

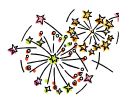
4-H Tips 'n Topics



University of California Cooperative Extension, Shasta County 4-H
<http://ceshasta.ucdavis.edu>
1851 Hartnell Avenue, Redding, CA 96002 530-224-4900 Fax: 530-224-4904

August 2008

Volume 8, Issue 11



4-H/FFA 4th Annual Community BBQ -4:00 p.m. Shasta District Fairgrounds, Anderson



Due to all the recent fires the Anderson Explodes along with the 4-H/FFA BBQ were postponed until **Saturday, August 30th**. So come on down and enjoy a great meal for only \$10/person, and be enchanted by the fireworks. BBQ tickets can be purchased from most club members, the 4-H office or at the gate.



Valley Clubs' End of the Year Paperwork

Community club leaders for each club should work together in an effort to complete their clubs end of the year tasks by the deadline: **Friday, Aug.1, 2008.**

Tasks include:

- ◆ Completing actual finances in the "Club Planning Guide" & reporting online to State (print a hard copy for records)
- ◆ Marking club goals completed
- ◆ Up-dating club inventory
- ◆ Recording club & project community service
- ◆ Exchanging club books with another club for pier review
- ◆ Submitting all of above along with Secretary & Treasurer binders to County 4-H Office

County event choices for the new 4-H year will be offered to clubs based on the submission date/time of above paperwork at the August Council Meeting.

Attention 2008-09 Valley Community Club Leaders



The co-key leaders annual **required meeting** is scheduled for Tuesday, **August 26, 5:30 p.m.**, at the Redding Library (1100 Parkview Ave). You will receive new enrollment instructions, (*end-of-the-year paperwork must be in*), information regarding any new enrollment or changes to State or County policy, required paperwork for the year, etc. A light meal will be provided. **No Children Please!**

* please note: COMMUNITY CLUB LEADERS ARE APPROVED BY THE COUNTY PROGRAM REPRESENTATIVE.

IMPORTANT DATES

7/31 - 8/3	State Leadership Conference
8/1	End of Year Paperwork Due
8/21	Valley Council Meeting
8/21	4-H / FFA BBQ Meeting
8/26	Valley Key Leader's Meeting
8/29 - 9/1	Inter Mountain Fair
8/30	4-H / FFA Annual BBQ
9/4	Interested in 4-H Meeting
9/13	Valley Sweet Achievements

INSIDE THIS ISSUE

County Wide News	2
Club & Project Connection	3
Regional, State and National News	4
Grants and Funding	5
Valley Expo & Star Awards Recognition	6
Inter Mountain Fair Schedule	7
Achievements & Medals for 2008	8
Calcium and Our Youths	9
Shasta District Fair Photos	10
August Calendar	11

4-H COOKBOOKS

AVAILABLE



Anyone wanting to purchase or sell cookbooks can pick them up at the 4-H Office.

COUNTY WIDE NEWS

Co-Wide Meat Goat Project – Attention all Shasta County 4-H Members!

Submitted by Marjory Ostman

If you are interested in doing a Meat Goat Breeding Project, our first meeting will be **August 10**, at 4:00 p.m. at Millville Elementary School Softball Diamond/Picnic Area. We will be talking about the show in Red Bluff, **September 6** and the class on **September 7**. This is a rare opportunity to hear an internationally renowned speaker, Fred Homeyer. Those who are interested, we will also do showmanship practice, so bring a goat. If you are unable to attend or would like us to bring a goat for you, please contact:

Marjory Ostman at (530) 848-5678.

Valley Club Enrollment Fees For 2008-09

Initial enrollment fees will remain at \$20/member, however there will be a county budget assessment fee of \$15/member dues from each club. This means that members will fundraise at the club level rather than at the county level to cover costs to run the county 4-H program. Volunteer leader fees have increased at the State level bringing costs to \$6/adult. Each club should address enrollment costs at their September meeting. Contact one of your community club leaders or the county 4-H office at 224-4900 with any questions.

