



## University of California Dec 2018 - Jan 2019 Agriculture and Natural Resources | 4-H Youth Development Program

### INSIDE THIS ISSUE:

|  |         |
|--|---------|
| <i>Club News</i>                                       | 2       |
| <i>Club Leader News</i>                                | 3       |
| <i>Presentation Day</i>                                | 4       |
| <i>Valley Favorite Foods Day</i>                       | 5 - 7   |
| <i>IM Favorite Foods Day</i>                           | 10 - 13 |
| <i>Beef Ambassador &amp; Beef Princess</i>             | 14 - 17 |
| <i>Regional, State &amp; National Funding and More</i> | 18      |
| <i>Regional, State &amp; National News</i>             | 19 - 25 |
| <i>UCCE Program News</i>                               | 26 - 27 |
| <i>Monthly Calendars</i>                               | 29 - 30 |
| <i>PDR</i>   | Back    |

### IMPORTANT DATES:

|                    |  |
|--------------------|--|
| <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>                           |
| <i>Jan 16</i>      | <i>Valley Council Meeting</i>                          |
| <i>Jan 23</i>      | <i>IM Council Meeting</i>                              |
| <i>Feb 16</i>      | <i>Presentation Day</i>                                |
| <i>Mar 15 - 16</i> | <i>Home Ec &amp; Ag Stills Field Day/Fashion Revue</i> |
| <i>Mar 22</i>      | <i>Council Scholarship Due</i>                         |
| <i>Mar 22</i>      | <i>All Star Application Due</i>                        |
| <i>Apr 18</i>      | <i>Council Scholarship Interviews</i>                  |

My name is Erin Paradis and I'm excited to announce my new position as the 4-H Community Education Specialist. I have been involved in 4-H for several years and have served as both a project and community club leader for Swede Creek 4-H. As my 4-H involvement has continued to grow so has my passion for the program. I'm looking forward to the new challenges and opportunities this role has to offer as well as partnering with the Shasta and Trinity 4-H community.



- Erin



### 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

## ANNUAL THANKSGIVING FEAST - SWEDE CREEK 4-H

On November 21<sup>st</sup> Swede Creek 4-H hosted their annual Thanksgiving Feast for some of the community service organizations. Members were responsible for collecting donations, preparing the meal, and serving the guests. The Thanksgiving feast included all the traditional fixings such as turkey, stuffing, mashed potatoes, cranberry sauce, and even pumpkin pie.

The feast isn't just about serving a meal, members are able to visit with the individuals and hear their stories. One man looks forward to the Thanksgiving feast every year. He brings his photo album and shares some of his most exciting life adventures. Of course, the 4-H members look forward to hearing these stories every year too.

After the feast was over, members packed up the leftovers, so they could be delivered to One Safe Place. The Thanksgiving feast is Swede Creek's largest community service event and was once again very successful.

- Erin Paradis



### 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!



- Pine Grove

## DON'T FORGET TO COMPLETE FUNDRAISER FORMS

Fundraiser Forms must be completed and turned in at the UCCE Office for approval at least 2 weeks prior to your event to ensure we are following state policy and are able to receive approval from our County Director. Please be sure all sections are completed properly and all signatures are obtained. The fundraiser approval forms are available at: [http://ceshasta.ucanr.edu/4-H\\_Program/4-H\\_Forms/](http://ceshasta.ucanr.edu/4-H_Program/4-H_Forms/).



## 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](http://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](http://www.4hsupplies.com)

**COUNTY NEWS - CLUB LEADERS CORNER**

**UPCOMING ADMINISTRATIVE DEADLINES**

**December 14<sup>th</sup>**

**DUE**

- 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 4<sup>th</sup>**

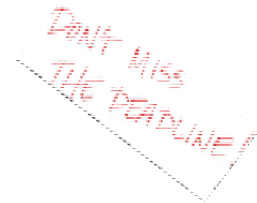
**DUE**

- Emerald Star Application 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.

**March 22<sup>nd</sup>**

**DUE**

- Council Scholarship Application Due
- All Star Applications Due



**EMERALD STAR PROJECTS**

The Emerald Star is a county award that is earned by developing a project that benefits the 4-H program or the community. Acceptance of a proposal, evidence of work done, review by a committee, and final presentation to Council will result in the award. Emerald Stars are awarded at Achievement Day. The application form and information are available on our county website at:

[http://ceshasta.ucanr.edu/4-H\\_Program/Youth\\_Leadership\\_Opportunities/](http://ceshasta.ucanr.edu/4-H_Program/Youth_Leadership_Opportunities/)

**Deadline: Friday, January 4, 2019** Check with your club leader for Emerald Star Project topic ideas.

**IMPORTANT DATES FOR SDF**

Steer Tagging: February 17, 2019  
 AM - Auction Yard 9-11 AM  
 PM - Shasta College 1-3 PM



**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



**SHASTA COUNTY CATTLEMEN & SHASTA COUNTY CATTLEWOMEN  
 BEEF AMBASSADOR AND BEEF PRINCESS  
 2019 APPLICATIONS**

Event Date: Saturday, February 23, 2019  
 Event Time: 5:30 p.m.  
 Deadline: Please mail the completed forms **by January 31, 2019**  
 Click here for the forms: [http://ceshasta.ucanr.edu/4-H\\_Program/4-H\\_Forms/](http://ceshasta.ucanr.edu/4-H_Program/4-H_Forms/)  
 OR drop by the 4-H Office at 1851 Hartnell Ave, Redding to pick up a copy  
 For more information, please contact: Cindy Scott at 530-474-2411 or Teala Magee at 530-209-5210

# PRESENTATION DAY

**REGISTRATION DUE (mandatory):** **Monday, January 21, 2019** (*No late entries accepted*)

**WHEN:** Saturday, February 16, 2019

**WHERE:** Burney Junior-Senior High School

**COORDINATED BY:** Burney

## IMPORTANT INFORMATION

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

**REGISTRATION:** MANDATORY registration online <http://ucanr.edu/survey/survey.cfm?surveynumber=26136>

**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.

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

|              |                     |        |                    |
|--------------|---------------------|--------|--------------------|
| Primary      | (5 - 8 years old)   | Junior | (9 - 10 years old) |
| Intermediate | (11 - 13 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* in Siskiyou County, place still TBD **Saturday, April 6, 2019**. Gold medalists at Regional Level will qualify for competition at the *State Level* on **Saturday, June 1, 2019** 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)

9:00 - 10:00 am Sign-in - then report to gym  
 9:15 am Judge's & MC's Registration  
 9:30 - 10:00 am Judge's & MC's Orientation  
 10:00 - 10:10 am Welcome & Rules in gym  
 10:10 - 10:30 am Members to Set-up Presentations  
 10:30 - 12:30 pm Presentations  
 12:30 - 1:30 pm Awards



# VALLEY FAVORITE FOODS DAY

**REGISTRATION DUE (mandatory):** **Friday, December 14, 2018** (No late entries accepted)

**WHEN:** Saturday, January 5, 2019

**WHERE:** Prairie Elementary School, 20981 Dersch Road, Anderson, CA

**THEME** "Mom's Favorite Dish"

**COORDINATED BY:** Happy Valley 4-H

**REGISTER HERE:** <http://ucanr.edu/survey/survey.cfm?surveynumber=26105>

**SCHEDULE** (Approximate times)

9:00 - 9:45 am Check-in and set up entries. **NO LATE ARRIVALS.**

9:30 am Judges' Orientation

10:00 - 11:00 am

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

**Following the completion of all judging, the foods will be open for viewing and picture taking.**

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

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

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

12:00 pm awards ceremony

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

**\*\* IN ORDER TO USE THIS EVENT AS A FAIR QUALIFIER, MEMBERS MUST PARTICIPATE BY REGISTERING IN A CATEGORY (OBSERVATION ONLY DOES NOT QUALIFY). \*\***

## IMPORTANT INFORMATION

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

**RECIPE CARD:** A signed copy of the recipe must accompany each entry to the event. *Community leader* must sign categories 6, 11 & 12. *Project leader* must sign categories 1, 2, 3, 4, 7 & 14. *No signature needed* for categories 5, 8, 9, 10 & 13. Recipe card on page 7.

