




University of California

Agriculture and Natural Resources ■ 4-H Youth Development Program

## June 2021

*22	Leader Council Meeting - 7:00pm <i>Zoom Meeting</i>	Jeanne Walford 661-747-2666
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## July 2021

1-4	Kern County Fireworks Booth - Volunteers needed	Teresa Andrews 661-979-1003
5	Fourth of July Day Holiday - UCCE Office Closed	
*13	Budget/Calendar Planning Meeting 6:00pm	Sue McKinney <a href="mailto:ismckinney@ucanr.edu">ismckinney@ucanr.edu</a>
*14	Record Books Due for County Judging and Club Year-End Awards Due before 5:00pm	Sue McKinney <a href="mailto:ismckinney@ucanr.edu">ismckinney@ucanr.edu</a>
*17	County Record Book Judging—Time TBD	Sue McKinney <a href="mailto:ismckinney@ucanr.edu">ismckinney@ucanr.edu</a>
*27	Leader Council Meeting - 7 pm- <i>VIA ZOOM Meeting</i>	Jeanne Walford 661-831-1639
*30	Year-End Financial Reports and Record Books due for Kern County Fair before 5:00pm	Sue McKinney <a href="mailto:ismckinney@ucanr.edu">ismckinney@ucanr.edu</a>



### 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**

### 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](http://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>

## 2021-22 PROGRAM YEAR FEES UPDATE:

***\$65 YOUTH MEMBER***

***\$30 ADULT VOLUNTEER***

### 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.

### 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 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



## Tips for Earning and Recording Star Rank Credits in a Virtual World

**Purpose: To help youth reach their 4-H Star Rank advancements when events they were counting on are canceled.**

We know you may be having many disappointments right now. We hope that you can still find ways to work toward your rank achievements, even when everything has to be done from home.

We hope this document will give you some ideas on how to continue your 4-H work from home.

If you need help earning credits, please reach out to your 4-H Club Leaders and 4-H Project Leaders to help you with ideas and to make sure that what you are planning will meet their expectations of completion.

It's okay if you don't reach your Star Rank goal this year. Make a plan for how you will achieve your goal next year. We all have disappointments in our lives and one of the best skills we can have is how to cope with disappointment. At the end of this document are some steps to take if you are sad or disappointed about not reaching your goal this year.

**Did you attend something online? Here's how to record it.**

<b>Event/Activity</b> Any virtual/distance learning 4-H Activity should be counted just like an in-person event/activity.  <i>Examples:</i>	<b>Level of Participation</b> I = Individual, L = Local Club/Unit/Project, C = County, M = Multi-county/Area, S = State, N = National/Multi-State G = Global	<b>Record Book Section</b> PDR= Personal Development Report APR=Annual Project Report
Virtual State Presentation Day	S	PDR: Event Attended
Virtual Area Presentation Day	M	PDR: Event Attended
Virtual Club Movie/Game Night	L	PDR: Event Attended
Virtual Leadership, Healthy Living or Civic Engagement training	L	PDR: Leadership or Civic Engagement
Practicing project skills at home	I	APR: Learning Experience
Virtual Project Meetings	L or C	APR: Learning Experience
Virtual Room Host	C or M or S	PDR: Leadership
Virtual Club Meetings	L	
Virtual 4-H Presentation or Talk that you gave	Depends on who you presented to	PDR: Communication
Virtual participation in music lessons, faith-based youth group, etc.	L	PDR: Healthy Lifestyles

## **Personal Development Report**

### **Events Attended**

Record 4-H events that you attend during the year. Count any virtual 4-H event that you attend outside of regular club and project meetings.

- Virtual Club Movie/Game Night
- Virtual Area/State Presentation Day
- Virtual County Fashion Review

### **Communication Skills**

Record communication activities that you participate in at any event inside or outside 4-H, including virtual presentations. Do not include thank you letters as communication activities.

- 4-H Presentations: To be counted as a presentation, you must meet the requirements in the [State 4-H Presentation Manual](#). Count 4-H Presentations given live over any virtual platform or prerecorded.
- Evaluator: Served as an evaluator for any virtual 4-H activity or contest.
- Prepared Talk: Any time you prepare (in advance of the event or activity) a report or talk, record this here. Record prepared talks from any virtual event or meeting.
  - Example: You give a prepared talk about virtual State Presentation Day to your club at the April Virtual Club Meeting.
- Written Communication: Newspaper articles, letters, Online Communication remain the same

### **Honors and Recognition**

Record all high honors and recognition you have earned include honors earned at virtual events.

### **Annual Project Reports (APR)**

Record every project-related activity or event where you learned something new or developed a skill related to the project.

- Any virtual or online project work.
  - Doing research
  - Working on a sewing project at home
  - Watching a documentary about the history of chicken showmanship
- Virtual project meetings
- Practicing project skills at home \*
  - Practicing poultry showmanship with backyard chickens
  - Baking a cake in your kitchen
  - Practicing a new drawing technique

\*Your Project Leader may want to see evidence of this, so you may want to do a short video from a phone, of what you did and share that video with your Project Leader.