Valley Sweet Achievements September 13th – 1:30 p.m. Fusaro Hall Coordinated by 2008-09 All Stars All 4-H Members & Families Invited

This year's All Stars, Miranda Johns and Leslie Forero, are excited to present awards to the 4-H members who have achieved stars, Jr./Teen stripes, record book medals & expo achievements. (Please refer to lists in this TnT.) The event will offer a sharing of desserts in lieu of the traditional pot luck dinner. **Please bring a dessert enough to serve 10 people** and your own place setting along with a cup. The All Stars will conduct installation of club officers as a group. Please ask your club officers to attend and be appropriately dressed. There will also be a parade of clubs. This is where all club members march behind their club banner. So attendance/participation of all members at this event is fun for all!

Leader's recognition will be at a later time. Watch the TnT for more information.

4-H Hunter Safety Course Offered



4-H youth will again be able to attend a hunters safety course as a 4-H project. Classes will start sometime in August. If you are interested, please contact the 4-H office at 224-4900 and leave your name, phone and address. You will then be contacted with meeting dates.

4-H In Another Way

4-H is collaborating with the Oak Run School District in bringing 4-H through school enrichment. The "Animal Academy" will bring together California Standards-Based academic subjects and 4-H enrichment activities for home school youth. Some of those activities will include kitchen science, junior master gardening, recycling, energy, worm composting, and experiences with a variety of animals. Any home school families interested in getting more information are asked to contact the 4-H Office at 224-4900 or Bruce Katz at 472-3241.

Genealogy Project

Submitted by Benita Moore

Have you ever wondered about your great-great grandparents and where they came from? A new county-wide project will help you climb your family tree! 4-H Leader Benita Moore is offering a Genealogy project for youth from any club. The project will start in September. Members of the Shasta Genealogical Society will be guest speakers and there will be fieldtrips to local cemeteries and record collections. If you are curious about your family origins, and are 9 years or older, please contact Benita at 226-9765 or the 4-H office at 224-4900. Be warned, collecting ancestors can become addictive!

GIS/GPS Project

Submitted by Benita Moore, GIS specialist

Did you enjoy geocaching at 4-H Camp? Come and explore the world of geospatial science and go where no 4-H project has ever gone before! 4-H Leader Benita Moore is offering a GIS/GPS project for youth from any club. Sign-ups for the GIS/GPS project will begin August 1st with a fieldtrip tentatively planned for the first part of August. If you would like to learn about maps, Geographic Information Systems (GIS) and Global Positioning Systems (GSP) and are 11 years or older, please contact Benita at 226-9765 or the 4-H office at 224-4900.

CLUB & PROJECT CONNECTION



The Happy Valley 4-H Club

Submitted by Collin Wogoman, Reporter Historian Happy Valley 4-H The Happy Valley 4-H club year has almost come to a close. The club met recently to elect officers. The new officers will be installed in the fall. Many members of our club participated in the Shasta District Fair. The swine group dedicated their isle at fair to Veterans past and present. They gathered pictures of veterans and the members made frames around them telling which wars they had been in along with the branch of service. On the back, the members wrote a letter telling the veteran what they had done and the members signed it. When fair was over, the club sent the laminated art work to the veterans for a community service project. They had veterans from Korea, WWII, Vietnam and Iraq! It was a good way for our members to thank the veterans for their service to our country. The beef, horse, sheep and other projects were shown and exhibited at the fair and Happy Valley did very well! The next thing coming up for the club is our annual 4-H and FFA BBQ which is August 30th at the Anderson Explodes event held at the fairgrounds in Anderson at Fusaro Hall. Tickets are still available from any 4-H member for only \$10.00. The ticket can get you an all-you-can-eat dinner of Pork, Beef, Lamb & Goat, corn, salad and a drink are also included. Half of each ticket is given back to our club, so please support the 4-H and FFA kids out there!! This is my last article as reporter for our club. Sam Reynolds has been elected as the new Historian Reporter and he will be taking over for me in the fall. Thank you to the newspaper and the 4-H tips & topics newsletter for printing my articles this year.



