UNIVERSITY OF CALIFORNIA
4-H Youth Development Program
CITIZENSHIP LEADERSHIP LIFE SKILLS

The 4-H Network

Connecting all of Kern County

APRIL 2013

6	Presentation Day 9:00 a.m. Rabbit Showmanship—Pizza Contest General Shafter School, 1825 Shafter Road Bakersfield, CA 93313	Veronica Slaton 661-868-6235
13	Home Ec. Field Day 9:00 a.m. General Shafter School, 1825 Shafter Road Bakersfield, CA 93313	Veronica Slaton 661-868-6235
20	Horse Show	Harold Tolbert 661-205-1975
*22	Horse Leader Meeting, 6:30 p.m.	Harold Tolbert 661-205-1975
*23	Field Day Planning Meeting, 6:00 p.m.	Chris Diniz 661-213-4518
*23	Leader Council, 7:00 p.m.	Chris Diniz 661-213-4518
26	Air Rifle Match, Community Family Center, 5:30 p.m.	John Borba 661-868-6216
27	Sectional Presentation Day—Tulare County	

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

MAY 2013

11	Horse Show	Harold Tolbert 661-205-1975
11	County Music Project Meeting Bakersfield Convention Center 7:00—9:00 p.m.	Jenine Snoddy 661-979-4365
*20	Horse Leader Meeting, 6:30 p.m.	Harold Tolbert 661-205-1975
25	State 4-H Field Day - UC Davis	
*28	Leader Council, 7:00 p.m.	Chris Diniz 661-213-4518

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

HIGHLIGHTS IN THIS ISSUE

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4-H Sheep Progress Show……23-24

Do you have a photo for the newsletter?

E-mail photos to

vaslaton@ucdavis.edu

NEWSLETTER DEADLINE!

Articles/photos for the next issue of

The 4-H Network

must be received by April 20th

Kern County 4-H
1031 S. Mt. Vernon Avenue
Bakersfield CA 93307-2851
Phone: 661-868-6200
Fax: 661-868-6208
cekern@ucdavis.edu

Members from various clubs around Kern County met at The Archer Shop to learn all about archery!

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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

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!

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

IDEAS THAT WORK

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.

CLOVER BUDS

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:

***April 14th – 3 p.m. (Field Trip Meeting)**

***May 19th – 3 p.m. (Field Trip Meeting)**

June 11th – 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

4-H WEBSITES

http://cekern.ucdavis.edu/Youth_Development/

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/

Statewide 4-H Advisory Committees

We are now accepting statewide 4-H Advisory Committee applications for the 2013-14 program year. The statewide 4-H Youth Development Program (YDP) Advisory Committees are a representative group of 4-H members, adult volunteers, county and state 4-H YDP staff. The committees offer insight, review and input for the operation and management of the statewide 4-H YDP. Please note that there is now an online option to apply. We advise applicants to read the advisory committee descriptions for additional materials that may be required depending on the committee.

Applications are due online by **11:59pm, May 31, 2013** or mailed to the CA State 4-H Office postmarked by **May 31, 2013, or online by 11:59pm on May 31, 2013**. For more information, see:

http://www.ca4h.org/Administration/Advisory Committees/

"Purple Up! For Military Kids"

Friday, April 12th

April marks the nation's "Month of the Military Child," a time to honor youth impacted by deployment. In celebration, 4-H Military Partnership Program, part of the University of California 4-H Youth Development program, invites you to join us for the 3rd annual **"Purple Up! For Military Kids."**

We are encouraging everyone across the nation and especially California to wear purple on Friday, **April 12th**, as a visible way to show support and thank military children for their strength and sacrifices. Purple is the color that symbolizes all branches of the military, as it is the combination of Army green, Coast Guard blue, Air Force blue, Marine red and Navy blue. We hope everyone will take this opportunity to appreciate and celebrate these young heroes.

Be creative….the goal is for military youth to actually see the support of their community! Need some ideas to get you started?

- Ask local, regional, and state officials to wear purple on April 12th
- Spread the word by inviting newspaper and media outlets to feature a story about Purple Up! For Military Kids
- Involve area schools, sports teams, youth organizations and clubs, afterschool programs, and recreation departments
- Engage the Chamber of Commerce, fraternal organizations, social clubs, and Rotary groups
- Request local businesses post a Purple Up! message on their roadside signs, and ask their employees to wear purple
- Ask stores and restaurants to offer a discount to all patrons who wear purple
- Invite coworkers, members of your spiritual community, exercise class, or golf league to join you in showing support for the military youth in your town

University of California, 4-H Military Partnership

Please send your photos to

Jeanne Christenson, 4-H Military Partnership Representative

jpchristenson@ucanr.edu

530-757-8968

University of California
Agriculture and Natural Resources

2013 Home Ec. Field Day Entry Form

Home Ec. Field Day
April 13, 2013 – 9 a.m.
General Shafter School -1825 Shafter Rd. Bakersfield, CA 93313

You will determine the year you are by what year in cooking you are currently enrolled in. (For ex., you just finished your first year in cooking, and are starting your second; you are a second year cooking member.) You can find more detailed information you will need to follow within the various categories on the Home Ec. Field Day General Information flyer. This flyer can be found on our county website in the events page.

