



Open Letter from Sonya Varea Hammond

4-H and Leadership

Leadership development is one of the key life skills that 4-H strives to promote. 4-H is a valuable vehicle for learning leadership. The Center for Creative Leadership (CCL) is one of the nation's premiere organizations that researches and teaches about leadership. A recent article published by CCL talks about researcher Joel Wright's work with youth and young adults. Dr. Wright's latest project focuses on teaching youth these seven components of leadership:

1. **Who am I?** This means developing self awareness, including personal strengths and weaknesses. It is also looking at how others respond to you, the effect you have on others, and how you connect to social groups.
2. **What is authentic leadership?** - What are the traits and characteristics of everyday leaders around you? What can you use or develop in yourself that will make you a constructive leader, in your own individual way? What will be your positive leadership legacy at school?
3. **How does leadership exist in teams?** We see it sports, but what about in everyday life situations? In a group setting, how do you help establish direction, alignment, and commitment?
4. **How do I communicate?** Words are powerful. Ask yourself, "Am I using words to increase respect and understanding? Do I listen carefully to others' words?"
5. **What do I do with conflict?** The ability to respond effectively to conflict, and to even find value in it, is an underrated, and overlooked leadership skill. When do I get help? How do I respond to conflict? with fear? aggression? compassion? open dialogue? Do I make it better, or do I fuel the flames?
6. **How do my values affect my actions?** Take time to reflect. What ARE your values? How well aligned are your actions to your values? Do others know your values through your actions?
7. **What is my vision?** What is your vision for the next 10 years? This is the most important time of a teen's life – when they are creating a mental vision that will influence the rest of their lives: where they will get post-high school training, what kind of job they will have, what traits they will seek in a life partner, what their unique gifts are and what their life's work will be. All these decisions are crucial, yet many young people haven't thought beyond Saturday night.

Think about these seven components. Use 4-H to develop them in yourself and others, and be deliberate about creating the future that you want, not just a future that "happens" to you.

Congratulations!

Kate Modic, a current San Benito County All Star has been selected, through a very competitive process, as a delegate to 4-H National Conference in Washington, D. C. this March 20-25. This is like a scholarship, as all her travel expenses are paid by National 4-H. The National 4-H Conference is the flagship youth development opportunity of the U.S. Department of Agriculture. Deemed "the Secretary's Conference", this experience upholds a tradition dating back to 1927.

Today, National 4-H Conference has remained true to its original intent of developing leaders while continuing to be future focused. In addition to strengthening leadership skills, the purpose of National 4-H Conference is to:
Create an experience for delegates to become familiar with government;
Reinforce the rich history of 4-H and its valuable tie to Cooperative Extension and the land-grant system;

Engage delegates with leaders from USDA, CSREES, the Land-Grant University system, as well as, their local, state and national partners;
Enlighten delegates to the valuable work and research coming out of the land grant universities;
Stimulate thought around key matters and move delegates to action in their local communities;
Provide an opportunity for delegates to engage as citizens by meeting with their congressional representatives to discuss issues affecting their communities;
Enhances valuable 21st century skills leadership skills such as adaptability, team building and communications.
Exposes delegates to the splendor of the Nation's Capital;
Gather feedback from our most important stakeholders – youth!

The National 4-H Conference expands on 4-H's essential elements of Independence, Belonging, Mastery and Generosity by allowing youth to master skills to make positive life choices; participate in decision-making processes; act responsibly; positively influence their communities; and develop into informed, active, engaged citizens. We look forward to hearing back from Kate about her experiences in March at the 4-H National Headquarters.

Announcements

Applying to be an All Star

The deadline for members to submit a completed All Star Contract to the 4-H office is **December 1**. This form is available at the 4-H office.

Holiday Dinner

The annual Holiday Dinner (that will be hosted by the All Stars) will be held on December 6 at 5 pm. The location will be in the Pavilion at Bolado Park/Fairgrounds.

4-H Office Closure

The 4-H Office will be closed November 25 (Furlough program) and November 26-27 (Thanksgiving holiday).

New 4-H Volunteer Orientation

Two trainings will be held on November 23rd before and after the Council meeting. First session: 5:15 p.m. to 6:30 p.m.; Second session: 8:00 p.m. (or as soon as the Council meeting is over) to 9:15 p.m. Please RSVP to Renay (637-5346) as to which session you will attend.

