



Cooperative Extension • Monterey County

4-H News Notes

November, 2010



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CLUB NEWS

GREENFIELD 4-H

Fourteen of Greenfield's 4-H members along with parents showed their pride when they marched in the Viva Greenfield Parade. In addition, Eighteen members and a parents, volunteered at the festival sponsored by First Night Monterey working at the kids' art table, the information booth, and in the hospitality room.



Members in the Parade Picture include: Front row - Edgar Rubio
 2nd row - Andres Anthony, Roosevelt Sosa, Eleazar Sosa, Ruby Hernandez, Jocelyn Sosa, and Karen Vargas
 3rd row - Adan Anthony, Kristian Mejia, Randy Sosa, and Hilda Hernandez
 4th row - Kenneth Poyner, Micah Harrigan, and Miguel Magallon



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Members volunteering at the festival include: Adan Anthony, Andres Anthony, Mario Anthony, Rigo Canchola, Micah Harrigan, Hilda Hernandez, Ruby Hernandez, Sammy Hernandez, Miguel Magallon, Kristian Mejia, Miguel Pizano, Kenneth Poyner, Edgar Rubio, Eleazar Sosa, Jocelyn Sosa, Randy Sosa, Roosevelt Sosa, and Karen Vargas.

Article Submitted by Chris Magallon, Greenfield 4-H Community Club Leader

Buena Vista & San Benancio 4-H

**4-H members
celebrate official
City of Salinas -
The Chrysanthemum**



Members of the Buena Vista and San Benancio 4-H Clubs celebrated the city of Salinas' official flower, the chrysanthemum, October 2, with several information booths and displays about the flower and what the 4-H Clubs do.

The event held at McShane's Nursery featured plenty of live chrysanthemum plants along with samples of chrysanthemum tea in pre-made packages and dried flowers. 4-H demonstrations included a vegetable judging (identification) table, a salad greens tasting and information about raising white turkeys for Thanksgiving dinner.



Salinas Mayor Dennis Donahue took time out of his busy schedule to greet the 4-H members who were a part of Chrysanthemum Day. San Benancio hosted an informative Vegetable Judging table.

Article Submitted by Lorin Lurz, Buena Vista 4-H Co-Community Club Leader

COUNTY EVENTS

Save the Date * Save the Date * Save the Date

BOWL- A-RAMA

King City Blue Ribbon 4-H is hosting the Monterey County 4-H Bowl-a-Rama for all 4-H members.

THE DATE IS SATURDAY, JANUARY 8, 2010 AT VALLEY CENTER BOWL IN SALINAS

Dust off your bowling skills, and watch for more details in the next issue of the News Notes

Save the Date * Save the Date * Save the Date

Save the Date * Save the Date * Save the Date

Fantastic 4-H Field Day
Saturday, February 19, 2011 from 9 AM to 3 PM
New Location: First Baptist Church
Corner of Blanco Rd & San Vicente Ave, Salinas

This day is becoming bigger and better. More activities are being added this year!

Don't miss out on:

- Judging Contest
- Poster Contest
- Dessert Contest
- "How to" workshops
- Good food, good games
- More, more, more & more

More details coming in future News Notes
or call Jacque Palmer at (831)726-1348 for information & ideas.

Save the Date * Save the Date * Save the Date

STATE UPDATES AND OPPORTUNITIES

LCORT 2011

Friday, January 28-Sunday January 30, 2011
Wonder Valley Ranch & Conference Center --Sanger, CA
Cost: \$130

COUNCIL WILL PAY FOR UP TO 15 DELEGATES!
Registration materials will be available soon

STATE FIELD DAY FASHION REVUE

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.

4-H Thrive

Growing Youth who THRIVE

At its core, thriving is about communities where young people feel and know that they are persons of value and worth; that they have something unique to offer the world; and that they have the courage to act on their gifts. (Benson, 2008).

4-H offers opportunities for youth to realize their true and full potential through the Step-It-Up-2-Thrive curriculum. By incorporating the Step-It-Up-To-Thrive process, 4-H will

- Develop youth self-reflection skills.
- Teach a common language for thriving.
- Provide a holistic view of personal development.
- Inspire youth to create visions for their futures.
- Motivate youth to work toward meaningful goals.

