



University of California

March 2019

Agriculture and Natural Resources | 4-H Youth Development Program

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IMPORTANT DATES:

<i>Mar 15 - 16</i>	<i>Home Ec & Ag Stills Field Day/Fashion Revue</i>
<i>Mar 16</i>	<i>Shasta County Wide Rabbit Show</i>
<i>Mar 20</i>	<i>Budget & Valley Event Planning Committee Meeting</i>
<i>Mar 22</i>	<i>Council Scholarship Due</i>
<i>Mar 22</i>	<i>County Ambassador Application Due</i>
<i>Mar 23</i>	<i>Rescheduled Presentation Day</i>
<i>Apr 16</i>	<i>IM Council Meeting</i>
<i>Apr 17</i>	<i>Valley Council Meeting</i>
<i>Apr 18</i>	<i>Council Scholarship Interviews</i>
<i>May 3 - 4</i>	<i>Valley Field Day</i>
<i>May 5</i>	<i>IM Small Animal Field Day</i>
<i>May 13</i>	<i>Valley 4-H Agreement Contract Due</i>
<i>May 17</i>	<i>County Ambassador Support Team Applications Due</i>

SHASTA COUNTY 4-H CURRICULUM LIBRARY



Now online

<https://sc4hlibrary.librarika.com/>

Leaders can now search for curriculum, make reservations, and get online reminders. We offer a variety of books, videos, and "kits" to our current volunteers. Materials may be checked in/out during regular business hours and must be picked up/returned to the office in person.

Leaders who are interested in checking out a livestock "kit" must sign the checkout contract stating they are financially responsible for any missing or damage parts upon return.

Spring

MONTHLY COUNCIL & COMMITTEE MEETINGS

All council agendas and minutes are available online at:

http://ceshasta.ucanr.edu/4-H_Program/

Please contact the office if you have items you would like included on the agenda.



Valley 4-H Council Meeting

Wednesday, April 17, 2019, at 6:00 PM at the 4-H Office

Are you interested in being an officer or know someone who you would like to nominate for President or Vice President? The Vice President should be a youth senior member with experience in a significant leadership role.

Please submit any nominations to the 4-H Office. Voting will be done in May for the 2019/2020 program year.

Inter-Mountain 4-H Council Meeting

Tuesday, April 16, 2019, at 7:00 PM at IM Fairgrounds

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".

Shasta County Budget and Valley Event Planning Committee

Join us on Wednesday, March 20, 2019 at 6:00 PM for the Budget and Valley Planning meeting for the upcoming program year.

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.

The YQCA online/in-person is the only state approved training www.yqca.org. Remember, the fair office will not accept fair entries without a certificate of completion.

EXPANSION AND REVIEW COMMITTEE

We are looking for adults and senior members to join the Shasta County Expansion and Review committee. The purpose of this committee is to review the status of the 4-H program and determine ways to expand 4-H programs to the youth and adult volunteers of Shasta County, strengthen approaches to 4-H YDP delivery, and to add quality to the education process.

The committee will meet twice a year.

IM FAVORITE FOODS DAY

Sorry we missed you!

Main Dish

JR. Bryan Mejia, Pine Grove – Blue Ribbon

Market Animal

JR. Marianna Hiser, Pine Grove – Blue Ribbon

Cake Decorating

JR. Marianna Hiser, Pine Grove – Blue Ribbon

Inter. Danielle Shiplet, Evergreen – Blue Ribbon

UPCOMING DATES:

Budget planning and valley event calendar planning meeting

March 20, 2019 6:00 at the 4-H office

Council Scholarship interviews

April 18, 2019 at the 4-H Office

COUNCIL SCHOLARSHIP INTERVIEWS -APPLICATIONS DUE MARCH 22

Council scholarship interviews will be held on Thursday, April 18, 2019 at the 4-H Office. This date was chosen to avoid any conflicts with student's Spring Break schedules and activities. Applicants will be notified with complete details, including their interview time, prior to the scheduled date. Please contact the 4-H Office with any questions.



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!



