## DECEMBER 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Emerald Star Applications Due</td>
<td>Veronica Slaton 661-868-6235</td>
</tr>
<tr>
<td>3</td>
<td>Bakersfield Christmas Parade</td>
<td></td>
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<tr>
<td>7</td>
<td>Taft Christmas Parade</td>
<td></td>
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<tr>
<td>7</td>
<td>First Day of Chanukah/Hanukkah</td>
<td></td>
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<tr>
<td>12</td>
<td>North of the River Christmas Parade</td>
<td>Carla Polm 661-330-2207</td>
</tr>
<tr>
<td>24-25</td>
<td>Christmas Holiday - UCCE Office Closed</td>
<td></td>
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<tr>
<td>26</td>
<td>First Day of Kwanzaa</td>
<td></td>
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<tr>
<td>*28</td>
<td>Horse Leader Meeting - 6:30 p.m.</td>
<td>Sandy Orloff 661-330-5885</td>
</tr>
<tr>
<td>31</td>
<td>New Year’s Holiday - UCCE Office Closed</td>
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**January 2016**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>1</td>
<td>New Year’s Holiday - UCCE Office Closed</td>
<td></td>
</tr>
<tr>
<td>*5</td>
<td>Horse Registration Due! New Horse Member Orientation - 7:00 p.m.</td>
<td>Sandy Orloff 661-330-5885</td>
</tr>
<tr>
<td>18</td>
<td>Martin Luther King Day Holiday - UCCE Office Closed</td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>Horse Field Day</td>
<td>Sandy Orloff</td>
</tr>
<tr>
<td>*25</td>
<td>Horse Leader Meeting - 6:30 p.m.</td>
<td>Sandy Orloff 661-330-5885</td>
</tr>
<tr>
<td>*26</td>
<td>Leader’s Council - 7:00 p.m.</td>
<td>Jeanne Walford 661-831-1639</td>
</tr>
<tr>
<td>29-31</td>
<td>LCORT (Leadership Conference of Regional Teens) Sanger, CA</td>
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</tr>
</tbody>
</table>

*Meeting is at the UC Extension Office, 1031 S. Mt. Vernon Avenue, Bakersfield, CA
Wheelchair accessible. Please contact UCCE Kern at 661-868-6200 if any special accommodations. Individuals who need to request an ADA accommodation in order to participate in 4-H sponsored events and activities can contact your local 4-H Office to complete a 4-H ADA Accommodation Request Form: http://4h.ucanr.edu/files/153972.docx

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at http://ucanr.edu/sites/anrstaff/files/215244.pdf. Inquiries regarding ANR’s nondiscrimination policies may be directed to Linda Marie Manton, Affirmative Action Contact,
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!!!
Are you a club or project leader who is tired of doing the same old activities month after month? Maybe you need something designed just for you to be encouraged and encourage your own personal growth. The 4-H Volunteer Café is a place designed just for you providing encouraging and thought-provoking articles of how the principles of positive youth development translate into your 4-H experience, it offers tons of resources for you as a 4-H volunteer that you can use immediately in your meetings and gives you a place where you can contribute your own experiences and challenges.

To check out the 4-H Volunteer Café, use the following link:
http://4hvolunteercafe.wordpress.com/.

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North of the River Christmas Parade

"60 Years of Christmas Cheer"

December 12th, we will meet in the North High Parking Lot at 9 a.m.

Bring your animals to walk, they must be on a leash or in a cage. Let’s get lots of 4-H members to show the community how great 4-H really is. The kids love the animals too.

PDR credit #3 Event Attended-Level: County
#6 Communications Skills; Representing 4-H; Level: County.

See you on December 12th!

Please contact Carla Polm at 661-330-2207 if you have any questions.
SHARE YOUR TALENTS WITH US!!!

Do you have great ideas and talents you would like to share with others?

Would you like to be more involved on a County Level?

Would you like to volunteer in 4-H but not necessarily as a Project Leader?

Then we need YOU!

