



## University of California

April 2019

Agriculture and Natural Resources | 4-H Youth Development Program


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### IMPORTANT DATES:

<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>
<i>Jun 1</i>	<i>Enrollment System Locks</i>
<i>Jun 19 - 20</i>	<i>Shasta District Fair</i>
<i>Jun 30</i>	<i>Program Year Ends</i>
<i>Jul 1</i>	<i>Program Year Begins</i>
<i>Jul 1</i>	<i>Enrollment System Opens</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.

### COUNCIL SCHOLARSHIP INTERVIEWS

Council scholarship interviews will be held on Thursday, April 19, 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.



### MONTHLY COUNCIL & COMMITTEE MEETINGS

All council agendas and minutes are available online at:  
[http://ceshasta.ucanr.edu/4-H\\_Program/](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".



# 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](http://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.

## COUNTY AMBASSADOR SUPPORT TEAM

The 2019-20 All Star Support Team Application has been updated and is available for print online. The All Star Support position offers youth the perfect opportunity to further their leadership skills and prepare for advancement to All Star. Applications are due to the 4-H Office no later than Friday, May 17, 2019. Please review the application for requirements to apply.

[http://ceshasta.ucanr.edu/4-h\\_program/youth\\_leadership\\_opportunities/](http://ceshasta.ucanr.edu/4-h_program/youth_leadership_opportunities/)



### 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!



## SAVE THE DATES FIELD DAYS ARE COMING FAST



### Inter-Mountain Small Animal Field Day

Sunday, May 5, 2019 at the Inter-Mountain Fairgrounds

### Shasta County 4-H Field Day

Friday & Saturday, May 3 & 4, 2019 at the Shasta District Fairgrounds



-Fashion Revue



**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  
 CURRENT ENROLLMENT 628 YOUTH/126 ADULT VOLUNTEERS**

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

- Valley 4-H Agreement Contract Due **DUE**

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

- County Ambassador Support Team Application Due **DUE**

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

- Enrollment System Locks

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

- Program Year Ends

**July 3<sup>rd</sup>**

- 2019/2020 Program Year Begins
- 2019/2020 Enrollment System Opens



**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



**HOOF TRIMMING AT FIELD DAY**

Arrangements have been made to have Mr. Chuck Macfarlane on hand to offer steer hoof trimming services at Shasta Field Day, Saturday, May 4, 2019. He will be on-site (Shasta District Fairgrounds) at 9:00am. The cost is \$30.



If you have an article for the Tips n' Topics please have the article submitted by the 20th of every month to Denice at [sddoll@ucanr.edu](mailto:sddoll@ucanr.edu).

**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/).

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**

# FASHION REVUE RESULTS

## PRIMARY

Camryn Reed	Westside
Lauren Giessner	Evergreen
Ally Trisdale	Westside
Khloe Llamas	Westside
Julia Price	Westside
Sophia Carlson	Westside

## MAKE IT MINE CHALLENGE

### JUNIOR

Sophie Durst	Burney	Medal/Blue Ribbon
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### INTERMEIDATE

Jocelyn Jimenez	Pine Grove	Medal/Blue Ribbon
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## TRADITIONAL

### JUNIOR

Hanna Stricklin	Westside	Medal/Blue Ribbon
Sophie Darst	Burney	Blue Ribbon

### SENIOR

Ana Jimenez	Pine Grove	Medal/Blue Ribbon
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## CONSUMER PURCHASED \$40

### JUNIOR

Sophie Durst	Burney	Medal/Blue Ribbon
Gabriel Jimenez	Pine Grove	Blue Ribbon

### INTERMEDIATE

George Mejia	Pine Grove	Medal/Blue Ribbon
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## BOX CHALLENGE

### INTERMEDIATE

Brianna Vargas	Pine Grove	Medal/Blue Ribbon
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## RETRO/HISTORICAL INSPIRED CHALLENGE

