



University of California

March 2020

Agriculture and Natural Resources | 4-H Youth Development Program

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IMPORTANT DATES:

- 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*
- May 3 County Ambassador Support Team Application*
- May 15 County Ambassador Support Team Application*
- Jun 24 - 27 Shasta District Fair*



Presentation Day

DON'T FORGET TO COMPLETE FUNDRAISER FORMS

Fundraiser Forms must be completed and turned in at the UCCE Office for approval at least 2 weeks prior to your event to ensure we are following state policy and are able to receive approval from our County Director. Please be sure all sections are completed properly and all signatures are obtained. The fundraiser approval forms are available at: http://ceshasta.ucanr.edu/4-H_Program/4-H_Forms/ .

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

Fundraising

COUNTYWIDE - NEWS & EVENTS

PRESENTATION

DAY RESULTS

PRIMARY

Jean Greenwood	Hoyt Owens
Palo Cedro	Happy Valley
Emily Madden	Avery Tate
Burney	Burney
Travis Owens	
Happy Valley	

JUNIOR

Everleigh Clark	Gold	Twin Palms
Marianna Hiser	Gold	Pine Grove
Hanna Stricklin	Gold	Westside
Ally Trisdale	Gold	Westside

INTERMEDIATE

Sawyer Clark	Gold	Twin Palms
Teagan Furia	Gold	Westside
Angela Junokas	Gold	Palo Cedro
Savannah McDonald	Gold	Happy Valley
Owen Severne	Gold	Palo Cedro
Iris Severne	Gold	Palo Cedro

SENIOR

Glorianna Junokas	Gold	Palo Cedro
Aubrey Severne	Gold	Palo Cedro
Hannah Wayne	Gold	Cottonwood



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!



Presentation Day



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



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.



COUNCIL SCHOLARSHIP

INTERVIEWS - APPLICATIONS DUE

MARCH 20

Council scholarship interviews will be held on Thursday, April 16, 2020 at the 4-H Office. This date was chosen to avoid any conflicts with student's Spring Break schedules and activities. Applicants will be notified with complete details, including their interview time, prior to the scheduled date. Please contact the 4-H Office with any questions.

4-H POSTER CONTEST

Let's advertise 4-H! ! How? Create a poster reflecting what 4-H means to you, and how it builds Leadership. Entering the 4-H Poster Contest gives you an opportunity to showcase your artistic talents while promoting 4-H!

You don't have to be an artist to enter a poster. You may want to print images from your computer, use scrapbooking supplies, or even cut pictures from a magazine. Whatever you decide, make sure that your artwork relates to the theme you have chosen.

Rules & Guidelines

- Poster MUST be 14" x 22" in size (half a sheet of poster board).
- If you use the 4-H emblem (clover), do not place text or other images over or on top of it. Also, the emblem should not be tilted on the poster. The stem of the leaf should always turn to the right.
- Any objects attached to poster cannot extend more than 1/8" from the surface of the poster. Also, please do not use crafts that, easily fall off the poster.
- The use of any copyrighted cartoon figures (such as SpongeBob Square pants, Superman, Minions, etc.) or pictures of famous individuals (Elvis) will result in poster being disqualified.
- Lettering should be a **minimum of 2" tall** in order to be read easily from a distance.
- **Ideal lettering** may include using stencils, cut outs, or adhesive lettering. In addition, you may print from a bold font on your computer.
- Markers, paint, crayons, construction paper or any other desired materials may be used to create the poster.
NO GLITTER!
- **On the back of your poster** please print (in ink or marker):
Your Name (first and last)
Club

Judges Criteria for 4-H Poster

The 4-H Poster Contest will be judged on:

- Originality of design
- Relativity of artwork to 4-H and the theme
- Neatness of construction. Neatness should be TOP PRIORITY!!

** This area will weigh heavily in choosing the winning poster.**

DEADLINE to turn in is April 15th by 5:00 PM at the 4-H office. Any questions please call Denice or Erin at (530)224-4900.



