



University of California

Agriculture and Natural Resources ■ 4-H Youth Development Program

March 2021

*23	Leader Council Meeting—7:00pm	Jeanne Walford 661-831-1639
19	Virtual Family Magic Show	See page 5 for details
*26	UCCE Kern County Holiday - Cesar Chavez Day	

April 2021

17	Presentation Day - 9:00am Via Zoom	Sue McKinney ismckinney@ucanr.edu
*27	Leader Council Meeting—7:00pm	Jeanne Walford 661-831-1639
30	Kern Ambassador Applications Due	



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

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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



*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>

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](#)

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.



Presentation Day is Coming in April!

Why is Public Speaking Important?

- It will enhance your ability to communicate with others and help increase your self confidence.
- Public speaking will make you more comfortable around other people.
- It is one of the most effective ways to get your point across to others.
- It will make a difference in your future life, career and community.
- Public speaking allows you to demonstrate and increase your knowledge of your subject.
- The ability to speak in public makes you stand out from others in school and the workplace.
- To become a leader you must learn how to communicate.

Learn how to make a 4-H Presentation:

<http://4h.ucanr.edu/files/2193.pdf>



What are Sparks?

Sparks can be musical, athletic, intellectual, academic, relational, - anything from playing the violin and gardening to enjoying training with animals or helping senior citizens.

Sparks are the flames that reflect your inner passions, interests and talents.

Sparks inspire you to make a difference in the world.

Sparks help you see the potential within yourself.

Presentation Day gives you the opportunity to dig deeper into your personal spark and share this knowledge with your 4-H community.

Share Your Spark!

Learn how to make a 4-H Presentation:

[California 4-H Presentation Manual](#)

Sign up for 2021 Kern County Presentation Day

<http://ucanr.edu/2021kernpresentationday>



Join Kern County 4-H for a
Virtual Family Magic Show
 With Entertainment by



**Conrad
 Cologne**

Friday, March 19th @ 7:00 PM PT



Experience an interactive magic show where the magic happens in your hands and everyone has a front-row seat.

Conrad is a 4-H alumni, former Outstanding 4-Her, and professional family entertainer.

Register here: <https://tinyurl.com/KernCAVMS>

To get what you need to have before the show go to the website below or scan the QR .

<https://tinyurl.com/4hcardtrick>



SCAN ME



UNIVERSITY OF CALIFORNIA
 Agriculture and Natural Resources

4-H Youth Development Program

An Invitation:

UC Davis Service Project – Mini-Lesson with the College of Ag

I am Naydine Garcia, and I work with the College of Agricultural and Environmental Sciences Dean's Office at UC Davis. The Dean's Office is hoping to host a virtual mini-lesson with elementary students about farm animals. We would like to include the California 4-H program in this fun project!

I am one of the College of Agricultural and Environmental Sciences Dean's Office's student service coordinators. As student service coordinators, our goal is to work and provide community service opportunities for undergraduate students in our College of Ag. and Environmental Sciences. Typically, we would host events and activities in-person, but due to the pandemic, we are unable to do so.

Therefore, we are trying our best to create community service opportunities for our students, so we are attempting to be creative and go virtual!

We at the Dean's Office are hoping to be able to interact with your students for a mini-lesson on farm animals, how to care for animals as pets, and interacting in some fun activities while being completely virtual. We hope to make it an exciting day for your students to look forward to, as we hope to make it a spirit day as well for the students participating in the event. The age range we are intending to have this event with would be around the ages of 6 to 8.

We are open to any and every suggestion, including the lesson plan that is to be created. If there are any potential opportunities for communication, we would appreciate it.

This event would take place after Field Day, March 5th and 6th, and we would like to establish a date for this event with your help and considerations.

For now, we would like to propose this service project opportunity with the California 4-H program. If you have any further questions, feel free to contact us here at this address.

Thank you so much.
Naydine Garcia

You can reach Naydine Garcia at: aggieambassadors@caes.ucdavis.edu

2021 Virtual San Francisco North Bay Science Discovery Day Saturday, March 13, 2021

Children, teens, and families are invited to join us for a FREE North Bay Science Discovery Day on Saturday, March 13, with events scheduled between 9:00 a.m. and 6:00 p.m. (pacific time).

Discovery Day is a FREE event that will spark curiosity and excitement about science, technology, engineering, and mathematics (STEM). Previous Discovery Days have been in-person events at the Sonoma County Fairgrounds. We hope to return in person in the future, but the 2021 event will be virtual due to COVID-19.

