**AUGUST 2016**

| *1 | Record Books Due for Kern County Fair | Teresa Andrews 661-979-1003 |
| *1 | 4-H Rabbit and Cavy Showmanship Clinic 7:00 p.m. | Armando Cabrera 661-472-8886 |
| 12 | Achievement Program - Harvest Hall Building Kern County Fairgrounds - 7:00 p.m. Enter through Gate 40 |
| *16 | Community Club Leader Meeting - 7:00 p.m. | Veronica Slaton 661-868-6235 |
| *22 | Horse Leader Meeting - 6:30 p.m. | Kimberly Hill 661-747-8990 |
| *23 | Field Day Planning Meeting - 6:00 p.m. | Meredith Hendricks 661-322-1677 |
| *23 | Leader’s Council Meeting - 7 p.m. | Jeanne Walford 661-831-1639 |
| *25 | Community Club Leader Meeting - 3:00 p.m. | Veronica Slaton 661-868-6235 |
| *25 | 4-H Rabbit and Cavy Showmanship Clinic 7:00 p.m. | Armando Cabrera 661-472-8886 |
| *31 | 4-H Rabbit and Cavy Showmanship Clinic 7:00 p.m. | Armando Cabrera 661-472-8886 |

**SEPTEMBER 2016**

| 5 | Labor Day Holiday - UCCE Office Closed |
| 10 | Horse Show | Kimberly Hill 661-747-8990 |
| 16 | Harvest Hall exhibits DUE! Refer to Fair Book! |
| 17 | Fair Work Day & Harvest Hall Exhibits DUE! Refer to Fair Book! |
| 20 | Harvest Hall exhibits DUE! Refer to Fair Book! |
| 21 | Kern County Fair starts through October 2nd |

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*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

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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.
Kern County Fair ---

New Website:  www.kerncountyfair.com

Entries for Livestock - Please refer to the Fair Catalog for entry dates and tagging information. Community Club Leaders who have children exhibiting at the Kern County Fair aren't allowed to sign their entry forms, they need to have the club co-leader or 4-H staff member sign the entry.

Fair Livestock Questions contact Teresa Andrews 661-979-1003 text with name and message
Fair Harvest Hall Questions contact Ana Williams 661-747-9242 text with name and message

August 1st - Record Books Due for FAIR to 4H Office before 5pm
Enrollment Fees Due from Clubs
Questions regarding record books, contact Teresa Andrews 979-1003

Please make sure that you have all forms completed and all signatures before books are turned in to the 4H office

2016/2017 online enrollment and program year fees are due for youth and leader participation

August 12th - Achievement Program and Ice Cream Social
7:00 p.m. - Kern County Fair Fine Arts Building, please enter at Gate 40
Contact Teresa Andrews 661-979-1003 if any questions

August 16th – Community Club Leader Meeting 7:00 p.m.
UCCE Office, 1031 S. Mt. Vernon Avenue

August 25th – Community Club Leader Meeting 3:00 p.m.
UCCE Office, 1031 S. Mt. Vernon Avenue

September 16th, 17th, and 20th
Harvest Hall Exhibits DUE! Refer to Fair Book!

September 17th – Fair Work Day

Kern County Fair - September 21st through October 2nd

October 3rd – Harvest Hall Exhibits Released
Please pick up your entries

October 11th – After Fair Meeting
6:00 p.m. at the UCCE Kern Office

November 12th - 4-H Field Day Kern County Fair Grounds
Includes: Medal Testing, Bake Day, Fashion Revue and much more!
More information will be in the September and October newsletters
Questions contact Meredith Hendricks @ 661-322-1677
Kern County 4-H Achievement Program

Friday, August 12, 2016
7 p.m.
Fine Arts Building @
the Kern County Fairgrounds

If you are receiving one of these awards or being recognized, please attends our awards program!

- Record Book Medalist or Blue Seal
- Passed Project Medal Testing
- Star Level Recognition (Bronze, Silver, Gold or Platinum)
- Scholarship Recipients
- Leader Recognition (5 year, 10 year, 15, 20, 25, etc.)

Dewar’s Ice Cream will be served at the conclusion of the program!

