# Program Rep’s Message

Hello February and Happy Chinese New Year – 2016 marks the year of the Fire Monkey!

It looks like another month has come and gone, but before we start pondering the events on the horizon, I’d like to give a big thanks to everyone who participated in the Valley and Inter-Mountain Favorite Foods Days. I got to see and sample a lot of great dishes, and I hope that everyone had as much fun as I did.

Our next event is Inter-Mountain Home Ec/Ag Stills Field Day and Fashion Revue, which is right around the corner on February 19th and 20th. Don’t forget that this event is open to all Shasta County 4-H Members and the deadline for Fashion Revue registration is Friday, February 5th. Everyone will also want to be thinking of Shasta County 4-H Presentation Day; so if you’ve been busy honing your public speaking skills, I encourage you to register. The event returns to the valley this year and will be held at Mistletoe School in Redding on March 12th. Registration is due February 15th. Be sure to check this edition of Tips ‘n Topics for all of the details on these events and much, much more.

Finally, keep an eye on those mailboxes, as this month all Shasta County 4-H families with an active youth member or adult volunteer will be receiving a hard copy of a three-month program calendar. Calendars will continue to be sent on a quarterly basis, and we are giving this a one-year trial run. Our hope is that this will help our membership become more informed about upcoming events and deadlines, as well as garner more participation in our county events. I guess that’s all for now, so have a great month and let’s hope that the rain and snow continue to fall.

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## Important Dates:

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Feb 5</td>
<td>Fashion Revue Registration Deadline; UCD CA&amp;ES Field Day Registration Deadline</td>
</tr>
<tr>
<td>Feb 10</td>
<td>Agritourism Class #2</td>
</tr>
<tr>
<td>Feb 11</td>
<td>SDF Show Horse ID Forms Due</td>
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<tr>
<td>Feb 14</td>
<td>Steer Tagging Day</td>
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<tr>
<td>Feb 15</td>
<td>Presentation Day Registration Due; Beekeeping Contest Essays Due</td>
</tr>
<tr>
<td>Feb 16</td>
<td>State Ambassador</td>
</tr>
<tr>
<td>Feb 19</td>
<td>Applications Due; Bezos Scholars Program Deadline</td>
</tr>
<tr>
<td>Feb 20</td>
<td>IM home EC/AG Stills; GIS/</td>
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<tr>
<td>Feb 27</td>
<td>GPS Leadership Team Applications Due</td>
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<td>Mar 4</td>
<td>UCD CA&amp;ES Field Day 2016</td>
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<td>Mar 12</td>
<td>Shasta County 4-H Presentation Day</td>
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<tr>
<td>Mar 15</td>
<td>Conference Registration Deadline</td>
</tr>
<tr>
<td>Mar 25</td>
<td>Council Scholarship Applications Due</td>
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<td>Mar 28</td>
<td>Quality Assurance &amp; Ethics</td>
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## Monthly Council Meeting

**Valley 4-H Council Meeting**
**Wednesday, April 20, 2016** at 6:00 PM at the 4-H Office in Redding, CA

**Inter-Mountain 4-H Council Meeting**
**Wednesday, April 27, 2016** at 7:00 PM at Gepetto’s Pizza in Burney, 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.
Swede Creek Serving the Community

This December Swede Creek 4-H participated in many helpful community services such as Wreaths Across America, Bell Ringing for the Salvation Army, and The Foster Care Youth Christmas Party.

In Igo-Ono at the Veterans cemetery, we placed wreaths on the graves honoring the men and women that died for our country. It was extra special for my family because we were able to place a wreath on my grandfather’s grave. One of our Swede Creek members even donated a portion of her animal sale for the Wreaths Across America project.

Another service we provided was bell ringing. Fifteen of our members raised money for the Salvation Army by ringing bells in front the Holiday Market in Palo Cedro.

Some of our Swede Creek families joined in by helping throw a Christmas party for the Foster Care children of Shasta County. They played games with them and gave them Christmas gifts, reminding us to be thankful for our families. It was a blessing to serve our community in these ways.
Cottonwood 4-H Petting Zoo
Alexis Renihan
On October 10 and 11, 2015, Cottonwood 4-H worked the petting zoo at Nash's. There was a turkey, 3 goats, a sheep, an alpaca, chickens, and a baby pig. It was fun to walk the little kids around and show them the animals. Thank you, Mrs. Nash, for letting us work at the petting zoo.

4-H STEM Project
By Alex Wayman & Jacob Gaynor

From science to mathematics to robots, STEM has it all.

Hi, this is Alex and I've only just started in my first year, and I'm already intrigued by the program. One of our meetings hooked me the most. In the project, we designed a rocket to launch "x" amount of feet away. We could use PVC pipe, straws, paper, and other materials to make it more aerodynamic or just spruce it up a bit. I teamed up with my friend Jacob Gaynor, and we had a blast. To launch the rocket, you had to step or jump on a bottle that pushes air through a tube and into the rocket, forcing it to launch in the air. Even though ours didn't launch the farthest, we still tried our best and had a lot of fun, and I can't wait to do more in STEM.

Hi this is Jacob and this is also my first year in STEM. I already enjoy it a lot! So far, we have done the projects: Rockets to the Rescue, Robot Cleaning Crew, and GPS/GIS Mapping. Our most recent (GPS mapping) was amazing; we set waypoints with our hand-held units and made trails. When we returned we loaded all of our data together on a computer and made a map! We had all of our waypoints marked on the digital map; it was so cool.

We believe STEM is a great program and encourage you to join!
**COUNTY NEWS - CLUB LEADERS CORNER**

**Upcoming Administrative Deadlines**

- **February 12th**: 4-H Horse I.D. Certification Forms Due (Shasta District Fair)
- **March 25th**: Council Scholarship Applications & All Star Applications Due
- **May 13th**: Valley 4-H Agreement Contract Due
- **May 20th**: All Star Support Team Applications Due

**Don't Miss the Deadline!**

**4-H Curriculum Checkout Procedures**

Just a reminder that the following procedures are in effect for accessing curriculum held in the Council Library.

