



4-H HEADLINES



DECEMBER 2010

FROM OUR ADVISOR



4-H Does Make a Difference!

What is 4-H Healthy Living?

Mandi Bottoms, 4-H Healthy Living Academic Coordinator

4-H has a long history of promoting healthy living among youth and their families. The 4-H Healthy Living Initiative is intended to reposition health to its important and appropriate place within the 4-H Program. 4-H Healthy Living encompasses a holistic approach including healthy eating habits, physical fitness, the capacity to recognize and direct emotions, and the ability to develop and maintain positive social interactions and relationships. California 4-H is focusing efforts on increasing healthy living opportunities and strengthening the presence of healthy living themes throughout existing programs, activities and curriculum.

Guiding Principles

Intended to spur dialogue and inform the direction and strategies of the 4-H community on healthy living at every level, this framework is based on four guiding principles that give 4-H a clear niche in the healthy living arena:

1. Learning about healthy living occurs in the context of positive youth development. 4-H directs resources to deliver healthy living learning opportunities that incorporate opportunities to thrive and succeed. Youth are exposed to opportunities that help them identify their sparks, create a growth mindset, practice self-reflection skills and develop goal-setting habits.
2. 4-H's approach to healthy living includes youth-adult partnerships. Youth-adult partnerships are an essential part of experiential learning and play a vital role in engaging youth in 4-H healthy living activities and programs. In a youth-adult partnership, there is a shared responsibility in teaching, learning and action. As older youth gain experience and skills, they take a stronger leadership role as they teach and mentor younger members.
3. 4-H delivers healthy living activities in a variety of program areas to diverse youth in rural, suburban, and urban areas, including the inner city. One of 4-H's strengths is the ability to offer all youth ages 5-19 a variety of programs in which they can participate, including 4-H clubs, 4-H camps, and 4-H afterschool. Because of the wide variety of healthy living programs and resources 4-H already offers, 4-H has the opportunity to tailor its learning opportunities so that it can expand the number of girls and boys involved in healthy living regardless of where they live.
4. 4-H healthy living programs and their curricula are based on "best practices" within healthy living research. Literature and curriculum reviews help to illuminate what is known within the healthy living arena, as well as current effort to expand healthy living opportunities. The literature review has provided strong evidence for the need to strengthen healthy living opportunities in the 4-H Youth Development Program.

The 4-H Office will be closed from Dec. 23rd to Jan. 3rd.

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Leader Orientation and Leader Round Robin has been rescheduled for Jan. 29th!!!!

4-H OFFICE CONTACT

San Bernardino County 4-H

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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

COUNTY COUNCIL MEETING

The next county council meeting will be held January 11th at 7:00 pm at the 4-H office. We would love to see a representative from each club there. One issue to be discussed and decided on is the dress code for all 4-H members in San Bernardino County.

CHRISTMAS COMMUNITY SERVICE

The Bloomington Boosters 4-H Club would like to invite everyone to the Salvation Army in San Bernardino on Christmas morning. We have been collecting clothes, toys, shoes, blankets, bikes etc. We set tables up outside the Salvation Army and we give all the items away to the needy on Christmas day. If you have anything you would like to donate you can bring it with you that morning. It can be new or used. If you would like to donate something but can not make it that day, you can call Kelsie to arrange pick up. (951) 751-4215. All donations are tax deductible. If you have any questions please feel free to call me. Thank you. We set up about 11:00 am.

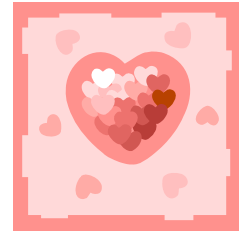
The address is
746 West Fifth St.
San Bernardino, CA

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!

San Bernardino County will again have their own Sweatshirts to wear to TIC. The cost is \$25.00 for pull-overs and \$30.00 for zip ups. The order and money must be in by Dec. 14th and they will be handed out at a TIC meeting to be held at 6:00 pm on Jan. 11th (Just before County Council). Please let Cheryl or Gayle know.

