### April 2016

<table>
<thead>
<tr>
<th>*1</th>
<th>Leader’s Council Scholarship Application DUE!</th>
<th>John Borba 661-868-6216</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Presentation Day, Medal Testing 9 a.m. General Shafter School, 1825 Shafter Rd., Bakersfield</td>
<td>Harold Bulford 661-393-6123</td>
</tr>
<tr>
<td>9</td>
<td>Horse Show</td>
<td>Sarah Johnson 661-805-7193</td>
</tr>
<tr>
<td>*25</td>
<td>Horse Leader Meeting – 6:30 p.m.</td>
<td>Sarah Johnson 661-805-7193</td>
</tr>
<tr>
<td>*26</td>
<td>Leader’s Council 7 p.m.</td>
<td>Jeanne Walford 661-831-1639</td>
</tr>
<tr>
<td>29</td>
<td>Air Rifle March</td>
<td>John Carter 661-873-1078</td>
</tr>
<tr>
<td>30</td>
<td>Sectional Presentation Day Fresno County</td>
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</tr>
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</table>

### May 2016

<table>
<thead>
<tr>
<th>*2</th>
<th>All-Star Applications DUE!</th>
<th>John Borba 661-868-6216</th>
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<tr>
<td>7</td>
<td>Swine Field Day</td>
<td>Debbie Zittel 661-588-1485</td>
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<tr>
<td>8</td>
<td>Mother’s Day</td>
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<tr>
<td>*10</td>
<td>Project Medal Testing - 6 p.m.</td>
<td>John Borba 661-868-6216</td>
</tr>
<tr>
<td>14</td>
<td>Horse Show</td>
<td>Sarah Johnson 661-805-7193</td>
</tr>
<tr>
<td>*16</td>
<td>FINAL Record Book Workshop - 7 p.m.</td>
<td>Veronica Slaton 661-868-6235</td>
</tr>
<tr>
<td>23</td>
<td>Virtual Record Book - 6 p.m.</td>
<td>Veronica Slaton 661-868-6235</td>
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<tr>
<td>*23</td>
<td>Horse Leader Meeting - 6:30 p.m.</td>
<td>Sarah Johnson 661-805-7193</td>
</tr>
<tr>
<td>*24</td>
<td>State 4-H Field Day Info Night - 6 p.m.</td>
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</tr>
<tr>
<td>*24</td>
<td>Leader’s Council - 7 p.m.</td>
<td>Jeanne Walford 661-831-1639</td>
</tr>
<tr>
<td>28</td>
<td>State 4-H Field Day</td>
<td></td>
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<tr>
<td>30</td>
<td>Holiday-Memorial Day /UCCE Office Closed</td>
<td></td>
</tr>
</tbody>
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It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at [http://ucanr.edu/sites/anrstaff/files/215244.pdf](http://ucanr.edu/sites/anrstaff/files/215244.pdf). Inquiries regarding ANR’s nondiscrimination policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1318.
Raise Money For Your Club!!!

Leader’s Council is allowing clubs to check out 4-H cookbooks to sell and keep a portion of the profits!

1.) Your club sells them for $7.50 each!

2.) You give council back $5 from each cookbook sale!

3.) This means you get a $2.50 profit from each cookbook for your club!

We have a limited supply of cookbooks, so it will be a first come first serve basis. Cookbooks will be checked out in increments of 10. Pick cookbooks up anytime during normal office hours (Monday-Friday from 8-5 p.m.) at the 4-H Office! (1031 S. Mount Vernon Ave. - 93307)

Any unsold cookbooks need to be returned to the 4-H Office.