🌸 Shasta County 4H Rabbit and Cavy Show! 🌸

March 21, 2020

The event will be held at Shasta College in the Farm Pavilion
11555 Old Oregon Trail, Redding CA

The show will start at 9:00 am

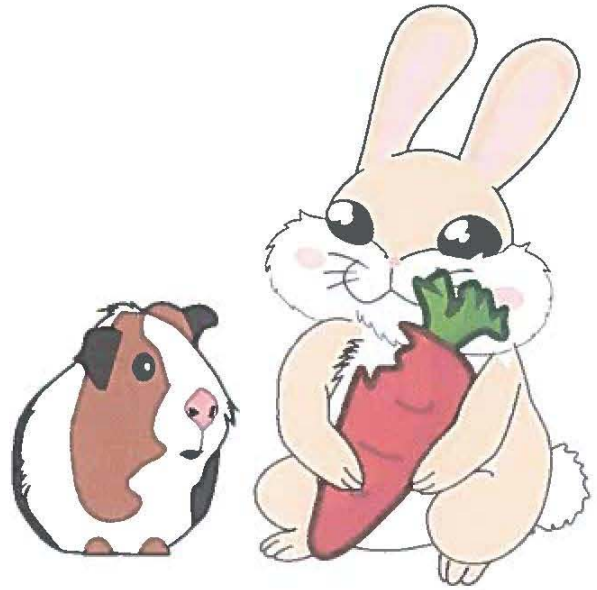
Pre-entries (due 3/18/20) are \$3.00 per entry

Day of show \$4.00 per an entry

Showmanship \$2.00

Events

- All breed rabbit conformation
- Cavy conformation
- Rabbit and Cavy Showmanship
- Breed ID
- Quiz bowl
- Poster board contest
- Costume contest
- Educational talk by ARBA judge
- Rabbit games and races
- Food
- And more!



Two ARBA judges Cathy Szychulda and Tracy Gouette

Please email juliesdressage@gmail.com for questions and pre entries

Entry information must include:

Exhibitor name and age; rabbit breed, buck or doe, variety or group, class(age jr,int,sr) ear tattoo/ear tag

Example

Miss Rabbit Lover age 8, showing Mini rex Broken black jr doe ear tattoo MR62



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

March 20th

- 4-H Council Scholarship Applications Due **DUE**
- County Ambassador Applications Due **DUE**

May 15th

- Ambassador Support Team Application Due **DUE**

May 18th

- Valley Livestock Contract Due **DUE**

DON'T MISS THE DEADLINE!

IMPORTANT DATES

FOR SDF

Shasta District Fair: June 24 - 27, 2020

Livestock Entries Due: May 22, 2020

Weigh - In: June 23, 2020

4-H Contract Due: May 18, 2020

Theme: Country Nights and Carnival Lights



IMPORTANT DATES

FAIR OWNERSHIP

Swine April 24, 2020

Lambs April 24, 2020

Meat Goats April 24, 2020

Rabbit Meat Pens May 25, 2020

ownership



Instructor-Led Training

Tuesday, March 24, 2020 6:00 PM

Shasta College Theatre

Please pre-register and purchase "Instructor-Lead Training" online. There are only 400 seats available so please be sure to preregister to ensure your seat.

<https://yqca.learnrow.io/Account/Login>

If you have any questions, please contact Erin Paradis ecparadis@ucanr.edu

MONTHLY COUNCIL & COMMITTEE MEETINGS

All council agendas and minutes are available online at: http://ceshasta.ucanr.edu/4-H_Program/
 Please contact the office if you have items you would like included on the agenda.

Valley 4-H Council Meeting

Wednesday, April 15, 2020 at 6:00 PM at the 4-H Office



Inter-Mountain 4-H Council Meeting

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

Did you know that in order to be a club in good standing a representative from each club is required to be at each meeting? Did you know that **EVERYONE is welcome at these meetings and are encouraged to attend, including youth members?**

The Shasta County Council meetings are where the county events are planned, finances are gone over, information from the state and local level is shared, and everyone is kept up to date.

