Re-Enrollment Started July 1st, 2017
for the 2017-2018 4-H Program Year in 4hOnline Database

Hello 4-H Families:
— Here is an update about Enrolling in a SLO COUNTY 4-H CLUB!

NEW MEMBERS to 4-H go to this link:
http://ucanr.edu/sites/slo4-h/Find_a_4-H_Club_Near_You/

NEW Adult Volunteers go to this link:
http://ucanr.edu/sites/slo4-h/4-H_Volunteer_Opportunities/
New_Volunteers/

RE-ENROLLING MEMBERS in 4-H go to this link:
https://ca.4honline.com/

If you are still having trouble logging into the 4hOnline system, contact the 4-H Office at 781-5943 — or — via the email address: dharris@co.slo.ca.us

FEES: The 2017-2018 4-H Program Year YOUTH Re-enrollment and New Enrollment FEE is $65.00; and the 4-H Adult Volunteer fee is $16.00.

Fee Payments can not be made online—
you will need to give your enrollment fee payment to your 4-H Community Club Leader.

If you are having trouble and need assistance with the 4hOnline Enrollment Registration site, you can Contact your 4-H Community Club Leader, and/or the Volunteer Enrollment Coordinator (VEC) for your 4-H club, or the 4-H Office (805) 781-5943

https://ca.4honline.com
Pre-Order Your 2017 National Youth Science Day kits! National 4-H Council and 4-H National Headquarters are pleased to introduce the 2017 4-H National Youth Science Day Challenge: Incredible Wearables. Incredible Wearables is a hands-on STEM project that challenges young people to build a wearable fitness tracker that will help people lead healthier lifestyles. To complete the challenge, kids must work together to design, build and refine a wearable health-tracking device that is low-cost, easy-to-use and aesthetically appealing. Incredible Wearables is perfect for both classroom and out-of-school learning. The 75 to 90-minute hand-on project is highly adaptable and is suitable for 4th-12th graders. The 4-H NYSD kit is now available for pre-sale on the 4-H Mall website. Each low-cost kit can serve up to 10 youth at a time, and is re-usable.

- **Disney Be Inspired Summer of Service Grants**  Deadline: September 30—Youth, ages 5-18, who volunteer to make their communities healthier, greener, and stronger can apply for a $500 Disney Summer of Service grant to create a project or expand their impact throughout the rest of the year.

- **Diamond Clover Award**  This is the highest achievement for which a 4-H youth member or young adult volunteer is recognized. All youth members and young adults 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.

- **Geode Crystals**  Want to create some geodes in your backyard? Here is a fun way to learn how geodes are formed using eggshells! In this project, you will learn how natural geodes in rocks are formed and about super-saturated solutions! For a step-by-step tutorial, visit: [https://sciencebob.com/eggshell-geode-crystals/](https://sciencebob.com/eggshell-geode-crystals/)
San Luis Obispo County 4-H
2017 Life Skills Scholarships Due Friday, 9/15/17

The San Luis Obispo County 4-H Management Board is happy to offer three (3) scholarships in the amount of $300 each.

The Scholarship Applications to be awarded are focused on:

⇒ Citizenship/Community Service
⇒ Leadership
⇒ Life Skills

If you are a current 4-H Member (July 1, 2016 — June 30, 2017), who is in good standing in the UC ANR 4-H Youth Development Program in San Luis Obispo County, and who is planning to attend college this Fall, you are eligible to apply for all three of these scholarships; however, you will be awarded only one (1) Scholarship. In addition to general 4-H and academic information, the applicant is asked to address the following:

Citizenship/Community Service:
1. What types of citizenship/community service involvement did you participate in during your 4-H career?
2. Describe two or three citizenship/community service activities that were most significant to you. Explain how you think your citizenship/community service activities will influence your life in the future.

Leadership:
1. What leadership skills have you developed through your 4-H career and how were they developed?
2. Describe how you think your leadership skills will influence your life in the future.

Life Skills:
1. What life skills have you developed through your 4-H career and how were they developed?
2. Describe how you think these life skills will influence your life in the future.

To obtain an Application, go to http://ucanr.edu/sites/slo4-h/Club_Forms/ and look to the right of the screen for the Applications or call the 4-H office at 781-5943.

Scholarship Applications are due in the 4-H Office no later than Friday, September 15th, 2017 by 5:00 p.m.

