

# 4-H Tips 'n Topics



University of California Cooperative Extension, Shasta County 4-H  
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## Horse ID for Shasta District Fair



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

**Forms must be in to the 4-H Office by February 16th.** Contact the 4-H Office for forms.

## Pop Top Tabs for Ronald McDonald House Finds a Home

The Foothill 4-H Club has volunteered to take over the "Pop Top Tab" community service project. Thank you Foothill!!!! So start pulling those tabs (I know some of you have already started.) and get your friends & neighbors to save them too. The challenge among valley clubs is on. You will have until the April Council meeting to save. The club with the most weighed will win a prize!



## IMPORTANT DATES

Feb 8	Valley Presentation Day Registration Due
Feb 12	Lincoln's Birthday— Office Closed
Feb 13	CSU Chico Sheep/Goat Field Day
Feb 14	4-H/FFA Steer Tagging & Heifer paperwork
Feb 15	Presidents Day Office Closed
Feb 16	IM Presentation Day Registration Due
Feb 17	Valley Council Meeting
Feb 20	Valley Presentation Day
Feb 24	IM Council Meeting
Feb 27	IM Presentation Day

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

Youth wishing to take a market steer or bred heifer to the Shasta District Fair are required to attend one of the following tagging activities. They will take place on **Sunday, February 14.**

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

Those with bred heifers do not bring the animal but must show the bill of sale and a photo ID.



## CLUB & PROJECT CONNECTION

### Attention: Community Club Leaders

The following clubs have not turned in their Planning Guide, Out Reach documentation or New Club Constitutions and By-laws.

Black Butte (Constitution/By-laws), Cow Creek (Constitution/By-laws), Cottonwood (Constitution/By-laws), Foothill (out-reach), Golden Acres (Constitution/By-laws), Happy Valley, Lone Tree, Millville, Oak Run, Palo Cedro (Constitution/By-laws), Swede Creek, Twin Palms (Constitution/By-laws), West Valley, Whitmore (Constitution/By-laws). **These were due November 2<sup>nd</sup> !!**



### Presentations for all 4-H'ers

All 4-H members should be giving a presentation at the project and club levels. Instructions on how to put together a presentation are available on the County website ([ceshasta.ucdavis.edu](http://ceshasta.ucdavis.edu)). Older experienced members make great mentors. Just ask them for assistance!

### Twin Palms Health & Fitness

By Garrett Stevens

The Twin Palms Health and Fitness Project walked from the Senior Center by the Diestelhorst Bridge on December 3, 2009 to the YMCA. The YMCA staff took us - Anna Simoneit, Dani Plake, Tiffany Plunk, Karah Harbuck, and me, Garrett Stevens. It's a great place. On one of our next meetings we get to try out some of the different activities at the YMCA. Can't wait.

### SDF Replacement Heifer Mandatory Meeting



Those youth wishing to take a bred replacement heifer to the Shasta District Fair must attend the meeting scheduled for Friday, February 12<sup>th</sup>, 4:00 p.m. at the Shasta Livestock Auction Yard conference room.

Topics will include shots, health protocol, gestation, etc. If you have questions, please contact Simmie Stayer, Livestock Supervisor at 378-6789.

### 2010 Beef Ambassador Applications Available

The selected recipient as the Shasta County Beef Ambassador will represent the SCCA and SCCW at the California Beef Ambassador Contest and other activities pertaining to the beef industry. They will visit community organizations, schools, and participate in other agriculture educational activities promoting beef. Applicants will be judged on; speaking ability, knowledge of the beef industry, personality, poise, interview, mock consumer promotion/interaction and written test. Applications are available at the 4-H Office and are due no later than February 6, 2010. The contest will be held on February 20<sup>th</sup>. Contact the 4-H office for more information.



### Cottonwood 4-H

Taylor Renihan and Shelby Adams, Cottonwood 4-H

Our Cottonwood 4-H Club met at the Nursing Home is Anderson for our 3rd annual evening of Christmas Caroling! We had a great turn out of members! We sang songs down the hall ways and in each of their dining rooms. We had a great time and it was nice to see everyone smiling.



