

# The 4-H Network

Connecting all of Kern County

## September 2009

Sept. 7	Labor Day Holiday – UC Extension Closed	
Sept. 12	Horse Show	Meredith Hendricks 661-324-2255
Sept. 12	Project Linus: Make a Blanket Day, LDS Church, 5500 Fruitvale Avenue, Bakersfield, 9-3	
Sept. 18	Harvest Hall Exhibits Due	www.kerncountyfair.com
Sept. 19	KC Fair Workday	
Sept. 23 - Oct. 4	Kern County Fair “The Best in the West”	www.kerncountyfair.com

*\*Indicates meeting is held at the Cooperative Extension Office, 1031 S. Mount Vernon Ave, Bakersfield CA*

## October 2009

4-10	National 4-H Week	
7	4-H National Youth Science Day	
14	*New Leader's Orientation, 7:00 p.m.	Veronica Slaton 661-868-6235
23	*Record Books Due for State Competition	
24	*Club Officer Training, 9:00 a.m.	Veronica Slaton 661-868-6235
22-25	Desert Empire Fair – Ridgecrest	
26	*Horse Leader's Meeting, 6:30 p.m.	Meredith Hendricks 661-324-2255
27	*Leader's Council, 7:00 p.m.	Michelle Kern 661-979-3584
31	Pygmy Goat Show, 8:00 a.m., Kern County Fairgrounds	Nancy Hillberg 661-393-0473

### HOW DO I GET A FREE EMAIL ACCOUNT?

There are several companies that will give you a free email account. This is a list of the most popular free mail companies. Go to any one of the companies listed below to sign up for a free email account:

#### Google Gmail:

[http://mail.google.com/mail/help/open.html#utm\\_campaign=en&utm\\_source=en-ha-na-us-bk&utm\\_medium=ha&pc=hbk&utm\\_term=free%20gmail%20account](http://mail.google.com/mail/help/open.html#utm_campaign=en&utm_source=en-ha-na-us-bk&utm_medium=ha&pc=hbk&utm_term=free%20gmail%20account)

#### Global Mail Exchange (GMX) :

<http://mail-us.gmx.com/?mc=google@us@freemail.hp@reg&gclid=CPyV4taEmJUCFQ0xawodJx2LOg>

#### Hotmail:

<http://login.live.com/login.srf?wa=wsignin1.0&rpsnv=10&ct=1219085290&rver=4.5.2130.0&w=p=MBI&wreply=http:%2F%2Fmail.live.com%2Fdefault.aspx&id=64855>

#### Yahoo: [https://edit.europe.yahoo.com/registration?\\_intl=uk](https://edit.europe.yahoo.com/registration?_intl=uk)

To find more, go to Google and type in “Free Email Accounts.” There are far more than you can imagine.

