Skills for Life at the Fair

The Santa Barbara County Fair was held July 13th to 17th and the theme was “Legacy of Yesterday, Promise of Tomorrow.” The Mid-State Fair was held July 27th to August 7th and it’s theme was “Biggest Little Fair... Anywhere.” Mid-State Fair was also celebrating its 60th anniversary.

Local fairs are a great way to see the “Life Skills” wheel in action. Do you know about the “Life Skills” wheel? It was developed by the Iowa State University Extension in 1996. The wheel is based on the Head, Heart, Hands and Health model, and includes subheadings for each; such as Managing, Thinking, Relating, Caring, Giving, Working, Living and Being.

Can you find “Life Skills” in these pictures from the Santa Barbara County Fair? In the scrapbook, one might see the life skill of “character” (Being). The two 4-H members appear to be “problem solving” (Thinking). A decorated cake reflects “planning/organizing” (Managing). The 4-H member and her dog demonstrates “sharing” (Caring). A creatively arranged succulent mini garden could represent “marketable skills” (working). The picture to the right seems to show “cooperation” (Relating). What Life Skills did you find?

Continued on page 5
Pass It On…

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.

National 4-H Week  is October 2—8, 2005.  The theme, Make a 4-H Connection, welcomes all to join and celebrate with the 4-H community where young people across America are learning leadership, citizenship and life skills.  All media and marketing communications resources specifically for National 4-H Week will be available to state leaders, county educators and 4-H clubs by August 1, 2005.  Go to www.4husa.org for materials and ideas on the 4-H Media and Marketing Communications Resources page.

2006 4-H Computer Corps applications are now available online.  The 4-H Computer Corps is composed of youth, volunteers, and staff ages 15 and above.  The 4-H Computer Corps administers the state 4-H website (www.ca4h.org), conducts computer trainings around the state, and helps 4-H clubs design web pages.  Applications are available at:  http://ca4h.org/compcorps.  The deadline for applications is September 30, 2005.

The 2006 National 4-H Conference will be held March 25-31, 2006 at the National 4-H Center in Chevy Chase, MD.  4-H members (ages 15 and above), volunteers, and staff are encouraged to apply for this exciting opportunity for National 4-H programming.  Applications are due September 30, 2005 and available at:  http://ca4h.org/conference/n4hc/.

The California 4-H Citizenship Program is looking for adult volunteers who are interested in leading 4-H members and their chaperones while on a Washington Focus Program internship opportunity.  Applications are available online at:  http://ca4h.org/citizenship/dcfocus/index.asp and are due by September 15, 2005.

Fundraising!  The Central Coast Alzheimer’s Association is offering Nonprofit Partnerships for the 2005 Memory Walk, Friday, September 9, 2005, at Meadow Park, SLO from 4:00—7:30 p.m.  They will split the funds raised by your 4-H club 50/50.  Register by calling 547-3830 or go to www.centralcoastalz.org.  Once registered contact Helen Sampson, 547-9680 (hsampson@lifestepsfoundation.org) or Alyce Crawford, 534-9234 (alycecc@coastcrc.org), so they can keep you informed of event developments.

No computer?  Call the 4-H Office, 781-5943, for assistance.
Operation Military Kids

My name is Chanda Gonzales and I am the Operation Military Kids Director 4-H Military Liaison. I called Cindy Hansen, your new Program Representative, to ask for support of the Operation Military Kids program. Of course, I was calling at the last minute. I was hoping to have some San Luis Obispo County 4-H youth to attend a military event being held at Camp Roberts in Paso Robles in July. Cindy was very helpful in coordinating 4-H club involvement with me. I have to say that your county youth shined.

The 4-H members were from Estrella and Estero/Morro Bay 4-H clubs and they were very enthusiastic about helping out at our 4-H/OMK booth. There were two club leaders, Jody Birks of Estrella and Melody Maddox of Estero/Morro Bay, who were also very helpful in helping out at the booth. I was very proud that they showed the utmost respect to the soldiers and their families. Please tell Cindy and the 4-H youth & leaders who participated—Thank You!

Welcome Aboard!

There have been some club changes this year. First, a thank you to those Community Club Leaders who stepped down this year. Joe Prian of Cambria 4-H, Debbie Arseneau of Bishop’s Peak 4-H, Taniah and Juan Soto of Atascadero Broncos 4-H, and Ted & Eileen Oswald of El Camino 4-H. All of you took a big role in the SLO County 4-H program and the best of luck to you in the future.