Igo Veterans Cemetery,  
Wreaths Across America

### Happy Valley Beef, Rings In New Year

Chloe Fowler, Reporter

The month of December was busy for the Happy Valley Beef group. We started off with our beef meeting at the Wogomans house, Mrs Tapal talked to us about feeds and feeding and we put together our box, "present" that we put down at Shasta Pizza for our Food and Toy drive. On December 5th we served over 200 people for the Keys and Strings Music Studio Christmas Banquet. We all decided we could wait before we became waiters and waitresses. It was a lot of work to not spill, get the food out while it was hot, refill water pitchers, not trip and do all this with a smile, but I think we all did pretty good for our first time.



Chloe Fowler  
placing wreath

We also sold raffle tickets for a log cabin playhouse in Cottonwood for their Old Fashioned Days, we had a food and toy drive and then met at Shasta Pizza to box up, wrap and deliver 25 boxes of food and toys to our community. People were very appreciative and it helped us to get in the holiday spirit that giving is better than receiving. We also did Wreaths Across America again this year. We met at the Veterans cemetery in Igo and placed wreaths on our fallen soldiers gravesites. This made us realize how freedom is truly not free and that we need to never forget the sacrifice that they made for us. We also had the opportunity to talk to some of the veterans and learn about what their experiences were. We are very thankful for all our soldiers do for us and have done for us, we won't forget.

January's meeting was held at the Elkins house in Igo, we ate homemade pastrami sandwiches talked about upcoming deadlines, Laura's heifer that was being bred, what kind of bull did she pick the gestation cycle and Mrs. Fowler talked about EPD's and their meanings, why commercial cow/calf operators may pick one kind of bull as opposed to a seed stock breeder.

All our steers and heifer are doing well. We continue to care for them so that we might be able to provide you with good quality beef at the fair. We always remember that we get out what we put in, and we are putting in alot of work in our beef and in our community.



Julie Mondorf &  
Chloe Fowler,  
serving at  
Keys & Strings  
Christmas Banquet

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### West Valley 4-H

Submitted by Kayla Landon

The horse project in the West Valley 4-H group participated in the Igo Christmas Parade on December 5, 2009. Before the parade, most of the West Valley horse project members got together at the Landon's house to make their elf costumes. The elf costumes only took about three hours to make and they were a lot of fun! When it was parade day, we all tacked up our horses and rode in the parade. "The parade was a lot of fun and it was my horses' first parade," said Kassadie Dunham. After the parade we all had lunch at the Elkins' house. We ate hotdogs, chips, and cookies. "I thought lunch at the Elkins' house was really good." Kassie Landon said with enthusiasm.

Thank You Norma and Larry Elkins for letting  
West Valley 4-H'ers park at your house and thanks  
for cookin' up the hotdogs!!

## COUNTY WIDE NEWS

### 18th Annual Shasta County 4-H Poultry Show Saturday March 27, 2010 Shasta College Farm

Fun for the entire family, see various breeds of poultry, poultry displays and posters, poultry costume contest, knowledge quiz, children's activity area, and snack bar!

Free admission

Come join in the fun Saturday morning!

For show entry forms and additional information, contact the Shasta County 4-H Poultry Leader, Leeann Stearns at 226-0413 or visit the County website at [ceshasta.ucdavis.edu](http://ceshasta.ucdavis.edu).



2009 Showmanship participants



Great awards too!

### County-wide Knitting Project Still Taking Sign-ups



This project is open to all youth. If you're interested, please attend a meeting to check it out. The next meetings are January 28<sup>th</sup>, February 25<sup>th</sup> and March 25<sup>th</sup>. Project leader Alison Malone can be reached at 238-8201.

### 4th Annual Rachel Carson Contest

The EPA has announced the 4th Annual Rachel Carson Contest and is seeking entries for creative projects in the areas of poetry, photography, essays and dance. Entries need to be from a team of two or more. Entry deadline is June 16, 2010. For more information, visit:

<http://www.epa.gov/aging/resources/thesenseofwonder/index.htm>

### Humboldt Poultry Fanciers Assoc. 2010 Winter Show

The 50<sup>th</sup> Annual Show will take place on Saturday, February 13<sup>th</sup>, at the Redwood Acres Fairground in Eureka. This is an American Bantam Assoc. sanctioned show. Dr. Bradley of UC, Davis will facilitate the 4-H Jr. Showmanship classes and Avian Bowl for Jr's. For more information, show booklet and entry forms go to [www.humboldtpoultry.org](http://www.humboldtpoultry.org).

