

INTERCOM

NOVEMBER 2018



November 27 ■ #GIVINGTUESDAY™



#NeighborCA

Dates & Deadlines



November

- 10th—Sm. Animal Clinic
- 13th—Emerald Star and Citizenship applications due to office
- 14th—Citizenship Interviews
- 15th—Livestock Leaders' Mtg

December

- 6th— Christmas Market
- 21st—31st 4-H Office Closed
- 31st—Proof of ownership of goats, sheep, swine, feeder calves, & small animals/DNA.

January

- 1st— 4-H Office Closed
- 4th—Leaders Council Meeting
- 17th—Livestock Leaders mtg
- 18-20 Southern Youth Summit

Check out

www.ceimperial.ucanr.edu/4h

for a complete calendar

#NeighborCA #GivingTuesday

Last year #GivingTuesday generated all kinds of enthusiasm as donors contributed approximately \$56,000 for California 4-H Youth Development Programs across the state. Thirty-four counties and many state programs watched their donations grow as the gifts were matched by generous donors through the California 4-H Foundation.

1:1 Matching Donations

The California 4-H Foundation is matching the first donations up to \$25,000 on 11-28-2018! Donate to Imperial County 4-H via: <http://bit.ly/2fyOSLa> Donations must be made to the California 4-H Foundation site to count towards the match.

Black Friday. Cyber Monday.

#GIVINGTUESDAY™

November 27, 2018

Spread the word!

Share on social media to encourage friends and family to join in #GivingTuesday for 4-H. Get graphics: <http://4h.ucanr.edu/GivingTuesday/>



University of California
Agriculture and Natural Resources



IMPERIAL COUNTY ANNUAL SMALL ANIMAL WORKSHOP AND SALE

In need of purchasing an animal for your Rabbit, Cavy or Poultry project? Want to learn more about 4-H small animals?

There will be educational workshops led by the 4-H Small Animal Leadership team! Not on the team? Call Kristen Smith to Join 760-960-0966.

Requirements to be on the team include a minimum of 8th grade and enrolled in the Small Animal Leadership Project as well as one or more of the following projects: Cavy, Dog, Poultry, Pygmy Goat, Rabbit, or Waterfowl. You also need to have completed 2 years of small animal projects as well be available to attend meetings outside of your regular monthly project meetings. There are three events that you are needed to assist at, small animal sale and workshop, pre-fair, and events at the fair. Join the fun!

NOVEMBER 10, 2018
8:30 a.m. to 11:00 a.m.
IV EXPO Fairgrounds
200 E. 2nd St., Imperial, CA 92251

(You will find us in the Sperbur Arena, Please park in the south parking lot)

Event hosted by Imperial County 4-H,
Mt. Signal 4-H Club and the Imperial
County 4-H Small Animal Leadership
Team

For more information, please contact
David Shelton
(760)427-8590
Kristen Smith
(760)960-0966
kristenweekes@yahoo.com

Breeders will be selling rabbits, cavies and poultry.
KW Cages will be available to purchase equipment,
visit www.kwcages.com if you would like to pre-order your supplies.
Pre-Orders due by 11/07/18.

**Tom's Hay Farm and Twin City Feed will also be on-site with
feed and bedding supplies.**

Citizenship applications for Leadership Washington Focus (LWF) and Citizenship Washington Focus working conferences are due to the 4-H office by **5:00 pm on November 13, 2018. Interviews will begin at **6:00pm November 14**. On page 14 you will find the application.**



Leadership Washington Focus (LWF) is a National 4-H leadership conference for **youth ages 12-14**. Youth can exchange ideas, practice respect, and form friendships with other 4-H'ers from across the nation.

This 5-day trip is packed with educational adventure as participants tour our nation's Capital and learn life-changing leadership skills in a conference setting. The program will take place at the National 4-H Youth Conference Center, just one mile from the Washington, D.C. border. At this conference 4-H delegates will: Build confidence in their ability to motivate and direct others in meaningful action Practice effective communication with others through group discussion and public speaking Work with others to create and accomplish goals Develop an understanding of their own personal leadership style Experience hands-on learning using the historical backdrop of Washington, D.C. Participants are immersed in the culture and history of our nation through on-site workshops at D.C.'s most spectacular sights. Destinations include, but are not limited to: The White House and Lafayette Park, Ford's Theatre, The National Archives Presidential and war monuments and memorials Smithsonian museums and more!

