<table>
<thead>
<tr>
<th>SEPTEMBER 2016</th>
<th>OCTOBER 2016</th>
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<tbody>
<tr>
<td>5</td>
<td>Labor Day Holiday - UCCE Office Closed</td>
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</tbody>
</table>
| 11 | Kern County Horse Leaders Horse Show  
    Food Booth by: Calloway 4-H | Julie Popplewell  
    661-900-4880 |
| 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 |  |
| 1-2 | Kern County Fair |  |
| 3  | Harvest Hall exhibits Released |  |
| *11 | After Fair Meeting - 6:00 p.m. | Teresa Andrews  
    661-979-1003 |
| *22 | Leadership Skills Training - 1:00 p.m. to 4:00 p.m. | Kimberly Whitaker  
    661-867-2878 |
| *24 | Horse Leader Meeting - 6:30 p.m. | Kimberly Hill  
    661-747-8990 |
| *25 | Leader’s Council - 7:00 p.m. | Jeanne Walford  
    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

Would you like your club featured in next month’s newsletter?
Do you have a photo for the newsletter?  
E-mail event info & photos to cekern@ucdavis.edu

NEWSLETTER DEADLINE!  
Articles/photos for the next issue of The 4-H Network  
must be received by September 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.)
Claudia Burk and Charles Foreshee

Congratulations to Claudia Burk and Charlie Foreshee! They both received their 45 year leader awards at the 2016 4-H Achievement Program!

Claudia Burk - Kern County 4-H Dog Project
Charles Foreshee - Kern County 4-H Sheep Project

Thank you for your many generous years of service to Kern County 4-H!
Welcome Esther!

The University of California Cooperative Extension Office of Kern County welcomes Esther Rodriguez to the 4-H staff Program Representative for Latino Outreach. Esther is from Woodburn, Oregon; a small town where a great number of Latino-as reside. She comes from a migrant working class family and from an early age, her parents taught her to be proud of her Mexican heritage. She is bilingual and received a Bachelor of Arts from Oregon State University where she majored in Liberal Studies and minored in Philosophy and Spanish. She enjoys working with the community, particularly with those who are underserved. She has been involved with 4-H since high school where it helped her develop into the leader she is today. Throughout her college career, she worked in outreach programs to help youth attain a higher education and become thriving members of society. In her spare time she loves to read, cook, and bike. Her hope is that throughout her time here, she can get to know you and everyone involved in the 4-H program and create lasting friendships.
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.

- Go to http://GSPGA.yolasite.com/show-schedule.php for all info & entry forms

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 23pm

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

Questions:
Call or Text Shannon at
661-703-2128

TO MAKE THE BEST BETTER!
KERN COUNTY HORSE LEADERS HORSE SHOW

WHEN:
SEPTEMBER 11, 2016 at 8:00 am

WHERE:
BONNIE JOHNSON’S ARENA
6320 KREBS ROAD, BAKERSFIELD, CA

PRE-REGISTER TO:
JULIE POPPLEWELL

EMAIL:
SIOUXCITYRANCH56@GMAIL.COM
TELEPHONE: 661.900.4880

FOOD BOOTH BY:
CALLOWAY 4H

LAST SHOW BEFORE THE FAIR!
Kern County 4-H Llama Project

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.

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 6th, 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.
Calloway 4-H members had their first community service event for the first time in the new 4-H year. The kids visited a local retirement community and brought various animals to share with the residents. There was a dog, turkey, pot belly pig, pigeons, rabbits, pygmy goat, two laying hens, baby chicks, a sheep, two geckos, and a hairless cat. The kids also shared a few posters on horses, talked about their sewing creations they had made, and passed around llama fiber to feel. Some of the residents told stories of how they used to be in 4-H, and talked about all the animals they used to have. Thank you Calloway members and families for donating your time to the wonderful people of the retirement community! You all put smiles on their faces!
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)
4-H CALENDAR OF EVENTS

SEPTEMBER
9/16  National Horse Classic: Call for coaches deadline
9/16-18  Citizenship Weekend
9/22  SLC Planning Applications Due
9/22  Yoga for Kids Leader Training- Davis
9/23  Nat. 4-H Salute To Excellence Nominations Due
9/24  Yoga for Kids Leader Training- SLO

