

SHASTA COUNTY

TIPS 'N TOPICS

Volume 17, Issue 3



University of California

October 2016

Agriculture and Natural Resources ■ 4-H Youth Development Program

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IMPORTANT DATES:

- Oct 2-8 National 4-H Week
- Oct 6 IM National 4-H Week
- Oct 14 4-H Fun Night
- Oct 15 Livestock Judging Day
- Nov 12 4-H Makes Outreach Event
- Nov 16 Achievement Night & Volunteer Appreciation
- Nov 30 Enrollment Deadline Due
- Jan 6 Emerald Star Applications Due
- Jan 7 Favorite Foods Day
- Jan 14 IM Favorite Foods Day
- Feb 11 Shasta County 4-H Presentation Day



CELEBRATE NATIONAL 4-H WEEK

Great news! On Tuesday, September 20, 2016, The Shasta County Board of Supervisors approved a 4-H Week Proclamation for the Shasta County 4-H Youth Development Program. Join us this October 2-8, 2016, as we celebrate National 4-H Week. This is the perfect opportunity for your club to get out in the community and raise awareness about 4-H. Be sure to invite others to come to a club meeting, participate in a community service project, or create a display about 4-H.



... to my club, my community, my country, and the world.



ELECTRONIC ENROLLMENT

Please note that each family should be enrolling themselves electronically, through the 4-H Online Enrollment System. This must be done through the family's own profile; not through an enrollment coordinator's profile. The electronic enrollment process minimizes the amount of paperwork that must be completed and collected, while easing the burden placed upon our Community Club Leaders. If reliable internet access presents a significant issue, please seek access at a local school, library, or the 4-H Office. Instructions on how to enroll are available on the



MONTHLY COUNCIL MEETING

Valley 4-H Council Meeting
Wednesday, October 19, 2016 at 6:00 PM at the 4-H office in Redding, CA

Inter-Mountain 4-H Council Meeting
Wednesday, October 26, 2016 at 7:00 PM at IM Fairgrounds in McArthur, CA



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 Valley 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.

COUNTY NEWS - CLUB NEWS

4-H FUN NIGHT

Thank you Hawes Farms for supporting Shasta County 4-H Families for 4-H Family Fun Night . Friday, October 14th, starting at 4:00 PM at Hawes Farms.

The costs are as follows:

\$5.00 – Includes the corn maze, pumpkin patch, ride the cow and grain train, zip line, jump on the jumping pillow, visiting the animals and having fun with all the activities in the playground area.

\$8.00 – Includes all of the above, plus choice of one ride (train, roller coaster or canoe).

\$15.00 – After 7:00 PM, the 2 haunts will be available to 4-H members for \$15.00 (instead of the \$20.00 night admission).

Other attractions, such as the bumper cars, corn shooters, pumpkin blasters can be purchased separately at the ticket window.



4-H Pledge

I pledge...

My Head to clearer thinking

My Heart to greater loyalty,

My Hands to larger service,

And my Health to better living

**For my club,
my community,
my country, and
my world!**

FUNDRAISING OPPORTUNITIES AT NASH RANCH

Nash Ranch is looking for clubs that are willing to host and maintain the petting zoo at the Nash Ranch Pumpkin Patch during the month of October. The farm animal petting zoo becomes the club's activity for the week or weekend and is responsible for providing zoo maintenance (feeding the animals and raking manure) and collecting the receipts for their club. Also need support with parking and food concessions. This opportunity is available to all Shasta County 4-H clubs. If your club is interested, please contact Mary Nash at 530-241-0763 or at nashranch03@sbcglobal.net.



PROGRAM REPS MESSAGE

Another year – another proclamation. On Tuesday, September 20, 2016, the Shasta County Board of Supervisors approved a 4-H Week Proclamation for the Shasta County 4-H Youth Development Program. Join us this October 2-8, 2016, as we celebrate National 4-H Week. This is the perfect opportunity for your club to get out in the community and raise awareness about 4-H. Be sure to invite others to come to a club meeting, participate in a community service project, or create a display about 4-H. I would like to extend a big thank you to Melina Delaloza, Kandyce Teren, Logan Matti, and Emily Pirtroff for taking some time out of their morning to share a little bit about their 4-H experiences with the Board. For those of you who are not familiar with these outstanding youth, Melina and Kandyce are Shasta County 4-H All Stars, and Logan and Emily are Teen Mentors in the 4-H Tech Wizards Mentoring Program at the Academy of Personalized Learning. Great job guys! I would also like to extend a very warm welcome to all of the members, volunteers, and families affiliated with the Westside 4-H Club. Westside 4-H is our newest club and will be meeting at Grant School. So far things are off to a great start and we are very excited to have them in our Shasta County 4-H Family. Best of luck! That's all for now and have a fantastic 4-H month!