ALL entries **MUST** have a table setting. (It does not have to be themed to match your food dish, **unless** you are choosing to enter in the optional 'Themed Category'). It is also mandatory that members include their recipe card and their menu planning sheet with their entry. These forms will be available for download on our county website, as well as be sent out via e-mail to members prior to the event…this is why it is so important to provide a valid e-mail address on your entry!

NEW this year, you can register online at: **http://ucanr.edu/2013homeec**

Name:_____

e-mail: _____

Phone:_____ Age:_____

Club:_____

Years in Food: (circle)

1st year- Fruit or Vegetable

2nd year – Grain Dish

3rd year – Dessert or Appetizer

4th year – Meat or Bean Dish

5th year & Above – Whole Meal

Please check if you would like to take part in the optional Coordinated Theme Setting ☐

Send entry form to the 4-H Office-1031 S. Mount Vernon Ave.-Bakersfield, CA 93307 or Fax: 868-6208

ENTRIES MUST BE *RECEIVED* BY APRIL 8, 2013!!!

Awards information next page……

Home Ec. Field Day

Awards

Specialty awards will possibly be given in the following categories:

(A Best Overall or Gloria Runyon Award MAY be given out in each category.)

1st Year Cooking

Best Fruit

Best Vegetable

2nd Year Cooking

Best Rice/Pasta Dish

Best Whole-grain Dish (This dish must be made using whole grain-pasta, rice, or tortillas)

3rd Year Cooking

Best Appetizer

Best Dessert

4th Year Cooking

Best Meat

Best Bean

5th Year & Above Cooking

Aesthetic Value – (good use of color in your food)

Most Well Rounded (this would be the meal that best utilized the whole Food Guide Pyramid.)

General Information next page……..

Home Ec. Field Day GENERAL Information

You will determine the year you are by what year in cooking you are currently enrolled in. (For ex., you just finished your first year in cooking, and are starting your second; you are a second year cooking member.)

Your dish must include at least 50% of what your assigned ingredient is. ALL members still MUST include a recipe card for your dish.

1st year cooking – You will be making a dish using fruits or vegetables. You MUST include a menu card ONLY to include one meal; it MUST have your dish included in it.

2nd year cooking – You will be making a grain dish with 4 or more ingredients. You MUST include a menu card ONLY to include one meal; it MUST have your dish included in it.

3rd year cooking – You will be making an appetizer (hors d'oeuvr es) OR dessert that must include 6 or more ingredients. You MUST include a menu card ONLY to include one meal; it MUST have your dish included in it.

4th year cooking – You will be making a dish using any kind of meat or bean dish. You MUST include a menu card with a WHOLE DAY of meals, including snacks.

5th year cooking and above – A whole meal, must include three or more dishes. (ex. Main dish, side dish, salad.) Your meal needs to be balanced designed around the Food Guide Pyramid. You MUST include a menu card with a WHOLE DAY of meals, including snacks. ***Include recipe cards for each of the dishes you prepare.***

Theme Contest Setting – This category can be entered by any year member. It is an extra that you can take part in if you choose. You MUST have your single place setting MATCH the type of food you cooked. (ex. If you cooked a Mexican food dish, you could have a fiesta place setting.)

Judging

After the judge's and member's orientation, the members will get their plate (or bowl) get in line, and place a small portion of food on their plate. They will take their plate back to their setting, and go to their assigned sessions. The judges will go through and taste all food, scoring and making notes as they go. After the judges are finished runners will start bringing members in for the interview process. When they are finished the members will take their plates to the kitchen to wash off, and then they will put their plate back, and go back to their sessions.