*** Bring whites that don’t fit for the white exchange! ***

Participate in our Countywide Community Service by bringing school supplies to benefit a local 4-H outreach site:
Kristine Apartments!
(All school supplies are needed, their wish list includes: backpacks, binders, paper, pencils/pens, pencil cases/bags, notebooks and folders)

For any questions, contact:
Teresa Andrews at cknjock@yahoo.com or 979-1008

*4-H Uniforms are not required*
EXTRA! EXTRA!
READ ALL ABOUT IT!!!
NEW County 4-H Record Book Awards!

Record book awards have changed! You can now earn the following:

- Gold Medalist
- Silver Medalist
- Bronze Medalist
- Participation Award
Pygmy Goat Showmanship Practices

Members will meet from 7-8pm.
Cloverbuds will come from either 7-7:30 OR 7:30-8pm.

Please bring collars, leads, goat(s), and water for both your youth & goats.

August 1—Entries due for Aug. 13 NPGA Youth & Open show at Fairgrounds
  • Go to http://GSPGA.yolasite.com/show-schedule.php for all info & entry forms

August 2
August 9
  **August 10—Entries due at the Fair by 5pm**

August 13—Sizzling Summer Show 8am

August 16
August 23— none (Council meeting)

August 30
September 6
September 13—last one (practice show)
September 17—Fair Work Day (clean your pens)
September 20—Pygmies come into the Fair
September 21—Pygmy Show begins at 9am
September 22—Pygmies leave the Fair around 2-3pm
  **after the Dairy Goat Show finishes**

Location at:
Sioux City Ranch
15101 Sunnybank Ave,
Bakersfield, California 93314

Questions:
Call or Text Shannon at 661-703-2128
2016 4-H Rabbit & Cavy Showmanship Clinics
Presented by Armando Cabrera
Kern County 4-H Council - Rabbit & Cavy Chairman

All sessions will be held at the UC Cooperative Extension Office (4-H Office)
1031 S. Mount Vernon Ave. – Bakersfield, CA 93307 at 7:00 P.M.

- **Session 1 – August 1st**: **Do NOT bring rabbits or cavies**
  - Routine will be demonstrated
  - Best breeds for showmanship
  - Study & Practice Tips
  - ARBA Showmanship Form provided (Rabbits & Cavies)
  - Proper attire for showmanship
  - Open Forum for additional questions

- **Session 2 – August 25th**: **Bring rabbits or cavies**
  - Routine will be demonstrated
  - Opportunity for one rabbit & one cavy kid to run through their routines and be evaluated
  - Opportunity to discuss personal challenges and difficulties being experienced
  - Open Forum for additional questions

- **Session 3 – August 31st**: **Bring rabbits or cavies**
  - Review items covered in first 2 sessions
  - What to expect at the fair on showmanship day
  - Opportunity for 2 rabbit & 2 cavy kids to run through their routines and be evaluated
  - Opportunity to discuss personal challenges and difficulties being experienced
  - Open Forum for additional questions

If you have any questions and/or need additional information, please call or text Armando Cabrera at 661-472-8886.
Calloway 4-H Woodworking; the kids finished their planters and they turned out GREAT!
Congratulations to the Following Kern County 4-H Shooting Sports Members/Leaders!
Each year Siskiyou County offers a state shooting match for different shooting disciplines. Participants receive targets through the mail and shoot them in their home counties and return the targets to Siskiyou County to be scored. The scores are compared to shooters from all over the state.

Congratulations to the winners in the categories listed below!

