



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

February 2022



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SBC 4-H Facebook Page

Please be sure to **LIKE** and follow our 4-H Facebook page to keep up with current info/updates.



SBC 4-H Instagram Page @sbcounty4h



[http://www.sb4h.org/Phase II/](http://www.sb4h.org/Phase_II/)

[http://safety.ucanr.edu/Programs/emergency/Current Health Alerts/](http://safety.ucanr.edu/Programs/emergency/Current_Health_Alerts/)

COVID-19 Vaccine: Myths vs. Facts



University of California
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Covid-19 Protocol Guidelines and Updates for Limited In-Person Activities

Safety Standards for ALL 4-H Activities

Effective 1/19/22, the State 4-H Office and our UC ANR Risk Management Office has issued a cancellation of all indoor activities until further notice.

Do not participate in any in-person 4-H activities if you are sick or have COVID-19 symptoms or if you or someone you have been in contact with has been diagnosed with COVID-19.

Symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat, Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Procedures to follow each meeting:

- Check your temperature before you come. Do not come to a meeting if you had a fever within the last 48 hours.
- Watch for others symptoms.
- Practice physical distancing.
- Keep a record of the meetings you have gone to, with dates. (If you or someone you live with gets sick within 48 hours, let your leader know immediately)

Face Mask Use

- Outdoor activities with youth and adults: No face masks required.

Indoor/Outdoor Physical Distancing

- Cancellation of all indoor activities until further notice. Effective 1/19/22
- Clubs and 4-H Programming may occur only in an outdoor setting if social distancing and all COVID-19 safety protocols are being followed or via online (Zoom).

Maintain hygiene practices

- After each use, clean and disinfect workspaces and equipment, wash hands often, and/or use hand sanitizer.
- Do not share items. Please confirm with your leader what items to bring to a meeting.

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:

Andrea Hollister, Editor
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Katharine L. Soule

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Four Leaf Clover Foundation

Supporting 4-H members in Santa Barbara County.

<https://4lcf.org/>

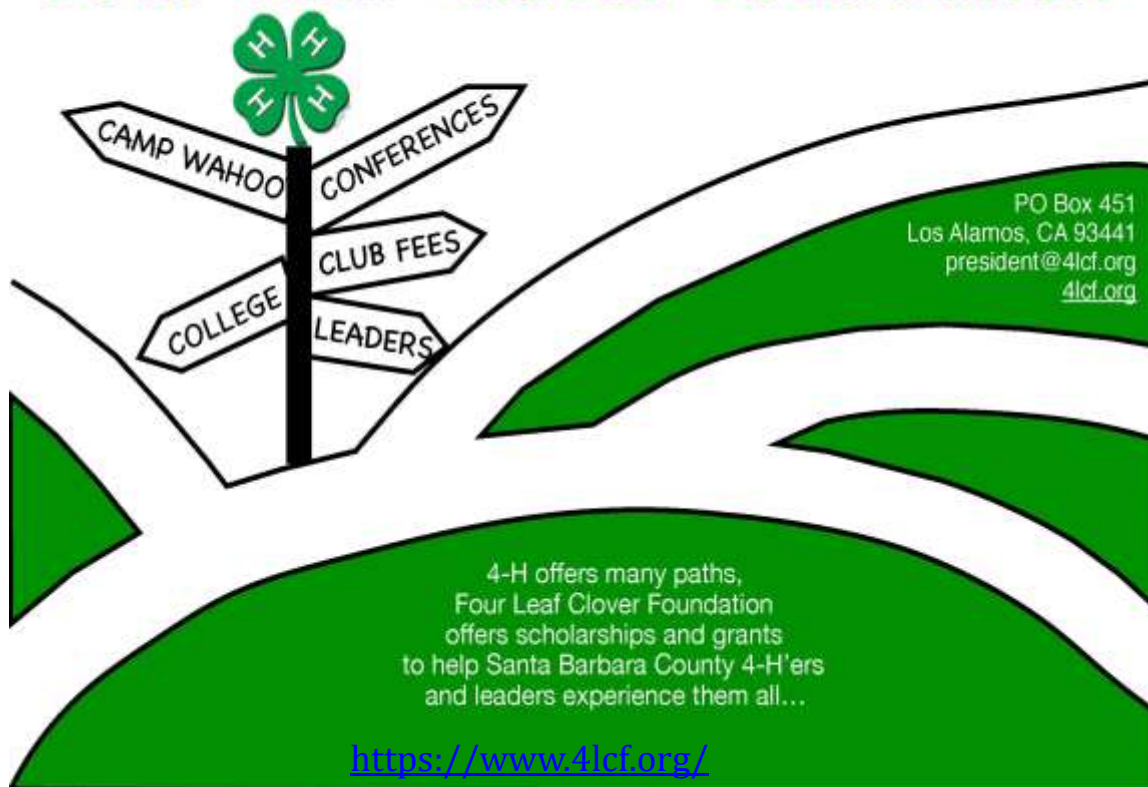
The Four Leaf Clover Foundation encourages members to stay in 4-H all through high school by awarding scholarships for continued education – either college or vocational school. High school seniors are encouraged to apply for a scholarship of up to \$2000. Multiple scholarships awards are made based on active 4-H participation with emphasis on leadership, citizenship, community service and service learning accomplishments.

