4-H Club Officer Training

If you are an Club Officer for the 2016-17 year, then please come join us for the 4-H Club Officer Training! Meet other Club Officers from other clubs, share ideas, get excited for the year, and have fun!

Register Here: [http://ucanr.edu/survey/survey.cfm?surveynumber=19218](http://ucanr.edu/survey/survey.cfm?surveynumber=19218)

**Saturday, December 10th**
9:00 am - 12:00 pm  
4-H Office Auditorium  
(2156 Sierra Way, San Luis Obispo)

Register by Dec. 7th!

**2016 Achievement Night:**
**Estrella 4-H Club** also achieved the 4-H Club Gold Seal Status by achieving all of their 2015-2016 Program Year Goals and each of it’s Officers; Secretary, Reporter, and Treasurer also received a Gold on their Officer Books.

The 4-H Office extends our apologies to Estrella 4-H Club on this oversight.
National & State 4-H News
For more information from the STATE 4-H OFFICE, visit http://www.4h.ucanr.edu
4-H Curricula: http://4h.ucanr.edu/Projects/Curriculum/

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

The STATE 4-H Updates E-Newsletter is posted on the public website at: http://4h.ucanr.edu/News/Newsletter

- The 2016-17 State Ambassador team is excited for a fun year ahead of them! The Ambassadors have chosen to focus on the platform of Goal Setting. Keep up with the State Ambassadors on our official snapchat, @ca4hsa, and on the CA 4-H Instagram, @ca4h and the State Ambassador page on the State Website: http://4h.ucanr.edu/Projects/Leadership/SA/

- Applications are now Open and are Due January 9th for the 2017-2018 Ambassador Team Visit this site for more information: http://4h.ucanr.edu/Projects/Leadership/SA/Apply_to_Become_a_State_Ambassador/

- Diamond Clover Award: This is the highest achievement for which a 4-H Youth Member is recognized. Awardees receive the CA Diamond Clover Pin or Necklace Charm, a Certificate and a Recognition Letter. Applications are accepted year-round. Visit for more information: http://4h.ucanr.edu/Resources/Members/Scholarships_-_Awards/4-H_Diamond_Clover_Awards/

- ATTN: Do you have experience doing Voice Over Work and want to share your skills with CA 4-H?

  Maybe you have a passion for radio or voice work and are looking for an opportunity to use your skills and passion. We are currently looking for 4-H Adult Volunteers and youth members who would be willing to be Voice Talent for the online courses that we are developing. If interested, please contact: Scott Mautte at the State 4-H Office.
  Email: scmautte@ucanr.edu

By John Sims, UC ANR
AA Compliance Officer
Hello 4-H Members, Parents, Project Leaders and 4-H Community Club Leaders:

Did you know that the State 4-H Office has reclassified **4-H Members by Age Groupings**?

<table>
<thead>
<tr>
<th>Age Grouping</th>
<th>Age Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Members</td>
<td>5 – 8 Years</td>
</tr>
<tr>
<td>Junior</td>
<td>9 – 10 Years</td>
</tr>
<tr>
<td>Intermediate (Jr. Leaders)</td>
<td>11 – 13 Years</td>
</tr>
<tr>
<td>Senior (Teen Leaders)</td>
<td>14 – 19 Years</td>
</tr>
</tbody>
</table>

AND there will be **TRAININGS ON 2016-17 RECORD BOOKS** — see below

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**Training on Record Book Changes**

**Important Information for Every 4-H Member and Leader**

Record Book changes have happened at the State 4-H level and that means everyone needs to know what will now be expected at both the 4-H Club Level and for the County Level of 4-H Record Book Judging. These changes are effective for this 4-H Program Year: 2016-2017.

The Workshop is open to all leaders and members. The more people we can train the better it will be! Please be sure that leaders and members from your club attend.

**IMPORTANT:** To get started for this year, and before we have the trainings, it will be very important that the members start keeping a calendar with not only the Date of the Activity, or Project Meeting, but the Hours and what you did at the Meeting/Activity. These factors are going to be a very important part of your Record Book.