- Curriculum (not including the 4-H Kits) may be checked out to currently enrolled 4-H Leaders during regular office hours by the UCCE staff. Curriculum may be checked back in during regular office hours by the UCCE staff.
- 4-H Kits may be checked out to currently enrolled 4-H Club or Project Leaders by UCCE staff. Leaders who check out a livestock ‘KIT’ must sign a check-out contract (standard form) stating they are financially responsible for any missing or damaged parts upon return.
- 4-H Kits may be returned to the UCCE Office, but they are not considered checked in until the 4-H Librarian has personally checked them in and compared the parts of the kit to the parts list to verify all parts are there.
- 4-H Kits may not be checked out by another leader until the 4-H Librarian has checked them back in.
- Curriculum items may be checked out for 30 days. The Librarian will contact a leader when an item is overdue.
- It is recommended that leaders call the office to confirm the library is available for viewing (i.e. – there is not a meeting in the conference room).

*Thank you for your assistance following these procedures!*

**New Healthy Living Officer Training**

The Healthy Living Officer serves as the 4-H club’s ambassador for health! By choosing to elect a Healthy Living officer your club is taking an active role in promoting healthy lifestyles. The Healthy Living Officer will be the leadership for all health activities including: Providing ideas on how to incorporate physical activities and healthy eating into each club meeting, writing Healthy Living articles for the club newsletter, and adopting and promoting a club Wellness Plan. Please help ensure that the health “H” of 4-H is at the forefront of all our meetings, consider electing a Healthy Living Officer for your club!

The Healthy Living Officer Training can be found at: [http://4h.ucanr.edu/Projects/HealthyLiving/Become_a_Healthy_Living_Officer/](http://4h.ucanr.edu/Projects/HealthyLiving/Become_a_Healthy_Living_Officer/)
**Home Food Preservation Project**— Twin Palms 4-H Leader (and UCCE Master Food Preserver) Benita Moore will be offering a Home Food Preservation project for youth from any club. Project meetings will be held on the 4th Saturday of the month, 1-4 pm, in Redding starting February 27th. We’ll be learning all about preserving in boiling water bath and pressure canners; dehydrating, pickling, and jams & jellies. There will be lots of fun activities, field trips, and you will preserve foods to enter in the Fair. For more information contact Benita, 226-9765, or the Shasta County 4-H office, 224-4900, All youth 4th thru 12th grade are welcome. Enrollment limited to 6 youths.

**Square Foot Gardening Project**— Twin Palms 4-H Leader (and UCCE Master Gardener) Benita Moore will be offering a Square Foot Gardening project for youth from any club. Project meetings will be held on the 2nd Saturday of the month in Redding, 1-3 pm, starting September 12th. We’ll be learning all about gardening in field and greenhouse, above and below ground and helping our own plants to grow in a get-your-hands-dirty way. There will be lots of fun activities, field trips, and you will grow vegetables to enter in the Fair and donate to local Food Banks. For more information contact Benita, 226-9765, or the Shasta County 4-H office, 224-4900, All youth including Primaries are welcome.

**Mapping Your World Project** — Do you like to look at maps? Are you the navigator of your family? Come and explore the world of geospatial science and go where no 4-H project has ever gone before! Twin Palms 4-H Leader Benita Moore is offering a Mapping Your World project for youth from any club. Project meetings will be held on the 3rd Saturday of the month in Redding, 1-4 pm, starting October 17th. You will learn about maps, geocaching, Geographic Information Systems (GIS) and Global Positioning Systems (GSP). Contact Benita at 226-9765 or the Shasta County 4-H office at 224-4900 for more information. All youth 4th thru 12th grade are welcome.
INTERMOUNTAIN FASHION REVUE

REGISTRATION DUE (mandatory): Friday, February 5, 2016, by 5:00 PM, online or at 4-H Office

http://ucanr.edu/survey/survey.cfm?surveynumber=16978

WHEN: Friday and Saturday, February 19-20, 2016

WHERE: Intermountain Fairgrounds, McArthur

State Recognized Categories

1. **Traditional** - features garments the participant has constructed, showcasing sewing skills and the ability to coordinate an outfit. The entry must be sewn by the member as part of the 4-H Clothing and Textiles project, and worn by the member (not constructed for someone else). The outfit must contain at least one constructed garment; participants are encouraged to construct additional garments to complete the outfit. (No change from 2015)

2. **Consumer Science Purchased** - $40.00 limit for the entire outfit, includes shoes but not sales tax. Receipts from the current 4-H year are required for any item that is visible. Gifts, prior purchases, and items without receipts are not eligible for this category. Receipts from yard sales, etc. may be handwritten. There is no 4-H project requirement, which means that any 4-H member may enter this category. (No change from 2015)

3. **Upcycled** - take one or more existing garments and turn them into a new, different, and wearable garment. Additional fabrics, trim and supplies may be used during the construction process. The upcycled garment must be sewn by the member as part of the 4-H Clothing & Textiles project. Additional upcycled and/or sewn garments are encouraged to complete the outfit. A “before” photograph showing the original garment(s) is required. This is not an alteration such as a large dress taken in to fit a smaller person that still retains the same lines. It is where the garment has been cut apart and remade into a new garment that looks different. The emphasis is on the transition of the garment. The outfit entered in the Upcycled category must include an accessory of your choice handmade made by the participant. (Requirements changed from 2015)

4. **Western Wear Challenge** – construct a western-style shirt/blouse with short or long sleeves. Use of any pattern and any fabric is allowed. Include handmade or purchased garments and items to complete the outfit. The entry must be sewn by the 4-H member as part of the 4-H Clothing & Textiles project. (New for 2016)

5. **Muslin Challenge** – Create a wearable garment using at least 2 yards but not more than 3 yards of bleached or unbleached cotton muslin, 36-45” wide. Use of other fabric besides the muslin that shows is allowed, not to exceed 1 yard. Use of other fabric that doesn't show, like lining or interfacing, is also allowed. Members are encouraged to decorate and embellish the muslin garment using dye, paint, embroidery, “bling,” applique, trims, findings, etc. to enhance the garment. Include handmade or purchased garments and items to complete the outfit. The muslin garment must be created by the member as part of the member’s 4-H project work but the Clothing & Textiles (Sewing) project is not required. Some ideas are: the member learns to dye fabric in the 4-H Crafts project, then makes a skirt or shorts out of dyed muslin; or the member is in an embroidery project and sews a top, then embroiders it as part of the project; or the member is in a quilting project and does a pieced border on a muslin vest as part of the quilt project. This category is not restricted to sewing project members, but the entry does need to reflect work undertaken in a 4-H project. (New for 2016)

County Categories (Not Eligible for SFR Entry)

1. Creative Outfit – This division includes garments or articles made in another 4-H project such as Leather Crafts, Arts and Crafts, Weaving, Knitting, etc. (Something wearable) In this division, you do not have to be enrolled in a Clothing or Textiles project.