I.M. Home Ec. Field Day Results

Submitted by Stacy Schneider

Home Arts & Furnishing

Senior

Medalist - Cherry Chico Pine Grove Blue

Creative Arts, Grafts & Hobbies

Senior

Medalist - Cherry Chico Pine Grove Blue
Cherry Chico Pine Grove Blue

Food & Nutrition

Senior

Medalist - Kyle Kellum Pine Grove Blue

Intermediate

Medalist- Danielle Shaffer Cloverleaf Blue
Sarah Estes Cloverleaf Blue
Danielle Shaffer Cloverleaf Blue
Sarah Estes Cloverleaf Blue

Food Preservation

Senior

Medalist - Kyle Kellum Pine Grove Blue

Photography

Senior

Medalist - Kyle Kellum Pine Grove Blue

I.M. Ag. Mechanics Field Day Results

Family & Consumer Sciences

Senior

Medalist - Cherry Chico Pine Grove Blue

Plant Science

Senior

Medalist - Kyle Kellum Pine Grove Blue
Cherry Chico Pine Grove Blue

First Annual Shasta County Inter Mountain Area Poultry Show Report

Submitted by Allison Breedveld

The First Annual InterMountain 4-H Poultry Show was held on July 19, 2008 in Burney, California. All Inter Mountain poultry project members were present. Awards were presented as follows:

Best of Show – Kayla Shannon, Hat Creek

Best Conditioned Bird – Sabrina Cantu, Hat Creel

Best Dressed Bird – Mariah Shannon, Hat Creek

1st Place Poultry Knowledge Quiz – Sabrina Cantu, Hat Creek

1st Place Beginner Showmanship – Sabrina Cantu, Hat Creek

1st Place Novice Showmanship – Kayla Shannon, Hat Creek

1st Place Junior Showmanship – Mariah Shannon, Hat Creek

Shasta County – InterMountain Area Poultry Project would like to thank Gail Leonard, Lee Leonard, Lillian Nelson, and the Shasta County Redding Area Poultry Project for supporting the show.



2008 State 4-H Leaders' Forum



2008 State 4-H Leaders' Forum will be hosted by the South Central Section at the Asilomar Conference Center, **November 7-9, 2008**. Please consider attending. Information

is available at: <http://www.ca4h.org/conference/slf/index.asp>. A hard copy of the materials will be mailed to each County Council/Management Board President. Registrations are due by **September 5, 2008**.

Leader/Trainer Muzzle Loading Discipline Offered Saturday & Sunday, October 18-19



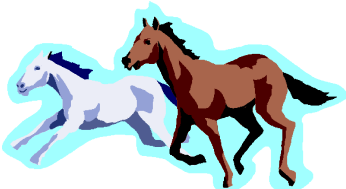
Once successful completion of this two day training, 4-H leaders may lead a muzzle loading project and can train other volunteers who are interested in leading a project.

There is no cost for this training, but class size is limited. Contact John Borba at: jaborba@ucdavis.edu or (661) 868-6216.

State 4-H Horse Classic

2008 Champion Horse Show results are listed on the equine web site:

(<http://ca4h.org/projresource/horse>). The next State 4-H equine Field Day will be held in November in Southern California. More information will be available as the date gets closer.



Ventura County Hosts 2nd Annual Fur & Feather Events

This 4-H all breed show & jr. showmanship event will take place on Saturday, **November 15, 2008**. Entries for poultry, rabbit & cavy are **due Thursday, October 30th**. For more information and entry form, please visit [www.http://ceventura.ucdavis.edu](http://ceventura.ucdavis.edu)

Tehama County Sponsors 2nd Annual 4-H Horse Field Day

A Trail & Rail is being conducted on **Saturday, August 23rd** at the Cottonwood Creek Equestrian Center in Cottonwood. Pre-registration is \$10 and is due **Friday, August 15th**. For more information and registration form, please contact the 4-H office at 224-4900.

4-H Goes Country

National 4-H Council has partnered with EMI Music to create "**Clover Country: Songs from Famous 4-H Alumni**" - the first of its kind country music compilation CD featuring famous 4-H alumni. This extraordinary blend of country music showcases the benefits of 4-H through talented 4-H alumni like Reba McEntire, Hillary Lindsey, Faith Hill, and Johnny Cash. Proceeds from each CD sold supports 4-H programs! In addition, clubs can use this as a fundraiser. Copies can be ordered on-line by 4-H staff through the WRP system/marketing materials.



Got Photos?

The 2008 California Farm Bureau sponsored photo contest is calling all shutterbugs! Participants must be members of a county Farm Bureau in California. This year's categories include; kids & critters, from farm to fork, all in a day's work on the farm, natural beauty & budding artists (new category for young photographers 13 yrs. and under). Deadline for entries is **September 26, 2008**. Visit www.cfbf.com for more information or to download an entry form.