OCTOBER
10/1  Yoga for Kids Leader Training- Quincy
10/2-8  National 4-H Week
10/3  State Record Book Evaluators Application Due
10/5  2016 4-H National Youth Science Day
10/7  4-H and FFA Livestock Quiz Bowl Registration Due
10/8  Yoga for Kids leader Training- Ukiah
10/8  Yoga for Kids leader Training- Moreno Valley
10/15  4-H and FFA Livestock Quiz Bowl
10/21  Record Books for State Competition Arrive to State Office
10/24  4-H Youth in Action Awards
10/28-11/ 4 State Record Book Competition

NOVEMBER
11/2  National 4-H Conference Applications Due
11/4-6  Mindfulness Retreat
11/4-6  State Record Book Competition
11/11-13  State Leaders' Forum

January
1/27-29  2017 Leadership Conference of Regional Teens (LCORT)
March
03/21  Legacy Awards/Youth in Action Awards Presentation
June
06/24-07/01  Citizen Washington Focus (CWF)
06/24-07/05  Extended Citizen Washington Focus (CWF)
July
07/16-07/20  Leadership Washington Focus (LWF)

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.

CA 4-H Management Board

The CA 4-H Management Board held their first meeting on August 14, 2016. If you missed it, you can view the agenda and access the recording here!
National 4-H Horse Classic: Call for Coaches
Application Deadline extended to September 16, 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.

Interested in coaching one of these teams? Please visit: http://4h.ucanr.edu/4-H_Events/Horse_Classic/Western_National_Roundup/

4-H & FFA Livestock Quiz Bowl
October 15, 2016
Grand National Livestock Exposition, Horse Show & Rodeo
Cow Palace in Daly City, CA
Registration Due October 7, 2017
Register now to participate in the 2016 Livestock Quiz Bowl! The winning 4-H and FFA teams will qualify to compete at the Livestock Quiz Bowl contest at the Western National Roundup in Denver, CO in January of 2017! More information: http://4h.ucanr.edu/4-H_Events/Livestock_Quiz_Bowl/

Open Barn in October- A Goat Education Day
October 22, 2016
9:00 am-3:00 pm
24700 County Rd. 95 Davis, CA 95616
No Cost for admission

Crees Brothers Farm is hosting a goat educational day that will include lectures from local veterinarians, live demonstrations, and exhibits on basic goat care.

4-H Grown photo booth sign

Download the sign, mount it on poster or foam board, and use it in your social media posts. Please make sure to tag us @California4H.
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:

• >26 million reach through the Thunderclap • 188,000 TrueLeaders Shout Outs nationwide – keep it going
• 15,000 new alumni signups • 685 million overall reach

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.
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/parents/ for more resources.
4-H Branding Toolkit

You can find flyers for this event as well as other promotional material on our website!!

Start planning your events to celebrate National 4-H Week, October 2-8, 2016!
This year’s theme is “4-H Grown”. The 2016 logos and social media toolkit are on the Branding Toolkit page.

Record Books

State Record Book Competition 2016 Important Information & Dates:

- State Record Book Competition will be administered electronically this year. Send your physical book (or a digital copy if allowed) to your County 4-H Office by their established deadline. Counties are then responsible for sending digital scans of Record Books to the State Office. Email Gemma Miner (gmminer@ucanr.edu) with any questions.

- Seeking State Evaluators!
  If you enjoy reading about all the great work 4-H members accomplish each year and you have access to a computer, please consider being a State Record Book Evaluator. Deadlines to know:
  October 3rd: State Record Book Evaluators (judges) applications are due.
  October 28th: Record Books sent electronically to evaluators.
  November 14th: Evaluator scores and comments due back to State 4-H Office.

Apply to be a State Record Book Evaluator here

2016-17 Record Books
The Record Book and manuals for Junior, Intermediate and Senior members will be the same as 2015-16. All units will be expected to come into alignment with the state book beginning July 1, 2016. All other supplemental forms not included in the state Record Book must be eliminated at that time. Two new versions of the Primary Member Report form were released on July 1, 2016. One is a basic report and the other follows and supports the iSprout curriculum.