### Regional Education Outreach Summits

In order to improve the understanding of 4-H adult volunteers, veterinarians, and administrators from fairs and exhibitions about existing bio-security risks associated with 4-H Animal Science projects in California and issues related to traceability, three Regional Education Outreach Summits will be offered by 4-H and Veterinary Medicine Extension. Each Education Outreach Summit will include four major components: a) an overview of current data on bio-security risks associated with 4-H Animal Science projects, including risks at exhibits and fairs, shows, and exhibitions; b) updated information from USDA on the current status of NAIS and animal traceability; c) a listening session to provide stakeholders the opportunity to share their experiences and provide feedback on traceability issues to USDA; and d) a mini-training for 4-H teens and volunteers on the new 4-H Bio-Security curriculum. The last of three summits will be held February 27, 2010 at UCCE Kern County. Times for the summit will be 9 a.m. - 3 p.m. Lunch will be provided. Space is limited, so advance registration is necessary. For more information and to register for one of these events, contact Martin Smith ([mhsmith@ucdavis.edu](mailto:mhsmith@ucdavis.edu)) or Steven Worker ([smworker@ucdavis.edu](mailto:smworker@ucdavis.edu)).

Enrollment: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=4238>

### State Ambassadors and New Tech Team Work Together in Tahoe

By Cherry Chico, State Ambassador

1/8/10-1/10/10- The current California 4-H State Ambassadors (SAs) and the new Technology Leadership Team (TLT) recently had a team-building and working weekend at the Nevada State 4-H Camp, South Lake Tahoe. This is the first time that the State Ambassadors have joined the Tech Team (formerly the Computer Corps) at their orientation. Most of us on the teams carpooled from Davis, at the State 4-H Office, with a few members meeting us at the camp. We introduced ourselves, ate pizza and whacked each other with pool noodles (icebreaker) Friday evening and challenged each other with foosball and snowballs later. It was cold and frozen, but most of us, especially those from southern California, were really enjoying the SNOW!!! That night, it was very much like a slumber party in the girl SA cabin, and though we were all very good acquaintances before, we bonded more than ever before and became good friends.



The next morning some of us woke up earlier to do kitchen duty and help set up for breakfast. As people filtered into the lodge, there was more chatter and it was a joy to see State Ambassadors and Tech Team members sitting next to others who were practically strangers the previous night. After breakfast, we broke into our separate sessions; the Tech Team started their orientation, while the State Ambassadors discussed the progress made on their service projects. After lunch, we took a walk to the lake; some trying to start trouble with snowballs, others peacefully walkin'-n-talkin'. While at the lake, we explored the pier and some waded into the ice-cold water. As snowball fights erupted in spurts, the members of the Tech Team attempted to protect their high-quality cameras and equipment from the dangerous balls of moisture and one particular Ambassador attempted to conquer her fear of heights by walking out to the end of the pier with a couple of other SA on either side of her. In the evening, after we had finished our individual sessions and discussions, we had a professionalism session, and at dinner-time we dressed up in our formal-wear and learned how to behave and eat properly at a very formal dinner.

The next day, we finished up what things needed to be discussed, packed, had lunch, cleaned up the camp and then said our goodbyes. One of the State Ambassadors had worked with a member of the Tech Team to create a Facebook page for this year's State Leadership Conference (SLC) event at UC Davis for high school 4-Hers, and we all our excited and hopeful that it will inspire more people to attend our event. It was a very successful weekend in both the work accomplished and in the fun that we had together, and we were all in agreement that it would be wonderful if we could do it again sometime.

## Happy Valentines Day



### 26th Annual Statewide Postal Shoot



Siskiyou County 4-H is again sponsoring the Statewide 4-H Postal Shoot. Shooting sports members who wish to participate can do so through their project leaders. Cost is \$4.50 per category. Forms and fees must be to the Shasta County 4-H Office by Monday, March 1. Contact the 4-H office for more information and forms.