Download the [College Scholarship Application](#) form. Some browsers will open the application form, but not let you fill in the blanks. If this happens, download the pdf form and open it with [Adobe Acrobat DC](#) or another pdf viewer that supports pdf forms.

- Complete the application form and have signed by applicant, parent and 4-H Leader.
- Arrange for a Letter of Recommendation from a Community Leader or Leader from another club. (Use form that is part of the download package)
- Arrange for a Letter of Recommendation from an individual who is familiar with your leadership and service learning activities.
- Attach copies of your 4-H Personal Development Report. This year's PDR should be completed to date (including 4-H Story with emphasis on leadership and service learning) and signed by parent/guardian and 4-H Leaders. All pages must accompany the completed application. You must use the most recent California PDR long form.
- **Submit the completed application on or before April 21** of the current year

If you have any questions, send an email to scholarships@4lcf.org

Four Leaf Clover Foundation



4-H MEETING TIPS



The CA State 4-H Office will be releasing virtual guides to conduct community club and project meetings in mid August, stay tuned for more info to be released!



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01

Interested in Hosting Virtual Meetings?

The 4-H office has a ZOOM meeting room you can use. Please click on the link below to reserve your spot.

CA 4-H Meeting Room: 917 845 2050, 10/24

[Click Here](#)



02

Are you seeking options to still meet in-person for meetings?

The 4-H Office has a Phase II Training available for leaders who wish to still meet in-person.

Leaders must follow Phase II protocol and receive final approval from 4-H Staff. To learn more, [Click Here](#)

03

How to Lead a Virtual 4-H Meeting?



[Click Here to View](#)

04

Keep in mind the following when holding a virtual 4-H meeting

- Ensure a minimum of two approved 4-H Adult Volunteers (**If two cannot be present, one 4-H Adult Volunteer and another adult at least 21 years old or staff must participate*) are in place for virtual or conference call 4-H meetings and are connected prior to members arriving.
 - Members should identify themselves with their first name only.
 - Only approved 4-H Adult Volunteer leaders may host virtual or conference call 4-H meetings.
 - Keep regular attendance records, as you would normally do, at all 4-H club and project meetings.
- For more virtual meeting guidance

[Click Here](#)

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Need additional project resources for meetings?

Check out the 4-H Project resource page for a variety of resources. Resources include Virtual and "at home" activities for youth.

For more info [Click Here](#)

COVID-19 GUIDELINES UPDATE

Effective 1.19.22, Due to the high level of cases and rise in COVID-19 (Omicron Variant) the State 4-H Office and our UC ANR Risk Management Office has issued **a cancellation of all indoor activities until further notice**. Clubs and 4-H Programming may occur only in an outdoor setting if social distancing and all COVID-19 safety protocols are being followed or via online (Zoom).

For Current Information visit: <https://sb4h.org/Phase II/>

More information can be found here:

https://ucanr.edu/sites/ca4H/COVID_Update/

With flu season underway, and Covid-19 vaccines for children ages 5-11 recently approved, the U.S Department of Health and Human Services would like to call your attention to a toolkit with much useful information about flu and Covid-19 vaccines. <https://www.cms.gov/flu-vaccine-partner-toolkit>

The toolkit includes information specifically tailored to children and teens, as well as helpful tips for talking about vaccines with family and friends. <https://www.cdc.gov/vaccines/events/niam/parents/key-messages.html>

It also has **fact sheets explaining the difference between Covid-19 and the flu, and whether it's safe to get Covid and flu shots at the same time. (Yes, it is.)**

<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

<https://www.cdc.gov/flu/season/faq-flu-season-2021-2022.htm>

Information in Spanish/Espanol: [Herramientas de Comunicación en Español | CDC](#)

Jack Cheevers



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COVID UPDATE NEWS from Santa Barbara County

Due to the significant increase in testing the following information is being shared:

- **USPS at-home COVID Tests:**

At this time Residential households in the U.S. can order one set of 4 free at-home tests from USPS.com. Here's what you need to know about your order:

- Limit of one order per residential address
- One order includes 4 individual rapid antigen COVID-19 tests
- Orders will ship free starting in late January

Order Test Online at [COVID Home Tests | USPS](#)

- **Federal Government at-home COVID Tests:**

Starting January 19th, free tests will be available for every household through a newly established program of the federal government. The initial program will allow:

- four free tests to be requested per residential address.
- Tests will typically ship within 7-12 days of ordering.

