



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

SEPTEMBER 2016

## NIPOMO 4-H CLUB'S LIVESTOCK JUDGING TEAM GOING TO NATIONAL 4-H LIVESTOCK JUDGING CONTEST IN NOVEMBER

"I pledge my head to clearer thinking." Whether it's a primary member learning the words at his or her first meeting or the Club President calling for the salute, this phrase has been recited countless times by the members of the National 4-H Organization since its founding. However, the 4-H pledge challenges students to not only memorize the lines, but to embody them within education, service, and competition, the latter of which is all too familiar to the Nipomo 4-H Club. This past 2016 season, four members of this small town club dedicated themselves to clearer thinking in arguably one of the most mentally challenging contests offered to 4-H members: evaluating livestock.

The livestock judging contest consists of a team of 3-4 members who are tasked to sort classes of 4 animals with regards to both physical and genotypic features, analyzing the animal's potential in either the market or breeding industry. Cattle, swine, sheep, and goats are among those included. A standard contest would offer up to 12 classes, 4 of which require the members to formulate and present to judges a set of memorized oral reasons to justify their selection. Due to its deep roots in the livestock industry and challenging nature, the contest allows members to cultivate skills in public speaking, reasoning, decision-making, and knowledge of livestock.

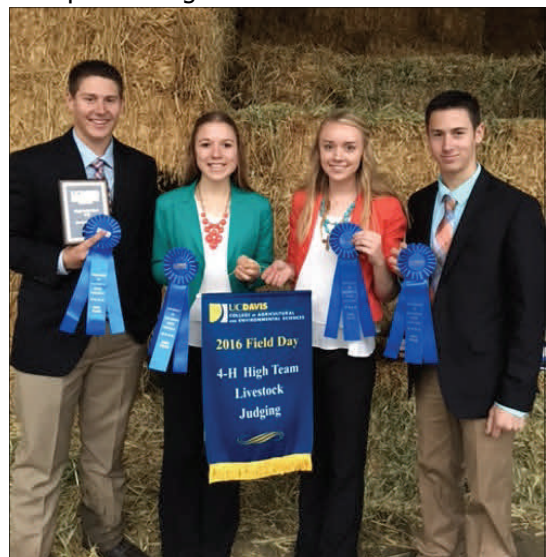
As with any competitive team, the members of the Nipomo 4-H Livestock Judging Team come from different backgrounds, yet each bond with their passions for livestock. For Conner and Kyler V., a family history in livestock judging impacted them from early on. "My passion for livestock judging started when I was young," Kyler explains. "I got to tag along to field days and contests." Katelyn and Erica, however, found the love for animals through 4-H. "After 4 years of showing hogs in 4-H in middle school and elementary school, I already had a passion for the livestock industry," Erica comments. All four had been involved in multiple 4-H groups early on, then teamed up in early 2016 to begin their long journey towards a goal that all seemed to share: **earning the title of California State 4-H Livestock Judging Champions.**

Preparing to win a State judging contest takes more than just time and practice; it requires a "clearer thinking" that can only be mastered with experience. Co-coaches Clint and Rosemary Cummings are invaluable aspects to the team due to their own personal experi-

ence, both having been on State and National Champion Judging Teams themselves. As a former competitor and now a coach, Rosemary Cummings shares that the most important part to preparing a team for the contest is "building self-confidence in the members." Though it was only a few months of preparation, the team spent long, hard hours building this confidence by presenting numerous sets of reasons and working out at local livestock operations.

The State 4-H contest was held on March 5<sup>th</sup> at the U.C. Davis Agricultural Department and was attended by teams from all over California. Despite the cold and rainy weather, the Nipomo 4-H club was able to take home the championship for the State, with Conner V. named High Individual overall, Erica receiving 3<sup>rd</sup>, Katelyn 9<sup>th</sup>, and Kyler 11<sup>th</sup>.

Although much celebration was certainly due, the team looks forward to an even greater opportunity: representing the State of California at the National 4-H Livestock Judging Contest, which will be held in Louisville, KY during the North American International Livestock Exhibition in mid-November. The four will continue to work diligently under the guidance of coaches and local supporters in hopes of performing well at the National Contest.