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

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

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

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

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

# VALLEY FAVORITE FOODS DAY

## AWARDS

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

## AGE DIVISIONS AND CARD COLORS

Primary (5-8): PINK Junior (9-10): WHITE Intermediate (11-13): YELLOW Senior (14+): GREEN

## CATEGORIES

- |              |                   |                       |                             |                 |
|--------------|-------------------|-----------------------|-----------------------------|-----------------|
| 1. Main Dish | 4. Low Fat Foods  | 7. Food Preservation  | 10. Primary Member Division | 13. Cookbook    |
| 2. Salad     | 5. Decorated Cake | 8. Edible Centerpiece | 11. Breads                  | 14. Dairy Foods |
| 3. Dessert   | 6. Market Animal  | 9. Card Table Display | 12. Appetizer               |                 |

## CATEGORY RULES & REQUIREMENTS

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

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

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

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

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

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

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

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

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

**Category 13** - You may want your cookbook to be spiral or loose leaf, allowing an addition each year. You may want to staple and make a new one each year. This category is to challenge your imagination and have fun at the same time. The cover, title and index page will be judged on decoration, age appropriateness, how well presented, cleanliness, neatness, and the knowledge of the project. Content will be judged on category areas (main dish, salads, etc.) which may include recipes prepared in your cooking classes, recipes you've tried, or family recipes. Personalized comments on the recipes is part of the judging. The cookbook can be typed or handwritten (black or blue ink).

**Category 14** - Bring one complete place setting for the course being served. This includes: plate(s), napkin, placemat, utensils, and beverage glass(es). Members have the option of using paper, glass, pottery, wicker, plastic, etc. The place settings or centerpieces are expected to fit the theme. **Be sure to bring an appropriate serving utensil for your food entry to serve the judge.** Menu card MUST be nutritionally balanced. Small centerpieces and decorative touches are optional.



---

---

---

---

---

---

---

---

---

---



(FOLD)

(MENU)

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

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

Club: \_\_\_\_\_ Age: \_\_\_\_\_

Year(s) in Project: \_\_\_\_\_

Menu-(Circle Favorite Food Item):

---

---

---

---

---

---

---

---

**SCORING CRITERIA**

**Categories 1 - 4, 6, 11, 12 & 14**

|                             |            |
|-----------------------------|------------|
| Neat in appearance          | 10         |
| Personal cleanliness        | 5          |
| Pleasant, Interesting       | 5          |
| Menu nutritionally balanced | 10         |
| Menu: Food color combo      | 5          |
| Menu: Texture of food       | 5          |
| Recipe posted on card       | 5          |
| Flavor of food prepared     | 20         |
| Food: Good color            | 5          |
| Food: Good texture          | 5          |
| Attractive place setting    | 10         |
| Order of utensils & dishes  | 10         |
| Theme                       | 5          |
| <b>Points Possible</b>      | <b>100</b> |

**Category 5**

|                                  |            |
|----------------------------------|------------|
| Overall design, relates to theme | 20         |
| General appearance               | 20         |
| Selection of colors              | 15         |
| Preparation                      | 15         |
| Border                           | 10         |
| Frosting                         | 10         |
| Icing originality                | 10         |
| <b>Points Possible</b>           | <b>100</b> |

**Category 8**

|                        |            |
|------------------------|------------|
| Follows theme          | 25         |
| Appearance             | 15         |
| Only edible items      | 10         |
| Shows imagination      | 10         |
| Recipe (directions)    | 10         |
| Design                 | 30         |
| <b>Points Possible</b> | <b>100</b> |

**Category 9**

|                             |            |
|-----------------------------|------------|
| Follows theme               | 25         |
| Menu nutritionally balanced | 10         |
| Attractive place setting    | 40         |
| Original Design             | 25         |
| <b>Points Possible</b>      | <b>100</b> |

**CATEGORY 13**

|   |            |
|---|------------|
| Cover   |            |
| Title page  | 5          |
| Index   | 5          |
| Content:  |            |
| Categories  | 20         |
| Neatness  | 15         |
| Sources cited   | 5          |
| Samples of cooking, rules, safety, sanitation, utensils | 15         |
| Creativity  |            |
| Pictures & graphics                                     | 10         |
| Personalization   | 10         |
| Layout (use of space)                                   | 10         |
| <b>Points Possible</b>                                  | <b>100</b> |