4-H Project and 4-H Community Club Leaders – please help your members get started out this 4-H Program Year with this new process.

**Don’t miss this Workshop** — This third session is scheduled for Dec. 13th in SLO due to rain on Oct. 27th.

**TUES., December 13, 2016 @ 7:00 p.m.**
UC Cooperative Extension Auditorium
2156 Sierra Way—enter at Parking lot level
San Luis Obispo

JoAnn Overbey,  
San Luis Obispo County 4-H Awards Director
HOME ECONOMICS & EXPRESSIVE ARTS COMMITTEE NEWS:

2016-17 Food & Arts Celebration & Fashion Revue
Saturday, May 6, at Laguna Middle School, San Luis Obispo

The San Luis Obispo County 4-H Food & Arts Celebration (FAC) and Fashion Revue (FR) for 2016-17 is scheduled for Saturday, May 6, 2017 at Laguna Middle School in San Luis Obispo. The morning schedule will include the judging of FAC entries, modeling judging for FR entries, and a fun rotation of all participants through four activity rooms. The activity rooms will feature art & crafts, a judging experience, a food-related experience, and a community service activity.

Due to county 4-H budget constraints, there will be a $5 entry fee for the FAC and a $5 entry fee for the FR. The entry forms and fees for each event (FAC & FR) will be collected by your 4-H Community Leader for each club with participating 4-Hers in FAC and FR. The Entry forms must be submitted by April 7 to the 4-H Office (with one check from the 4-H club made payable to: SLO CO 4-H YDP). The address is: UCCE 4-H Office, Attn: FAC/FR, 2156 Sierra Way, Suite C, San Luis Obispo, CA 93401.

The sewing categories for Fashion Revue this year are: Traditional, Up Cycled, Knit Challenge, Print/Plaid/Stripe Challenge. This year we are also offering a no sewing or no sewing project required category: $40 Consumer Purchase. Look for an email coming soon to Club Leaders and Sewing Leaders with rules and details.

Each year, many adult volunteers are needed to provide a meaningful experience for participants at these two events, and a volunteer sign-up sheet will be going out to each 4-H Community Club Leader with the FAC and FR event forms in February 2017. Questions about becoming a volunteer should be referred to the FAC/FR Volunteer Coordinator Tamara Johnson at tkjohnso@kcbx.net or (805) 438-4113.

Questions about the FR should be directed to the FR Coordinator Ginger Behnke at gbk@charter.net or (805) 391-2057, and questions about the FAC should be directed to FAC Coordinator Julia Stanfill at juliastanfill@yahoo.com or (805) 528-1557.
4-H National Youth Science Day—Drone Discovery, October 5th, 2016

We participated in the Drone Discovery Science Day that was a National 4-H event. We first learned about how we could solve an engineering problem as a team and what drones were. We chose the adventure of locating a missing dog in a residential area by using our drone to fly and use video and sound to locate the dog. This was only one of many challenges we could have chosen! We learned about rotary and fixed wing flight, launch force and direction, sensor placement for the best video quality and also how to keep altering design for our best results. It was fun to be part of a team. We each chose a role, just like in a real design team. Each person could pick from being a project manager, lead engineer, flight engineer, sensor engineer, marketing specialist, owner, designer, and more. There was something for everyone! We were successful in being able to download flight video and finding our target (our dog we pretended was lost for the adventure) This was a fun project to do as a group and we learned a lot about how engineering problems are solved! We worked on this for 3 days to complete our mission. Our result was a finished video with clips from our drone flight. Here are some pictures from our design and planning day. Science is awesome! Submitted by: Katie, Ashley and Kaiya R., Cerro Alto 4-H Club
DISTINCTIVE YOUTH LEADERS in 2016-2017!

The San Luis Obispo County 4-H Youth Development Program is excited to announce our countywide awards program — “4-H Youth of Distinction!”

The **4-H Youth of Distinction (YOD)** award focuses on honoring 4-H members who demonstrate leadership skills in their 4-H clubs, schools and in the community.