Shasta County Budget Planning - March 18, 2020 6:00 PM @ the 4-H Office

Valley Event Calendar Planning - March 18, 2020 directly after Budget Planning

Fair Dates June 24 - 27, 2020, Entries Completed Online on the Shasta District Fair website

<https://www.shastadistrictfairandeventcenter.com/>

Livestock Agreement due Monday, May 18, 2020 at the 4-H Office

VALLEY COUNCIL MEETING ATTENDANCE 2019-20

	AUG	SEP	OCT	JAN	APR	MAY
BLACK BUTTE						
COTTONWOOD	X					
COW CREEK						
FOOTHILL	X	X	X	X		
GOLDEN ACRES	X	X	X	X		
HAPPY VALLEY	X		X	X		
LONE TREE						
OAK RUN			X	X		
PALO CEDRO	X	X	X	X		
SWEDE CREEK	X		X			
TWIN PALMS	X					
WEST VALLEY			X			
WESTSIDE	X	X	X	X		
WHITMORE						

IM COUNCIL MEETING ATTENDANCE 2019-20

	JAN	APR	JUL	OCT
BURNEY	X		X	X
CLOVERLEAF	X		X	X
EVERGREEN	X		X	X
HAT CREEK	X		X	X
PINE GROVE	X		X	X



INTER-MOUNTAIN FASHION REVUE

REGISTRATION DUE (mandatory): Friday, March 6th

<http://ucanr.edu/survey/survey.cfm?surveynumber=29190>

WHEN: Friday and Saturday, March 20 & 21, 2020

WHERE: Inter-Mountain Fairgrounds, McArthur

State Recognized Categories

1. Traditional

Participants in this category will construct garment(s), showcasing sewing skills and the ability to coordinate an outfit. The outfit must contain at least one constructed garment. Participants are encouraged to construct additional garments and/or accessories to complete the outfit. The garment(s) in this category must be sewn by the member as part of the Clothing & Textiles/Sewing Project.

2. Consumer Science Purchased , \$40.00 Limit

Participants in this category will shop for an entire outfit with the total cost not to exceed \$40.00, including shoes but not sales tax. Receipts from the current 4-H year are required for any item that is visible. Gifts, prior purchases, and items without receipts are not eligible for this category. Receipts from yard sales, etc. may be hand written. The participant should consider value vs. cost, versatility, the shopping experience, and coordination of the outfit within the cost limit. There is no 4-H project requirement; *any 4-H member may enter this category.*

3. Box Challenge

For 2020: Use 2 different fabrics

Participants in this challenge will sew one or more garments that contain 2 different fabrics that are visible. They can be 2 different colors, 2 different textures, a print and a solid, or any other combination of 2 different fabrics. The fabric used for lining doesn't count. If one garment is sewn it has to contain the 2 different fabrics. If more than one garment is sewn, the sewn garments together must contain the 2 different fabrics. More than 2 fabrics may be used but that does not increase the scorecard points.

In addition, choose from the following elements that are in your box. Junior members must include at least two (2) in their sewn garment(s). Intermediate members must include at least three (3). Senior members must include at least four (4). The garment(s) must be sewn by the member as part of the Clothing & Textiles/Sewing project.

In the box:

- Zipper, functional
- Buttonholes, at least 2 that are functional
- Pockets, 2, any type
- Collar, waistband, or set-in sleeve
- Gathering or ruffle
- Darts or pleats, 2 or more
- Trim. Examples are, but not limited to: fringe, lace, bias binding, piping, etc.

Hand made accessory



4. Vintage

The term "vintage" is used to describe clothing between 20 and 100 years old that is also clearly representative of the era in which it was produced. To be called vintage, the piece should strongly reflect styles and trends associated with that era. Participants in this challenge will create an outfit that is inspired by or looks like a design from 1900-2000, using new fabric and notions. The entry must state the year or period of the design and include a drawing, photo, or description of the classic design that is being reproduced or duplicated. Add accessories to complete the outfit that are reminiscent of that time period. The outfit must feature at least one handmade garment made by the member. Other pieces of the outfit must be representational and recognizable as belonging to the same era as the hand made garment. The garment(s) in this challenge must be sewn by the member as part of the Clothing & Textiles/Sewing Project.

5. Cosplay Challenge

Cosplay is the practice of dressing to resemble a fictional character from a movie, book, or video game. Cosplay can also depict an original character or a historical character.

