Youth Leadership Workshop

October 17, 2010, 10 am-2pm

On Sunday, October 17, 2010, from 10:00 a.m.-2:00 p.m., Sherry Martinez, Youth Leadership Key Leader, will present a workshop for all 4-H Club Officers and Jr./Teen Leaders. The workshop will be held at 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. Club Officers will learn about the responsibilities of each position and discover creative ideas about how to lead, organize and energize your club. Jr/Teen Leaders will also learn ways to engage 4-H project members and make project meetings a more productive and positive experience. (Project Leaders are also welcomed and encouraged to attend this workshop.)

Please RSVP to the 4-H office at 781-5943 or to dharris@co.slo.ca.us by Wednesday, October 13, 2010, 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 Sherry Martinez at 438-3506, or the 4-H office at 781-5943. WE HOPE TO SEE YOU THERE!!

4-H Club Treasurer’s Training

TWO DATES TO CHOOSE FROM!
Tuesday, October 5, 6:30-8:30 p.m.
Saturday, October 9, 9:00-11:00 a.m.

Victoria Weatherly-Nilsen, 4-H Management Board Treasurer, will host two Treasurer Training workshops; the first on October 5, 2010 at 6:30 p.m. and the second on October 9, 2010 at 9:00 a.m. (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 new Club Treasurers and Treasurer Advisors (the adult mentor who will be working with the Club Treasurer). New Community Club Leaders are also encouraged to attend.

Please RSVP to the 4-H office at 781-5943 or chansen@co.slo.ca.us. However, 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.
Online donations can now be designated to counties or programs and paid with a credit card. Please check out the new California 4-H website (www.ca4h.org). On every page you will notice a large blue “Donate Now” button which will direct donors to the Foundation donation web page. Online donations can be designated to go to specific counties or to specific programs and may be paid by credit card. 100% of the amount pledged goes directly to the program or county designated. Donors also have the option of making recurring pledges and unrestricted donations to be used where the need is greatest.

The UnitedHealth HEROES grants an opportunity for individuals to create interactive programs that are focused on fighting childhood obesity in their own community. If you would like to receive up to $1,000 in funding to support your service-learning project that focuses on eliminating childhood obesity, visit http://www.YSA.org/HEROES. The deadline to apply is October 22, 2010.

Cooking with Kids The website contains video segments, recipes, and classroom materials. The program shows how easy it is for kids to prepare snacks and meals that taste good and that are good for them – using the five food groups as a platform for nutrition messages. Each segment of “Cooking With Kids” was developed with a registered dietician. “Cooking With Kids” is designed to address the following issues: 1) Kids don’t cook and have become accustomed to fast or snack foods. 2) Parents should cook more with their kids to educate and facilitate good communication. 3) Kid-friendly, good tasting and easy to prepare recipes and meals are hard to find. For more information go to: http://cookingwithkids.org

California’s 4-H International Exchange Program will host students from Costa Rica, Japan, and Norway as well as send delegates outbound to Australia. Norway is a new opportunity for California 4-H. The hosting programs are all about sharing your summer time lifestyle with a teen from another culture. Come and be part of the excitement of learning about another culture and developing a friend in another country. Would you like to talk with someone who has hosted with the program in the past? Contact Pat English at penglish@ucdavis.edu Or check the web site for information at: http://www.ca4h.org/Projects/Citizenship/International/

To access a computer or websites call the 4-H office 781-5943.
Greetings from the California Mid-State Fair!

Well, we just finished up an amazing 2010 Fair and are already working on planning for 2011. Even though it seems quite early, I wanted to provide all of you with an update on a policy change recently adopted by the Board of Directors pertaining to the Livestock Department for next year. So many of you make plans and purchase animals early and this change may affect your selection of animals. Pass the word on to all of your parents and exhibitors!

