



# The 4-H Network

Connecting all of Kern County

## NOVEMBER 2011

2	*Winter Camp Planning Meeting, 7pm	John Borba 661-868-6216
3	*Record Book Review Workshop, 6:30 (Understanding the difference between County Judging & what's <b>required</b> to show at the KC Fair )	Teresa Andrews 661-979-1003
10	*New Leader Orientation Meeting, 7 pm	Veronica Slaton 661-868-6235
11	UC Extension Office Closed for Veterans Day	
17	East Kern Leader Meeting, 6pm Desert Empire Fairgrounds	Veronica Slaton 661-868-6235
21	*Horse Leader Meeting, 6:30 pm	Harold Tolbert 661-205-1975
22	*Leader Council, 7pm	Christopher Diniz 661-213-4518
24-25	UC Extension Closed for Thanksgiving Holiday	

## DECEMBER 2011

1	DUE: Emerald Star Applications	Veronica Slaton 661-868-6235
2	*Food Safety Training Meeting, 6 pm	Veronica Slaton 661-868-6235
6	*New Leader Orientation Meeting, 7 pm	Veronica Slaton 661-868-6235
7	*Winter Camp Planning Meeting, 7:00 pm	John Borba 661-868-6216
23,26, 30	UCCE Office Closed	

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

### HIGHLIGHTS IN THIS ISSUE

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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](mailto:cekern@ucdavis.edu)



"Lydon Oliveres, of Kern Valley 4-H Club, and her chicken Unicorn proudly show her ribbon and belt buckle she won in Showmanship!"

## 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](mailto:vaslaton@ucdavis.edu) 661-868-6235

Berney DeLaCruz, Operation Military Kids

[bdelacruz@ucdavis.edu](mailto:bdelacruz@ucdavis.edu) 661-868-6227

John Borba, 4-H Advisor/Interim County Director

[jaborba@ucdavis.edu](mailto:jaborba@ucdavis.edu) 661-868-6216

Fax: 661-868-6208

## 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.

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“Save the Date!” - The **2012 California 4-H Camping Conference** will be held **March 23 – 25<sup>th</sup>, 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.

## DOG CLASSES

County wide Dog classes with Claudia Burke will begin on October 27th. Classes will be held at the SPCA in the Education Building from 6-7 p.m. on:

**October 27th**

**November 3rd, 10th, 17th**

**December 1st and 8th**

Classes will resume after Christmas on January 5th

Classes will focus on Obedience, Rally and Showmanship

## Check it out...our new website!

Our website has had quite an update! Our new website will be launched by Friday, November 4th! Stop by and look around our very informative and super helpful website. Bookmark it, save it as a favorite! Visit us at: [http://cekern.ucdavis.edu/Youth\\_Development/](http://cekern.ucdavis.edu/Youth_Development/)

## 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](http://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.

## “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.



## Officer’s Training Survey!

We have talked about it before...and now here it is! We want to revamp Officer’s Training to make it more successful and have better attendance. Please take a few moments to complete our survey! Leaders and members are invited to take it, please pass the word along!

Find it at:

<http://ucanr.org/officerstrainingsurvey>

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

## 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](http://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/4HSLEF](http://www.facebook.com/4HSLEF).

### **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](mailto:tacy@curreyranch.com) or Vicky Bosworth-Chair: [vgboz@comcast.net](mailto:vgboz@comcast.net)

## 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.

**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 reconnect 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/>



## 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 <sup>st</sup> time by January 31, 2012 2 <sup>nd</sup> time by June 30, 2012	Bonus Score Questions : complete at least one, twice during the year (complete the same one(s) each time) 1 <sup>st</sup> time by January 31, 2012 2 <sup>nd</sup> 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.



# 2012 Study Travel Adventures for Teens and Adults



Teens- \$550

Adults- \$650

Enrollment is open to all adult 4-H leaders and to youth members that have completed the 8th grade

Washington Focus #1  
Road to Democracy  
June 24–July 2, 2012  
\$2,190.00

For those who wish to travel on a 10 day trip to Washing D.C., Jamestown, Yorktown, and Williamsburg.

Heritage Trail I  
June 24-30, 2012  
\$1,840.00

For those who prefer to limit their travel to Washington, D.C.

