4-H SLO County Science, Technology, Engineering, & Math

Tuesday, Feb. 7th
5:30 - 6:30 pm
2156 Sierra Way, Suite C, SLO
Upstairs 4-H Conference Room

The County 4-H STEM Committee invites you to join us on February 7th at 5:30 PM to plan ways to support STEM project work in SLO County 4-H. We will also be reviewing our budget to submit to the Management Board.

We WELCOME your participation! This committee is open to both adults and youth.

Come and join us!

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

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**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

**Diamond Clover Award** - This is the highest achievement for which a 4-H youth member is recognized. All youth members who achieve the requirements are eligible to receive this award. Awardees receive the California Diamond Clover Pin or Necklace Charm, a Certificate and a Recognition letter. Applications are accepted year round. Applications are reviewed by the 4-H Incentives and Recognition Advisory Committee and awarded quarterly. Find more information: http://4h.ucanr.edu/Resources/Members/Scholarships_-_Awards/Scholarships_-_Awards/4-H_Diamond_Clover_Awards/

**2016-2017 World of 7 Billion Student Video Contest!** - This year’s challenge: Students will create a short video (up to 60 seconds) about human population growth that highlights: Climate Change, Ocean Health, or Rapid Urbanization. The contest is open to all high school and middle school students (6th -12th grade) worldwide. See the contest flyer to provide even more information on the contest as a teaching resource. **Deadline February 23, 2017**

**Want to create your own lava lamp?** Using simple household items, such as oil, food coloring, Alka-Seltzer, and water, you can make your own groovy lava lamp! In this project youth will learn about the density and polarity of different liquids. For a step-by-step tutorial please click here.

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*By John Sims, UC ANR AA Compliance Officer*

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Katherine E. Soule, Ph.D.
Youth, Families, & Communities Advisor

The University of California, Division of Agriculture and Natural Resources (UC ANR), in accordance with applicable Federal and State laws and University policy, prohibits discrimination against or harassment of on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, status as a protected veteran or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994 [USERRA]), as well as state military and naval service. The University also prohibits sexual harassment and sexual violence. These policies cover employment, access, and treatment in University programs and activities. The policy can be found at http://ucanr.edu/sites/anrstaff/files/215468.pdf
The UC CalFresh Nutrition Education Program of San Luis Obispo & Santa Barbara Counties and 4-H are partnering to develop a new group of 4-H Adult Volunteers trained in garden enhanced nutrition education. The program is called the UC Garden Nutrition Extenders (UC GNE). The first cohort of UC GNEs completed 27 hours of training in topics such as: planning and sustaining school gardens, planting with the seasons, tasting food from the garden, nutrition education, and connecting California State standards with garden-based learning around the Learn, Grow, Eat, Go! Jr Master Gardener curriculum. The UC GNEs have completed 4-H enrollment and background checks and they will maintain status as UC GNEs by conducting at least 36 hours of garden enhanced nutrition education with youth and completing at least 3 continuing education hours each year.

There are currently 13 UC GNEs spread across both San Luis Obispo and Santa Barbara counties. As 4-H volunteers, the UC GNEs are developing annual 4-H plans to engage students in 4-H programming through 11 new school 4-H clubs. So far, the UC GNEs have had a busy Fall teaching students and reinvigorating or establishing new gardens. One UC GNE, Julie Mittman, developed a garden elective course for 4th-6th grade students at Teach Elementary school in San Luis Obispo. The students, with the support of the UC GNE and other parents and teachers, made a video to showcase their work and their process https://drive.google.com/file/d/0B26YISTlmvZVeFlQc0JZX2J6ZjQ/view

"This week, we harvested our lettuce, kale and basil and sold all of it at our Farmer’s Market at drop off time. We made $81! The veggies grew up to be gorgeous, big and so tasty. We had lettuce tastings and everyone was going wild for it. Please thank the producer who donated the starts for us. We planted over 120 plugs and everything has come up green and strong.”