Now, let’s introduce the new Community Club Leaders: Mary Evans of Cambria 4-H, Diane Miller and Sheryl Flores of Bishop’s Peak, Alyson Clegg of Atascadero Broncos, and Laurie Soucheck and Jana Ljepava of El Camino 4-H. As Community Club Leaders you have taken on a big leadership role for your club—Congratulations!

This past year, there was one club closing. Seaside 4-H in the Nipomo area, Teresa Ole-son, Community Club Leader decided to close the club and join an established club. Good Luck!

Good news! There is a new club starting up in September or October in the North Coast area! Welcome aboard Los Osos 4-H! Jim and Julia Stanfill will be the Community Club Leaders. If anyone is interested in joining or transferring to the Los Osos 4-H club, please call the Stanfills at 528-1557. At this time, general meetings are being planned for the first Thursday of the month.

Looks like the 2005-2006 4-H Program year is off to a great start in San Luis Obispo County.

Thank You…

By Noelle Francis, Templeton Assistant Goat Project Leader

The Templeton 4-H Goat Project would like to take this opportunity to thank the Cerro Alto Goat Project group for welcoming us into their group this year. Barbara Sims, June Bolen, and the goats project members included the Templeton members in all the meetings and practices. As a group we learned about how to choose and care for a goat, feeding, management, and exercise. We are very grateful for the help and advice we received from Cerro Alto. This summer, for the first time in many years, Templeton members were able to bring their goat projects to the fair. We were able to take both market and dairy goat projects. Thanks again to Cerro Alto and their TERRIFIC leaders.
SLO County 4-H Program Development Board

**Large Animal Science Key Leader**

Anyone experienced in a large animal project (beef, sheep, swine, goats, or horses) is invited to apply for **Large Animal Science Key Leader**. This challenging position is a two year term that takes about 4 to 6 hours a month and this person would attend four Program Development Board meetings a year.

This position is responsible for the development and delivery of large animal science programs to 4-H adult volunteer leaders in the large animal science area (beef, sheep, swine, goats, horses). Also, responsible for the functions of the Large Animal Science Program Development Committee and works with the chairperson (s) of events and/or activities and their committees that involve the large animal science area (SLO Co. 4-H Field Day, Food & Arts Celebration, Livestock Judging, workshops, etc.). In addition, this position will function as a critical link between the Large Animal Science Program Development Committee and the 4-H Program Representative and 4-H Youth Development Advisor.

If you are interested or have any questions about this position, please contact the 4-H Office at 781-5943.

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**Shandon 4-H Needs You!**

A benefit fund has been set up for Rosann and James Inguito, the Shandon couple who lost their home in a fire that CDF/County Fire officials say was caused by arson. Rosann is a project leader and her two granddaughters are members of Shandon 4-H. The August 6th fire destroyed nearly all of their belongings. Donations can be made at any Mid-State Bank & Trust to the Inguito Fire Benefit Fund, account number 2831770021. For more information contact the Navarro family at 343-1823.

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**Auction Donation & You…**

Can make a difference! Ron Patterson fell from a tree while trimming it. He is now a paraplegic and has been hospitalized due to complications. Ron’s wife, Marcia, is a project leader for Santa Margarita 4-H and his daughter, Katie, is a 4-H member. Katy Forte of Santa Margarita 4-H, donated all of her earnings from selling her pig, Tender, at the Mid-State Fair. But, the Patterson family is still in need and Katy is hoping that you will help. Donations can be made to the Ron Patterson Benefit through Mid-State Bank & Trust, account number is 0262692621. For more information, call Monica Becker at 438-5564.

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**SLO County 4-H Management Board Visibility Director**

The overall purpose of the Management Board is to oversee the management aspects of the San Luis Obispo County 4-H Youth Development Program. Overseeing will include both policy making and the implementation of the policy, as well as basic management decisions relating to the program. In addition, the board is responsible for some specific areas, one of these areas is Visibility.

Although experience in the area of public relations, visibility or marketing would be helpful, it is not required for this volunteer position. This challenging position is a two year term that takes about 4 to 6 hours a month and this person would attend 6 Management Board meetings a year.

Visibility Director is responsible for providing leadership to and managing the visibility and public relations efforts of the SLO Co. 4-H Youth Development Program. This may include but is not limited to newspaper articles, posters, coordinating with 4-H members and/or All Stars for public events and county 4-H events.

If you are interested or have any questions about this position, please contact the 4-H Office at 781-5943.
More Life Skills...

Oh, there’s a question... my goodness, sorry about that — there is someone who doesn’t know all of the Life Skills Wheel characteristics and wants to know more! Well, let’s start with “Head.”

