



University of California

Agriculture and Natural Resources ■ 4-H Youth Development Program

## December 2021

23-31	Christmas & New Year's Holiday - UCCE Office Closed	
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## January 2022

17	Martin Luther King Holiday - UCCE Office Closed	
*25	Leader Council Meeting	Jeanne Walford 661-831-1639

### 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 - MASKS ARE REQUIRED FOR ALL INDIVIDUALS REGARDLESS OF VACCINATION STATUS.**

**BASED ON RECENT CDC GUIDANCE AND THE CURRENT LEVEL OF COMMUNITY TRANSMISSION IN KERN COUNTY, MASKS ARE REQUIRED FOR ALL INDOOR 4-H ACTIVITIES, REGARDLESS OF AGE OR VACCINATION STATUS. MASKS ARE NOT REQUIRED FOR OUTDOOR ACTIVITIES.**

**4HONLINE NOW LIVE**

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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)**



**\*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>



KERN COUNTY 4-H

# HOLIDAY FOOD DRIVE

Add Community Service to your Record Book

## HELPING NEEDY FAMILIES IN KERN COUNTY

Please bring your donation to the 4-H  
Office through December 21st.



# BUY FOOD, DO SOME GOOD

## SUGGESTED FOODS TO COLLECT

Pancake Mix & Syrup  
Peanut Butter & Jelly  
Cereal  
Granola Bars  
Canned Fruit and Vegetables  
Canned and Dry Beans  
Rice & Rice Meals  
Pasta & Pasta Sauce  
Boxed Potatoes and Stuffing  
Main Meals (Beef Stew, Chili, Ravioli)  
Canned Meat and Tuna  
Crackers  
Coffee, Tea

Bring to the 4-H Office  
Monday - Friday  
From 8-5

## 2021-22 PROGRAM YEAR FEES UPDATE:

***\$65 YOUTH MEMBER***

***\$30 ADULT VOLUNTEER***

### IMPORTANT 4-H Online Enrollment Update!

2021/2022 Program Year

4HOnline 2.0 is now live and accessible for all 4-H families. It can be accessed here: <https://v2.4honline.com/>.

For help navigating the new interface, you can download and review the [4H Online Family Enrollment Guide](#).

### 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.



**See Link Below for 4-H Countywide Chairpersons 2021-2022**

**[2021-2022 Countywide Chairpersons](#)**

# Procedures for 4-H Meetings during Covid-19

*UC 4-H wants you and your child to be safe and healthy. In order to hold in-person meetings, there are some guidelines that must be met to ensure everyone's well-being.*

**Together we will help to keep everyone healthy!**

UC 4-H Healthy Living Team

 **University of California**  
Agriculture and Natural Resources | 4-H Youth Development Program

## Wear a mask.

Masks must always be worn indoors.\*



\*Counties who do not have a substantial or high transmission rate may have different guidelines. Check with your local health department.

## Check your temperature before you come.

Do not come to a meeting if you have had a fever within the last 48 hours.



## Watch for other symptoms.

Aside from fever, Covid-19 symptoms include cough, difficulty breathing, headache, body aches, nausea, loss of taste or smell and fatigue. Do not come to a meeting if you feel sick.



## Practice physical distancing.

Maintain at least 3 feet distance from others.



## Wash your hands.

Wash your hands with soap and water when you arrive (or use alcohol or hand sanitizer). Wash them again as soon as you get home.



## Do not share items.

Please confirm with your leader ahead of time what items you may need to bring to the meeting. Do not share your things with others.

*If possible, put needed materials into a bag or box labeled with your name.*



## Keep a record of the meetings you have gone to, with dates.

If you or someone you live with gets sick within 48 hours of a meeting, let your project leader know immediately. Be sure your leader has recorded your attendance as well.



## Free Downloadable 4-H Publications

The 4-H Youth Development Agriculture and Natural Resources Catalog has several publications you may find useful for your club and project activities. They can be downloaded from the link below. The titles of the publications are listed below the link.

