



A monthly newsletter for 4-H Members, Leaders, Parents, Alumni, and Supporters in Santa Barbara County

April 2018



Office Hours :

Monday-Friday,

Except Holidays

8:00am - 4:00pm

(Please call ahead before stopping by)

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(email only)

4-H in Santa Barbara County

Fashion Revue 2018

Spring into Fashion

Saturday May 5, 2018

Lakeview Jr. High

School, Orcutt

2pm-4pm

Open to all
4-H members
in SBC

Competitions that require member to be active in a Clothing and Textiles project:

- ✦ **Traditional:** a garment sewn for and by a 4-H member.
- ✦ **Upcycled:** take an old garment and cut it apart to create something new.
- ✦ **See it Sew it Challenge:** sew an outfit to replicate a picture in a magazine, catalog or online.

2018 Service Project

Donations of new, handmade blankets will be accepted for Project Linus. Limited supplies will be on hand to make one

www.projectlinus.org

Madera County 4-H has challenged each county to bring 50 blankets to State

Open Competitions,
no project requirements:

- ✦ **Consumer Science Purchased, \$40 limit:** create a fashionable outfit, keeping the total under \$40. (everything visible from head to toe needs to have a receipt showing purchase in current 4-H year.)
- ✦ **Retro/Vintage Inspired Challenge:** pick an era (20's, 60's, etc) create an outfit that would be appropriate for the era chosen. One item of the outfit needs to be hand made by member but other pieces can be purchased

For more information and guidelines go to:
http://4h.ucanr.edu/4-H_Events/SFD/SFR/

Registration deadline

Monday April 23, 2018

Online Registration can be found on
sb4h.org

One member per age division (Junior, Intermediate and Senior) in each of the five categories can advance to State Fashion Revue on June 2, 2018 at UC Davis.

Questions? Please contact Fashion Revue Coordinator, Valerie Merrill
(805)310-1086(cell) or valeriekae@gmail.com



University of California

Agriculture and Natural Resources

4-H Youth Development Program

We are looking for adult volunteers with sewing and fashion knowledge, willing to give an afternoon to be a judge. If you know anyone who would like to volunteer judge please contact Fashion Revue Coordinator, Valerie Merrill (805) 310-1086 (cell) valeriekae@gmail.com

For more information and to register: http://www.sb4h.org/County_4-H_Events/Fashion_Revue/

We Are 4-H is published by the 4-H Youth Development Program in Santa Barbara County, University of California, Cooperative Extension, Division of Agriculture and Natural Resources. We Are 4-H is a monthly newsletter for Santa Barbara County 4-H leaders, members, parents, alumni, and supporters.

Please submit articles and photos by the 15th of each month to:

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"4-H Club NEEDS YOUR HELP. The Playa Del Sur 4-H Club in Carpinteria, CA suffered devastating losses in the January floods and mudslides. Please link to the sign-up below and donate whatever you

<https://app.momclone.com/gatherings/351-help-playa-del-sur-4-h-club-get-back-on-its-feet>



Quality Assurance & Ethics Awareness Training

Quality Assurance Training is required for all Market and Breeding Livestock Exhibitors (Small and Large) to be eligible to enter market and breeding animals in the Fair.

This is required of all Beef, Sheep, Swine, Poultry, Rabbit, Cavy, Goat (Meat, Dairy, Pygmy) exhibitors.

All training is now online at YQCA.ORG.

Please note if you have attended a Quality Assurance & Ethics Awareness Training in a previous year, your training is good for 2018.

(However, beginning in 2019, training will be required every year by the State Rules for California Fairs.)

News from around the County

The 4-H Student Nutrition Advisory Council clubs (SNAC) in Santa Maria have been busy promoting health and nutrition and working on STEM in the kitchen. SNAC students from Bruce Elementary have been focusing on promoting the importance of breakfast. See pictures below of 4-Hers getting ready to teach parents at the monthly Healthy School Pantry distribution and at their school letting families know that students can eat breakfast in their cafeteria every day.



On April 4th, youth members gathered at the 4-H Cooking Academy at Liberty School in Santa Maria. Youth members worked on recipes to enhance their knife and stove top skills, food safety habits, and baking techniques. The program is a partnership between the 4-H Youth development program, UC CalFresh and the Santa Maria-Bonita and Lucia Mar school districts. Getting kids cooking is one way to promote healthy lifelong eating habits. The goal is to take those healthy habits even one step further as the youth spread their knowledge and skills by leading food demonstrations at their schools, in their homes and in their communities.



Up coming County 4-H events:

4-H HORSE EXHIBIT DAY

SUNDAY, May 6, 2018

Santa Ynez Equestrian Center

Check-in: 9:00 am. Opening Ceremony: 10:30am

Entries need to be received **no later than May 1, 2018**



Entry Forms are now available!

