



University of California

October 2019

Agriculture and Natural Resources | 4-H Youth Development Program

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IMPORTANT DATES:

- Oct 5 4-H Family Kick-off & Lock-in*
- Oct 5 Jr & Teen Leader Lock In*
- Oct 12 Valley Livestock Judging Day*
- Oct 16 Valley Council Meeting*
- Oct 23 IM Council Meeting*
- Nov 17 IM Livestock Judging Day*
- Nov 29 Fair Exhibitor & Adult Enrollment Due*
- Dec 2 2019/2020 Club Documents Due*
- Dec 13 Club Invoices Due*
- Jan 3 Emerald Star Application Due*
- Jan 4 Valley Favorite Foods Day*
- Jan 11 IM Favorite Foods Day*



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 /Community Club Leader Training
Wednesday, October 16, 2019, at 6:00 PM at the 4-H Office

Inter-Mountain 4-H Council Meeting
Wednesday, October 23, 2019, at 7:00 PM at Inter-Mountain 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

ELECTRONIC ENROLLMENT

Please note that each family should be enrolling themselves electronically, through the 4-H Online Enrollment System. This must be done through the family's own profile; not through an enrollment coordinator's profile. The electronic enrollment process minimizes the amount of paperwork that must be completed and collected, while easing the burden placed upon our Community Club Leaders. If reliable internet access presents a significant issue, please seek access at a local school, library, or the 4-H Office. Instructions on how to enroll are available on the county website for both new and returning members. If you are experiencing any difficulties with the enrollment process, please contact your club leader or the 4-H Office 530-224-4900.

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

Shasta County fees Youth \$78.00, Adult \$44.00



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!

MERITORIUS SERVICE AWARD/ FRIEND OF 4-H

Do you know of someone who has gone above and beyond in their service and dedication to the Shasta County 4-H Program? The Shasta County 4-H Council is requesting nominations of outstanding and selfless individuals who have been instrumental in the success of our program. Nominations should be submitted to Nate at (530) 224-4900 or nwcaeton@ucanr.edu. The council plans to vote on a recipient at our September meeting and the award will be presented in the fall at our annual achievement ceremony.



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.



LIVESTOCK JUDGING DAY

AT

SHASTA COLLEGE

Saturday, October 12, 2019

Registration: 10:30 AM

Orientation: 11:00 AM

Start: 11:30 AM

4-H livestock judging day will include: beef, sheep, meat goats, dairy goats, swine, poultry, and rabbits. Reasons are required on the species of your choice.

We need senior members to sign up as group leaders. Group leaders will lead their members to each station throughout the day. Please contact the 4-H office to sign up as a group leader.

Please park in the east parking lot.

Pre-registration is not required for this event.

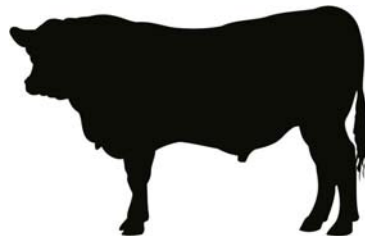
Registration: Happy Valley

Organization & Judging: Oak Run

Concessions: County Ambassadors

Tabulations: Cottonwood

Hosts: Oak Run, Cottonwood, Happy Valley



COUNTY NEWS

MONEY MATTERS

Money management is an issue that the University of California takes very seriously. As such, the program representative is tasked with reviewing each club's monthly bank statement to ensure that financial business is being handled according to policy, and that all appropriate measures are in place to facilitate review and deter any mishandling of funds. That being said, here are a few pointers to assist you in keeping your financial records on the up and up.

1. All statements are to be mailed directly to the Cooperative Extension Office at 1851 Hartnell Avenue, Redding, CA 96002.
2. Internet banking, electronic statements and check/debit cards are not allowed.
3. Check images or cancelled checks *must* be included in your monthly statements *without exception*.
4. Be sure to include a memo on all checks written.
5. Each check *must* have the signature of two *unrelated* signers.
6. The person to whom the check is made *cannot* sign the check.

Thank you for your assistance in meeting these expectations. If you have any questions or concerns, please contact your Program Representative, Erin Paradis at 530-224-4900.