Leadership

LCORT 2017 (Leadership Conference of Regional Teens) is coming January 27-29, 2017 at Wonder Valley Ranch in Fresno County. 4-H members age 12-14 as of 12/31/2016 in counties of the Central Area and former South Central Section are invited to attend with one or more 4-H leader or staff chaperones age 21 and up. Workshops are taught by Leadership Teams of members age 15-18 from the South Central counties. Registration for 2017 LCORT is now open so you should plan to attend! The fee is $165 for Central Area counties and $150 for SCS counties (previous SCS dues supported LCORT). Participants complete the paper registration and medical forms and turn them in to your county office which then registers you online. Closing date is 12/14/2016 or whenever the 350 maximum is reached, whichever is earlier. A waiting list will be established if necessary. See the LCORT website for the forms and Delegate and Chaperone FAQs, at http://ucanr.edu/lcortinfo.
Contact lcort2017@gmail.com with questions.
4-H Alumni Wanted

The University of California Agriculture and Natural Resources (UC ANR) is investing in a partnership with National 4-H and 27 other states to help strengthen our brand through updated marketing materials and campaigns (the 4-H Grows Here branding and the True Leaders Campaign are examples). One of the important outcomes is to identify and engage 4-H alumni as volunteers. UC ANR is inviting all California 4-H Alumni & Friends to sign up to stay engaged in 4-H. We ask that you encourage any alumni you know to sign up – the link is [https://www.surveymonkey.com/r/CA4HAlumniandFriends-Detail](https://www.surveymonkey.com/r/CA4HAlumniandFriends-Detail). They will be provided with a menu of ways they can stay engaged with 4-H, from contacting their local county to see how they can volunteer at events like Presentation Day, to doing something more at the state level like applying to be a Program Assistant at SLC. Please share this link.

2016 UC California Naturalist Conference
Sept. 9-11 at Pali Mountain Retreat and Conference Center in Running Springs

The UC California Naturalist Conference features a full slate of presenters that include an award winning environmental journalist and science writer, an internationally renowned conservation scientist, a Latino educator and visionary, and a Southern California leader developing community green spaces in underserved neighborhoods.

Registration open for the UC California Naturalist Conference

The conference center is located in a “beautiful mountain setting is the ideal place for California Naturalists to come together to enhance their skills and connect with fellow naturalists,” said Adina Merenlender, co-director of the University of California’s California Naturalist Program and conference chair. “We promise a captivating weekend for observing nature, fostering partnerships with other naturalists and organizations, and planning for global climate change.” Registration for the conference is $170 for certified California Naturalists; for non-certified participants registration is $195. Room and board at Pali Mountain is $165 per person. Those not staying at Pali Mountain pay a $90 food and beverage fee. For more information and to register, visit the conference website, [http://calnat.ucanr.edu/2016conference](http://calnat.ucanr.edu/2016conference).

Conference attendees may also register for optional advanced training courses that take place on Friday, Sept. 9. The advanced training topics are:
- California's Venomous Animals: Fact & Fiction
- How to Draw like a Naturalist
- Smartphone GPS and Mapping Skills Development Workshop
- The Power of Direct Engagement with Nature: Outdoor Science Instruction
- The California Phenology Project: Tracking the Effects of Climate on the Seasonal Cycle of Wild Plants

Optional field trips are offered in conjunction with the conference. The field trips will be at the end of the conference, on Sunday, Sept. 11. The field trips are as follows:
- From Mountain to City: Tour of the Santa Ana Watershed
- UC Riverside Botanic Gardens
- Unique Plant Communities and Geology of Bear Valley
- The National Children's Forest
- Transitional Plant Communities at Oak Glen Preserve and the Montane Botanic Garden
- A River in the High Desert: Tour of Whitewater Preserve

For more information contact Jessica Bautista, Youth, Families, & Communities Statewide Program 4-H STEM Academic Coordinator, California State 4-H Office at jbautista@ucanr.edu or phone (530) 750-1341
4-H Shooting Sports Trainings
Merced County