Team Members pictured left to right are:  
Conner V., Katelyn M., Erica B. and Kyler V.  
— Coach is Rosemary Cummings

## 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/](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/](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/](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](mailto: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  
2156 Sierra Way, Suite C  
San Luis Obispo, CA 93401  
(805) 781-5943 / [dharris@co.slo.ca.us](mailto: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

## **\*NEW\* NEWS for 2016-2017 4-H PROGRAM YEAR**

Hello 4-H Members, Parents, Project Leaders and 4-H Community Club Leaders:

Did you know that the State 4-H Office has reclassified **4-H Members by Age Groupings?**

Primary Members:	5 — 8 Year Olds
Junior:	9 – 10 Year Olds
Intermediate (Jr. Leaders):	11— 13 Year Olds
Senior (Teen Leaders):	14 — 19 Year Olds

AND there will be TRAININGS ON 2016-17 RECORD BOOKS — see below

### **Training on Record Book Changes** **Important Information for Every 4-H Member and Leader**

Record Book changes have happened at the State 4-H level and that means everyone needs to know what will now be expected at both the 4-H Club Level and for the County Level of 4-H Record Book Judging. These changes are effective for this 4-H Program Year: 2016-2017.

**Don't miss either of two Record Book Workshops**— Open to all leaders and members. The more people we can train the better it will be! Please be sure that leaders and members from your club attend either one of these trainings.

**IMPORTANT:** To get started for this year, and before we have the trainings, it will be very important that the members start keeping a calendar with not only the Date of the Activity, or Project Meeting, but the Hours and what you did at the Meeting/Activity. These factors are going to be a very important part of your Record Book.

4-H Project and 4-H Community Club Leaders –please help your members get started out this 4-H Program Year with this new process.

**Don't miss one of these two Workshops**— the same information will be presented at both locations. You are all welcome to attend whichever Workshop works for you.

THURSDAY, October 27, 2016 @ 7:00 p.m.  
UC Cooperative Extension Auditorium  
2156 Sierra Way—enter at Parking lot level  
San Luis Obispo

TUESDAY, November 29, 2016 @ 7:00 p.m.  
American Legion Hall  
805 Main Street  
Templeton

JoAnn Overbey,  
San Luis Obispo County 4-H Awards Director



## 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:**

**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.**

## 4-H ENROLLMENT NEWS

### 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/](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](mailto: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>**

## 4-H OPPORTUNITIES

### WANTED: 4-H Youth Representative from SLO County!



The 4-H Bay Coast Area Committee in California is looking for a 4-H Youth Representative from San Luis Obispo County! The committee serves the needs of the Bay Coast Area, works with events like CAL Conference and area presentation days, and creates fun programs and events for 4-Hers from Sonoma to Santa Barbara counties. The time commitment is only four committee meetings, plus subcommittee work!

If you are interested, or if you would like more information, please contact the 4-H Bay Coast Area Director, Trent Baldwin: [tbaldwin4h@gmail.com](mailto:tbaldwin4h@gmail.com)

## 4-H Key Leader Volunteer INFO NIGHT!

Ever thought about being a county wide 4-H volunteer? Want to learn more about what goes into being a 4-H Key Leader Volunteer in San Luis Obispo County? Then please come join us for our info night to learn about what a “Key Leader” volunteer is, and what they do!

**Open to All!**

**Tuesday, Sept. 13th**  
**5:30-6:30pm**  
**4-H Office Auditorium**  
(2156 Sierra Way, San Luis Obispo)



Check out our OPEN  
Key Leader Positions:

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

# 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](mailto:jack@accuair.com) or the 4-H Office at 781-5941 if you would like more information.

The Merced County 4-H Shooting Sports training team will be offering a series of project leader and leader trainer classes in rifle, pistol, shotgun, muzzle loading and archery offered from September to December in Central California. **All classes will be in a Saturday and Sunday format, 9 AM –4 PM, at the Safety First Shooting Association, River Oaks Range, 11584 N. Shaffer Rd, Winton 95388, in Merced County.** Participants must become a 4-H leader or member and attend both days to receive certification to lead any of the shooting sports disciplines 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 for each discipline is \$35** per person to include a resource binder, with Saturday and Sunday lite breakfast refreshments. Dry camping is available on site as is self-contained RV camping. You are responsible for lunches. The nearest shopping is 15 minutes away. It is recommended to bring lunches each day. You may bring your own firearms and ammunition or archery equipment. However everything will be provided if you want to use their equipment. Junior and teen leaders are invited but must attend with an adult or have a certified shooting sports adult leader they will be assisting back home.