Trip package

\$2,200.00 per person, includes:

- National 4-H's Leadership Washington Focus Conference
- Round trip airfare
- Lodging at the [National 4-H Conference Center](#)
- Most meals during the trip
- Access to the tour sites
- Transportation during the program
- Souvenir pack including: LWF bag, LWF t-shirt, and LWF water bottle



PDR#3 attended only, PDR#1 Plan of action for focus trips PDR#4 Conference planning committee PDR#5 deepen knowledge of government by attending Cal Focus or Wash Focus. PDR#4 deepen understanding of leadership by attending Teen Involvement Conference PDR#6 gave presentation at club about event PDR#^ gave presentations at conference (roughly 10 at each conference!!) PDR#6 Wrote an article for a media source about these events. PDR#7 Special award while at these events.

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July 5-16, 2019

Citizenship Washington Focus (CWF) is a National 4-H leadership conference for **youth ages 15-19**. Youth can exchange ideas, practice respect, and form friendships with other 4-H'ers from across the nation.

Citizenship Washington Focus is an educational conference for youth ages 15 to 19. Delegates must be at least 15 years of age by time of travel to participate. Hosted at the National 4-H Center near Washington, D.C, it gives youth the opportunity to explore, develop, and refine the civic engagement skills they need in order to become outstanding leaders.

Through tours in the living classroom of Washington, D.C. and hands-on educational workshops, youth will learn about the history of our nation, the leaders who have shaped it, and how they can apply their enhanced leadership and citizenship skills to issues in their own community.

Trip package

July 5-16, 2019 (Conference & Extended Trip to Gettysburg, Philadelphia & Baltimore) \$3800.00

This trip is packed with educational adventure as participants tour our nation's Capital and learn how our national government works. Trip includes a pre-conference day of site seeing plus attendance at National 4-H's Citizenship Washington Focus Conference which includes touring many of the major sites in the National Mall. Cost includes transportation (air and ground), housing and most meals plus access to the tour sites. plus 4 extra days of educational tours of Gettysburg, PA, Philadelphia, PA and Baltimore, MD. Cost includes transportation (air and ground), housing and most meals plus access to the tour sites.



PDR#3 attended only, PDR#1 Plan of action for focus trips PDR#4 Conference planning committee PDR#5 deepen knowledge of government by attending Cal Focus or Wash Focus. PDR#4 deepen understanding of leadership by attending Teen Involvement Conference PDR#6 gave presentation at club about event PDR#^ gave presentations at conference (roughly 10 at each conference!!) PDR#6 Wrote an article for a media source about these events. PDR#7 Special award while at these events.



2019

Southern Youth Summit

January 18-20, 2019

[Pathfinder Ranch](#)

Youth summits are three day weekend leadership conferences hosted in multiple locations throughout the state. All California 4-H Youth Summits are open to any 4-H youth member enrolled in California 4-H.

The 2019 Southern Youth Summit participants are ages 11-14. Planned by a team of senior 4-H members aged 14-19.

Registration Process

1. Fill out the registration form at: https://ucanr.co1.qualtrics.com/jfe/form/SV_5iFIT2E1V45NJch
2. Contact your Community Leader to see about club sponsorships and scholarships for this event
3. County Planning Meeting for Car Pools JANUARY 3, 2019, 7:15PM at the Farm Bureau in El Centro (1000 Broadway)

Imperial County Scholarship Deadline for this Conference November 24

\$135| Regular Registration (*Applications submitted by December 3rd*)

Questions? Email the 4-H office at jlgarcia@ucanr.edu

**YOUTH SUMMITS
2019**

REGISTRATION IS NOW OPEN

Northern @ Sly Park	Feb 1-3
Bay/Coast @ Walker Creek	Jan 18-20
Central @ Wonder Valley	Jan 25-27
Southern @ Pathfinder	Jan 18-20



Fair Update: To request a DNA kit (*4H and FFA leaders only*), please download the form and email/fax per the instructions or complete the online form below.

Market Goats, Sheep, Swine, Feeder Calves

Kit requests commence **November 13, 2018**. DNA samples and Pre-Registration Logs are due in the Fair's lock box by 5:00 p.m. on **January 3, 2019**. request DNA Kit's

<http://www.californiamidwinterfair.com/dna-kit-request.html>

Small Animals, and all Breeding and Dairy Animals

DNA collection NOT NECESSARY for Small Animals

Pre-Registration Logs must be completed in order to ensure accurate animal counts.

