# HIGHLIGHTS IN THIS ISSUE

- 4-H is on FaceBook ………..2
- Enrollment Fees Increase...2
- Golden Clover………………3

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Do you have a photo for the newsletter? E-mail photos to vaslaton@ucdavis.edu

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NEWSLETTER DEADLINE!

Articles/photos for the next issue of The 4-H Network must be received by September 22.

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Bakersfield CA 93307
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Fax:  661-868-6208
cekern@ucdavis.edu

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## SEPTEMBER 2011

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Project Chair Meeting for Recruitment, 6:00 p.m.</td>
<td></td>
<td>Veronica Slaton 661-868-6235</td>
</tr>
<tr>
<td>5</td>
<td>Office Closed for observance of Labor Day</td>
<td></td>
<td></td>
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<tr>
<td>10</td>
<td>Horse Show, 8:00 a.m., Parker ‘s Arena</td>
<td></td>
<td>Harold Tolbert 661-205-1975</td>
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<tr>
<td>16-20</td>
<td>Harvest Hall Exhibits Due! Refer to fair catalog</td>
<td></td>
<td></td>
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<tr>
<td>17</td>
<td>Kern County Fair Work Day</td>
<td></td>
<td></td>
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<tr>
<td>9/21-10/2</td>
<td>Kern County Fair</td>
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## OCTOBER 2011

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>2-8</td>
<td>National 4H Week</td>
<td></td>
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<tr>
<td>20</td>
<td>*Kern County Fair Review Meeting 6:00</td>
<td></td>
<td>Veronica Slaton</td>
</tr>
<tr>
<td>24</td>
<td>*Horse Leader Meeting 6:30</td>
<td></td>
<td>Harold Tolbert</td>
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<tr>
<td>25</td>
<td>*Leader Council 7:00</td>
<td></td>
<td>Christopher Diniz 661-213-4518</td>
</tr>
<tr>
<td>27</td>
<td>*New Leader Orientation 7:00</td>
<td></td>
<td>Veronica Slaton 661-868-6235</td>
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<tr>
<td>29</td>
<td>*Officer Training 10:00 am</td>
<td></td>
<td>Veronica Slaton 661-868-6235</td>
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<tr>
<td>31</td>
<td>Last day to enroll for Hi4-H</td>
<td></td>
<td>Veronica Slaton</td>
</tr>
</tbody>
</table>

*Meeting is at the UC Extension Office, 1031 S. Mt. Vernon Avenue, Bakersfield, CA
4-H WEBSITES
http://www.areyouintoit.com
http://www.fourhcouncil.edu
http://www.4-h.org/fourweb
http://www.ca4h.org

4-H ENROLLMENT WEBSITE
https://california.4honline.com

4-H VOLUNTEER WEBSITE
http://ucanr.org/4-hvolunteers/

LOCAL 4-H OFFICE
Veronica Slaton, 4-H Program Rep.
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Fax: 661-868-6208

KERN COUNTY 4-H IS ON FACEBOOK!
Kern County 4-H is on Facebook! You can search for us: Kern County 4-H and ‘like’ us! We will post updates, important event reminders, announcements—all sorts of important things! It’s the best way to keep up-to-date!

CLUB WEB PAGES OR FACEBOOK PAGES
There are now IMPORTANT guidelines set in place about your club having a web page or social media page (Facebook). The 4-H Office MUST know about any club pages. There is now a form to be filled out, and signed, that is required to be kept on file. These guidelines are on our County website www.cekern@ucdavis.edu under ‘Kern County Forms’. If your club already has one of these, please fill out the form and make sure that your page is following the policies as soon as possible.

4-H ENROLLMENT FEE INCREASES FOR 2011-2012
The enrollment fees for membership for the 2011-2012 program year will be as follows:

Youth Membership.........$20
Adult Membership............$6

RECORD BOOK TIPS FOR AUGUST

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>PDR CATEGORY</th>
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<tbody>
<tr>
<td>Kern County Fair</td>
<td></td>
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<tr>
<td>Attended</td>
<td>3</td>
</tr>
<tr>
<td>Fair Work Day</td>
<td>3</td>
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<tr>
<td>Project Exhibited</td>
<td>2</td>
</tr>
<tr>
<td>Showmanship</td>
<td>2</td>
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<tr>
<td>Grand Champion</td>
<td>7</td>
</tr>
<tr>
<td>Feature Booth</td>
<td>7</td>
</tr>
<tr>
<td>Specialty Species Contest</td>
<td>2</td>
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</table>

The National 4-H Conference is a working conference in which youth and adults develop recommendations to help guide 4-H Youth Development Programs nationally and in their communities. This event brings together youth, volunteer leaders, and state and county extension staff members from across the United States, the U.S. territories, and the Canadian provinces. Applications are now available at: http://www.ca4h.org/Programs/Conferences/N4-HC/
For more information please contact Quang “Hogan” Tong at qtong@ucdavis.edu

