



# 4-H HEADLINES



**OCTOBER 2010**

## FROM OUR ADVISOR



### COUNTY LEADERSHIP TEAM FORMING *Cynthia Barnett, 4-H Youth Development Advisor*

#### 4-H, Master Gardeners, and EFNEP Collaborate on School Project Cynthia Barnett, PhD, Janet Hartin, MS

The 4-H Youth Development Program, Expanded Food and Nutrition Education Program (EFNEP), and the Master Gardeners Program, all a part of the University of California Cooperative Extension located in San Bernardino County has joined in collaboration with the Norton Space and Aeronautics Academy (NSAA) located in San Bernardino. The purpose of the project, titled *Impact of Gardening on Elementary Students Health, Memory, and Nutritional Wellness*, will be to determine if gardening will increase vegetable and fruit consumption in young people as well as provide knowledge about healthy eating choices. The project will provide resources and hands-on activities in the area of gardening to children ages kindergarten through 4<sup>th</sup> grade. Beginning in the fall of 2010, children at the NSAA charter school will begin the 4-H garden project utilizing the curriculum titled *Gardening: See them Sprout and Gardening: Let's get Growing* will teach youth involved in the 4-H after school program about garden planning, planting, garden care, harvesting, storage and careers.

Utilizing school gardens is one of the most positive hands-on opportunities for youth to experience gardening while learning healthy eating habits. Children who are hungry or poorly nourished do less well in school, both academically and behaviorally. Our current crisis in the rising rates of obesity and related diseases among children is now well known. The proliferation of unhealthy fast foods and the limited intake by children of fresh fruits and vegetables all contribute to this sorry state. As concern rises, policy makers and teachers in the classroom are searching for ways to improve the health and well being of their students. Moreover, because eating habits and preferences are established early, and although home influences are strong, school is a valuable venue for teaching good nutrition, balanced diets and proper serving amounts. The most effective way to increase children's intake of fruits and vegetables and encourage lifelong healthful eating habits is to teach them about healthy choices and nutrition concepts in the elementary years (Kirby, 1995). Studies show that if established before 6th grade, positive habits are more likely to persist into adulthood.

Parents have a strong influence on healthy eating choices made by children. For this reason, the Expanded Food and Nutrition Education Program will provide an eight week nutrition education program to parents or any other adult that is responsible for feeding young children (grandparents, aunts, uncles or older siblings.) This program uses a research based curriculum focusing on the My Pyramid standards that incorporate hands on learning approach. The lessons will focus on the following topics: physical activity/exercise, meal planning/food buying, fruits/veggies, whole grains, meat/protein, milk and reducing fats/sugars.

### IN THIS ISSUE:

<b>County News</b>	<b>2-3</b>
• Record Book Date Change	3
<b>4-H Club News</b>	<b>4</b>
<b>State News</b>	<b>5</b>
<b>Calendars</b>	<b>6-7</b>

**YOUTH LEADERSHIP DAY**  
**Oct. 9th—see article inside**

### 4-H OFFICE CONTACT

San Bernardino County 4-H  
777 E Rialto Ave  
San Bernardino, CA 95827  
(909) 387-2179  
(909) 387-3306 FAX  
caeggleston@ucdavis.edu  
CESANBERNARDINO.UCDAVIS.EDU/4-H\_PROGRAM/

#### OFFICE HOURS:

Monday-Friday, except Holidays  
9:00 a.m.—4:00 p.m.  
Closed 12:00-1:00 p.m.

#### STAFF:



Cynthia Barnett  
4-H Youth  
Development Advisor

Cheryl Eggleston  
4-H Program Rep

Halli Aller  
4-H Secretary

# COUNTY NEWS

## NATIONAL 4-H WEEK

National 4-H week runs from October 3rd through the 9th.

## COUNTY COUNCIL MEETING

The next county council meeting will be held November 9th at 7:00 pm at the 4-H office. We would love to see a representative from each club there.

## FOOD FIESTA

This years food fiesta will be held on November 13th at the 4-H office. Packets will be sent to community leaders this week. You can also download the packet on the county website ([cesanbernardino.ucdavis.edu](http://cesanbernardino.ucdavis.edu)) click on the 4-H Clover and then go to events and Foods Fiesta. If you click on Foods Fiesta, the packet along with entry form will come up.

This year we will have a new class called "Cupcake Wars". You will have a time period to decorate 4 cupcakes and then have them judged. See the flyer in the Foods Fiesta Packet!

## TIC

The California 4-H South Section Teen Involvement Conference (TIC) is a three day youth leadership conference for high school aged 4-H members of the south section. Youth who attend this conference will have a chance to: gain new leadership techniques, learn teamwork skills, obtain information on opportunities 4-H has to offer at a sectional and state wide level, meet 4-H members from across the state, participate in



community service activities, and much more! The conference is completely planned and ran by the youth officers, teen council members, and volunteers.

