



University of California

Agriculture and Natural Resources ■ 4-H Youth Development Program

# January 2021

Jan 1	New Year's Holiday-UCCE Office Closed	
7	Horse Project Registration Due	Mellanie Burkhart 661-747-5810
12	Emerald Star Applications Due	Sue McKinney <a href="mailto:ismckinney@ucanr.edu">ismckinney@ucanr.edu</a>
18	Martin Luther King Jr Holiday - UCCE Office Closed	
*26	Horse Leader Meeting — 6:00pm <b>TENTATIVE</b>	Mellanie Burkhart 661-747-5810
*26	Leader Council Meeting—7:00pm	Jeanne Walford 661-831-1639
*27	New Horse Member Orientation—6:00pm <b>TENTATIVE</b>	Mellanie Burkhart 661-747-5810

# February 2021

6	Home Ec Field Day - 4:00pm - 8:00pm Favorite Foods Cooking School	Sue McKinney <a href="mailto:ismckinney@ucanr.edu">ismckinney@ucanr.edu</a>
13	Fashion Revue	Sue McKinney <a href="mailto:ismckinney@ucanr.edu">ismckinney@ucanr.edu</a>
15	President's Day Holiday—UCCE Office Closed	
16	<b>Last day to transfer clubs and add/drop projects for the Kern County Fair</b>	
16	Rabbit/Cavy Project Leader Meeting - 6:00pm <b>TENTATIVE</b>	Brenda Smith 661-972-7507
20	4-H Horse Education Field Day <b>TENTATIVE</b>	Mellanie Burkhart 661-747-5810
*23	Horse Leader Meeting — 6:00pm <b>TENTATIVE</b>	Mellanie Burkhart 661-747-5810
*23	Leader Council Meeting—7:00pm	Jeanne Walford 661-831-1639

**PLEASE NOTE: ALL EVENTS ARE TENTATIVE AND SUBJECT TO POSTPONEMENT OR CANCELLATION AT ANY TIME - UCCE KERN OFFICE IS OPEN TO THE PUBLIC - LIMIT OF TWO VISITORS IN LOBBY - MASK IS MANDATORY FOR ALL VISITORS - ENTRY PAST FRONT OFFICE WILL REQUIRE VERBAL COVID SYMPTOM SCREENING, TEMPERATURE CHECK AND SIGNING VISITOR LOG FOR CONTACT TRACING INFORMATION**

### HIGHLIGHTS IN THIS ISSUE

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**Kern County 4-H**  
 1031 S. Mt. Vernon Avenue  
 Bakersfield CA 93307-2851  
 Phone: 661-868-6200  
 Fax: 661-868-6208  
 or [cekern@ucdavis.edu](mailto:cekern@ucdavis.edu)



**HAPPY NEW YEAR**



\*Meeting is at the UC Extension Office, 1031 S. Mt. Vernon Avenue, Bakersfield, CA - Wheelchair accessible. Please contact UCCE Kern at 661-868-6200 if any special accommodations. Individuals who need to request an ADA accommodation in order to participate in 4-H sponsored events and activities can contact your local 4-H Office to complete a 4-H ADA Accommodation Request Form: <http://4h.ucanr.edu/files/153972.docx>

Open to all  
members

2021 HOME EC FIELD DAYS

# FOOD

## *And Fashion*

*We can't be normal but we can have fun virtually. All 4-H members are invited to show us your fashion sense and/or your culinary expertise. Ready to try something new?*



**WHEN:**

**Favorite Foods Cooking  
School: February 6**

**Fashion Revue: February 13**

See link below for Fashion Review Categories, Rules and Service Projects  
**[2020-2021 Home Ec Field Day, Fashion Review](#)**

## IMPORTANT NOTICE FOR ALL 4-H LEADERS AND MEMBERS

As COVID-19 infection rates rise the state of California has implemented a Regional Stay at Home Order requiring additional restrictions and limitations on public activity for portions of the state that are experiencing an impact to hospital ICU capacity. The order prohibits gatherings with people outside of your household.

The state 4-H office has concluded that any non-mandatory or non-critical in-person gatherings, meetings, or activities that bring together members of different households must be suspended. This means that 4-H meetings, events, or other volunteer programs or workshops may only continue remotely/online. Please discontinue any in-person meetings even if you have been approved to offer them. Please see <http://cesanbenito.ucanr.edu/.../Online 4-H Project.../> for some resources to help you offer online meetings.