### INTERMEDIATE

Jordyn Greer	Burney	Medal/Purple Ribbon
Angelik Alvarez	Pine Grove	Blue Ribbon

Thank You  
Fashion Revue &  
Field Day  
Judges

Carolyn Garrigus	Kim Gokzynski
Rose Schneider	Don Smith
Melissa Sutterfield	Meagan Shiplet
Jeanne Norris	Danette Madda
Arlean Earnest	Stefanie Jacob



# INTER-MOUNTAIN- FIELD DAY RESULTS

## PRIMARY

Sohia Carlson	Westside
Lauren Giessner	Evergreen
Colin Ibarra	Evergreen
Casey von Schalscha	Burney
Colby Ibarra	Evergreen

## SHEEP

### JUNIOR

Mariann Hiser	Pine Grove	Red Ribbon
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### INTERMEIDATE

Lelany Barba	Pine Grove	Red Ribbon
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## SWINE

### JUNIOR

Rex Reynier	Pine Grove	Red Ribbon
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## EQUINE

### JUNIOR

Maitlyn Parks-Lakey	Evergreen	Medal/Blue Ribbon
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## DOG

### INTERMEDIATE

Luke Sutterfield	Evergreen	White Rivvon
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## BIOLOGICAL SCIENCES

### SENIOR

Risa Reynier	Pine Grove	Medal/Blue Ribbon
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## ARTS & CRAFTS

### JUNIOR

Bryan Mejia	Pine Grove	Medal/Blue Ribbon
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Bryan Mejia	Pine Grove	Blue Ribbon
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## PHOTOGRAPHY

### INTERMEDIATE

Brianna Vargas	Pine Grove	Medal/Blue Ribbon
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Brianna Vargas	Pine Grove	Blue Ribbon
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George Mejia	Pine Grove	Blue Ribbon
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### SENIOR

Carlos Garcia	Pine Grove	Medal/Blue Ribbon
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## WOODWORKING

### INTERMEDIATE

Adrian Sanchez	Pine Grove	Red Ribbon
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## SCRAPBOOKING

### INTERMEDIATE

Michael Sutterfield	Evergreen	Medal/Purple Ribbon
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Luke Sutterfield	Evergreen	Blue Ribbon
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Abby McIntyre	Evergreen	Blue Ribbon
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## CLOTHING & TEXTILES

### INTERMEDIATE

Brianna Vargas	Pine Grove	Red Ribbon
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Jocelyn Jimenez	Pine Grove	Red Ribbon
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Angelik Alvarez	Pine Grove	Red Ribbon
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Jordyn Greer	Burney	Red Ribbon
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### SENIOR

Ana Jimenez	Pine Grove	Red Ribbon
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## CAMPING

Michael Sutterfield	Evergreen	Medal/Blue Ribbon
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## CAKE DECORATING

### JUNIOR

Marianna Hlser	Pine Grove	Red Ribbon
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## FOODS

### INTERMEDIATE

Noel Jacobson	Evergreen	Medal/Blue Ribbon
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## PERSONAL SAFETY

### JUNIOR

Rex Reynier	Evergreen	Medal/Blue Ribbon
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### INTERMEDIATE

Noel Jacobson	Evergreen	Medal/Blue Ribbon
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## INDOOR & MINIE GARDENS

### JUNIOR

Ulisses Alvarez	Pine Grove	Red Ribbon
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### INTERMEDIATE

Jocelyn Jimenez	Pine Grove	Medal/Blue Ribbon
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### SENIOR

Jose Sanchez	Pine Grove	Medal/Blue Ribbon
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# PRESENTATION DAY RESULTS

## PRIMAY

Everleigh Clark Twin Palms

## JUNIOR

Sawyer Clark Gold Twin Palms

Xara Myers Gold Golden Acres

Savannah McDonald Gold Happy Valley

Hanna Stricklin Gold Westside

Sara Gregory Gold Happy Valley

Harmony Routh Gold Burney

Bryan Mejia Silver Pine Grove

Marianna Hiser Gold Pine Grove

Juniper Fleming Gold Palo Cedro

Alyssa Petersen Gold Happy Valley

## INTERMEDIATE

Frank Rose Gold Burney

Angelik Alvarez Silver Pine Grove

George Mejia Silver Pine Grove

Owen Severne Gold Golden Acres

Laura Gregory Gold Happy Valley

## SENIOR

Aubrey & Iris Severne Gold Golden Acres





# SHASTA DISTRICT FAIR - SHASTA STRONG

All fair entries must be submitted to the Shasta District Fair Office at 1890 Briggs Street, Anderson, CA.

