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

### JULY 2011

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Organizer</th>
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| 1-4  | Kern County 4-H Leader Council  
4-H Fireworks Booth - Volunteers Needed! | Teresa Andrews  
661-979-1003 |
| 4    | UCCE office closed in honor of Independence Day | |
| 13-18| California State Fair, Sacramento | |
| 19   | *Budget/Calendar Planning Meeting, 6:00 p.m. | Teresa Andrews  
661-979-1003 |
| 20   | **DUE:** Record Books for County Judging | Veronica Slaton  
661-868-6235 |
| 23   | *County Record Book Judging, 9:00 a.m. | Veronica Slaton  
661-868-6235 |
| 25   | *Horse Leader Meeting, 6:30 p.m. | Harold Tolbert  
661-205-1975 |
| 26   | *Poultry Leader Meeting, 6:00 p.m. | Orville Andrews  
661-201-0708 |
| 26   | *Leader Council Meeting, 7:00 p.m. | Teresa Andrews  
661-979-1003 |
| 27   | **DUE:** Goat Progress Show Entries | Paul Hudson  
661-979-0755 |
| 30   | Horse Show, 8 a.m., Tehachapi | Harold Tolbert  
661-205-1975 |
| 31   | *Rabbit Showmanship, 7:00 p.m. | Jana Goens  
661-588-2094 |

### AUGUST 2011

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| 3    | *Rabbit Showmanship, 7:00 p.m. | Jana Goens  
661-588-2094 |
| 9    | *Community Club Leader Workshop, 7:00 p.m. | John Borba  
661-868-6216 |
| 9    | **DUE:** Records Books due for the Kern County Fair  
**DUE:** Re-enrollment and Enrollment Fees for Fair Exhibitors | Veronica Slaton  
661-868-6235 |
| 12   | Achievement Program, 7:00 p.m. | Teresa Andrews  
661-979-1003 |
| 17   | *Rabbit Showmanship, 7:00 p.m. | Jana Goens  
661-588-2094 |
| 18   | *Community Club Leader Meeting, 3:00 p.m. | John Borba  
661-868-6216 |
| 20   | Horse Show, 7:30 a.m., Parker’s Arena | Harold Tolbert  
661-205-1975 |
| 22   | *Horse Leader Meeting, 6:30 p.m. | Harold Tolbert  
661-205-1975 |
| 23   | *Community Club Leader Meeting, 6:00 p.m. | John Borba  
661-868-6216 |
| 23   | *Leader Council Meeting, 7:00 p.m. | Teresa Andrews  
661-979-1003 |
| 24   | *Rabbit Showmanship, 7:00 p.m. | Jana Goens  
661-588-2094 |
| 31   | *Rabbit Showmanship, 7:00 p.m. | Jana Goens  
661-588-2094 |

*Meeting is at the UC Extension Office, 1031 S. Mt. Vernon Avenue, Bakersfield, CA*
4-H POLICY AT A GLANCE

The University of California Cooperative Extension 4-H Youth Development Program Policy Handbook contains all the rules and guidelines that administer the 4-H program. The handbook uses the term "unit" instead of club. The handbook can be accessed online at: http://www.ca4h.org/Administration/Policies/. An item from the handbook will occasionally be included in the 4-H newsletter to keep members, leaders, and parents informed of current policies. The policy item will be posted first as a question for you to test your knowledge. The correct answer and where it is located in the policy manual will then be included.

Question: How many times can a member transfer projects between FFA/Grange/4-H in a calendar year?

Answer: 4-H members may transfer a project from or to 4-H from another organization once in a calendar year.

A. 4-H Project Transfers:
4-H, FFA and Grange members may transfer projects between organizations once in a calendar year. Transfers must take place not less than sixty (60) days (or the number of days required for the ownership and supervision of respective species - whichever is greater), prior to the exhibit or award recognition of the project. Transfers between organizations should be documented using the Livestock Project Transfer Form.

This information was taken from Chapter 7: Experiential Learning, Section V. Fairs, Expositions, and Other Sponsored Shows. F. 4-H Project Transfers
FACEBOOK CONTESTS!
If you aren’t a friend of Kern County 4-H on Facebook yet…you need to be! This is one of the quickest ways of getting info out! To sweeten the deal we have some contests for you to be a part of!

Trivia Thursdays – Every Thursday we will ask a question and the first person to get it right will have their name entered in a monthly drawing for some fun 4-H gear!

Friend Referrals! – We are just over 60 fans on our page…but we need more! The more fans, the more people connected with KC 4-H! We are having a contest for the most referrals! Just refer 4-H friends and family (maybe even those interested in 4-H too!) to our page. Have them ‘like’ it, and then post your name as their referral on our wall! We will keep track of the rest! The winner will score some pretty cool 4-H loot!!! So start spreading the word!

Contest ends July 31st, and remember…they must post your name on our wall for you to get credit!