U.S. Mail: 4-H Office Attn: Scholarships, 2156 Sierra Way # C, San Luis Obispo, CA 93401
Email: dharris@co.slo.ca.us
Fax: (805) 781-4316
2017—2018 Emerald Star Project: “Purses Full of Essentials”

The project is to provide a purse full of small essential items to women in need.

Some items we would like to get donated are:
- gently used handbags/purses
- hotel/travel shampoo/conditioner
- toothbrushes/toothpaste
- water/snacks
- socks/mittens

A Donation Box will be available at the 4-H Office and each month, 4-H members can contribute at their Monthly 4-H Club General Meetings and at 4-H County events.

We are also available to attend your 4-H General Meetings to present this County Community Service Emerald Star Project.

Contact information:
Cerro Alto 4-H Members

Amber Quick, iceehorse@yahoo.com or 805-610-1682

Cosette Gibler, skidooocrs@gmail.com or 805-538-8864
California 4-H presents
MINDFULNESS RETREAT
NOVEMBER 3-5, 2017
CAMP OCEAN PINES
CAMBRIA, CA

$175 to attend
Register by October 1, 2017
https://ucanr.edu/survey/survey.cfm?surveynumber=21346

The mindfulness retreat will address:
- exercise
- understanding mindfulness
- stress management
- health advocacy
- community connection
- nutrition
- relationship building

Teens ages 13-19 and adults are welcome to spend the weekend at beautiful Camp Ocean Pines developing their health and well-being. Teens will not only increase their personal skills in leading a healthy lifestyle, but will also gain skills needed to be a health advocate in their communities.

For more information contact
Anne Iacopucci
(arniacoppuci@ucanr.edu)
or Jenna Colburn
(jcolburn@ucanr.edu)

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/annostaff/files/169224.pdf. Inquiries regarding ANR’s nondiscrimination policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1318.
MISKIS TRAINING
Make it Safe, Keep it Safe
Food Safety Education Training

This training is for anyone who comes in contact with food while in their homes, businesses, volunteer capacities and community gatherings. By attending this training, you will be aware of safe food handling techniques to help eliminate and prevent foodborne illness at your next function. Please register by Friday, October 6, 2017.

What: MISKIS Training
Time: 9:00am to 12:00pm
When: Tuesday, October 17, 2017
Where: UCCE Auditorium 2156 Sierra Way, San Luis Obispo, CA 93401
Fee: $10.00 for supplies and materials
Register: Call 805-781-5944 or email dravalin@coslo.ca.us to reserve a space.
The Asset Development Network of San Luis Obispo County is pleased to offer a conference on BUILDING A CONNECTED COMMUNITY FOR OUR YOUTH Friday, October 6, 2017, at the Family Care Network, Inc., building located at 1255 Kendall Road SLO CA (east of the SLO Co. Airport)

The link for Conference information and Registration is http://sloassetdevelopment.weebly.com/

The Conference will be a wonderful opportunity for participants to continue to learn how to build the developmental assets of our youngest children through youth entering adulthood, and to mobilize our community to create environments where children and youth thrive.

What is the Asset Development Network?

Established in 1997, the Asset Development Network of San Luis Obispo County is a collaborative of organizations and agencies that promote the Search Institute's 40 Developmental Assets for early childhood to adulthood. These assets serve as building blocks that help children grow up to be healthy, competent, contributing adults.

For more information, the link to the assets is as follows: http://www.search-institute.org/content/40-developmental-assets-adolescents-ages-12-18

Building a Connected Community for Youth Event Speakers are:

- **Clay Roberts** – Author, prevention consultant, program developer, and nationally recognized speaker on asset development
- **James J. Brescia** – San Luis Obispo County School Superintendent
- **Katherine E. Soule PhD** – Youth, Families, and Communities Advisor, UC Cooperative Extension, San Luis Obispo and Santa Barbara Counties
- **Amber Davis** – A former foster youth who is working as a Rehabilitation Specialist at Family Care Network. In the fall, she will start her graduate program in Social Work at USC.
- **SLO Trauma Informed Champions of Change** – Inspiring trauma-Informed practice through integrated awareness and understanding of the impact of trauma on our county-wide system of care.
Watch What Happens

**National 4-H Conference** delegates engage in personal development experiences that increase their knowledge, resources, and skills while they discuss topics affecting youth and 4-H programming nationwide. Delegates not only learn while at the conference: they are empowered to create positive social change in their communities and have the opportunity to practice and apply their skills in a real-world setting.

Already preparing for the 2018 National 4-H Conference?
The conference dates are April 7 - 12, 2018.

Please distribute to your college students in your county.
This is an amazing opportunity and experience!

