



The 4-H Network

Connecting all of Kern County

OCTOBER 2011

2-8	National 4H Week	
20	*Kern County Fair Review Meeting 6:00	Veronica Slaton 661-868-6235
24	*Horse Leader Meeting 6:30	Harold Tolbert 661-205-1975
25	*Leader Council 7:00	Christopher Diniz 661-213-4518
27	*New Leader Orientation 7:00	Veronica Slaton 661-868-6235
29	*Officer Training 10:00 am	Veronica Slaton 661-868-6235
31	Last day to enroll for Hi 4-H	Veronica Slaton 661-868-6235

NOVEMBER 2011

2	*Winter Camp Planning Meeting, 7pm	John Borba 868-6216
3	*Record Book Review Workshop, 6:30 -Understanding the difference between judging by county and fair-	Veronica Slaton 868-6235
11	UC Extension Office Closed for Veterans Day	
17	East Kern Leader Meeting, 6pm Desert Empire Fairgrounds	Veronica Slaton 868-6235
21	*Horse Leader Meeting, 6:30 pm	Harold Tolbert 205-1975
22	*Leader Council, 7pm	Christopher Diniz 213-4518
24-25	UC Extension Closed for Thanksgiving Holiday	

*Meeting is at the UC Extension Office, 1031 S. Mt. Vernon Avenue, Bakersfield, CA

HIGHLIGHTS IN THIS ISSUE

4-H is on FaceBook2
 Enrollment Fees Increase.....2
 Fashion Revue.....3
 Online Record Book Contest.....4
 Citizen Washington.....6

Do you have a photo
for the newsletter?
E-mail photos to
vaslaton@ucdavis.edu

NEWSLETTER DEADLINE!
 Articles/photos for the next issue of
The 4-H Network
 must be received by
October 21.

Kern County 4-H
 1031 S. Mt. Vernon Avenue
 Bakersfield CA 93307-2851
 Phone: 661-868-6200
 Fax: 661-868-6208
cekern@ucdavis.edu



Member Katelyn Diniz of Southwest 4-H participating in a 4-H Shooting Sports competition

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>

4-H VOLUNTEER WEBSITE

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

LOCAL 4-H OFFICE

Veronica Slaton, 4-H Program Rep.

vaslaton@ucdavis.edu 661-868-6235

Berney DeLaCruz, Operation Military Kids

bdelacruz@ucdavis.edu 661-868-6227

John Borba, 4-H Advisor/Interim County Director

jaborba@ucdavis.edu 661-868-6216

Fax: 661-868-6208

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!

CLUB WEB PAGES OR FACEBOOK PAGES

There are now **IMPORTANT** guidelines set in place about your club having a web page or social media page (Facebook). The 4-H Office **MUST** know about any club pages. There is now a form to be filled out, and signed, that is required to be kept on file. These guidelines are on our County website www.cekern@ucdavis.edu under '[Kern County Forms](#)'. If your club already has one of these, please fill out the form and make sure that your page is following the policies as soon as possible.

4-H ENROLLMENT FEE INCREASES FOR 2011-2012

The enrollment fees for membership for the 2011-2012 program year will be as follows:

Youth Membership \$20

Adult Membership \$6

IDEAS THAT WORK

There are many new stories of 4-H program success happening all across California. Visit: <http://www.ca4h.org/News/Media/> to read stories recently featured in the media.

The **National 4-H Conference** is a working conference in which youth and adults develop recommendations to help guide 4-H Youth Development Programs nationally and in their communities. This event brings together youth, volunteer leaders, and state and county extension staff members from across the United States, the U.S. territories, and the Canadian provinces.

Applications are now available at: <http://www.ca4h.org/Programs/Conferences/N4-HC/>

For more information please contact Quang "Hogan" Tong at qtong@ucdavis.edu

"Save the Date!" - The **2012 California 4-H Camping Conference** will be held **March 23 – 25th, 2012** at Camp Campbell in Boulder Creek, CA. There will be hands-on training for adult and teen leaders who help plan and administer 4-H camping programs. More details will follow in the next edition of Updates.