Please make sure all logs are completed on the online pre-registration log and sent via email to office@ivexpo.com. A registration log audit will be completed for each specie and leaders will be contacted and asked to provide a log if not submitted. ALL EMAILS TO THE FAIR MUST CC THE 4-H OFFICE smabatti@ucanr.edu

- **Beef & Horse** - 120 consecutive day ownership rule requires purchase, tagging and DNA sampling by November 1, 2018
- **Production Steers**-170 consecutive day ownership rule requires purchase by fair board's pre-selected pickup date.
- **Goats (All)** - 60 consecutive day ownership rule requires purchase and tagging by December 31, 2018.
- **Feeder Calves** - 60 consecutive day ownership rule requires, tagging and DNA sampling by December 31, 2018.
- **Sheep and Swine** - 60 consecutive day ownership rule requires, tagging and DNA sampling by December 31, 2018.
- **All Breeding (Beef, Swine, Sheep)** - 60 consecutive day ownership rule requires purchase by December 31, 2018.
- **Dairy Animals**-60 consecutive day ownership rule requires purchase by December 31, 2018.
- DNA samples must be turned into the Fair Office no later than 5:00 pm on January 3, 2019.

All Small Animals (Junior Breeding Rabbits, Junior Breeding Poultry, Cavies, Junior Waterfowl and Winged Wildlife) - 60 consecutive day ownership rule requires purchase by December 31, 2018.

To See all updated rules and the exhibitor handbook please visit:

<http://www.californiamidwinterfair.com/livestock-handbook.html>





In the previous years, we have had the “No-Go, No-Show” program which exhibitors were required to take every 3 years. The state has now adopted a rule that ALL exhibitors have to take a “state approved” course ANNUALLY. One thing this will do is standardize training for all fairs in California so an exhibitor who has taken an approved course for one fair, will be accepted at any other fair in California.

The California Mid-Winter Fair has approved an online curriculum from the Youth for the Quality Care of Animals (YQCA) as our adopted curriculum. Many fairs across the state are also adopting this program. **The fee to take the course is \$12.00.**

At the completion of the course, the exhibitor will receive a certificate with a unique certificate ID, which we use to verify is an accurate, valid, and matched to the exhibitor. You will be required to enter their certificate number as well as upload your certificate of completion at during the fair registration process through ShoWorks.

You can click on the logo to visit the website, <http://yqca.org>





Invite a military youth to your club meeting today!

4-H Military Partnerships create opportunities and provide support to military connected youth whether they live on or near an installation, in our communities, or on overseas installations.

As military families move frequently and experience the difficulties surrounding deployment and reintegration, 4-H provides predictable programming and a safe and nurturing environment for military connected children and youth.

iPad WINNER IS:

Taylor Hulsey!!!

Who Sold 279 tickets!

CONGRATS!!

****Poster Contest Winners will be announced in the December Intercom**

Apply for a JOANN **4-H** Project Grant by Nov. 14

APPLY NOW

http://4h.ucanr.edu/Resources/JOANN_Grants/

California 4-H youth and adults can apply for 3 different types of JOANN 4-H project grants:

1. JOANN 4-H Service Learning Project Grant
2. JOANN 4-H Spark Project Grant
3. JOANN 4-H Innovative Project Grant



All Star Corner

Last month in the county, we had the 4-H Bike Ride,



spooky adventures, the 4-H Barbeque, and a Bake Sale there that the All Stars hosted. First, the Bike Ride was an amazing event this year where we made a trip from McCabe to Sunbeam lake to eat hot dogs and hamburg-

ers, swim, and celebrate National Youth Science Day. It was great to see that lots of youth and adult riders come out and enjoy themselves on the ride. Also it was a lot of fun seeing 4-H'ers come together to have fun and then learn about science and technology afterwards. Next was Spooky Adventures witch held lots of primaries. Spooky Adventures was an awesome event that taught these 4-Her's some science and engineering. Then the Barbeque there was a great turnout and great food. There were awesome teams of servers and cooks that helped put on the event and make the day great. While everyone sat and ate their food, the All Stars had a Bake Sale of desserts for during, afterwards, and people who wanted to take their food home. All of the funds raised from that will go to support your imperial county all-stars in upcoming events. This was made possible by all of the delicious donations of baked goods from 4-H'ers that we greatly appreciate. A big thank you goes out to all who did donate and all who came.



The Imperial County 4-H Healthy Living Club & Individual Challenge for the 2018-2019 4-H year is off to a great start!

Let's keep the posts coming as we continue to focus on Healthy Eating & Active Living (HEAL). The **October Challenge** was focused on the meaning of health for individual members and clubs. **The November Challenge now shifts to reading a Nutrition Label.**

Individual Challenge: Post a picture or video of you reading a Nutrition Label of your favorite sweet or salty snack. Give a Thumbs Up if it is a Healthy Snack or a Thumbs Down if it a Not-So-Healthy Snack.