The Thrive Foundation for Youth describes thriving as closely related and yet unique to other youth development concepts. The distinctions of thriving include:

- Purposeful motion toward full potential
- Life view marked by balance, meaning and learning from experience
- Mutually beneficial use of resources from environment and contribution to environment
- Expands on earlier youth development research
- Moves individuals toward optimum development rather than avoidance of negative outcomes
- Anchored to recent brain research
- Developmental
- Incorporates “purpose”, hopeful future and contribution to others
- Person is an active participant in his/her own development

In the creation of the Step-It-Up-2-Thrive Theory of Change, the Thrive Foundation for Youth has embraced and promoted the work of several social scientists including Dr. Peter Benson, Dr. Bill Damon, Dr. Rich Lerner, Dr. Linda Wagener, and Dr. Carol Dweck. Each has contributed significant research to the field of thriving for youth. See the resource section below for listing of published works.

Step-It-Up-2-Thrive Theory of Change

The curricula, activities and evaluation tools of the Step-It-Up-2-Thrive Theory of Change are based on four researched components: Mindset, Sparks, Goal Setting Habits and Self-Reflection.

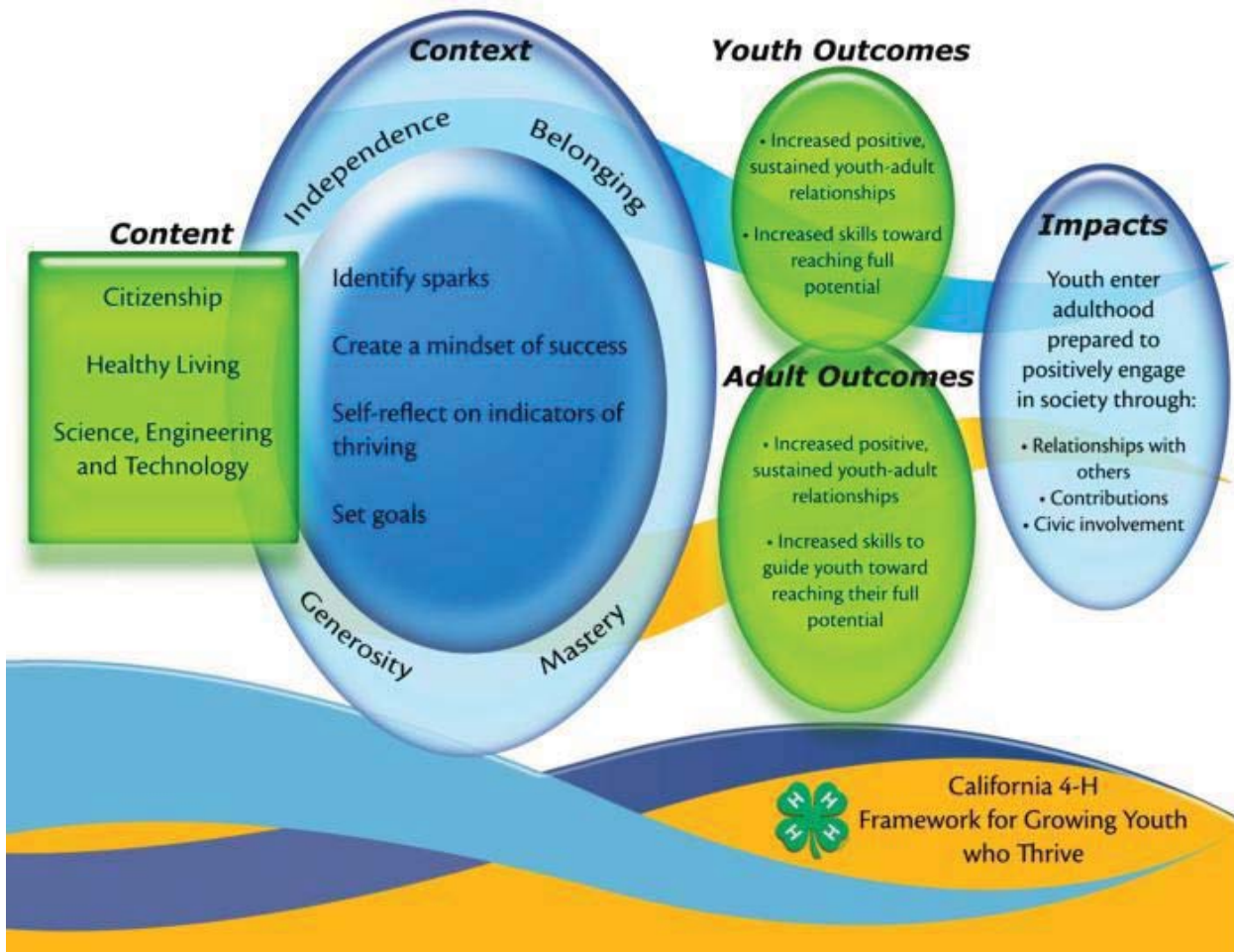
- **Sparks**
 - Identifying the inner passions, interests and talents of young people inspires them on the path to thriving. Sparks are what help youth see the potential within themselves.
- **Mindset**
 - Youth who can view challenges as opportunities to learn and grow are more likely to thrive. When young people possess a growth mindset they are more resilient, better able to adapt to challenging situations and tend to get better grades in school.
- **Self-Reflection**
 - Youth and adult partners engage in meaningful conversations about the strengths and challenges of individual young people. Through dialogue and internal evaluation exercises, youth develop goals toward increasing indicators of thriving that are founded on the 6 C's.

