* — MARK YOUR CALENDARS NOW! — *

Saturday, October 10th, 2015
San Luis Obispo County’s 4-H ACHIEVEMENT NIGHT at the Veterans Hall located at 801 Grand Ave., SLO at 7:00 p.m.

The 2014-15 4-H All Stars will be presenting awards to our members for their 2014-2015 4-H Program Year Achievements!

We hope to see you there!

Note: 4-H Uniforms are not required.

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2015-2016 Home Economics and Expressive Arts
Fall Information Meeting for 4-H Community Leaders & Project Leaders

Help Is On The Way!

There will be a Home Economics & Expressive Arts Information Meeting on Thursday, October 15, 2015, from 6:00 p.m. to 8:30 p.m. at the UCCE Auditorium located at 2156 Sierra Way, SLO.

The Home Economics & Expressive Arts Committee (HE&EAC) will be there to:
- Highlight new opportunities for 4-Hers and changes for 2015 in the project areas covered by the HE&EAC.
- Give information and get input about the Food & Arts Celebration (FAC) and Fashion Revue (FR), scheduled for Saturday, April 30, 2016, at Laguna Middle School in SLO.
- Encourage leaders with animal projects to have their 4-Hers participate in the FAC.
- Provide an opportunity for leaders with like projects to share with each other.
- Answer questions from new and returning 4-H Community Club Leaders & 4-H Project Leaders.

Who Should Come?

4-H Projects Leaders for any project related to Foods, Food Preservation, Baking, Cake Decorating, Arts & Crafts, Leather Craft, Scrapbooking, Photography, Sewing, Fashion Design, Needle Work, Textile Arts, Wearable Art, Clothing Accessories, Quilting, Plant Science, or other 4-H projects that fit within these categories and animal projects. If 4-H Product Leaders are not able to attend, they may want to send someone else from their 4-H project. 4-H Community Club Leaders also are encouraged to attend.

Any Questions?

Contact Home Economics & Expressive Arts Key Leader Julia Stanfill at juliastanfill@yahoo.com or 528-1557 or Fashion Revue Coordinator Ginger Behnke at gbk@charter.net or 391-2057.
National & State 4-H News

For more information from the STATE 4-H OFFICE, visit http://www.4h.ucanr.edu

SOUTH SECTIONAL NEWS: Go to link for exciting activities http://4h.ucanr.edu/Get_Involved/Councils/Sectional/South/

4-H Curricula: http://4h.ucanr.edu/Projects/Curriculum/

4-H Project Sheets: http://4h.ucanr.edu/Projects/Project_Sheets/

#UCANR4H

Read more about 4-H hats and changes in year completion pins and stripes at http://4h.ucanr.edu/About/Uniform/California_4-H_Hat/

Become a Youth Correspondent High school and college students with an interest in journalism, communications, marketing and multimedia are encouraged to apply by 9/30 for this fall’s selection of Youth Correspondents for the National Organizations of Youth Safety. Youth Correspondents (YCs) creatively use multimedia and communication to share safety messages with their peers, parents and Community.

Did you know? As a Statewide 4-H program delivered locally, there are now common standards across the State for what it means to be a member in good standing, project completion requirements, how members earn a year stripe and pin, and much more. Check out the new Steps to Success in 4-H

4-H Day at the Oakland Raiders December 6, 2015 | 1:05pm Kickoff Don’t miss it! $20 from each ticker sold benefits 4-H in your community! See more info and submission form: http://4h.ucanr.edu/files/216614.pdf

Join us for the implementation roll-out meeting to learn about the new State level Volunteer Management Organization. This will also be an opportunity to ask questions and help contribute to the communication and continuous improvement plan. For more information visit: http://4h.ucanr.edu/Get_Involved/4-H_Futures_Task_Force/

Meeting Date: October 24, 2015 Time: 10:00 am - 4:00 pm UC ANR Building, San Joaquin Room, California State 4-H Office, 2801 Second Street, Davis, CA 95618 To attend via webinar of Face to Face Register by Oct. 16: http://ucanr.edu/survey/survey.cfm?surveynumber=15768

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By John Sims, UC ANR
AA Compliance Officer

Katherine E. Soule, Ph.D.
Youth, Families, & Communities Advisor

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By John Sims, UC ANR
AA Compliance Officer
4-H OPPORTUNITIES

We Want You…at…Camp San Luis Obispo!

