



University of California  
Agriculture and Natural Resources

4-H Youth Development Program

February 2019

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**IMPORTANT DATES:**

- Feb 16 Presentation Day*
- Feb 18 Presidents Day Office Closed*
- Mar 15 - 16 Home Ec & Ag Stills Field Day/Fashion Revue*
- Mar 16 Shasta County Wide Rabbit Show*
- Mar 22 Council Scholarship Due*
- Mar 22 County Ambassador Application Due*
- Apr 18 Council Scholarship Interviews*
- May 3 - 4 Valley Field Day*
- May 5 IM Small Animal Field Day*
- May 10 Valley 4-H Agreement Contract Due*
- May 17 County Ambassador Support Team Applications Due*

**REDDING ROTARY HONOR TO YOUTH AWARD**

Each year the Redding Rotary honors one senior 4-H youth member and presents the member with a plaque and cash scholarship award. This year, Ashley Lanzi from the Foothill 4-H Club was selected and honored at the Redding Rotary meeting on January 17, 2019.

Congratulations Ashley!

*Congratulations*



**CONGRATULATIONS LEIMONE WAITE!**

Leimone Waite was presented with the 2018 Friend of 4-H award for her outstanding support to the Shasta County 4-H program. Although her daughter is no longer in 4-H, Leimone has continued to dedicate her time and resources to the program.

As a child, Leimone was a member of 4-H and participated in floral, art, candle making, and fly fishing. "I lived 12 miles from town so getting to go to 4-H events and the fair was really exciting." Leimone's favorite part about being a friend of 4-H is helping the kids gain confidence in themselves to become speakers and leaders within the club and beyond. Leimone, we really appreciate everything you do.

Thank you!



**MONTHLY COUNCIL MEETING**

**Valley 4-H Council Meeting**  
**Wednesday, April 17, 2019, at 6:00 PM at the 4-H Office**

**Inter-Mountain 4-H Council Meeting**  
**Tuesday, April 16, 2019, at 7:00 PM at Burney Junior-Senior High School Library**

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

## QUALITY ASSURANCE & ETHICS AWARENESS TRAINING

This year, the State of California is requiring all junior livestock (small and Large) exhibitors to participate in a quality assurance class. This includes all livestock not just those participating in the sale. Fair entry forms will not be accepted without a certificate of completion. Tentative dates for Shasta are March 19<sup>th</sup> and March 25<sup>th</sup>. Additional dates will be available in Tehama and Intermountain. There is also an online course, Youth for the Quality Care of Animals (YQCA). This program is \$12.00

The YQCA online/in-person program is approved to fulfill the F&E approved Quality Assurance and Ethics Awareness training requirement.

For more information, please visit [www.yqca.org](http://www.yqca.org) and review the [YQCA for 4-H staff info sheet](#).

For any questions, please email Jessica Bautista, [jbautista@ucanr.edu](mailto:jbautista@ucanr.edu)

**The fair office will not accept fair entries without a certificate of completion.**



### 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!

## WESTSIDE

On December 1, 2018 Westside 4-H of Shasta County participated in the 2018 Redding Lighted Christmas Parade. The club did a Charlie Brown Christmas theme. The float consisted of life-sized bobble heads, an old-fashioned movie camera, huge popcorn boxes, a fireplace, the classic Charlie Brown Christmas Tree, and of course, hundreds of lights. The club finished with the honor of receiving the 2018 Float of the Year award and the 2018 Little Elves award. Overall, the club did an amazing job with the float and representing 4-H. Great job Westside!!



By: Sierra Dorroh



## Shasta County Wide Rabbit Show



ARBA Judge: Cathy Szychulda

March 16, 2019

- Breed ID contest
- Showmanship \$3.00
- Costume contest, and more!