The 4-H Cookbooks make FANTASTIC gifts as well! They are a very nice 3 ring binder style and include a cookbook stand. in the back of the book! Packed full of 100’s of DELICIOUS recipes from several generations of 4-H families!
### 4-H State Calendar of Events

**March**
- 3/31: 4-H Management Board Director Apps. Due

**APRIL**
- 4/1: State Leader’s Forum Registration Opens
- 4/1: CA 4-H Association Retreat Registration Due
- 4/1-3: California Camping Conference
- 4/9-16: 2016 National 4-H Conference
- 4/15-17: Global Youth Service Day
- 4/15: National 4-H Hall of Fame MC & Entertainment Nominations Deadline
- 4/20-22: 4-H Grows Here Professional Conference
- 4/23-24: Shooting Sports Rifle Certification

**MAY**
- 5/10-12: Navigating Difference Conference
- 5/4-6: CA 4-HAssociation Retreat
- 5/25: South Section Field Day and Fashion Revue
- 5/28: State Field Day at UC Davis

**JUNE**
- 6/1: Scholarships for Higher Education App. Deadline
- 6/17-21: California Focus

**JULY**
- 7/10-16: Washington Focus Heritage Trail
- 7/10-19: Washington Focus Global Journey
- 7/11-15: 2016 Leadership Washington Focus
- 7/28-31: State Leadership Conference

**August**
- 8/3-7: California State 4-H Classic

**OCTOBER**

**NOVEMBER**
- 11/4-6: Mindfulness Retreat
- 11/11-13: State Leaders’ Forum

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**State Fashion Revue (SFR) 2016, “Hoe Down, Sew Down,” is Saturday, May 28, 2016 during State Field Day at UC Davis. SFR service projects are Port Pillows for cancer patients, and Reusable Tote Bags to be distributed to communities. You can read more about these projects on our website, using the link below, which also includes patterns and instructions for these items. Members qualify in their home counties to enter SFR in five categories: Traditional, Consumer Science Purchased $40 limit, Upcycled, and the 2016 challenges which are the Western Challenge and the Muslin Challenge. Please review the category rules and general SFR policies on the website at [http://4h.ucanr.edu/4-H_Events/SFD/SFR/](http://4h.ucanr.edu/4-H_Events/SFD/SFR/). If you have questions, contact Sue Moore, SFR Registrar, at [smoore@lmode.com](mailto:smoore@lmode.com).**
Indoor 3-Position Air Rifle Match

& Pizza Social

Friday, April 29, 2016 – 6:00 p.m.

at the Community Family Fellowship Church

3510 L Street, Bakersfield

For more information or to make reservations for your shooter(s), contact John Carter at (661-873-1078).

This invitational air rifle match is for Kern County 4-H members only. There will be awards for 1st, 2nd, and 3rd place shooters. Age divisions are: Beginner (ages 9 & 10); Intermediate (ages 11 – 13); Senior (ages 14 up).

RULES:

Course – course fired will be the NRA Junior 3-Position Air Rifle course.

Eligibility – any 4-H member enrolled in the shooting sports project.

Equipment – any type of pneumatic, compressed air, or CO2 rifle which shoots a .177 caliber pellet.

Targets – AR 5/10, one shot fired at each record bulls-eye.

Sights – metallic only, open or aperture. No scopes allowed.

Distance – all targets will be placed at a distance of 10 meters (approximately 33 feet) from the firing line.

Positions – prone, kneeling, standing, 10 rounds fired in each position.

ADDITIONAL INFORMATION ABOUT THE MATCH:

Practice shooting will be allowed from 5:30 p.m. to 6:00 p.m.

Check in will begin promptly about at 6:00 p.m. followed by orientation and an explanation of the rules.

Shooters must bring their own eye protection.

Shooting mats will be provided.

Adults may help members during practice. Once the match begins, all non-shooters must leave the range area.

Shooters may use a spotting scope or binoculars.

Rifles are available for loan. You must make pre-arrangements for this prior to the match.

We would like to make this a fun and sociable event by hosting a pizza feed after the match. We would like the support of you and your shooters by helping provide a large pizza or soft drinks.
4-H Shooting Sports Workshop
Shotgun Discipline
Bakersfield, CA

Saturday, April 16, 2016 – 8:00 a.m. – 6:00 p.m.
Sunday, April 17, 2016 – 8:00 a.m. – 4:00 p.m.