We are looking for a few good 4-H adult certified volunteers men, women, and 4-H high school aged members! The first National 4-H Shooting Sports Workshop to ever be held in California will take place at Camp San Luis Obispo. This event trains 4-H leaders to return to their home states and counties and become Leader Trainers. As part of their course work, they must participate in a hands-on teaching exercise. We are recruiting certified 4-H adult leaders and 4-H Teen Leaders (high school aged youth) to serve as students for these future Instructors.

You don’t need to know anything about Shooting Sports. Their goal is to teach you.

The training session will take place on Friday, October 2, 2015 from 2:00 – 4:00 p.m.
The disciplines offered that day will include: archery, hunting skills, muzzle loading, pistol, rifle, and shotgun.

If you would like to participate please contact Katherine E. Soule, Ph.D. at kesoule@ucanr.edu

Access to the Post
The front gate guards will have a list of names of those who have contacted me. Only those names on the list will be allowed access to the facility. Privately owned vehicles are allowed on post but the driver must present a valid driver's license, vehicle registration, and proof of insurance.

Become a Certified UCCE Master Food Preserver!

Join us for our Master Food Preserver (MFP) Orientation on Tuesday, September 22nd from 1:00-2:30pm at the UCCE Auditorium (2156 Sierra Way, SLO) to learn how you can become a certified UC Cooperative Extension (UCCE) MFP for SLO and SB Counties! By becoming an MFP, you will serve as an agent of UCCE to answer food preservation questions, teach public classes, and participate in other community events. If you are passionate about local produce, preserving foods, educating others, and meeting your neighbors, come to our open house and learn how you can become a certified UCCE MFP!

Contact: 805-781-1429 (MFP Helpline)
Registration Link: http://ucanr.edu/mfopenhouse2015

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Hello, I would like to take this opportunity to introduce myself — my name is Jack Crane and I am the new Shooting Sports Key Leader on the 4-H Program Development Board in the UC ANR 4-H Youth Development Program in San Luis Obispo County. I am proud to say that this will be my 27th year enrolled in 4-H. I look forward to sharing my passion for shooting sports and 4-H with San Luis Obispo County, as we work together to continue to "Make the Best Better." I have been a 4-H leader in San Bernardino, San Luis Obispo, and Santa Barbara counties. Welcome Jack to your new position!

At this time we would also like to thank David Sylvester of Canyon Country 4-H Club for being our Interim Shooting Sports Key Leader for these past few months and for working with our 4-H Office Staff in this project area.

Our Healthy Living Key Leader is Keri Schwab, Ph.D.; She is an Assistant Professor in the Department of Recreation, Parks, and Tourism Administration at Cal Poly SLO. This is her third year teaching at Cal Poly, and the best part of her job is working with college students to create quality recreation programming on campus and in the community. She believes in the life-enhancing benefits of recreation, and enjoys sharing that passion with youth, students, and families. Keri earned her MS and Ph.D. from the University of Utah in the Department of Parks, Recreation, and Tourism, which was housed in a college of health. She also taught in the same department for two years after earning her degrees. While working and studying in Utah, she worked in a variety of health-related capacities, such as writing curriculum for an after-school youth program, writing and publishing on alternative PE programs, presenting on the benefits of and ways to program recreation for families, and writing grants for Head Start's health and education programs. She looks forward to working with 4-H youth and community members.
Re-Enrollment & New Enrollment starts July 1st, 2015 for the 2015-2016 4-H Program Year in the 4hOnline Database

Hello 4-H Members and Families!

