4-H YOUTH LEADERSHIP WORKSHOP

Sunday, October 28, 2012, 10 a.m.–2 p.m.

On Sunday, October 28, 2012, from 10:00 a.m.–2:00 p.m., Maria Andrus, Youth Leadership Key Leader, will present a workshop for all 4-H Club Officers and Junior/Teen Leaders. The workshop will be held at the San Luis Obispo Veteran’s Hall, located at 801 Grand Avenue in San Luis Obispo. Lunch will be provided.

4-H members who serve as a Club Officer or Jr/Teen Leader, or who are considering taking on one of these roles in the future, are encouraged to attend. (Project Leaders are also welcome and encouraged to attend this workshop.)

Officers and Jr/Teen Leaders will learn the responsibilities of their position and EVERYONE will discover fun, creative ways to get 4-H members active and involved in their 4-H meetings.

This year’s sessions will include iTHRIVE, international exchange opportunities, a look at California Focus, as well as a return of the popular officer/leader roundtable.

Please RSVP to the 4-H office at 781-5943 or to dharris@co.slo.ca.us by Wednesday, October 19, 2012, so we can have the right amount of food and copies on hand. (If you forget to RSVP, please come anyway!!) If you have any questions, please do not hesitate to call Maria Andrus at 238-0604, or the 4-H office at 781-5943.

WE HOPE TO SEE YOU THERE!!
National & State 4-H News

For more information from the STATE 4-H OFFICE, visit http://www.ca4h.org/News/

- National 4-H Council is now accepting applications for the annual Youth in Action award, to be presented at the 4-H Legacy Awards Gala in New York City on April 18, 2013! This award recognizes an outstanding young person from your 4-H program who is realizing 4-H’s vision for youth driving positive change in their communities. The 4-H Youth in Action award is open to 4-H members and recent alumni ages 16-21. Applicants should have led a project, service or event that:
  - Identified a problem in their community;
  - Included 4-H as part of the solution; and
  - Made an impact in resolving the issue.

Application Requirements
In a 3 minute or less video, the nominee should address the following questions/statements:
(Note: File size should not exceed 50MB or 3 minutes.)
- What problem or global issue did your community face?
- What was the solution to the problem or global issue, and how was 4-H involved?
- What impact did the resolution have on your community?
- How has 4-H impacted your life?
- Describe any adversities or challenges that your 4-H experience has helped you overcome?

How to Apply
Please contact the 4-H Office for a copy of the 2013 Youth In Action Award Guidelines for complete details.

Application Deadline
The online 4-H Youth in Action Award application can be found at: http://grants.4-h.org/

Online applications must be submitted by Thursday, Nov. 1, 2012, at 11:59pm ET. Questions regarding the application process will be accepted until 4 p.m. ET, Nov. 1, 2012. Please download 2013 Youth In Action Award Guidelines for complete award information and application rules.

Questions? We're happy to help! Please email Jennifer Bellamy at jbellamy@fourhcouncil.edu

SLO County’s 4-H website is: http://www.slocounty4h.org
State 4-H website: http://www.ca4h.org
SAFETY NOTES: http://safety.ucanr.org/4h/
Two Dates to Choose From!

Sunday, October 21, 2012, 10:00 a.m.-12:00 p.m.

OR

Tuesday, October 23, 2012 from 6:00-8:00 p.m.

Victoria Weatherly-Nilsen, 4-H Management Board Treasurer, will host two Treasurer Training workshops; the first on October 21, 2012 from 10:00am-12:00pm and the second on October 23, 2012 from 6:00pm -8:00pm. (You only need to attend one of the workshops.) Both workshops will be held in the UCCE Auditorium located at 2156 Sierra Way in SLO.

This training is mandatory for all new Club Treasurers and Treasurer Advisors (the adult mentor who will be working with the Club Treasurer). New Community Club Leaders are also strongly encouraged to attend.

Please RSVP to the 4-H office at 781-5943 or chansen@co.slo.ca.us

However, if you forget to RSVP please come anyway!! If you have any questions, please call the 4-H office or Victoria Weatherly-Nilsen at 929-6258.
California Dreamin’ California Leadin’

This 2012 4-H State Leadership Conference was a blast. It was from August 9th to August 12th. We learned many things and met many new people. The following were so happy to be San Luis Obispo County delegates. They included: Tanner Truelson, Faith Patterson, Sophie Johnston, Candace Johnston, Denise Carigo, Sigrid Derickson, and Ashley Lauinger. We could not have done it without our wonderful chaperones Leslie Rebik, Tammy Lauinger, and Maggie Carigo.