<table>
<thead>
<tr>
<th>Category</th>
<th>Name</th>
<th>County</th>
<th>Score</th>
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</thead>
<tbody>
<tr>
<td>Silver</td>
<td>Kelly New</td>
<td>Glennville 4-H</td>
<td>Junior Rifle Open Sights</td>
</tr>
<tr>
<td>Gold</td>
<td>Jake Froelich</td>
<td>West Bakersfield 4-H</td>
<td>Intermediate .22 Rifle Telescopic Sight</td>
</tr>
<tr>
<td>Gold</td>
<td>Jake Froelich</td>
<td>West Bakersfield 4-H</td>
<td>Intermediate Rifle Open Sight</td>
</tr>
<tr>
<td>Silver</td>
<td>Christine Lindley</td>
<td>Glennville 4-H</td>
<td>Senior Rifle Open Sight</td>
</tr>
<tr>
<td>Silver</td>
<td>Jeff Lindley</td>
<td>Glennville 4-H</td>
<td>Adult Rifle Open Sight</td>
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<tr>
<td>Gold</td>
<td>Nick Holman</td>
<td>West Bakersfield 4-H</td>
<td>Adult Skeet</td>
</tr>
<tr>
<td>Name</td>
<td>Location</td>
<td>Classification</td>
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<tr>
<td>Chas McPheeters</td>
<td>Four Aces</td>
<td>Market Goat Silver</td>
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<tr>
<td>Lydon Olivares</td>
<td>Kern Valley</td>
<td>Dairy Goat Gold</td>
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<tr>
<td>Lydon Olivares</td>
<td>Kern Valley</td>
<td>Pygmy Goat Silver</td>
<td></td>
</tr>
<tr>
<td>Lydon Olivares</td>
<td>Kern Valley</td>
<td>Sheep Silver</td>
<td></td>
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<tr>
<td>Anton Zaninovich</td>
<td>Kern Valley</td>
<td>Market Goat Bronze</td>
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<tr>
<td>Holly Parks</td>
<td>Northwest</td>
<td>Market Goat Gold</td>
<td></td>
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<tr>
<td>Kyndle Vick</td>
<td>Northwest</td>
<td>Pygmy Goat Bronze</td>
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<tr>
<td>Moria Loyd</td>
<td>Stallion Springs</td>
<td>Swine Silver</td>
<td></td>
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<tr>
<td>Moria Loyd</td>
<td>Stallion Springs</td>
<td>Dairy Goat Bronze</td>
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<tr>
<td>Olivia Loyd</td>
<td>Stallion Springs</td>
<td>Swine Bronze</td>
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<tr>
<td>Olivia Loyd</td>
<td>Stallion Springs</td>
<td>Dairy Goat Bronze</td>
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</tr>
</tbody>
</table>
Sheep Progress Show
June 25, 2016
Kern County Fairgrounds

see next page for more photos!
Llamas are a new project this year and we are looking for new members who would like to join. Llamas are very friendly and can do many jobs like carting, packing, and guarding to name a few. Come join us and learn some fun llama facts like: Llamas spit (mostly at each other) for territory reasons, and they originated from Peru. They are gentle, easy to handle and can do many tricks like dogs. I would also love to visit your club meeting to talk a little more about them.

Our next meeting is Friday August 5th at 8:30 am. If you are interested please feel free to call Naomie Soto at 661-412-1599 or email naomies28@gmail.com for the address.

Come by and meet Mister Bean!
Llama Performance Day!

Sunday November 6\textsuperscript{th}, 2016

Departure time 7am - Return Time 2pm

Come on out to a Llama farm in Fresno to walk llamas under, over and through different obstacles. Adults are welcome to try walking the llamas too! It’s a fun day for the whole family. All members will get a free lunch. Please call or text Omar & Naomie Soto at 661-412-1599 OR 661-412-1522 naomies28@gmail.com

Field trip is open to any and all members. Volunteers wanted for transportation also. Member treatment authorization form can be emailed for member transportation.
NEW 4-H Yoga Project!

The Yoga for Kids Project combines physical movement with breathing and focused concentration. Youth in the 4-H Yoga Project learn breathing exercises, physical postures, and mindful practices that help strengthen the mind and body. Youth and Volunteers will:

- Increase physical fitness.
- Learn strategies for stress management.
- Explore the benefits of concentrated focus and attention.
- Practice movements that improve flexibility and balance.

If you are an enrolled 4-H Project Leader and are interested in leading a 4-H Yoga for Kids Project please register for a training session below. CA 4-H will provide 6.5 hours of on-site training by a Registered Yoga Teacher; program guides; and technical support following the training. Trainings are offered at five locations throughout California:

**September 22, 2016 - 2801 2nd St. Davis, CA 8:30am-3:00pm**

**September 24, 2016 - San Luis Obispo, CA 9:00am-3:30pm (location TBD)**

**October 1, 2016 - 208 Fairground Road, Quincy, CA 95971, CA 9:00am-3:30pm**

**October 8, 2016 - 21150 Box Springs Road, Ste 202 Moreno Valley, CA 9:00am -3:30pm**

**October 8, 2016 - 890 N. Bush Street Ukiah, CA 95482 9:00am -3:30pm**

Please contact Anne Iaccopucci at amiaccopucci@ucanr.edu with questions.