Shasta County Wide Rabbit Show



ARBA Judge: Cathy Szychulda

March 16, 2019

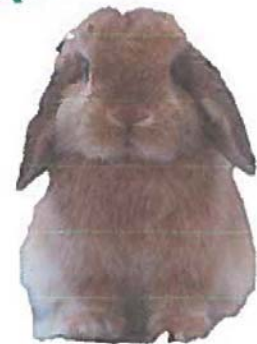
- Breed ID contest
- Showmanship \$3.00
- Costume contest, and more!

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

Please send entries to juliesdressage@gmail.com

Location: Prairie Elementary School

20981 Dersch R.D Anderson, CA 96007





my 4-H

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



4-H UNIFORM SUPPLIES

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

COUNTY NEWS - CLUB LEADERS CORNER

**UPCOMING ADMINISTRATIVE DEADLINES
CURRENT ENROLLMENT 628 YOUTH/126 ADULT VOLUNTEERS**

March 22nd

DUE

- Council Scholarship Application Due
- County Ambassador Applications Due

May 10th

DUE

- Valley 4-H Agreement Contract Due

May 17th

DUE

- Ambassador Support Team Application Due

June 1st

- Enrollment System Locks

June 30th

- Program Year Ends



IMPORTANT DATES FOR SDF

Shasta District Fair: June 19 - 22, 2019

Livestock Entries Due: May 17, 2019

Weigh - In: June 18, 2019

4-H Contract Due: May 13, 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, MARCH 23, 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/.

Just that all clubs involved in food service and preparation activities must have at least one volunteer on hand who has completed Food Safety Training. The university's "Make It Safe, Keep It Safe" Food Safety Education has been made available in an online format for your convenience. The training can be accessed at: <http://ucanr.edu/sites/MISKIS/Intro/>

2019
Fuzzy Goot
Show



Sat., May 4th, '19 - 1 PM to 4 PM

\$5.00 an animal **

\$5.00 for Showmanship

Peewee: 8 and under Junior: 9 -11

Intermediate: 12 -13 Senior: 14 -18

Youth Show Only

****You may NOT use a doe in the market class and proceed
to show it in doe classes**

Shasta District Fairgrounds

1890 Briggs St, Anderson, CA 96007

Kay Delaloza - 530.604.7411

STATE 4-H INTERVIEW CONTEST

- **Choose a job:** Choose one of the three jobs listed in your age category. Make sure to review the full job descriptions. [2019 Job Descriptions](#)
- **Junior Category**
Petting Zoo Helper
Interactive Game Attendant
Dog Walker
- **Intermediate Category**
Movie Clerk
Smoothie Maker
Marketing Assistant
- **Senior Category**
Vet Technician
Subject Tutor
Market Cashier
- **Develop a resumé:** Include real-life experiences (education, work, activities, etc.) that demonstrate your qualifications for the job selected.
- **Write a cover letter:** Your cover letter should explain why you should be considered for the job selected.
- **Dress appropriately:** Appropriate dress includes 4-H uniform or attire appropriate for a job interview as outlined in the [Interview Contest Manual](#).



Participants are encouraged to review the tips, interview questions, judging rubrics and supporting materials provided in the [California State 4-H Interview Contest Manual](#).

4-H MAKES

Maker, making, maker space, maker faire – we seem to hear a lot about the maker movement these days. While the term in its various forms is ubiquitous, it solicits several valid questions, including: What is the significance of this movement and how does it relate to the 4-H program (if at all)? But before we begin pondering these questions, let's define the term "maker." In its simplest context a maker is anyone who makes stuff. Although there is a tendency to associate makers and making with technology-based pursuits, these terms can and do encompass both low and high-tech creative realms and the makers that inhabit them. Many of us know these so-called makers by a different name, but one thing is for sure; hackers, coders, hobbyists, crafters, designers, do-it-yourselfers and everyone in between, are embracing the term of maker and finding a sense of belonging and comradery in making and the maker movement.

So, what makes this new and different? After all, we as humans have been making and creating since our earliest days in existence. Well, a lot of the momentum behind the maker movement lies, not so much in the act of making itself, but in how people engage, connect and share their making experiences. Today's technology-driven society, with its rich environment of social media and instant digital communication, has provided a catalyst for impassioned creators to share knowledge and ideas in new and exciting ways. All this has culminated in what might be described as an open-source community of practice. It is here that traditional boundaries between interests disappear and individual sparks are discovered, explored and shared.