Club Challenge: Post a video of your club having a Nutrition Label Contest. Have your club members compare sweet or

salty snacks to see which is the healthier choice.

To Earn Credit for Posting: In the comment of every post you make for the monthly challenge as a club and individual, you will need to include: 1) Member(s) name(s), 2) Club name, and 3) tag the CWF Instagram account **@ivcwf2018**, the hashtag of the month **#gimmethcarbfacts**, and the hashtag **#CWFHEAL**. Make sure that your account is public so we will be able to view your post! Be as creative as you like and you can enter as many posts per month as you would like. Make sure to remind your club members to participate in each monthly Challenge. **Don't forget to include a name & club on all posts.**

November Healthy Living Challenge: (Instagram)
#gimmethcarbfacts #CWFHEAL @ivcwf2018

CWF Video Link: FIND US ON INSTAGRAM!

Individual Challenge: Can I read a Nutrition Label?

Club Challenge: Can we compare a healthy versus un-healthy snack based on a nutrition label?

Health Observances in November: American Diabetes Month, 11/16: Great American Smoke out, 11/22: National Family Health History Day-What's in your family tree?

Free Health Apps: MyPlate & My Fitness Pal

Want to really learn more about your health? Check out KidsHealth: <https://kidshealth.org/en/kids/labels.html>

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

- Serving Size**
This section is the basis for determining number of calories, amount of each nutrient, and %DVs of a food. Use it to compare a serving size to how much you actually eat. Serving sizes are given in familiar units, such as cups or pieces, followed by the metric amount, e.g., number of grams.
- Amount of Calories**
If you want to manage your weight (lose, gain, or maintain), this section is especially helpful. The amount of calories is listed on the left side. The right side shows how many calories in one serving come from fat. In this example, there are 250 calories, 110 of which come from fat. The key is to balance how many calories you eat with how many calories your body uses. Tip: Remember that a product that's fat-free isn't necessarily calorie-free.
- Limit these Nutrients**
Eating too much total fat (including saturated fat and trans fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers, or high blood pressure. The goal is to stay below 100% DV for each of these nutrients per day.
- Get Enough of these Nutrients**
Americans often don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. Eating enough of these nutrients may improve your health and help reduce the risk of some diseases and conditions.
- Percent (%) Daily Value**
This section tells you whether the nutrients (total fat, sodium, dietary fiber, etc.) in one serving of food contribute a little or a lot to your total daily diet.
The %DVs are based on a 2,000-calorie diet. (Each listed nutrient is based on 100% of the recommended amounts for that nutrient. For example, 18% for total fat means that one serving furnishes 18% of the total amount of fat that you could eat in a day and stay within public health recommendations. Use the Quick Guide to Percent DV (%DV): 5% DV or less is low and 20% DV or more is high.
- Footnote with Daily Values (DVs)**
The footnote provides information about the DVs for important nutrients, including fats, sodium and fiber. The DVs are listed for people who eat 2,000 or 2,500 calories each day.
- The amounts for total fat, saturated fat, cholesterol, and sodium are maximum amounts. That means you should try to stay below the amounts listed.

Are you up to the Challenge

Food labels can seem confusing but if we break them up into blocks, you will see they are actually very easy to use! All the blocks work together to help you pick smart foods that will keep you healthy and feeling great!

Start with the **Serving Size**. All the numbers are based on one serving size. The package might actually contain several servings. This is very important information that will help you with portion control.

Start at the top!



The **Servings Per Container** tells you how many servings in that package. Some foods are low in calories and fat if you have only one serving. But if you eat more than one serving, then calories and fat can really add up! See how many servings this label shows - 2 servings!

Calories: This tells you how much energy you will get from one serving of this food. If you don't use up that energy, it gets stored as fat.

Calories from Fat:

This tells you how much energy of that food comes from fat. Your heart likes foods lower in fat.

Total Fat is the amount of all the different kinds of fat in one serving. Your body needs some fat. Avoid foods high in saturated fats and look for zero Trans fats. These fats are not good for your heart.

Cholesterol and sodium (salt) tells you how much of that nutrient is in one serving. Pick foods that are low in cholesterol and sodium. Look for 5% or less!

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories From Fat 110
% Daily Value	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 8g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

The **% (Percent) Daily Value (DV)** is a number on the label given in percentages. These percentages are the amount of a certain nutrient that a person will eat in one serving. (based on 2000 calorie diet)

Fiber: This tells you how much fiber is in one serving. Fiber helps your food move through your body easily. Foods with 4 grams or more is high in fiber and good for you!

