The 4-H Network  
Connecting all of Kern County

### AUGUST 2013

<table>
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<tr>
<th></th>
<th>Event Description</th>
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<tbody>
<tr>
<td>9</td>
<td>Kern County 4-H Achievement Program 7:00 p.m.</td>
<td>Kern County Fairgrounds—Fine Arts Building</td>
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<tr>
<td>13</td>
<td>Record Books Due for Kern County Fair</td>
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<tr>
<td>13</td>
<td>Community Club Leader Meeting 7:00 p.m.</td>
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<td>17</td>
<td>Horse Show</td>
<td>Harold Tolbert</td>
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<td>22</td>
<td>Community Club Leader Meeting 3:00 p.m.</td>
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<td>26</td>
<td>Horse Leader Meeting 6:30 p.m.</td>
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<tr>
<td>27</td>
<td>Field Day Planning Meeting 6:00 p.m.</td>
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<td>27</td>
<td>Leader Council Meeting 7:00 p.m.</td>
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<tr>
<td>29</td>
<td>Community Club Leader Meeting 6:00 p.m.</td>
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*Meeting is at the UC Extension Office, 1031 S. Mt. Vernon Avenue, Bakersfield, CA

### SEPTEMBER 2013

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<tr>
<td>2</td>
<td>UC Extension Office Closed for Labor Day</td>
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<tr>
<td>7</td>
<td>Horse Show</td>
<td>Harold Tolbert</td>
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<tr>
<td>13</td>
<td>Harvest Hall Exhibits Due for Kern County Fair, Refer to Fair Premium Book</td>
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<tr>
<td>14</td>
<td>Fair Work Day</td>
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<td>15</td>
<td>Harvest Hall Exhibits Due for Kern County Fair, Refer to Fair Premium Book</td>
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<td>Kern County Fair</td>
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**HIGHLIGHTS IN THIS ISSUE**
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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 August 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

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**PHOTO FROM LAST YEARS’ ACHIEVEMENT AWARDS AND LEADERS RECOGNITION.**

Please join us August 9th for the 2013 Program and Ice Cream Social!
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!!!

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

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

FEE INCREASE
The 4-H Enrollment Fees for 2013-2014 will increase to:
Youth Member $34
Adult Leader $12

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.
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/

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!

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/

HAT PINS AND STRIPES

A vote was taken at the Council Meeting on May 28, 2013 to reaffirm the requirement of clubs to be provided their club’s hat pins and stripes for free, from the 4-H Office.

Beginning July 1, 2013 for the new 4-H year of 2013/2014 the following requirements will be enforced:

1. Each club is required to work two -3 hour shifts in the fireworks booth (07/01/2013 to 07/04/2013). It can be anyone that is over 18 years old to represent the club - parent, friend, older sibling.

2. Each club is required to donate an item to the silent auction in November with a minimum value of $25.00 (additional items will be appreciated - funds raised go to the Leader’s Council Scholarship fund)

3. Each club is required to have a representative of the club attend a minimum of 3 (three) 4-H Council meetings. It can be anyone who is a member, parent of a member or any leader. Council meets the 4th Tuesday of every month at 7 p.m. at the 4-H Office (the months of Sept. and Dec. are omitted)

At the end of the 4-H year, if these requirements are not met you will be given a bill for your hat pins and stripes. If you have any questions please contact the 4-H office.
IMPORTANT INFO about DOJ Fingerprint Clearances!

While we finally got things straightened out for the future of our California Department of Justice (DOJ) Livescan fingerprint clearances, we still have a problem with recent-past ones. **If you had your fingerprints ran through a Livescan agency from November 1, 2012 - February 1, 2013 we do not have your clearance....the DOJ system auto deleted your notification.** We can get another re-print of your fingerprint notification, we just need you to contact us with some specific information. We will need **your full legal name, your date of birth (including year) and the ATI # from the agency where you got your Livescan done.** This number would have been written on your copy of the Fingerprint Request Form that you would have taken to get Livescanned. If you cannot provide this information to us, please still contact us so we can figure out our next step in getting your fingerprint clearance.

Contact Veronica Slaton - 661-868-6235 or vasilaton@ucdavis.edu

Kern County 4-H Program Evaluation!!!

**It seems lately that we have had less and less attendance in county events, scholarships and the All-Star Program in Kern County. We have also noticed a few other trends, and with the rise of technology we want to make sure that we are not only doing as much as we can to reach out to our 4-H audience, but to make sure the word is actually getting out to you!!! We have set-up a broad survey covering several topics so that we can evaluate here in Kern County. We truly appreciate that you are taking the time to do this survey; please be completely honest when answering these questions. The information is anonymous and we are only using the data of the answers to see how we can better our program! We are asking all leaders, parents and even older members to take it...please feel free to share and encourage others to take it as well!**

You can find the quiz here: [http://ucanr.edu/kc4hquestions](http://ucanr.edu/kc4hquestions)
Important information

Influenza A Virus in Pigs and People Associated with Fairs and Swine Shows

The county and state fair season has now begun throughout the U.S. This week CDC confirmed the first case of Influenza A H3N2 variant (H3N2v) virus in a child that had shown swine at a county fair in Indiana. The virus genotype is very similar to those found last summer in association with many fairs in the Midwest. The clinical signs of illness in humans are typical influenza-like illness symptoms (coughing, fever, etc.). This child was involved with the pig show at the fair, and it is thought that the child may have contracted the virus through swine contact.

