University of California
Agriculture and Natural Resources ■ 4-H Youth Development Program

## JANUARY 2016

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

## FEBRUARY 2016

| | | |
|---|---|---|
| 13 | Horse Show | Sandy Orloff<br>661-330-5885 |
| 15 | **Last day to transfer clubs and add/drop projects for 2016 Kern County Fair** | Veronica Slaton<br>661-868-6235 |
| 15 | President's Day Holiday - UCCE Office Closed | |
| 20 | Home Ec. Field Day and Medal Testing 9:00 a.m.<br>**Entries are due February 16th** | Veronica Slaton<br>661-868-6235 |
| 20 | 2016 Equine Field Day at Fresno State<br>Information listed on page 22 | |
| *22 | Horse Leader Meeting - 6:30 p.m. | Sandy Orloff<br>661-330-5885 |
| *23 | Leader's Council - 7:00 p.m. | Jeanne Walford<br>661-831-1639 |

**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**

***HIGHLIGHTS IN THIS ISSUE***

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**CA&ES Field Day at UC Davis……..13-14**
**4-H State Events…..……..15-22**

**Would you like your club featured in next month's newsletter?**

**Do you have a photo for the newsletter?**

**E-mail photos to cekern@ucdavis.edu**
***NEWSLETTER DEADLINE!***
***Articles/photos for the next issue of The 4-H Network***
***must be received by January 20th***

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

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, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1318.

### *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!!!

### LINKS YOU CAN USE!

**4-H uniform page**
**http://4h.ucanr.edu/About/Uniform/**

**California 4-H Uniform Guidelines**
**http://4h.ucanr.edu/files/216262.pdf**

**Leslie Carman 4-H Supplies**
**http://www.4hsupplies.com/**

**California 4-H Branding Toolkit**
**http://4h.ucanr.edu/Resources/Branding_Toolkit/**

**California 4-H Dress Guidelines**
**http://4h.ucanr.edu/files/210170.pdf**

### *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

### 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/

### 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!

# Check Us Out!!!

Kern County 4-H is stepping up our high tech skills! We now have the ability to send out TEXT reminders about upcoming events, deadlines, meetings, updates, etc! If you'd like to sign up for our updates, please follow the steps below!

**WHAT IS REMIND AND WHY IS IT SAFE?**

Remind is a one-way text messaging and email system. With Remind, all personal information remains completely confidential.

Visit www.remind.com to learn

Kern County 4-H would like you to join Kern County 4-H Updates!

remind

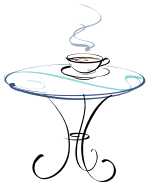
To receive messages via text, text **@kc4hupdate** to **81010**. You can opt-out of messages at anytime by replying, 'unsubscribe @kc4hupdate'.

Trouble using 81010? Try texting **@kc4hupdate** to **(510) 246-3493** instead.

*Standard text message rates apply.

## 4-H Volunteer Café

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/.



# 2016 Home Ec. Field Day Entry Form

**Home Ec. Field Day**
**February 20, 2016 – 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 example 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!

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 FEBRUARY 16, 2016!!!**

*When feasible, all efforts are to be made to encourage and provide reasonable accommodations for persons with disabilities in 4-H Youth Development Program activities. Individuals who need to request special accommodations in order to participate in 4-H sponsored events and activities please contact the Veronica Slaton at the 4-H Office at 661-868-6235.*

# 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

**WHAT:** County Wide Dog Care and Training Classes
**WHERE:** SPCA 3000 Gibson St.
**WHEN:** Thursdays at 6:00
**WHO:** Regular members and their dogs
**HOW:** Sign up for the project - Talk to your Community Leader -
--Contact Claudia at numbers below--

We have 10 new dogs this year and 10 returning ones so far. It is a really nice group. It is a pleasure to work with young adults who listen, follow directions and have fun with their dogs. We will be able to do a lot of extra things this year because of the great attitudes. Keep up the good work.

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

**Jan classes will be:**
**7th, 21st, and 28th**

**Feb will have two meetings:**
**4th and 11th**

***P.S. Please feel free to call or email with any questions or concerns you may have. Remember to train in short sessions and end on a positive note. :-) When in doubt...just work on heeling. It is the cornerstone for everything else.***

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

# THANK YOU!!!

***Elisabeth Sampson - Northwest 4-H***

***Jimmie Barrientos - Family Community Center***

***Red Barrientos - Family Community Center***

**For your contributions to the Kern County Cares Golden Empire Gleaners Canned Food Drive**

# *RIDGERUNNERS 4-H CLUB*
# *RIDGECREST CHRISTMAS PARADE*

Cloverbud Abigail Sweitzer and her pygmy goat

Mallory Newton and mini horse Spunky

Mallory Newton with Spunky, Meghan Branson on Raymond Joe, (foreground) and Rhiannon O'Connor on Lady