Pre entries \$3.00/by 3-12-19 Door entries \$4.00

Please send entries to [juliesdressage@gmail.com](mailto:juliesdressage@gmail.com)

Location: Prairie Elementary School

20981 Dersch R.D Anderson, CA 96007





**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**

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

**DUE**

- Council Scholarship Application Due
- County Ambassador Applications Due

**May 10<sup>th</sup>**

**DUE**

- Valley 4-H Agreement Contract Due

**May 17<sup>th</sup>**

**DUE**

- Ambassador Support Team Application Due

**June 1<sup>st</sup>**

- Enrollment System Locks

**June 30<sup>th</sup>**

- Program Year Ends

*DON'T MISS THE DEADLINE!*

**IMPORTANT DATES FOR SDF**

Shasta District Fair: June 19 - 22, 2019

Steer Tagging: February 17, 2019

AM - Auction Yard

PM - Shasta College

Livestock Entries Due: May 17, 2019

Weigh - In: June 18, 2019

4-H Contract Due: May 10, 2019

Ownership deadline

- Sheep, Goat, Swine April 19, 2019
- Chicken & Rabbit May 19, 2019

Theme: Shasta Strong



**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



**PRESENTATION DAY  
SATURDAY, FEBRUARY 16, 2019  
BURNEY JUNIOR-SENIOR HIGH SCHOOL**

**SCHEDULE** (Approximate times)

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

**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/).



Valley Favorite Foods Day



# COUNTY NEWS

## INTERMOUNTAIN HOME EC. FIELD DAY & AG STILLS / FASHION REVUE FRIDAY & SATURDAY, MARCH 15 & 16, 2019

Home Ec Field Day & Ag Stills  
Friday & Saturday, March 15 & 16, 2019

Register no later than Friday, March 1st  
<http://ucanr.edu/survey/survey.cfm?surveynumber=26451>

This event is open to all Shasta County 4-H Members. The premium book contains everything you need to know for this event. Home Economics and Ag Stills participants must complete the entry form contained in the Premium Book and bring it to exhibit drop off on Friday, March 15, 2019.

Premium book:  
<http://ceshasta.ucanr.edu/files/296331.pdf>

Fashion Revue  
Friday and Saturday, March 15 & 16, 2019

Register no later than Friday, March 9th  
<http://ucanr.edu/survey/survey.cfm?surveynumber=26451>



Valley Favorite Foods Day

# INTER-MOUNTAIN FASHION REVUE

**REGISTRATION DUE (mandatory):** Friday, March 1st, by 5:00 PM.

<http://ucanr.edu/survey/survey.cfm?surveynumber=26451>

**WHEN:** Friday and Saturday, March 15 & 16, 2019

**WHERE:** Inter-Mountain Fairgrounds, McArthur

State Recognized Categories

## 1. Traditional

Features garments the participant has constructed, showcasing sewing skills and the ability to coordinate an outfit. The entry must be sewn by the member as part of the 4-H Clothing and Textiles project, and worn by the member (not constructed for someone else). The outfit must contain at least one constructed garment; participants are encouraged to construct additional garments to complete the outfit. (No change from 2018)

## 2. Consumer Science Purchased

**\$40.00** limit for the entire outfit, includes shoes but not sales tax. Receipts from the current 4-H year are required for any item that is visible. Gifts, prior purchases, and items without receipts are not eligible for this category. Receipts from yard sales, etc. may be hand written. There is no 4-H project requirement, which means that any 4-H member may enter this category. (No change from 2018)

## 3. Box Challenge

For 2019: Red, White & Blue

Participants in this challenge will sew one or more garments that contain 3 colors – red, white, and blue. If one garment is sewn it has to contain all 3 colors. If more than one garment is sewn, the sewn garments together must contain the 3 colors. The fabrics(s) may contain other colors but the predominant colors must be red, white, and blue.

In addition, choose from the following elements that are in your box. Junior members must include at least one in their sewn garment(s). Intermediate members must include at least two. Senior members must include at least three. The garment(s) must be sewn by the member as part of the Clothing & Textiles/Sewing project.

In the box:

- Buttons- must use at least 3 red, white or blue or combination. For Juniors they may be decorative. For Intermediates and Seniors, they must be functional.
- Zipper- red, white or blue; functional not just decorative.
- Trim – red, white or blue or a combination of colors – for example: rickrack, lace, piping, braid, bias tape binding, etc.
- Contrast exposed lining (that shows) – for example: rolled up sleeves or pant legs.
- Collar, ruffle, or set-in sleeve.