Participants in this challenge will construct a cosplay costume. Start with a photo or drawing of the character that inspired the costume. Use any crafting techniques and any materials to make the costume. Pre-made, purchased costume kits, or parts of kits are not allowed. Accessories may be purchased. Do not include real or realistic weapons. The purchased garments may be used as a starting point for the costume (purchased jeans with sewn western shirt and vest; purchased blouse with a hand made poodle skirt and scarf). The costume and its theme must be 4-H appropriate. For instance, you can modify the Wonder Woman outfit to wear pants, tights, or a longer skirt. The participant must be able to walk, sit, and use stairs while in the costume. "DisneyBounding" is not considered Cosplay for this challenge. There is no 4-H project requirement; *any 4-H member may enter this category.*

2020 Service Projects

[Adult Bibs](#) easy to sew, for nursing home patients

[Adult Bib pattern](#)

[Personal Care Kits](#) sewn from small towels, for homeless shelters and displaced persons

INTER-MOUNTAIN HOME EC. FIELD DAY & AG STILLLS FRIDAY & SATURDAY, MARCH 20 & 21, 2020

Home Ec Field Day & Ag Stills

Register no later than Friday, March 6th

<http://ucanr.edu/survey/survey.cfm?surveynumber=29178>

This event is open to all Shasta County 4-H Members. The premium book contains everything you need to know for this event. Home Economics and Ag Stills participants must complete the entry form contained in the Premium Book and bring it to exhibit drop off on Friday, March 20, 2020.

Premium book:

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

VALLEY 4-H FIELD DAY

LARGE & SMALL ANIMAL FIELD DAY

REGISTRATION DUE: Friday, April 24, 2020 (*Pre-Registration Mandatory | No Late Entries Accepted*)

REGISTER ONLINE: <http://ucanr.edu/survey/survey.cfm?surveynumber=29608>

(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 9, 2020

WHERE: Shasta District Fairgrounds

• **COORDINATED BY:**

Lg Animal & Round Robin - Swede Creek	Dog - Countywide Dog
Swine - Foothill	Rabbits - Countywide Rabbits
Meat Goat - Golden Acres	Sm Animal Round Robin -
Beef - Oak Run	Dairy Goat - Countywide Goat
Pygmy Goat	Concessions - Foothill

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

IMPORTANT INFORMATION

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

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

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

RULES:

- **Entry forms due** to the 4-H office **no later than Friday, April 24, 2020**
- 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 9, 2020

- 7:00 - 8:00 AM Check-in, registration, weigh-in. Please take animals to their respective areas, as gates will be locked at 9 AM.
- 8:00 - 9:30 AM Educational sessions and expos quizzes for each species.
- 9:30 - 11:00 AM Showmanship classes. Please note that conformation will not be judged this year. Round Robin, followed by awards. Awards will be presented by the Shasta County Ambassadors.
- 11:00 AM - 12:00 PM
- 12:00 PM All animals are released. Barn areas must be clean! Participants MUST check out with the person in charge of their species barn area before leaving!

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

Thank you and Enjoy!



VALLEY AG MECHANICS & SCIENCE FIELD DAYS

REGISTRATION DUE: Friday, April 24, 2020 (*Pre-Registration Mandatory | No Late Entries Accepted*)

<http://ucanr.edu/survey/survey.cfm?surveynumber=29608>

WHEN: Friday, May 8 & Saturday, May 9, 2020

WHERE: Trinity Hall, Shasta District Fairgrounds

COORDINATED BY: Westside 4-H Club

IMPORTANT INFORMATION

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

APPROXIMATE SCHEDULE:

Friday, May 8, 2020 Item Drop-off: 2:00 pm - 6:00 pm (No late entries will be accepted).
Building Closes & Judging Begins: 6:00 pm

Saturday, May 9, 2020 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.

MAX 3 ENTRIES PER CATEGORY



VALLEY HOME EC FIELD DAY

REGISTRATION DUE: Friday, April 24, 2020 (Pre-Registration Mandatory | No Late Entries Accepted)

Register online: <http://ucanr.edu/survey/survey.cfm?surveynumber=29608>

WHEN: Friday, May 8 & Saturday, May 9, 2020

WHERE: Trinity Hall, Shasta District Fairgrounds

COORDINATED BY: Westside 4-H Club

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

List the description of each item on the entry form.

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 (530)224-4900.

APPROXIMATE SCHEDULE:

Friday, May 8, 2020 - Item drop off: 2:00 - 6:00 PM (NO late entries will be accepted)
- Building closes and Judging begins at 6:00 PM

Saturday, May 9, 2020 - Viewing: 9:00 AM - 12:00 PM
- Craft Activity: 9:00 AM - 12:00 PM Trinity Hall
- Item pick up: 12:00 - 1:00 PM **Items will not be released before 12 PM**

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.