4h.ucanr.edu/files/14647.pdf

FALL 2019 PAPER CLOVER CAMPAIGN AT TRACTOR SUPPLY

It's that time of year again! The Fall 2018 Paper Clover Campaign at Tractor Supply is scheduled for **October 9th through 20th**. As many of you may know, this semi-annual fundraiser goes a long way in supporting the 4-H Youth Development Program at the national, state, and county levels. The Spring 2018 campaign raised **\$64,828** in California alone!! At the local level, 60% of all funds raised are returned to the county where the store is located. These funds are handled by the University of California and are deposited into donor account that can be used at the discretion of county 4-H staff. In the past we have used these funds to offer camperships, purchase awards, pay rental fees for county 4-H events, and more. Want some more great news? Please contact the store nearest you to learn how you can help!

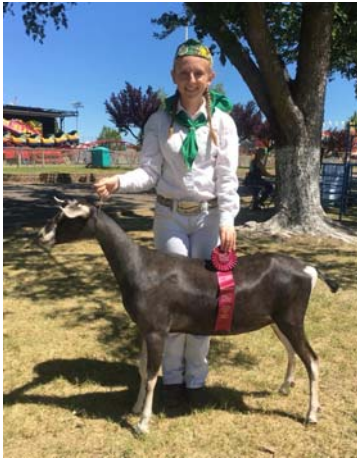
ANDERSON
1945 MARX WAY
ANDERSON, CA 96007
TREVOR ADEY, MANAGER
(530) 378-1012



REDDING
5450 MOUNTAIN VIEW DR.
REDDING, CA 96003
WAYNE WISHART, MANAGER
(530) 242-6773



MEMBERS SPOTLIGHT



I have been in 4-H for eight years and am a member of Twin Palms 4-H Club. I am a teen leader in both the "Rabbit and Cavy" and "Dairy Goat" projects for Shasta County. I have been a county All-Star and Ambassador for the past two years and was a member of the Support Team the year before.

Three Fun Facts:

1. I attend national convention every year with the American Dairy Goat Association. This year I will be attending and I hope to run for the title of national youth representative.
2. I have a lot of food allergies, but I still love to bake with ingredients that I can eat.
3. I play volleyball and run track for my high school.

This year one of my goals is to become a better leader and be able to well execute my skills in the competitions at the ADGA convention.



Foothill 4H teamed up with the Asphalt Cowboys once again to help serve a BBQ lunch and dinner to the Redding community. The serving line never slowed down and the Cowboys were so appreciative to our two members that showed up to help, along with their families. The weather was perfect for the event and there was a lot of fun being had while working. We give our hands to larger service was the goal for the day, and it was accomplished!



my 4-H

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



4-H UNIFORM SUPPLIES

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

COUNTY NEWS - CLUB LEADERS CORNER

UPCOMING ADMINISTRATIVE DEADLINES

- November 29th **DUE**
 - Fair Exhibitor and Adult Volunteer Enrollment Due
 All members planning on exhibiting at the SDF must enroll by this date.
 All Adult Volunteers must be enrolled and completed their training by this date.
- December 2nd **DUE**
 - 2019/2020 Club Documents Due
 - Club Budget
 - Program Planning Guide
 - Club Officers
 - Updated list of bank signers
- December 13th
 - Club Invoices
 - This date is approximate
 - This is the 1st invoice of the current year
 - Fees must be paid within 45 days following the receipt of the invoice

DON'T MISS THE DEADLINE!

4-H LEADERSHIP LOCK IN

Afraid of Falling? Don't be haunted, Fall into Leadership! Beleaf us, you will harvest new skills!"

Fall into Leadership on October 5th

Lock In follows the 4-H family kick off

- What do we do at the lock-in?

During the lock-in we play tons of fun leadership games and get to know each other better. It's a great way to make new friends. We have plenty of snacks and sweets, so you won't go hungry J Towards the end of the night we settle down, watch a movie, and make cotton candy.

"If you've never attended this event, I highly recommend it; it's one of my favorites!"- 4-H County Ambassador

- Where do I sign up?
 Online registration is on the Shasta County 4-H website

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/ .



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/>

EXTENSION ONLINE COURSE UPDATES

eXtension is a national learning management system which is accessible to all people associated with Cooperative Extension. Users can access online course created by 4-H, Master Food Preservers, Master Gardeners, and other Extension departments. Some courses are free, and others are offered for a fee.

Courses created by the California 4-H Youth Development Program are offered at no cost to 4-H members, volunteers, and staff and may be accessed from our [Learning and Development webpage](#).