<https://anrcatalog.ucanr.edu/Items.aspx?hierId=1300>

1. 4-H Poultry Showmanship
2. 4-H Project Leader's Digest
3. Animal Welfare Proficiencies in 4-H
4. UC 4-H Handbook for Families
5. Youth Development through Veterinary Science – Complete (Parts 1 through 11)





4-H Shooting Sports Workshop  
Rifle Discipline at UCCE Kern County  
Members from Sierra Mountaineers  
4-H Club participating



# *Light as a Feather*

Find all of the hidden words and the letters that remain spell out a funny saying about our feathered friends.



BLUE JAY  
CANARY  
CRANE  
CROW  
DOVE  
DUCK  
EAGLE  
EGRET  
EMU  
FALCON  
GOOSE  
GULL  
HAWK

HERON  
IBIS  
KINGFISHER  
KIWI  
LARK  
LOON  
MACAW  
MAGPIE  
ORIOLE  
OWL  
PELICAN  
PENGUIN  
PUFFIN

QUAIL  
QUETZAL  
RAVEN  
ROBIN  
STORK  
SWALLOW  
SWAN  
TERN  
TOUCAN  
TURKEY  
WREN

## 4-H Activity

### Build Your Own Birdfeeder



Wildlife and gardening go together like s'mores at a campfire. Without plants, wildlife would not exist, and without wildlife, plants would not exist. They work together and support the circle of life. Learn how you can support both by making a bird feeder using recyclable and compostable materials.

*This activity is part of our 4-H At-Home Garden Series. See the rest of the activities [here](#).*

**Grades:** 3-8

**Topic:** STEM, Biology

**Estimated Time:** 30 minutes

Brought to you by Prairie View A&M University, Cooperative Extension Program, and Texas A&M AgriLife Extension Service

#### Supplies

These simple supplies are all you'll need for this activity. Some of these, like the seeds, you may need to find at a plant store:

- Toilet paper roll or paper towel roll
- Peanut butter or glue
- Bird seeds
- Yarn/string
- Plate
- Butter knife

#### Activity Steps

1. Set up your workstation with a plate and a butter knife. **Did you know?** Decomposers like earthworms and Roly-Poly bugs are so important for gardening because they decompose organic materials and break it down in the best soil you can get, usually called "Black Gold."
2. Pour the bird seeds on to the plate. **Did you know?** Some examples of pollinators are bees, bats, butterflies, hummingbirds, and



even lizards! They play an important role in gardening, because if a flower is not pollinated, plants cannot produce fruit or seeds.

3. Grab your toilet paper or paper towel roll and cover it with peanut butter using a butter knife. If you do not have peanut butter, glue will work too! **Did you know?** Toilet paper and paper towel rolls are made of cardboard, which is totally compostable! In fact, cardboard is one of the decomposer's favorite snacks!
4. After your roll is covered in peanut butter or glue, completely cover it with the bird seeds so the seeds stick to the surface. **Did you know?** Plants provide shelter for wildlife; they can be a place to lay eggs, an important food source, and protection from other predators or severe weather.
5. Put a piece of yarn or a string through the roll, and hang it somewhere near your garden, like from a tree branch! **Did you know?** Wildlife can spread plant seeds through their scat or poop. If you ever see a strange plant growing in a strange area, it probably got there from an animal's scat.
6. Hang back, and watch the birds flock to your recycled bird feeder! **Did you know?** If you ever see a pollinator like a bee or a butterfly in your garden, don't bother them, and don't be afraid! Their job is to gather food and to pollinate. They are not out there to hurt you!



## ***SHOOTING SPORTS LEADER CERTIFICATION WORKSHOPS***

If you have an  
interest in sharing  
your Shooting Sports  
skills with youth,  
how about becoming  
a 4-H Shooting  
Sports adult  
volunteer?



