Your 2014-2015 County 4-H All Stars hosted this night to Congratulate the 2014-2015 California Awards Gold Medalists & Officer Gold Medalists, the President’s Volunteer Community Service Award Recipients, 4-H Youth of Distinction Honorees, the Emerald Star Award Recipient, the 4-H Club Gold Seal Achievers and they also recognized the following Project Leaders for their: 15 Years of Service: Cathy Ahearn, Sandi Dewar, Katie Eckman, Christy Friedmann, Heidi Sandoval, Kimberly Spoeneman, and Amanda Van Huss; 20 Years of Service: Carol Ann Spoeneman, and Barbara Terrazas; 35 Years of Service: Sandy Rowlett and 50 Years of Service to Madalene P. Farris! Our 4-H Awards Director, JoAnn Overbey presented the Friend of 4-H Award to Mr. David Sylvester of Canyon Country 4-H for his leadership and support with our County 4-H Shooting Sports Program.

Your 2015-2016 County 4-H All Stars were introduced as well: (from left to right in a National 4-H Week photo below on the right side) Olivia of Huasna Valley 4-H, Gudrun of Santa Margarita 4-H, Analisa of Santa Margarita 4-H, Mark of Los Osos 4-H, Amanda of Los Osos 4-H and Hope of Templeton 4-H! Welcome to your new role as the 2015-16 San Luis Obispo County 4-H All Stars!

The audience also enjoyed a “Share The Fun” Skit by Santa Margarita 4-H entitled: “Some of My Favorite 4-H Things”
National & State 4-H News

For more information from the STATE 4-H OFFICE, visit http://www.4h.ucanr.edu

SOUTH SECTIONAL NEWS: Go to link for exciting activities http://4h.ucanr.edu/Get_Involved/Councils/Sectional/South/

4-H Curricula: http://4h.ucanr.edu/Projects/Curriculum/

4-H Project Sheets: http://4h.ucanr.edu/Projects/Project_Sheets/

- STATE AMBASSADOR Applications OPEN 11/8/15 http://4h.ucanr.edu/Projects/Leadership/SA/

- Washington Focus Registration OPEN 11/8/15 http://4h.ucanr.edu/4-H_Events/WF/

- As the kick off of our platform on social and emotional health, the CA State Ambassadors will be participating in Text, Talk, Act.

Across the country, young people are having a nationwide conversation on mental health and how to help a friend in need. Through text messaging, small groups receive discussion questions to lead them through a conversation about mental health.

Join the State 4-H Ambassadors in this nationwide conversation to help end the silence on November 10th. Here is how YOU can participate in the conversation: 1. At any time on November 10th, gather your participants for Text, Talk, Act and have them text START to 89800. 2. They will then receive a series of text messages to spark a conversation that will last about 45 minutes. The texts will include polling and discussion questions, links to several short videos and a couple of opportunities to share information on social media. 3. During Text, Talk, Act, participants will receive a text message that prompts them to enter your organizer code. Make sure they enter the code 5019TTA when prompted. Here is the text message they will see when it's time to enter the code: "If you have a unique code from your organizer, enter it now. If not, enter SKIP." 4. The top five schools or organizations to host the most participants will win $1,000. California 4-H State Ambassadors have pledged to facilitate group conversations throughout the State. Through a social media competition, 4-Hers are nominating friends to help participate and raise awareness about mental health. The 4-Hers have a chance to win 4-H gear by using the hashtag #ttaca4h, #ca4h, and #texttalkact.

Get your friends together and join California 4-H and the State Ambassadors in the conversation!
JOINT ROCKERY & GENERAL ENGINEERING MEETING
COUNTYWIDE KICK-OFF EVENT

Build quick and simple rockets and fly them!
Meeting Theme: Why does a rocket fly straight, or mostly straight? It’s not just about fins!

Kick-Off Meeting
Date: Sat., January 9th
Time: 2:00 pm—5:00 pm
Location: 19500 Walnut Ave., Santa Margarita (Garden Farms)

Everyone in the County is Welcome! No experience needed.