COUNTY NEWS - CLUB NEWS

GOLDEN ACRES' PRESIDENT WINS SUPREME GRAND CHAMPION



2016 Golden Acres' President, Melina D. , attended the Butte Valley Fair located in Tulelake, CA on September 8th - 11th. Melina attended the fair to show her Boer goats. She took home Supreme Grand Champion, Reserve Grand Champion and 1st in Senior Goat Showmanship. When asked what she learned and what she liked best, Melina said that every fair is different and that she likes the experience of going to different fairs. Congratulations to Melina for a job well done representing Shasta County 4-H!

- Karia Piazza



RECORD BOOK 2016 CORRECTIONS

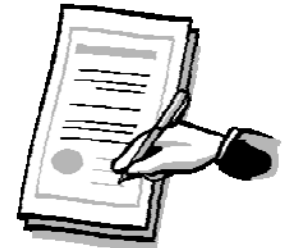
Primary	Kendra Yeager	Twin Palms	
Junior	Levi Schultz	Golden Acres	Silver
Intermediate	Emily Fox	Golden Acres	Gold



FACILITY USE AGREEMENTS

Please remember to have all paperwork for the Facility Use Agreements turned into the UCCE Office for the County Director signature. We need the facility name and location and dates of use.

Thank you!



GOLDEN ACRES HARVEST PROGRAM

Golden Acres 4H Club is off to a great start. Wednesday, September 7th, we held our Harvest Program. We had kids of all grades from Kindergarten on up to High School come an listen to our presentations. Our Junior Leaders and Teen Leaders gave great presentations on all of the wonderful projects that our club has to offer. We also had a great deal of new members sign up that night as well. We look forward to seeing what this year is going to bring to our club.

- Michael Fabela



4-H WHITES...

A 2ND TIME AROUND

Charlie Little has ties, scarves, hats and Record Book covers for sale.

Contact Charlie at 530-547-4195





my 4-H

Visit www.my4-h.org
 Leaders, looking for resources to enhance your project? Enroll at this website and review the resources available to you.



4-H UNIFORM SUPPLIES

If your club or family members need to order hats, scarves, or ties please go online and order these directly from 'Leslie Carman' at www.4hsupplies.com

COUNTY NEWS- CLUB LEADERS CORNER

UPCOMING ADMINISTRATIVE DEADLINES

Year-end-reporting ASAP

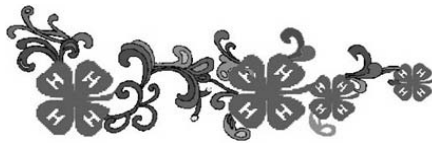
Don't forget that with the end of the program year comes year-end financial reporting. If you have not already done so, please deliver all documents below. If you need any assistance at all, please don't hesitate to contact Nate at 530-224-4900 or nwcaeton@ucanr.edu.

- 4-H YDP Club Budget
- Annual Inventory Report (Form 6.2)
- Annual Financial Report (Form 6.3)
- Year-End Club Peer Review Report (Form 8.5)
- Year-End Club Peer Review Checklist (Form 8.6)
- Program Planning Guide
- Outreach Methods Documentation

DON'T MISS THE DEADLINE!

November 30th Enrollment Deadline

4-H Youth (intending on entering SDF) and all Adult Volunteers
 All members planning on taking a project to the Shasta District Fair must enroll by this date.



MONEY MATTERS

Money management is an issue that the University of California takes very seriously. As such, the program representative is tasked with reviewing each club's monthly bank statement to ensure that financial business is being handled according to policy, and that all appropriate measures are in place to facilitate review and deter any mishandling of funds. That being said, here are a few pointers to assist you in keeping your financial records on the up and up.



1. All statements are to be mailed directly to the Cooperative Extension Office at 1851 Hartnell Avenue, Redding,, CA 96002.
2. Internet banking, electronic statements and check/debit cards are not allowed.
3. Check images or cancelled checks *must* be included in your monthly statements *without exception*.
4. Be sure to include a memo on all checks written.
5. Each check *must* have the signature of two *unrelated* signers.
6. The person to whom the check is made *cannot* sign the check.

