Hello all. It looks like we’re picking up the pace and we’ll soon be at a dead run all the way to fair. I’m looking forward to spring and all of the fun and exciting events we have coming up on the calendar. As you may know, council will not be meeting this month, so we are taking the opportunity to convene our budget and event calendar committees to plan for the upcoming 2015-2016 program year – it’ll be here before you know it. Although we haven’t set a date, it will most likely be the third Wednesday of the month at 6:00 PM. If you would like to join the committee, please send me an e-mail at nwcaeton@ucanr.edu, so I can add you to our committee roster. Committee recommendations will be submitted for a vote at the May council meeting. Also on our May agenda will be elections to replace our outgoing President and Vice-President. Nominations should be sent to my e-mail address above. Please note that the Vice-President is a youth leadership position and only Senior Members will be considered. All candidates must be present at the May council meeting and be prepared to offer some brief remarks regarding their candidacy. As usual, please feel free to contact me with any thoughts or questions. Thank you very much and have a great month!

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**Member Tip of the Month**

Did you know that as a youth you can serve on one of 8 statewide 4-H advisory committees? These committees offer insight, review, and input for the operation and management of the statewide 4-H program. Your voice is important! Learn more about the statewide 4-H advisory committees and apply to serve on one for the upcoming 2015-2016 program year. Deadline for application is May 31, 2015. Learn more and apply http://4h.ucanr.edu/Get_Involved/Advisory_Committees/.

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**Monthly Council Meeting**

**Valley** 4-H Council Meeting  
**Wednesday, April 18, 2015** at 6:00p.m. at 4-H Office, Redding, CA

**Inter-Mountain** 4-H Council Meeting  
**Wednesday, April 22, 2015** at 7:00pm at Geppetto’s Pizza in Burney,

As outlined in the 4-H Club Program Planning Guide, each club must have regular representation at Council meetings in order to be considered a “Club in Good Standing”

Can’t physically be at the meeting? Call! You can call 1-866-740-1260. Enter access code 2244900. You can listen to the meeting wherever you are!!!!! Please remember to mute your phone: *6 to mute and *7 to unmute.
**Remainder: 2015 County Presentation Day**

March 7, 2015 at Burney Elementary School

Starts at 9:00AM

Registration is closed. Good luck to all!!!!

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**Attention 4-H Sheep Kids**

Get Paid to WIN at SDF 2015!

4-H Showmanship CASH Award

$1000 Progressive Cash Giveaway

- **Beginner Showmanship wins $200**
  (class eligibility: ages 9-10 or 1st year competitor)

- **Junior Showmanship wins $300**
  (class eligibility: winner of Beginner class and ages 11-13)

- **Senior Showmanship wins $500**
  (class eligibility: winner of Junior class and ages 14+)

Sponsored by Cassie Gywn, Realtor
The Real Estate Group 530.945.9777

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**Attention 4-H Swine Project Members**

SDF 2015

4-H Showmanship CASH Award

$1000 Progressive Cash Giveaway

- **Beginner Showmanship wins $200**
  (class eligibility ages 9-10 or 1st year competitor)

- **Junior Showmanship wins $300**
  (class eligibility winner of Beginner class and ages 11-13)

- **Senior Showmanship wins $500**
  (class eligibility winner of Junior class and ages 14+)
FOOD SAFETY CERTIFICATION

Just a reminder that all clubs involved in food service and preparation activities must have at least one volunteer on hand who has completed Food Safety Training. We understand that taking time away from your busy schedules to complete required training can often be difficult however; the University’s “Make It Safe, Keep It Safe” Food Safety Education has been made available in an online format for your convenience. The training consists of six learning modules, as well as a pre and post-test. The post-test contains 11 multiple choice questions and must be completed with a passing score of 80% in order to receive credit and certification. In most cases, certification is good for three years, with the following exceptions.

- The volunteer experiences a break in service. (In this instance the volunteer will need to retake food safety training, just as they have to be re-fingerprinted and attend VLO.)
- The leader possesses a professional certification. (For example, Serve Safe Certificates are valid for 5 years.)
- The training can be accessed at: http://ucanr.edu/sites/MISKIS/Intro/.

