## January 2010

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Contact</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>UC Extension Office Closed</td>
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</tr>
<tr>
<td>4</td>
<td>East Kern Leaders Meeting, 5:30 p.m. Desert Empire Fairgrounds</td>
<td>5:30 p.m.</td>
<td>John Borba</td>
<td>661-868-6216</td>
</tr>
<tr>
<td>6</td>
<td>*Winter Camp Planning Meeting &amp; Chaperon Orientation, 7:00 p.m.</td>
<td>7:00 p.m.</td>
<td>John Borba</td>
<td>661-868-6216</td>
</tr>
<tr>
<td>7</td>
<td>*Horse Project Orientation, 7:00 p.m.</td>
<td>7:00 p.m.</td>
<td>Meredith Hendricks</td>
<td>661-324-2255</td>
</tr>
<tr>
<td>14</td>
<td>*Market Goat Leaders Meeting, 7:00 p.m.</td>
<td>7:00 p.m.</td>
<td>Paul Hudson</td>
<td>661-845-9225</td>
</tr>
<tr>
<td>15-17</td>
<td>Winter Camp, Tehachapi Mountain Park</td>
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<tr>
<td>18</td>
<td>Holiday - UC Extension Office Closed</td>
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<tr>
<td>19</td>
<td>*Home Ec. Leader Meeting</td>
<td></td>
<td>Kimberlee Claffy</td>
<td>661-900-7888</td>
</tr>
<tr>
<td>23</td>
<td>*A Novel Idea, 9:00 a.m.</td>
<td>9:00 a.m.</td>
<td>Kimberlee Claffy</td>
<td>661-900-7888</td>
</tr>
<tr>
<td>25</td>
<td>*Horse Leaders Meeting, 6:30 p.m.</td>
<td>6:30 p.m.</td>
<td>Meredith Hendricks</td>
<td>661-324-2255</td>
</tr>
<tr>
<td>26</td>
<td>*Leader Council, 7:00 p.m.</td>
<td>7:00 p.m.</td>
<td>Michelle Kern</td>
<td>661-979-3584</td>
</tr>
<tr>
<td>27</td>
<td>*Food Safety Training, 6:00 p.m.</td>
<td>6:00 p.m.</td>
<td>Veronica Slaton</td>
<td>661-868-6235</td>
</tr>
<tr>
<td>28</td>
<td>*Rabbit Member &amp; Leader Meeting, 7:00 p.m.</td>
<td>7:00 p.m.</td>
<td>Jana Goens</td>
<td>661-588-2094</td>
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<tr>
<td>29-31</td>
<td>LCORT</td>
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<td>Veronica Slaton</td>
<td>661-868-6235</td>
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</tbody>
</table>

*Indicates meeting is held at the UC Extension Office, 1031 S. Mt. Vernon Avenue, Bakersfield California

## February 2010

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Contact</th>
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<tbody>
<tr>
<td>2-3</td>
<td>*Horse Testing</td>
<td>7:00 p.m.</td>
<td>Meredith Hendricks</td>
<td>661-324-2255</td>
</tr>
<tr>
<td>4</td>
<td>*Home Ec Field Day Workshop</td>
<td>7:00 p.m.</td>
<td>Veronica Slaton</td>
<td>661-868-6235</td>
</tr>
<tr>
<td>8</td>
<td>*Countywide Community Service Project (Drop-in), 10:00 a.m. – 4:00 p.m.</td>
<td>10:00 a.m. - 4:00 p.m.</td>
<td>Veronica Slaton</td>
<td>661-868-6235</td>
</tr>
<tr>
<td>11</td>
<td>*New Leader Orientation</td>
<td>7:00 p.m.</td>
<td>Veronica Slaton</td>
<td>661-868-6235</td>
</tr>
<tr>
<td>13</td>
<td>Horse Field Day</td>
<td>8:00 a.m.</td>
<td>Meredith Hendricks</td>
<td>661-324-2255</td>
</tr>
<tr>
<td>15</td>
<td>Presidents Day – UC Extension Office Closed</td>
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<tr>
<td>15</td>
<td>Last day to transfer or add a project for the KC Fair</td>
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<tr>
<td>20</td>
<td>*Rabbit Showmanship</td>
<td>9:00 a.m.</td>
<td>Jana Goens</td>
<td>661-588-2094</td>
</tr>
<tr>
<td>20</td>
<td>*Rocket Leader Workshop</td>
<td>9:00 a.m.</td>
<td>John Borba</td>
<td>661-868-6216</td>
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<tr>
<td>22</td>
<td>*Horse Leader Meeting</td>
<td>6:30 p.m.</td>
<td>Meredith Hendricks</td>
<td>661-324-2255</td>
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<tr>
<td>23</td>
<td>*Leader Council</td>
<td>7:00 p.m.</td>
<td>Michelle Kern</td>
<td>661-979-3584</td>
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<tr>
<td>25</td>
<td>*Rabbit Member and Leader Meeting</td>
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<td>Jana Goens</td>
<td>661-588-2094</td>
</tr>
<tr>
<td>27</td>
<td>Home Ec. Field Day, General Shafter School</td>
<td>9:00 a.m.</td>
<td>Veronica Slaton</td>
<td>661-868-6235</td>
</tr>
</tbody>
</table>