A 4-H shooting sports workshop for the Shotgun discipline will be held at Kern County Gun club, 12450 Shotgun Road Bakersfield CA 93311. Camping is available next door at Lake Buena Vista, Full hook up $36- $40, Dry camp $28-$34 Veterans $15. Seniors $2 call 661-868-7000 or http://www.co.kern.ca.us/parks/buena-vista.asp to setup. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a shotgun trainer and can lead a shotgun project at the club level or serve as county trainer to certify other leaders. The cost for the course is $20 and covers your range fees and materials, shotguns are available at the range for no fee. To register for the course or receive more information, contact Nick Holman 661-205-8613 or at mailto:NHolman@bak.rr.com

Shooting Sports Project Leader Course

What: Rifle Discipline
Where: Pajaro Valley Rod & Gun Club, 557 ½ Lakeview Rd. Watsonville, CA
When: Saturday, April 23, 2016 - 9:00 a.m. – 5:00 p.m.
       Sunday, April 24, 2016 – 9:00 a.m. – 4:00 p.m.

Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. Teen leaders are invited but must attend with an adult.

Lunch: will be provided both days for $6.00 each day. If you have special food needs please contact the instructor. Lunch is typically a BBQ’d Burger and fixings one day, and a Sandwich bar (make your own) and fixings the second day.

Upon successful completion of this course, 4-H leaders will be certified to lead a project in the shooting sports discipline of Rifle.

To register for the class contact:
Randy Turnquist at randy@randyt.com or 831-566-2590

For directions to the class site, visit www.pajarovalleyrodandgun.org
NEW!! Llama Project

Llama project meetings will be held once a month on Sunday’s @ 5 pm. Activities will include grooming: brushing, feet and teeth care, how to halter and lead, walking, anatomy, walks to the park, local stores and more. Please email Naomie Soto Project Leader @ naomies28@gmail.com or call 661-302-0990 for location, address & dates.

Photos from the 4-H Llama Project at Farm Day in the City at the Kern County Fairgrounds
PURPLE UP!
For Military Kids

Celebrate
Month of the Military Child
by wearing purple on
April 15, 2016
as a visible way to show
your support and thank military
children for their strength and
sacrifices.

Send your photos
to the
4-H Military Partnership
Program
Jeanne Christenson
jpchristenson@ucanr.edu

University of California
Agriculture and Natural Resources 4-H Youth Development Program
ALPACA PROJECT SHEARING EVENT

Alpaca shearing will be on April 30th all day (8am – 4pm), at the Thompson Ranch N Kennels at 8832 Kernita Road, Bakersfield, located off of Highway 58 and Weedpatch Highway. There may be a veterinarian there and shearers. Everyone is welcome, and if you are interested in the project and need a project animal, please speak with Donna Thompson for assistance. Donna can be contacted at 661-303-8825 or email: donnalegalp@aol.com. Hope to see you there!

Spring Paper Clover at Tractor Supply Company

Tractor Supply Company in Bakersfield and Tehachapi will once again host the Paper Clover fundraiser to help support 4-H. The dates will be April 13 – 24. In the past, clubs have hosted information booths or displayed project work at the stores to promote 4-H. If your club would like to help, please contact the store nearest you.
Veronica on LEAVE!
Hey everyone! I will be having surgery this month and will be out on medical leave for 8 weeks, barring any complications. I will be out of the office during the following dates:

Returning: May 16th
Thank you!
Veronica
2016 Equine Planning Team

Are you interested in serving on the 2016 Equine Planning Team? The Equine Planning Team is responsible for planning, conducting, and over-seeing both the Equine Field Day and the California 4-H Horse Classic. 4-H Members, Adult Volunteers and 4-H Staff are encouraged to apply at http://ucanr.edu/survey/survey.cfm?surveynumber=16296! For more information visit http://4h.ucanr.edu/4-H_Events/Horse_Classic/ or contact Alyssa Sankey, State 4-H Program Representative for Animal Science, ajsankey@ucanr.edu.

New Healthy Living Officer Training!

The Healthy Living Officer serves as the 4-H club’s ambassador for health! By choosing to elect a Healthy Living officer your club is taking an active role in promoting healthy lifestyles. The Healthy Living Officer will be the leadership for all health activities including: Providing ideas on how to incorporate physical activities and healthy eating into each club meeting, writing Healthy Living articles for the club newsletter, and adopting and promoting a club Wellness Plan. Please help ensure that the health “H” of 4-H is at the forefront of all our meetings, consider electing a Healthy Living Officer for your club!