FIND US ON FACEBOOK:
Kern County 4-H
And now we’re on Twitter too!
@KernCounty4H

4-H MEMBERS EXHIBITING AT THE FAIR
The 4-H program year runs from July 1st to June 30th each year. When the Kern County Fair takes place, it is already almost three months into a new program year; it is not the conclusion of the previous year. Those who exhibit at the Kern County Fair need to be enrolled in the 4-H online system to be covered by insurance. The following three items need to take place for those wishing to exhibit at the 2011 Kern County Fair:

1) Record books for each 4-H member exhibiting at the fair are due at the Extension Office by Tuesday, August 9, 2011. Cloverbuds are exempt from this rule.
2) 4-H members must re-enroll online or have a completed paper enrollment turned in to the Extension Office by August 9, 2011.
3) Enrollment fees for 4-H members exhibiting at the fair must be turned in to the Extension Office by August 9, 2011.

Those members who have complied with all of these requirements will have their names submitted to the Kern County Fair Office as cleared to exhibit.

“MY PLATE” DIETARY GUIDELINES REPLACE FOOD PYRAMID
The 2010 Dietary Guidelines for Americans, launched in January of this year, form the basis of the federal government’s nutrition education programs, federal nutrition assistance programs, and dietary advice provided by health and nutrition professionals. The Guidelines messages include:

Balance Calories
• Enjoy your food, but eat less.
• Avoid oversized portions.

Foods to Increase
• Make half your plate fruits and vegetables.
• Switch to fat-free or low-fat (1%) milk.
• Make at least half your grains whole grains

Foods to Reduce
• Compare sodium (salt) in foods like soup, bread, and frozen meals, and choose foods with lower numbers.
• Drink water instead of sugary drinks.

STATE LEADERSHIP CONFERENCE
UNIVERSITY OF CALIFORNIA, DAVIS
JULY 28-31, 2011
The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. The conference provides advanced leadership training and is an opportunity for 4-H members to network and share ideas with other 4-Hers from across the state. The conference focuses on providing high school youth with experiential education on leadership development, civic engagement, college admissions and other 4-H project areas
Participants: California high-school-aged 4-H members (14-19 years old). More information is available at:
http://www.ca4h.org/Programs/Conferences/SLC/SLCInfo/
REGISTRATION NOW OPEN!
http://www.ca4h.org/files/84618.pdf
Please register via paper and turn into Veronica!
PLEASE DO NOT USE THE ONLINE REGISTRATION!
For more information or questions please contact Veronica Slaton at 868-6235

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4-H AIR RIFLE MATCH HIGHLIGHTS
The 4-H Air Rifle Match was held April 29th at the Community Family Center at their air gun range. The participants fired the 3-position course of prone, kneeling, standing at a distance of 33 feet. At the conclusion of the match the participants and their guest had a pizza party/ice cream social. The results of the match are:

JUNIOR DIVISION—9 & 10 years of age
1st Everett Hamilton, Bear Valley
2nd Caleb Freeman, Southwest
3rd Katelyn Diniz, Southwest

INTERMEDIATE DIVISION—11 to 13 years of age
1st Kyle Richardson, Community Family Center
2nd Sean Dearmore, Golden Empire
3rd Garrett Hawks, Rio Del Norte

SENIOR DIVISION—14 & up
1st Andy Hudson, Southwest
2nd Zack Blanton, Sierra Mountaineers
3rd Justin Andrews, Southwest

STATE LEADERS’ FORUM 2011
The Annual State Leader’s Forum is on-line and ready to go! Mark your calendars for Nov 11, 12, 13, 2011 and come to beautiful Pacific Grove to share in the learning and fun of volunteer leaders.

4-H: The Magic of Transformation. You have the opportunity to share new ideas, discuss current issues, connect with leaders across the state and most importantly, transform yourself and your program from ordinary to extraordinary.

Registration forms are online at www.Ca4h.org. Follow the tabs from Programs to Conferences to State Leader’s forum. You can also follow us on Facebook www.facebook.com/4HSLF.

There is an early bird discount so register now! Because we are beginning this conference on a very auspicious day (11-11-11) in a very auspicious place (Asilomar State Park by the sea) expect some especially wonderful events!

Can’t wait to see you there! For more information: Tacy Currey-Registrar: tacy@curreyranch.com or Vicky Bosworth-Chair: vgboz@comcast.net

SHARE YOUR VOICE:
4-H HEALTHY LIVING NEEDS ASSESSMENT
If you could improve the health in your 4-H club, where would YOU start? The 4-H Healthy Living Initiative Advisory Committee wants to hear about what is currently taking place within your county and club programming, and how the healthy living components and practices of California 4-H can be strengthened. To put it simply, we want to know how we can BEST provide the desired programs, resources, and activities that will benefit your 4-H community. Represent Kern County and have your voice heard:
http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=5768

TRAINING FOR 4-H LEADERSHIP PROJECT LEADERS ON THE WAY!
In the coming months, 4-H Thrive Master Trainers will be working to organize trainings for Project Leaders in your county. Look for training for adult volunteers who will be leading Leadership Projects starting in fall 2011 as part of the first phase of the 4-H Thrive rollout. Don’t currently have a Leadership Project in your club or county? The team of Master Trainers from your area will be working with State 4-H Office staff to help plan flexible options for setting up and training new Leadership Project Leaders. Keep an eye out for further details from your county Master Trainer team.
Dear 4-H Community:

