

# 4-H Tips 'n Topics



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## Horse ID for Shasta District Fair

Any 4-H member who wishes to participate in the Shasta District Fair 4-H Horse Show must have a completed Horse ID form on file. If you have filed one last year and will be using the same horse this year you need not complete another form. If leasing a horse, a new form must be filled out each year. **Forms must be turned in to the 4-H Office by February 18th.** Contact the 4-H Office for forms.

## Mid-Year Review

This year instead of having a county-wide mid-year review of the club books, the council voted to ask each club to trade with another club at a time of their convenience to complete the process. The documents for the mid-year review were emailed to the club leaders a few weeks ago. Please set up your meeting time with another club of your choice, review the books, and submit the completed forms to the 4-H Office by February 28, 2012. If you have any questions, please call the office. Thank you!

## New Record Book Forms & Manual for 2011

The State Office has released new Record Book forms that all members should begin using. There is also a new Record Book Manual which explains exactly how to complete your Record Book. Both the new manual and the updated forms are available on the State 4-H Website and on our county website. There are only very minor changes to most of the forms – mainly the state asking the members to list the number of hours they spend participating in each event or activity. The Leadership Plan and Report has the most significant changes. The Incentives and Recognition committee will review the new forms at their next meeting. Please begin using the new versions for your record keeping of 4-H activities. Thank you.

## State Record Book Medalist Awards

Harley Purvis of Black Butte 4-H and Hannah Knowles of Swede Creek 4-H submitted their record books this fall for judging at the State Level. Both girls received a silver medal and certificate from the State Office for their exemplary Record Book! Congratulations Harley and Hannah – we are proud of you both.

## IMPORTANT DATES

Feb 1	Luz Martinez Scholarship Application Due
Feb 6	Valley Presentation Day Registration Due
Feb 11	CSU Chico Sheep/Goat Field Day
Feb 12	4-H/FFA Steer Tagging & Heifer
Feb 13	Lincoln's Birthday ~ Office Closed
Feb 14	IM Presentation Day Registration Due
Feb 15	Volunteer Leader Orientation
Feb 15	Valley Council Meeting
Feb 18	Valley Presentation Day
Feb 20	Presidents Day ~ Office Closed
Feb 22	IM Council Meeting
Feb 22	IM Record Book Training
Feb 26	IM Presentation Day
Feb 27	Policy Committee Meeting
Feb 27	Incentives & Recognition Committee Meeting

## INSIDE THIS ISSUE

County Wide News	2 - 4
Regional, State & National News	5 - 7
Valley Favorite Foods Day	8 - 11
Intermountain & Valley Presentation Day Registration Forms	12
Jr./Teen Leader Retreat	13
Intermountain Favorite Foods Day Results & Pictures	14
February Calendar	15
PDR Information	Back

## Intermountain Presentation Day CORRECTION and DATE CHANGE

The registration for this event in last month's TnT lists the wrong location - Intermountain Presentation Day will take place at **BURNEY ELEMENTARY SCHOOL.**

The date was recently changed and the new event date is: **Sunday, February 26, 2012 at 1pm**  
For event details and category descriptions please refer to the Dec/Jan 2012 TnT OR visit the Shasta County website at <http://ceshasta.ucdavis.edu>. A copy of the mandatory registration form can be found on page 12 of this TnT.



## County Wide News

### The Twin Palms 4-H Trail Clean-Up

By Serena Tate

On 12-3-11, the Twin Palms 4-H club set out to go clean up trash on the Sacramento River Trail.



The 4-H club met at the Keswick Dam parking lot and walked to the suspension bridge as they cleaned up trash along the way. There were lots of jokes being told as cigarette butts and other pieces of litter were being put into black trash bags. About twelve people showed up. It was nice how people thanked us for cleaning up litter. Everybody had a lot of fun cleaning up trash!

### Twin Palms 4-H Rabbit & Cavy Project

Twin Palms 4-H Rabbit and Cavy (Guinea Pigs) Project Group has opened their group to include others from different 4-H Clubs. If you wish to do a Rabbit Project there is still time to join. We usually meet on the 3rd Sunday of the month in Redding. We have several 4-Hers from other 4-H groups. You do not even have to have a rabbit to join! Guinea Pigs are great pets for those who live in apartments or do not have much room. We can help you get a pedigreed rabbit to show if you want to show. You do not have to show if you do not want to. Please e-mail us at [twinpalms4hrabbits@gmail.com](mailto:twinpalms4hrabbits@gmail.com) for more information. Thank You...Shanelle Hockenberry, Teen Leader

### Sectional Presentation Day

Sectional Presentation Day will take place in Modoc County this year on April 28, 2012. Those members who receive a gold medal at a Shasta County Presentation Day are eligible to enter the Sectional Presentation Day. Please get your entry form in on time to our county office – it is a separate entry form and will be available at our County Presentation Days.

### SUMMER CAMP

Due to lack of adequate volunteer leader interest, Shasta County will not hold its own summer camp this year. Tehama County 4-H has been contacted to request permission for a limited number of Shasta members to attend their summer camp. We will keep you informed on this.



Mark Your Calendar

### IM Record Book Training

February 22, 2012 7pm Geppetto's Pizza

IM Council Meeting at 6pm

### LAST Valley

### Volunteer Leader Orientation

The last Valley Volunteer Leader Orientation will be held on February 15, 2012 at 5:30pm at the 4-H office in Redding.

New leaders you are also welcome to participate in the Valley Council meeting immediately after the training. Valley Council meets at 7pm.