This is a critical time in the fight against COVID-19. These additional restrictions are needed to “bend the curve” yet again, to bring down the rate of infection in the community and reduce the strain on our healthcare system.

### **UC ANR COVID-19 UPDATES**

#### **IMPORTANT INFORMATION FOR ALL 4-H MEMBERS AND LEADERS**

[UCANR Awareness of COVID-19](#)

[UC ANR Mitigation Standards](#)

[UC ANR Safety Standards for Resuming In-Person Activity for Stage2](#)

**In-person meetings, activities, etc. are still prohibited, unless the total number of attendees is 10 or less. That would include the aggregate number of kids, parents, leaders, etc. So in almost all cases involving clubs, county-based activities, council meetings, and so forth, 4-H is not authorized to resume physical operations, since the number of attendees would exceed the maximum number allowed.**

**BE AN ACTIVE MEMBER FOR NEW PROGRAM YEAR 2020/2021**

**REGISTRATION STARTED JULY 2020**

**LOG ON TO 4-H ONLINE ACCOUNT AND  
RE-ENROLL - PAY FEES TO CLUB LEADER**

***NEW REGISTRATION FEES***

***\$60 YOUTH MEMBER/\$30 ADULT VOLUNTEER***

# Rethinking Club Meetings

Both in-person and virtual monthly 4-H club meetings:

- **Develop relationships and create a sense of belonging**
- **Allow for youth leadership and learning in a fun and interactive way**
- **Continue to serve and be a resource for our community**

To encourage and support the 4-H Thriving Model in club meetings, this guide reframes the club meeting to enhance relationship building and connection and put less emphasis on club business.

Opportunities to share power is inherent in this guide. The structure and activities are easily facilitated by club officers as well as junior and teen leaders.

Please see our resources and tips below to help you adapt your meetings to this reframed approach in a virtual or small group format.

## Restructured 4-H Club Meeting

The guidelines below relate to holding meetings via Zoom virtually. See the [Virtual Tips and Tools page](#) for guidance, tips, and help sheets on leading virtual 4-H meetings using Zoom.

Opening Activities: 35% of meeting

*(Twenty-one minutes in a 60-minute meeting, or 31 minutes in a 90-minute meeting)*

**Focus on building relationships.** Zoom will take attendance for you so you can save valuable time by using the attendance report.

1. Select a game/activity to get to know each other, learn names and build relationships
2. Identify and schedule your Opening games/activities for the year so things stay fresh, exciting and new
3. Select one activity from this topic list. We've collected some for you
  - **Physical** [https://drive.google.com/drive/folders/1aliov2YaQ4gGVQxFub\\_v2VKJT41Lo3we](https://drive.google.com/drive/folders/1aliov2YaQ4gGVQxFub_v2VKJT41Lo3we)
  - **Relationship Building** [https://drive.google.com/drive/folders/1ZdBvV5GScw\\_78D0Za4FevFXklKO\\_1a8B](https://drive.google.com/drive/folders/1ZdBvV5GScw_78D0Za4FevFXklKO_1a8B)
  - **Play** <https://drive.google.com/drive/folders/13FsQ19Z0I5ZiQDaMqK-fwzHWX3Vhg0ej>
  - **Social/Emotional** [https://drive.google.com/drive/folders/1\\_iYmICSiuUalt0Muis\\_8XxmGrUP5TDIk](https://drive.google.com/drive/folders/1_iYmICSiuUalt0Muis_8XxmGrUP5TDIk)
4. You can also use recommendations from youth and families of activities they have liked from other virtual meetings. Activities should be appropriate for mixed ages and meet one of the topic areas above.

## Business Meeting: 10% of meeting

*(Six minutes in a 60-minute meeting, or 9 minutes in a 90-minute meeting)*

- Send agenda, past meeting minutes, and treasurer's reports to membership via email and/or USPS for review prior to the meeting
- Be mindful of access and connectivity limitations by mailing documents to members and families who cannot connect virtually
- The agenda should include details about upcoming meetings for projects, service, and events and should include the URL and physical address
- Ask for questions, corrections, and approval. Do not read these reports out loud.
- Ensure everyone has a chance to ask questions.
- Give people time to think.
- *Silence is not agreement.* Develop a system for participants to acknowledge agreement. Tip: Use Zoom features such as annotate, thumbs up, etc. When voting, it is important to know that all members' voices have been heard. We recommend that you do this by using the chat feature, or roll-call voice vote.

