



University of California
Agriculture and Natural Resources

November 2018

4-H Youth Development Program

INSIDE THIS ISSUE:

<i>Club News</i>	2
<i>Club Leader News</i>	3
<i>County News</i>	3
<i>Livestock Judging Day Results</i>	3 - 4
<i>Record Book Results</i>	5 - 7
<i>Regional, State & National Funding and More</i>	8
<i>Regional, State & National News</i>	9 - 12
<i>UCCE Program News</i>	13 - 14
<i>Monthly Calendars</i>	15
<i>PDR</i>	Back



IMPORTANT DATES:

<i>Nov 11</i>	<i>IM Livestock Judging Day</i>
<i>Nov 12</i>	<i>Office Closed</i>
<i>Nov 17-18</i>	<i>4-H Leadership Lock-in</i>
<i>Nov 22-23</i>	<i>Office Closed</i>
<i>Nov 30</i>	<i>Fair Exhibitor/Adult Enrollment Deadline</i>
<i>Dec 24-25</i>	<i>Office Closed</i>
<i>Jan 1</i>	<i>Office Closed</i>
<i>Jan 4</i>	<i>Emerald Star Application Due</i>
<i>Jan 5</i>	<i>Valley Favorite Foods Day</i>
<i>Jan 12</i>	<i>IM Favorite Foods Day</i>

TIPS AND REMINDERS FOR ENROLLMENT

ENROLL NOW!

- Youth Fees are \$74.00
- Adult Fees are \$38.00
- Fees must be paid directly to the member's primary club.
- Leaders should enroll themselves as soon as possible.
- Once active, leaders need to review their enrollments regularly and confirm any members that are eligible for confirmation.
- Contact the 4-H Office if you need any assistance – we are here to help. (530-224-4900)
- **November 30th deadline** to enroll to be eligible to go to Shasta District Fair 2019.



MONTHLY COUNCIL MEETING

Valley 4-H Council Meeting
Wednesday, January 16, 2019, at 6:00 PM at the 4-H Office

Inter-Mountain 4-H Council Meeting
Wednesday, January 23, 2019, at 7:00 PM at Gepetto's Pizza,

Contact the 4-H Office for details.
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".



COUNTY NEWS - CLUB NEWS

Foothill in the Community

The 2018-2019 Foothill 4H year has started off busy with the members volunteering and giving their "Hands to Larger Service." The club was invited to help out at the Annual Asphalt Cowboy BBQ event. The kids helped serve 6,600 meals and had a good time giving back to their community. Then a couple of days later, the Foothill 4H Club partnered with Tri Counties Bank in Palo Cedro to stuff the 2018 Think Pink Bags. These bags, loaded with breast cancer awareness and education material, were handed out on Think Pink Day. The kids enjoyed helping their community with this important, lifesaving, event. IT was a busy few days but the kids are always willing to step up to help others.



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!

VOLUNTEERS NEEDED - FOREVER OUR FAIR BENEFIT DINNER

- Volunteers needed to serve dinner & help with cleanup, assist guests with filling out tickets prior to dinner
- Volunteers assisting with tickets, need to be in place at 4:45 pm in Lassen Hall
- Volunteers serving food & assisting with cleanup, need to be in place at 5:30 pm in Lassen Hall. FFA volunteers are also serving dinner
- Volunteers need to be in whites, you will also receive dinner

If you have any questions, please call Jami Simmons @ 530-510-3981

SAVE THE DATE! VALLEY AND INTER-MOUNTAIN FAVORITE FOODS DAY

Valley

Saturday, January 5, 2019

Location: Prairie Elementary School

Time: 9:00 am (Check-in) | 10:00 am (Start)

Host: Happy Valley 4-H

Inter-Mountain

Saturday, January 12, 2019

Location: Inter-Mountain Fairgrounds

Time: 8:00 am (Check-in) | 9:00 am (Start)

Host: Hat Creek 4-H

COUNTYWIDE PROJECTS

Did you know that the Shasta County 4-H Program offers around 15 countywide projects? Just as the name implies, these projects are open to all Shasta County 4-H Members, regardless of their club. However, chances are that they don't show up under your club's list of available projects during enrollment. This is because your club's project list only includes projects that are affiliated with your club and you probably need to complete a few extra steps to enroll.