Below are some of the new courses that are being offered through the eXtension system:

- Online Enrollment
- Fees
- Become a Volunteer
- Online Course

2019-20 APPOINTMENT/RE-APPOINTMENT

ONLINE COURSES ARE OPEN

TO BECOME A VOLUNTEER

To meet the requirements of USDA, University of California, and the 4-H Youth Development Program, volunteers are required to participate in yearly trainings related to positive youth development, cultural competency, and 4-H policy.

The required trainings can be completed in one of three ways:

1. eXtension LMS - Create or login to your eXtension account and take the course at your own pace.

[For New Volunteers](#)

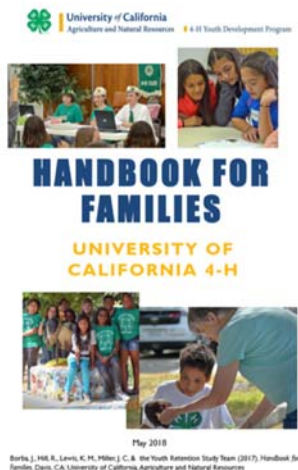
[For Returning Volunteers](#)

2. Statewide Webinar - Register and participate in one of the statewide webinars offered between July and December 2019. [Schedule of Statewide Webinars](#)

3. Countywide In-person - Contact your county office to see if they will be offering an in-person training for the new or returning volunteer courses.

HANDBOOK FOR FAMILIES

<https://ucanr.edu/sites/UC4-H/files/271860.pdf>



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



REGIONAL, STATE & NATIONAL FUNDING & MORE

U.S DEPARTMENT OF STATE SCHOLARSHIPS FOR HIGH SCHOOL STUDENTS TO STUDY ABROAD

The U.S. Department of State's Bureau of Educational and Cultural Affairs (ECA) provides more than 1,000 merit-based scholarships each year for U.S. high school students to study abroad for a summer or an academic year in over 25 countries – and we'd like your help to spread the word. These high school exchange programs prepare young Americans to succeed in the 21st century's global economy by developing their foreign language skills, increasing their cross-cultural understanding, strengthening their leadership capacity, and fostering new academic insights and ambitions. The application periods will open in late summer/early fall for the following programs:

- Congress-Bundestag Youth Exchange (CBYX)
- National Security Language Initiative for Youth (NSLI-Y)
- Kennedy-Lugar Youth Exchange and Study Abroad (YES Abroad)
- Youth Ambassadors

These scholarship programs cover international airfare, tuition, program costs, as well as meals and living accommodations (often with a host family). The programs have no language prerequisites, except select Youth Ambassadors programs, and applicants must be between the ages of 15 and 18 when the program starts. We are particularly trying to reach young people who would not otherwise have the opportunity to participate in a study abroad experience.

You may find this announcement and other outreach materials at <http://bit.ly/studyabroadinhighschool>. If you would like to receive printed materials, please send your contact information, and affiliation, and quantity requested to youthprograms@state.gov.

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.



E4: THE VOLUNTEER RETREAT

NOVEMBER 8-10, 2019 / REGISTER BY OCTOBER 31ST

ASILOMAR HOTEL & CONFERENCE GROUNDS

PACIFIC GROVE, CA

The retreat for Volunteers!

Sign up today and:

- **ENGAGE** – connect with other volunteers who work with youth
- **ENERGIZE** – strengthen your positive youth development skills
- **EQUIP** – gain resources from booth exhibits and the Project Skills Showcase
- **EMPOWER** – share and learn new skills and ways to work with youth

Join the Volunteer Retreat mailing list to stay updated on this new conference!

https://visitor.r20.constantcontact.com/manage/optin?v=001NOVuNEffCzuB-DRMxtCoLlkoIBNr3_VXCPC_0UW3wyMeAGDr3YtNZEGBsKUK4Rx2Or5OIs6pZ9BcQBNvToLLYwFnYduPRH-SHorVfrZ54ogFpbK5srzWMgBEtWdOXcqiL4xWHcvTQhKU1xmiYiB-i-5sNQzQ4_DwlISBAxzEy4JLxZdSuSemhfEm091iPI3



NEW CALIFORNIA 4-H TREASURER'S TRAINING

This course is designed to walk 4-H Club Treasurers through their important role. It is meant to serve as a complimentary resource to any face-to-face training for 4-H Treasurers.