Ridgerunners 4-H on the parade route

# 2015 North of the River Christmas Parade

Jared and Joseph Fernberg from Calloway 4-H carrying their banner along the parade route with their wagon full of chickens

Calloway 4-H riders at the parade; Austin Hill, Aiden Hill, Aaron Hill, Emma Garcia, April Darling, Summer Darling, Sami Hobson and Wyatt Hobson

## Wreath laying at the National Cemetery

December 12, 2015

It was about 7:30 in the morning when my leader came to pick me up, dressed in my 4H uniform, ready for a day of service. As we drove towards Tehachapi I had a clear view of the beautiful scenery; the mountains covered in clouds of fog with sun shining through, the bright green winter grass on the hillsides, and the old oaks standing solemnly on the hills.

When we got to the site we found many people already there, waiting for the ceremony to start and snapping pictures of the scenery. We met with the other members of our club, Premier 4H, and walked up the hill to the overlook where the ceremony would be held. About 600 veterans, family members, friends and members of other groups where there to show their support to the service men and women laid to rest in this national cemetery.

As per the wreath laying custom, every cemetery around the nation must start the ceremony at the same time. Therefore, while we waited we enjoyed the singing of many Christmas carols by Mr. Eric Dyer, and the bagpiping talents of Ms. Linda Snoddy.

At last the ceremony commenced with a posting of the colors and a welcome by the president of the cemetery and an invocation and a few instructions of the wreath laying process. Next we took a pleasant (albeit very cold) walk up the hill to where the wreaths were ready to be placed. We each took our wreaths and placed them on the ground in front of each headstone. Once they were all in order, about 3,200 in all, everyone went over to the visitor's center to enjoy donuts and hot cocoa.

Many pictures were taken to remember a day of giving back to those who have served. It was a moving experience that I, like the others who came, felt very fortunate to participate in.

Eryn McKinney
Premier 4-H Club

## 4-H Uniform Changes

**The State 4-H Office has sent a letter out to all fairs to notify them that the UC ANR 4-H Youth Development Program adopted new 4-H uniform guidelines. The State Office will be asking fairs to modify their existing uniform requirements to include the following garments:**

1. ***Official green 4-H hat branded with the UC ANR and the 4-H clover logo mark. To view the new 4-H hat visit: http://4h.ucanr.edu/About/Uniform/California_4-H_Hat/.***
2. ***A plain white shirt with a collar. Any length of sleeve, including sleeveless is acceptable.***
3. ***Dark blue, black, or white pants (all fabric types are acceptable). Alternative Casual Uniform: Shorts may be worn for casual, non-livestock activities (e.g., still exhibits). Alternative Business Uniform: Dress slacks or skirts may be worn for business events and activities (e.g., interviews or formal presentations)***
4. ***OPTIONAL: A traditional 4-H tie or scarf worn with the collared white shirt. The tie and scarf are both worn under the collar. Any member can wear either the scarf or the tie, whichever the member is most comfortable wearing.***

**Youth may continue to use the current green hat with only the 4-H clover logo mark for the remainder of their 4-H career. Youth who are currently senior level members may continue to use their white hat for the remainder of their 4-H career. Senior members may also convert to the green hat as they choose. For additional information regarding the new guidelines, as outlined by the State 4-H Office, visit: http://4h.ucanr.edu/About/Uniform/.**

1. **Does California 4-H have a uniform?**

   *Yes, California 4-H has a uniform; however, it cannot be required for participation in any 4-H sponsored activity, event, meeting, or occasion (see 4-H Policy Manual Chapter 5, Section XIII). California 4-H adopted a new uniform on July 1, 2015; for more information visit: http://4h.ucanr.edu/files/216262.pdf*

2. **Why was the 4-H uniform modified?**

   *In 2014, the Associate Director of 4-H Program and Policy asked the State 4-H Incentives and Recognition (I & R) Advisory Committee to examine and make recommendations regarding the 4-H uniform (see #3 below for the process). The request to review the 4-H uniform was in response to calls and complaints from 4-H parents, youth, volunteers and counties requesting uniform changes.*

3. **What was the process of selecting the new 4-H uniform?**

   *The State 4-H I & R Advisory Committee facilitated an extensive process that included a 4-H member design contest and voting input from 4-H members and adult volunteers across the state. 4-H member's submitted design ideas. From the submissions an ad hoc 4-H I & R subcommittee prepared multiple uniform options. 4-H members and adult volunteers voted on these options at the State 4-H Field Day in May of 2014 and via an online survey. The results were analyzed and evaluated, and the final uniform recommendations were submitted to the State 4-H Policy Advisory Committee for review and to the Associate Director of 4-H Program and Policy for final approval.*

