



The 4-H Network

Connecting all of Kern County

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
20	Registration Deadline for Winter Camp	
23,26 ,30	UCCE Office Closed	

JANUARY 2012

2	UCCE Office Closed	
4	*Winter Camp Planning Meeting, 7:00 pm	John Borba 661-868-6216
10	*Horse Project Orientation for New Participants, 7:00pm	Harold Tolbert 661-205-1975
12	*Dairy Goat Meeting, 6:00 pm	Harold Bulford 661-393-6123
12	*Market Goat Meeting, 7:00 pm	PaulHudson 661-845-9225
14	*New Leader Orientation, 10:00 am	Veronica Slaton 661-868-6216
16	*UCCE Office Closed	
20-22	Winter Camp Tehachapi Mountain Park	
23	*Horse Leader Meeting, 6:30 pm	Harold Tolbert 661-205-1975
24	*Leader Council, 7:00 pm	Christopher Diniz 661-213-4518
26	*Rabbit Meeting, 7:00 pm	Jana Goens 661-588-2094
27-29	LCORT	

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

HIGHLIGHTS IN THIS ISSUE

Online Record Book Contest.....4
 Citizen Washington.....5
 LCort.....6
 Christmas for Seniors.....7
 Upcoming Dates & Deadlines.....8
 Program Updates.....9
 Winter Camp.....10

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
December 21.

Kern County 4-H
 1031 S. Mt. Vernon Avenue
 Bakersfield CA 93307-2851



"Holly Parks of Northwest 4-H, making an encouraging card for a child with cancer at this years Officer's Training"

FIND US ON FACEBOOK:

Kern County 4-H

And now we're on Twitter too!

@KernCounty4H



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/>



Send Coupons to Military



Did you know that overseas military members can use **expired coupons** up to six months past their expiration date? Military families stationed overseas are often living on one income and money can be scarce. Let's support our military by showing them some coupon love! Please join us each month to send our unused and expired coupons overseas

Eligible Coupons:

- Send only Manufacturer **Coupons**;
- Do NOT send store or restaurant **coupons**.
- Do NOT send **coupons** that are over 30 days **expired**.

Mail or drop off your expired or unwanted coupons to our local 4H office at:

UCCE –Kern County
1031 So. Mt. Vernon Ave.
Bakersfield, CA 93307

KERN COUNTY LEADER COUNCIL

The Kern County Leader Council meetings are open to all 4-H leaders, members and parents. We encourage you to attend and participate. Attendance at the November Council meeting was as follows:

4-H Club Represented	Number of Attendees
Calloway	1
Central Valley	1
El Adobe	1
Heart n' Home	2
Midway	2
Northwest	2
Panama	1
Piute Mountain	1
Southwest	1
Sundance	1
West Bakersfield	1

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

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 – 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.

Check it out...our new website!

Our website has had quite an update! 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/

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.

“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>

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.



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

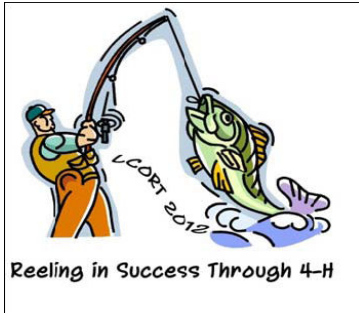
For those who wish to travel on a 11 day trip to Washington, D.C., Philadelphia, and New York

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



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 is the *only* reliable source of directions.

WHO: *7th-9th Grade 4-Hers
*County Leadership Teams (10th 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/

REGISTRATION:

ALL delegates need to fill out paper registrations and submit to Veronica Slaton at the 4-H Office by DECEMBER 14, 2011. (Please note 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 Party:
Wednesday, November 30th
- 5-7 p.m.

RSVP to Veronica!

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!!!



Dates and Deadlines

- The 2012 Western Regional Leader's Forum is planned for January 12-15, in Cheyenne Wyoming. This will be an opportunity to meet and share with other Extension professionals what innovative ideas are happening in youth development programming. Online registration is now available here. Early bird registration is available for \$225 until November 1. Registration will be closed on December 15, 2011. More information can be found at: <http://www.ca4h.org/files121901.pdf>.
- The State Fashion Revue Committee announces the addition of a new challenge for the 2012 SFR-Bag up Fashion Challenge. Sew a tote bag from Simplicity pattern #7161, View A only, and model it with an outfit that coordinates with the tote bag. You will not be judged on the outfit, but how the tote bag is presented and the overall appearance of your outfit. Be creative! Show off your personality in your design. This cute, easy to make tote bag will become a wonderful accessory to your wardrobe or make a great gift to give after the Fashion Revue contest. NOTE: This Simplicity pattern will be discontinued as of February 2012. Please plan to purchase your pattern early. If you are unable to find a pattern, please contact Mary from SFR committee at maryengebret@comcast.net and we will see that your county office receives a pattern to be shared in your county. If you, your project, or your county would like more information about SFR, additional categories or service projects that will be eligible at SFR, or would like to assist our committee, please visit our [website at http://www.ca4h.org/Programs/Events/SFR/](http://www.ca4h.org/Programs/Events/SFR/).
- The dates for the 2012 Citizenship Focus Program have been set.
California Focus– June 15-19, 2012
Washington Focus #1
Heritage Trail 1- June 24-30, 2012
Road to Democracy– June 24– July 2, 2012
Washington Focus #2
Heritage Trail 1- July 8-14, 2012
Global Journey– July 9-17, 2012
Meet 4-H'ers from across California while you expand your life skills and learn more about your community and state. An information packet will arrive in your county 4-H office by mid-October or information is available now on the web at: <http://www.ca4h.org/Projects/Citizenship/Focus/>. Registrations are due January 16. For questions contact Pat English at pnenglish@ucdavis.edu or 530-754-8520
- The National 4-H Conference is 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.
Application are now available at: <http://www.ca4h.org/Programs/Conferences/N4-HC/>
For more information please contact Steven Worker at smworker@ucdavis.edu
Important dates to remember:
2012 National 4-H Conference
March 24– March 29, 2012
October 31, 2011 Applications due
November 14, Notifications out to applicants
December 10, Team Meeting State Office
February 11, Team Meeting State Office