In 4-H, much of what we do centers on creating a learning environment where youth can identify sparks, explore knowledge, share ideas, develop skills and pursue their passion. Sound familiar? Objectively, the 4-H Program and the maker movement were made for one another. For over 100 years the 4-H program has embodied the maker spirit through its hands-on approach to problem solving and inherently creative activities. Nearly any 4-H project can incorporate elements of making. All one really needs to do is be intentional about making the connections. The youth are already engaged in pursuing a topic of interest that allows them to explore and acquire knowledge, while on the road to mastering specific skill sets; however, to fully realize their potential, youth must be empowered to own the creative process and breathe life into their unique ideas. As Dale Dougherty, the Founder of Make: Magazine encourages, we "should look to the maker movement for tips on how to create an ecosystem of talent, connections, and learning that will lead to a truly innovative economy and society." Given that insight, we could argue that 4-H youth are poised to become the next generation of leaders, problem-solvers, innovators, scientists, engineers and makers.

Having established that the maker movement is both relevant and compatible with the 4-H Program, there is one question left to answer: How does 4-H become involved in the maker movement? The truth is, 4-H has always been involved in the maker movement, so don't hesitate to adopt the moniker of maker. Then, seek out other makers and embrace the sense of belonging and comradery found amongst your fellow makers – maker spaces and maker events are a great way to do that. Here in Far Northern California we are fortunate to have a couple of maker events that are gaining traction. The 2019 Maker Showcase will be held at the Tehama District Fairgrounds on May 2nd – 5th, with applications due on March 25th. This is a great opportunity to host a hands-on workshop, give a maker demonstration, organize a performance, or just share your passion. There will also be opportunities for youth and volunteers to help with the "4-H Makes" activity booth being organized as a part of the event. Additionally, the 2nd Shasta County Mini Maker Faire was held in October of 2018 and is expected to return for a 3rd effort in 2020. Still need some help with ideas? Contact Nate W. Caeton, 4-H Youth Development Advisor for Shasta, Tehama and Trinity counties at (530) 224-4900 or nwcaeton@ucanr.edu

2019 MAKER SHOWCASE

MAY 2ND-5TH - TEHAMA DISTRICT FAIRGROUNDS

CALL FOR MAKERS

SHARE YOUR PASSIONS AT THE MAKER SHOWCASE

Startups, hobbyists, architects, artists, scientists, designers, drone enthusiasts, fabricators, teachers, students, hackers, jewelry designers, developers, glass blowers, welders, and everyone in between are encouraged to apply!



Host a hands-on workshop, demo what you make, organize a performance, demonstrate what you make, and be outright awesome by sharing your talents with the entire community!

Apply By March 25th:

bit.ly/makershowcase19

VISIT TEHAMASCHOOLS.ORG FOR MORE INFORMATION

QUESTIONS? CONTACT SYERRA QUIGLEY AT
SQUIGLEY@TEHAMASCHOOLS.ORG



THE MAKER SHOWCASE IS A PROJECT OF THE TEHAMA COUNTY DEPARTMENT OF EDUCATION
AND THE TEHAMA DISTRICT FAIR

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/Historical 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)

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:

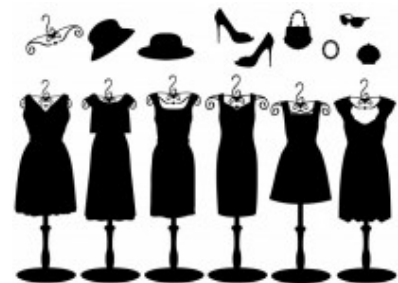
<http://ceshasta.ucanr.edu/files/296331.pdf>

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 4-H FIELD DAY

LARGE & SMALL ANIMAL FIELD DAY

REGISTRATION DUE: Friday, April 19, 2019 (Pre-Registration Mandatory | No Late Entries Accepted)

REGISTER ONLINE: <http://ucanr.edu/survey/survey.cfm?surveynumber=26812>

(Please note that registration is only available online. If entered correctly, you will receive an e-mail confirmation for your registration. If you have any doubts about your registration, please contact the 4-H Office to confirm at 224-4900).