4. **Were there specific criteria when selecting the new uniform?**

   *Yes, the criteria for the new uniform were:*
   - *The pieces of clothing must be readily available to ALL youth.*
   - *The uniforms must be affordable for a wide range of family budgets.*
   - *The uniform must have an identifying logo and display the brand of the University of California, Agriculture and Natural Resources, 4-H Youth Development Program and it must have a place to display recognition items.*

5. **With the adoption of the new 4-H uniform guidelines, effective July 1, 2015, have the uniforms requirements for 4-H exhibitors at fairs been modified?**

   *The dress requirements for 4-H exhibitors are determined by each fair and exposition. The State 4-H Office sent a letter to each California fair in October 2015 requesting*

*that they change their uniform requirements for exhibiting 4-H members to include the following:*

1. *Official green 4-H hat branded with the UC ANR and the 4-H clover logo mark. To view the new hat: http://4h.ucanr.edu/About/Uniform/California_4-H_Hat/.*
2. *A plain white shirt with a collar. Any length of sleeve, including sleeveless is acceptable.*
3. *Dark blue, black, or white pants (all fabric types are acceptable). Alternative Casual Uniform: Shorts may be worn for casual, non-livestock activities (e.g., still exhibits). Alternative Business Uniform: Dress slacks or skirts may be worn for business events and activities (e.g., interviews or formal presentations).*
4. *OPTIONAL: A traditional 4-H tie or scarf worn with the collared white shirt. The tie and scarf are both worn under the collar. Any member can wear either the scarf or the tie, whichever the member is most comfortable wearing.*

*Youth may continue to use the current green hat with only the 4-H clover logo mark for the remainder of their 4-H careers. Youth who are currently senior level members may continue to use their white hat for the remainder of their 4-H career. Senior members may also convert to the green hat as they choose.*

**5. Why was dark blue, black or white pants chosen?**

*The rationale for requesting that 4-H members be given the option to exhibit in dark blue, black, or white pants is that the California 4-H Dress Guidelines call for "bottoms that are appropriate to the event or activity" and this general statement may have resulted in varying opinions as too what is "appropriate" show attire.*

**6. If the 4-H uniform is not required for participation in 4-H then why did the State 4-H Office notify fairs of the uniform changes?**

*Fairs are not under the jurisdiction of the 4-H YDP and may require their own clothing for showing. Dress requirements for 4-H participation at fairs and expositions is determined by each fair or exposition. Most (if not all) fairs require 4-H exhibitors to wear the 4-H uniform. As such, the State 4-H Office sent letters to notify the fairs of the uniform changes.*

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/176836.doc). Inquiries regarding ANR's nondiscrimination policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1318.

Hello All,

Registration for the University of California, Davis College of Agriculture and Environmental Sciences Field Day (UC Davis CA&ES Field Day) opens this Friday, December 4th. Attached are the registration instructions for teams to register for the UC Davis CA&ES Field Day. The Poultry, Dairy, and Livestock judging contests held at this event serve as the California 4-H state qualifiers for the National contests. Additional information regarding the CA&ES Field Day can be found at: http://www.caes.ucdavis.edu/connect/events/field-day

The top 4-H dairy judging team will qualify to compete at the World Dairy Expo in Madison, Wisconsin, and the top 4-H poultry judging team will qualify to compete at the National 4-H Poultry Judging competition in Louisville, Kentucky.

There are three National 4-H Livestock Judging Contests. The first place team (composed of the top placing 4-H team at the CA&ES Field Day) may select which contest for which they will represent California. The second place team may select next, and the third placing team may select third.

The National 4-H Livestock Judging Contests include:

- The North American International Livestock Exposition (NAILE) in Louisville, KY
- The American Royal in Kansas City, MO
- The Western National Round-UP in Denver, CO

For more information about state qualifiers for national contests, please visit:
http://4h.ucanr.edu/Projects/SET/SET_Projects/Animal/SLJC/

Please feel free to call or email me with any questions that you may have.
Kind regards,
Alyssa
Alyssa Sankey
State 4-H Program Representative for Animal Science Education

*See page 10 for registration instructions…….*

UNIVERSITY OF CALIFORNIA, DAVIS

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COLLEGE OF AGRICULTURAL AND ENVIRONMENTAL SCIENCES
DIVISION OF AGRICULTURE AND NATURAL RESOURCES
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(530) 752-0108 (Main Office)
(530) 752-9049 (Fax)

ONE SHIELDS AVENUE
DAVIS, CALIFORNIA 95616-8571

December 9, 2015

Dear 4-H Club,

The University of California, Davis College of Agricultural and Environmental Sciences is pleased to announce the 40th Annual Agricultural and Environmental Sciences Field Day. This year's event will take place on March 4th and 5th, with an estimated 3,000 FFA and 4-H students in attendance. The UC Davis Agricultural and Environmental Sciences Field Day consists of 24 judging events and leadership contests that are all facilitated by current UC Davis undergraduate students.

