San Luis Obispo County 4-H All Stars Exclusive

The All Stars are here and we have got the scoop on them all! So before you hear about them and their activities you should know that the All Star rank is the highest rank the county can bestow upon its members. You will see these dedicated members out promoting 4-H in the public and helping out at county events. So without further ado here are your 2004-2005 SLO Co. 4-H All Stars:

Kellan Candee of Estrella 4-H Club is 16 years old and has been in 4-H for 9 years. Kellan participates in Templeton Independent Study and attends Cuesta College. 4-H Projects include poultry, market lamb, leadership, beef, and horses. She enjoys fencing, voice, guitar, and "raising my chickens." Some of Kellan's favorite things to do are "ride my horse, play with my animals, and play guitar." Kellan says her All Star goal is, "I would like to be more involved at a county and state level, as well as improve my public speaking ability."

Natori Coleman, from Valley of the Bears 4-H, is 14 years old and has been involved for the past 5 years. She attends Morro Bay High School and her 4-H Projects include sheep, outdoor adventure, food & nutrition, horse, plant science, leadership, and community service. Natori is active in FFA doing parl pro and a heifer. Writing, drawing, taking care of animals, and swimming are what Natori feels are her favorite pastimes. Her 4-H All Star Goal is to increase membership and involve new ideas and strategies to the 4-H program.

Oni Ludwig has been in Cerro Alto for 6 years and is 14 years old. She attends Atascadero High School. Oni’s projects

National 4-H Week!

October 3-9, 2004 was National 4-H Week and SLO Co. 4-H was shining. It started with the All Stars presenting before the Board of Supervisors with a request to declare National 4-H Week in San Luis Obispo County and to fly the 4-H flag at the government center. Several clubs shared their National 4-H activities with us.

Valley of the Bears 4-H club put on an animal experience presentation for the Baywood Elementary School.

Estero/Morro Bay created a display at the Morro Bay City Library. The display had items from the different projects offered by the club. It was very colorful and eye catching.

Continued on page 3
Pass It On…

NEW: SLO Co. Website: www.clubs.ca4h.org/sanluisobispo/. California 4-H Website: www.ca4h.org. 4-H USA website: www.4husa.org. National 4-H website: www.4-h.org.

State 4-H Web Server! 4-H Clubs may register for space on the State 4-H Web Server. Go to http://clubs.ca4h.org. for more information.

2005 4-H Beekeeping Essay Contest rules and guidelines are now available at http://ca4h.org/4hresource/ir/. The contest is conducted by The Foundation for the Preservation of Honeybees, Inc. Essays are due February 11, 2005.

Susan G. Komen Breast Cancer Foundation. The makers of M&M candies have teamed up to raise funds through the sale of their new “pink & white” M&M candies. For each 8 ounce bag of the special candies sold, M&M (Masterfoods) will donate 50 cents to the foundation. So, satisfy your sweet tooth and donate to a good cause at the same time.

2005 4-H Japanese Exchange program will host a delegation of at least 30 Japanese teens, between the ages of 12 and 16, for one month this summer 2005 from July 23 to August 20. Applications are now available online at http://ca4h.org/exchange/japanese/. For more info contact Pat English at 530/754-8250 or pnenglish@ucdavis.edu.

The National 4-H Council seeks nominations for the National 4-H Salute to Excellence Awards for 4-H Volunteers. The California State 4-H Office will nominate one volunteer for each category: Volunteer of the Year and Lifetime Achievement. The deadline to submit an application to the State 4-H Office is November 30, 2004. More info is available at http://ca4h.org/4hresource/ir/.

Livestock Leaders & Educators Symposium, December 4, 2004 at the San Joaquin Fair, in Stockton. The cost is $30 for adults and $10 youth, if registered by 11/29/04. For more info call the 4-H Office at 781-5950.

Avian Science Day, are you poultry crazy? The Avian Science Day is February 7, 2005 at UC Davis. For more info call 781-5943.