The 2011 market show will be a terminal show. There will be no live pick up allowed for market animals that go through the Junior Livestock Auction. This includes lambs, hogs, meat goats, meat birds, and meat rabbits. Steers have been and will remain as a terminal destination. Buyers will have two (2) options upon purchase of animals during the Junior Livestock Auction: custom harvest; or consign for resale. Please keep in mind that we will continue to have the option that upon completion of market show competition, animals (excluding champions) may be pulled from the auction within one (1) hour after completion of showing. The fee for this process is $25.00 and must be done in the Livestock Office.

Thanks to all of you who helped make the 2010 Fair the golden success it was. Many thanks are directly extended to: Heritage Foundation for funding the installation of hardwiring for internet service to run the show/entry program from the Livestock Office to the Livestock Pavilion; Albertson’s for their continued support of the 4-H Youth with a tremendous donation to 4-H; and Harris Ranch Beef for shutting down their harvest plant Monday morning to accommodate and process the steers. The same thanks also goes to Superior Meat and Yosemite Meat. Please join us as we applaud all of our friends for their generous contributions to the Fair.

The Board of Directors, management, and staff of the California Mid-State Fair continue in our endeavors to preserve and promote agriculture. When we talk about agriculture and youth, the 4-H and FFA livestock programs are truly an integral part of the Fair. The support generated from this community undoubtedly provides encouragement to our young people in their mini-enterprise projects, and more so, in learning valuable lifetime entrepreneurship skills.

See you at the Fair … July 20 – July 31, 2011!!!

If you have any questions, please contact the Mid-State Fair office at (805) 239-0655.
4-H OPPORTUNITIES

VOLUNTEERS NEEDED

Event Chair for 4-H Field Day and Chicken-Q
The Event Chair for 4-H Field Day and Chicken-Q coordinates our county’s Field Day and annual fundraising event with the support of the 4-H office, and the help of many 4-H Clubs and families who work to make it a success. If you (or a few of you) are interested in taking on this busy and exciting position we’d love to talk to you—just call the 4-H office at 781-5943.

We’d also like to form an Activities Committee for 4-H Field Day. If you’d like to chair or participate on an Activities Committee, please give the 4-H office a call.
Planning starts early so we hope to hear from you soon!

SLO County 4-H YDP Management Board
We are currently recruiting for two positions on the 4-H Youth Development Management Board: Fundraising Director and Section Council Delegate.

The Fundraising Director is responsible for providing leadership to and managing the fundraising efforts of the board on behalf of the 4-H program. The Director also chairs the Fundraising Committee, which is responsible for short and long range goal setting, planning, and program implementation related to fundraising.

The Section Council Delegate represents San Luis Obispo County on the South Sectional 4-H Leaders’ Council and serves as the link between the council and the SLO County 4-H YDP Management Board. The Leaders’ Council meets four times a year and assists in coordinating Sectional events that are leader planned; such as TIC, Field Days and the State Leaders’ Forum.

If you would be interested in applying for one of these positions or if you have any questions, please call the 4-H office at 781-5943.

Shooting Sports Training Workshop: Rifle Discipline - Volunteer

Ukiah, CA  Saturday, November 6, 2010  8:00 a.m. - 5:00 p.m.
Sunday, November 7, 2010  8:00 a.m. - 5:00 p.m.

Upon successful completion of this course, 4-H leaders will be certified in the rifle shooting sports discipline. They will be certified as Volunteer Leaders and be eligible to serve a club or camp rifle project leader. There is a $20 fee for the course. To get more information contact Linda Edginton at lgedginton@ucdavis.edu or call 707-463-4495. To register for the class you must complete the Training Request and Registration Form found at: http://www.ca4h.org/files/4785.doc and have it signed by your county 4-H staff person. Mail this form along with a check for $20 made payable to Mendocino County 4-H to:

Rifle Class
890 N. Bush Street
Ukiah, CA  95482
Debbie Geaslen Joins Management Board

We are happy to announce Debbie Geaslen has accepted the position of Secretary on the SLO County 4-H Management Board. Debbie has a strong background in 4-H, beginning 10 years ago as a 4-H mom, then as a project leader and most recently as co-chair of the county’s Food & Arts Celebration and Fashion Revue event. She also has broad professional experience and has served on a number of non-profit boards.