MAX 3 ENTRIES PER CATEGORY



Presentation Day

VALLEY HOME EC FIELD DAY CONT.

CATEGORIES:

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

**Food entries:

- Cover food with clear wrap and use paper plates. Any baked food item may be entered.
- *Examples of quantities to bring :*
- Cakes may be frosted, unfrosted, or decorated if entered in Category #2.

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)

MAX 3 ENTRIES PER CATEGORY

NATE'S CORNER

PLEDGE YOUR *FINANCIAL* HEALTH FOR BETTER LIVING: SCHOLARSHIP APPLICATION TIPS

Nate W. Caeton, 4-H Youth Development Advisor

Spring is almost upon us and for 4-H members who will be graduating from high school in a few months, this is a busy time of year. Projects are wrapping up, finals and prom are on the horizon, and many are anxiously awaiting college acceptance letters. No doubt this is a time filled with excitement, anticipation, and stress. With several local scholarship deadlines approaching, including the Shasta County 4-H Council Scholarship, now is a great time to prepare those applications and polish your interviewing skills. Here are few tips on how to prepare a successful scholarship application.

1. Keep Track of Those Deadlines

Whether you use sticky notes, a day planner or plug everything into your phone, be sure you have some way of organizing and tracking the deadlines for your applications. A late application could give reviewers the impression that you are disorganized or not taking the process seriously. Worse yet, your application may not be accepted at all.

2. Growing Local

No, we're not talking about locally sourced food, we're talking about locally sourced talent and scholarships. Many local businesses and organizations offer scholarships to local youth as a way of investing in the success of the community. While it may be tempting to go after big-name national scholarships, your chance of a successful application improves when you are only competing against other applicants in your geographic area.

3. Embrace Your Inner Wordsmith

Some scholarship applications require an essay. If you've completed a Record Book with a "My 4-H Story", you might be fortunate enough to be able to adapt portions for use in your scholarship essay. Whatever the case, be sure to take the time and effort to craft a well written essay. Read the essay prompt carefully and be sure to fully address all the points outlined. Good written communication is a key to success and reviewers are actively searching for applicants who can clearly communicate their thoughts on paper. Remember, spell check is your friend, but not always foolproof, so try to have someone proofread for you.

4. Recommendations Please

Many scholarships require letters of recommendation. Much like the scholarship essay, these require careful consideration and should be well written. This can be a significant favor, so ask early (at least two weeks - more is better). Ideally, you will have chosen people who know you well and can speak to your abilities and accomplishments, but it's always helpful to provide as much background information as possible. An overview of the scholarship and a copy of your resume will go a long way in making the process easier for your letter writer. Last but not least, be sure to send a thank you note to everyone who wrote you letter.

5. Avoid the World Wide Whoops!

Hopefully you already know what it means to be a good digital citizen and practice responsible use of technology and the internet, but do you know what the internet says about you? These days it can say a lot! It's not uncommon for employers and even scholarship providers to do a quick web search of applicants to see if their online presence aligns with the persona being presented in their application package. Take a few moments to search yourself online. Be sure to check the privacy settings on your social media accounts and ask yourself if there are any posts that could cast you in negative light.

#DigCitCommit

Come back next month for some tips on preparing for a successful interview. In the meantime, good luck on those applications and please check out page 22 to learn about some of our local scholarship opportunities.

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.

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.



TRACTOR SUPPLY FUNDRAISER OPPORTUNITY!

Tractor Supply has a standing invitation for any 4-H clubs interested in holding a BBQ fundraiser at the Redding store each Saturday throughout the year. Please call three to four weeks in advance to schedule your weekend. Tractor Supply will furnish the barbeque and propane; your club brings the hot dogs, condiments, etc. Car washes or bake sales are also possibilities. Please call Tom or Carol to schedule your fundraiser or to learn more about how your club can help during the fall campaign. *Leaders, please make sure you have your Food Safety Certification. April 29 - May 10, 2020*

2020 NATIONAL 4-H WESTERN HERITAGE WORKSHOP! - SAVE THE DATE!

April 13 – 16, 2020 - Winton, CA

The 4-H Western Heritage Project combines a comprehensive study of the Old West with the shooting sports discipline of western action shooting. The purpose of this project is to provide an avenue for 4-H members and adult leaders to experience the lifestyles and cultures of the Old West from the period of around 1860- 1900 through a living history approach to learning while instilling the concepts of gun safety and personal responsibility. Members dress in Old West clothing, shoot replica firearms of the frontier period, and expand their knowledge of U.S. history.