The **4-H Youth of Distinction** Award is achieved via a nomination basis. 4-H members are nominated by any adult volunteer, with the exclusion of family members.

*Note: All 4-H YOD Nomination Forms must be approved by the nominee’s 4-H Community Club Leader. Nomination forms must be received in the 4-H office by Tuesday, January 31st, 2017.*

The **4-H Youth of Distinction** Award recognizes 4-H members in three different categories/grades: (6th, 7th), (8th, 9th) and (10th, 11th, 12th). Nominees will be evaluated; and up to 18 youth will be selected to receive the San Luis Obispo County **4-H Youth of Distinction** Award!

A letter providing detailed information along with the Nomination form will be sent to all SLO County 4-H Community Club Leaders and the YOD Nomination form can also be accessed on the county website [http://ucanr.edu/sites/slo4-h/Club_Forms/](http://ucanr.edu/sites/slo4-h/Club_Forms/)

Countywide Hunter Safety Project

INFO MEETING

**December 6th, 2016**

7:00 pm

4-H Auditorium

(2156 Sierra Way, SLO)

Are you interested in learning more about taking a Hunter Safety Project through 4-H this year? Come to our information meeting to learn about our new Countywide Hunter Safety Project, what you will learn through the project, and how you can sign up.
4-H SHOOTING SPORTS NEWS

San Luis Obispo County 4-H Youth Development—Program Development Board
Jack Crane, Shooting Sports Key Leader

Contact Jack Crane at Phone: (805) 458-4223 or Email: jack@accuair.com
or the 4-H Office at 781-5941 if you would like more information.

4-H Shooting Sports Workshop
Shotgun Discipline
Visalia, CA

Saturday, December 17, 2016 – 9:00 a.m. – 4:00 p.m.
Sunday, December 18, 2016 – 9:00 a.m. – 1:00 p.m.

A 4-H shooting sports workshop for the Shotgun Discipline will be held at Tulare County Trap Club, 7394 Ave 328, Visalia. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as shotgun volunteer and can lead a shotgun project at the club level. Cost for the course is $15. Fee includes all training material, Saturday lunch and coffee each morning. To register for the course complete the 4-H Training Request and Registration Form, http://4h.ucanr.edu/files/4785.pdf, 4-H Medical Release form, http://4h.ucanr.edu/files/210815.pdf, and a check made payable to Tulare County 4-H Leader’s Council. Mail registration forms and payment to Tulare County 4-H, ATTN: Shotgun Training, 4437-B S. Laspina Street, Tulare, CA 93274. To receive more information contact Don O’Dell 559-972-4771 or donald.odell@farmcreditwest.com

4-H Shooting Sports Workshop
Rifle Discipline
Bakersfield, CA

Saturday, March 18, 2017 – 8:00 a.m. – 6:00 p.m.
Sunday, March 19, 2017 – 8:00 a.m. – 4:00 p.m.

A 4-H shooting sports workshop for the Rifle Discipline will be held at the UC Cooperative Extension Office, 1031 S. Mt. Vernon Avenue in Bakersfield. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course or receive more information, contact John Borba at: jaborba@ucanr.edu
WELCOME to Kim Morones, of Kings Highway 4-H Club; our new County 4-H Large Animal Science Key Leader! Kim is looking for assistance with this year’s 2016-2017 Large Animal Science Expos — see below.

Attention 4-H Project Leaders and 4-H Parents!

The Large Animal Science Committee is looking for leaders and parents willing to organize Goat, Sheep, Swine and Beef Large Animal Science Expos for the 2016-2017 4-H Program Year. Please contact: Kim Morones at (805) 610-4643 if you are interested in assisting with these informative and fun events.

The Expo Activities/Events are events where you do not need your animal. Youth members go around in a rotation to learn about procedures and general knowledge related to their large animal project. The topics are usually related to: Animal Selection, Medication and Biosecurity, Showmanship, Ethics, and Feed/Nutrition.