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

2018 - 2019 Countywide Projects

Horse

Rabbit

Poultry

GIS

Dog

STEM Adventures

Horseless Horse

Food Preservation

Vegetable Garden

Pack Goat

Shooting Sports: Archery

Shooting Sports: Rifle

Aerospace & Rocketry

Genealogy

Dairy Goat



my 4-H

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



4-H UNIFORM SUPPLIES

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

COUNTY NEWS - CLUB LEADERS CORNER

UPCOMING ADMINISTRATIVE DEADLINES

November 30th

- Fair Exhibitor and Adult Volunteer Enrollments Due **DUE**
 All members planning on taking a project to the Shasta District Fair must enroll by this date. All adult volunteers must be enrolled by this date.
- Multiple Items Due
 2018-2019 4-H Club Budget
 2018-2019 Program Planning Guide
 2018-2019 Club Officers
 Updated List of Club Bank Account Signers

DON'T MISS THE DEADLINE!

December 14th

- Enrollment Fee Invoices Mailed
 This date is approximate
 Invoices billed in December are the first installment for the current program year
 Fees must be paid within 45 days following the receipt of the invoice

January 4th

- Emerald Star Application Due **DUE**
- 4-H Online Enrollment System Purge
 Any adult volunteers who have not completed all steps required to receive their appointment from the County Director will be deleted from the system.

2018 LIVESTOCK JUDGING DAY

PRIMARY

Izzy McClure	Black Butte
Eastyn Rickman	Golden Acres
Natalie Fernandez	Golden Acres
Lane Sites	Cottonwood
Wyatt Hathaway	Foothill
Oakley Whitmore	Happy Valley
TJ Lewallen	Happy Valley
Addison Bowers	Palo Cedro
Willow Fleming	Palo Cedro
Carolyn Salter	Palo Cedro
Levi Zander	Palo Cedro
Austin Domke	Swede Creek
Madeline Fiscus	Swede Creek
Paisley Hoberg	Twin Palms
Julia Johnston	Twin Palms
Everleigh Clark	Twin Palms
Khloe Llamas	Westside
Chad Miller	Westside
Ally Trisdale	Westside
Sara Tyson	Westside
Logan Tweedy	Westside

JUNIOR DIVISION

BEEF

Abigail Fernandez	1st	Golden Acres
Cooper Steele	2nd	West Valley
Sydney Frost	3rd	Golden Acres

SHEEP

Cade Hebert	1st	Golden Acres
Maddie Walton	2nd	Golden Acres
Hailee Roberts	3rd	Happy Valley

Meat Goat

Jillian Wold	1st	Happy Valley
Lars Wold	2nd	Happy Valley
Iris Severne	3rd	Golden Acres

SWINE

Nathan Fitch	1st	West Valley
Teaghan Furic	2nd	Westside
Holly Hudson	3rd	Golden Acres
Jordan Feamster	3rd	Whitmore
Brody Nelson	3rd	West Valley

POULTRY

Cameron Wheeler	1st	Happy Valley
Preston Ledbetter	2nd	Golden Acres
Madison Hoherg	3rd	Twin Palms

RABBITS

Catherine Johnston	1st	Twin Palms
Tyan Trisdale	2nd	Westside
JoJo Dorroh	3rd	Westside
Brayden Tyson	3rd	Westside



COUNTY NEWS

2018 LIVESTOCK JUDGING DAY

OVERALL

JUNIOR

Lila Hammon	1st	Golden Acres
Cade Hebert	2nd	Golden Acres
Jordan Feamster	3rd	Whitmore

INTERMEDIATE

Owen Severne	1st	Golden Acres
Tessa Walker	2nd	Foothill
Emily Laymanleary	3rd	Swede Creek

SENIOR

Kenzie McDonald	1st	Swede Creek
Connor Wayne	2nd	Cottonwood
Destiny Valles	3rd	Cottonwood

INTERMEDIATE DIVISION

BEEF

Carson Wright	1st	Golden Acres
Brooke Reagan	2nd	Swede Creek
Ben Hudson	3rd	Golden Acres

SHEEP

Emily Laymanleary	1st	Swede Creek
Hannah Bamford	1st	Happy Valley
Madyson Frandsen	2nd	Palo Cedro
Jesie Adams	2nd	Foothill
Ellie Snider	3rd	Happy Valley
Tessa Walker	3rd	Foothill

MEAT GOAT

Emma Baldry	1st	Cottonwood
Gracie Wold	2nd	Happy Valley
Mackalyn Smedley	3rd	Cottonwood
Gregorio Murillo-Romo	3rd	Golden Acres

SWINE

Isaac Snider	1st	Happy Valley
Emily Nolan	2nd	Golden Acres
Mason Endres	3rd	Golden Acres
Isiah Larcenai	3rd	West Valley

POULTRY

Owen Severne	1st	Golden Acres
Dillon Wayne	1st	Cottonwood
Gracie Benninghoven	2nd	Foothill
Sierra Dorroh	3rd	Westside

