*Attention — All 4-H Members Ages 14 and Older! *

Are you thinking about applying to become a SLO County 4-H All Star but you don’t have any experience in working on county 4-H events yet? **Well, we have a great opportunity for you to assist our 4-H Volunteer Coordinator, JoAnn Overbey in March and April 2017!**

Part of the County 4-H All Star application and interview process is showing how you have been involved in organizing and working on SLO County 4-H events.

One of our upcoming 4-H County Events is: Primary Member Field Day that is planned for April 29th and **JoAnn Overbey, the 4-H Volunteer Coordinator is asking for 4-H Youth Members Ages 14 to 19 to sign up on the Youth Event Planning Committee for the Primary Member Field Day event.**

**HOW CAN YOU HELP?**  Two Committee Planning Meetings for the Primary Member Field Day event have been scheduled for:  
- **Wednesday, March 15th, 7:00 p.m. - 8:30 p.m.** and  
- **on Monday, April 17th, 7:00 p.m. - 8:30 p.m.**

  in the UC Cooperative Extension Auditorium, located at 2156 Sierra Way, SLO.

JoAnn Overbey is looking for 4-H members Ages 14 — 19 who enjoy being involved with county 4-H event planning, and who love working with younger 4-H members. **Primary Member Field Day is a very popular event and a great way for you to showcase your 4-H skills and talents.** The Planning Meetings for the Primary Member Field Day event involve selecting a few Craft Projects to make, Games to play, and a Snack for the event. We try to make crafts that our 4-H primary members can enter into our county 4-H events such as: Food & Arts Celebration on May 6th, 4-H Field Day Still Exhibits on June 3rd and at the Fairs in our area.

**For more information about joining the Youth Event Planning Committee, please call JoAnn Overbey at (805) 528-3939 in the evenings. We hope you can join us!**
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

- Raise Your Hand and help California 4-H win $20,000 - The California 4-H Foundation is proud to partner with National 4-H on the “Raise Your Hand” campaign. 4-H is calling on alumni & friends around the world to “raise their hands” and help empower the next generation of true leaders. The goal is to continue to build a California network of connected and engaged 4-H Alumni & Friends. Beginning March 1st—June 30th, we are asking 4-H Alumni & Friends to support 4-H youth by “Raising their Hands” and “Pay it Forward.” - Simply go to Raise your Hand and sign up for the Alumni & Friends Network. Be sure to choose “California” to receive updates and event notifications from California 4-H. Pay it Forward and help raise awareness for California 4-H by using social media to tweet or post your 4-H experience and photos using “#4Hgrown.” Tag other 4-H Alumni & Friends, and ask them to “Raise their Hand!” - The State with the most hands raised will receive $20,000 to support their state 4-H programs! Second and third place winners receive $10,000 and $5,000 respectively. - California 4-H is excited to build and grow our network! We hope you will “Raise Your Hand” & join us!

- State 4-H Advisory Committees - Applications are open until May 31. The State 4-H Advisory Committees provide leadership and offer insight, review and input to the Statewide 4-H Director for the operation and management of the 4-H Youth Development Program. Youth and adult volunteers are encouraged to apply! Learn more on the State Advisory Committee page. *Please Note that the Positive Youth Development, Healthy Living, and the Multicultural & Community Engagement Advisory Committees are not recruiting.

- Open invitation: CA 4-H State Management Board Meetings want to find out what is happening in 4-H? Do you have a topic you want to see discussed? The State Management Board will meet in Davis on the following dates in 2017: April 30th, Saturday, June 10th, and Saturday, August 19th. You can attend in person or call in. Mark these dates on your calendar and check for details closer to the meeting dates. Contact Sue Garcia, Secretary, CA 4-H State Management Board for any questions.

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

By John Sims, UC ANR
AA Compliance Officer
CALIFORNIA FOCUS
June 16 - 20, 2017
Held in our state capital, Sacramento, California
For teens ages 14*-19
*Must be 14 by June 16

Register Online
http://bit.ly/2kkR8rQ

Deadline April 3, 2017

FOR MORE INFORMATION
http://4h.ucanr.edu/4-H_Events/CF/
Jenna Colburn
(530) 750-1336  •  jcolburn@ucanr.edu

Focus on 3 branches of government

LEGISLATIVE
• Register to vote.
• Draft legislation for the "governor" to sign.
• Meet with your state legislator.

EXECUTIVE
• Run political campaigns for governor and state offices.
• Join in a candidate debate.

JUDICIAL
• Tour the 3rd District Court of Appeals
• Learn how the courts work through real court cases.

Create a Plan of Action for your community
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.
All Small Animal Level Tests being offered during the Cerro Alto Rabbit Show

The details for this Level Testing opportunity are:
- **When:** Saturday, April 22, 2017
- **Time:** 9:00 a.m. to 1:00 p.m. (or later)
- **Place:** Cal Poly Farm Shop
  http://maps.calpoly.edu/images/maps_images/PolyMapP.pdf

All Small Animals Level Tests will be offered, not just Rabbits. No pre-signup or Registration is required.

Study Materials are on the 4-H county website:
http://ucanr.edu/sites/slo4-h/Large_and_Small_Animal_Level_Test_and_Study_Guides/

If you have any questions, contact the 4-H Office at (805) 781-5943.