<https://www.northbayscience.org/2021>

#ScienceTogether

#NBSDD2021



January 25, 2021

To: UCCE 4-H Offices and California 4-H Shooting Sports Leaders

From: Siskiyou County Leaders Council
Jacki Zediker, 4-H Youth Development Program Representative

Re: 37th Annual State 4-H Shooting Sports Match

Siskiyou County 4-H Leaders Council will host the 2021 State 4-H Shooting Sports Match.

The following is a list of procedures and rules for participation in the 2021 State 4-H Shooting Sports Match.

1. The registration process is as follows: All registration forms must be sent to the UCCE office of the county in which each participating 4-H club resides. Clubs can pay with 4-H club checks directly to the contest or payments can be made by County 4-H Councils/VMO's. Personal checks will not be accepted.

The county 4-H Youth Development Advisor, 4-H Program Representative or other UCCE 4-H authorized individual shall sign the registration form to verify that all entrants, adults and youth, are currently enrolled in 4-H.

On or before the postmark date of March 15, 2021, the UCCE 4-H office personnel shall send the registration forms and payment to the Siskiyou County Leaders Council, 1655 South Main Street, Yreka, CA 96097.

2. After receiving and processing the registration packets from each county, labeled targets and skeet/trap score sheets will be mailed to the participating shooting sports leaders by April 19, 2021.
3. **For 2021 Only:** 4-H youth participants must be a youth enrolled in a 4-H shooting sports program that has completed a project safety training from a certified 4-H shooting sports volunteer for this program year 2020-2021. Members will be allowed to complete the competition by firing on targets with the supervision of their parents. Youth are only eligible to compete in categories that they are enrolled in as a 4-H project. (Rifle, Shotgun, Handgun)
4. After scoring the returned targets, the results will be compiled and distributed through the UCCE offices. Ribbons, medals and trophies will be sent to the participating counties for the shooting sports leaders to distribute.

Siskiyou County

University of California Cooperative Extension

January 25, 2021

37th Annual State 4-H Shooting Sports Match

It's time to sharpen up your shooting skills and start preparing for the Thirty-Seventh Annual State 4-H Shooting Sports Match, sponsored by the Siskiyou County 4-H Council. Entries for the State 4-H Shooting Sports Match, must be postmarked by **March 15, 2021**. The rules are rather simple, and we will rely upon the guidance of leaders and advisors in order to avoid confusion and problems.

DIVISIONS (by age, as of December 31, 2020):

Junior: 9-10 years of age **Intermediate:** 11-13 years of age **Advanced:** 14-19 years of age
Leader/Parent: parents and leaders currently enrolled in the 4-H program

ALL ENTRANTS MUST BE VERIFIED AS BEING CURRENTLY ENROLLED IN 4-H BY YOUR LOCAL UCCE OFFICE

CATEGORIES:

1. **Air rifle:** (Air Rifle 3.6) The distance will be 10 meters (33 feet). The course of fire will be standing only. Ten shots will be fired on each target, one shot per bull's-eye. There will be four targets. The International Rifle Rules will be used. .177 caliber pellets only. AR-5/10 target.
2. **Sporter Air Rifle:** (National Standard Three-Position Air Rifle Rules, pg. 12-13) The distance will be 10 meters (33 feet). Three positions: prone, standing, kneeling. For each position, ten shots will be fired on one target, one shot per bull's-eye. Shooting jackets are not permitted. Maximum of two sweatshirts may be worn. Shooting boots are not permitted. Any sights permitted (including telescopic). .177 caliber pellets only. AR-5/10 target. (To obtain copies of the rule book, contact: National Three-position Air Rifle Council / Camp Perry / P.O. Box 576 / Port Clinton, Ohio 43452 / email: compt@odcmp.com / phone 888.267.0796)
3. **Sporter Air Rifle (Prone Only):** The distance will be 10 meters (33 feet). Ten shots will be fired on two targets, one shot per bull's-eye. Shooting jackets are not permitted. Maximum of two sweatshirts may be worn. Shooting boots are not permitted. Any sights permitted (including telescopic). .177 caliber pellets only. AR-5/10 target.
4. **.22 Rifle Open Sights:** (Light Rifle 3.3) Three positions: prone, standing, kneeling. For each position, five shots will be fired on each of 2 targets, one shot per bull's-eye. The distance will be 50 feet. One 1/4 inch aiming dot (any color) may be placed on target front, on each bull's-eye, for sighting purposes (dot centering not required). Slings may be used. The Smallbore Rifle Rules will be used. A-32 target.
5. **.22 Rifle Open Sights (Prone Only):** (Light Rifle 3.3) Prone only: Five shots will be fired on each of 3 targets, one shot per bull's-eye. The distance will be 50 feet. One 1/4 inch aiming dot (any color) may be placed on target front, on each bull's-eye, for sighting purposes (dot centering not required). The Smallbore Rifle Rules will be used. A-32 target.
6. **.22 Rifle Iron Peep:** (Light Rifle 3.3) Three positions: prone, standing, kneeling. For each position, ten shots will be fired on one target; one shot per bull's-eye. The distance will be 50 feet. Slings may be used. The Smallbore Rifle Rules will be used. A-17 target.