2019 State Rules

[https://www.cdfa.ca.gov/Fairs\\_&\\_Expositions/Documents/State\\_Rules\\_for\\_California\\_Fairs/2019\\_State\\_Rules\\_for\\_California\\_Fairs.pdf](https://www.cdfa.ca.gov/Fairs_&_Expositions/Documents/State_Rules_for_California_Fairs/2019_State_Rules_for_California_Fairs.pdf)

2019 Exhibitor's Guide

<https://www.shastadistrictfairandeventcenter.com/enter-your-stuff>

**Shasta County Valley 4-H Livestock Contract Due: Monday, May 13, 2019**

All Valley 4-H Livestock Contracts must be submitted to the Shasta County 4-H Office. Primary members do not need to complete a contract. <http://ceshasta.ucanr.edu/files/284947.pdf>

**ENTRY FORM CLOSING DATES:**

Outside Gardens: May 17th 6 PM

Jr. & Sr. Livestock Departments (Must include liability waiver): May 17th 6 PM

Horse Show Department (Must include liability waiver): May 17th 6 PM

All Junior Vocational Arts: May 17th 6 PM

All Jr. & Sr. Feature Booths: May 17th 6 PM

All Still Exhibits & Special Contests: May 17th 6 PM

All Jr. & Sr. Home Arts Departments: May 17th 6 PM

Agriculture Horticulture Department: June 12th 6 PM

Floriculture Department: June 12th 6 PM



-Fashion Revue

- Fashion Revue





## T-Shirt Design Guidelines



University of California

Agriculture and Natural Resources ■ 4-H Youth Development Program

You may want to create a 4-H T-shirt for your club or event. It is important to make sure you include the proper brand elements of the 4-H emblem and University of California, Agriculture and Natural Resources logo. Follow the below guidelines for creating a properly branded T-shirt design:

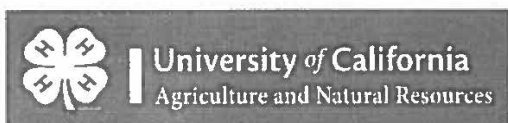
1. The UC ANR 4-H logo must be included on your T-shirt. It is permissible to add unique artwork for your club, event, project, etc., but the UC ANR 4-H logo must be featured on either the front, back, or sleeve of your T-shirt. Below are some examples of how you can incorporate the UC ANR logo into your T-shirt design:

Download these designs from [Section 5](#) of the branding toolkit.





2. If including an additional 4-H emblem to your design it must adhere to the guidelines set by the USDA. Do not modify or distort the 4-H emblem in any way. For all print materials and other items where it is feasible, the words "18 U.S.C. 707" must be used as an integral part of the 4-H Emblem. Use of the emblem on fabric, whether painted, screen printed, embroidered, appliquéd, or some other technique, must accurately represent the 4-H Emblem in authorized colors and adhere to all other use guidelines.
  
3. It is recommended that the file format used for your design be AI or EPS (these are called vector files, usually made in Adobe Illustrator or CorelDraw). Vector files, like AI and EPS files, can be resized without losing any quality to the design. Raster files (like JPEG, PNG, GIF, etc.) when resized can cause a design to become pixelated and degraded. Download UC ANR 4-H logos in vector files or see Section 2 of the branding toolkit.
  
4. Appropriate color combinations for the 4-H emblem and UC ANR logo on T-shirts:



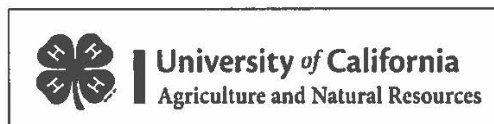
White logo on 4-H green.