Handmade accessory – red, white, or blue, or combination of these colors

## 4. Make It Mine Challenge

Participants in this challenge will alter a commercial pattern or make your own pattern to achieve the fit and style you desire in a garment of your choice.

Option 1. Start with a fashion design drawing. Submit a picture of it.

Option 2. Start with an idea of what you want to make. Submit the written description.

Find a commercial pattern or patterns, or draw your own pattern to create a wearable garment. If you use one or more commercial patterns, submit the pattern number with a picture of the envelope front. Tell which part you used (skirt, sleeve, front with collar, pant leg, etc.). Tell how you modified the pattern to fit you or to create the look you wanted. If you draw your own pattern, tell how you made your pattern and how you figured out the instructions for creating your garment(s). There is no 4-H project requirement; any 4-H member may enter this category.

**5. Retro/Vintage Inspired Challenge**

Create an outfit that is inspired by a vintage design using new fabric and notions. Vintage is 20-100 years old, so use an inspiration that is from 1900 - 2000. The entry must state the year or period of the design and include a drawing, photo, or description of the design that inspires your outfit. At least one garment must be handmade by the member. Other garments and accessories can be handmade or purchased but must be representational of the same era. There is no 4-H project requirement; any 4-H member may enter this category. Ideas for sources of inspiration include but aren't limited to: a sewing pattern that belonged to your parent, an outfit worn by your parent or grandparent in their youth, an iconic outfit worn by someone famous like Lucille Ball, Nancy Reagan, John Wayne, or James Dean, or use one of the new sewing patterns labeled Retro.

Ideas by eras:

- **20s** Gangster style, flannel fabric, flapper dress (calf length straight shift), short, sleek hair, Mary Jane ankle strap shoe
- **30s** double breasted suits, full trousers, halter tops, shoulder pads, nylon hosiery, cowl neckline, more fitted dress defining the waist
- **40s** single breasted jackets, cuff and pleat free pants – limited use of wool during WWII, Dior designed fitted jacket and full skirt
- **50s** trim tailoring, leisure time madras prints, Hawaiian shirts, pink shirts, poodle skirts, petticoats, peter pan collared blouses, pencil slim skirts, Chanel's collarless, boxy jacket and slim skirt, A line dress, pony tail hair style, seamless stockings
- **60s** hippie look and preppy styles, tight jeans, peasant look, bell bottoms, paisley shirts, mini skirts, tie-dye, go-go boots, ¾ length sleeves, Nehru jackets, tent dress, Empire line dress, bouffant beehives
- **70s** hot pants, nylon, acrylic and polyester fabrics, floppy collars, platform shoes, jogging suits, leisure suits, disco/glam rock, mini/maxi length, empire style dress, ethnic peasant style, friendship bracelets, pant suits, tank tops, clogs, satin jackets and open shirts
- **80s** big shoulder pads, bold colors, graphic patterns, leather and studded designer jeans, leg warmers, parachute pants, polo shirts, power suits with wide shoulders, tailored wool suit, big hair, tights and panty hose
- **90s** grunge, loose, baggy silhouette, prints, rips and washed out shades of beige, goth and cyber punk, long straight hair parted down the middle, power bead bracelets

**County Categories (Not Eligible for SFR Entry)**

# 2019 VALLEY FAVORITE FOODS DAY RESULTS

**Thank you Judges!!!**

Tim Nelson	Phillip Carlson	<b>Primary</b>	
Jesse Beckett	Dorothy Beckett	Izabella Beckett	Happy Valley
Jonathan Paradis	Tonia Trisdale	Everleigh Clark	Twin Palms
Frank Muse	Jeremiah Whitehead	Gauge Dewell	Happy Valley
Charlotte Whitehead	Amber Fabela	Natalie Fernandez	Golden Acres
Michael Fabela	Nancy Beckett	Dylan Frazer	Foothill
Stephanie Wheeler	Ryan Wheeler	Ethan Hullinger	Twin Palms
Elisa Tamez	Rochelle Dewell	Eastyn Rickman	Golden Acres
Trent Dewell	Shawnice Sellers	Elizabeth Tassen	Cow Creek
Nadine Bailey	Walt Bailey	Ally Trisdale	Westside
Andy Chambers	Jon Williams	Oakley Whitehead	Happy Valley
Ruby Smith			