More Rocketry Meetings...

Saturday, February 20th, 2016:
2:00 pm – 4:00 pm
What makes a rocket a rocket, “The Engine”. What kinds of engines are in rockets and how do they work.
Review and Start Project Rocket Kits

Saturday, March 19th, 2016
2:00 pm – 4:00 pm
Finish building our Project Rockets
Safety Check on all Flying Project Rockets
Help with “Big Boy Rocket”
Launch our Rockets

Saturday, April 16th, 2016
8:00 am – 10:00 am Travel to TCC Event (Tripoli Central California) Located near Fresno
10:00 am – 2:00 pm Launch Rockets, Bring a Lunch
2:00 pm – 4:00 pm Travel Home

More Engineering Meetings...

Friday, January 29th, 2016
Time: 5:30 pm — 7:30 pm
Location: Building 20A Lobby at Cal Poly
Theme: Introduction to the Arduino Microcontroller computer
We will learn how to blink LEDs and write code for the microcontroller

Friday, February 19th, 2016
Time: 5:30 pm — 7:30 pm
Location: Building 20A Lobby at Cal Poly
Theme: We will start construction of a robot using the Arduino Microcontroller

Friday, April 1st, 2016
Time: 5:30 pm — 7:30 pm
Location: Building 20A Lobby at Cal Poly
Theme: Continue construction of the robot

Friday, May 6th, 2016
Time: 5:30 pm — 7:30 pm
Location: Building 20A Lobby at Cal Poly
Theme: Finish the robots and prepare them for display at State 4-H Field Day on May 28th, 2016 at UC Davis.

Project Leader: Dennis Derickson, Santa Margarita 4-H
Email: ddericks@calpoly.edu
Phone: (805) 712-9168

Project Leader: Ty Safreno, Santa Margarita 4-H
Project Location: 19500 Walnut Ave, Santa Margarita (Garden Farms), CA
Phone: (805) 459-2955 or (805) 365-7077
Email: ty.safreno@trustautomation.com
2015-2016 4-H Large Animal Expos

With the new 4-H Program Year on its way, I am looking for 4-H clubs, or leaders, or keen parents to help run the 2015-2016 Large Animal Expos that I will be hosting for SLO County 4-H.

If you would like to help with any of the Large Animal Expos please call or email me. We had three Expos last year (Goat, Swine, Sheep) and the 4-H members really enjoyed the learning, as well as, the parents.

Call Tracy Johnston, 4-H Large Animal Science Key Leader at Cell: (805) 748-2849 or Home: (805) 438-4287 or Email me at johnstonkt@msn.com

SLO County’s 4-H Small Animal Field Day will be held on Saturday, January 23rd, 2016 at the Atascadero Armory.

If you would like to join the Small Animal Sciences Planning Committee—Contact: Tamara Johnson at 438-4113 or via email at: tkjohnso@kcbx.net

MARK YOUR CALENDARS NOW FOR THIS FUN EVENT!

* SAVE THE DATE *

CERRO ALTO 4-H RABBIT SHOW
Saturday, April 2, 2016
CAL POLY FARM SHOP

* SAVE THE DATE *

CANYON COUNTRY 4-H DOG SHOW
Saturday, April 16, 2016
in SLO—Location details to follow later.
Mark your calendars now for two upcoming 4-H Presentation Events:

- Have you always wanted to do a Presentation but don’t know how?
- Have you wondered about what type of a Presentation you would like to do? There are nine types of presentations.
- Have you wanted to enter County Presentation Day but you don’t know how?

Then come to the 4-H Presentation Day Workshop hosted by the 2015-16 All Stars on January 9th, 2016!

- Presentation Day Workshop 1/9/16: from 9am—Noon in the UCCE Auditorium located at 2156 Sierra Way, SLO.
- COUNTY PRESENTATION DAY will be held 2/6/16 at CAL POLY in the Ag Engineering Building.