Sugars is the total amount of natural sugar and added sugar that is in the one serving. Our body does not need too much sugar. Sugar can add a lot of calories that we don't need.

Protein is very important because it is the building blocks for all cells. Read carefully. High protein foods can be high in fat.

Vitamin Section:

See if these foods are high in vitamins. Vitamins help your body stay healthy. 20% or more is high and makes your body very happy!



Christmas Market

Silent Auction

THURSDAY, DECEMBER 6, 2018

6:00—8:00PM

(bidding closes at 7:45pm)

Location: UpSpace 955 N Imperial Ave,
El Centro, CA 92243

Silent Auction-donations of homemade goodies, crafts, gift baskets, jewelry and other gifts from 4-H members and community are welcomed. Please bring to the event between 4:30—6 PM. We welcome 4-H members to help with set-up and clean up. Bring a friend and enjoy the Silent Auction for some early Holiday Shopping.



For more information, please call
Angie Ortiz 760-455-3998

Hosting Clubs: Dogwood, Magnolia, and Calipatria

HELP SUPPORT THE IMPERIAL COUNTY 4-H PROGRAM
TO RAISE FUNDS TO SUPPORT STILL EXHIBITS PROGRAM
AND SUPPORT OUR 4-H EDUCATIONAL OPPORTUNITIES.



****** ALL PRIMARY MEMBERS (5-8 YEARS OLD) ******

YOU are invited to sing "I Wish You a Merry Christmas" at this years Christmas Market. You will hit the stage at 6:15pm! Wear your Christmas Spirit and Christmas Hat!

All Clubs and members are encouraged to bring items to donate!

Imperial County 4-H All Stars will be donating a hosted Mystery Theater Dinner! Be sure to come and bid on this great item!



Apply for your Emerald Star!

What is an Emerald Star?

The Emerald Star is a county award for service to the community and/or to 4-H. Its purpose is to encourage older members to attain a higher level of leadership development through an individual program of planning, action and evaluation/reflection; promote the development of mentoring relationships between a member and leaders; and to create opportunities to conduct 4-H activities outside the community club which will benefit the local community and/or 4-H as a whole. The Project must provide a service above and beyond the normal scope of a project (i.e., a County Field Day, Color Run, Camp, Santa's Reading Workshop, Santa Paws and Claws, a teaching video, a written project manual, etc.) The Emerald Star Plan must be a total of 6 hours or more to qualify.



What are the eligibility requirements?

- Must have been enrolled in the 4-H Program 2 years prior to application.
- Must be 15 years of age before January 1st of the calendar year, or in the 9th grade or above.
- NOTE: Emerald Star projects may be a team effort. All team members receiving Emerald Star patches must be the above criteria.

How to I apply?

For more information and to apply, download the [Imperial County Emerald Star Information and application](#). For the 2018-2018 Program Year, no initial project proposal is required.

Applications are to be submitted by: November 14, 2018

jlgarcia@ucanr.edu

4-H CITIZENSHIP SCHOLARSHIP APPLICATION



Scheduled Focus Trips: Please check desired trip:

Leadership Washington Focus July 2019

Citizenship Washington Focus July 2019

Application Deadline: Tuesday, November 13, 2018 5:00pm – 4-H Office (jlgarcia@ucanr.edu or drop off at the office)

Interview With Candidates: Wednesday 14., 2018 will begin at 6:00P.M.

NAME _____ AGE _____ BIRTHDATE _____
(must be 12 for LWF and 15 for CWF by June of 2018)

CLUB _____

SUMMARY OF CITIZENSHIP ACTIVITIES (List by years)

Scholarship Application: Are you applying for a scholarship? Yes No

Check List for Scholarship Qualifications:

Completed one year of 4-H club work. Year _____

I plan to re-enroll in an Imperial County 4-H club next year. Yes No

I will be able to attend the interview. Yes No

I have enclosed a letter of recommendation from my club leader. Yes No

I will be able to pay remaining total for trip if not fundraised which will include miscellaneous costs and transportation from Imperial County to either Sacramento or Washington. Yes No

If I am a scholarship recipient, and do not attend the Citizenship trip, I am to return the scholarship money to 4-H Leader's Council _____ Initials

If I am selected to attend this conference, I will come back to the County next year and visit 4-H clubs to help them with the Citizenship Program. _____ Initials

APPLICANT

PARENT/GUARDIAN