The Healthy Living Officer Training can be found at: http://4h.ucanr.edu/Projects/HealthyLiving/Become_a_Healthy_Living_Officer/

4-H Healthy Living Event Checklist/Assessment

Are you planning a 4-H Event or Club meeting? By utilizing the 4-H Healthy Living Event Assessment/Checklist you can ensure that your events are supporting 4-Hers in forming lasting relationships, dealing with stress and their emotions, making healthful dietary choices, engaging in physical activity to promote optimal growth of minds and bodies, and avoiding unnecessary risks. Download and review the 4-H Healthy Event Assessment/Checklist for your next 4-H Event or Club meeting at http://4h.ucanr.edu/4-H.Events/

The Animal Science Symposium is scheduled for May 23-25, 2016 and will take place at the UC Davis, School of Veterinary Medicine. The symposium is a train-the-trainer professional development approach for 4-H staff, key 4-H volunteers, and FFA supervisors/teachers on important topics and skills related to animal welfare and animal health. The event will provide foundational training on the new Animal Welfare Proficiencies. The symposium is not open to 4-H youth members, but a career fair will take place during the evening of May 23rd. 4-H youth are invited to attend to learn about potential careers in the animal science and agricultural industries. Registration for this event will open in February, 2016. For more information visit: http://4h.ucanr.edu/4-H_Events/Symposium/.

California 4-H Horse Classic

Register your show at http://4h.ucanr.edu/4-H_Events/Horse_Classic/Equine_Qualifier_4-H_Events/ for it to be considered a qualifying show for the 2016 California 4-H Horse Classic. Please submit show results on the Classic Qualifying Show Results Sheet, which can be found at: http://4h.ucanr.edu/files/162863.xlsx.

Looking for a qualifying Horse Show for the 2016 California 4-H Horse Classic? Visit http://4h.ucanr.edu/4-H_Events/Horse_Classic/Equine_Qualifier_4-H_Events/. 
Mindfulness Retreat—New Dates! November 4-6, 2016
Camp Ocean Pines, Cambria, CA

Teens ages 13-19 and adults are welcome to spend the weekend at beautiful Camp Campbell developing their health and well-being. Teens will not only increase their personal skills in leading a healthy lifestyle, but will also gain skills needed to be a health advocate in their communities. For more information visit [http://4h.ucanr.edu/Projects/HealthyLiving/Mindfulness/](http://4h.ucanr.edu/Projects/HealthyLiving/Mindfulness/) or contact Anne Iaccopucci at amiaccopucci@ucanr.edu or Jenna Colburn at jcolburn@ucanr.edu.

Citizenship

Planning a Service Learning Project in your community? Use the Service Learning toolkit to help you plan your project. [http://4h.ucanr.edu/Projects/Citizenship/service_learning/Toolkit/](http://4h.ucanr.edu/Projects/Citizenship/service_learning/Toolkit/)

NEW! Gift Certificate Program
For more information, please follow the link. [http://4h.ucanr.edu/4-H_Events/Gift_Certificate_Program/](http://4h.ucanr.edu/4-H_Events/Gift_Certificate_Program/)

Washington Focus Chaperones Wanted!
Do you have a passion for growing citizenship and leadership skills in 4-H members and want to facilitate their memory-making experiences? Applications are now being accepted for chaperone positions as part of the California delegations that will attend the National Citizenship and Leadership Washington Focus Trips in the summer of 2016.

[http://4h.ucanr.edu/4-h_events/wf/washington_focus_chaperone_information/](http://4h.ucanr.edu/4-h_events/wf/washington_focus_chaperone_information/) to find out more.
Registration for all of these events are coordinated through the CA State 4-H Office.

Positive Youth Development

The Record Book Manual
Adult Partner’s Guide is now available on the website at: [http://4h.ucanr.edu/Resources/Members/RecordBook/R8Resources/](http://4h.ucanr.edu/Resources/Members/RecordBook/R8Resources/). We will be hosting some webinars for members and adults that help them navigate the new book. More information to come.
Positive Youth Development

New Presentation Manual

The NEW Presentation Manual is here! The 4-H Presentation Manual (2015) is the consistent and standard guide for all 4-H presentations and will be adopted by all County, Sectional/Regional, and State 4-H Presentation Days. To view the new manual visit: http://4h.ucanr.edu/files/220608.pdf If you have any questions regarding the new manual please contact Alyssa Sankey, State 4-H Program Representative, at ajsankey@ucanr.edu

Special Recognition Opportunities at State 4-H Presentation Day

California 4-H offers thematic recognition pins for youth who participate at State 4-H Presentation Day and focus their presentations on one of the four focus areas. For the focus areas visit: http://4h.ucanr.edu/4-H_Events/SFD/PD/.

