

UCCE/4-H Office  
777 E. Rialto Ave.  
San Bernardino, CA 92415

**See  
Calendar inside  
for upcoming events!**



San Bernardino County

# 4-H Headlines



June 2010

COOPERATIVE EXTENSION/4-H OFFICE  
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## Upcoming Events

June 8 – All-Star Judging @ 4-H Office  
June 24-27 State 4-H Horse Classic  
June 27-July 3 – 4-H Summer Camp  
July 13 – County Council – Elections/Calendar  
July 18-22 – Horse Camp  
July 29 - Aug 1- State Leadership Conference  
August 3 – Record Books due to 4-H Office  
August 14 – Record Book Judging @ 4-H Office  
November 5-7 State Leaders' Forum @ Asilomar

**Congratulations to our County Members who  
represented us at State Field Day & Fashion  
Revue!**

Alex Aldrich – Gold  
Morgan Alexander – Gold  
Jacob Badal – Gold  
John Kane – Blue  
Devany Kelley – Gold  
Elizabeth Wang - Blue

Fashion Revue  
Allison Eggleston – Blue/Medalist

## State Leadership Conference

- The **State Leadership Conference 2010 "Operation 4-H"** is now online at <http://www.ca4h.org/conference/slc/>. Financial assistance will be allotted on an "as needed and available" basis and is not transferable. Applications are due **May 15th**. Delegates may request up to \$330 of financial aid. Please direct questions to Quang "Hogan" Tong at 530-752-5644 or email at [qtong@ucdavis.edu](mailto:qtong@ucdavis.edu).
- **State Leadership Conference registration** deadline is **June 14, 2010**. Please check with your local county office for local registration may require you to register sooner than that!!! Operation 4-H State Leadership Conference 2010 at UC Davis! Come share the fun and experience! Visit: <http://fourh.ucdavis.edu/conference/slc/> for more information.

## Summer Camp

June 27-July 3

Summer camp is right around the corner – visit [4hsummercamp.com](http://4hsummercamp.com) for more information. If you need a hard copy, please call the 4-H Office.

CAMP COST IS \$275.00 PER YOUTH MEMBER  
(RESERVE YOUR SPOT NOW WITH A \$50 NON-REFUNDABLE DEPOSIT by June 1, 2010)

**As of now, they still have approximately 50 spots left for members at camp!**

## New San Bernardino County 4-H Website

We will now be utilizing the University's website for our County's 4-H Website. The sbc4h.org site will be shut down in July and all the information you will be able to access at the new website. The official site is: [cesanbernardino.ucdavis.edu](http://cesanbernardino.ucdavis.edu) If you would like to bookmark the 4-H site it is:

[http://cesanbernardino.ucdavis.edu/4-H\\_Program/](http://cesanbernardino.ucdavis.edu/4-H_Program/)

This main site allows you to see what our county's cooperative extension is doing. You can find information on Master Gardener's, Master Food Preservers, Dairy Advisory, Desert Advisor, etc. Check it out!

## ATTENTION COMMUNITY LEADERS

Each club has their own club space on the new website. Send pictures and information you would like included on your club's space to Cyndi @ [ccbarnett@ucdavis.edu](mailto:ccbarnett@ucdavis.edu) or Halli at [haller@ucdavis.edu](mailto:haller@ucdavis.edu) and they will include them in your space!

**WE ARE STILL WAITING ON A LOT OF CLUBS TO SUBMIT PICTURES AND INFORMATION – DON'T LET YOUR CLUB BE THE ONLY ONE WITHOUT REPRESENTATION!**

## Record Books

Record Books are due to the 4-H Office on Tuesday, August 3<sup>rd</sup> no later than 3:00 pm. Community leaders, please turn in your end of the year forms at that time also. Club books are due on August 10<sup>th</sup>. Remember to sign-up with your community leader to judge books on August 14<sup>th</sup>. You will learn so much about putting a record book together as well as learning what other members are doing in county. If you have any questions, please give Cheryl a call at (909)387-2179.