Please visit the link below for ENTRY FORM:

[http://www.sb4h.org/County 4-H Events/
Horse Field Day/](http://www.sb4h.org/County 4-H Events/Horse Field Day/)



4-H Exhibit Day

(open to 4-H members in Santa Barbara County)

May 19, 2018

Santa Maria Fairpark

Registration NOW OPEN: [http://www.sb4h.org/County 4-H Events/Exhibit Day/
Division Entry Forms/](http://www.sb4h.org/County 4-H Events/Exhibit Day/Division Entry Forms/)

The 4-H Exhibit Day in Santa Barbara County is a very exciting educational event where 4-H members come together to show large animal, small animal, and still exhibits and compete for the title of "County Winner" in each division. Project leaders, 4-H families, alumni, and friends come out to support the members and see what they've been working on during the program year.

The Exhibit Day Committee is hard at work planning an Exhibit Day that's bigger and better than ever!

Silent Auction: Each Club is encouraged to bring two Auction Items.
All Auction proceeds go to help cover Exhibit Day expenses

EXHIBIT DAY WORK DAY

ALL EXHIBIT DAY PARTICIPANTS MUST HELP SET UP PENS PRIOR TO THE EXHIBIT DAY EVENT ON

Friday May 18, 2018 from 3:30-5:30pm



**UC Cooperative
Extension Master
Food Preservers
of San Luis
Obispo and Santa
Barbara Counties**

**Winter/Spring
2018 Class
Schedule**

**Pre-registration
Suggested**

**\$5.00 Class Fee
Payable at the
Door**

**All Classes are
held at:**

February 24, 2018

CAMPERS' AND BACKPACKERS' DELIGHT

Food for the Trail and Beyond

This class is devoted to dehydration. The basics will be covered including how to dehydrate different foods including those best suited for backpacking and camping! Register at:

<http://ucanr.edu/dehydration>

APRIL 28, 2018

FLAVORS FROM AROUND THE WORLD

Condiments and Chutneys

Come and learn how to make your own condiments and chutneys as we travel around the globe through flavor. Register at:

<http://ucanr.edu/condiments>

<https://ucanr.edu/survey/survey.cfm?surveynumber=22444>

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UCCE AUDITORIUM

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slomfp@ucanr.edu

4-H Pay and Show



SLODOG will host a 4-H obedience Pay and Show to help the local 4-H youth prepare and practice for Field Day and the County Fairs.

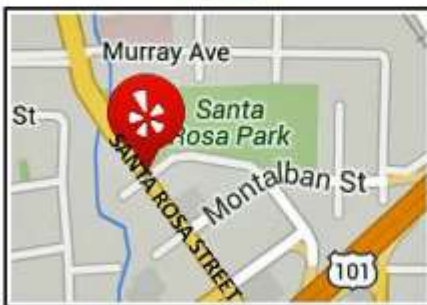
On Saturday April 14, 2018 in San Luis Obispo at Santa Rosa Park beginning at 9:00am.

For \$5.00 the 4-H team will be able to “run through” the obedience class of choice, score sheets will be used to give the handler information on their performance and suggestions for improvement. Each handler will also get a short briefing after their run through. Groups will be offered as there are teams ready to do long sits and downs.

This is not an official dog show, there will not be pre-entries, just show up and Pay and Show. No ribbons or classes by age. The last entry will be accepted at 10:45.

CGC testing will also be available.

Questions contact Jane Brennan at 805-440-0148 or slojab@aol.com



Thank you to Trudy Shank and Sheila Shank for their dedication to Camp Wahoo! As many of you know Sheila has moved and Trudy has taken on more responsibility with the Cinco Campanas 4-H Club. We are in need of an individual or a team of individuals that would like to run Camp Wahoo!



For complete job description visit

http://www.sb4h.org/SB_CO_4-H_Youth_Development_Program_YDP/

Management Board

Board Chair	Carla Renard	renard@silcom.com
Assistant Chair	Ron Vieira	ron.vieira@hotmail.com
Treasurer	Dan Marchiando	dan@yourbestinterest.net
Secretary	Pam Rohr	
Fundraising/ Gift Giving	Mary Thieleke Jackson	mthieleke@aol.com
2017-2018 All-Star	Anna Scheck	hjscheck@hotmail.com
All-Star Advisor	Heather Scheck	hjscheck@hotmail.com
Awards Director	Kim Densmore	kimdensmore@msn.com

Program Development Board

Small Animal Science Key		
Large Animal Science Key	Kayla Hutcheson	kay-la.hutcheson@gmail.com
Adult Key Leader	Kim Densmore	kimdensmore@msn.com
Shooting Sports Key	Steven Adam	elkhunter45120@aol.com
Camp Wahoo! Director		

County Level Volunteer Opportunities

Would you like to share your time, and talents on the Management Board or Program Development Board? Do you know someone that would be an asset to one of the Boards? Please consider one of the positions below.