# 2019 VALLEY FAVORITE FOODS DAY RESULTS

**Main Dish**

*Junior*

Abigail Fernandez Medal/Blue Ribbon Golden Acres

*Intermediate*

Bethany Perry Medal/Blue Ribbon Happy Valley

Seth Tassen Red Ribbon Cow Creek

**Salad**

*Junior*

Lila Hammon Medal/Blue Ribbon Golden Acres

Abigail Hullinger Blue Ribbon Twin Palms

Jessie Tassen Red Ribbon Cow Creek

*Intermediate*

Lindsey Hammon Medal/Blue Ribbon Golden Acres

Riley Combs Blue Ribbon Golden Acres

**Dessert**

*Junior*

Madalynne Walton Medal/Blue Ribbon Golden Acres

*Intermediate*

Lindsey Hammon Medal/Blue Ribbon Golden Acres

Hanna Bamford Blue Ribbon Happy Valley

Nathaniel Beckett Blue Ribbon Happy Valley

Brooke Carlson Blue Ribbon Happy Valley

Bethany Perry Blue Ribbon Happy Valley

Elias Whitehead Blue Ribbon Happy Valley

*Senior*

Aylssa Perry Medal/Blue Ribbon Happy Valley

**Decorated Cake**

*Junior*

Abigail Hullinger Medal/Blue Ribbon Twin Palms

Jessie Tassen Blue Ribbon Cow Creek

Cameron Wheeler Blue Ribbon Happy Valley

*Intermediate*

Grace Benninghoven Medal/Blue Ribbon Foothill

Olive Benninghoven Blue Ribbon Foothill

Seth Tassen Blue Ribbon Cow Creek

Christopher Wheeler Blue Ribbon Happy Valley

**Market Animal**

*Junior*

Sawyer Clark Medal/Blue Ribbon Twin Palms

Colton Stull Medal/Blue Ribbon Cottonwood

Brady Combs Blue Ribbon Golden Acres

Elissa Wilkie Blue Ribbon Happy Valley

**Market Animal Cont.**

*Intermediate*

Elyanna Braun Medal/Blue Ribbon Happy Valley

Porter Fischer Red Ribbon Golden Acres

Matthew Stull Red Ribbon Lone Tree

Mason McFadden White Ribbon Cottonwood

*Senior*

Ryan Paradis Medal/Blue Ribbon Swede Creek

**Food Preservation**

*Junior*

Abigail Fernandez Medal/Blue Ribbon Golden Acres

**Edible Centerpiece**

*Junior*

Elisa Tamez Medal/Blue Ribbon Happy Valley

**Card Table Display**

*Junior*

Jessie Tassen Medal/Blue Ribbon Cow Creek

**Breads**

*Intermediate*

Seth Tassen Medal/Blue Ribbon Cow Creek

*Senior*

Alyssa Perry Medal/Blue Ribbon Happy Valley

Reese Whitehead Blue Ribbon Happy Valley

**Appetizer**

*Junior*

Cameron Wheeler Medal/Blue Ribbon Happy Valley

Lila Hammon Blue Ribbon Golden Acres

*Intermediate*

Lindsey Hammon Medal/Blue Ribbon Golden Acres

**Dairy**

*Junior*

Charlotte Evans Medal/Blue Ribbon Golden Acres





# 2019 INTER-MOUNTAIN FAVORITE FOODS DAY

## Main Dish

### Junior

Rachel Laughlin	Medal/Blue Ribbon	Hat Creek
Dinah Laughlin	Blue Ribbon	Hat Creek
Bryan Mejia	Blue Ribbon	Pine Grove

### Intermediate

Allie Barrios	Medal/Blue Ribbon	Evergreen
Michael Sutterfield	Blue Ribbon	Evergreen
George Mejia	Red Ribbon	Pine Grove
Ricardo Garcia	Red Ribbon	Pine Grove

### Senior

Carlos Garcia	Red Ribbon	Pine Grove
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## Salad

### Junior

Gabriel Jimenez	Medal/Blue Ribbon	Pine Grove
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### Intermediate