Impromptu Speech Topics for State 4-H Presentation Day

4-H Thrive 2015-2016 Master Trainer & Project Leader Information

Interested in bringing a fun and engaging educational experience to 4-H members in your county? 4-H Thrive offers age-appropriate curriculum for members at each level of their 4-H experience. For more information on 4-H Thrive Educational Materials and online resources follow this link http://4h.ucanr.edu/About/Framework/PYD/Thrive/ and then click on the link for how to get involved during the 2015-2016 program year. We will be continuing to develop our online resources over the course of this year.

4-H Online Record Book Updates

The 4-H Online Record Book (ORB) continues to grow in popularity among 4-H members (check out the ORB Satisfaction Survey Results) and we are continuing to grow and expand the features in the system. If you have questions regarding how to use ORB, an idea to improve the system or are experiencing a glitch, please use the ORB Request form to share with the ORB Support Team.

Have a group of people interested in learning how to use the ORB system? You can bring in the ORB Internet Café Training to your county. These 3 hour trainings have been a popular way to get people excited about ORB and on the path to successful online record book keeping. For more information about how you can bring this workshop to your county, click here.
November 2015 Medal Testing Results!

**Dairy Goat Silver**
Hope Lindley – Glennville
Christine Lindley – Glennville

**Market Goat Silver**
Christine Lindley – Glennville

**Market Goat Bronze**
Cameron Long – West
Bakersfield
Taylor Williams -West
Bakersfield
Calin Hertzog – 4 Aces
Gabriella Camou – 4 Aces
Caitlyn Long – West Bakersfield

**Leathercraft Bronze**
Rylen Johnson – Rio Del Norte

**Beef Bronze**
Chas McPheeters – 4 Aces
Sidney Woessner – Stockdale West
Paisley Kaiser – Champion
Sidney Porterfield – Champion

