

SHASTA COUNTY

TIPS 'N TOPICS

Volume 20, Issue 5



University of California Dec/Jan 2019-2020 Agriculture and Natural Resources | 4-H Youth Development Program

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IMPORTANT DATES:

- Dec 13 Club Invoices Due*
- Dec 24 - 25 Christmas 4-H Office closed*
- Jan 3 Emerald Star Application Due*
- Jan 4 Valley Favorite Foods Day*
- Jan 11 IM Favorite Foods Day*
- Feb 15 Presentation Day*
- Mar 20 Council Scholarship Application Due*
- Mar 20 County Ambassador Application*
- Mar 20 - 21 IM Home Ec & Ag Stills Field Day/Fashion Revue*
- Apr 16 Council Scholarship Interviews*
- May 3 IM Small Animal Field Day*



COUNTYWIDE - NEWS & EVENTS

EMERALD STAR PROJECTS

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

<http://ceshasta.ucanr.edu/4-H Program/Youth Leadership Opportunities/>

Deadline: Friday, January 3, 2020 Check with your club leader for Emerald Star Project topic ideas.

IMPORTANT DATES FOR SDF

Steer Tagging: February 23, 2020
AM - Auction Yard 9-11 AM
PM - Shasta College 1-3 PM



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.



REMINDER

Clubs are responsible for providing judges at all 4-H county events...1 judge per 5 youth exhibiting.

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

ARTICLE SUBMISSION DEADLINE

REPORTERS - we would like to remind you that the **deadline for TNT submissions is the 20th of every month**. The youth and volunteers of Shasta County 4-H work hard, so please share what your club has been up to. We are always happy to get the word out so that everyone can recognize your dedicated efforts.

Send articles and pictures to Denice at sdoll@ucanr.edu

MEMBERS SPOTLIGHT



This fall Glorianna and Angela went to 2019 Rabbit Nationals in Reno Nevada where rabbit breeders come from all around the country to compete. Breeders come by bus, car and planes to show their most beautiful rabbits in conformation. About 14,000 rabbits and every recognized breed were there. Even new breeds were being evaluated for recognition. The Youth competition for knowledge was a huge highlight and challenge. Youth competitions include breed ID, Showmanship, Management, and Royalty Contest were at an all time High. Youth from all states come to compete. Youth Royalty contestants have four parts that are to be judged the first is their application to be fill out a month ahead to registered for the competition. The other portions are done at Nationals.

Glorianna was able to compete in judging 4 breeds of rabbits and place them. Next is live breed ID, a 200 question quiz and an interview. All parts of the test are accumulated were professionally done at the Sparks Convention Center. Glorianna enjoys challenging her self and studies for Rabbit Royalty Contest both at State and National level. She loves to teach and share her knowledge with fellow 4 H ers. She is grateful for the opportunity other graduated Teen Leaders has invested in her now she is glad to do the same for others. Her other interest include sewing and horse back riding.

Angela being in the Princess competition age group 9-11 years old didn't judge breeds but competed in Rabbit Showmanship. Angela won Second place Showmanship at Nationals. The ARBA Nationals Youth Awards were given in a big fancy Ballroom. We all learned so much and thankful it was close enough to attend.





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

LEADER RESOURCES

UPCOMING ADMINISTRATIVE DEADLINES

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!

January 3rd

- Emerald Star Application Due **DUE**
- 4-H online Enrollment Purge
 - Volunteers who have not completed all steps required to receive their volunteer appointment will be deleted from the system

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, January 15, 2020 at 6:30 PM at the 4-H Office

Inter-Mountain 4-H Council Meeting

Wednesday, January 22, 2020, at 7:00 PM in Burney

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".

HANDBOOK FOR FAMILIES

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

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/ .

* Funds must be deposited within 7 days

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/>

IM LIVESTOCK JUDGING DAY RESULTS

OVERALL

JUNIOR

Gabriel Jimenez	1 st	Pine Grove
Joe Banner	2 nd	Swede Creek
Becky Rubio	3 rd	Burney

INTERMEDIATE

Reese Cassity	1 st	Evergreen
Luke Steele	2 nd	West Valley
Matilyn Parks	3 rd	Evergreen

SENIOR

Owen von Schalscha	1 st	Burney
Lily Sanchez	2 nd	Evergreen
Zane Peery	3 rd	West Valley

OVERALL REASONS

JUNIOR

Marianna Hiser	1 st	Pine Grove
Quinn Strauch	2 nd	Evergreen
Brayton Taylor	3 rd	Evergreen

INTERMEDIATE

Reese Cassity	1 st	Evergreen
Luke Steele	2 nd	West Valley
Nate Strauch	3 rd	Evergreen

SENIOR

Owen von Schalscha	1 st	Burney
Lily Sanchez	2 nd	Evergreen
Ana Jimenez	3 rd	Pine Grove



SHEEP

JUNIOR

Josey Peckham	1 st	Burney
Marianna Hiser	2 nd	Pine Grove
Casey von Schalscha	3 rd	Burney

INTERMEDIATE

Matilyn Parks-Lahey	1 st	Evergreen
Nina Kammerer	2 nd	Evergreen
Abe Estes	3 rd	Burney

SENIOR

Lily Sanchez	1 st	Swede Creek
Zane Peery	2 nd	Evergreen
Cedalia Tryan	3 rd	Evergreen

SWINE

JUNIOR

Joe Banner	1 st	Swede Creek
Quinn Strauch	2 nd	Evergreen
Chase Oilar	3 rd	Evergreen

INTERMEDIATE

Luke Steele	1 st	West Valley
Nate Strauch	2 nd	Evergreen
Kimberly Sanchez	3 rd	Evergreen

SENIOR

Owen von Schalscha	1 st	Burney
Zane Peery	2 nd	West Valley
Lily Sanchez	3 rd	Evergreen

IM LIVESTOCK JUDGING DAY RESULTS

BEEF

JUNIOR

Gabriel Jimenez	1 st	Pine Grove
JD Bucher	2 nd	Hat Creek
Katherine Orozco	3 rd	Burney