Jocelyne Jimenez	Medal/Blue Ribbon	Pine Grove
Abby McIntyre	Blue Ribbon	Evergreen
Angelik Alvarez	Blue Ribbon	Pine Grove

## Dessert

### Junior

Rachel Laughlin	Medal/Blue Ribbon	Hat Creek
Dinah Laughlin	Blue Ribbon	Hat Creek

### Intermediate

Luke Sutterfield	Medal/Blue Ribbon	Evergreen
Elizabeth Taylor	Blue Ribbon	Hat Creek

## Yeast Bread

### Intermediate

Abby McIntyre	Medal/Blue Ribbon	Evergreen
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## Decorated Cake

### Intermediate

Sammy Snow	Medal/Blue Ribbon	Hat Creek
Danielle Shippet	Blue Ribbon	Evergreen
Kim Garcia	Red Ribbon	Pine Grove

### Senior

Melissa Eastman	Medal/Blue Ribbon	Hat Creek
Nicole Taylor	Blue Ribbon	Pine Grove

## Edible Centerpiece

### Intermediate

Luke Sutterfield	Medal/Blue Ribbon	Evergreen
Elizabeth Taylor	Blue Ribbon	Hat Creek

### Senior

Melissa Eastman	Medal/Blue Ribbon	Hat Creek
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## Quick Bread

### Intermediate

Michael Sutterfield	Medal/Blue Ribbon	Evergreen
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## Card Table Display

### Intermediate

Abby McIntyre	Medal/Blue Ribbon	Evergreen
Elizabeth Taylor	Blue Ribbon	Hat Creek

### Senior

Melissa Eastman	Medal/Blue Ribbon	Hat Creek
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## Market Animal

### Intermediate

Brianna Vargas	Medal/Blue Ribbon	Pine Grove
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### Senior

Ana Jimenez	Medal/Blue Ribbon	Pine Grove
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## Beverages

### Intermediate

Elizabeth Taylor	Medal/Blue Ribbon	Hat Creek
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## Appetizer

### Intermediate

Elizabeth Taylor	Medal/Blue Ribbon	Hat Creek
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## Egg Dish

### Junior

Destany Shippet	Medal/Blue Ribbon	Evergreen
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### Intermediate

Allie Barrios	Medal/Blue Ribbon	Evergreen
Michael Sutterfield	Blue Ribbon	Evergreen



## Thank you Judges!

Tim Nelson	Sally Moyner	Wendy Chico
Danette Madden	Lani Martin	Cheryl Humphrys
Don Buwester	Rose Schnider	Don Smith
Cherry Chico	Charline Marks	Arleen Earnest
Megan Shippet	Ruth Strauch	Theresa Laughlin

**Congratulations!**









IM Favorite Foods Day

# 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.*

## STEM ACTIVITY: MAKE A SNOWBALL LAUNCHER!

Try this fun physics activity that you can do with the snow or Styrofoam balls! In this experiment youth will learn physics by comparing the different launch items and angles to see what flies the farthest. Youth can create a launcher by using just a balloon and a plastic cup.

For more information on the experiment, please visit the [littlebinsforlittlehands.com](http://littlebinsforlittlehands.com) website.

## CALIFORNIA AGRICULTURAL TOURISM DIRECTORY

We believe in getting to know your local farmers. Find out how to visit one in your community by checking out the [California Agricultural Tourism Directory](#). You can even search by county. You'll learn about farm and wine trails, accommodations, entertainment, outdoor recreation, educational experiences, and more that are offered by California's farmers and ranchers.

## 2019 STATE AVIAN BOWL QUALIFIER

Saturday, February 23, 2019

The Greater California Society of Poultry Fanciers' Show

Fresno County Fair Grounds

The Avian Bowl State Qualifier is a knowledge bowls where contestants demonstrate their comprehensive knowledge of subject matter for several species of poultry, food safety, physiology, nutrition, eggs, and other related subjects.

For more information regarding the 2019 State Avian Bowl Qualifier, please see visit the State Qualifiers for [National Animal Science Events page](#).



IM Favorite Foods Day



# 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:

- Healthy Living - February 15–18, 2019
- Photography - February 28 - March 3, 2019



National 4-H  
Conference Center

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 14, 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) .