Register here: [https://ucanr.edu/survey/survey.cfm?surveynumber=18337](https://ucanr.edu/survey/survey.cfm?surveynumber=18337)
Scholarship & Award Opportunities

Scholarship Guide—Hispanic and Latino Students New Scholarship guide is available specifically for Hispanic and Latino students. Also see listing of useful scholarship and financial resources.

Applications for Higher Education Scholarships administered by the State 4-H Office are now available. Find more information here. Deadline: August 8, 2016

The California Deer Association is taking applications for scholarships for high school students enrolling in college and undergraduates/graduates enrolling in a masters or higher degree. To find out more information visit their link: https://caldeear.org/education/

Golden Clover Awards
Nominations for awards will be open on May 1st and will be due on August 8th. Find more information here.

Diamond Clover Award
All youth members who achieve the requirements are eligible to receive this award. Applications are accepted year-round. Applications are reviewed by the 4-H Incentives and Recognition Advisory Committee and awarded quarterly. Find more information here.

Science, Technology, Engineering, and Math (STEM)

2016 4-H National Youth Science Day
Wednesday, October 5, 2016

The National 4-H is thrilled to announce the 2016 4-H National Youth Science Day (4-H NYSD) challenge: Drone Discovery.

Developed by Cornell University Cooperative Extension, the 2016 4-H National Youth Science Day Challenge will explore how remote sensing can be used to solve real world problems while learning concepts like flight dynamics, forces of flight, basic computer coding, as well as following federal regulations while operating drones.

The 9th annual 4-H NYSD Challenge will be held on Wednesday, October 5, 2016, and will bring youth together from all around the nation to complete this single, innovative activity. Be sure to visit the 4-H National Youth Science Day website for fun and engaging STEM content, register your local 4-H NYSD event, and access resources and materials: www.4-H.org/NYSD

Record Books

State Record Book Competition 2016 Important Dates:

October 3rd: State Record Book Evaluators applications due.
October 21st: Record Books for State Competition ARRIVE to State Office.
November 4th – 6th: State Record Book Competition

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.
# 4-H CALENDAR OF EVENTS

<table>
<thead>
<tr>
<th>AUGUST</th>
<th>OCTOBER</th>
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<tbody>
<tr>
<td>8/3</td>
<td>10/2-8 National 4-H Week</td>
</tr>
<tr>
<td>8/3-7</td>
<td>10/3 State Record Book Evaluators Application Due</td>
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<tr>
<td>8/8</td>
<td>10/5 2016 4-H National Youth Science Day</td>
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<tr>
<td>8/8</td>
<td>10/21 Record Books for State Competition Arrive to State Office</td>
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<td><strong>SEPTMBER</strong></td>
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<tr>
<td>9/16-18</td>
<td>11/4-6 Mindfulness Retreat</td>
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<tr>
<td>9/23</td>
<td>11/4-6 State Record Book Competition</td>
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<tr>
<td></td>
<td>11/11-13 State Leaders’ Forum</td>
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</table>

## Fresno State’s Livestock Judging Camp

**Fresno State University, Fresno, CA**  
August 4th-6th, 2016  
[Register](#) by June 30, 2016

Red Wave Livestock Judging Camp is being held at Fresno State University August 4-6. The camp will cover classroom material pertaining to oral reasons and judging livestock (beef cattle, sheep, goats and hogs). It will also offer a hands on education of the information and the final day we will have a mock contest for the kids to participate in. The camp cost is $175 and this includes all meals, lodging (in the Fresno State dorms), educational material, camp t-shirt and judging book. The camp is limited to the first 100 youth and 25 adults to register.

## Volunteer Development

### 2016 State Leaders’ Forum

**November 11-13, 2016**  
[Flamingo Hotel](#), Santa Rosa, CA

[Register](#) now and join us to CONNECT THE DOTS on November 11 - 13, 2016 at State Leaders’ Forum. Some of our most productive and happiest moments come from connecting with friends, sharing ideas and challenges with people who share your interests, and getting the tools and support to bring your own contribution to a higher level. So get ready to be happy - and engaged! We have selected speakers who are guaranteed to inform and excite you; picked a destination that offers a wealth of fun explorations; and lined up a series of workshops which will help you make some of the connections that you’ve been searching for. Attendees will CONNECT to great information!