INTERMEDIATE

Reese Cassity	1 st	Evergreen
Ricardo Garcia	2 nd	Pine Grove
Joey Camacho	3 rd	Burney

SENIOR

Adrian Sanchez	1 st	Pine Grove
Carlos Garcia	2 nd	Pine Grove
Zane Peery	3 rd	West Valley

HORSE

JUNIOR

Gabriel Jimenez	1 st	Pine Grove
Joe Banner	2 nd	Swede Creek
Becky Rubio	3 rd	Burney

INTERMEDIATE

Reese Cassity	1 st	Evergreen
Daniel Rodriguez	2 nd	Evergreen
Luke Sutterfield	3 rd	Evergreen

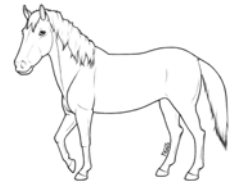
SENIOR

Owen von Schalscha	1 st	Burney
Carlos Garcia	2 nd	Pine Grove
Ana Jimenez	3 rd	Pine Grove



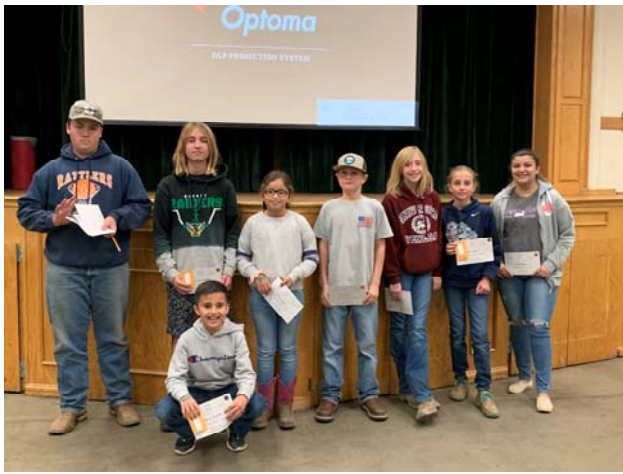
PRIMARY

Hannah Peckham
Cameron Hayes
Will MacFarlane
Henry Banner

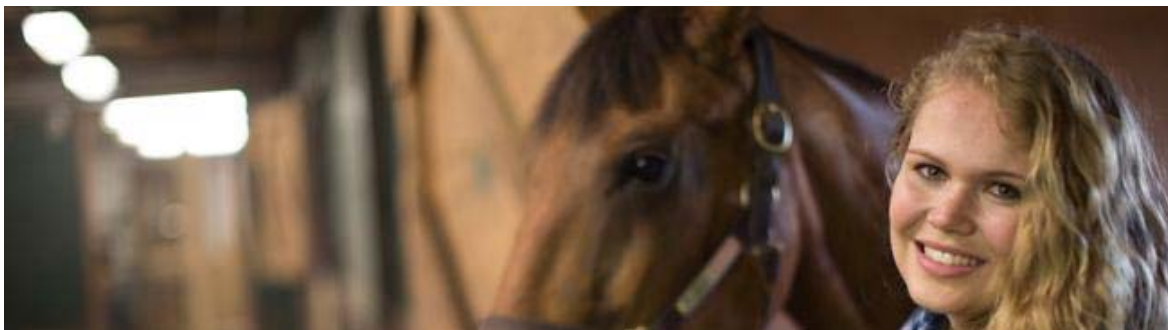


Burney
Evergreen
Evergreen
Swede Creek





IM Livestock Judging Day



Registration open for the Youth Agriculture and Animal Science Field Day 2020

Saturday, February 8, 2020 | 8:30am - 12:00pm
Sonoma-Marín Fairgrounds and Event Center, Petaluma
\$5 per person, register by February 1
For youth (aged 9 and older) and adults
<http://ucanr.edu/ag2020/>

Learn about the client-veterinarian relationship, promoting agriculture, backyard poultry, career opportunities, working landscapes, science of wildland fire, and animal welfare practices.

Keynote address by Temple Grandin



Friends of the Fair Dinner

NATE'S CORNER

4-H VOLUNTEER NEEDS ASSESSMENT

BY NATHANIEL (NATE) W. CAETON
4-H YOUTH DEVELOPMENT ADVISOR
UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION

Hello everyone. As some of you may recall, I performed a multi-county needs assessment back in the Spring as part of my new position as a 4-H Youth Development Advisor. In this role, I am working to conduct extension, education, and applied research programs aimed at strengthening and expanding local 4-H programming. To assist in these efforts, surveys were mailed to current 4-H volunteers to solicit feedback on a variety of topics. Topics included significant challenges faced as volunteer, usefulness of potential resources, and importance of new delivery modes for 4-H programming, as well the ability of those modes to reach youth not currently served by the program. The information collected will go a long way in providing clarity and focus as we work to meet the needs of our local 4-H volunteers and ultimately, the youth that they serve.

The results of this needs assessment are shared on Page XX. I hope the information proves to be insightful. As always, feel free to reach out with any needs, interests, or suggestions. Feedback is a gift and one of my primary goals is to provide volunteers with resources they can use!