Send articles to: Kern County 4-H, 1031 S. Mt. Vernon Ave., Bakersfield CA, 93307
Phone: (661) 868-6200
Fax: (661) 868-6208
cekern@ucdavis.edu

**Medical Leave:** Kimberlee will be on medical leave from November 25th until approximately February 25th
4-H will have a fun-filled Winter Camp this year. **January 15-17, 2010.** Winter Camp is for **ALL** 4-H members, fourth grade and above. (NO CLOVERBUDS or younger family members.) Space is limited. Make your reservations early. **ONLY PAID RESERVATIONS ACCEPTED.** Reservations will be accepted (no postmarks) through **January 8, 2010.** No refunds will be given after **January 11, 2010.** Two adult leaders per cabin are needed for chaperones. (There is no charge for chaperones.) Leaders must have completed the orientation and fingerprinting process and be at least 21 years old. **Clubs must provide 1 adult chaperone for every five youth.** Code of Conduct and Medical Release Forms are required and can be downloaded from the State website at: [http://ca4h.org](http://ca4h.org) (under “4-H Resources” and “Electronic forms.”)

**ENCLOSED IS $40.00, PLEASE RESERVE ME A SPOT FOR 4-H WINTER CAMP 2010.**

<table>
<thead>
<tr>
<th>Name</th>
<th>Club</th>
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<th>Address</th>
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<thead>
<tr>
<th>Telephone</th>
<th>Age</th>
<th>Male/Female Roommate Preference</th>
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</table>

**We are pleased that you will be attending the 2010 Winter Camp at Tehachapi Mountain Park in Tehachapi the weekend of January 15-17. Please be mindful there will probably be snow, so plan accordingly. Here are your last minute instructions:**

**What to bring to camp:**
- A positive and cooperative attitude.
- Plenty of **warm clothing and gloves.** Snow boots are strongly recommended. You may need to change clothes and shoes if you get wet in the snow.
- Slides, inner tubes, plastic sleds (be sure you do not bring skis, sleds, or toboggans with metal blades, etc.) any other play equipment for snow fun. New 4-H police requires that helmets be worn while snowboarding.
- A flashlight, **warm** sleeping bag, blanket, pillow, toilet articles, towel, soap, washcloth, etc. The cabins are heated, but they do get cold.
- Be sure to mark any items you bring with your name.
- Participants are asked to bring a bag of cookies to share for snack time.

**DO NOT BRING ELECTRIC APPLIANCES – HAIR DRYERS, CURLING IRONS, ETC.**

<table>
<thead>
<tr>
<th>In case of emergency, and emergency only, the camp can be reached at 661-822-4632</th>
</tr>
</thead>
</table>

**Code of Conduct:**
Read and sign the Code of Conduct and be sure you understand what is expected of you while at camp. Member and Volunteer Code of Conducts can be found at: [http://www.ca4h.org/4hresource/forms](http://www.ca4h.org/4hresource/forms)

**Medical Release Form:**
Parents must sign the Medical Release Form. Minor and Adult Medical Release forms can be found at: [http://www.ca4h.org/4hresource/forms](http://www.ca4h.org/4hresource/forms)

**Times:**
**Arrival time is 4:00 p.m., Friday, January 15. Camp will end at 10:00 a.m., Sunday, January 17. Please pick up your campers by 10:00 a.m.**

OLDER 4-H MEMBERS MAY NOT DRIVE THEMSELVES, OR OTHER MEMBERS, TO CAMP. **DO NOT BRING CONTRABAND ITEMS TO CAMP (Silly String, Shaving Cream, etc.). WE RESERVE THE RIGHT TO INSPECT LUGGAGE. PARENTS: PICK UP YOUR CAMPERS AT 10:00 A.M. ON SUNDAY MORNING.** No early pickups, the cabins and camp must be cleaned before the campers can be released.
Volunteer Website

The volunteer leader website is a new interactive and growing site that can be seen at http://ucanr.org/4-hvolunteers/. There are sections that will change monthly, a 4-H Blog, 4-H Volunteer Voices, and updates in the program. We hope you'll enjoy seeing all the resources you need in one centralized location. In order to build this new section of the website, please send any recent stories of 4-H in the news in your community that you would like to share. You can email these stories to: fourhstateofc@ucdavis.edu

How do I reach my local 4-H Office?