Day one: Our trip started off with a 6 hour drive to the campus of UC San Diego. When we left it was foggy and cold, but when we arrived at San Diego it was hot, humid, and muggy. We were not used to that at all. We checked into the dorms to find out where we would be staying for the next few days. We unpacked and started to decorate our doors in a beach theme. We went off to lunch at Café Ventanas, the campus’ cafeteria. After we ate a meal of champions, we headed off to the Price Center, where all of our sessions and assemblies in the following days would be held. When we got there we found a spot and talked with other delegates. Our first speaker was Keith Hawkins. He is a top youth speaker in the US. He taught us many things like, “Don’t be ready, Stay ready”, and “energy is contagious.” He had us play a couple games to show that we follow more than listen. He was a great speaker. After that we headed off to dinner. We continued to meet friends along the way. That night our recreation was Inflatables - and that was truly fun. We spent three hours bonding, talking with other delegates, and playing on the inflatables. Lights out was at 11:00, and we were all exhausted.

(Article continued on Page 5)

For more information from the State 4-H Office about SLC please visit:

http://www.ca4h.org/Programs/Conferences/SLC/
Day Two: We went to breakfast at 7 and talked with other delegates until we had to go to the Morning Assembly. Our keynote speaker was Mike Skupin that day. We learned how leadership affected our everyday lives. He told us mostly of his adventure through the reality TV show “Survivor.” He taught us to never give up even though the other man is stronger than you, and that there are many gates of golden opportunity. After the morning assembly we went to our first session. Mike Skupin guided our All-Star team through an obstacle course survivor style. This was a great team building opportunity for our All-Star team. We had lunch shortly after that session. We started to realize how different the weather is there compared to San Luis Obispo County. We were sweating and we all couldn’t wait for the pool party later that night. We each attended the sessions we signed up for, and then went to dinner. Right after dinner, we had a fun night swimming away the heat, with diving boards and beach balls. It was a really fun night. We returned to the dorms around 10:00, wiped out.

Day 3: We ate breakfast, and then attended that day’s assembly. There was an alumni panel of previous 4-Hers who answered questions that appeared on the big screen. They talked about how 4-H has changed them for the better. After the assembly we attended 3 more leadership sessions; then went to dinner. We all primped and got ready for a night that would be filled with fun. We danced our feet off for three hours with friends and other delegates the whole night. We got back to our dorm, and our feet were aching. It was a very fun night. But we knew that tomorrow was our last day.

Day 4: We ate our last breakfast at Café Ventanas, with other delegates, some that we would never probably see again. We took final pictures and then said goodbye. We went to our last assembly where our guest speaker was Aerial Gilbert. She touched our lives with her incredible story about her blindness. She taught us one important thing, “Never give up on your goal.” After Aerial spoke, we watched the afterglow of all the photos that were taken at SLC. We all had a wonderful time, and didn’t want to leave. Upon our departure, the State Ambassadors left us with these words, “Don’t cry because it is over; smile because it happened.”
National Youth Science Day
OCTOBER 10, 2012
Get ready to take the 4-H Eco-Bot Challenge!

Participation in 4-H National Youth Science Day is meant to help spark an early passion for science, engineering and math and to encourage young people to consider these paths of study and future careers.

The 2012 4-H National Youth Science Day experiment will be a 4-H Eco-Bot Challenge! This annual youth science event will be held on Wednesday, Oct. 10, 2012, and will bring 4-H'ers together from all around the nation to complete a single, innovative experiment. This year’s challenge will introduce youth to engineering concepts as they program a self-directed robot to clean up a simulated environmental spill.

The experiment will test their ability to:
• Build an autonomous robot using household materials
• Design and construct a programmed environment for a working robot
• Develop a hypothesis and carry out a test
• Collaborate and offer modifications to produce an optimized solution
• Generate links among engineering, technology, science, math and society

4-H Clubs are encouraged to participate in National Youth Science Day by organizing an activity around the experiment.

Visit the 4-H NYSD website at www.4-H.org/NYSD to download the 2012 Youth and Facilitator Guides as well as other key resources.
JOIN THE HOME ECONOMICS AND EXPRESSIVE ARTS CELEBRATION for 2013 on Thursday, October 18, 2012, 5:30—8:30 p.m. at the UCCE AUDITORIUM
2156 Sierra Way, San Luis Obispo

The San Luis Obispo County Home Economics and Expressive Arts Committee has already begun planning for the 2013 Food & Arts Celebration (FAC), Fashion Revue (FR), and Field Day celebrations.