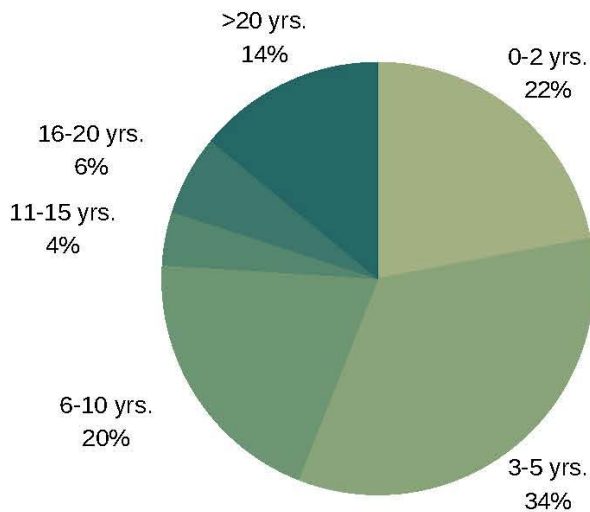
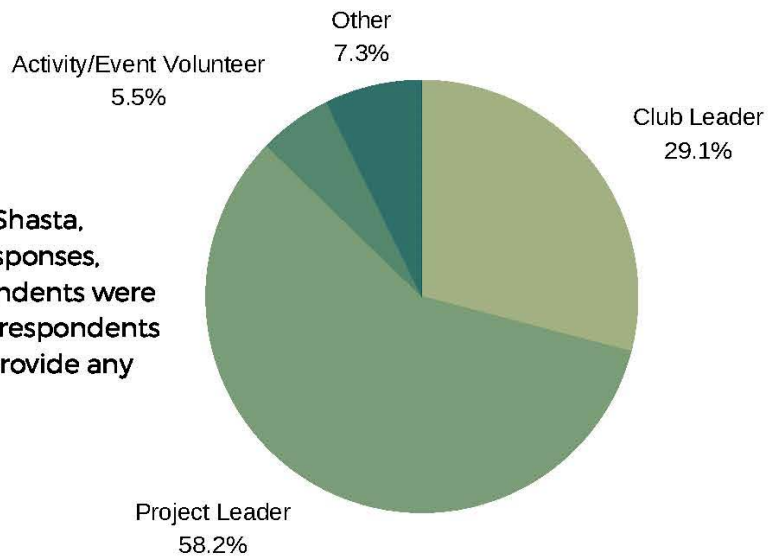
Best Regards,

Nate

VOLUNTEER NEEDS ASSESSMENT RESULTS

WHO RESPONDED

A total of 185 surveys were sent to volunteers in Shasta, Tehama, and Trinity counties. We received 57 responses, providing a return rate of 31 percent. Most respondents were project leaders. The "Other" category represents respondents who marked "other" on the survey, but did not provide any details regarding their volunteer position.

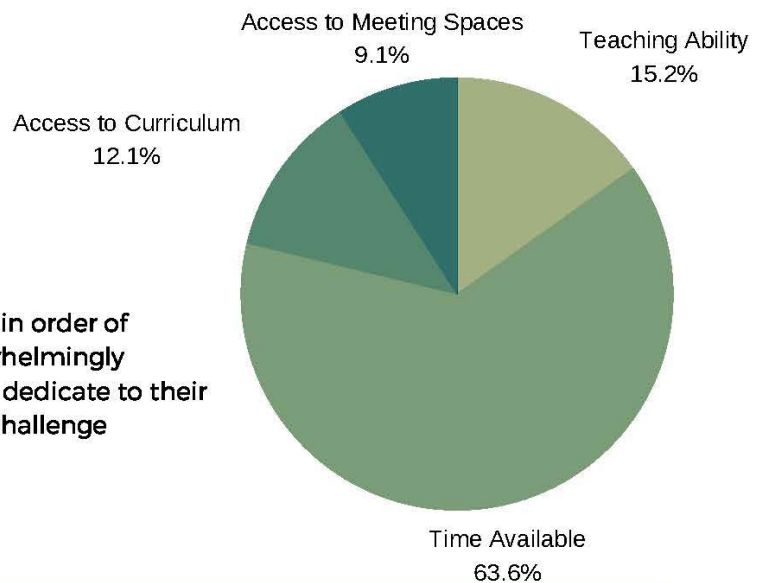


YEARS VOLUNTEERING

The survey drew respondents from all levels of experience. Most respondents have been volunteering for three to five years. Nearly one-quarter of all respondents have been volunteering for more than 10 years.

GREATEST CHALLENGE

When asked to rank challenges in order of significance, respondents overwhelmingly indicated that time available to dedicate to their volunteer role was the biggest challenge experienced.



VOLUNTEER NEEDS ASSESSMENT RESULTS

MOST IMPORTANT PROJECT CATEGORIES*

64%

Leadership Development

44%

Environmental Education & Earth Sciences

31%

Civic Engagement

47%
Lending Library Containing Project-Ready Activity Kits

50%

Curriculum for Club and Project Use

75%

Project Sheets to Help Identify Meaningful Project Content**

MOST BENEFICIAL RESOURCES

*PROJECT CATEGORIES MATCH THOSE DEFINED BY NATIONAL 4-H AND ARE COMPRISED OF SIMILAR PROJECTS AS LISTED IN CALIFORNIA 4-H PROJECTS.

**PROJECT SHEETS HELP VOLUNTEERS IDENTIFY MEANINGFUL CONTENT & LEAD YOUTH IN HANDS-ON ACTIVITIES. THEY CAN BE DOWNLOADED ON THE CALIFORNIA STATE 4-H WEBSITE.

