UPDATE: CHANGED TO A 1-DAY TRAINING

TRAINING OPPORTUNITY for ADULTS and YOUTH:
“EXPLORING YOUR ENVIRONMENT”
Saturday, November 19, 2011, 10:00a-4:00p

Please take note! The training for “Exploring Your Environment” has been changed from a two day to a 1-day event. This is great news, as it will now easier for people with busy schedules to attend. If you’re currently a project leader, a family member who’s considering leading a project, or a 4-H member who would like to be a Junior or Teen Leader for a project, then this training event for “Exploring Your Environment” is for you!

On Saturday, November 19, 2011, from 10a-4p, Drs. Cynthia Barnett and Keith Nathaniel, 4-H Youth Develop Advisors for San Bernardino and Los Angeles counties, respectively, will provide a “train-the-trainer” event in our area. The curriculum topic is “Exploring Your Environment.” This is new curriculum designed for middle school aged youth to learn about the environment. Each section of the curriculum focuses on an environmental question or issue and has a corresponding activity that allows you to jump right into real-world issues that affect your life. The Earth’s Capacity curriculum guide focuses on environmental stewardship and issues such as transportation choices, waste management, composting, recycling, and natural resources, and the Ecosystems Service curriculum guide provides youth the opportunity to engage in hands-on activities that focus on our ecosystems, climate change, life cycles, ecological footprints, and living a sustainable life.

The event will be held in Santa Maria so members of the Santa Barbara County 4-H Program can take advantage of this training opportunity as well. Details below:

Saturday, November 19, 2011
10:00 a.m. to 4:00 p.m. (LUNCH PROVIDED)
Ralph Dunlap School (Auditorium)
1220 Oak Knoll Road
Santa Maria, CA  93455

To RSVP, please call the 4-H office at 781-5943 or email chansen@co.slo.ca.us by November 11, 2011.
The State 4-H Fashion Revue committee announces categories and service projects for 2012! Entry categories returning from 2011 will be Traditional, Consumer Science Purchased (with $100 limit), and Wearable Art-Embellished. The Recycled category will not be offered at State Fashion Revue for 2012; counties may choose to include it at local events only. The $15 Challenge was so popular in 2011, it will become the $19.99 Challenge for 2012. It has the same rules (shoes and sales tax don’t count, receipts required) but the limit is increased to $19.99 to allow more creativity. We are adding a second challenge, called the Bag Up Fashion Challenge. Sew a tote bag from Simplicity #7161, view A only, and model it with a garment or garments that coordinate with the tote bag. SFR will be coordinating two service projects. The Quilts for Wounded Warriors is returning because the American Legion needs more quilts. Statewide, 4-H created sixty quilts in 2011 and we look forward to even more in 2012. Our second service activity is the Million Pillowcase Project, for handmade or decorated pillowcases. If you, your project, or your county would like more information about SFR, these categories and service projects, or would like to join our committee, please visit our website at http://www.ca4h.org/Programs/Events/SFR/.

The dates for the 2012 Citizenship Focus Program have been set:

California Focus – June 15-19, 2012

Washington Focus #1
Heritage Trail I – June 24-30, 2012
Road to Democracy – June 24-July 2, 2012

Washington Focus #2
Heritage Trail I – July 8-14, 2012
Global Journey – July 8-17, 2012

Meet 4-H’ers from across California while you expand your life skills and learn more about your community and state. An information packet will arrive in your county 4-H office by mid-October or information is available now on the web at: http://www.ca4h.org/Projects/Citizenship/Focus/. Registrations are due January 16.

For questions contact Pat English at pnenglish@ucdavis.edu or 530-754-8520.
4-H All-Stars appear before the County Board of Supervisors!

The 2011-2012 4-H All-Stars began their year with a great start! On Tuesday, October 4th, they traveled to the San Luis Obispo Government Center to attend the County Board of Supervisors meeting. The five All-Stars, representing the 1,400 members county-wide, succeeded in their purpose: to see the 4-H flag fly in front of the Government Center during National 4-H Week. In addition, the Supervisors bestowed a Resolution in commemorating National 4-H Week! The All-Stars were honored to represent so many 4-Hers throughout the county and express their enthusiasm about 4-H. The Board of Supervisors received us with warmth and friendliness showing their experience with 4-H. Their gratitude overflowed thanking all the 4-H members, and their parents, who give their time to create a greater community for everyone. Our 4-H All-Stars are very excited for future events in serving the county!