Another UC GNE, Yezenia Romero, partnered with three 2nd grade teachers at Fairgrove Elementary to teach Learn, Grow Eat, Go!. As part of their service learning project, the students and teachers hosted a plant part canned food drive. Second graders went to each classroom in the school to promote the food drive. The day of the event, students sorted the donated food according to the correct plant part: root, stem, leaf, flower, fruit or seed.

To get involved, or for more information see: http://cesanluisobispo.ucanr.edu/uccalfreshslosb/UC_Garden_Nutrition_Extenders/

Submitted by: Shannon Klisch, MPH CHES Community Education Supervisor II UC CalFresh Nutrition Education Program
DAIRY GOAT/MARKET GOAT EXPO
Saturday, March 18th, 2017
9:30 a.m. to 3:00 p.m. at Atascadero Agriculture Hall,
5035 Palma Avenue, Atascadero

EXPO REGISTRATION FORM
also available at http://ucanr.edu/sites/slo4-h/Club_Forms/

DUE: Friday, March 15th with $10 Registration Check
This includes a Hot Dog lunch, chips, drink, and a cookie.
(There are only 100 spots for this event - so send your entry form in soon.)

Make Check payable to “Kings Highway 4-H” -- Mail or Deliver with Registration Form to:
4-H Office – Goat Expo, 2156 Sierra Way # C, San Luis Obispo, CA 93401
Phone: 781-5943, Fax: 781-4316

4-H Member Name (*):_________________________________
4-H Club: _________________________________________
Phone #: ___________________ Email: ___________________
(*) You must be enrolled in the 4-H database to register for this event.

Activities/Events: This is an event where you do not need your goat. There will be Station Rotations. There will be 6 rotations; you will be learning about procedures and general knowledge relating to the Dairy and Market Goat projects. Topics that will be presented: GENERAL GOAT CARE, CONFORMATION, SHOWMANSHIP, EQUIPMENT, GOAT BOWL (KNOWLEDGE) AND FEED/NUTRITION. At the end of the event, Dairy and Market Goat Level Testing will be offered if you would like to stay and test your knowledge. If you want to take the Written Level Test, please check which level you are going to take: Level 1_____ Level 2_____ Level 3_____

All 4-H members are welcome to attend the Expo regardless if you are in a Goat Project. Parents are encouraged to stay and participate as well.

Parent/Guardian Signature: ___________________ Date: ________

QUESTIONS: If you have questions regarding the Goat Expo, please contact Event Chair:
Kim Morones at 438-3823 or kim2gs@live.com OR the County 4 H Office at (805) 781-5943.
Youth Leadership Development Workshop

February 18th, 2017
9:00 am – 1:00 pm
277 South Street, Suite # T SLO

OPEN TO 4-H Members
Grades 7th — 12th

Learn valuable leadership skills at the Youth Leadership Development Workshop! Meet other leaders in your county, learn about leadership opportunities, and overall have a lot of fun! Also, Lunch is provided!

Contact Dagmar at 805.781.5941 or dderickson@ucanr.edu for any questions.

RSVP Here!
http://ucanr.edu/survey/survey.cfm?surveynumber=19934

This is a great experience for Club Officers, Junior and Teen Leaders, and Leadership Project members! No leadership experience required!
2016-17 Food & Arts Celebration (FAC) and Fashion Revue (FR)  
Saturday, May 6, 2017  
at Laguna Middle School,  
San Luis Obispo

To: 4-H Community Club Leaders, 4-H Project Leaders, and 4-H Members:

From: Home Economics & Expressive Arts Committee

The San Luis Obispo County 4-H Food & Arts Celebration (FAC) and Fashion Revue (FR) Entry Forms and FAC and FR Guideline Packets have been sent out to all leaders and for our 4-H members, these materials are posted on the county website at: http://ucanr.edu/sites/slo4-h/Club_Forms/ (just scroll down to the event title for these materials).

