### The 4-H Network

Connecting all of Kern County

#### MARCH 2013

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Organizer</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>*18</td>
<td>Cloverbud Meeting</td>
<td>6:00 p.m.</td>
<td>Veronica Slaton</td>
<td>661-868-6235</td>
</tr>
<tr>
<td>*22</td>
<td>Fashion Revue</td>
<td>6:00 p.m.</td>
<td>Veronica Slaton</td>
<td>661-868-6235</td>
</tr>
<tr>
<td>*25</td>
<td>Horse Leader Meeting</td>
<td>6:30 p.m.</td>
<td>Harold Tolbert</td>
<td>661-205-1975</td>
</tr>
<tr>
<td>*26</td>
<td>Leader Council</td>
<td>7:00 p.m.</td>
<td>Chris Diniz</td>
<td>661-213-4518</td>
</tr>
<tr>
<td>29</td>
<td>UC Extension Office Closed for Cesar Chavez Holiday</td>
<td></td>
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</tr>
</tbody>
</table>

*Meeting is at the UC Extension Office, 1031 S. Mt. Vernon Avenue, Bakersfield, CA*

#### APRIL 2013

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Organizer</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Presentation Day</td>
<td>9:00 a.m.</td>
<td>Veronica Slaton</td>
<td>661-868-6235</td>
</tr>
<tr>
<td></td>
<td>Rabbit Showmanship—Pizza Contest</td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>General Shafter School, 1825 Shafter Road</td>
<td></td>
<td></td>
<td>Bakersfield, CA 93313</td>
</tr>
<tr>
<td>13</td>
<td>Home Ec. Field Day</td>
<td>9:00 a.m.</td>
<td>Veronica Slaton</td>
<td>661-868-6235</td>
</tr>
<tr>
<td></td>
<td>General Shafter School, 1825 Shafter Road</td>
<td></td>
<td></td>
<td>Bakersfield, CA 93313</td>
</tr>
<tr>
<td>20</td>
<td>Horse Show</td>
<td></td>
<td>Harold Tolbert</td>
<td>661-205-1975</td>
</tr>
<tr>
<td>*22</td>
<td>Horse Leader Meeting</td>
<td>6:30 p.m.</td>
<td>Harold Tolbert</td>
<td>661-205-1975</td>
</tr>
<tr>
<td>*23</td>
<td>Field Day Planning Meeting</td>
<td>6:00 p.m.</td>
<td>Chris Diniz</td>
<td>661-213-4518</td>
</tr>
<tr>
<td>*23</td>
<td>Leader Council</td>
<td>7:00 p.m.</td>
<td>Chris Diniz</td>
<td>661-213-4518</td>
</tr>
<tr>
<td>26</td>
<td>Air Rifle Match</td>
<td>5:30 p.m.</td>
<td>John Borba</td>
<td>661-868-6216</td>
</tr>
<tr>
<td>27</td>
<td>Sectional Presentation Day—Tulare County</td>
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</tr>
</tbody>
</table>

*Meeting is at the UC Extension Office, 1031 S. Mt. Vernon Avenue, Bakersfield, CA*

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The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994: service in the uniformed services includes membership, application for membership, performance of service, application for service, or obligation for service in the uniformed services) in any of its programs or activities. University policy also prohibits reprisal or retaliation against any person in any of its programs or activities for making a complaint of discrimination or sexual harassment or for using or participating in the investigation or resolution process of any such complaint. University policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University’s nondiscrimination policies may be directed to the Affirmative Action/Equal Opportunity Director, University of California, Agriculture and Natural Resources, 1111 Franklin Street, 6th Floor, Oakland, CA 94607, (510) 987-0096.
4-H Presentation Day is designed to give 4-H members experience in public speaking skills. The event is scheduled for Saturday, April 6, 2013 at General Shafter School, located at 1825 Shafter Road, in Bakersfield. Individuals and teams must pre-register for the event using the form below. Judges are needed for all grades and categories. Please contact John Borba at 661-868-6200 if you would like to judge.