This years conference will be held January 14th to the 16th at Pathfinder ranch. Be on the look out for registration information in the next few months!

## CITIZENSHIP FOCUS GROUPS

**California Focus** will be June 17-21st. Kamie Champlin will be taking a delegation to Sacramento. The cost is \$48t.00 per member and you must be graduated out of 8th grade or older to attend. They will have a meeting after Youth Leadership Day Sat. Oct. 9th for anyone interested.

Kelsie Cranford will be taking a delegation to **Washington Focus** in July. The cost for this trip is approx. \$2,000.00 and you must be a sophomore in high school to attend. The next meeting for this group will be Tuesday, Nov. 9th at 6:00 just before County Council Mtg.

## YOUTH LEADERSHIP DAY

Youth leadership day is scheduled for Sat. Oct. 9th at Bloomington Congregational Church 18490 Santa Ana Bloomington, CA 92316. Registration will being at 9:00 with the first session starting at 9:30. Call the 4-H Office for more information.

### 2009-2010 Outstanding Members:

**Junior—Marcus Wood—Bloomington Boosters**

**Trevor VanDissel—Bloomington Boosters**

**Senior—Alex Aldrich—Monte Vista Diamonds**

**Chelsea Reid—Bloomington Boosters**

### Outstanding Club—Bloomington Boosters

# COUNTY NEWS CONTINUED

## ACHIEVEMENT NIGHT RESULTS

The outstanding alumni award for 2009-2010 goes to  
JENNA CHIATOVICH

GERALD BROWN is the Outstanding Leader for 2009-2010.

Outstanding Primary Members:

### 1<sup>st</sup> Year Primary Members:

Jacob Foster	High Desert Magic
Lena Lytle	Inland Rockin Rebels
Iris Benoit	Rancho Rebels
Madison Alexander	Monte Vista Diamonds

### 2<sup>nd</sup> Year Primary Members:

Tiffany Rogers	High Desert Challengers
Dallas James	Phelan Roadrunners
Kylee Polhamus	Phelan Roadrunners

### 3<sup>rd</sup> Year Primary Members:

Jared Badal	Monte Vista Diamonds
Kasidee Carter	Bloomington Boosters
Sunbry Ruemely	High Desert Challengers

### 4<sup>th</sup> Year Primary Members:

Zakery Zumfelde	Phelan Roadrunners
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### Graduating Primary Members:

Victoria Van Dissel	Bloomington Boosters
Tiffany Rogers	High Desert Magic
Sunbry Ruemely	High Desert Magic
Zakery Zumfelde	Phelan Roadrunners

### Outstanding First Year Members

Cole Coonce	Bloomington Boosters
Monica Cott	Inland Rockin Rebels
Morgan Alexander	Monte Vista Diamonds
Savannah Callison	Redlands Grove
Daisy Buckley	Redlands Grove
Owen Buckley	Redlands Grove
Taylor Young	Redlands Grove
Madelaine Dow	Redlands Grove
Shailah Keme	Redlands Grove
Kendall McCarthy	Redlands Grove

### Graduating From 4-H

Andrew Vilorio	Apple Valley Rattlers
Steven Sornoso	Bloomington Boosters
Matthew Eshleman	Bloomington Boosters
Claudia Conver	Bloomington Boosters

Jenny Hilak	Monte Vista Diamonds
Adam Griffith	Monte Vista Diamonds
Chris Lane	Phelan Roadrunners
Cassandra Dodge	Phelan Roadrunners
Elizabeth Munoz	Rancho Rebels

### Junior Members Graduating to High 4-H

Sarah Frantzen	Apple Valley Rattlers
Dylan Shelton	Bloomington Boosters
Chelsea Reid	Bloomington Boosters
Justin Reid	Bloomington Boosters
Derek Pichotta	Bloomington Boosters
Tanner O'Brien	Bloomington Boosters
Jenny McDonald	Bloomington Boosters
Shad VanWyk	High Desert Magic
Morgan Deards	High Desert Magic
Joshua Smith	Hinkley Rollicking Ranchers
Megan Carden	Heritage Grove
Bethany Meddles	Hesperia Highlighters
Corie McGraw	Hesperia Highlighters
Alexa Szekely	Monte Vista Diamonds
John Kane	Monte Vista Diamonds
Alex Aldrich	Monte Vista Diamonds
Sean Zumfelde	Phelan Roadrunners
Issac Rodriguez	Redlands Grove
Karianne Tschantre	Snowline
Benjamin Yount	Snowline