MOST IMPORTANT DELIVERY MODES

46%

Special Interest Programs

35%

4-H In-School Clubs

16%

Day Camping Programs

40%
4-H In-School Clubs

56%

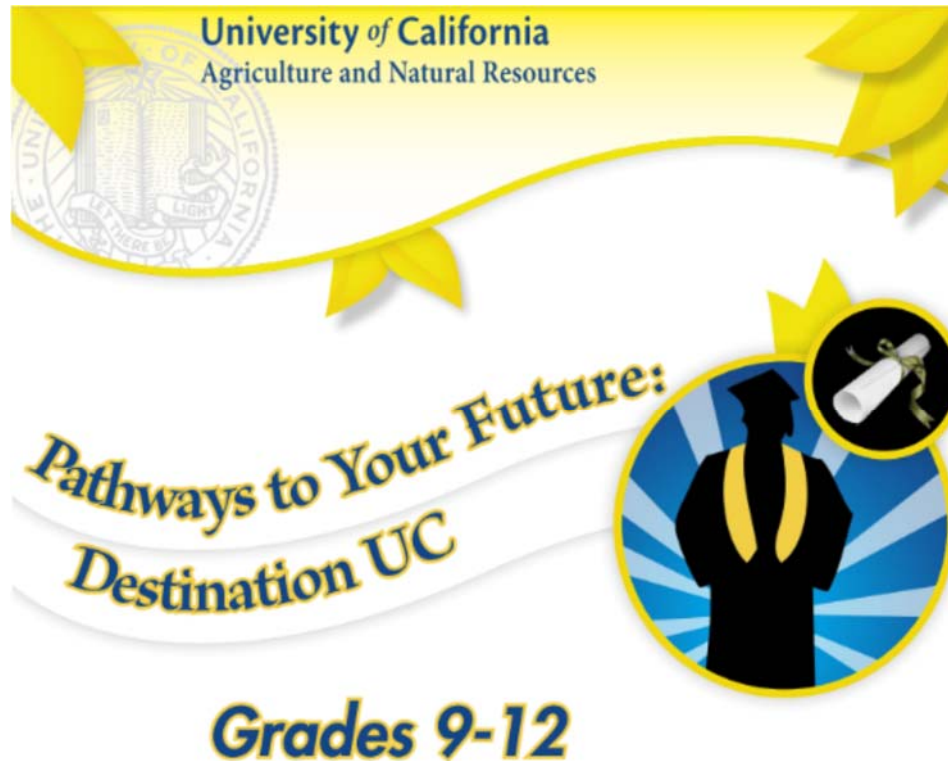
Special Interest Programs

98%

Day Camping Programs

MODES MOST LIKELY TO REACH NEW YOUTH

ATTENTION ALL HIGH SCHOOL MEMBERS...



Pathways to Your Future is a new college and career exploration program designed to help you succeed after high school—whether your pathway is attending college, vocational training, or on the job training!



Activity/Module	Date, Time, and Location
Parent Orientation (Parents & Youth)	Date: Wednesday, January 15, 2020 Time: 5:30 PM Place: 4-H Office
Module 1	Date: Saturday, February 1, 2020 Time: 9:30
Module 2	Date: Saturday, February 8, 2020 Time: 9:30
Module 3	Date: Sunday, February 16, 2020 Time: 9:30
Campus Tour (Parents & Youth)	Date: Wednesday, February 19, 2020 UC Davis
Module 4	Date: Saturday, February 22, 2020 Time: 9:30
Module 5	Date: Saturday, February 29, 2020 Time: 9:30

For more information contact Erin Paradis ecparadis@ucanr.edu or the 4-H office 530-224-4900

PRESENTATION DAY

REGISTRATION DUE (mandatory): **Friday, January 17, 2020** (No late entries accepted)

WHEN: Saturday, February 15, 20120

WHERE: Shasta College

COORDINATED BY: Palo Cedro

IMPORTANT INFORMATION

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

REGISTRATION: MANDATORY registration online <http://ucanr.edu/survey/survey.cfm?surveynumber=28860>

UNIFORMS: Uniforms are acceptable, but not required.

SDF REQUIREMENTS: This event can qualify you for participation at the Shasta District Fair if presentation is in project area. Call the 4-H office for clarification.

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

Primary	(5 - 8 years old)	Junior	(9 - 10 years old)
Intermediate	(11 - 13 years old)	Senior	(14+ years old)

AWARDS

Danish system of judging is used with gold and silver medals or blue ribbons awarded. Primary participants will not be ranked, but will receive participation pins. Those receiving a gold award will be eligible to compete at the *Regional Level* in Modoc County, place still TBD . Gold medalists at Regional Level will qualify for competition at the *State Level* on **TBD** in Davis.

SPECIAL EQUIPMENT

4-H members are responsible for arranging any special equipment or facilities they may need for their presentations! This includes a TV and VCR for videos, slide projector and screen for slide presentations, tri-folding standup display for the Tabletop Displays, etc. Any special considerations for "Share the Fun" must be arranged by the 4-H members, including sound systems, pianos, tumbling mats, etc.

TIME LIMITS

A demonstration can range in length from 3 minutes for an individual primary presentation to 15 minutes for a senior individual or team presentation. The complexity of the topic, and the age of participants should dictate the appropriate length. Team members should divide work and speaking parts. An uneven distribution of work or speaking parts will impact the scoring of the "Presentation" skill.

SCHEDULE (Approximate times)

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

VALLEY FAVORITE FOODS DAY

REGISTRATION DUE (mandatory): **Friday, December 27, 2019** (*No late entries accepted*)

WHEN: Saturday, January 4, 2020

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

THEME "A Day at the Carnival"

COORDINATED BY: West Valley 4-H

REGISTER HERE: <http://ucanr.edu/survey/survey.cfm?surveynumber=28802>

SCHEDULE (Approximate times)

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

9:30 am Judges' Orientation

10:00 - 11:00 am

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

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

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

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

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

12:00 pm awards ceremony

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

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

IMPORTANT INFORMATION

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

RECIPE CARD: A signed copy of the recipe must accompany each entry to the event. *Community leader* must sign categories 6, 11 & 12. *Project leader* must sign categories 1, 2, 3, 4, 7 & 14. *No signature needed* for categories 5, 8, 9, 10 & 13. Recipe card on page 18.

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

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

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

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

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



VALLEY FAVORITE FOODS DAY

AWARDS

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

AGE DIVISIONS AND CARD COLORS

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

CATEGORIES

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

CATEGORY RULES & REQUIREMENTS

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

Category 5 - Decorated cakes should follow the theme. **No individual cupcakes.** All cakes will be judged for appearance only. Recipe method is not a consideration. Include a menu card showing use of cake. Cake forms may be used.

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

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

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

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

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

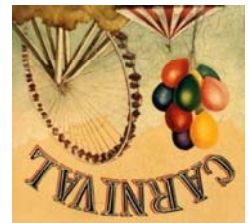
Category 11 - Prepare your bread using the appropriate utensils and dishes for serving. You must include a menu card with your recipe. A place setting for your bread should follow the theme.