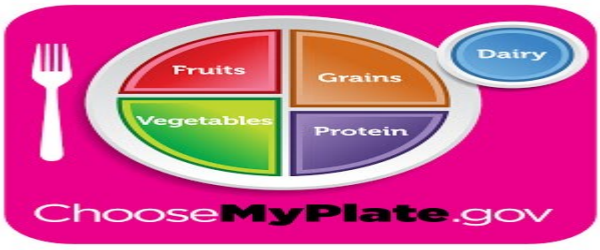
State Fashion Revue is May 25 as part of State Field Day at UC Davis. Information is online at http://www.ca4horg/Programs/Events/SFD/SFR/. Recently posted documents include Guide for Judges, Rubric Scorecards and Information Forms. Adults interested in colunteering as Judges or Room Monitors may register at http://ucanr.edu/sfr2013judges. We hope all counties are actively engaged in the SFR service projects: Drawstring Bags, A Zoo of Hugs (softy animals), and Little Dresses & Shorts for Africa. See the flyers on the website for details. SFR is still accepting monetary donations to sponsor garment bag awards, as well as small items for welcome bags; contact Lorita Sutton at loritas@sbcglobal.net. Counties, please let Jillian Milam Barden know the names of your qualifying members, jmmilambarden@ucanr.edu. Registration of youth participants opens April 1 to May 12. Contact Sue Moore, Regsitrar with questions about categories, qualifying or entering, 2moores@mlode.com.

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:

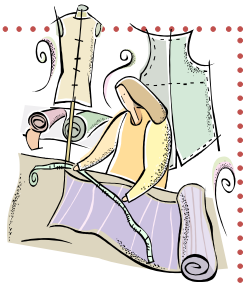
http://www.ca4h.org/Programs/Events/SFD/



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/. You may bring completed tote bags to State Fashion Revue or contact Megan at megan-ladytink@gmail.comor Courtney at cja-m11219@gmail.comfor mailing information.

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/

The Great American No Bull Challenge

4-H'ers Can Enter NOW!

The Great American NO BULL Challenge is the first, student-led National video contest and Teen Video Awards show dedicated to bullying prevention and promoting empathy, respect and inclusive communities using the power of music and the magic of filmmaking. Middle and high school students between the ages of 13-18 will have 4+ months to create a 2-5 minute video or 30-60 second PSA with a digital responsibility or a bullying prevention theme. Students will submit their video to the NO BULL Challenge no later than **April 30, 2013 at 11:59PM** (PST).

Check out the Digital Responsibility 411 toolkits to learn everything you need to know in order to create your video.

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/.**Online Registration will be available February 1, 2013**

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/*

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

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/
ORB Login Help— 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/

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

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/

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
(530) 754-8519 | fax (530) 754-8541 email: smworker@ucanr.edu
www.ca4h.org

The National 4-H Hall of Fame

A 4-H Centennial Project of the National Association of Extension 4-H Agents

National 4-H Hall of Fame Ceremony Opportunity

Due to the State 4-H Office by: May 17, 2013

This year the National 4-H Hall of Fame Task Force of NAE4-HA would like to offer two 4-H youth the opportunity to play a unique role in the 2013 Hall of Fame Ceremony which will be held on October 11, 2013 at the

National 4-H Center in Chevy Chase, Maryland. The Task Force will be selecting a Youth Master/Mistress of Ceremonies and a Youth Entertainer to assist with the National Hall of Fame Ceremony. Details on how to apply are provided on the respective applications:

National 4-H HOF Entertainer Application
National 4-H HOF Master/Mistress of Ceremonies Application

Applications are due to the California State 4-H Office by **May 17, 2013** so applications can be reviewed and nominations from California selected and submitted by the deadline. If you have any questions, contact Shannon Dogan at sjdogan@ucdavis.edu or 530-754-8518.

APPLY TO THE CALIFORNIA 4-H TECHNOLOGY LEADERSHIP TEAM

For those 4-H members and volunteers with an interest in technology! Candidates must have some type of technology experience which could include photography, video, website design, social media, hardware, GPS/GIS, computer support, graphic design, 3D imaging, smartphones, programming, biotech, engineering, technology & society. The California 4-H Technology Leadership Team is composed of 8-15 4-H members, volunteers and staff who serve a 14 month term starting July 1. Candidates must be 16 years of age.

Applications Due May 31, 2013

http://www.ca4h.org/Projects/SET/Tech/CTLT/

America's Farmers Mom of the Year

Beginning February 28, 2013 and continuing through April 23, 2013, Monsanto is offering farm moms across the nation the opportunity to win up to $10,000 through its annual America's Farmers Mom of the Year Contest. Visit www.AmericasFarmers.com to nominate your favorite farm mom by sharing a brief essay explaining how she contributes to her family, farm, community and the agricultural industry. **Entries are due by April 23, 2013**. Panels of judges from American Agri-Women and Monsanto will select five regional winners. Each winner will receive a $5,000 prize. Profiles of the regional winners will be posted to www.AmericasFarmers.com, where online voting will determine the national winner, to be announced on Mother's Day. The national winner will receive an additional $5,000. There has been at least one 4-H farm mom as one of the five regional finalists each year since the contest originated. You can help continue this great recognition! For terms and conditions, and more information about the contest, visit www.AmericasFarmers.com.