Thank you for your assistance in meeting these expectations. If you have any questions or concerns, please contact your Program Representative, Nate Caeton at 530-224-4900.



18 USC 707



18 USC 707

COUNTY NEWS

COUNTYWIDE PROJECTS

Did you know that the Shasta County 4-H Program offers around 19 countywide projects? Just as the name implies, these projects are open to all Shasta County 4-H Members, regardless of their club. However, chances are that they don't show up under your club's list of available projects during enrollment. This is because your club's project list only includes projects that are affiliated with your club and you probably need to complete a few extra steps to enroll. Interested in seeing what's available? View the 2016-2017 Project By Club List at <http://ceshasta.ucanr.edu/files/248926.pdf>.

Find a project you like and want to enroll? Simply add the project leader's club as a secondary club in the enrollment system and select the project from that club's project list. Need help? Contact the 4-H Office at 224-4900.



2016-2017 Countywide Projects

- | | | |
|-------------|--|-------------------------------|
| Horse | Calligraphy | STEM Adventures |
| Rabbit | Horseless Horse | Shooting Sports: Rifle |
| Poultry | Rocks & Minerals | Shooting Sports: Shotgun |
| Dairy Goat | Food Preservation | Fiber Arts/Spinning & Weaving |
| Meat Goat | Vegetable Garden | Construction Lego Madness |
| Pack Goat | Junior Master Gardner | GIS/GPS Mapping Your World |
| Service Dog | Environmental Leadership & Community Service | |

FALL 2016 PAPER CLOVER CAMPAIGN AT TRACTOR SUPPLY

It's that time of year again! The Fall 2016 Paper Clover Campaign at Tractor Supply is scheduled for October 5th through 16th. As many of you may know, this semi-annual fundraiser goes a long way in supporting the 4-H Youth Development Program at the national, state, and county levels. In fact, the Spring 2016 campaign resulted in the most successful Paper Clover yet, raising \$943,350 overall! At the local level, 60% of all funds raised are returned to the county where the store is located. These funds are handled by the University of California and are deposited into donor account that can be used at the discretion of county 4-H staff. In the past we have used these funds to offer camperships, purchase awards, pay rental fees for county 4-H events, and more. Want some more great news? Please contact the store nearest you to learn how you can help!

ANDERSON
1945 MARX WAY
ANDERSON, CA 96007
TOM BUTLER, MANAGER
(530) 378-1012

REDDING
5450 MOUNTAIN VIEW DR.
REDDING, CA 96003
WAYNE WISHART, MANAGER
(530) 242-6773



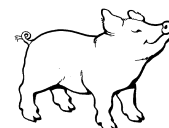
LIVESTOCK JUDGING DAY AT SHASTA COLLEGE

Saturday, October 15, 2016
Registration: 10:30 AM
Orientation: 11:00 AM
Start: 11:30 AM

4-H Livestock Judging Day will include: beef, sheep, meat goats, dairy goats, swine, poultry and rabbits. Reasons are required on the species of your choice. Each club must bring one (1) adult to help with the tallying for each ten (10) youth who participate. Additionally, we need a group of teen leaders to help with the rotations. Please contact the 4-H office at 224-4900 to sign up as a Teen Group Leader for the day. Parents do not walk with their child from station to station during the judging; Teen Group Leaders have that responsibility.

Concessions: All Stars | Tabulations: Black Butte | Registrations: Happy Valley | Organization & Judging: Palo Cedro

Parking is available in the east parking lot. It's a short walk from there to the farm where the sign-in table is located. Preregistration is NOT required for this event.



REGIONAL, STATE & NATIONAL FUNDING & MORE

SCHOLARSHIP & AWARD OPPORTUNITIES

Scholarship Guide– Hispanic and Latino Students New Scholarship [guide](#) available specifically for Hispanic and Latino students. Also see listing of useful [scholarship and financial resources](#).

Diamond Clover Award–The California Diamond Clover is the highest achievement for which a 4-H youth member is recognized. All youth members who achieve the requirements are eligible to receive this award. Awardees receive the California Diamond Clover Pin or Necklace Charm, a certificate and a recognition letter from the Associate Director of 4-H Program and Policy. Applications are accepted year-round. Applications are reviewed by the 4-H Incentives and Recognition Advisory Committee and awarded quarterly. Find more information [here](#).