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

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

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





(FOLD)

(MENU)

Name: _____

Project: _____

Club: _____ Age: _____

Year(s) in Project: _____

Menu-(Circle Favorite Food Item):

SCORING CRITERIA

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

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

Points Possible 100

Category 7

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

Category 9

Follows theme	25
Menu nutritionally balanced	10
Attractive place setting	40
Original Design	25

Points Possible 100

Category 5

Overall design, relates to theme	20
General appearance	20
Selection of colors	15
Preparation	15
Border	10
Frosting	10
Icing originality	10
Points Possible	100

Category 8

Follows theme	25
Appearance	15
Only edible items	10
Shows imagination	10
Recipe (directions)	10
Design	30

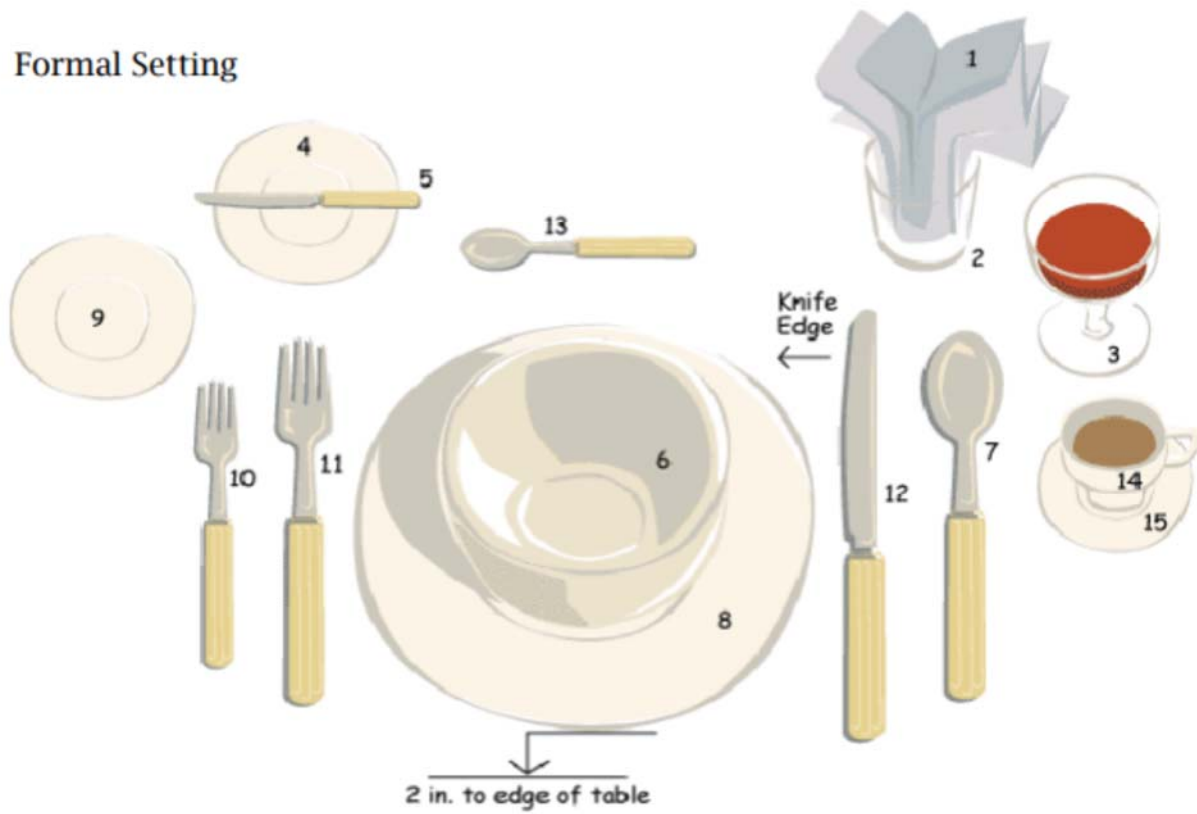
Points Possible 100

CATEGORY 13

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

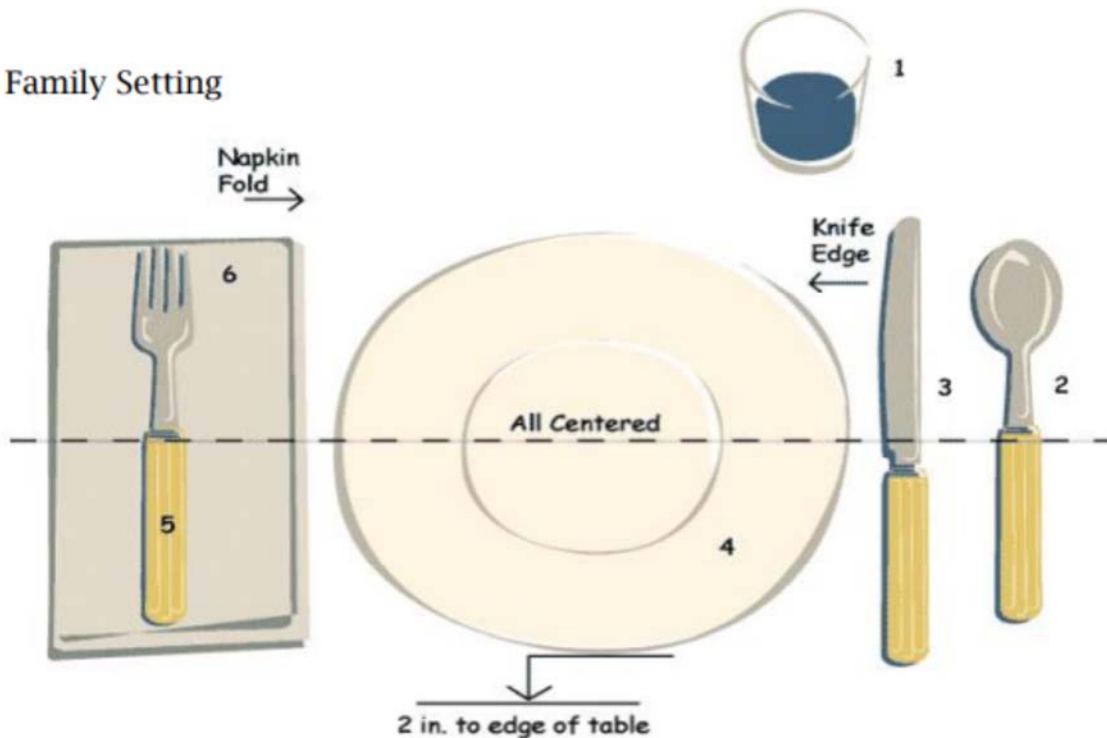


Formal Setting



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

Family Setting



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

INTER-MOUNTAIN FOODS DAY

REGISTRATION DUE (mandatory): **Friday, January 3, 2020** Online or at 4-H Office