### Emerald Star Recipients

Amber Meek	Monte Vista Diamonds
John Kane	Monte Vista Diamonds

### Star Rank Awards

#### BRONZE

Matthew Rogers	High Desert Challengers
Bridgette Rogers	High Desert Challengers
Devany Kelley	Monte Vista Diamonds
Morgan Alexander	Monte Vista Diamonds
Lelynn Ditsler	Monte Vista Diamonds
Elizabeth Wang	Monte Vista Diamonds
Amber Robinson	Phelan Roadrunners

#### SILVER

Jamie Kerr	Bloomington Boosters
Trevor Van Dissel	Bloomington Boosters
Amber Meek	Monte Vista Diamonds
Tiffany Marino	Monte Vista Diamonds
Marty Marino	Monte Vista Diamonds

#### GOLD

Marcus Wood	Bloomington Boosters
Janet Champlin	Inland Rockin Rebels
Amber Meek	Monte Vista Diamonds
Allison Eggleston	Monte Vista Diamonds

#### Platinum

Danielle Johnson	Bloomington Boosters
Brittany Haynes	Bloomington Boosters

# COUNTY NEWS CONTINUED

## ACHIEVEMENT NIGHT RESULTS CONTINUED

### JUNIOR RECORD BOOK WINNERS

#### Jr. Achievement

County Winner: Matthew Rogers

#### Jr. Cake Decorating

County Winner: Elizabeth Wang

#### Jr. Calves

County Winner: Marcus Wood

#### Jr. Citizenship

County Winner: Janet Champlin

Medalist: Monica Cottrell

Medalist: Marcus Wood

Medalist: Adrianna Coonce

#### Jr. Clothing

County Winner: Allison Eggleston

#### Jr. Fashion

County Winner: Janet Champlin

#### Jr. Food & Nutrition

County Winner: Marty Marino

#### Jr. Food Preservation

Medalist: Monica Cottril

#### Jr. Horse

County Winner: Tiffany Marino

Medalist: Jamie Kerr

Medalist: Shelby Kapp

Medalist: Lelynn Ditsler

#### Jr. Leadership

County Winner: Allison Eggleston

Medalist: Trevor Van Dissel

Medalist: Amber Robinson

#### Jr. Market Goat

Medalist: Devany Kelley

#### Jr. Photography

County Winner: Autum Jacobo

#### Jr. Plant Science

County Winner: Amber Robinson

#### Jr. Poultry

County Winner: Jacob Badal

Medalist: Maxwell Byrd

#### Jr. Rabbits

County Winner: Trevor VanDissel

Medalist: Morgan Alexander

Medalist: John Alvarez

#### Jr. Sheep

County Winner: Matthew Rogers

Medalist: Bridgette Rogers

#### Jr. Swine

County Winner: Adrianna Coonce

Medalist: Cole Coonce

Medalist: Shane Robinson

### SENIOR RECORD BOOK WINNERS

#### Sr. Achievement

County Winner: Alex Aldrich

#### Sr. Beef

County Winner: Brittany Haynes

Medalist: Danielle Johnson

#### Sr. Cake Decorating

County Winner: Amber Meek

#### Sr. Citizenship

County Winner: Tyler McGee

Medalist: Megan Chiatovich

#### Sr. Dog Care

Medalist: Katie Kapp

#### Sr. Food Preservation

County Winner: Tory Grainger

#### Sr. Horse

County Winner: Alex Aldrich

#### Sr. Leadership

County Winner: Tory Grainger

Medalist: Chelsea Reid

Medalist: Danielle Johnson

#### Sr. Market Calf

Medalist: Candace Yanez

#### Sr. Market Goat

Medalist: Taylor Kerr

#### Sr. Pets and Small Animals

County Winner: Tori Church

#### Sr. Poultry

County Winner: Megan Chiatovich

Medalist: Sean Zumfelde

#### Sr. Sheep

County Winner: Chelsea Reid

#### Sr. Swine

Medalist: Brittany Kelley

#### Sr. Therapeutic Animals

County Winner: Tyler McGee

#### Leadership Development Award

Janet Champlin	Inland Rockin Rebels
Chelsea Reed	Bloomington Boosters

#### Cluster Medallion Winners

Animal Sciences - Large Livestock  
Alex Aldrich – Monte Vista Diamonds  
Animal Sciences - Small Livestock  
Tyler McGee – High Desert Magic  
Consumer and Family Science  
Tory Grainger – Inland Rockin Rebels



## COUNTY NEWS

### REPORTER NEWS



2010 State Leadership Conference Delegation was Alex Aldrich, Janet Champlin, Megan Chia-tovich, Matthew Eshleman, Tory Grainger, Chelsea Reid, Justin Reid and Steven Sornoso. The conference was held at the UC Davis campus July 31st thru August 1st. There were fun packed workshops on National 4-H Conference, Resume Writing and Team Building just to name a few. A big thank you to chaparones Laura Aldrick, Kelsie Cranford and Steven Sornoso.