Order tests online at [COVIDtests.gov - Free at-home COVID-19 tests](#)

- **Local Testing Sites—Santa Barbara County**

Visit: [Testing – County of Santa Barbara \(publichealthsb.org\)](#)

-or- Call 2-1-1 for information.

2-1-1 continues to support our community through COVID19. Feel free to refer your family, friends, and clients as needed.

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4-H Horse Mastership Project in SBC

We are currently looking for a 4-H Leader to lead the 2020-2021 4-H County Horse Mastership Project.



If you are interested in this volunteer position please email aeborunda@ucanr.edu with the 4-H office to learn more

State 4-H News & Updates

4-H Shooting Sports Leader Trainer Course

Muzzle Loading Discipline

5 Dogs Range - Bakersfield, CA

Saturday, February 26, 2022 – 8:00 a.m. – 6:00 p.m.

Sunday, February 27, 2022 – 8:00 a.m. – 4:00 p.m.



Upon successful completion of this course, 4-H leaders will be certified in the shooting sports discipline of muzzle loading. You will be certified as leader trainers and are eligible to serve as 4-H Shooting Sports Leaders for clubs or counties. You may also instruct and certify shooting sports volunteers. Class size is limited. There is no fee for this 4-H course. If you wish to receive National Muzzle Loading Rifle Association instructor certification, there is a \$60 fee.

To get more information about registering for the class, contact John Borba at: jaborba@ucanr.edu or telephone 661-868-6216.

Register Here: <https://surveys.ucanr.edu/survey.cfm?surveynumber=28326>

4-H Shooting Sports Leader Trainer Course: Rifle Discipline

Sacramento Valley Shooting Center
15501 Meiss Road, Sloughhouse, CA SacValley.org

Saturday, March 19, 2022: 8:00 a.m.-6:00 p.m.

Sunday, March 20, 2022: 8:00 a.m.-4:00 p.m.

This 4-H shooting sports workshop will certify adult volunteers as rifle trainers who can lead a rifle project at the club level or serve as county trainers to certify other leaders.

Participants must attend both days of training to receive certification. Teen leaders are invited but must attend with an adult, or have a certified shooting sports adult leader they will be helping back in their home county. There is no fee for the course and equipment will be provided. Participants should bring their own eye and ear protection.

To get more information or [register](#) for the class contact John Borba at: jaborba@ucanr.edu or telephone 661-868-6216.

Register Here: <https://surveys.ucanr.edu/survey.cfm?surveynumber=36485>

California 4-H State Field Day 2022

This year we are offering both virtual and in-person options for most contests, to give 4-H members a choice on how they want to participate.

A green poster with white text and a 4-H logo. The text is arranged in a vertical column on the left, with the words 'SAVE THE DATE' in large, bold, white letters on the right. The 4-H logo is a black four-leaf clover with white 'H's on each leaf, positioned to the right of the word 'THE'.

**CALIFORNIA 4-H
STATE FIELD DAY**

**VIRTUAL
MAY 11-21, 2022**

**IN-PERSON
MAY 28, 2022**

**VIRTUAL AWARD
CEREMONY
MAY 29, 2022**

Presentation Events
State Fashion Revue
Interview Contest
Plant Science Contest
Film Festival
Photography Contest
Robotics Competition
4-H Coding Challenge
4-H STEM Shark Tank

ucanr.edu/4-h-sfd22

**SAVE
THE
DATE**



Forever 4-H Santa Barbara County Endowment

Help us keep 4-H thriving in Santa Barbara County! Become an annual supporter of the *Forever 4-H Santa Barbara County Endowment*. This Endowment is a fund designed to ensure sustainable funding for 4-H programming in Santa Barbara County for years to come!

To make your online, tax-deductible donation by credit card, click on the link below and choose “**Forever 4-H Santa Barbara County Endowment**” from the dropdown menu.

CLICK THE LINK BELOW TO DONATE TODAY!!

<https://ca4hfoundation.fasttransact.net/>

Thank you for helping us create a legacy and continue to provide wonderful programming to youth in Santa Barbara County!

4-H County Master Calendar 2022

02/07/2022 4-H VMO Meeting

3/2-5/2022 SBC Presentation Day
Week

05/11-21/2022 [Virtual State Field Day](#)

07/13-17/2022 [Santa Barbara County Fair](#)

If you have an event you would like to have published on the website, Facebook page or this newsletter please contact Andrea.aeborunda@ucanr.edu