



University of California

Agriculture and Natural Resources ■ 4-H Youth Development Program

## May 2021

25	Leader Council Meeting - 7:00pm <i>Zoom Meeting</i>	Jeanne Walford 661-747-2666
31	Memorial Day Holiday - UCCE Office Closed	

## June 2021

14	Rabbit/Cavy Showmanship Clinic 6:00pm - <i>Tentative</i>	Brenda Smith 661-972-7507
*22	Leader Council Meeting - 7:00pm <i>Zoom Meeting</i>	Jeanne Walford 661-747-2666

### HIGHLIGHTS IN THIS ISSUE

**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 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](mailto:cekern@ucdavis.edu)



## 4-H Basics

<p><b>The 4-H Symbol</b> A green 4 leaf clover with a white "H" on each of its leaves.</p> 	<p><b>The 4-Hs</b></p> <p>HEAD</p> <p>HEART</p> <p>HANDS</p> <p>HEALTH</p>
<p><b>MOTTO</b> "To Make the Best Better"</p>	<p><b>SLOGAN</b> "Learn by Doing"</p>
<p><b>PLEDGE</b> I pledge my head to clearer thinking, My heart to greater loyalty, My hands to larger service, And my health to better living. For my club, my community, my country and my world.</p>	<p><b>COLORS</b> Green and White</p> <p>Green represents springtime</p> <p>White represents innocence</p>





\*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 4-H Online Enrollment Update! 2021/2022 Program Year**

The California 4-H program utilizes a system called 4-H Online for enrolling members and leaders. The system is being upgraded statewide from a 1.0 to a 2.0 version. What this means is that the information will have to be transferred over from the old system to the new.

In doing this there will be a delay in the online re-enrollment process for the 2021 – 2022 program year. Normally you can begin enrolling or re-enrolling on July 1. ***This year it is anticipated that access to the system will be available by August 15<sup>th</sup>.***

We apologize for any inconvenience this may cause to a clubs normal schedule of operation.

## **IMPORTANT KERN COUNTY FAIR INFORMATION**

### **Kern County Fair and 4-H Participation**

We have heard the concerns from 4-H families about 4-H members being allowed to participate at the 2021 Kern County Fair. In order for Kern County 4-H members to participate we must receive approval from the UC Risk Manager. The approval requires two items:

1. Approval of the County Director of the Kern County UC Cooperative Extension Office. (Completed)
2. List of safety protocols the fair will have in place to reduce COVID 19 risks

**PLEASE NOTE:** *It is the fair's responsibility for securing item 2 above and they are currently addressing this issue.*

We should have everything in place for 4-H members to participate in advance of the first due date for fair DNA on May 25th.

We will keep everyone posted of progress made on these items on our county Facebook page and through 4-H ALERT email messages.

# 4-H is Approved to Meet in Person for Community Club and Project Meetings!



- A Safety Plan is required only once for each meeting type. Such as: one safety plan for all similar meetings that are held in the same space.
- Everyone must wear a mask
- Social Distancing - Your meetings are not limited to 10 people or less, but try to keep a 6 foot distance
- Handwashing and the use of hand sanitizer
- Cleaning and disinfecting
- No shared supplies
- Isolating and sending home those who show symptoms



# 2021 Kern County Presentation Day

4-H Presentation Day is designed to give 4-H members experience in public speaking skills.

Congratulations to our two participants:

**Mason Pearson**

Who won Gold for his illustrated talk about  
**Light Emitting Diodes**

**Wyatt Montgomery**

Who won Blue for his demonstration about  
**Salad in a Jar**

## Kern County 4-H 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/](http://cekern.ucanr.edu/Youth_Development/4-H_History_in_Kern_County/)

## Compliments to Jeanne Walford!!

Recently John Borba gave a national Zoom presentation for the 4-H Western Heritage Project. After the presentation he received an email from a Mr. Mark Parman from the Community & Cultural Outreach of the Cherokee Nation in Oklahoma. Mr. Parman wanted to know if Jeanne Walford was still involved in 4-H.