- **Goal Setting Habits**

- Expanding on their self-reflection exercises, youth develop goals, create a plan to reach them and make adjustments and adaptations to the goal or plan as challenges arise.

The California 4-H Thrive Framework

4-H projects and programs are focused around the core content of citizenship, healthy living, and science, engineering, and technology. These projects and programs happen within the context of thriving concepts: Sparks, Mindset, Self-Reflection and Goal Setting Habits. This intentional programmatic focus leads to adult and youth outcomes that are linked through active youth-adult partnerships. Youth who thrive have the capacity to positively impact the communities in which they live and work and play.



Monterey County 4-H is looking for adult volunteers and youth members to serve on a committee to incorporate THRIVE into our county and club programs. Please call Wendy at 759-7386 if you are interested.

Self-Regulation...What Is It? Why Is It Important?

Have you observed youth who are able to gracefully handle disappointment, while others exhibit negative outbursts and show aggressive behavior when faced with let-downs? Learning how to control emotions is an important life skill. This is what is referred to as self-regulation and relates to youth's ability to deal with unmet needs, handle disappointments and work towards success. When youth develop good self-regulation skills, it is shown to enhance their social competence, school success and other positive habits such as healthy eating. So how do we help young people learn how to self-regulate? Activities that promote problem-solving skills and teach self-monitoring practices are shown to enhance youth's ability to appropriately handle disappointment and work towards future success. Community service activities, as well as social skill and cognitive-behavior training are also shown to enhance youth's development of self-regulation skills. Check out the Child Trends Research-to-Results Briefs for more information on youth self-regulation at http://www.childtrends.org/Files//Child_Trends-2010_10_05_RB_AssesSelfReg.pdf

Regards,
Sharon Junge
Acting Director, Statewide 4-H Youth Development Program

FROM YOUR PROGRAM REP. Wendy Grennan

I am Thankful...

The Fair season is over, the beginning of the year reporting is complete, and enrollment is almost finished. Thank you for great, quality club books, your club's compliance with the reporting requirements and for making the deadlines. 4-H slows down this time of year, just in time for the holidays to begin! I hope your holiday season is full of good health, friends and family. The new calendar year will be here before we know it!

POLICY

XIV. 4-H YDP COMPLAINTS

A. Introduction

The 4-H YDP staff are available to assist members, adult volunteers, and parents address conflicts and create solutions to problems, and for consultation and interpretation of policy and procedures.

B. Resolution Levels

1. Whenever possible, the conflict or issues should be attempted to be resolved at the level where the conflict occurs e.g. project level, club level, event level, or county level.
2. When conflicts cannot be satisfactorily resolved at the initiating level, the conflict should be taken to the next level for additional review.
3. On some occasions a conflict may need to be taken to the county level for assistance or resolution. In those cases the individual or the parties should complete a Complaint County 4-H Complaint Form and submit to the county 4-H YDP staff for review and possible submission to the Complaint Council Complaint Review Board Procedure. See Complaint County Complaint Process.