2. Quilting – Sewing of a garment, bed quilt, quilted wall hanging, etc.
INTERMOUNTAIN FASHION REVUE CONTINUED

2016 SFR Service Projects

REUSABLE BAGS. Reusable tote or grocery bags may be made from feed bags, leftover sturdy fabric, canvas, burlap or even old T-shirts. 4-H is promoting the use of unwanted materials to make sturdy, stylish and eco-friendly tote bags. Enjoy making them, donate them within your county and encourage everyone to keep some reusable bags on hand. To make this a service learning project, SFR encourages members to research needs within their own communities for the donations. Ideas are local food banks (for food distribution), the library (for checking out children’s books especially in the winter), homeless shelters, and non-profit thrift stores who may give away or sell them. What about asking if you can set up a table at holiday time to give bags away as people enter the local grocery store with a display about eliminating single-use plastic bags? You could even use them to hold holiday gifts instead of wrapping paper. Keep track of numbers made and donated for the SFR tally. There are many online tutorials, just be sure to reinforce the seams by stitching twice or zig-zagging them.

Reusable Bag flyer
Reusable Bag Tags

Links to patterns for Reusable bags:

http://wisdomofthemoon.blogspot.com/2008/01/cheap-easy-fabric-grocery-bags.html?m=1

PORT PILLOWS for cancer patients who have a portacath for chemo infusions. Wearing a seat belt irritates the port, so these little pillows cushion that area and make driving more comfortable. Supplies for one pillow are a 12" X 6" piece of soft cotton fabric, a 4" piece of 1/2" Velcro (both the hook part and the loop part), fiberfill, thread and a sewing machine. The Port Pillows can be donated locally in your county to a cancer center or the American Cancer Society. If you donate locally, please let us know how many! Or you can bring them to SFR and we will donate them.

Port Pillows Handout

OTHER INFORMATION: All members must submit a commentary, regardless of category entered. Members participating in the Upcycled category must submit a Commentary and the “Before and After Form”. Members participating in the Consumer Science Purchased category must submit a commentary and the “Itemization Form”, along with all receipts and tags. Forms are available at:
http://ceshasta.ucanr.edu/4-H_Program/Shasta_County_4-H_Information/Registration_Forms_Events_Trainings/
REGISTRATION DUE (mandatory): Monday, February 15th (No late entries accepted)
WHEN: Saturday, March 12, 2016
WHERE: Mistletoe Elementary School, 1225 Mistletoe Lane, Redding 96002
COORDINATED BY: Twin Palms 4-H & Palo Cedro 4-H

IMPORTANT INFORMATION

EVENT ELIGIBILITY: This event is open to all 4-H members.
REGISTRATION: MANDATORY registration online http://ucanr.edu/survey/survey.cfm?surveynumber=16814
UNIFORMS: Uniforms are acceptable but not required.
SDF REQUIREMENTS: This event can qualify you for participation at the Shasta District Fair, if presentation
is in project area. Call the 4-H office for clarification.

AGE DIVISIONS: Teams will be assigned rooms by oldest member.
- Primary (5-8 years old)
- Intermediate (11-13 years old)
- Junior (9-10 years old)
- Senior (14+ years old)

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 pins. Those receiving a gold award will be eligible to
compete at the Regional Level (date and location to be announced). Gold medalists at Regional Level will
qualify for competition at the State Level on Saturday, May 28 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)
9 - 10 a.m. Registration - then report to gym
9:15 a.m. Judge’s & MC’s Registration
9:30 – 10 a.m. Judge’s & MC’s Orientation
10 - 10:10 a.m. Welcome & Rules in gym
10:10 - 10:30 a.m. Members to Set-up Presentations
10:30 - 12:30 a.m. Presentations
12:30 - 1:30 p.m. Awards
Redding Rotary Honor to Youth Award
Each year the Redding Rotary honors one senior 4-H youth member and presents the member with a plaque and cash scholarship award. This year, Kutter Wright from the Twin Palms 4-H Club was selected and honored at the Redding Rotary meeting on January 21, 2016. Congratulations Kutter!

State Record Book Results
Congratulations to Melina Delaloza on achieving a merit award for her Record Book, which was submitted to the State Record Book Competition in back in October. This was Melina’s second year sending a book to state and was our only Shasta County participant this year. Great job Melina and keep up the good work!

INTER-MOUNTAIN
HOME EC. FIELD DAY & AG STILLS / FASHION REVUE

Friday & Saturday, February 19 & 20, 2016

This event is open to all Shasta County 4-H Members. The premium book contains everything you need to know for this event. Home Economics and Ag Stills participants must complete the entry form contained in the Premium Book and bring it to exhibit drop off on Friday, February 19, 2016. Fashion Revue participants must register online, no later than Friday, February 5, 2016, and bring category specific commentary forms to the event. Register online at: http://ucanr.edu/survey/survey.cfm?surveynumber=16978. Premium books and forms at: http://ceshasta.ucanr.edu/4-H_Program/Shasta_County_4-H_Information/Registration_Forms_Events_-Trainings/.

SERVERS NEEDED
The Shasta County Cattlewomen are looking for servers for the Beef Princess & Ambassador contest and dinner on February 27th at the IOOF Hall in Palo Cedro. This is a wonderful opportunity for service and to increase our visibility in the community.
Please contact Sandee Monroe for more information. She can be reached at SandeeMonroe@tcbk.com or 226-2954.
The Cattlewomen would also like to invite all current 4-H Beef Leaders in Shasta County to attend this event to learn more about the Beef Princess and Ambassador programs. Please contact Sandee Monroe for one free ticket to the dinner and competition.

