



OCTOBER 2009



University of California Cooperative Extension

News & Views

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

Youth Leadership Workshop

October 25, 2009

On **Sunday, October 25, 2009**, 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 from **10am to 2pm** in 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 on how to lead, organize and energize your club. Jr/Teen Leaders will learn how to make the experience a more productive and positive one and ways to engage 4-H project members. *(Project Leaders are also welcomed and encouraged to attend workshop.)*



Please **RSVP** for the workshop to the 4-H office at 781-5943 or to dharris@co.slo.ca.us by Wednesday, October 21, 2009, 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!!

WANTED: Any 4-H member or 4-H leader that has a desire to serve on the county Youth Leadership Program Development Board Committee, if this is you, **call Sherry Martinez 438-3506**. Our yearly youth training day is right around the corner, Sunday, October 25th — this is the opportunity for you to lead an activity to a group of great 4-Hers. As you lead an activity, you teach others about what it means to step up and get involved, while at the same time you are being inspired by the great group that has joined us for the past three years. You will walk away saying "Wow! that was fun!" So come join our committee and get pumped up with the energy that our county has to offer! **Our meeting** to organize the Jr./Teen Leader and Officer Training Day **will be on October 9, 2009, at 5pm. The location will be the Starbucks in Atascadero at the Vons Shopping Center.** If you are interested in joining the committee but are unable to make this meeting, please call me, we can work out your details over the phone.

SLO County's 4-H website is:
<http://www.slocounty4h.org>
State 4-H website: <http://www.ca4h.org>
SAFETY NOTES: <http://safety.ucanr.org/4h/>

National & State 4-H News

- The California 4-H Youth Development Program offers inexpensive **curriculum** for 4-H volunteer leaders and members through ANR Communication Services. Please check out the catalog on-line at: <http://anrcatalog.ucdavis.edu/>. Browse through the collection by clicking on 4-H Youth Development in the "Browse Menu" to the left. Items can be ordered on-line.
- **My Own Book** (www.myownbook.net) is a non-profit organization dedicated to spreading the joy of reading. It was started three years ago and now distributes over 24,000 books nationwide to less fortunate children. We'd like to see 4-H clubs and groups across the state involved in the My Own Book project. If you are interested for your club, let us know. We can supply books to hand out as well as ideas for a year of fun with members of all ages. This is a great way to reach out to other children in the community. Please contact Brady and Kyle Baldwin at kyleandbrady@myownbook.net for more information.
- **4-H Shooting Sports Leader Certification for Archery** A shooting sports training workshop for the archery discipline will be held in Modesto, CA on Saturday, **November 7**, 8 AM - 4 PM and Sunday, **November 8**, 8 AM - 2 PM. Upon successful completion of the course, participants will be certified as archery volunteers and can instruct archery club projects and camp programs. Attendance at both days is required. The course will be held at the Stanislaus County Ag Center, Harvest Hall Room E, 3800 Cornucopia Way, Modesto. The cost will be \$25 and includes lunch, snacks, and class materials. For more information, contact Dan Burner 209-874-2732 (evenings) or dan_burner@yahoo.com. Fees are due by **October 23**, 2009 and can be submitted to Dan Burner, P.O. Box 829, Waterford, CA 95386.
- The **Make It Yourself With Wool Competition** is requesting those who enjoy sewing and knitting projects to enter in a district contest near you, planned for October and early November. Winners will compete in state finals. If you are interested in participating, Please contact Julie Castillo at calif.wool@gmail.com for additional questions.
- **State 4-H Record Books**, please check with your county 4-H office to verify the date of submission for record books in your county. County offices will submit their county record books to the State 4-H office by **November 6**, 2009. You may visit: <http://www.ca4h.org/4hresource/ir/recordbook/competition.asp> or email Quang Tong at qtong@ucdavis.edu for additional 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:

Denise Harris, Editor
4-H Office
2156 Sierra Way, Suite C
San Luis Obispo, CA 93401
(805) 781-5943 / dharris@co.slo.ca.us

A handwritten signature in black ink, appearing to read 'Richard P. Enfield'.