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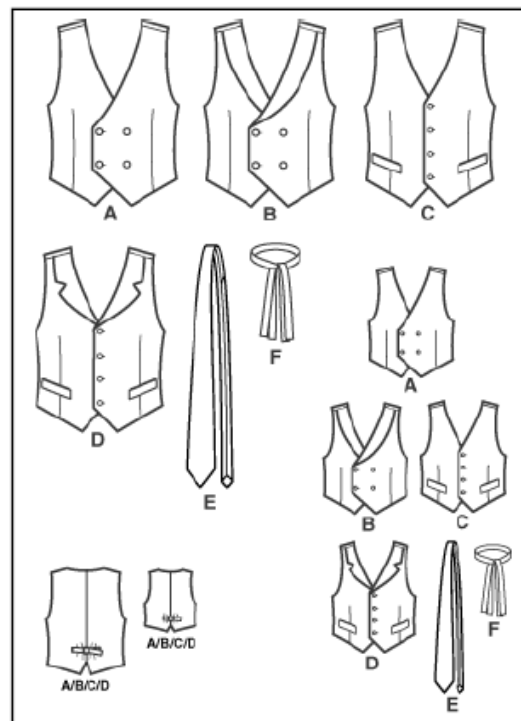
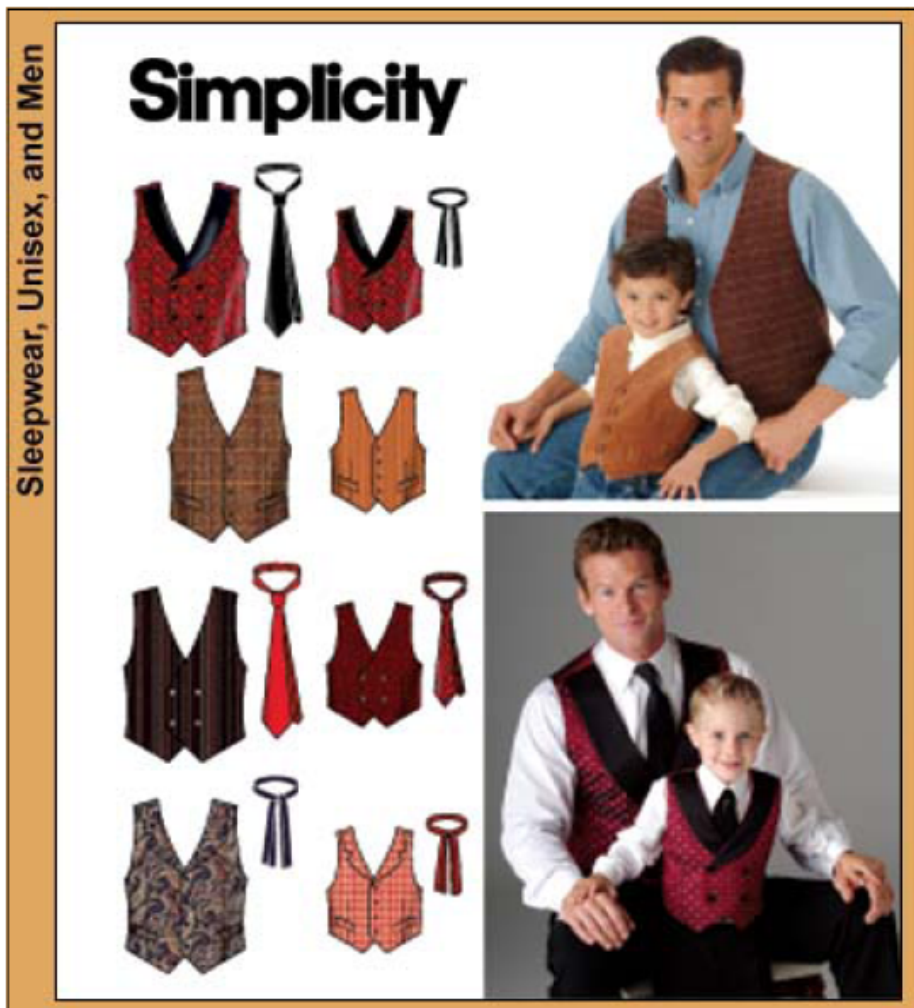
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**Achievement Program**  
**August 2009**

# 2010 STATE 4-H FASHION REVUE CHALLENGE PATTERN

## SIMPLICITY VEST # 4762



Make an inVESTment in your future wardrobe with this year's challenge. Sew a lined vest, but don't forget to spice it up. It could be reversible, have pockets, frills or whatever fits your style.

Start with Simplicity pattern #4762. You must use this pattern; no substitutions. The possibilities for personalization are endless! You can make it shorter or longer, add trim or appliqués, and experiment with fabrics, colors or details. To alter the pattern for girls, move the buttons to the left side. If needed, add back darts or use the cinch and enlarge the front darts. Purchase or sew an outfit to coordinate with your vest.

For more information about State 4-H Fashion Revue, go to <http://www.ca4h.org/projresource/fashion>

### Attention High School Members

Are you a high school 4-H member looking to get to know more high school 4-H'ers?!? Well HI 4-H is the place for you! HI 4-H meets once a month to have an activity, and help out at events around the county. If you would like to be a part of the 2009-2010 HI 4-H year, you **must** join by **October 24, 2009**. There will be a New Member Reception for anyone wanting information on HI 4-H, **Saturday, noon, October 24 at the 4-H Office**. Parents are encouraged to come with their 4-H member! This will be a time where you can meet other HI 4-H members and ask any questions you may have!!! (Light refreshments will be served.)

If this sounds like something you would interested in please contact Michelle Kern at 979-3584 or Veronica Slaton at 868-6235.