RABBITS

Connor Hudson	1st	Golden Acres
Michael Robers	2nd	Happy Valley
Ayden Henry	2nd	Westside
Carlie Utvick	3rd	Cottonwood

SENIOR DIVISION

BEEF

Berkeley Simonis	1st	Oak Run
Sophie Strawn	2nd	Oak Run
Bethany Chambers	3rd	Happy Valley

SHEEP

Caden Adams	1st	Foothill
Travis Lemon	2nd	Swede Creek
Sam Tiverino	2nd	Swede Creek
Colby Lanzi	3rd	Foothill

MEAT GOAT

Aubrey Severne	1st	Golden Acres
Destiny Valles	2nd	Cottonwood
Macie Shelton	2nd	Palo Cedro
Owen Fabela	3rd	Golden Acres

SWINE

Colton Prett	1st	West Valley
Kenzie McDonald	2nd	Swede Creek
Josh Brackett	3rd	Golden Acres

POULTRY

Emily Nail	1st	Lone Tree
Connor Wayne	2nd	Cottonwood
Hannah Wayne	3rd	Cottonwood

RABBIT

Kennedy Janeway	1st	Twin Palms
Madeline Evans	2nd	Golden Acres
Lacy Helms	3rd	Swede Creek



Foothill

COUNTY NEWS - 2018 RECORD BOOK PARTICIPANTS

Junior

Ellie Snyder	Happy Valley	Gold	Gunner Morton	Golden Acres	Gold	Layne Kendall	Golden Acres	Gold
Brooke Carlson	Happy Valley	Gold	Shaylee Herry	Westside	Gold	Nick Brackett	Golden Acres	Gold
Christopher Wheeler	Happy Valley	Red	Ryan Trisdale	Westside	Gold	Brady Combs	Golden Acres	Gold
Cassidy Richey	Golden Acres	Silver	Charles Dorroh	Westside	Gold	Lila Hammon	Golden Acres	Silver
Mason Endress	Golden Acres	Silver	Adriel Ramos	Westside	Silver	Payton Zulliger	Golden Acres	Gold
Porter Fisher	Golden Acres	Gold	Angelik Alvarez	Pine Grove	Gold	Halle Blairs	Swede Creek	Silver
Hailey Walton	Golden Acres	Silver	Ulisses Alvarez	Pine Grove	Gold	Kylee Bonner	Swede Creek	Silver
Gracie Wold	Golden Acres	Gold	Brianna Vargas	Pine Grove	Gold	Isiah Larceval	West Valley	Red
Sadie Frost	Golden Acres	Gold	Liam von Schalscha	Burney	Silver	Abby Mcintyre	Evergreen	Gold
Angela Junokas	Golden Acres	Gold	Mia Perez	Burney	Red	Noel Jacobson	Evergreen	Gold
Abigail Fernandez	Golden Acres	Gold	Grace Benninghoven	Foothill	Silver	Caleb Fabela	Golden Acres	Gold
Landon Stark	Golden Acres	Gold	Gage Lindsey	Foothill	Gold	Luke Fox	Golden Acres	Gold
Wyatt Bester	Swede Creek	Gold	Richard Greenwood	Palo Cedro	Gold			

Intermediate

Isaac Snider	Happy Valley	Gold	Lindsey Hammon	Golden Acres	Red	Brianna Bowling	Swede Creek	Gold
Hannah Bamford	Happy Valley	Silver	Tatum Wayman	Golden Acres	Red	Kendra Bush	Swede Creek	Gold
Nikole Patton	Happy Valley	Silver	Cody Hawes	Golden Acres	Silver	Jordon Bonner	Swede Creek	Silver
Derek Rickards	Happy Valley	Red	Sierra Dorroh	Westside	Silver	Keegan McClure	Swede Creek	Silver
Edgar Valdovinos	Happy Valley	Silver	Ayden Henry	Westside	Silver	Natalie Guadagni	Swede Creek	Gold
Kody Muse	Happy Valley	Silver	Cole Trisdale	Westside	Silver	Michael Sutterfield	Evergreen	Gold
Addie Snyder	Happy Valley	Silver	Taylor Thompson	Westside	Silver	Luke Sutterfield	Evergreen	Gold
Bethany Perry	Happy Valley	Gold	Andrew Leamon	Pine Grove	Gold	Kennedy Janeway	Twin Palms	Gold
Emily Fox	Golden Acres	Gold	Adrian Sanchez	Pine Grove	Gold	Ellie Simoniet	Twin Palms	Gold
Kassidy Zulliger	Golden Acres	Gold	Cesar Alvarez	Pine Grove	Gold	James Johnston	Twin Palms	Gold
Jacob Gaynor	Golden Acres	Gold	Carlos Garcia	Pine Grove	Gold	Joseph Johnston	Twin Palms	Gold
Dane Richey	Golden Acres	Gold	Ricardo Garcia	Pine Grove	Gold			
Sydni Feusi	Golden Acres	Red	Kimberly Garcia	Pine Grove	Gold			
Brady Hill	Golden Acres	Red	Jordyn Greer	Pine Grove	Gold			
Graceyn Endress	Golden Acres	Silver	Owen von Schalscha	Pine Grove	Gold			
Miyah Fowler	Golden Acres	Gold	Noah Hendricks	Foothill	Silver			
Owen Fabela	Golden Acres	Gold	Olive Benninghoven	Foothill	Silver			
Josh Brackett	Golden Acres	Red						
Glorianna Junokas	Golden Acres	Silver	Wren Lindsey	Foothill	Silver			