We’re glad Debbie has agreed to the board and look forward to her participation and voice as member of the Management Board team.

We also want to take this opportunity to thank Deanna Teixeira for serving as Secretary to the board for the past five years. Her commitment to the program has been very much appreciated and, although she is stepping down as Secretary, Deanna will continue to serve as a member of the Adult Leadership Program Development Committee. We also look forward to her continued help and presence at club and county events.

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 Julie at the 4-H office at 781-5941, or email jmaggiore@co.slo.ca.us More info on 4-H Healthy Living is available at: www.ca4h.org/Projects/HealthyLiving

Saturday, October 2, 2010
4-H ACHIEVEMENT NIGHT at SLO Veteran’s Hall
(801 Grand Ave., SLO) at 7:00 p.m.
Create an Atmosphere Where Learning is Fun

It’s always an exciting time when a new 4-H program year begins. There are great possibilities ahead; a new slate for sharing good times, learning new things and growing as a person and citizen of our world. It is especially important, then, at this time of year to stop and consider what “4-H” means to us—our members and families—and how each of us contribute to making the SLO County 4-H program the amazing and positive experience that it is.

There are many ways we do this. But the foundation is our parents and adult volunteers and the behavior they model. So, now that the new program year has rolled around once again, and we see old friends and meet new ones, let’s all remember the reason we’re here: To create an environment where learning is fun, in an atmosphere of trust, and in a way we can be proud our members will emulate. We CAN “Make the Best Better” by practicing a few basic principles.

- Provide encouragement and support. Allow your child to experience the full process of 4-H, no matter the outcome.
- Keep your expectations realistic and open. Knowledge and life skills take time to develop.
- Support your child’s efforts. Provide resources and supplies for projects.
- Respect youth ownership of projects. Allow your child to do his/her own project.
- Encourage your child to focus on the positive in the experience or situation and less on competition.
- Allow your child to make mistakes. We learn through our mistakes and in correcting them.
- Encourage your child to do his or her best, not to be better than someone else.
- Treat others in a courteous, respectful manner.
- Be respectful of adult volunteers. Allow leaders to lead, and give them your support.
- Deliver and pick up your child on time for events and meetings.
- Help out cheerfully and often. Follow through when you volunteer.
- Demonstrate ethical behaviors.
- Treat animals humanely and teach your child to provide appropriate animal care.
- Attend meetings and participate in activities and events. It makes for a lighter load on each and is more fun for everyone.

They’re good for us, and good for our youth!
Announcing:

SLO Scientists II!!

SLO SCIENTISTS II is designed for youth in the 6th, 7th and 8th grades and features new and advanced topics and experiments. We hope our SLO Scientists “graduates” and older youth will take advantage of this terrific opportunity.

The first session “Wind Power and Electricity” begins THIS MONTH (October) and will be led by SLO Scientist Facilitator Gary Corsiglia.

If you would like to join our first SLO Scientists II session, please call Heather Dauer, SLO County SLO Scientists Coordinator, at 781-5944 soon! If you’re interested in participating in SLO Scientists I (which is designed for 3rd, 4th and 5th graders), learning more about the program, or volunteering to lead a group as a SLO Scientists Facilitator, please call Heather. She’ll be happy to hear from you!

2010 4-H National Youth Science Day: October 6!

Experiment to focus on WATER QUALITY

The third annual 4-H National Youth Science Day is Wednesday, October 6, 2010! 4-H National Youth Science Day was created as part of 4-H’s One Million New Scientists, One Million New IdeasTM campaign and is designed to spark an early youth interest in science education in order to combat a national shortage of young people pursuing science in college and future careers.

If your club would like to participate in 4-H National Youth Science Day, you can purchase experiments kits online at www.4-h.org/NYSD/the-experiment-mall-kit.php. The 2010 National Science Experiment, 4-H2O, focuses on water quality and climate change - two very important issues facing our global community. Each kit costs $22 and contains everything needed to complete the first two tiers of this year’s experiment, including a facilitator’s guide, five youth workbooks and enough materials for up to 15 youth.