GRANT OPPORTUNITIES

Department of Health and Human Services National Institutes of Health Advancing Basic Behavioral and Social Research on Resilience: An Integrative Science Approach (UG3/UH3)\$250,000

<http://www.grants.gov/web/grants/view-opportunity.html?oppld=284587> **Deadline: December 1, 2016**

[Karma for Cara Foundation Micro-grants for Service Projects](#) **Deadline: Rolling**

[Home Depot Impact Grants](#) **Deadline: Rolling**

GRANT OPPORTUNITIES

Department of Health and Human Services

National Institutes of Health

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An Integrative Science Approach (UG3/UH3)\$250,000

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Deadline: December 1, 2016

[Karma for Cara Foundation Micro-grants for Service Projects](#)

Deadline: Rolling

[Home Depot Impact Grants](#)

Deadline: Rolling

[The Awesome Foundation Grants](#)

Deadline: Rolling



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 barbeque 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.*

ANNUAL SHOW PIG SCHOLARSHIP

The Directors of the California Pork Producers Association (CPPA) and the CPPA Youth Committee invite breeders and junior members to participate in the 2016 - 2017 Annual Show Pig Scholarship program.

The Show Pig Scholarship is designed to promote interaction between the leaders of today and those of tomorrow by providing junior members a high quality show pig for their county fair, as well as gain depth of knowledge about the swine industry from the breeder. It is the goal of the show pig scholarship to assist junior members with strong scholastic skills, who may not be financially able to purchase a show pig, and have an interest in the swine industry.

Scholarship information and applications are posted on the [CPPA website](#)

Deadline to submit applications – October 15, 2016

For questions, please contact the CPPA office at (916) 447-8950 or info@calpork.com

REGIONAL, STATE & NATIONAL NEWS

Science, Technology, Engineering, and Math (STEM)

Professional Development Opportunity – Save the Date!

California STEM Symposium, 2016, October 9-11, 2016, Los Angeles. Register for the California STEM Symposium for three days of inspirational speeches, opportunities to collaborate with peers, and resources you can take back to the classroom.

<http://www.cvent.com/events/california-stem-symposium-2016/event-summary-dbb599e348774afdaf2db2e78c4624ef.aspx>



WHY CONFERENCE 2016

North Section 4-H WHY Conference 2016

“4-H Leaders Behind the S.H.I.E.L.D.”

October 7-9, 2016

NEED Camp (Whiskeytown National Recreation Area)

10106 Paige Bar Rd, Redding, CA 96001

All 4-H Members ages 11 – 19 Welcome!

Do you want a fun filled, action packed weekend with leadership and social networking? Then WHY Conference is the place to be. Come meet new friends and bring the old friends to share in the fun and find the 4-H Leaders behind the Shield.

Late Registration is August 13 - October 3, 2016

Registration forms and additional info at:

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

CALIFORNIA 4-H STATE AMBASSADOR

Being part of the California 4-H State Ambassador Program is a working honor that provides these special 4-H members expanded opportunities to serve and promote the University of California 4-H youth Development Program. The 2016 - 17 California State Ambassadors are an enthusiastic, active group!

[State Ambassador Applications](#) are open!!

National Conference

The National 4-H Conference is the Secretary of Agriculture’s premier youth development opportunity to engage youth in developing recommendations for the 4-H Youth Development Program

Applications open

http://4h.ucanr.edu/4-H_Events/N4-HC/

Due November 2, 2016.

2017 WASHINGTON FOCUS TRIPS SAVE THE DATES!!!

Leadership Washington Focus (LWF)* July 16-July 20, 2017

For youth entering grades 7 through 9 (by Fall of 2017)

Citizenship Washington Focus (CWF)* June 24-July 1, 2017

For youth ages 15 to 19. Delegates must be at least 15 years of age by time of travel to participate.

Citizenship Washington Focus Extended Trip (CWF-EX)* June 24-July 5, 2017

* Note the end date has changed*

Includes conference plus extra days visiting historical sites in Gettysburg, PA, Philadelphia, PA & Baltimore, MD. *Registration is scheduled to open October 15, 2016.*

For more details follow this link: <http://4h.ucanr.edu/News/Calendar/?calitem=334145&g=1245>



MAKE IT SAFE, KEEP IT SAFE

The Make it Safe, Keep it Safe (MISKIS) training has been designed to provide UC ANR staff and volunteers with food safety information to minimize the risk of foodborne illness. The online training can be taken at: <http://ucanr.edu/sites/MISKIS/>. A quarterly report of those that have taken the Make it Safe, Keep it Safe (MISKIS) training is available on the 4-H Staff Resources page.