**Rabbit Bronze**
Hudson Adamson – Southwest

**Rabbit Gold**
Theo Strawter – Kern Valley
COUNTY MEDAL TEST RESULTS 2/20/16
“PASSED”

Alexia Wilsted  Stallion Springs  Swine Bronze
Alexia Wilsted  Stallion Springs  Poultry Bronze
Alexia Wilsted  Stallion Springs  Cavy Bronze
Alexia Wilsted  Stallion Springs  Rabbit Bronze
Annica Bennette  Stallion Springs  Poultry Gold
Annica Bennette  Stallion Springs  Music Bronze
Annica Bennette  Stallion Springs  Dairy Goat Bronze
Gnaeta Mathiasen  Greater Tehachapi  Pygmy Goat Bronze
Moria Loyd  Stallion Springs  Rabbit Bronze
Moria Loyd  Stallion Springs  Poultry Gold
Naomi Kilian  Stallion Springs  Poultry Bronze
Olivia Loyd  Stallion Springs  Poultry Bronze
Olivia Loyd  Stallion Springs  Rabbit Bronze
<table>
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<tr>
<th>Category</th>
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<tr>
<td>Cavy - Bronze</td>
<td>Cassie Smith - Four Seasons</td>
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<tr>
<td></td>
<td>Abigail Freeman - Southwest</td>
</tr>
<tr>
<td></td>
<td>Katelyn Diniz - Southwest</td>
</tr>
<tr>
<td></td>
<td><strong>Clothing &amp; Textiles - Bronze</strong></td>
</tr>
<tr>
<td></td>
<td>Anastasya Bryant - Northwest</td>
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<tr>
<td>Computers - Bronze</td>
<td>Katelyn Diniz - Southwest</td>
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<td></td>
<td>Brad Hudson - Southwest</td>
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<td>Alexis Diniz - Southwest</td>
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<td></td>
<td><strong>Dairy Goat - Silver</strong></td>
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<td></td>
<td>Hope Lindley - Glennville</td>
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<td></td>
<td>Christine Lindley - Glennville</td>
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<tr>
<td>Dog Care - Bronze</td>
<td>Kerstyn Barton - Northwest</td>
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<td><strong>Leathercraft - Bronze</strong></td>
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<td></td>
<td>Garrett Hawks - Rio Del Norte</td>
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<td>Joslyn Camp - Rio Del Norte</td>
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<td>Celeste Rickett - Rio Del Norte</td>
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<td>Cole Camp - Rio Del Norte</td>
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<td>Kala Hill - Rio Del Norte</td>
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<td>Market Goat - Bronze</td>
<td>Anastasya Bryant - Northwest 4H</td>
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<tr>
<td>Market Goat - Silver</td>
<td>Hope Lindley - Glennville 4H</td>
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<td></td>
<td>Christine Lindley - Glennville 4H</td>
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<td>Poultry - Bronze</td>
<td>Elida Torres - Midway 4H</td>
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<td>Pygmy Goats - Bronze</td>
<td>Zolee Hillberg - Northwest</td>
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<td>Areyke Bryant - Northwest</td>
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<td></td>
<td>Anastasya Bryant - Northwest</td>
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<td>Rabbit - Bronze</td>
<td>Mason Bullard - Midway</td>
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<td></td>
<td>Abigail Freeman - Southwest</td>
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<td></td>
<td>Charlize Diniz - Southwest</td>
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<td></td>
<td>Elyjah Madera - Champion</td>
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<td></td>
<td>Elida Torres - Midway 4H</td>
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<td></td>
<td>Alexis Diniz - Southwest</td>
</tr>
<tr>
<td>Sheep - Bronze</td>
<td>Aleah Adame - Kern Creative Minds</td>
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<tr>
<td></td>
<td>Weldon Colbert - Southwest</td>
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<tr>
<td>Sheep - Gold</td>
<td>Marci Padilla - Kern Creative Minds</td>
</tr>
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</table>
**New Leader Orientation NOW ONLINE!!!**

Drum roll please.......our New Leader Orientation page is now UP AND RUNNING ONLINE! Any in person Orientations scheduled are now canceled, as it can now be accessed ONLINE anytime!

Please visit our County 4-H website at:
http://cekern.ucanr.edu/Youth_Development/
and look for the "Becoming a New 4-H Leader" page to get started!!!
Please pass the word along to any potential leaders!!!

**Food Safety Training Available ONLINE!**

The State 4-H Office requires that every club have at least one 4-H leader trained in Food Safety. The more leaders in your club that are certified, the more convenient it is for your club. It is required that a certified volunteer is to be present at all bake sales/food booths to make sure proper food safety guidelines are handled. Food Safety trainings are available anytime online! Please visit the website below, and use the provided sign-in/user information:
Website: http://ucanr.edu/sites/MISKIS/
Username: miskis
Password: makeitsafe_1234

**4-H WEBSITES**

http://cekern.ucdavis.edu/Youth_Development/
http://www.areyoutintoit.com
http://www.fourhcouncil.edu
http://www.4-h.org/fourweb
http://www.ca4h.org

**4-H ENROLLMENT WEBSITE**

https://california.4honline.com

**4-H VOLUNTEER WEBSITE**

http://ucanr.org/4-hvolunteers/

**KERN COUNTY 4-H IS ON FACEBOOK!**

Kern County 4-H is on Facebook! You can search for us: Kern County 4-H and ‘like’ us! We will post updates, important event reminders, announcements—all sorts of important things! It’s the best way to keep up-to-date!
**4-H Volunteer Café**

Are you a club or project leader who is tired of doing the same old activities month after month? Maybe you need something designed just for you to be encouraged and encourage your own personal growth. The 4-H Volunteer Café is a place designed just for you providing encouraging and thought-provoking articles of how the principles of positive youth development translate into your 4-H experience, it offers tons of resources for you as a 4-H volunteer that you can use immediately in your meetings and gives you a place where you can contribute your own experiences and challenges.

-To check out the 4-H Volunteer Café, use the following link:

[http://4hvolunteercafe.wordpress.com/](http://4hvolunteercafe.wordpress.com/)