### 4-H/FFA BEEF & HEIFER TAGGING & WEIGH-IN

Youth wishing to take a market steer or bred heifer to the Shasta District Fair are required to attend one of the following tagging activities. They will take place on **Sunday, February 12.**

- **Shasta College** 9 - 11 a.m.
- **Shasta Livestock Yard** 1 - 3 p.m.

### Twin Palms 4-H Dog Project

Twin Palms 4-H Dog Project is starting up and would like to invite other 4-Hers that would like to join the Dog Project group. We can all help each other to learn about and enjoy our beloved pets. Please use the Rabbit Group's e-mail address until we get one set up for the Dog project for more information. ([twinpalms4hrabbits@gmail.com](mailto:twinpalms4hrabbits@gmail.com)) Thank You...Shanelle Hockenberry

## Save the Dates!

This year's fair theme:

**"In the MooOOD for Fair"**

Shasta District Fair 2012

June 13 – 17, 2012



### CSU Chico

#### Sheep & Meat Goat Education Day

February 11, 2012

CSU Chico will be presenting an educational field days at the Chico University Pavilion.

Please visit

<http://www.clublambpage.com/chicostate/lambs.html> for event details.

### Policy and Recognition & Incentives Committees

The next meeting of the Policy committee will be Monday, February 27, at 3 pm at the 4-H Office. The Incentives & Recognition committee will meet the same day at 5 pm. These two committees have been working hard and have made great progress in setting policy, and discussing ways to improve recognition of our 4-H youth.

### Valley Presentation Day

Valley Presentation Day will be held on Saturday, February 18 at Sequoia Middle School. Please submit the mandatory registration form available on page 12 of this newsletter. For event details and category descriptions please refer to the Dec/Jan 2012 TnT or visit the Shasta County 4-H website at <http://ceshasta.ucdavis.edu>.

### Pathways to Your Future: Destination UC

Pathways to Your Future is a new project designed to help you succeed in the university system! Are you worried about being admitted into college, facing the challenges of attending college or figuring out which direction to go once you are there? These questions and more will be answered through this new project. Each project meeting will focus on preparing you for college and how to graduate with a degree in a field of study that sparks your interest.

Meeting dates:

Jan. 28, Feb. 4, Mar. 17, Apr. 21, & May 12, 2012. UC Davis Campus Tour Mar. 31.  
All meetings from 10am-noon. Location: 4-H Office Conference Room,  
1851 Hartnell Ave., Redding.

For more information and to how to register contact:

Cyndi Barnett, PhD at [ccbarnett@ucdavis.edu](mailto:ccbarnett@ucdavis.edu) or 530-224-4900



### Social Media Guidelines

The State Office has released a publication entitled "4-H Guidelines for Social Media"-12/2011. If your club, project, or family uses the Shasta 4-H Facebook page, please go the State Website and read this publication – it is in the policy section. Please follow the directions and guidelines when using social media in a 4-H capacity. Thank you.

### Redding Rotary Honor to Youth Award

Each year the Redding Rotary honors one senior 4-H youth member and presents the member with a plaque and cash scholarship award. This year Lane Simmons of Swede Creek 4-H was selected and honored at the Redding Rotary meeting on January 19. Congratulations Lane!

### All Star Applications



All Star applications are now available on the Shasta County 4-H website.

Applications are due to the 4-H office on Friday, March 30, 2012

### Shasta County Council Scholarship

Council scholarship applications are available on the Shasta county 4-H Website. Applications are due to the 4-H office on Friday, March 30, 2012

### Shasta County Annual Poultry Show

Shasta County 20th Annual 4H Poultry Show, March 31, 2012, premium book and entry form available at: [norcalpoultryassoc.homestead.com](http://norcalpoultryassoc.homestead.com)



## County Wide News

### 2012 Beef Ambassador

The selected recipient as the Shasta County Beef Ambassador will represent the SCCA and SCCW at the California Beef Ambassador Contest and other activities pertaining to the beef industry. They will visit community organizations, schools, and participate in other agriculture educational activities promoting beef. Applicants will be judged on; speaking ability, knowledge of the beef industry, personality, poise, interview, mock consumer promotion/interaction and written test. The contest will take place on Saturday, February 25, 2012 at the Odd Fellows Hall in Palo Cedro. Applications will be available at the 4-H office, please call for details.

### Shasta County Beef Princess Contest

If you are a resident of Shasta County between the ages of 14 and 21 and knowledgeable of the beef industry you may be eligible for this speaking contest. The winner of this contest will be awarded a belt buckle, complete western outfit and a cash prize. Responsibilities include representing the Shasta County Cattlemen and Cattlewomen at parades, fairs and other events. The contest will take place on Saturday, February 25, 2012 at the Odd Fellows Hall in Palo Cedro. Applications will be available at the 4-H office, please call for details.

### New County 4-H Policy

The 4-H Council voted to allow 4-H members to 'Cascade their Stars' on their 4-H hat, following the recommendation of the Incentives and Recognition committee. For those of you who don't know what that means it is simply this: members no longer have to remove a star previously earned when they add a newly earned one to their hat! They may overlap the new star over the previously earned one. The newest star will be closest to the front of the hat. This photo illustrates a hat with the Stars cascaded.



### Upcoming Intermountain Events...

Large Animal Education Day

Livestock Judging Day

Large Animal Expo

**Saturday, April 7, 2012**

Intermountain Fairgrounds



### California & Washington Focus 2012

The California 4-H Youth Development Program provides several study/travel programs for active 4-H'ers. These programs provide hands-on learning to enhance the delegate's citizenship knowledge and skills.