He said that Jeanne was the leader of the Casa Loma 4-H Club when his wife Erin O'Meara Parman was a 4-H member in Kern County. Erin is now a 4-H Club leader in Warner, Oklahoma and she credits Jeanne Walford for her reason she is involved to this day. Erin still tells her 4-H club members about how Jeanne taught her how to sew!

A big **THANK YOU** is due to Jeanne for the many years of service she has provided the 4-H program and the many lives she has touched in a positive way over the years.

## 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.





# 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.







United States Department of Agriculture

## Farm Service Agency

# Youth Loans

FACT SHEET  
August 2019

### Overview

The U.S. Department of Agriculture's Farm Service Agency (FSA) makes operating loans of up to \$5,000 to eligible individual youths ages 10 to 20 to finance income-producing, agriculture-related projects. The project must be of modest size, educational, and initiated, developed, and carried out by youths participating in 4-H clubs, FFA, tribal youth organizations, or similar agricultural-affiliated groups.

The project must be an organized and supervised program of work. It must be planned and operated with the assistance of the organization advisor, produce sufficient income to repay the loan, and provide the youth with practical business and educational experience in agriculture-related skills.

### Who May Borrow

To qualify for a loan, the applicant must:

- Comply with FSA's general eligibility requirements; and
- Conduct a modest income-producing project in a supervised program of work.



### How Loan Funds May Be Used

These loans can finance many kinds of income-producing agricultural projects. The loan funds may be used to:

- Buy livestock, seed, equipment, and supplies;
- Buy, rent, or repair needed tools and equipment; and
- Pay operating expenses for the project.

### How It Works

To apply, the applicant must submit completed plans and budgets signed by the project advisor and parent or guardian along with the FSA application for loan assistance.

These loans:

- Have a maximum loan amount of \$5,000 (total principal balance owed at any one time cannot exceed this amount);
- Have an interest rate that is determined based on the cost of money to the federal government (after the loan is made, the interest rate for that loan will not change);
- Will be secured, in addition to promissory notes, by liens on the products produced for sale and on chattel property, including livestock, equipment, and fixtures purchased with loan funds; and
- Have a repayment schedule that varies depending on the type of project for which the loan is made. For example, if it involves raising livestock or crops, the loan is paid when the animals or produce are normally sold.

### More Information

For more information, visit [fsa.usda.gov/farmloans](https://fsa.usda.gov/farmloans) or [farmers.gov](https://farmers.gov). Find your local USDA Service Center at [farmers.gov/service-locator](https://farmers.gov/service-locator).

USDA is an equal opportunity provider, employer, and lender.

# 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)



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## Registration is now open for the 2021 Virtual Code Camp!

Are you interested in learning how to code? Or are you already a coder but want to gain more advanced skills? Then this camp is for you!

**What:** At this year's Virtual Code Camp, you will engage in fun icebreakers and games, two one-hour coding lessons each day, and meet new people from all over the state!

**When:** June 14-18, 9:30am-2:30pm

**Why:** Because coding is fun and anyone can do it, including you!

**Where:** Zoom

**Who:** This camp is for youth ages 9-18

Join us for the fun and register today! <https://ucanr.edu/codingcamp>  
**Registration is due May 24th - No cost, just register!**

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## 2021-2022 State Ambassador Applications

The 2021-2022 State Ambassador applications are now open with a modified time line for this year.

[https://ucanr.edu/sites/ca4H/State\\_Ambassador\\_Applications/](https://ucanr.edu/sites/ca4H/State_Ambassador_Applications/)

May 17, 2021	Complete Application and references due online to the State 4-H Office
June 1, 2021	Letter of invitation to interview emailed to selected candidates
June 12, 2021	Letter of notification emailed to candidates
August 21-22, 2021	State Ambassador Team Orientation (attendance is required)

Please send any questions directly to Jenna Colburn at [Jcolburn@ucanr.edu](mailto:Jcolburn@ucanr.edu)





## 2021 4-H Statewide Equine Events

May 15, 2021: Hippology Contest

May 16, 2021: Horse Judging

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



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!