## Learning and Planning: 20% of meeting

*(Twelve minutes in a 60-minute meeting, or 18 minutes in a 90-minute meeting)*

Consider the following phrase from the 4-H pledge to be the focus of your learning and planning for the year: *"My health to better living, For my club, my community, my country, and my world"*. While our current social distancing restrictions will prevent us from fulfilling our service to our communities in the same fashion as in the past, the needs are greater than ever.

Rethink what service means to your community

Your challenge this year is to re-think what service means to your community and how to continue to meet the needs while being socially distant and safe. Now is not the time to say, "we can't do this this year". Rather, "We CAN do this, this year!"

- Be creative in developing ways to secure food and clothing for local pantries and shelters
- How can technology be used to reach seniors that are home-bound or in nursing facilities?
- How can community gardens and beautification projects still be a point of pride, dedication, and service to your community?
- Is it time to stretch your community service goals and identify new needs in your community?

To facilitate this process, we suggest using the following resources from [YPAR Hub at UC Berkeley](#) to assist in identifying the needs, making a plan and activating that plan:

1. October: [Who is My Community webpage](#)
2. November: [Principles and Practices of Community Partnerships webpage](#)
3. January: [Identifying Community Issues and Assets webpage](#)
4. March: [Comparing your Neighborhood to an Ideal webpage](#)
5. April: [Defining the Research Question webpage](#)
6. May: [Getting the Word Out - Event Planning webpage](#)

To make this manageable, we recommend dividing the club into smaller teams that work together all year in small community service groups.

Use the Zoom breakout room feature to assign mixed-aged groups of youth with two certified 4-H adult volunteers per breakout room.

- More information on [Youth Participatory Action Research](#) (YPAR)

## Closing Activities: 35% of meeting

*(Twenty-one minutes in a 60-minute meeting, or 31 minutes in a 90-minute meeting)*

- Ask members to debrief or share their experiences from the learning session.

Members have been mentally engaging for the past 20 - 35 minutes. Give them time to let loose, be silly and move.

1. Identify and schedule your Closing games/activities for the year so things stay fresh, exciting and new
2. Select one activity from this topic list. We've collected some for you (google drive link – See above for links)
  - **Physical**
  - **Relationship Building**
  - **Play**
  - **Social/Emotional**
3. You can also use recommendations from youth and families of activities they have liked from other virtual meetings. Activities should be appropriate for mixed ages and meet one of the topic areas above.



December 2020



To: Kern County 4-H Supporter(s):

For the past 100 years, the 4-H Youth Development Program has contributed to the positive development of countless youth and enabled them to become contributing members of society. We want that tradition to continue to benefit our communities for generations to come.

As county, state and federal governments tighten their belts, the 4-H Youth Development Program is working with fewer and fewer resources. Most recently, county programs will need to raise funds to cover a portion of the 4-H Program Representative position. The 4-H Program Representative is the hired employee coordinating the many facets of the 4-H program in Kern County. *Beginning next year, the amount we need to contribute to the position is about \$16,000.00/year.* This MUST come from fundraising efforts.

Funds raised through the Sponsoring Committee's letter drive and Leader Council fundraisers continues to be the primary source of funding to support annual 4-H events, activities and awards. However, additional funding is needed to supplement the 4-H Program Representative position.

Many organizations resort to dinner dances, with live and silent auctions. These types of fundraisers have been very effective however with the onset of COVID, we need to think out of the box, and create new and exciting fundraising opportunities.

**We are pleased to share with you a unique opportunity to help generate funds for the Kern County 4-H program. It involves minimal effort, no cost, is ongoing, and you can help! It is the 4-H Debit Card,**



a grassroots initiative by the California 4-H Foundation. The 4-H Debit Card is issued through Groundswell. (Read more at [www.card.groundswellcard.com](http://www.card.groundswellcard.com)) **The 4-H Debit Card, is not to be confused with a credit card.** The 4-H Debit Card must be preloaded before it can be used. **1% of every purchase made using the 4-H Debit Card is given to the Kern County 4-H program at no cost to you.** We hope you will share in our excitement regarding this opportunity to generate funds for Kern County 4-H.

**We appreciate your help in insuring the 4-H Program remains a viable resource for the youth in Kern-County.**

Please see the next page of this letter to learn more about how simple and safe it is to apply for the card, set it up and use it. The initial interest survey found here <http://bit.ly/ca4hcard> will be your first step in the process.