John Borba 4-H Advisor
jaborba@ucdavis.edu 661-868-6200
Veronica Slaton 4-H Program Rep. II
vaslaton@ucdavis.edu 661-868-6200
Kimberlee Claffy 4-H Secretary
kgclaffy@ucdavis.edu 661-868-6233
(Terrence Stroman Outreach/Prevention
tdstroman@ucdavis.edu 661-868-6200
Berney DeLaCruz Operation Military Kids
bdelacruz@ucdavis.edu 661-868-6200
Fax Number 661-868-6208

4-H Websites
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

State 4-H Calendar

The State 4-H Calendar is available at http://www.ca4h.org/4hinfo/calendar/. The calendar contains nation, state, and multi-county events, deadlines, trainings, and conferences! County 4-H Staff are encouraged to use this calendar to list activities that may be of interest to others outside of your county. The calendar is particularly useful for scheduling multi-county, sectional and statewide trainings, committee meetings, and other events. Staff can access the calendar using the 4-H Information System (WRP).

4-H Handbook

An updated online and searchable 4-H Handbook was released on July 1, 2009. You can find it on the California 4-H Website. You can expect additional support documents throughout the year. Here are three new enhancements:

- Electronic Check Conversion Frequently Asked Questions (link) - provides an overview of the electronic check conversion process and how to review monthly bank statements that contain checks that have been electronically converted.
- 4-H YDP Petting Zoos and Interactive Animal Displays Frequently Asked Questions (link) - provides answers to safety resources and insurance coverage for these activities.
- 4-H YDP Shooting Sports Handbook provides updated guidance to the 4-H YDP shooting sports project and activities.

South Central Leadership Conference of Regional Teens (LCORT)

For counties:
Monterey, San Benito, Santa Cruz, Kern, Kings, Tulare, Fresno, Madera, Merced, Mariposa, Stanislaus, Tuolumne

January 29-31, 2010
Wonder Valley Ranch, Sanger, CA
7th – 9th grade 4-Hers, $105.00
To define and develop your leadership abilities. To have an opportunity to meet and share ideas with other youth your age. To expand your perspective on the world around you and to have an enjoyable time. For more information contact Veronica Slaton at (661) 868-6235.

Food Safety Training RESCHEDULED!

Since no one was able to make it to the December Food Safety Training, it will be rescheduled for January 27, 2010 at 6:00 p.m. at the 4-H Office. Remember that it is required by the State that at least ONE person from each club be certified in food safety; this certification also has to be renewed every 3 years! The more people you can have certified in your club the better! For more information please contact Veronica Slaton at 868-6235 or vaslaton@ucdavis.edu.
State Qualifying Dairy and Livestock Judging Contests

The 2010 Judging Contests will be held April 17, 2010 at Fresno State University in conjunction with a state FFA judging contest. Applications are due by February 19, 2010 to the State 4-H Office. The entry fee is $25.00/team or $5.00 per individual. The applications are available on the state website: http://www.ca4h.org/projresource/livestock/index.asp. If you have any questions feel free to contact Mitch Yiarregui, State 4-H Livestock/Dairy Judging Chair Person at (559) 706-3988 or Cynthia Barnett, ccbarnett@ucdavis.edu and Steve Dasher, hsdasher@ucdavis.edu.

2010 State 4-H Fashion Revue

“What’s in YOUR closet?” Planning has begun for 2010 State 4-H Fashion Revue, to be held during the State 4-H Field day at UC Davis! We’ll have new, exciting activities, so join us by serving on the State Fashion Revue Committee. Needle Arts will not be offered this year, but Traditional, Consumer Science-Purchased, Wearable Art and Recycled categories remain in addition to our new 2010 Challenge. The Challenge pattern is Simplicity #4762, a vest that can be customized to fit your needs. Is it a formal vest or a durable one for fishing or hunting? Need extra pockets? Leather trim? Vests can be made for girls with a few simple adjustments and can coordinate with many different outfits. Use your imagination to create a masterpiece for State Fashion Revue. For more information go to http://www.ca4h.org/projresource/fashion or contact samore@ucdavis.edu.

* A flyer for the 2010 Challenge Category is included in this newsletter.

Twilight Mini Book Workshop

The Twilight Workshop scheduled for January 23rd at 10:00 a.m. For more information on this event, contact Kimberlee Claffy at (661) 900-7888

Introducing a New County-Wide Project: “a Novel Idea”

A new project will be meeting on January 23rd at 9:00 a.m.; “A Novel Idea.” This event will be held at the UCCE Office. Books will be selected by the group, with theme related activities scheduled. Contact Kimberlee at 661-900-7888 for further information, or to register.

What are you Doing in Your County Clothing Projects?