The theme for 2013 for the FAC and FR is:

“Celebrating 100 Years of California 4-H”

The forerunner of 4-H clubs in California began in 1913 with one agricultural club in Davis. We want to highlight the 100 years of “Making the Best Better” through 4-H.

Helping New and Returning Project Leaders Prepare

To help project leaders in the Home Economics and Expressive Arts project areas get their project 4-Hers ready to shine at these three county 4-H events in 2013, there will be an informational meeting on October 18, 2012 from 5:30 to 8:30 p.m. at the UCCE Auditorium.

The Home Economics/Expressive Arts Committee will be there to:

1. Highlight New Opportunities and Changes for 2013
2. Provide Opportunities for Leaders with Like Projects to Share With Each Other
3. Encourage New and Returning Leaders and Answer Questions

Who Should Come?

Project Leaders for any project related to Foods (human and animal), Food Preservation, Baking, Cake Decorating, Arts and Crafts, Leathercraft, Scrapbooking, Photography, Sewing, Fashion Design, Needle Work, Textile Arts, Wearable Art, Clothing Accessories, Quilting, Plant Science, or other projects that fit within these categories.

Any Questions? Call Julia Stanfill at 528-1557, Deb Geaslen at 598-6083, or Maria Andrus at 238-0604.
“LEMOS ACADEMY” COMING THIS OCTOBER!

Lemos Feed and Pet Supply is excited to announce the first-ever “Lemos Academy” for our SLO County 4-H Dog Obedience Project members.

Lemos Feed and Pet Supply will be hosting the “LEMOS ACADEMY” on Tuesday, October 16, from 6:30 p.m. - 8:30 p.m. at their store in Atascadero located at 8405 El Camino Real Atascadero, CA 93422.

There will be four guest speakers educating participants on the importance of Nutrition, Grooming, Dental Health, and Obedience Training. All 4-H participants will receive a tote bag filled with great products for their furry companions and upon completion of the Academy they will receive a Lemos Discount Card!

**REMEMDER:** If you are interested in participating in this free event, please contact your 4-H Project Leader. Pre-registration is appreciated as dinner will be provided at the event. Please feel free to contact our Atascadero location with any further questions about the Academy at (805) 466-5378.

Lemos Feed and Pet Supply looks forward to seeing you there!

Attention 8th Grade 4-H members! Do you wish you had the chance to come to 4-H Camp K.I.N.D. this year? Well the wish can come true for 4 of you. **The new C.I.T. (Counselor in Training) staff position still has openings for 2 boys and 2 girls.**

Applications are still being accepted until October 19th and are available on the county website. Don’t miss out on the chance to come back to camp and to learn new leadership skills. Have questions, contact Camp Director, Maria Andrus at 238-0604 or jandrusfamily1@att.net

Announcing a new Countywide 4-H project:

**Project: Country Western & Line Dancing Project**
**Leaders:** Leslie & Bill Rebik of Cerro Alto 4-H Club
**Dates:** 4th Wednesday of each month, beginning October 24
**Time:** 7:00-8:30pm
**Location:** 9360 Santa Clara Road, Atascadero
**Email if interested:** lrebik@calpoly.edu

**Note:** Fast-paced instruction, suitable for regular 4-H members only (Ages 9-19) (Not offered to 4-H Primary Members Ages 5-8)
Archery Leader Certification Training  
**Saturday, October 13 and Sunday, October 14**  
Humboldt County UCCE Office  
5630 South Broadway, **Eureka, CA 95503**

Attendees must attend both Saturday (9AM - 5 PM) and Sunday (8:30 - 12 noon) to be certified as a 4-H adult, teen or junior leader. The cost will be $30 for training and a binder of resources. There will be a lecture, hands on practice and a test. To register, complete the "Request for Training Form" at [http://www.ca4h.org/files/2123.pdf](http://www.ca4h.org/files/2123.pdf) and mail with your payment to Sandy Sathrum at 5630 South Broadway, Eureka, CA 95503. Make checks payable to Humboldt County 4-H. Participants are responsible for all transportation, overnight lodging and meals. If you have any questions, call Sandy at 707-445-7351.

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Shooting Sports Leader Trainer Course — Muzzle Loading Discipline  
5 Dogs Range - **Bakersfield, CA**  
**Saturday, October 20, 2012 – 8:00 a.m. – 6:00 p.m.**  
**Sunday, October 21, 2012 – 8:00 a.m. – 4:00 p.m.**

Upon successful completion of this course, 4-H leaders will be certified in the shooting sports discipline of muzzle loading. They will be certified as leader trainers and are eligible to serve as shooting sports leaders for clubs or counties and they may also instruct and certify shooting sports volunteers. Class size is limited. There is no fee for the course. However, if you wish to receive National Muzzle Loading Rifle Association instructor certification there is a fee of $40. To get more information or register for the class contact John Borba at: jaborba@ucdavis.edu or telephone 661-868-6216.