ARTICLE SUBMISSION DEADLINE
REPORTERS - we would like to remind you that the deadline for TNT submission is the 20th of every month. The youth and volunteers of Shasta County 4-H work hard, so please share what your club has been up to. We are always happy to get the word out so that everyone can recognize your dedicated efforts.
Reminder: 2016 4-H Horse Show at SDF

Any 4-H horse project member who wishes to participate in the 2016 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 a new form. If leasing a horse, a new form must be filled out each year. Forms must be turned into the 4-H office by February 12, 2016.

http://ceshasta.ucanr.edu/files/137553.pdf

MANDATORY PROJECT STEER TAGGING & WEIGH IN

It is hard to believe that the 2016 Shasta District Fair is getting closer. We will be weighing and tagging steers on:

- Sunday, February 14, 2016, at Shasta Livestock from 9-11 AM
- Shasta College from 1-3 PM

If you have a back-up animal (the policy remains one per individual, not family) you will need to get that animal tagged as well. If you have any vaccinations or dewormers that you want to administer, the Shasta College Facility location may be the most appropriate for you.

If you are planning on exhibiting a bred heifer at the 2016 Shasta District Fair, please bring a copy of the bill of sale and a photograph of your project heifer. You do not need to bring your heifer. We will have Shasta District Fair Replacement Heifer Applications on hand that day for your convenience. Looking forward to seeing you all there!

~ Larry Forero

QUALITY ASSURANCE & ETHICS AWARENESS TRAINING FOR JUNIOR LIVESTOCK EXHIBITORS

Attention 4-H members showing livestock at SDF:

For the 2016 Shasta District Fair, Quality Assurance and Awareness Training is required for all junior livestock exhibitors. This is the same training that is required for members wishing to enter the California State Fair. As a part of this process, the following training has been scheduled:

- Monday, March 28, 2016, 6:00 PM – 7:00 PM  Redding Library – Community Room
  Trainer: Jackie Zediker, 4-H Program Representative, Siskiyou County

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

2016 VALLEY FAVORITE FOODS DAY RESULTS

PRIMARY:

Brooke Carlson, Happy Valley  Star
Charlotte Evans, Golden Acres  Star
Caleb Fabela, Golden Acres  Star
Austin Frazer, Foothill  Star
Gracyne Hopson, Golden Acres  Star
Dallas Levens, Golden Acres  Star
Levi Schiltz, Golden Acres  Star
Max Schultz, Golden Acres  Star
Hannah Thomas, Black Butte  Star
Christopher Wheeler, Happy Valley  Star
Kendra Yeager, Twin Palms  Star

MAIN DISH:

INTERMEDIATE

Andrew D'Amico, Sweede Creek  Medal
Owen Fabela, Golden Acres  Red Ribbon

SENIOR

Daniella Remillard, Golden Acres Medal

SALAD:

INTERMEDIATE

Matt Granger, Palo Cedro  Medal

DESSERT:

JUNIOR

Sarah Webster, Golden Acres  Medal

INTERMEDIATE

Andrew D'Amico, Sweede Creek  Blue Ribbon
Carmelo Maggio, Golden Acres  Blue Ribbon
Tatum Wayman, Golden Acres  Medal

SENIOR

Melina Delaloza, Golden Acres Medal (Tie)
Daniella Remillard, Golden Acres Medal (Tie)

MARKET ANIMAL:

JUNIOR

Kaylee Johnson, Lone Tree  Red Ribbon
Gage Perry, Lone Tree  Medal
Levi Schultz, Golden Acres  Blue Ribbon

INTERMEDIATE

Brianna Browning, Sweede Creek  Medal
Skyler Cole, Sweede Creed  Blue Ribbon
Chase Colgate, Golden Acres  Blue Ribbon
Andrew D'Amico, Sweede Creek  Blue Ribbon
Maggie Mc Dilda, Happy Valley  Blue Ribbon
Ryan Paradis, Sweede Creek  Blue Ribbon
Garrett Perry, Lone Tree  Red Ribbon
Chloe Schultz, Golden Acres  Blue Ribbon
Bailey Thomas, Black Butte  Blue Ribbon
Karlie Morfin, Lone Tree  Blue Ribbon

SENIOR

Jason Deaver, Lone Tree  Blue Ribbon
Melina Delaloza, Golden Acres  Medal
Kandyce Bradley, Twin Palms  Blue Ribbon

JESSICA JAMERSON, COTTONWOOD  BLUE RIBBON
JESSIE SCHEELE, HAPPY VALLEY  BLUE RIBBON
Kayla Wolfe, Foothill  BLUE RIBBON

EDIBLE CENTERPIECE:

SENIOR

Melina Delaloza  Medal

BREAD:

JUNIOR

Catalina Del Rio, Foothill  Medal

INTERMEDIATE

Andrew D’Amico, Sweede Creek  Blue Ribbon
Alexander Wayman, Golden Acres Medal

APPETIZER:

JUNIOR

Catalina Del Rio, Foothill  Medal

INTERMEDIATE

Emily Fox, Golden Acres  Medal
Ivy Levens, Golden Acres  Red Ribbon
Landon Levens, Golden Acres  Red Ribbon

SENIOR

Alexis Fabela, Golden Acres  Blue Ribbon
Daniella Remillard, Golden Acres Medal
Reese Whitehead, Happy Valley  Blue Ribbon

COOK BOOK:

SENIOR

Melina Delaloza  Medal

DAIRY:

INTERMEDIATE

Melina Delaloza  Blue Ribbon
Madeline Evans, Golden Acres  Medal

SINCEREST THANKS TO THE ADULTS THAT HELPED JUDGE THE VALLEY FAVORITE FOODS DAY EVENT!

Phillip Carlson       Abriana Griffith       Melina Remillard
Jill Claverie        Tawnya Hiscock        Sherry Saunders
Kay Delaloza         Clayton Levens         Brian Swaggerty
Amber Fabela         Kathy Piazza           Roger Syvertson
COUNTY NEWS

2016 VALLEY FAVORITE FOODS DAY
**COUNTY NEWS**

**Valley Favorite Foods Day Results**

**Food Origin Quiz Results**

**Junior**
- Sarah Webster, Golden Acres Medal
- Ivey Levens, Golden Acres Medal

**Intermediate**
- Madeline Evans, Golden Acres Medal

**Measurement Conversion Quiz Results**

**Junior**
- Sarah Webster, Golden Acres Medal

**Intermediate**
- Madeline Evans, Golden Acres Medal

**Spice Identification Quiz Results**

**Junior**
- Sarah Webster, Golden Acres Medal

**Intermediate**
- Madeline Evans, Golden Acres Medal

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**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.