State Fashion Revue 2010 will feature our County Corner where you can share innovative ideas from your county that relate to the Clothing and Textiles project including non-wearable items. To get more information check out our website: http://www.ca4h.org/projresource/fashion/

The 2010 California State Fair

The California Exposition & State Fair Board has announced new dates for the fair. The 2010 California State Fair is now tentatively scheduled to run for 19 days from Wednesday, July 14 to Sunday, August 1, 2010. For more information, you may contact Erica Manuel of the California Exposition and State Fair at emanuel@calexpo.com. 4-H members, adults and staff may also contact 4-H Animal Science Committee Chairs Cynthia Barnett, ccbarnett@ucdavis.edu and Steve Dasher at hsdasher@ucdavis.edu for additional questions.

Fur and Feathers Show

4-H members are invited to participate in the Fur and Feathers show, a small animal breed show and showmanship event hosted by Ventura County 4-H and planned for January 16, 2010. The entry deadline is December 15, 2009. The event is for 4-H members statewide in Cavy, Poultry, and Rabbit projects. For more information contact Jenean Bass at jeneanbass@roadrunner.com.

2010 Citizenship Focus Program

California Focus June 25-29, 2010

http://www.ca4h.org/citizenship/focus

Online registration for the 2010 California Focus Program is available now and is due on January 15, 2010. 4-H members and leaders come together to run their own state government in the fictitious state of Sierra Cascade. Delegates draft legislation, participate in a mock trial, and run for office. Then participants interact with their legislators, court officials, and those close to current issues. Financial assistance is available for the program for members who could not afford to attend without help and the Young Civic Leader Scholarship is available for teens with an outstanding leadership and community service record. Those applications are due by January 7, 2010.
In order to improve the understanding of 4-H adult volunteers, veterinarians, and administrators from fairs and exhibitions about existing bio-security risks associated with 4-H Animal Science projects in California and issues related to traceability, three Regional Education Outreach Summits will be offered by 4-H and Veterinary Medicine Extension. Each Education Outreach Summit will include four major components:

(a) an overview of current data on bio-security risks associated with 4-H Animal Science projects; (b) updated information from USDA on the current status of NAIS and animal traceability; (c) a listening session to provide stakeholders the opportunity to share their experiences and provide feedback on traceability issues to USDA and (d) a mini-training for 4-H teens and volunteers on the new 4-H Bio-Security curriculum. Dates and locations of the Education Outreach Summits are: December 12, 2009 – UC Davis; January 16, 2010 – UC Tehama County; and February 27, 2010 – UCCE Kern County. Times for all summits will be 9 a.m. – 3 p.m. Lunch will be provided. Register at: http://ucce.ucdavis.edu/survey/survey.cfm?survey number=4238. For more information, contact Martin Smith (msmith@ucdavis.edu) or Steven Worker (smworker@ucdavis.edu). You can also contact Veronica Slaton for more information at (661) 868-6235.

**Biosecurity for Birds Calendar Photo Contest**

If you have an enthusiasm for birds and have some wonderful photos of birds to share, consider entering in the Biosecurity for Birds Calendar Photo Contest by the USDA’s Animal and Plant Health Inspection. The contest entry is deadline is January 31, 2010. The winning photos will be displayed in the 2011 Biosecurity for Birds Calendar. Everyone is encouraged to enter at: http://healthybirds.aphis.usda.gov

**4-H Babysitting Curriculum**

The 4-H Military Partnership Program is offering free training courses on the 4-H Babysitting Curriculum at the following locations:

Kern County 4-H Office, January 16, 9:30-4:30
Ventura County 4-H Office, January 30, 9:30-4:30

The Babysitting Curriculum is designed to help middle school teenage youth learn what it takes to be responsible, caring, trustworthy, competent, capable, and safe babysitters. This course can be beneficial in training youth in your 4-H clubs and military after school sites. The training is open to all 4-H Staff, 4-H Volunteers, and Military and Community Partner Agency personnel. You will receive a Babysitter’s Tool bag, an Instructor’s Guide and Student Handbook. Bring a doll! For more information, contact Jeanne Christenson (jpcchristenson@ucdavis.edu) or (530) 219-6608 or Veronica Slaton at (661) 868-6235.

**2010 State 4-H Horse Events**

Dates have been set for 2010 State 4-H Horse Events. The state 4-H Horse Classic – Educational Contest will be held April 24 & 25 at Reedley College, Reedley, CA (southeast of Fresno). The Championship Horse Show will be held at the Santa Cruz County Fairgrounds in Watsonville on Thursday, June 24 through Sunday, June 27. Tentatively, the English classes and Over Fences will be held on Friday, Western classes on Saturday and Gymkhana on Sunday. More information will be available by December 1st on the web site at: http://ca4h.org/projresource/horse/
2010 State 4-H Field Day
The 2010 State 4-H Field Day is planned for May 29, 2010. The event will include a variety of interests including presentation day, state fashion revue, a plant science contest and interview contest amongst many others. If you are interested in this exhibiting in this event visit: http://www.ca4h.org/projresource/fieldday/SFD- App-Form2010.pdf for an application. Applications are due April 2, 2010.