Applications are being accepted for the Roundtable Facilitator Roles for the 2018 National 4-H Conference which will be held in Washington, D.C. April 7-12, 2018.

Application documents can be downloaded at [http://4-h.org/parents/national-4-h-conference/#!leadership-facilitators](http://4-h.org/parents/national-4-h-conference/#!leadership-facilitators)

Please promote broadly to all college students.

National 4-H Conference is the pinnacle experience in 4-H Citizenship, providing the opportunity for young people to connect, learn, engage, lead and impact their communities, their nation and their world. Roundtable facilitators lead groups of 4-H teens through the development and facilitation of a briefing on an issue important to our nation. The facilitators play an important role in the success of this civic engagement experience. The facilitators also gain a tremendous amount of leadership experience, networking connections, and facilitation skills by serving in this role.

All college students with a desire to participate in this experience are encouraged to apply.
4-H Shooting Sports Workshops

If you have an interest in sharing your Shooting Sports skills with youth, how about becoming a 4-H Shooting Sports adult volunteer or teen leader? There will be a variety of 4-H Shooting Sports leader certification trainings offered this fall. The classes will be held over a Saturday and Sunday weekend format at the Safety First Shooting Association, River Oaks Range, 11584 Shaffer Rd, Winton, in Merced County (center state). 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 lead the shooting sports discipline of your choice 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 lite breakfast refreshments. Please bring your own lunch to the class.

Junior and teen leaders are invited but must attend with an adult or have a certified shooting sports adult leader they will be assisting back home. Driving directions to the range are at http://www.safetyfirstshooting.org/html/directions.html. Tent or Dry RV camping is an option. Numerous hotels are available in the area, contact Dave below for more info if needed.

To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at http://4h.ucanr.edu/files/4785.pdf with an adult http://4h.ucanr.edu/files/20100.pdf or youth http://4h.ucanr.edu/files/4726.pdf 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 the week before your class (7 days prior), and Space is limited to 20 attendees. For more information call Dave at 209-614-1718 or Darlene McIntyre at 209-385-7418 or email her at dlmcintyre@ucanr.edu.

**Rifle** – August 12 & 13th  
**Shotgun** – August 12 & 13th  
**Archery** – Sept 9 & 10th  
**Pistol** – Sept 16 & 17th  
**Western Heritage** – Oct 7 & 8th  
**Muzzle Loading** – Oct 15 & 16th  
**Rifle** – Nov 18 & 19th  
**Shotgun** – Nov 18 & 19th  
**Archery** – Dec 9 & 10th  
**Pistol** – Dec 9 & 10th  
**Western Heritage** – Jan 6 & 7th
Tentative - 4-H SLO COUNTY HORSE EVENTS for 2017-2018

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>9/17/2018</td>
<td>Family Trail Ride</td>
<td>@ Miranda Canestro's, Cambria</td>
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<tr>
<td>10/7/2017</td>
<td>SLO County 4-H Achievement Night</td>
<td>SLO Veteran's Hall</td>
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<tr>
<td>10/15/2017</td>
<td>Gymkhana Clinic</td>
<td>Paloma Creek Arena, Atascadero</td>
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<td>11/5/2017</td>
<td>Gymkhana Field Day</td>
<td>TBD</td>
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<td>12/2/2017</td>
<td>Hippology Bowl</td>
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<tr>
<td>1/12/2018</td>
<td>Horse Written Level Testing</td>
<td>UCCE Auditorium, SLO</td>
</tr>
<tr>
<td>2/3/2018</td>
<td>Horse Riding Level Testing</td>
<td>South County, TBD</td>
</tr>
</tbody>
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Mid State Fair 4-H Horse Show High Point Winners

**Carla riding Smoky, from Cambria 4-H**
Pony English High Point, Western High Point, Gymkhana High Point, and Pony Best of Show

**Ella riding Cat, from Creston 4-H**
Junior English High Point, Gymkhana High Point, and Junior Best of Show

**Shayna riding Dusty, from Nipomo 4-H**
Senior Western High Point and Senior Best Of Show
Oceano 4-H Student Nutrition Advisors have been working all Summer on their cooking, presentation and leadership skills with UC CalFresh Nutrition Educator, Lisa Paniagua (pictured at right).