## REGIONAL, STATE, AND NATIONAL NEWS



### 2010 4-H State Leadership Conference

The 2010 4-H State Leadership Conference will be held July 29 - August 1, 2010 at UC Davis. The conference - "Operation 4-H" - will provide over 500 high school aged youth and adult 4-H volunteers with an opportunity to engage in hands on learning experiences while developing citizenship and leadership skills. Educational sessions are being recruited emphasizing 4-H science, engineering and technology activities. Proposals are due February 26, 2010 and are available at:

<http://www.ca4h.org/4hresource/updates/attach/2009/Dec09/2010SLC-EducationProposal.doc>

### State 4-H Horse Classic Information And Artwork Contest



This fun horse event will be held on April 24 & 25 at Reedley College in Reedley, CA. Entries are due April 1<sup>st</sup> and can be obtained online at <http://ca4h.org/projresource/horse/classic.asp>. Direct any questions to Jeanne George at 527-3101 or [jlgeorge@ucdavis.edu](mailto:jlgeorge@ucdavis.edu). The dates for the Championship 4-H Horse Show are June 25-27 at Santa Cruz County Fair, Watsonville, CA. All 4-H'ers are invited to enter the design contest for the artwork to be used for the Horse Classic. For design ideas, check out the neighboring landscape and tourist attractions. It can be comical or serious. Be creative! For information on rules contact the 4-H Office at 224-4900.

### Curriculum Support for Project Leaders

A committee of volunteers will be making curriculum purchases. These materials are intended to help support project leaders. If you are a project leader and would like to have a video, CD, etc. to support your project, please contact the 4-H Office at 224-4900. We will do our best to find material for your project. If you are using a good source then let us know what it is so that other project leaders can benefit. The lending library is located at the 4-H office and is intended to help you with resources and teaching ideas for your projects. Our youth pay \$.50/each to the curriculum fund. So please come by and check it out.

### Scholarships Offered by Friends of the California State Fair Scholarship Program



The Friends of the California State Fair Scholarship Program have announced that it will continue its scholarships for the 2010-11 academic year. California college students and graduating high school students are eligible and must submit an application BY Friday, March 12, 2010. Twenty-four scholarships will be awarded in the following areas; arts, general studies, agriculture, international studies, teaching credential programs, fair management, business, sports management, history, viticulture, enology and culinary. Applications can be found online at [www.bigfun.org](http://www.bigfun.org).

### 2010 State 4-H Field Day

The 2010 State 4-H Field Day will be held on May 29, 2010 at UC Davis. The State 4-H Field Day is the largest California statewide 4-H event, open to 4-H members, siblings, parents, 4-H volunteers and staff. In 2010, 4-H SET will be featured with many hands-on science, engineering and technology activities and challenges! Your 4-H Club or project can help! Educational displays constitute a unique aspect of the State 4-H Field Day. These exhibits are a great opportunity to share knowledge, interact with youth and adults, and engage people in new activities. Possibilities for displays include hands-on activities, community service, informative booths, etc. Applications are due April 2, 2010 and the form is available at <http://www.ca4h.org/projresource/fieldday/SFD-App-Form2010.pdf>. More information is available at <http://www.ca4h.org/projresource/fieldday/>

## REGIONAL, STATE, AND NATIONAL NEWS

### **Visioning, Strategic Planning, Measuring Outcomes, and Meeting Youth & Community Needs**

By Sharon Junge

Acting Director, California 4-H Youth Development Program

The New Year brings many opportunities for reflection and refocusing. As you all know the federal government continues to wrestle with an unprecedented economic downturn and California is in a budgetary crisis that is impacting nearly every aspect of daily living. The University of California, parent of the 4-H Youth Development Program, has also been faced with significant budget shortfalls. I remind everyone of these issues, as it requires us to critically examine our existing programming and applied research goals. It has never been more important for us, at every level of our organization, to renew our commitment to our California 4-H Mission to engage youth in reaching their fullest potential while advancing the field of youth development with a new and more focused vigor that assures we are maximizing our resources to have the greatest impact on improving the life trajectories for the young people in our programs and identifying the best practices that can be replicated in other communities and programs.

Over the coming year, the California 4-H Youth Development Program will be refocusing all of its programming and deliveries using logic model frameworks that clearly articulate the vision, strategic use of resources, and intended outcomes of these efforts. We will communicate with stakeholders, funders, and others of our successful achievement of these outcomes. We will invest considerable resources in the development and training of our volunteers and older youth in a positive youth development framework that assures every 4-H member achieves their fullest potential. Please watch for upcoming communications as these new opportunities rollout over the coming months. Our success will depend on each of us adopting a "growth mindset" allowing each of us to contribute to our fullest potential.