WHEN: Saturday, January 11, 2020

WHERE: Inter-Mountain Fairground

THEME: "Garden Party"

COORDINATED BY: Hat Creek 4-H

REGISTER HERE: <http://ucanr.edu/survey/survey.cfm?surveynumber=28801>

APPROXIMATE SCHEDULE:

8:00 am Check-in & set-up entries. **NO LATE ENTRIES**

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



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

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

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

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

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

IMPORTANT INFORMATION:

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

RECIPE CARD: Available on page 22 of this newsletter.

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

Parents and leaders are encouraged to teach members ahead of time before the day of the event how to arrange their table settings and displays. Each participant is responsible for setting up his or her own table setting or display the day of the event. Please refer to page 18 for diagrams on proper table setting arrangement if you need a teaching tool!

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

Items not requiring refrigeration can be dropped off Friday.

Clubs must provide a judge for every 5 entries.

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

INTER-MOUNTAIN FOODS DAY

AWARDS

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

TIPS FOR SUCCESS AT FAVORITE FOODS DAY

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



INTER-MOUNTAIN FOODS DAY

CATEGORIES

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

CATEGORY ELIGIBILITY, RULES & REQUIREMENTS

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

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

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

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

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

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

Category 7 - Just bring the cake, nothing else is required. **No individually decorated cupcakes.**

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

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

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

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

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

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

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

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



(FOLD)

(MENU)

Name: _____

Project: _____

Club: _____ Age: _____

Year(s) in Project: _____

Menu-(Circle Favorite Food Item):

Shasta County CattleWomen
2020 Junior and Senior Beef Ambassador
Entry Form

Beef Ambassador Requirements

- Applicant for Junior Beef Ambassador must be 12-16 years of age as of September 1, Senior Beef Ambassador must be 17-20 years of age as of September 1
- Applicant may be male or female, must have transportation and be able to promote beef as part of a healthy diet

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

Beef Ambassador Duties

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

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

Beef Ambassador Contest

- Contest consists of three parts: interview, mock consumer promotion/interaction, and a written issue response
 - Contestant must be able to answer questions on current beef industry issues
- Contestant will introduce themselves during dinner and participate in a mock consumer interaction

Judging Criteria

- Speaking Ability, Personality & Poise and Knowledge of the Beef Industry
- Interview by Judges
- Mock Consumer promotion/interaction

Written issue response

What do you win?

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

Place and Time

Saturday, March 14, 2020 at the IOOF Hall, 22551 Silverlode Lane, Palo Cedro.

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

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

Shasta County CattleWomen

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

or email completed forms to sissydog101@gmail.com

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

2020 Beef Ambassador Entry Form

Applications must be mailed in by February 28, 2020

Name _____

Address _____

City _____ State _____ Zip _____

Telephone # _____ Cell # _____

Name of Parent/Guardian _____

School _____ Date of Birth _____ Age _____

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

What are your favorite hobbies?

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

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

Applicant Signature Date Parent/Guardian Date

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

*Please complete and mail no later than **February 28, 2020** to*
Shasta County CattleWomen
c/o Cindy Scott 8200 Doodlebug Lane, Shingletown, CA 96088
or email sissydog101@gmail.com
Cindy Scott 474-5343 or Teala Magee 209-5210

Shasta County Cattlemen & Shasta County CattleWomen

2020 Beef Princess Contest **Entry Form**

Beef Princess Requirements

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

Beef Princess Duties

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

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

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

Beef Princess Contest

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

Judging Criteria

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

Interview

What Do I Win?

\$100, Belt Buckle, Shirt and Earrings

Place and Time

Saturday, March 14, 2020 at the IOOF Hall 22551 Silverlode Lane, Palo Cedro.

Contestants arrive at 5:30, dinner and contest at 7:00.

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

Shasta County CattleWomen

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

or email forms to sissydog101@gmail.com

Cindy Scott 474-5343 or Teala Magee 209-5210

2020 Beef Princess Entry Form

Applications must be mailed in by February 28, 2020

Name _____

Address _____

City _____ State _____ Zip _____

Telephone # _____ Cell # _____

Name of Parent/Guardian _____

School _____ Date of Birth _____ Age _____

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

What are your favorite hobbies?

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

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

Applicant Signature Date Parent/Guardian Date

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

*Please complete and mail no later than **February 28, 2020** to*

Shasta County CattleWomen

c/o Cindy Scott, 8200 Doodlebug Lane, Shingletown, CA 96088
or email forms to sissydog101@gmail.com
Cindy Scott 474-5343 or Teala Magee 209-5210

REGIONAL, STATE & NATIONAL NEWS

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.

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.



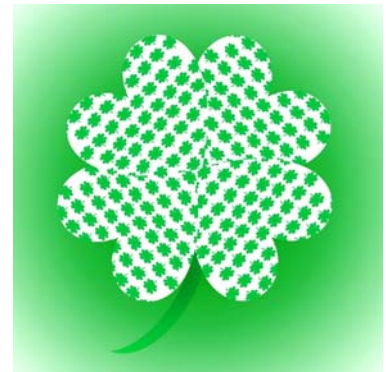
DIAMOND CLOVER AWARDS

The California Diamond Clover is the highest achievement for which a 4-H youth member and young adult volunteers are recognized.

All youth members and young adult volunteer who achieve the requirements are eligible to receive this award.

Applications are accepted year-round. Applications are reviewed by the 4-H Incentives and Recognition Advisory Committee and awarded quarterly.

[Learn more.](#)



REGIONAL, STATE & NATIONAL NEWS

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.