Western Regional 4-H Leaders’ Forum will be February 23—27, 2005, in Sacramento. Applications are online at http://ca4h.org/wrlf2005/index.asp


If you have no computer, call the 4-H Office at 781-5943 for assistance in obtaining any of the above information.
12th Annual Teen Involvement Conference
January 21—23, 2005
The conference is designed for high-school aged 4-H members learning citizenship, leadership and life skills. Registration is $95, before December 6, 2004 and goes up after December 6th. If you have any questions about the event please contact Keely Oswald at (805) 489-7160. Registration packets are available in the 4-H office, 781-5943.

Presentation Day
Public speaking is a very important skill to master, but giving a presentation may not be the easiest activity in the world. This is why the SLO County 4-H is putting on a Presentation Workshop!
You will learn about your appearance, format, content, use of visual aids, and speaking techniques in a presentation. Public speaking is important skill for school and more! The Presentation Workshop is on January 15, 2005 from 9:30 a.m. - 2:30 p.m. The workshop begins at 10:00 a.m. immediately after registration. Registration forms & info will be mailed to Community Club Leaders soon.

SLO Co. 4-H Presentation day is February 19, 2005.
Reminder - presentations, including Facts Hound or Super sleuth, must relate to one of your current projects. Questions? Call the 4-H Office, 781-5943.

All Stars Exclusive
(Continued from page 1) include breeding sheep, beef, leadership, and livestock judging. She is a team player in FFA, and plays tennis. Oni’s favorite things to do, besides 4-H are to hang out with friends, go to the movies, read, community service, and be with her sheep. As an All Star Oni wants to “make newer members feel more comfortable and make it easier for the adults we are helping – to use the 4-H program to it’s full potential.”
Lisa Roden is a 7 year member of Parkfield 4-H. She is 15 years old and attends Paso Robles High School. Sewing, arts & crafts, and leatherwork are some of her projects. When asked about other activities Lisa will tell you, “I am in FFA and in water polo at school. I am the sound technician for the band in my youth group.” Lisa says her favorite things to do are, “I like to swim and eat.” “My All Star goal is to help represent what 4-H is all about and to help inspire younger members to continue in 4-H.”
Maria Saucedo is a 15 year old attending Arroyo Grande High School. She has been a member of 4-H for 7 years and is currently with Nipomo Foothill 4-H. Her 4-H projects include rabbits, camping & outdoor adventure, and llamas. She is active in FFA and in the 4-H South Section. “Work with animals and ride quads in the dunes” are her favorite escapes. As an All Star she plans to make the 4-H year a fun, exciting, and yes, educational time while helping members feel more involved in 4-H.
Already these All Stars have taken an active role in the promotion of 4-H. They presented before the San Luis Obispo County Board of Supervisors and asked them to accept October 3-9 as National 4-H Week. Harry Ovitt, Supervisor District 1 read the proclamation to the All Stars and the Board of Supervisors agreed to fly the 4-H Flag at the government center during National 4-H Week. Supervisor for District 3, Peg Pinard thanked the All Stars for portraying one of the many positive aspects of youth in America. The All Stars received a warm welcome from the other supervisors: Shirley Bianchi of District 2, Katcho Achadjian of District 4, and Mike Ryan from District 5. Congratulations to the 2004-2005 San Luis Obispo County 4-H All Stars!!
Friday, January 14, 2005, at the Embassy Suites in San Luis Obispo. This event is sponsored by the Asset Development Network of San Luis Obispo County. This exciting conference features nationally and internationally known and respected speakers discussing asset development and/or programs that foster assets, and it is right here in our county! This is the fourth conference in SLO County put on by the Asset Development Network of SLO county, of which 4-H is a founding organizational member. In fact, 4-H is one of the co-sponsors of the conference.

Search Institute of Minneapolis has developed a framework of assets, which are 40 “building-blocks” or critical factors for young peoples’ growth and development. They clearly show the important roles that families, schools, neighborhoods, youth organizations, and others in the community play in shaping young peoples lives. The more assets young people experience, the less likely they are to engage in a wide range of risky behaviors, and the more likely they are to engage in positive behaviors. Participation in the 4-H program is an excellent way for young people to experience and build many of the 40 assets!