- John Quincy Adams
**2016 Intermountain Favorite Foods Day Results**

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<td>Rex Reynier, Evergreen</td>
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<td>Elizabeth Taylor, Hat Creek</td>
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<td>Intermediate</td>
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<tr>
<td>Carlos Garcia, Pine Grove</td>
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<td>Ciera McClung, Burney</td>
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<th>DESSERT:</th>
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<td>Eric Martin, Burney</td>
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<td>Frank Rose</td>
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<td>Jeanne Bucher, Hat Creek</td>
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<td>Jayli Hendrix, Evergreen</td>
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<td>Brandon Taylor, Hat Creek</td>
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<td>Senior</td>
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<td>Melissa Eastman, Pine Grove</td>
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<tr>
<td>Emily Rees, Evergreen</td>
<td>WHITE RIBBON</td>
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<td>Sydney Cassity, Evergreen</td>
<td>MEDAL (TIE)</td>
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<td>Ellie Jacobson, Evergreen</td>
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<td>Giselle Rodriguez, Evergreen</td>
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<td>Ryanna Garner, Evergreen</td>
<td>MEDAL (TIE)</td>
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<td>Emily Rees, Evergreen</td>
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<td>Lexi Robbins, Evergreen</td>
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<td>Frank Rose, Burney</td>
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<tr>
<td>Melissa Eastman, Pine Grove</td>
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<td>Jaycee Norris, Evergreen</td>
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<td>Emily Rees, Evergreen</td>
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<td>Lexi Robbins, Evergreen</td>
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<td>Jose Sanchez</td>
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<th>BEVERAGE:</th>
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<td>Andrew Leamon, Pine Grove</td>
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<td>Erick Martin, Burney</td>
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<td>Ciera McClung, Burney</td>
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<th>APPETIZER:</th>
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<td>Sydney Cassity, Evergreen</td>
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<td>Hailey Conner, Evergreen</td>
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<td>JD Pendleton, Pine Grove</td>
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<td>Risa Reynier, Evergreen</td>
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<td>Brandon Taylor, Hat Creek</td>
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**SINCEREST THANKS TO THE ADULTS THAT HELPED JUDGE THE INTERMOUNTAIN FAVORITE FOODS DAY EVENT!**

Marie Beck          Cindy Jacobson       Pat Pell
Wendi Chico         Susie Knoch         Kari Rose
Donna Garner         Leslie Mastalarz     Betty Taylor

**Thank You!**
COUNTY NEWS

2016 INTERMOUNTIN FAVORITE FOODS DAY
National 4-H Avian Bowl

In 2014 the Shasta county team traveled to the California State Qualifier and won. We then represented California at the National 4-H Poultry & Egg Conference in Kentucky, where we also won! California is the only state on the west coast that competes, while the other teams come from the Midwest or East Coast. In fact, California just won it again in 2015. Let’s help keep the winning streak going. It would be great to give our 4-H friends from central and southern California some competition again this year from our great north state. We need to help represent the state too!

If you have an interest in poultry, or even just have an interest in a fun, fast-paced quiz competition, and a willingness to study the poultry manual to learn something new, we have openings for you.

The state qualifier is February 27th in Fresno and has a Junior Team division too. A team is made up of 2-4 people. *Seniors are ages 14-18 on January 1, 2016, and Juniors are age 13 and under. Although there is also a state champion Junior team crowned at the qualifier, only the Senior team is eligible to go to Nationals. Competing as a Junior is a great way to build your knowledge for a future spot on a Senior team.

We are looking forward to coaching more great teams from Shasta County. Please contact our adult coach, Kris Wright, or me, Kutter Wright, at 215-6731 with any questions or interest.
Tips 'n Topics

COUNTY NEWS

SHASTA COUNTY
CATTLEMEN'S
AND
CATTLEWOMEN'S

50TH ANNUAL
BEEF PRINCESS
AND
24TH ANNUAL
BEEF AMBASSADOR
CONTESTS

JOIN US FOR A BEEF DINNER BY VIC WOOLERY,
NO HOST BAR, RAFFLE PRIZES & LIVE AUCTIONS
THROUGHOUT THE EVENING!

FEBRUARY 27, 2016
DINNER at 6:00 PM
CONTEST at 7:00 PM
TICKETS $25 EACH

RESERVE TICKETS BY FEBRUARY 20TH
Palo Cedro Oddfellows Hall
22551 Silver Bridge Road • Palo Cedro

To Purchase Tickets
Call Ginger:
530.396.2411
4-H Beekeeping Essay Contest

This year's essay theme is "Bees and Pollination: How Important Is It?" California 4-H'ers are urged to "put your pens to paper (or fingers on your keyboard) and start telling everyone else just how important bees and pollination are to our own wellbeing."

The deadline to submit the essays (750 and 1000 words) is Feb. 15, 2016, to elnino@ucdavis.edu.

The contest details are at http://preservationofhoneybees.org/essays#rules-overview-2. Essays from previous years are also posted.

The Bezos Scholars Program

Deadline: February 16

24 U.S. high school juniors and educators will be selected to represent their 12 respective high schools - See more at: http://www.bezosfamilyfoundation.org/about-bezos-scholars-program#sthash.H8lfXMbT.dpuf

Every year 12 pairs of U.S. high school juniors and educators are selected to participate in this year-long leadership development program. The program kicks off with an all-expenses-paid scholarship to attend the acclaimed Aspen Ideas Festival (AIF), a remarkable gathering of thinkers and change agents from around the world. Throughout the academic year, Scholars participate in virtual Bezos Scholars Program trainings and are invited to apply for a $1,000 seed grant to design and implement their Local Ideas Festival.

Learn more and apply at http://www.bezosfamilyfoundation.org/application

VolunTEEN Nation International Service Project Grants

Deadline: Rolling

Students (ages 13-22) from the United States going abroad to volunteer or study in a developing country are encouraged to apply for an international service-learning mini-grant from VolunTEEN Nation. Grants are for up to $300 to create a service project in a developing country while you are visiting that country.