GLOBAL YOUTH SERVICE DAY - APRIL 17-19
EARTH DAY - APRIL 22
NATIONAL ARBOR DAY - APRIL 24

http://www.4-h.org/resource-library/curriculum/money/
COUNTY NEWS

IMPORTANT DATES FOR SDF 2015
Theme: “Homegrown & Homemade”
Livestock Entries Close: May 15, 2015
Fair: June 17-20, 2015

SAVE THE DATE – FIELD DAYS ARE COMING FAST

- Inter-Mountain Spring Field Day & Large Animal Expo
  Saturday, April 18, 2015 at the Inter-Mountain Fairgrounds
- Shasta County 4-H Field Day
  Friday & Saturday, May 1 & 2, 2015 at the Shasta District Fairgrounds
- Inter-Mountain Small Animal Field Day & Expo
  Sunday, May 3, 2015 at the Inter-Mountain Fairgrounds
- Tehama County Youth Camp
  Camp will take place from July 11-15, 2015 at Camp Tehama in Mill Creek.
  Teen Staff and Adults will arrive one day earlier and leave one day later than campers (July 10-16)
  Teen Staff and Camper registration will be available soon. Keep checking this page for updates.
  Volunteers and Teens wanted for the 2015 Youth Camp Committee! If you
  would like to be a part of the committee, please contact Camp Director,
  Jeanne Boyes, at 530-384-7903

QUALITY ASSURANCE & ETHICS AWARENESS TRAINING FOR JR. LIVESTOCK EXHIBITORS

Attention 4-H members showing livestock at SDF. For the 2015 Shasta District Fair, Quality Assurance and Awareness Training is strongly recommended for all junior livestock exhibitors.

While this is only a recommendation for 2015, please bear in mind that this is slated to become a requirement in 2016. This is the same training that is required for members wishing to enter the California State Fair. As a part of this process, the following training has been scheduled:

- Monday, March 30, 2015, 6:00 PM – 7:00 PM
  Redding Library – Community Room
  Trainer: Jackie Zediker, 4-H Program Representative, Siskiyou County

Please contact the 4-H Office at (530) 224-4900 with any questions.

ARTICLE SUBMISSION DEADLINE

REPORTERS - we would like to remind you that the deadline for TNT submission is the 20th of every month. The youth and volunteers of Shasta County 4-H work hard, so please share what your club has been up to. We are always happy to get the word out so that everyone can recognize your dedicated efforts.
County News

Join us for the 1st Annual
Shasta County-Wide
4-H Rabbit Show

March 21, 2015
Register Now!!! Space is Limited!!!

Early Registration
$3 per rabbit by 3/6
Late Registration
$4 per rabbit

Youth Activity Fee $5
Showmanship
Breed ID
Costume Contest & Games

Mistletoe Elementary School 1225 Mistletoe Lane Redding CA
Registration Check In: 7:30 a.m. Judging Starts @ 8:30 a.m.
Email registration to: youthrabbitsshow@gmail.com
More Questions? Email or Check out...
Facebook: Shasta County Wide Rabbit Project

California State Fair
http://www.castatefair.org
July 10-26, 2015
Deadlines -
Youth Art: April 22
Junior Livestock: June 5
Youth Canning & Baking: June 19

County Record Book Judges Orientation Webinars
The State Incentives and Recognition Committee will be hosting professional development webinars for County Record Book judges. Each webinar will cover the goals and purpose of Record Book judging, the judging process, practice judging calibration and writing comments. Webinar dates and registration information will be posted in mid-March on the State Website at http://4h.ucanr.edu/Resources/Members/RecordBook/R8Resources/.

2015 State Record Book Competition
The requirements, process, guidelines and forms to enter the 2015 State Record Book Competition will be posted in early March at http://4h.ucanr.edu/Resources/Members/RecordBook/R8Competition/.