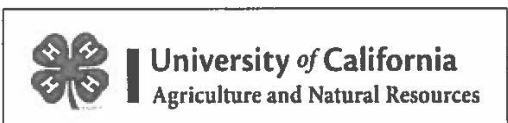
Full color logo on white or another color (H's must stay white).



Black and white logo on 4-H green or another color (H's must stay white).



Black logo on white.



Green clover and black UC ANR logo on white or another color (H's must stay white).



Green clover and white UC ANR logo on black or another color (H's must stay white).

# 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  
Swede Creek - Pygmy Goat  
TBD - Nigerian Dwarf  
Countywide Dog -- 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.

**\*Nigerian Dwarf and Pygmy Goats are now a separate category**

**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 <b>MUST</b> 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 & Westside

## *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 & Westside

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, 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 crocheting, 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

### 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](#).

### NATIONAL VOLUNTEER WEEK

April 7 - 13, 2019

Thank you to all our Shasta County Volunteers!!! The 4-H program would not be possible without your generous support and dedication. We truly appreciate everything you do.



### 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.

# REGIONAL, STATE & NATIONAL NEWS

## CALIFORNIA 4-H EQUINE EDUCATION CONTEST DAY

Saturday, April 27, 2019

8:00 AM – 8:0 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.

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

# 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!



Fashion Revue





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



## 4-H Shooting Sports Workshop

Pistol Discipline

Bakersfield, CA

Saturday - May 4, 2019 9 am - 5 pm & Sunday - May 5, 2019 9 am - 3 pm

A 4-H shooting sports workshop for the pistol 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 pistol trainer and can lead a project at the club level or serve as county trainer. Teen leaders are invited but must attend with an adult or have a certified shooting sports adult leader they will be assisting back in their home county. To register for the course or receive more information contact John Borba at: [jaborba@ucanr.edu](mailto:jaborba@ucanr.edu)

## PLANET 4-H: PLANTING THE SEEDS OF CHANGE

The California State Ambassador's educational platform this year is Advocacy and Activism- youth using their voice for change with an environmental backdrop. Each day will have focused intentional education and activities around this area.

- Teens 13-19 years old! Join us for a memorable learning experience:
- Improve your personal leadership skills to benefit your county 4-H program
- Advance your college and career readiness.
- Expand your network with 4-H members, volunteers, and staff outside of your county.

### Registration Options with Fees:

#### **Thursday, July 18- Sunday, July 21, 2019**

Thursday arrival begins with time to get to know your Program Assistant and group, dinner and a fun recreational activity! Friday is tour day! Register for one or more tours (some at an additional fee). Most tours will be back in time to join in on the fun lawn games and activities the Recreation Committee has planned! The traditional SLC schedule begins Friday late afternoon and continues through Sunday.

#### **Friday, July 19 - Sunday, July 21, 2019**

Friday arrival begins with fun and games provided by the Recreation Committee! The first meal served is dinner. The opening assembly is Friday evening to kick off the traditional SLC schedule and educational events.



1. **Raise Your Hand** – Show your pride as a 4-H alum and sign up at [4-H.org/RaiseYourHand](http://4-H.org/RaiseYourHand)
2. **Compete for California 4-H** – Raising your hand is a vote towards a \$20,000, \$10,000 or \$5,000 award for the states with the most alumni hands raised.
3. **Pay it Forward** – Tweet, post and share your #4HGrown experience or support and tag fellow alumni asking them to raise their hands for California at [4-H.org/RaiseYourHand](http://4-H.org/RaiseYourHand).

# UCCE - SHASTA COUNTY PROGRAM NEWS

# Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured vegetable is

**peas**



SNOW PEAS

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

Eating a variety of colorful fruits and vegetables and being active for 60 minutes every day will help keep your family healthy. Healthy students miss fewer school days, are more alert, and are ready to learn. With *Harvest of the Month*, your family can learn tips to help you eat more fruits and vegetables and be active every day.