Delegates to California Focus must be members in good standing and have graduated from 8th grade or be a certified 4-H leader and 21 years of age or older with authorization from your county 4-H office.

Delegates to Washington Focus must be members in good standing and have completed the sophomore year in high school or be sixteen years of age or older, or be a certified 4-H leader and 21 years of age or older with authorization from your county 4-H office.

#### California Focus

California Focus is a unique citizenship educational experience that combines hands-on participation in workshops, debates, and simulations with speakers, tours, fun activities, and new friends from across California. This year CA Focus will be held: June 15-19, 2012

#### Washington Focus #1

Heritage Trail: June 24-30, 2012

Road to Democracy: June 24-July 2, 2012

#### Washington Focus #2

Heritage Trail: July 8-14, 2012

Global Journey: July 8-17, 2012

<http://www.ca4h.org/Projects/Citizenship/Focus/GeneralInfo/>



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### Fooducate Mobile App

**Fooducate Mobile App** This application has a bar-code scanning feature that can be used to view the nutritional value of foods. 4-H food, nutrition or cooking projects will benefit from understanding more about common foods, including their nutritional value, trans fats and added sugar. The app can also compare two items, and offer healthier alternatives from its database. Visit [www.fooducate.com](http://www.fooducate.com) for more information.

### 4-H MyPlate Challenge at 2012 State Field Day

The U.S. Department of Agriculture (USDA) recently unveiled the federal government's new food icon, MyPlate, to serve as a reminder to help consumers make healthier food choices. 4-H is challenging you to show how you're making YOUR plate MyPlate. We invite you to submit a photograph illustrating how you're creating healthy meals using MyPlate as a guide. 4-H members do not need to pre-qualify at a county event. More details about this new contest will be released in January as part of the 2012 Field Day packet.



### President's Challenge Educator Booklet Available

Created for educators, the booklet, *Building a Strong Foundation for America's Future* is now available. The free booklet contains all the specifics of implementing a successful physical activity challenge in 4-H settings using the new Presidential Active Lifestyle Award (PALA+) or the Presidential Champions challenge. Request your free printed copy by visiting [www.presidentschallenge.org/tools-resources/booklet/index.shtml](http://www.presidentschallenge.org/tools-resources/booklet/index.shtml).

## Regional, State & National News

### California State 4-H Field Day

May 26, 2012, 8:00am - 6:00pm

University of California, Davis (Wellman, Hart, and Olson Halls)

The State 4-H Field Day takes place annually on the Saturday of Memorial Day weekend at the UC Davis campus from 8:00am until 6:00pm. The event is open to all 4-H members, volunteers, staff, and parents. Between 1,000 and 1,400 people attend the event. The event has a 'picnic' feel as people bring chairs and socialize for the day on the Wellman Hall east lawn. The State 4-H Office provides coordination and facility support. Each contest and activity is coordinated by a group of 4-H staff, volunteers, and youth. During the event, 4-H members may participate in a variety of contests. Some contests require pre-qualification

For details and forms, please visit the California State 4-H website at:  
<http://www.ca4h.org/Programs/Events/SFD/>



### Recruiting Mentors for Military Partnership in Redding, Yuba and Solano County

The 4-H Military Partnership is currently seeking adults who are interested in working with military youth. We have received funding to support the TechWizards Mentoring Program at Travis Air Force Base, Beale Air Force Base and in Redding with the National Guard through January 2013. This program focuses on military youth in exploring robotics, website development, and community service. You do not need to have an interest or expertise in those areas, rather we are seeking committed adults who want to see military youth succeed despite the circumstances they have been given. This is a yearlong commitment with meetings planned for at least two hours once per week. Please contact Russ Hill, Director of the 4-H Military Partnership for more information at [rdhill@ucdavis.edu](mailto:rdhill@ucdavis.edu).

### State Leadership Conference

**Workshop Proposals Deadline: February 13, 2012**

The 2012 California 4-H State Leadership Conference needs presenters! If you would like to present a session on Friday, August 10<sup>th</sup> or Saturday, August 11<sup>th</sup>, please submit a workshop proposal form to the State 4-H Office. Sessions can address many subject areas, but we ask that they emphasize one of the three National 4-H Mission Mandates: 4-H Science, Engineering & Technology (SET), Citizenship, or Healthy Living. Applications and additional criteria can be found at:  
<http://www.ca4h.org/Programs/Conferences/SLC/>.

### State Leadership Conference Support Group

**Applications Deadline: February 24, 2012**

The support group is an opportunity for teens to assist with the planning of the 2012 4-H State Leadership Conference. During the conference, the support group acts as a resource to the planning staff by serving as group facilitators, delegation hosts, logistical support, and State Ambassador assistants (among other roles). Serving as a member of the support group is a great opportunity for older members to take on a leadership responsibility at the state level, and provides valuable experience for youth who intend to apply for the 4-H State Ambassador team. Applications are available online at:  
<http://www.ca4h.org/Programs/Conferences/SLC/>.

### State 4-H Leaders Forum 2012

**November 9-11, 2012**

The State 4-H Leaders Forum provides a weekend retreat for 4-H volunteers across California to gather for networking, education, relaxation, and fun. Volunteers of all ages, experiences, and locations share this opportunity to further their volunteering "career," find new inspirations, and bring new ideas home to their counties and clubs. The conference is sponsored by the State 4-H Leaders' Council and the 4-H section planning the conference. For more details, please visit the state 4-H website at:  
<http://www.ca4h.org/Programs/Conferences/SLF/>

## Regional, State & National News

### State Shooting Sports Leader Meeting

“Shooting Sports Leaders - Mark Your Calendars!” – A **State Shooting Sports Leader Meeting** will be held **April 28 & 29, 2012** at the Oakdale Sportsman’s Club in Stanislaus County. There will be hands-on sampler sessions for adult and teen leaders as well as updates on policies and programs. More details to come.