Updated county judging forms will also be available at that time.
# 2015 Valley Favorite Foods Day Results

## Primary:
- Charlotte Evans, Golden Acres Star
- Caleb Fabela, Golden Acres Star
- Dallas Levens, Golden Acres Star
- Levi Schultz, Golden Acres Star
- Max Schultz, Golden Acres Star

## Dessert:
### Junior
- Landon Levens, Golden Acres Red Ribbon
- Ivy Levens, Golden Acres White Ribbon
- Emily Fox, Golden Acres Red Ribbon
- Wiley Linhares, Twin Palms Medal

### Intermediate
- Alexis Fabela, Golden Acres Medal (Tie)
- Alexander Wayman, Golden Acres Medal (Tie)
- Dianna Arnold, Golden Acres Red Ribbon
- Hillary Cargile, Happy Valley White Ribbon
- Andrew D’Amico, Swede Creek Blue Ribbon

### Senior
- Isabella Cargile, Happy Valley Red Ribbon
- Melina Delaloza, Golden Acres Medal

## Edible Centerpiece:
### Junior
- Chloe Schultz, Golden Acres Medal

### Intermediate
- Madeline Evans, Golden Acres Medal
- Andrew D’Amico, Swede Creek Medal

## Formal/Informal Card Table Display:
### Intermediate
- Andrew D’Amico, Swede Creek Medal

## Main Dish:
### Junior
- Brooklyn Armstrong, Cow Creek White Ribbon
- Beau Armstrong, Cow Creek White Ribbon
- Sarah Webster, Golden Acres Medal
- Tatum Wayman, Golden Acres Blue Ribbon

### Intermediate
- Dianna Arnold, Golden Acres Medal (Tie)
- Hillary Cargile, Happy Valley Medal (Tie)
- Ivy Clark, Happy Valley Red Ribbon

### Senior
- Isabella Cargile, Happy Valley Medal

## Market Animal:
### Junior
- Kaylee Johnson, Lone Tree Red Ribbon
- Meah McDaniel, Lone Tree Medal
- Gage Perry, Lone Tree Blue Ribbon

### Intermediate
- Madeline Evans, Golden Acres Blue Ribbon

## Bread:
### Junior
- Beau Armstrong, Cow Creek Red Ribbon
- Owen Fabela, Golden Acres Red Ribbon
- Tatum Wayman, Golden Acres Medal

### Intermediate
- Ivy Clark, Happy Valley Blue Ribbon
- Andrew D’Amico, Swede Creek Medal

## Salad:
### Junior
- Brooklyn Armstrong, Cow Creek Medal

### Intermediate
- Andrew D’Amico, Swede Creek Medal

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**Thank You!**

Sincerest thanks to the adults that helped judge the Valley Favorite Foods Day event!

- Desirae Caeton
- Scott Wayman
- Susie Browning
- Judy Hoffman
- Megan Teren
- Shayna Williams
- Erin Griffith
- Lora Fox
- Mike Fabela
- Amber Fabela
- Marla Bernard
- Jean Harp
- Kay Delaloza
- Steven Thompson
COUNTY NEWS

2015 VALLEY FAVORITE FOODS DAY
Regional, State & National Funding & More

Tractor Supply Fundraiser Opportunity!

Tractor Supply has a standing invitation for any 4-H clubs interested in holding a BBQ fundraiser at the Redding store each Saturday throughout the year. Please call three to four weeks in advance to schedule your weekend. Tractor Supply will furnish the barbecue and propane; your club brings the hot dogs, condiments, etc. Car washes or bake sales are also possibilities. Please call Tom or Carol to schedule your fundraiser or to learn more about how your club can help during the fall campaign. Leaders, please make sure you have your Food Safety Certification.

Agricultural and Environmental Sciences Field Day

The College of Agricultural and Environmental Sciences will be holding its annual Agricultural and Environmental Sciences Field Day on Friday, March 6th and Saturday, March 7th, 2015. This field day is open to FFA and 4-H high school students from California and surrounding states. These high school students come to Davis to compete in 24 different agriculturally based judging contests, ranging from livestock judging to agriculture computer applications. UC Davis students from a variety of majors coordinate the contests. Faculty and staff in C&ES serve as advisors for these contests. For questions about registration or how to become involved, contact the 2015 Field Day Coordinator, Genevieve Nice, at fieldday@caes.ucdavis.edu or 530-752-0922. All rules about contests can be found at: http://calagteachers.org/CurricularActivitiesCode.html

FSA Loans

The U.S. Department for Agriculture’s Farm Service Agency makes operating loans of up to $5000 to eligible individual rural youths age 10 through 20 to finance income-producing, agriculture-related projects. The project must be of modest size, educational, and initiated, developed and carried out by rural youths participating in 4-H clubs, FFA, or similar organization.