State Leadership Conference
The 2010 year’s theme is “Operation 4-H,” and is an annual event in which high school age members from across the state meet to develop leadership skills through workshops, games, and evening activities. We are now accepting applications for educational session/track presenters. Please share your knowledge about all things leadership and help Operation 4-H be a success. Visit the California 4-H website at: http://www.ca4h.org/conference/slc to download a proposal. Proposals are due at the State Office by February 26, 2010. You may contact Quang Tong for additional questions at (530) 752-5644.

4-H Shooting Sports
Workshop Rifle Discipline
Tulare, CA

Saturday, January 9, 2010 – 8 a.m. – 6 p.m.
Sunday, January 10, 2010 – 8 a.m. – 4 p.m.

A 4-H shooting sports workshop for the rifle discipline will be held at Rankin Field Range, 20000 Road 140 in Tulare. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course and receive more information contact John Borba at: jaborba@ucdavis.edu

For more information about the facility and a map, please visit the range website at: http://www.tcdsa.org/documents/rankin_field.htm

Rocket Leader Workshop
Saturday February 20, 2010
9:00 a.m. – 12:00 Noon

If your club wants to start a rocketry project, this is the workshop for you. This basic skills class will teach the new leader everything you need to know about building and launching model rockets—all in one morning. All material will be provided free of charge. You must pre-register for the class by Monday, February 22nd. You can do this by calling John Borba at 661-868-6216 or by emailing him at: jaborba@ucdavis.edu.

Winter 2010 4-H SET Professional Development Workshop
February 6, 2010

Counties are invited to send a team of 4-H members (age 14 and up), 4-H volunteers, 4-H staff, and program collaborators. Effective science, engineering and technology education requires good educators. This professional volunteer development opportunity will help prepare 4-H volunteers, teens and staff to incorporate science, engineering, and technology into 4-H projects and activities in a hands-on, experimental manner. Locations include Shasta, Yolo, Santa Barbara, Merced, and Riverside Counties. Morning topics focus on utilizing teens-as-Teachers and the afternoon introduces a 4-H SET curriculum. Register by January 15, 2010 at: http://ucce.ucdavis.edu/survey/survey.cfm?survey number=4208

Congratulations Zack Branton!
Zachary “Zack” Branton of the Sierra Mountaineers has submitted his record book for the State Competition. Zach was selected as a medalist in this prestigious event. Our congratulations go out to Zack.

Power of Wind Curriculum
Start a renewable energy project in your 4-H club or group! The Power of Wind Curriculum, from National 4-H Council, is designed for middle school aged youth to learn about the wind and its uses. Youth work with members of a team to design, create, build, and test wind powered devices and are given opportunities to explore wind as a potential energy source in their community. One more professional volunteer
development workshop is available for county teams of volunteers, staff and teens to receive hands-on training in the curriculum.

**January 30th in San Luis Obispo County**
(8:00 a.m. – 6:00 p.m.)

Breakfast and lunch will be provided.

Cindy Hansen at chanson@co.slo.ca.us

Supply kits and copies of the curriculum are available on a limited time basis. For more information, please contact trainers Cyndi Barnett at ccbarnett@ucdavis.edu or Keith Nathaniel at kcnathaniel@ucdavis.edu.

**California Camping Conference**

April 23 – April 25, 2010

The 2010 California Camping Conference will be held at the Nevada 4-H Camp near Stateline, Nevada (at Lake Tahoe) on April 23 – 25, 2010.

The conference serves as a valuable resource for camp administrators, camp staff (youth and adult), and Extension Staff in planning and implementing all types of camp programs. Important conference topics include the new Camp Safety Manual addressing California Health and Safety Code requirements for camps; engaging fun activities for your camps; archery certifications; and camp staff training. Look for conference fee and registration detail in next month’s newsletter, but be sure to mark the date on your calendar for this important event.
2010 STATE 4-H FASHION REVUE CHALLENGE PATTERN

SIMPLICITY VEST # 4762

Make an inVESTment in your future wardrobe with this year’s challenge. Sew a lined vest, but don’t forget to spice it up. It could be reversible, have pockets, frills or whatever fits your style.

Start with Simplicity pattern #4762. You must use this pattern; no substitutions. The possibilities for personalization are endless! You can make it shorter or longer, add trim or appliqués, and experiment with fabrics, colors or details. To alter the pattern for girls, move the buttons to the left side. If needed, add back darts or use the cinch and enlarge the front darts. Purchase or sew an outfit to coordinate with your vest.

For more information about State 4-H Fashion Revue, go to http://www.ca4h.org/projresource/fashion
2010 Australia Exchange

Who: 4-H youth ages 16-19 (must turn 16 by the date of travel)

What: Travel to Australia with 4-H youth from across the U.S. and stay with an Australian host family in the state of Victoria during your stay. Similar to 4-H families, many of the host families will live in rural areas and/or on farms. An adult chaperone will travel with the delegation on all international flights and stay in Australia for the entire exchange period to assist with any delegate concerns/issues.