CITIZENSHIP FOCUS GROUPS



California Focus will be having a fundraiser to help with the cost of the trip. On Feb. 12th the group will host a Valentines Bunko at the 4-H Office. They will have dinner for \$5.00 and \$10.00 to play Bunko. Keep the date open and bring your honey for a fun time!



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 Washington Focus group will have a fundraiser on New Year's Eve. It will be a bunko party—place to be determined. Please call Kelsie Cranford for more information: 951-751-4215

COUNTY NEWS CONTINUED

FOOD FIESTA RESULTS

Food Fiesta was held at the County Office on November 13th. We had a great turn out and lots of fun. We want to thank the Inland Rockin Rebels and all those who helped them with hosting the event. The results are as follows:

Taster's Choice Award:

Matthew Rogers—County Winner
Kelsie Foster—2nd Place

Tablesetting

Best of Show Overall

Matthew Rogers

Primary

Tabitha Ross-Blue

Junior

Tiffany Rogers—Medalist

Morea Lee-Blue

Intermediate

Morgan Alexander—Medalist

Devany Kelley—Medalist

Amanda Peeper-County Winner

Kelsie Foster-Blue

Tiffany Marino-Blue

Sophia Cole-Red

Bridgette Rogers-Blue

Elizabeth Wang-Blue

Senior

Misti Ann Norris-Medalist

Amber Meek-Medalist

Tory Grainger-Medalist

Tori Church-Medalist

McKenna Chamberlain-Medalist

Matthew Rogers-County Winner

Saige Stewart-Blue

Monica Cottrill-Blue

Janet Champlin-Blue

Judging Contest

Adult—Magda Jacobo

Senior

Mathew Rogers—High Individual

Danielle Johnson-Medalist

Meaghan Pearce-Medalist

McKenna Chamberlain-Medalist

Intermediate

Bridgette Rogers-High Individual

Amanda Peeper-Medalist

Erica Pearce-Medalist

Judging Contest Continued

Junior

Elizabeth Wang-Medalist

Morea Lee-High Individual

Medalist-Tiffany Rogers

Food Entries

Morgan Alexander-1blue; 2reds; 2whites

Janet Champlin- red; white

Rmiana Coe-Blue; 2 whites

Murat Coe—3 Reds

Ester Ruth Coe-Red

Sophia Cole-Blue; Red

Jacob Escarcida-Red

Kelsie Foster-Blue

Sieble III-Red

Autumn Janez-Jacobo-Red

Danielle Johnson-Blue; BOS; White

Devany Kelley-Red; White

Morea Lee-Red

Adela Magrate-Red

Tiffany Marino-2 Reds

Amber Meek-Blue; White

Bridgette Rodgers-Red, White

Tiffany Rodgers-Blue, White

Saige Stewart-Blue

Billy Varty-2 Whites

Elizabeth Wang-Blue

Amaya Woodey-Red

Marcus Wood-Blue; Red

Best of Show

Cat. 16 Veg. Selection—Wes Chamberlain

Favorite Main Dish—Morgan Alexander

Favorite Dessert—Megan Chiatovich

Food Craft—Morena Lea

Cookies—Saige Stewart

Cookie Jar—Danielle Johnson

Food Craft—Tori Church

COUNTY NEWS CONTINUED

FOOD FIESTA RESULTS CONTINUED

Cup Cake Wars

Adult Winner—Amanda Chiatovich

Senior Winner—Janet Champlin

Junior Winner—Allison Eggleston

Honorable Mention—Tiffany Marino

Overall Winner—Allison Eggleston

Cookie Jar Count—Danielle Johnson

There was 117 cookies and the oreo cookie was first made in 1912

Danielle's guess was 108 cookies and 1938

LEADER ORIENTATION AND LEADER ROUND ROBIN

The new leader orientation and Round Robin has been rescheduled from Dec. 4th to Jan. 29th.

Leader Orientation starting at 9:00 am with Round Robin Leader Training at 10:00.

Lunch will be provided. The new Water Curriculum will be discussed as well as Record Book Training.

We need at least 10 leaders to sign up so we can have this event. Please contact the 4-H Office at

(909)387-2179 and let us know if you plan on attending. We also would like you to tell us what you

Would like to be trained on, just let us know what you need and we will provide it.