A subset of pigs from the fair were sampled and tested positive for H3N2 virus on initial testing at a National Animal Health Laboratory Network laboratory. There were reports of some illness (coughing and off-feed) in a few of the pigs at this fair; however, pigs can shed influenza A virus and show few or no clinical signs of illness.

As you plan for fair season, we’d like to summarize a few simple actions that can help minimize potential transmission of influenza A between pigs, from pigs to people, or people to pigs. Request that your swine exhibitors be particularly vigilant in looking for clinical signs in their swine that may indicate illness and remind them to notify the fair veterinarian if they observe any such signs. Fair veterinarians should be encouraged to follow-up on any reported illness in pigs at the fair. Also, encourage additional biosecurity and common sense health practices in the swine barns at all fairs. Guidance to minimize transmission of influenza viruses between pigs and people has been compiled in the joint NASAHO / NASPHV document, “Measures to Minimize Influenza Transmission at Swine Exhibitions, 2013”. This document can be found on the USAHA website at:


With the assistance of fair participants, fair/exhibition officials, and State and Federal animal health officials, we can work to minimize these influenza transmission events. Additional sources of information on influenza in both people and pigs, good biosecurity practices for swine shows, and updated information on influenza virus transmission between people and pigs can be found at the following websites:


http://www.cdc.gov/flu/swineflu/h3n2v-cases.htm


Finally, please remind the public that Influenza A is not a pork food safety issue. People do not contract flu from eating or handling pork and pork products.
The 4-H program year runs from July 1st to June 30th each year. When the Kern County Fair takes place, it is already almost three months into a new program year; it is not the conclusion of the previous year. Those who exhibit at the Kern County Fair need to be enrolled in the 4-H online system to be covered by insurance.

The following three items need to take place for those wishing to exhibit at the 2013 Kern County Fair:

1) Record books for each 4-H member exhibiting at the fair are due at the Extension Office by Tuesday, August 13, 2013. Cloverbuds are exempt from this rule.

2) 4-H members must re-enroll online or have a completed paper enrollment turned in to the Extension Office by August 13, 2013.

3) Enrollment fees for 4-H members exhibiting at the fair must be turned in to the Extension Office by August 13, 2013.

Those members who have complied with all of these requirements will have their names submitted to the Kern County Fair Office as cleared to exhibit.

IMPORTANT reminders on your 4-H ENROLLMENT!

July 1st 2013 starts our new 4-H year, and also rolls the 4hOnline program over for re-enrollments! Starting 12:01 a.m. on July 1st you can start the re-enrollment process! The sooner you get this done the better! If you notice that your enrollment (whether Adult or Youth) profile has been deleted from the 4hOnline system, it’s because there was no enrollment payment received for the person and we as a county would be charged for the individuals from the State Office. To avoid being billed for members who hadn’t paid, we had to purge the system of those profiles. All you need to do is re-create it since it’s the new 4-H year!

Here are a few general notes and reminders:

- You are not an ‘active’ member until you have re-enrolled AND paid. This means you are NOT covered by the 4-H insurance, if an accident were to happen.
- Leaders will sit in a ‘pending’ status until they have paid, attended a New Leader Orientation, and completed their DOJ background check.
- To show at the Kern County Fair you MUST have your re-enrollment done and enrollment fees paid (in addition to the record book required by Leader Council) by August 13th!!!
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 Engebret [maryengebreth@comcast.net with suggestions of topics and/or experts.

A Revolution of Responsibility
...for the next 100 years

University of California
Agriculture and Natural Resources
2013 Thrive Master Trainer Opportunities

4-H Thrive is a movement within the program to help youth realize their full potential through goal setting, pursuit of strategies to reach your goals, and shifting gears in the face of adversity. The training program has games and activities to help youth and adults learn and grow in pursuing their goals. There will be a master trainer session in Visalia, CA on September 7-8, 2013. Leaders and teen leaders who are interested in participating can contact John Borba at 661-868-6216.

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?

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 habits 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
WHO: All high school youth and adult teams interested in geospatial technologies

WHAT: We’re not an ordinary conference. We want young people to gain skills that’ll make them finer than a freshly sharpened pencil. Here’s what teams of youth and adult chaperones will accomplish:

• Gain the latest knowledge and invaluable skills in the Global Positioning System, Geographic Information Systems, and Remote Sensing.
• Learn several applications of geospatial technologies in agriculture, climate, defense, emergency preparedness, natural resources, navigation, parks and recreation, planning, and transportation
• Learn to facilitate this year’s National Youth Science Day GIS activities, “Maps and Apps”
• Visit and meet Washington, DC government agencies and businesses utilizing geospatial technologies
• Find out about career opportunities and pathways
• Plan a community GIS mapping project

WHEN: September 25-29, 2013

WHERE: National 4-H Youth Conference Center, minutes from Washington, DC in suburban Maryland

HOW: Register today at: www.nationalyouthsummit.org
All youth must register with an adult chaperone