## Record Book Evaluations and Competitions

This year many club and county record book evaluation competitions may become virtual and require books to be submitted digitally in Microsoft Word or .pdf format. You may not need to print out your record book at all. In order to make it easier for Record Books to be uploaded as a Microsoft Word or .pdf file some Sections of the Record Book will NOT be required or be evaluated for the 2019-2020 Record Book Evaluation season:

- Collection of 4-H Work
- Project Expression Pages

Record Book Sections that will be Evaluated
PDR (all parts)
My 4-H Story
APR without the Expression Page
LDR (Intermediate and Seniors)
Resume (Seniors only)

Check with your Club Leader on how Record Book evaluations will be handled by your Club and County this year.

Getting signatures on the PDR, APR and LDR may take a little more effort this year. Here are the things that will work:

- 1) Email the form to the right leader.  
The leader can sign it electronically OR  
The leader can print it out, sign it with a pen, scan it, and send it back to you OR  
The leader can send an email back to you saying they approve the document.
- 2) Save these email exchanges and attach them to your Record Book as verification.
- 3) OR you could use regular mail
- 4) OR you could drop off on porches and back and forth—remember to social distance and follow CDC guidelines for not touching paper that others have touched for a few days.

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>) Inquiries regarding ANR's nondiscrimination policies may be directed to UCANR, Affirmative Action Compliance & Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1343.

## **Benefits of Completing a 4-H Record Book:**

- Practice Records Management- Track your activities, events, profits and losses, skill development and learning experiences. In this competency skill you identify, create, classify, archive and preserve records.
- Reflect on your yearly work - Document your skill development and learning experiences in a written report.
- Set goals, pursue strategies to meet those goals, and record how you may have had to shift gears in the face of challenges and obstacles.
- Measure your achievements and growth throughout your years in 4-H.
- Keeps all your project information in one place where it can be easily assembled when the time comes.
- Your 4-H record book will serve as a precious keepsake one day and is an invaluable experience that will generate many future benefits to the dedicated 4-H member.



## **Record Book Tips and Tricks**

Record books are used in 4-H to keep track of the work that goes into a project or activity. If you are working on a record book, you want it to be the best it can be to showcase the work you have accomplished.

- Start early. The work you do on your record book can start as soon as you get your animal or start your project. Think about working on specific pages as a club each month; this ensures everyone is keeping up on their record keeping and gives members a chance to help each other or ask questions about the project.
- Personalize it. Include pictures and other creative elements. Consider putting the record book in a binder or making a Power Point presentation to support the content. You can present this at a club meeting and receive credit for a Presentation.
- Document. Save receipts, pictures of you working on your project, and other loose documents in a folder or clear binder sheet protector. That folder can either go along with your record book or individual pieces can be included into the final product.
- Take notes. Keep a journal where you record your efforts, thoughts and challenges. This journal can be a small notebook and can be kept near your project. It can get dirty or damaged in the process of your work because when the time comes, you can transfer that content to your clean record book for display.



- Do your research. If you don't understand a section, ask someone for help like a 4-H leader or 4-H staff, local vet. Double check with your 4-H Record Book Manual.
- Spell check. Grammar, spelling and punctuation matter. These tools help convey your message. If the words are not clear, the reader will not be able to clearly understand the great work you have done.
- Cleanliness counts. Neatness and organization are important. You might want to type your answers. If not, use your best penmanship. It might work best to keep a rough draft copy of your record book throughout the year and neatly transfer that to your final copy once edited.
- Be thorough and complete. Make sure to follow directions and fill in all sections completely. Some sections have more than one part to them, so ensure you have answered each component.
- Phone a friend. It is helpful to ask someone to proofread your record book before submitting it to ensure it looks good and makes sense. Ask teachers, 4-H leaders or staff, or other caring adults in your life. It may be best to ask someone who doesn't know much about your project because they can give you an honest outsider perspective about the clarity of your work.

- Learn from examples. Try to find other record books as models; these can be from other members in your club, other clubs or even other county programs. They can help give you a guideline for your work. Do not copy those books but use as inspiration for the work you do on your record book.
- Review. Don't forget to review last year's record book before starting this year's project! Revisiting challenges and triumphs from a previous year will help you make more informed decisions in the current year and help you think about how you could try something new. Including reflections and lessons learned in your new year's record book is a great addition.
- Share it. A record book is most useful when others get to see it. The record book can be a supporting document when talking to potential buyers or when giving presentations about your project. Take it with you when you meet a new buyer or share at your pen during the auction. You can also share it at a school meeting or community organization group.

### ***STAR RANK CREDITS***

If you need help earning credits, please reach out to your 4-H Club Leaders and 4-H Project Leaders to help you with ideas and to make sure that what you are planning will meet their expectations of completion.

We hope this document will give you some ideas on how to continue your 4-H work from home.

**[Tips for Earning and Recording Star Rank Credits in a Virtual World](#)**





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)

## 2021-22 PROGRAM YEAR FEES UPDATE:

**\$65 YOUTH MEMBER**

**\$30 ADULT VOLUNTEER**



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**

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!