Submitted by the 2011-12 4-H All-Stars

2011-2012 All Stars pictured in front of the San Luis Obispo County Board of Supervisors:

(Left to Right)
Jack Moore, El Camino 4-H
Mary Allen, Edna 4-H
Sierra Bryant, Templeton 4-H
Morgan Hartig, Los Osos 4-H
Graceanne Garza, El Camino 4-H

You Can Hear Me on the Radio!

By Raegan Lomanto

It was the kick-off for National 4-H Week and Ranchita Canyon 4-H got to talk all about 4-H on "Sound Off with Dick Mason" on our local radio station, KPRL. Nicole and Brittany Ellart, Maureen Mae Pushea, Michelle and Omar McPherson, Chassey and Riley Coehlo, Sammie Anderson, and Rorie and Raegan Lomanto all got a chance tell how awesome 4-H is! Dick asked us all about the projects we are in, how long we’ve been in 4-H, and what we like most about 4-H. Jennifer Kranich, our Community Club Leader also got to talk. As well as our Co-Community Leader, Sarah Lomanto. These lovely ladies talked about what projects our club has to offer and when our meetings are held. We told Dick and our audience that 4-H is a lot of work but, as Reba McEntire would say, “You can hear us on the radio!”
4-H NEWS

4-H COUNTY ACHIEVEMENT NIGHT RECognition

JoAnn Overbey, Awards Director for San Luis Obispo County 4-H Youth Development Program and the 2010-2011 All Stars would also like to recognize the following 4-H members for their 2010-2011 Achievements on their Record Books and Reporters Books. Not Pictured is: Rhett Varian, Parkfield 4-H was awarded his medal for Market Beef.

April Rose, Templeton 4-H Gold Reporters Book

Paige Autry, Ranchita Canyon 4-H Market Sheep Medal

Alexis Whiteford, Pozo 4-H Gold Reporters Book

2010-2011 All Stars

Kristina Gonzales, Pozo 4-H Gold Reporters Book

2012 Teen Involvement Conference (TIC)
“TIC 2012: Leadership Island”
January 20-22, 2012
Pathfinder Ranch, Mountain Center, CA
Ages 13-19 as of 1/1/12

The 2012 Teen Involvement Conference, also known as TIC, is a three day event where 4-H youth from Southern California meet to learn about the 4-H program, leadership, citizenship, life skills, and so much more. 4-H members who attend this conference will have an opportunity to interact with other teens and adults from nine counties in the South Section.

The cost is $110 per person when you register by December 11, 2011. Registrations will be accepted through January 7, 2012 for $120/person, and up to January 20 for $150/person. For more information, visit http://www.ca4h.org/Resources/Volunteers/Councils/Sectional/South/Teen_Involvement_Conference/
ATTENTION 4-H DOG LEADERS – IMPORTANT OBEDIENCE CHANGE!

I recently contacted all registered Dog Leaders regarding a proposal to change the Stand for Exam to a Sit for Exam in the Sub-Novice Obedience classes. If you did not receive a phone call or email from me, then you are not registered with the 4-H Office. It is important that you get in contact with me regarding this proposal. Please either email me (aussieluv@earthlink.net) or call me 438-5851 to discuss this possible change. Thank you, Christy Friedmann.

Local 4-H Youth are Winners at NJHA Nationals!

The California 4-H Horticulture Team placed 3rd in plant competition at the 2011 NJHA (National Junior Horticulture Association) Convention held in San Diego on October 8. Isabelle West from Santa Margarita 4-H, represented California on a team of four youths. She qualified to be on the team at State Field Day by placing among the top four contenders in plant identification, judging and knowledge. At Nationals, she placed 7th individually. The California 4-H team won the State Display Contest, for not only their poster board about California fun facts with food samples, handouts, and brochures, but an outstanding presentation on agriculture.

Anthony Aguirre also of Santa Margarita 4-H went back to compete in the Honors Division of the competition. Two other California 4-H’ers placed 1st and 2nd in this Division, wherein Aguirre placed 3rd. Also, Aguirre teamed with 3 veteran California 4-H’ers, tested their knowledge, and won the Horticulture Connections (Jeopardy) contest.

The 4-H Team and two Honors individuals received an award for their skit of “The Pirates Who Don’t Do Anything”. Finally, the energetic and spirited California delegates acquired the coveted traveling Spirit Stick award. The other delegates from around California won high awards for speeches and essays. It was an amazing time for the nine 4-H delegates from California!