The California Exposition & State Fair Board has announced new dates for the fair. The 2010 California State Fair is now tentatively scheduled to run for 19 days from **Wednesday, July 14 to Sunday, August 1, 2010**. For more information, you may contact **Erica Manuel of the California Exposition and State Fair** at emanuel@caexpo.com. 4-H members, adults and staff may also contact 4-H Animal Science Committee Chairs Cynthia Barnett, cbbarnett@ucdavis.edu and Steve Dasher, hsdasher@ucdavis.edu for additional questions.

There is still time to apply for **California Focus**. More information and registration forms are available at: <http://www.ca4h.org/citizenship/focus/>. Forms must be turned to the county 4-H office by **November 23**. To be eligible to attend, a youth have graduated from 8th grade by June 2010 (meaning in 8th grade right now) or in 9th-12th grades right now. Remember...if you have traveled using Council funding before, you are required to complete/submit an "Educational Trip" application as well (which is different than the application used for LCORT & State Leadership Conference). This form is available at the 4-H office. The CA Focus trip will be June 25-29, 2010.

The American Association of University Women (AAUW) invites high school 4-H members to compete in **California Speech Trek**. Beginning each September and continuing through March 1, high school students throughout California are welcome to contact the local AAUW branch near them (or email spechtrek@aauw-ca.org) for details about the local AAUW speech contest. The theme this year is "Breaking Through Barriers". The first place winner receives \$750, while second and third place winners each receive \$500. More information is available at <http://www.ca4h.org/4hresource/updates/attach/2009/Nov09/SpeechTrek4HBrochure-2PrizeMoney.pdf>

A free professional development training opportunity is available for those involved with youth development programs focusing on healthy living concepts. The two-day trainings, "**Fresh Fruits and Vegetables: A Centerpiece for a Healthy School Environment**" will be held in several location across California. You may visit: <http://www.lifelab.org/ffv.php> to register today. Click here for the full training flyer. For any questions, contact Deborah Beall at dbeall@cde.ca.gov.

4-H members are invited to participate in the **Fur and Feathers Show**, a small animal breed show and showmanship event, planned for **January 16, 2010**. Entry deadline is **December 15, 2009**. The event is for 4-H members statewide in Cavy, Poultry and Rabbit projects. You may contact Jenean at bass@roadrunner.com for questions.

Dates have been set for **2010 State 4-H Horse Events**. The State 4-H Horse Classic - Educational Contests will be held **April 24 & 25 at Reedley College, Reedley, CA** (southeast of Fresno). The **Championship Horse Show** will be held at the Santa Cruz County Fairgrounds in Watsonville on **Thursday, June 24 thru Sunday, June 27**. Tentatively, the English classes and Over Fences will be held on Friday, Western classes on Saturday and Gymkhana on Sunday. More information will be available by December 1st on the web site at <http://ca4h.org/projresource/horse/>.

California will be sending 4-H members and leaders outbound on the **California International Exchange Program** during the summer of 2010. Are you ready for a one month experience in Australia, Costa Rica, or Japan? Delegates must submit an application with reference letters and complete an interview by **January 27, 2010**. More information is available at: <http://ca4h.org/exchange/>. Please check eligibility requirements. Remember...if you have traveled on 4-H Council funds before, you are required to complete/submit an "Educational Trip" application as well (which is different than the application used for LCORT & State Leadership Conference). This form is available at the 4-H office.

The fall season is in full swing and as students are researching schools and colleges they'd like to attend after graduation, 4-H members are reminded to plan to apply in Spring 2010 for one of the **Statewide 4-H Higher Education Scholarships** available. For more information on the scholarship program, visit: <http://www.ca4h.org/4hresource/ir/scholarship/>

A **4-H Volunteer E-Learning Course** is available at: www.ca4h.org/volunteer/voltraining.asp. This course is an introduction to the 4-H Program and takes approx. 20 minutes to complete. The course does not approve someone as a volunteer leader. It only introduces the basics of the program. Policies are not included.

The **4-H Project Leader Digest** is available at: www.anrcatalog.ucdavis.edu/pdf/21729.pdf.

Change in State Fair Dates May Affect When to Purchase an Animal

The 2010 California State Fair is now tentatively scheduled to run for 19 days from Wednesday, July 14 to Sunday, August 1.