A National 4-H Western Heritage Workshop will be held in Winton, (Merced County) California in the spring of 2020. The training will start on Monday, April 13th at 6:30 p.m. and conclude Thursday, April 16th at 7:00 p.m. at the River Oaks Firearms Training Center <https://safetyfirstshooting.net/>. This is a National Level II training and requires attendees to be state certified and experienced in at least one 4-H shooting sports discipline. More details will be released in a few weeks. For now, mark your calendars and save the date!

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

UC DAVIS FIELD DAY - MARCH 6 - 7, 2020

The College of Agricultural and Environmental Sciences will be holding its 44th Annual Agricultural and Environmental Sciences Field Day on Friday, March 6th and Saturday, March 7th, 2020. This Field Day is open to FFA and 4-H students from California and surrounding states. These students come to Davis to compete in 25 different agriculturally based judging contests, ranging from livestock judging to agriculture computer applications. UC Davis students from a variety of majors coordinate the contests. Faculty, staff, and local community members volunteer their time to make this event possible.

Learn more about the events they are offering and [register on their event page](#)

California 4-H State Field Day

May 30 2020, 8 am - 6 pm

UC Davis

The California 4-H State Field Day is the largest educational event for California 4-H youth members and adult 4-H volunteers. The event is intended to provide a culminating experience in public speaking, textiles, plant sciences, photography, interview skills, and entomology. This family-friendly event is for all ages to participate.

REGIONAL, STATE & NATIONAL NEWS

STATE PRESENTATION DAY IMPROMPTU TOPICS

Categories for impromptu presentations are available so the presenter is expected to have completed basic research. Presenters are allowed one 5" x 7" note card (single sided) to reference during the delivery of the impromptu speech. More information is available in the [4-H Presentation Manual](#).

At State 4-H Presentation Day, participation in Impromptu Speeches is limited to Intermediate and Senior 4-H members.

2020 Impromptu Categories

START PLANNING YOUR SERVICE PROJECTS FOR APRIL!

The month of April is True Leaders in Service month, ending with the 4-H National Day of Service on Saturday, April 25, 2020.

The toolkit will be updated soon on the Brand Toolkit so you can plan your events and log them on the map.

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 HERE!

Register by March 20, 2020

<https://ucanr.edu/survey/survey.cfm?surveynumber=28485>

CAMPING CONFERENCE EVENT PAGE

http://4h.ucanr.edu/4-H_Events/CampingConference_128/

STATE FASHION REVUE

20/20 FASHION...WHAT'S YOUR VISION?

State Fashion Revue (SFR) is one of the activities during State Field Day, open to members from all counties in California. This is the 15th annual SFR brought to you by a dedicated committee of youth members and adult volunteer leaders.

Enter your County Fashion Revue to qualify

Members qualify for SFR at their County Fashion Revue or equivalent event in their home counties. Each county may qualify one member in each of the age groups in each category. The age groups are Junior, Intermediate, and Senior. Primary members may enter at the county level but do not advance to the state event.

Categories

For 2020, there are two categories open to all 4-H members:

Consumer Science Purchased \$40 limit

The Cosplay Challenge

Three categories are open to only sewing project members:

Traditional

Vintage Challenge

The Box Challenge

[SFR event page](#)

Service Projects

The SFR committee selects service projects each year that use fabric, crafting, or sewing skills and encourages participation from all 4-H'ers. For 2020, the service projects are:

Adult bibs for care home patients (pattern is available on the [SFR page](#))

Personal care kit sewn from small towels, for homeless shelters and displaced persons

After you distribute the items locally, please let the SFR committee know the number of items made in your county. If you bring your items to SFR, we will take care of distribution.

Resources for County Fashion Revue

The 2020 SFR scorecards are posted on the [SFR event page](#) and the updated Guide for Evaluators will be posted in January. Counties are welcome to use these materials for their local events or contact Sue Moore, SFR Registrar, for the files at 2moores.sue@gmail.com.