- See flyer on the right showing an example of a “Demonstration or Illustrated Talk” Presentation Basics

For more information about 4-H Presentations — Here’s the link to the NEW California 4-H Presentation Manual: http://4h.ucanr.edu/files/220608.pdf

NOTE: County Presentation Day Entry Forms are not distributed yet—details to follow.
**Destination Hike**

**Limekiln Trails**

**Big Sur**

Saturday, November 14th

**Destination Hike: Limekiln Trail, Big Sur**

**Details:** Join us on our first "Destination Hike" at Limekiln Trails in Big Sur! Our hike will begin at 10:00am. We will be exploring all three trails in the park, which totals to about 2-3 miles round trip. The trail is outlined by towering redwoods and lush creeks. One of the trails will lead to the Limekiln Falls so be prepared to cross running creeks. However, if it is raining, the hike will be cancelled.

**Directions:** Limekiln State Park is centrally located in Big Sur. From the south, drive up Highway One to the Limekiln State Park entrance, located on the east side of the road, 22.5 miles north of Ragged Point Inn (or 45 miles north of Cambria). The park entrance is on the right. Once you’ve parked ($10.00 per vehicle), head east away from the ocean along the paved road, through the campsites. You will see a bridge and the kiosk marking the start of the trail.

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<tr>
<th>TRAIL CONDITIONS</th>
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<tr>
<td>kid-friendly moderate</td>
<td>$10.00 per vehicle Water Hat Sunscreen Dress in layers Hiking boots (expect wet shoes!)</td>
<td>For hiking tips, local outdoor events, check out our FB page: 4H SLO Hikers</td>
<td>Christine Nelson, UC Cooperative Extension (805)781-5944</td>
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This hike is sponsored by the University of California 4-H Youth Development Program in SLO County


It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities. Complete nondiscrimination policy statement can be found at [http://ucanr.edu/sites/arsstaff/files/169225.pdf](http://ucanr.edu/sites/arsstaff/files/169225.pdf)
4-H NEWS

Welcome to the County 4-H Office! We are excited to announce the addition of our new Adult Leadership Key Leader to the 4-H Program Development Board — Mrs. Marlene Thomason of Parkfield 4-H Club.

Introducing our new Adult Leadership Key Leader, Marlene Thomason!

Marlene Thomason has been involved in 4-H since 1952, starting off as a 4-H member herself. Once she aged out of 4-H, she started her role as an 4-H adult volunteer, serving as a Project Leader for various projects, as well as, being a 4-H Community Club Leader for 44 years.

Marlene is very excited to start her position as the SLO County Adult Leadership Key Leader.

Welcome Marlene!

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4-H Club Officers Training

The 2015-2016 4-H Club Officers Training has been scheduled for Saturday, November 21st from 2:00 pm to 5:00 pm!

Come and learn skills for your 4-H Club Officer position, participate in group activities, and meet other people in your position in this fun and engaging training session!

- **DATE:** November 21st, 2015
- **TIME:** 2:00 pm — 5:00 pm
- **PLACE:** UC Cooperative Extension Auditorium at 2156 Sierra Way, SLO

Register before **Wednesday, 11/18/2015** by following the link below; OR you can call the 4-H Office at (805) 781-5943 to register.

[Link](https://docs.google.com/forms/d/1HHcwrOeSJsIE15DqqGQSfDL14oRO6GZogGxNyvBFKuw/viewform?usp=send_form)
2015 Toys-4-Tots Campaign

Hi there! This is Jesse-Ray reporting in from the front lines of the 2015 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 wants to make sure things run smoothly so hundreds of kids in our county have a very Merry Christmas.

Have each 4-H club member donate one new unwrapped toy, with a value of $10 to a 4-H club meeting before December 18th (The toys can be on sale, just be valued at $10 originally). Then when your club collection is finished, take them to the 4-H office or call for pick-up!