Youths competed in the three sections of the plant competition. First was plant identification where had to know the, leaves, seeds, fruit, and root/tubers of 180 plants. Next was judging sets of four plants from best to worst. Finally a horticulture exam tested the contestants’ knowledge of plant science with 80 questions.

Over 209 attendees from multiple states attended the 77th anniversary of the NJHA convention. The convention included many contests such as speech, photography, demonstrations, horticulture experiments, horticulture identification, and essay contests. The attendees toured the San Diego Zoo, an aircraft carrier, and a botanical garden.

Grant Snyder founded NJHA in 1934 and since then, there have been annual conventions held to educate youth about horticulture, related careers, and leadership. The 2012 convention will be held in Wisconsin Dells, WI. If you are interested in being involved and to learn more about NJHA, please visit the website at www.njha.org.

California delegates with Awards: Isabelle (third from left); and Anthony (third from right)

Submitted by Anthony Aguirre, Santa Margarita 4-H
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

Asst. Board Director AND Fundraising Director NEEDED

The 4-H Youth Development Management Board is searching for two individuals to fill open positions on the board: **Asst. Board Director** and **Fundraising Director**.

The Asst. Board Director is responsible for the duties of the director in his/her absence, serves as the initial board member to handle leader complaints and, if needed, organizes an Ad-Hoc committee to address the complaint, and recruits and coordinates regional council representatives. This position also serves as the liaison with the 4-H Program Development Board.

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.

If you would be interested in applying for either position, or if you have any questions, 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, Asst. Board Director
Fundraising Director (until filled)
JoAnn Overbey, Awards Director and All Star Advisor
Victoria Weatherly-Nilsen, Treasurer
Evelyn Ruscki, Visibility Director
Debbie Geaslen, Secretary
Jody Birks, Section Council Delegate
4-H All Star Members
Collegiate 4-H Representative
4-H Offers National Youth Science Experiment at Great AGventure!
by Heather Dauer, 4-H SLO Scientist Project Coordinator

A soggy-becoming-sunny Wednesday morning, October 5th, turned out to be quite an adventure... in fact, the Great AGventure at the Paso Robles Event Center... for over 1,200 4th grade students from around the county. Volunteers from our local farm community were on hand to share their expertise with students by providing demonstrations in a variety of agriculturally related fields.

This year’s National Youth Science Experiment is “Wired for Wind,” and groups of students had the opportunity to actually participate in hands-on science activities as part of this very special project organized and implemented by 4-H Science, Engineering and Technology (SET) Key Leader, Brian Aunger, 4-H SLO Scientist Facilitator John McCabe, and volunteer, Cindy Wood. In the experiment, various sizes and numbers of wind turbine blades were used and the experiments were conducted by measuring the time it takes for each design to lift the same weight, the same height with the same “breeze” from large fans. Another aspect of the experiment was to see how much electrical power can be extracted from the same breeze with different wind turbine blade designs. The children were invited to develop a hypothesis to decide what would happen during wind turbine blade testing.

Presented to the children were fascinating videos of actual farms and other facilities which use wind turbines including photos taken by SLO Scientist Facilitator, Lauren Brown; the children learned that farmers and ranchers have been using windmills to harness wind for centuries. AND all of this was completed in a matter of 20 minutes with five groups of 30-45 children, for a total of almost 200 students who had the opportunity to participate! They were encouraged to engineer, refine and experiment with their own wind turbine blade designs at home or at school. Teachers were given information to continue to develop wind turbine designs using engineering steps from the experiment “Wired for Wind” in the classroom. The experiment is also a part of the 4-H SLO Scientist Program curriculum, “Power of the Wind.”