The schedule for the presentation day is as follows:

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 a.m.</td>
<td>Judge's Orientation</td>
</tr>
<tr>
<td></td>
<td>M.C. Orientation</td>
</tr>
<tr>
<td></td>
<td>Presenter’s Arrive</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Presentations Begin</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>Awards Assembly</td>
</tr>
</tbody>
</table>

**2013 4-H PRESENTATION DAY ENTRY FORM**

**DUE OR POSTMARKED BY MARCH 29, 2013**

Mail to: Presentation Day Entries  
UCCE Kern County  
1031 S. Mt. Vernon Avenue  
Bakersfield, CA  93307

4-H Club: ________________________________

- [ ] Individual Presentation
- [ ] Team Presentation
- [ ] Indoor Presentation
- [ ] Outdoor Presentation

(Team entries must be submitted on one form with names, grades, & ages for all team members)

- Name: ___________________________ Grade: _______ Age: _______
- Name: ___________________________ Grade: _______ Age: _______
- Name: ___________________________ Grade: _______ Age: _______

Title or Subject: ________________________________

**Category of Presentation:**

- [ ] Demonstration-Traditional  
  (1-3 members)
- [ ] Interpretive Reading  
  (Individual Only)
- [ ] Educational Display  
  (1-2 members)
- [ ] Illustrated Talk-Traditional  
  (1-3 members)
- [ ] Job Interview  
  (High-School Age Only)
- [ ] Problem Solving Presentation  
  (1-2 members)
- [ ] Prepared Speech  
  (Individuals Only)
- [ ] Demonstration-Scientific  
  (1-3 members)
- [ ] Audio Visual Presentation  
  (1-2 members)
- [ ] Impromptu Speech  
  (Individual Only, 6th grade +)
- [ ] Illustrated Talk-Scientific  
  (1-3 members)
- [ ] Cultural Arts  
  (Individual or Groups)

Information regarding the above categories and scoring sheet can be found in the “4-H Presentation Manual.” The manual can be accessed on the web at [http://www.ca4h.org/files/2193.pdf](http://www.ca4h.org/files/2193.pdf)
New Leader Orientation NOW ONLINE!!!

Drum roll please.......our New Leader Orientation page is now UP AND RUNNING ONLINE! Any in person Orientations scheduled are now canceled, as it can now be accessed ONLINE anytime!

Please visit our County 4-H website at: http://cekern.ucanr.edu/Youth_Development/

and look for the "Becoming a New 4-H Leader" page to get started!!! Please pass the word along to any potential leaders!!!

Food Safety Training Available ONLINE!

The State 4-H Office requires that every club have at least one 4-H leader trained in Food Safety. The more leaders in your club that are certified, the more convenient it is for your club. It is required that a certified volunteer is to be present at all bake sales/food booths to make sure proper food safety guidelines are handled. Food Safety trainings are available anytime online! Please visit the website below, and use the provided sign-in/user information:

Website: http://ucanr.edu/sites/MISKIS/
Username: miskis
Password: makeitsafe_1234

Send Coupons to Military Overseas

Did you know that overseas military members can use expired coupons up to six months past their expiration date? Military families stationed overseas are often living on one income and money can be scarce. Let’s support our military by showing them some coupon love! Please join us each month to send our unused and expired coupons overseas.

Eligible Coupons:
- Send only Manufacturer Coupons;
- Do NOT send store or restaurant coupons.
- Do NOT send coupons that are over 30 days expired.

Mail or drop off your expired or unwanted coupons to our local 4-H office at:

UCCE – Kern County
1031 So. Mt. Vernon Ave.
Bakersfield, CA 93307

I DEAS T HAT W ORK

There are many new stories of 4-H program success happening all across California. Visit: http://www.ca4h.org/News/Media/ to read stories recently featured in the media.

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!
LOOKING FOR HOST CLUBS!!!

Unfortunately the countywide Cloverbud meetings have **not** been well attended thus far. In efforts to try to make this project more successful, we are looking for various clubs to each host one of the countywide Cloverbud project meetings! While dates/times have been set for the meetings, the topics are flexible. We are trying to teach the kids a variety of different project areas (i.e. arts & crafts, nutrition/cooking, animal projects, gardening, etc.) The 4-H Office will be available for use, and does have a good size kitchen area, if a club would prefer to have the project meeting here. We need clubs to sign-up for the following dates:

- **March 18**th – 6 p.m.
- **April 14**th – 3 p.m. (Field Trip Meeting)
- **May 19**th – 3 p.m. (Field Trip Meeting)
- **June 11**th – 6 p.m.