Richard P. Enfield,
4-H Youth Development Advisor

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No endorsement of named products and/or companies is intended, nor is criticism implied of similar products and/or companies which are not mentioned. Persons with special needs wishing to attend a program should contact the 4-H Office in advance. Efforts will be made to accommodate your special needs.

~ MEMBER OPPORTUNITIES ~

THE POWER OF THE *Wind*

A unique training opportunity

October 23-24, 2009

“You observe wind speed affecting flags and trees and other objects around you, and you know that when the wind is blowing hard, tree branches move more and flags extend. Are you aware that one wind turbine can provide enough energy for about 300 homes? How many youth know that you can harness the wind to design, create, build, and test a wind powered device?”

San Luis Obispo County is excited to have been chosen to host a 2-day training workshop, ***The Power of the Wind***, an intensive, interactive and activities-filled exploration of wind and its uses. 4-H volunteers and teen members are encouraged to take advantage of this fantastic opportunity to experience the newest addition to the National 4-H Curriculum Collection—***The Power of the Wind***—and learn how to facilitate a project at your club or assist with a countywide project. Each attendee will receive either a *The Power of Wind Facilitator's Guide* or a *Power of the Wind Youth Guide*.



Workshop Facilitators: Cynthia Barnett, Ph.D., 4-H Youth Development Advisor for San Bernardino County and Keith C. Nathaniel, Ed.D., 4-H Youth Development Advisor for Los Angeles County.

Location: UCCE Auditorium at 2156 Sierra Way, SLO

Date: October 23 and 24, 2009

Time: Friday 9a-5p; Saturday 9a-4p (*early dismissal upon completion*)

RSVP or Questions: by Friday, **October 9, 2009** to the 4-H office at 781-5943

Lunch: Provided both days



Learn more about the ***Power of Wind*** at <http://projects.4-hcurriculum.org/curriculum/wind/>



~ VOLUNTEER OPPORTUNITIES ~

SLO County 4-H YDP Management Board Open Positions



We are currently recruiting for two positions on the 4-H Youth Development Management Board: **Fundraising Director** and **Section Council Delegate**. The purpose of the 4-H Management Board is to oversee the management aspects of the San Luis Obispo County 4-H Youth Development Program. Oversight includes policy making and implementation, as well as management responsibilities in the areas of awards, finances, fundraising, leader complaints, liaison with fairs, liaison with regional and local councils, and visibility. The members of the board work closely with one another and with the 4-H Youth Development Advisor.



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. This is an interesting position which provides many opportunities to meet and work with representatives of the 4-H Program throughout California.



If you are interested in applying for one of these positions on the **4-H Management Board** or if you have any questions, we look forward to talking with you. Please call the 4-H office at 781-5943.

SLO County 4-H YDP Management Board Members

Leslie Rebik, Board Director
Shawn Callaway, Past Board Director
Ken Dewar, Assistant Board Director
JoAnn Overbey, Awards Director
Victoria Weatherly-Nilsen, Treasurer
Evelyn Ruscki, Visibility Director
Deanna Teixeira, Secretary
All Star Members
Collegiate 4-H Representative

~ MEMBER OPPORTUNITIES ~

National Youth Science Day is October 7, 2009

Make your own Biofuel!

Test your science skills in the **2009 4-H National Youth Science Experiment - "Biofuel Blast"!!** 4-H members will experience firsthand how the biofuel ethanol is produced, build skills in designing science experiments and taking measurements, and be able to share results online with fellow young scientists.

Renewable energy sources like biofuels are constantly making headlines in the news today. At 4-H, we encourage the youth of today to become our nation's future leaders. And, as such, it's vital for youth to understand and engage in the important environmental issues our global community faces together, and the opportunities available for a greener tomorrow.