Projects that foster good health, education, and economic self-sufficiency in developing countries are eligible. http://bit.ly/19OAEa2


The Animal Science Symposium is scheduled for May 23-25, 2016 and will take place at the UC Davis, School of Veterinary Medicine. The symposium is a train-the-trainer professional development approach for 4-H staff, key 4-H volunteers, and FFA supervisors/teachers on important topics and skills related to animal welfare and animal health. The event will provide foundational training on the new Animal Welfare Proficiencies. The symposium is not open to 4-H youth members, but a career fair will take place during the evening of May 23rd. 4-H youth are invited to attend to learn about potential careers in the animal science and agricultural industries. Registration for this event will open in February, 2016. For more information visit: http://4h.ucanr.edu/4-H_Events/Symposium/.
Tips 'n Topics

REGIONAL, STATE & NATIONAL FUNDING & MORE

Karma for Cara Foundation Micro-Grants

**Deadline: Rolling**
The Karma for Cara Foundation is encouraging kids 18 and under to apply for funds between $250 and $1,000 to complete service projects in their communities. Whether it is turning a vacant lot into a community garden, rebuilding a school playground or helping senior citizens get their homes ready for winter, they want to hear what project you’re passionate about.

Learn how you can get involved - including applying for a microgrant - at: [http://www.karmaforcara.org/get-involved](http://www.karmaforcara.org/get-involved)

New Presentation Manual

The NEW Presentation Manual is here! The 4-H Presentation Manual (2015) is the consistent and standard guide for all 4-H presentations and will be adopted by all County, Sectional/Regional, and State 4-H Presentation Days. To view the new manual visit: [http://4h.ucanr.edu/files/220608.pdf](http://4h.ucanr.edu/files/220608.pdf).

In addition, example films for almost every category have been posted at [https://www.youtube.com/playlist?list=PLmPu2m62SYPOC--sIoJud51n7aNqyWBmh](https://www.youtube.com/playlist?list=PLmPu2m62SYPOC--sIoJud51n7aNqyWBmh).

If you have any questions regarding the new manual please contact Alyssa Sankey, State 4-H Program Representative, at ajsankey@ucanr.edu.

2016 Equine Planning Team

Are you interested in serving on the 2016 Equine Planning Team? The Equine Planning Team is responsible for planning, conducting, and overseeing both the Equine Field Day and the California 4-H Horse Classic. Youth Members, Adult Volunteers, and 4-H Staff are encouraged to apply at [http://ucanr.edu/survey/survey.cfm?surveynumber=16296](http://ucanr.edu/survey/survey.cfm?surveynumber=16296).

For more information visit [http://4h.ucanr.edu/4-H_Events/Horse_Classic/](http://4h.ucanr.edu/4-H_Events/Horse_Classic/) or contact Alyssa Sankey, State 4-H Program Representative for Animal Science, ajsankey@ucanr.edu.

National Youth Summit on Health Living

**February 12-15, 2016.**

This Summit is open to any high school student in grades 9-12 as of September 2015. **Summit fees** include accommodations at the National 4-H Conference Center, meals, educational programming, and tours. It includes a guided night time tour of the monuments and memorials in Washington, DC. All-you-can-eat meals are served at the Clover Cafe at National 4-H Conference Center beginning with dinner on Friday, February 13 and ending with breakfast on Monday, February 16, 2015. For more information and to register, go to: [http://www.nationalyouthsummit.org/healthy-living-conference/](http://www.nationalyouthsummit.org/healthy-living-conference/)

2016 Leadership Washington Focus

**July 11-15, 2016**

Leadership Washington Focus (LWF) is a 4-H leadership program for youth entering grades 7 through 9. The program will take place at the National 4-H Youth Conference Center, just 1 mile from the Washington, D.C. border.

(Price range $1650 - $1850 per person)

More information at: [http://4h.ucanr.edu/4-H_Events/LWF/](http://4h.ucanr.edu/4-H_Events/LWF/)

2016 Citizenship Washington Focus Trips

Citizenship Washington Focus, an educational conference offered at the National 4-H Center near Washington, D.C., gives youth the opportunity to explore, develop, and refine the civic engagement skills they need in order to become outstanding leaders.

**Heritage Trail—July 10-16, 2016**

(Price range $2850-$3000 per person)

**Global Journey—July 10-19, 2016**

(Price range $3625-$3800 per person)

(Conference plus extended travel days to: Gettysburg, Philadelphia, and Baltimore)

More information at: [http://4h.ucanr.edu/4-H_Events/WF/](http://4h.ucanr.edu/4-H_Events/WF/)

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.**
Regional, State & National Funding & More

State Leaders’ Forum
November 11-13, 2016
Registration opens on April 1
Mark your calendars to attend the final State Leaders’ Forum for a couple of years. Come to Sonoma County and the Flamingo Hotel in Santa Rosa to expand your tool box when working with young people. The committee is motivated to create an enlightening experience for you. Scintillating speakers, first class workshops, and clever activities highlight the never-ending quest to ensure you will have monumental memories. We are searching for workshop presenters who are willing to share their out-of-seats delivery.
Please contact Education Chair - Linnaea Knisely (linnaeak@gmail.com). In the meantime visit the website http://ucanr.edu/4hslf for updates.

4-H Cooking Throwdown – STATE FAIR
This July at the California State Fair, all 4-H members are invited to take part in the 4-H Throwdown. The event is divided by age and themes. Each team will consist of three youth members who will be given 15 minutes to prep and then an hour to cook a three-course meal. A panel of judges will taste all prepared courses and award a winner.
For more information http://4h.ucanr.edu/Projects/HealthyLiving/Additional_Opportunities/

National 4-H GIS/GPS Leadership Team
Application Deadline: Friday, February 19, 2016
The National 4-H GIS/GPS leadership team is a national leadership opportunity for state 4-H youth-adult teams to support 4-H GIS and community mapping programs. The team serves for one year beginning in June 2016. Members of the team will represent 4-H at the Esri Educational GIS Users Conference in June 24-28, 2016 in San Diego. As a part of the team they will; 1) participate in a GIS service project there; 2) participate in team communications for the year; 3) take an active role throughout the year on a team GIS project that supports 4-H GIS activities at national, state and local levels; and 4) serve as geomentors for future 4-H GIS software grant recipients.
The national team is composed of state/Local Government Unit teams of one or two 4-H teens and one adult. Youth must be 4-H members at least age 14 and not yet graduated from high school when the team attends the GIS conference in June 2016.
Completed and digitally signed PDF applications must be submitted by Friday, Feb. 19, 2016. Download the fillable PDF application from https://sites.google.com/site/nat4hgis. E-mail the completed PDF document with digital signatures to both e-mail addresses shown on the last page of the application. Selections will be made in March.

