## The 4-H Network
Connecting all of Kern County

### October 2009

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location/Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-10</td>
<td>National 4-H Week</td>
<td><a href="http://www.kerncountyfair.com">www.kerncountyfair.com</a></td>
</tr>
<tr>
<td>5</td>
<td>All entries and exhibits to be retrieved/removed from Harvest Hall between 8:30 a.m. – 1:00 p.m.</td>
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</tr>
<tr>
<td>7</td>
<td>4-H National Youth Science Day</td>
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</tr>
<tr>
<td>14</td>
<td>*New Leader's Orientation, 7:00 p.m.</td>
<td>Veronica Slaton 661-868-6235</td>
</tr>
<tr>
<td>15</td>
<td>The Great California Shakeout, 10:15 a.m.</td>
<td><a href="http://www.shakeout.org">www.shakeout.org</a></td>
</tr>
<tr>
<td>23</td>
<td>*Record Books Due for State Competition</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>*Club Officer Training, 9:00 a.m.</td>
<td>Veronica Slaton 661-868-6235</td>
</tr>
<tr>
<td>22-25</td>
<td>Desert Empire Fair – Ridgecrest</td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>*Horse Leader’s Meeting, 6:30 p.m.</td>
<td>Meredith Hendricks 661-324-2255</td>
</tr>
<tr>
<td>27</td>
<td>*Leader’s Council, 7:00 p.m.</td>
<td>Michelle Kern 661-979-3584</td>
</tr>
<tr>
<td>31</td>
<td>Pygmy Goat Show, 8:00 a.m., Kern County Fairgrounds</td>
<td>Nancy Hillberg 661-393-0473</td>
</tr>
</tbody>
</table>

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

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</thead>
<tbody>
<tr>
<td>2</td>
<td>East Kern Leader’s Meeting, 5:30 p.m., Desert Empire Fairgrounds</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>*RSVP Deadline for Twilight Mini Book Workshop</td>
<td>Kimberlee Claffy 661-868-6233</td>
</tr>
<tr>
<td>7</td>
<td>*Twilight Mini Book Workshop</td>
<td>Kimberlee Claffy 661-868-6233</td>
</tr>
<tr>
<td>11</td>
<td>UC Extension Office Closed for Veteran’s Day</td>
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</tr>
<tr>
<td>12</td>
<td>Christmas Tree Decorating, 6:00 p.m., Kern County Museum</td>
<td>Veronica Slaton 661-868-6235</td>
</tr>
<tr>
<td>23</td>
<td>*Horse Leader’s Meeting, 6:30 p.m.</td>
<td>Meredith Hendricks 661-324-2255</td>
</tr>
<tr>
<td>24</td>
<td>*Leader’s Council, 7:00 p.m., Ag. Commissioner’s Conference Room</td>
<td>Michelle Kern 661-979-3584</td>
</tr>
<tr>
<td>26-27</td>
<td>UC Extension Office Closed For Thanksgiving</td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>*New Leader’s Orientation, 7:00 p.m.</td>
<td>Veronica Slaton 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
Individually and Families
Get Ready to ShakeOut!

At 10:15 a.m. on October 15, 2009, millions of Californians will “Drop, Cover, and Hold On” in The Great California ShakeOut, the largest earthquake drill ever! Everyone is encouraged to participate in the drill wherever you are at 10:15 a.m. on 10/15/10.

Major earthquakes may happen anywhere you work, live, or travel in California. The ShakeOut is our chance to practice how to protect ourselves, and for everyone to become prepared. The goal is to prevent disasters from becoming catastrophes.

Why is a “Drop, Cover, and Hold On” drill important? As with anything, to act quickly you must practice often. You may only have seconds to protect yourself in an earthquake before strong shaking knocks you down, or something falls on you.

Nearly 5.5 million Southern Californians participated in the 2008 ShakeOut. Now statewide, the Great California ShakeOut will be held on the third Thursday of October each year.

Everyone can participate! Individuals, families, businesses, schools, government agencies and organizations are all invited to register.

Register today at ShakeOut.org

HOW TO PARTICIPATE

Here are simple things individuals and families can do to participate in the ShakeOut. Instructions and resources can be found at ShakeOut.org/individuals.

Plan Your Drill:
- Register at www.ShakeOut.org/register to be counted in the ShakeOut Drill, get email updates, and more.
- Have a “Drop, Cover, and Hold On” drill at 10:15 a.m. on October 15.
- Discuss what you learned and make improvements.

Get Prepared for Earthquakes:
- Do a “hazard hunt” for items that might fall during earthquakes and secure them.
- Create a personal or family disaster plan.
- Organize or refresh your emergency supply kits.
- Identify and correct any issues in your home’s structure.
- Other actions are at www.earthquakecountry.org.

Share the ShakeOut:
- Invite everyone who matters to you to register.
- Have a neighborhood party to discuss preparedness, and register for the ShakeOut.
- Encourage your community, employer, or other groups you are involved with to participate.
- Share your experience at www.shakeout.org/drill.