The course and its unique enrollment keys (different from the required training enrollment keys) can be accessed directly by youth members and volunteers [here](#).

REGIONAL, STATE & NATIONAL NEWS

2019 NATIONAL YOUTH SCIENCE DAY - GAME CHANGERS

This October, the 2019 National Youth Science Day (NYSD) challenge, Game Changers. Designed by Google and West Virginia Extension service, Game Changers teaches kids ages 8-14 how to use computer science (CS) to create games, solve problems and engage with topics they're passionate about.

For more information, visit the [National 4-H NYSD webpage](#)

WASHINGTON FOCUS 2020

IMPORTANT DATES FOR THE 2020 TRIPS

Registration for the 2020 Washington Focus trips will begin on October 15, 2019

CITIZENSHIP WASHINGTON FOCUS

(AGES 15-19*)

Citizenship Washington Focus

(Conference Only)** June 25-July 4, 2020

Citizenship Washington Focus

(Conference + Extended Trip)

** June 25-July 7, 2020

Hosted at the National 4-H Center near Washington, D.C, Citizenship Washington Focus gives youth the opportunity to explore, develop, and refine the civic engagement skills they need in order to become outstanding leaders. The extended trip includes more educational opportunities in Gettysburg, PA, Philadelphia, PA, and Baltimore, MD.

* Delegates must be at least 15 years of age by time of travel.

**This trip will begin at the California 4-H State Office in Davis, CA.

LEADERSHIP WASHINGTON FOCUS

(AGES 12-14*)

July 26-July 31, 2020

Hosted at the National 4-H Center near Washington, D.C, Leadership Washington Focus is a 5-day trip is packed with educational adventure as participants tour our nation's Capital and learn life-changing leadership skills in a conference setting. The program will take place at the National 4-H Youth Conference Center, just one mile from the Washington, D.C. border.

* Delegates must be at least 12 years of age by time of travel.

SHOOTING SPORTS LEADER TRAININGS IN MERCED COUNTY

Listed below is the schedule for 4-H trainer and project leader certification classes this fall in Merced County. Please share with anyone who may be interested. All training will be held at the River Oaks Range, 11584 N. Shaffer Road in Winton, CA (www.safetyfirstshooting.net for directions and map). Camping is available on site, no hookups. You can only be certified in one discipline per each weekend training.

November

9 & 10 Archery Certification

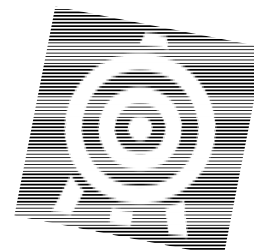
9 & 10 Shotgun Certification

9 & 10 Rifle Certification

December

14 & 15 Western Heritage Certification

For more information please contact Dave Givens at (209) 614-1718 or email dave@hammerstryke.com



NATIONAL YOUTH SUMMIT SERIES - REGISTRATIONS NOW OPEN

National 4-H Conference Center brings together inspired 9-12th graders for our National Youth Summits, where they'll participate in STEM, Agri-Science, Healthy Living, or Photography programs!

[STEM Summit \(formerly Maker\)](#) - October 24-27, 2019

[Agri-Science](#) - January 9-12, 2020

[Healthy Living](#) - February 13-16, 2020

[Photography](#) - February 26 - March 1, 2020



[Click here to Learn More](#)

NATIONAL 4-H CONFERENCE

March 28-April 4, 2020

Application Deadline is November 5, 2019

The National 4-H Conference is the U.S. Secretary of Agriculture's premier youth development opportunity to engage youth in developing recommendations for the 4-H Youth Development Program.

This event brings together youth, volunteer leaders, and state and county extension staff members from across the United States, the U.S. territories, and the Canadian provinces.

A Working Conference

Youth and adults develop recommendations to help guide 4-H Youth Development Programs nationally and in their communities.

Sponsored by the National 4-H Headquarters

As the sponsor for this conference, the National 4-H Headquarters is charged with sharing the recommendations that emerge from the conference with the Secretary of Agriculture, national extension program leaders, and others who determine 4-H programs. At the same time, the National 4-H Headquarters ensures that the conference is a meaningful experience for youth and adult participants.

[Apply for the National 4-H Conference here](#)

The California 4-H Delegation's expenses for the conference are fully funded through the Thomas and Dorothy Levey foundation and various other donors.