VESTRA RESOURCES, INC.
GIS, ENVIRONMENTAL, & ENGINEERING CONSULTING SERVICES
2020 VESTRA MATH, SCIENCE AND TECHNOLOGY SCHOLARSHIP

VESTRA Resources, Inc. in Redding will be awarding up to \$4,000 in scholarships for local high school graduates who will be attending an accredited 4-year college or university, students transferring from a 2-year or junior college program to a 4-year accredited college or university, and continuing students at 4-year accredited colleges or universities in the fields of math, natural or physical sciences, technologies, and related areas of study. The scholarship program is limited to residents of Shasta County and/or high school graduates currently attending a Shasta County high school.

The purpose of the scholarship is to recognize and assist outstanding, young high school graduates and college undergraduates pursuing careers in the math, science, technologies, and related fields.

Applications must be postmarked by Wednesday, April 8, 2020. The application package is available online at www.vestra.com or call (530) 223-2585.

If you have any questions please call Kaitlyn Taylor at 530-223-2585



CALIFORNIA 4-H STATE FIELD DAY IS MAY 30, 2020

The California 4-H State Filed Day is the largest educational event for California 4-H youth members and adult 4-H volunteers. The event is intended to provide a culminating experience in public speaking, textiles, plant sciences, photography, interview skills, and entomology. This family-friendly event if for all ages.

Event Page

http://4h.ucanr.edu/4-H_Events/SFD/

SAVE THE DATE AND SIGN UP TO HELP!

State Field Day contests are planned and implemented by 4-H volunteers. This year, we could use more help! The following committees need adult and youth volunteers:

1. State Fashion Revue committee
2. State Presentation Day
3. Livestock Quiz Bowl
4. Interview Contest
5. Entomology Contest

Please contact Steven Worker at 4hsfd@ucanr.edu to help make these contests happen at State Field Day!



March 1 - April 30: JOANN Clovers for Kids

March 6 - 7: [UC Davis Field Day](#)

month of April: True Leaders in Service Month

April 3 - 5: [4-H Camping Conference](#) *Early bird registration til 2/14*

April 19 - 25: National Volunteer Week

April 25: 4-H National Day of Service

April 29 - May 10: [Spring Tractor Supply Paper Clover](#)

May 30: [California 4-H State Field Day](#)

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is **avocados**



Health and Learning Success Go Hand-in-Hand

California grown fruits and vegetables are at their peak during the summer months. Eating nutritious foods like fruits and vegetables can help your child do better in school. Buy fresh, canned, frozen, and dried fruits and vegetables. *Harvest of the Month* can help your family learn about fruits and vegetables, how to eat healthy, and how to be active every day.

Produce Tips

- Pick avocados that are firm but give to gentle pressure. Hass avocados turn dark green or black when ripe. Other varieties remain green.
- Place unripe avocados in a paper bag for two days at room temperature.
- Store ripe avocados in refrigerator for up to one week.
- Cut lengthwise around the seed, twist open, and remove the seed.
- Rub lemon or lime juice onto cut avocados to avoid browning.

Healthy Serving Ideas

- Use avocados to make guacamole and salsa dips. Serve with baked tortilla chips, baked potatoes, or salads.
- Mash avocados and spread on sandwiches instead of mayonnaise.
- Top scrambled eggs with diced avocados instead of cheese.

For more ideas, visit:

www.cachampionsforchange.net

AVOCADO TORTILLA SOUP

Makes 8 servings. 1 cup per serving.
Total time: 30 minutes

Ingredients:

- 3 (14-ounce) cans low-sodium chicken broth
- 2 (10¾-ounce) cans low-sodium condensed tomato soup
- ½ bunch cilantro, leaves only
- 3 cloves garlic, finely chopped
- ½ teaspoon ground black pepper
- 1 ripe avocado, peeled, pitted, and chopped
- 8 corn tortilla chips, crumbled

1. In a large pot over high heat, combine chicken broth, tomato soup, cilantro, garlic, and pepper. Bring to a boil, then reduce heat and simmer for 10 minutes.
2. Cool slightly, then purée small batches in a blender.
3. Return to pot and add avocado. Heat thoroughly.
4. Serve warm or chilled. Sprinkle with crumbled tortilla chips.

Nutrition information per serving:
Calories 134, Carbohydrate 17 g, Dietary Fiber 2 g, Protein 5 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 350 mg

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

Let's Get Physical!