GRANTS AND FUNDING

Funds Available Through California 4-H Service Learning RFP

Each year the California State 4-H Office provides funds to members and volunteer leaders for service-learning projects through the California 4-H Service Learning RFP. Groups can request up to **\$5,000** to fund activities that address significant environmental, economic and/or social issues affecting California's youth, families, and communities. The Service Learning RFP application is available on the web at: <http://www.ca4h.org/citizenship/funding/index.asp>. Examples of past projects are also listed. The application is due **September 15, 2008**.



Robert Brownlee Science Award is Re-Opened

The 2008 4-H Golden Clover Award program is seeking qualified 4-H members and volunteers to apply for the Robert Brownlee Science Award. Since no recipients were awarded a Brownlee Science Award during the initial 4-H Golden Clover Award selection process in June 2008, this category is being re-opened for additional applications. Application deadline is **September 30, 2008**. See website: <http://slc.ca4h.org/4hresource/ir/goldenclover/>

Youth Garden Grants for 2009

The National Gardening Association (NGA) has announced that Home Depot will again sponsor Youth Garden Grants to help young people reap rewards and learn life lessons from **working in gardens and outdoor habitats**. NGA awards grants to schools and community organizations with child-centered, outdoor garden programs. The top seventy programs will receive **gift cards valued at \$500** and an additional 50 programs will receive **\$250 gift cards** for the **purchase of gardening materials and supplies to meet their program needs**. An activity package is also awarded. Visit the NGA web site at: <http://assoc.garden.org/grants/> for complete program details and application procedures.

Deadline: November 1, 2008



Plum Grants Available

Having trouble finding the funds to get your project off the ground or take it to the next level? Well, we are here to help. Did you recently create a sustainable community action project, program or organization? Do you need \$500 to further the growth and success of your program? If you answered, "YES!", you are eligible to apply for a Plum Youth Grant. Plum grants are given out weekly. Yep, that's right--we said WEEKLY!. Deadline: Applications are accepted on a rolling basis and stay active for consideration for three months after submission. Contact the 4-H Office for more information.



Do Something Grants

"Do Something" is a non-profit organization that inspires, supports, and celebrates young social entrepreneurs and community activists. Visit the Do Something website at:

<http://www.dosomething.org/grant-list> for complete program information and application forms. The organization is accepting applications for the following grant programs:

- Do Something and Game Stop (<http://www.gamestop.com/>) are offering grants of **\$500 each** to young people, age 25 and younger, who have a great idea **for a community action project** and need support to turn their idea into reality. *GameStop grants are given out weekly.*
- Do Something and Plum TV (<http://www.plumtv.com/>) are offering grants of **\$500 each** to social entrepreneurs, age 25 and younger, who have recently **created a sustainable project, program or organization** and need funding to further the growth of their program. *Plum TV grants are given out weekly.*

VALLEY EXPO AND STAR AWARDS RECOGNITION

Animal Expo Medalists For 2008

Beef Level I

Ben Urricelqui, Foothill
Ashley Lobsinger, Happy Valley
Teagan Perry, Lone Tree

Beef Level II

Harry Johns, Anderson
Brandon Wogoman, Happy Valley

Beef Level III

Miranda Johns, Anderson

Dairy Goat Level I

Celeste Ostman, Cow Creek
Michel Luzier, Palo Cedro
Ryan Luzier, Palo Cedro
Cameron Pella, Palo Cedro

Dairy Goat Level II

Corrie Pella, Palo Cedro

Dairy Goat, Level III

Courtney Gunn, Palo Cedro
Charity Gunn, Palo Cedro

Rabbit, Level I

Nicolus Purvis, Black Butte
Harley Purvis, Black Butte

Sheep, Level I

Kati Littlefield, Anderson
Christopher Trisdale, Lone Tree
Shanelle Hockenberry, Twin Creeks

Sheep Level II

Harley Purvis, Black Butte
Kierstin Martin, Black Butte

Swine - Level I

Kilee Hannan, Anderson
Ronnie Hannan, Anderson
Justin Vorhis, Anderson
Caleb Hendricks, Canyon
Terrance Hill, Canyon
Dewana Long, Canyon
Noel Pacheco, Canyon
Ally Anderson, Foothill
Ashley Anderson, Foothill
Bethanie Chain, Happy Valley
Jimmie Dirickson, Happy Valley
Nathaniel Hambelton, Happy Valley
Colton Deaver, Lone Tree
Katie Anne Finnigsmeir, Swede Creek
Kayla Finnigsmier, Swede Creek
Allison Terrell, Swede Creek
Ashley Terrell, Swede Creek
Erika Cloninger, Twin Palms
Gabriel Resendiz, Twin Palms
Myriah Resendiz, Twin Palms
Grace Boyle, West Valley
Hannah Boyle, West Valley
Tyler Lucero, West Valley
Rachel Fitch, West Valley
Bubba King, West Valley
Page King, West Valley