CONGRATULATIONS BRENDON CHOATE!

Brendan Choate of Stockdale West 4-H club earned a silver medal in the 2011 State Pistol Match. Brendan participated in the .22 rifle match open sight division in the intermediate category. Well done Brendan!

FIND US ON FACEBOOK:

Kern County 4-H

And now we're on Twitter too!

@KernCounty4H

The **State 4-H Fashion Revue** committee announces categories and service projects for **2012!**

Entry categories returning from 2011 will be Traditional, Consumer Science Purchased (with \$100 limit), and Wearable Art-Embellished.

The **Recycled** category will not be offered at State Fashion Revue for 2012; counties may choose to include it at local events only.

The **\$15 Challenge** was so popular in 2011, it will become the \$19.99 Challenge for 2012. It has the same rules (shoes and sales tax don't count, receipts required) but the limit is increased to \$19.99 to allow more creativity.

We are adding a second challenge, called the **Bag Up Fashion Challenge**. Sew a tote bag from Simplicity #7161, view A only, and model it with a garment or Garments that coordinate with the tote bag.

SFR will be coordinating two service projects. The **Quilts for Wounded Warriors** is returning because the American Legion needs more quilts. Statewide, 4-H created sixty quilts in 2011 and we look forward to even more in 2012.

Our second service activity is the **Million Pillowcase Project**, for handmade or decorated pillowcases.

If you, your project, or your county would like more information about SFR, these categories and service projects, or would like to join our committee, please visit our website at <http://www.ca4h.org/Programs/Events/SFR/>

State Leader's Forum – The Magic Just Keeps on Happening!

The Committee for the State Leader's Forum is SO EXCITED!! Things are really hopping into place for the conference this year, held in Pacific Grove at Asilomar November 11 – 13, 2011. The 4-H Foundation has thrown their hat into the ring and promises to be a significant presence with workshops, ideas, and new promotions! Staff will be there from the State 4-H Office to present workshops and meet leaders. Come and meet Shannon Dogan, our new Associate Director of 4-H Program and Policy. She will be speaking to the group on Friday Evening....followed by our 'magic moment': 11:00pm on Nov. 11, 2011. Carolee Hazard will be our speaker for Saturday morning. She is a dynamic and energetic woman whom you may know for her community service work, specifically the \$93 club. You will hear her tell the story of how an act of compassion ultimately generated \$24,000 for Second Harvest Food Bank. You will be excited and inspired as she takes you on her journey.

And then the evening will be transformed into a hands-on working group project. With help from the Foundation and the State Staff will be offering an awesome opportunity to explore new ways to give back to your community. We know you will come away ready to share your new knowledge and skills.

So come to the leaders forum, enjoy the process. Remember: the magic of 4-H is Transformation.

“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.



Measuring Success through the 4-H Online Record Book—Win an iPad2!

One of the features of the 4-H Online Record Book (ORB) is the “Boost Your Spark Score!” box. Through the Spark Score Questions we will be able to measure the impact of 4-H and track the progress of individual youth toward reaching their full potential, or in a word, to thrive.

Tracking youth progress allows us to continually improve 4-H programs based on real results. To incentivize use of ORB in this first year, both youth and adults have opportunities to be eligible to be entered into a drawing for iPad2’s and a Centennial commemorative pin.

Youth Eligibility Requirements

- A. Chance to win one of four iPad2s, (16GB, Wireless)
Drawing to be held in July 2012

To be eligible, members must complete all of the following:

- 1) Boost Your Spark Score! Complete all five Spark Score Questions surveys in ORB plus at least one Bonus Score Questions survey by **January 31, 2012**
- 2) Boost Your Spark Score-again! Complete all five Spark Score Questions surveys in ORB plus at least one Bonus Score Questions survey by **June 30, 2012**. As you complete the original five Spark Score Question surveys, they will disappear from your Boost Your Spark Score panel. In April 2012, these same surveys will reappear and you will answer the same sets of questions again.