The Merced County 4-H Shooting Sports training team will be offering a series of project leader and leader trainer classes in rifle, pistol, shotgun, muzzle loading and archery offered from September to December in Central California. All classes will be in a Saturday and Sunday format, 9 AM – 4 PM, at the Safety First Shooting Association, River Oaks Range, 11584 N. Shaffer Rd, Winton 95388, in Merced County. Participants must become a 4-H leader or member and attend both days to receive certification to lead any of the shooting sports disciplines 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 for each discipline is $35 per person to include a resource binder, with Saturday and Sunday lite breakfast refreshments. Dry camping is available on site as is self-contained RV camping. You are responsible for lunches. The nearest shopping is 15 minutes away. It is recommended to bring lunches each day. You may bring your own firearms and ammunition or archery equipment. However everything will be provided if you want to use their equipment. Junior and teen leaders are invited but must attend with an adult or have a certified shooting sports adult leader they will be assisting back home.

Driving directions to the classrooms and range are at http://www.safetyfirstshooting.org/html/directions.html

To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at http://4h.ucanr.edu/files/4785.pdf 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, 7 days prior to the class you are taking, and space is limited to 25 attendees.

For more information call Darlene McIntyre at 209-385-7418 or email her at dlmcintyre@ucanr.edu. Range and class info contact is Dave Givens 209-614-1718 or dave@hammerstryke.com

Class Dates:

Rifle Leader
- Sept 17th and 18th (Registration due Sept 9th)
- Nov 5th and 6th (Registration due Oct 28th)

Shotgun Leader
- Sept 17th and 18th (Registration due Sept 9th)
- Nov 19th and 20th (Registration due Nov 11th)

Archery Leader
- Oct 8th and 9th (Registration due Sept 30th)
- Nov 5th and 6th (Registration due Oct 28th)

Pistol Leader
- Oct 8th and 9th (Registration due Sept 30th)
- Nov 19th and 20th (Registration due Nov 11th)

Muzzle Loading Leader
- Oct 29th and 30th (Registration due Oct 21st)
- Dec 10th and 11th (Registration due Dec 2nd)
Congratulations Holly Parks!!

Holly Parks of Northwest 4-H received her Emerald Star award at the August 23rd meeting of the Kern County 4-H Leader Council. At this meeting Holly gave a presentation on her county project, PORT Pillows. Holly secured funding to host a workshop to have 4-H members cut and sew these small pillows. The PORT Pillows are used by cancer treatment patients when driving to relieve the discomfort of the seat belt restraint rubbing against them. The pillows will be donated to patients who can put them to good use. Congratulations to Holly for planning and implementing this countywide project.
County Officer Training on Aug. 20

By Taylor Harris, Hi 4-H & Northwest 4-H

This was the first officer training in many years. It was put on by the Hi 4-H team. We had A LOT of fun putting it together, meeting our groups, and talking to them about their offices.

In the beginning the Hi 4-H'ers introduced ourselves. We said our name, office, and club (i.e. Taylor Harris, Secretary for Northwest 4-H). Then we had a group game that I introduced, called Fake or Florida. Next, we talked about some of the Famous 4-H'ers with Holly Parks; the 6 C’s (contribution, competence, connection, character, caring, and confidence) with Jason Berryman; we had another ice breaker with Elisabeth Sampson; GPS (Goals, Planning, & Strategy) with Austin Hill; and finally Sparks with Megan Berryman. After all that we split up in our little groups. Holly Parks had the Presidents and Vice Presidents. Elisabeth Sampson had the Secretaries. Megan Berryman had the Treasurers. Jason Berryman had the Sergeants-at-Arms. Austin had the Historians and Sunshine. I had the Healthy Living Officers and the Recreation leaders.

In the beginning of our "small group time" all of the groups started out with an ice breaker then we took some time and talked about their office and how to lead their clubs.