Harvest of the Month



Network for a Healthy California

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



Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of pumpkin is an excellent source* of vitamin A and a good source** of vitamin C. Vitamin A helps keep your vision good, fight infection, and keep your skin healthy.

*Excellent sources provide at least 20% Daily Value.
**Good sources provide 10-19% Daily Value.

Healthy Serving Ideas

Mix cubed pumpkin with light olive oil. Roast cubed pumpkin in oven at 400°F until tender. Enjoy warm.



Scoop out the seeds from a pumpkin. Wash and remove all strings from seeds. Dry the seeds and then spread evenly on a baking sheet coated with nonstick cooking spray. Sprinkle with your favorite seasonings. Roast in preheated oven at 300°F for 10 to 25 minutes, turning the seeds once.



Use canned pumpkin to make tasty breads and muffins. Add raisins or chopped nuts for more flavor.



Shopper's Tips

- Look for fresh pumpkins that are bright orange and feel heavy for their size. They should feel firm and not have any soft spots, bruises, or other signs of decay.
- Keep fresh pumpkins in a cool, dark place until you are ready to use them.
- Look for canned pumpkin with no added sugars or sodium. You can use canned pumpkin in any recipe that uses cooked pumpkin.
- For best prices, buy pumpkins at a pick-your-own pumpkin patch or a local farmers' market. They are usually grown nearby and will cost less.

Let's Get Physical!

Fall is a great time to enjoy the colors of the outdoors. Go for a walk or bike ride in your neighborhood. Count the different kinds of trees you see and pick leaves. Try to get all the colors in the rainbow. You can also help rake up the falling leaves to be more active!

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:

- Make half your plate fruits and vegetables to reach your total daily needs!