If you have questions please contact Sandy Davidson, Farm Loan Officer at 530-226-2566 or sandy.davison@ca.usad.gov

VolunTeEN Nation International Service Project Grants

More info at: http://www.volunteennation.org/blog/categories/latest-news/372-apply-for-an-international-service-project-grant?sf17720015=1

USDA Announces More Than $18 Million to Support Training and Development for Beginning Farmers and Ranchers.

The Beginning Farmer and Rancher Development Program awards grants to organizations implementing programs to train beginning farmers and ranchers, including workshops, educational teams, training, and technical assistance throughout the United States. Fiscal Year 2015 applications for BFRDP are due March 13, 2015. Eligible applicants are collaborative, state, tribal, local, or regionally-based network or partnership of public or private entities, including state cooperative extension service; community-based and nongovernmental organization; colleges or universities (including institutions awarding associate degrees); or any other appropriate organization providing services to beginning farmers and ranchers. NIFA will host a webinar for interested applicants on Wednesday, February 11, 2015, from 2:00-4:00 p.m. EST. No password or advance reservation is required. A recording will be posted on the NIFA website shortly after the event.

Shasta County Farm Bureau Scholarships

2015 Shasta County Farm Bureau Scholarship Applications are now available. Deadline is March 9, 2014. Recipients will be asked to attend the 19th Annual Spring Social on March 28, 2015. More info and application at: http://www.shastafarmbureau.com/scholarships.html

California Women for Agriculture North Valley Chapter 2015 Scholarship

The California Women for Agriculture North Valley Chapter annually awards scholarships to Northern California students pursuing careers in agriculture. Since 2000, the North Valley Chapter has awarded more than $50,000 in scholarships to high school seniors and university students through its scholarship program. Scholarship amounts and number of recipients vary each year, though the North Valley Chapter makes approximately ten awards in amounts ranging from $250 to $1,000. Application at: http://northvalleycwa.org/get-involved/scholarships/

Great American No Bull Challenge

Deadline: April 19

The Great American NO BULL Challenge is back for another year. This contest challenges you to create a video to help end bullying both in person and online. You have a choice of creating a short film of 2-5 minutes, or a shorter PSA of 30-60 seconds. There’s a public voting period to pick the top 25 videos to go to the final judging round. 15 finalists go to Los Angeles for the NO BULL National Educational Conference and Video Awards, where the winners are announced. More info at http://www.ya.org/the_great_american_no_bull_challenge.


The Clean Tech Competition is a unique, worldwide research and design challenge for pre-college youth. The program encourages scientific understanding of real-world issues and the integration of environmentally responsible energy sources. Each year, the Clean Tech Competition addresses an issue that is grounded in core technological competency areas and focuses on the next great engineering challenges. The competition is designed to foster a deeper understanding of STEM (science, technology, engineering, and math) related concepts, recognize outstanding talent, and prepare the next generation of globally competitive innovators. http://www.cleantechcompetition.org/

Carton 2 Garden Contest

Deadline: April 22

Open to grades K-12 in all schools (public, private, or charter in the United States), it's a fun way to teach students about environmental stewardship, recycling, and repurposing materials, and how those concepts can have an impact on the lives of people, other creatures, and our environment. Twenty total awards will be offered. Four schools will receive national prize award packages of $2,500 each and sixteen schools from eight regions across the United States will receive $1,000 award packages. More info at: http://www.ya.org/carton_2_garden_contest
Sectional Presentation Day
Far North Sectional Presentation Day will be held in Siskiyou County on Saturday, March 28, 2015. Siskiyou County 4-H will be hosting this year’s Far North Sectional Presentation Day at Butte Valley Elementary School in Dorris, CA. Members receiving a Gold or Silver Medal at the Shasta County Presentation Day are eligible to advance to sectional competition.