After our small group time ended we all met back in the middle and explained what a mock meeting is. A mock meeting is basically a copy-cat of a meeting. We had them separate into 4 imaginary 4-H clubs and put on mock meetings. During three of them, we (Hi 4-H'ers) were the "trouble makers" to help the Sergeants-at-Arms gain courage to ask members to be quiet during a meeting. That was honestly my favorite part of the mock meetings.

I think this year was a success and am SUPER excited to do it again next year. I hope everyone took away something. My tip to you is to make sure you are LOUD. Pretend there is a sleeping koala in the back and you are trying to wake him up (without yelling).

photos next page............
Spring 2016 Spark Survey Highlights
Thank you to all the 4-H’ers who filled out their Spring 2016 Spark Surveys! Thanks to your participation, we are seeing evidence that 4-H is helping you prepare for a successful future.

Over 80% of 4-H’ers are growing in the 6 C’S

- 93% Understand the democratic process
- 87% Interested in science
- 75% Good communication skills**
- 74% Goal management skills
- 65% Make healthy food choices**
- 89% Positive attitude about physical activity*
- 90% Engaged in the community
- 80% Report high self esteem
- 69% Confident in their science skills
- 82% Show empathy to their peers
- 94% Skilled in collaborating with a diverse group of peers
- 91% Appreciate the cultural diversity of their peers

* Grades 4-7    ** Grades 8-12
Source: Spark Surveys; Spring 2016

#4HGo - Receive a $10 Target Gift Card
From October 1 to January 31, the first 200 4-H’ers that take all of their Fall 2016 Spark Surveys in ORB will receive a $10 Target Gift Card.
Rules:
• Eligibility limited to 4-H’ers who have NOT earned a gift card in 2016 by taking the surveys at State Field Day
• Gift cards will be mailed in November.
Spread the word! Use #4HGo and let your fellow 4-H’ers know how to “cast their vote” to let us know how 4-H is making a difference in their life.
California 4-H presents

MINDFULNESS RETREAT

NOVEMBER 4-6, 2016

CAMP OCEAN PINES
CAMBRIA, CA

The mindfulness retreat will address:

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

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)

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/annrstaff/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) 750-1319.
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
- Teen training

**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
SAVE THE DATE:
2ND ANNUAL CSUB AGRICULTURE NIGHT
JANUARY, 21st 2017
7:00PM
ICARDO CENTER
All FFA and 4-H clubs welcome!
2017 CSUB MEN'S BASKETBALL AGRICULTURE NIGHT

PLEASE JOIN US FOR AGRICULTURE NIGHT THIS SEASON AS CSUB HOSTS THE UTAH VALLEY WOLVERINES IN WESTERN ATHLETIC CONFERENCE ACTION. ALL CALIFORNIA AGRICULTURE-RELATED PROGRAMS AND ORGANIZATIONS ARE INVITED TO ATTEND FOR FREE. TICKETS TO THE GAME HAVE BEEN SPONSORED BY REGIONAL AGRICULTURAL BUSINESSES. RSVP IS REQUIRED, SEE BELOW.

SATURDAY, JANUARY 21
ICARDO CENTER

CSU BAKERSFIELD VS. UTAH VALLEY 7:00PM

HOW TO RSVP YOUR GROUP

ALL RSVP'S MUST BE PLACED BY MONDAY, JANUARY 16. FREE TICKETS WILL BE PROVIDED TO DIRECT MEMBERS AND LEADERS OF YOUTH AGRICULTURAL GROUPS ONLY. PLEASE CONTACT LOGAN BELZ AT (661) 654-2361 OR LBELZ@CSUB.EDU FOR MORE INFORMATION OR TO SPEAK ABOUT YOUR GROUP.
Join Kern County Hi 4-H

A group for High School age 4-Hers and a chance to plan events and party with 4-Hers from different clubs

Hi 4-H has opened up so many more opportunities to me than any other group. It has allowed me to make stronger connections between my teammates and I, and strengthen our leadership skills as a unit.

-Eryn McKinney, Hi 4-Her

Being a Hi 4-Her is so much fun!!!

- Elisabeth Sampson, Hi 4-Her

Join today at: http://ucanr.edu/sites/kchi4h/How_to_Join_634/
**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!!!

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**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 training 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

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**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/

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**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

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.