SACRAMENTO, CA (October 9, 2009) -- The California Exposition & State Fair board of directors today voted to change the California State Fair dates to July, starting in 2010. After a lengthy discussion and considerable research by staff and others, the Cal Expo board cited numerous reasons for moving the State Fair to earlier in the summer. Of primary importance is the decreased conflict with the back-to-school schedule. Since 2003, California schools have gradually shifted their calendars to allow for an earlier start date in the summer and an earlier end date in the spring. The State Fair's traditional schedule of ending on Labor Day is in direct conflict with that shift. "This institution has a long history of being a destination for families," said California State Fair CEO and General Manager Norbert J. Bartosik. Fair organizers believe that a move to July would give families more scheduling flexibility and greater opportunities to enjoy the event in a timeframe that is not so impacted by back-to-school activities and expenses. "This is a major shift for us, but we feel this move is necessary for the State Fair to maintain its legacy of representing and showcasing California culture to Californians. We need to be able to grow and adapt to society's changes," Bartosik said. "We'll be exploring everything from new entertainment, to more season passes and discounts." It is expected that the Fair industry will adjust to this date change with minimal impact. "It's important to understand that this date change is just one part of a multi-faceted, long-term strategy to revitalize the State Fair and the Cal Expo grounds."

Redevelopment of the Cal Expo fairgrounds has already been identified as an important part of that long-term strategy. In addition, the Cal Expo events team sees considerable opportunity for a new special event, show or concert to be held at Cal Expo on Labor Day weekend. According to Bartosik, "We plan to host something big at Cal Expo on Labor Day. We've already begun discussing the possibilities with promoters and other event planners." The 2010 California State Fair is now tentatively scheduled to run for 19 days from Wednesday, July 14 to Sunday, August 1.

!!Note: Because of the State Fair's change of date, this has necessitated a change of date for the 2010 Monterey County Fair, which will now be held September 1st through September 6th (Labor Day) 2010.



Protect Yourself and Others from H1N1 Virus (previously referred to as swine flu) and all flu viruses.

As flu season approaches, we should all be taking precautions to 1) personally stay healthy, and 2) prevent others from getting sick. Please refer to the Clover Safe Note <http://groups.ucanr.org/ehs/files/70994.pdf> on Preventing the Spread of Communicable Disease (Clover Safe Note #85). Also please be aware that there are many more Clover Safe safety tips on the website: http://safety.ucanr.org/4h/clover_safe_notes.htm. ...from hot glue safety to poisonous plants for animals – you name it, it's there. And if not, let Environmental Health know about it and they'll consider writing one. The Center for Disease Control (CDC) also has a website about the H1N1 virus: <http://www.cdc.gov/h1n1flu/>

Stay healthy this Fall and Winter:

Vaccinations are especially important for young children and people with weakened immune systems

A regular flu shot will not protect you against the H1N1 virus – separate shots are needed for that

Cover your mouth and nose with a tissue or cough or sneeze into the crook of your elbow

Wash your hands with soap and water, especially if you've just sneezed or coughed. If you can't wash, use alcohol-based hand sanitizer.

Avoid touching your mouth, eyes or nose.

Try to avoid close contact with sick people.

If you are sick with flu-like illness, the Center For Disease Control recommends that you stay home for at least 24 hours after your fever is gone.

Don't attend a club or project meeting if there is any feeling that you are coming down with something, and for up to a week after the onset of symptoms.

Policy Reminders

Deadlines – Deadlines are set to establish a fair “playing field”, to provide staff enough time to prepare paperwork, to allow Council time to approve a project or to write a check, and to teach responsibility and establish lifelong habits that are needed to succeed in life. Parents should be setting a good model for their youth, and youth should be establishing an important life skill. Read the Guidepost; attend meetings; check out the websites provided; ask questions. Avoid disappointment – plan ahead!

All Fundraising Events – These events must be included in the annual club budget, which needs to be approved by the 4-H Supervisor. Any fundraising later in the year which was not included in the original budget has to be approved by the 4-H Supervisor. Also, funds cannot be raised for an individual person or family.

Electronic Checks – Treasurers, remember that your bank statement that comes monthly to the 4-H office needs to include copies of checks. The one exception is the “electronic check”. This is when your authorized check writer submits a check to a store, and they run it through a machine and give it back to you, treating your check much like a debit card. The electronic check should appear on your statement with the store, the date and the amount. Keep the check in case of questions or an audit.