4-H SLO Hikers Youth and Families exploring the natural beauty of the Central Coast

2016 Fall Calendar

December 17: Oso Flaco Trail, Nipomo
Easy 3.43 mile loop
Time: 9:30am to 11:30am
Location: From 101 in Nipomo exit Teft Street, and drive and eighth of a mile to Orchard Road. Turn left and drive to Division Street. Turn right and drive three miles to Oso Flaco Lake Road and turn right. There is a parking lot (for a fee) at the end of Oso Flaco Road.

*All hikes are subject to cancellation due to weather. Contact: asvaziri@ucanr.edu
4-H Small Animal Field Day
January 21st, 2017
Farm Shop at Cal Poly, SLO
Rabbits, Cavies, Poultry, Dog Care, Small Animals & Pets
$5 per 4-H member for unlimited participation!
Register by January 6th.
Go to http://ucanr.edu/sites/slo4-h/Club_Forms/

8:30  Check-in for Posters, T-2-T and Showmansion
9:00-10:00  Showmansion Clinics  (Rabbit, Poultry, Dog)
10:00  Showmansion Competitions begin
10:00  Community Service Project and Games begin
10-12:00  Level Testing for each Species
10-12:00  Trash to Treasure (T-2-T) & Posters judged
12:00-12:30  Break for lunch (on your own)
12:30  Costume Contest/Parade
1:30  Participant Drawing:  the more activities you complete the more opportunities you get!

*Showmansion ribbons will be awarded in each division to 8th.
*Prizes will be given to the winners of each division in the costume contest, posters and Trash to Treasure.
*Level testing pins will be sent to community leaders for those passing tests.
*In addition, each participant in each activity will receive a Drawing Ticket to enter a Prize Giveaway.

Questions? Contact Tamara Johnson at 438-4113 or tkjohnso@kcbx.net
## SLO COUNTY 4-H HORSE PROJECT EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/3/2016</td>
<td>Rain Day 12/17 - Family Trail Ride</td>
<td>@ Miranda Canestro’s, Cambria</td>
</tr>
<tr>
<td>12/10/2016</td>
<td>Hippology Bowl</td>
<td>UCCE Auditorium, SLO</td>
</tr>
<tr>
<td>1/20/2017</td>
<td>Horse Written Level Testing</td>
<td>UCCE Auditorium, SLO</td>
</tr>
<tr>
<td>2/12/2017</td>
<td>Rain Day 2/19 - Gymkhana Field Day</td>
<td>Wranglerette Arena, Atascadero</td>
</tr>
<tr>
<td>March 2017</td>
<td>Possibly 3/11 - Showmanship Clinic</td>
<td>Knudson Training Stables, Paso Robles</td>
</tr>
<tr>
<td>3/25/2017</td>
<td>Family Trail Ride</td>
<td>@ Jennifer Best's, Santa Margarita</td>
</tr>
<tr>
<td>April 2017</td>
<td>Possibly 4/8 - English &amp; Jumping Clinic</td>
<td>TBD</td>
</tr>
<tr>
<td>4/23/2017</td>
<td>English Field Day</td>
<td>Wranglerette Arena, Atascadero</td>
</tr>
<tr>
<td>5/17/2017</td>
<td>4-H Horse Show (Salinas Valley Fair)</td>
<td>King City Fairgrounds</td>
</tr>
<tr>
<td>5/21/2017</td>
<td>Horse Riding Level Testing</td>
<td>South County, TBD</td>
</tr>
<tr>
<td>6/10/2017</td>
<td>4-H Horse Show (SB County Fair)</td>
<td>Santa Maria Fair Park</td>
</tr>
<tr>
<td>TBD</td>
<td>Horse Riding Level Testing</td>
<td>Wranglerette Arena, Atascadero</td>
</tr>
<tr>
<td>7/19/2017</td>
<td>4-H Horse Show (Mid State Fair)</td>
<td>Mid-State Fairgrounds, Paso Robles</td>
</tr>
</tbody>
</table>
4-H in San Luis Obispo is inviting anyone interested in increasing 4-H STEM activities to attend the SLO County 4-H STEM Strategy/Planning Meeting on December 14th. At this meeting, we will discuss ways to bring STEM into 4-H, talk about possible future STEM events, and share resources.