2015 State 4-H Presentation Day Special Recognition
Awarded to 4-H members who relate their presentations (all categories are eligible) to one of the following four focus areas:
Science, Engineering and Technology (SET): Aerospace Engineering: Flying Into the Future!
Citizenship: Civic Engagement
Healthy Living: Sleep and Stress
Thrive: The Path to Thriving

2015 Western Region Leaders E-forum
Connecting for Youth
Over 92,000 4-H volunteers live in the 13 western states. A different state plans and hosts a 4-H Volunteer Forum each year. Oregon 4-H will host in 2015.
Volunteers of all ages are invited to participate, network and learn in a new way. No matter where you live, or how busy your schedule is, these 4-H volunteer e-sessions are accessible to you. There is no fee to participate. Join us and bring a friend!

National Geographic Engineering Exploration Challenge
http://movies.nationalgeographic.com/movies/robots/
Coming in Summer 2015, the second annual National Geographic Kids Engineering Exploration Challenge asks students worldwide to design, build, and test solutions to challenges that National Geographic explorers face in the field every day. This year's set of Engineering Exploration (NGX) challenges are inspired by how our explorers use robots in the field to help complete work that is considered dull, dirty, or dangerous. This summer, participants ages 6-18 are invited to develop solutions to these real-world STEM challenges and submit a photo and/or video of their solution to National Geographic.

California Agriculture Day
March 18, 2015 www.cdfa.ca.gov/agday
California Agriculture: Breaking New Ground! The state capitol will be bustling with excitement as California agriculture comes together to educate legislators and the general public about the various crops grown in the state. The event goes takes place 10:30 am to 11:30 am for elected officials and staff and will be open to the public from 11:30 am to 1:30 pm.

You See Davis Day 2015
April 25, 2015 | Check-In at 9:00 AM
You See Davis Day (YSDD) is an event hosted by Collegiate 4-H at UC Davis. This event is for high school aged 4-H members (ages 14-19) who would like to tour the campus and town, and ask questions about college life and the college application process. The of registration is $20.00. This includes a t-shirt, lunch, and dinner. Register: http://ucanr.edu/ucddays
Regional, State, National News

The 4-H Animal Science Symposium is a professional development opportunity for 4-H staff and key volunteers on key topics and skills relating to bio-security and animal health. Central to this symposium will be a foundational training on the “Bio-Security Proficiencies for Beginning Producers,” which participants will implement back home with 4-H volunteers and junior/teen leaders. Registration will open in January 2015. See informational flyer at http://4h.ucanr.edu/files/198164.pdf for more details.

State Field Day Updates
May 30, 2015. 8:00am-6:00pm UC Davis Campus-Wellman Hall Revamped State Field Day Webpage check it out: http://4h.ucanr.edu/Programs/Events/SFD/ Here you will find an interactive map along all the exciting activities you can participate and enjoy! Special Recognition and Impromptu Topics for 2015 Presentation Program are now available! Find them here: http://4h.ucanr.edu/4-H_Events/SFD/PD/

California Focus
June 19-23, 2015
A unique citizenship educational experience for youth 14-19. Located at the Holiday Inn Capital Plaza- Sacramento

Leadership Washington Focus
July 14-18, 2015
Leadership Washington Focus (LWF) is a 4-H leadership program for youth entering grades 7 through 9.

Citizenship Washington Focus
June 28-July 4, 2015
Extended Travel days to: Gettysburg, Philadelphia, & Baltimore July 5-7, 2015
Click here to view the CA State 4-H website for these events.

2015 State 4-H Horse Classic –Save the Date
June 24-28, 2015–Brookside Show park

Hosting a Qualifying Horse Show?
Register your show here: http://ucanr.edu/qualifying-shows for it to be considered a qualifying show for the 2014 California Horse Classic.

Looking for a Qualifying Horse show for the 2015 California 4-H Horse Classic?
Visit http://ucanr.edu/classic-qualifiers to find a Horse Show near you!