JOANN



**JOANN "Clovers for Kids"**  
**March 1 to April 30, 2019**

### 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 not clap?
3. What has to be broken before you can use it?
4. What has an eye but can not see?
5. Which letter of the alphabet has the most water?



1. Corn on the cob
2. A clock
3. An egg
4. A needle
5. C

**ANSWER**



# 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.

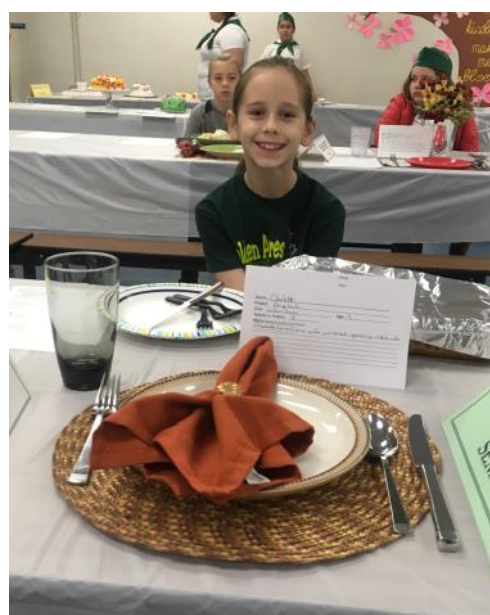


### Tentative Schedule

- 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.



Valley Favorite Foods Day

# 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).

# 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-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!

### 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)



Valley Favorite Foods Day

# REGIONAL, STATE & NATIONAL NEWS

## 4-H SHOOTING SPORTS WORKSHOPS



### 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 TRAINING IN SAN JOSE, CALIFORNIA

Register Here: [SCC 2019 Shooting Sports Training](#)

**This training is for 4-H Adult Volunteers, 4-H Project Leaders & 4-H Youth Project Leaders in all counties**

Saturday, February 23, 2019 @ 8 a.m. to 6 p.m.

and Sunday, February 24, 2019 @ 8 a.m. to 4 p.m.

Fee: \$35.00, payment instructions are at the bottom of this registration

#### About the workshops

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 cover expenses, with Saturday and Sunday continental breakfast. Bring your own lunch each day.

*Registration is limited and confirmed with receipt of payment*

<http://ucanr.edu/survey/survey.cfm?surveynumber=26394>

#### Requirements:

- You must be a currently enrolled 4-H volunteer or member.
- You may only attend one workshop for a specific shooting sports discipline.
- You must attend both days to be certified to teach the specific shooting sport at the project, club and camp levels.
- *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*

By doing these 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!

Online application and payments are **due on or before February 9, 2019.**

For more information, please contact Susan Weaver @ [sjweaver@ucanr.edu](mailto:sjweaver@ucanr.edu)



# UCCE - SHASTA COUNTY PROGRAM NEWS

## Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured produce is **pumpkins**



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

Food Day is October 24. It is a national movement to eat more healthy, affordable, and sustainable food – like fruits and vegetables. Make half your children's plates fruits and vegetables and help them get at least 60 minutes of physical activity every day. Doing these things is good for their health and can also help your children do better in school. So celebrate Food Day and use *Harvest of the Month* to help you and your family live a healthy, active lifestyle.

### Produce Tips

- Pick fresh pumpkins that are firm and feel heavy for their size.
- Keep fresh pumpkins in a cool, dark place for up to two months.
- Look for canned pumpkin with no added sugars or sodium. You can use canned pumpkin in any recipe that uses cooked pumpkin.
- For best prices, buy pumpkins at a pick-your-own pumpkin patch or a local farmers' market.

### Healthy Serving Ideas

- Roast, bake, or mash pumpkin for warm, tasty side dishes. You can even purée pumpkin to use in soups.
- Roast pumpkin seeds in a preheated oven at 300°F for 10 to 25 minutes. Be sure to wash and dry the seeds first!
- Use canned pumpkin to make tasty breads, muffins, or even pancakes. Add raisins or chopped nuts for extra fiber.