## How to Apply and Use a 4-H Debit Card:

- Go to the website: <https://groundswellcard.com/ca-4-h-interest-page/>
- Reserve your card by filling out the brief registration form- takes 2 minutes
- You will receive an email from Groundswell inviting you to apply for a 4-H Debit Card
- Once, you have filled out the application (again, it doesn't take long!) you will receive your 4-H Debit card in the mail in a plain white envelope, 6 x 8 inches in size. It will have a Denver, Colorado return address. Be watching for it, as it looks very non-descript.
- Follow the instructions provided in the envelope for activating your card via phone or on-line.
  - Your card can be linked to an existing bank account of your choice.
  - You may set-up your card to have funds transferred in several different ways-
    - A. *One time*- will generate a single deposit to the card on the date you specify
    - B. *Recurring*- this option is flexible and convenient so you always have funds available.
    - C. *When balance is low*- the card will be auto-replenished when your balance falls below the amount you set.
      - Please take the time to set-up your card to be convenient and easy for you to use.Once it is set-up to your liking, you can proceed with generating funds for Kern County 4-H.  
It is that simple!
- Allow 3-5 days for the funds to be transferred to the 4-H Debit Card (Plan ahead!)
- You are now ready to raise funds for Kern County 4-H!
  - You may decide to Christmas Shop- in person or on-line, purchase groceries, gasoline, major appliances, furniture etc. Your card will be accepted anywhere!

### The 4-H Debit Card is:

*Relaxed:* Free of monthly fees/no credit check

*Simple:* Connect the card to your existing bank account - no need to change your bank.

*Secure:* FDIC Insured. Real time confirmation of purchase and card balance via email.

*Rewarding:* Immediate rewards for food, shopping travel & even local merchants.

### Where does the money come from that Kern County 4-H will receive?

Whenever you use a card, merchants pay a processing fee. By using the California 4-H Groundswell Visa Debit Card, 1% of your total purchases helps youth in Kern County. That money comes from the processing fee the merchant pays to the bank. So instead of all of that fee going to the bank - up to 1% goes directly to Kern County 4-H.

### Not sure, have more questions about the 4-H Debit Card?

The folks at Groundswell are very helpful. They are happy to answer your questions at their customer support service: 877-440-2889 or [groundswellcard.com/card/qhelp](https://groundswellcard.com/card/qhelp).

### Or you can reach out to the Kern County 4-H Staff:

Sue McKinney, 4-H Program Representative 661-868-6235

John Borba, 4-H Advisor 661-868-6216





# 4-H Virtual Camp, Clinics, and Classes

## 4-H Livestock Camp

*Recommended age: Grades 3-5*

*Courtesy of Oklahoma State University, Oklahoma 4-H*

Become a livestock scientist with the activities in this virtual camp! Learn about livestock nutrition, water quality, dairy science, and more with fun, hands-on activities!

[Learn about livestock!](#)

## Egg Discovery

*Recommended age: Grades Pre-K-5*

*Courtesy of University of Nebraska-Lincoln, Nebraska 4-H*

Explore the life cycle of an embryo and how life develops! Observe the process of incubating and hatching chicks, identify parental traits that influence the appearance of the chicks, and recognize where eggs and chicken meat come from.

[Watch the stages of an egg!](#)

## Animal U

*Recommended age: Grades 3-12*

*Courtesy of Iowa State University, Iowa 4-H*

This innovative online learning tool to engage kids in learning about the science behind livestock production. Explore 85+ lessons in beef, swine, and careers that youth may access at any time!

[Animal 101](#)

## Virtual Showmanship Clinics

*Recommended age: Grades 6-12*

*Courtesy of North Dakota State University, North Dakota 4-H*

Watch these virtual showmanship clinics with videos to learn about topics covering sheep, meat goats, swine, poultry, cattle, and rabbits!

[Watch and learn!](#)

## More Weekly Lessons & Resources:

[Gardening & Plant Science](#)

[Coding & Computers](#)

[Mind & Body](#)

[Making, Media & Visual Arts](#)

[Virtual 4-H Camp, Painting & Chemical Reactions](#)

[Helpers, Heroes & History](#)

# 4-H at Home Activity Guide

Try these fun, educational activities to help your kid learn valuable skills and gain experiences that will help them continue learning and doing all year long.