This year’s conference will convene to connect with one another around the theme of asset building in our community. Are you wondering what you can do beyond connecting with young people that helps to build their assets? The conference will explore strategies, specific programs, and practices designed to help young people develop assets.

Speakers include Clay Roberts, from Search Institute, speaking on “Practices for Building Internal Assets.” Craig Kielburger, 21 years-old and the founder of the amazing world-wide organization “Free the Children.” George Loomis from “Californians for Justice”, and the conference cap note will be given by Reverend Alfonso Wyatt from the “Fund for the City of New York.”

The registration fee, which includes lunch, is $50.00.

All members of the community involved in schools, youth-serving organizations, neighborhoods, business and industry, health care systems, faith-based organizations, local government, juvenile justice, community organizations, as well as other adults, parents, and young people are encouraged to attend. The conference is relevant for first timers as well as veterans of asset development. Teens are encouraged to attend and there are a limited number of scholarships available for youth.

Call Jill at the 4-H Office for a conference and registration brochure. She can email you a copy or mail you a copy. The conference capacity will fill-up fast, so register early. No registrations will be accepted after December 20, 2004.
Congratulations to Everyone at Achievement Night. This year’s night of awards was another great success. Here are the county winners presented that night:

Bicycles
  Sophie Flemion, Cambria
Beef—Breeding
  Ashley Judge, Edna
Beef-Market
  Hailey Jackson, Parkfield
Camping & Outdoor Adventure
  Natori Coleman, Valley o/t Bears
Clothing & Textiles
  Amanda Souchek, El Camino
Community Service:
  Cortney Tierney, Cerro Alto
Creative Arts & Crafts
  Rebecca Watson, Cerro Alto
Dairy Cattle
  Molly Kern, Edna
Dog Care
  Eva Johnson, Cambria
Fashion Revue
  Breana Dixon, Rio Rancheros
Foods & Nutrition
  Katy Forte, Santa Margarita
Food Preservation
  Jenna Rovenstine, Parkfield
Dairy Goats
  Katie Tierney, Cerro Alto
Goats—Market
  Brittany Strahan, County Line
Horse & Pony
  Joanna Hopkins, Huasna Valley

Indoor/Mini Gardens
  Kayla Gardener, Adobe Nipomo
  Reeanna Martinez, Mountain Valley
Teen Leadership
  Jeniece Cooper, Cerro Alto
Leadership Development
  Brandon Emerson, Valley o/t Bears
Leathercraft
  Joseph Schow, Carrisa Plains
Poultry
  Seth Hall, Cerro Alto
Quilting
  Erin Miller, Cerro Alto
Rabbits
  Maria Saucedo, Los Alegres
Service Dog
  Tyler Evangelista, Templeton
Sheep—Breeding
  Oni Ludwig Cerro Alto
Sheep—Market
  Patricia Tompkins El Camino
Small Engines
  Eric Hendrickson, Estero/Morro Bay
Swine—Breeding
  Kiefer Scroggins, Cerro Alto
Swine—Market
  Lacey McCollum, Cerro Alto

Achievement Night was a year in the making and would not have happened without the help of the 2003-2004 All Stars and their families who spent the day setting up the Veteran’s Hall. A big THANK YOU goes out to everyone who helped set up that day and take down that night. Plus a very special thank you goes out to Rhonda Garris for her two years as All Star Advisor.

Congratulations once more to EVERYONE, and good luck with your 2004-2005 projects. We hope to see more outstanding awards presented at the 2005 Achievement Night!
Young Achiever Nominations!

The San Luis Obispo County 4-H Youth Development Program has been participating in the Young Achiever Program, in partnership with the USDA, the State 4-H Program Director’s office and the International Leadership Network for the past seven years. Over 200 young people have been recognized in San Luis Obispo County.

For 2005, San Luis Obispo County 4-H will be participating in the Young Achiever Program for 5th through 10th graders only. Another change is that nominators cannot be a parent/guardian or relative of the nominee.