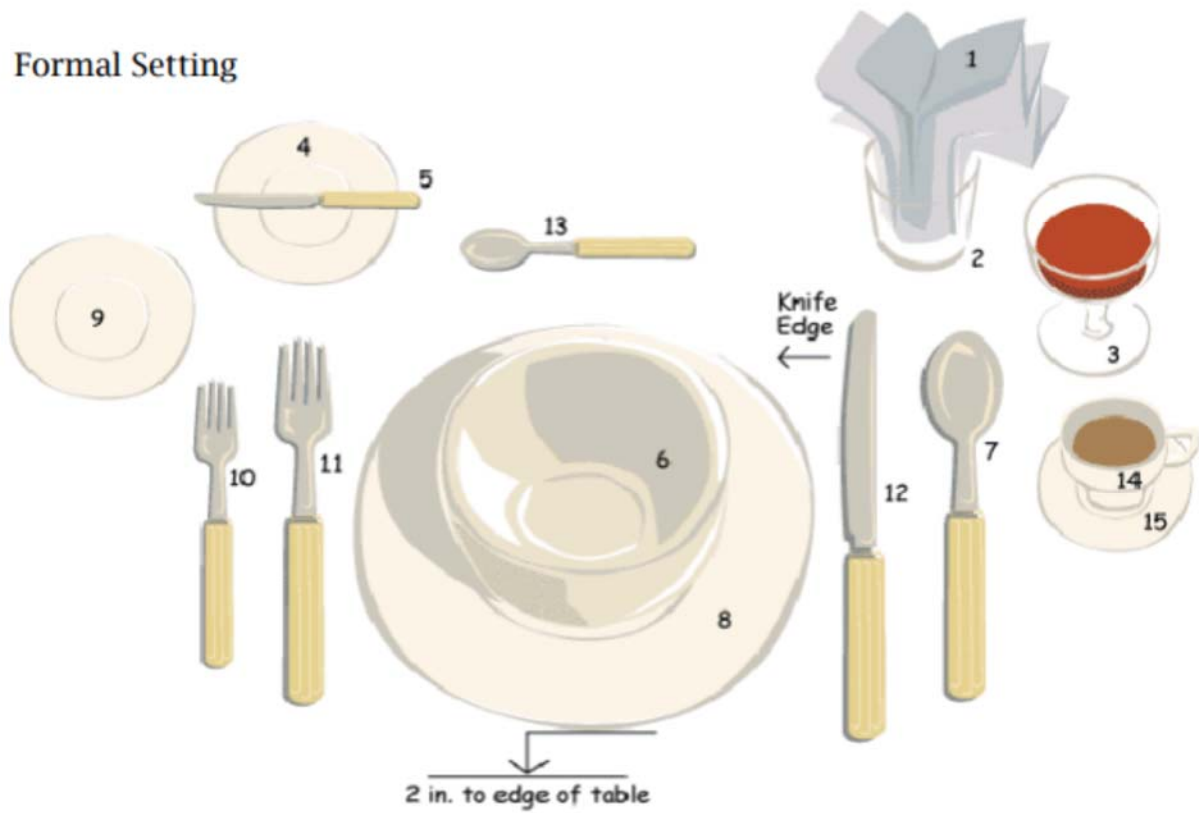
**Category 7**

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



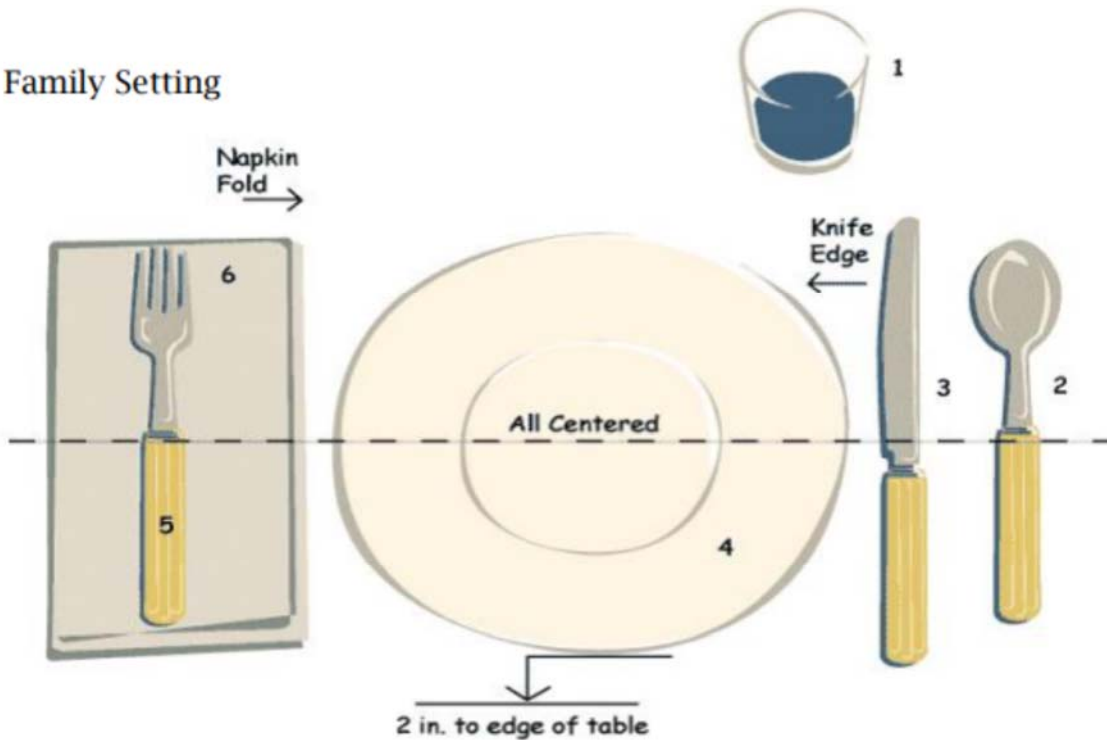


### Formal Setting



- 1. Napkin
- 2. Water glass
- 3. Wineglass
- 4. Bread plate
- 5. Bread knife
- 6. Soup bowl
- 7. Soup spoon
- 8. Dinner plate
- 9. Salad plate
- 10. Salad fork
- 11. Dinner fork
- 12. Dinner knife
- 13. Dessert spoon
- 14. Coffee cup
- 15. Saucer

### Family Setting



- 1. Drinking glass
- 2. Spoon
- 3. Knife
- 4. Dinner plate
- 5. Fork
- 6. Napkin

# INTER-MOUNTAIN FAVORITE FOODS DAY

**REGISTRATION DUE (mandatory):** **Friday, December 21, 2018** Online or at 4-H Office

**WHEN:** Saturday, January 12, 2019

**WHERE:** Inter-Mountain Fairground

**THEME:** "Down on the Barnyard"

**COORDINATED BY:** Hat Creek 4-H

**REGISTER HERE:** <http://ucanr.edu/survey/survey.cfm?surveynumber=26106>

**APPROXIMATE SCHEDULE:**

8:00 am Check-in & set-up entries.

If you would like to set-up the evening before, please contact Rodd Taylor at 530-604-6998

8:30 - 9:00 am Judges Orientation AND opportunity to take pictures of member's entries

9:00 am Judging begins in all divisions. **All adults are asked to stay out of the judging area.** Place settings will be set-up on the judge's side of the table. Each member is to stand by their food entry, serve each judge a sample, and answer any questions. *Members with multiple entries will be told what order to rotate for the judging of entries.* Members must remain with the entry, if feasible, until all judging is completed for that specific category. *Members with multiple entries may not be able to stay with each particular entry.* When members are dismissed from their final class, they are to go to the designated area; or to the reception area. Following the completion of all judging, the foods will be open for viewing and picture taking.

**Exceptions:** Members are not required to remain with their entries for Edible Centerpieces, Card Table Displays, or Decorated Cakes during judging.

**Foods Challenge Contest** - All members are invited to take part in this contest to see how knowledgeable they are about foods and related subjects. This contest will be open at 9 am *Bring a pencil and take the challenge!*

12:00 pm Buffet lunch is served after all judging is complete. **Each family attending is asked to bring an additional salad or main dish for 10 people.** Members are also encouraged to use their "Favorite Foods Day" entries for this lunch, in addition to the dish their family brings for the buffet lunch.

**IMPORTANT INFORMATION:**

**Market Animal Category** - Any member enrolled in a market animal project (beef, sheep, swine, goat, rabbit or poultry) can enter a food item using meat from their market animal species. A nutritionally balanced menu card (menu and recipe) **must** be included as well as a complete place setting. The place setting and menu should follow this year's theme. **Entry in this division must have more than one step in the preparation process.** Example: slice of ham (not acceptable) vs. casserole with broccoli, rice and ham (acceptable).

**RECIPE CARD:** Available on page 13 of this newsletter.

**PLEASE NOTE:** Adult leaders and parents will **NOT** be allowed in the competition area until all judging is completed. There will be Junior/Teen Leaders and older members available to carry participant's entries to category tables, help with assistance and answer questions following check-in. Parents are asked to allow youth members to earn the sense of accomplishment of doing all of their own work.

**Parents and leaders are encouraged to teach members ahead of time before the day of the event how to arrange their table settings and displays.** Each participant is responsible for setting up his or her own table setting or display the day of the event. Please refer to page 11 for diagrams on proper table setting arrangement if you need a teaching tool!

**Maximum of 5 entries per youth with a maximum of 3 entries that need to be presented to the judge.**

**Items not requiring refrigeration can be dropped off Friday.**

**Clubs must provide a judge for every 5 entries.**

**Judges need to contact Katie Eastman by January 7th at 530-249-6691.**

# INTER-MOUNTAIN FAVORITE FOODS DAY

## AWARDS

**Food entries** The Danish system of judging (blue, red and white ribbons) will be used for 4th grade and above. The American system is also used to award a Foods and Nutrition medal to the top scoring entry in each category and each grade division. Primary participants will receive a primary participation ribbon for their participation in the event, as per 4-H Policy.