When: June 16 – July 15, 2010

Where: Group Orientation in Los Angeles prior to departure for Melbourne where there will be an Arrival Orientation to introduce you to Australia. At the end of the home stay, you will spend a few days in Sydney before returning to the U.S.

How: This exchange is coordinated with the Australian Exchange Network who will organize the Arrival Orientation and the host family stays.

Cost: Estimated at $2600 plus Airfare

Total program costs (program fee + airfare) are estimated to be $4600 - $5100 ($4900 - $5400 for non-participating states)

Final cost will be dependent upon currency exchange, transportation costs, and the delegate’s home airport.

Program Costs Include:
- In-Australia expenses: transportation, lodging, meals
- Sightseeing in Sydney
- In-state orientation
- Orientation in Los Angeles and Melbourne
- Health & Accident Insurance
- Australian Visa
- Pre-trip conference calls, orientation materials, t-shirt
- Administrative costs
- A portion of the adult chaperone expenses

Additional costs to be paid by each delegate may include:
- Some meals in Melbourne and Sydney
- Passport
- Gifts for host family members
- Spending money and all other personal items

Application Deadline: February 1, 2010

Payment Schedule
- February 1  Application
  $500 deposit made payable to States’ 4-H International Exchange (refundable until April 1)
  $100 deposit made payable to UC Regents (refundable until March 1)
- March 1  Airfare (estimated at $2000 – $2500 depending on home airport; non-refundable once issued)
- May 1  Remaining balance

Cancellation Policy
- Payments NOT refundable after each deadline (Airfare NOT refundable once issued)
- Cancellations must be made in writing
- For exceptional circumstances, refunds are made on a case-by-case basis
2010 Costa Rica Exchange

Who: 4-H youth ages 15-18 (must turn 15 by the date of travel)

What: Travel to Costa Rica with 4-H youth from across the U.S. and live with a Costa Rican host family during your stay. The 4-week program will include a trip to the rainforest and 4-days at camp with 250 Costa Rican 4-H’ers. An adult chaperone will travel with the delegation on all international flights and stay in Costa Rica for the entire exchange period to assist with any delegate concerns/issues.

When: June 19 – July 17, 2010

Where: Departure Orientation in Houston prior to departure for San Jose, Costa Rica where there will be an Arrival Orientation to introduce you to the country and culture.

How: This exchange is coordinated with the Fundación Nacional de Clubes 4S who will organize the Arrival Orientation and the host family stays.

Cost: Estimated at $1400 plus Airfare

Total program costs (program fee + airfare) are estimated to be $2200 - $2600 ($2500 - $2900 for non-participating states)

Final cost will be dependent upon currency exchange, transportation costs, and the delegate’s home airport.

Program Costs Include:
- In-Costa Rica expenses: transportation, lodging, meals
- 3 nights 4 days at a 4S camp
- Fieldtrip to the Rain Forest
- Orientation in Houston and San José, Costa Rica
- Health & Accident Insurance
- Pre-trip conference calls, orientation materials, t-shirt
- San José Airport facility tax
- Administrative costs
- A portion of the adult chaperone expenses

Additional costs to be paid by each delegate may include:
- Passport
- Gifts for host family members
- Spending money and all other personal items

Application Deadline: February 1, 2010

Payment Schedule
- February 1 Application
  $500 deposit with application (refundable until April 1)
  $100 deposit made payable to UC Regents (refundable until March 1)
- March 1 Airfare (estimated at $800 – $1200 depending on home airport; non-refundable once issued)
- May 1 Remaining balance

Cancellation Policy
- Payments NOT refundable after each deadline (Airfare NOT refundable once issued)
- Cancellations must be made in writing
- For exceptional circumstances, refunds are made on a case-by-case basis
## 2010 Japan Exchange

<table>
<thead>
<tr>
<th>4 Week Program</th>
<th>8 Week Program</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Who:</strong> 4-H youth ages 14-18 (must turn 14 by the date of travel)</td>
<td><strong>Who:</strong> 4-H youth ages 14-18 (must turn 14 by the date of travel)</td>
</tr>
<tr>
<td><strong>What:</strong> Travel to Japan with 4-H youth from across the U.S. (Adult chaperones on international flights and in Japan). Live with a Japanese host family during your stay.</td>
<td><strong>What:</strong> For the first 4 weeks, stay with a host family in the Tokyo area, learn Japanese language in a classroom setting, and explore Japanese culture outside the classroom. After 4 weeks, you will move to a second host family in the Tokyo area or in another area of Japan.</td>
</tr>
<tr>
<td><strong>When:</strong> July 7 to August 5, 2010</td>
<td><strong>When:</strong> June 10 to August 5, 2010</td>
</tr>
<tr>
<td><strong>How:</strong> This exchange is coordinated with the Labo Foundation. A group camp is offered.</td>
<td><strong>How:</strong> The first four weeks of the exchange places the student in the Nihongo Language Program. For the second four weeks, each student moves to a new home for the four week homestay. A group camp is offered.</td>
</tr>
<tr>
<td><strong>Cost:</strong> Approximately $3300 - $4100</td>
<td><strong>Cost:</strong> Approximately $4200 - $5000</td>
</tr>
</tbody>
</table>

Final cost will be dependent upon currency exchange, transportation costs, and the delegate’s home airport.