Head focuses on Managing skills (resiliency, keeping records, wise use of resources, planning/organizing, goal setting) and Thinking skills (service learning, critical thinking, problem solving, decision making, learning to learn).

Heart involves Relating skills (accepting differences, conflict resolution, social skills, cooperation, communication) and Caring skills (nurturing relationships, sharing, empathy, concern for others).

Hands focuses on Giving skills (community service/volunteering, leadership, responsible citizenship, contributions to group effort) and Working skills (marketable skills, teamwork, self-motivation).

Health directs Living skills (healthy lifestyle choices, stress management, disease prevention, personal safety) and Being skills (self-esteem, self-responsibility, character, managing feelings, self-discipline).

Take a look at these pictures from the Mid-State Fair and see what Life Skills you can find!

If you would like more information about the Life Skills Wheel, be sure to ask your Community Club Leader or Project Leader.
SLO County 4-H
Management Board Meeting Minutes
June 15, 2005

Agenda
Welcome and introductions
Open Forum for Members and Leaders
No discussion
4-H All Star Report
Lisa Roden & Maria Saucedo presented their plan for the SLO County 4-H Youth Ambassador program. Their goals will be community outreach through club and school visits, presence at workshops and county events, as well as helping in any capacity needed to promote community awareness. The Youth Ambassadors will choose an advisor.

Treasurer’s Report
Beginning balance as of March 31, 2005 was $14,937.69. Ending Balance as of June 14, 2005: $28,654.36. Certificate of Deposit as of May 12, 2005: $8,626.77
Shawn proposed a motion to take out current CD to a total of $10,000.00 and find a bank to give us a higher interest rate for no longer than one year. Dana seconded and all approved. The board reviewed the 2003-2004 taxes. The 2005-2006 Proposed Budget was also reviewed. JoAnn moved to approve to budget with changes, Ruben seconded it, and the motion carried.

Field Day Committee Report
Shawn Callaway reported that the Field Day went well. Set up and clean up was easier due to help from the Fairgrounds crew. It was determined the extra money spent was worth it. JoAnn reported that the All Star booth did not make as much money this year due to a lack of donations. She suggests doing away with the booth next year so the All Stars may be more visible elsewhere. This will be addressed later. Shawn thanked everyone.

Director’s Reports
Dana Azevedo, Visibility Director, announced that the Silent Auction at Field Day brought in $4,216.25. She also showed the board the new SLO Science Brochure created by Cal Poly students. It is to go into print soon.

JoAnn Overbey, All Star Advisor, reported that the All Star selections were done. She said the candidates were impressive and 6 were chosen. The judges were Vincent Saucedo, Marguerite Kump and Emily Morris. Evelyn Rockwell announced Leader Training will be Saturday, November 12th. The guest speaker will be Ron Hamilton. A letter will be going out to Community Leaders for Asilomar Scholarships, however, nominations no longer have to go through Community Leaders.

4-H Awards Report
Future Year pins are going to be dated (i.e. 2005-2006). JoAnn Overbey, Awards Director, is getting ready to send out info on Record Book judging.

Collegiate 4-H Report
Collegiate 4-H had a food booth at State Presentation Day. Golden Clover Award applications are due in State office by June 30. Regional/State Representative Report
Rueben Cavanillas reported from South Section. July 23 is Santa Barbara County Record Book judging. Riverside County is holding an officer training on July 23 for leaders and youth. 2006 Youth Leadership Council will be in San Diego. State policy now requires 2 adults at every 4-H function.

4-H Office Report
Richard Enfield announced a 4-H representative position, UC funded on yearly contract basis will be hired soon. The County budget goes to the Board of Supervisors soon, and a permanent part-time person can then be hired. Cindy Hansen is working on forms for disbanded club equipment. These will be presented at next board meeting.

The meeting was adjourned by Board Director, Shawn Callaway at 7:15 pm.

Next Meeting: Wednesday, August 17, 2005 at 5:30 p.m. at the UCCE Auditorium. Subsequent Board meetings will be on the third Wednesday of October and January.
SLO County Coastal Cleanup Day

My name is Miranda. First, I would like to thank the 4-H folks who have participated in past clean-ups. This year, I am coordinating SLO County Coastal Cleanup Day on behalf of ECOSLO, the Environmental Center of San Luis Obispo County. I was informed that 4-H members would be interested in learning more about this year’s event. ECOSLO will be hosting the cleanup of twenty five beach sites countywide, from Point Sal to San Simeon on:

Saturday, September 17, 2005
9:00 a.m. to 12:00 noon.

2004 was a record-setting year, topping previous world records for participation and pounds of trash. In San Luis Obispo County alone, 1,290 volunteers helped to collect 14,857 pounds of trash, not including 2,784 pounds of recyclables.