Please go to: http://4h.ucanr.edu/Resources/StaffResources/Program_Guide/ for the current list of staff and volunteers that have completed the MISKIS training as of July 7, 2016.

Please contact Anne Iaccopucci at amiaccopucci@ucanr.edu for questions regarding the food safety training.




REGIONAL, STATE & NATIONAL NEWS

2016 STATE LEADERS' FORUM

November 11-13, 2016
 Flamingo Hotel, Santa Rosa, CA

Register now and join us to CONNECT THE DOTS on November 11-13, 2016 at State Leaders' Forum. Some of our most productive and happiest moments come from connecting with friends, sharing ideas and challenges with people who share your interests, and getting the tools and support to bring your own contribution to a higher level. So get ready to be happy - and engaged! We have selected speakers who are guaranteed to inform and excite you; picked a destination that offers a wealth of fun explorations; and lined up a series of workshops which will help you make some of the connections that you've been searching for. Attendees will CONNECT to great information!



Save the date for the Mindfulness Retreat!
 Participants will increase their personal skills in leading a healthy lifestyle, and also gain skills needed to be a health advocate in their community. The retreat will address topics such as understanding mindfulness, exercise, stress management, community connection, relationship building, nutrition, and health advocacy! Designed for teens ages 13-19 and adults. For more information, see <http://4h.ucanr.edu/Projects/HealthyLiving/Mindfulness/>

4-H AT THE NORTH BAY SCIENCE DISCOVERY DAY

October 29, 2016
Sonoma County Fairgrounds (Santa Rosa)
 Help promote the University of California 4-H Youth Development Program at the North Bay Science Discovery Day! Please register to help at the 4-H booth during the event where you will lead two activities: Cork Mobile and Boat Float. More information [here](#).
 Contacts: [Steven Worker](#) or [Jessica Bautista](#).

REGISTER TO STAFF THE 4-H BOOTH!




State Fashion Revue 2017, "The Road to Fashion"

The State Fashion Revue committee is excited to announce the five categories for 2017! Returning categories are Traditional and Upcycled for members in the Clothing & Textiles project (no change in rules). Consumer Science Purchased, \$40 limit is open to all 4-H members; the category criteria have been updated. The first challenge is the Knit Challenge, open to any 4-H member to make a garment out of knit fabric. The second is the Stripe/Print/Plaid Challenge, open to members in the Clothing & Textiles project - choose 2 of the 3 designs to include in a sewn garment or outfit. Look for the 2017 service project announcement next month and event details as they are finalized. Please see the SFR website for information on the categories and joining the committee at http://4h.ucanr.edu/4-H_Events/SFD/SFR/.

4-H & FFA LIVESTOCK QUIZ BOWL

October 15, 2016
 Grand National Livestock Exposition,
 Horse Show & Rodeo
 Cow Palace in Daly City, CA
Registration Due October 7, 2017

Register now to participate in the 2016 Livestock Quiz Bowl! The winning 4-H and FFA teams will qualify to compete at the Livestock Quiz Bowl contest at the Western National Roundup in Denver, CO in January of 2017! For more information:
http://4h.ucanr.edu/4-H_Events/Livestock_Quiz_Bowl/



OPEN BARN IN OCTOBER

A GOAT EDUCATION DAY
 SATURDAY OCT. 22ND
 9AM-3PM

DR. ANITA VARGA DVM, MS, DIPLOMATE ACVIM-LA
 CAE, CI, & JOHNS DISEASE

★ DR. ELAINE N. KRIEG DVM ★
 KIDDING & DYSTOCIA

DR. GABY MAIER DVM, MPPM, DACVPM
 NEONATAL KID CARE & KID RAISING

NO ENTRY FEE

RAFFLE & BBQ



CREESBROTHERSFARM.COM

★ 24700 COUNTY RD 95 DAVIS, CA 95616 ★

Open Barn in October- A Goat Education Day

October 22, 2016
 9:00 AM - 3:00 PM
 24700 County Rd. 95 Davis, CA 95616

No Cost for admission
 Crees Brothers Farm is hosting a goat educational day that will include lectures from local veterinarians, live demonstrations, and exhibits on basic goat care.
 More information:
<http://www.creesbrothersfarm.com/>



REGIONAL, STATE & NATIONAL NEWS

CALLING ALL 4-H ADULTS

Nov. 11 - 13, 2016

Last day to register is Oct. 17.