Please bring all 4-H Toys-4-Tots donations to our Collection Bin at the County Office by December 18th. If you can’t get them there – call (805) 286-8505 and we’ll pick them up. We want to make a 4-H countywide effort to show how many toys our clubs bring in. Together, our clubs can show what an outpouring 4-H can do.

All of the toys collected go to various locations in our county and end up helping kids everywhere. All of the toys collected in SLO County are given to kids in SLO County. When the need is filled, they go where they’re needed. 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.

Ready, set, go get those toys!!

Canyon Country 4-H County Pop-Top Campaign!

With the new 4-H Program Year starting, the Pop-Top Collection Drive is still going strong! We need EVERYONE’s help to make this the BIGGEST collection year EVER!

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!

They’re everywhere! Pop-Tops are hiding on soda cans, pet food cans, tuna cans, even fruit cans and we are ALWAYS collecting!

These Pop-Tops, and the money made from them go directly to our local Ronald McDonald House of Central California. This House is attached, by a sidewalk, to Children’s Hospital of Central California. Every penny goes to provide rooms and care for the families whose children are in the hospital.

A night at the Ronald McDonald House is only $15 (no one is ever turned away if they can’t pay). The family gets a beautiful room, with a private bathroom, furnished for their comfort. Volunteers come in each evening to prepare wonderful home cooked meals for the families. To these families, nothing is better than knowing you are cared for so you have no worries but to help your child get better and go home.

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, Canyon Country 4-H Community Service Teen Leader
“Do you like organizing events and telling people about the 4-H Youth Development Program? Do you know how to inform people about 4-H through fairs, events, radio, newspapers, and other media? Would you like to coordinate the “4-H Store” during 4-H Field Day? Then why not consider being a part of the San Luis Obispo County 4-H Management Board as the County 4-H Visibility Director!”

This position requires a two (2) year commitment and the ability to attend five (5) scheduled Management Board Meetings throughout the 4-H program year which are held in San Luis Obispo in the UCCE Auditorium at 2156 Sierra Way. The meetings start at 5:30 p.m.

For a complete Position Description, Application and/or if you have any questions contact our 4-H Program Rep., Dagmar Derickson at 781-5941 or via email at: dderickson@ucanr.edu

The State 4-H Office has informed all of the 4-H Offices statewide that a new support tool for the 4-H Online Record Book (ORB) has been created!

If you are using the 4-H Online Record Book (ORB) you can now get Help at:

http://ucanr.edu/sites/4horbhelp/

See Screen Shot below:

County Pinewood Derby Project

Are you interested in learning how to develop, build, and race a Pinewood Derby car?

Then come to the first Countywide Pinewood Derby Meeting and learn what it’s all about!

At the end of the year, enter your Derby Car into the Pinewood Derby Race at 4-H Field Day. Open to everyone, no experience needed.

First Meeting: Sunday, Jan. 10th, 2016 from 11:00 am- 12:00 pm at the UCCE Auditorium, located at 2156 Sierra Way, SLO
Does it sometimes feel like school lasts all day long? With homework, projects, or studying for a test, school work can continue well past the 3pm bell. If so, you’re not alone! Middle and high school students in the United States report having an average of 3.5 hours of homework every evening. That’s about 20 hours a week – equal to a part time job! Add in time for sports, clubs, hobbies, dance, or music lessons, and you’ve got a full schedule! With time packed so tightly, it can be easy to forget to take care of the most important component – you!

With fast-paced school and after school lives, it can be hard to find time to unwind, de-stress, and slow down to enjoy life. But letting your mind and body relax are essential to your overall health. Plus, taking small breaks throughout your day can actually increase your productivity. Sometimes walking away from a problem or project and clearing your head lets you return refreshed, and with new ideas or insights.

So even though your schedule feels packed, remember that a break or a change in focus – even for a small amount of time - can do more good for you than forcing yourself to power through with a tired mind and waning energy.

