



University of California
Agriculture and Natural Resources

4-H Youth Development Program



SAN LUIS OBISPO COUNTY 4-H YOUTH DEVELOPMENT PROGRAM

News & Views

A MONTHLY NEWSLETTER FOR 4-H MEMBERS, LEADERS & PARENTS IN SAN LUIS OBISPO COUNTY

AUGUST 2016

Re-Enrollment Started July 1st, 2016 for the 2016-2017 4-H Program Year 4hOnline Database

Hello 4-H Families—Here is an update about this year's 4-H Enrollments!

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 link below on how to re-enroll in 4-H.**

The Instructions on How to Re-enroll online for your 4-H club for the 2016-2017 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: In 2016-2017, the 4-H Youth Re-enrollment and Enrollment fee is \$55.00 and the adult volunteer fee for Adult Project Leaders is \$14.00.

Fee Payments can't be made online—you will need to give your insurance fee payment to your 4-H Community Club Leader.

NOTE: Emergency Contact Information is now being requested on the first screen of your data profile per the State 4-H Office in 2016-2017.

If you are having trouble registering, you can contact your 4-H Community Club Leader, and/or the **Volunteer Enrollment Coordinator (VEC)** for your 4-H club ,
or the 4-H Office (805) 781-5943
for assistance with the 4hOnline Enrollment Registration site:

<https://ca.4honline.com>

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/

**The STATE 4-H Updates E-Newsletter
is posted on the public website at:**
<http://4h.ucanr.edu/News/Newsletter>

- **STATE LEADERS FORUM will be held November 11-13, 2016** at the Flamingo Hotel in Santa Rosa in Sonoma County for Information visit http://4h.ucanr.edu/4-H_Events/SLF/
- **Mindfulness Retreat**-November 4-6, 2016 -Camp Ocean Pines Cambria, CA — Save the date for the Mindfulness Retreat! Participants will increase their personal skills in leading a healthy lifestyle, and also gain skills needed to be a health advocate in their community. The retreat will address topics such as understanding mindfulness, exercise, stress management, community connection, relationship building, nutrition, and health advocacy! Designed for teens ages 13-19 and adults.
For more information or check out:
<http://4h.ucanr.edu/Projects/HealthyLiving/Mindfulness/>
- We are thrilled to announce that the first ever **CA 4-H Mindfulness Retreat will be held at Camp Ocean Pines in Cambria, November 4-6th**. Registration is **Now Open** and due **September 1, 2016**. The retreat is designed for both youth and adult participants. Please see registration for details and descriptions on adult participation vs. adult chaperones.

<https://ucanr.edu/survey/survey.cfm?surveynumber=18271>

Contact Anne Iaccopucci at amiaccopucci@ucanr.edu with any questions.



News & Views is published by the San Luis Obispo County 4-H Youth Program, University of California, Cooperative Extension, Division of Agriculture and Natural Resources. *News & Views* is a monthly newsletter for 4-H members, leaders and parents in San Luis Obispo County.



Please submit articles and photos by the 15th of each month to:

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4-H Office
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San Luis Obispo, CA 93401
(805) 781-5943 / dharris@co.slo.ca.us

Katherine E. Soule

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

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By John Sims, UC ANR
AA Compliance Officer

4-H SCHOLARSHIP OPPORTUNITIES

San Luis Obispo County 4-H 2016 Life Skills Scholarships — Due Friday, 9/2/16

The San Luis Obispo County 4-H Management Board is happy to offer **three (3) scholarships** in the amount of **\$300 each**. **The Scholarship Application Areas are:**

1. **Citizenship/Community Service**
2. **Leadership**
3. **Life Skills**

If you are a current 4-H member who is in good standing in SLO County and who is planning to attend college this Fall, you are eligible to apply for all three of these scholarships; however, you will be awarded only one (1) scholarship. In addition to general 4-H and academic information, the applicant is asked to address the following:

Citizenship/Community Service:

1. What types of citizenship/community service involvement did you participate in during your 4-H career?
2. Describe two or three citizenship/community service activities that were most significant to you. Explain how you think your citizenship/community service activities will influence your life in the future.