Senior

Reese Whitehead	Happy Valley	Gold	Francie Ferguson	Burney	Silver
Michael Willis	Happy Valley	Gold	Fallon Lindsey	Foothill	Silver
Alyssa Perry	Happy Valley	Gold	Haley Shelton	Palo Cedro	Gold
Anona Fowler	Golden Acres	Red	Macie Shelton	Palo Cedro	Gold
Alexis Fabela	Golden Acres	Gold	Ryan Paradis	Swede Creek	Gold
Mariah Cramer	Golden Acres	Gold	Jenner Laustalot	Swede Creek	Silver
Makena Munday	Golden Acres	Gold	Gavin Bonner	Swede Creek	Red
Carmelo Maggio	Golden Acres	Silver	Andrew D'Amico	Swede Creek	Gold
Alex Wayman	Golden Acres	Silver	Sierra Bowling	Twin Palms	Gold
Ariel Perkins	Golden Acres	Gold	Amber Bowling	Twin Palms	Gold
Madelin Evans	Golden Acres	Gold	Janae Simoneit	Twin Palms	Silver
Jose Sanchez	Pine Grove	Gold	Anabelle Osborne	Twin Palms	Gold
Nicole Taylor	Pine Grove	Red			

4-H WHITES...

A 2ND TIME AROUND

Charlie Little is still handing out whites for fair.

She now has ties, scarves, hats and Record Book covers for sale.

Contact Charlie at
530-547-4195



FALLING INTO LEADERSHIP

November 17-18

4-H Leadership Lock-In
November 17 - 18
6 PM Drop-off
7 PM - 7 AM Lock-in
North Cow Creek School
Palo Cedro , CA
<http://ucanr.edu/survey/survey.cfm?surveynumber=25904>

RIDDLE ME THIS!

1. Throw away the outside and cook the inside, then eat the outside and throw away the inside. What is it?
2. What has hands but can't clap?
3. What has to be broken before you can use it?
4. What has one eye but cannot see?
5. Which letter of the alphabet has the most water?
6. What belongs to you but other people use it more than you?



1. Corn on the cob
2. Clock
3. An egg
4. A needle
5. The C
6. Your Name

ANSWERS

Primary

Ellie Snider	Happy Valley	Mariann Hiser	Pine Grove
Gabriella Walters	Happy Valley	Ella Whitford	Burney
Kendra Patton	Happy Valley	Olivia Whitford	Burney
Curtis Wert	Happy Valley	Casey von Schalscha	Burney
Gauge Dewell	Happy Valley	Savan Parker	Burney
Riley Morrow	Happy Valley	Jean Greenwood	Palo Cedro
Logan Wert	Happy Valley	John Greenwood	Palo Cedro
Kelsey Morton	Golden Acres	Alexis Hutchings	Evergreen
Sydney Frost	Golden Acres	Catherine Johnston	Twin Palms
Lars Wold	Golden Acres	Julia Johnston	Twin Palms
Ally Trisdale	Westside	Cooper Stricklin	Westside
Hanna Stricklin	Westside	Khloe Llamas	Westside
Maximiliano Llamas	Westside		



Foothill

You're Invited to
Forever Our Fair
Benefit Dinner
All-You-Can-Eat Ribs
Shasta District Fair & Event Center

Saturday
November 10, 2018

The evening will include
Gun and Basket Raffles
Silent, Live, and Dessert Auctions

Individual
Dinner Tickets
\$35

Sponsorship
Levels
w/ seating for 10
\$500 & \$1,000
Table Packages

FRIENDS OF THE
SHASTA
DISTRICT
FAIR
& EVENT CENTER

Doors Open at 5 pm
Dinner at 6 pm
No-Host Cocktails

Dinner Tickets are available
at the Fair Office
(530) 378-6789

Proceeds from the evening will benefit
the 501(c)3 non-profit organization,
The Friends of Shasta District Fair,
to support the future sustainability
of the Shasta District Fair & Event Center.