Bronze Stars

Nicolus Purvis	Black Butte
Seth Martin	Black Butte
Dylon Rosen	Cottonwood
Taylor Renihan	Cottonwood
Evan Felch	Cow Creek
Adrienne LeRoy	Cow Creek
Kirstie Dixon	Foothill
Candace Dixon	Foothill
Garrett Schori	Foothill
Nicole Galba	Golden Acres
Hannah Carpenter	Palo Cedro
Noah Carpenter	Palo Cedro
Joseph Jones	Swede Creek
Anna Simoneit	Twin Palms
Rachel Fitch	West Valley



Silver Stars

Haley Haratwick	Palo Cedro
Haley Jones	Swede Creek
Shanelle Hockenberry	Twin Creeks
Taylor Baker	Twin Palms
Dani Plake	Twin Palms
Tiffany Plunk	Twin Palms

Gold Stars

Rick Covey	Cottonwood
Celeste Ostman	Cow Creek
Hannah Knowles	Swede Creek
Connor McCone	Golden Acres

Platinum Stars

Kimberly Lyter	Palo Cedro
----------------	------------

ACHIEVEMENTS AND MEDALS FOR 2008

Junior Leader Awards

First Year

Dewana Long	Canyon
Cody Flores-Jauregui	Golden Acres
Shanelle Hockenberry	Twin Creeks
Audrey Wallers	Twin Palms
Dani Plake	Twin Palms
Anna Simoneit	Twin Palms

Two or More Years

Connor McCone	Golden Acres
Amanda Greene	Golden Acres
Isabella Greenleaf	Palo Cedro
Amanda Knowles	Swede Creek

Teen Leader Awards

First Year

Noah Carpenter (1)	Palo Cedro
Kimberly Lyter (1)	Palo Cedro
Taylor Deppen (1)	West Valley

Two or More Years

Shawn Green (2)	Golden Acres
Devin Merritt (2)	Golden Acres
Joshua Street (2)	Golden Acres
Kacie McCarty (3)	Black Butte
Jessica Street (3)	Golden Acres
Savanah Newsom (3)	Millville
Michael Lyter (3)	Palo Cedro
Julie Nugent (3)	Palo Cedro
Halie Van Eperen (4)	Golden Acres

Record Book Medalists

Junior Division

Seth Martin	Black Butte
Nic Purvis	Black Butte
Taylor Renihan	Cottonwood
Cameron Pella	Palo Cedro
Alec Ponce	Swede Creek
Ruth Bailey	Twin Palms
Skyler Cloninger	Twin Palms

Intermediate Division

Harley Purvis	Black Butte
Dustin Canavan	Cottonwood
Rick Covey	Cottonwood
Ciera Barry	Cow Creek
Corrie Pella	Palo Cedro
Hannah Knowles	Swede Creek
Danielle Plake	Twin Palms
Tiffany Plunk	Twin Palms
Anna Simoneit	Twin Palms
Shanelle Hockenberry	Twin Creeks

Senior Division

Kiestin Martin	Black Butte
Kacie McCarthy	Black Butte
Celeste Ostman	Cow Creek
Cherry Chico	Pine Grove
Sarah Morrison	Swede Creek
Callie Froese	Twin Palms

Primary Member Record Book Participants

Logan Nevens	Cottonwood
Alexandra Plummer	Cottonwood
Madison Steele	West Valley



2008 INTER MOUNTAIN FAIR ~ AUG 28 - SEPT 1

WEIGH IN & WEIGHT REQUIREMENTS: All animals must arrive on or before 9 p.m. Wednesday August 27 and must be vet checked.

Lamb Wednesday, August 27 6 p.m. 110 lbs. minimum

Swine Thursday, August 28 8 a.m. 210 lbs. minimum

(To be tattooed Sunday evening. While hogs are being tattooed, exhibitors will not be allowed in the hog barn. No Exceptions!)