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### **2011 State Ambassador Application**

The 2011 State Ambassador Application has been posted on the CA State 4-H website. All interested Members who qualify should fill out an application form, <http://www.ca4h.org/leadership/ambassador/>. Applications are due by March 31, 2010. The State 4-H Office is also looking for qualified volunteers who are interested in being advisors for the 2011 State Ambassador Team. 4-H State Ambassadors are expected to make a 14-month commitment to the program beginning on July 1, 2010 and ending August 31, 2011. 4-H State Ambassadors may only serve one term. Please contact Quang "Hogan" Tong, [qtong@ucdavis.edu](mailto:qtong@ucdavis.edu) for more information.



### **Championship 4-H Horse Show**

The Championship 4-H Horse Show information and rules are posted at: <http://www.ca4h.org/projresource/horse/classic.asp>.

The dates are June 25-27, 2010 at Santa Cruz County Fair, Watsonville, CA. Entries are due June 1st with an Early Bird Special by May 15, 2010.

### **WHY Conference Planning Meeting**

Butte County will be hosting the 2010 WHY Conference on September 17-19 at Whiskeytown Environmental School. If you would like to be involved in the planning stages there will be a meeting on Saturday, January 30<sup>th</sup>, in Chico. If you are unable to make the meeting due to the distance you can still be involved by conference call. Contact the 4-H office at 224-4900 for details.

## REGIONAL, STATE, AND NATIONAL NEWS

### National Ag Day Essay Contest

4-H youth, in grades 7-12, with an enthusiasm for agriculture and its importance in society are encouraged to consider submitting for the National Ag Day Essay Contest. The submission deadline is February 12, 2009. The national winner selected will receive \$1,000 prize and a trip to Washington, D.C. for the award presentation. Visit: <http://www.hpj.com/agdayessay> for an entry application and contest rules.



### Grants Available

**Youth Service America** announces a grant opportunity in conjunction with Miley Cyrus. The Get Ur Good On grants are an opportunity to encourage youth to participate and find new ways to contribute in positive ways in their community. Grant applications are due: February 22, 2010 and more information can be found at: <http://www.ysa.org/grants/announcements/get-ur-good-grants-launched>.

**DoSomething.org** in conjunction with the Dunkin Brands Community Foundation has announced an opportunity for \$500 Disaster Grants. Projects focusing on: disaster preparedness, emergency response, rebuilding after a disaster and supporting our troops are the focus on funding. There is a rolling deadline to apply for these grants. More information can be found at: <http://www.dosomething.org/grants/disaster>.

**DoSomething.org** has announced an additional opportunity for \$500 Do Something Seed Grants. Projects focusing on helping youth find funding to get a community project started are the focus of funding. There is a rolling deadline to apply for these grants. More information can be found at: <http://www.dosomething.org/grants/general/apply>.

### CSUC

#### Chico Livestock Educational Days

The following are the dates for the very educational field days at the Chico University Pavilion. All field days begin at 8:00 a.m.

- February 13<sup>th</sup> – Sheep & Goat Education Day
- February 20<sup>th</sup> – Beef Education Day  
(not geared toward youth)



### Disney's Friends for Change Grants

Youth Service America announces a grant opportunity from Disney. Disney's Friends for Change Grants focus on environmental projects led by youth, ages 5-18, and allow kids to demonstrate leadership skills. The application due date is: January 29, 2010 and more information can be found at: <http://www.ysa.org/grants/announcements/friendsforchange>.

### Certification in Rifle Offered

A 4-H shooting sports workshop for the rifle discipline will be held at Border Tactical Range, 925 North Imperial Avenue, in El Centro, CA (Imperial County). The workshop will be held on Saturday, June 12, 2010 - 8:00 a.m. - 6:00 p.m. and Sunday, June 13, 2010 - 8:00 a.m. - 4:00 p.m. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course and receive more information contact John Borba at: [jaborba@ucdavis.edu](mailto:jaborba@ucdavis.edu). For information about the facility and a map, please visit the range website at: <http://bordertactical.com>

### 4-H Honey Bee Essay Contest



The Foundation of the Preservation of Honey Bees, Inc. is sponsoring the annual 4-H Honey Bee Essay Contest. Active members of 4-H clubs are eligible to submit an essay for consideration. Please click here for contest rules. Submissions must be received on or before February 12, 2010.