## A Note From Cyndi

**We all know** that America's youth have setbacks and disappointments, some harder to deal with than others. How youth perceive and handle these setbacks can affect their future life success. As 4-H volunteers, there is a great website available to you to use as a resource while helping these young people become contributing members of today's society. The Step-It-Up-2-Thrive website <http://www.stepitup2thrive.org/> provides instructions and resources to help youth envision and work towards their full potential. In order for youth to thrive, there are four stages that youth must be engaged in to accomplish positive life successes. According to the website, the first stage is identification of youths' sparks. *Sparks* are identified by Dr. Benson, a renowned youth behavior researcher, as "those hidden strengths that are discoverable in all youth, by the age of ten". The next stage is the development of a growth *mindset*. Dr. Dwerk, a Stanford psychology professor, defines the term *mindset* as "people's beliefs about their talent and intelligence. Those who believe their gifts and intelligence are innate and carved in stone have a "fixed mindset", whereas those who believe that their abilities and intelligence can be developed through effort and practice have a "growth mindset". Dwerk further claims that life choices and resulting successes and achievements are profound and are directly related to the effects of one's mindset. According to Dr. Richard Lerner with Tufts Institute, encouragement of youth self-reflection is found in the third stage, *indicators of thriving*. Reaching excellence in these domains (the six "Cs")—competency, connection, character, caring, confidence, and contribution—establishes a youth's path to his or her full potential. Dr. Peter Benson, of Search Institute, confirms that the central dynamic in the caring adult relationship is conversation, and yet that two-way dialogue with teenagers takes considerable skill. The fourth stage builds youths' *goal management* skills, or what we term GPS (Goal selection, Pursuit of strategies, and Shifting gears in the face of challenge). The full Step-It-Up-2-Thrive process motivates youth to achieve personal development goals. When youth identify one indicator of thriving as a goal focus, they move to the goal management process that includes selecting a goal and a series of goal-action steps. 4-H volunteers guide the process by understanding behavior change and ways to nurture growth of GPS skills. Check out the website for more information!!

## Community Leader Corner

Every community leader should have received their end-of-the year packet and also their beginning of the year packet by now. It is very important that you pay attention to the end of the year forms and order all awards your members have earned. We want all the members coming to Achievement Night (September 18<sup>th</sup> at the SBC Fairgrounds) to get the awards they have earned. We always feel badly when some members are left out, but we can only go by the paperwork that you turn in to us.

The Beginning of the year forms included paper enrollments for your existing members and leaders. You can have the sign, and make any changes on these forms and return to the 4-H Office. The on-line program for our County is not excepting any on-line enrollment until July 1<sup>st</sup> so that there will be no problems with registering before that date and then having your registration removed for the new year. PLEASE REMEMBER THAT THE COST OF ENROLLING YOUTH HAS GONE UP TO \$24.50 for the coming year. This reflects a \$3.00 raise in enrollment fees that comes from the State Office.

Record Books are due to the 4-H Office on August 3<sup>rd</sup> by 3:00pm. Club books are due on August 10<sup>th</sup>. Please encourage all of your members to be working on record books. If your club needs help with record books, contact the 4-H Office and we will get help to you. This is the time in 4-H that the members can earn pins for their hats after a hard year's worth of work – it will be worth it when they finish their books!

Next County Council meeting will be our officer elections and calendaring meeting – please send Cheryl dates you want on our calendar!!!!

## County Council Meetings

Our County 4-H program is run by the leaders and members of our county (with the oversight of the 4-H Staff and County Director). The County Council meets every other month on the 2<sup>nd</sup> Tuesday at 7:00 pm at the County 4-H Office. The leaders and older members who show up to these meetings are able to vote on policy, plan events, elect officers and overall make decisions for everyone in our county. The 4-H Staff and County Director do have a part in making sure the policy, events are within the state and county guidelines.

Our county needs everyone to take an interest in what goes on and help make our county stronger. It is never good to have just a few people planning for the largest county in the nation (yes, we are the largest county in the nation)! While we understand the economics of the times and the fact that many clubs are quite a distance away from the office – we want every club to be able to have a say in what happens in our county. Starting with our new 4-H year this July we will have officer elections and we will try a new policy that will give each club 3 votes at the county council. We feel that this would allow everyone to feel that they can have a true say in what happens in our county. In order to have the 3 votes, 3 leaders (one vote can be from a High 4-H Member) must come to the meeting. You don't have to have the same 3 people every time. As long as the Community Leader is aware of the voters and lets the 4-H Office or one of the County Council Officers know who is representing their club; they can be different every time! This is your chance to have your club's interests heard.

## County Council Officers

July 13<sup>th</sup> is the date of our next County Council meeting. We will be holding Officer Elections. That means we are looking for leaders or High 4-H Members to fill the following positions:

President  
Vice-President  
Secretary  
Policy Secretary  
Treasurer  
Desert Reporter – can be a 4-H member  
Valley Reporter – can be a 4-H member

These officers should be at all of our County Council meetings which are the 2<sup>nd</sup> Tuesday of every other month. We need officers who are ready and willing to make a difference in our county. It isn't as hard as you think (except maybe treasurer)! **Please consider running for an office – and let the 4-H Office know if you would like to nominate someone that you think would do a good job!**