**TIP:** You can print this or save a digital version for use at any time. Many of the activities are shown as an abbreviated version – simply visit the web page listed for the activity to find out how you can get the full version with additional instructions!

## 4-H at Home

**Click link below for complete guide to fun!**

[//ucanr.edu/sites/Kern22/files/329050.pdf](https://ucanr.edu/sites/Kern22/files/329050.pdf)

# 2021 4-H Virtual Computer Science Teen Training



## When?

January 23, 2021 10:00 AM - 3:00 PM

## What?

Learn teaching best practices, gain hands-on experience with CS First/Scratch programming, and get the inside scoop on what it's like to have a computer science career from a Google employee guest speaker!

## Why?

Because teaching coding is FUN and ANYONE can do it, including you!

Sign Up Here: [ucanr.edu/csteens](https://ucanr.edu/csteens)

**Registration due by January 9, 2021**

**\*\*No Cost\*\***



The 2021 Youth Animal Science Drive-Thru is an educational event for youth (and their adult leaders, teachers, and mentors) who raise, care, breed, show, or are interested in learning more about livestock animal production in the areas of:

- Beef cattle
- Dairy cattle
- Small ruminants (sheep and goats)
- Swine
- Poultry

**Invited Participants:** Youth (any age) and adults from youth organizations who provide animal science education, including 4-H, FFA, and Grange.

### Event Layout

- Drive-thru stations: the concourse will be lined with stations; each station will have presenters who share information/provide demonstrations on a topic
- Each agriculture track is species specific and will have their own set of stations and individual time slot
- Multiple presenters per station will allow for a steady flow of vehicles through the various interactive stations

**Registration opening in January 2021.** For questions, contact [Suzanne Amaral](#), Napa 4-H Pro-

## **Incentives & Recognition Updates**

### Golden Clover Awards

The Golden Clover Awards recognize outstanding achievements of members, volunteers, program staff, and groups within the 4-H Youth Development Program. Golden Clover Award winners are awarded a small cash award, a medallion and lapel pin. For more information on Golden Clover Awards, [see it here](#).

*2020 Golden Clover Awardees:*

Ashley Pylar: Fundraising  
Allyson Eileen Jolly: Spirit of Civic Engagement  
Taylor Boothe: Collaboration & Outreach  
Special Events: Coding Project Group  
Julie Salmonson: Volunteer Mentoring  
Janelle Turpin: Ironstone Dog  
Ethan Auyeung: Brownlee Science  
Kylie Klopping: Beekeeping  
Wild California Virtual Camp: Staff Team

### Higher Education Awards

Higher Education Scholarships are awarded annually. In 2020 there were 2 categories: Dean Memorial Scholarships and Mabel Jacks Scholarships. Each scholarship is a \$1000 award. For more information on Higher Education Scholarships, [see it here](#).

*2020 Awardees:*

Avery Permenter  
Dustin Geringer  
Jacob Miner  
Makaylie Cook  
Isabel Hanchai  
Shelby Thomason  
Theresa Wood

### 4-H Adult Helper in Virtual Learning Spaces

As a result of COVID-19 and restrictions to gathering in person, 4-H has moved many educational activities into virtual learning spaces. In response to the unique needs of these learning environments, and to uphold 4-H youth protection and adult supervision, a designated role of Certified 4-H Adult Helper has been created.

For adults who would like support 4-H by becoming a Certified 4-H Adult Helper, please refer to this [4-H Adult Helper Certification Flowchart](#) for an overview of the process. Click [here](#) to register.

# From the State Office

We're still tallying the numbers...but thanks to your record breaking generosity, as of midnight on #GivingTuesday, you helped raise more than \$100,000 for the 4-H Youth Development Program in California!

We appreciate all your support!

Thank you also to the California 4-H Foundation Board of Directors for their generosity with their matching gift and 100 percent participation on #GivingTuesday.



**Together  
we raised  
\$100,000  
for 4-H!**



## 4hOnline Tip

The family email address in 4hOnline is used for important communication.

As such, the email must be a valid address and regularly updated.

Please check your family email address in 4hOnline to make sure it is accurate and current.