Field Trips – Any 4-H Field trips require the notification and approval of the 4-H office. Requests should be made in writing and submitted to the 4-H Supervisor (Sonya Varea-Hammond) at fax # 758-3018. If field trips are not authorized prior to the trip, they should not be taken.

Project Meeting Attendance – 4-H members will not receive credit for project meetings that are not held. Per State 4-H policy, there must be a minimum of 6 hours worth of project meetings held and the member must attend (or complete approved “make-up” meetings/activities) to earn completion credit for that project.

4-H Websites

The name "**National 4-H Headquarters**" has been officially changed to **4-H National Headquarters** lending more focus on the 4-H organization. You may visit: <http://www.national4-hheadquarters.gov/> for more details.

Finally all the Statewide 4-H policies have been updated and are available on-line, along with a fabulous search capability. Anything and everything you could want to know is there – events, scholarships and more. Take some time to check it out at: www.ca4h.org/.

For policy questions and regulations, the website is: www.ca4h.org/policy/.

For helpful information geared specifically to volunteers: <http://ucanr.org/4-hvolunteers/>.

Check the Statewide Updates at: www.ca4h.org/4hresource/updates/.

Supply orders: www.4-Hmall.org and <http://leslicarman.com>

More Fair Awards

Ausaymas -

Nate Cardenas: 1st Novice Sheep Showmanship, 3rd Intermediate Sheep Showmanship

Andrew Cardenas: 1st and Best of Show Rabbits

Delani Gross: 1st 4-H Building (photography x2, arts & crafts x2, formal tablesetting), 2nd 4-H Building (photography x2, sheep educational display), Best of Show 4-H Building (formal tablesetting), winner Market Sheep, 1st Club Pen of Three – Sheep, 4th Weight Sheep, 4th Intermediate Sheep Showmanship

Paicines Clover -

(correction) Riley Bishop: Ribbon Market Swine (instead of what was printed last month)

(correction) Nicole Vasquez: Ribbon Market Swine (instead of what was printed last month)

Fairview –

Julianna Figone – 1st Beef Carcass Contest

Adrianna Figone – 2nd Beef Carcass Contest

2010 LCORT Delegates and Chaperones

Below are the 4-H members who will be attending LCORT. A big “thank you” goes to Cathy Alameda, Stephanie Churchill-Gross, Gregg Hoffman, Linda Ward, Lisa Cartelli, Lou Urbina, and Lisa Tobias for volunteering to serve as chaperones for the upcoming conference.

Glen Alameda (All Star)

Mary Alameda

Maddison Alipaz

Gianna Brigantino

Rachel Brigantino

Regan Brown

Hannah Cartelli

Amy Carvalho

Megan Carvalho

Ashley Coates (State Ambassador)

Darren Coates (State Ambassador)

Lauren Coustette

Chanel Enz

Mavrick Enz

Mikael Enz

Warren Enz

Connor Fabing
Delani Gross
Gabe Hatcher (All Star)
Drew Haughey
Matthew Hawk
Amanda Himenes
Haydon Hoffman
Joseph Huntley
Natalie Leifheit
Erica Leung
Alicia Liddle
Kelly McCullough
Kate Modic (All Star)
Bailee Nelson
Ana Newman
Katie Nino
Sarah Nino
Colton Owczarzak
Megan Pape
Matthew Peters
Martin Pulido
Taylor Randle
Linnae Rodriguez
Tristan Russell
Megan Sabbatini
Jeanette Schneider
Taylor Shaffer
Sarah Shelton
Kimberly Sparrer
Chad Stricker
Annie Tobias
Brian Tobias
Grace Tobias (All Star)
Russell Tobias
Eastyn Urbina
Haley van Dam
Jessica Ward

Council Minutes

The Minutes for the October Council meeting will be emailed separately from this newsletter as soon as they are available.