CONGRATULATIONS TO CORA PADILLA!
Cora Padilla of Kern Creative Minds 4-H Club was selected as the 2011 Kern County 4-H Leader Council scholarship recipient.
Cora will receive a $450 scholarship to assist her in her pursuit of a higher education.
FIND US ON FACEBOOK:
Kern County 4-H
And now we’re on Twitter too!
@KernCounty4H

The 2011 Golden Clover applications and nomination forms are now available at: http://www.ca4h.org/Resources/Members/GoldenClover/. Nominations and applications will be due by September 30, 2011. Individuals and groups may apply or be nominated in multiple categories. The selection committee reserves the option of moving applications to another category if they feel it would be a better match. Applications are evaluated on how well the applicant meets the description of the category and overall participation within 4-H. Group applications consisting of youth and adults need to demonstrate strong youth-adult partnerships. Questions can be sent to Quang “Hogan” Tong at qtong@ucdavis.edu.

“Save the Date!” - The 2012 California 4-H Camping Conference will be held March 23 – 25th, 2012 at Camp Campbell in Boulder Creek, CA. There will be hands-on training for adult and teen leaders who help plan and administer 4-H camping programs. More details will follow in the next edition of Updates.

State Leader’s Forum – The Magic Just Keeps on Happening!
The Committee for the State Leader’s Forum is SO EXCITED!! Things are really hopping into place for the conference this year, held in Pacific Grove at Asilomar November 11 – 13, 2011. The 4-H Foundation has thrown their hat into the ring and promises to be a significant presence with workshops, ideas, and new promotions! Staff will be there from the State 4-H Office to present workshops and meet leaders. Come and meet Shannon Dogan, our new Associate Director of 4-H Program and Policy. She will be speaking to the group on Friday Evening….followed by our ‘magic moment’: 11:00pm on Nov. 11, 2011. Carolee Hazard will be our speaker for Saturday morning. She is a dynamic and energetic woman whom you may know for her community service work, specifically the $93 club. You will hear her tell the story of how an act of compassion ultimately generated $24,000 for Second Harvest Food Bank. You will be excited and inspired as she takes you on her journey.

And then the evening will be transformed into a hands-on working group project. With help from the Foundation and the State Staff will are offering an awesome opportunity to explore new ways to give back to your community. We know you will come away ready to share your new knowledge and skills.

So come to the leaders forum, enjoy the process. Remember: the magic of 4-H is Transformation.

“My Plate” Dietary Guidelines
Replace Food Pyramid
The 2010 Dietary Guidelines for Americans, launched in January of this year, form the basis of the federal government’s nutrition education programs, federal food assistance programs, and dietary advice to health and nutrition professionals. The messages include:
• Enjoy your food, but eat less.
• Make half your plate fruits and vegetables.
• Switch to fat-free or low-fat (1%) milk.
• Make at least half your grains whole grains.

Foods to Increase
• Compare sodium (salt) in foods like soup, bread, and frozen meals, and choose foods with lower numbers.
• Drink water instead of sugary drinks.
**4-H Hat Etiquette**

**What you may put on your cap**

**Left Side**
Place the Bronze, Silver, Gold, or All-Star 2" from the front. Only the current Star Rank held may be worn.

Place the Junior or Teen Leader emblem behind the star. This is worn only while the member is serving as a Junior or Teen Leader.

Fasten the All-Star pin to the center of the All-Star emblem.

**Right Side**
Place a year pin and stripe for each completed 4-H year behind the 4-H emblem, with the first year next to the 4-H Clover.

Junior members wear a white stripe on a green background. Senior members wear a green stripe on a white background. Junior Leaders use a gold stripe on a green background and Teen Leaders use a gold stripe on a white background.

Medals received in the California Incentives and Awards Program may be worn on either side of the cap. No other pins or ribbons are to be worn on the cap at any time. The 4-H cap should reflect the dignity of the 4-H Youth Development Program and not be cheapened by fastening to it every emblem, award, and ribbon won by the member. Some items not to be worn on the hat include buttons, fair medals, or all three stars at the same time.

**Which, When, and Where?**
Wearing a 4-H cap is not a requirement for membership. If a member chooses to wear a cap the following guidelines should be observed.

**Green or White?**
Junior members wear the green cap. A junior member is anyone in the 8th grade or below. Senior members wear the white cap. A senior member is anyone in 9th grade and above.

**When to Wear?**
Girls may wear the 4-H cap anywhere girls usually wear hats -- 4-H meetings, events, public gatherings and in church.