*Field Trip Meetings would ideally be to a ‘farm’ (breeder’s/leader’s house) to show and teach the kids about an animal project.*

To sign up to host a Cloverbud meeting, please contact Veronica Slaton at 661-868-6235 or vaslaton@ucdavis.edu

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**4-H WEBSITES**

- [http://www.areyouintoit.com](http://www.areyouintoit.com)
- [http://www.fourhcouncil.edu](http://www.fourhcouncil.edu)
- [http://www.4-h.org/fourweb](http://www.4-h.org/fourweb)
- [http://www.ca4h.org](http://www.ca4h.org)

**4-H ENROLLMENT WEBSITE**

[https://california.4honline.com](https://california.4honline.com)

**4-H VOLUNTEER WEBSITE**

[http://ucanr.org/4-hvolunteers/](http://ucanr.org/4-hvolunteers/)

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**Save the Date:**

**State 4-H Field Day 2013**

May 25, 2013

UC Davis

The State 4-H Field Day takes place annually on the Saturday of Memorial Day weekend at the UC Davis campus from 8:00am until 6:00pm. The event is open to all 4-H members, volunteers, staff, and parents. More information will be released in January 2013. For more information, go to:

[http://www.ca4h.org/Programs/Events/SFD/](http://www.ca4h.org/Programs/Events/SFD/)
SAVE the Date! November 8-10, 2013

100 Years and Thriving – Come celebrate California’s Centennial of 4-H with your 4-H colleagues at the State 4-H Leader’s Forum (SLF) at the Crowne Plaza in Sacramento. More information will be on the CA State 4-H website by the end of January. In the meantime, we are recruiting workshop presenters for this momentous event. Traditions or transitions, changes or choices, what kinds of information, issues, inspirations will you share with the delegates? Please contact Mary Engebrehth -maryengebreth@comcast.net with suggestions of topics and/or experts.
Shooting Sports Teen Leaders

Kern County teens (9 – 12 grades) who have experience in the shooting sports projects are being recruited to assist with the Women In the Outdoors Event on May 4th & 5th at Tejon Ranch. Women in the Outdoors is sponsored by the National Wild Turkey Federation and it provides opportunities for women to learn outdoor skills such as archery, canoeing, orienteering, etc. The Kern County event is the largest one in the nation with over 500 participants. For several years Kern County 4-H leaders and members have assisted by teaching the participants how to shoot the muzzle loading rifle. If you are a teen leader who would like to participate there are a couple of requirements.

**Number 1:** You will need to take part in a training day regarding safety and the operation of a muzzle loader on Saturday, March 23rd at Five Dogs Range.

**Number 2:** You will need to assist with one (or more if you like) of the three sessions at the Women in the Outdoors event with the three sessions being broken down as follows; May 4th morning session, May 4th afternoon session, May 5th morning session.

If you would like to take part, please contact John Borba at 868-6216 or email jaborba@ucdavis.edu

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**Shooting Sports Workshop**

**Muzzle Loading Discipline**

**5 Dogs Range - Bakersfield, CA**

Saturday, March 23, 2013 – 8:00 a.m. – 6:00 p.m.

Sunday, March 24, 2013 – 8:00 a.m. – 4:00 p.m.