## TIPS FOR SUCCESS AT FAVORITE FOODS DAY

- Note the current theme of Favorite Foods Day.
- Please dress appropriately. Dress whites and 4-H uniform are strongly suggested, but are not required. Please be neat, clean and in appropriate attire for serving food. No gum chewing.
- Sign in upon arrival.
- Food item needs to serve 10 people.
- Remember to bring a place setting appropriate to your entry, and serving utensils to serve the judges!
- You only need to bring your Favorite Food item, NOT all the items on your menu card.
- Favorite Foods should be brought to the event ready to set on the judging tables.
- Parents, leaders or other adults are not to help set up or prepare the dish.
- Members are to introduce themselves to the judges and explain why they selected their dish and how it follows the theme. The members will be assigned a space for each of their entries. The place setting will be set up on the judges side of the table (member's name tag determines judges side). Alcoholic beverages are not permitted, candles will not be lit. Judging sheets for 2 judges, paper goods and utensils for the judges use will be provided.
- Encourage the Market Animal members to enter in Hot Dish, Salad and Appetizer with a food item pertaining to their project.
- Arts & Crafts members are encouraged to enter the Edible Centerpiece and Card Table categories.
- Any member is encouraged to enter edible centerpiece, quick bread, appetizer and beverage.
- Allow enough time to set up if you have more than one entry.
- Bring a copy of your recipe, and a menu card for each entry that requires it and display it next to your food entry. Menus must be nutritionally balanced. Circle your entered Favorite Food item on the menu card.
- *Members with multiple entries will need to be alert as to where the judges are in the judging order. Members remain with their entry, when feasible, until all judging is completed for that specific category. Please note that members do not sit by their entries for Edible Centerpieces, Card Table Displays, or Decorated Cakes.*
- **Health Tips:** All foods must be prepared with fresh ingredients. If presenting hot foods that are prepared prior to the event day, properly refrigerate or freeze, then properly warm for presentation. Pack dishes properly - hot dishes stay hot and cold stay cold. *Items may be kept in the facility refrigerator or oven upon request until judging begins.*



# INTER-MOUNTAIN FAVORITE FOODS DAY

## CATEGORIES

- |              |                      |                       |  |                              |
|--------------|----------------------|-----------------------|--|------------------------------|
| 1. Main Dish | 4. Yeast Bread       | 7. Decorated Cake     | 10. Formal/Informal Card Table Display | 13. Appetizer                |
| 2. Salad     | 5. Food Preservation | 8. Edible Centerpiece | 11. Market Animal                      | 14. Egg Dish                 |
| 3. Dessert   | 6. Dairy Foods       | 9. Quick Bread        | 12. Beverage                           | 15. Adult Edible Centerpiece |

## CATEGORY ELIGIBILITY, RULES & REQUIREMENTS

Category 1 - Full place setting, placemat or tablecloth, menu, recipe, centerpiece, serving utensil, food item, extension cord, etc.  
Must be present during judging.

Category 2 - Salad place setting only, placemat or tablecloth, menu, recipe, centerpiece, serving utensil, food item.  
Must be present for judging.

Category 3 - Dessert place setting only, placemat or tablecloth, menu, recipe, centerpiece, serving utensil, food item.  
Must be present for judging.

Category 4 - Bread place setting only, placemat or tablecloth, menu, recipe, centerpiece, serving utensil, food item.  
Must be present for judging.

Category 5 - Preserve place setting only, placemat or tablecloth, menu, recipe, centerpiece, serving utensil, food item, butter or jam is optional.  
Must be present for judging.

Category 6 - Dairy food setting only, placemat or tablecloth, menu, recipe, centerpiece, serving utensil, food item.  
Must be present for judging.

Category 7 - Just bring the cake, nothing else is required.

Category 8 - Edible Centerpiece, list of ingredients, food item, nothing else is required.

Category 9 - Bread place setting only, placemat or tablecloth, menu, recipe, centerpiece, serving utensil, food item.  
Must be present for judging.

Category 10 - Card table, two full place settings, tablecloth, centerpiece, menu, state if it is formal, informal, luncheon, or dinner. No food is required.  
Member is not present for judging.

Category 11 - Full place setting, placemat or tablecloth, menu, recipe, centerpiece, serving utensil, food item, extension cord, etc.  
Must be present for judging.

Category 12 - Beverage place setting only, placemat or tablecloth, menu, recipe, centerpiece, serving utensil, food item.  
Must be present for judging.

Category 13 - Appetizer place setting only, placemat or tablecloth, menu, recipe, centerpiece, serving utensil, food item.  
Must be present for judging.

Category 14 - Egg dish place setting only, placemat or tablecloth, menu, recipe, centerpiece, serving utensil, food item.  
Must be present for judging.

Category 15 - Adult Edible Centerpiece (Adults Only) - Youth members will judge. Creations may be on wicker, foam, paper plates, plastic, etc. A card giving directions on how the centerpiece was assembled is required.



---

---

---

---

---

---

---

---

---

---



(FOLD)

(MENU)

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

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

Club: \_\_\_\_\_ Age: \_\_\_\_\_

Year(s) in Project: \_\_\_\_\_

Menu-(Circle Favorite Food Item):

---

---

---

---

---

---

---

---

**Shasta County CattleWomen**  
**2019 Junior and Senior Beef Ambassador**  
**Entry Form**

**Beef Ambassador Requirements**

- Applicant for Junior Beef Ambassador must be 12-16 years of age as of September 1, Senior Beef Ambassador must be 17-20 years of age as of September 1

- Applicant may be male or female, must have transportation and be able to promote beef as part of a healthy diet

The Junior Beef Ambassadors and the Senior Beef Ambassador winner will represent SCCA/SCCW at the California State Beef Ambassador Contest in 2019. This competition will determine the state ambassadors to represent the Northern region. California Senior Beef Ambassador winner may also be invited to compete for a National Collegiate Beef Advocate position.

**Beef Ambassador Duties**

Applicant will be asked to help at the Shasta County Cattlemen/CattleWomen's Red Barn during the Shasta District Fair in June

Applicant will represent SCCA/SCCW at public activities pertaining to the beef industry throughout the year

**Beef Ambassador Contest**

- Contest consists of three parts: interview, mock consumer promotion/interaction, and a written issue response

- Contestant must be able to answer questions on current beef industry issues

Contestant will introduce themselves during dinner and participate in a mock consumer interaction

**Judging Criteria**

- Speaking Ability, Personality & Poise and Knowledge of the Beef Industry

- Interview by Judges

- Mock Consumer promotion/interaction

Written issue response

**What do you win?**

The Junior and Senior contest winners will win a belt buckle, \$100 and will go on to represent Shasta County CattleWomen at the California State Beef Ambassador Contest.

**Place and Time**

Saturday, February 23, 2019 at the IOOF Hall, 22551 Silverlode Lane, Palo Cedro.

Contestants arrive at 5:30, dinner and contest at 7:00. Contestants will be provided with study material prior to the competition.

*\*Contestants eat for free. Families may purchase tickets in advance at \$25 each*

**Shasta County CattleWomen**

c/O Cindy Scott 8200 Doodlebug Lane, Shingletown, CA 96088

or email completed forms to [shastacountycattlewomen@gmail.com](mailto:shastacountycattlewomen@gmail.com)

Questions: Cindy Scott at 474-5343 or Teala Magee 209-5210

**2019 Beef Ambassador Entry Form**  
*Applications must be mailed in by January 31, 2019*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone # \_\_\_\_\_ Cell # \_\_\_\_\_

Name of Parent/Guardian \_\_\_\_\_

School \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Please list clubs, organizations or honors that you have received, or any special activities in which you have participated, including the number of years of participation.

What are your favorite hobbies?

Why would you like to be a Shasta County Beef Ambassador?

By signing below, I agree to all terms and requirements set forth and to always represent the CattleWomen's and Cattlemen's Associations to the best of my ability. As a parent/guardian, I agree to aid my minor child in fulfilling their duties set forth in this document.

\_\_\_\_\_  
Applicant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Date

All applicants will be supplied with study information. You will be contacted at the beginning of February with time and place for the meeting. Information packets will be given out, brief outline of the program will be discussed.