Santa Rosa at the Flamingo Resort and Spa

There is still time to register for Connect the Dots, the State Leaders' Forum,. Registration is \$200 which includes all meals and allows you to participate in the assemblies and workshops throughout the weekend. See [the website](#) for the registration form, a list of workshops, biographies of the speakers, Make it and Take It possibilities, and tours of the wine country.

We are also looking for pictures from past Forums to produce an all inclusive Afterglow. If you have any to share please contact [Mary Engebret](#). We request counties to send a basket for the Silent Auction, plus donations from any individuals are most welcome. The silent auction helps up to defray the costs of the Forum.

New to the Community Club Leader Role? Join us a State Leaders' Forum for a track just for you! In addition to all of the assemblies and networking, the Saturday CCL track will start with an overview of the role of the CCL. Then you will choose two other sessions of interest to you from the great workshops being offered. Finally, we'll get back together as a cohort to reflect on our learning goals and make plans for additional inquiry. At the completion of the full track, participants will receive the new CCL Essentials Certificate. This certification is being piloted at SLF—it will be an opportunity to learn as well as an opportunity to give feedback to this certification course.

2016 4-H NATIONAL YOUTH SCIENCE DAY (4-H NYSD)

The 9th annual 4-H NYSD Challenge will be held on **Wednesday, October 5, 2016**, and will bring youth together from all around the nation to complete this single, innovative activity. The [2016 4-H National Youth Science Day](#) Challenge will explore how remote sensing can be used to solve real world problems while learning concepts like flight dynamics, forces of flight, basic computer coding, as well as following federal regulations while operating drones.

Be sure to visit the [4-H National Youth Science Day website](#) for fun and engaging STEM content, register your local 4-H NYSD event, and access resources and materials.



HORSE DAY 2016

Saturday October 22, 2016, from 10:00 am to 4:00 pm

Horse Barn, University of California Davis

A HANDS-ON APPROACH TO EQUINE TOPICS

Join us for the annual UC Davis Horse Day! Held at our Animal Science Horse Barn facility on Saturday, October 22, 2016, from 10:00 am to 4:00 pm, it will be a day filled with hands-on workshops dedicated to continuing education for the horse owner and enthusiast. This day gives you the chance to interact with the animals, talk to the experts and be more involved with the materials.

A special presentation by Dr. Robert Miller will occur at lunchtime and at the end of the day make sure not to miss the Knights of Mayhem jousting show!

Whether your interests lie with reproduction, nutrition or emergency aid, there is sure to be something to attract you to Horse Day

For more information:

<http://animalscience.ucdavis.edu/events/horse-day/>



CALIFORNIA FOCUS

Join us! June 16-20, 2017 in Sacramento CA. Find more information [here](#).

Want to be a District leader at CA Focus?

Applications are opening the week of October 25th, see details [here](#).



REGIONAL, STATE & NATIONAL NEWS

4-H SHOOTING SPORTS TRAININGS

Merced County

The Merced County 4-H Shooting Sports training team will be offering a series of project leader and leader trainer classes in rifle, pistol, shotgun, muzzle loading and archery offered from September to December in Central California. All classes will be in a Saturday and Sunday format, 9 AM – 4 PM, at the Safety First Shooting Association, River Oaks Range, 11584 N. Shaffer Rd, Winton 95388, in Merced County. Participants must become a 4-H leader or member and attend both days to receive certification to lead any of the shooting sports disciplines at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. **The cost for each discipline is \$35** per person to include a resource binder, with Saturday and Sunday lite breakfast refreshments. Dry camping is available on site as is self-contained RV camping. You are responsible for lunches. The nearest shopping is 15 minutes away. It is recommended to bring lunches each day. You may bring your own firearms and ammunition or archery equipment. However everything will be provided if you want to use their equipment. Junior and teen leaders are invited but must attend with an adult or have a certified shooting sports adult leader they will be assisting back home.

Driving directions to the classrooms and range are at <http://www.safetyfirstshooting.org/html/directions.html>

To register, please complete and mail the "CA 4-H Shooting Sports Training Request and Registration Form" available at <http://www.ca4h.org/files/2123.pdf>, and an adult or youth 4-H medical release form and a **\$35 check** payable to "Merced County 4-H Council" and mail to UCCE, 2145 Wardrobe Ave, Merced, 95341. Registration is due Friday, 7 days prior to the class you are taking, and **space is limited to 25 attendees**. For more information call Darlene McIntyre at 209-385-7418 or email her at dlimcintyre@ucanr.edu. Range and class info contact is Dave Givens 209-614-1718 or dave@hammerstryke.com