Boys do not wear the cap in church, at meals or at memorial services, indoors or outdoors, unless they are serving as color guards. Boys serving as color guards wear their caps until the flags are placed and they are seated. When saluting the American flag, remove your cap and hold it in your right hand, over your heart.

**Where to Get?**
Obtain 4-H caps from the local club leader who purchases them from Leslie Carman. The manufacturer sews the 4-H emblem on the right side of the cap. For information on obtaining a cap, scarf, or tie locally, contact the Extension Office at 661-868-6233.

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**STATE LEADERS’ FORUM 2011**
The Annual State Leader’s Forum is on-line and ready to go! Mark your calendars for Nov 11, 12, 13, 2011 and come to beautiful Pacific Grove to share in the learning and fun of volunteer leaders.

**4-H: The Magic of Transformation.** You have the opportunity to share new ideas, discuss current issues, connect with leaders across the state and most importantly, transform yourself and your program from ordinary to extraordinary.

Registration forms are online at [www.Ca4h.org](http://www.Ca4h.org). Follow the tabs from Programs to Conferences to State Leader’s forum. You can also follow us on Facebook [www.facebook.com/4HSLF](http://www.facebook.com/4HSLF).

**Register now for an early bird discount!**
Because we are beginning this conference on a very auspicious day (11-11-11) in a very auspicious place (Asilomar State Park by the sea) expect some especially wonderful events! Can’t wait to see you there! For more info:

Tacy Currey-Registrar: tacy@curreyranch.com or Vicky Bosworth-Chair: vgboz@comcast.net

**SHARE YOUR VOICE: 4-H HEALTHY LIVING NEEDS ASSESSMENT**
If you could improve the health in your 4-H club, where would YOU start? The 4-H Healthy Living Initiative Advisory Committee wants to hear about what is currently taking place within your county and club programming, and how the healthy living components and practices of California 4-H can be strengthened. To put it simply, we want to know how we can BEST provide the desired programs, resources, and activities that will benefit your 4-H community. Represent Kern County and have your voice heard: [http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=5768](http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=5768)
The Revolution of Responsibility is described as “... a movement for positive change in every community in America. 4-H youth are a living, breathing, culture-changing revolution for doing the right thing, breaking through obstacles, and pushing our country forward by making a measurable difference right where they live. That takes uncommon commitment.”

2013 marks the centennial for 4-H in California, an important milestone for an organization that is deeply connected to communities throughout California. Core to the 4-H experience is service learning, which takes the form of youth-designed, youth-led projects where participants learn leadership by leading, collaboration through collaborating, and the importance of civic engagement by actively seeking opportunities to make a difference in their communities.

The Revolution of Responsibility Centennial Campaign will celebrate the power of California 4-H youth taking action through an ambitious statewide program that will fund 1,000 service learning projects at $1,000 each through the end of 2013. It will also provide an opportunity to re-connect with an estimated one million past 4-H participants living in California, engaging them as volunteers, donors, and advocates. Learn more at http://www.ca4h.org/Support/RoR/

California 4-H $1,000 for 1,000 Service Learning Projects
The University of California 4-H Youth Development Program is dedicated to fostering an environment where youth and adults work together as equal partners to gain new skills and create positive community change. 4-H groups can apply for up to $1,000 to identify, plan, and carry out a service-learning project in their community. An open application process has review dates of October 15, 2011; January 15, 2012; and April 15, 2012. To apply, go to: http://ucanr.org/join/

Forestry 4-Her’s
The next generation of forestry begins here. Vibrant, dynamic, and engaged — forestry students unite to grow the profession and network. This is your home for everything related to students in the forestry and natural resources profession.

Student Video Contest: Why Trees are the Answer
Do you have talent? Do you have a video camera? Then you can be a star! Introducing the 2011 Student Video Contest. We want students and student chapters to show us why you think Trees are the Answer. Make a 60 or 120 second video and you could win one of three awards. Winning videos will be presented at the 2011 National Convention. Submit your videos by Friday, September 30, 2011.

http://www.eforester.org/fs/index.cfm
Dear 4-H Community:

Citizenship Washington Focus (CWF) is a week-long, 4-H citizenship and leadership program for youth ages 14-19. Thousands of young people from across America stay at the National 4-H Youth Conference Center, near Washington, D.C., every summer to participate in the program, which provides opportunities for young people to:

- Strengthen their communication, leadership, and citizenship skills on a national level.
- Understand the importance of civic and social responsibilities as they relate to the development of better citizens and leaders.
- Exchange ideas, practice respect, and form friendships with other 4-Hers from across the country with diverse backgrounds.
- Experience hands-on learning using the historical classroom of our nation’s Capital city, Washington, D.C.