CWF event page and Registration

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.

LWF event page & Registration

THINK OUTSIDE...NO BOX REQUIRED!

2020 CALIFORNIA 4-H CAMPING CONFERENCE

APRIL 3 - 5, 2020

SLY PARK ENVIRONMENTAL CENTER

Registration for the 2020 California 4-H Camping Conference—*Think Outside...No Box Required*— is now open! The weekend event takes place April 3-5 at Sly Park Environmental Education Center in Pollock Pines, about an hour east of Sacramento. The conference is designed for teens and adults who plan and run camp programs and are eager to learn and connect with others who share a passion for outdoor living and learning.

The conference fee is \$190 and includes workshops and all program materials, lodging, and meals. Archery Certification is an additional \$35. **Register by February 14 and receive the early bird discount rate of \$160.**

Questions? Contact Nate Caeton at nwcaeton@ucanr.edu or Marianne Bird at mbird@ucanr.edu.

Register

Camping Conference event page

SHOOTING SPORTS LEADER TRAININGS IN MERCED COUNTY

4-H Shooting Sports Workshop

Rifle Discipline

Holtville & El Centro, CA (Imperial County)

Dates and location(s):

Friday, December 13, 2019 – 5:00 p.m. – 8:00 p.m. / UC Imperial County Cooperative Extension, 1050 Holton Rd - Holtville, CA

Saturday, December 14, 2019 – 8:00 a.m. – 7:00 p.m. / Border Tactical Range, 925 North Imperial Ave. - El Centro, CA

Participants **must attend both days** of training to receive certification.

Certification: Upon successful completion of the course, the participant will be certified as rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders.

Registration: There is no cost for the course. To register for the course and receive more information contact John Borba at: jaborba@ucanr.edu

For information about the facility and a map, please visit the range website at: <http://bordertactical.com>

4-H Shooting Sports Workshop - 4-H Western Heritage Leader Certification Training

Merced County

Saturday, December 14, 2019 – 8:00 a.m. – 4:00 p.m.

Sunday, December 15, 2019 – 8:00 a.m. – 1:00 p.m.

For an overview of the program please visit <http://www.4-hwesternheritageproject.org/>

If you have an interest in sharing your “Old West” knowledge and skills with youth, how about becoming a 4-H Western Heritage project adult volunteer or teen leader? There will be a 4-H Western Heritage leader certification training offered December 14th and 15th, 2019. This certification class will be held at the Safety First Shooting Association, River Oaks Range, 11584 Shaffer Rd, Winton, 95338, in Merced County. This class is being hosted by Merced County 4-H.

Certification: You must become a 4-H leader or member and attend both days to receive certification to teach the western Heritage project.

Junior and teen leaders are invited but must attend with an adult or have a certified western heritage adult leader they will be helping back home.

The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test.

Registration: The cost is \$35 per person. You will receive a resource binder, with a light breakfast both Saturday and Sunday. Please bring your own lunch to the class.

To register, please complete and mail the [CA 4-H Shooting Sports Training Request and Registration Form](#) , complete an adult or youth 4-H medical release form and submit a \$35 check payable to: Merced County 4-H Council Mail completed information to: UCCE, 2145 Wardrobe Ave. - Merced, CA 95341 Alternatively you can email your registration and hand carry a check.

Registration is due Friday, December 6, 2019

Space is limited to 10 attendees.

Driving Directions: <http://www.safetyfirstshooting.net/html/directions.html> . Tent or Dry RV camping is an option.

For more information: Dave at 209-614-1718 for info or camping, or Darlene McIntyre for registration at [209-385-7418](tel:209-385-7418) or dmcintyre@ucanr.edu.

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!

Agri-Science - January 9-12, 2020

Healthy Living - February 13-16, 2020

Photography - February 26 - March 1, 2020

Click here to Learn More



Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured vegetable is **broccoli**



Health and Learning Success Go Hand-in-Hand

Children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day than those who do not. Eating the recommended amount every day can help your child stay healthy and learn better in school. *Harvest of the Month* helps your family explore, taste, and learn about the importance of eating more fruits and vegetables and being active every day.

Healthy Serving Ideas

- Dice and toss raw broccoli in a salad.
- Pour lemon juice or sprinkle lowfat parmesan cheese over steamed broccoli to add and vary flavor.
- For a healthy snack, chop raw broccoli into pieces and serve with a fat free vegetable dip.
- Add broccoli and other vegetables to soups, pastas, omelets, and casseroles.
- Take your child to the grocery store. Ask your child to help you pick out fruits and vegetables for meals and snacks.
- Pack dried fruit or pre-cut fruits or vegetables in your child's lunch.

Produce Tips

- Look for broccoli with a firm stem and tight, compact florets that are dark green.
- Store broccoli in an open plastic bag in the refrigerator for up to five days.
- Rinse (don't soak) broccoli under cool water just before serving.
- Cook broccoli by steaming, microwaving, or stir-frying. Boiling causes some of the vitamins and minerals to be lost.

ZESTY ASIAN CHICKEN SALAD

Makes 4 servings. 1 cup per serving.
Prep time: 20 minutes

Ingredients:

- 3 boneless, skinless chicken breasts, cooked and chilled
 - 3 green onions, sliced
 - 1½ cups small broccoli florets
 - 2 medium carrots, peeled and cut into strips
 - 1 red bell pepper, cut into strips
 - 2 cups shredded cabbage
 - ½ cup fat free Asian or sesame seed salad dressing
 - ¼ cup 100% orange juice
 - ¼ cup chopped fresh cilantro
1. Cut chicken breasts into small strips. Place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
 2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat.
 3. Stir in cilantro. Serve chilled or at room temperature.

Nutrition information per serving:
Calories 184, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 22 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 55 mg, Sodium 456 mg

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

Let's Get Physical!

- Get at least 60 minutes of physical activity every day to help keep your heart healthy.
- Start a weekly walking routine with your child, neighbors, and child's friends.
- During TV commercials, have a push-up or sit-up contest with your child.