The San Luis Obispo County 4-H office uses an online registration program called 4hOnline for our Re-Enrollment and New Enrollment processes for the statewide 4-H youth development program.

FOR RE-ENROLLING MEMBERS: It is important that you do not create a new profile because you already have a data profile in the 4hOnline database. Please see the instructions on how to re-enroll in 4-H on our website.
The instructions on how to re-enroll online for your 4-H club for the 2015-2016 4-H Program Year are on the county website at:
http://ucanr.edu/sites/slo4-h/Club_Forms/

NOTE: After you log into https://ca.4honline.com you will need to use the email address that is on file with the County 4-H office. This is usually the email address where you receive the 4-H newsletter. If your email address does not work in 4hOnline, try typing it in ALL CAPS. If you are still having trouble logging into the 4hOnline system, contact the 4-H Office at 781-5943 — or — via the email address: dharris@co.slo.ca.us

Fees: The re-enrollment and new enrollment fees for the 2015-16 4-H Program Year are: $50 for Youth members ($38.00 State 4-H Insurance Fee plus a $12 County 4-H Program Fee); and $14.00 for Adult Project Leaders. NOTE: Fee Payments can not be made online—you will need to give your 4-H insurance fee payment to your 4-H Community Club Leader along with your Medical Treatment Authorization forms that you print out from 4hOnline.

Training sessions have been held for your 4-H Community Club Leader and/or Volunteer Enrollment Coordinator (VEC) for your 4-H club for this online enrollment registration site:
https://ca.4honline.com
Extraordinary 4-H SLO Scientist Activities Featured at the Master Gardeners’ Tomato Extravaganza on August 29th!

The 9th Annual Tomato Extravaganza, presented by the San Luis Obispo Master Gardeners, will be held on Saturday, August 29th from 10:00 AM to 2:00 PM at the Garden of the Seven Sisters, the delightful, educational demonstration garden located at 2156 Sierra Way, San Luis Obispo, at the far end of the 4-H building parking lot.

The Morro Coast Audubon Society Educational Committee has lead several SLO Scientist “birding” field trips, taught 4-Hers to use binoculars, and has even funded shuttle transport of at-risk youth to a docent-led birding field trip at The Land Conservancy of San Luis Obispo’s Learning Among the Oaks where youth Oak Ambassadors developed and presented educational puppet shows.

The UC ANR 4-H SLO Scientist Program is now offered as SLO Scientist curriculum and was presented as part of the Summer Library Program, in partnership with the SLO County Library.

This year’s event will feature a variety of workshops, tomato and basil tastings and activities for the kids, which will include some cool hands-on science activities from our 4-H SLO Scientist program! You won’t want miss this special opportunity to attend this terrific free family event, and to gain valuable information about our 4-H SLO Scientist program. We hope to see you there!
4-H SLO SCIENTIST PROGRAM

IT CAME FROM PLANTED EARTH

We all enjoy food, but where does it come from? You will take a journey in the world of agriculture and discover how soil, water, plants, and animals are important for your survival.

Scienting With Snails

You are the chief investigator in the world of snails as you embark on a journey of wonder, awe, and amazing feats!

Become a 4-H SLO SCIENTIST Volunteer Facilitator!

Training Session to be offered on Wednesday, 9/23/15
4:00 p.m. — 6:00 p.m. in the UCCE Auditorium

San Luis Obispo County 4-H SLO Scientist Youth/Adult Science Clubs are looking for adult volunteers and teen leaders to help facilitate hands-on science activities for their enthusiastic members. This is a great opportunity to become involved with children and adults in the community!

- The SLO Scientist Club is made up of seven to ten teams
- Meets two evenings a month
- Explores such topics as earthquakes, soil and water, chemical reactions, food and plant science
- Materials are provided
- You don’t need to be an expert in the field of Scientific Topics

For more information about volunteering for this terrific program, please contact Heather Dauer, San Luis Obispo County 4-H SLO Scientist Project Coordinator at 781-5943.