Management Board Positions

Outreach and Visibility Director

For complete job descriptions visit,

http://www.sb4h.org/SB_CO_4-H_Youth_Development_Program_YDP/

Bay/Coast Area Representative

For complete job description visit

http://www.sb4h.org/SB_CO_4-H_Youth_Development_Program_YDP/

Program Development Board Positions

Culinary Arts & Healthy Living Key Leader

Shooting Sports Key Leader

Expressive Arts Key Leader

Citizenship Key Leader

Science Technology Engineering & Mathematics (STEM) Key Leader

For complete job description visit

http://www.sb4h.org/SB_CO_4-H_Youth_Development_Program_YDP/

State 4-H News & Updates

2018 California State 4-H Field Day

The 2018 California State 4-H Field Day will be held on Saturday, June 2, 2018 at UC Davis.

This is largest and most comprehensive educational event for 4-H youth members (age 9-19) and 4-H volunteer educators, California State 4-H Field Day has more than 1,500 participants annually. Since 2002, 4-H'ers from throughout the state have come together to connect and compete in this statewide event, held annually on the campus of the University of California, Davis. The goal of the event is to provide a culminating experience for 4-H members in their year-long 4-H education in public speaking, textiles, plant sciences, photography, interview skills, and entomology. Please stay tuned for more information!

For more information please visit the link below:

http://4h.ucanr.edu/4-H_Events/SFD/



UC Davis School of Vet Med is conducting a poultry egg study thanks to an Opportunity Grant and we'd like your help.

About the study:

There is concern about backyard chickens ingesting contaminants from the ground and transmitting these to their eggs. UC Davis School of Veterinary Medicine is interested in testing eggs from backyard flocks for various contaminants from recent fires and the environment. Results will be shared individually with each owner, and cumulative results will be summarized and made available to the general public.

Shipping can be paid for by this project. Send an email with size and weight of the box plus shipping date to: Anny Huang at the UCD SVM Cooperative Extension at asahuang@ucdavis.edu She will email you the shipping label. Because we ship eggs from multiple sites in one carton, I recommend marking each of the eggs with crayon, different marking for each site, and indicate the marking used on the corresponding paper.

4-H Animal Science Symposium
June 19-20, 2018
Davis, CA



The 4-H Animal Science Symposium is a train-the-trainer professional development conference with educational sessions on animal welfare and animal health led by specialists on animal welfare, animal health, and species-specific issues.

Shotgun Leader Workshop

If you have an interest in sharing your shotgun skills with youth, how about becoming a 4-H Shotgun adult volunteer or teen leader. There will be a 4-H Shotgun leader certification training offered in April 2018.

This class will be Saturday April 21st 9 AM –4 PM, and Sunday, April 22nd, 9 AM - 2 PM, at the Safety First Shooting Association, River Oaks Range, 11584 Shaffer Rd, Winton 95388, in Merced County. This class is being hosted by Merced County 4-H. You must become a 4-H leader or member and attend both days to receive certification to teach Shotgun at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is \$35 per person to include a resource binder, with Saturday and Sunday light breakfast and refreshments. You need to bring your own lunch.



Junior and teen leaders are invited but must attend with an adult or have a certified Shotgun adult leader they will be helping back home.

Driving directions to the range are at <http://www.safetyfirstshooting.org/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 A \$35 check payable to “Merced County 4-H Council” and the above mentioned forms need to be mailed to UCCE, 2145 Wardrobe Ave, Merced, 95341. Registration is due Friday, April 4th. **Space is limited to 25 attendees.** For more information call Darlene McIntyre at [209-385-7418](tel:209-385-7418) or email her at dmcintyre@ucanr.edu.

Raise Your Hand for California 4-H!

April 1 - May 15



In 2017, California 4-H Alumni & Friends raised their hands to show support for California 4-H youth. As a result, we placed 5th in the whole country for most hands raised!

The Raise Your Hand challenge is back this year and we'd like to make the top three! Starting April 1st, each "hand raised" is a vote towards a \$20,000, \$10,000 or \$5,000 award for the top three states. Help bring the high-quality 4-H experience to even more youth right here in California!

Raising your hand is as easy as 1, 2, 3:

1. Raise Your Hand: Go to 4-H.org/RaiseYourHand to vote for California (yes, even if you raised your hand last year!)
2. Compete for Your State: Raising your hand is a vote towards a \$20,000, \$10,000 or \$5,000 award for the states with the most hands raised. California 4-H will use prize money to support the 4-H Teens as Teachers program by offering local counties mini-grants!
3. Pay It Forward: Tweet, post, and share your #4HGrown support and ask your network to raise their hands at 4-H.org/RaiseYourHand

Thank you for your support and don't forget to Raise Your Hand by May 15th!

For more information about 4-H in Santa Barbara County visit <http://www.sb4h.org/>

Or the California 4-H Website at <http://4h.ucanr.edu/>

THE 4-H PLEDGE	 PROMESA 4-H
I pledge my...	Prometo usar
HEAD to clearer thinking,	MENTE para pensar con más claridad,
HEART to greater loyalty,	CORA- para ser más leal,
HANDS to larger service,	MANOS para ser más servicial,
HEALT to better living,	SALUD para cuidarme más,
for my club, my community, my country and my world.	por mi club mi comunidad mi país y mi mundo

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