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 Engebreth -maryengebreth@comcast.net with suggestions of topics and/or experts.

4-H Scholarships Available

Each year scholarships specific to 4-H members are offered at the county, state, and national level. Listed below is a brief listing of the names of the scholarships, the amounts, and where to secure an application.

Kern County 4-H Leader Council Scholarship (Deadline: April 15)

One $450 Scholarship

One $300 Scholarship

Two $250 Scholarships

Applications are available at:

http://cekern.ucdavis.edu/files/134809.pdf

California State 4-H Scholarships (Deadline: May 1)

Dean Memorial Scholarship – Three $1,000 Scholarships

American Society of Farm Managers & Rural Appraisers Agriculture Scholarship – Two $750/One $250 Scholarships

Mable Jacks Scholarship – Five $700 Scholarships

Samarin Family Scholarship – One $1,000 Scholarship

California State Beekeepers Association Scholarship - One $500 Scholarship

LA – CO Industries Scholarship – One $1,000 Scholarship

Applications are available at:

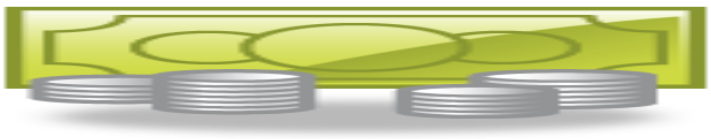
http://www.ca4h.org/Resources/Members/Scholarships/

Daisy Airguns Scholarship (Deadline: April 1)

One $500 Scholarship

Application available at:

http://www.ca4h.org/Projects/SET/ShootingSports/



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.

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

CALIFORNIA 4-H TECHNOLOGY LEADERSHIP TEAM

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 Bechettii, Central California..... (209) 525-6800; tabecchetti@ucanr.edu
Cece Dahlstrom, Southern California ..... (619) 532-2269; carol.dahlstrom@navy.mil

CALIFORNIA 4-H HORSE CLASSIC

Save the Date: June 26-30, 2013

The California 4-H Horse Classic is at Brookside Equestrian Park in Elk Grove (20 mins south of Sacramento)
We are offering Tenderfoot classes and Miniature Horse Classes this year. Tenderfoot classes are for those whom were unable to participate in a qualifying horse show. Also don't forget about our educational contests: Hippology, Horse Bowl, Horse Judging, Public Speaking, and demonstrations.

Hosting a Qualifying show for the 2013 California Horse Classic?
Register your show here: http://ucanr.edu/qualifying-shows for it to be considered a qualifying show for the 2013 California Horse Classic.

Criteria for a Qualifying Show:

- Show verified by County
- Up to 3 shows per county
- If your county has 3 horse shows, 1 show must be associated with a county fair
- Each horse show must be registered
- The Horse Show must offer the same classes that are offered at the State 4-H Classic (They may offer more if they choose too)
- Show must be before June 3rd, 2013
- Management of each show is required to send show results to Sarah Watkins at the State 4-H Office

Results can be sent via email to spwatkins@ucanr.edu or faxed to (530) 754-8541 or mailed to:
Sarah Watkins, CA State 4-H Office, 1 Shields Avenue, DANR Building, Davis, CA 95616

Looking for a Qualifying Horse show for the 2013 California 4-H Classic?
Visit http://ucanr.edu/classic-qualifiers to find a Horse Show near you!

New Horse Classic Blog
Visit http://ucanr.edu/blogs/HorseClassic/index.cfm for updates on 2013 California 4-H Classic!
Don't forget to subscribe to receive updates straight into your inbox!

AWESOME TIME

Awe! When was the last time you felt awe over anything? Awe is a hard thing to revive. Things become so familiar, even a lightning bolt, or a sunset, or a 4*H project meeting. Which is why in this Centennial Year of 4-H in California—"100 Years and Thriving", we aim to rekindle our capacity for awe, for experiencing the awe of what we do in 4-H, for relishing sthe awe-inspiring people we know in 4-H, for the awe of strengthening our vision of the future for 4-H. Join your fellow 4-H leaders and staff for an awesome experience, a networking opportunity, and a celebration of your 4-H commitment. Come to the State Leaders Forum in Sacramento on Nov. 8-10, 2013. Check our the web page http://ucanr.edu/slf2013 for information.