Upon successful completion of this course, 4-H leaders will be certified in the shooting sports discipline of muzzle loading. They will be certified as leader trainers and are eligible to serve as shooting sports leaders for clubs or counties and they may also instruct and certify shooting sports volunteers. Class size is limited. There is no fee for the course. However, if you wish to receive National Muzzle Loading Rifle Association instructor certification there is a fee of $40. To get more information or register for the class contact John Borba at: jaborba@ucdavis.edu or telephone 661-868-6216
American Youth Leadership Program with Samoa
Applications due April 1, 2013

The American Youth Leadership Program (AYLP) with Samoa will offer 18 youth and 2 adults the opportunity to explore the vast historical and cultural traditions of Samoa. The program will include a pre-trip orientation on the campus of the University of Wyoming (July, 2013), three week cultural trip to Samoa (December 13, 2013 – January 4, 2014) and a follow-on project that will be carried out in each participant’s local community following the exchange trip. The educational theme for AYLP with Samoa will focus on nutrition and food security issues that are common to the western U.S. and Samoa. For more information visit: http://www.uwyo.edu/4-h/youth/travel/samoa/index.html or applications visit: http://www.uwyo.edu/4-h/youth/travel/samoa/samoa-applications.html. Please note: There is no program fee and out of pocket expenses will be minimal.

American Youth Leadership Program with Samoa
Applications due April 1, 2013

2013 National 4-H Conference April 6-11, 2013

The Thomas and Dorothy Leavey Foundation support the California National 4-H Conference delegation through the California 4-H Foundation. This includes travel to and from the pre-conference orientations; travels to and from the National 4-H Conference and National 4-H Conference registration fees. http://www.ca4h.org/Programs/Conferences/N4-HC/.

The 2013 National 4-H Conference Delegates are:

Dominique Germann – Stanislaus County
Ben Hampton – Sonoma County
Kenny McDevitt – Santa Clara County
Amber Meek – San Bernardino County
Nicole Milligan – Stanislaus County

HOARD’S DAIRYMAN COW JUDGING CONTEST 2013

Hoard’s Dairyman magazine will once again be offering it’s 83rd Annual Dairy Cow Judging Contest. 4-H club members may participate by evaluating photos of different breeds of dairy cattle. Entry deadline is March 21, 2013. For more information, visit: http://www.hoards.com/youth/cowjudgingcorner

HOARD’S DAIRYMAN COW JUDGING CONTEST 2013

4-H MyPlate Challenge at 2013 State Field Day

In 2011 the U.S. Department of Agriculture (USDA) unveiled the federal government’s new food icon, MyPlate, to serve as a reminder to help consumers make healthier food choices. 4-H is challenging YOU to show how you’re making YOUR plate MyPlate. We invite you to submit a photograph illustrating how you’re creating healthy meals using MyPlate as a guide. 4-H members do not need to pre-qualify at a county event. More details about this contest can be found at: http://www.ca4h.org/Programs/Events/SFD/4-H_MyPlate_Challenge/
Fashion Revue:

State Fashion Revue committee has received questions about the 2 Yard Wonder category. To clarify, a garment and coordinating accessory are created out of a two yard length of 45” wide woven cotton fabric. For the garment and accessory, only this piece of fabric may be used (for example, no additional fabric for lining). Take a photo holding the two yards of fabric. Members may use any pattern and the outfit may include other sewn or purchased garments and accessories. SFR is coordinating 3 service activities. The Drawstring Bag service project will provide tote bags for children going into foster care. If you would like to contribute tote bags, please go to the SFR website for instructions, [http://www.ca4h.org/Programs/Events/SFD/SFR/](http://www.ca4h.org/Programs/Events/SFD/SFR/). You may bring completed tote bags to State Fashion Revue or contact Megan at [megan-ladytink@gmail.com](mailto:megan-ladytink@gmail.com) or Courtney at [cja-m11219@gmail.com](mailto:cja-m11219@gmail.com) for mailing information.

2013 4-H State Leadership Conference
July 25-28, 2013 at UC Davis
Celebrating 100 years of California 4-H.
This year’s theme: *There’s no place like 4-H*

The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. [http://www.ca4h.org/Programs/Conferences/SLC/](http://www.ca4h.org/Programs/Conferences/SLC/)

Special Recognition at 2013 State Presentation Day

A special recognition pin will be awarded for youth who participate in State Presentation Day and focus their presentations on healthy living. This year’s focus area is physical activity. Potential topics may include muscle strengthening, heart rate importance, workout wear, Zumba, activity log, exercise trends, fitness apps, stretching, benefits of exercise, fun ways to workout, ‘exergaming’, recreational sports, types of activity, making time for fitness, safe places in your community to be active, and more. For details visit: [http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities/](http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities/)

State 4-H Field Day Educational Exhibits


Applications due April 1, 2013

Educational exhibits and displays constitute a unique aspect of the State 4-H Field Day. These exhibits are a great opportunity to share knowledge, interact with youth and adults, and engage people in new activities. Possibilities for displays include hands-on activities, community service crafts, informative booths, etc.