We are currently transitioning our County 4-H events to being Volunteer/Teen Leader planned and facilitated!

To ensure these events keep thriving, we need YOUR help!

Recruitment for all positions for the following events has started!

- **Home Ec. Field Day/Nutrition Faire** - February 20, 2016
- **Presentation Day** - April 2, 2016
- **Viva la Pizza Contest** - April 2, 2016
- **Medal Testing Committee** - Ongoing

All positions are being recruited for!

To sign-up or to read the position descriptions please visit:

[http://ucanr.edu/eventcommittees](http://ucanr.edu/eventcommittees)
WHAT: County Wide Dog Care and Training Classes
WHERE: SPCA 3000 Gibson St.
WHEN: Thursdays at 6:00 Dec 3rd, 10th and 17th
WHO: Regular members and their dogs
HOW: Sign up for the project - Talk to your Community Leader - Contact Claudia at numbers below--

**If you are still interested in this project, please let me know and I will keep you on my email list**

Claudia Burk
4-H Dog Care and Training
661 393-1914/661 303-8343
cskyrocket@bak.rr.com

PLEASE NOTE: My computer crashed..lost all email addresses.
If you want information on meetings, call me or email me to get back on the list..
cskyrocket@bak.rr.com
Shooting Sports Workshop – Muzzleloading Discipline

December 12 & 13, 2015 – Winton, CA

If you have an interest in sharing your Muzzleloading Shooting skills with youth, how about becoming a 4-H Muzzleloading adult volunteer or teen leader. There will be a 4-H Muzzleloading leader certification training offered in December 2015. The class will be held Saturday, December 12th, 9 AM –4 PM, and Sunday, December 13th, 9 AM- 2PM, at the Safety First Shooting Association, River Oaks Range, 11584 Shaffer Rd, Winton 95388, in Merced County. This class is being hosted by Merced County 4-H. You must become a 4-H leader or member and attend both days to receive certification to teach Muzzleloading at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is $35 per person to include a resource binder, with Saturday and Sunday light breakfast refreshments.

Junior and teen leaders are invited but must attend with an adult or have a certified Muzzleloading adult leader they will be helping back home.

Driving directions to the range are at http://www.safetyfirstshooting.org/html/directions.html. Tent or Dry RV camping is an option. To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at http://4h.ucanr.edu/Projects/SET/SET_Projects/ShootingSports/, and an adult or youth 4-H medical release form and a $35 check payable to “Merced County 4-H Council” and mail to UCCE, 2145 Wardrobe Ave, Merced, 95341. Registration is due Friday, November 13th. Space is limited to 25 attendees. For more information call Darlene McIntyre at 209-385-7418 or email her at dimcintyre@ucanr.edu.

Shooting Sports Workshop – Pistol Discipline

December 12 & 13, 2015

If you have an interest in sharing your Pistol skills with youth, how about becoming a 4-H Pistol adult volunteer or teen leader. There will be a 4-H Pistol leader certification training offered in December 2015. The class will be held Saturday, December 12th, 9 AM –4 PM, and Sunday, December 13th , 9 AM- 2 PM, at the Safety First Shooting Association, River Oaks Range, 11584 Shaffer Rd, Winton 95388, in Merced County. This class is being hosted by Merced County 4-H. You must become a 4-H leader or member and attend both days to receive certification to teach Pistol at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is $35 per person to include a resource binder, with Saturday and Sunday light breakfast refreshments.

Junior and teen leaders are invited but must attend with an adult or have a certified Pistol adult leader they will be helping back home.

Driving directions to the range are at http://www.safetyfirstshooting.org/html/directions.html. Tent or Dry RV camping is an option. To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at http://4h.ucanr.edu/Projects/SET/SET_Projects/ShootingSports/, and an adult or youth 4-H medical release form and a $35 check payable to “Merced County 4-H Council” and mail to UCCE, 2145 Wardrobe Ave, Merced, 95341. Registration is due Friday, November 13th. Space is limited to 25 attendees. For more information call Darlene McIntyre at 209-385-7418 or email her at dimcintyre@ucanr.edu.
Registration is Now Open for 2016 4-H Leadership Washington Focus

**Leadership Washington Focus (LWF)** is a summer 4-H leadership program for youth entering grades 7–9 and takes place at the National 4-H Conference Center.