- The SLF Workshop Request for Proposal Form is ready for you to fill out and submit. It is due by **June 30, 2013**. http://ucanr.edu/slf2013workshop
- Each year for the SLF Silent Auction we find that irems made by 4-Hers bring in the most money. If you know of youth who are clever and wish to donate a hand-made article that is worth $10 or more, please contact Louise Silacci moolu@unwiredbb.com
- The Tech Team wishes to have a head/shoulder picture of each and every 4-H volunteer in California. Please submit to John Trammel techdude4h@gmail.com. Pictures should be good quality, at least 600 KB in size. Title each photo with the name and county of person pictured.

4-H State Ambassadors

The California 4-H State Ambassador Program is a working honor that provides 4-H members expanded opportunities to serve the University of California 4-H Youth Development Program. The 4-H State Ambassador position is one of the highest service opportunities and recognition attainable in the University of California 4-H Youth Development Program. 4-H State Ambassadors are youth who have excelled in the areas of leadership and community service. They are selected to serve the 4-H Youth Development Program in roles that promote leadership through education and service. 4-H State Ambassador advisors are adult volunteers who are experienced in working with older youth in a youth-adult partnership atmosphere.

Youth candidates must have completed at least one year as a California 4-H Youth Development Program (YDP) member, and must be at least 16 years old on June 1, 2013 and no older than 18 years old as of December 31, 2013.

For more information visit: http://www.ca4h.org/Projects/Leadership/SA/

"I pledge my health to better living for my club, my community, my country, and my world!"

New Healthy Living Officer Position

Are you looking for ways to integrate healthy living practices into your 4-H Club? Starting in the 2013-2014 program year, California 4-H will be adding a Healthy Living officer position to the 4-H Officer Manual. The Healthy Living officer will serve as the club's ambassador for health! By choosing to elect a Healthy Living officer for your club is taking an active role in promoting healthy lifestyles. The Healthy Living officer will be the leadership for all health activities including: Providing ideas on how to incorporate physical activities and healthy eating into each club meeting, write Healthy Living articles for the club meeting, write Healthy Living articles for the club newsletter and adopting and promoting a club Wellness Plan. Please help ensure that the health "H" if 4-H is at the forefront of all our meetings—consider electing a Healthy Living officer!

The Choose Health Officer Guide developed by Cornell University Extension can be found at: http://www.ca4org/Programs/Clubs/Officers/

What does the Healthy Living Officer Do? ……..…..see next page!

What does the Healthy Living Officer do?

Education, family and peer support, and a community environment that promotes healthy behavior can strengthen the wellness of an entire community – such as a 4-H club! As the Healthy Living Officer, you will be responsible for educating, inspiring, and leading club members as they dedicate their "health for better living." You will provide leadership for all health-related activities and will help to inform and educate your club members on easy ways to incorporate physical activity and healthful eating habits into their lives. You will be working with other officers to provide insight into ways to introduce healthy living options at club meetings and activities throughout the year.

General Duties

- Meet with other club officers and the officer advisor before each meeting
- Serve as chair of the 4-H Club Health Committee
- Work with other club officers and leaders to develop a yearly plan for including health activated in each 4-H club meeting and activity
- Provide recommendations for club policies related to health
- Gain support from members and leaders to do a service learning project related to health
- Organize a "meet and greet" team to make new guests feel welcome and part of the group
- Report activities and accomplishments to the Club Reporter and complete any reports as requested
- Lead by example – model healthy living practices
- Provide the club with ideas on how to incorporate physical activities and healthy eating into club meetings and member's personal lives
- Write a Healthy Living article each month for the club newsletter

At Club Meetings

- Share nutritious snack ideas to the members responsible for club refreshments
- Announce health-related opportunities, events, and activities happening in the community
- Have members set a healthy living goal each month
- Track progress on the previous month's healthy living goal
- Coordinate with the Recreation Leader to lead a physical activity at every meeting (engage members in physical activity opportunities at every club meeting)
- Lead a brief activity during roll call
- Survey members to check if they increased healthy behaviors since the previous meeting (or limited unhealthy behaviors)

End of Year

- Complete the Healthy Living report for your club
- Encourage members to adopt more physical activity and healthful eating habits over the summer
- Consider organizing a health-related event such as a canned food drive, Rely for Life team, or community health night

Did you know that youth should exercise 60 minutes each day? Exercising regularly can help children sleep better, have more energy throughout the day, decrease anxiety and depression, and have more self-esteem!

More Information

- Cornell University Cooperative Extension
  Choose Health Officer Guide

NOTES FROM THE SHEEP BARN

APRIL 2013

CARE OF NEWBORN LAMBS

IDENTIFING EACH LAMB OR LAMBS FOR EACH EWE

USE EAR TAGS

TAG SHOULD BE APPLIED WHILE LAMBS ARE YOUNG AND EASY TO MANAGE.