WHEN: Saturday, May 4, 2019

WHERE: Shasta District Fairgrounds

COORDINATED BY: Swede Creek - Large Animal & Round Robin
Foothill - Swine
Golden Acres - Meat Goat

Oak Run - Beef
TBD - Pygmy Goat
TBD- Dog
Countywide Rabbits - Rabbits
Countywide Rabbits - Small Animal Round Robin
Westside - Dairy Goat

CONCESSIONS BY: Swede Creek 4-H

- Participants must provide an animal for showmanship.
- Animals can be a backup animal, shared with a sibling, or borrowed.
- Conformation will not be judged, so participants only need to bring one animal.
- Animals must be clean and presentable, but do not need to be fitted.

IMPORTANT INFORMATION

All 4-H'ers enrolled in livestock projects are encouraged to participate. This is a chance to evaluate the progress of your showmanship abilities before the fair. It also meets your fair contract requirement to show at the Shasta District Fair.

DRESS: You must dress neatly and wear clothing that allows you to safely show and tend to your animal. No open-toed shoes and no shorts. **Youth dressed in inappropriate attire will be dismissed by the judges.** The 4-H uniform is not required.

AGE DIVISIONS: **Large Animal:** Junior (9-10) Intermediate (11-13) Senior (14-19)
Small Animal: Primary (5-8) Junior (9-10) Intermediate (11-13) Senior (14-19)

RULES:

- **Entry forms due** to the 4-H office **no later than Friday, April 19, 2019.**
- NO bedding is allowed.
- Every exhibitor must furnish their own feed, feeder, and container for water. Participants must clean pen area and check-out with the club person in charge of the barn before leaving the grounds! **You will not receive credit for the event if you do not clean up your pen and check out with the leader in charge.** Everyone must bring their own clean up tools (ie. rake, shovel, etc.).
- Washing of animals at the fairgrounds is prohibited. Please wash your animal at home before coming to the field day if the weather allows.
- To receive credit for participating at this field day, please remain on the grounds until the conclusion of the event.
- All vehicles **must** exit the grounds after unloading and park in the parking areas.
- Please do not park along the fence as vehicles will be cited.
- Gates will remain closed until after Round Robin awards. **Please do not walk animals off grounds before Round Robin!**



VALLEY 4-H FIELD DAY

SCHEDULE: (All times are approximate) Saturday, May 4, 2019

7:00 - 8:00 am	Check-in, registration, weigh-in. <i>Please take animals to their respective areas, as gates will be locked at 9 am.</i>
8:00 - 9:30 am	Educational sessions and expo quizzes for each species.
9:00 am	Steer Hoof Trimming by Mr. Chuck Macfarlane begins...\$30
9:30 am - 11:00 pm	Showmanship classes. Please note that conformation will not be judged this year
11:00 am - 12:00 pm	Round Robin, followed by awards. Awards will be presented by the Shasta County 4-H All Stars.
12:00 pm	All animals are released. Barn areas must be clean! Participants MUST check out with the person in charge of their species barn area before leaving!

PARKING: Shasta District Fair has a couple of events going on that day. So, with that in mind, Gate 4 will be opened at 7:00 am for all members, Home Ec. and livestock exhibitors. There may be other gates open during the day but you can plan on gate 4 being opened at 7:00 am. Once your project has been delivered to Trinity Hall or the Livestock Barns, the vehicle must be moved to the parking lots. Lot 2 is the closest and easiest for the livestock exhibitors. Lot 1 will be available for anyone. So park in lot 1, nearest the fairground office and Briggs Street. We do ask that all exhibitors have their vehicles off the grounds by 8:00 am.

Thank you and Enjoy!