Many Cal Poly students have been exactly where you are – busy teenagers – but have adopted a few habits to help them relax and rejuvenate their minds and bodies during a busy day. Here’s their advice to you:

“For every set amount of time you work, allow yourself rest time. If I work for a half hour I let myself take a break and go through my social media, then get back to work.”

“Getting out of your room to study and instead using the library, a certain spot in your house, or even Starbucks (can help). That way, your room is always the stress free zone! It’s helped me a lot when I’m feeling stressed out. I don’t do any homework or work in my bedroom!”

“I would use music as a way to de-stress. Whether it was picking up a guitar and learning my new favorite song or just singing in my room, it always cleared my head.”

“I write a to-do list of little tasks that could be easily accomplished (homework, chores, etc.) and then as I accomplish them, I check them off and feel less stressed immediately!”

Or, take the advice of Alex, and use your sports or activities as a way to relax.

“To de-stress I played soccer and tennis. I was always involved in sports and was able to channel my stress and frustration into competitive sports.”

Caring for you is essential to success in school and afterschool activities. The few minutes you spend refreshing your mind and body will payoff tenfold as you return energized and ready to tackle whatever may come next.

Thanks to Cal Poly students and Recreation, Parks & Tourism Administration Department majors Sierra Frost, Shannon Fouts, and Alex Kirchick for their assistance with this article. Submitted by: Keri Schwab, 4-H Healthy Living Key Leader
Our San Luis Obispo County 4-H
Shooting Sports Key Leader is Jack Crane

If you have an interest in sharing your Pistol skills with youth, how about becoming a 4-H Pistol adult volunteer or teen leader. There will be a 4-H Pistol leader certification training offered in December 2015. The class will be held Saturday, December 12th, 9 AM – 4 PM, and Sunday, December 13th, 9 AM- 2 PM, at the Safety First Shooting Association, River Oaks Range, 11584 Shaffer Rd, Winton 95388, in Merced County. This class is being hosted by Merced County 4-H. You must become a 4-H leader or member and attend both days to receive certification to teach Pistol at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is $35 per person to include a resource binder, with Saturday and Sunday light breakfast refreshments. Junior and teen leaders are invited but must attend with an adult or have a certified Pistol adult leader they will be helping back home. Driving directions to the range are at http://www.safetyfirstshooting.org/html/directions.html. Tent or Dry RV camping is an option.

To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at http://4h.ucanr.edu/Projects/SET/SET_Projects/ShootingSports/, and an adult or youth 4-H medical release form and a $35 check payable to “Merced County 4-H Council” and mail to UCCE, 2145 Wardrobe Ave, Merced, 95341. Registration is due Friday, November 13th. **Space is limited to 25 attendees.** For more information call Darlene McIntyre at 209-385-7418 or email her at dlmintyre@ucanr.edu.

Shooting Sports Workshop – Shotgun Discipline -Nov. 21 & 22, 2015 – Winton, CA
If you have an interest in sharing your shotgun skills with youth, how about becoming a 4-H Shotgun adult volunteer or teen leader. There will be a 4-H Shotgun leader certification training offered in November 2015. The class will be held Saturday, November 21st, 9 AM – 4 PM, and Sunday, November 22nd, 9 AM - 2 PM, at the Safety First Shooting Association, River Oaks Range, 11584 Shaffer Rd, Winton 95388, in Merced County. This class is being hosted by Merced County 4-H. You must become a 4-H leader or member and attend both days to receive certification to teach Shotgun at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is $35 per person to include a resource binder, with Saturday and Sunday light breakfast refreshments. Junior and teen leaders are invited but must attend with an adult or have a certified Shotgun adult leader they will be helping back home. Driving directions to the range are at http://www.safetyfirstshooting.org/html/directions.html. Tent or Dry RV camping is an option.