Fee Includes:
- In-Japan expenses (transportation, lodging, all meals, etc.)
- Labo camp
- International Airfare
- In-state orientation
- One night Orientations in Seattle & Tokyo
- Medical Insurance

Fee Includes:
- In-Japan expenses (transportation, lodging, all meals*, etc.)
- Labo camp
- International Airfare
- In-state orientation
- Orientation in Tokyo
- Medical Insurance
- Japanese language & cultural sessions for the first 4 weeks

* Lunch not included on weekdays during the first 4 weeks when attending language classes

Application Deadline: February 1, 2010

Payment Schedule
- **February 1** Application
  $500 deposit made payable to States’ 4-H International Exchange (refundable until April 1)
  $100 registration fee made payable to UC Regents. (refundable until March 1)
- **March 1** Airfare (non-refundable once issued)
- **May 1** Remaining balance

Cancellation Policy
- Payments NOT refundable after each deadline (Airfare NOT refundable once issued)
- Cancellations must be made in writing
- For exceptional circumstances, refunds are made on a case-by-case basis
June 25 – June 29, 2010

Are You…?
♦ A college-age young adult.
♦ A leader.
♦ Interested in planning an educational program for teens.
♦ Enthusiastic, positive, and self-motivated.
♦ Flexible and enjoy working with teenagers and adults.
♦ Interested in government and the political process.

Then this internship opportunity is for you.
Let California Focus offer you…

Citizenship Awareness
✓ Expand your understanding of the democratic process.
✓ Enrich your appreciation of California history.
✓ Increase your awareness of current issues.

Personal Enrichment and Life Skills
✓ Receive management and leadership training.
✓ Coordinate activities and arrangements.
✓ Plan and evaluate education experience.

Request materials outlining the District Leader position at California Focus, an intern opportunity with the University of CA, Cooperative Extension, 4-H Development Program. The University of California is an equal opportunity employer.

Applications and information are available on the web at:
http://ca4h.org/citizenship/focus/index.asp or
Pat English - (530) 754-8520, or
pnenglish@ucdavis.edu.

2010 Study Travel Adventures for Teens and Adults

WASHING TON FOCUS #1

Road to Democracy
June 27 - July 5, 2010
$1,875.00
For those who wish to travel on a 10 day trip to Washington, D.C., Jamestown, Yorktown, and Williamsburg

Heritage Trail I
June 2 - July 3, 2010
$1,655.00
For those who prefer to limit their travel to Washington D.C.

WASHING TON FOCUS #2

Global Journey
July 11 – July 21, 2010
$2,100.00
For those who wish to travel on a 11 day trip to Washington, D.C., Philadelphia, and New York

Heritage Trail II
July 11 – July 17, 2010
$1,655.00
For those who prefer to limit their travel to Washington D.C.

Washington Focus Programs are open to all adult 4-H leaders and to all youth members who have completed their sophomore year in high school or will be 16 years of age by the time of travel.
2010 4-H PRESENTATION DAY

4-H Presentation Day is designed to give 4-H members experience in public speaking skills. The event is scheduled for Saturday, March 27, 2010 at General Shafter School, located at 1825 Shafter Road, in Bakersfield. Individuals and teams must pre-register for the event using the form below. Judges are needed for all grades and categories. Please contact John Borba at 661-868-6200 if you would like to judge.

The schedule for the presentation day is as follows:

| March 27, 2010 | 9:00 a.m. | Judge's Orientation |
|               |          | M.C. Orientation    |
|               |          | Presenter's Arrive  |
| 9:30 a.m.     | Presentations Begin |
| 1:00 p.m.     | Awards Assembly   |

2010 4-H Presentation Day Entry Form

Due or postmarked by March 19, 2010
Mail to: Presentation Day Entries
1031 S. Mt Vernon Avenue
Bakersfield, CA 93301

4-H Club: ____________________________________________

[ ] Individual Presentation  [ ] Indoor Presentation

[ ] Team Presentation  [ ] Outdoor Presentation

(Team entries must be submitted on one form with names, grades, & ages for all team members)

