## November 2009

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
<th>Contact Person</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>East Kern Leader’s Meeting</td>
<td>5:30 p.m.</td>
<td>Desert Empire Fairgrounds</td>
<td>John Borba</td>
<td>661-868-6216</td>
</tr>
<tr>
<td>7</td>
<td>*Twilight Mini Book Workshop To be rescheduled for early 2010.</td>
<td></td>
<td></td>
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<tr>
<td>11</td>
<td>UC Extension Office Closed for Veteran’s Day</td>
<td></td>
<td></td>
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<tr>
<td>12</td>
<td>Christmas Tree Decorating</td>
<td>6:00 p.m.</td>
<td>Kern County Museum</td>
<td>Veronica Slaton</td>
<td>661-868-6235</td>
</tr>
<tr>
<td>23</td>
<td>*Horse Leader’s Meeting</td>
<td>6:30 p.m.</td>
<td></td>
<td>Meredith Hendricks</td>
<td>661-324-2255</td>
</tr>
<tr>
<td>24</td>
<td>*Leader’s Council</td>
<td>7:00 p.m.</td>
<td>Ag. Commissioner’s Conference Room</td>
<td>Michelle Kern</td>
<td>661-979-3584</td>
</tr>
<tr>
<td>26-27</td>
<td>UC Extension Office Closed For Thanksgiving</td>
<td></td>
<td></td>
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<tr>
<td>30</td>
<td>*New Leader’s Orientation</td>
<td>7:00 p.m.</td>
<td></td>
<td>Veronica Slaton</td>
<td>661-868-6235</td>
</tr>
</tbody>
</table>

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

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<tbody>
<tr>
<td>1</td>
<td>DUE: Emerald Star Applications</td>
<td></td>
<td></td>
<td>Veronica Slaton</td>
<td>661-868-6235</td>
</tr>
<tr>
<td>2</td>
<td>*Food Safety Training</td>
<td>6:00 p.m.</td>
<td></td>
<td>Veronica Slaton</td>
<td>661-868-6235</td>
</tr>
<tr>
<td>8</td>
<td>*Project Chair Meeting</td>
<td>6:30 p.m.</td>
<td></td>
<td>Veronica Slaton</td>
<td>661-868-6235</td>
</tr>
<tr>
<td>9</td>
<td>*Winter Camp Planning Meeting</td>
<td></td>
<td></td>
<td>John Borba</td>
<td>661-868-6216</td>
</tr>
<tr>
<td>11</td>
<td>*New Leader’s Orientation</td>
<td></td>
<td></td>
<td>Veronica Slaton</td>
<td>661-868-6235</td>
</tr>
<tr>
<td>24-31</td>
<td>UC Extension Office Closed</td>
<td>We look forward to serving you in the New Year!!!</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

Medical Leave
Kimberlee will be on Medical Leave from November 25 until approximately February 25.
PREVENTING THE SPREAD OF COMMUNICABLE DISEASES
Clover Safe notes are intended primarily for 4-H volunteers and members nine years and older.

Each year, an average of more than 200,000 people are hospitalized and 36,000 people die from seasonal influenza (flu) complications in the United States. You can help keep yourself, your family, and your fellow 4-H volunteers and members healthy and prevent the spread of seasonal colds, flu, and other communicable diseases by practicing some simple measures at home, work, school, and other social settings. In fall of 2009, there is particular concern over the novel H1N1 influenza virus (also known as swine flu). The precautions to protect yourself from H1N1 are the same as those recommended for seasonal flu or other common communicable illnesses.

The Centers for Disease Control and Prevention (CDC) urges you to take the following actions to protect yourself and others from the flu:

Take time to get vaccinated for seasonal influenza
- CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal influenza. While there are many different flu viruses, the seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common.
- Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease, and people 65 years and older. Seasonal flu vaccine is also important for health care workers, and other people who live with or care for high risk people to prevent giving the flu to those at high risk.
- A seasonal vaccine will not protect you against novel H1N1. A new vaccine against novel H1N1 is being produced and will be available in the coming months as an option for prevention of novel H1N1 infection to those at greatest risk. People at greatest risk for novel H1N1 infection include children, pregnant women, and people with chronic health conditions like asthma, diabetes, or heart and lung disease.

Take everyday preventive actions
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If a tissue is not available, cough or sneeze into your sleeve. An informative and amusing video on covering your sneeze can be viewed at: [www.coughsafe.com](http://www.coughsafe.com)
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible. This is to keep from making others sick.
- Visit the CDC website [http://www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) to find out what to do if you get sick with the flu and how to care for someone at home who is sick with the flu.