*Please complete and mail no later than **January 31, 2019** to*  
Shasta County CattleWomen  
c/o Cindy Scott 8200 Doodlebug Lane, Shingletown, CA 96088  
or email [shastacountycattlewomen@gmail.com](mailto:shastacountycattlewomen@gmail.com)  
Cindy Scott 474-2411 or Teala Magee 209-5210

## **Shasta County Cattlemen & Shasta County CattleWomen**

### ***2019 Beef Princess Contest*** **Entry Form**

#### **Beef Princess Requirements**

- Applicant must be between the ages of 13 years through 19 years old
  - Applicant must have transportation
- Applicant must be able to promote beef as part of a healthy and balanced diet

#### **Beef Princess Duties**

Applicant will be required to help promote beef at the Shasta County Cattlemen & CattleWomen's Red Barn during the fair in June, appearing in local Parades and by reading to children at libraries or classrooms to promote an understanding of ranching.

- Applicant will represent SCCA/SCCW at activities throughout their term pertaining to the beef industry.

Applicant will be required to crown the following years Beef Princess recipient.

#### **Beef Princess Contest**

- Contestant will introduce themselves and speak about their activities during dinner with the judges.
  - Contestant will write and deliver a 3 minute speech about the beef industry on a topic of their choice such as beef's nutritional value, environment, beef industry issues, etc.
- Contestant must be able to answer questions on current beef industry topics.

#### **Judging Criteria**

- Speaking Ability
- Knowledge of the Beef Industry
- Personality, Poise and Preparedness

Interview

#### **What Do I Win?**

\$100, Belt Buckle, Shirt and Earrings

#### **Place and Time**

Saturday, February 23, 2019 at the IOOF Hall 22551 Silverlode Lane, Palo Cedro.  
Contestants arrive at 5:30, dinner and contest at 7:00.

*\*Contestants eat for free. Families may purchase tickets in advance at \$25 each*

#### **Shasta County CattleWomen**

c/o Sandee Monroe PO Box 188, Millville, CA 96062  
or email forms to [shastacountycattlewomen@gmail.com](mailto:shastacountycattlewomen@gmail.com)  
Sandee Monroe 515-2326



**2019 Beef Princess Entry Form**

*Applications must be mailed in by January 31, 2019*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone # \_\_\_\_\_ Cell # \_\_\_\_\_

Name of Parent/Guardian \_\_\_\_\_

School \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Please list clubs, organizations or honors that you have received, or any special activities in which you have participated, including the number of years of participation.

What are your favorite hobbies?

Why would you like to be the Shasta County Beef Princess?

By signing below, I agree to all terms and requirements set forth and to always represent the CattleWomen's and Cattlemen's Associations to the best of my ability. As a parent/guardian, I agree to aid my minor child in fulfilling their duties set forth in this document.

\_\_\_\_\_  
Applicant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Date

A mandatory informational meeting will be held at the beginning of February. We will call you with more details. Information packets will be given out, brief outline of the program will be discussed.

*Please complete and mail no later than **January 31, 2019** to*

**Shasta County CattleWomen**

c/o Cindy Scott, 8200 Doodlebug Lane, Shingletown, CA 96088

or email forms to [shastacountycattlewomen@gmail.com](mailto:shastacountycattlewomen@gmail.com)

Cindy Scott 474-2411 or Teala Magee 209-5210

# 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.*



## RECEIVED NEW 4-H RECOGNITION AND ACHIEVEMENT PINS FOR YOUR HAT AND DON'T KNOW HOW TO PUT THEM ON?



### LEFT SIDE OF THE HAT

- All-star, platinum, gold, silver, or bronze stars in front. You may “cascade” the stars.
- Place the junior/teen leader emblems and the Hi 4-H patch (in that order) behind the stars.



### RIGHT SIDE OF HAT

- Stripes earned for each year completed in 4-H.
- Year completion pin placed above the stripe of the year earned, starting with primary pins next to the clover logo.

- Officer pins—align with year earned.
- 100% Attendance pins—place below the stripe of the year the pin was earned.

Note: If a member earns more year stripes than can fit on the right side of the hat, they may “wrap around” their stripes and continue onto the left side of the hat. For more information on your 4-H hat, visit: [http://4h.ucanr.edu/Resources/Member\\_Resources/Uniform/California\\_4-H\\_Hat/](http://4h.ucanr.edu/Resources/Member_Resources/Uniform/California_4-H_Hat/)

- Medals may be worn on either side of the hat. Placing them on the left is recommended.
- Note: No other pin or ribbon should be worn on the hat other than 4-H related items. The hat should reflect the dignity of the 4-H Youth Development Program. Some items that should not be worn on the hat include buttons, fair medals, convention badges or other regalia.

**do it right.**

# REGIONAL, STATE & NATIONAL NEWS

## 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.

## 2019 NATIONAL AG DAY IN WASHINGTON, D.C.

National 4-H Council is pleased to offer an agriculture leadership opportunity for 10 college students to represent 4-H in the 2019 National Ag Day events in Washington, D.C. this spring. Students will participate in a training at the National 4-H Conference Center from Sunday, March 17 – Tuesday, March 19, 2019.

The Agriculture Council of America (ACA) sponsors a total of 100 student representatives from across the country to participate in the training and attend the National Ag Day activities on Capitol Hill. The students—from FFA, AFA, 4-H and Student NAMA—put a face on the future of agriculture and personally emphasize the importance of agriculture in our everyday lives .



## ABOUT NATIONAL AGRICULTURE DAY

The Agriculture Council of America (ACA) will host National Agriculture Day on March 19, 2019. These events honor National Agriculture Day and mark a nationwide effort to tell the true story of American agriculture and remind citizens that agriculture is a part of all of us. A number of producers, agricultural associations, corporations, students and government organizations involved in agriculture are expected to participate. For more information about National Ag Day, please visit [www.agday.org](http://www.agday.org) .



### 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](mailto:sddoll@ucanr.edu)



## REGIONAL, STATE & NATIONAL NEWS

### CALIFORNIA 4-H EQUINE EDUCATION CONTEST DAY

Saturday, April 27, 2019

8:00 AM – 8:00 PM

Fresno Ag Pavilion - Fresno, CA

#### New for 2019!!

The State 4-H Education Contests for Horse Judging, Hippology and Public speaking will be held on April 27th, 2019 at the Fresno Ag Pavilion from 8am-8pm.

### 2019 CALIFORNIA STATE 4-H HORSE CLASSIC AND HORSE BOWL CONTEST

June 27 – June 30, 2019

Brookside Equestrian Park

Elk Grove, CA

The California 4-H Horse Classic offers 4-H members the chance to showcase the culmination of their efforts put forth in their equine projects throughout the year. At the State Championship Horse Show, 4-H riders have this opportunity to compete at a level beyond local, county or regional events. Participants must pre-qualify at [qualifying 4-H horse shows](#).

#### Tentative Schedule

June 27<sup>th</sup>: Horse Bowl Contest

June 28<sup>th</sup>: English Flat and Jumping

June 29<sup>th</sup>: Western Flat, Trail and Ranch Horse

June 30<sup>th</sup>: Mini Horse and Gymkhana.

#### New to 2019

New this year is that Mini Horse classes will need to qualify. Ranch Horse division classes to include, ranch horse trail, ranch riding pattern, modified reining, western riding and ranch horse trail. Will have high point and reserve high point as well.



### CALIFORNIA 4-H EQUINE FIELD DAY

Saturday, Feb 2, 2019

9:00 AM – 3:30 PM

Diamond Bar Ranch - Ceres, CA

#### Who should attend?

4-H Horse Leaders, Volunteers, Members, Parents and all Horse Enthusiasts

#### About this event

- Educational Sessions taught by great clinicians!
- You do not have to own a horse to attend!
- This educational event is a fundraiser for the Statewide 4-H Equine Programs

For event information, please visit the [4-H Field Day website](#)





## REGIONAL, STATE & NATIONAL NEWS

### STATE FASHION REVUE 2019 SERVICE PROJECTS

The State Fashion Revue service projects for 2019 are braided Pet Toys for shelter animals and Fidget Mats for Alzheimer's patients. The [SFR website](#) contains instructions for the no-sew Pet Toys and for the Fidget Mats that do require sewing.