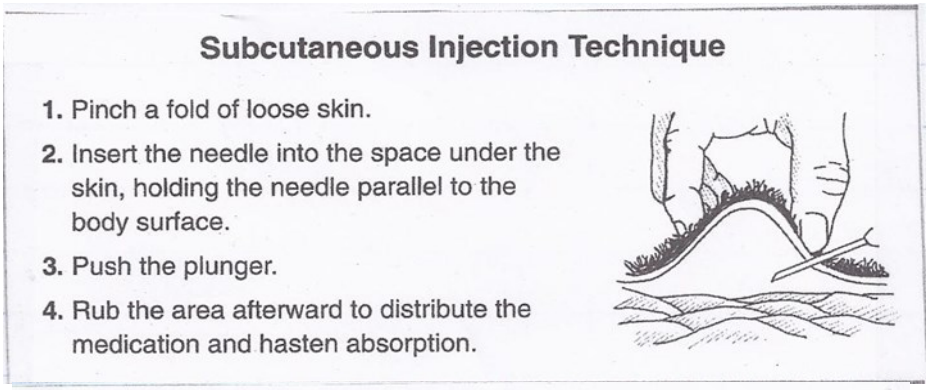
FEDERAL LAW SAYS ANY LAMB THAT ENTERS A JUDGING FACILITY, COUNTY FAIR, STATE FAIRS OR ANY LIVESTOCK SHOW MUST HAVE A SCRAPIE TAG.

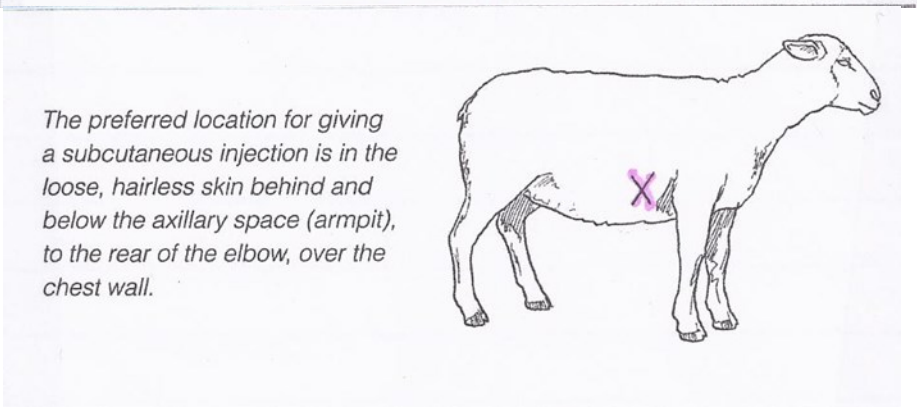
THIS TAG IDENTIFIES THE BREEDER AND FLOCK THE LAMB CAME FROM

IMPORTANT INFORMATION

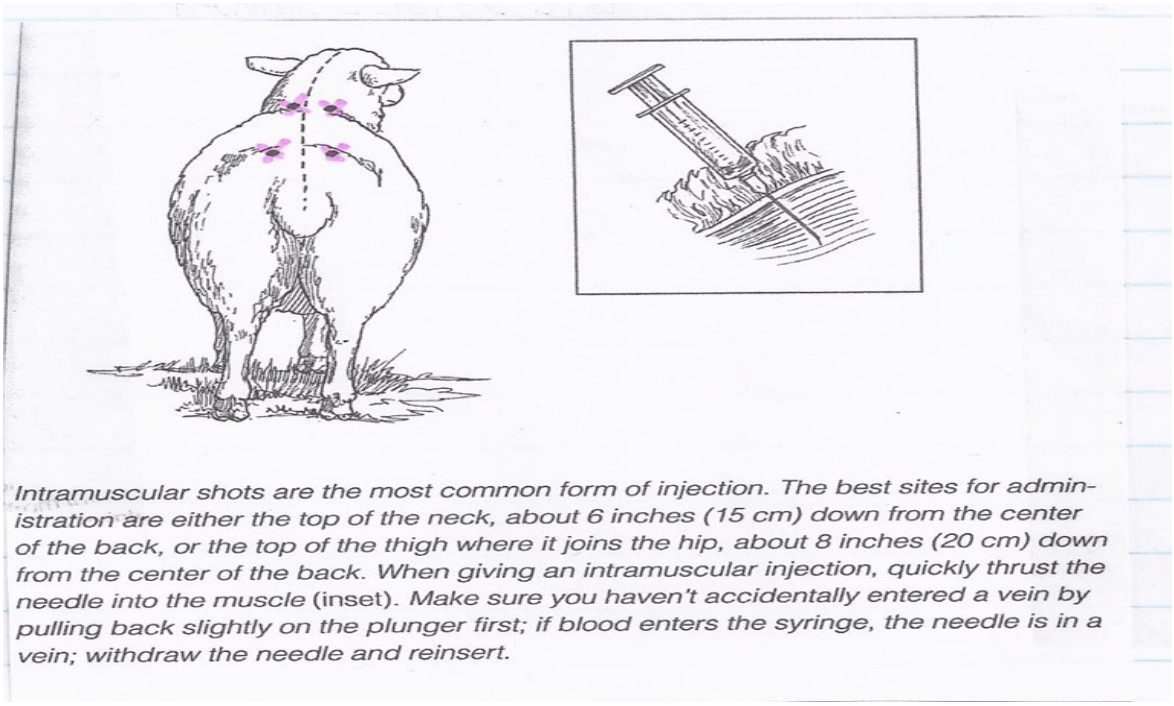
WHEN GIVING MEDICATIONS BY INJECTION BE SURE TO ALWAYS READ THE INSTRUCTIONS ON THE PACKAGE FOR EACH MEDICATION BEFORE USING.