REGIONAL, STATE & NATIONAL FUNDING & MORE



Tractor Supply Fundraiser Opportunity!

Tractor Supply has a standing invitation for any 4-H clubs interested in holding a BBQ fundraiser at the Redding store each Saturday throughout the year. Please call three to four weeks in advance to schedule your weekend. Tractor Supply will furnish the 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.*

NATIONAL 4-H CONFERENCE - APRIL 6 - 11, 2019

Follow the link below to learn more about the 2018 National 4-H Conference. Please note that California delegates must apply through the State 4-H Website to attend.

<http://4h.ucanr.edu/files/289240.pdf>

The 2019 National 4-H Conference registration is **due by November 5, 2018 at 11:59 pm**. Late applications will not be reviewed. As part of this application, you will need to submit a 4-H Resume. For more information on how to build a 4-H Resume, visit the [4-H Resumes page](#) under Resources for Youth Members. Follow the link below for registration.

<http://ucanr.edu/survey/survey.cfm?surveynumber=25431>

The Reference Survey is **due by November 5, 2018 at 11:59pm**. Please send this survey to the person serving as your reference and have them complete it before November 5, 2018. Follow the link below for the reference survey.

<http://ucanr.edu/survey/survey.cfm?surveynumber=25432>

Staff Coordinator: Jenna Colburn, jcolburn@ucanr.edu

Purpose of California's Delegation to the National 4-H Conference

1. Provide opportunities for California youth and adults to participate in and contribute to 4-H on the national level.
2. Assist California 4-H Youth Development in strengthening youth-adult partnerships and involving youth, volunteers, and staff in 4-H decision-making.
3. Provide a system for an exchange of 4-H Youth Development programming ideas among states.
4. Visit Congress and make legislators aware of the tremendous impact of the 4-H program.

Eligibility Requirements

All delegates must not have represented California 4-H Youth Development at the National 4-H Conference within the past seven years, and be at least 16 years of age on December 31, 2018



ARTICLE SUBMISSION DEADLINE

REPORTERS - we would like to remind you that the **deadline for TNT submissions 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.

Send articles and pictures to Denice at

sddoll@ucanr.edu



REGIONAL, STATE & NATIONAL NEWS

ANNOUNCING THE 2019 STATE FASHION REVUE CATEGORIES

Traditional with \$40 limit (unchanged from 2018); only open to 4-H Clothing and Textiles, aka Sewing project members.

Consumer Science Purchased with \$40 limit (unchanged from 2018); open to all 4-H members

Retro/Historical Challenge (formerly the Retro Challenge) - garments inspired by styles from before the year 2000; only open to 4-H Clothing and Textiles, aka Sewing project members.

Box Challenge (*our first NEW challenge!*) For 2019 it is red/white/blue fabric and incorporates a list of items in your "box." Only open to 4-H Clothing and Textiles, aka Sewing project members.

Make it Mine Challenge - altering a pattern or making your own pattern to achieve the fit and style you desire; open to all 4-H members



NOTE: The Upcycled category will **NOT** be offered at the 2019 State Fashion Revue, due to limited interest. As always, this category and others may be included in county fashion revues, but entries will not advance to the State Fashion Revue.

Full guidelines for the Challenge categories are on the [State Fashion Revue](#) website. The theme and service projects will be posted online next month.

Questions? Please contact Mary maryengebret@comcast.net or Sue 2moores.sue@gmail.com.

NATIONAL YOUTH SUMMIT SERIES NOW OPEN

These Multi-day programs designed for high school students (grades 9 – 12) focusing on giving youth real-world exposure in the fields of:

- Maker
- Agri-Science
- Healthy Living
- Photography



The [National Youth Summit Series](#) aims to teach lessons students can use for the betterment of their personal lives and communities

WANT TO PARTICIPATE IN THE 2019 CALIFORNIA 4-H HORSE CLASSIC?

Make sure to sign up at one of the many qualifying horse shows! For a list of shows in your county, please visit the Equine Qualifier Events page [here](#).

Hosting a qualifying horse show? Please register your event [here](#) to be considered for the 2019 CA 4-H Horse Classic.

SAVE THE DATE!! THE 2019 CALIFORNIA STATE 4-H FIELD DAY

Saturday, June 1, 2019 at UC Davis.

This is largest and most comprehensive educational event for 4-H youth members (age 9-19) and 4-H volunteer educators, California State 4-H Field Day has more than 1,500 participants annually. Since 2002, 4-H'ers from throughout the state have come together to connect and compete in this statewide event, held annually on the campus of the University of California, Davis. The goal of the event is to provide a culminating experience for 4-H members in their year-long 4-H education in public speaking, textiles, plant sciences, photography, interview skills, and entomology. Please stay tuned for more information!