# VALLEY FAVORITE FOODS DAY

**REGISTRATION DUE (mandatory):** Monday, March 8 (No late entries accepted)

**WHEN:** Saturday, March 20

**THEME:** Deep in the Heart of Dixie

**COORDINATED BY:** Palo Cedro 4-H, Diane Pella 547-5325



**WHERE:** IOOF Hall, 22551 Silverload Lane, Palo Cedro

## SCHEDULE (Approximate times)

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

9:30 a.m. Judges' Orientation

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

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

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

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

Noon Awards Ceremony

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

## IMPORTANT INFORMATION

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

**RECIPE CARD:** Page 14 of this TNT. **A signed copy of the recipe must accompany each submitted entry form. These will not be taken to the event.** *Community leader must sign categories 6, 11 & 12. Project leader must sign categories 1, 2, 3, 4, & 7. No signature needed for categories 5, 8, 9, 10 & 13.*

**MENU CARD:** Prepare one for each entry except 8 & 13. Type or neatly print on the sample menu card on page 14. Menus must be nutritionally balanced. Circle your entered Favorite Food item. Place the recipe for the entry on the back of the card. Be sure to include your name, project, year in project, club and grade. Bring to the event and set on table with place setting. These will also be collected at the end of the event.

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

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

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

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

## AWARDS

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

## GRADE DIVISIONS AND CARD COLORS

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

## CATEGORIES

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

## CATEGORY ELIGIBILITY, RULES & REQUIREMENTS

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

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

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

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

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

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

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

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

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

Category 13 Open to **any** 4-H member, *does not satisfy fair requirement*

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

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

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

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

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

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

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

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

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

**Category 13** Prepare your beverage and your table to support the theme in some way. You do not have to have a menu card, however the recipe does have to accompany the beverage and the proper place setting for serving a beverage is required. Any 4-H member may enter this category. This does not satisfy fair requirements.

VALLEY FAVORITE FOODS DAY

REGISTRATION - **MANDATORY**

**DUE MARCH 8** (4-H office)



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

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

GRADE (as of 12/31/09): \_\_\_\_\_ PHONE: \_\_\_\_\_

PROJECT(S): \_\_\_\_\_ YEARS IN PROJECT(S): \_\_\_\_\_

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

Please check the category(ies) you are entering. See page 14 for recipe card.

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

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

\*\* Meets Market Animal Fair Contract requirements.

NOTE: A copy of your recipe **MUST** be signed and submitted with this entry form. Be sure to bring an additional recipe card on the event day. See page 7 for instructions. A signature is required for all categories except 5, 8, 9, 10 & 13.

**SCORING CRITERIA**

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

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

**Points Poss. 100**

**Category 5**

Overall design, relates to theme	20
General appearance	20
Selection of colors	15
Preparation	15
Border	10
Frosting	10
Icing originality	10

**Points Poss. 100**

**Category 7**

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

**Category 8**

Follows theme	20
Appearance	20
Only edible items	15
Shows imagination & assembly instructions	15
Design	30

**Points Poss. 100**

**Category 9**

Follows theme	25
Menu nutritionally balanced	10
Attractive place setting	40
Original Design	25

**Points Poss. 100**

**Category 13**

Neat in appearance	10
Personal cleanliness	5
Pleasant, Interesting	5
Recipe posted on card	10
Flavor of food prepared	20
Food: Good color	10
Food: Good texture	10
Attractive place setting	10
Order of utensils & dishes	10
Theme	10

**Points Poss. 100**



# INTERMOUNTAIN PRESENTATION DAY

**REGISTRATION DUE (mandatory):** Tuesday, February 16th (No late entries accepted)

**WHEN:** Saturday, February 27, 2010

**WHERE:** Fall River Elementary School, 24977 Curve St. Fall River

**COORDINATED BY:** Pine Grove 4-H, Suz Crane 530.336.5135



## IMPORTANT INFORMATION

**EVENT ELIGIBILITY:** This event is open to all 4-H members.

**UNIFORMS:** Uniforms are acceptable, but not required.

**GRADE DIVISIONS:** Teams will be assigned rooms by *oldest member*.

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

## AWARDS

Danish system of judging is used with gold and silver medals or blue ribbons awarded. Primary participants will not be ranked, but will receive participation rosettes. Those receiving a gold award will be eligible to compete at the *Regional Level* on **Saturday, April 17th**, in Lassen County. Gold medalists at Regional Level will qualify for competition at the *State Level* on **Saturday, May 29th** in Davis.