### Quilts for Wounded Warriors Service Project

**Quilts for Wounded Warriors Service Project** is continuing for 2012 State Fashion Revue, as our American service personnel remain in harm’s way. These quilts are given to the injured while they are in transport or in the hospital and are taken home upon their release. These labors of love will give comfort and awareness that people care as they connect with our soldiers and become a part of the healing process. State Fashion Revue (SFR) invites you to participate. You can make a completed quilt measuring 45”x 81” to fit gurneys and beds, or you can choose to make a square(s), 12 ½”x 12 ½”. Red, white, and blue fabrics are preferred. Over 60 quilts were completed in 2011 and our goal is to break that record this year. We are also accepting donations to help with the cost of finishing quilts. Bring your quilts or squares to SFR on May 26 at UC Davis or contact [teacherc2@yahoo.com](mailto:teacherc2@yahoo.com) or [maryengebretth@comcast.net](mailto:maryengebretth@comcast.net) for other options.

### 2012 State Presentation Day

Special Recognition at 2012 State Presentation Day A special recognition pin will be awarded for youth who participate in State Presentation Day and focus their presentations on healthy living. This year’s focus area is healthy food. Potential topics may include USDA’s MyPlate, serving sizes, sugar-sweetened beverages, nutrition facts labels, food groups, nutrients, and more. Visit [www.ca4h.org/Programs/Events/SFD/PD/Recognition\\_Opportunities](http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities) for details.

### GIS/GPS Leadership Team

Think about applying to the **2012-13 National 4-H GIS/GPS Leadership Team!** Adults and 4-H members (age 14 and older) are invited to apply for this national 4-H leadership opportunity. Application deadline is February 1, 2012 to the California State 4-H Office. For more information view the application at <http://www.ca4h.org/files/133055.doc> and contact Steven Worker at [smworker@ucdavis.edu](mailto:smworker@ucdavis.edu).

### Google Science Fair



**2012 Google Science Fair** is a science fair that is more open, inclusive, and global than ever before. The Google Science Fair

aims to be the largest global science competition ever and will be open to all students age 13–18 around the world.

<http://www.google.com/events/sciencefair/>

### No BULL Challenge

Deadline: March 15, 2012 Students in sixth through twelfth grade are challenged to start an anti-cyberbullying campaign in their school or community, use video to document their campaign, and then submit their project to the NO BULL Challenge website. Win prizes such as a \$10,000 production deal, a trip to the Sundance Film Festival, scholarships and much more! Visit [nobull.votigo.com](http://nobull.votigo.com) for more information.

### Everyday Young Hero Awards

Are you between the ages of 5-25 (or know someone who is) and have demonstrated your commitment to service projects in your community? **The Everyday Young Hero Awards** are given out weekly to a young person who exemplifies commitment to service. The nominations for these awards are ongoing and there is no deadline. Visit <http://www.yasa.org/awards/hero> for more information on nominating a youth today!

# VALLEY FAVORITE FOODS DAY

**REGISTRATION DUE (mandatory):** Monday, March 2, 2012 (No late entries accepted)

**WHEN:** Saturday, March 10, 2012

**WHERE:** Odd Fellows/Rebekah Hall, 22551 Silverload Road, Palo Cedro, CA

**THEME:** "Favorite Fiesta Dishes"

**COORDINATED BY:** Lone Tree 4-H - Stacy Rutledge (941-9670)



## **SCHEDULE** (Approximate times)

9 - 9:45 a.m. Check-in and set up entries. **NO LATE ARRIVALS.**

9:30 a.m. Judges' Orientation

10 - 11 a.m. Judging begins in all categories. **All adults are to stay out of the judging area.** Each member is to sit by their food entry, serve each judge a sample, and answer any questions. *Members with multiple entries should watch for the judges as to which entry is judged first. Members must remain with the entry, if feasible, until all judging is completed for that specific category. Members with multiple entries may not be able to stay with each particular entry. When members are dismissed from their final class, they are to go to the Foods Quiz area.*

**Following the completion of all judging, the foods will be open for viewing and picture taking.**

**Exceptions** - Members are not to remain with their entries for Edible Centerpieces, Card Table Displays, or Decorated Cakes. They go to the Foods Quiz area to take part in the fun activities, heading to a waiting area when they are finished.

**Foods Quizzes** - All members are invited to take part in this quiz to see how knowledgeable they are about foods and related subjects. This quiz will be open at 10 a.m. *Bring a pencil and take the challenge!*

11:30 a.m. Buffet lunch is served after all judging is complete. **Each family attending is asked to bring an additional salad or main dish for 10 people.** Extra dishes are important so everyone attending (parents, siblings, etc.) will have enough to eat. Members are also encouraged to use their "Favorite Foods Day" entries for this lunch. Please do not eat your entry until the potluck begins. Everyone will need to bring their own place setting (plates, cups, utensils, etc.). Drinks will be provided. During check-in your additional food dish can be kept cold/warm in the kitchen until lunch.

Noon Awards Ceremony

**NOTE:** **Participants may not leave until the awards ceremony is complete if they wish to receive credit for attendance.**

## **IMPORTANT INFORMATION**

**EVENT ELIGIBILITY:** This event is open to all 4-H members. Please check the category rules for entry restrictions

**RECIPE CARD:** Page 11 of this TNT . A signed copy of the recipe must accompany each submitted entry form. **These will not be taken to the event.** *Community leader* must sign categories 6, 11 & 12. *Project leader* must sign categories 1, 2, 3, 4, & 7. *No signature needed* for categories 5, 8, 9, 10 & 13.