Club News

Union Club

The fair was a successful endeavor for Union 4-H this year. At our last meeting, all of the members who entered something in the fair shared what they entered and their placing. There were quite a few blue ribbons mentioned! Our only animals in the auction were swine and rabbits, although there were also some poultry and rabbits that did not get auctioned off. Our “green” themed booth won first prize. Congratulations to all those who participated in the fair! As a special Christmas charity this year, our club is sending shoe boxes filled with school supplies, hard candy, toys and hygiene items to destitute places around the globe. We are doing this as part of Operation Christmas Child, a program started by Franklin Graham to provide children with presents who, without these shoe boxes, would probably not have any other presents at Christmas. In addition to this, we are still making our traditional stick horses for Toys for Tots and the Holiday Potluck. Plastic and paper bags are also being collected both for stick horses as well as Community Pantry.

by Kelly Whiteley, Reporter

San Juan Club

This year San Juan 4-H decided to have their Annual Produce Gleaning day on Sunday, October 18, 2009 at 9:30 to 12:30. We invited another 4-H group to help this year. Santa Ana 4-H Club accepted. They were a great help in increasing our total yield. We couldn't have asked for better weather for the day. It is a beautiful sunny morning. We started off by picking two types of tomatoes. Since the tomatoes were going to be packed in boxes, we had to pick the firmest tomatoes. And as usual, a small tomato fight broke out with the soft ones. But then we were off to another field for lettuce picking. After that, we picked some pumpkins, beets, radishes, and finally bell peppers. Everyone learned about the farming of tomatoes and that tomatoes for the fresh market are usually picked when the tomatoes are green. We also learned that radishes are easy to pick because they are in sandy soil and close to the surface. We learned that produce picking is a hard laborious job. Our total produce gleaned from fields in the San Juan Valley was 21 boxes with 902 lbs of produce. That was nearly twice what we had picked last year. We also donated 100's of plastic grocery bags to help with distribution. To finish the day, we had a potluck BBQ hosted by the Alamedas. We did enjoy some of our pickings in a salad. We had a great time enjoying a great meal, playing and talking for hours.

The 4-H members in the photo below include:

Top row: Reno May, Glen Alameda, Christian Kakebeen, Kenneth Hastings

Middle row: Jessica Ward, Katherine Hastings

Front Row: Mary Alameda, Julianna Figone, Heather Pereira, Adrianna Figone



Statewide Calendar

December 2009			
December 1 to 31	Year of Science 2009: Science and health <i>Primary Audience: California 4-H</i>	Nationwide	Steven Worker 530-754-8519
December 4 to 6	State 4-H Record Book Competition <i>Primary Audience: High school 4-H members</i>	UC Davis	Hogan Tong 530-752-5644
January 2010			
January 7	CA Focus Financial Assistance and Young Civic Leader Apps Due <i>Primary Audience: 4-H Teens and Adults</i>	State 4-H Office	Pat English 530-754-8520
January 7 to 10	National 4-H Horse Classic <i>Primary Audience: Selected CA Team</i>	Denver, Colorado	Jeanne George 530-527-3101
January 15	2nd Payment for Washington Focus <i>Primary Audience: 4-H Teens and Adults</i>	State 4-H Office	Pat English 530-754-8520
January 15	California Focus On-line Registration Due <i>Primary Audience: 4-H Teens and Adults</i>	State 4-H Office	Pat English 530-754-8520
February 2010			
February 1	Deadline for applications for Outbound International Exchange <i>Primary Audience: 4-H Teens and Adults</i>	State 4-H Office	Pat English 530-754-8520
February 4 to 7	Equine Affaire <i>Primary Audience: anyone interested in horses</i>	Fairplex, Pomona, CA	
February 6	4-H SET Training (statewide organized) <i>Primary Audience: 4-H members, volunteers and staff</i>	TBA 5 locations throughout the state	Steven Worker 530-754-8519
March 2010			
March 16 to 20	National 4-H Camping Institute <i>Primary Audience: 4-H volunteers & staff</i>	Oregon	Marianne Bird
March 20 to 27	2010 National 4-H Conference <i>Primary Audience: 4-H members (age 16-19), 4-H volunteers and staff</i>	National 4-H Center	Hogan Tong 530-752-5644
March 31	Final Payment for CA and WA Focus <i>Primary Audience: 4-H Teens and Adults</i>	State 4-H Office	Pat English 530-754-8520
April 2010			
April 24 to 25	State 4-H Horse Classic - Educational Contests <i>Primary Audience: 4-H horse members</i>	Reedley College, Reedley, CA	Jeanne George 530-527-3101
May 2010			
May 29	2010 State 4-H Field Day <i>Primary Audience: EVERYONE!</i>	UC Davis	Quang Tong 530-752-5644

Local Contacts:

4-H Program Supervisor

Sonya Hammond, 759-7358 or slvareahammond@ucdavis.edu

4-H Secretary

Renay Winn, 637-5346 or cesanbenito@ucdavis.edu

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