Here are 5 great reasons to register your delegation for 4-H LWF vs. other summer camps.

1. Your middle school students will love having something to look forward to! [Registering now](#) will give your students a year of fundraising and another reason to get excited for their summer.

2. Experience the 4-H Conference Center and our Nation’s capital!

3. The program is based on the Citizenship Mandate Model.

4. 4-H LWF is the precursor program to Citizenship Washington Focus (CWF)—our high school program for 4-H’ers interested in citizenship. By attending LWF students get excited to experience 4-H national programing into their high school years.

5. It’s easy! Once you get to D.C. we take care of everything.

This is truly a once in a lifetime experience for middle school students to learn confidence, communication, critical thinking and collaboration.

**Register your delegation today!**

Week 1: June 20-24  
Week 2: July 11-15  
Week 3: July 18-22

Registration for Citizenship and Leadership Washington Focus Trips Are Now Open!  
2016 Leadership Washington Focus—July 11-15, 2016 ($1849 per person) 
For more information about Citizenship Washington Focus please visit: http://4h.ucanr.edu/4-H_Events/LWF/

2016 Citizenship Washington Focus Trips

- Heritage Trail—July 10-16, 2016 ($2849 per person)  
  (Conference Only)
- Global Journey—July 10-19, 2016 ($3799 per person)  
  (Conference plus Extended travel days to: Gettysburg, Philadelphia & Baltimore)

For more information about Citizenship Washington Focus please visit: http://4h.ucanr.edu/4-H_Events/WF/
American Youth Leadership Program
Applications are due December 1, 2015
The University of Wyoming 4-H program administers the American Youth Leadership Program funded through a grant from the U.S. Department of State. Through this program youth and adult participants from the 13 states in the Western travel to Ghana in July. For information and applications visit http://www.uwyo.edu/4-h/international/ghana/index.html.

Save the Date! California Camping Conference
April 1-3, 2016
The next California Camping Conference will be held at the Nevada State 4-H Camp in Stateline, Nevada. The Camping Conference provides 4-H teen leaders and adult camp administrators the opportunity to network and attend sessions to develop their local camp program. Please inform your key leaders and teen leaders. More information will follow.

2016 Equine Planning Team
Are you interested in serving on the 2016 Equine Planning Team? The Equine Planning Team is responsible for planning, conducting, and over-seeing both the Equine Field Day and the California 4-H Horse Classic. 4-H Members, Adult Volunteers and 4-H Staff are encouraged to apply at http://ucanr.edu/survey/survey.cfm?surveynumber=16296! For more information visit http://4h.ucanr.edu/4-H_Events/Horse_Classic/ or contact Alyssa Sankey, State 4-H Program Representative for Animal Science, ajsankey@ucanr.edu.

New Presentation Manual
The NEW Presentation Manual is here! The 4-H Presentation Manual (2015) is the consistent and standard guide for all 4-H presentations and will be adopted by all County, Sectional/Regional, and State 4-H Presentation Days. To view the new manual visit: http://4h.ucanr.edu/files/220608.pdf. In addition, example films for almost every category have been posted at https://www.youtube.com/playlist?list=PLmPu2m62SYPOC--slOjud51n7aNqyVBmh
If you have any questions regarding the new manual please contact Alyssa Sankey, State 4-H Program Representative, at ajsankey@ucanr.edu.
From 4-H Throwdown to *Chopped Junior*!

Elisabeth Watkins, an All Star for San Joaquin County and three-time champion of the 4-H Throwdown, recently competed on the Food Network’s *Chopped Junior* series. Her episode, “Fungi Times,” will air on the Food Network, Tuesday, November 24th at 8:00pm. In the first round, strange fungi and frozen treats are two of the mystery ingredients that the young cooks must masterfully transform. The competitors’ faces say it all when tasting unappealing entrée basket ingredients. And for dessert, incorporating French fries proves to be a challenge.  