Leadership:

1. What leadership skills have you developed through your 4-H career and how were they developed?
2. Describe how you think your leadership skills will influence your life in the future.

Life Skills:

1. What life skills have you developed through your 4-H career and how were they developed?
2. Describe how you think these life skills will influence your life in the future.

To obtain an Application, go to http://ucanr.edu/sites/slo4-h/Club_Forms/ and look to the right of the screen for the Applications or call the 4-H office at 781-5943.

Scholarship Applications are due in the 4-H office no later than Friday, September 2, 2016 by 5:00 p.m. Postmarks will not be accepted.

Good Luck :o)



4-H RECORD BOOK NEWS

Record Book Update from the Awards Director:



I have been receiving many phone calls asking **“What is carried over on the Personal Development Report (PDR) when the Primary Member becomes a Regular Member?”**

Years in 4-H is the only thing that keeps on-going. However many years a member has as a Primary Member carries over when they become a Regular Member. So, a 9 year old could be starting their 4-H career as a Regular Member with 4 years in 4-H.

What does not carry over are any points they earned as a Primary Member. So their first year as a Regular Member (at age 9), the point total will only be what they earned as a Regular Member that first year.

As always please feel free to call me with any record book questions. I can be reached in the evenings at my home phone number – (805) 528-3939.

JoAnn Overbey – Awards Director

REVISED 2015-2016 RECORD BOOK JUDGING INFORMATION

NOTE: *The County Awards Director has changed the following dates:*

4-H Record Book Judges Training will now be held on Thursday, August 25th. A lite dinner will be served at 6:30pm in the UCCE Auditorium & Training Starts at 7:00p.m. 4-H Community Club Leaders, please send your Judge(s) RSVP to the 4-H Office by Friday, August 19th.

2015-2016 Record Books for County Record Book Judging Day and Officer's Books are due on Friday, September 2nd, 2016.

County Record Book Judging Day will be on Saturday, September 10th, 2016.

STATE 4-H NEWS



We are looking forward to another great year in 4-H! Last year, we launched an effort to strengthen and grow 4-H, with goals to triple enrollment over the next ten years. We remain *committed* to increasing participation in the 4-H community club program. At the same time, we are looking at new ways for youth to participate in 4-H through in-school clubs, afterschool clubs, special interest (SPIN) clubs, family learning programs, and other innovative programming. *We remain committed* to agricultural education and also offering youth opportunities to develop leadership, citizenship and life skills. *We remain committed* and deeply value our 4-H volunteers who spend their time and money helping youth develop into productive young adults. 4-H is lucky and honored to have the dedication of so many of you who care so deeply about the program and the

youth of California! We want to grow our volunteer family to help lead and support our effort to grow 4-H.

Over the last year our program has become even stronger:

- 4-H community club enrollment increased 3% and 4-H membership grew with nearly 10,400 new members.
- Nearly 400 new volunteers joined 4-H – a 3% growth. Volunteers contributed over 1 million hours to improving the lives of youth in California! The time alone is valued at over \$27,883,143.
- 4-H project participation increased in important ways – with an 85% increase in participation in animal science projects, 511% increase in civic engagement projects, 125% increase in leadership and personal development projects, a 51% increase in health projects, and a 160% increase in plant sciences to name a few.
- 4-H is reaching new audiences, with a 37% increase in Latino youth participation in 4-H.

We remain committed to the core values that has made 4-H great over the last 100 years and are excited to see the 4-H family grow.

4-H OPPORTUNITIES

COUNTY WIDE VOLUNTEERS NEEDED!



**Are you interested in volunteering for 4-H?
Want to make an impact on youth across the county?
Have a passion for any of the areas listed below?**

Then check out our open Key Leader positions below!!! Key Leaders are volunteers who help with the development and delivery of programs at the county level to 4-H members. This is a great way to get involved with the community, share your knowledge with youth, and also help the 4-H program grow!