Do you know a 4-H member who excels in a variety of areas such as academics, art, music, sports and/or theater; and exhibits leadership and has a positive interest in their communities? Please take a few minutes right now and call your Community Club Leader or the 4-H Office (781-5943).

Nominations (postmarks accepted) are due in the 4-H Office on January 30, 2004. Any questions call the 4-H Office at 781-5943.

2nd Annual Salvation Army 4-H Day

Saturday, December 18, 2004 is the Salvation Army’s Second Annual 4-H Day. 4-H’ers help the Salvation Army by bell ringing at local stores. This is a great way to get involved with community pride. We need two children and one adult at each location listed below and replacements at least every hour. It would be really cool to have clubs working together.

Paso Robles    Wal Mart    10 am- 6 pm
Atascadero     Food 4 Less  11am-6:30pm
Morro Bay      Spencers    10 am- 6 pm
San Luis Obispo TBA        10 am- 6 pm
Five Cities    Wal Mart    10 am- 6 pm
Nipomo         Vons        10 am- 5 pm

Questions or to RSVP location and time call Karen Ludwig, Comm. Service Key Leader at 461-1977, or e-mail ksludwig@charter.net. The Salvation Army is making this a big “Media Day” so uniforms and a big smile are encouraged.

Beef’n Up the Troops

By Alycia Ljepava, El Camino

Starting this 4-H year El Camino 4-H Club is Beef’n Up the Troops. The Iowa Cattlemen’s Foundation started the Beef’n Up the Troops program by sending beef sticks to Iowa troops serving in Iraq and Afghanistan. After reading an article, El Camino Beef Project Leader Connie Willems asked the Beef Project if we would like to adopt the program. We said, “YES!” The El Camino 4-H Club will be taking money donations until November 8th to cover beef jerky and postage, the beef jerky will go to our local service folks serving in Iraq and Afghanistan. We plan to ship by November 13, 2004, since it can take a month to get to them.

Why beef jerky? It is easy to carry in their packs and provides protein, sodium, vitamins and minerals they need in the heat of the desert. It is a favorite snack among the troops.

Look for cans for donations at local businesses, or come see our National 4-H Week window display at Café Andreini in the Village of Arroyo Grande, October 3—9, 2004. There is a list of businesses where you can make donations or call 489-0923 or email ECBeefnuptroops@aol.com.

Adult Leadership Appreciation and Training Day

Saturday, November 13, 2004
Cal Poly, San Luis Obispo

The SLO Co. 4-H Adult Leadership Program Development Committee will be offering workshops on Secretary’s Books, reporter’s Books, Treasurer’s Books, and Leadership Development Record Books. There will be a Roundtable session in the afternoon and much more!

This is a great way to meet other project leaders and network within the county. Registration is due November 5, 2004. If you have questions call Evelyn Rockwell, Adult Leadership Key Leader at 466-4383. To RSVP call the 4-H office at 781-5943. Lunch is on us!
Wanted!
Creative—Motivated
4-H Members with Ideas!

There are several events that Hi 4-H would like to see happen. But Hi 4-H needs YOUth! Only the Power of YOUth in 4-H can bring these ideas to life. Some ideas that have been shared:

- Rabbit Fun Day
- Leadership Training Day
- County Judging Day
- 4-H Day at Disneyland
- Mustang Water Park Day
- Hi 4-H Family Country Dance/BBQ
- Hi 4-H Family Beach Party

Your Event Idea

If any of these ideas sound like fun and you are in 4-H and between the ages of 14 and 19 years old, please contact Catherine Baynham at 772-8852 (6:00—10:00 p.m. or leave a message). Being a part of Hi 4-H can help YOUth make it happen!

Toys For Tots

Remember the warm and fuzzy holiday feeling and all that it brings? Some children here in San Luis Obispo County need our help to experience those same wonderful feelings that we all cherish. On November 15, 2004, the Toys For Tots collection barrel will be delivered to the San Luis Obispo County 4-H office. We had a great response last year and hope to have even more participation this year.