Beef: Thursday, August 28 10 a.m. 1,100 lbs. minimum

If weight is disputed, the animal will be immediately removed from the scale, the scales will be checked for balance, and the animal will be immediately re-weighed. Sifted animals must be removed from the grounds by 5 p.m. on Saturday, August 30. Pre-weighing of animals must be done prior to 5 p.m. on Tuesday, August 26.

JUNIOR LIVESTOCK AUCTION: The Junior Livestock Auction is a terminal sale. Auction begins Monday, September 1, at 10:00 a.m.

FEEDING AND BEDDING: Wood chips will be provided by the fair, if available. Exhibitors preferring shavings must provide their own. No straw will be allowed. Livestock exhibitors must keep pens and stalls clean and well bedded. Pens are to be cleaned by 8 a.m. daily. East Gate will be open prior to 8 a.m. for the purpose of bringing feed and bedding in.

ENTRY FORMS: Separate entry forms must be used for each different category (project). Example: beef, sheep, horse, clothing, etc.

SHOWMANSHIP: Entries in showmanship must be made on an original entry form at the time of livestock and/or horse show entries are made. **Leader's signature required.** Only animals owned, fitted, and shown by the exhibitors in the Junior Department Livestock Classes are eligible. Sifted animals are also eligible. Horses entered and shown in the horse show are also eligible. 4-H project horses may not be entered or ridden by anyone except the 4-H member in any division of the fair and must have been owned by the exhibitor for at least 120 days prior to the fair.

EXHIBIT REMOVAL: No exhibits shall be removed from the fair prior to 5 p.m. on Monday, September 1, with the following exceptions:

Horses - released after the judging of their classes

4-H Pygmy Goats, Rabbits, and Dogs - released after showing on Saturday, August 30

Pen Cattle - released at 6 p.m. Sunday, August 31.

All Other Exhibits - released at 5 p.m. Monday, September 1

JR. LIVESTOCK JUDGING SCHEDULE

	Tues 8/26	Wed 8/27	Thurs 8/28	Fri 8/29	Sat 8/30	Sun 8/31	Mon 9/1
Beef	5 - 9 pm Accepting Animals	Animals must be in place by 9 pm	10 am Market Beef Weigh-In 1 pm - Sr. Beef Weigh-in	1 pm Jr. Beef Show - FFA Market Shows 1st	9 am Large Animal Round Robin 10 am Sr. Beef Show Team Branding - Indoor Arena Time TBA	6 pm Sr. Pen Cattle Released	8 am Buyers Breakfast - Ingram Hall 10 am Jr. Livestock Sale 5 pm All Animals Released
Dairy	5 - 9 pm Accepting Animals	Animals must be in place by 9 pm		8 am Dairy Show followed by Dairy Goats	9 am Large Animal Round Robin		8 am Buyers Breakfast - Ingram Hall 10 am Jr. Livestock Sale 5 pm All Animals Released
Swine	5 - 9 pm Accepting Animals	Animals must be in place by 9 pm	8 am Market Hog Weigh-In	8 am Swine Show - FFA market shows first 6 pm Pee Wee Showmanship	9 am Large Animal Round Robin		8 am Buyers Breakfast - Ingram Hall 10 am Jr. Livestock Sale 5 pm All Animals Released
Sheep		4 - 6 pm Sheep & Goat Vet Check. 6 pm Market lamb Weigh-in	12 pm - Sheep Show - FFA Market Shows First Sr. Sheep follow conclusion of Jr. Registered Sheep	6 pm Pee Wee Showmanship	9 am Large Animal Round Robin		8 am Buyers Breakfast - Ingram Hall 10 am Jr. Livestock Sale 5 pm All Animals Released
Goats		4 - 6 pm Sheep & Goat Vet Check		8 am Dairy Show followed by Dairy Goats	9 am Large Animal Round Robin		5 pm All Animals Released
Horse & Small Animals			8 am Horse Show in Outdoor Rodeo Arena		10:30 am Small Animal Show		