In the 4-H Throwdown (held yearly at the California State Fair) teams compete to prepare a healthy three-course meal using a surprise secret ingredient. The 2015 Throwdown was a real challenge for the three teams, who had to highlight the avocado in their courses. The San Joaquin team won with an appetizer of beef sliders with homemade avocado mayonnaise and pickled red onions, an entrée of sausage patties with bacon-onion jam and avocado cream cheese on ciabatta bread and a dessert of sponge cake topped with berries and a dollop of avocado whipped cream.

Watch Elisabeth on *Chopped Junior* on November 24th and get inspired to be the next California 4-H Throwdown Champion! In order to prepare for participation in this competition we recommend using the 4-H Cooking 101, 201, 301, and 401 curriculum. These resources can be found here: [http://web.extension.illinois.edu/state4h/projects/new/](http://web.extension.illinois.edu/state4h/projects/new/)

For questions about the 4-H Throwdown contact Anne Iaccopucci at [amiaccopucci@ucanr.edu](mailto:amiaccopucci@ucanr.edu)
Healthy Living

National Youth Summit on Healthy Living – February 12-15, 2016

National 4-H Council and National 4-H Youth Conference Center have partnered with professionals in family consumer science and healthy living to host the National Youth Summit on Healthy Living. Youth attending this summit will gain knowledge and skills to address issues surrounding nutrition, physical fitness, and emotional well-being. This opportunity is available for high school students who are passionate about healthy living and improving community health. Youth can participate individually or as a team with at least one adult mentor/chaperone. There should be at least one chaperone for every eight youth participants. For more information and registration: http://www.nationalyouthsummit.org/healthy-living-conference/

4-H Healthy Living Event Checklist/Assessment

Are you planning a 4-H Event or Club meeting? By utilizing the 4-H Healthy Living Event Assessment/Checklist you can ensure that your events are supporting 4-Hers in forming lasting relationships, dealing with stress and their emotions, making healthful dietary choices, engaging in physical activity to promote optimal growth of minds and bodies, and avoiding unnecessary risks. Download and review the 4-H Healthy Event Assessment/Checklist for your next 4-H Event or Club meeting at http://4h.ucanr.edu/4-H_Events/
New Healthy Living Officer Training!

The Healthy Living Officer serves as the 4-H club’s ambassador for health! By choosing to elect a Healthy Living officer 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, writing Healthy Living articles for the club newsletter, and adopting and promoting a club Wellness Plan. Please help ensure that the health “H” of 4-H is at the forefront of all our meetings, consider electing a Healthy Living Officer for your club!

The Healthy Living Officer Training can be found at: http://4h.ucanr.edu/Projects/HealthyLiving/Become_a_Healthy_Living_Officer/

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Color Me Green 5K Runs

Consider hosting a Color Me Green 5K Run this March 2016!

The Color Me Green 5K Run will provide your county or club with a statewide service learning opportunity specific to the improvement of health. With the support of adult volunteers, youth will organize and execute a 5K run in their community. It is our hope that through participation in the Color Me Green 5K Runs both individuals and communities will aspire to increase their health habits. Be a health advocate for your community and host a Color Me Green 5K Run!

How can I host a Color Me Green 5K?

1. Talk with your County Office to find out if a Run is already being planned.
2. Each County Officer will sign-up with Anne Iaccopucci at County Host Registration https://ucanr.edu/survey/survey.cfm?surveynumber=14385

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Mindfulness Retreat—New Dates! November 4-6, 2016

Camp Ocean Pines, Cambria, CA

Teens ages 13-19 and adults are welcome to spend the weekend at beautiful Camp Campbell developing their health and well-being. Teens will not only increase their personal skills in leading a healthy lifestyle, but will also gain skills needed to be a health advocate in their communities. For more information visit http://4h.ucanr.edu/Projects/HealthyLiving/Mindfulness/ or contact Anne Iaccopucci at amiaccopucci@ucanr.edu or Jenna Colburn at jcolburn@ucanr.edu.
California 4-H Foundation News

After Black Friday and Cyber Monday comes #GivingTuesday, a global day of giving back.