### WRLF 2017

**March 16-18, 2017**  
Edmonton, Alberta, Canada

Workshop proposals are currently being accepted through July 15, 2016. Adult volunteers, teens and extension staff are welcomed to submit proposals and will have an equal opportunity to be chosen. Click on the link [WRLF 2017 - Call for Workshop Proposals](#) for information on the submission process and required forms.
National 4-H Horse Classic: Call for Coaches
Applications Due August 3, 2016

The Senior State Winner(s) at the 2016 California State 4-H Horse Classic in the demonstrations and public speaking and the top four individuals in Horse judging, Hippology and Horse Bowl will be given the opportunity to represent California at the Western National 4-H Horse Classic in January 2017 in Denver, Colorado.

If you are interested in coaching one of these teams, please fill out and submit an application to Alyssa Sankey, aisankey@ucanr.edu by 5:00 pm on August 3, 2016. For more information visit: http://4h.ucanr.edu/4-H_Events/Horse_Classic/Western_National_Roundup/.

California 4-H Horse Classic

Register your show at http://4h.ucanr.edu/4-H_Events/Horse_Classic/Equine_Qualifier_4-H_Events/ 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/.

Hosting a Qualifying Horse Show?

Register your show at: http://4h.ucanr.edu/4-H_Events/Horse_Classic/Equine_Qualifier_4-H_Events/ 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/.

Register for the 2016 State 4-H Horse Classic
August 3-7, 2016
Murieta Equestrian Center
Rancho Murieta, CA

The State championship horse show and educational contests provides the opportunity for 4-H riders to compete at a level beyond the local events. More information: http://4h.ucanr.edu/4-H_Events/Horse_Classic/

Communications & Marketing

Now we’re starting the Share Campaign:

#4Hgrown – we’re asking alumni to share their stories on social media about how the 4-H pledge is relevant in their lives today. They can also submit their stories to be featured on the National 4-H website: 4-H.org

Thank you for participating in the Grow True Leaders campaign! We just got results to share from National 4-H:
- >2.6 million reach through the Thunderclap • 188,000 #TrueLeaders Shout Outs nationwide – keep it going
- 15,000 new alumni signups • 685 million overall reach
Healthy Living

Mindfulness Retreat
November 4-6, 2016
Camp Ocean Pines
Cambria, CA

Save the date for the Mindfulness Retreat! Participants will increase their personal skills in leading a healthy lifestyle, and also gain skills needed to be a health advocate in their community. The retreat will address topics such as understanding mindfulness, exercise, stress management, community connection, relationship building, nutrition, and health advocacy! Designed for teens ages 13-19 and adults.
For more information or check out: http://4h.ucanr.edu/Projects/HealthyLiving/

2016 State Leaders’ Forum
November 11-13, 2016
Flamingo Hotel, Santa Rosa, CA

Register now and join us to CONNECT THE DOTS on November 11 - 13, 2016 at State Leaders’ Forum. Some of our most productive and happiest moments come from connecting with friends, sharing ideas and challenges with people who share your interests, and getting the tools and support to bring your own contribution to a higher level. So get ready to be happy - and engaged! We have selected speakers who are guaranteed to inform and excite you; picked a destination that offers a wealth of fun explorations; and lined up a series of workshops which will help you make some of the connections that you’ve been searching for. Attendees will CONNECT to great information!

Interested in helping to improve 4-H! Join one of the Management Board Committees: http://4h.ucanr.edu/Get_Involved/Management_Board/

Also a few of our state committees are still looking for adult volunteers and youth who are interested in helping to improve 4-H!

Youth
• 4-H Volunteer Development Advisory Committee
• 4-H Incentives & Recognition Advisory Committee
• 4-H Camping Advisory Committee

Adults
• 4-H Policy Advisory Committee

If you are interested in making the best better!
Contact the State 4-H Office at ca4h@ucanr.edu
for how to get involved in one of these committees.

Resources for Parents & Children
Parents and children can better cope with any disease outbreak when they know more about what is happening and that they can do something to help protect themselves, family, and friends. Please see “Ideas for Talking to your Child About Zika” (Spanish), “US Zika Pregnancy Registry: Fact Sheet for Parents” (Spanish), and http://www.cdc.gov/zika/patients/ for more resources.
Citizenship

Citizenship Weekend – Bay/Coast Area
September 16-18, 2016
Hotel International, Sacramento, CA
Registration is now Open

Open to 4-H Members 12 years and up (as of December 31st, 2015). Registration is initially open to youth in the former North Central Section as well as the coming Bay/Coast Area. After 8/1/16 registration will open to all members in the state. We will participate in numerous aspects of citizenship such as government, history and community service.