What a terrific way to introduce students to the wonders of wind turbines on this amazing day... all coordinated around the 4-H National Youth Science Day Experiment and the Great AGventure! You can even keep track of the wind and weather in San Luis Obispo County with these websites, offered by 4-H S.E.T. Key Leader, Brian Aunger:

Wind field displays:

Wx Underground
http://www.wunderground.com/wundermap/?lat=35.22098&lon=-120.63482&zoom=10&type=ter&units=english&rad=1&rad.num=1&rad.spd=25&rad.opa=70&rad.stm=0&rad.type=NOR&rad.sm=1&rad.mrg=0&wxsn=1&wxsn.mode=tw&svr=0&cams=0&sat=0&mm=0&hur=0&fire=0&tor=0&ndfd=0&pix=0

The Power of the Wind

By Alexis Whiteford

Don’t you love the wind blowing across your face on a hot day as you ride your bike down the road? Have you ever felt like the wind is blowing straight through you on a cold winter day? While we feel the effects of wind every day, we don’t always think about the power of the wind. Wind is an incredible source of energy and students in the 4-H SLO Scientist class are learning just that. The classes are being held at Atascadero Unified School Home School Program located at Santa Margarita Elementary School. This class is taught by Mr. John McCabe in conjunction with the National 4-H Project that took place on October 5th.

Over a five class series the students are learning various ways wind is used to work and make power. During the first class, the students paired up to make sail boats. Each group designed and built their boat using information they learned and then they put them to the test. A fan demonstrated the wind and the students were able to see how far and how fast their “boats” would sail.

The next class taught how wind mills used energy to create lift. Students saw how a wind mill can lift weight off the ground. Students made pinwheels to demonstrate this. They will test their pinwheels to see how much weight they can lift at the next meeting.

In future classes the students will learn how wind makes power with turbines. The next time you feel the wind across your face, remember the power in it!

For more information, contact the 4-H office SLO SCIENTIST Coordinator, Heather Dauer at (805) 781-5944.
Countywide ENGINEERING Project
Offered by Santa Margarita 4-H Club:

3 R’s Engineering Project:
Rockets, Robots, and Radios!

This project will consist of three, two hour meetings:

1/7/12 – ROCKETS (build and launch Estes rockets)
   Location: 8735 San Rafael Rd, Atascadero
   Time: 3:00–5:00 p.m.
   Cost: Please bring $8.00 for rocket materials

2/24/12 – ROBOTS (program and compete with small robots)
   Location: Cal Poly Electrical Engineering Department, Bldg. 20A-200
   Time: 5:30–7:30 p.m.
   Cost: Please bring $5.00 for pizza

3/16/12 – RADIOS (learn about and build radios)
   Location: Cal Poly Electrical Engineering Department, Bldg. 20A-200
   Time: 5:30–7:30 p.m.
   Cost: Please bring $5.00 for pizza

To join this project, please contact: Dennis Derickson, 4-H Project Leader, at ddericks@calpoly.edu

The Annual Wagon Train
By Raegan Lomanto, Ranchita Canyon 4-H

Every year in October, a huge “wagon train” parades all over Downtown Paso Robles to show off Paso Robles’ history, during the Pioneer Day festivities. Ranchita Canyon 4-H Club put together a float that helped people remember the 4-H Pledge: “I pledge my HEAD to clearer thinking, my HEART to greater loyalty, my HANDS to larger service, and my HEALTH to better living for my club, my community, my country and my world.” We made 4 signs that were held by Chassey Coelho, Riley Coelho, Raegan Lomanto, and Omar McPherson. Each sign had one of the H’s from the 4-H Pledge on it. It was fun seeing people along the parade route saying the pledge with us. Join the “wagon train” next year for more 4-H fun!
4-H SLO SCIENTIST PROGRAM

IT CAME FROM PLANTED EARTH!

We all enjoy food, but where does it come from?

SCIENCE WITH SNAILS

You are the chief investigator in the world of snails.

BECOME A
4-H SLO SCIENTIST VOLUNTEER FACILITATOR!

San Luis Obispo County 4-H SLO Scientist Youth/Adult Science Clubs are looking for adult volunteers and teen leaders to help facilitate hands-on science activities for their enthusiastic members. This is a great opportunity to become involved with children and adults in the community!

♦ The SLO Scientist Club is made up of seven to ten teams
♦ Meets two evenings a month
♦ Explores such topics as earthquakes, soil and water, chemical reactions, food and plant science
♦ Materials are provided
♦ You don't need to be an expert in the field of scientific topics
♦ Training sessions offered in San Luis Obispo

Chemicals Are Us

Discover how chemicals are used in our everyday lives with experiments that will stir your imagination!

Beyond Duck, Cover & Hold

You will shake, rattle, and roll as you explore earthquakes, seismic waves, and seismograms.

From Ridges to Rivers: Watershed Explorations

Where does water come from? Where does it go?
# 4-H SLO SCIENTISTS PROGRAM

4-H members can participate in any or all of the 4-H SLO Scientists sessions offered in SLO County and receive PROJECT CREDIT for each session—in addition to club-based projects! The cost is only a $5.00 materials fee. Each session meets approximately 6 times.