Positions Open:

- **Large Animal Sciences** Key Leader
- **Healthy Living** Key Leader
- **Science, Technology, Engineering, & Math (STEM)** Key Leader
- **Citizenship** Key Leader

To learn more, please contact Dagmar Derickson at 805.781.5941 or dderickson@ucanr.edu

4-H SHOOTING SPORTS NEWS



San Luis Obispo County 4-H Youth Development—Program Development Board
Jack Crane, Shooting Sports Key Leader

Contact Jack at jack@accuair.com or the 4-H Office at 781-5941 if you would like more information.

32nd Annual CA 4-H Statewide Shooting Sports Match 2016 Results

CONGRATULATIONS!!
to these ESTRELLA 4-H CLUB MEMBERS
who participated in the 2016 Statewide Match:

Rifle Open Sights Results:

Cody Z., Div. A, Total: 109
Katherine R., Div. I, Total: 182 Bronze Award
Eva R., Div. I. Total: 102

Rifle Open Sights (Prone Only) Results:

Cody Z., Div. A, Total: 71
Katherine R., Div. I, Total: 90
Eva R., Div. I. Total: 28

.22 Rifle Telescopic Results:

Katherine R., Div. I, Total: 208
Eva R., Div. I. Total: 139

.22 Rifle Telescopic (Prone Only) Results:

Katherine R., Div. I, Total: 130
Eva R., Div. I. Total: 72

Note: This CA 4-H Statewide Shooting Sports Match is held every year; perhaps if your 4-H Club has a Shooting Sports Project, you would like to participate next year— Targets are mailed to you then you send them back to the hosting county office for results. The SLO County 4-H Office will notify your 4-H Community Club Leader of next year's annual CA 4-H Statewide Shooting Sports Match and it's fees to participate.

4-H HORSE PROJECT NEWS

There is no 4-H Horse Project News at this time.

Save October 8th, 2016 for 4-H Achievement Night
at 7:00 p.m. at the SLO County Veterans Hall
located at 801 Grand Avenue, SLO.

STATE 4-H NEWS

Healthy Living

Mindfulness Retreat

November 4-6, 2016
Camp Ocean Pines
Cambria, CA

I am thrilled to announce that the first ever CA 4-H Mindfulness Retreat will be held at Camp Ocean Pines in Cambria, CA November 4-6th. Registration is now open and due September 1, 2016. The retreat is designed for both youth and adult participants. Please see registration for details and descriptions on adult participation vs. adult chaperones.

<https://ucanr.edu/survey/survey.cfm?surveynumber=18271>

Contact Anne Iaccopucci at amiaccopucci@ucanr.edu with any questions.



4-H Project Leader Training – Yoga for Kids



- The Yoga for Kids Project combines physical movement with breathing and focused concentration. Youth in the 4-H Yoga Project learn breathing exercises, physical postures, and mindful practices that help strengthen the mind and body.
- Youth and Volunteers:

- Increase physical fitness.
- Learn strategies for stress management.
- Explore the benefits of concentrated focus and attention.
- Practice movements that improve flexibility and balance.

If you are an enrolled 4-H Project Leader and are interested in leading a 4-H Yoga for Kids Project please register for a training session below.

CA 4-H will provide 6.5 hours of on-site training by a Registered Yoga Teacher; program guides; and technical support following the training.

Your Local Training is being offered on:

**September 24, 2016 San Luis Obispo, CA 9:00am-3:30pm
(location TBD)**

Please contact Anne Iaccopucci at amiaccopucci@ucanr.edu with questions.

Register here: <https://ucanr.edu/survey/survey.cfm?surveynumber=18337>

Science, Technology, Engineering, and Math (STEM)

2016 4-H National Youth Science Day

Wednesday, October 5, 2016

The National 4-H is thrilled to announce the 2016 4-H National Youth Science Day (4-H NYSD) challenge: *Drone Discovery*.