C. Complaint Process

1. All relevant information will be reviewed by the 4-H YDP staff. This may include an inquiry

into the incident and identification of any potential health and safety concerns, violations of member or adult volunteer codes of conduct or violations of UC 4-H YDP policy. See Complaint County 4-H Complaint Response Form.

2. Depending upon the nature of the complaint, the 4-H YDP staff may refer the complaint and all accompanying materials to a Complaint-Council_Complaint_Review_Board_Procedure or to the county director. In either case, the complaint will be reviewed and evaluated using such tools as appropriate:
 - a. Adult Volunteer Code of Conduct - Responsibilities and Rights, Member Code of Conduct and/or Parent Adult Behavior Guidelines.
 - b. 4-H Core Values, 4-H Guiding Principles, and 4-H Program Criteria.
 - c. University of California Cooperative Extension 4-H YDP policies, county 4-H YDP policies, unit or council constitution, bylaws and rules.
 - d. Interview or meeting with the identified parties.
 - e. Requesting additional support material.
3. Taking into consideration the severity of the complaint and any past incidents, the following actions/steps may be taken:
 - a. A letter will be sent to all identified parties detailing the findings of the inquiry, and as appropriate:
 - i. Identify specific course of action to ensure the situation does not continue and identify specific expectations for continued participation in the 4-H YDP program and consequences if the changes in behavior are not sustained.
 - ii. Place limitations or restrictions on future participation or program involvement.
4. Should the review find that infraction is so severe as to cause the suspension or removal of an adult volunteer from the program, the 4-H YDP staff and county director should follow the processes outlined under Suspension or Removal of a 4-H Volunteer in this chapter.

IMPORTANT DATES TO SHARE

NOVEMBER 2010

Friday, November 5	State Leaders Forum at Asilomar begins
Sunday, November 7	State Leaders Forum at Asilomar ends
Thursday, November 11	Holiday - Office closed
Tuesday, November 16	Leaders Council meeting 7:00 p.m. at the 4-H office
Wednesday, November 17	News Notes articles due
Thursday, November 25	HOLIDAY - office closed
Friday, November 26	HOLIDAY - office closed

DECEMBER 2010

Wednesday, December 1	LCORT applications due to the 4-H office
Friday, December 3	State Record Book Judging at UC Davis
Wednesday, December 15	News Notes articles and pictures due
Thursday, December 24 - Friday, December 25	HOLIDAY - office closed
Thursday, December 30 - Friday, December 31	HOLIDAY - office closed

Next Leader's Council Meeting:
 Tuesday, November 16,
 7 p.m.
 at the 4-H Office, 1432
 Abbott St., Salinas, CA



November 2010

Every adult volunteer and all youth Members 14 years of age are eligible to be active members of the County Council. Please come and give your input, guidance, direction and Leadership to the Monterey County YDP.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 <i>State Leaders Forum begins at Asilomar</i>	6
7 <i>State Leaders Forum ends</i>	8	9	10	11 HOLIDAY	12	13
14	15	16 <i>Leaders Council meeting</i>	17 <i>News Notes articles and pictures due</i>	18	19	20
21	22	23	24	25 HOLIDAY	26 HOLIDAY	27
28	29	30				

2010-2011 Monterey County 4-H Leaders Council



December 2010

PRESIDENT
 2009-2011
 Sally Eldredge
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1ST VICE PRESIDENT
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 Alan Morisoli
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2nd VICE PRESIDENT
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 2010-2012
 Brent Plemmons
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SECRETARIES
 2010-2012
 Samantha Mickels
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>LCORT applications due to the county office</i>	2	3	4 STATE RECORD BOOK JUDGING
5	6	7	8	9	10	11
12	13	14	15 <i>News Notes articles and pictures due</i>	16	17	18
19	20	21	22	23 HOLIDAY OFFICE CLOSED	24 HOLIDAY OFFICE CLOSED	25
26	27	28	29	30 HOLIDAY OFFICE CLOSED	31 HOLIDAY OFFICE CLOSED	

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Contact the office 72
hours in advance for
special accommodations.

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