Name: ____________________________________________  Grade: ______  Age: ______
Name: ____________________________________________  Grade: ______  Age: ______
Name: ____________________________________________  Grade: ______  Age: ______

Title or Subject: ____________________________________________

Category of Presentation:

[ ] Demonstration – Traditional (1-3 members)  [ ] Interpretive Reading (Individual Only)  [ ] Educational Display (1-2 member)

[ ] Illustrated Talk – Traditional (1-3 members)  [ ] Job Interview (High School Age Only)  [ ] Problem Solving Presentation (1-2 members)

[ ] Prepared Speech (Individuals Only)  [ ] Demonstration – Scientific (1-3 members)  [ ] Audio Visual Presentation (1-2 members)

[ ] Impromptu Speech (Individual Only, 6th grade+)  [ ] Illustrated Talk – Scientific (1-3 members)  [ ] Cultural Arts (Individual or Groups)

Information regarding the above categories and scoring sheets can be found in the “4-H Presentation Manual.” The manual can be accessed on the web at: http://ca4h.org/leadership/spd/4hpresentationManaul-3.doc
This year Home Ec. Field Day will be held Saturday-February 27, 2010, General Shafter School, located at 1825 Shafter Road, in Bakersfield. Registration will be held from 9:00 a.m. until 9:30 a.m. Judging will begin promptly at 10:00 a.m. Favorite Foods information is available online at: http://cekern.ucdavis.edu/Youth%5Development/Home_Ec_Field_Day.htm

Entry forms are due to the Extension Office NO LATER THAN February 19, 2010! Members will be sent a Favorite Foods packet that will include a menu card, and any other needed information. An updated booklet for 2010 should be available online by February 8. Please make yourself familiar with the new booklet, as we are unable to make the copies this year.

**Project Linus!** We will be collecting homemade blankets. Blankets can be quilted, machine sewn, serged, knitted, crocheted, or tied! All blankets will be donated to the local chapter of Project Linus, who will then distribute them to local agencies. There will be a contest for which club makes the most donations! More information on Project Linus can be found at: www.projectlinus.org or www.orgsites.com/ca/bakersfieldkerncounty

**Placemats:** Members can enter a placement in the sewn and/or no sew/embellished categories. All entries must be washable, either machine/hand wash or wipe off. No pre registration. **Members not in a sewing project (Clothing/Textiles, Quilting, Fiber Arts, etc.) may enter a sewn placemat if it is incorporated with their Favorite Foods entry.**

**Other Categories & Contests:**
Apron Contest – Sewn or Embellished Categories
Sewn/Handmade Potholder or Hotpad;
Sewn or Embellished Dish Towel or Tea Towel
Sewn/Handmade Dishrag; Embellished bath towel set; Embellished pillow case; Sewn/Handmade usable kitchen or bath accessory of members choice

*Embellishment may include a wide variety of things, provided the item remains usable and washable. Ideas include: fabric painting, stenciling, sewn trims, crocheted edge or top, and embroidery (including red work).*

Not sure what Home Ec. Field Day is all about, or if it’s right for you? Then come to the **Home Ec. Field Day workshop on February 4th, 2009** at 7:00 p.m. at the 4-H Office! We will talk about what goes on, and answer any questions that you may have! Members and parents are also welcome to come to this event to get the feel for how things work!

**Favorite Foods Days Entry Form**

| Name: __________________________ |
| Address: ________________________ |
| Valid E-Mail: ____________________ |
| City & Zip: ______________________ |
| Phone: ____________________ Age: _____ |
| Club: __________________________ Grade: _____ |

**Years in Food (circle)**

1st – Fruit or Vegetables
2nd – Grain
3rd – Dessert
4th – Meat or Bean Dish
5th & Above – Whole Meat

**Please check if you would like to take part in the Coordinated Theme Setting [ ]**

Send entry form to the 4-H Office
1031 S. Mt Vernon Avenue
Bakersfield, CA 93307

Entries must be received no later February 19, 2010.
Effective science, engineering and technology education requires good educators. This professional volunteer development opportunity will help prepare 4-H volunteers, teens and staff to incorporate science, engineering, and technology into 4-H projects and activities in a hands-on, experimental manner.

Locations and Curriculum
Each site offers an introduction to a 4-H SET-Ready curriculum. Participants select one of the two offered.

**Shasta College**
- What does it Mean to be a Rabbit?
- There's No New Water!

**UC Davis**
- Robotics
- Youth Experiences in Science

**Merced**
- Youth Experiences in Science
- There’s No New Water!

**Riverside**
- What Does it mean to be a Rabbit?
- There’s No New Water!

**Santa Barbara**
- Youth Experience in Science
- Agua Pura Pescadores: Exploring Salmon and Steelhead in California Communities.

Logistics
All sites: February 6, 2010
9:00 am – 4:00 pm
Lunch will be provided
Registration is due by January 15

www.ca4h.org/set/feb6.asp