## Healthy Serving Ideas

- Add frozen or canned green peas to soups, casseroles, and rice.
- Serve fresh snow and sugar snap peas with lowfat dip for a crunchy snack.
- Toss fresh or frozen snow and sugar snap peas with vegetables and chicken strips for a healthy stir-fry.
- Simmer green peas with sliced mushrooms and chicken broth.

For more ideas, visit:  
[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

## Produce Tips

- When buying fresh green peas, always look for them in the pod.
- Fresh pods like snow and sugar snap peas should be firm, bright green, and look like they are almost bursting.
- Store fresh peas in the refrigerator — unwashed and in an open plastic bag — for up to three days.
- Choose low-sodium varieties of frozen or canned peas.

## MEXICAN RICE

Makes 6 servings.  $\frac{3}{4}$  cup each.  
Total time: 35 minutes

### Ingredients:

- 1 tablespoon vegetable oil
  - 1 cup onion, chopped
  - 1 (14½ -ounce) can low-sodium chicken broth
  - 1 cup white rice
  - $\frac{3}{4}$  cup tomatoes, chopped
  - $\frac{1}{2}$  teaspoon chili powder
  - $\frac{1}{4}$  teaspoon salt
  - 1 cup frozen peas and carrots mix
  - 1 cup frozen corn, thawed
1. Heat oil in saucepan over medium heat. Add onions and sauté until soft, about 5 minutes.
  2. Stir in broth, rice,  $\frac{1}{2}$  cup tomatoes, chili powder, and salt. Bring to boil.
  3. Reduce heat and simmer according to rice package instructions.
  4. Stir in vegetables and let stand 5 minutes.
  5. Spoon remaining tomatoes over top and serve warm.

*Nutrition information per serving:*  
Calories 200, Carbohydrate 39 g, Dietary Fiber 3 g, Protein 6 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 279 mg

Adapted from: *Healthy Latino Recipes Made With Love*, Network for a Healthy California, 2008.

## Let's Get Physical!

- Plan at least one activity each week to do as a family (e.g., go for a bike ride, play basketball or soccer, take a walk).
- Get your child moving in the morning — turn on the radio and dance.

For more ideas, visit:  
[www.fns.usda.gov/eatsmartplayhardhealthylifestyle/](http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/)

## Nutrition Facts

Serving Size: $\frac{1}{2}$ cup green peas, cooked (80g)	
Calories 67	Calories from Fat 2
% 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 4g	18%
Sugars 5g	
Protein 4g	
Vitamin A 13%	Calcium 2%
Vitamin C 19%	Iron 7%

## How Much Do I Need?

- A  $\frac{1}{2}$  cup of peas is about one cupped handful.
- A  $\frac{1}{2}$  cup of peas (fresh or cooked) is an excellent source\* of vitamin K.
- Peas are also a good source\* of fiber, vitamin C, vitamin A, folate, and thiamin.
- Thiamin is also called vitamin B<sub>1</sub>. It helps keep the body's nerves healthy.

The amount of fruits and vegetables that each person needs depends on age, gender, and physical activity level. Be a champion for your family's health. Look at the chart below to find out how much each person in your family needs to be healthy. Make a plan to help them eat the recommended amount and get at least 60 minutes of physical activity every day.

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

## Recommended Daily Amount of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

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



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 2011.