- Make plans for you and your child to ride your bikes to work and school.
- If riding bikes to work or school is not possible, plan a bike ride in your neighborhood or other safe route.
- Let each family member pick one new game or activity each week that your family can try together.

For more ideas, visit:

www.bikeleague.org

Nutrition Facts

Serving Size: ½ cup avocado, sliced (73g)	
Calories 117	Calories from Fat 89
% Daily Value	
Total Fat 11g	16%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 1g	
Vitamin A 2%	Calcium 1%
Vitamin C 12%	Iron 2%

How Much Do I Need?

- A ½ cup of sliced avocado is about one cupped handful.
- A ½ cup of sliced avocado is a good source of fiber, vitamin C, vitamin B₆, folate, potassium, and vitamin K.
- Avocados are also a good source of monounsaturated fat, which is a healthy fat your body needs.
- Monounsaturated fat is an oil that helps lower the “bad” cholesterol in your body and may help raise the “good” cholesterol.
- Healthy fats can be found in canola oil, nuts, olives, olive oil, and some cold water fish varieties (salmon, canned light tuna, rainbow trout, cod, halibut).

The amount of fruits and vegetables that each person needs depends on age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs. Then, make a list of everyone's favorite fruits and vegetables. Add these to everyday meals and snacks to help your family get the recommended amount of fruits and vegetables every day.

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

THINKING ABOUT THE NEXT STEPS...

Larry Forero

The costs associated with higher education are highly variable and depend upon a number of factors. Shasta College estimates 2019/20 costs for students living at home at about \$7,666 annually. The CSU Chico website notes the cost at about \$24,624 for students living off campus (not living at home). The average annual system for a student living off campus and attending a University of CA is estimated at \$36,100. The total cost varies depending on personal expenses and the campus you attend. Both parents and graduating seniors are starting to figure out how the costs for higher education will be met.

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

- Shasta County 4-H - Call the Cooperative Extensions Office at 530-224-4900
- Shasta County Farm Bureau - <http://www.shastafarmbureau.com/home.html>
Shasta County Cattlemen's Association - Generally available for students pursuing agriculture related education. See description at Shasta County Cattlemen's Facebook page <https://www.facebook.com/Shasta-County-Cattlemens-Association-164177854139144/>. If it looks like you qualify, contact Matt Fowler at 530-396-2411 for application materials.
- Shasta County Cattlewomen's Association - Generally available for students pursuing agriculture related education. See description at Shasta County Cattlewomen's Facebook page <https://facebook.com/shastacountycattlewomen/>. Contact Ginger Fowler at 530-396-2411 for application materials.
- Fall River-Big Valley Cattlemen's Association - Available to graduates of Fall River Joint Unified and Big Valley School District. Contact Kris Azevedo at FallRiverBigValleyCattlemen@gmail.com for application materials.
- Intermountain Cattlewomen - Available to graduates of Fall River Joint Unified and Big Valley School District interested in pursuing agriculture related education. If you think you may qualify, please contact Jeannette Ciriello at 530-336-7308. Scholarship applications are due April 30, 2020. Intermountain Cattlewomen are offering a vocational scholarship this year also! Scholarship applications will be mailed to each high school counselor in the Intermountain area and are available through them.
- CA State 4-H Higher Ed Scholarship - http://4h.ucanr.edu/Resources/Member_Resources/Scholarships-Awards/.
- VESTRA Inc. offers a scholarship for students pursuing higher education in science and engineering fields. Go to <http://www.vestra.com/about/scholarship> to learn more about this opportunity.
- Golden State Farm Credit <http://goldenstatefarmcredit.com/in-the-community/scholarship>.

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

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

March 2020

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 Council Scholarship & County Ambassador Applications Due Home Ec & Ag Stills/Fashion Revue IM Fairgrounds 5 PM Drop off & Judging	21 3 PM Fashion Revue Prejudging 5 PM Fashion Revue
22	23	24	25	26	27	28
29	30	31				

April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16 Council Scholarship Interviews	17	18
19	20	21	22	23	24 Valley Field Day Registration Due	25
26	27	28	29	30		

Erin Paradis, 4-H Youth Development Program Representative

1851 Hartnell Avenue

Redding, CA 96002

Phone: 530-224-4900

Fax: 530-224-4904

Website: <http://ceshasta.ucanr.edu/4-H Program/Shasta County 4-H Information/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.

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**