Developed by Cornell University Cooperative Extension, the [2016 4-H National Youth Science Day](#) Challenge will explore how remote sensing can be used to solve real world problems while learning concepts like flight dynamics, forces of flight, basic computer coding, as well as following federal regulations while operating drones.

The 9th annual *4-H NYSD Challenge* will be held on **Wednesday, October 5, 2016**, and will bring youth together from all around the nation to complete this single, innovative activity.

Be sure to visit the *4-H National Youth Science Day* website for fun and engaging STEM content, register your local 4-H NYSD event, and access resources and materials:

www.4-H.org/NYSD



STATE 4-H CITIZENSHIP NEWS

Citizenship



Citizenship Weekend– September 16-18, 2016

Hotel International, Sacramento, CA

[Registration](#) is now Open **Fee: (includes two nights, meals/snacks through Sunday lunch) ***tours and additional activities may have small incidental fees. Details will be included when session selection is sent to delegates.**

\$140.00 Payable to "California 4-H Management Board"

Open to 4-H Members 12 years and up (as of December 31st, 2015). Registration will open to all members in the State as of 8/1/16. We will participate in numerous aspects of citizenship such as government, history and community service. Chaperones needed to cover delegate/chaperone ratio in each county (1-8 ratio) will get to experience the weekend free of charge; on a first register basis.

For more information and the link to register go to:

http://4h.ucanr.edu/Get_Involved/Councils/Sectional/North_Central/Citizenship_Weekend/

SAVE THESE DATES!!!

2017 Washington Focus Trips

Leadership Washington Focus (LWF)

July 16-July 20, 2017—For youth entering grades 7 through 9 (by Fall of 2017)

Citizenship Washington Focus (CWF)

June 24-July 1, 2017

For youth ages 15 to 19. Delegates must be at least 15 years of age by time of travel to participate.

Citizenship Washington Focus Extended Trip (CWF-EX)

June 24-July 4, 2017

Includes conference plus extra days visiting historical sites in Gettysburg, PA, Philadelphia, PA & Baltimore, MD

Registration is scheduled to open October 15, 2016

For more details follow this link: <http://4h.ucanr.edu/News/Calendar/?calitem=334145&g=1245>



UC ANR 4-H Youth Development Program in San Luis Obispo County
University of California Cooperative Extension (UCCE)
2156 Sierra Way, Suite # C
San Luis Obispo, CA 93401-4556

4hOnline Enrollment is Year-Round — Contact a 4-H Community Club Leader

SLO County 4-H Youth Development Program Calendar 2016-2017

COUNTY 4-H WEBSITE URL: http://ucanr.edu/slo4h/

2016-2017 4-H PROGRAM YEAR

AUGUST 2016

- 19 RSVPs due for # of Record Book Judges
25 Record Book Judges Training, UCCE Aud., SLO

SEPTEMBER 2016

- 2 4-H Life Skills Scholarships Due
2 2015-2016 Record & Officer Books Due
10 County Record Book Judging Day
16-18 Citizenship Weekend, Sacramento
24 YOGA for KIDS Training Loc. TBD

NOTE: Revised Dates for Record Books

4-H Record Book Judge's Training on August 25th.

Due Date for 4-H Record Books and Officer Books—the new date is Friday, September 2nd, 2016.

County Record Book Judging will held on Saturday, September 10th, 2016.

OCTOBER 2016

- 5 National Youth Science Day (NYSD)-Drones
8 2015-2016 4-H ACHIEVEMENT NIGHT at the SLO Veteran's Hall located at 801 Grand Ave, SLO Starts at 7:00 p.m.

NOVEMBER 2016

- 4-6 Mindfulness Retreat, Cambria, CA
11-13 State Leaders Forum (SLF) Santa Rosa, CA

APRIL 2017

- 7 FAC and FR Entry Forms are Due

TBD Food & Arts Celebration & Fashion Revue, Laguna Middle School, San Luis Obispo