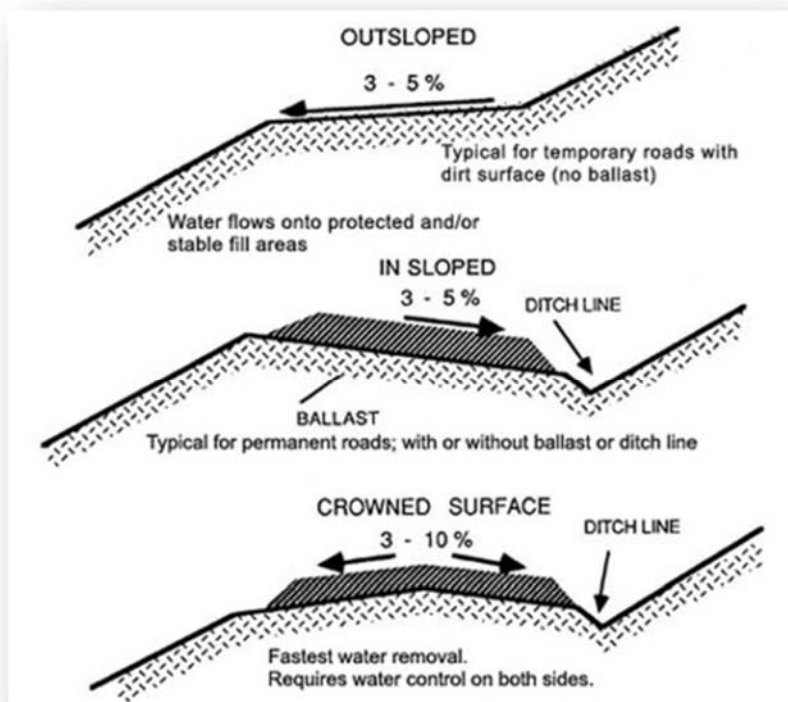
# UCCE - SHASTA COUNTY PROGRAM NEWS

## ROAD ENGINEERING

Roads are essential for a healthy forest ecosystem. They provide everything from recreation access to backfiring during wildfires. Even in wilderness areas where roads and trails are limited, they are necessary for us to enjoy our natural surroundings.

Poorly located or unmaintained roads create disastrous erosion issues that damage the overall health of your forest and wildlife resources. The greatest risk from erosion is its ability to move soil throughout the ecosystem. While some sediment transport is *natural* and *necessary* for good riparian function, roads typically move more sediment than they should. Too much sediment can clog fish gills, destroy habitat for the macroinvertebrates that fish feed on, and even prevent animals from seeing food in the water.

Many existing roads were designed before erosion was properly understood. Legacy roads are often located on very steep or very flat ground, both of which do not drain well and create added maintenance costs. Very steep roads move water too quickly and can erode the road surface, while very flat roads do not move water quickly enough and can saturate the road base. Nowadays, roads are built to control the drainage behavior to minimize the maintenance costs and erosion potential.



**OUTSLOPE roads** are gently sloped from the inside to the outside edge of the road. This allows water to immediately drain off the road surface so that it will neither concentrate in a ditch or persist and saturate on the road surface.

**INSLOPE roads** are gently sloped from the outside to the inside edge of the road. This funnels water into a ditch and off the road surface. The ditch eventually leads to a culvert buried beneath the road where the accumulated water can be directed back into the watershed. Culvert outlets are typically armored with rocks or large woody material to reduce the cutting power of this water.

**CROWNED roads** use a combination of the two. They are more difficult to maintain and therefore less common.

Without these mechanisms, road damage can quickly occur wherever water is present. Oversaturated roads become soft and can easily develop deep channels that further cut into the road base. Blocked culverts can redirect water over the top of the road rather than beneath, making it impassable. Unarmored culvert outlets may scour away at the edge of the road profile and eventually lead to road failure. Next time you're out hiking about, keep an eye out for signs of road damage.

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 information at:

[ucanr.edu/sites/forestry/Forest\\_Roads/](http://ucanr.edu/sites/forestry/Forest_Roads/)

# 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](mailto:range.camp@gmail.com)

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

RESOURCE  
CONSERVATION DISTRICTS

APPLICATIONS DUE APRIL 26, 2019

# 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				

# May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1		2	3 Valley Field Day @Shasta District Fairgrounds 1 - 6 PM Home Ec & Ag Stills Drop off 6 - 8 PM Home Ec & Ag Stills Judging	4 Valley Field Day 7 - 8 AM Sign in 8 - 9:30 AM Info Sessions 9:30 - 11 AM Showmanship 12 - 1 PM Lunch 1 - 4 PM Fuzzy Goat
5 IM Small Animal Field Day @ IM Fairgrounds 1 PM Check In 1:30 PM Start	6	7	8	9	10	11
12	13	14	15	16	17 County Ambassador Support Team Applications Due	18
19	20	21	22	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/ecparadis@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