Class Dates:

Rifle Leader

Nov 5th and 6th (Registration due Oct 28th)

Shotgun Leader

Nov 19th and 20th (Registration due Nov 11th)

Archery Leader

Nov 5th and 6th (Registration due Oct 28th)

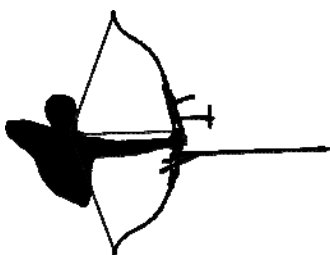
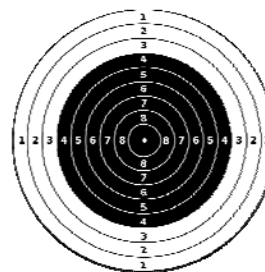
Pistol Leader

Nov 19th and 20th (Registration due Nov 11th)

Muzzle Loading Leader

Oct 29th and 30th (Registration due Oct 21st)

Dec 10th and 11th (Registration due Dec 2nd)



UCCE - SHASTA COUNTY PROGRAM NEWS



Tasty Tidbit

Family Nutrition News



Concepcion Mendoza, PhD, Nutrition Advisor 530-224-4900

What is Protein?

Did You Know?

Eating protein for **BREAKFAST** can set you up for a very successful day.

Here are a couple of reasons why...

Optimum Power! Your brain needs Amino Acids found in Protein to function at it's OPTIMAL LEVEL

A morning meal **high in protein** raises the levels of an amino acid in your brain called tyrosine. This helps your brain produce neurotransmitters called norepinephrine and dopamine, which give you energy and make you feel **awake and alert and you can learn more!**

⇒ **Stamina! Pair your PROTEIN with COMPLEX CARBS**

Your body uses *carbohydrates first*. If you've eaten *carbs* from *fruits, veggies & whole grains* your body takes longer to metabolize the *carbs*. Once it has done so, **it begins to use the protein**. Pairing your protein source with complex carbohydrates can help you **remain focus in learning and satisfied until lunch, reducing your urge to have between-meal snacks**.

Ready to give it a Try?

Treat your body well by choosing 3 of the 5 food groups for Breakfast and make one of those groups PROTEIN.

Black Eyed Pea Soup

Ingredients

- 2 tablespoons oil
- 2 3/4 cups finely chopped onions
- 1 tablespoon minced garlic (or garlic powder)
- 2 15-ounce cans black-eyed peas, rinsed & drained
- 2 1/4 cups low-salt chicken broth
- 2 8-ounce cans tomato sauce
- 2 1/2 teaspoons dried oregano
- Large pinch of cayenne pepper



Directions

1. Heat olive oil in heavy large pot over medium heat.
2. Add onions and garlic and sauté until onions are golden and tender, about 8 minutes.
3. Add black-eyed peas, chicken broth, tomato sauce, oregano and cayenne pepper and bring to simmer.
4. Simmer 15 minutes to blend flavors. Mix in vinegar.
5. Season to taste with salt and pepper. (Can be prepared up to 1 day ahead. Cover and refrigerate. Bring to simmer before serving.)

Tips on How to Go Lean With Protein



- Trim away all visible fat from meats and poultry before cooking.
- Broil, grill, roast, poach, or boil meat, poultry or fish instead of frying.
- Drain off any fat that appears during cooking.
- Skip or limit the breading on meat, poultry or fish. Breading adds calories. It also causes the food to soak up more fat during cooking.
- Prepare beans and peas without added fats.

Cool Weather Gardening:

Ready Your Starts & Consider Cool Season Crops

Check out the Master Gardener website for planning tips: <http://sacmg.ucanr.edu>

Food Safety Tip

3 safe ways to thaw foods:

1. In the refrigerator
2. In cold running water
3. In the microwave, if you plan to consume the food immediately.

Never thaw food on the kitchen counter.



UCCE - SHASTA COUNTY PROGRAM NEWS

OPPORTUNITIES FOR FINANCING FOR LIVESTOCK PROJECTS FSA YOUTH LOANS

The U.S. Department of Agriculture's Farm Service Agency (FSA) makes operating loans of up to \$5,000 to eligible individual rural youths ages 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 youths participating in 4-H clubs, FFA, or a similar organization. The project must be an organized and supervised program of work. It must be planned and operated with the assistance of the organization advisor, produce sufficient income to repay the loan, and provide the youth with practical business and educational experience in agriculture-related skills.