To JOIN a session, call Heather Dauer, 4-H SLO Scientists Project Coordinator, at 781-5944.

### Winter / Spring 2012 Session Schedule

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<th>SESSON TOPIC</th>
<th>WHERE</th>
<th>WHEN</th>
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| CHEMICALS R US *(SLO Scientists I)*  
Discover how chemicals are used in our everyday lives with experiments that will stir your imagination and keep you wondering what’s next! | San Luis Obispo  
UCCE Conf. Rm.  
2156 Sierra Way | Begins January 30  
Alternate Mondays 7:00-8:30pm |
| FROM RIDGES TO RIVERS: WATERSHED EXPLORATIONS *(SLO Scientists I)*  
Where does water come from? Where does it go? Go with the flow in activities that splash you with great ideas and fun! | Santa Margarita  
Santa Margarita School, Rm. 8 | Begins late January  
Alternate Mondays 10:00am-12:00noon |
| POWER OF THE WIND *(SLO Scientists I or II--TBD)*  
Explore how we use wind and how geography and community influence wind power projects. Harness your wind-inspired creativity. With hands-on learning, gain a deeper understanding of SET behind wind energy production. | Los Osos  
Monarch Grove School Science Lab | Begins March  
Days TBD, 7:00-8:30pm |
| OAK WOODLAND WILDLIFE *(SLO Scientists I)*  
(in conjunction with the Learning Among the Oaks program)  
Explore trees and forests through activities from this important natural resource. | Santa Margarita  
Oak Woodlands, adjacent to Santa Margarita School | Begins November 17 (then skips December, then monthly meetings after school Jan thru May |
| ROBOTICS *(SLO Scientists II)*  
Learn basic physical science concepts related to robotic systems, engineering design process and technology tools used for learning and building robots. | San Luis Obispo  
UCCE Conf. Rm.  
2156 Sierra Way | Begins January, alternate Wednesdays, 7:00-8:30pm |
2011 Toys-4-Tots Campaign begins!

Hi, it’s Jesse-Ray Morring reporting in from the front lines of the 2011 Toys-4-Tots collection kick off meeting! I’m the Toys-4-Tots 4-H Ambassador, and I need your help to make this a great year!

The United States Marine Corps Toys-4-Tots Collection drive for San Luis Obispo County had its kick off meeting Sunday, October 9th at 1:30pm. We met at John and Barbara Wolcot’s house in SLO to discuss the routes and dates for this year’s toy collection. John and Barbara Wolcot have worked for years as Executive Directors for the Toys-4-Tots, California Central Coast division. It’s their job to coordinate collections in our County, each year. Volunteers who distribute boxes, money collectors, and pick up and deliver toys meet, with them to make sure things run smoothly so hundreds of kids in our county have a very, Merry Christmas.

Toys-4-Tots began in 1947, when a group of Marine Corps reservists, banded together and collected 5,000 toys for local kids that had none. The logo for Toys-4-Tots was designed as a donation by the Walt Disney Studios in 1948.

As of 2010, the Toys-4-Tots program had collected and delivered over five hundred million toys!

We will have a collection box in the 4-H County Headquarters office. All toys collected go to various locations in our county and end up helping kids everywhere. All toys collected in SLO County are given to kids in SLO County. When the need is filled, they go where they’re needed.

Please bring all 4-H Toys-4-Tots donations to our box at the County 4-H Office. If you can’t get them there – call (805) 781-5943 and we’ll arrange for pick up. We want to make a 4-H county-wide effort to show how many toys our clubs bring in. Together, our clubs can show what a 4-H outpouring can do.

Have each club member donate one new toy, with a value of $10 to a club meeting before December 20th (The toys can be on sale, just be valued at $10 originally). Then when your club collection is finished, call for pick-up, or take them to the 4-H office!!

We will keep you all posted on our efforts and our final count!

We will have Special Recognition for clubs with the largest, per ratio to club size, donations received!

Ready, set, go get those toys!!
Countywide Pop-Top Collection Shifts into High Gear!

As 2011 comes to an end, our 2011 Pop-A-Top for Ronald McDonald House of Central California does too.

This year our sponsorship of the Pop-Top Collection has a generous matching donor. That means that every donation we make, say 100 pounds of pop-tops, becomes 200 pounds!