The event entry forms are to be turned into your 4-H Community Club Leader by your club’s deadline. Your 4-H Community Club Leader will turn in all forms and the entry fees by Friday, April 7th — but your club entry deadline will be earlier than that.

The Entry fee for each events is $5. If you are entering both the FAC and FR events then you would pay $10. (The $5 entry fee covers all Divisions in each event).

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.

VOLUNTEERS ARE ALSO NEEDED:

Each year, many adult volunteers are needed to provide a meaningful experience for 4-H members attending these events, and a Volunteer Sign-up form is also posted at: http://ucanr.edu/sites/slo4-h/Club_Forms/

Questions about becoming a FAC or FR Volunteer should be referred to the FAC/FR Volunteer Coordinator Tamara Johnson at tkjohnso@kcbox.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.

Questions about the FAC should be directed to FAC Coordinator Julia Stanfill at juliastanfill@yahoo.com or (805) 528-1557.

If you need any further assistance, contact the 4-H Office at (805) 781-5943 or dharris@co.slo.ca.us
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
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
Hello 4-H Members:  F.Y.I.

The CA Mid-State Fair will be adding **TRASH to TREASURE** Still Exhibit entries into their 2017 Competition Handbook.

**Note:** There will be size limitations for entries into the Trash to Treasure Division. We will publish more details on the requirements for this new Still Exhibit Division as we get the information from the CA Mid-State Fair Office.

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**ROCKETRY MEETING**

**COUNTRY WIDE S.T.E.M. PROJECTS**

Open to ages 10 - 19 years old

Only 10 spots available

Sign up with this link: [https://ucanr.edu/survey/survey.cfm?surveynumber=20004](https://ucanr.edu/survey/survey.cfm?surveynumber=20004)

*For more information, please contact the 4-H Program Lead, Dagmar Derickson, at 805.781.5941 or dderickson@ucanr.edu*

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**Rocketry Meetings...**

**Saturday, Feb 25th**
2:00 – 4:00 pm
Rocket Flight and Aerodynamics
(What makes it fly straight or crooked)

**Saturday, March 25th**
2:00 – 4:00 pm
Rocket Propulsion, Types of Engines,
How they are classified,
Test Engines from Size A to Size G

**Saturday, April 22nd**
2:00 – 4:00 pm
Fly our Rockets, Day of Flying

**Saturday, May 20th**
9:00 - 5:00 pm
Field Trip to Fresno Tripoli Central California
High Power Rocketry Launch.

**Saturday, June 24th**
2:00 - 4:00 pm
Record Book Review and Fair Entries Review
Countywide General Engineering 4-H Program — starting in January 2017:

*Project Leader: Dennis Derickson, Santa Margarita 4-H Club*

Meeting 3: **Topic:** Robot Assembly work  
**Friday, Feb. 17** from 6PM to 7:30PM at  
Cal Poly - Building 20A lobby:

Meeting 4: **Topic:** Robot Exercise  
**Friday, March 17** from 6PM to 7:30PM at  
Cal Poly - Building 20A lobby:

Follow - on meetings will be planned depending on interest of the group.

**NOTE:** Interested parties can e-mail Dennis Derickson at ddericks@calpoly.edu so he can see how many are interested in attending 1 or more of the events.

*Dennis Derickson*  
*Electrical Engineering Department Chair*  
*Cal Poly San Luis Obispo*
## SLO COUNTY 4-H HORSE PROJECT EVENTS

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<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>3/12/2017</td>
<td>Rain Day 3/19 - 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>
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<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>
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<tr>
<td>5/21/2017</td>
<td>Horse Riding Level Testing</td>
<td>South County, TBD</td>
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<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>
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LEADERSHIP DEVELOPMENT REPORT (LDR) Info

**Frequently Asked Questions (FAQ)**

**How do I know if I need to complete an LDR?**
If you are working on your Gold or Platinum Star Rank, you need to earn two (2) credits in the Significant Leadership category for each of those ranks—a total of four. So you would need to complete an LDR for four leadership roles over time. If you are not working on Star Ranks, and you want to submit your book to competition at any level, you must complete at least one LDR to get full Leadership Points on the Score Form. In this case, choose the Leadership Role where you learned or grew the most, or was the one most important to you and complete one LDR for that role.