VALLEY AG MECHANICS & SCIENCE FIELD DAYS

REGISTRATION DUE: Friday, April 19, 2019 (Pre-Registration Mandatory | No Late Entries Accepted)

<http://ucanr.edu/survey/survey.cfm?surveynumber=26812>

WHEN: Friday, May 3 & Saturday, May 4, 2019

WHERE: Trinity Hall, Shasta District Fairgrounds

COORDINATED BY: Golden Acres 4-H Club

IMPORTANT INFORMATION

AGE DIVISIONS: Primary (5-8) Junior (9-10) Intermediate (11-13) Senior (14-19)

APPROXIMATE SCHEDULE:

Friday, May 3, 2019 Item Drop-off: 2:00 pm - 6:00 pm (No late entries will be accepted).
Building Closes & Judging Begins: 6:00 pm

Saturday, May 4, 2019 Viewing: 9:00 am - 12:00 pm
Craft Activity: 9:00 am - 12:00 pm
Item Pick-up: 12:00 pm - 1:00 pm

CATEGORIES:

1. **Plant Science:** to include Vegetable Gardens, Crop Management, Field Crop, Ornamental Horticulture, Indoor Mini-Gardens, and Outdoor Mini-Gardens, Jr. Master Gardener projects and posters.
2. **Engineering:** to include Automotive, Small Engines, Tractors, Farm Equipment, Electricity, Decorative Wood Working, Mechanical, Rocketry, Welding, Woodworking, Model Building, Bicycles, Lawn Mowers, Robotics, and GIS/GPS projects and posters.
3. **Resource Science:** to include Forestry, Christmas Trees, Soil and Water Conservation, Wildlife, Rocks and Minerals, Climatology, Minerals, Marine Biology, Energy Management, and Geology projects and posters.
4. **Leisure Education/Health Science:** to include Shooting Sports, Group Sports, Individual Sports, Health, Physical Fitness, Camping, and Outdoor Adventures projects and posters.
5. **Animal Science:** to include Vet Science, projects and posters (ex. Horseless Horse)
6. **Primary:** any item with the exception of shooting sports items.

Please visit the Craft Booth in Trinity Hall. All participants are welcome!



VALLEY HOME EC FIELD DAY

REGISTRATION DUE: **Friday, April 19, 2019 (Pre-Registration Mandatory | No Late Entries Accepted)**

Register online: <http://ucanr.edu/survey/survey.cfm?surveynumber=26812>

WHEN: Friday, May 3 & Saturday, May 4, 2019

WHERE: Trinity Hall, Shasta District Fairgrounds

COORDINATED BY: Golden Acres 4-H Club

All 4-Her's enrolled in Home Economic projects are encouraged to participate.

List the description of each item on the entry form.

Golden Acres 4-H will sponsor a prize for the member in each grade division that enters the most exhibits.

IMPORTANT INFORMATION

SDF REQUIREMENTS: This event can qualify you for participation at the Shasta District Fair. If you haven't participated in an event yet, **this is your final opportunity.** Call the 4-H office with questions.

APPROXIMATE SCHEDULE:

Friday, May 3, 2019

Item drop off: 2:00 pm - 6:00 pm (No late entries will be accepted)

Building Closes & Judging Begins: 6:00 pm

Saturday, May 4, 2019

Viewing: 9:00 am - 12:00 pm

Craft Activity: 9:00 am to 12:00 pm (Trinity Hall)

Item pick up: 12:00 pm to 1:00 pm (**Items will not be released before 12pm**)

AWARDS: The Danish system of judging (blue, red, or white ribbons) will be used. Best entry in each category within each age division will receive a medal. Best of Show will be chosen from the three medal winners in each category (all age divisions combined). Each primary member will receive a gold star pin for the event, and a participation ribbon for each item entered.

CATEGORIES:

1. **Clothing**– Includes any item machine or hand sewn. Examples: apparel, accessories, pillow, apron, or other item of your choice.
2. **Foods & Nutrition**** - includes baked items such as breads, cookies, pies, candies, etc. See notes on food entries** below.
3. **Food Preservation** - all canned foods. Foods will not be opened and must be labeled with name of product, method used, & date processed.
4. **Cake Decorating** - judged only on appearance. Entries may be fresh cakes or Styrofoam.
5. **Family & Consumer Sciences/Social Sciences** - includes Child Care, Community Pride, Citizenship, Computer Programming, and Communications projects. This entry can be in the form of table top display, or other form of visual display.
6. **Home Arts & Furnishings**- includes knitting, crocheting, needlework, weaving, macramé, decorative pillows, rugs, dishtowels, flower arrangements, and items used in the home as a decoration or on a day-to-day basis.
7. **Photography** - photos (black & white OR color) must be mounted on photo mat board. No foam matt board allowed. Print size 4"x6", 5"x7", 8"x10", or 11"x14" . If sequence shots are used, please include 2-5 pictures on any subject.
8. **Creative Arts, Crafts & Hobbies** - includes jewelry, decoupage, fine arts, pottery, ceramics, leather crafts, cultural arts, graphic arts, painting, and hobbies such as coin, stamp collecting, and miniatures.
9. **Quilting** - includes any item, any size quilted by hand or machine such as full quilt, wall hanging, quilted pillow, rag quilt). Quilt may be original design, made from kit or copied from another quilt, book or pattern. Should be at least 3 layers (such as: top fabric, middle batting, and backing fabric) quilted together.
10. **Scrapbooking** - include 2 page layout in sequence (any subject) and cards made with scrapbooking techniques (any subject)
11. **Fiber Arts** - includes hand-felted single completed project (ie. toy, table mat, hat or something of your choice). Woven project - single completed project such as scarf, place mat or something of your choice. **Fiber Arts - 12ft. Hand-spun double- or single-ply of yarn.**
Type of fiber used identified on skein.
12. **Primary** - any item
13. **Cookbook**– This category is to challenge your imagination and have fun at the same time. The cover, title, page and index will be judged on decoration, age appropriateness, how well presented, cleanliness, neatness, and the knowledge of the subject. The cookbook can be typed or handwritten (black or blue ink).
14. **Card Table Display**- Decorate a card table to illustrate your theme. 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.

**Food entries:

- Cover food with clear wrap and use paper plates. Any baked food item may be entered.
- *Examples of quantities to bring :*

Muffins, cookies, candies, rolls	1/2 dozen	Pies	1 whole pie
Cakes	1/2 cake & 1 slice	Cupcakes	1/2 dozen
Bread	1/2 loaf & 1 slice	Canned goods	(standard jelly)
- Cakes may be frosted, unfrosted, or decorated if entered in Category #2.

REGIONAL, STATE & NATIONAL FUNDING & MORE



Tractor Supply Fundraiser Opportunity! March 27 - April 7, 2019

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.*

JOANN



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



35TH ANNUAL CALIFORNIA 4-H SHOOTING SPORTS MATCH (MAIL IN)

REGISTRATION DUE MARCH 4, 2019

Registration is now open for the 35th Annual California 4-H (mail in) Shooting Sports Match, hosted by Siskiyou County 4-H Leaders Council.

All entry information and rules are available at: http://4h.ucanr.edu/Projects/STEM/SET_Projects/ShootingSports/?calitem=440030&g=87663

2019 CALIFORNIA 4-H STATE ARCHERY MATCH

HOSTED BY NEVEDA COUNTY

Age brackets are:

- Juniors (9-10)
- Intermediate (11-13)
- Seniors (14+)

Categories include:

- Longbow
- Recurve
- Compound bow

Entries are due to Nevada County by April 20, 2019.

New this year: Entries may be paid for by council check, club check, or money order.

For questions regarding payments or entry procedures:

Jill Simmons - UCCE Nevada County (530) 273-4563

jcsimmons@ucanr.edu

For questions regarding rules, filling out entry forms, targets, scoring, awards:

Jeanette Oliver (530) 575-9572

jlo63@comcast.net

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 27th: Horse Bowl Contest

June 28th: English Flat and Jumping

June 29th: Western Flat, Trail and Ranch Horse

June 30th: 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 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.

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!

Field 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 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 2019 SFR categories are Traditional, Upcycled, Consumer Science Purchased \$40, See it, Sew it Challenge, and Retro/Historical 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 or Sue 2moores.sue@gmail.com.

UCCE - SHASTA COUNTY PROGRAM NEWS

Harvest of the Month



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



Health and Learning Success Go Hand-in-Hand

Did you know a single serving of fruits or vegetables usually costs less than 25 cents? These small costs have big health benefits. Eating a variety of colorful fruits and vegetables and being active every day are healthy habits that can help your child do better in school, feel good, stay healthy, and grow strong. *Harvest of the Month* provides ideas to help your family eat more fruits and vegetables and be more active every day.