4-H Enrollment and Event Registration

## Save the Dates



**2021 Virtual Youth Summit**  
March 26-28, 2021  
Ages 11-13



**2021 Virtual State Leadership Conference**  
July 23-25, 2021



## 2021 4-H Statewide Equine Events

February 20, 2021: Equine Public Speaking Contest

March 13, 2021: Equine Field Day

May 15, 2021: Hippology Contest

May 16, 2021: Horse Judging

June 21-27, 2021: California 4-H Classic Horse Show

The attention and care of adults to support youth has never been a greater need. Your skillful presence is ESSENTIAL to their well-being.

We're so pleased to be offering a video series featuring Dr. Chelsey Hauge of Positive Parenthood. The video series is for 4-H volunteers, parents, guardians and UC ANR employees who want to know specific strategies to help youth, as well as the caring adults in their lives, cope and thrive during these challenging times.

This 6-part video series is hosted on the [California 4-H YouTube Channel](#). Each video is between 10 – 15 minutes with so many great actionable steps that adults can take to help support youth when they have tricky behaviors.

### December videos live now:

[Stress in Children](#)  
[Presence and Praise](#)  
[Positive Opposites](#)

### Upcoming January videos:

Reducing Conflict and Reinforcing Positive Group Dynamics  
The Three Yesses and Helping Kids Feel Felt  
Priming for High-Stress Events

In January, we'll be giving you a sneak peek about an upcoming opportunity for volunteers, parents, guardians and employees to receive additional support and coaching from Dr. Chelsey.

If you haven't yet checked out those [videos](#), you don't want to miss it! And watch for the continuation of the series in early January as we help build calm and cooperative families, groups, and communities.

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## Update from The State Fashion Revue Committee

Our new theme is “State Fashion Revue: Reboot”. While acknowledging current events, we also see this as an opportunity for a new start. State Fashion Revue will be a virtual event in May 2021. Because of this, there will be a few changes. To qualify for SFR, the participant must be enrolled in 4-H and must be named the County Winner in one of the state categories. However, the requirement to make the entries as part of a sewing project has been removed for all categories. This is to encourage members to participate in Fashion Revue who may not be able to attend in-person project meetings. All counties should hold their Fashion Revues by April 24 so eligible members can register for the state event by April 30. The categories are continued from 2020 - Consumer Science Purchased \$40 limit, Vintage, Box Challenge, Traditional, and Cosplay. For more information please visit the [SFR website](#).

We are also looking for many people to join the SFR committee who have skills in Zoom and Google, since everything will be online. We would value any support whether you are a techie or not.

Please contact me if you are interested!

Gianna Lovell, SFR 2021 Co-chair, [ggiolovell@icloud.com](mailto:ggiolovell@icloud.com)

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### 2020 Virtual State 4-H Field Day Findings

We are pleased to share the [evaluation report for the 2020 Virtual State 4-H Field Day](#) (attached).

#### KEY EVALUATION FINDINGS

- Youth reported that primary benefits were improving competence (communication skills) and confidence (self-worth).
- Youth who have successful public speaking experiences are more confident in their public speaking abilities. Youth report very strong feelings of belonging and acceptance in 4-H.

#### Recommendations for State 4-H Field Day

- State 4-H Field Day should offer contests both in-person and virtually, given that youth spoke about how virtual contests boosted participation, improved comfort, and reduced expenses. Provide additional resources, support, and training to presenters and evaluators on effective uses of virtual technologies. Help youth understand what they need to adapt in their presentations to make effective use of the affordances and constraints of technology.

#### Recommendations for 4-H public speaking

- Given that successful (mastery) experiences influences communication confidence, and a relationship between communication confidence and evaluators’ scoring, we recommend broadening opportunities for youth to present and participate in 4-H presentation events, including removing seal requirements (i.e., remove requirement that youth must earn a gold to advance). Explore what it is about mastery experiences that influences communication self-efficacy to inform the 4-H presentation program.



Thank you for your on-going support and contributions to the 4-H Youth Development Program in CA. The **2019-2020 Annual 4-H Report** represents our efforts to extend research, knowledge, and opportunities to youth across the state. You will find this report on the State 4-H webpage at :

<https://ucanr.edu/sites/UC4-H/files/339098.pdf>

Thank you,  
Lynn Schmitt-McQuitty  
State 4-H Program Leader



4-H *Mindful Me* now available virtually!

Youth ages 5-8 can view video recorded lessons and participate in adapted activities that build skills in mindfulness and social-emotional competencies like, mindfulness practices that include: mindful eating, affirmations (emotional support or encouragement), identification and management of emotions, being present in the current moment, and yoga. Each lesson includes a reading of a children's book along with a simple application activity.