**Registration:**
To register, browse to <http://calaged.csuchico.edu/registration/>. . Select our event (2012 U.C. Davis Agricultural & Environmental Sciences Field Day). Choose the link "Get Access Code". Complete the information on the form and click the register button. **Please include 4-H next to your club name on the registration form.** On the following page you may save the registration code and register later or simply continue with the registration at this point. Note that you may only register once so be prepared to complete the registration or contact us if you have any changes.

After your club is registered, we request that you submit a printed copy of your online registration along with your payment. Checks should be made payable to "UC Regents" and mailed to:

Attn: Jamie Dehn
College of Agricultural & Environmental Sciences
One Shields Avenue
Davis, CA 95616

**Deadlines:**

| | |
|---|---|
| December 4 | Online Registration Opens |
| February 5 | Online Registration Deadline – Payments must be postmarked by this date. A **$25 late fee** for payments postmarked after this date will be enforced. |
| February 8 | Agriscience Fair and Job Interview Materials Due |
| February 12 | Online Registration Closed – Late registrations will no longer be accepted. |

Please register as soon as possible to ensure space for your teams. I can be contacted if you have any questions regarding this year's Field Day at: fieldday@caes.ucdavis.edu, or visit our website for more information at: <http://caes.ucdavis.edu/fieldday>. We look forward to seeing your club on March 4 and 5!

Sincerely,

Jamie Dehn

Jamie Dehn
Field Day Coordinator
530.754.0322

# 4-H GROWS HERE

## 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/

# 4-H State Calendar of Events

## JANUARY
1/15-17 Teen Involvement Conference (TIC)
1/22-24 Creating a Leader Conference (CAL)
1/29-31 Leadership Conference of Regional Teens (LCORT)
1/31 Sparks Survey Closes

## FEBRUARY
2/12-15 National Youth Summit on Healthy Living
2/13 South Central Section Leaders Council Meeting
2/20 North Central Section Council Meeting
2/20-21 LEaD Conference

## MARCH
Color Me Green 5K Run

## APRIL
4/9-16 2016 National 4-H Conference
4/15-17 Global Youth Service Day
4/1-3 California Camping Conference

## MAY
5/23-25 State Animal Science Symposium
5/28 State Field Day at UC Davis

## JUNE
7/17-21 California Focus

## JULY
7/10-16 Washington Focus Heritage Trail
7/10-19 Washington Focus Global Journey
7/11-15 2016 Leadership Washington Focus
7/28-31 State Leadership Conference

## JULY
8/3-7 California State 4-H Classic

## NOVEMBER
11/4-6 Mindfulness Retreat

**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.

**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/. If you have questions, contact Sue Moore, SFR Registrar, at 2moores@mlode.com.

**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.

## 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/

# Healthy Living continued…….

*The Positive Development of Youth: Comprehensive Findings from the 4-H Study of Positive Youth Development, 2013.

**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/

**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

Color Me Green
University of California
Division of Agriculture and Natural Resources

**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.

## 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=KiHlxuzivA0

**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.

**Hosting a Qualifying Horse Show?**

Register your show at: 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.

**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/.

## Registration for the 2016 Equine Field Day is now open!

The Equine Field Day will be held at Fresno State on February 20, 2016. Workshops will be presented on various equine related topics. We will have both youth and adult tracks with five 45 minute sessions throughout the day. Youth and adults both need to register.

**Register today at [http://ucanr.edu/survey/survey.cfm?surveynumber=16766](http://ucanr.edu/survey/survey.cfm?surveynumber=16766)!**

**Early Bird Registration:**
$10 fee for 4-H Members and active 4-H Volunteers
$15 fee for non 4-H Members and Adults
*Early bird registration ends February 12, 2016.

**Late Registration/Walk-ins:**
$15 fee for 4-H Members and active 4-H Volunteers
$20 fee for non 4-H Members and Adults

For more information about the event, please visit http://4h.ucanr.edu/4-Events/4H_Equine_Field_Day/ or contact Alyssa Sankey, State Program Representative for Animal Science Education, ajsankey@ucanr.edu.

I hope to see you on February 20th!

Alyssa Sankey
State 4-H Program Representative for Animal Science Education
4-H Youth Development Program
Division of Agriculture and Natural Resources, University of California
ajsankey@ucanr.edu | (530) 750-1340

# 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

**State Leadership Conference: July 28-31, 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 ajsankey@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.