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Shooting Sports Project Leader Course -Rifle Discipline  
Pajaro Valley Rod & Gun Club, 557 ½ Lakeview Road, **Watsonville, CA**  
**Saturday, October 27, 2012 – 8:30 a.m. – 5:00 p.m.**  
**Sunday, October 28, 2012 – 8:30 a.m. – 4:00 p.m.**

Upon successful completion of this course, 4-H volunteers will be certified as project leaders in the shooting sports discipline of rifle. They will be certified as volunteers and are eligible to serve as shooting sports project leaders. This course is also open to 4-H teen leaders (high school aged youth). For more information, or to register for the class, contact Randy Turnquist at randy@randyt.com or phone 831-566-2590. Please discuss the course fee with the instructor which could be 0 to $23 depending on if you wish to print your own course material or have him do it. (Please note that the rifle discipline is not an approved project in Santa Cruz County).

For more information about the class facility visit this website: [www.pajarovalleyrodandgun.org](http://www.pajarovalleyrodandgun.org)

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4-H Shooting Sports Workshop—Rifle Discipline  
**Bakersfield, CA**  
**Saturday, January 12, 2013 – 8:00 a.m. – 6:00 p.m.**  
**Sunday, January 13, 2013 – 8:00 a.m. – 4:00 p.m.**

A 4-H shooting sports workshop for the rifle discipline will be held at UC Cooperative Extension Office, 1031 S. Mt. Vernon Avenue in Bakersfield. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course or receive more information, contact John Borba at: jaborba@ucdavis.edu (This course is not open to 4-H leaders from Santa Cruz County).
4-H OPPORTUNITIES

HEALTHY LIVING KEY LEADER

The 4-H office is currently seeking applicants for an exciting new position: **Healthy Living Key Leader.** The **4-H YDP Healthy Living Key Leader** is a 4-H volunteer leader who serves as a middle manager and who has the overall responsibility for the development and delivery of programs to 4-H members in accordance with the **Healthy Living Mission Mandate.** **4-H Healthy Living** and the **Healthy Living Mission Mandate** encompass a holistic approach, including **healthy eating habits, physical fitness,** and **emotional and social wellbeing.**

The Healthy Living Key Leader is responsible for the development and function of the **Healthy Living Program Development Committee** and for working with the chairpersons of event/activity committees in the Healthy Living area. The key leader functions as a critical linkage between Healthy Living event/activity committees, the Healthy Living Program Development Committee and the 4-H Youth Development Advisor. **He or she works closely with the Home Economics Key Leader** to ensure that 4-H food and nutrition programs incorporate Healthy Living principles.

For a complete position description and application, please contact Denise at the 4-H office at **781-5943,** or email dharris@co.slo.ca.us  More info on 4-H Healthy Living is available at: [www.ca4h.org/Projects/HealthyLiving](http://www.ca4h.org/Projects/HealthyLiving)

**POSITIVE YOUTH DEVELOPMENT** Announcement from the State 4-H Office:

4-H Online Record Book (ORB) Spark Points Winners!

September 2012 marked the first anniversary of the launch of the 4-H Online Record Book. We’ve had our successes and challenges, but overall the usage has continued to increase month by month. As an incentive for youth members and adult volunteers to use the data collection tools within ORB, we announced a drawing opportunity to win iPad2s and a Centennial Commemorative Pin. In order to be included in the drawing for the iPads, youth and adults must have completed the required surveys and rubrics that were on their ORB pages. Thank you everyone who participated! All members and adult volunteers who completed the pre and post surveys and rubrics will receive a Centennial Commemorative Pin.

And the 2012 iPad WINNERS are….

**Youth Members**
Stephanie Duarte – Fresno
Katherine Higgins – Santa Clara
Kaylee Cunning – San Joaquin
Jeremy Thompson – Lake

**Adult Volunteers**
Geanna Schmidt – San Diego
Karen Hayes – Lake
Shirley Salado – San Diego

You too could earn a chance to win an iPad2 by completing your pre and post surveys and Growth Grids in your Sparks Points section on your ORB home page. **To be eligible for the 2013 drawing, be sure to complete your Spark Points baseline surveys and Growth Grids by January 2013 AND you must complete post-program surveys and Growth Grids by August 2013.**