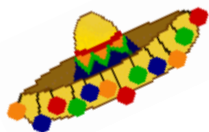
**MENU CARD:** Prepare one for each entry except 8 & 13. Type or neatly print on the sample menu card on page 11. Menus must be nutritionally balanced. Circle your entered Favorite Food item. Place the recipe for the entry on the back of the card. Be sure to include your name, project, year in project, club and grade. Bring to the event and set on table with place setting. These will also be collected at the end of the event.

**CARD TABLE DISPLAYS:** Formal and informal will be combined. *Please work with members ahead of time on their table settings and displays.* Each participant is responsible for setting up his or her own display(s).

**UNIFORMS:** Uniforms are acceptable, but not required. Clothing must be neat and clean.

**PLEASE NOTE:** Adult leaders and parents will **NOT** be allowed in the competition area until all judging is completed. There will be activities planned for parents in a separate room during the judging period. All Stars, Junior/Teen Leaders and older members will be available to help younger members and answer questions following check-in. Leaders and parents are to help fill out any required paperwork in advance. Allow enough time if you have entries in more than one category.

**FOOD PREPARATION:** Foods may be prepared using any source. No food preparation will be allowed at the event. They must be complete and ready for judging when brought in. All foods must be prepared with fresh ingredients. If presenting hot foods and prepared prior to the event day, properly refrigerate or freeze, then properly warm for presentation. Pack dishes properly - hot dishes stay hot and cold stay cold. *Items may be kept in the facility refrigerator or oven upon request.* **Cream pies are prohibited for health reasons.**





# VALLEY FAVORITE FOODS DAY

## AWARDS

Danish system of judging (blue, red and white ribbons) will be used. Medals awarded to top scoring entry in each category, each division. Primary participants will receive one participation pin. Entries will not be released until awards ceremony is completed.

## GRADE DIVISIONS AND CARD COLORS

Primary (K-3): PINK      Junior (4-5): WHITE      Intermediate (6-8): YELLOW      Senior (9-12): GREEN

## CATEGORIES

- |              |                   |   |                             |               |
|--------------|-------------------|---|-----------------------------|---------------|
| 1. Main Dish | 4. Low Fat Foods  | 7. Food Preservation                      | 10. Primary Member Division | 12. Appetizer |
| 2. Salad     | 5. Decorated Cake | 8. Edible Centerpiece                     | 11. Breads                  | 13. Cookbook  |
| 3. Dessert   | 6. Market Animal  | 9. Card Table Display - formal & informal |                             |               |

## CATEGORY ELIGIBILITY, RULES & REQUIREMENTS

Category 1- 4 Members may compete in ONE of these categories. Open to **Foods & Nutrition** members only.

Category 5 Open to **Cake Decorating** members only.

Category 6 Open to **Market Animal** members only (poultry, rabbit, & meat goat included)

Category 7 Open to **Food Preservation** members only.

Category 8 Open to **any** 4-H member, including vegetable gardening.

Category 9 Open to **Home Arts/Furnishings, Creative Arts & Crafts,** and **Foods & Nutrition** members.

Category 10 Open to **Primary** members only.

Category 11 Open to **any** 4-H member, *does not satisfy fair requirement*

Category 12 Open to **any** 4-H member, *does not satisfy fair requirement*

Category 13 Open to **Foods & Nutrition** and **Food Preservation** members only.

**Category 1-4** Bring one complete place setting for the course being served. This includes: plate(s), napkin, place mat, utensils, and beverage glass(es). Members have the option of using paper, glass, pottery, wicker, plastic, etc. The place settings or centerpieces are expected to fit the theme. **Be sure to bring an appropriate serving utensil for your food entry to serve the judge.** Menu card **MUST** be nutritionally balanced. Small centerpieces and decorative touches are optional.

**Category 5** Decorated cakes should follow the theme. All cakes will be judged for appearance only. Recipe method is not a consideration. Include a menu card showing use of cake. Cake forms may be used.

**Category 6** Any 4-H member enrolled in a Market Animal project (beef, sheep, swine, meat goat, rabbit, or poultry) may enter a food item using meat from their market animal species. A nutritionally balanced menu card and recipe **MUST** be included along with a complete place setting. The place setting and menu are expected to fit the theme. *Participation here DOES meet SDF Contract requirements.* **Entry in this division must have more than one step in the preparation process.** Example: slice of ham (*not acceptable*) vs. casserole with broccoli, rice and ham (*acceptable*).

**Category 7** Entrants prepare and serve a dish or bread using the food they have preserved. Bring a complete place setting for the course being served. Include menu card and recipe.

**Category 8** Create a sculpture from foods like cheese, crackers, vegetables, nuts & fruits, and edible flowers. Creations may be on wicker, foam, paper plates, plastic, etc. Be sure the theme is followed and at least 5 fruits and/or vegetables are used. A card giving directions on how the centerpiece was assembled is required.

**Category 9** Decorate a card table to illustrate "Favorite Fiesta Dishes" **No food is to be placed on these tables!** Entrants must furnish their own card table, tablecloth, or place mats, dishes, and utensils. Entries will be judged on overall appearance, color design, and texture coordination. Each display must have a menu card which will state whether it is a luncheon, dinner, or party.

**Category 10** Primary members should enter their item under this Primary category.

**Category 11** Prepare your bread using the appropriate utensils and dishes for serving. You must include a menu card with your recipe. A place setting for your bread should follow the theme.