7. **.22 Rifle Telescope Sights:** (Light Rifle 3.3) Three positions: prone, standing, kneeling. For each position, five shots will be fired on each of 2 targets; one shot per bull's-eye. The distance will be 50 feet. **Slings may not be used.** The Smallbore Rifle Rules will be used. A-32 target.
8. **.22 Rifle Telescope Sights (Prone Only):** (Light Rifle 3.3) Prone only: Five shots will be fired on each of 3 targets, one shot per bull's-eye. The distance will be 50 feet. The Smallbore Rifle Rules will be used. A-32 target.
9. **.22 Competition Rifle:** (Any Rifle 3.2) Three positions: prone, standing, kneeling. For each position, ten shots will be fired on one target, one shot per bull's eye. The distance will be 50 feet. Competition rifles may not have the sights changed to compete in other classes. Any sights may be used, including telescopic (sights: rule 3.7(a)). The Smallbore Rifle Rules will be used. A-36 target.
10. **.22 Hand Gun:** (.22 Caliber Pistol or Revolver 3.4) Ten shots will be fired on each target. There will be four targets. The distance will be 50 feet. All targets will be fired in the standing position. A 2-handed grip will be allowed in all divisions. The NRA Pistol Rules will be used. B-2 target.
11. **American Skeet:** Two rounds of skeet will be shot for a total of 50 targets. NSSA rules will apply. <http://www.nssa-nasca.org/wp-content/uploads/2012/03/2013-NSSA-Rule-Book.pdf> Scores shall be recorded on provided score sheet.
12. **American Trap:** Two rounds of singles (16 yard) trap will be shot for a total of 50 targets. The ATA Rule Book of the Amateur Trapshooting Association of America will be used. <http://www.shootata.com/Content/About The ATA/ATA Rule Book.aspx> Trap scores shall be recorded on provided score sheet.

Good luck to all participants!!

AWARDS:

Each of the top 10% of shooters for each division within each category will receive a gold award, the next lower 10% a silver award, and the next lower 10% a bronze award. Percentage will be based on returned fired targets. Participation ribbons or awards will be awarded to all shooters who have returned fired targets.

Trophies Awarded to County Teams

The top three scorers of each county from the combined Junior, Intermediate and Advanced divisions within each category will be selected as the county team for that category. Within each category, there must be at least three teams for the trophy to be awarded. There will not be more than one team selected per county for each category. A county with fewer than three shooters in the combined Junior, Intermediate and Advanced divisions of a category will not have a team for that category.

Awards will be mailed to the participating UCCE office in mid-August for the leaders to pick up or for the county to distribute at the annual Achievement Night.

Scoring and firing will conform to the rule books of the National Rifle Association of America, except as otherwise specified. *Under no circumstances may any marks be made on fired target fronts other than by projectiles, except as specified for category 4 and 5. Marked or plugged targets will be disqualified.*

Due Date:

Fired targets must be postmarked to Siskiyou County UCCE Office, 1655 South Main Street, Yreka, CA 96097, no later than **June 14, 2021**. No late targets will be accepted.

2021 State 4-H Shooting Sports Match

Leader's Name _____ Phone _____ County _____
 Leader's Address _____ Club _____
 City _____ Zip _____ E-mail _____

Entries with fees must be postmarked no later than March 15, 2021

Please print legibly and complete all portions of the form.

Participant Name(s)	Div. Code	Please a check in the categories in which you wish to compete													
		Air Rifle (33 feet)	Sporter Air Rifle (33 feet)	Sporter Air Rifle (Prone Only)	22 Rifle Open Signs (50 feet)	22 Rifle Open Signs (prone Only)	22 Rifle Iron Peep Signs (50 feet)	22 Rifle Telescopic Signs (50 feet)	22 Rifle Telescopic Signs (prone Only)	22 Competition Rifle (50 feet)	22 Hand Gun (50 feet)	Steel	American Trap (16 yards)		

Number of categories _____ x \$6.00 = _____ Return to: Siskiyou 4-H
 Total Due _____ 1655 S. Main St.
 Yreka, CA 96097

Division Codes (enter in Div. Code column)
J Junior, 9-10 years old
I Intermediate, 11-13 years old
A Advanced, 14-19 years old
LP Leader/Parent
 Age as of Dec 31, 2020

Please submit one check per county made payable to: Siskiyou County 4-H Council
 Signature _____
 County 4-H Secretary, 4-H Program Rep. or County 4-H Advisor **MUST SIGN FORM**
 Signature indicates **all entrants** are verified as current 4-H members

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
 - **Relationship Building** 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
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.