The Paradigm Challenge | Deadline: May 1, 2015
The Paradigm Challenge is an annual competition developed by Project Paradigm (a private foundation) and the American Red Cross to inspire youth to affect positive change in the world. The first annual challenge aims to generate new ideas to prevent injuries and fatalities from home fires - America’s #1 disaster threat. We invite youth aged 7 to 18 (as of May 1, 2015) to accept The Challenge, build a team, become problem solvers, learn about homefires, and help save lives.
http://www.vsa.org/the_paradigm_challenge

Save the Date:
2015 National 4-H Conference
April 11-18, 2015
National Conference Applications are available starting August 1, 2014 Application Deadline will be November 3, 2014 http://4h.ucanr.edu/Programs/Conferences/N4-HC/

State Leaders’ Forum 2015
Hey California Leaders! Who are you not to be renewed? You, with the uniquely prepared mind of a brilliant leader and the powers of the 4-H clover? That’s right, that you – we need to be “Keepin’ It Fresh!” Come enjoy and experience the awesome weekend the South Section 2015 Forum Committee has been working hard to create! It will be fun, it will be stimulating and it’s an educational event designed to keep you engaged! Enjoy a weekend at the beautiful Crowne Plaza – Mission Valley in San Diego. Save the date! SLF – 2015 – Nov. 6-8, 2015. Start making your plans NOW! Keep an eye on http://4h.ucanr.edu/4-H_Events/SLF/ for more info and updates.

2015 State Fashion Revue "Through the Looking Glass"
Announcing State Fashion Revue 2015 categories, service projects. Participant categories returning for SFR 2015 are Traditional, Upcycled, and Consumer Science. Purchased $40 limit. The two new categories are Jacket Challenge and Costume Challenge. The service projects this year are pillowcases (sewn) and hats (sewn, knitted or crocheted). Please see the SFR website for more details.

If you are hosting or entering county Fashion Revue, please take a moment to check out the informational flyer on each category offered. The website is packed with information to get your county winners ready for the state contest, as well as the State Fashion Revue service projects and the Fab Mart sale table. All of this can be found at http://4h.ucanr.edu/Programs/Events/SFD/SFR/.

4-H GROWN - Connect with 4-H Alumni
Are you a 4-H alum? Help your state win a $10,000 Science Sponsorship from HughesNet®! 4-H and HughesNet® have partnered to launch the 4-H GROWN Alumni Campaign. Register below as a 4-H GROWN Alumni and your state will receive a vote towards winning a $10,000 Innovation Incubator sponsorship! Every check-in counts so encourage your 4-H friends and family to check-in too! Contest ends on Monday, March 16, 2015. More info at: http://www.4-h.org/4HGROWN/.

Click here to view the CA State 4-H website for these events.
3rd Annual State 4-H Shooting Sports ARCHERY Match

Calling all Archery Leaders, the 3rd annual State 4-H Shooting Sports Archery Match is now open. Every leader that entered last year was sent an email with the rules and entry form attached. The same was sent to the 4-H staff list. The **deadline for entering is March 16, 2015**. Each leader MUST have the entry form signed by a 4-H staff person, who double checks that each youth is currently enrolled and submit a council check for their entries. The **deadline for returning the entries is June 16, 2015**.

The rules and entry forms can be found at [http://cemendocino.ucanr.edu/files/204379.pdf](http://cemendocino.ucanr.edu/files/204379.pdf) for the rules and [http://cemendocino.ucanr.edu/files/204380.pdf](http://cemendocino.ucanr.edu/files/204380.pdf) for the entry forms.

A reminder only a currently enrolled approved archery leader can sign and send in the entries and score the cards as the member shoots. Any questions contact Linda Edgington at lgedgington@ucanr.edu or 707-463-4495.

4-H Shooting Sports Workshop – Rifle Discipline

**Saturday, March 14, 2015 – 8:00 a.m. – 4:00 p.m.**

**Sunday, March 15, 2015 – 8:00 a.m. – 4:00 p.m.**

**Lincoln Rifle Club – McBean Park Indoor range**

Lincoln, CA (Placer County)

A 4-H shooting sports workshop for the rifle discipline will be held in Lincoln, CA at the Lincoln Rifle Clubs indoor range in McBean Park. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. The cost for this course is $40.00 to cover the instruction binder that each participant will receive as well as lunch on Saturday. Teen leaders are invited but must attend with an adult. Participants can bring their own eye and ear protection if desired but is not necessary. To register please visit [http://ucanr.edu/survey/survey.cfm?surveynumber=14587](http://ucanr.edu/survey/survey.cfm?surveynumber=14587). The application for certification will need to be approved and signed by the county staff prior to attending this class.