Sodexo Foundation Youth Grants
One in five children in America are at risk of hunger. This is a problem that can be solved, and kids are a part of the solution! YSA (Youth Service America) and Sodexo Foundation are looking for 125 of the best ideas from young people about how they can help end childhood hunger in their communities.
$400 grants are available for youth leaders ages 5-25 across the U.S. to turn their ideas into action and make an impact on the issue of childhood hunger on Global Youth Service Day - April 15-17, 2016 - and beyond.
What are we looking for?
Youth-led community service projects designed to address childhood hunger.
We’re especially interested in projects that bring together young people, families, Sodexo employees, and other community members.
Youth ages 5-25 that live in the United States are eligible to apply. Applications are due by 5:00 PM on January 15, 2016.
2016 CAMPING CONFERENCE

The California 4-H Camping Advisory Committee invites you to attend the 2016 Camping Conference. Filled with enlightening workshops, engaging activities, and new ideas, this 3-day getaway is a great opportunity to improve your camping programs and meet others who are just as passionate about camp as you are! Register on line at http://ucanr.edu/survey/survey.cfm?surveynumber=16783

Dates: April 1, 2016 - April 3, 2016
Time: All Day
Contact: Marianne Bird, mbird@ucanr.edu or John Borba, jaborba@ucanr.edu
Sponsor: UC 4-H Youth Development Program

WHEN: April 1-3, 2016
WHERE: Nevada 4-H Camp, 1 4-H Road, Stateline, NV 89449
WHO: Senior youth members, adult volunteers, & 4-H staff
COST: $150 - Early Registration (by February 16)
$175 - Regular Registration (February 17-March 15)
$35 - Additional Cost for Archery Certification

Fun Night 2016

Chinese New Year

Saturday, February 13, 2016
Tehama District Fairgrounds – Auditorium
4 – 8:30 PM
FREE TO ENTER – EVERYONE IS INVITED

Carnival-Style Games for the WHOLE FAMILY!
Only 25 cents per Game!!!
Concessions, Dinner, Silent Auction and MORE!

Fundraiser for the Tehama County 4-H Program
Call 530-527-3101 for more information
A National 4-H Shooting Sports Instructor Training

March 2-4, 2016

Scheduled to take place in Fairbanks, Alaska, in conjunction with the Western Regional Leaders Forum. Training will be for Rifle or Pistol ONLY. No other disciplines will be offered.

Here is a link to information: http://www.alaska2016.com/2016-national-4-h-shooting-sports-workshops.html

4-H Shooting Sports Western Heritage Workshop

March 13–16, 2016

Plans are underway to host a 4-H Shooting Sports Western Heritage Workshop in California. It will be held at the Safety First Shooting Association in Winton, CA (Merced County). More information and registration material will be sent out when the details are finalized. Those who pass the certification training will be certified to lead a 4-H Western Heritage project. For more information about the project and the location visit:

Western Heritage Project
http://www.4-hwesternheritageproject.org/
Safety First Shooting Association
http://www.safetyfirstshooting.org/

4-H Archery Leader’s Training & Archery for Beginners Class

February 20-21, 2016

Saturday, February 20th, from 9:00 AM to 4:00 PM at Mistletoe School, Redding, Room #700
Sunday, February 21st, from 9:00 AM to 2:00 PM at Carnage Ridge Archery, 10283 Oak Run Road, Oak Run.

Now accepting enrollment for Archery For Beginners Training & 4-H Archery Leaders Training.

Do you want to know more about this exciting sport? Are your children interested in archery? We are accepting enrollment now for ages 9 and up for our class. You will learn about styles of archery, technique, products used, form of shooting, safety, course designs, teaching others as a leader. You do not need a bow to attend, but if you have one please bring it.

This is a California State Certification Program for junior, teen, and adult leaders. Instructors are California State Certified Master Instructors, Jason Ham and Rebekah Ham.

Class is only $35 for adults, $20 for youth. Space is limited, so sign up today!

Mail your registration to: Rebekah Ham 10283 Oak Run Road, Oak Run, CA 96069. Please make all checks payable to “Foothill 4-H/Archery”. Please include your name, address, and phone number for anyone attending this class.

For more information call 530-410-9101, or go to Facebook at “4-H Archery Shasta County”.
2016 State Fashion Revue

"Through the Looking Glass"

Announcing State Fashion Revue 2016 categories, service projects, cover art contest and first committee meeting! The SFR committee meets October 4 from 10-2 at the San Joaquin Robert J. Cabral Agriculture Center, 2101 East Earhart Avenue, Stockton. Bring lunch and your fabulous ideas. All 4-H members are invited to participate in the SFR 2016 program cover art contest to illustrate the theme "Hoe Down, Sew Down." Original art work is due by to http://ucanr.edu/sfrcovercontest. Participant categories returning for SFR 2016 are Traditional, Upcycled, and Consumer Science Purchased $40 limit. The two new categories are Jacket Challenge and Costume Challenge. The service projects this year are pillowcases (sewn) and hats (sewn, knitted or crocheted). Please see the SFR website for more details on joining the committee, the cover contest, the categories and service projects or the event itself at http://4h.ucanr.edu/Programs/Events/SFD/SFR/.


State Leadership Conference: July 28-31, 2016 Humboldt State University Registration opening early February 2016 Join the State Leadership Conference Team—Become a Program Assistant http://4h.ucanr.edu/4-H_Events/SLC/

Early Bird/Online Registration (By Feb 12th): $10/$15 After Feb 12th/Walk-ins are Welcome: $15/$20 State 4-H Contact: Alyssa Sankey at ajsankey@ucanr.edu or (530) 750-1340.

The Equine Field Day is an educational event that offers three concurrent presentations for each of the five 45-minute sessions. Past presentation topics have included saddle fitting, equine nutrition, equine chiropractic treatment, equine acupuncture treatment, and 4-H equine educational contests. Check back soon for a complete list of 2016 workshop topics!