To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at http://4h.ucanr.edu/Projects/SET/SET_Projects/ShootingSports/, and an adult or youth 4-H medical release form and a $35 check payable to “Merced County 4-H Council” and mail to UCCE, 2145 Wardrobe Ave, Merced, 95341. Registration is due Friday, November 13th. **Space is limited to 25 attendees.** For more information call Darlene McIntyre at 209-385-7418 or email her at dlmintyre@ucanr.edu.

4-H Shooting Sports Workshop – Archery Discipline -Nov 14 & 15, 2015 – Winton, CA
If you have an interest in sharing your archery skills with youth, how about becoming a 4-H Archery adult volunteer or teen leader. There will be a 4-H archery leader certification training offered in November 2015. The class will be held Saturday, November 14th, 9 AM – 4 PM, and Sunday, November 15th, 9 AM- 2 PM, at the Safety First Shooting Association, River Oaks Range, 11584 Shaffer Rd, Winton 95388, in Merced County. This class is being hosted by Merced County 4-H. You must become a 4-H leader or member and attend both days to receive certification to teach archery at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is $35 per person to include a resource binder, with Saturday and Sunday light breakfast refreshments. Junior and teen leaders are invited but must attend with an adult or have a certified archery adult leader they will be helping back home. Driving directions to the range are at http://www.safetyfirstshooting.org/html/directions.html. Tent or Dry RV camping is an option.

To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at http://4h.ucanr.edu/Projects/SET/SET_Projects/ShootingSports/, and an adult or youth 4-H medical release form and a $35 check payable to “Merced County 4-H Council” and mail to UCCE, 2145 Wardrobe Ave, Merced, 95341. Registration is due Friday, November 6th. **Space is limited to 25 attendees.** For more information call Darlene McIntyre at 209-385-7418 or email her at dlmintyre@ucanr.edu.
"4-H Just Got Social!  
https://www.facebook.com/SLO4H  
Follow the link to Like our new Facebook page and keep up to date on events in the county!"

San Luis Obispo County 4-H is now on Instagram  
Follow @slo4h, and use the hashtag #sloco4h  
when posting pictures of 4-H activities on your account, and tag us so we can re-post your 4-H moments.

San Luis Obispo County 4-H is now on Twitter @4H_SLO_County  
be sure to follow us and see what we are up to!

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**SLOW, GO, WHOA!**

**How would you categorize the following food labels?**

- **GO**
  - Eat almost anytime; lowest in fat, added sugar, and calories.  
  - Example: English muffin pizza with low-fat cheese.

- **SLOW**
  - Eat sometimes; higher in fat, added sugar, and calories.  
  - Example: Slice of regular vegetarian pizza.

- **WHOA**
  - Eat once in awhile; very high in fat, added sugar, and calories.  
  - Example: Slice of deep dish pepperoni pizza.
STATE 4-H HAT INFORMATION

4-H Uniform Hat

The 4-H hat is a source of pride for the California 4-H Youth Development Program, as we are the only State to have such a 4-H club hat. Many members use the hat to display their achievement pins and to wear during fairs. **A 4-H hat is NOT required for membership in the California 4-H Youth Development Program or for participation in any 4-H activity, event, or occasion.**

Guidelines: Effective July 1, 2015

Official green 4-H hat branded with the University of California, Agriculture and Natural Resources (UC ANR) and the 4-H clover logo mark. These can be purchased through Leslie Carman 4-H Supplies (www.4hsupplies.com) as of **January 1, 2016.**

Youth who are currently Senior level members may continue to use their white hat for the remainder of their 4-H career. New Senior members as of **July 1, 2015** will be able to purchase a white hat from Leslie Carman until **December 31, 2015** and may continue to use their white hat for the remainder of their 4-H career. Senior members may also convert to the green hat as they choose. It is expected that by **July 1, 2020,** all members will be wearing the UC ANR 4-H branded green hats.

**Where do I put my recognition and achievement items?**

**Stars, stripes, and medals:**

Note: If a member earns more year stripes than can fit on the right side of the hat, they may "wrap around" their stripes and continue onto the left side of the hat.