REGIONAL, STATE & NATIONAL NEWS

CLUB LEADER ESSENTIALS CERTIFICATION COURSE

SATURDAY, NOVEMBER 3, 2018

University of California,

Agriculture and Natural Resource Building

2801 2nd Street Davis, CA 95618

10:00 AM – 3:00 PM

Registration deadline: October 22, 2018



ABOUT THE COURSE:

This certification course will give Community Club Leaders (CCL) basic information that they need to provide great leadership to their club. This course will help new CCLs understand their role, the lingo, programs and due dates, risk management, youth-adult partnership and outreach strategies. Participants will earn the new CCL Essentials Certificate.

WHO SHOULD ATTEND:

New Community Club Leaders (1-3 years) but also a great refresher course for seasoned veterans and those mentoring others.

REGISTRATION COST:

1. IN PERSON: \$30 (Includes certification training, training binder and lunch)
2. Live Streaming: \$20 (Includes certification and training binder)*

*Binder and webinar link will be sent upon receipt of payment

[Register](#) today with a credit card or check

Checks should be made payable to **UC REGENTS** and mailed to:

Club Leader Essentials Certification

c/o Scott Mautte

2801 2nd Street

Davis, CA 95618

State Fashion Revue News 2019- Start your Service Projects today!

State 4-H Fashion Revue Website ([Click Here](#))

The service projects for 2019 State Fashion Revue are Fidget mats for Alzheimer's patients, No Sew project for animal shelters.

The 2018 SFR categories are Traditional, Upcycled, Consumer Science Purchased \$40, See it, Sew it Challenge, and Retro/Vintage Inspired Challenge. For complete information, see the SFR website.

Counties – to assist the SFR Committee with communications, please take a few minutes to give us your contact information and Fashion Revue dates using the survey at

<http://ucanr.edu/survey/survey.cfm?surveynumber=21764>.

Thank you!

2019 SFR SERVICE PROJECTS

Project using sewing, for Alzheimer's patients: [Fidget Mats SFR 2019](#)

Host a Service Project sewing event: [Fidget Mats group project](#)

No Sew project for animal shelters: [Pet Play Toys SFR 2019](#)



2019 CITIZENSHIP WASHINGTON FOCUS

July 5-13, 2019 (Conference Only)

July 5-16, 2019 (Conference + Extended Trip)

Citizenship Washington Focus (CWF) is designed for 4-H youth between the ages of 15* and 19.

CWF offers a life-changing week that empowers 4-H'er's to take their leadership skills to the next level for themselves and their communities.

Using the classroom of Washington D.C., participants will learn how our national government works as well as experience the grandeur of our nation's capital.

The extended trip continues the learning experience to Gettysburg and Philadelphia, PA and Baltimore, MD.

Registration will open mid-October 2018

*Must be 15 years old by first day of travel

Want to find out more about this trip?

Join us on Thursday, September 27, 2018 at 7:00 pm for an informational [webinar](#)



2019 LEADERSHIP WASHINGTON FOCUS

July 14-19, 2019

Leadership Washington Focus (LWF) is the only national leadership development experience designed exclusively for 4-H'ers ages 12*-14. It prepares 4-H youth for the future by teaching them leadership skills using an experiential learning model based in 4-H curriculum and the living classroom of Washington D.C.

Registration will open mid-October 2018

*Must be 12 years old by first day of travel

Want to find out more about this trip?

Join us on Thursday, September 27, 2018 at 7:00 pm for an informational [webinar](#)



REGIONAL, STATE & NATIONAL NEWS

4-H ARCHERY WORKSHOP - 4-H RIFLE WORKSHOP - 4-H SHOTGUN WORKSHOP

View Complete Calendar | Return to Shooting Sports

Dates: November 10, 2018 - November 11, 2018

Time: 9:00 AM - 4:00 PM

Contact: Dave Givens, 209-614-1718

Sponsor: 4-H Youth Development Program

Event Details

There will be workshops to certify 4-H Adult Volunteers as Shooting Sports Leaders or Trainers in the Shooting Sports disciplines of "Archery Project Leader", and "Rifle Leader", and "Shotgun Project Leader", presented in Merced County on the weekend of November 10th and 11th. You may only attend one workshop for a specific shooting sports discipline and you must attend both days to be certified. By doing these three popular workshops on the same weekend it will allow counties to ride share and get several shooting sports disciplines completed to bring back to their county. If you have backgrounds in one of these shooting sports disciplines and have a desire to teach youth, why not step up and share your expertise!