Spark Score Questions: complete all five, twice during the year. 1 st time by January 31, 2012 2 nd time by June 30, 2012	Bonus Score Questions : complete at least one, twice during the year (complete the same one(s) each time) 1 st time by January 31, 2012 2 nd time by June 30, 2012
Light Your Spark Flex Your Brain Reach Your Goals How I Feel Contribution	Caring Character Connection Confidence Competence

- B. Centennial commemorative pin
All members who complete the five baseline surveys by January 31, 2011 and the end-of-year surveys by June 30, 2012 are eligible to receive the Centennial commemorative pin.

Adult Eligibility Requirements

- A. Chance to win one of two iPad2s, (16GB, Wireless)
Drawing to be held in July 2012

To be eligible, adults must complete all of the following:

- 1) Attend Thrive training in your own or a neighboring county.
- 2) Attend Rubrics and Thriving Training. (multiple conference call training sessions offered October—November 2011).
- 3) Implement and complete the iThrive Member Guide in a Leadership Project (club, county-wide or other).
- 4) Complete evaluation surveys from UC Davis research team. (Two surveys, pre and post program delivery.)
- 5) Complete baseline GPS Rubrics and Contribution Rubrics on at least three youth by January 31, 2012
- 6) Complete end-of-year GPS Rubrics and Contribution Rubrics on the same three (or more) youth by June 30, 2012.

- B. Centennial commemorative pin
All adults who complete all of the above requirements by the designated deadlines are eligible to receive the Centennial commemorative pin.

JOIN | THE REVOLUTION OF RESPONSIBILITY

The Revolution of Responsibility is described as "... a movement for positive change in every community in America. 4-H youth are a living, breathing, culture-changing revolution for doing the right thing, breaking through obstacles, and pushing our country forward by making a measurable difference right where they live. That takes uncommon commitment."

2013 marks the centennial for 4-H in California, an important milestone for an organization that is deeply connected to communities throughout California. Core to the 4-H experience is service learning, which takes the form of youth-designed, youth-led projects where participants learn leadership by leading, collaboration through collaborating, and the importance of civic engagement by actively seeking opportunities to make a difference in their communities.

The **Revolution of Responsibility** Centennial Campaign will celebrate the power of California 4-H youth taking action through an ambitious statewide program that will fund 1,000 service learning projects at \$1,000 each through the end of 2013. It will also provide an opportunity to re-connect with an estimated one million past 4-H participants living in California, engaging them as volunteers, donors, and advocates. Learn more at <http://www.ca4h.org/Support/RofR/>

California 4-H \$1,000 for 1,000 Service Learning Projects

The University of California 4-H Youth Development Program is dedicated to fostering an environment where youth and adults work together as equal partners to gain new skills and create positive community change. 4-H groups can apply for up to \$1,000 to identify, plan, and carry out a service-learning project in their community. An open application process has review dates of October 15, 2011; January 15, 2012; and April 15, 2012. To apply, go to: <http://ucanr.org/join/>



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.

Register now for an early bird discount!

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 info:

Tacy Currey-Registrar: tacy@curreyranch.com or Vicky Bosworth-Chair: vgboz@comcast.net



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.

2011 4-H NATIONAL YOUTH SCIENCE DAY DURING THE MONTH OF OCTOBER

The fourth annual *4-H National Youth Science Day* (NYSD) will be held nationally on Wednesday, October 5, 2011. Created to combat a shortage of American young people pursuing science college majors and careers, *4-H National Youth Science Day* seeks to spark early interest and leadership in science.