For more recipes and tips, visit:
www.CaChampionsForChange.net

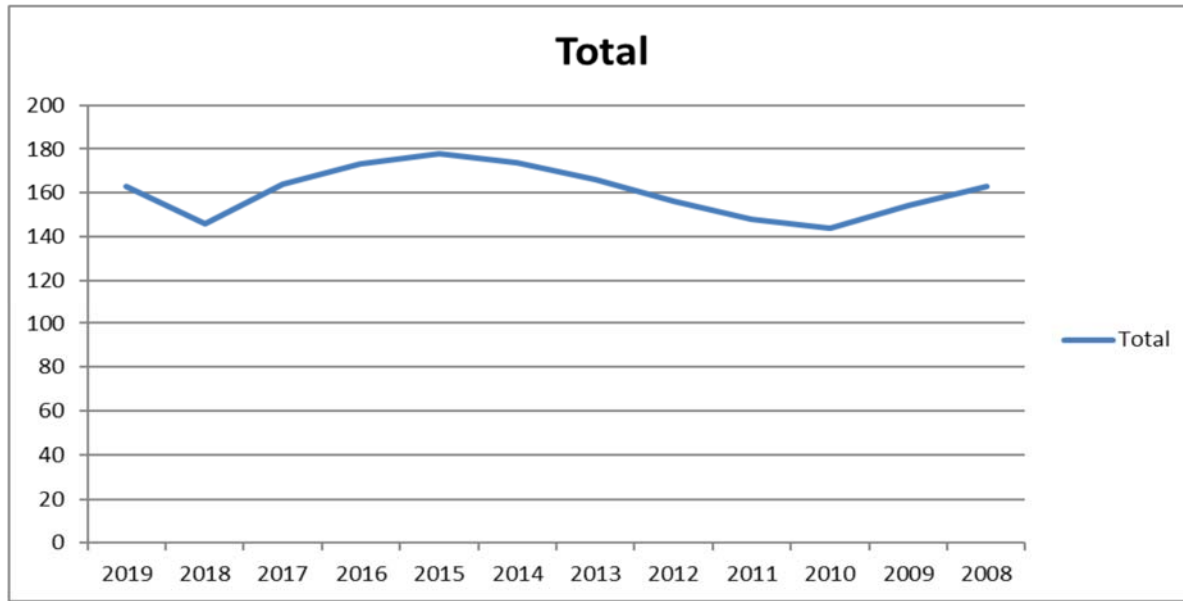


UCCE - SHASTA COUNTY PROGRAM NEWS

EASTERN SHASTA COUNTY PROJECT PARTICIPATION

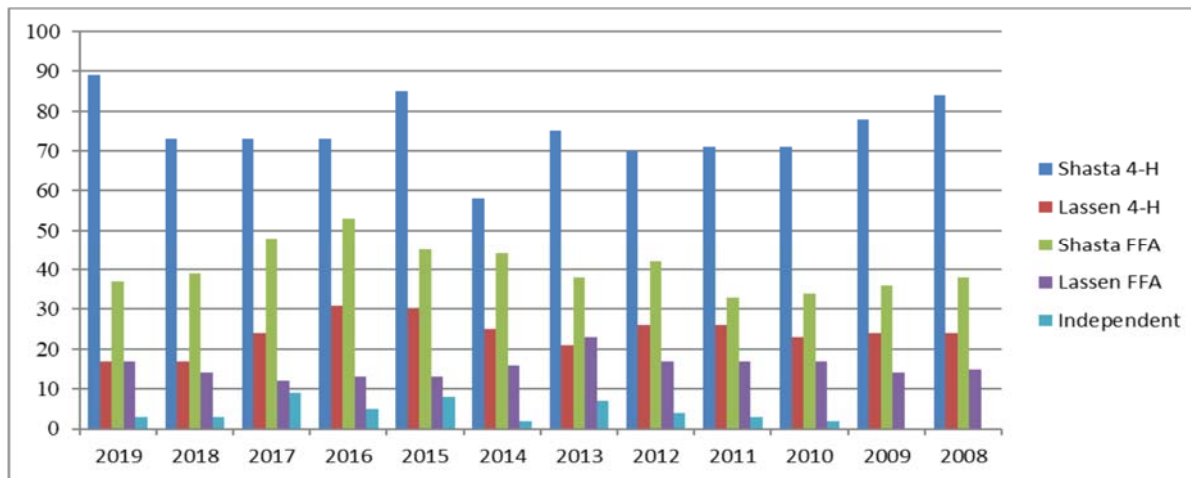
Now that the details associated with the 2019 Inter Mountain Fair (IMF) are wrapping up, It is important to look back on the number of youth reached by the fair through the market animal program as compared to the number of youth enrolled locally in 4-H and FFA. In 2019 over 160 youth exhibited and sold livestock at the IMF. This total includes 126 exhibitors from eastern Shasta Co. and 37 from Big Valley. Youth selling at the IMF Fair trended up this year compared to the 2018. Figure A outlines the total number of lots sold at the fair since 2008.

Figure A. Number of Lots sold through Jr. Livestock Auction at Inter Mountain Fair



Youth can participate in this program as 4-H, FFA, Grange and Independent exhibitors. Figure B outlines the number of lots marketed by 4-H, FFA and Independent exhibitors locally (Grange exhibitors are not included as there were very few during the study period).

Figure B. Number of Lots sold by Youth Organization (4-H, FFA and Independent).



To determine the percentage of youth participating in market animal projects in 2019, 4-H participants (Burney, Hat Creek, Cloverleaf, Pine Grove Evergreen clubs) in the Intermountain area (153) and subtract the 24 primary members (they cannot participate in market animal projects by policy) results in approximately 129 youth in eastern Shasta County 4-H who potentially could participate in market animal projects. When the number of market animal participants (89) is divided by the number of youth who could participate in market animal project, approximately 31 percent participate in the 4-H club program DO NOT participate in market animal projects. These youth participate in a projects ranging from photography and quilting to shooting sports projects.

In 2018/19 there were 86 4th Graders enrolled at Fall River and Burney Elementary Schools. Of those students, 25 of were enrolled 4-H (29%). It is important to be mindful that while the market projects are large components of the 4-H Youth Development Program, as the population and demographics in the county change we need to understand the educational needs of local youth and work to meet them.

October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Jr & Teen Leader Training Lock-in 6 PM Drop Off 7 PM–7 AM Lock In
6	7	8	9	10	11	4-H Family Kickoff Achievement night @Anderson River Park
13	14	15	16	17	18	12 Livestock Judging Day @ Shasta College Farm 10 AM Sign-In
20	21	22	23	24	25	19
27	28	29	30	31		26

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17 IM Livestock Judging Day IMF @ 1 PM	18	19	20	21	22	23
24	25	26	27	28	29	30 Fair Exhibitor and Adult Enrollment Due

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 October 16, 2019
6 pm at the 4-H Office



INTERMOUNTAIN COUNCIL

Next meeting October 23, 2019
7 PM IM Fairgrounds

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