For more INFORMATION about S.E.T. UPDATES visit http://www.ca4h.org/News/
AN INVITATION FROM SANTA BARBARA COUNTY 4-H PROGRAM:

6th Annual Santa Barbara County
4-H Beef Play Day

Sponsored by Cuyama 4-H Club * Hosted by The Spanish Ranch

"Celebrate the Possibilities!"

Open to all Beef Project Members
8:30am - 3:00pm, Saturday, November 6, 2010
at The Spanish Ranch, New Cuyama
Cattle Management * Nutrition* Halter Breaking * Tack * Fitting * Showmanship
Advanced Reservations Required / $10.00 per Person
Bring your left-over Halloween pumpkins for "Punkin' Chunkin'"

NEW THIS YEAR!!

Advanced Fitting & Showmanship Clinic
8:00am - 12:00pm, Sunday, November 7, 2010
Qualified Members Only * Overnight Accommodations Available

RSVP by October 29th to Pam Doiron 805-245-0434 or doiron@spanishranch.net
The President’s Volunteer Service Awards

The President’s Volunteer Service Awards are part of a nationwide program that recognizes youth for volunteering in their communities. Bronze, silver, and gold medals are awarded based on hours of service. SLO County 4-H is proud to be a part of this program to encourage volunteer service and civic participation*.

Now is the perfect time to start thinking about working towards an award in 2010-2011. Because the President’s Volunteer Service Award requires a log of community service hours, it is best to fill out your application throughout the year and not procrastinate until the last minute.

New applications for the 2010-2011 program year are available online at SLOCOUNTY4H.ORG under the subheading “Applications”. They will also be available at Achievement Night on October 2nd, and in the 4-H office (781-5943). For more information, contact Community Service Key Leader Karen Ludwig at 466-1216.

*Please note that we will no longer be processing applications for 4-H leaders, only 4-H members age 19 and younger.

National 4-H Week
October 3-9, 2010

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 in the 4-H office and online at www.4-hbrandnetwork.org. 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!
PUBLIC FORUM
The Public Forum is free to anyone who wishes to attend

THURSDAY, OCTOBER 14, 2010
SLO County Veteran’s Hall– Lounge Room
801 Grand Ave, San Luis Obispo

8:30 a.m.-8:45a.m. Networking-Coffee
8:45 a.m. - 10:30 a.m. Presentation
Welcome by Deb Linden, Chief of Police and Julian Crocker, Superintendent, County Office of Education

Expanding the Circle of Caring -
A Response to Bullying

A Film featuring James Garbarino, Ph.D.
Loyola University, Maude C. Clarke, Chair in Humanistic Psychology
Director of the Center for the Human Rights of Children

Please join SLO-CAP and the Asset Development Network as we come together to inform our community on the urgent issue of children & youth suffering from physical and emotional violence in the form of bullying, harassment, stalking, intimidation, humiliation and fear.

Beyond the rare events of violence at our schools are the common events of psychological stabbings - there are millions of kids who suffer emotional daggers to their hearts at school. The film will highlight Dr. Garbarino's presentation on how a school's social system plays a decisive role in the process of bullying, sexual harassment and emotional violence in the lives of children and teenagers. One core message is to avoid the temptation to see bullying as a personal problem and instead to always look for the workings of the school as a social system. This implies a need for strategies or responding that include character education, better feedback from students, and more explicit demonstration of adult caring in the school. The goal is policies and programs that seek to change the culture of the school, such as by changing "bystander" behavior through character education.

Dr. Garbarino is nationally honored for his work on violence and children and is a prolific author. He serves as consultant or advisor to a wide range of organizations and issues, including media reports on children and families, as a scientific expert witness in criminal and civil cases involving issues of violence and children, and as an expert in assessing the impact of war and refugee status on children.