**Can I accumulate hours over more than one year to count on the LDR?**
Yes, in the same role (if you are a Junior Leader one year, and a Teen Leader the next year for the same project, this counts as the same role). Keep track of the hours you spend on Leadership Role in a calendar, journal or other document. In the first year, complete Part 1 and Part 2 Pre and make a goal that you plan to complete your 20 hours over two years. Then in the second year, complete Part 1 and Part 2 Post and talk about how you achieved your goal to complete 20 hours over the two years. Be sure to be specific about how you completed the 20 hours.

If you submit your book for County or State Competition, in Year One, include Part 1 and Part 2 Pre forms. In Year Two, include Part 1 and Part 2 both Pre and Post forms.

**The LDR is for Intermediate and Senior members only. Can Junior members who are Club Officers complete the LDR and get Significant Leadership credit?**
Yes, under these conditions:
- You are a Club Officer
- You already have earned a Silver or Gold Star and you are working on either Gold or Platinum Star
- You believe you understand all of the questions in the LDR and you believe that you can learn something by completing them. (*You should work with an adult to help you decide if these LDR forms are right for you.*)

**If I don’t want to complete an LDR, do I have to?**
No, you do not have to complete any parts of the Record Book if you don’t want to—it’s your book—do the parts that are meaningful to you. **Here are some reasons to complete the LDR form that you might want to think about:**
- If a full Record Book is required by the Fair that you want to enter—you should complete the LDR form.
- If you want to participate in County or State Record Book Competitions—you will get more Leadership points if you complete the LDR form.
- If you are thinking about going to college or applying for a job someday, a complete Record Book will help you remember all of the Leadership Skills that you have developed.

**If I don’t have enough hours to complete the LDR, but I still want Leadership credits, where do I record those?**
In the Personal Development Report (PDR) form. **You can record Leadership Activity in the PDR, Section 4,** as long as it meets the criteria listed on Page 12 of the Record Book Manual at [http://4h.ucanr.edu/files/218972.pdf](http://4h.ucanr.edu/files/218972.pdf)

**If I take a Leadership Development Training (not a project), can I count the hours that I spent in training more than once for multiple Significant Leadership roles?**
No, -- good question, though! Count it once, and if it were us, we would use it where you need the most hours to reach your 20 hours.

**If you have any questions about this Leadership Development FAQ document, contact the San Luis Obispo County 4-H Office at (805) 781-5943.**

FEBRUARY 2017
PINE MOUNTAIN 4-H
By Emily V.

Pine Mountain 4-H had a Christmas party at Round Table Pizza the 8th of December. It was all you could eat pizza, salad, and drinks.

Pine Mountain 4-H members did a cookie exchange. Each member brought 12 cookies, a member’s number was called and they choose which basket they wanted. The members could even steal another person’s cookies.

The members also brought food for the SLO Food Bank. They also did Toys for Tots. Each member brought toys and food for the SLO Food Bank. We got a lot of food along with toys. It was a very successful community service project.

Pine Mountain meets every 2nd Thursday of the month at the Atascadero Grange Hall.
4-H CLUB NEWS

Parkfield 4-H: On Thursday, October 6th, a group of members went to the Hall and started to build the float. They continued on Friday. And then on Pioneer Day, we met on East 16th Street and we were dressed up as scarecrows and farmers. On the float, there were hay bales, squash, and farm tools. We won Best Theme Award and we will get $200 from that. Afterwards, some of us stayed there and enjoyed the parade. Submitted by: Samantha L., Parkfield 4-H Reporter

On the day of the Halloween Party, Oct. 30th, a few 4-H members decorated the Hall. It all came out great. There were games, food, and there was a Spook House. We went trick-or-treating. When we came back, we played games and ate. There was a long line for the Spook House. Everyone said that it’s not scary, but for me it was very scary. We would like to thank everyone that helped out.

