking for help in other services such as fundraising ideas, architects, and various contractors for things like electrical, plumbing, concrete, and landscaping. At a later date we will also be in need of building and farm supplies.

If you would like more information on this project, or how you can help contact Robin Whitecotton, Community Club leader, San Dieguito 4-H, by e-mail at [robwhtco@yahoo.com](mailto:robwhtco@yahoo.com), or phone (760) 942-8018.

## SAN DIEGO COUNTY 4-H CALENDAR

DATE	EVENT	LOCATION	PHONE or CODE
<b>April</b> 3 3 5 5 13 17 17 24 27	Area 1 Large Animal Judging Day County Presentation Day Teen Council Meeting County Council Executive Meeting Horse Advisory Meeting Horsemastership by Ramona Stars Bonsall Dog Show Area 4 Judging Day 4-H Night @ the Padres	TBA Poway TBA 6:00 p. m. 4-H Office 7:00 p. m. 4-H Office 7:00 p. m. 4-H Office Tumbleweed Arena Lakeside 9:00 a.m. Alamosa Park Julian Jr. High School PetCo Park	Carmen 760-505-6608 Kristina 858-679-2072 Gate Code 2733# Gate Code 2733# Gate Code 2733# Nancy 760-788-8180 Bonnie 760-630-1523 Margaret 760-765-3381 Cathy 760-749-9643
<b>May</b> 1 2 3 3 8 9-16 11 11 15 23 29	Valley Center Dog Show SDC Hors Show-Golden Clovers Teen Council Meeting County Council Meeting Area 3 Judging Day East County Jr. Fair East County Jr. Fair Dog Show Horse Advisory Meeting So. Sectional Presentation Day Area 2 Ag Judging & Field Day State 4-H Presentation Day	TBA TBA 6:00 p. m. 4-H Office 7:00 p. m. 4-H Office Olivenhain Town Hall Lakeside Rodeo Grounds Lakeside Rodeo Grounds 7:00 p. m. 4-H Office Mt. SAC UC Davis	Gate Code 2733# Gate Code 2733# Susan 760-943-9133 Gate Code 2733# Gail 760-743-2950 Steven 530-754-8519
<b>June</b> 5 5 7 7 8 12 20	Area 4 Field Day Rancho Poway 4-H Dog Show Teen Council Meeting County Council Executive Mtg. Horse Advisory Meeting Area 4 Field Day San Diego County Fair Dog Show	6:00 p. m. 4-H Office 7:00 p. m. 4-H Office 7:00 p. m. 4-H Office TBA Del Mar Fairgrounds	Gate Code 2733# Gate Code 2733# Gate Code 2733# Cheryl 760-789-3882
<b>July</b> 12 12  31-Aug. 9	Teen Council Meeting County Council Executive Mtg. and Fair Evaluation Ramona Jr. Fair	6:00 p. m. 4-H Office 7:00 p. m. 4-H Office  Ramona Fairgrounds	Gate Code 5064# Gate Code 5064#
<b>August</b> 2 2 6 18-21	Teen Council Meeting County Council Executive Mtg County Record Books Due County Record Book Sorting/Judging	6:00 p. m. 4-H Office 7:00 p. m. 4-H Office 5:00 p.m. 4-H Office 4-H Office	Gate Code 5064# Gate Code 5064# Debbie 619-669-1954 Debbie 619-669-1954

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For assistance  
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our office.