Oak Woodland Wildlife

Explore trees and forests in a wonderful series of activities that looks at one of our most important natural resources.

Beyond Duck, Cover & Hold

You will shake, rattle, and roll as you explore earthquakes, seismic waves, and seismograms. Discover if your community is ready for an earth moving experience!

From Ridges to Rivers, Watershed Explorations

Where does water come from? Where does it go? Go with the flow in activities that splash you with great ideas and fun!
Exciting New 4-H SLO Scientist Projects
Starting this Fall and Winter!

Are you interested in participating in some cool hands-on science activities? Would you enjoy having fun with science along with a parent or other favorite adult in your life as a science team with several other teams? (A science team consists of 8 to 12 year old youth who participate together with a favorite adult.) Then joining a SLO Scientist project could be for you!

From Robotics to Watershed Explorations to Ornithology/BirdSleuthing, the 4-H SLO Scientist program offers an array of fascinating topics to be explored by you! We emphasize teaching youth how to BE scientists, giving them real experiences to help them learn how to observe, investigate and experiment as well as fostering family dynamics of mutual respect.

For more information about how you can join a 4-H SLO Scientist group, or to become a teen leader or Adult Volunteer Facilitator to lead a 4-H SLO Scientist group, please contact Heather Dauer, San Luis Obispo County 4-H SLO Scientist Project Coordinator at (805) 781-5943.

**Science Leadership Training** for those interested in learning to lead experiential and inquiry-based programming for groups of children in an informal setting will be offered in San Luis Obispo on Wednesday afternoon, September 23 from 4:00 p.m. to 6:00 p.m. Please contact Heather Dauer at 781-5943 for more information and to sign up for this valuable program through University of California Cooperative Extension and the 4-H SLO Scientist program.
4-H OPPORTUNITIES

Be a part of the San Luis Obispo County 4-H Management Board:

4-H Management Board (MB)
—> Secretary Position is Open
—> Visibility Director Position is Open

Program Development Board (PDB) Key Leader Open Positions are:

—> Adult Leadership Key Leader

These Leader Positions require a two (2) year commitment and the ability to attend scheduled Program Development Board & Management Board Meetings.

For a complete position description, application and or any questions contact our 4-H Program Rep., Dagmar Derickson at 781-5941

DID YOU KNOW that San Luis Obispo County 4-H is part of the State 4-H South Section 4-H Council along with 8 other counties?

The South Section 4-H Council holds events, provide resources, and share state 4-H information to the nine counties of the south section. Any adult volunteer, 4-H youth member age 13+, and guests are welcome to participate at council meetings along with get involved in one of the section committees. This is a great way to get involved in a higher level of the 4-H program.

Jody Birks, of Estrella 4-H Club is our 4-H Management Board South Section Delegate who attends these meetings and brings back to our 4-H Management Board lots of good information as to what is happening in South Section Council 4-H! If you would like to know more, contact the 4-H Office at (805) 781-5943 or visit their website and sign up for email notices at:
http://4h.ucanr.edu/Get_Involved/Councils/Sectional/South/
I’m not going to lie, when I first found out I needed to enroll in the Make it Safe, Keep it Safe (MISKIS) Food Safety Training, I wasn’t exactly thrilled. I had visions of receiving a lecture on foods I could no longer eat, throwing out leftovers, and investing in expensive antibacterial cleaners. I have survived this long in life preparing and eating food daily, so to be honest it seemed like a bunch of mumbo jumbo.

I signed up for the training reluctantly, and was SHOCKED at what I learned . . . Instead of a bunch of complicated Food Safety Procedures, I was shown several common sense techniques that are easy to do and which make handling and preparing food safer for family, friends, and me. Basic things about the proper way to wash your hands, and the surprising truth about hand sanitizer. The training was fun too; we got to use black lights, tomato sauce, and thermometers (we even received one of our own to take home).