## SPECIAL EQUIPMENT

4-H members are responsible for arranging any special equipment or facilities they may need for their presentations! This includes a TV and VCR for videos, slide projector and screen for slide presentations, tri-folding standup display for the Tabletop Displays, etc. Any special considerations for “Share the Fun” must be arranged by the 4-H members, including sound systems, pianos, tumbling mats, etc.

## TIME LIMITS

A demonstration can range in length from 3 minutes for an individual primary presentation to 15 minutes for a senior individual or team presentation. The complexity of the topic, and the age of participants should dictate the appropriate length. Team members should divide work and speaking parts. An uneven distribution of work or speaking parts will impact the scoring of the “Presentation” skill.

## SCHEDULE (Approximate times)

1—1:30 pm Registration - then report to gym.

1:00 p.m. Judges & MC’s Registration

1:15 p.m. Judges & MC’s Orientation

1:30—1:45 p.m. Welcome & Rules in Gym

1:45—2:00 p.m. Members to Set-up Presentation

1:45—2:30 p.m. Presentations

3:00 p.m. Awards

## PRESENTATION DESCRIPTIONS

*Below are some brief descriptions of the different types of presentations. Each community club was provided a copy of the judging rubric forms and a more detailed description of the types of presentations. Presentation should relate to a project. Talk with your community leader. You can also find a presentation manual on the State 4-H website at [www.ca4h.org](http://www.ca4h.org) or the county website at [ceshasta.ucdavis.edu](http://ceshasta.ucdavis.edu).*

**Demonstration:** teaches a skill by the “show how” method. Posters or equivalent visual aids are used by the member to enhance the teaching process. The demonstration will include a title, materials, process, and summary posters or visual aids.

**Illustrated Talk:** teaches a concept or skill that would be impractical to demonstrate in a classroom setting. Posters or equivalent visual aids should include at least an introduction/title card, process card and a summary card. Models or other visual aids can be used to enhance the presentation.

**Educational Display:** an organized visual presentation of a program or a concept. A display should be designed to convey its message in a limited amount of time. Educational displays do not include science fair exhibits, other depictions of process, project exhibits or collections. Card Table Display – Approx. 30” x 30” and features a tri-fold poster board that includes a title, the member’s name and 4-H club and a depiction of the program or concept. Panel Display – 48” x 48” and is a vertical, free standing display that is presented on an easel. The display includes a title, the members name and 4-H club and a depiction of the program or concept.

**Prepared Speech:** may only be given as an individual activity. This format requires that the member write and deliver his/her own speech. The speaker will either persuade or educate the audience on a single issue or topic dealing with society or individuals. The topic is only limited by the age appropriateness of the topic for the member and good taste. The purpose of this category is to encourage members to give a speech in which they seek out accurate information, organize it into a useful form and competently present it.

**Impromptu Speech:** involves speeches that the member has written him/herself at the competition. One at a time, the members will randomly draw a piece of paper with a topic on it. The topics will be developed from the pre announced categories for the event. From the time that the member is given the topic, he/she will have three minutes to prepare a speech.

**Interpretive Reading:** allows the speakers to read any published written work, that is age appropriate and in good taste. (Examples may include, but are not limited to: children’s stories, poetry, essays, speeches, articles, excerpts from novels that stand alone, etc.) Reciting the 4-H Creed would be allowed here at the County Event.

**Share the Fun:** groups perform acts such as skits and other presentations that focus on health, safety, community pride, recreation or citizenship. This is a group activity and is not open to individual participants.

**Cultural Arts:** involves individual members and groups who perform a costumed dramatic reading, musical, dance, or other such performing art. This category is open to individual participants, groups, projects, clubs, etc.

**Audio-Visual Presentation:** include any informational or instructional program presented with slides, video, or digital representations. A presentation must take advantage of the medium. It should not be a substitute for another kind of presentation, such as a demonstration or prepared talk. This may be a individual or team for this category.