### Club Officer's Training

*Saturday, October 24, 2009*



Will the meeting please come to order! The 4-H Club Officer's training will be held Saturday, October 24, 9:00 a.m. at the Extension Office. There will be separate workshops for President and Vice President, Secretary, Treasurer, Historian, Recreation and Sergeant at Arms. Parliamentary procedure will be covered in a group session. Everyone will learn games and ice breakers to take back to your club meetings. Clubs plan to send your officers. Parents and leaders are welcome to attend.

This year at the Officer's Training all members are highly encouraged to wear a costume! (The costume must be appropriate and follow the normal 4-H expectations for events.) We will all be wearing one, and would like you to join us! There will also be a costume contest later in the morning, which will be judged by members of the HI 4-H group!!! So join the fun and come dressed up!



### Volunteer Website

The **volunteer leader website** is a new interactive and growing site that can be seen at <http://ucanr.org/4-hvolunteers/>. There are sections that will change monthly, a 4-H Blog, 4-H Volunteer Voices, and updates in the program. We hope you'll enjoy seeing all the resources you need in one centralized location. In order to build this new section of the website, please send any recent stories of 4-H in the news in your community that you would like to share. You can email these stories to: [fourhstateofc@ucdavis.edu](mailto:fourhstateofc@ucdavis.edu)

### How do I reach my local 4-H Office?

**John Borba** 4-H Advisor  
[jaborba@ucdavis.edu](mailto:jaborba@ucdavis.edu) 661-868-6200  
**Veronica Slaton** 4-H Program Rep. II  
[vaslaton@ucdavis.edu](mailto:vaslaton@ucdavis.edu) 661-868-6200  
**Kimberlee Claffy** 4-H Secretary  
[kgclaffy@ucdavis.edu](mailto:kgclaffy@ucdavis.edu) 661-868-6233

### (Special Projects Only)

**Terrence Stroman** Outreach/Prevention  
[tdstroman@ucdavis.edu](mailto:tdstroman@ucdavis.edu) 661-868-6200  
**Berney DeLaCruz** Operation Military Kids  
[bdelacruz@ucdavis.edu](mailto:bdelacruz@ucdavis.edu) 661-868-6200  
**Fax Number** 661-868-6208

### 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>

### State 4-H Calendar

The **State 4-H Calendar** is available at <http://www.ca4h.org/4hinfo/calendar/>. The calendar contains nation, state, and multi-county events, deadlines, trainings, and conferences! County 4-H Staff are encouraged to use this calendar to list activities that may be of interest to others outside of your county. The calendar is particularly useful for scheduling multi-county, sectional and statewide trainings, committee meetings, and other events. Staff can access the calendar using the 4-H Information System (WRP).



## Project Level Testing Results

### **Beef Bronze**

Four Seasons: Devinann Sherwood, Amber Sturm, Branden Sherwood

Heart 'n' Home: Christopher Geyer, Nicole Smith

Rosedale: Nanie McMahon

Sierra Mountaineers: Amy Mebane

### **Clothing Bronze**

Bear Valley: Emily Hamilton

Calloway: Samantha Woods, Shiloh Mayer, Naomi Lynam

God's Pride: Sarah Kakuk, Ellen Cunningham, Kristen Hill, Whitney Lyle

Magunden: Bethany Downing

### **Clothing Silver**

Shafter: Effie Vanderhelm

### **Dairy Goat Bronze**

God's Pride: Logan Van Allen, Samantha Woods

### **Dairy Goat Silver**

Calloway: Heidi Schaeffle

### **Dairy Goat Gold**

Heart 'n' Home: Kayleigh Geyer

### **Dog Bronze**

Heart 'n' Home: Kate Palmbach, Emma Palmbach, Lauren Palmbach

### **Dog Silver**

Heart 'n' Home: Samuel Peck

### **Dog Gold**

Heart 'n' Home: Kate Bell

### **Poultry Bronze**

Southwest: Amy Andrews, Hannah Scheer, Brad Hudson, Seth Tilley

### **Rabbit Bronze**

Bear Valley: Emily Hamilton

Calloway: Heidi Schaeffle

Four Seasons: Darby Herrera

Kern Creative Minds: Cheyenne Davis

Magunden: Desire Scheeler, Stevi Carroll

Maple: Justin Medrano, Miranda Medrano

Midway: Whisper Lynn-Noll

Rio Del Norte: Madison Zittle

### **Rabbit Silver**

Calloway: Samantha Woods

God's Pride: Logan Van Allen

Magunden: Kayla May, Eryn McKinney, Bethany Downing

### **Swine Bronze**

Calloway: Liz Greynolds, Jennifer Schaeffle

Magunden: Ashley Amick, Cody Amick, Matthew Amick, Stevi Carroll, Bethany Downing, Kayla May, Desiree Scheeler