Produce Tips

- Look for plump mandarins that feel heavy for size and have stems still attached.
- Look for mandarins with glossy, deep orange skins. (Some patches of green near the stem are okay to eat.)
- Keep on the counter and use within a few days. Or, store in the refrigerator for up to one week.
- **Helpful Hint:** Mandarins that have a deep orange-red color are called *tangerines*. Other types of mandarins include satsumas, clementines, and tangelos.

Healthy Serving Ideas

- Serve breakfast with a glass of 100% fruit juice.
- Provide healthy after-school snacks like fresh or canned mandarin slices (packed in 100% fruit juice).
- Dip tangerine segments into lowfat flavored yogurt.
- Add mandarins to green salads.
- Squeeze juice of citrus fruits over chicken and fish to make tender and juicy. Or, use juice to make reduced fat salad dressings.

For more ideas, visit: <https://www.nutrition.gov/subject/life-stages/children>

ORANGE FREEZE

Makes 4 servings.
1 1/4 cups per serving.
Prep time: 5 minutes

Ingredients:

- 1 cup 100% orange juice
- 10 ice cubes
- 1 cup 1% lowfat or nonfat milk
- 1 teaspoon vanilla extract
- 2 cups drained, canned mandarin oranges

1. Place all ingredients in a blender.
2. Blend for about 30 seconds or until smooth.
3. Pour into four glasses and serve.

Nutrition information per serving:
Calories 91, Carbohydrate 18 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 33 mg

Adapted from: *Kids...Get Cookin'*, Network for a Healthy California, 2009.

Let's Get Physical!

Help your child be active and prepare for spring fitness testing with these tips:

- Set a weekly goal for each family member. (Example: Walk 10,000 steps and do stretches every day.)
- Post goals in a highly visible area, such as on the refrigerator.
- Encourage each other to meet goals and set new ones.
- Decide on a "reward" for meeting goals. (Example: family outing or hike).

Nutrition Facts

Serving Size: 1/2 cup, tangerine (98g)

Amount Per Serving	
Calories	52
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 1g	0%
Vitamin D 0mg	0%
Calcium 36mg	4%
Iron 0.15mg	1%
Potassium 162mg	52%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day used for general nutrition advice.

How Much Do I Need?

- One medium mandarin orange is about a 1/2 cup of fruit sections.
- A 1/2 cup of mandarins is an excellent source of vitamin C and a good source of vitamin A.
- Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection. Vitamin C is found only in plant foods.
- Our bodies do not make or store vitamin C so try to eat foods with vitamin C every day.

The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. Eating a variety of colorful fruits and vegetables can help you stay healthy. Fruits and vegetables come in a variety of forms – fresh, frozen, canned, dried, and 100% juice – and all forms count toward your daily amounts. Find out how much each person in your family needs. Make plans to help your family reach the goal amount.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Male	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day
Female	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit choosemyplate.gov to learn more.

UCCE - SHASTA COUNTY PROGRAM NEWS



RANGE CAMP 2019 35th ANNUAL RANGE AND NATURAL RESOURCES CAMP JUNE 16-21, 2019 - HALF MOON BAY, CA

Presented by the California-Pacific Section of the Society for Range Management
 To give 10-12th grade students the opportunity to explore the science and management
 of our natural resources with experienced professionals and university faculty.

Sessions and Activities include:

- Riparian Habitats
- Rangeland Ecology
- Wildlife Management
- Soils
- Forestry
- Plant Identification



- Recreation
- Private & Public Lands
- Watershed Hydrology
- GPS / GIS Technology Applications
- Tour of Working Ranch
- Team Project Planning Competition



Cost: \$450

“Top Camper” Contest: Plant ID test, subject matter exam & staff evaluation

Top three placing students* given opportunity to represent California-Pacific Section, SRM at the Society for Range Management’s High School Youth Forum, in Denver, CO Feb 16-20, 2020 (all expenses paid for top two students). All participants receive t-shirts and camp completion certificates.