If you or your club would like to learn more about the *National Youth Science Day* experiment go to https://www.4-h.org/NYSD/the_experiment.php. To order a "Biofuel Blast" kit go to https://www.4-h.org/NYSD/the_experiment_mall_kit.php. Each kit provides enough experiment material for five youth to work independently, or up to 15 youth working in small groups, and includes an experiment facilitator's guide and five youth guides, individual packets of yeast, coupons for free bottles of corn syrup, funnels and 4-H branded balloons. (The price of the kit is \$20, but thanks to in-kind donations from Fleischmann's Yeast and Karo Corn Syrup the first 500 kits are \$15!)



ACT NOW—FIVE FREE KITS AVAILABLE!! The 4-H Science, Engineering & Technology (SET) Committee has purchased five (5) kits for our county. If your club would like one of these FREE kits, be one of the first five to send a letter to the 4-H SET Committee (by way of the 4-H office) telling about your plans to conduct the experiment with your club or project members!

National 4-H Week

October 4-10, 2009

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!

~ VOLUNTEER OPPORTUNITIES ~

On the lookout for VOLUNTEERS

We're on the lookout for a "few good volunteers" to organize our countywide

4-H Field Day and **Chicken-Q** event next year!!

The "jobs" of **Event Chair** and **Operations Manager** are busy ones, but they come with many perks; like working alongside your fellow volunteers-and there are *MANY*-who make the day such fun and a great success. (You'll also have lots of help and support from 4-H staff along the way too.)

Planning starts early, usually in January...so, how about it? Would you like to try your hand at organizing **4-H Field Day** and **Chicken-Q** in **2010**? If so, we'd love to talk with you or answer any questions you may have. Just call the 4-H office at 781-5943. We hope to hear from *you* soon!!



DO YOU SHOP at ALBERTSONS?

Would you like to help support 4-H by Registering your Albertsons Card on their Community Partners website? Here's how:

Go to www.albertsons.com/cp

Click on: Shoppers: Login or register with your Preferred Savings Card
Enter your Preferred Savings Card # and Phone #

Then it will ask you to enter the Partner ID #: Enter this #: **49001022670**

If you have any problems, contact Albertsons Customer Service Center at 1-800-696-6419. As you shop and have your card scanned at the check-out register you will be helping out the San Luis Obispo County 4-H Youth Development Program. Each Quarter we will receive a percentage of the shopper's receipts up to \$250 = 1%, up to \$400 = 2%, up to \$500 = 3%, greater than \$500 = 4%.

~ MEMBER OPPORTUNITIES ~

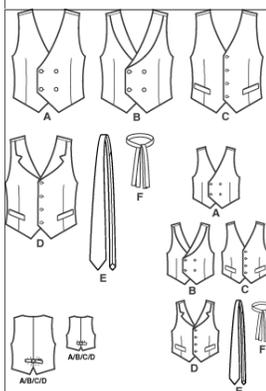
The President's Volunteer Service Awards

The President's Volunteer Service Awards are part of a nation-wide program that recognizes youth, adults, and groups 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 2009-2010. 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 2009-2010 program year are available online at SLOCOUNTY4H.ORG under the subheading "Applications". They will also be available at Achievement Night on October 3rd, and in the 4-H office (781-5943). For more information, contact Community Service Key Leader Karen Ludwig at 466-1216, or visit www.presidentialserviceawards.gov.

New Addition for 2010 Fashion Revue



New for 2010, the SLO County Fashion Revue will also include the State Challenge Pattern category! All you have to do is use the required pattern, **Simplicity #4762**, and make yourself a one of a kind vest. Anything goes as long as you start with the required pattern.

Winners in each age division of this category will be eligible to move on to the California State Fashion Revue! So let your imagination run wild with the possibilities, and we will see you in your vest at **Fun with Food and Arts and Fashion Revue on April 24, 2010.**



More information will be included in the Fun with Food and Arts and Fashion Revue packet, which will be distributed to Club Community Leaders and Sewing Project Leaders in February.

For more information about the new category, contact Home Ec Committee member and Needle Arts Chair Maria Andrus at 805-238-0604.