As a registered ShakeOut participant you will:
- Learn what you can do to get prepared
- Be counted in the largest earthquake drill ever!
- Receive ShakeOut news and other earthquake information
- Set an example that motivates others to participate
PREVENTING THE SPREAD OF COMMUNICABLE DISEASES

Cover 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: [http://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://ucanr.org/h1n1](http://ucanr.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
Attention High School Members

Are you a high school 4-H member looking to get to know more high school 4-H’ers!? Well HI 4-H is the place for you! HI 4-H meets once a month to have an activity, and help out at events around the county. If you would like to be a part of the 2009-2010 HI 4-H year, you must join by **October 24, 2009**. There will be a New Member Reception for anyone wanting information on HI 4-H, **Saturday, noon, October 24 at the 4-H Office**. Parents are encouraged to come with their 4-H member! This will be a time where you can meet other HI 4-H members and ask any questions you may have!!! (Light refreshments will be served.)

If this sounds like something you would interested in please contact Michelle Kern at 979-3584 or Veronica Slaton at 868-6235.

Club Officer’s Training

**Saturday, October 24, 2009**

Will the meeting please come to order! The 4-H Club Officer’s training will be held Saturday, October 24, 9:00 a.m. at the Extension Office. There will be separate workshops for President and Vice President, Secretary, Treasurer, Historian, Recreation and Sergeant at Arms. Parliamentary procedure will be covered in a group session. Everyone will learn games and ice breakers to take back to your club meetings. Clubs plan to send your officers. Parents and leaders are welcome to attend.

This year at the Officer’s Training all members are highly encouraged to wear a costume! (The costume must be appropriate and follow the normal 4-H expectations for events.) We will all be wearing one, and would like you to join us! There will also be a costume contest later in the morning, which will be judged by members of the HI 4-H group!!! So join the fun and come dressed up!

Volunteer Website

The **volunteer leader website** is a new interactive and growing site that can be seen at [http://ucanr.org/4-hvolunteers/](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?

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>John Borba</td>
<td>4-H Advisor</td>
<td><a href="mailto:jaborba@ucdavis.edu">jaborba@ucdavis.edu</a></td>
<td>661-868-6200</td>
</tr>
<tr>
<td>Veronica Slaton</td>
<td>4-H Program Rep. II</td>
<td><a href="mailto:vaslaton@ucdavis.edu">vaslaton@ucdavis.edu</a></td>
<td>661-868-6200</td>
</tr>
<tr>
<td>Kimberlee Claffy</td>
<td>4-H Secretary</td>
<td><a href="mailto:kgclaffy@ucdavis.edu">kgclaffy@ucdavis.edu</a></td>
<td>661-868-6233</td>
</tr>
<tr>
<td></td>
<td>(Special Projects Only)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Terrence Stroman</td>
<td>Outreach/Prevention</td>
<td><a href="mailto:tdstroman@ucdavis.edu">tdstroman@ucdavis.edu</a></td>
<td>661-868-6200</td>
</tr>
<tr>
<td>Berney DeLaCruz</td>
<td>Operation Military Kids</td>
<td><a href="mailto:bdelacruz@ucdavis.edu">bdelacruz@ucdavis.edu</a></td>
<td>661-868-6200</td>
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<tr>
<td></td>
<td>Fax Number</td>
<td></td>
<td>661-868-6208</td>
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</tbody>
</table>

4-H Websites

- [http://www.areyouintoit.com](http://www.areyouintoit.com)
- [http://www.fourhcouncil.edu](http://www.fourhcouncil.edu)
- [http://www.4-h.org/fourweb](http://www.4-h.org/fourweb)
- [http://www.ca4h.org](http://www.ca4h.org)
- 4-H Enrollment Website [https://california.4honline.com](https://california.4honline.com)

State 4-H Calendar

The **State 4-H Calendar** is available at [http://www.ca4h.org/4hinfo/calendar/](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 Shooting Sports Course  
**Shotgun Discipline**  
**Ukiah, CA**  
**October 24-25 2009**

A shotgun trainer course will be held 9:00am-5:00pm, Saturday and Sunday, **October 24-25, 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 trainers, and will be eligible to serve as shooting sports project leaders, as well as instruct and certify other volunteers in the discipline of shotgun. Cost for the course is $30, which includes shotgun shells, clay 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 Shotgun, 890 North Bush Street, Ukiah CA 95482.

For more registration information, contact Linda Edgington (707) 463-4495 or lgedgington@ucdavis.edu. If you have questions regarding the course or facility, contact the instructor, John Holder at (707) 485-8445 or bearhunt56@hotmail.com.

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**Twilight Mini Book Workshop**  
**November 7, 2009**  
**(RSVP by November 3, 2009)**

Whether you are “Team Edward”, “Team Jacob”, or no team at all you will love this Mini Book Workshop. Inspired by the series of bestselling novels and movies we will be creating a “Mini Book.” A sample of this project will soon be on display at the 4-H Office.

This workshop will be open to Craft, Scrapbook, and Communications: “A Novel Idea” members, and to Craft or Scrapbook leaders. Leaders taking the workshop will be expected to offer this or a similar project to their club.