SUBCUTANEOUS INJECTIONS





INTRAMUSCULAR INJECTION



Intramuscular shots are the most common form of injection. The best sites for administration are either the top of the neck, about 6 inches (15 cm) down from the center of the back, or the top of the thigh where it joins the hip, about 8 inches (20 cm) down from the center of the back. When giving an intramuscular injection, quickly thrust the needle into the muscle (inset). *Make sure you haven't accidentally entered a vein by pulling back slightly on the plunger first; if blood enters the syringe, the needle is in a vein; withdraw the needle and reinsert.*

VACCINATIONS

IF PNEUMONIA IS A PROBLEM YOU MIGHT VACCINATE NEW BORN LAMBS WITH INTRANSAL VACCINATION AS OPPOSED TO RELYING ENTIRELY ON THE PASSING OF AMMUNITY THROUGH MOMS COLOSTRUM.

GIVING THE SHOTS FOR TETANUS AND ENTEROXEMIA (OVER EATING DISEASE) SHOULD BE GIVEN BY THE AGE OF 10 WEEKS.

DOCKING

TAILS SHOULD BE BANDED AT ABOUT THE AGE OF TWO TO THREE DAYS OLD. IT IS LESS TRAUMATIC FOR THE LAMBS AT THIS AGE. THERE ARE MANY WAYS TO REMOVE THE TAIL BUT I USE THE ELASTRATOR METHOD.

USING THE ELASTATOR METHOD (RUBBER BAND) THE TAIL SHOULD FALL OFF IN ABOUT 2 TO 4 WEEKS AND THERE IS NO BLOOD.

MAKE SURE YOU PLACE THE BAND PROPERLY ON BOTH THE TOP AND BOTTOM OF THE TAIL. THE BAND ON THE UNDERSIDE OF THE TAIL SHOULD BE PLACED 1/3IN ABOVE THE BOTTOM OPENING. IF IT IS YOUR FIRST TIME DOCKING MAKE SURE YOUR SHEEP LEADER IS WITH YOU.

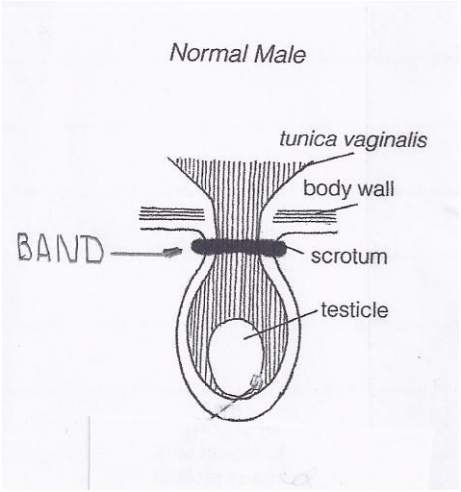
CASTRATION

CASTRATION CAN ALSO BE DONE EARLY, AS SOON AS THE TESTICLES HAVE DESCENDED INTO THE SCROTUM.

THE ELASTRATOR CAN ALSO BE USED FOR THIS. THE TESTICLES OF THE LAMB WILL DESCEND INTO THE SCROTUM AT ABOUT TEN DAYS OLD.

USING THE ELASTRATOR STRETCH THE RUBBER RING SO YOU CAN PULL THE SCROTUM THROUGH IT BEING SURE BOTH TESTICLES ARE BELOW THE RING BEFORE RELEASING THE RUBBER RING.