CALIFORNIA FOCUS

June 14-18, 2013

California Focus is a unique citizenship educational experience that combines hands-on participation in workshops, debates and simulations with speakers, tours, fun activities and new friends from across California. [http://ucanr.org/sites/UC4-H/Projects/Citizenship/Focus/CF/](http://ucanr.org/sites/UC4-H/Projects/Citizenship/Focus/CF/). Online Registration will be available February 1, 2013
RECORD BOOK INFORMATION

The 4-H Online Record Book (ORB) has approximately 4500 users statewide. **Did you know that the 4-H Online Record Book is not just for youth members?** Adult volunteers and county staff can access their own Online Record Book account using their 4-H Online user name and password. Adult volunteers can track their volunteer hours, communicate with youth in their clubs and projects and review and approve reports from their youth. To get started using ORB today, click on the following link: [https://ucanr.edu/4hbook/login.cfm](https://ucanr.edu/4hbook/login.cfm)

The State 4-H Office is offering a 3-hour 4-H Online Record Book training for counties desiring it. This training (ORB Internet Café) will walk participants through how to use all aspects of the 4-H Online Record Book in a fun and engaging way. Please contact your county office if you desire to bring this training to your area.

For general information and help about the Online Record Book, please check out the following resources:
- ORB Webinar Archives— [http://www.ca4h.org/Resources/Members/RecordBook/ORB/](http://www.ca4h.org/Resources/Members/RecordBook/ORB/)
- ORB Login Help— [http://www.ca4h.org/files/121045.pdf](http://www.ca4h.org/files/121045.pdf)
- ORB Support (if you aren’t sure how to do something in ORB)— Please contact your county office
- ORB Bug Report (if a feature within ORB is not functioning correctly) — [http://www.ca4h.org/recordbookbugs/](http://www.ca4h.org/recordbookbugs/)

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2013 4-H Film Making Statewide Project, supported by BestBuy

[http://www.ca4h.org/Projects/SET/Tech/CTLT/Film/](http://www.ca4h.org/Projects/SET/Tech/CTLT/Film/)

For 4-H members (age 13-19), volunteers, and staff to learn how to produce films. The goal of the 4-H Film Making Project is to enhance technological literacy of 4-H members by helping them learn the basics of film production including storyboarding, filming, and editing. Our goal is to have 4-H members produce films that feature how 4-H is impacting their community (for example, 4-H Revolution of Responsibility projects) and recording 4-H alumni and creating films featuring the "Voices of 4-H History" for the CA 4-H Centennial.

The project is coordinated by the 4-H Technology Leadership Team,
- Hosting four-hour video production workshops around California using the National 4-H Film Making Curriculum (workshops limited to 30 people)
- Lending video equipment kits to counties
- Showcasing completed videos at the State 4-H Film Festival and on various websites

Learn more and register for a workshop at [http://www.ca4h.org/Projects/SET/Tech/CTLT/Film/](http://www.ca4h.org/Projects/SET/Tech/CTLT/Film/)

Steven Worker

4-H Science, Engineering, and Technology Coordinator

4-H Youth Development Program

University of California, Agriculture and Natural Resources - Youth, Families, and Communities
Kern County Hi 4-H Disneyland Trip
Submitted by Erica Richter

On February 11th the Kern County Hi 4-H went to Disneyland and participated in the Disneyland Youth Education Series on Leadership and Teamwork. For three hours we learned about leadership, teamwork and the importance of following your dreams. While following our guide on a tour of Disneyland we were taught about the founder of Disneyland, Walt Disney. Every obstacle Walt had to face with building Disneyland he overcame because he had the courage and determination to follow his dreams. After our tour we got to go on all the rides that Walt Disney worked so hard to make possible! Whether it was learning about the history of Disneyland, learning good characteristics of a leader, working together as a team or learning how to follow your dreams the Hi 4-h came out of Disneyland with a different perspective of what leadership and teamwork really means!