All Star Web Page

We are trying to set up some historical information on our web site. We are currently working on a history of the county All Stars/Ambassadors. If you could help us by contacting former All Stars/Ambassadors from the county that you may know and let them know we need their picture, that would help. We do have a number of photographs from the past. However, some are poor quality photos that do not enlarge well. Or, they show the All Stars/Ambassadors from the side or at a distance leading an activity. We would like to get more portrait type photos. To see what we have put together so far, visit the link below.

http://cekern.ucanr.edu/Youth_Development/4-H_History_in_Kern_County/

A POWERFUL NEW WAY TO SUPPORT 4-H

Help your 4-H program
without spending
anything extra



The California 4-H Foundation is excited to share this innovative, grassroots method for raising money for local 4-H programs – meet your California 4-H GroundSwell Visa Debit Card. We’re working with GroundSwell, a social purpose corporation that empowers people to use their everyday purchasing as a force for good.

- Good for you: Awesome rewards, zero recurring fees, no credit check. Every purchase helps your 4-H county, but that money doesn’t come out of your pocket.
- Good for 4-H youth: 4-H youth programs get the benefit of ongoing funding according to the participation in your county, to be used where it’s needed most in your county.
- Good for your county 4-H Program: All funds raised go directly to your county.

Read more at www.card.groundswellcard.com

HOW 4-H MEMBERS ARE USING THE CARD

Of course, expenses related to 4-H projects should be top of the list!

Cell phone bill	\$100	✓
Home wireless/tv bill	\$75	✓
Car insurance bill	\$125	✓
Online subscriptions (Netflix, Disney+, Hulu, Spotify, Audible)	\$50	✓
Amazon purchases	\$100	✓
Local groceries/shopping	\$500	✓
Coffee, gas, misc.	\$50	✓



A few volunteers and parents have swooped in to start using the 4-H Debit Card. Early signs indicate this can be a windfall for our local clubs and programs. Using this card helps fund youth recognition and more - without having to donate or figure out new ways to fundraise. Thank you, early birds!

Examples of how our early birds are using their 4-H Cards:

- Online subscriptions (e.g., Amazon Prime, Netflix, Disney+, Hulu, Spotify, Audible, games, news)
- Online monthly bill payments to other merchants (e.g., cell phone, home wireless)
- Ad hoc online purchases (e.g., groceries, pet supplies, clothing, gifts)
- Local shopping (e.g., groceries, coffee shop, craft shops, etc.)
- AND - 4-H projects and animal care, of course

Later this month, the 4-H Card mobile app will increase convenience *and allow you to see your personal impact*. It will also connect to smaller credit unions or community banks, a big plus.

Our county qualified for the 4-H Card because so many of you expressed interest in it - so join the flock! Go to <http://bit.ly/ca4hcard> to learn more. New users will apply directly through the Android or Apple app - we'll let you know when you can download it later this month.

Let's join the early birds - and turn our everyday living into a formidable fundraising flock!

Note: Our 4-H Card partner, GroundSwell SPC, is a Washington State-based social purpose organization. They are devoting the majority of their gross revenue from this program to California 4-H. 100% of proceeds generated for our county go directly to our county. GroundSwell has been working on this program at no cost to the 4-H Foundation, who sourced this unique program for our counties.

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 Hoard's Dairyman Cow Judging Contest
Enter today at judging.hoards.com

Entry deadline is March 25, 2021

91st Annual Hoard's Dairyman Cow Judging Contest

The January 10, 2021 through March 2021 issues will feature five classes of dairy cattle for you to evaluate in our 91st Annual Hoard's Dairyman Cow Judging Contest.

Entry forms can be found in the publication or for group entries, contact judging@hoards.com for the 2021 judging pamphlet.

Same classes, same judges, same contest!

Entering online is an option for the 2021 Hoard's Dairyman Cow Judging Contest. Online judging allows us to reach a broader audience and engage readers from their electronic devices. Make your selections and move the cows into the order you want. Save your picks and come back later to finalize your placings.

But, once submitted, your choices are locked in.

Deadline is March 25, 2021.

Good luck!

To view the classes and to register visit judging.hoards.com.



2021 4-H Statewide Equine Events

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



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

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.

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.



Save the Dates



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



2021 Virtual State Leadership Conference
July 23-25, 2021

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.

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!**



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!

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/

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 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://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!