**Category 12** Prepare your appetizer using the appropriate utensils and dishes for serving. You must include a menu card with your recipe. A place setting for your appetizer should follow the theme.

**Category 13** You may want your cookbook to be spiral or loose leaf, allowing an addition each year. You may want to staple and make a new one each year. This category is to challenge your imagination and have fun at the same time. The cover, title, page and index will be judged on decoration, age appropriateness, how well presented, cleanliness, neatness, and the knowledge of the project. Content will be judged on category areas (main dish, salads, etc.) which may include recipes prepared in your cooking classes, recipes you've tried, or family recipes. Personalized comments on the recipes is part of the judging. The cookbook can be typed or handwritten (black or blue ink).



# REGISTRATION

## MANDATORY

VALLEY FAVORITE FOODS DAY  
DUE MARCH 2, 2012 (4-H OFFICE)

Theme: **“Favorite Fiesta Dishes”**

**Event Date: Saturday, March 10, 9:00 a.m.**  
**IOOF Hall, Palo Cedro**

NAME: \_\_\_\_\_ CLUB: \_\_\_\_\_

PROJECT(S): \_\_\_\_\_ AGE (as of 12/31/11): \_\_\_\_\_

PHONE: \_\_\_\_\_ YEARS IN PROJECT: \_\_\_\_\_

GRADE DIVISION (check one):  Primary (K-3)  Junior (4-5)  Intermediate (6-8)  Senior (9-12)

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> 1. Main Dish      | <input type="checkbox"/> 6. ** Market Animal                         | <input type="checkbox"/> 10. Primary Member Division |
| <input type="checkbox"/> 2. Salad          | <input type="checkbox"/> 7. Food Preservation                        | <input type="checkbox"/> 11. * Bread                 |
| <input type="checkbox"/> 3. Dessert        | <input type="checkbox"/> 8. *Fruit and Vegetable Sculpture           | <input type="checkbox"/> 12. * Appetizer             |
| <input type="checkbox"/> 4. Low Fat Foods  | <input type="checkbox"/> 9. Card Table Display - Formal and Informal | <input type="checkbox"/> 13. * Cookbook              |
| <input type="checkbox"/> 5. Decorated Cake |  |  |

\* Open to any 4-H Member (Vegetable Gardening projects are encouraged to enter here.)

\*\* Meets Market Animal Fair Contract requirements.

NOTE: A copy of your recipe **MUST** be signed and submitted with this entry form. Be sure to bring an additional recipe card on the event day. See page 8 for instructions. A signature is required for all categories except 5, 8, 9, 10 & 13. Please check the category(ies) you are entering: (\* Projects are open to any 4-H member)

### SCORING CRITERIA

#### Categories 1- 4, 6, 11 & 12

Neat in appearance	10
Personal cleanliness	5
Pleasant, Interesting	5
Menu nutritionally balanced	10
Menu: Food color combo.	5
Menu: Texture of foods	5
Recipe posted on card	5
Flavor of food prepared	20
Food: Good color	5
Food: Good texture	5
Attractive place setting	10
Order of utensils & dishes	10
Theme	5
<b>Points Poss.</b>	<b>100</b>

#### Category 7

Scoring is the same as Categories 1-4, 6, 11 & 12, with correct utensils eliminated and proper food preservation added.

#### Category 5

Overall design, relates to theme	20
General appearance	20
Selection of colors	15
Preparation	15
Border	10
Frosting	10
Icing originality	10
<b>Points Poss.</b>	<b>100</b>

#### Category 8

Follows theme	25
Appearance	15
Only edible items	10
Shows imagination	10
Recipe (directions)	10
Design	30
<b>Points Poss.</b>	<b>100</b>

#### Category 9

Follows theme	25
Menu nutritionally balanced	10
Attractive place setting	40
Original Design	25
<b>Points Poss.</b>	<b>100</b>

#### Category 13

Cover	5
Title Page	5
Index	5
<b>Content:</b>	
Categories	20
Neatness	15
Sources Sited	5
Samples of cooking rules, safety, sanitation, utensils	15
<b>Creativity:</b>	
Pictures & graphics	10
Personalization	10
Layout (use of space)	10
<b>Points Poss.</b>	<b>100</b>

(RECIPE)

(FOLD)



Theme: *"Favorite Fiesta Dishes"*

(MENU)

**Name:** \_\_\_\_\_

**Project:** \_\_\_\_\_

**Club:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

**Year in Project:** \_\_\_\_\_

**Menu-**(Circle Favorite Food Item):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# INTERMOUNTAIN PRESENTATION DAY REGISTRATION



**MANDATORY**

DUE FEBRUARY 14TH TO THE 4-H OFFICE

**Event Date: Sunday, February 26, 1:00pm**

**Burney Elementary School**

**NAME:** \_\_\_\_\_ **CLUB:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **GRADE** (as of 12/31/11): \_\_\_\_\_ **AGE** (as of 12/31/11): \_\_\_\_\_

**Circle one: INDIVIDUAL or TEAM** Presentation (If team presentation, name of teammate: \_\_\_\_\_)

**Subject or Title of Presentation:** \_\_\_\_\_

**Bringing a live animal?** \_\_\_ Yes \_\_\_ No

**Type of Presentation:** (CHOOSE ONE)

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Demonstration            | <input type="checkbox"/> Prepared Speech              | <input type="checkbox"/> Share the Fun             |
| <input type="checkbox"/> Illustrated Talk         | <input type="checkbox"/> Impromptu Speech             | <input type="checkbox"/> Cultural Arts             |
| <input type="checkbox"/> Scientific Demonstration | <input type="checkbox"/> Interpretive Reading         | <input type="checkbox"/> Audio-Visual Presentation |
| <input type="checkbox"/> Educational Display      | <input type="checkbox"/> Problem Solving Presentation |  |