**FOR MORE INFORMATION PLEASE VISIT:**

[http://www.ca4h.org/Resources/Members/RecordBook/RBResources/](http://www.ca4h.org/Resources/Members/RecordBook/RBResources/)
National 4-H Week is just around the corner, and it’s time to start thinking about what you and your club can do to help promote 4-H in your community. Here are a few ideas to get you started:

- Prepare displays on your projects, or 4-H in general, to put up in your school, library, store, or shopping center.
- Talk to your friends about joining 4-H.
- Give a presentation at school or to a service club in your community.
- Submit a newspaper article highlighting your club’s activities and the benefits of being a 4-H member.
- Send a public service announcement to your local radio or television station, or better yet, make arrangements to appear on the show!
- Ask to have the 4-H flag flown at your school, fire department, library, etc.
- Thank a group that has helped your club by writing a special letter, presenting a plaque, or honoring them in some other way.
- Volunteer at a rest home, food bank, homeless shelter, or hospital.
- Distribute 4-H posters and brochures to be displayed at community businesses.

Promotional materials are available online at http://www.4-h.org/Content/Resource-Library/Promotional-Toolkits/Toolkits/2012-National-4-H-Week-Toolkit/

During National 4-H Week, Young Achiever storyboards will be on display in the lobby of the County Government Center, along with other great information about 4-H in SLO County. Make sure to check it out!

Templeton 4-H Community Clean Up

On Saturday, September 15th, 2012, members of Templeton 4-H Club participated in the Community Clean-Up. In the morning when we got there, they had donuts, coffee, juice, and fruit. As people arrived, they welcomed us with smiles and were very friendly. There was a nice turnout from other community members as well. We cleaned the street in front of the high school, the bridge that crosses the river, and went to the third telephone pole on Templeton Rd. Our group worked well together and had a willing attitude. We not only cleaned the route that we had been given, but our group went above and beyond and cleaned the high school parking lot as well. An interesting piece of garbage we found was a license plate still in its frame.

There was a nice BBQ after the clean up. The lunch was prepared by the Templeton Lions Club. The lunch was served in the firehouse. At the end of lunch, there was a fun raffle. The raffle included many environmentally friendly gifts. Such as reusable grocery bags, stainless steel water bottles, and products made from recycled materials. Which I thought was smart because the plastic bags that have been sitting in the sun for months, fall into many pieces when you try to pick them up.
# SLO County 4-H Youth Development Program Calendar 2012-2013

## OCTOBER 2012

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<th>Date</th>
<th>Event</th>
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<td>6</td>
<td>4-H 2011-12 ACHIEVEMENT NIGHT, SLO Vets Hall at 801 Grand Ave., SLO @ 7:00 p.m.</td>
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<tr>
<td>7-13</td>
<td>NATIONAL 4-H WEEK</td>
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<td>10</td>
<td>National Youth Science Day</td>
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<td>16</td>
<td>“LEMOS Academy”-Dog Proj. Members, Atas.</td>
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<td>18</td>
<td>Home Ec. &amp; Exp. Arts Proj Ldrs Mtg, UC Aud.</td>
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<td>19</td>
<td>RSVPs Due for Youth Leadership Workshop</td>
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<td>19</td>
<td>Camp C.I.T. applications Due</td>
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<tr>
<td>21</td>
<td>Treasurer Training, UC Auditorium, SLO</td>
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<td>23</td>
<td>Treasurer Training, UC Auditorium, SLO</td>
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<td>28</td>
<td>Youth Leadership Workshop, SLO Vets Hall</td>
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## NOVEMBER 2012

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<tr>
<td>9-11</td>
<td>State Leader’s Forum, Asilomar Conference Grounds, Monterey, CA</td>
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<td>14</td>
<td>4-H Management Board Mtg. 5:30 p.m. UC Auditorium</td>
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## DECEMBER 2012

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<td>4-H Management Board Mtg. 5:30 p.m. UC Auditorium</td>
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## JANUARY 2013

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<td>Camp KIND, Rancho El Chorro, SLO</td>
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## FEBRUARY 2013

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<td>County Presentation Day, Cal Poly Campus</td>
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## MARCH 2013

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<tr>
<td>2</td>
<td>Sectional Presentation Day, Olga Reed School, Los Alamos, Hosted by S.Barb.Co. 4-H</td>
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## APRIL 2013

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<tr>
<td>27</td>
<td>Food &amp; Arts Celebration &amp; Fashion Revue, Laguna Middle School, SLO</td>
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## MAY 2013

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<td>Camp KIND, Rancho El Chorro, SLO</td>
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## JUNE 2013

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<tr>
<td>8</td>
<td>4-H FIELD DAY, Paso Robles Event Center</td>
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