Nipomo 4-H members participated in Small Animal Field Day at the Cal Poly Farm Shop. It was a fun day to practice showmanship, participate in Trash to Treasure and poster boards.
Submitted by: Ashley R.
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
Pistol Discipline
San Luis Obispo, CA

WHEN:
Saturday, April 1st, 2017  8:00 am - 4:00 pm
Sunday, April 2nd, 2017  8:00 am - 4:00 pm

WHERE:  San Luis Obispo Sportsmen Association's Houge Range
3272 Gilardi Rd, San Luis Obispo, CA 93405

Only 14 spots are available for the Training

INFO:
Participants must attend both days of training to receive Certification. Upon successful completion of the course, the participant will be certified as a pistol trainer and can lead a pistol project at the club level or serve as county trainer to certify other leaders. Teen leaders are invited but must attend with an adult.

To qualify for this training, you must have completed the following items:
   Enroll in https://www.4honline.com/ in your resident county as an Adult Volunteer
   Complete the DOJ Live-Scan process in your resident county, and
   Complete the Volunteer Orientation post-test
If you are already enrolled as a 4-H Adult Volunteer, you do not need to complete the above steps.

No cost to participate! Lunch will also be provided both days.

Participants are encouraged to bring their own eye and ear protection if desired, but it is not necessary. Please bring your completed medical release form with you on the first morning of class. You can obtain the Medical Release form at http://ucanr.edu/sites/slo4-h/Club_Forms/ and scroll down.

Registration Link: https://ucanr.edu/survey/survey.cfm?surveynumber=17502

For questions about the course, contact Jack Crane at (805) 458-4223 or Jack@accuair.com
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**

**COUNTY 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, 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 — started in January 2017:  
*Project Leader*:  Dennis Derickson, Santa Margarita 4-H Club

**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

*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>
</tr>
</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>
</tr>
<tr>
<td>4/23/2017</td>
<td>English Field Day</td>
<td>Wranglerette Arena, Atascadero</td>
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<tr>
<td>5/17/2017</td>
<td>4-H Horse Show (Salinas Valley Fair)</td>
<td>King City Fairgrounds</td>
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<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>
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<tr>
<td>TBD</td>
<td>Horse Riding Level Testing</td>
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<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>
**LEADERSHIP DEVELOPMENT REPORT (LDR)**

**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.**
UC Cooperative Extension
Master Food Preserver

Spring Classes

Introduction to Canning
For those of you just getting started with canning, this is the class for you! We’ll teach you proper techniques and procedures to safely preserve your garden harvest. We’re offering this beginners class twice this Spring. Join us on Saturday, March 11th or at our encore on May 6th. Fee $10
Register for the March class at http://ucanr.edu/introtocanning
Register for the May class at http://ucanr.edu/introtocanning2

All About Citrus
Like the name says, we’re all about Citrus this month! Join us on Saturday, March 25th and learn all about marmalades and more. We’ll show you how to preserve those sweet and tangy delights. Fee $5
Register at http://ucanr.edu/allaboutcitrus

Fantastic Fermentations!
What is fermentation? Join us on April 22nd and learn about proper and safe techniques for making a variety of fermented foods and beverages including kombucha and sauerkraut. Fee $5
Register at http://ucanr.edu/fermentation

All classes will be held in the UCCE Auditorium
2156 Sierra Way, SLO
Space is limited REGISTER TODAY at the above links!

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 https://ucanr.edu/sites/eu/html/files/169224.pdf)
Nipomo 4-H members participated in County Presentation Day at Cal Poly on February 4, 2017.
Submitted by: Ashley R.
Nipomo 4-H members participated in the Leadership training on Saturday, February 18th. They learned lots of exciting things to take back to their 4-H club. Thank you to Kim Mott, the County Youth Leadership Key Leader for hosting this Leadership training!

Cambria 4-H Club News February 2017 by 4-H Club Reporter, Stella C.

On Saturday, January 21\textsuperscript{st}, three members from Cambria 4-H Club: Angelina P., Carla and Stella C. attended San Luis Obispo County 4-H Small Animal Field Day at Cal Poly. We participated in the showmanship clinics and completed get well cards for the children's hospital as part of a community service project. Angelina and Carla won first prize ribbons for their Trash to Treasure art projects. Stella and her dog, Cade, came in third in the intermediate class for dog showmanship. Angelina and Stella won their divisions in the Costume Contest with Jack the terrier as Bonnie Prince Charlie (1\textsuperscript{st} place for Best Historical Figure) and Cinnabun, the Holland Lop as Harry Potter (1\textsuperscript{st} place Best Book or Movie Character). Angelina and Cinnabun won a 2\textsuperscript{nd} place ribbon for rabbit showmanship in the senior class, and Stella and her Holland Lop came in 3\textsuperscript{rd} place in intermediate. Carla and Angelina also had a go at their Level 3 rabbit test. It was a busy day and we all had a fun learning experience.
Here are some pictures from the Nipomo 4-H Community Service/Outdoor Adventure group outing to Five Cities Fire Station on January 21. They went over first aid with the kids and were shown equipment on the fire truck. *Submitted by: Ashley R.*
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/](http://ucanr.edu/slo4h/)

### 2016-2017 4-H PROGRAM YEAR

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- 15 Youth Planning Committee Mtg., pg. 1
- 17 Co. General Engineering Robots Mtg., pg. 9
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- 25 Co. STEM Rocketry Meeting, pg. 8

#### APRIL 2017
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- 3 CA FOCUS Registrations Due, pg. 3
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#### MAY 2017
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#### JUNE 2017
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- 16-20 CALIFORNIA FOCUS, Sacramento, pg. 3
- 24 Co. STEM Rocketry Meeting, pg. 8

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

Interested in Food Preservation? See Page 12 for University of CA Cooperative Extension (UCCE) Class & Fee Information!