### PUMPKIN BEAN SOUP

Makes 6 servings. 1 cup per serving.  
Cook Time: 30 minutes

#### Ingredients:

- 1 can white beans, undrained
- 1 small onion, finely chopped
- 1 cup water
- 1 15-ounce can 100% pumpkin
- 1½ cups 100% apple juice
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg or ginger
- ½ teaspoon black pepper
- ¼ teaspoon salt

1. In a blender, add beans, onion, and water. Blend until smooth.
2. In a large pot, add the pumpkin, juice, and spices. Stir well.
3. Add the blended bean mix to the pumpkin juices.
4. Cover and cook over low heat for 15-20 minutes. Serve warm.

*Nutrition information per serving:*  
Calories 160, Carbohydrate 32 g, Dietary Fiber 7 g, Protein 8 g, Total Fat 0.5 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 330 mg

Adapted from:  
Pennsylvania Nutrition Education Network

For more recipes, visit:  
<http://recipefinder.nal.usda.gov/>

### Let's Get Physical!

- Make family time an active time. Limit screen time with TV, computers and video games. Add active time with family walks on the weekend, or after dinner.
- Go on a scavenger hunt for trees in your neighborhood. Try to find leaves in every color.
- Plan ahead. Put active time on the family calendar.

For more ideas, visit:  
<http://kids.usa.gov/grown-ups/for-parents/exercise-fitness-nutrition/index.shtml>

### Nutrition Facts

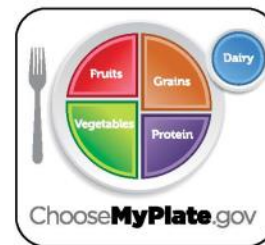
Serving Size: ½ cup pumpkin, cooked (123g)	
Calories 24	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 1g	
Vitamin A 122%	Calcium 2%
Vitamin C 10%	Iron 4%

### How Much Do I Need?

- A ½ cup of pumpkin is an excellent source\* of vitamin A and a good source\* of vitamin C.
- Vitamin A helps keep your vision good, fight infection, and keep your skin healthy.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.

\*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. Make half your plate fruits and vegetables to reach your total daily needs!



### What's in Season?

California grown pumpkins are in peak season in fall. They are usually available from October to December. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other California grown produce items in fall: collard greens, kale, sweet potatoes, and winter squash (acorn, butternut, pumpkins).



Network participation in Food Day is for the purpose of educating and informing SNAP-Eligible about healthy eating and physical activity and will not include advocacy for or against any specific laws, regulations or ordinances.  
For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips. © California Department of Public Health 2012



BRO-246/Ver. 10/12

# UCCE - SHASTA COUNTY PROGRAM NEWS

## UNDERSTANDING WILDFIRE THREAT TO HOMES

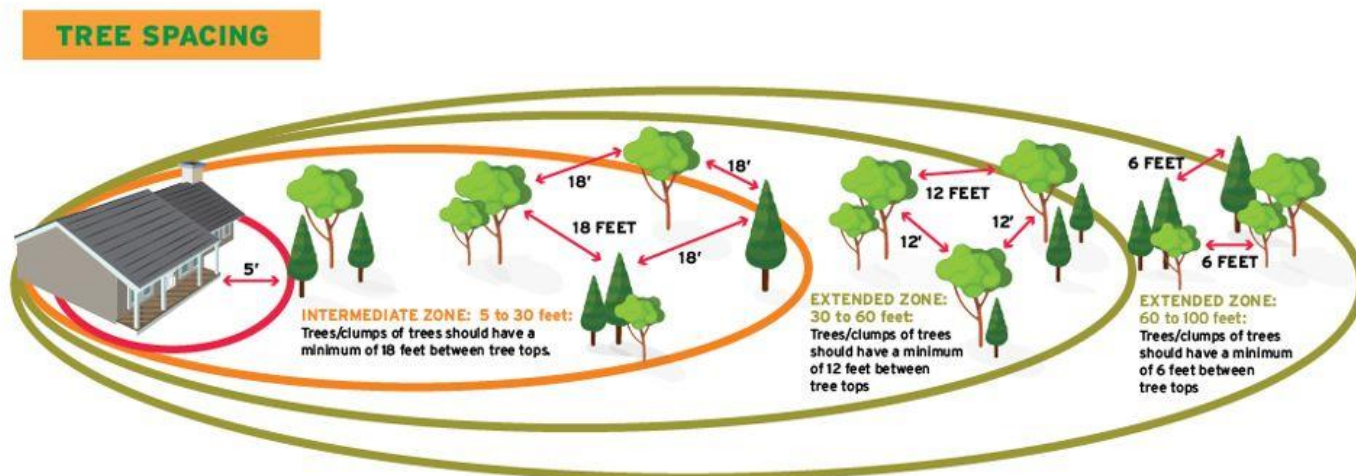
It is never too late to start thinking about fire safety. As recovery from the 2018 fires in Shasta County continue, we must remember to keep looking ahead. Wildfires are a natural part of forests and natural communities, but the high intensity and size of recent fires are not. There are numerous reasons for this increase in wildfire behavior including fire suppression policy, drier climates and more homogenous forest structures (to name a few). While broad statewide efforts are being considered to solve these issues, it is helpful to consider how these same problems can influence fire on a smaller scale.