This Tuesday December 1, join 4-H in giving confidence to our youth.

There are four things you can do:

1) Donate – you can double your gift through matching gifts provided by the California 4-H Foundation Board!
2) Take an #unselfie and post on Instagram or Facebook.
3) Become a 4-H volunteer.
4) Spread the word – tell your family, friends, fellow 4-Hers and neighbors how they can give confidence on #GivingTuesday!

Our goal is to raise $10,000 for 4-H youth.

Visit www.ca4hfoundation.org or www.4hucanr.edu to learn more about #givingtuesday #4Hgivingconfidence!

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4-H in the Media!

4-H was highlighted in the nationally televised show, American Graduate Day, on PBS. The show focuses on highlighting successful programs that contribute to helping youth graduate high school prepared for college and careers.

The full 7 hour program: www.youtube.com/americangraduate

Segment with USDA Secretary Vilsack: https://youtu.be/EGRSLH56yKw

Segment on 4-H: https://www.youtube.com/watch?v=KHiIxzivA0
Supporting Social and Emotional Health through 4-H

As part of our platform to focus on social and emotional health, we kicked off our year by promoting and participating in Text, Talk, Act on November 10th. This campaign supports starting conversations between teens on mental health issues. A big thank you to everyone that participated! Participants were encouraged to share photos of their groups using #tac4H on Instagram, Twitter, and Facebook. “My group said it was really helpful and they loved the videos,” says Katie, State Ambassador from Kings county.

In addition to Text Talk Act, the State Ambassadors have been busy getting our workshops created and fine-tuned. We are very excited to bring our workshops to the amazing 4-H Community! Look for us at a sectional or state event near you.

Being a State Ambassador is the highest working honor awarded in California 4-H, and we plan to continue to represent 4-H statewide to better inform the public about the 4-H program.

Applications for the 2016-2017 California State 4-H Ambassadors are now open! Learn more on how to become a State Ambassador [http://4h.ucanr.edu/Projects/Leadership/SA/](http://4h.ucanr.edu/Projects/Leadership/SA/)
Hosting a Qualifying Horse Show?

Register your show at: [http://ucanr.edu/survey/survey_cfm?surveynumber=11165](http://ucanr.edu/survey/survey_cfm?surveynumber=11165) for it to be considered a qualifying show for the 2016 California 4-H Horse Classic. Please submit show results on the Classic Qualifying Show Results Sheet, which can be found at: [http://4h.ucanr.edu/files/162863.xlsx](http://4h.ucanr.edu/files/162863.xlsx).

Looking for a qualifying Horse Show for the 2016 California 4-H Horse Classic? Visit [http://4h.ucanr.edu/4-H_Events/Horse_Classic/Equine_Qualifier_4-H_Events/](http://4h.ucanr.edu/4-H_Events/Horse_Classic/Equine_Qualifier_4-H_Events/).
Citizenship

Planning a Service Learning Project in your community? Use the Service Learning toolkit to help you plan your project.  http://4h.ucanr.edu/Projects/Citizenship/service_learning/Toolkit/

NEW! Gift Certificate Program
For more information, please follow the link.  http://4h.ucanr.edu/4-H_Events/Gift_Certificate_Program/

Washington Focus Chaperones Wanted!
Do you have a passion for growing citizenship and leadership skills in 4-H members and want to facilitate their memory-making experiences? Applications are now being accepted for chaperone positions as part of the California delegations that will attend the National Citizenship and Leadership Washington Focus Trips in the summer of 2016.

http://4h.ucanr.edu/4-h_events/wf/washington_focus_chaperone_information/ to find out more.
Registration for all of these events are coordinated through the CA State 4-H Office.