If you signed up at Achievement Night for a copy of the DVD which was played and have not received it Please call the 4-H Office to get your copy.

Cruising to 4-H Excellence

4-H Leaders Forum to Celebrate Volunteers at Sea

All 4-H leaders, their families, and friends are invited to Cruise to 4-H Excellence to recognize 4-H leader's outstanding volunteer efforts.

The 2011 Western Regional Leaders Forum will be held on the Holland America cruise ship ms Westerdam. The ship departs Seattle May 7 and will make stops in Juneau, Hubbard Glacier, Sitka, Ketchikan, and Victoria, B.C. The ship returns May 14.

Having our 4-H Leaders Forum on the ship will provide a great venue for our many workshops, give people time to socialize, and offer educational opportunities to learn about different ports and local attractions.

Charles Johnson, national speaker and executive director of the National Family Life & Education Center, will speak about the value of mentors in the lives of youth.

Speaker David Remson will focus on how multi-generational volunteers can best work creatively and effectively together.

Participants will be able to choose from over 50 workshops, enjoy gourmet food, and take advantage of the ships amenities including the culinary arts center, spa, digital workshop, nightly entertainment, and club rooms for youth and teens.

To learn more about the cruise visit <http://4h.wsu.edu/conferences/2011wrlf/index.html>

COUNTY NEWS

REPORTER NEWS

Lisa Chamberlain with Snowline 4-H Reported that they were having a Christmas wreath fundraiser, getting ready for food fiesta, and sending letters to veterans for veterans day. Katie Kapp reported that High desert magic didn't have any information to report, I added this because at least she replied most clubs don't. And my club the High Desert Challengers Helped out at the veterans dinner we helped set up before the dinner helped during the dinner and helped clean up, We held a booth with the Roadrunners at the dodge ride and drive event and sold small items, like lemonade and cotton candy, for 1 dollar. some of us went up to Ridge crest fair and did really well, older members are getting ready for TIC, and the Dodge show seminar is coming up on November 20 at Victorville motors, sign up starts at 11 AM and the seminar starts at 1 PM.

CROSS WORD PUZZLE

Have you noticed the cross word puzzle at the end of the newsletters? Well, our first winner is Matthew Rogers. Matthew sent in his finished cross word puzzle and was lucky to be drawn as the winner. Matthew—call the 4-H office and tell use what you would like to order from the 4-H Mall—he gets \$10.00 free merchandise!

The lucky winner from this month will receive a \$10.00 gift certificate to Subway!!!!