**PLEASE RSVP HERE:** [http://ucanr.edu/survey/survey.cfm?surveynumber=19010](http://ucanr.edu/survey/survey.cfm?surveynumber=19010)

**NO SCIENCE/ENGINEERING BACKGROUND NEEDED!**
All you need is a passion to create STEM opportunities for our 4-H youth.

For more information, contact Dagmar at 805.781.5941 or dderickson@ucanr.edu.

**Next Meeting:**

**Wednesday, Dec. 14th**
5:30 - 6:30 pm
2156 Sierra Way, Suite C, SLO
Upstairs 4-H Conference Room
Hello, my name is Elsie E.

I am in the Cerro Alto Dog Project. And as you probably know, we do a community service project every year. This year, we collected donations for “Doggy Days at Prado Day”. At the first Officer’s Meeting of the year, I volunteered to help collect donations. At our General Meeting, we set up a box, and collected collars, leashes, treats, squeaky toys, etc. My hope is to open this project up to the county as a countywide community service project, so stay tuned for more information on this. Submitted by Elsie E.
On Nov. 4-6, Jennifer Best, an adult volunteer with Santa Margarita 4-H Club, represented San Luis Obispo County 4-H as a Chaperone for the California State 4-H Mindfulness Retreat at Camp Ocean Pines in Cambria. She really didn’t know what she was getting into, but was curious about the concepts of mindfulness, yoga and meditation. The group came away with lessons they could use every day in all aspects of their lives, even animal projects, cooking projects and community service projects.

About 30 youth from throughout California traveled to the beautiful camp on the bluffs overlooking the Pacific Ocean for the weekend which included speakers from Butte College, UC Cooperative Extension and Bay Area yoga practice. Sessions included breathing awareness (taking time to focus on breathing, relaxation through breathing, stress reduction through attention to breathing), mindful eating (slowing down to take time to taste and appreciate our food, its preparation and its sources), group yoga session, art sessions (fabric sculpting, gratitude card making, collage building), mindful hiking (focusing on various senses while hiking trails and portions of the ropes course at Camp Ocean Pines), star gazing led by Cal Poly Astronomy Society, and time for individual reflection and meditation.

While the weekend seemed like it served each individual, it also provided lessons we can take into all of our projects. The mindful outdoor activities helped us understand the importance of focusing on one task at a time, which could lead to better performance in the show arena in animal projects, better results on our level testing, more appreciation of the foods we prepare in food projects, and more appreciation of the world around us. By spending the weekend largely without electronics, the event also reminded us how much easier it is to connect with the people around us, make friends, and strengthen relationships by focusing on the people in the room rather than the screens that so easily distract us.

The weekend motivated Mrs. Best to incorporate mindfulness in the Dutch Oven Project she leads for Santa Margarita 4-H Club and in the horse project which she co-leads with Creston 4-H Club. The State 4-H Office hopes to offer the Mindfulness Retreat again in 2017, and Mrs. Best plans to chaperone again.

The 4H Mindfulness Project focuses on youth increasing their personal skills in leading a healthy lifestyle and developing the skills needed to be health advocates in their communities. The program aims to foster mindful practices that lead to improvements in managing goals, developing a sense of self, time management, stress management, emotional regulation and mindful eating.

Have questions? Interested in incorporating a Mindfulness Project or Yoga Project for your club? Contact Anne Iancopucci at the State 4-H Office: amiaccopucci@ucanr.edu

http://4h.ucanr.edu/Projects/HealthyLiving/Mindfulness/
Cerro Alto 4-H Dog Project