**Must be a current high school student in Feb '20*

More Information & Applications

<http://www.rangelands.org/casm/HTML/rangecamps.html>



Contacts

range.camp@gmail.com

Theresa Becchetti
 (209) 525-6800
tabecchetti@ucanr.edu
 Cece Dahlstrom:
 (619) 532-2269
range.camp@gmail.com
 Julie Finzel
 (661) 868-6219
julie@range-ecology.com



RESOURCE
 CONSERVATION DISTRICTS

APPLICATIONS DUE APRIL 26, 2019

UCCE - SHASTA COUNTY PROGRAM NEWS

THINKING ABOUT THE NEXT STEPS...

Larry Forero

The costs associated with higher education are highly variable and depend upon a number of factors. Shasta College estimates 2019/20 costs for students living at home at about \$7,666 annually. The CSU Chico website notes the cost at about \$24,474 for students living off campus (not living at home). The average system wide tuition and fees at a UC campus are **\$13,900**. The total cost varies depending on personal expenses and the campus you attend. Both parents and graduating seniors are starting to figure out how the costs for higher education will be met.

The time is approaching when scholarships are being announced and students are encourage to check in with the counselling departments at their high schools early and often to learn of the scholarships being offered and the requirements (transcripts, letters of recommendation, essay, etc). Scholarships that are available that may not be on the list at your high school include:

- Shasta County 4-H - Call the Cooperative Extensions Office at 530-224-4900
- Shasta Co. Farm Bureau - <http://ceshasta.ucanr.edu/>
- Shasta County Cattlemen's Association - Generally available for students pursuing agriculture related education. See description at Shasta County Cattlemen's Facebook page <https://www.facebook.com/Shasta-County-Cattlemens-Association-164177854139144/>. If it looks like you qualify, contact Matt Fowler at 530-396-2411 for application materials.
- Shasta County Cattlewomen's Association - Generally available for students pursuing agriculture related education. See description at Shasta County Cattlewomen's Facebook page <https://facebook.com/shastacountycattlewomen/>. Contact Ginger Fowler at 530-396-2411 for application materials.
- Fall River-Big Valley Cattlemen's Association - Available to graduates of Fall River Joint Unified and Big Valley School District. Contact Stacy Schneider at FallRiverBigValleyCattlemen@gmail.com for application materials.
- Intermountain Cattlewomen - Available to graduates of Fall River Joint Unified and Big Valley School District interested in pursuing agriculture related education. If you think you may qualify, please contact Jeanne Ciriello at 530-336-7308. Scholarship applications are due April 30, 2019. Intermountain Cattlewomen are offering a vocational scholarship this year also!
- CA State 4-H Higher Ed Scholarship - http://4h.ucanr.edu/Resources/Member_Resources/Scholarships-Awards/.
- VESTRA Inc. offers a scholarship for students pursuing higher education in science and engineering fields. Go to <http://www.vestra.com/about/scholarship> to learn more about this opportunity.
- Golden State Farm Credit <http://goldenstatefarmcredit.com/in-the-community/scholarship>.

As the cost for higher education increases, so does the competition for most scholarships. Begin to research what scholarships are out there that are a match for your background and educational interest. Provide the individuals you have asked for letter of recommendations a summary that includes your GPA, work history, community service efforts, career interests and any additional information about you that will help them write better letters for you. Make sure the application is complete, all the requirements are met and it is submitted on time. Incomplete applications typically are not considered.

While there is no guarantee that applying for scholarships will result in receiving one, there is no doubt none will be received if no application is turned in. Also, don't forget to look at financial aid programs. For example, for California residents whose families earn less than \$80,000 the [UC Blue and Gold Opportunity Plan](#) covers all system wide tuition and fees. Other aid can help pay for living expenses, like food and housing. [Federal student aid](#) is also available! Take the time to research and apply for scholarships and financial aid that you think you qualify for.



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 Budget planning & Valley event calendar planning meeting @4-H Office 6 PM	21	22 Council Scholarship Applications Due & County Ambassadors Application Due DUE	23 Rescheduled Presentation Day @ Burney Junior-Senior High School 9 AM Sign-in 10 AM Start
24	25	26	27	28	29	30
31						

APRIL 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16 IM Council Meeting @Burney Jr-Sr HS 7 PM	17 Valley Council Meeting @4-H Office 6 PM	18 Council Scholarship Interviews @ 4-H Office	19	20
21	22	23	24	25	26	27
28	29	30				

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/eparadis@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 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