Four Seasons: Brandon Sherwood, Devinann Sherwood, Amber Sturm

Panama: Kaysee Kaiser, Kevin Kaiser, Morgan Kaiser

Southwest: Axel Barnes, Mallory Harrison, Hanna Scheer

Sundance: Bailey Hall

### **Swine Silver**

Calloway: Kenny Greynolds, Walker Greynolds

Rio Del Norte: Madison Zittel

Southwest: Madison Barnes, Jordyn Scheer

### **Swine Gold**

Rio Del Norte: Lilly Salinas

Rosedale: Nanie McMahon

*Watch for information on new Home. Ec. categories in upcoming issues of this newsletter.*

## Congratulations Erika Kern!

Erika Kern of Big Valley 4-H was presented with a Mabel W. Jacks Scholarship at the 2009 State Leadership conference at UC Merced. The scholarship is a State level award and was presented to Erika because of commitment to 4-H and leadership development.

## Record Book Tips

Kern County Fair

Attended	3
Fair Work Day	3
Project Exhibited	2
Showmanship	2
Grand Champion	7
Feature Booth	7
Specialty Species Contest	2

## State 4-H Equine Field Day at UC Davis

Mark your calendars for the **State 4-H Equine Field Day at UC Davis** for **October 3 or 10**. It will be a partnership with the UCD Animal Science department and UCD Horse Day. More details to follow at <http://ca4h.org/projresource/horse/>.

## 2009 Record Book Medalists

### Junior

**Bear Valley:** Emily Hamilton  
**Golden Empire:** Bailee Stewart  
**Greeley:** Kayla Foster, Vicki Espera  
**Heart 'n' Home:** Lauren Palmbach, Emma Palmbach, Jared Smith  
**Southwest:** Brad Hudson, Seth Tilley, Weldon Colbert, Koleby Keeland  
**Sierra Mountaineers:** Garrett Aranda

### Intermediate

**Calloway:** Elizabeth Kloock, Shiloh Mayer, Naomi Lynam, Alysa Frias  
**Golden Empire:** Melissa Hardy  
**Greeley:** Austin Garcia, Cody Watts  
**Greenacres West:** Hope Johnson  
**Heart 'n' Home:** Brandon Parks, Katelyn Bell, Regina Carver, Kate Palmbach, Anika Parks, Linda Snoddy, Kayleigh Geyer  
**Southwest:** Amy Andrews, Madison Barnes, Anna Andrews  
**Sierra Mountaineers:** Amy Mebane, Garret Blanton, Shannon Carver  
**Shafter:** Effie Vanderhelm, Jaycee Shugart  
**Sundance:** Michelle Williams

### Senior

**Calloway:** Danica Goens, Janelle Schaufelberger, Tyler Goens  
**Greeley:** Micah Clark, Elizabeth Wilson, Tyler Stinson  
**Heart 'n' Home:** Christopher Geyer, Kylene Bell, Vincent Geyer, Nicole Smith, Rori Skellenger, Dakota Skellenger  
**Kern Creative Minds:** Cora Padilla  
**Sierra Mountaineers:** Zachary Blanton  
**Southwest:** Justin Andrews

The following is not a record book award; it is a totally separate award. It is the highest position that a 4-H member can hold on the County level. It is a very prestigious position in which the All-Star would act as an ambassador for our county.

Zachary Blanton      Sierra Mountaineers  
2009-2010              Kern County 4-H All-Star

## 2009 California 4-H Leader's Forum

November 6-8, 2009

North Section 4-H Leaders' Council

"Past, Present, Future"



My name is Tammy McFarland and I would like to know what you would like to see or learn for sessions at this year's State Leaders Forum so we can do our best to have at least one session to match what is really of interest to the forum. Please ask at the club and project meetings so we can find the proper speakers and presenters as soon as possible. Please email me your responses and any questions you may have to: [kiwiblossomranch@live.com](mailto:kiwiblossomranch@live.com)