For more information, contact  
Dave Givens at: 209 614-1718

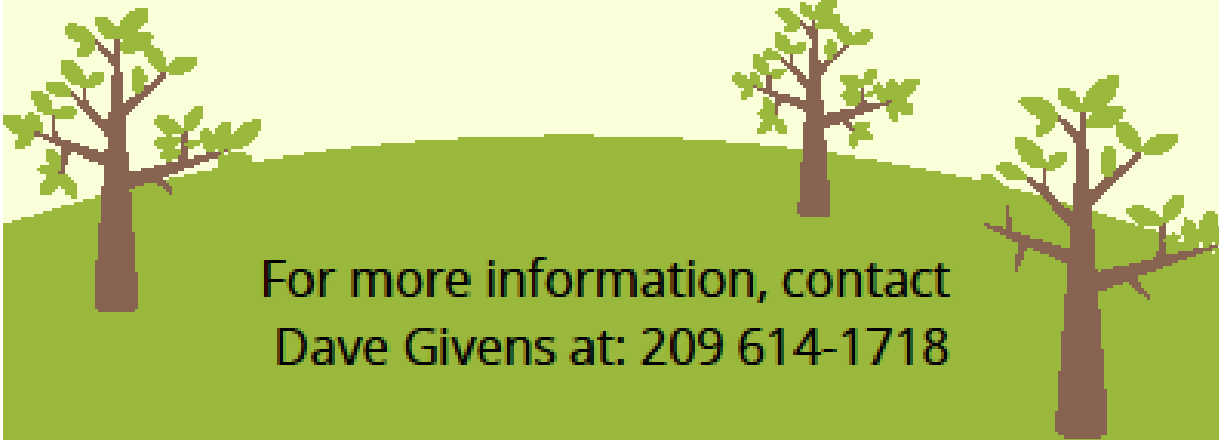


# ***SHOOTING SPORTS LEADER CERTIFICATION WORKSHOPS***

ALL WORKSHOPS WILL BE HELD AT THE  
RIVER OAKS RANGE  
11584 NORTH SHAFFER ROAD  
WINTON, CA 95388  
IN MERCED COUNTY

Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant is certified as a 4-H Shooting Sports Discipline Leader or Leader Trainer and can lead a shooting sports discipline project at the club level or serve as a county trainer to certify other leaders if they qualify as a Leader Trainer.

Teen leaders are invited to register and participate, but will be on a standby basis as the adults have priority. Teens must attend with an adult or have a certified shooting sports adult leader they will be assisting back in their home county.



For more information, contact  
Dave Givens at: 209 614-1718



# **SHOOTING SPORTS LEADER CERTIFICATION WORKSHOPS**

## **WESTERN HERITAGE DISCIPLINE**

Saturday, December 11, 2021 - 8 am to 6 pm  
Sunday, December 12, 2021 - 8 am to 4 pm  
\$35 fee to cover student binder and lite  
breakfast refreshments both days

## **ARCHERY DISCIPLINE**

Saturday, January 8, 2022 - 8 am to 4 pm  
Sunday, January 10, 2022 - 8 am to 3 pm  
\$35 to cover student resource binder and lite  
breakfast refreshments both days. Limit 9  
attendees.



For more information, contact  
Dave Givens at: 209 614-1718



## ***SHOOTING SPORTS LEADER CERTIFICATION WORKSHOPS***

Driving directions to the range are at <http://safetyfirstshooting.net/html/directions.html>. Tent or Dry RV camping is an option.

To register, please complete and mail the "CA 4-H Shooting Sports Training Request and Registration Form" available at <http://4h.ucanr.edu/files/4785.pdf>, and an adult or youth 4-H medical release form and a check for your training to "Merced County 4-H Council". Mail to UCCE, 2145 Wardrobe Ave, Merced, 95341. Alternatively you can email your registration and hand carry a check.

For more Shooting Sports information please contact Dave Givens at: 209 614-1718 or [riveroakstraining@gmail.com](mailto:riveroakstraining@gmail.com).