These pop-tops, and the money made from them go directly to the Ronald McDonald House of Central California, right next door to the Children's Hospital of Central California. Every penny goes to provide rooms and care for the families whose children are in the hospital.

Take a side trip one day. Drive up Hwy 41 to Fresno and go to Children's Hospital Blvd. (Not too far from Yosemite, drop by on your way there!) Stop in and say hello to the dozens of volunteers that help out at Ronald McDonald House! You can see what our pop-tops can do!!

Please, please collect all Pop-Tops and drop them off at the 4-H office or call Pam Morring at (805) 286-8505, and make your donations count!!

Popping a Top for Ronald McDonald House is fun Community Service and it's the right thing to do!!

Thank-You,
Jesse-Ray Morring
Canyon Country 4-H
Community Service Jr. Leader
Los Alegres 4-H Club is already off to an exciting and busy year. Our officers for the new 4-H year are: Sara Fellbaum as President, Luke Cavanillas as Vice President, Jayme Moreno as Secretary and Reporter, KC Cavanillas as Treasurer, and Hailey Bixler as Sergeant at Arms. Our General Meetings are held every 2nd Monday of the month at St. Barnabas Church in Arroyo Grande at 6:30 p.m. So far we have had a Hot Dog Fundraiser at the Arroyo Grande Miner’s. We participated in the Arroyo Grande Harvest Festival with a booth that sold cotton candy and drinks, and we are already collecting canned foods for Holiday Baskets. Submitted by: Jayme Moreno

Estrella Celebrates National 4-H Week

For the second year in a row, Estrella 4-H has celebrated the end of National 4-H week by having a float in the Pioneer Day Parade in Paso Robles. We incorporated only a few of our many projects on the float including Science, Photography and Sewing. We wanted to stress that 4-H is NOT just about raising animals but that 4-H is about learning and developing skills that we want to develop. Also, Estrella was joined by Heaven Can Wait, a horse rescue facility where our members volunteer frequently. We all had a great time. We look forward to participating again next year and to being a part of Heaven Can Wait’s Christmas parade float. Submitted by Sydney Vinther, Estrella Club President

On Tuesday, October 4th, Cambria 4-H Members Tara Covell, Holly McHaffie and I attended the “Road to Recovery” Spaghetti dinner at the Cavalier Restaurant banquet room in San Simeon. We led the Flag Salute and served dessert to about 180 veterans. We met Mike Thomas, a 28 year old retired Army Veteran. He was very nice to talk to and happy about the placemats that the Cambria Grammar School students made. Submitted by: Monir Boutros, Cambria 4-H Reporter

On Saturday, September 17th, 4-H Members helped the community on National Beach Cleanup Day at the San Simeon Pier. With 23 pounds of trash (including shoes, cigarettes, etc) and 5 pounds of recycling (including bottles, cans and styrofoam) found, these youngsters helped make a cleaner community and world.

-Written By Carlos Plummer – Reporter, Cambria 4-H

On Oct. 9, the Cerro Alto Child Development Group met at 7 pm at the First Baptist Church of God in Atascadero. We learned about the four child development stages; infant, toddler, preschool and school age. We were then divided into four groups and made a poster about a certain group we were assigned. All the posters were spectacular! After the posters were decorated, we presented them to the group. We explained the developmental milestones of each stage. Finally after all the wonderful presentations, we concluded the first Child Development meeting. It was a blast. Our next meeting will be on Nov. 14 at 7 pm at the First Baptist Church of God. Hope to see you there.
Achievement Night, Cerro Alto 4-H
By Cameron Strobridge

As true 4-H leaders, Mrs. Rockwell and Mrs. Gloria Watson were awarded for their service to Cerro Alto 4-H at County Achievement Night on October 1st. The San Luis Obispo County 4-H Achievement night was at the Veterans Hall in San Luis Obispo. 4-H youth development programs provide hands-on learning activities to youth in America. 4-H youth programs are focused on leadership, citizenship and life skills. This program could not happen without outstanding Community Club Leaders, Project Leaders, and parents who have contributed their time and talents to the San Luis Obispo County 4-H Youth Development Program.

Mrs. Rockwell was recognized for 35 years of service to Cerro Alto 4-H Club. When she first started as a leader in 4-H there were only twenty members in Cerro Alto, this year there are 165 members. She has expanded the group with her influence to drive 4-Hers to do their very best. Mrs. Watson was recognized for 40 years of service to Cerro Alto 4-H. She went from being the Sewing and Textiles leader to the Sheep Leader, she has helped many members take their animals to the fair and she is always willing to help.