The **California International Exchange Program** will offer **outbound programs** to Australia, Costa Rica, and Japan during the summer of 2010. Applications will be accepted until **January 15, 2010**. An interview with the California 4-H International Exchange Coordinator, Pat English, is required. For more information contact Pat English at: pnenglish@ucdavis.edu or 530-754-8520.

~ MEMBER OPPORTUNITIES ~

CALIFORNIA FOCUS 2010

Hi! My name is Sigrid Derickson and I am a member of the Rio Rancheros 4-H in Atascadero. I am putting a "4-H call out" for any 4-H members in SLO county who might be interested in attending the California Focus Conference, held in Sacramento during the last week of June 2010. I am asking for anyone who is interested now, because there is a lot of preparation that needs to be done beforehand. I am planning on going and I hope you will consider going too! Note: The fee for the 2009 California Focus was \$495.

For More Information: **Go online to www.ca4h.org/citizenship/focus/**

The application deadline for California Focus is in January! My mom (Sara) and older sister went two years ago so if you have any questions you can call her at 466-0094.

Dates have been set for the **2010 Citizenship Focus Program.**

Come participate in hands-on programs that bring government and policy issues to life and help you get involved in your own community.

California Focus June 25-29, 2010 <http://www.ca4h.org/citizenship/focus/>

Washington Focus I

Road to Democracy, June 27-July 5, 2010

Heritage Trail, I June 27-July 3, 2010

Washington Focus II

Global Journey, July 11-21, 2010

Heritage Trail II, July 11-17, 2010

<http://www.ca4h.org/citizenship/dcfocus/>



For more information, contact Pat English at the State 4-H office at pnenglish@ucdavis.edu or phone (530) 754-8520.

County Record Book Judging Day

What can I say! What an amazing sight to see 35 leaders and parents show up to judge County Record Books on Saturday August 22nd. It has been years since we have had a turnout like this and it encourages me that so many of you are getting involved and have a desire to learn more, so you can take all that valuable knowledge back to your 4-H club.

For those of you who attended and participated for the first time, I'm sure you came away from the day with a whole new perspective of all the time the members, leaders and parents put into the entire process of Record Books – from beginning to end!

Many thanks to each and every one of you for giving up your Saturday to participate in this annual event!

I hope your enthusiasm will continue, both at the club level and the county level.

Thank you,

JoAnn Overbey

JoAnn Overbey
Awards Director



"Calling All Cavy Cronies"

The Small Animal Science Program Development Board is looking for adult and youth representatives for the Cavy Project! Cavies, commonly known as guinea pigs, are a great 4-H project for members of all ages. Similar to rabbits, cavies are judged on breed standards and members can also participate in cavy showmanship. If you are interested in participating in, or leading a cavy project in SLO County, please call Small Animal Science Key Leader Amanda Clark at 466-7214. Educational materials are available free of cost through the 4-H office.



~ 4-H NEWS ~

Santa Margarita 4-H: Alexis Aguirre of Santa Margarita 4-H will be competing at the **NATIONAL JUNIOR HORTICULTURE ASSOCIATION CONVENTION** next month in Harrisburg, Pennsylvania. Alexis placed 4th in the 4-H State Horticulture Contest held earlier this year at the State 4-H Field Day, securing her spot as one of four delegates to make up the California State 4-H Horticulture Team.

The team will be tested on plant physiology and general plant identification including seeds, leaves and flower petal arrangements.

She will be the first person on the 4-H State Team to represent San Luis Obispo County. Those wishing to make a donation, to help offset the cost of her trip, may do so by mailing a check payable to Santa Margarita 4-H and send it to the 4-H Office, 2156 Sierra Way, # C, San Luis Obispo, CA 93401. Sixteen year old Alexis is the current President of the Santa Margarita 4-H.