The Spook House was a Community Service activity for the whole Parkfield Community. It was manned by Cody, Vicki, Jess, Austin, Aleah, Adrian and Kayla. Submitted by: Samantha L., Parkfield 4-H Reporter

The Kings Highway 4-H Group celebrated holidays with a winter potluck, gift exchange and crafting party. For December’s community service, we also collected toys for tots and made cards for patients in our local hospitals. A special Thank you to Paso Bowl and Mustang Lanes for donating their used bowling pins for our Bowling Pin Snowman craft. Submitted by Chelsea S., 4-H Club Reporter
Cerro Alto 4-H Sheep Project

The Sheep Group met on December 19th at the Atascadero Library Martin Polin room. Our See’s Candy fundraiser was a success and we raised enough money for new equipment, including a much needed fitting stand! A special thank you to our top seller, Lily Stahnke.

We took roll, and we played a really fun ice breaker game. It was called snowball. We wrote something about ourselves on the paper and then crumpled it up in a ball and threw them in the center of the circle. We each picked one and tried to guess who wrote it. I included this because it was a really good way to get to know each other!

This meeting, we learned about the parts and cuts of a sheep. We put the parts on a model sheep, Katie and Kaiya led us in a couple songs they made up to help us remember each part and Nicole went over some handouts. Paige helped us learn about leg conformation.

We learned about how to pick out a lamb and what type of conformation to look for. This was very useful because some of the kids are picking lambs for King City soon. We pretended to judge small groups of lambs online and then we saw who really won and why.

At the end of our meeting, we had an ornament exchange and ate cookies, yum! Our next meeting will be the 16th of January at the same place. Remember to write down 3 truths about yourself and one lie. This is for our next ice breaker game!  Submitted by:  Kaiya R.

Here is a picture of Katie and Kaiya presenting the parts of a sheep
Estrella’s Christmas Party at Vineyard Health Care Center

This year the Estrella 4-H group had a club holiday party on December 19th. There was a gift exchange and a record amount of toys were collected for the Toys for Tots, a charity group. Toys for Tots is a nonprofit charity that donates toys to needy children during the holiday season. I think the holiday season is the time for giving. The Estrella 4-H group demonstrated that on the 19th. Submitted by Charlie M., Estrella 4H Reporter

Canyon Country 4-H Club made hundreds of holiday cards at their December club meeting for several Meals on Wheels groups on the Central Coast. The club also made cookies to go with the cards. Toys were also donated to Toys for Tots for the holidays.
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/

<table>
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<th>2016-2017 4-H PROGRAM YEAR</th>
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**FEBRUARY 2017**
- 4  SLO County Presentation Day, Cal Poly, SLO
- 7  4-H STEM Meeting - All invited, 4-H ofc. Pg. 1
- 18 Youth Leadership Development Workshop @ 277 South Street, Suite #T SLO
- 25 Rocketry Meeting, pg. 8 for details

**MARCH 2017**
- 18 Dairy & Market Goats Expo, Atascadero, pg 4
- 25 Area Presentation Day, Cal Poly SLO
- 25 Rocketry Meeting, pg. 8

**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
- 22 Rocketry Meeting, pg. 8
- 29 4-H Primary Member Field Day, UCCE AUD. SLO

**MAY 2017**
- 6  Food & Arts Celebration & Fashion Revue, Laguna Middle School, San Luis Obispo
- 20 Rocketry Meeting, pg. 8

**JUNE 2017**
- 3  County 4-H FIELD DAY & Silent Auction
  Paso Robles Event Center
- 24 Rocketry Meeting, pg. 8

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