For questions about the course, to download the application for certification and the medical release forms please go to [http://ucanr.edu/sites/placercounty4h/?calitem=230011&g=25577](http://ucanr.edu/sites/placercounty4h/?calitem=230011&g=25577). To receive additional information, contact Eric Vander Linden at shootingsports4h@gmail.com or 916 257-4796. Please bring your completed medical release form with you on the first morning of class. **Registration is due Friday, March 6th and space is limited.**

31st Annual 4-H State Shooting Match

Sharpen up your shooting skills and participate in the 2015 State 4-H Shooting Sports Match, sponsored by Siskiyou County 4-H Leaders Council.

Entries for the State 4-H Shooting Sports Match, must be postmarked by **March 9, 2015.**

- [2015 Shooting Match Registration](http://ucanr.edu/sites/placercounty4h/?calitem=230011&g=25577)
- [2015 Shooting Match Rules](http://ucanr.edu/sites/placercounty4h/?calitem=230011&g=25577)
- [2015 Cover Letter](http://ucanr.edu/sites/placercounty4h/?calitem=230011&g=25577)

**4-H Night at the Sacramento Kings!**

**Friday, March 20th, 2015**

20% of sales go to support 4-H Animal Science!


Passcode: Kings

**4-H Throwdown and Cooking Matters 101, 201, 301**

California 4-H Members are invited to participate in the Third Annual 4-H Cooking ThrowDown at the State Fair. Teams will consist of three youth that will have 1 hour to prepare a 3-course meal using a surprise secret ingredient. A judge will taste all courses prepared and the winners of each Qualifying Round will then compete to determine the daily 4-H ThrowDown Champion! **Registration for the event is not yet open.**

To help prepare teams to compete, the Healthy Living Leadership Team recommends Project Leaders to use the Cooking Matters 101 Curriculum. Cooking Matters can be found at [http://web.extension.illinois.edu/state4h/projects/new/](http://web.extension.illinois.edu/state4h/projects/new/).
**Bone Health**

Bones support your body and allow you to grow and move. They also protect the softer parts of our bodies. Protecting your bone health is easier than you think! You only need to understand the factors that can affect the bone health.

For example:

- **Eat healthy foods**, especially dairy, almonds, broccoli, kale, canned salmon with bones and sardines which gives your bones the calcium they need.

- **Pay attention to Vitamin D rich foods** such as fish, tuna, sardines, eggs and fortified low-fat milk. Sunlight also contribute to the Vitamin D in your body.

- **Get plenty of physical activity** inside and outside of home in your daily routine. This will help you to build strong bones and slow bone loss.

- **Avoid Tobacco and alcohol!** They can interfere with the body’s ability to absorb calcium.

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**Recipe of the Month:**

**Kale Smoothies**

**Ingredients:**

1 cup chopped kale
1 medium apple
1 peach
1/4 cup Non-Fat Dry Powdered Milk
1-1 1/2 cups Water or non-fat or low-Fat Milk

**Directions:**

1. Wash and chop Kale, peach, and apple.
2. Combine all ingredients into blender. Blend, serve and enjoy!

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**Kale**

Kale is an excellent source of antioxidants, Vitamin C, A, K and fiber. It is also a good source of minerals such as calcium, iron, copper, potassium, manganese and phosphorus. It can help lower cholesterol, prevent cancers, and boosts immune system. Store kale in an airtight bag for 4-6 days in refrigerator.

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**Food Safety Tip:**

**Fresh Produce Preparation**

- Wash your hands for **20 seconds** with warm water and soap **before and after** preparing fresh produce.

- Cut away any damaged or bruised areas on fresh fruits and vegetables. Produce that looks rotten should be discarded.

- **All produce should be thoroughly washed before eating.** Wash fruits and vegetables under running water just before eating, cutting or cooking.

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**Garden Notes**

Choose the location and set-up of your garden. Wait to plant seeds until the ground warms up to 67-72 degrees.
***2015 Range Camp***

31st ANNUAL RANGE AND NATURAL RESOURCES CAMP  
JUNE 21-26, 2015  
ELKUS YOUTH RANCH - HALF MOON BAY, CA

Presented by: California-Pacific Section of the Society for Range Management

Where students 15-18 years old can discover the science and management of our natural resources from experienced professionals and university faculty.