Program Updates

CITIZENSHIP

Resource: A 4-H group in Lancaster County, Pennsylvania would like to establish a two-way Domestic Exchange with a California 4-H club. Lancaster County is known for its scenic Amish countryside and is centrally located just hours away from Washington DC, Philadelphia, New York, and Atlantic shore points. Ten Pennsylvania 4-H'ers would like to offer many new experiences— visits to the Amish sites to learn and experience their way of life, a day at Hershey Park riding the rides and seeing the shows, or time in their newest water park. The area offers historic sites such as Gettysburg (Civil War), Philadelphia, and Washington DC. Lancaster is known for its rich farm land and a wide range of farm tours are available. If your club is interested contact 4-H volunteer leader Sharon Sherick at ssherick@dejazzed.com. 4-H policies concerned domestic exchanges can be found at:

<http://www.ca4h.org/Administration/Policies/Chapter7/>.



WARM ANIMALS THIS WINTER

By
Michelle Williams

Thanks to the Sundance 4H club and the awesome 4H Horse Project members, many blankets, towels and shoeboxes were collected and donated to the Kern County SPCA and the Kern County Animal Shelter. The items were collected as my community service project to keep the shelter animals warm and comfortable. I enlisted the help of my friends in the horse project and set up a table at the horse awards event. Every family that donated was entered in a drawing for a set of horse clippers. Five large bags of blankets, about 25 shoe boxes and 4 bottles of bleach were collected. The clippers were won by Paige Villicano of the Sundance 4H club. Thank you very much to all families who donated and helped me with this project.

Winter Camp 2012 – Tehachapi Mountain Park

January 20 – 22, 2012

TIMES: Arrival time is 4:00 p.m., Friday, January 20. Camp will end at 10:00 a.m. Sunday, January 22.

Winter Camp is a weekend of games, crafts, snow activities (if weather permits) and fun. Camp is open to 4-H members fourth grade and above. (No Cloverbuds or younger family members.) **In order to secure the facility we must have fifty 4-H members registered and paid for camp by December 20, 2011.** Space for camp is limited. We will take registration through Wednesday, January 18, 2012 if there are openings. The cost of camp includes supper on Friday; breakfast, lunch, and supper on Saturday; and breakfast on Sunday.

Two adult leaders per cabin are needed as chaperones. There is no fee for chaperones to attend camp. Chaperones must have completed the orientation and fingerprinting process and be at least 21 years old. **Clubs must provide one chaperone for every 1 – 5 campers attending camp.**

What to bring to camp:

- A positive and cooperative attitude.
- Plenty of warm clothing and gloves. Snow boots are recommended. You may need to change clothes and shoes if you get wet.
- A flashlight, warm sleeping bag, blanket, pillow, toilet articles, towel, soap, washcloth, etc. The cabins do have propane heaters, but they do get cold.
- Slides, plastic sleds, or any other play equipment for snow fun. Do not bring skis, sleds or toboggans with metal blades. **4-H policy requires members participating in sledding type activities to wear a helmet.**
- Be sure to mark any items you bring with your name.
- Participants are asked to bring a bag of cookies to share at snack time.

Do not bring electric appliances – hair dryers, curling irons, etc.

OLDER 4-H MEMBERS MAY NOT DRIVE THEMSELVES, OR OTHER MEMBERS, TO CAMP. DO NOT BRING CONTRABAND ITEMS TO CAMP (Silly String, Shaving Cream, etc.). WE RESERVE THE RIGHT TO INSPECT LUGGAGE.

PARENTS: Pick up your campers at 10:00 a.m. on Sunday morning. No early pickups, the cabins and camp must be cleaned before the campers can be released.

ENCLOSED IS \$35.00, PLEASE RESERVE ME A SPOT FOR 4-H WINTER CAMP 2012.

NAME: _____ CLUB: _____

ADDRESS: _____

CITY & ZIP: _____ TELEPHONE: _____

MALE/FEMALE: _____ AGE: _____ ROOM MATE PREFERENCE: _____

Make check payable to: **Kern County 4-H Council** and mail to: 1031 S. Mt. Vernon Ave., Bakersfield, CA 93307

Code of Conducts and Medical Release Forms must be signed and submitted for every camper along with the camp payment. **Campers will not be allowed to stay at camp without these two forms.** The *Code of Conduct* and *Medical Release Forms* can be downloaded from the State website at: <http://www.ca4h.org/Resources/> (under “List of Forms & Manuals).