Submitted,  
Janet Champlin  
County Council Reporter

## STATE NEWS

### 2010 STATE LEADERS' FORUM

The theme is "Upgrade! S.E.T. Your System! Go!". Held **November 5-7, 2010** at the **Asilomar Conference Center**. Portions of the forum will focus on sharing ideas about the various ways that 4-H educates its members in the Science, Engineering, and Technology initiative, facilitated by volunteers and staff.

Workshop proposals are due **July 1** and forum registration is due **September 1**. More information is available at <http://www.ca4h.org/conference/sf>.

The Sacramento 4-H Council has scholarships available - first time get \$225 and returning attendees get \$100. Call the 4-H Office at (916) 875-6811 for more information.

### 2011 FASHION CHALLENGE

**Fashion cents, the 2011 Challenge category will be the \$15 Challenge.** Members are challenged to coordinate and purchase an entire outfit for \$15 or less, not counting shoes. Additional categories for 2011 will be Traditional, Consumer Science-Purchased, Recycled, and Wearable Art-Embellished. In CS-Purchased, the limit has been reduced to \$100 for everything showing. The Recycled rules have been rewritten to differentiate between recycling an old garment into a new one and alterations. In WA-Embellished, the rules clarify that the original garment must be purchased. The SFR committee welcomes your participation in planning and presenting this state event. To join the committee, contact Karli Draxler, Youth Chair, at [chat2kd@unwiredbb.com](mailto:chat2kd@unwiredbb.com). For event information, the Challenge flyer, and 2010 photos, see the SFR website at <http://www.ca4h.org/Programs/Events/SFR/>. The committee is looking for historic photos and stories about 4-H Dress Revue and SFR when it was part of State Leadership Conference. If you have any to share, please contact Sue Moore at [samoore@ucdavis.edu](mailto:samoore@ucdavis.edu).

### STATE 4-H RECORDBOOKS

**4-H Record Books** are due to your UCCE county office 4-H staff by **October 22, 2010**. Visit <http://www.ca4h.org/Resources/Members/RecordBook/RBResources/> for Record Book resources.

☐ **4-H Record Book Judging Applications** are due to the Statewide 4-H Office by **September 30, 2010**. Contact Quang "Hogan" Tong for more information at [qtong@ucdavis.edu](mailto:qtong@ucdavis.edu). Visit <http://www.ca4h.org/Resources/Members/RecordBook/RBCompetition/> for a judging application.

## CALENDARS

# October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 National Science Day	7	8	9 Youth Leadership Day
National 4-H Week		National 4-H Week		National 4-H Week		
10	11	12	13	14	15	16
17	18	19	20	21 Ridgecrest Fair to the 24th	22 State Record Books due to 4-H Office.	23
24	25	26	27	28	29	30
31						

# November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Election Day	3	4	5	6
7	8	9 County Council 7:00 pm @ 4-H Office	10	11 Veteran's Day	12 Asilomar Leaders' Training to the 7th	13 Food Fiesta @ 4-H Office
14	15	16	17	18	19	20
21	22	23	24	25 Thanksgiving	26	27
28	29	30				

## CALENDARS

# December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
NO COUNTY MEETINGS THIS MONTH!						
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25 Christmas
26	27	28	29	30	31	

# January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8 Sectional Meeting @ Mt. Sac
9	10	11 County Council 7:00 pm @ 4-H Office	12	13	14 TIC to the 16th	15
16	17 Martin Luther King Jr. Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

# ADDITIONAL NEWS

To view the 4-H State news, go to <http://www.ca4h.org/4hresource/updates/>

To view the 4-H Science, Engineering, and Technology news, go to <http://www.ca4h.org/SET/updates/index.asp>

To view the National 4-H news, go to <http://4-h.org/news/4hnews.php>

## 4-H NEWS

### IMPORTANT INFORMATION



If accommodations are needed for any meeting or event, please contact the 4-H Office at least two weeks in advance.

PERSONS WITH HEARING DIFFICULTIES  
CONTACT CALIFORNIA RELAY SERVICE:  
711 OR (800) 735-2929 FOR TTY  
IF YOU WANT TO CONTACT HEARING  
IMPAIRED INDIVIDUALS CALL:  
(800) 735-2922



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Sacramento County Board of Supervisors -- Roger Dickinson, 1st District; Jimmy Yee, 2nd District; Susan Peters, 3rd District; Roberta Mac Glashan, 4th District; and Don Nottoli, 5th District. Also, Steve Szalay, County Executive; Bruce Wagstaff, Countywide Services Agency; and Yvonne Nicholson & Chuck Ingels, Cooperative Extension.