We hope to make this year’s event even more successful. Please let me know if you’d like to participate in this year’s SLO County Coastal Cleanup by participating and you can also help by spreading the word to engage our community to care for our SLO County beaches.

If you have any questions, want more information or wish to sign up, call Miranda Leonard, SLO County Coastal Cleanup Day Coordinator at 544-1777.

4-H Wristbands

Due to numerous requests from 4-H groups throughout the country, 4-H Supply Service is now offering a new 4-H silicone wristband! The new wristband is molded with the phrase, “4-H—Head—Heart—Hands—Health” and crafted of silicone in the familiar 4-H green.

To see the 4-H wristband, please visit http://custom.4-hmall.org/4Hwristband/
Submit your 4-H Wristband order today!

“I Support 4-H” Magnets!

Have you seen this magnet?

Thanks to Dana Azevedo, Visibility Director, magnets are now available at the 4-H Office. Magnets are 6-3/4 inches high and 5-3/4 inches wide. The magnets cost $5.00 each. (Sorry, no bulk rate.)

You can come by the 4-H Office (2156 Sierra Way, Suite C, San Luis Obispo) to purchase your own magnet(s), Monday—Friday, from 8:00 a.m. to 5:00 p.m.

Support 4-H by sporting a “I Support 4-H” magnet on your car, refrigerator or whatever you wish. It’s a great gift to put in that “buyers basket” too. All proceeds from this fundraiser benefit SLO County 4-H Youth Development Programs.

If you have questions or would like to make payment/mailing arrangements, please call the 4-H Office at 781-5943.

Cavy Project

I am Ruth Metzler, and I am the Cavy Project Leader for Los Amigos 4-H, in Orcutt. I just wanted to let you know that if there is anyone wanting to start a Cavy Project in SLO County, I am very willing to help you get started.

I am a Project leader going on my 4th year. I have been showing cavies with my daughter for 6 years. I am a member of the American Cavy Breeders Assoc. and a few other cavy clubs here in California. Did you know that 30 cavies entered in the Santa Barbara County Fair this year? I hope to see more next year.

Please feel free to contact me if you are interested in starting a Cavy Project! Ruth Metzler, 938-5738 or email ruth@californiacavys.com, my website is: http://www.californiacavys.com/4hcavies.html
## SLO Co. 4-H Program Calendar 2005

### SEPTEMBER 2005

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>8/19-8</td>
<td><strong>California State Fair</strong>, Sacramento</td>
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<tr>
<td>1</td>
<td><strong>DUE</strong>: registration for State 4-H Leaders Forum, Asilomar Conference grounds, Pacific Grove, CA</td>
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<tr>
<td>9</td>
<td><strong>2005 Memory Walk</strong>, Meadow Park, SLO from 4:00—7:30 p.m.</td>
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<tr>
<td>10</td>
<td><strong>South Section Leaders Council</strong>, Mt. Sac</td>
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<tr>
<td>15</td>
<td><strong>DUE</strong>: CA 4-H Citizenship Adult Volunteer applications</td>
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<td>17</td>
<td><strong>SLO Co. 4-H Achievement Night</strong>, SLO Vet’s Hall, SLO, 7:00 p.m.</td>
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<td>17</td>
<td><strong>SLO County Coastal Cleanup Day</strong> on behalf of ECOSLO, 9:00 a.m.—12:00 noon</td>
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<tr>
<td>30</td>
<td><strong>DUE</strong>: 2006 National 4-H Conference Applications (to be a delegate);</td>
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### OCTOBER 2005

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>2-8</td>
<td><strong>National 4-H Week</strong></td>
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<tr>
<td>20-23</td>
<td><strong>Western Regional Collegiate 4-H Conference</strong>, Fort Collins, CO</td>
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<tr>
<td>18</td>
<td><strong>SLO Co. 4-H YDP Program Development Board Meeting</strong>, 5:30 p.m.</td>
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<tr>
<td>19</td>
<td><strong>SLO Co. 4-H YDP Management Board Meeting</strong>, 5:30 p.m.</td>
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<tr>
<td>22</td>
<td><strong>State Leaders’ Council Meeting</strong>, UC Davis</td>
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### NOVEMBER 2005

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>4-6</td>
<td><strong>California 4-H Leaders Forum</strong>, Asilomar Conference Grounds, Pacific Grove</td>
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<tr>
<td>12</td>
<td><strong>SLO Co. 4-H Leader Appreciation &amp; Training Day</strong>, Cal Poly, SLO</td>
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