In order to align the year completion pin and stripe recognition items to the Steps to Success in 4-H, the following protocols will be effective **July 1, 2015:**

For meeting project completion requirements members will receive:

1) A “Year Completion Pin” that is specific to their age level.

   Four pins will be available:
   a) Primary
   b) Junior
   c) Intermediate
   d) Senior

2) A year stripe

White stripes for all members or gold stripes in years where they serve as a junior or teen leader.

Year pins are fastened to the hat above the stripe, starting with the primary pins next to the 4-H clover. The 100% attendance pin, if earned, should be fastened to the hat below the stripe of the year that the pin was earned.

- Either side - Medals may be worn on either side of the hat, and placing them on the left is recommended.
- Note: No other pin or ribbon should be worn on the hat other than 4-H related items. The hat should reflect the dignity of the 4-H Youth Development Program. Some items that should not be worn on the hat include buttons, fair medals, convention badges or other regalia.
At the September General Meeting, **Santa Margarita 4-H** celebrated the beginning of another fun-filled 4-H year with an ice cream social.

During the meeting, the 2015-2016 Officers were installed. Mikaela is this year’s President. Gudrun is the Vice President. Caitlin is the new Secretary. Sierra began a two year role as Treasurer while the new Parliamentarian is Ana. Briana is the Communications Officer and Luis and Christian are the Sergeant's at Arms. Kerrigan and Annika will share the responsibilities of Reporters. Chelsea is the new Snack Officer and the new Sunshine Officers are Abby and Lilly.

Each Project Leader gave a brief description of the projects being offered while the President and the Vice President gave presentations on ways to be involved in 4-H and how to pick out projects.

Before the meeting was over, the Officers presented Melanie Cavaletto with a beautiful bouquet of flowers to thank her for being the Community Club Leader again this year.

Everyone is looking forward to a great 4-H year!

Submitted by: Kerrigan and Annika
Santa Margarita 4-H Reporters

**SLO Credit Union** has made a generous donation to our SLO Scientist program! Emilie Devera-Jones, the Interim Manager informed us that the SLO Credit Union is now open to all San Luis Obispo County residents!

They encourage our local youth to open accounts, such as savings accounts, through their credit union. This is a great financial planning opportunity for all 4-H members and families! **A huge thank you to SLO Credit Union for their wonderful support to our 4-H SLO Scientist program!**

SLO Credit Union
1220 Osos Street in San Luis Obispo
Phone (805) 543-5839
Hours are 8:30 pm. – 4:30 p.m.
http://www.slocu.com/ASP/home.asp

NOVEMBER 2015
Debbie Pearson Clinic

On September 26th at the Debbie Pearson English/Western Clinic at Buckley Stables in San Luis Obispo, the members of Santa Barbara County and San Luis Obispo County horse projects got to learn and practice new riding skills and teach other kids how to ride. San Luis Obispo County members included Valerie, Takota and Chelsea from Santa Margarita 4-H Club and Creston 4-H Horse Project.

Despite the warm temperature, it was still fairly fun. We got to teach new kids how to brush, tack, lead and ride horses. The beginners got to practice walking, turning, backing up and stopping. We took the horses back to the trailers and then ate a lunch of barbecued hot dogs (cooked by Jennifer from Santa Margarita 4-H and Darren from Old Town 4-H in Orcutt), grapes and chips.

After lunch, the more advanced riders got to ride. We practiced the walk, trot and canter, as well as circles, leads and headsets. We rode for a little over an hour. All in all it was a fun, educational day.

Submitted by Valerie from Santa Margarita 4-H

Photo Caption: Chelsea and Valerie of Creston 4H Horse Project lead members of Santa Barbara County 4-H Horse Project during a recent dual-county clinic held at Buckley Stables.