SEE PICTURE BELOW



WEANING TIME

TO INSURE WEANING TIME WORKS WELL FOR ALL- BE SURE TO:

MAKE SURE THE CREEP AREA IS AVAILABLE FOR THE LAMB AS SOON AS POSSIBLE WITH GOOD HAY, GRAIN, AND FRESH WATER.
AS THE LAMBS START EATING GRAIN AND HAY FROM THE CREEP THEY WILL NEED TO NURSE OFF THE MAMA EWE LESS.
REMEMBER TO START DIMINISHING THE GRAIN FOR THE MOM 10 DAYS BEFORE WEANING, THIS HELPS REDUCE HER MILK PRODUCTION BEFORE REMOVING HER LAMBS.
THIS HELPS REDUCE THE RISK OF HER GETTING MASTITIS IN HER UDDER (MILK SACK).

GOOD LUCK FOR THE 2013 LAMBING SEASON

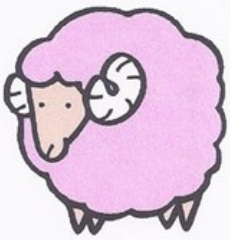
REMEMBER YOUR PROJECT LEADERS ARE ALWAYS READY TO HELP AND ASSIST

From Your Sheep Chairman,
Charlie Forshee

4-H SHEEP PROGRESS SHOW

JUNE 22nd, 2013

KERN COUNTY FAIR GROUNDS



4-H SHEEP SHOWMAN COME JOIN IN THE FUN :-)

GREAT FOR FIRST TIME SHOWERS TO SENIOR

GET READY FOR THE KERN COUNTY FAIR

CHECK-IN TIME: 7:30AM - 7:45AM AT SHEEP SHOW RING

ENTRY'S EXCEPTED AT RING SIDE

STARTING WITH SENIOR SHOWMANSHIP AT 8:00AM

ENTRY FORMS WILL BE IN 4-H NEWS LETTER, 4-H OFFICE, AND WILL BE AT DIFFERENT FEED STORES AROUND TOWN.

KERN COUNTY 4-H SHEEP PROGRESS SHOW

KERN COUNTY FAIR GROUNDS

JUNE 22ND,2013

ENTRY DEADLINE: JUNE 19th,2013

CHECK IN: 7:30am AT SHEEP SHOW RING

SHOW STARTS AT 8:00am WITH SENIOR SHOWMENSHIP

ENTRY FEE: $ 5.00 PER MEMBER ($7.00 ON SHOW DAY AT RING SIDE)

Show open to current 4-H members. Member can enter one lamb with no more then 1/4 inch of fleece. If member uses pens to hold lamb it is their responsible for cleaning it before leaving the fairgrounds. Uniforms are RECOMMENDED.

This show is a learning experience and is planned to help the members to perpare their lambs for the market class at the Kern County Fair. The judge will group lambs in three categories. 1) lambs that are doing good and are conditioned for fair. 2) lambs that are to big and over conditioned. 3) lambs that are small and under conditioned for fair.

DIVISION A: SHOWMANSHIP

- CLASS 1- 9TH GRADE AND ABOVE
- CLASS 2- 6TH,7TH, AND 8TH GRADE
- CLASS 3- **3RD,4TH,AND 5TH GRADE**
- CLASS 4- NOVICE 6TH GRADE AND ABOVE FIRST YEAR LAMB PROJECT (ONLY)
- CLASS 5- NOVICE 3RD, 4TH, AND 5TH GRADE OR 9 YEAR OLD MAMBERS AS OF 1/1/13

DIVISION B: MARKET LAMB

- CLASS 1- **LIGHT WEIGHT 0-90 POUNDS**
- CLASS 2- **HEAVY WEIGHT 91- & UP POUNDS**

MAIL ENTERIES OR HAND DELIVER TO:
KERN COUNTY EXTENSION OFFICE
1031 S. MT. VERNON AVENUE
BAKERFIELD,CA. 93307

MAKE CHECK PAYABLE TO: KERN COUNTY 4-H COUNCIL

ENTRY FEE: $ _____

NAME: _____ CLUB: _____

ADDRESS: _____ TELEPHONE # _____

GRADE JUST COMPLETED: _____ BIRTH DATE: _____

DIVISION	CLASS
A	
B	

I HEREBY ENTER THE ABOVE ANIMAL AT MY OWN RISK AND AM SUBJECT TO ALL THE RULES OF THE SHOW. I FURTHER AGREE THE KERN COUNTY 4-H CLUBS,KERN COUNTY FAIR AND ALL CLUB MEMBERS AND OTHER PERSONS SHALL NOT BE HELD LIABLE FOR ANY INJURY OR ACCIDENT TO EXHIBITOR,ANIMAL OR PROPERTY OWNED BY ME AS A RESULT OF PARTICIPATING IN THIS SHOW.THERE ARE NO REFUNDS.

MEMBER: _____ PARENT: _____ LEADER: _____