Stay informed
In addition to the precautions above, it is important that you stay informed, especially during the upcoming flu season. Health officials will provide additional information as it becomes available. UC ANR EH&S has established a website at [http://uacnr.org/h1n1](http://uacnr.org/h1n1) to provide links to information from CDC, the California Department of Public Health, and County Public Health Departments to help bring you national, state, and local guidance as the flu season progresses. Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures. When planning for camp, consult CDC guidance ([http://www.cdc.gov/h1n1flu/camp](http://www.cdc.gov/h1n1flu/camp)) and local public health officials and develop a plan to respond to an illness outbreak at camp.
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
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

(Special Projects Only)

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.fourh council.edu
http://www.4-h.org/four web
http://www.ca4h.org

4-H Enrollment Website
https://california.4h online.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 (link) - provides updated guidance to the 4-H YDP shooting sports project and activities.

Kern County 4-H Group Night
Bakersfield Condors
Annual Teddy Bear Toss
November 28, 2009

Join us as we root for the home team. As the Condors make the first goal of the night, toss your new “Teddy Bear” (or other stuffed animal) on to the ice. Group rates are available at $6, $12, & $17. For further information please contact Brad Urbani at 661-324-7825.

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.
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 information go to [http://www.ca4h.org/projresource/fashion/](http://www.ca4h.org/projresource/fashion/) or contact samoore@ucdavis.edu.

*The Twilight Workshop scheduled for November 7 is postponed until early next year. The date will be posted as soon as it is available.*

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

**Emerald Star**

Emerald Star applications will be due in the 4-H Office, December 1, 2009. Members who will be 14 years of age by January 1, 2010 and have completed two years of 4-H are eligible to apply. A Gold Star rank is recommended, but is not mandatory. Projects may be planned and completed in within a short period of time, or they may take the entire year to complete.

Since Kern County began offering the Emerald Star Program, several members have completed an Emerald Star Project. These projects have been innovating and beneficial to the entire 4-H Program. This is an excellent way to promote personal growth and leadership skills.

Emerald Stars also assist the All Stars in hosting County events. Applications can be picked up at the Extension Office. For further information or project ideas, contact the Extension Office at (661) 868-6233, or download from the web page at [http://cekern.ucdavis.edu/Youth_Development](http://cekern.ucdavis.edu/Youth_Development)

**4-H Shooting Sports Course**

**Rifle Discipline**

Ukiah, CA

**November 7-8, 2009**

**Cost $20**

A rifle volunteer leader course will be held 9:00am-5:00pm, Saturday and Sunday, **November 7-8, 2009** at the Ukiah Gun Club, in Mendocino County. Upon successful completion of this two-day course, participants will be certified as 4-H leader and will be eligible to serve as shooting sports project leaders. Cost for the course is $20, which includes shells, targets, continental breakfast and lunch both days, and class materials. Teen Leaders may attend, with a participating adult volunteer. Limited camping space is available, contact John Holder for arrangements. The course will be limited to twenty (20) participants. You **must** be an appointed 4-H volunteer or member to attend this training. Send Training Request Form (found at [http://ca4h.org/projresource/shootingsports/index.asp](http://ca4h.org/projresource/shootingsports/index.asp)) with fees payable to “Mendocino County 4-H Council” to UCCE 4-H Rifle, 890 North Bush Street, Ukiah CA 95482.

For more registration information, contact Linda Edgington (707) 463-4495 or lgedgington@ucdavis.edu

Start thinking about your Emerald Star Project
4-H Shooting Sports Workshop
Rifle Discipline
Atascadero, CA (San Luis Obispo County)
Saturday, November 14, 2009–8:00 a.m., 6:00 p.m.
Sunday, November 15, 2009–8:00 a.m., 4:00 p.m.

A 4-H shooting sports workshop for the rifle discipline will be held at the Santa Lucia Sportsmen’s Association Facility in Atascadero. 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 information about the facility and a map, please visit the range website at: http://santaluciasportsmen.org/

Help Decorate the 4-H Christmas Tree!!!

For several years now, the Kern County Museum has asked us to be a part of their Clock Tower Holidays, by decorating a HUGE Christmas tree! This year’s theme is “My Favorite Things” we are thinking about featuring 4-H projects! We will try have a meeting (or a conference call meeting) closer to the date to discuss some ideas! The date we will be decorating the tree at the museum will be November 12, 2009 @ 6 p.m. To get involved please contact Veronica Slaton at vaslaton@ucdavis.edu or 868-6235

In Memoriam:
Bob Willoughby recently passed away in Northern California. Mr. Willoughby was the 4-H Youth Development Advisor for Kern County in the 1960’s and 1970’s. Some of our long time volunteers may remember him.

A Note from the State Office
Change in Scope for Dr. Bradley, Extension Poultry Specialist

Francine A. Bradley, Ph.D. has recently begun participation in the University’s S.T.A.R.T. Program. With this change in scope of work her efforts will be restricted to Poultry Health Inspection, Game Fowl Health Assurance, and Statewide 4-H Poultry Programs. Unfortunately she will be unable to handle requests not affiliated with the above named programs. Dr. Bradley can be reached at:

Francine A. Bradley, Ph.D.
Extension Poultry Specialist
1775 East Palm Canyon Drive
Suite 110 - #129
Palm Springs, California  92264