Seriously, Food Safety is no joking matter, and it’s something we all need to be educated about. I strongly encourage you to take the MISKIS training offered through the University of California Cooperative Extension (UCCE) Office. Trainings are offered on different days and times throughout the year.

For more information contact the Youth Families and Communities, Health Education Specialist, Christine Nelson cinelson@co.slo.ca.us or via phone at (805) 781-5944.
4-H SHOOTING SPORTS NEWS

San Luis Obispo’s County 4-H
Shooting Sports Key Leader is Jack Crane as of 8/27/15.
Jack’s email address is: jack@accuair.com

4-H Shooting Sports Workshops
Winton, CA – Merced County
Archery Discipline Class 2: September 12 & 13, 2015

If you have an interest in sharing your archery skills with youth, consider becoming a 4-H archery leader. There will be two 4-H archery leader certification trainings offered in Merced County. The first class will be held Saturday, July 11th, 9 AM – 4 PM, and Sunday, July 12th, 9 AM - 1pm. The second class will be held Saturday, September 12th, 9 AM –4 PM, and Sunday, September 13th, 9 AM - 1pm. Both classes will take place at the Safety First Shooting Association, River Oaks Range, 11584 Shaffer Rd, Winton, in Merced County. This class is being hosted by Merced County 4-H. You must become a 4-H leader or member and attend both days to receive certification to teach archery at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is $30 per person to include a resource binder, with Saturday and Sunday light breakfast refreshment’s. Junior and teen leaders are invited but must attend with an adult or have a certified archery adult leader they will be helping back home.

Driving directions to the range are at http://www.safetyfirstshooting.org/html/directions.html.
Tent or Dry RV camping is an option.

To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at http://www.ca4h.org/files/2123.pdf, and an adult or youth 4-H medical release form and a $35 check payable to “Merced County 4-H Council” and mail to UCCE, 2145 Wardrobe Ave, Merced, 95341. Registration is due Friday, June 26th, and space is limited to 25 attendees. For more information call Darlene McIntyre at 209-385-7418 or email her at dmcintyre@ucanr.edu

4-H Shooting Sports Workshops
Winton, CA – Merced County
Rifle Discipline Class 2: October 10 & 11, 2015

If you have an interest in sharing your shooting skills with youth, consider becoming a 4-H shooting sports leader. There will be a two 4-H rifle leader certification trainings offered in Merced County. The first class will be held Saturday, August 8th, 9 AM – 4 PM, and Sunday, August 9th, 9 AM - 1pm. The second class will be held Saturday, October 10th, 9 AM – 4 PM, and Sunday, October 11th, 9 AM- 1pm. Both classes will be held at the Safety First Shooting Association, River Oaks Range, 11584 Shaffer Rd, Winton, in Merced County. This class is being hosted by Merced County 4-H. You must become a 4-H leader or member and attend both days to receive certification to teach rifle at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is $35 per person to include a resource binder, with Saturday and Sunday lite breakfast refreshment’s. Junior and teen leaders are invited but must attend with an adult or have a certified archery adult leader they will be helping back home.

Driving directions to the range are at http://www.safetyfirstshooting.org/html/directions.html.
Tent or Dry RV camping is an option.

To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at http://www.ca4h.org/files/2123.pdf, and an adult or youth 4-H medical release form and a $35 check payable to “Merced County 4-H Council” and mail to UCCE, 2145 Wardrobe Ave, Merced, 95341. Space is limited to 20 attendees. For more information call Darlene McIntyre at 209-385-7418 or email her at dmcintyre@ucanr.edu
"4-H Just Got Social!

https://www.facebook.com/SLO4H

Follow the link to Like our new Facebook page and keep up to date on events in the county!"
4-H National Youth Science Day

4-H National Youth Science Day (NYSD) is an exciting, interactive learning experience that engages thousands of youth across the country in conducting the National Science Experiment. 4-H National Youth Science Day will take place on Wednesday, October 7, 2015.