*If the “Twilight” theme is not your style, this project can easily converted to another theme such as: Victorian, Gothic, Christmas, or Valentines Day*

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

A new project will be forming later this fall. “A Novel Idea” will begin shortly after the Kern County Fair. Books will be selected by the group, with theme related activities scheduled. Contact Kimberlee at 661-868-6233 for further information, or to register.

**Oilpatch Pygmy Goat Show**  
**A 4-H Youth Show**  
**October 31, 2009 at the Kern County Fairgrounds**

New this year, there will be a costume category!!! Look for more details to come in the October newsletter or e-mail Nancy Hillberg at momhillberg@sbcglobal.net

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**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](http://ca4h.org/projresource/shootingsports/index.asp)) - 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](http://ca4h.org/projresource/shootingsports/index.asp)) - provides answers to safety resources and insurance coverage for these activities.
- **4-H YDP Shooting Sports Handbook** ([link](http://ca4h.org/projresource/shootingsports/index.asp)) - provides updated guidance to the 4-H YDP shooting sports project and activities.
"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/ or contact samoore@ucdavis.edu.

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

National Youth Science Day
On 4-H National Youth Science Day, October 7th, young people across the nation will get a chance to examine one of the most important issues facing our nation today—energy. Youth will discover, learn and have a blast exploring alternative fuels through Biofuel Blast, the National Science Experiment.

Developed in conjunction with the University of Wisconsin-Madison Extension and Wisconsin 4-H, the experiment is designed to spark an early interest in the sciences—all part of 4-H’s bold goal to engage a million new young people in science, engineering and technology programs by 2013.

You can find everything you need to participate in 4-H National Youth Science Day online at www.4-H.org/NYSD. The site has lots of useful information, including the experiment facilitator's guide, interactive tools, event planning kits and much more. Plus, new features, information and promotions will be added in the months and weeks leading up to October 7th—so make sure to register to receive event updates today.

We're looking forward to another successful 4-H National Youth Science Day.

2009 California 4-H Leader’s Forum
November 6-8, 2009
North Section 4-H Leaders’ Council
“Past, Present, Future”

My name is Tammy McFarland and I would like to know what you would like to see or learn for sessions at this years State Leaders Forum so we can do our best to have at least one session to match what is really of interest to the forum. Please ask at the club and project meetings so we can find the proper speakers and presenters as soon as possible. Please email me your responses and any questions you may have to: kiwiblossomranch@live.com

State 4-H Equine Field Day at UCD
October 24, 2010
Mark your calendars!!! The State 4-H Equine Field Day at UC Davis on Saturday, October 24, 2010 has just been confirmed! There will be speakers from UCD and surrounding areas. Early registration will be due Friday, October 16th. More information will be available soon on the web site at http://ca4h.org/projresource/horse/.

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.
4-H Hat Etiquette
What you may put on your cap

Left Side
• Place the Bronze, Silver, Gold, or All-Star 2" from the front. Only the current Star Rank held may be worn.

• Place the Junior or Teen Leader emblem behind the star. This is worn only while the member is serving as a Junior or Teen Leader.

• Fasten the All-Star pin to the center of the All-Star emblem.

Right Side
• Place a year pin and stripe for each completed 4-H year behind the 4-H emblem, with the first year next to the 4-H Clover.

• Junior members wear a white stripe on a green background. Senior members wear a green stripe on a white background. Junior Leaders use a gold stripe on a green background and Teen Leaders use a gold stripe on a white background.

• Medals received in the California Incentives and Awards Program may be worn on either side of the cap. No other pins or ribbons are to be worn on the cap at any time. The 4-H cap should reflect the dignity of the 4-H Youth Development Program and not be cheapened by fastening to it every emblem, award, and ribbon won by the member. Some items not to be worn on the hat include buttons, fair medals, or all three stars at the same time.

Which, When, and Where?
• Wearing a 4-H cap is not a requirement for membership. If a member chooses to wear a cap the following guidelines should be observed.

Green or White?
• Junior members wear the green cap. A junior member is anyone in the 8th grade or below. Senior members wear the white cap. A senior member is anyone in 9th grade and above.

When to Wear?
• Girls may wear the 4-H cap anywhere girls usually wear hats -- 4-H meetings, events, public gatherings and in church.

• Boys do not wear the cap in church, at meals or at memorial services, indoors or outdoors, unless they are serving as color guards. Boys serving as color guards wear their caps until the flags are placed and they are seated. When saluting the American flag, remove your cap and hold in your right hand, over your heart.

Where to Get?
• Obtain 4-H caps from the local club leader who purchases them from Leslie Carman. The manufacturer sews the 4-H emblem on the right side of the cap. For information on obtaining a cap, scarf, or tie locally, contact the Extension Office at 661-868-6233.
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

Start thinking about your Emerald Star Project

Junior Grand National Stock Show Information

The 2010 Junior Grand National Stock Show will be held April 7 – 11 at the Cow Palace in San Francisco. Once again Merit Awards from $150 - $750 will be offered for various livestock species applicants. To find out more, visit the following website: www.cowpalace.com. Award application packets are due Friday, October 9th.

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

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 Kimberlee Claffy at 661-868-6233