Chaperones needed to cover delegate/chaperone ratio in each county (1-8 ratio) will get to experience the weekend free of charge; on a first register basis. For more information and the link to register go to: http://4h.ucanr.edu/Get_Involved/Councils/Sectional/North_Central/Citizenship_Weekend/

SAVE THE DATES!!!
2017 Washington Focus Trips

Leadership Washington Focus (LWF)*
July 16-July 20, 2017
For youth entering grades 7 through 9 (by Fall of 2017)

Citizenship Washington Focus (CWF)*
June 24-July 1, 2017
For youth ages 15 to 19. Delegates must be at least 15 years of age by time of travel to participate.

Citizenship Washington Focus Extended Trip (CWF-EX)*
June 24-July 4, 2017
Includes conference plus extra days visiting historical sites in Gettysburg, PA, Philadelphia, PA & Baltimore, MD
Registration is scheduled to open October 15, 2016

For more details follow this link: http://4h.ucanr.edu/News/Calendar/?calitem=334165&g=1245
California 4-H presents

MINDFULNESS RETREAT

NOVEMBER 4-6, 2016
CAMP OCEAN PINES
CAMBRIA, CA

Save the date!

Teens ages 13 – 19 and adults are welcome to spend the weekend at beautiful Camp Ocean Pines 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 contact Anne Iaccopucci (amiaccopucci@ucanr.edu) or Jenna Colburn (jcolburn@ucanr.edu)

The mindfulness retreat will address:

- exercise
- understanding mindfulness
- stress management
- health advocacy
- community connection
- nutrition
- relationship building

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

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/169224.pdf) 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.
SAVE THE DATE!!!
2017 WASHINGTON FOCUS TRIPS

LEADERSHIP WASHINGTON FOCUS (LWF)*
JULY 16- JULY 20, 2017
For youth entering grades 7 through 9

CITIZENSHIP WASHINGTON FOCUS (CWF)*
JUNE 24- JULY 1, 2017
For youth ages 15 to 19. Delegates must be at least 15 years of age by time of travel to participate.

CITIZENSHIP WASHINGTON FOCUS EXTENDED TRIP (CWF-EX)*
JUNE 24- JULY 4, 2017
Includes conference plus extra days visiting historical sites in Gettysburg, PA, Philadelphia, PA & Baltimore, MD

Registration is scheduled to open October 15, 2016

MORE INFORMATION TO COME

*CA 4-H Members wishing to attend these conferences must do so as part of the CA 4-H State Delegation
We’re Looking for a Few Good Teens! For the Youth Voice: Youth Choice Program

The University of California Youth Family and Communities Statewide Program is working with select counties throughout the state to pilot a new project – Youth Voice: Youth Choice. This program will involve teens who have been trained in nutrition education to instruct six lessons in direct delivery to youth 8 - 12 years olds. We are interested in recruiting teens who have an interest in nutrition education or who would like to become educators. The program involves attending a mandatory training, delivering at least six lessons to youth in the Kern County area, and helping put on a healthy living community event or fun run. The timeline is as follows:

September 1, 2016 – August 31, 2017

Session 1

September 2016
- Recruit teen leaders
November 2016
- Teen training

January 2017 – March 2017
- Educational sessions (three 1.5 hour sessions)

March 2017
- CMG Runs or community run/event?

Session 2

April 2017 – May 2017
- Educational sessions (three 1.5 hour sessions)

June 2017
- CMG Runs or community run/event?

If you would like to become part of this unique program and gain valuable hands-on experience, please contact John Borba at 661-868-6216 or email: jaborba@ucanr.edu
Meet Your Kern County All-Stars

One of Kern County’s two 4-H All-Stars is Elisabeth Sampson. She is seventeen years old, and she graduated from Bethel Christian School this past year with honors, as well as the prestigious Pastor’s Award. She has been a part of the Northwest 4H club for five years, where she has previously served as the secretary and the president. Elisabeth has also served in the county’s Hi 4H team for the past three years, and is now representing the All-Stars as well. Her near future plans are to study at Bakersfield College for two years and transfer to Biola University afterwards, where she will major in English. (Written by Eryn McKinney)

Eryn McKinney has been in 4-H for 9 years. She has been with her current club, Premier 4-H, for 4 years and is the treasurer. She has been in Hi 4-H for 4 years. She graduated in 2015 from Foothill High school as one of the valedictorians and will be attending UC Davis in the fall. Eryn is a true 4-H girl with her major of Sustainable Agriculture and Food Systems and favorite project of rabbits. She is a hardworking person who is usually one of the first to volunteer for anything. Earlier this year, she was part of the LCORT presentation team. Eryn was the one who was the most prepared and she had the most to present. She is not the type to do anything halfheartedly, instead she will do her best. She is also one of the nicest people you will ever meet. (Written by Elisabeth Sampson)

What are the Kern County All-Stars?