STATE NEWS



2011 FASHION CHALLENGE

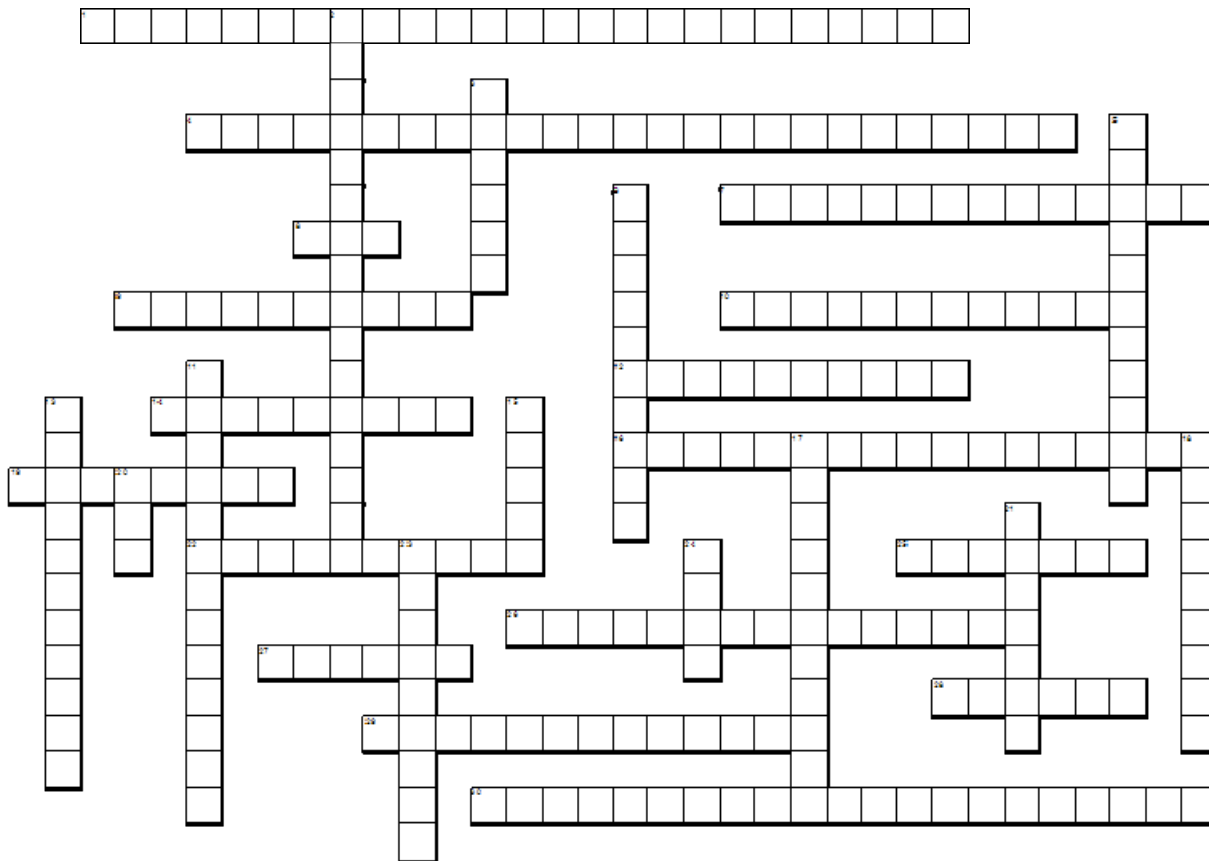
Fashion cents, the 2011 Challenge category will be the \$15 Challenge. Members are challenged to coordinate and purchase an entire outfit for \$15 or less, not counting shoes. Additional categories for 2011 will be Traditional, Consumer Science-Purchased, Recycled, and Wearable Art-Embellished. In CS-Purchased, 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. 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.

December 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|--------|---------|-----------|----------|--------|---|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 Teen Council 10:00@4-H Office |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 Christmas |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| 4-H Office Closed | | | | | | |

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 | 15 |
| 16 | 17 Martin Luther King Jr. Day | 18 | 19 | 20 | 21 | 22 County Horse Bowl |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 New Leader Ori- entation/Leader Round Robin @ 4-H office |
| 30 | 31 | | | | | |



ACROSS

- 1 Learn and improve leadership abilities
- 4 Pathfinder Ranch Weekend
- 7 Share with group what you have learned
- 8 Science, Engineering, and Technology
- 9 Cook off
- 10 Hands-on learning
- 12 A journal of yearly 4-H activities
- 14 Plant food to eat
- 16 Helping others
- 19 County Council President
- 22 Place to exhibit projects
- 25 Month of TIC
- 26 Conference learning about federal government
- 27 Street the 4-H office is located on

30 Local club

DOWN

- 2 Annual awards banquet
- 3 4-H emblem
- 5 Project that looks through a lens
- 6 Activity in the snow
- 11 All Star Advisor
- 13 Award needed before gold star ranking
- 15 Energy source
- 17 Headline word from last months Headlines issue
- 18 A club officer
- 20 Displays awards
- 21 Night of County Council
- 23 Army Installation Base
- 24 Power of the _____

Circle the words in the word find box from the list below. Words may be forward, backward, or diagonal. Bring complete puzzle to office by Jan. 21st to be entered into a monthly drawing for a \$10 gift certificate to Subway. Only one winner per month Winner to be announced in February's newsletter.

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San Bernardino County Board of Supervisors -- Brad Mitzelfelt, 1st District; Paul Biane, 2nd District; Neil Derry, 3rd District; Gary Ovitt, Chairman, 4th District; and Josie Gonzales, Vice Chair, 5th District.

U.S. Department of Agriculture, University of California, and the County of Sacramento cooperating.