Submitted by: Mikaela Jensen, Reporter, Santa Margarita 4-H

Santa Margarita 4-H club started another exciting year off on September 15, 2009. The members were treated to delicious ice cream sundaes. The officers for 2009-2010 were announced: Alexis Aguirre is the new President. Vice President is Isabelle West. The Secretary is Anthony Aguirre. David Aguirre is Treasurer. Mikaela Jensen is Reporter. Communications Officer is Amaya Dempsey. Genevieve Aguirre is Sargent of Arms. Haley Ruggles is Snack Officer. Kerrigan Jensen is Sunshine Officer. Many exciting projects will be offered this year including swine, knitting, sheep, dairy goat, poultry, leadership development, community service and gardening. Anyone wanting to join 4-H can do so by calling the 4-H office at 781-5943. Submitted by: Mikaela Jensen, Reporter, Santa Margarita 4-H

The 4th Annual Central Coast Great Pumpkin Contest is almost here!
Thursday, October 15th at 3 – 7 pm
Mission Plaza, Downtown San Luis Obispo

Are you growing a GIANT pumpkin?
Enter our Heaviest 4-H Pumpkin Category and win \$250 from Kellogg's Garden Products!
Other categories include: heaviest overall pumpkin, most beautiful or most unusual.
Over \$3000 in cash and prizes

We will have a pumpkin activity center which will included photo opportunities of "hopping-in" a giant pumpkin and beautiful pumpkins. There will be a coloring contest and a "Guess the Weight" contest.

We are bringing agriculture downtown and we want you, your family and friends to be a part of the fun!

Go to www.farmsupplycompany.com for more information or call Cara Crye at Farm Supply at (805) 543-3751.

The Fourth Annual Central Coast GREAT PUMPKIN CONTEST
Mission Plaza • Downtown Farmers' Market • San Luis Obispo
Thursday, October 15, 2009 3 p.m. - 7 p.m.

**Most Beautiful
Heaviest
Most Unusual
& More!**

More than \$3,000 in cash and prizes for heaviest pumpkin, heaviest 4-H pumpkin and heaviest FFA pumpkin grown on the Central Coast. Prizes also awarded for most beautiful and most unusual pumpkin.

To enter your large pumpkin or to get more information, visit www.farmsupplycompany.org or call (805) 543-3751.

Logos at the bottom include: Guinness, Farm Credit West, Campus Castuera, Farm Supply Company, BIC, and others.

~ CALENDAR UPDATES ~

SAVE THE DATE
Fun with Food & Arts
And
Fashion Revue
scheduled for
Sat., April 24, 2010
at Laguna Middle
School, San Luis Obispo

Please make a special note of the date in your calendar because, by popular request, the event has been rescheduled from its May date to the **last Saturday in April**.

SAVE THE DATE
Asset Development
Conference
January 28, 2010
Embassy Suites Hotel

More details to follow in future newsletters.

Mark your calendars now for
**4-H ACHIEVEMENT
NIGHT 2009!**
4-H ACHIEVEMENT NIGHT
Saturday, October 3, 2009 at 7:00 p.m.
Veteran's Hall, 801 Grand Ave., SLO

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SLO County 4-H YDP Newsletters are assembled each month by the Silver Streaks of the San Luis Obispo Senior Center.

SLO County 4-H Youth Development Program Calendar 2009

OCTOBER 2009

- 3** 4-H Achievement Night, 7:00 p.m. Vets Hall, 801 Grand Ave., San Luis Obispo
- 4-10** National 4-H Week
- 7** National Youth Science Day
- 9** RSVP Due: The Power of the Wind Workshop
- 21** RSVP Due for: Jr./Teen Leader and Officers Workshop
- 23-24** The Power of the Wind Workshop
UC Auditorium, SLO
- 25** Jr./Teen Leader & Officers Workshop
Vets Hall, 801 Grand Ave., SLO, 93401
10:00 a.m.— 2:00 p.m.

NOVEMBER 2009

- 6-8** State 4-H Leader's Forum, Asilomar, CA

JANUARY 2010

- 28** Asset Development Conference
Embassy Suites Hotel, SLO

APRIL 2010

- 24** Fun with Food & Arts and Fashion Revue
Laguna Middle School, San Luis Obispo