Registration for CWF 2012 is now open! This is a once in a lifetime experience that allows your young people to see the world from a new perspective. Don’t let your 4-Hers miss out on this national citizenship and leadership opportunity. All you need to do is gather a group of 5 or more participants (including both youth and chaperones), visit the Citizenship Washington Focus website and click on the “Register” tab to follow the registration steps.

This summer, we have over 1,600 young people participating in the CWF program. Visit the CWF website to learn more about the CWF program. You can view videos and read testimonials under the “Experience CWF” tab or take a look at the CWF schedule under the “Register” tab.

For more information about the program or how to register your group to participate, please don’t hesitate to contact Molly Young, Director of Youth Opportunities, with questions.
2011 4-H NATIONAL YOUTH SCIENCE DAY DURING THE MONTH OF OCTOBER
The fourth annual 4-H National Youth Science Day (NYSD) will be held nationally on Wednesday, October 5, 2011. Created to combat a shortage of American young people pursuing science college majors and careers, 4-H National Youth Science Day seeks to spark early interest and leadership in science.

2011 Experiment: Wired for Wind
In this year's experiment youth will enhance their engineering skills by designing, building, and testing two different wind turbine models. This year's National Science Experiment will also help youth relate their scientific experiences back to their own lives by determining the best location for a wind farm in their state or local area by calculating wind power and studying wind data and maps. More information and downloadable versions of the youth and facilitator’s guides are available at http://www.4-h.org/4-h-national-youth-science-day/.

Bio-Security in 4-H Animal Science
http://www.ca4h.org/Projects/Curriculum/FREE/Bio-Security_in_4-H_Animal_Science/
This free curriculum teaches health safety importance of livestock in the community setting. Livestock shows are an important part of 4-H, but members need to be aware of the disease risks involved when stock from different farms come together in one place.

ENGINEERING & TECHNOLOGY CURRICULUM
4-H Robotics: Engineering for Today and Tomorrow (2011)
http://www.4-h.org/resource-library/curriculum/4-h-robotics/
This curriculum introduces robotics to youth ages 9-18 with beginner, intermediate, and advanced skill levels. Youth will develop decision-making and critical thinking skills, and implement an understanding of the scientific and engineering design process as they build real and virtual robots. The curriculum contains three tracks. The Virtual Robotics track of the project will provide youth with opportunities to build and test virtual robots. The Junk Drawer Robotics track will challenge participants to build robots from everyday items. In the Robotics Platforms track, youth will use a commercial robotics kit to explore the world of robots.

TechXite: Discover Engineering (2010)
http://techxcite.pratt.duke.edu/curriculum/
TechXite provides activities across a wide range of technologies in order to offer opportunities for middle school students to explore aspects of engineering that are most exciting to them. Modules include topics of biomedtech, wireless communication, and solar energy. Future topics are expected in architecture, digital imaging, GIS/GPS, and transportation.

4-H Filmmaking Studio (2009)
http://www.4-h.org/resource-library/curriculum/4-h-filmmaking-studio-and-workshop/
The 4-H Filmmaking Studio and Workshop will assist you with making your own film. Take your time and view each module. Practice with your camera, tell your story, and upload your film to share with others.

http://cse.edc.org/curriculum/designit/#orderinginfo
These extended design engineering activities challenge children to build and refine working models of small machines and toys over a period of 3-6 weeks. While engaging in the activities, children gain experience in physical science, problem solving, experimentation, and collaboration as well as practical familiarity with a wide range of safe, inexpensive, and commonly available construction materials.

Electric Energy (2009)
http://pubs.ext.vt.edu/category/4-H_sciencedesign-technology.html
Participants will investigate and understand the characteristics of electricity, which includes the nature of electricity (voltage, ampere, resistance, conductors, and insulators), circuits (open/closed, parallel/series), magnetism and magnetic fields, static electricity, and historical contribution in understanding electricity.

The Power of the Wind (2009)
http://www.4-h.org/resource-library/curriculum/4-H-the-power-of-the-wind/
Youth work with members of a team to design, create, build, and test a wind powered devices and are given opportunities to explore wind as a potential energy source in their community.

Aerospace Adventures
http://www.4-hmall.org/Catalog/ProductDetails.aspx?Productid=06881
Participants will learn about many different aspects of aerospace and how physics is involved with flight. Topics become more and more advanced as youth progress through each stage. Every stage also provides activities for hands-on learning through constructible models.

Geospatial - Exploring Spaces, Going Places
http://www.4-hmall.org/Product/4-hcurriculum-geospatial/08358.aspx
Accessed entirely on one CD, the three youth levels and helper’s guide are valuable resources to anyone interested in geospatial technology, geographic education, Geographic Information Systems (GIS) and Global Positioning Systems (GPS). Activities correlate with National Science Education Standards.