Driving directions to the classrooms and range are at <http://www.safetyfirstshooting.org/html/directions.html>

To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at <http://4h.ucanr.edu/files/4785.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, 7 days prior to the class you are taking, and **space is limited to 25 attendees.** For more information call Darlene McIntyre at [209-385-7418](tel:209-385-7418) or email her at [dmcintyre@ucanr.edu](mailto:dmcintyre@ucanr.edu).

Range and class info contact is Dave Givens 209-614-1718 or [dave@hammerstryke.com](mailto:dave@hammerstryke.com)

## **Class Dates:**

### Rifle Leader

Sept 17<sup>th</sup> and 18<sup>th</sup> (Registration due Sept 9<sup>th</sup>)  
Nov 5<sup>th</sup> and 6<sup>th</sup> (Registration due Oct 28<sup>th</sup>)

### Shotgun Leader

Sept 17<sup>th</sup> and 18<sup>th</sup> (Registration due Sept 9<sup>th</sup>)  
Nov 19<sup>th</sup> and 20<sup>th</sup> (Registration due Nov 11<sup>th</sup>)

### Archery Leader

Oct 8<sup>th</sup> and 9<sup>th</sup> (Registration due Sept 30<sup>th</sup>)  
Nov 5<sup>th</sup> and 6<sup>th</sup> (Registration due Oct 28<sup>th</sup>)

### Pistol Leader

Oct 8<sup>th</sup> and 9<sup>th</sup> (Registration due Sept 30<sup>th</sup>)  
Nov 19<sup>th</sup> and 20<sup>th</sup> (Registration due Nov 11<sup>th</sup>)

### Muzzle Loading Leader

Oct 29<sup>th</sup> and 30<sup>th</sup> (Registration due Oct 21<sup>st</sup>)  
Dec 10<sup>th</sup> and 11<sup>th</sup> (Registration due Dec 2<sup>nd</sup>)

## 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](mailto: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](mailto: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](http://www.4-H.org/NYSD)



# 4-H POULTRY PROJECT NEWS

## SAVE the DATE! Backyard Poultry Workshop



California Poultry  
Federation  
(209) 576-6333  
[www.cpf.org](http://www.cpf.org)



Sponsored by the California Poultry Federation  
Official State Agency of the National Poultry Improvement Plan  
and  
University of California  
**Invite 4-H Volunteer Leaders to Attend!**

**Saturday, November 5, 2016**

San Luis Obispo County Office  
2156 Sierra Way Suite C

8:00 am to 2:00 pm Lunch Included

Space is limited. Registration will be required.  
A flyer will follow soon with the link for online registration.

*This Backyard Poultry Workshop is geared towards 4-H Volunteer Leaders who work youth in raising poultry. Poultry experts will share valuable information and tips on raising and maintaining healthy poultry flocks. This full day workshop offers training for you, and educational activities to use in your group meetings. Questions for the presenters are encouraged!*

Topics include:

- Poultry Behavior/with activity
- Backyard Biosecurity/with activity
- Respiratory Diseases
- Poultry Pests and Management Techniques
- Using the California Animal Health and Food Safety Lab (CAHFS)

Speakers include: Dr. Maurice Pflerky, UC Davis Poultry Extension; Dr. Richard Blachford, UC Davis Poultry Extension; Amy Murillo, Ph.D., UC Riverside; Martin Smith, UC Davis; Theodore Derksen, UC Davis; CAHFS TBD

Questions?

Call or email Monica Della Maggiore  
(209) 576-6333 or [monica@cpf.org](mailto:monica@cpf.org)

A Flyer will follow soon with the link for online registration.

California Poultry Federation 4640 Sierras Way, Suite 4, Modesto CA 95356 (209) 576-6333 [www.cpf.org](http://www.cpf.org)

## 4-H SCHOLARSHIP OPPORTUNITY

### 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/](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)



**SAVE THE DATE**

**Saturday,  
October 8, 2016**

**4-H 2015-2016  
ACHIEVEMENT NIGHT  
*"Night of Shining Stars"***

**at 7:00 p.m.**

**in the SLO County  
Veteran's Hall  
801 Grand Ave. SLO**



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

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

JANUARY 2017

- TBD Small Animal Field Day, Loc. TBD

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.
27 2016-17 Record Book Changes Workshop

APRIL 2017

- 7 FAC and FR Entry Forms are Due
22 Cerro Alto Rabbit Show Loc. TBD

NOVEMBER 2016

- 4-6 Mindfulness Retreat, Cambria, CA
11-13 State Leaders Forum (SLF) Santa Rosa, CA
29 2016-17 Record Book Changes Workshop

MAY 2017

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