“All our dreams can come true, if we have the courage to pursue them”

Walt Disney

STATE FAIR SCHOLARSHIP

The Friends of the California State Fair announced that they will continue their scholarship program for the 2013-2014 academic years. California college students and graduating high school students are eligible and must submit an application by Friday, March 8, 2013. The scholarship applications are available now at www.bigfun.org. For more information contact Jake Rowe at jrowe@calexpo.com
The Stallion Springs 4-H club has been busy doing lots of activities the past couple of months. On November 30, 2012, our club participated in the Cummings Valley Elementary School's holiday boutique. We sold poinsettias, baked items, bookmarks, Christmas ornaments, and hair flowers. We handed out information about our club and about our projects. The event made some money for the club and got the word out about what our club does.

Next our club also participated in the annual bake sale sponsored by the Stallion Springs POA club. They helped the kids have a bake sale on Saturday February 23rd at the Stallion Springs Community Center. We appreciate the POA's support!

We are excited to have some new leaders interested in starting new projects for our club. We would like to welcome Tony and Keith Watts and Linda Ames. Tony and Keith will be leading the swine, cattle, and gardening projects. Linda will be teaching knitting.

As we grow so does our need for equipment. We are in need of a livestock scale to be used with our goat, sheep, and swine projects. If you can help donate one or have a used scale that you would like to sell please contact our 4-H leader Lori Rodgers at 661-549-2703.

If you are interested in our club we meet at the Stallion Springs Library on the second Friday of every month at 7:00 P.M. Kids ages 5-18 years of ages can join and we are always looking for more volunteers.

Julianna Narduzzi, Stallion Springs 4-H Newsreporter

The Stallion Springs Community generously donated awesome baked items for the Stallion Springs 4-H Club Bake Sale
2013 State Fashion Revue Challenge

“2 Yard Wonder” Challenge
Using a 2 yard length of 100% cotton fabric, 44/45" wide, sew a garment and an accessory. Additional fabric is not allowed for the garment and accessory. There is no specific pattern requirement. Additional garments to complete the outfit may be sewn or purchased. Take a "before" photo of the member holding the piece of fabric and an "after" photo wearing the outfit. The entry must be sewn by the member as part of his/her 4-H Clothing & Textiles project.

Duct Tape Challenge
By popular demand, this Challenge was added for 2013. Create a wearable garment out of duct tape such as a jacket, shirt, pants, skirt or dress. The member may choose to begin with a purchased garment or not. Additional garments, accessories, fabric and materials may be added. This entry does not need to be part of the 4-H Clothing and Textiles project.

Consumer Science - Purchased $19.99
Be a wise consumer, develop decision-making skills and shop in new places with a new perspective. Create an entire outfit without spending over $19.99. Receipts are required for all visible garments and accessories except shoes. Sales tax does not count in the limit. No prior purchases or gifts are allowed; receipts must be dated during the 2012-13 4-H year. There is no specific 4-H project requirement.
2013 Kern County 4-H Fashion Revue
Participant Entry Form
(DUE March 14, 2013) **you can also register online at: http://ucanr.edu/2013fashion

Name:______________________________________________  Club:________________________

Pronunciation of Name:_____________________________________________________________
(ex: Sheila Eastman would be SHE-LA EAST-MAN)

Mailing Address:___________________________________________________________________

City & Zip:_________________________________  Phone:_(______)________________________

Valid e-mail address:________________________________________________________________

Years in the Clothing project:__________       Years in 4-H__________      Gender:      Male         Female

Division: Age as of 1/1/12 __________

_______ Cloverbud  **(ONLY FOR PARTICIPATION, THEY WILL NOT BE JUDGED.)
_______ 9-11 years        Junior
_______ 12-13 years        Intermediate
_______ 14 and above        Senior

Category and/or sub category for Outfit: **please note that some categories have changed!!!**

_______ Traditional            Outfit/garment created by participant

_______ Consumer Education      Not to exceed $19.99 – (shoes and sales tax not included. Receipts for all items showing except shoes are required, with purchases made during the 2012-2013 4-H year.)