For a Healthy Living Community Service Project, students collaborated with the San Luis Obispo County Food Bank to develop a recipe based on the ingredients available in the warehouse. Student leaders made a list of available foods and, using their nutrition skills and knowledge, created a Summer Fruit Salad recipe (see below). SNAC leaders then prepared the recipe and worked with the Food Bank Nutrition Manager, Melissa Danehey to sample the recipe with food bank clients and teach them the importance of including a variety of fruits and vegetables in their daily meals.

The video below was prepared by UC Garden Nutrition Extender 4-H Volunteer Julianne Mittman. Link to video: [http://cesanluisobispo.ucanr.edu/uccalfreshslosb/Youth_Development_-_Student_Nutrition_Advisory_Councils/](http://cesanluisobispo.ucanr.edu/uccalfreshslosb/Youth_Development_-_Student_Nutrition_Advisory_Councils/)

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Oceano SNAC’s Summer Fruit Salad

Recipe by: Keylani, Alexa, Elisa, and Paola

Servings: 8-10  
Time to Prep: 30 minutes

Ingredients:  
- 2 large apples  
- 4 small-medium pears  
- 1 cantaloupe  
- 1 1/2 cups chopped strawberries  
- 1 shredded carrot  
- 1/2 cup dried cranberries  
- 2 cups low-fat plain yogurt  
- 1 teaspoon cinnamon  
- 1/2 toasted coconut  
- 1 tsp lime juice  
- Oat cereal for topping

Directions:
1. Wash and cut fruit. Shred carrot. In a large bowl, mix fruit, shredded carrot and dried cranberries.
2. In another bowl, mix yogurt, lime juice, cinnamon, and toasted coconut.
3. Mix yogurt blend with salad.
4. Chill before serving.
5. Enjoy!
SAVE THE DATE!
Saturday, October 7th, 2017
for your
San Luis Obispo County
2017 4-H ACHIEVEMENT NIGHT!!

WHERE: SLO Veteran’s Hall
801 Grand Ave.,
(corner of Monterey & Grand)

TIME: at 7:00 p.m.

This Year’s Theme is:
4-H One Size Fits All!
(Submitted by: Past All Star—Analisa Cavaletto, Santa Margarita 4-H Club)
ROBOTS ON THE MOVE!

Summer is often a time when 4-H projects are on vacation, but not the Robotics Project! In July, Dennis, Sara and Dagmar Derickson took the Scribbler Robots on the road to the State 4-H Leadership Conference in Davis, California for a workshop session for the high school youth in attendance.

The workshop space quickly filled to capacity and the youth were deeply engaged in programming their individual robots to write specific alphabet letters to spell out the challenge phrase presented to them. Once the phrase was completed the more difficult task of programming the robots to maneuver through a maze was undertaken and accomplished.

Then the robots were on the move again to make their debut at the Mid-State Fair where youth were again engaged in meeting the challenges presented including the maze.

If you were not able to attend either of these two events but have an interest in Robotics, please contact the 4-H office at (805) 781-5941 to learn how you can participate in this exciting 4-H Project during the coming 2017—2018 4-H year!
4hOnline Enrollment is Year-Round — Contact a 4-H Community Club Leader

SLO County 4-H Youth Development Program Calendar 2017-2018

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

2017-2018 4-H PROGRAM YEAR

SEPTEMBER 2017

6  LAST DAY to pick up Record & Officer Books
due to office renovations at the 4-H Office

15  Life Skill Scholarships Due Date

20  4-H Management Board Meeting—Call Dagmar, 4-H Program Lead at 781-5941 so you can be placed on the Agenda if you would like to attend this meeting.

Most 4-H Community Clubs will be doing their 2017 – 2018 4-H Program Year Re-enrollments and New Enrollments in 4hOnline
https://ca.4honline.com

OCTOBER 2017

1-7  National 4-H Week

7  4-H ACHIEVEMENT NIGHT 7pm at the
SLO Veterans Hall—801 Grand Ave., SLO

National 4-H Week is October 1 – 7.
Take advantage of this important week to highlight the remarkable 4-H youth in your communities and showcase the incredible experiences that 4-H offers young people.

This year's theme is #TrueLeaders.

National 4-H Week resources
https://drive.google.com/drive/
folders/0B9MMzbLtXOImNGVFcGsydFE0cVU
This link includes access to:
Social media toolkit
Presentation about National 4-H Week materials
Flyers in English & Spanish - editable PDFs
Ads in English & Spanish - editable PDFs
Press release template
Proclamation template and guide
Snapchat filter & instructions
Facebook filter, cover images, and post images
Twitter post images
Instagram post images

Updated Information about the SLO County 4-H Horse Project can be found on Page 10.