Who May Borrow To qualify for a loan, the applicant must:

- Comply with FSA's general eligibility requirements
- Conduct a modest income-producing project in a supervised program of work

These loans can finance many kinds of income-producing agricultural projects.

The loan fund may be used to:

- Buy livestock, seed, equipment and supplies
- Buy, rent or repair needed tools and equipment
- Pay operating expenses for the project

Please contact Sandy Davidson, Farm Loan Officer at 530-226-2566 or email at sandy.davidson@ca.usda.gov.

STEVE MOLLER MEMORIAL BEEF PROJECT REVOLVING FUND

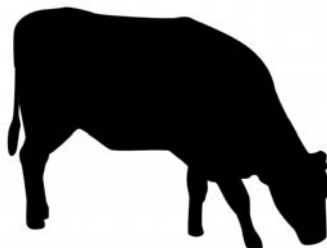
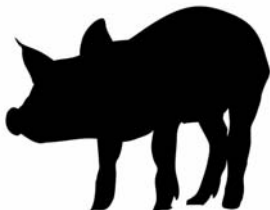
Steve Moller was a long time member and leader of Shasta County Cattlemen's Association and 4H Beef Leader in Contra Costa County. If ever there was a youth member interested in raising a steer for the local fair he would sell them a steer for market price and deferred payment on the steer until it was sold at the Jr. Livestock auction.

In his memory, a fund has been established to help youth purchase beef project animals (steers or bred heifers) that would be exhibited and sold at Shasta District Fair.

Process and Procedures:

1. The funds and application process handled by Shasta Co. Cattlemen's Association.
2. The upper limit on the funds provided not exceed the market value (average price at Shasta Livestock Auction Yard) of an 800-900 lb. commercial feeder steer in the fall plus \$200 (recognizing that sometimes breeders need to charge a little more for selling project animals to youth). This no-interest loan would be repaid to Association when they receive their check from the Jr. Livestock Auction.
3. Open only to applicants qualified to exhibit at Shasta District Fair.
4. Applications will be sent to appropriate 4H, Vocational Agriculture Instructors and Grange Leaders in Sept. to be reviewed and decisions made by mid-October.
5. Applications will be reviewed and recipient(s) determined by a committee of two appointed by the Shasta Co. Cattlemen's Association Board of Directors and Karen Moller or her designee.

For information associated with this revolving fund, please contact Larry Forero at 530-224-4900 or email lforero@ucanr.edu.



OCTOBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 National 4-H week 2nd - 8th	3	4	5 Paper Clover Campaign 5th - 16th	6 National 4-H week @ Fall River Elementary 8:30 A.M.	7 WHY Conference & NEED Camp 7th - 9th @ Whiskey Town National Recreation	8
9	10	11	12	13	14 4-H Fun Night @ Hawes Farm 4:00 P.M.	15 Livestock Judging Day @ Shasta College 10:30 A.M. Sign-in 11:00 A.M. Orientation 11:30 A.M. Start
16	17	18	19	20	21	22 Horse Day 10:00 am - 4:00 pm Goat Day 9:00 am - 3:00 pm both @ Davis
23	24	25	26	27	28	29
30	31					

November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12 4-H Makers Outreach Event 10:00 A.M. - 4:00 P.M. @ Redding Civic Center
13	14	15	16 Valley Achievement Night & Volunteer Appreciation 6:00 P.M. @ Veterans Memorial Hall	17	18	19
20	21	22	23	24	25	26
27	28	29	30 Youth Enrollment Deadline Adult Volunteer Enrollment Deadline			



Nate Caeton, 4-H Youth Development Program Representative

1851 Hartnell Avenue

Redding, CA 96002

Phone: 530-224-4900

Fax: 530-224-4904

Website: http://ceshasta.ucanr.edu/4-H_Program/Shasta_County_4-H_Information/nwcaeton@ucanr.edu

Current Resident OR:

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/215244.pdf)

Inquiries regarding ANR's nondiscrimination policies may be directed to John I. Sims, Affirmative Action Compliance Officer/Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.

COUNCIL

VALLEY COUNCIL

Next meeting will be October 19, 2016
6pm at the 4-H office



INTERMOUNTAIN COUNCIL

Next meeting will be October 26, 2016
7pm at IM Fairgrounds

Layout and Editing by Denice Doll

All leaders and youth 14 years and older have voting rights. Please come and take part!

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 Member-ship, 8-Lifestyle Activities
After School Job, Music Group