2011 Experiment: Wired for Wind

In this year's experiment youth will enhance their engineering skills by designing, building, and testing two different wind turbine models. This year's National Science Experiment will also help youth relate their scientific experiences back to their own lives by determining the best location for a wind farm in their state or local area by calculating wind power and studying wind data and maps. More information and downloadable versions of the youth and facilitator's guides are available at <http://www.4-h.org/4-h-national-youth-science-day/>.

Bio-Security in 4-H Animal Science

[http://www.ca4h.org/Projects/Curriculum/FREE/Bio-Security in 4-H Animal Science/](http://www.ca4h.org/Projects/Curriculum/FREE/Bio-Security%20in%204-H%20Animal%20Science/)

This free curriculum teaches health safety importance of livestock in the community setting. Livestock shows are an important part of 4-H, but members need to be aware of the disease risks involved when stock from different farms come together in one place.

ENGINEERING & TECHNOLOGY CURRICULUM

4-H Robotics: Engineering for Today and Tomorrow (2011)

<http://www.4-h.org/resource-library/curriculum/4-h-robotics/>

This curriculum introduces robotics to youth ages 9-18 with beginner, intermediate, and advanced skill levels. Youth will develop decision-making and critical thinking skills, and implement an understanding of the scientific and engineering design process as they build real and virtual robots. The curriculum contains three tracks. The Virtual Robotics track of the project will provide youth with opportunities to build and test virtual robots. The Junk Drawer Robotics track will challenge participants to build robots from everyday items. In the Robotics Platforms track, youth will use a commercial robotics kit to explore the world of robots.

TechXite: Discover Engineering (2010)

<http://techxcite.pratt.duke.edu/curriculum/>

TechXite provides activities across a wide range of technologies in order to offer opportunities for middle school students to explore aspects of engineering that are most exciting to them. Modules include topics of biomedtech, wireless communication, and solar energy. Future topics are expected in architecture, digital imaging, GIS/GPS, and transportation.

4-H Filmmaking Studio (2009)

<http://www.4-h.org/resource-library/curriculum/4-h-filmmaking-studio-and-workshop/>

The 4-H Filmmaking Studio and Workshop will assist you with making your own film. Take your time and view each module. Practice with your camera, tell your story, and upload your film to share with others.

Design It! – Projects (2002)

<http://cse.edc.org/curriculum/designit/#orderinginfo>

These extended design engineering activities challenge children to build and refine working models of small machines and toys over a period of 3-6 weeks. While engaging in the activities, children gain experience in physical science, problem solving, experimentation, and collaboration as well as practical familiarity with a wide range of safe, inexpensive, and commonly available construction materials.

Electric Energy (2009)

http://pubs.ext.vt.edu/category/4-H_science-engineering-technology.html

Participants will investigate and understand the characteristics of electricity, which includes the nature of electricity (voltage, ampere, resistance, conductors, and insulators), circuits (open/closed, parallel/series), magnetism and magnetic fields, static electricity, and historical contribution in understanding electricity.

The Power of the Wind (2009)

<http://www.4-h.org/resource-library/curriculum/4-H-the-power-of-the-wind/>

Youth work with members of a team to design, create, build, and test a wind powered devices and are given opportunities to explore wind as a potential energy source in their community.

Aerospace Adventures

<http://www.4-hmall.org/Catalog/ProductDetails.aspx?ProductId=06881>

Participants will learn about many different aspects of aerospace and how physics is involved with flight. Topics become more and more advanced as youth progress through each stage. Every stage also provides activities for hands-on learning through constructible models.

Geospatial - Exploring Spaces, Going Places

<http://www.4-hmall.org/Product/4-hcurriculum-geospatial/08358.aspx>

Accessed entirely on one CD, the three youth levels and helper's guide are valuable resources to anyone interested in geospatial technology, geographic education, Geographic Information Systems (GIS) and Global Positioning Systems (GPS). Activities correlate with National Science Education Standards.