To track your physical activity, visit:
www.mypyramidtracker.gov

Nutrition Facts

Serving Size: ½ cup fresh broccoli, chopped (44g)	
Calories 15	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 21mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 5%	Calcium 2%
Vitamin C 65%	Iron 2%

How Much Do I Need?

- A ½ cup of broccoli is about the size of one cupped handful.
- A ½ cup of cooked broccoli is an excellent source of vitamin A, vitamin C, vitamin K, and folate.
- Folate is a water-soluble vitamin that helps make healthy red blood cells in your body. It may also help to protect against heart disease.
- Pregnant women need folate in their diets to help prevent some forms of birth defects.
- Folate comes from leafy vegetables like spinach and broccoli, some fruits (oranges), dry beans, and liver. Look for whole-grain breads and cereals fortified with folate (folic acid).

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. It is important to eat a variety of colorful fruits and vegetables every day to get all the nutrients your body needs. Find out how much each person in your family needs.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	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 to learn more.

UCCE - SHASTA COUNTY PROGRAM NEWS

TRADITIONAL MARKET-ANIMAL PROJECTS POSITIVELY INFLUENCE 4-H ENROLLMENT

by Josh Davy, Larry Forero, Nathan Caeton and Allison Gross

The 4-H Youth Development Program (4-H) teaches a host of lifelong skills, but to build these skills enrollment is necessary. Outwardly, much of 4-H has been associated with market-animal projects, but the effect of these projects on enrollment is not known. To find out how market animal projects influence enrollment we analyzed seven years of enrollment data (2007-2015) from 27 Northern California counties focusing on beef, sheep and swine projects.

The question we were interested in answering is:

Could encouraging market-animal projects in Northern California increase overall 4-H enrollment at greater than a 1:1 rate (i.e., adding one market-animal project could increase enrollment by more than one youth participant)?

County enrollment data over seven years was used to determine how participation in beef, swine and sheep projects affected enrollment in Northern California. We included the three livestock species, year, region and population density to determine if, for each factor, a significant causal relationship with total enrollment existed. This approach allows the influences of all the factors to be considered and results in a specific interpretation of each individual factor's contribution to enrollment, independent of the contributions of the others. Because of this, the model can determine how many new 4-H memberships are produced by a new market-animal project - regardless of year, location or population density. This article will only discuss the analysis associated with market animal projects.

This analysis indicates that the primary hypothesis of this research - that swine, beef and sheep projects are important to 4-H enrollment - is true. It demonstrated that market-animal projects produce significant, positive effects on enrollment. In addition to the youth enrolled in the respective market project, each beef project contributed nearly four new members to county enrollment; a single sheep project yielded just over two new members and a swine project resulted in another 0.62 members. (Table 1).

TABLE 1 Estimated influence of the occurrence of a single additional market-animal project on total 4-H enrollment

Parameter	Single Market Animal Enrollment	Estimated increase in enrollment for each market project
Market beef cattle	1	3.98
Market sheep	1	2.3
Market swine	1	0.62

*This is in addition to the youth enrolled in the market animal project

While the enrollment multiplier (1.62) associated with swine projects may seem modest, the number of these projects in a given county program is relatively large. For every 200 market swine projects the model predicts an additional 100 enrollments can be expected. This represents a large proportion of the county membership.

The authors speculate that a member enrolling in 4-H creates awareness among siblings, peers and friends about the opportunities that 4-H offers. For example, if a youth is interested in raising a market animal, the youth's parents may reason that, since they will be taking one child to community club meetings, they might as well involve siblings because 4-H could offer projects that also appeal to them.

The results of this research show that market-animal projects positively increase enrollment in a large way. Through participation in these projects, youth are exposed to the other constructive aspects of the youth development program. Useful future research could focus on barriers that prevent youth participation in market-animal projects. Overcoming these barriers could result in an increase in participation in 4-H. Lessons learned from market-animal projects, coupled with the structure of the traditional community club system, produce encouraging outcomes well documented among 4-H alumni.

December 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	18	19	20	21
22	23	24 ^{Christmans} Eve 4-H Office closed	25 ^{Christmas} 4-H Office Closed	26	27	28
29	30	31 ^{New Years Eve}				

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 ^{Valley FFD} Prairie School @ 9 AM Check-in 10 AM Start
5	6	7	8	9	10	11 ^{IM FFD} IM Fairgrounds @ 8 AM Check-in 9 AM Start
12	13	14	15 ^{Parent Meeting} @ 530 PM Council Meeting @ 630 PM	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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RECORD BOOK CORNER

Record Books – What Goes Where?

What do I include in my Personal Development Report and where do I record these events and activities?

- Record your participation and activities in and outside 4-H for the current program year (July1, 2019-June 30, 2020).
- When you attend a 4-H event, record it as a 4-H event.
- If you did something at the event that meets the requirement of another category, you can record that as well. Although some events and activities may be applicable for multiple categories you can only count that activity in one category. Record the activity in the category needed for your star ranking.
- You may record up to two significant activities outside of 4-H in categories 2, 4, 5, 6, and 7.

Category 1 - Projects Completed	Record the projects you completed ie. Sewing project, Market Swine etc.
Category 2 - 4-H Project Skills Completed	Must demonstrate your knowledge to an audience/judge ie. Fashion Revue etc.
Category 3 - Events Attended	Actively participate in 4-H event ie. Field Day, Council Meeting, Fundraisers etc.
Category 4 - Leadership Development	Led or leadership position held ie. Jr/Teen Leader, Led a group activity etc.
Category 5 - Citizenship & Community Service	Community Service activity, Service Learning Project or Civic Engagement
Category 6 - Communication Skills	Communication activities ie. Presentation Day, TnT Article, Served as a judge etc.
Category 7 - Honors & Recognitions	High honors & recognition ie. Star Rank, Best of Breed, Event Medalist etc.
Category 8 - Healthy Lifestyle Activities	Activity outside of 4-H with a min. 25 hours ie. Band, Employment, Youth Grp etc.

****Livestock Judging Day counts as a project skill and events attended***

**** Friends of the Fair Dinner counts as community service***