Washington Focus #2  
Global Journey  
July 8-17, 2012  
\$2,330.00

For those who wish to travel on a 11 day trip to Washington, D.C., Philadelphia, and New York

Heritage Trail II  
July 8-14, 2012  
\$1,840.00

For those who prefer to limit their travel to Washington, D.C.

Washington Focus Programs are open to all adult 4-H leaders and to all youth members who have completed their sophomore year in high school or will be 16 years of age by the time of travel.

**For more information Contact Pat English 530-574-8520**

# EMERALD STAR GUIDELINES

**Applications DUE: December 1st**

In 1992 Kern County implemented the Emerald Star Award for 4-H members 14 years of age and older to enter a new phase of *leadership, responsibility, and citizenship*. This rank was added to give 4-H members the opportunity to enhance the county 4-H program. It also prepares 4-H members for All Star responsibilities if they chose to apply to become an All Star at a later date.

## What does an Emerald Star do?

An Emerald Star applicant must present a plan of proposed leadership to be completed during the following one-year period. They must complete this plan, submit a selfevaluation on their plan (after completion), and show good leadership qualities and overall 4-H work throughout the year. The project or plan must provide service to the Kern County 4-H program.

## Who is eligible to apply for the Emerald Star?

Kern County 4-H members who:

- Have completed two years of 4-H and were at least 14 years of age by January 1 of the current year.
- Hold the rank of Gold Star (this is optional).
- Are currently enrolled in a Junior/Teen Leader project.
- Are approved for nomination by the Community Club Leader.

## How do you become an Emerald Star?

1. Identify an adult who will serve as adult advisor to the project or plan.
2. Prepare the "4-H Emerald Star Application (Part One)" and submit it to the Cooperative Extension Office by December 1st or June 1st.
3. Review the project or plan with the interview committee. An interview date will be set up after the application is turned in. At the interview, the applicant is to dress in the 4-H uniform or as you would dress for a job interview.
4. Complete your prepared project or plan.
5. Prepare the final report, "4-H Emerald Star Completion Report (Part Two)" and submit it to the Cooperative Extension Office.
6. Applicant will give an oral report, 3 – 5 minutes in length, before the Kern County 4-H Leader Council. It should fill a need in the 4-H program or community.

## How are Emerald Stars award recipients recognized?

Those who complete the process will receive their award when they give their oral report before Leader Council. The award is a pin in the shape of a star and emerald in color. It is pinned over the existing cloth star rank, ie. bronze, silver, gold. Emerald Star recipients are also recognized at County Awards Night.

## **What should the project or plan be?**

The 4-H member must present a plan of proposed leadership to be offered on a multiclub basis, county or area level, or in the community during the following year. Some examples are:

- Organize a county-wide project workshop or field day.
- Plan and conduct training at local 4-H clubs on selected topics such as presentations, record books, citizenship, etc.
- Organize and conduct a 4-H outreach program to promote 4-H or a specific 4-H event such as LCORT, State Leadership Conference, Camp, etc.

These are only examples. Your plan can be something that has been done before and needs to be repeated or it can be something that no one has ever done. It should fill a need in the 4-H program or community.

## **How are Emerald Stars award recipients recognized?**

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Emerald Star applications are available online at [http://cekern.ucdavis.edu/youth\\_development/kern\\_county\\_forms/](http://cekern.ucdavis.edu/youth_development/kern_county_forms/). They are due at the UC Extension Office on December 1, 2011.

# State 4-H Equine Field Day



**SATURDAY, November 5, 2011**

**9:00 AM – 4:00 PM**

**Cal Poly – Pomona**

**Kellogg Room - Eucalyptus Lane, Pomona, CA**

**All 4-H Horse Leaders, Members & Parents are invited to attend this annual educational event.**

**Pre-registration is due Friday, October 21<sup>st</sup>, 2011.**

Tentative topics include a tour of the horse barn and breeding facility, horse conformation and Judging, chiropractic for horses, equine dentistry, miniature horses and driving, de-sensitizing your horse with games, public speaking and demonstrations, showmanship and grooming, 4-H horse bowl and hippology, reining, horse project leadership training, running your own horse show, hunters versus jumpers, and much more.

All participants must be 9 years of age or 4<sup>th</sup> grade or older. Please wear appropriate attire and footwear; no open-toed shoes. Bring rain gear, if forecasted.