Citizenship Washington Focus (CWF) is a week-long, 4-H citizenship and leadership program for youth ages 14-19. Thousands of young people from across America stay at the National 4-H Youth Conference Center, near Washington, D.C., every summer to participate in the program, which provides opportunities for young people to:

- Strengthen their communication, leadership, and citizenship skills on a national level.
- Understand the importance of civic and social responsibilities as they relate to the development of better citizens and leaders.
- Exchange ideas, practice respect, and form friendships with other 4-Hers from across the country with diverse backgrounds.
- Experience hands-on learning using the historical classroom of our nation’s Capital city, Washington, D.C.

Registration for CWF 2012 is now open! This is a once in a lifetime experience that allows your young people to see the world from a new perspective. Don’t let your 4-Hers miss out on this national citizenship and leadership opportunity. All you need to do is gather a group of 5 or more participants (including both youth and chaperones), visit the Citizenship Washington Focus website and click on the “Register” tab to follow the registration steps.

This summer, we have over 1,600 young people participating in the CWF program. Visit the CWF website to learn more about the CWF program. You can view videos and read testimonials under the “Experience CWF” tab or take a look at the CWF schedule under the “Register” tab.

For more information about the program or how to register your group to participate, please don’t hesitate to contact Molly Young, Director of Youth Opportunities, with questions. We look forward to hosting you and your young people to our Nation’s Capitol of Washington, D.C. during the summer of 2012!

2011 STATE FIELD DAY REVIEW
Submitted by Eryn McKinney, Magunden 4-H

State Field Day was exciting for everyone! It was an honor to get that far and to compete at the state level. There were lots of things to participate in and lots to see, too.

The day started off with many, many presentations. After that, it was lunch and game time. A few things to have seen or participated in were the horticulture and judging contests, rocket launching, and bug science! After a while of that, it was finally time for the Fashion Revue and then the awards. By this time though, it was pouring rain, and they unfortunately had to cancel the award ceremony. Nevertheless, the girls and boys in the Revue did awesomely! I hope everyone had fun and congratulations to all!!
KERN COUNTY 4-H MARKET GOAT PROGRESS SHOW
Kern County Fairgrounds
July 30, 2011

ENTRY DEADLINE: July 27, 2011 (no postmarks)
PRE-ENTRY FEE: $5.00 per goat
WEIGH-IN: 8:00 a.m. - 8:30 a.m. AT THE GOAT SHOW RING
SHOW STARTS: 9:00 a.m. with Showmanship

Show open to current Kern County 4-H Market Goat members. 4-H members can enter two goats with no more than 1/4-inch hair. No bedding will be furnished, but you can bring your own if you prefer. The member is responsible for cleaning the pen before leaving the fairgrounds that day. Uniforms ARE RECOMMENDED. NO REFUNDS OR SUBSTITUTIONS. ADDITIONAL ENTRY FORMS MAY BE DUPLICATED, FOUND ONLINE, OR AT THE 4-H OFFICE.

DIVISION A: SHOWMANSHIP (enter by grade you will be in this September)
CLASS 1: 9th grade & above
CLASS 2: 4th - 8th grade
CLASS 3: 1st time showing a market goat anywhere. NO CLOVERBUD MEMBERS

Special awards will be awarded in each showmanship class.

DIVISION B: GOAT CLASS (ALL)
CLASS 1: (This will be broken up into groups the day of the show)

This show is a learning experience and is planned to help the member to prepare their goat for the market class at the Kern County Fair.

For questions or more information, call Paul Hudson at 661-979-0755.

DELIVER OR MAIL ENTRIES BY JULY 27 TO: Kern County Extension Office
1031 S. Mt. Vernon Avenue
Bakersfield, California 93307-2851

4-H MARKET GOAT PROGRESS SHOW ENTRY
ONE FORM PER MEMBER, PLEASE PRINT CLEARLY

Name_________________________ Club_________________________ Phone_________________________
Address_________________________ Birth Date_________________________
Grade you will be this September________

<table>
<thead>
<tr>
<th>Division</th>
<th>Class</th>
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<tbody>
<tr>
<td>A</td>
<td></td>
</tr>
<tr>
<td>B - # of Goats</td>
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MAKE CHECKS PAYABLE TO: KERN COUNTY 4-H COUNCIL (NO CASH ACCEPTED)

TOTAL FEE ENCLOSED WITH ENTRY FORM: ($5.00 per goat) $__________

I do hereby enter the above animal at my own risk and subject to all rules of the show. I further agree the Kern County 4-H Clubs, Kern County Fair, club members and all other persons, shall not be held liable or responsible for any injury or accident to exhibitor, animal, property or equipment owned by me as a result of participating in this show. Entrants are responsible for cleaning up all areas and debris left behind.

_________________________ Signature of Member
_________________________ Signature of Parent
_________________________ Signature of Goat Leader