4-H EXHIBIT BUILDING SCHEDULE

	Mon 8/25	Tues 8/26	Wed 8/27	Thurs 8/28	Fri 8/29	Sat 8/30	Sun 8/31	Mon 9/1
Ag / Hort. Baked Foods & Flowers	Excepting Exhibits 8 am - 7 pm	Excepting Exhibits 8 am - 7 pm	Excepting Exhibits 8 am - 7 pm	Due by 8:30 am Exhibits Judged Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 5 pm Pick up Exhibits 5 - 9 pm
Ag. Mechanics & Feature Exhibits	Excepting Exhibits 8 am - 7 pm	Exhibits Due 7 pm	Exhibits Judged	Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 5 pm Pick up Exhibits 5 - 9 pm
Arts & Crafts	Excepting Exhibits 8 am - 7 pm	Exhibits Due 12 noon	Exhibits Judged	Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 5 pm Pick up Exhibits 5 - 9 pm
Clothing & Preserved Foods	Excepting Exhibits 8 am - 7 pm	Exhibits Judged		Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 5 pm Pick up Exhibits 5 - 9 pm
Photography	Excepting Exhibits 8 am - 7 pm	Exhibits Due 12 pm Exhibits Judged		Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 5 pm Pick up Exhibits 5 - 9 pm
Quilts	Excepting Exhibits 8 am - 7 pm		Exhibits Judged	Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 5 pm Pick up Exhibits 5 - 9 pm
Special Contests	Excepting Exhibits 8 am - 7 pm	Excepting Exhibits 8 am to 7 pm	Exhibits Due by 7 pm	Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 10 pm	Open 10 am to 5 pm Pick up Exhibits 5 - 9 pm

A CALCIUM CRISIS AMONG OUR YOUTH?

With all the dairy products available and the abundance of food in our country, how is it that health experts are telling us our youth are not consuming enough of this important mineral.

According to statistics from the U.S. Department of Agriculture, in the group of children ages 12-19, only 13.5 percent of girls and 36.3 percent of boys in the United States get the recommended daily amount (RDA) of calcium. This is very alarming considering that puberty is a period of tremendous bone growth. During puberty, the speed of building up bones in the spine and hip increases by about five times. In fact, nearly 90 percent of adult bone mass is established by the end of this age range. Consider this statement from a leading expert in osteoporosis, "In girls, the bone tissue accumulated during the ages 11 to 13 approximately equals the amount lost during the 30 years following menopause." That is a staggering statement!

Reports from the National Institute of Child Health and Human Development (NICHD) tell us the number of fractures among children and young adults has increased. Pediatricians are also seeing the re-emergence of rickets, a bone disease that results from low levels of vitamin D. Rickets became almost nonexistent after vitamin D was added to milk in the 1950s, but is now appearing at greater rates around the country. It is also worth mentioning that children are drinking more soft drinks than ever before and a lot less milk. But according to Duane Alexander, M.D., director of the NICHD, the major effects of this crisis are yet to come. "As these children get older, this calcium crisis will become more serious as the population starts to show its highest rate of osteoporosis and other bone health problems in our nation's history."

So, how much calcium is enough? Below is the list of Recommended Daily Levels of Calcium for Americans.

Age Group	Adequate Intake Values (mg)
Birth to 6 months	210
6-12 months	270
1-3 years	500
4-8 years	800
9-13 years	1,300
14-18 years	1,300
19-50 years	1,000
51+years	1,200

Not getting enough calcium is just one part of the problem. Not getting enough exercise is another major concern because physical activity is very important for building healthy bones. Just like exercising muscles can make them grow bigger, exercising your bones makes them work harder, which helps them build bone mass. And building bone mass as a child or teenager is especially important because this is when our bones are growing the most.

Studies have shown that long periods of time with little or no physical activity can result in a loss of bone mass, putting people at risk for osteoporosis or broken bones.

How much physical activity is enough? In 2000, the U.S. Department of Agriculture published its Dietary Guidelines for Americans (DGA), and suggests that adults get at least 30 minutes and children over the age of two get 60 minutes of moderate physical activity every day. However, most small children expend enough energy just from playing and do not necessarily need additional physical activity.

A List of Foods that Provide Significant Amounts of Calcium in our Diet.