A Kern County 4-H All Star is the highest star rank that can be achieved at the county level. An All Star has shown and continues to display the following criteria: Enthusiasm and commitment to the 4-H program; Has earned the rank of Gold Star; Participated in Club, County, and Regional 4-H events; Demonstrated outstanding leadership skills; Active in their club; A positive role model for all 4-H members; & Willing to improve public speaking skills. The 4-H members that are chosen to be All Stars have shown exemplary accomplishments in the 4-H Program and the community.

Why Does 4-H Have All Stars?

The 4-H All Star program is a source of leadership development. The best and brightest 4-Hers are selected to represent the county. These are members who have excelled in their own projects, have served their county program in other ways, and have been deemed worthy to represent their fellow 4-Hers. The All Star rank recognizes members’ leadership abilities, but it is also a working honor. Besides their regular projects and activities, All Stars are required to assist with county events, develop an All Star project, and act as ambassadors for the program. This provides older 4-H members with something to strive for and keeps high school-aged members in the program, providing leaders for younger members and, in turn, someone for younger members to look up to. All of this adds up to a unique leadership experience special to the 4-H youth development program.

Applications for 2016-2017 All-Stars will be due in the Spring. For more information, contact Shannon Parks @ Northwest.4H@bak.rr.com.
Project Port Pillow for Kern Co.

Workshop on August 20 from 11am-1pm at County 4-H Office. All materials and sewing machines will be supplied. Or make them at home & turn them in on August 20!

Do you know what a portacath is?

A portacath is a small port placed beneath the skin so that cancer patients can get their chemotherapy. It is often uncomfortable when a seatbelt rubs it. A Port Pillow attaches onto the seatbelt to protect the port from being irritated.

How can 4-H help?

By using our hands (& sewing skills) to help our community!

You only need 5 things:

1. Soft material, like cotton or flannel (12”x6” per pillow)
   Don’t forget to have a variety of prints for men, women, & children
2. Polyester Fiber Fill
3. Thread
4. 1/2” wide Velcro (two 4” pieces per pillow)
5. Sewing Machine

Once you have completed your Port Pillows, find a local organization that will hand them out for you and email us with how many you made and where you donated them.

Or bring them to the Kern County 4-H Office on August 20.

Examples: American Cancer Society, Local Cancer Centers, Links for Life

Now you have changed someone’s life! Thank you!

Questions, comments, or to report your club/county’s donations, please email Holly Parks

Northwest.4H@bak.rr.com
Directions for Making a Port Pillow for Kern Co. 2016

= right side of fabric
= wrong side of fabric

1.  
   ![Diagram](image1)
   Cut material in a 12” x 6” Rectangle, right side up.

2.  
   ![Diagram](image2)
   Cut two pieces of ½” Velcro 4” long. Pin about 3” from the bottom edge of the fabric, making sure that the opposite sides of the Velcro come together and stick in the middle.

3.  
   ![Diagram](image3)
   Fold the fabric in half and check that the Velcro is stuck together properly. Pin 2.5 of the open sides, leaving half of a side open to turn and stuff.

4.  
   ![Diagram](image4)
   Sew a 5/8” seam around the 2 ½ open sides, beginning and ending with a back stitch. Cut the corners at a diagonal.

5.  
   ![Diagram](image5)
   Turn the pillow right side out, making sure the corners are all out. Stuff the pillow with fiber fill until it is a comforting thickness. Make sure to get the stuffing into the corners.

6.  
   ![Diagram](image6)
   Sew the opening closed either by hand or by machine, tucking in the seams and sewing well.

7.  
   ![Diagram](image7)
   For decoration, sew a decorative button or accessory on to the Velcro, or add a ribbon and a caring note with your pillow.
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

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 ENROLMENT 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!

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

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 more.

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.