



University of California

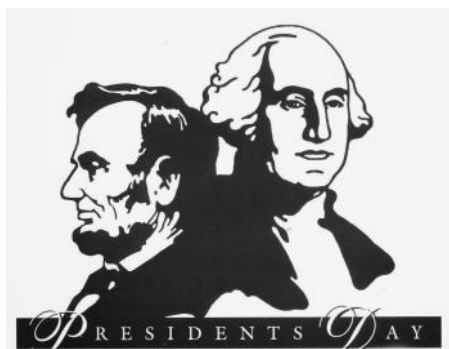
Agriculture and Natural Resources ■ 4-H Youth Development Program

February 2021

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

March 2020

13	Kern County Horse Show at Confetti Farms 6588 Cottonwood Road TENTATIVE	Mellanie Burkhardt 661-747-5810
*23	Horse Leader Meeting — 6:00pm TENTATIVE	Mellanie Burkhardt 661-747-5810
*23	Leader Council Meeting—7:00pm	Jeanne Walford 661-831-1639
*26	UCCE Kern County Holiday - Cesar Chavez Day	



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>

Open to all
members

2021 HOME EC FIELD DAYS

FOOD

And Fashion

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



WHEN:

**Favorite Foods Cooking
School: February 6**

Fashion Revue: February 13

See link below for Fashion Review Categories, Rules and Service Projects
2020-2021 Home Ec Field Day, Fashion Review

Favorite Foods Day - Cooking School



Join us live on Zoom or submit a video showing us how to cook a simple dish. Do not need to be enrolled in a Cooking Project. See email for more information.

**Please Join Us
February 6, 2021**

Enter Here:

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

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.../](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.

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/13FsQ19Z0l5ZiQDaMqK-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.



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 Shooting Sports Workshop - Pistol Discipline

A 4-H shooting sports workshop for the pistol discipline will be held at the River Oaks Firearms Training Center in Winton, CA.

This class is being hosted by Merced County 4-H and participants must be a current 4-H leader to attend.

This is a two-day, twelve-hour course, and participants must attend both days to obtain certification. Firearms, ammunition, and safety equipment will be provided. Cost is \$35 per person.

Due to Covid-19 limitations this training will be limited to the first 9 adults only.

To register complete the 4-H Shooting Sports training request, registration form and medical release form here:

<https://ucanr.edu/sites/UC4-H/files/4785.pdf>

<http://4h.ucar.edu/files/20100.pdf>

Upon successful completion of the course, the participant will be certified as a volunteer and can lead a pistol project at the club level.

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)



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

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

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

Event Layout

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

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



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 Virtual Public Speaking Contest

February 20, 2021 9am-7pm

The public speaking contest is designed to help you to practice your presentation skills using equine as the subject matter while expanding your equine knowledge and increasing your research and study techniques. This year's public speaking contest will be held virtually using the Zoom virtual meeting platform. Please see the Technology page for technology requirements. Contestants will present live to 3 evaluators. There will be two categories: Demonstration and Public Speaking. Subject matter must pertain to the horse industry. Qualify for the National Competition.

For registration, payment, or contest questions, please contact Haille Margarite, hamargarite@ucanr.edu, or 209-525-6826.

2021 4-H Statewide Equine Events

February 20, 2021: Equine Public Speaking Contest

March 13, 2021: Equine Field Day

May 15, 2021: Hippology Contest

May 16, 2021: Horse Judging

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

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!