Food Item	Calcium (mg)
1 cup Milk	300
1 cup of Low Fat Fruit Yogurt	372
1 oz. Cheddar Cheese	204
1 cup cooked White Beans	161
1/2 cup Turnip Greens	90
1 cup Soybeans	180
2 Tbsp. Black Strap Molasses cooked	274
1 cup Broccoli, fresh or cooked	90
1 cup Collard Greens, frozen or cooked	357
1 cup Garbanzo Beans	80
1 cup Bok Choy, cooked or fresh	160
1 cup Kale, cooked	92
3 Corn Tortillas (Lime-Treated)	132
1 oz. Dry Roasted Almonds	80
1 slice of Bread	30
10 Dried Figs	296

Fortified Food (Foods with Calcium Added)

1/2 frozen Yogur, fat-free, calcium added	450
8 fl. Oz. calcium fortified Orange Juice	300
1 cup Soy Milk, calcium added	250-300
1/2 cup Tofu made with calcium	260

Other Foods

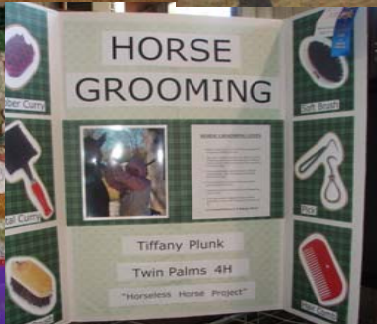
1 small Taco	221
1 slice Cheese Pizza	220
2 Burritos w/ Bean & Cheese	214
3 oz. Salmon, canned w/ Bones	180

Try some of these Weight-Bearing Exercises for Kids and Teens

- ◆ Walking, Jogging or Running
- ◆ Jumping Rope, Dancing, or Aerobic Dancing
- ◆ Climbing Stairs or Hiking
- ◆ Inline Skating/Ice Skating
- ◆ Racquet Sports, such as Tennis or Racquetball
- ◆ Team Sports such as Soccer, Basketball,
- ◆ Field Hockey, Volleyball, and Softball or Baseball.

Sources: NICHD Milk Matters Campaign

SHASTA DISTRICT FAIR PHOTOS



August 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
-----	-----	-----	-----	-----	-----	-----

<p>This is your copy of Tips 'n Topics issued by the University of California Cooperative Extension of Shasta County.</p> <p><i>Pat Weliver</i></p> <p>Pat Weliver, 4-H Program Representative</p>				<p><i>State Leadership Conference</i> 7/31—8/3</p>	<p><i>1</i></p> <p><i>Vly Club end of year papers, secretary & treasurer's books due to office</i></p>	<p><i>2</i></p>
<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>
<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>
<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<p><i>21</i></p> <p><i>4-H/FFA BBQ Mtg. 6:30 pm</i> <i>Valley Council Meeting 7 pm</i></p>	<i>22</i>	<i>23</i>
<i>24</i>	<i>25</i>	<p><i>26</i></p> <p><i>Valley Key Leaders Meeting 5:30 pm Redding Library</i></p>	<p><i>27</i></p> <p><i>No IM Council</i></p>	<p><i>28</i></p> <p><i>Inter Mountain</i></p>	<p><i>29</i></p> <p><i>Fair 8/28—9/1</i></p>	<p><i>30</i></p> <p><i>4-H/FFA BBQ</i></p>
<i>31</i>	<p><i>Sept. 1</i></p>	<i>2</i>	<i>3</i>	<p><i>4</i> <u><i>4-H INFO</i></u> <i>Meeting for public 6:30-7:30 pm Redding Library Clubs to be present in someway</i></p>		

University of California Cooperative Extension

SHASTA COUNTY 4-H

AUGUST 2008

NON-PROFIT ORGANIZATION

U.S. POSTAGE PAID

REDDING, CALIFORNIA

PERMIT #268

1851 Hartnell Avenue
Redding, CA 96002

Phone: 530-224-4900
Fax: 530-224-4904

Website: ceshasta.ucdavis.edu

University of California Non-discrimination

The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994: service in the uniformed services includes membership, application for membership, performance of service, application for service, or obligation for service in the uniformed services) in any of its programs or activities. University policy also prohibits reprisal or retaliation against any person in any of its programs or activities for making a complaint of discrimination or sexual harassment or for using or participating in the investigation or resolution process of any such complaint. University policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Equal Opportunity Director, University of California, Agriculture and Natural Resources, 1111 Franklin Street, 6th Floor, Oakland, CA 94607, (510) 987-0096. (7/08)

**DIFFERENT
DATE!!**

VALLEY COUNCIL

Thursday, August 21, 7 - 9 p.m.

INTERMOUNTAIN COUNCIL

No Meeting for August

All leaders and youth 14 years and older have
voting rights.

Please come and take part!