If you would like to help out, simply bring a new unwrapped toy to the SLO Co. 4-H office. We will deliver all of the toys we collect to the Toys for Tots around December 17th with a card from all who donate. Last year we collected about 150 items but we can do better. Remember those warm fuzzy feelings? By helping out you can add another warm fuzzy feeling to your cherished memories, one of giving! If you have any questions, call Karen Ludwig, Comm. Service Key Leader, 461-1977.

4-H Management Board Minutes

Management Board meeting was called to order at 6:05 pm on September 15, 2004.

Members in attendance: Evelyn Rockwell, JoAnn Overbey, Jeniece Cooper, Keely Oswald, Dana Azevedo, Ruben Cavanillas, Rhonda Garris, Ken Dewar, Travis Emerson, Carla Borchard, Shawn Callaway, and Deanna Teixeria.

Management Board Director Report: by Shawn Callaway. Shawn discussed the goals he has set as new director for the 2004-2005 Management Board.

Treasurers Report: by Evelyn Rockwell, the report was tabled. The audit committee is reviewing this years books. Discussion was given to present the treasurers report on a quarterly basis. A motion was made by JoAnn Overbey and 2nd by Ken Dewar. The motion passed unanimously.

The All Star Report by Keely Oswald, she gave information about the Teen Involvement Conference. There will be more information in the SLO County 4-H newsletter and applications are available in the 4-H office.

4-H Awards Report: by JoAnn Overbey, she discussed this years All Star program and Achievement Night.

Regional/State 4-H Council’s Report: by Ruben Cavanillas. A report is attached to the minutes.

Other items: 4-H Management Director’s positions filled. Carla Borchard who is currently serving as Management Board Secretary will fill the open position of Assistant Board Director. Deanna Teixera will fill the open position of Management Board Secretary.

The Next Meeting will be Wednesday, November 17, 2004 at 5:30 pm

The Meeting was adjourned at 7:30 pm.

Skeletal Humor

Why didn’t the Skeleton go to the party?

Because he had no body to go with him.
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<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tr>
<td>NOVEMBER 2004</td>
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<tr>
<td>5-7</td>
<td>CA 4-H Leaders’ Forum, Asilomar, Pacific Grove</td>
<td>UC Davis</td>
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<td>11-14</td>
<td>Western Regional Collegiate 4-H Conference, UC Davis</td>
<td>UC Davis</td>
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<td>13</td>
<td>SLO Co. 4-H Leader Appreciation &amp; Training Day, Cal Poly</td>
<td>Cal Poly</td>
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<td>17</td>
<td>SLO Co. 4-H Management Team meeting, UCCE Auditorium, 6:00 p.m.</td>
<td>UCCE Auditorium</td>
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<td>JANUARY 2005</td>
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<td>8</td>
<td>South Section Leaders Council Meeting, Mt Sac</td>
<td>UCCE Conference</td>
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<td>11</td>
<td>SLO Co. 4-H Program Development Board Meeting, UCCE Conference Room, 6:00 p.m.</td>
<td>UCCE Conference Room, 6:00 p.m.</td>
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<td>15</td>
<td>Presentation Workshop, UCCE Auditorium, 9:30 a.m.</td>
<td>UCCE Auditorium</td>
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<td>19</td>
<td>SLO Co. 4-H Management Board Meeting, UCCE Auditorium, 5:30 p.m.</td>
<td>UCCE Auditorium</td>
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<td>21-23</td>
<td>Teen Involvement Conference, Pathfinder Ranch</td>
<td>Pathfinder Ranch</td>
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<td>30</td>
<td>DUE: Young Achiever nominations</td>
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<td>FEBRUARY 2005</td>
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<td>DUE: SLO County 4-H Presentation Day registrations, 4-H Office, 5:00 p.m.</td>
<td>4-H Office, 5:00 p.m.</td>
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<td>5-6</td>
<td>CA 4-H Horse Leadership Conference, UC Davis</td>
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<td>19</td>
<td>SLO Co. 4-H Presentation Day, Cal Poly</td>
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<td>23-27</td>
<td>Western Regional Leaders Forum, Sacramento</td>
<td>Sacramento</td>
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