**Problem Solving Presentation:** format provides senior members the opportunity to use a prepared fact pattern as the basis for developing an action plan. During the competition the member will present the action plan using posters, overhead projector slides or computer generated slides. The selected medium must be used to effectively deliver the main points of the plan. Fact patterns may include social issues, business issues and 4-H program issues. Appropriate fact patterns will be developed for each age group.

**Scientific Demonstration:** uses the steps used by scientists to answer questions and solve problems. The scientific process includes the following steps: 1) Ask a question 2) Form a hypothesis of what you expect the answer to your question to be. 3) Test the hypothesis by conducting an experiment. 4) Analyze the results of the tests and information you have gathered. 5) Draw conclusions regarding the hypothesis from the tests. 6) Communicate the results.

**I.M. PRESENTATION DAY—REGISTRATION - MANDATORY**

*DUE FEBRUARY 16 (4-H office or IM Fair office)*



★ **EVENT** ★ NAME: \_\_\_\_\_  
 ★ **DATE:** ★ CLUB: \_\_\_\_\_  
 ★ **Saturday,** ★ PHONE: \_\_\_\_\_  
 ★ **Feb. 27,** ★ GRADE (as of 12/31/09): \_\_\_\_\_  
 ★ **2010** ★ AGE (as of 12/31/09): \_\_\_\_\_  
 ★

NAME: \_\_\_\_\_  
 CLUB: \_\_\_\_\_  
 PHONE: \_\_\_\_\_  
 GRADE (as of 12/31/09): \_\_\_\_\_  
 AGE (as of 12/31/09): \_\_\_\_\_

**Type of Presentation:** (choose one)

- Demonstration
- Illustrated Talk
- Scientific Demonstration
- Educational Display
- Prepared Speech
- Impromptu Speech
- Interpretive Reading
- Share the Fun
- Cultural Arts
- Audio-Visual Presentation
- Problem Solving Presentation

**INDIVIDUAL** or **TEAM** (circle one)

**Grade Division:**

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

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

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

**Help Needed:**

\_\_\_\_ YES, I would like to be a room coordinator/MC.

\_\_\_\_ YES, I would like to be a judge. (\_\_\_ Youth \_\_\_ Adult)

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

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(FOLD)

(MENU)

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

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

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

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

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

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February 2010



Sun Mon Tue Wed Thu Fri Sat

	1  This is your copy of Tips 'n Topics issued by the University of California Cooperative Extension of Shasta County.  Pat Weliver, 4-H Y.D. Program Representative	2	3	4	5	6
7	8 <i>Valley Presentation Day Registration Due</i>	9	10	11	12  <i>Lincolns B-Day Office Closed</i>  <i>4pm Replacement Heifer Meeting</i>	13 <i>CSUC Sheep/Goat Field Day</i>
14  <i>SDF Steer Tagging &amp; Replacement Heifer Paperwork</i>	15  <i>Office Closed</i>	16 <i>IM Presentation Day Registration Due</i>	17 <i>7pm Valley Council Meeting</i>	18	19	20 <i>Valley Presentation Day</i> <hr/> <i>CSUS Beef Day</i>
21 <hr/> <i>28</i>	22	23	24 <i>7pm IM Council Meeting - Burney</i>	25	26	27 <i>IM Presentation Day</i>

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**COUNCIL MEETINGS**

**-VALLEY-**

**Wednesday, February 17  
7 - 9 p.m.**

**-INTER MOUNTAIN-**

**Wednesday, February 24  
7 p.m.**

**Location: Geppetto's Pizza  
37227 State HWY 299 East  
Burney, California**

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

**Please come and take part!**

**Where to list 4-H participation on PDR 09-10**

<u>Date:</u>	<u>Activity/Event:</u>	<u>PDR Category:</u>
1/30/10	CSU Swine Education Day	3 - Events Attended
2/13/10	CSU Sheep Education Day	3 - Events Attended
2/20/10	CSU Beef Education Day	3 - Events Attended
2/20/10	Valley Presentation Day	6 - Communication Skills 3 - Events Attended
	Valley Presentation Day Medalist	7 - Honors & Recognition
2/27/10	IM Presentation Day	6 - Communication Skills 3 - Events Attended
	IM Presentation Day Medalist	7 - Honors & Recognition