The classes will be Saturday Nov 10th, 9 AM - 4 PM, and Sunday, Nov 11th, 9 AM - 2 PM, at the Safety First Shooting Association, River Oaks Range Firearms Training Center, 11584 Shaffer Rd, Winton 95388, in Merced County. The classes are being hosted by Merced County 4-H. You must become a 4-H leader and attend both days to receive certification to teach the specific shooting sport at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is \$35 per person to include a resource binder, with Saturday and Sunday lite breakfast refreshments. Bring your own Lunch each day. Junior and teen leaders are invited but must attend with an adult or have a certified Shooting sports adult leader they will be helping back home.

Driving directions to the range are at <http://www.safetyfirstshooting.org/html/directions.html>. Tent or Dry RV camping is an option.

To register, please complete and mail the "CA 4-H Shooting Sports Training Request and Registration Form" available at <http://4h.ucanr.edu/files/4785.pdf>, and an adult or youth 4-H medical release form and a \$35 check payable to "Merced County 4-H Council" and mail to UCCE, 2145 Wardrobe Ave, Merced, CA 95341. Registration is due Friday, Nov 2nd, and Space is limited to 25 attendees for each discipline. For more 4-H general information contact Darlene McIntyre at 209-385-7418 or email her at dmcintyre@ucanr.edu. For Shooting Sports information please contact Dave Givens 209-614-1718 or rivoakstraining@gmail.com



4-H SHOOTING SPORTS WORKSHOP - RIFLE DISCIPLINE

Bakersfield, CA

Saturday, February 16, 2019 – 8:00 a.m. – 6:00 p.m.

Sunday, February 17, 2019 – 8:00 a.m. – 4:00 p.m.

A 4-H shooting sports workshop for the rifle discipline will be held at the UC Cooperative Extension Office, 1031 S. Mt. Vernon Avenue in Bakersfield. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course or receive more information, contact John Borba at: jaborba@ucanr.edu

APPLY FOR THE 2019-2020 STATE AMBASSADOR TEAM

Looking ahead to 2019-2020

Applications are now open for the 2019-2020 State Ambassador team.

Applications due January 7, 2019

Please visit the [State Ambassador application webpage](#) for application instructions, timeline, and links to apply and submit your reference. For more information, contact the California 4-H Ambassador Coordinator, Jenna Colburn at jcolburn@ucanr.edu

Our 2018-2019 State Ambassador team is just getting started on their busy year. [Meet our current State Ambassador team](#) and learn what they'll be doing throughout the year.

About 4-H State Ambassadors

The 4-H State Ambassador position is one of the highest service opportunities and recognition attainable in the University of California 4-H Youth Development Program.

Youth who have excelled in the areas of leadership and community service will serve in expanded leadership roles to support and represent the University of California 4-H Youth Development Program

UCCE - SHASTA COUNTY PROGRAM NEWS

Harvest of the Month

Network for a Healthy California



Nutrition Facts

Serving Size: 1 cup green leaf lettuce, shredded (36g)	
Calories 5	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	2%
Sugars 0g	
Protein 0g	
Vitamin A 53%	Calcium 1%
Vitamin C 11%	Iron 2%

SALAD GREENS

Health and Learning Success Go Hand-In-Hand

With California's bountiful summer harvest, it is a great time to demonstrate how students can eat a variety of colorful fruits and vegetables every day as part of a healthy, nutrient-rich diet. Research shows that school-based nutrition education promoting healthful eating and physical activity can improve academic performance. *Harvest of the Month* supports academic content standards to give students the chance to explore, taste, and learn about the importance of eating fruits and vegetables. It can support students in making healthy food choices.

Exploring California Salad Greens: Taste Testing

What You Will Need (per group of 3-4 students):

- 1 cup each of several varieties of washed California grown salad greens*
- Printed Nutrition Facts labels** for each variety
- Dry erase board and markers

*See *Home Grown Facts* (page 3) for varieties.

**Download labels from www.harvestofthemonth.com.

Activity:

- Make separate rows on board for each salad green variety. Label columns: appearance, texture, smell, sound, and flavor.
- Observe and taste the first variety and discuss its characteristics within group.
- Write sensory descriptions in appropriate column; repeat for each variety.
- Compare and contrast the Nutrition Facts labels for each variety.
- Take a poll to find out students' favorite variety. Share results with school nutrition staff.



For more ideas, reference:

School Foodservice Guide – Successful Implementation Models for Increased Fruit and Vegetable Consumption, Produce for Better Health Foundation, 2005, pp. 39-42.