### 4-H Shooting Sports Course

#### Shotgun Discipline

Ukiah, CA

October 24-25 2009

A shotgun trainer course will be held 9:00am-5:00pm, Saturday and Sunday, **October 24-25, 2009** at the Ukiah Gun Club, in Mendocino County. Upon successful completion of this two-day course, participants will be certified as 4-H leader trainers, and will be eligible to serve as shooting sports project leaders, as well as instruct and certify other volunteers in the discipline of shotgun. Cost for the course is \$30, which includes shotgun shells, clay targets, continental breakfast and lunch both days, and class materials. Teen Leaders may attend, with a participating adult volunteer. Limited camping space is available, contact John Holder for arrangements. The course will be limited to twenty (20) participants. You must be an appointed 4-H volunteer or member to attend this training. Send Training Request Form (found at <http://ca4h.org/projresource/shootingsports/index.asp>) with fees payable to "Mendocino County 4-H Council" to UCCE 4-H Shotgun, 890 North Bush Street, Ukiah CA 95482.

For more registration information, contact Linda Edgington (707) 463-4495 or [lgedgington@ucdavis.edu](mailto:lgedgington@ucdavis.edu). If you have questions regarding the course or facility, contact the instructor, John Holder at (707) 485-8445 or [bearhunt56@hotmail.com](mailto:bearhunt56@hotmail.com).

## Twilight Mini Book Workshop

November 7, 2009

(RSVP by November 3, 2009)



Whether you are “Team Edward”, “Team Jacob”, or no team at all you will love this Mini Book Workshop. Inspired by the series of bestselling novels and movies we will be creating a “Mini Book.” A sample of this project will soon be on display at the 4-H Office.

This workshop will be open to Craft, Scrapbook, and Communications: “A Novel Idea” members, and to Craft or Scrapbook leaders. Leaders taking the workshop will be expected to offer this or a similar project to their club.

*If the “Twilight” theme is not your style, this project can easily be converted to another theme such as: Victorian, Gothic, Christmas, or Valentines Day*

## Introducing a New County-Wide Project “a Novel Idea”

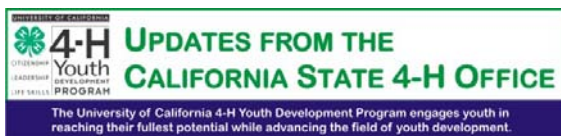
A new project will be forming later this fall. “A Novel Idea” will begin shortly after the Kern County Fair. Books will be selected by the group, with theme related activities scheduled. Contact Kimberlee at 661-868-6233 for further information, or to register.

## Oilpatch Pygmy Goat Show

A 4-H Youth Show

October 31, 2009 at the  
Kern County Fairgrounds

New this year, there will be a costume category!!! Look for more details to come in the October newsletter or e-mail Nancy Hillberg at [momhillberg@sbcglobal.net](mailto:momhillberg@sbcglobal.net)



## 4-H Participation Makes a Difference!

Those of us involved in the 4-H YDP have long known that participation in 4-H programs makes a difference in the lives of youth. Now we have evaluation data that supports these long held claims. Data collected in a national

longitudinal study of 4-H and non 4-H youth provides strong evidence that when the strengths of youth are aligned with healthy positive youth development practices youth thrive (Learner, 2007, 2008, and 2009).

Here are some of the highlights of the national study:

- Youth who were in 4-H for at least one year by eighth grade were 3.5 times more likely to contribute to their families, themselves and their communities.
- 4-H youth ranked 41% lower in risk/problem behaviors measures than youth who participated in other out-of-school time activities.
- 4-H youth were more behaviorally and emotionally engaged in school.
- Youth who participated in 4-H at least twice per month:
  - Showed greater confidence
  - Reported higher grades
  - Were 1.6 times more likely to plan to go to college
  - Scored higher on civic identity and engagement measures
  - Had a greater ability to express opinions on community issues
  - More likely to help neighbors and bond with adults and teachers
- Youth who participate in 4-H are more likely to participate in science, engineering, and technology activities, projects and programs, and:
- Report they plan to take science, engineering and technology courses after high school
- Pursue careers in science, engineering and technology
- Perform higher than their peers in science and engineering subjects

\*The 4-H Study of Positive Youth Development <http://ase.tufts.edu/iaryd/>; waves four, five and six data.