### NEW RESOURCES FOR FIDGET MATS

The basic mat is made by attaching the components to a single piece of fabric. Check out the link on the website that has ideas for setting up a work day for the Fidget Mats. Suggestions for separate squares to sew together for a whole mat are now featured. These individual squares lend themselves to work stations for a group to complete. Try it out and see what you can create to help Alzheimer's patients soothe themselves and exercise their hand muscles. Contact Mary Engebretth at [maryengebretth@comcast.net](mailto:maryengebretth@comcast.net) with questions.

### 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](#)

### 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 [maryengebretth@comcast.net](mailto:maryengebretth@comcast.net) or Sue [2moores.sue@gmail.com](mailto:2moores.sue@gmail.com).

## 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-Hers 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



## 2019 LEADERSHIP WASHINGTON FOCUS

July 14-19, 2019

Leadership Washington Focus (LWF) is the only national leadership development experience designed exclusively for 4-Hers 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



# Field Day

### 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-Hers 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

## 4-H SHOOTING SPORTS WORKSHOPS



### RIFLE DISCIPLINE

Dale Wimp Rifle Range  
7398 Avenue 328  
Visalia, CA

Saturday, December 1, 2018 – 8:00 a.m. – 6:00 p.m.

Sunday, December 2, 2018 – 8:00 a.m. – 4:00 p.m.

Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as 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. Complimentary lunches will be provided.

For information about the facility and a map, please visit the [range website](#)

### RIFLE DISCIPLINE

UC Cooperative Extension Office, Kern County  
1031 S. Mt. Vernon Avenue  
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](mailto:jaborba@ucanr.edu)



**4-H Shooting Sports**  
**18<sup>th</sup> Annual Don Haglund Memorial Air Rifle Invitational Match**  
**Saturday March 2, 2019**

Check in 8:00 a.m. to 9:00 a.m.  
 Sight In 8:15 to 8:45 a.m. --- Match begins 9:00 a.m.

**Location:**

Stanislaus County Sheriffs Canine Training Center  
 250 E. Hackett Road Modesto, CA 95358

**Match Information:**

3 Position Sporter Air Rifle  
 AR-4/10 - 5 meter BB gun target  
 AR-5/10 - 10 meter pellet gun target

**Scoring:**

NRA Sporter Air Rifle rules will govern the match.  
 NRA B-B gun rules will govern the match.  
 In case of cross fire or miss-fire Range Master must be notified immediately.

**Fees:**

Registration fee \$15.00 per entry.

**Awards:**

Awards given by one trophy for every three participating members in each classification  
 One Match winner + (Daisy Air Pellet Rifle)  
 One High Score B-B Gun  
 One High Score Air Rifle  
 One Club Trophy for High 3 Member Team + (Daisy Air B-B Gun)  
 Each member of the team will also receive a High Team trophy  
 All participants will receive a "Match T-Shirt"  
 If match winner is from a BB gun classification, they must move to air rifle classification thereafter.

**Classifications:**

9 - 10 years Beginner B-B gun  
 11 and above Intermediate B-B gun  
 9 - 13 years Junior Air Rifle  
 14 - 19 years Senior Air Rifle

Registration Form and Members list by class and with shirt sizes **MUST** be in by the January 21, 2019 County Shooting Sports Leaders Meeting. If you wish to register on line, please contact Dan Mello (209)535-5808 or email [amello1@pacbell.net](mailto:amello1@pacbell.net) for more information. This is an ALL DAY EVENT so bring your necessities, lunch, drinks, etc.





#### 4-H Shooting Sports Workshops – Winton, CA (Merced County)

December 8 & 9, 2018

##### Pistol Project &

##### Western Heritage Project

There will be workshops to certify 4H Adult Volunteers as Shooting Sports Leaders or Trainers in the Shooting Sports disciplines of “Pistol”, and “Western Heritage”, presented in Merced County on the weekend of December 8th and 9th. You may only attend one workshop for a specific shooting sports discipline and you must attend both days to be certified. By doing these two 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!

This class will be Saturday Dec 8th, 9 AM –4 PM, and Sunday, Dec 9th, 9 AM - 2 PM, at the Safety First Shooting Association, River Oaks Range Firearms Training Center, 11584 Shaffer Rd, Winton 95388, in Merced County. This class is being hosted by Merced County 4-H. You must become a 4-H leader or member 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, 95341. Registration is due Monday Dec 3rd, and **Space is limited to 10 attendees for each discipline**. For more 4H General information call Darlene McIntyre at [209-385-7418](tel:209-385-7418) or email her at [dmcintyre@ucanr.edu](mailto:dmcintyre@ucanr.edu). For Shooting Sports information please contact Dave Givens 209-614-1718 or [riveroakstraining@gmail.com](mailto:riveroakstraining@gmail.com)

#### January 12 &13, 2018

##### Archery, Rifle, & Shotgun Projects

There will be workshops to certify 4H Adult Volunteers as Shooting Sports Leaders or Trainers in the Shooting Sports disciplines of “Archery”, and “Rifle”, and “Shotgun”, presented in Merced County on the weekend of January 12th and 13th. 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!

This class will be Saturday Jan 12th, 9 AM –4 PM, and Sunday, Jan 13th, 9 AM - 2 PM, at the Safety First Shooting Association, River Oaks Range Firearms Training Center, 11584 Shaffer Rd, Winton 95388, in Merced County. This class is being hosted by Merced County 4-H. You must become a 4-H leader or member 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, 95341. Registration is due Friday, Jan 4th, and **space is limited to 25 attendees for each discipline**. For more 4H General information call Darlene McIntyre at [209-385-7418](tel:209-385-7418) or email her at [dmcintyre@ucanr.edu](mailto:dmcintyre@ucanr.edu). For Shooting Sports information please contact Dave Givens 209-614-1718 or [riveroakstraining@gmail.com](mailto:riveroakstraining@gmail.com)

# UCCE - SHASTA COUNTY PROGRAM NEWS

## Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured fruit is **plums**



### Health and Learning Success Go Hand-in-Hand

Learning does not end when the school day ends. And neither does the need for healthy food choices! Growing students need nutritious foods all year long to help the body and mind grow and function. *Harvest of the Month* can help your family eat healthy and be more active.

### Produce Tips

- Look for plums with solid color—red, purple, black, light green, or yellow.
- Choose firm plums that give slightly to gentle pressure.
- Ripen hard plums in a paper bag at room temperature for up to three days.
- Store ripe plums in the refrigerator for up to five days.

For more information, visit: [www.eatcaliforniafruit.org](http://www.eatcaliforniafruit.org)

### Healthy Serving Ideas

- Pack whole ripe plums in lunches or enjoy as afternoon snacks.
- Add sliced plums to green salads.
- Make a stone fruit salad with peaches, plums, and apricots.
- Top lowfat yogurt with sliced plums and granola for breakfast or dessert.
- Blend fresh or frozen plums with lowfat milk and ice. Or, substitute milk with lowfat frozen yogurt.
- Visit a local farmers' market to find California grown plums—they taste great and usually cost less. Look for pluots and apriums, too!

### SAVORY GRILLED FRUIT

Makes 8 servings.  $\frac{1}{2}$  plum each.  
Cook time: 8 minutes

#### Ingredients:

4 plums, halved and pitted

1. Using covered barbeque grill, cook halved plums over medium, indirect heat for 4 minutes.
2. Turn over plums and cook for an additional 4 minutes.
3. Serve while hot.