The 2015 experiment is Motion Commotion, designed by Oregon 4-H. The experiment explores motion through the relationship of speed and stopping distance, physics, reaction time and safety. Oregon 4-H designed the experiment in partnership with Vernier Software and Technology.

Get Your Experiment Kit

The 2015 National Science Experiment kit is currently available for pre-sale on the 4-H Mall website. Pre-order now through mid-July for exclusive savings: www.4-HMall.org

About 4-H National Youth Science Day

4-H NYSD is the world’s largest, youth-led science experiment. The 2015 National Science Experiment, Motion Commotion, will enable youth to explore the physics of motion and distracted driving. This exciting activity will combine a speeding car collision and a distracted driving demonstration in a simulated activity that investigates the physical and human factors of motion. This annual youth science experiment will be held on Wednesday, October 7, 2015, and will bring 4-H’ers together from all around the nation to complete this single, innovative activity.
National 4-H Shooting Sports Announcement

2015 National 4-H Shooting Sports Workshop
September 29 – October 3, 2015
Camp San Luis Obispo
(San Luis Obispo County)

For those counties that want to strengthen their shooting sports programs or counties that want to start one, this is the event you need to attend.

It is open to staff and 4-H adult volunteers who are at least 21 years of age. This training allows the participants to become certified in one of six different disciplines: archery, hunting, muzzle loading, pistol, rifle, or shotgun. A coordinator course will also be offered for those who want to learn more about administering a county program.

Please note, this is not for 4-H adult volunteer who are interested in running a project or summer camp program.

This is for 4-H adult volunteers who want to become instructors to strengthen the County and State Shooting Sports Programs. Successful completion of this course allows these participants to hold Certification Workshops.

Early bird registration is $195 per person. This fee includes all course material and meals and housing for the duration of the course! The course will end on the evening of October 2nd and participants can spend the night and depart on the morning of the 3rd after breakfast.

For more information contact John Borba at (661) 868-6216 or email: jaborba@ucanr.edu
Go Take a Walk

As fall approaches, and the weather begins to cool, it's a great time to get outdoors and enjoy the beauty around us. San Luis Obispo County offers many walking path opportunities, and each month the Healthy Living section of the News and Views will showcase a different one. This month is Atascadero Lake. Although the lake is empty because of drought conditions, it still offers beauty when strolling around the 1.19 mile perimeter (source: City of Atascadero Trail Guide). Autumn offers both morning and evening breezes that carry a nonstop show of falling leaves and trees filled with seasonal song birds. So gather a group of friends/family and set out for a healthy activity and walk around Atascadero Lake!

Atascadero Lake Park Trail

Usage: Hikers, Mountain Bikes, Joggers, Dogs
Fee: None. Park in the parking lot off of Hwy 41 or the Pavilion on the Lake parking lot off of Pismo.
Total Distance: 1.19 miles around entire lake.
Hike Difficulty: Easy

Directions to Trailhead: Exit Hwy 101 at Morro Road (HWY 41). Head west on Morro Road (HWY 41) for 1.3 miles to the parking lot on the left, between Portola Rd and Pismo Avenue.

Trail Overview: The Lake Park Trails are an easy walk around one of Atascadero's best landmarks, accented by beautiful trees and plants. The trail is predominantly dirt/ unpaved. This is a perfect trail for joggers, walkers and outdoor enthusiasts. The park also has a playground, restroom facilities, large and small barbecue areas, horse shoe pits, sand volleyball court and the Charles Paddock Zoo.
SLO County 4-H Youth Development Program Calendar 2015—2016

NEW 4-H WEBSITE URL: [http://ucanr.edu/sites/slo4-h/](http://ucanr.edu/sites/slo4-h/)

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