Cooking in Class: Caesar Salad Wrap

Makes 24 tastes at ¼ slice each

Ingredients:

- 1 head romaine lettuce, torn into bite-size pieces
- 4 tomatoes, chopped
- 2 tablespoons green onion, chopped
- 6 tablespoons reduced fat Caesar salad dressing
- 2 tablespoons Parmesan cheese
- 6 (10-inch) fat free flour tortillas
- Small plates or napkins

1. In a large bowl, combine all ingredients, except flour tortillas.
2. Place equal amounts of salad mixture in each tortilla.
3. Roll up tortillas and slice into quarters. Serve on plates.

Hint: You may need to prepare in two batches.

Nutrition information per serving:

Calories 82, Carbohydrate 14 g, Dietary Fiber 1 g, Protein 3 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 191 mg

Source: *Network for a Healthy California*, 2011.

For more ideas, reference:

Kids Cook Farm-Fresh Food, CDE, 2002.

Reasons to Eat Salad Greens

One cup of salad greens provides:

- An excellent source of vitamin K* (green leaf, red leaf, romaine, butterhead, and iceberg).
- An excellent source of vitamin A (green leaf, red leaf, romaine, and butterhead).
- A good source of folate (romaine and butterhead).
- A good source of vitamin C (green leaf).

*Learn about vitamin K on page 2.

Champion Sources of Vitamin K*:

- Asparagus
- Avocado
- Brussels sprouts
- Celery
- Cooked greens
- Peas
- Salad greens
- Soybean

*Champion sources provide a good or excellent source of vitamin K (at least 10% Daily Value).

For more information, visit:

www.nal.usda.gov/fnic/foodcomp/search/ (NDB No.: 11250, 11251, 11252, 11253, 11257)

UCCE - SHASTA COUNTY PROGRAM NEWS

CHRISTMAS TREE GUIDE

Christmas trees are a quintessential part of the holiday season, but not all trees are created equal. When choosing the right tree, flocking, species, and material are just a few of the choices to consider.

What makes for the best tree?

Artificial trees are convenient, there's no denying that. They are collapsible, easily stored, and nowadays, you can even find them pre-hung with lights and artificial snow. However, artificial trees can be a sterile experience. By comparison, natural trees fill your homes with pine aromas, can be locally sourced, and fit a role in the natural cycle of forests. Many people might argue that artificial trees are better for the environment than cutting down a real tree, but there is a critical message being lost in that discussion: Time.

Artificial trees are often manufactured abroad using plastics and metals. Not only do these materials not decompose, you have to ship them halfway around the world before putting them in your home. Research has shown that it can take up to 20 years of using the same tree to balance the ecological cost of a natural tree.

In contrast, natural trees are typically produced in the pacific northwest, and some even right here in Shasta County. After the end of the season, natural trees can be chipped to decompose back into the soil or even burned to produce power.

Most trees you can buy from tree lots are grown in Oregon or Washington. These trees are carefully cultivated and managed to have the bushy appearance we've come to expect. However, you can also go out and harvest your own tree for a nominal fee. Stop by your local US Forest Service office to request a Christmas Tree Permit. The rangers there can help you find the best place to pick out your tree.




To learn more, contact Ricky Satomi, Forestry/Natural Resource Advisor, UCCE Shasta at rpsatomi@ucanr.edu

¹<https://www.fs.fed.us/visit/know-before-you-go/tree-cutting>

NOVEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11 <i>IM Livestock Judging Day @ 9AM IM Fairgrounds</i>	12 <i>Office Closed</i>	13	14	15	16	17
<i>Veteran's Day</i> 						
18	19	20	21	22 <i>Thanksgiving Office Closed</i>	23 <i>Office Closed</i>	24
						
25	26	27	28	29	30 <i>Fair Exhibitor & Adult Enrollments Due</i>	

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 <i>Enrollment Fee Invoices Mailed</i>	15
16	17 <i>4-H Leadership Lock-in 6 PM Drop off 7 PM - 7 AM Lock in</i>	18	19	20	21	22
23	24 <i>Office Closed</i>	25 <i>Christmas Office Closed</i>	26	27	28	29
						
30	31					

Nate Caeton, 4-H Youth Development Program Representative

1851 Hartnell Avenue

Redding, CA 96002

Phone: 530-224-4900

Fax: 530-224-4904

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

nwcaeton@ucanr.edu

Current Resident OR:

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at http://ucanr.edu/sites/anrstaff/files/215244.pdf)

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

COUNCIL

VALLEY COUNCIL

Next meeting will be January 16, 2019
6 pm at the 4-H Office



INTERMOUNTAIN COUNCIL

Next meeting January 23, 2019
7 PM Gepetto's Pizza

Layout and Editing by Denice Doll

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

RECORD BOOK CORNER

Activity/Event/Award

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