_______ Wearable Art           Embellished Clothing - Embellished entry must start with a purchased garment

_______ 2 Yard Challenge       Using a 2 yd. length of 100% cotton woven fabric, 44/45" wide, sew a garment and an accessory – (see flyer for more details!)

_______ Duct Tape Challenge    Create a wearable garment out of duct tape!- (see flyer for more details!)

Brief Description of outfit(s) you are entering:
_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________

_________________________________________________________________________________________________________________

_______________________________________  _______________________________________
Clothing Leader Signature           Arts & Crafts Leader’s Signature
Ag Day at the State Capitol
Wednesday, March 20th
9:00am to 2:00pm
“The California Advantage”
Please join us on the West Side of the State Capitol

California has over 80 different Agricultural Commodities to offer. Come out to help California 4-H celebrate their centennial, discover all of what California Ag has to offer, and meet your local Senators and Assemblymen!

4-H is hosting a booth and needs your help!
RSVP to Sarah Watkins at spwatkins@ucanr.edu, or 530-752-5644 if you'd like to showcase your project and spread the word about California 4-H and how its given you an advantage!

Free centennial T-shirt to all attendees!
Applications are currently being accepted from young women between the ages of 16 and 21 for the annual Kern County Dairy Princess Contest hosted by the Kern County Dairymaids and the California Milk Advisory Board. The contest for this year will take place on May 3, 2013.

A Dairy Princess is selected each year to aid in promoting the dairy industry in Kern County. Duties include representation of the dairy industry at the Kern County Fair and youth education programs on the importance of dairy products for good health.

Eligibility can be met by owning, raising or showing dairy cattle, living or having lived on a dairy farm, being a daughter or ward of an owner or employee of a dairy farm, or a person employed full time in a dairy related industry. All contestants must have a strong sincere desire to be a Dairy Princess and be a genuine milk drinker and user of dairy products.

Winners will have the opportunity of a lifetime when attending a week long training session in July conducted by the California Milk Advisory Board. Training includes public and classroom presentations and further education concerning dairy products and the dairy industry, plus training on personal image enhancement.

For additional information and to request an application, please contact Kern County Dairy Princess Coordinator, Agnes DeJong by phone at (661) 203-7179 or by email at oasisdairy@unwiredbb.com. Application deadline is Friday, March 22nd, 2013.
***2013 Range Camp***

29th ANNUAL RANGE AND NATURAL RESOURCES CAMP
JUNE 16-21, 2013
ELKUS YOUTH RANCH - HALF MOON BAY, CA

Presented by: California-Pacific Section of the Society for Range Management

Where students 15-18 years old can discover the science and management of our natural resources from experienced professionals and university faculty.

Sessions and Activities include:

- Riparian Habitats
- Rangeland Ecology
- Wildlife Management
- Soils
- Forestry
- Plant ID
- Recreation
- Private & Public Lands
- Watershed Hydrology
- GPS / GIS Technology Applications
- Tour of Working Ranch
- Team Project Planning Competition

Cost: $400
Applications can be downloaded from the CALPAC website:
http://www.rangelands.org/casrm/HTML/rangecamps.html

“Top Camper” Contest: Plant ID test, subject matter exam & staff evaluation
Top three placing students* given opportunity to represent California-Pacific Section, SRM at the Society for Range Management’s High School Youth Forum, in Orlando, FL – Feb 7 - Feb 10, 2014 (all expenses paid for top two students) and belt buckles. All participants receive t-shirts and camp completion certificates.

*Must be a current high school student in Feb ‘14

Sponsored By:
California-Pacific Section of the Society for Range Management (SRM)
U.C. Cooperative Extension
California Association of Resource Conservation Districts (CARCD)

Host District – San Mateo County RCD
East Bay Municipal Utility District
U.S. Navy – Natural Resources Program
USDA-Natural Resources Conservation Service

For more information contact:
Mary Kimball, Northern California .................................. (530) 795-1520, mary@landbasedlearning.org
Theresa Bechetlii, Central California ................................. (209) 525-6800, fabechetliii@ucanr.edu
Cece Dahlstrom, Southern California ............................... (619) 532-2269, carol.dahlstrom@navy.mil

***APPLICATIONS DUE April 19, 2013***

Photos, Brochures and Applications are available at
http://www.rangelands.org/casrm/rangecamps.html
Your 4-H Lamb Projects - Lambing Season

The Bred Ewe:
After the fourth (4th) month of pregnancy the ewe will need 4 times as much water as they did before pregnancy, have plenty of clean water available.