2015 CCSHS

At the 2015 California Classic 4-H State Horse Show (CCSHS) from June 23rd to 28th, a four-day event held in Elk Grove, qualified riders from all across the State came to compete against one another. The event was held at Brookside Equestrian Center, a beautiful property with two exercise arenas, two show rings and a special ring reserved for the people who board their horses there. Valerie represented Santa Margarita 4-H Club and the Creston 4-H Horse Project after qualifying at 4-H shows near Fresno and at the Salinas Valley Fair.

There are more than a hundred classes, ranging from Western flat classes the first day, English flat classes the second, gymkhana the third day and jumping the fourth. Each class received ribbons to tenth place. There are also educational events the first day, including the horse bowl, which is like Jeopardy with horse questions, and team judging.

In order to qualify for the State Show, a rider has to be one of the top three riders in any qualifier show in each class they plan to participate in at State. There are a few classes who are excluded from this rule, and those are the Medal Classes. Medal Classes are open classes, and the top three riders in each of these classes receive belt buckles. They are, however, extremely difficult, with hand galloping in reigning and 3-foot oxers in jumping. On the last day there are fun events, like versatility, and throughout the rest of the show there are mini-horse classes.

This is a really fun event, however difficult it may be, and I recommend it to any and all qualifiers.

Submitted by Valerie from Santa Margarita 4-H

Photo Caption: Valerie of Santa Margarita 4-H/Creston 4-H Horse Project competes at the 2015 California 4-H Classic State Horse Show (CCSHS)
4hOnline Enrollment is Year-Round — Contact a 4-H Community Club Leader

SLO County 4-H Youth Development Program Calendar 2015—2016

COUNTY 4-H WEBSITE URL: http://ucanr.edu/slo4h/

NOVEMBER 2015

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>10</td>
<td>State 4-H &quot;Text, Talk, Act&quot; Opportunity (pg. 2)</td>
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<td>14</td>
<td>4-H SLO HIKERS, Limekiln Trail, Big Sur (pg. 6)</td>
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<td>18</td>
<td>4-H Management Board Meeting UC AUD, SLO</td>
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<td>21</td>
<td>4-H Officer’s Training Workshop, UC AUD, SLO</td>
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DECEMBER 2015

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<tr>
<td>18</td>
<td>Toys-4-Tots Deadline (pg. 8)</td>
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<td>2015-16 All Stars PRESENTATION DAY WORKSHOP UCCE AUDITORIUM, SLO (pg. 5)</td>
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<td>Joint Rocketry &amp; General Engineering Mtg (pg. 3)</td>
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<td>10</td>
<td>Pinewood Derby Project Meeting (pg. 9)</td>
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<td>Small Animal Field Day, Atascadero Armory</td>
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<td>General Engineering Project Meeting, Cal Poly</td>
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FEBRUARY 2016

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<tbody>
<tr>
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<td>SLO County’s 4-H Presentation Day (see pg. 5)</td>
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<td>General Engineering Project Meeting, Cal Poly</td>
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<td>20</td>
<td>Rocketry Project Meeting, Santa Margarita</td>
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MARCH 2016

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<tr>
<td>5</td>
<td>Sectional Presentation Day (For those who receive Gold Medal at SLO County 4-H Presentation Day) hosted by Santa Barbara County 4-H Office at Olga Reed School in Los Alamos</td>
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<tr>
<td>19</td>
<td>Rocketry Project Meeting, Santa Margarita</td>
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APRIL 2016

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<th>Date</th>
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<tbody>
<tr>
<td>1</td>
<td>General Engineering Project Meeting, Cal Poly</td>
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<td>2</td>
<td>Cerro Alto 4-H Rabbit Show, Cal Poly Farm Shop</td>
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<tr>
<td>16</td>
<td>Canyon Country 4-H Dog Show, SLO</td>
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<td>16</td>
<td>Rocketry Project Field Trip</td>
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<td>30</td>
<td>SLO County’s 4-H Food &amp; Art Celebration and 4-H Fashion Revue, Laguna Middle School, SLO</td>
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MAY 2016

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