**Grade Division:**

- Primary (K-3)
- Junior (4-5)
- Intermediate (6-8)
- Senior (9-12)

**Help Needed\*\*:**

- \_\_\_\_\_ YES, I would like to be a room coordinator/MC.  
\_\_\_\_\_ YES, I would like to be a judge. (\_\_\_ Youth \_\_\_ Adult)

*\*\*We are in need of judges. A judge can be an adult or youth (9th grade or older who has received a gold on a presentation).*

# VALLEY PRESENTATION DAY REGISTRATION



**MANDATORY**

DUE FEBRUARY 6TH TO THE 4-H OFFICE

**Event Date: Saturday, February 18, 8:30 a.m.**

**Sequoia Middle School ~ 1850 Sequoia St. Redding, CA**

**NAME:** \_\_\_\_\_ **CLUB:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **GRADE** (as of 12/31/11): \_\_\_\_\_ **AGE** (as of 12/31/11): \_\_\_\_\_

**Circle one: INDIVIDUAL or TEAM** Presentation (If team presentation, name of teammate: \_\_\_\_\_)

**Subject or Title of Presentation:** \_\_\_\_\_

**Bringing a live animal?** \_\_\_ Yes \_\_\_ No

**Type of Presentation:** (CHOOSE ONE)

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Demonstration            | <input type="checkbox"/> Prepared Speech              | <input type="checkbox"/> Share the Fun             |
| <input type="checkbox"/> Illustrated Talk         | <input type="checkbox"/> Impromptu Speech             | <input type="checkbox"/> Cultural Arts             |
| <input type="checkbox"/> Scientific Demonstration | <input type="checkbox"/> Interpretive Reading         | <input type="checkbox"/> Audio-Visual Presentation |
| <input type="checkbox"/> Educational Display      | <input type="checkbox"/> Problem Solving Presentation |  |

**Grade Division:**

- Primary (K-3)
- Junior (4-5)
- Intermediate (6-8)
- Senior (9-12)

**Help Needed\*\*:**

- \_\_\_\_\_ YES, I would like to be a room coordinator/MC.  
\_\_\_\_\_ YES, I would like to be a judge. (\_\_\_ Youth \_\_\_ Adult)

*\*\*We are in need of judges. A judge can be an adult or youth (9th grade or older who has received a gold on a presentation).*



## Jr/Teen Leader Retreat

The Junior and teen Leader Retreat was a success. We all had a great time and loved putting it on. There was a total of 40 4-Hers that attended the retreat. 23 members for the junior retreat and 17 for the teen retreat. We would like to thank Trinity county and the Intermountain 4-h'ers that came for attending and hope you all had a great time. We had a great time and all of us learned a lot. We learned about how to fill out the required paperwork to be a Junior or Teen Leader, how to work with members that might have a disability, how important communication is in your projects and we were introduced to the Emerald Star Project. In addition to this we played a lot of games and had some really great food. that the teen retreat we also watched a movie, CARS 2, which was a nice way to unwind the night and just relax and enjoy our new friends. We hope to see everyone again next year at the retreat and more new friend.

We would like to thank the following leaders for their help on the day of the retreat, Brad Peconom, Debora Scammon, Lu Trimble, Jennifer Dolittle and our All Star Advisor Tanya Purvis.

Next month the All Star's will tell you about how your hat should look and what the new Shasta County requirements are for your hat.





# Intermountain Favorite Foods Day

January 21, 2012



## Main Dish

Primary	Mira Robinson, Cloverleaf	Rosette
Junior	Madison Ronquist, Evergreen	Medal
	Derek Rainwater, Evergreen	Medal
	Hailey Myers, Evergreen	Medal
Intermediate	Jessica Hammon, Evergreen	Medal

## Salad

Intermediate	Shane Dean, Cloverleaf	Medal
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## Desserts

Junior	Marissa Leighton, Evergreen	Medal
	Madison Ronquist, Evergreen	Medal
Intermediate	Shane Dean, Cloverleaf	Medal
	Madison Hamilton, Evergreen	Medal

## Yeast Breads

Intermediate	Madison Corder, Evergreen	Medal
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## Dairy Foods

Junior	Darcy Coulter, Pine Grove	Medal
	Joanna Jasperse, Hat Creek	Medal

## Decorated Cake

Junior	Sara Dean, Cloverleaf	Medal
	Tori Policastro, Cloverleaf	Medal

## Edible Centerpiece

Intermediate	Shane Dean, Cloverleaf	Medal
	Katie Policastro, Cloverleaf	Medal
	Jessica Wildoner, Pine Grove	Red Ribbon
	Chase Pruitt, Cloverleaf	White Ribbon

## Quick Breads

Junior	Taylor Woolery, Hat Creek	Medal
	Lexi Robbins, Hat Creek	Red Ribbon

## Card Table

Junior	Sara Dean, Cloverleaf	Red Ribbon
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## Beverage

Junior	Nicole Taylor, Pine Grove	Medal
	Sara Dean, Cloverleaf	Medal

## Appetizer

Junior	Brenda Garcia, Evergreen	Medal
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## Market Animal

Junior	Nicole Taylor, Pine Grove	Medal
	Cole Murray, Pine Grove	Medal
	Taylor Woolery, Hat Creek	Medal
	Joanna Jasperse, Hat Creek	Medal