The dog project meeting was held on the second Sunday of the month at Apple Valley Park in Atascadero. We started our meeting by using the new technique we learned called the "walk about" to make sure our dogs were listening to us. Then, we split up into two groups to practice showmanship and obedience. In showmanship, we learned some patterns such as a triangle and a down and back. We practiced stacking and gaiting our dogs at the right pace. In obedience, our dogs learned to heel on leash, figure eight, sit when we stop, and perform the "L" pattern. We finished our meeting by listening to Weston give a presentation about Miniature American Shepherds. Great Job Weston! Our next meeting will also be at the Apple Valley park on Sunday the 11th of December at 3pm. The dog project is a fun, hands-on way to train your dog to be safe and obedient in public. It takes a lot of responsibility to own and train a dog but it is worth it because dogs give us back so many good times and wet kisses! Submitted by: Katelyn R.,

ESTRELLA’S HALLOWEEN

On October 29, 2016, the Estrella 4-H hosted a Halloween Party at Vineyard Hills Health Center. The 4-H group walked around and celebrated Halloween with the residents. Estrella 4-H members decorated the community room and brought sweet treats and refreshments. Everyone had a blast! Submitted by Charlie M., Club Reporter
4-H CLUB NEWS

On November 2, the Kings Highway 4-H Club held their first Sheep, Market, and Dairy Goat project meetings. All three project groups came together which included 15 members to discuss the upcoming year. Teen and Junior leaders were assigned and goals made. The Dairy Goat group gave a presentation on the different breeds available for show. As the year progresses we will learn the basic principles of animal science by owning, caring for, and keeping records on our animals as highlighted in the 4-H project sheets. Submitted by Chelsea S, Club Reporter & Junior Leader for the Dairy Goat Project

On Saturday November 12, the Nipomo 4-H had the honor to be food servers at Garnett and Jenna Dana's wedding. Garnett Dana is a fifth generation family member to Captain William Dana. The wedding took place at the historical Dana Adobe. Garnett had also been part of Nipomo 4-H club years ago and wanted his 4-H club to be included in the beautiful wedding.

Cambria 4-H Reporter’s Report, November 7th 2016

On Friday, November 4th, Carla and Stella C. of the Cambria 4-H Dairy Goat project brought 3 of their does to Small Wonder's Preschool. We gave a short demonstration about the Nigerian Dwarf breed and talked about raising dairy goats. After feeding treats to the goats and petting them, the children had an opportunity to taste fresh goat milk. It was a great learning experience for everybody. Submitted by: Stella C.
4hOnline Enrollment is Year-Round — Contact a 4-H Community Club Leader

SLO County 4-H Youth Development Program Calendar 2016-2017

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

2016-2017 4-H PROGRAM YEAR

DECEMBER 2016
6 Countywide Hunter Safety Project Info Meeting at 7pm UCCE / UC Auditorium SLO
7 4-H Club Officers Training RSVPs Due
10 4-H Club Officers Training, UC Aud. SLO
13 2016-17 Record Book Changes Workshop
14 SLO 4-H STEM Strategy/Planning Meeting
17 4-H SLO Hikers, Oso Flaco Trail, Nipomo

NOTE: As of this date, the 4-H Office is still awaiting information about County Presentation Day and Sectional Presentation Day. Our Volunteer is working with Cal Poly SLO to secure rooms and dates for these two events. We will notify your 4-H Community Club Leader as soon as we have the details. We will also publish the dates on this page when they are finalized.

JANUARY 2017
6 Entries DUE for 4-H Small Animal Field Day
21 4-H Small Animal Field Day, Location: Cal Poly Farm Shop
31 Youth of Distinction Nominations Due

FEBRUARY 2017
18 Youth Leadership Development Workshop © 277 South Street, Suite #T SLO

APRIL 2017
7 FAC and FR Entry Forms Due to 4-H Office
8 Canyon Country 4-H Dog Show
22 Cerro Alto Rabbit Show © Cal Poly Farm Shop
29 Primary Member Field Day, UCCE AUD., SLO

MAY 2017
6 Food & Arts Celebration & Fashion Revue, Laguna Middle School, San Luis Obispo

JUNE 2017
3 County 4-H FIELD DAY & Silent Auction
   Paso Robles Event Center

The SLO County 4-H Horse Project Events Calendar can be found on Page 10.