Feeding in the last 5-6 weeks before lambing, ewes must have adequate calories and nutritional balance to support the ewe and the unborn lamb’s growth. Note: 70% of the unborn lamb’s growth takes place in the last 5-6 weeks of gestation.

During the last weeks of gestation the fetus becomes so large they displace much of the area previously occupied by the rumen. It is necessary at this time to feed, feeds of higher protein and energy, as the ewes have trouble ingesting enough feed to support themselves and their growing lambs. If the ewes are fed on low-quality roughage/feed it can result in:

- Hypoglycemia (low blood sugar)
- Ketosis (Pregnancy toxemia) *Most common
- Lambing problems
- Poor quality lambs

Toxemia
Signs of pregnancy toxemia:
- Droopy ewes
- Going off feed
- Standing around in one place
- Hard time getting up

Pregnancy Toxemia treatment:
***Propylene glycol used for livestock. Call your leader or vet for exact directions.
(NOTE: Propylene glycol is NOT the same as antifreeze used in cars!)

Prevention:
- Avoid overfatness
- Encourage exercise
- Supply constant source of fresh water and salt
- Add molasses to drinking water
- Do not make any sudden change in feed
- Make sure the ewe has the proper nutrition to support her and her lambs she is carrying
Preparing for Delivery:
Shear before lambing or at least trim wool away from crotch area, and remove any tags hanging around the utter.

Supplies needed for lambing:
- Good light in delivery area
- Antiseptic lubricant or mineral oil
- Iodine
- Roll of paper towels
- Antibiotic, uterine boluses
- Penicillin
- Bucket with soap to wash and clean if necessary
- Dry, clean pen area
- NOTE: Be sure to allow the ewe to do her best in the delivery of her lambs before you try to assist.

During a “Normal” Birth:
Water bag comes first.
After water bag has passed, birth should start 30 minutes to 1 hour later. Most common position of lamb is the nose and both front feet.
The ewe should not need any help unless the lamb is large or has a large head or shoulder.
NOTE: Discuss with your leader about possible birthing positions and how to assist the ewe if needed.

Care of Newborn Lambs:
If mom isn’t cleaning up the newborn lamb, wipe mucus off its nose, place lamb at mom’s head quickly so she can identify her newborn.
If its umbilical cord is dragging, snip off leaving about 2 inches (use clean scissors or knife) submerge in iodine. This helps to prevent infection and assists the cord to dry faster.
Be sure the lamb nurses. Note: The odor/smell from the waxy secretion from mom’s mammary pouch glad draws the lamb to her teats to eat.
The first milk from mom is called colostrum and is the most important for newborns. Colostrum provides warmth, energy and antibodies to the common disease organisms in the sheep’s environment.
One good sign of when a lamb is getting milk from mom, the lamb's tail will whip back and forth!

Good luck and always remember to check with your leaders for help!

From Your Sheep Chairman,
Charlie Forshee
CALIFORNIA 4-H PHOTOGRAPHY COMPETITION

State 4-H Field Day | May 25, 2013 | UC Davis

Enjoy photography? Looking for opportunities to showcase your photographs to fellow 4-H members from around California? Enter in the California 4-H Photography Competition to showcase your work and for a chance to win awards such as Best of Show! Any 4-H member aged 9-19 can participate. Does NOT have to be enrolled in the photography project to enter! Held in Hart Hall at UC Davis from 8:00 am - 5:00 pm. Hosted by the California 4-H Technology Leadership Team.

REGISTRATION OPEN FEBRUARY 15-MAY 3, 2013!
Website: http://goo.gl/NEHmK

Questions?
John Trammell
Competition Coordinator
techdude4h@gmail.com
(909) 844-1747