## Intermediate

Dakota Murray, Pine Grove	Medal
Mary Hebert, Pine Grove	Medal
Evan Robbins, Hat Creek	Medal
Audrie Robinson, Cloverleaf	Medal
Chase Pruitt, Cloverleaf	Red Ribbon

## Senior

Cody Murray, Pine Grove	Medal
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## Spice ID

Junior	Joanna Jasperse, Hat Creek	Medal
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## Intermediate

Jessica Hammon, Evergreen	Medal
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## Senior

Cody Murray, Pine Grove	Medal
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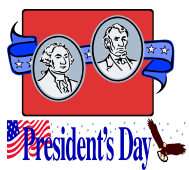




February 2012



**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

			<p><b>1</b></p> <p>Luz Martinez Scholarship Applications DUE</p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>
<p><b>5</b></p>	<p><b>6</b></p> <p>Valley Presentation Day Registrations DUE</p>	<p><b>7</b></p>	<p><b>8</b></p>	<p><b>9</b></p>	<p><b>10</b></p>	<p><b>11</b></p> <p>CSU Chico Sheep &amp; Meat Goat Day</p>
<p><b>12</b></p> <p>Beef &amp; Heifer Tagging &amp; Weigh-In</p>	<p><b>13</b></p>  <p>Lincoln's Birthday Observed</p> <p>Office Closed</p>	<p><b>14</b></p> <p>IM Presentation Day Registrations DUE</p> 	<p><b>15</b></p> <p>5:30pm Volunteer Leader Orientation</p> <p>7pm Valley Council Meeting 4-H Office</p>	<p><b>16</b></p>	<p><b>17</b></p>	<p><b>18</b></p> <p>8am Valley Presentation Day Sequoia Middle School</p>
<p><b>19</b></p>	 <p>President's Day</p> <p>Office Closed</p>	<p><b>21</b></p>	<p><b>22</b></p> <p>6pm IM Council Meeting</p> <p>7pm IM Record Book Training Geppetto's-Burney</p>	<p><b>23</b></p>	<p><b>24</b></p>	<p><b>25</b></p>
<p><b>26</b></p> <p>1pm IM Presentation Day Burney Elementary School</p>	<p><b>27</b></p> <p>3pm Policy Committee Mtg</p> <p>5pm Incentives &amp; Recognition Meeting 4-H Office</p>	<p><b>28</b></p>	<p><b>29</b></p>			

1851 Hartnell Avenue  
 Redding, CA 96002  
 Phone: 530-224-4900  
 Fax: 530-224-4904

Website: [http://ucanr.org/sites/UCCE\\_Shasta\\_County](http://ucanr.org/sites/UCCE_Shasta_County)

Audra Lane, 4-H Youth Development Program Representative  
 email: amlane@ucdavis.edu

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<p><b>VALLEY Council</b></p> <p><b>COUNCIL MEETINGS</b></p> <p><i>Wednesday, February 15th, 7 - 9 p.m.</i> 4-H Office</p>		<p><b>INTERMOUNTAIN Council</b></p> <p><i>Wednesday, February 22th, 6p.m.</i> Gpuppetto's Pizza Burney, CA</p>
<p>All leaders and youth 14 years and older have voting rights.  <b>Please come and take part!</b></p>		

**RECORD BOOK CORNER**

There are new Record Book forms and a new manual to help you prepare your Record Book! Please check it out on the State Website. There are only minor differences from the previous forms so don't worry. Please use the 2011 versions in this year's Record Book. Thank you.

<p><b><u>Activity/Event/Award</u></b></p> <ul style="list-style-type: none"> <li>List your Projects, don't forget the Leadership Project if your club has one</li> <li>Participated in a judging contest at a club meeting</li> <li>Entered a food in Favorite Foods Day</li> <li>Attended Favorite Foods Day</li> <li>Attended 4-H Council meeting</li> <li>Attended 4-H Council standing committee meeting</li> <li>Attended All Star committee meeting</li> <li>Attended Presentation Day</li> <li>Attended Chico Swine Day</li> <li>Junior or Teen Leader (count once for each project)</li> <li>Serving as Club Officer</li> <li>Committee member or committee chairperson for a club committee</li> <li>Participated in a community service event</li> <li>Led the American Flag salute at a club meeting, county event, or council meeting</li> <li>Gave a 4-H Presentation</li> <li>Submitted an article to the TNT or local newspaper about club activities</li> <li>Led the 4-H pledge at a club meeting, county event, or council meeting</li> <li>Received a first place award at Favorite Foods Day</li> <li>School or community sports team, private lessons, organization membership, afterschool job</li> </ul>	<p><b><u>Category on PDR</u></b></p> <ul style="list-style-type: none"> <li>#1 - 4-H Project</li> <li>#2 – Project Skill Activities</li> <li>#2 – Project Skill Activities</li> <li>#3 – Events Attended</li> <li>#3 – Events Attended</li> <li>#3 – Events Attended</li> <li>#3 – Events Attended</li> <li>#3 – Events Attended</li> <li>#3 – Events Attended</li> <li>#3 – Events Attended</li> <li>#3 – Events Attended</li> <li>#4 – Leadership</li> <li>#4 – Leadership</li> <li>#4 – Leadership</li> <li>#4 – Leadership</li> <li>#5 – Community Service</li> <li>#5 – Citizenship</li> <li>#6 – Communication Skills</li> <li>#6 – Communication Skills</li> <li>#6 – Communication Skills</li> <li>#6 – Communication Skills</li> <li>#7 – Awards &amp; Recognition</li> <li>#8 – Lifestyle Activities</li> </ul>
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