Become a State Ambassador! Deadline February 16, 2016

Become a State Ambassador! Applications and References for 2016-2017 4-H State Ambassadors are due February 16, 2016, by 11:59 PM. Apply online at http://4h.ucanr.edu/Projects/Leadership/SA/Apply_to_Become_a_State_Ambassador/
University of California at Davis  
College of Agricultural and Environmental Sciences  
Field Day 2016

The College of Agricultural and Environmental Sciences will be holding its 40th annual Agricultural and Environmental Sciences Field Day on Friday, March 4th and Saturday, March 5th, 2016. **This Field Day is open to FFA and 4-H high school students from California and surrounding states.** These high school students come to Davis to compete in 24 different agriculturally based judging contests, ranging from livestock judging to agriculture computer applications. UC Davis students from a variety of majors coordinate the contests. Faculty and staff in CA&ES and local community members serve as advisers for these contests. Attached are the registration instructions for teams to register for the UC Davis CA&ES Field Day.  
**Registrations are due Friday, February 5th.** The Poultry, Dairy, and Livestock judging contests held at this event serve as the California 4-H state qualifiers for the National contests. Additional information regarding the CA&ES Field Day can be found at [http://www.caes.ucdavis.edu/connect/events/field-day](http://www.caes.ucdavis.edu/connect/events/field-day)

The top 4-H dairy judging team will qualify to compete at the World Dairy Expo in Madison, Wisconsin, and the top 4-H poultry judging team will qualify to compete at the National 4-H Poultry Judging competition in Louisville, Kentucky.

There are three National 4-H Livestock Judging Contests. The first place team (composed of the top placing 4-H team at the CA&ES Field Day) may select which contest for which they will represent California. The second place team may select next, and the third placing team may select third.

The National 4-H Livestock Judging Contests include:
- The North American International Livestock Exposition (NAILE) in Louisville, KY
- The American Royal in Kansas City, MO
- The Western National Round-Up in Denver, CO

For more information about state qualifiers for national contests, please visit: [http://4h.ucanr.edu/Projects/SET/SET_Projects/Animal/SLJC/](http://4h.ucanr.edu/Projects/SET/SET_Projects/Animal/SLJC/)

**To register online, go to** [http://calaged.csuchico.edu/registration/EnterAccessCode.asp?FieldDayID=469](http://calaged.csuchico.edu/registration/EnterAccessCode.asp?FieldDayID=469)

**Deadlines:**

- **February 5th - Online Registration Deadline** - Payments must be postmarked by this date. A $25 late fee for payments postmarked after this date will be enforced.
- **February 8th** - Agriscience Fair and Job Interview materials due.
- **February 13th** - Online registration closed - Late registrations will no longer be accepted.

For more information about state qualifiers for national contests, please visit: [http://4h.ucanr.edu/Projects/SET/SET_Projects/Animal/SLJC/](http://4h.ucanr.edu/Projects/SET/SET_Projects/Animal/SLJC/)
**Heart Health**

Heart disease is the **number one** killer of men and women in this country.

The risk for heart disease can be reduced and managed by adding the prevention steps below into your daily lifestyle:

**Ways to lower your risk:**

- Exercise regularly at least 30–60 minutes on most days of the week. Gardening, housekeeping, taking the stairs and walking the dog all count!
- Eat Right. Limit or avoid saturated and trans fats. Eat more fruits and vegetables.
- Lower your stress and get enough quality sleep.
- Choose foods with beneficial fats like salmon, avocados and nuts.

**Recipe of the Month:**

**Basic Hummus Dip**

**Ingredients**
- 2 cans chickpeas - drained and rinsed.
- 2-4 cloves garlic or 1 and 1/2 tsp. garlic powder
- 1/8 cup lime or lemon juice
- 1 teaspoon roasted sesame oil or vegetable oil
- 1/2 cup water - add more if needed
- 1/2 teaspoon curry or chili powder (optional)
- Very little salt needed due to canned chickpeas

**Directions**

Blend all ingredients in blender until creamy smooth. Stop blender and stir ingredients when needed. Serve with veggie sticks or low fat whole wheat crackers.

**Garden Notes**

Repair any winter damage to garden, shrubs and trees.

Turn compost pile, water if needed.
Start cool weather crops indoors.
Prune fruit trees.

**Food Safety Tip:**

If the power goes out, a full freezer should still keep food frozen for 48 hours. A half-full freezer should last 24 hours.

These estimates are shortened if the door is opened and the more the door is opened, the less effective the freezer will be.
RANGE CAMP 2016
32nd ANNUAL RANGE AND NATURAL RESOURCES CAMP
JUNE 19-24, 2016
ELKUS YOUTH RANCH - HALF MOON BAY, CA

Presented by: California-Pacific Section of the Society for Range Management
Where students 15-18 years old can discover the science and management of
our natural resources from experienced professionals and university faculty.

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

Cost: $450

"Top Camper" Contest: Plant ID test, subject matter exam & staff evaluation
Top three placing students* given opportunity to represent California-Pacific Section, SRM at the So-
ciety for Range Management’s High School Youth Forum, in St George, UT Jan 29 – Feb 2, 2017
(all expenses paid for top two students) and belt buckles. All participants receive t-shirts and camp
completion certificates. *Must be a current high school student in Feb ‘16

Information/Applications
http://www.rangelands.org
/casrm/HTML/rangecamps.html

Points of Contact
Cece Dahlstrom:
(619) 532-2269
carol.dahlstrom@navy.mil
Julie Finzel:
(661) 868-8219
julie@range-ecology.com

APPLICATIONS DUE APRIL 29, 2016
# February 2016

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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.

### RECORD BOOK CORNER

**Activity/Event/Award**

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

1—4-H Project
3—4-H Event Attended
4—Leadership
4—Leadership
4—Leadership
4—Leadership
5—Community Service
5—Citizenship OR 6—Communication Skills
5—Citizenship
6—Communication
6—Communication
7—Honors & Recognition
8—Lifestyle Activities

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Valley Council

Next meeting will be April 20, 2016
6pm at 4-H Office

Intermountain Council

Next meeting will be April 27, 2016
7pm at Geppetto’s Pizza, Burney

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