*Nutrition information per serving:*  
Calories 19, Carbohydrate 5 g, Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg

Adapted from: *Everyday Healthy Meals*, Network for a Healthy California, 2007.

For more recipes, visit: [www.oachampionsforchange.net](http://www.oachampionsforchange.net)

### Let's Get Physical!

- **At home:** Start the day with jumping jacks.
- **At work:** Take stairs instead of the elevator.
- **At school:** Walk around the school yard before and after school.
- **With the family:** Swim at a community pool or play at a local park.

In warm weather, it is important to drink plenty of water while being active. Drink water before, during, and after any physical activity.

To assess your physical activity, visit: [www.mypyramidtracker.gov](http://www.mypyramidtracker.gov)

### Nutrition Facts

|                                   |                     |
|-----------------------------------|---------------------|
| Serving Size: 1 medium plum (66g) |                     |
| Calories 30                       | Calories from Fat 2 |
| % Daily Value                     |                     |
| Total Fat 0g                      | 0%                  |
| Saturated Fat 0g                  | 0%                  |
| Trans Fat 0g                      |                     |
| Cholesterol 0mg                   | 0%                  |
| Sodium 0mg                        | 0%                  |
| Total Carbohydrate 8g             | 3%                  |
| Dietary Fiber 1g                  | 4%                  |
| Sugars 7g                         |                     |
| Protein 0g                        |                     |
| Vitamin A 5%                      | Calcium 0%          |
| Vitamin C 10%                     | Iron 1%             |

### How Much Do I Need?

- One medium-sized plum is about a  $\frac{1}{2}$  cup of fruit.
- One medium-sized plum is a good source of vitamin C, which helps your body heal cuts and wounds and maintain healthy gums.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Look at the chart below to find out how much you need. Remember to eat a variety of colorful fruits and vegetables throughout the day.

### Recommended Daily Amounts of Fruits and Vegetables\*

|                | Kids, Ages 5-12                  | Teens and Adults, Ages 13 and up               |
|----------------|----------------------------------|--|
| <b>Males</b>   | 2 $\frac{1}{2}$ - 5 cups per day | 4 $\frac{1}{2}$ - 6 $\frac{1}{2}$ cups per day |
| <b>Females</b> | 2 $\frac{1}{2}$ - 5 cups per day | 3 $\frac{1}{2}$ - 5 cups per day               |

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

### What's in Season?

California grown plums are in peak season during summer. They are usually available from May to October. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other good sources of vitamin C: peaches, apricots, grapes, melons, tomatoes, peppers, zucchini, and green beans.

For important nutrition information, visit [www.eatcaliforniafruit.org](http://www.eatcaliforniafruit.org). For food stamp information, call 877-847-3063. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. © California Department of Public Health 2009.



# UCCE - SHASTA COUNTY PROGRAM NEWS

## VEGETATION CHANGE-NOTHING STAYS THE SAME...

The motto of forest management firm W.M. Beaty and Associates is "Trees Grow." In the absence of active vegetation management, the defacto condition of natural landscapes is to accumulate (frequently different) vegetation. Oftentimes, the landscape we consider "normal" or "natural" is merely the landscape which exists during our (relatively short) lifespan. With this in mind, the recent destructive wildfires in California remind us that "**Vegetation Changes.**"

Consider the lands in Shasta and Trinity under the care and management of the U.S. Forest Service (USFS). These are lands "reserved" from the public domain through a provision of the 1891 Forest Reserve Act. This law granted the President authority to reserve certain forest lands from the public domain and ineligible for private ownership (through homesteading, etc).

The Shasta National Forest was reserved in 1905 and the Trinity in 1906 (later combined to the Shasta-Trinity National Forest in 1954). The USFS quickly established a presence locally and began to issue grazing permits and inventory the resources under their management. In 1910, an early Ranger on the Trinity National Forest observed, "*The grazing areas on the Trinity are gradually coming to timber growth and in some situations very rapidly. This is noticeable at from 3000 to 5000 foot altitudes. At lower elevations on the south and west slopes the young pine are, in a great many places filling up the thinly wooded slopes.*"

The presence of fire on resource lands also changed under USFS management. Prior to USFS management, livestock producers frequently used fire to maintain vegetation types conducive to grazing. Figure 1 depicts the difference in management strategy between the USFS office in Sisson (now known as Mt. Shasta) and local stockmen at the time.

Figure 1. Telegram associated with fires burning on the Shasta National Forest

Form 22—Revised Feb. 15, 1914.  
 TELEGRAM.—Official Business.  
 Charge Department of Agriculture.

**U. S. DEPARTMENT OF AGRICULTURE**  
**FOREST SERVICE**

SUBVOUCHER No. ....

Will send the following official message subject to the instructions on back hereof and the agreement with the Postmaster General.

|                     |                 |             |            |                        |
|---------------------|-----------------|-------------|------------|------------------------|
| Receiver's No. .... | Time Filed..... | Check ..... | G. R. .... | Amount Paid: \$0. .... |
|---------------------|-----------------|-------------|------------|------------------------|

Place      **Sisson, California**      Date      **November 22, 1917**

**Forestry,**  
**San Francisco, California.**

**Forty seven fires set by stockmen now burning Squaw Creek district doing little damage at present some circumstantial but no direct evidence. All local stockmen favor burning results on public sentiment bad will spend no money fighting fires but something must be done about whole situation see previous correspondence Stillwater Land and Cattle Company present circumstances similar. Can you suggest anything**

Hammett

**USE TELEGRAMS ONLY IN CASE OF REAL NEED AND BE BRIEF.**

<sup>1</sup> In 1905, the administration of Forest Reserves was transferred from the Department of the Interior to the Department of Agriculture (where they remain today).