At County Achievement Night 57 members from Cerro Alto 4-H were awarded; twelve of which were County Winners. Savannah Levisay won for Breeding Beef, Cole Cruz won for Market Beef, Candace Johnston won for Baking and Bread Making, Hannah Andrade won for Communications, Denise Carigo won for Dog Care and Training, Rebekah Lamouria won for Dairy Goats, Faith Patterson won for Horse and Ponies, Sophie Johnston won for Junior Leadership, Jenna Winslow won for Leadership Development, Brittney Tierney won for Outdoor Adventures, Annie Jankovitz won for Swine, and Olivia Andrade won for Teen Leadership. The club’s officers worked hard last year to make Cerro Alto 4-H a Gold Seal 4-H Club. Cerro Alto 4-H will continue its hard work this year to make the best better!

Relax….And Learn the Proper Temperatures of Our Picnic Foods While You’re At It!
By Raegan Lomanto, Ranchita Canyon

On October 8th, Ranchita Canyon’s Food and Nutrition Group went to Cayucos Beach for some picnic fun. While we were at the beach we learned about the temperatures that our picnic foods should be at, including our hot dogs, pasta salad, and watermelon. We experimented by taking the temperatures of our hot dogs before, and after, cooking them. We also took the temperature of our pasta salad and watermelon as soon as it came out of the coolers and after they had been sitting out of the coolers for a few hours. We learned about how certain foods need to stay hot and how certain foods need to stay cold, like pasta salad.

You see, you can have fun while you learn – especially at the beach!

Pictured:
Raegan Lomanto, Omar McPherson, Emma Dart, Audrey Dart, Michelle McPherson, Rorie Lomanto and Kyle Dart enjoy our beach cook out!
# SLO County 4-H Youth Development Program Calendar 2011-2012

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<th>NOVEMBER 2011</th>
<th>FEBRUARY 2012</th>
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<td>Santa Barbara Co. 4-H Beef Play Day, New Cuyama</td>
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<tr>
<td>16</td>
<td>4-H Management Board Mtg, UC Auditorium, SLO</td>
</tr>
<tr>
<td>19</td>
<td>SET Training Session: “Exploring Your Environment” 10 am—4 pm Ralph Dunlap School Auditorium, Santa Maria</td>
</tr>
<tr>
<td>21</td>
<td>Horse Project Leaders Meeting, 6 pm UCCE Auditorium, SLO</td>
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<table>
<thead>
<tr>
<th>DECEMBER 2011</th>
<th></th>
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<tbody>
<tr>
<td>20</td>
<td>Last Day for TOYS-4-TOTS Donations—Please arrange your donations delivery by this date.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>JANUARY 2012</th>
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<tbody>
<tr>
<td>7</td>
<td>Rockets Engineering Project, Atascadero, CA</td>
</tr>
<tr>
<td>18</td>
<td>4-H Management Board Mtg, UC Auditorium, SLO</td>
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<tr>
<td>20-22</td>
<td>TIC Conference, Pathfinder Ranch, Mountain Center, CA</td>
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<table>
<thead>
<tr>
<th>MARCH 2012</th>
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<tbody>
<tr>
<td>10</td>
<td>Sectional Presentation Day, CAL POLY</td>
</tr>
<tr>
<td>16</td>
<td>Radios Engineering Project, CAL POLY</td>
</tr>
<tr>
<td>24</td>
<td>Large &amp; Small Animal Level Testing, UCCE Auditorium, SLO</td>
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<tr>
<td>31</td>
<td>Cerro Alto Rabbit Show, CAL POLY</td>
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<thead>
<tr>
<th>APRIL 2012</th>
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<tbody>
<tr>
<td>28</td>
<td>Food &amp; Arts Celebration/Fashion Revue Laguna Middle School, SLO</td>
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<thead>
<tr>
<th>MAY 2012</th>
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<tbody>
<tr>
<td>4-6</td>
<td>4-H CAMP KIND, Rancho El Chorro, SLO</td>
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<thead>
<tr>
<th>JUNE 2012</th>
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<tbody>
<tr>
<td>9</td>
<td>4-H FIELD DAY, Paso Robles Event Center</td>
</tr>
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