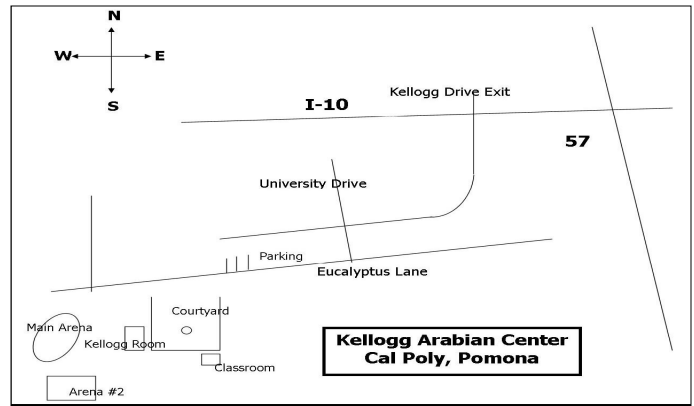
	<b>Schedule</b>
9:00 AM	Registration & Check- in
9:45 AM	General Assembly & Welcome
10:00 – 10:50 AM	First Session
11:00 – 11:50 AM	Second Session
12 NOON	Lunch** with special presentation
1:00 - 2:20 PM	Third Session
2:30 – 3:20 PM	Fourth Session
3:30 PM	Closing Session, Evaluation and Door Prizes

This activity is a fundraiser for the statewide 4-H equine programs, curriculum, awards and events. The cost is \$20 per participant or \$5.00 off if group of 10 or more for \$15 per participant. The day of the event registration is \$25 each. Please use the attached registration form.



**DIRECTIONS:**

From I-10: Exit Kellogg Drive, head south towards the campus. Turn left on University Drive then right on to Eucalyptus Lane. The Kellogg Arabian Center is on the left side and registration and information will be in the courtyard by the fountain and in the Kellogg Room.



For GPS users there is no address for the Kellogg Center, just use Eucalyptus Lane in Pomona and include the cross street of University Drive. Don't use Cal Poly, Pomona because it will take you elsewhere on Campus that you don't want to go!

----- Cut and mail -----

**State 4-H Equine Field Day**

**Pre-Registration Form**

Due Friday, October 21, 2011 – no postmarks accepted.

Make checks payable to “UC Regents” and mail to:  
Cheryl Eggelston, UCCE – San Bernardino, 777 E Rialto Ave,

**State 4-H Equine Field Day**

**Pre-Registration Form**

Due Friday, October 21, 2011 – no postmarks accepted.

Make checks payable to “UC Regents” and mail to:  
Cheryl Eggelston, UCCE – San Bernardino, 777 E Rialto Ave,  
San Bernardino, CA 92415

Please Print Clearly:

Name: \_\_\_\_\_ County: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

If less than 10 pre-registering:

\_\_\_\_\_ Number of Participants X \$20.00 = \_\_\_\_\_  
(youth & adults)

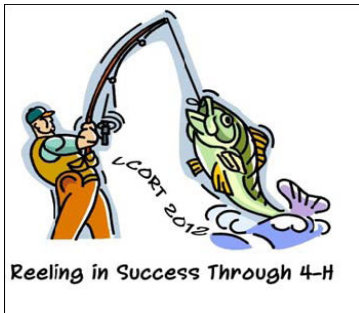
If 10 or more pre-registering:

\_\_\_\_\_ Number of Participants X \$15.00 = \_\_\_\_\_  
(youth & adults)

TOTAL DUE: \_\_\_\_\_

\*\*Lunch served by San Bernardino County Cal-Focus Team for a minimal cost.

Registration at the door is \$25 per person (youth & adults)



LCORT 2012

**LEADERSHIP CONFERENCE  
OF  
REGIONAL TEENS, 2012**



**Reeling in Success Through 4-H**

**WHAT:** Leadership Conference of Regional Teens (LCORT)

**WHEN:** January 27-29, 2012

- Check-in: Friday, January 27, 6-9 p.m.
- Adjournment: Sunday, January 29, at noon

**WHERE:** **Wonder Valley Ranch**

6450 Elwood Road  
Sanger, CA 93657

PLEASE NOTE: The Wonder Valley website at [www.wondervalley.com](http://www.wondervalley.com) is the *only* reliable source of directions.

**WHO:** \*7<sup>th</sup>-9<sup>th</sup> Grade 4-Hers

\*County Leadership Teams (10<sup>th</sup> Grade & Above)

\*State Ambassadors, Technology Leadership Team Members, Leaders, and Staff

**COST:** \$140.00 – includes 2 nights lodging, 4 meals (Saturday breakfast through Sunday breakfast), snacks, all registration materials, and an LCORT T-shirt. (\$150.00 after December 1, 2011.)