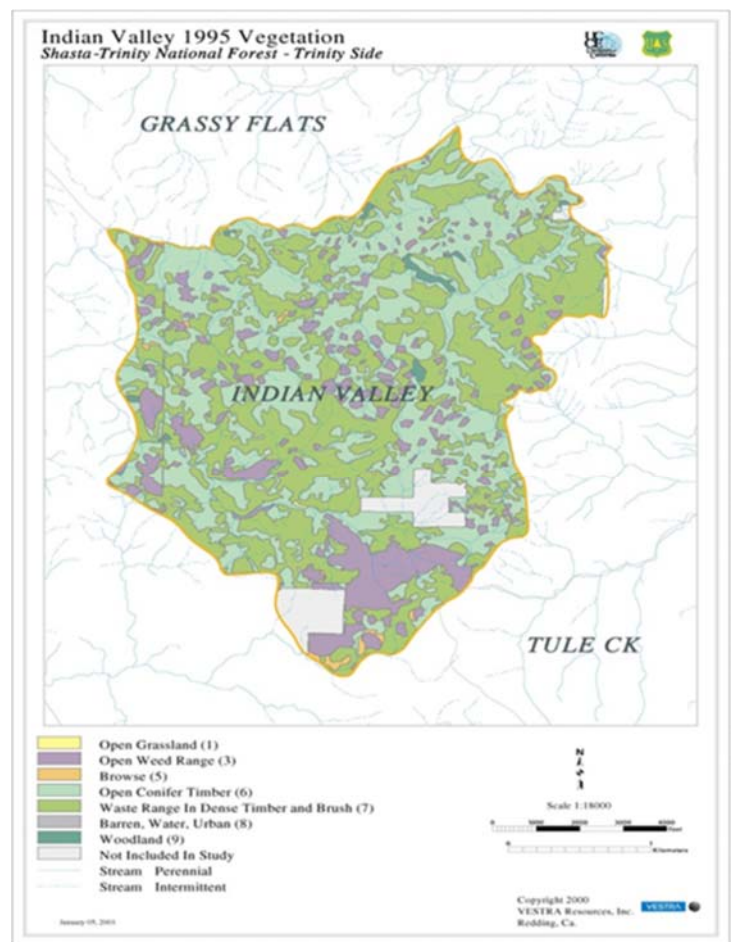
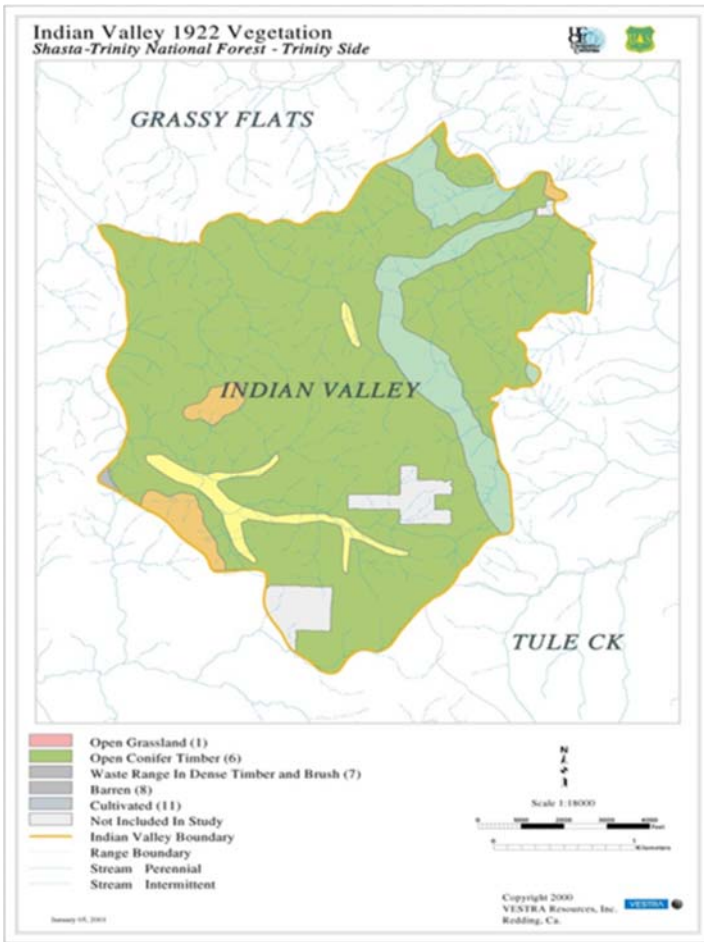
In the late 1990s, a joint UCCE and USFS research project compared the historic vegetation of the Shasta-Trinity to modern conditions. Within the Trinity National Forest (~1 million total acres), open coniferous forest decreased by nearly 40% with available range in dense timber and brush decreasing by a similar amount.



This change is mirrored at the allotment level. Figures 2 and 3 compare the vegetation on the Indian Valley Allotment (Trinity National Forest, Hayfork Ranger District). Between 1922 and 1995, the vegetation had changed (increased in woody vegetation) on the Indian Valley Allotment such that grazing capacity (open timber stands and grassland) had been reduced by over 40%.

Figure 2-Indian Valley Allotment-1922

Figure 3-Indian Valley Allotment 1995



Vegetation management is a difficult and expensive process. With the increased number of residences located on vegetated landscapes and increasing fuel load, the challenge of reducing the threats associated with catastrophic fire is daunting. The use of controlled fire is not without risk. The lack of electricity producing co-generation facilities have made chipping forest vegetation economically challenging.

Even so, there are continued efforts to reduce the risk. Post fire research has shown that grazing and forest management efforts have reduced fire risk. Local CalFire offices are working to re-establish collaborate controlled burning on ranch land. Educational programs have been held to help residents understand the importance of defensible space and home construction techniques to reduce risk as well. Take the time to attend one of these educational programs the next time you see one offered—it could make difference.

Larry Forero, Livestock Advisor

# December 2018

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

# January 2019

| Sun | Mon | Tue                               | Wed                          | Thu | Fri                                | Sat  |
|-----|-----|-----------------------------------|------------------------------|-----|------------------------------------|--|
|     |     | 1 Office Closed<br>Happy New Year | 2                            | 3   | 4 Emerald Star<br>Applications Due | 5 Valley Favorite<br>Foods Day<br>@ Prairie School<br>9 AM Check-in<br>10 AM Start |
| 6   | 7   | 8                                 | 9                            | 10  | 11                                 | 12 IM Favorite<br>Foods Day<br>@ IM Fairgrounds<br>8 AM Check-in<br>9 AM Start     |
| 13  | 14  | 15                                | 16 Valley Council<br>Meeting | 17  | 18                                 | 19   |
| 20  | 21  | 22                                | 23 IM Council<br>Meeting     | 24  | 25                                 | 26   |
| 27  | 28  | 29                                | 30                           | 31  |                                    |  |

# February 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat   |
|-----|-----|-----|-----|-----|-----|---|
|     |     |     |     |     | 1   | 2   |
| 3   | 4   | 5   | 6   | 7   | 8   | 9   |
| 10  | 11  | 12  | 13  | 14  | 15  | 16 <i>Shasta County 4-H Presentation Day @Burney Junior Senior High School 9 AM Sign-in 10 AM Start</i> |
| 17  | 18  | 19  | 20  | 21  | 22  | 23  |
| 24  | 25  | 26  | 27  | 28  |     |   |



**TIS THE SEASON**

Holidays  
 Turkey  
 Family  
 St Nick  
 Thanks

Ball  
 Presents  
 Tree  
 Bells  
 Reindeer

Mistletoe  
 Fancy  
 Gathering  
 Snow  
 Cold

Holly  
 Jolly  
 Feast  
 Fall  
 Skirt



H O L I D A Y S H U L P S S K I T T  
O Y I P S W L E A Q G H N K D M N P  
L H K I R T I A Q W Z X B I V C N H  
L Q E T F G M A D F E H J R K L U B  
Y F R T S D A W E R A Q F T L L M E  
H J K L Y I F A S D F G E R T Q D L  
P Y U J M N H O L P F C O A S T R L  
R T G R E I N A S S A U O P E R D S  
N M D G F W R T Q S N A H J K Y O P  
J O L S D S Y U L L C O L D B A S S  
B E L E R T U R K E Y E L L S C B N  
T R U Y O N P L J H L Y M D C B W T  
T H A M K I K S H J U U J L S G F H  
H L K B N C M H Y U A S D O Q W E T  
R T E D F K S E C V B A L L L U K L  
T O E A S F A H J L L R E T U L X V  
M I S T L E T O E P R E D F G W Y Y  
F G H J K Y U I O P P E R P R E S E  
D G R T Y J L L A D F A K I S G H N  
M O N E Y S D S T N E S E R P T R W  
G D H J Q W E A S D A X V N M J K L  
A S F G H T R E Q U S O P L J G D F  
H K M N T R E W T U T O P A D F D W  
C B N M D O L L S E R T U T R E E H  
D H N M M V C C S E T R G F D D S S  
T G A T H E R I N G A D S F F H G J  
H J J K O I U E O T E R E W F A H N  
A H T R E W Y U W E L P E A U G H D  
D E R P M Y W E A G A I L A G A I N  
B N M R E T T W A S D L L X W H Y H  
J A Y H A T E G H J R H I M D A D E  
X G W E G R A C E I E E A N G E L G  
T I M E G S N O N E T O E G I V E H  
G F E T K E V E R Y I O N D E E L S  
E I S N F I R S T W O R K F N E X H  
H B A L L G I R L S G R T S O I C E  
R H D G H J D O N E I A N H J K E Y  
T O W R T Y U I S D F G H N M T Q R

### 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/](http://ceshasta.ucanr.edu/4-H_Program/Shasta_County_4-H_Information/)

[nwcaeton@ucanr.edu](mailto: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