Questions? Call the SLO-CAP office @ 543-6216 or visit www.slocap.org

Thank you to our community partners for making this special presentation possible.
Nipomo Foothill 4-H Community Service Project

Do you want to help kids that don’t have what you have? We can, and its not that hard to do. Nipomo Foothill 4-H is seeking items to include in Foster Kids Backpacks for kids in our area that don’t have the things that we have. Our community service project needs your help.

You can help by donating one item or many if you want to. We are looking for Backpacks, towels, washcloths, bathroom stuff: including soap, shampoo, toothpaste, floss, toothbrushes, hairbrushes, hair clips, makeup bags, combs. Clothing needed is: scarves, hats, blankies, gloves, white ankle socks, crew socks and baby socks. School supplies: pencils, rulers, scissors, glue sticks, pencil boxes, markers, chalk, spiral notebooks, coloring activity books, youth and teen books, children’s books and misc. small toy gift type items.

If you know a business that would like to donate that would be a great help too. Please contact our Community Leader Sara Dalton at 310-7578. Thank you for your generosity. Sincerely, Katie Tonascia Nipomo Foothill 4-H Reporter

Members of Cambria 4-H Club helped with the 9/11 Memorial Service held by the Sons of the American Legion at the Cambria Veteran’s Memorial Building. The public came out to remember all the people that were lost on that day 9 years ago. The members led the Pledge of Allegiance and also helped with the set up and break down of the event. Our 4-H Club President, Tara Covell read a short passage about our American Flag. We all enjoyed a free hot dog and hamburger dinner after the service. Submitted by: Zachary Taylor

County wide Draft Horse Group: For the second year, Ralph and Tracy Covell of Covell’s California Clydesdales will be offering a county wide Draft Horse Group for members 9 years and up. Youth will have the opportunity to learn about the draft horse breed, proper care for the horse, how to show a horse in halter, and how to harness a team and hook them to a wagon. This is a perfect opportunity for the horse lover to learn about a different segment of the industry and meet other 4-Hers from across the county. The first meeting will be held in November at the Covell Ranch in Cambria. For more information call Ralph or Tracy at (805) 927-3398. We look forward to hearing from you!
SLO County 4-H Youth Development Program Calendar 2010—2011

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<tr>
<th>OCTOBER 2010</th>
<th>NOVEMBER 2010</th>
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<tr>
<td>2 SLO County’s 4-H ACHIEVEMENT NIGHT 7 pm, SLO Vet’s Hall 801 Grand Ave., SLO</td>
<td>5-7 State 4-H Leader’s Forum Asilomar, Pacific Grove, CA</td>
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<td>3-9 NATIONAL 4-H WEEK</td>
<td>6 Santa Barbara Co., 4-H Beef Play Day at The Spanish Ranch, New Cuyama</td>
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<td>5 Treasurer’s Training 6:30 p.m. UCCE Auditorium</td>
<td>APRIL 2011</td>
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<tr>
<td>6 4-H NATIONAL YOUTH SCIENCE DAY</td>
<td>30 Food &amp; Arts Celebration &amp; Fashion Revue</td>
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<td>9 Treasurer’s Training 9:00 a.m. UCCE Auditorium</td>
<td>MAY 2011</td>
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<td>14 SLO-CAP Public Forum “Expanding the Circle of Caring—A Response to Bullying”, Vets Hall 8:30 a.m</td>
<td>6-8 4-H YOUTH CAMP (Grades 4-6) Rancho El Chorro</td>
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<td>17 Youth Leadership Workshop, 10 a.m.-2p.m. SLO Vet’s Hall 801 Grand Ave., SLO</td>
<td>7-14 Western Regional Leaders Forum</td>
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<th>JUNE 2011</th>
<th>JULY 2011</th>
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<tr>
<td>11 4-H FIELD DAY &amp; CHICKEN-Q</td>
<td>10-16 Santa Barbara Co Fair</td>
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<td>20-31 CA Mid-State Fair</td>
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<th>AUGUST 2011</th>
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<td>11 2010-11 Record Books JUDGES Training</td>
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<td>12 2010-11 RECORD BOOKS DUE into 4-H OFFICE</td>
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<td>20 2010-11 Record Book Judging Day</td>
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