**THEME:** Reeling in Success Through 4-H.

**WHY:** To define and develop your leadership abilities. To have an opportunity to meet and share ideas with other 4-H youth and adults. To expand your perspective on the world around you and to have an enjoyable time.

**EVERY DELEGATE IS EXPECTED TO:**

- \*Attend and participate in all sessions and activities.
- \*Act in accordance with the 4-H Code of Conduct and Dress Code.
- \*Be responsible for his/her behavior and belongings.
- \*Follow all facility rules.

**BE SURE TO BRING WITH YOU...**

- \*Toiletries, personal items, towels, etc.
- \*Suitable changes of clothing (for 2 days), including a jacket.
- \*A sleeping bag or blankets and a pillow.

**PLEASE DO NOT BRING...**

- \*Food—Don't worry, you'll be well fed!
  - \*Clothing that will not meet the dress code standards.
  - \*Electronics or other valuables that you will not absolutely *need*.
- (All personal belongings are brought at the owner's risk.)**

**ACCOMODATIONS:**

Dorm type rooms with 6 to 10 people per room. Each room has a bathroom and shower. Workshop sessions will be held in meeting rooms and multipurpose rooms.

Use of personal electronics (including, iPods and other MP3 players, cell phones, video games, etc.) is **NOT ALLOWED** in workshop sessions. **Neither the South Central Section 4-H Council nor Wonder Valley will be responsible for lost or stolen clothing, electronics, or other personal articles.**

**FOR MORE INFORMATION VISIT:**

[http://www.ca4h.org/programs/coferences/sectional\\_4-h\\_conferences/](http://www.ca4h.org/programs/coferences/sectional_4-h_conferences/)

**REGISTRATION:**

**ALL delegates need to fill out paper registrations and submit to Veronica Slaton at the 4-H Office by DECEMBER 14, 2011. (Please not the increase in cost after December 1st!) You can pick up your registration form at the 4-H Office, or find it on our website.**

# Christmas for Seniors!

Help brighten a low income, isolated or homebound Senior's Christmas by collecting sundries and toiletries!!! This year Kern County 4-H will be participating in the Bakersfield Police Department's 'Christmas for Seniors!'. Every year the BPD collects items for Seniors and puts them together in gift boxes with cards and ornaments, and delivers them to low income, or abandoned Seniors!

Here are some donations ideas they are looking for:

## 12 ITEMS SENIORS OFTEN DO WITHOUT!!!

1. Two-ply toilet paper
2. Dryer fabric softener sheets
3. Shaving cream
4. Cleaning supplies
5. Quality shampoo, cream rinse and lotions
6. Body soap, deodorant, powder
7. Paper towels
8. Laundry detergent
9. Lip balm, lipstick & make-up
10. Puffs & Kleenex
11. Brushes & Combs
12. Hand Sanitizer

**\*NO ECONOMY SIZES PLEASE!**

### ~Other ways you can help!~

Set up a Christmas wrapped box in your business to collect gifts.

Wrap gifts at one of the community gift wrap parties.

Volunteer for a segment of the project such as collection, ornament making, letter writing, etc.

Deliver gifts to a senior on gift giving day! It is a joy you will never forget! (\*\*If interested please contact Veronica ASAP!)

### ~Important Dates!!!~

ALL donations DUE to  
4-H Office:  
**November 30th**

Gift Wrapping Parties:  
**TBA**

(If you would like information once a date is set-up, please contact me!)

## 12 ITEMS SENIORS ALSO APPRECIATE!!!

1. Puzzles— Jigsaw, crossword, word search— large print.
2. Blank note cards
3. Personalized cards with your gift; first names only
4. Sponges, dish towels, dish clothes
5. Bath towels and clothes
6. GET, GET-A-Lift, CTSA (NOR) Passes
7. Grocery & pharmacy chain gift cards
8. Blankets, pillows
9. Gift cards to Target or WalMart
10. Your time and conversation!
11. Treats, food & other items for pets
12. Books— large print

If you have an questions please contact:  
Veronica Slaton  
vaslaton@ucdavis.edu or 661-868-6235

Drop Off your  
items at the 4-H  
Office! There will  
be a drop box  
starting November  
1st!!!