Leadership

Become a State Ambassador!
Applications are now open at
Apply to Become a State Ambassador - UC 4-H Youth Development Program
Deadline February 16, 2016

Humboldt State University
Registration opening early February 2016
Join the State Leadership Conference Team—Become a Program Assistant http://4h.ucanr.edu/4-H_Events/SLC/

American Youth Leadership Program
Applications due December 1, 2015
The University of Wyoming 4-H program administers the American Youth Leadership Program funded through a grant from the U.S. Department of State. Through this program youth and adult participants from the 13 states in the Western Region have an opportunity to learn about and travel to Mongolia and Samoa on past programs. This year the exchange trip will be in Ghana and take place next summer in July. For information and applications visit http://www.uwyo.edu/4-h/international/ghana/index.html.

Positive Youth Development

The Record Book Manual
Adult Partner’s Guide is now available on the website at: http://4h.ucanr.edu/Resources/Members/RecordBook/RBResources/. We will be hosting some webinars for members and adults that help them navigate the new book. More information to come.
Positive Youth Development

New Presentation Manual
The NEW Presentation Manual is here! The 4-H Presentation Manual (2015) is the consistent and standard guide for all 4-H presentations and will be adopted by all County, Sectional/Regional, and State 4-H Presentation Days. To view the new manual visit: http://4h.ucanr.edu/files/220608.pdf If you have any questions regarding the new manual please contact Alyssa Sankey, State 4-H Program Representative, at aisankay@ucanr.edu

Special Recognition Opportunities at State 4-H Presentation Day
California 4-H offers thematic recognition pins for youth who participate at State 4-H Presentation Day and focus their presentations on one of the four focus areas. For the focus areas visit: http://4h.ucanr.edu/4-H_Events/SFD/PD/.

Impromptu Speech Topics for State 4-H Presentation Day

4-H Thrive 2015-2016 Master Trainer & Project Leader Information
Interested in bringing a fun and engaging educational experience to 4-H members in your county? 4-H Thrive offers age-appropriate curriculum for members at each level of their 4-H experience. For more information on 4-H Thrive Educational Materials and online resources follow this link http://4h.ucanr.edu/About/Framework/PYD/Thrive/ and then click on the link for how to get involved during the 2015-2016 program year. We will be continuing to develop our online resources over the course of this year.

4-H Online Record Book Updates
The 4-H Online Record Book (ORB) continues to grow in popularity among 4-H members (check out the ORB Satisfaction Survey Results) and we are continuing to grow and expand the features in the system. If you have questions regarding how to use ORB, an idea to improve the system or are experiencing a glitch, please use the ORB Request form to share with the ORB Support Team.

Have a group of people interested in learning how to use the ORB system? You can bring in the ORB Internet Café Training to your county. These 3 hour trainings have been a popular way to get people excited about ORB and on the path to successful online record book keeping. For more information about how you can bring this workshop to your county, click here.
**State Fashion Revue (SFR) 2016, “Hoe Down, Sew Down,” is Saturday, May 28, 2016 during State Field Day at UC Davis. SFR service projects are Port Pillows for cancer patients, and Reusable Tote Bags to be distributed to communities. You can read more about these projects on our website, using the link below, which also includes patterns and instructions for these items. Members qualify in their home counties to enter SFR in five categories: Traditional, Consumer Science Purchased $40 limit, Upcycled, and the 2016 challenges which are the Western Challenge and the Muslin Challenge. Please review the category rules and general SFR policies on the website at [http://4h.ucanr.edu/4-H_Events/SFD/SFR/](http://4h.ucanr.edu/4-H_Events/SFD/SFR/). If you have questions, contact Sue Moore, SFR Registrar, at [2moores@milode.com](mailto:2moores@milode.com).**

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**Save the Date! California Camping Conference**

*April 1-3, 2016*

The next California Camping Conference will be held at the Nevada State 4-H Camp in Stateline, Nevada. The Camping Conference provides 4-H teen leaders and adult camp administrators the opportunity to network and attend sessions to develop their local camp program. Please inform your key leaders and teen leaders.