Videos are available through eXtension: [4-H Mindful Me](#)  
Enrollment key: California

The full curriculum is also available for purchase from Shop 4-H <https://shop4-h.org/products/mindful-me-a-4-h-primary-mindfulness-curriculum>



### 4-H Fresh Chefs Digital Cookbook

The digital cookbook features 50 recipes from 4-H'ers across the country, 4-H alumni and supporters including:

- **Carla Hall** - Celebrity Chef and 4-H Healthy Habits Program Ambassador, Tennessee 4-H alumna
- **Anne Burrell** - Host of Food Network's Worst Cooks in America: Celebrity Edition and New York 4-H alumna
- **Laila Ali** - Cookbook Author, TV Host, Former Boxing Champion and Creator of *Laila Ali Lifestyle*
- **Timothy Hollingsworth** - Owner and Chef of Otium, CJ Boyd's and Free Play, Winner of Netflix's *The Final Table*

Recipes include everyday foods like, Cheesy Cauliflower Pizza, Crispy Smashed Potatoes, and Asian Lettuce Wraps, in addition to celebration foods, like Chicken Pot Pie, Gingerbread Doughnuts,

and Sprinkle Cake Pops, that teach families how to balance eating habits.

It is [available for free online here](#) and audiences have the option to view and share featured recipes online or download the complete cookbook that includes beautiful food photography and personal notes from the youth and celebrities about their dishes.

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## Save 15% at JOANN and support 4-H at the same time!

JOANN is supporting 4-H with a rewards "card" that gives holders 15% off their total in-store and online purchases!

A minimum of **2.5% of every eligible transaction is donated to 4-H.**

Two ways to sign up:

1. Sign up online at <http://www.joann.com/4-H/>
2. Download the free JOANN app on your mobile device. Go to "More" and select "Loyalty Programs".

<http://4h.uca> **Save 15% at JOANN and support 4-H at the same time!**



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## Shop 4-H for California!

Thanks to the [California 4-H Foundation](#), we are now signed up for an affiliate program with Shop 4-H, the National 4-H shopping site. Items include t-shirts, curriculum, incentive items and more.

When you purchase anything using [our link](#), 5% of your purchase will be returned to California 4-H!

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## Online 4-H Treasurer Training Course

We are pleased to announce the launch of the new California 4-H Treasurer's Training in eX-tension. This course was developed by a sub-committee of the State 4-H Policy Advisory Committee and is designed to walk 4-H Club Treasurers through their important role. Access to the course and its unique enrollment keys (different from the required training enrollment keys) can be accessed directly by youth members and volunteers at

<http://4h.ucanr.edu/Resources/Learning-Development>

The course has already been added to each county's eXtension portal as well.

You can direct any questions or report any issues with the course through our ticketing system at <https://ucanr.edu/survey/survey.cfm?surveynumber=27435>



### **Updated Leader Orientation**

**For New Leaders, please visit the link below**

[New 4-H Volunteer Leaders](#)

**For Returning Leaders, please visit the link below**

[Returning 4-H Volunteer Leaders](#)

### **LINKS YOU CAN USE!**

**4-H uniform page**

<http://4h.ucanr.edu/About/Uniform/>

**California 4-H Uniform Guidelines**

<http://4h.ucanr.edu/files/216262.pdf>

**Leslie Carman 4-H Supplies**

<http://www.4hsupplies.com/>

**California 4-H Branding Toolkit**

[http://4h.ucanr.edu/Resources/Branding\\_Toolkit/](http://4h.ucanr.edu/Resources/Branding_Toolkit/)

**California 4-H Dress Guidelines**

<http://4h.ucanr.edu/files/210170.pdf>

### **[Handbook For New Families](#) **NEW!****

This guide was developed to help new families understand the 4-H program. Please share a copy of this with new families in your club. If you have feedback for updates to this guide, please submit them to Sue McKinney at [lsmckinney@ucdavis.edu](mailto:lsmckinney@ucdavis.edu) or call 661-868-6235. <http://4h.ucanr.edu/files/271860.pdf>

### **Food Safety Training Available ONLINE!**

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

Website: <http://ucanr.edu/sites/MISKIS/>



### **4-H WEBSITES**

[http://cekern.ucdavis.edu/Youth\\_Development/](http://cekern.ucdavis.edu/Youth_Development/)

<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/>

### **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!