Wildfires often start in wildland areas. Many are caught early and suppressed, but the <1% of fires that escape into megafires do so because of a combination of factors. Severe weather (hot, dry, and windy), steep terrain, and high fuel volume allows a fire to build up heat and grow quickly in size. Once fires move from wildland areas into neighborhoods, homes themselves become an additional fuel source that can ignite neighboring structures. When appropriate vegetation removal and ignition - resistant home construction is used, the number of home ignitions reduce, allowing first responders to focus on wildfire containment rather than extinguishing structures. For this reason, individuals living in wildfire-prone areas are not only responsible for reducing risk on their property, but play an important role in defending the entire community.

It is **impossible** to have a completely fireproof home. Instead, understand the conditions influencing fire spread and ignition to improve your wildfire mitigation efforts. To understand this, let's look at the three primary mechanisms of fire behavior: **weather**, **topography**, and **fuels**.

- Hot and dry **weather** dries out fuels more quickly, causing them to ignite more easily. Wind can also increase the supply of oxygen to a fire and push over a flame to pre-heat adjacent fuels in front of the fire.
- Slopes that face south or southwest have greater exposure to afternoon sun, resulting in lower humidity and higher temperatures. Steep **topography** also positions fuel so that heat from a fire can pre-heat adjacent fuels more easily.
- Out of all these, **fuel** is the only factor that can be managed. The size and dryness of fuels determine how easily it is ignited and how long it will burn for. *Fine fuels* like hay and old tax forms ignite easily while *heavy fuels* like trees and homes require more energy to ignite. Once ignited, heavy fuels burn longer and can throw embers until extinguished.

From this, it is understood that fire doesn't engulf everything in its path, it only advances to locations that meet the requirements of combustion. By altering the type, size, quantity, and spacing of vegetation and other fuels, residents can influence the movement of a wildfire and decrease its potential to ignite homes.



Consider these factors when looking through defensible space guidelines. For additional information, check in with your local UCCE Forestry Advisor (1-530-224-4900), California Forest Stewardship Helpline (1-800-738-8733), or Resource Conservation District office or find more homeowner tips at: [UCANR.EDU/FIRE](http://UCANR.EDU/FIRE)

# 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 Presentation Day 9 AM sign-in 10 AM start @Burney High School
17	18 Office Closed Presidents Day 	19	20	21	22	23
24	25	26	27	28		

# March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 Home Ec & Ag Stills Field Day & Fashion Revue @ IM Fairgrounds 5 PM drop off & judging	16 3 PM Fashion Revue pre-judging 5 PM Fashion Revue  Shasta County Wide Rabbit Show @Prairie School
17	18	19	20	21	22 Council Scholarship Applications Due & County Ambassadors Application Due  <span style="border: 1px solid red; padding: 2px;">DUE</span>	23
24	25	26	27	28	29	30
31						

Erin Paradis, 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/jonerinparadis@gmail.com

Current Resident OR:

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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 April 17, 2019
6 pm at the 4-H Office



INTERMOUNTAIN COUNCIL

Next meeting April 16, 2019
7 PM Burney High School

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

CA Record Book Manual 2018-19 http://4h.ucanr.edu/files/263720.pdf