For more 4-H general information call Jose Campos at 209 385-7418 or email him at [jaccampos@ucanr.edu](mailto:jaccampos@ucanr.edu)



**PASSION CREATIVITY INTELLECT CONFIDENCE**

**UNDERSTANDING**

**FUN LOGIC**

**COMMUNITY**

**LEARNING**

**CAREERS**

**PERSEVERANCE**

**WORK ETHIC**

**LIFE SKILLS**

**COMPASSION**

**GIVING BACK**

**HEALTHY HABITS**



# **FIND YOUR SPARK**

**DISCOVER MORE AT 4-H.ORG**

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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

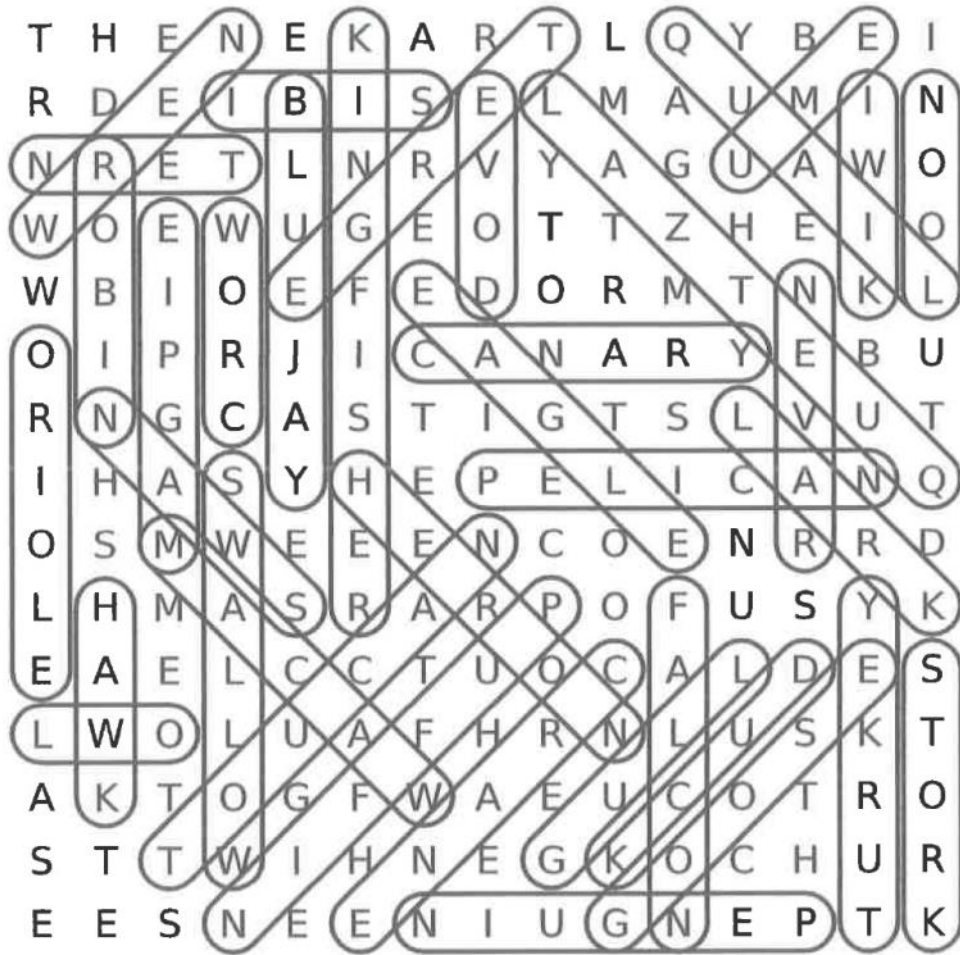
<http://4h.ucanr.edu/Resources/Learning-Development>

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>

# *Light as a Feather*

SOLUTION



The early bird may get the worm, but it's the  
second mouse that gets the cheese.





## **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 service of safe food should be a priority for all University of California (UC) events. Any activity where food is served (potlucks, luncheon meetings, etc.) has the risk for food borne illness. If a 4-H YDP group plans to serve food as part of an official 4-H YDP activity, the food preparation and service must be in compliance with all local (city and county) health department rules and state laws. In addition, it is imperative that all county based rules and regulations governing food service activities be observed, including securing appropriate permits. Food Safety trainings are available anytime online! Please visit the website below, and use the provided sign-in/user information:

Website: <https://www.servsafe.com/access/SS/Catalog/ProductDetail/SSECT6CA>



## **4-H WEBSITES**

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

<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!