Sessions and Activities include:

- Riparian Habitats  
- Rangeland Ecology  
- Wildlife Management  
- Soils  
- Forestry  
- Plant ID  
- Recreation  
- Private & Public Lands  
- Watershed Hydrology  
- GPS / GIS Technology Applications  
- Tour of Working Ranch  
- Team Project Planning Competition

Cost: $400

Applications can be downloaded from the CALPAC website:  
http://www.rangelands.org/casrm/HTML/rangecamps.html

“Top Camper” Contest: Plant ID test, subject matter exam & staff evaluation  
Top three placing students* given opportunity to represent California-Pacific Section, SRM at the Society for Range Management’s High School Youth Forum, in Corpus Christi, TX – Jan 29 – Feb 4, 2016 (all expenses paid for top two students) and belt buckles. All participants receive t-shirts and camp completion certificates.  
*Must be a current high school student in Feb ’16

Sponsored By:
California-Pacific Section of the Society for Range Management (SRM)  
U.C. Cooperative Extension  
California Association of Resource Conservation Districts (CARCD)  
Host District – San Mateo County RCD  
East Bay Municipal Utility District  
USDA-Natural Resources Conservation Service

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***APPLICATIONS DUE April 24, 2015***

Photos, Brochures and Applications are available at:  
http://www.rangelands.org/casrm/rangecamps.html
Grafting Fruit Trees

Did you know that most fruit trees don’t reproduce “true to type”? That means that if you plant a seed from your favorite fruit, for example a Granny Smith apple, the tree that grows from that seed won’t necessarily produce Granny Smths. That’s because most fruit trees cross-pollinate. Bees and other pollinators carry pollen from a flower in one tree to another, so the resulting seed is a blend of both trees. I think of fruit trees grown from seed like children – they might have characteristics of their parents, but they’re not an exact copy.

To get an exact copy of a Granny Smith, fruit tree growers take a cutting from their best Granny Smith tree, then graft that cutting onto an apple root, called the “rootstock”. Remember Johnny Appleseed? He planted lots of apple trees from seed. The settlers came along later and cut off the seedling apple trees about a foot above the ground. Then they grafted cuttings from their favorite trees that they had brought with them onto the roots. It’s the same process for other types of fruit trees. Peach varieties are grafted onto peach rootstock. Cherry varieties are grafted onto cherry rootstock and so on. On young fruit trees, you can see where the cutting (called a scion) was connected to the rootstock at the graft union. Check out your favorite fruit or nut tree – almond, apricot, plum, peach, cherry, pear or apple – and try to find the graft union.
## March 2015

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8 AM Shasta County Presentation Day @ Burney Elementary School

### April 2015

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9 AM: IM Spring Field Day & Large Animal Expo @ MF

*Council Scholarship App Due
**All Star Applications Due

First Day of Spring

Northern Sectional Presentation Day Host: Siskiyou County

Fuzzy Goat Show

7 PM: IM Council Mtg @ Geppetto's Pizza

5-8 PM: Council Scholarship Interviews @ 4-H Office

11 AM. IM Council Mtg at Geppetto's Pizza
University of California Non-discrimination

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at http://ucanr.edu/sites/anrstaff/files/169224.pdf) Inquiries regarding ANR’s nondiscrimination policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, One Shields Avenue, Davis, CA 95616, (530) 752-0495.

**RECORD BOOK CORNER**

**Activity/Event/Award**

List your projects, don’t forget the Leadership Project if your club has one.  
1—4-H Project  
Attend a Council Meeting  
3—4-H Event Attended  
Committee Member  
4—Leadership  
Committee Chair Person  
4—Leadership  
Junior or Teen Leader (once for each project)  
4—Leadership  
Participated in a Community Service Event  
5—Community Service  
Represented 4-H at your school or other community group  
5—Citizenship OR 6—Communication Skills  
Led the American Flag Salute at a Council Meeting  
5—Citizenship  
Article Submitted to Cloverleaf or local newspaper about club activities  
6—Communication  
Led the 4-H Pledge at a Council Meeting  
6—Communication  
Received School Honor or Award  
7—Honors & Recognition  
School or Community Sports Team, Private Lessons, Organization Membership,  
After School Job, Music Group  
8—Lifestyle Activities