### 4-H Handbook

An updated online and searchable **4-H Handbook** was released on July 1, 2009. You can find it on the California 4-H Website. You can expect additional support documents throughout the year. Here are three new enhancements:

- Electronic Check Conversion Frequently Asked Questions ([link](#)) - provides an overview of the electronic check conversion process and how to review monthly bank statements that contain checks that have been electronically converted.
- 4-H YDP Petting Zoos and Interactive Animal Displays Frequently Asked Questions ([link](#))- provides answers to safety resources and insurance coverage for these activities.
- 4-H YDP Shooting Sports Handbook ([link](#))- provides updated guidance to the 4-H YDP shooting sports project and activities.

### 2010 State 4-H Fashion Revue

"What's in YOUR closet?" Planning has begun for **2010 State 4-H Fashion Revue**, to be held during the State 4-H Field Day at UC Davis! We'll have new, exciting activities, so join us by serving on the State Fashion Revue Committee. Needle Arts will not be offered this year, but Traditional, Consumer Science-Purchased, Wearable Art and Recycled categories remain in addition to our new 2010 Challenge. The **Challenge pattern is Simplicity #4762, a vest that can be customized to fit your needs.** Is it a formal vest or a durable one for fishing or hunting? Need extra pockets? Leather trim? Vests can be made for girls with a few simple adjustments and can coordinate with many different outfits. Use your imagination to create a masterpiece for State Fashion Revue. For information go to <http://www.ca4h.org/projresource/fashion/> or contact [samoore@ucdavis.edu](mailto:samoore@ucdavis.edu).

*A flyer for the 2010 Challenge Category is included in this newsletter.*

### National Youth Science Day



On 4-H National Youth Science Day, October 7th, young people across the nation will get a chance to examine one of the most important issues facing our nation

today—energy. Youth will discover, learn and have a blast exploring alternative fuels through *Biofuel Blast*, the National Science Experiment.

Developed in conjunction with the University of Wisconsin-Madison Extension and Wisconsin 4-H, the experiment is designed to spark an early interest in the sciences—all part of 4-H's bold goal to engage a million new young people in science, engineering and technology programs by 2013.

You can find everything you need to participate in 4-H National Youth Science Day online at [www.4-H.org/NYSD](http://www.4-H.org/NYSD). The site has lots of useful information, including the experiment facilitator's guide, interactive tools, event planning kits and much more. Plus, new features, information and promotions will be added in the months and weeks leading up to October 7th—so make sure to register to receive event updates today.

We're looking forward to another successful 4-H National Youth Science Day.



## 4-H Hat Etiquette

*What you may put on your cap*



### Left Side

- Place the Bronze, Silver, Gold, or All-Star 2" from the front. Only the current Star Rank held may be worn.
- Place the Junior or Teen Leader emblem behind the star. This is worn only while the member is serving as a Junior or Teen Leader.
- Fasten the All-Star pin to the center of the All-Star emblem.

### Right Side

- Place a year pin and stripe for each completed 4-H year behind the 4-H emblem, with the first year next to the 4-H Clover.
- Junior members wear a white stripe on a green background. Senior members wear a green stripe on a white background. Junior Leaders use a gold stripe on a green background and Teen Leaders use a gold stripe on a white background.
- Medals received in the California Incentives and Awards Program may be worn on either side of the cap. No other pins or ribbons are to be worn on the cap at any time. The 4-H cap should reflect the dignity of the 4-H Youth Development Program and not be cheapened by fastening to it every emblem, award, and ribbon won by the member. Some items not to be worn on the hat include buttons, fair medals, or all three stars at the same time.

### Which, When, and Where?

- Wearing a 4-H cap is not a requirement for membership. If a member chooses to wear a cap the following guidelines should be observed.

### Green or White?

- Junior members wear the green cap. A junior member is anyone in the 8th grade or below. Senior members wear the white cap. A senior member is anyone in 9th grade and above.

### When to Wear?

- Girls may wear the 4-H cap anywhere girls usually wear hats -- 4-H meetings, events, public gatherings and in church.
- Boys do not wear the cap in church, at meals or at memorial services, indoors or outdoors, unless they are serving as color guards. Boys serving as color guards wear their caps until the flags are placed and they are seated. When saluting the American flag, remove your cap and hold in your right hand, over your heart.

### Where to Get?

- Obtain 4-H caps from the local club leader who purchases them from Leslie Carman. The manufacturer sews the 4-H emblem on the right side of the cap. For information on obtaining a cap, scarf, or tie locally, contact the Extension Office at 661-868-6233.