



University of California

April 2020

Agriculture and Natural Resources | 4-H Youth Development Program

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IMPORTANT DATES:

<i>Apr 16</i>	<i>Council Scholarship Interviews</i>
<i>May 3</i>	<i>IM Small Animal Field Day</i>
<i>May 3</i>	<i>County Ambassador Support Team Application</i>
<i>May 15</i>	<i>County Ambassador Support Team Application</i>
<i>Jun 24 - 27</i>	<i>Shasta District Fair</i>

Dear 4-H Families,

In light of ongoing concerns surrounding the coronavirus (COVID-19) outbreak and in the best interest of our 4-H community and those beyond, University of California Agriculture and Natural Resources (UC ANR), has chosen to implement the following measures.

All in-person programming, meetings, events and gatherings of any size must be postponed, canceled, or conducted remotely. This includes but is not limited to our 4-H council, club and project meetings.

All UC ANR locations, including County Extension/4-H offices will be moving toward telecommuting and limited on-site operations. Locally, the 4-H Advisor and 4-H Community Education Specialist will be working remotely, beginning Tuesday, March 17.

These measures will remain in effect through April 3, 2020 and are intended to reduce the rate and risk of community spread COVID-19. Please note that this date may be extended.

We understand that this represents a significant adjustment for our 4-H families, but we remain in place to support the program and everyone involved. Although we will not be maintaining general office hours, we can still be reached via email or phone.

Erin Paradis, 4-H Community Education Specialist

ecparadis@ucanr.edu | (530) 949-9366

Nate Caeton, 4-H Youth Development Advisor

nwcaeton@ucanr.edu

Thank you for your continued patience and understanding. We will continue to keep everyone updated as new information becomes available and look forward to returning to "business as usual". In the meantime, be well and please feel free to reach out with any questions or concerns.

Warmest Regards,

Nate W. Caeton

4-H Youth Development Advisor

Shasta, Tehama, and Trinity Counties

Additional Resources:

[ANR Environmental Health & Safety](#)

[Centers for Disease Control and Prevention](#)

[California Department of Public Health](#)

[World Health Organization](#)

COUNTYWIDE - NEWS & EVENTS

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



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!

COUNTY WIDE EVENTS:

IM Home Ec./Ag skills and Fashion Revue was postponed. We are working on rescheduling for the members who have registered for the event.



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.



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

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

HELPFUL HINTS N TIPS:

- 4-H Unit Check Dates – It is important for county staff to be aware of and also please remind 4-H Adult Volunteers of the following: - During the year 2020, those who write a check, need to be sure they are fully listing the year as 2020 and not abbreviating as hyphenated dates, e.g., XX/XX/20. The date written this way can be fraudulently changed to 2019, 2021 or any other date selected. Including these extra digits will help protect 4-H checks against fraud.
- Market animals (Swine, Sheep, and Goats) must be tagged prior to fair. Project leaders must pick up tags from the 4-H office and tag animals.



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 - TBD
 Valley Event Calendar Planning - TBD

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





FEBRUARY MEMBER SPOTLIGHT

AMANDA

FOOTHILL, 4-H

Club/4-H Experience:

My 4-H experiences these past years have been amazing! This club has taught me the value of a dollar, and how far hard work will take you. It has also taught me that integrity is not just doing the right thing when others are watching but doing the right thing when they are not.

3 Fun Facts:

- I love to try new and exciting foods. I have even eaten a Cricket!
- I love roller coasters. Six flags has the best ones!
- When I grow up, I would like to be a culinary expert.

Short Term goal:

One of my short-term goals is to finish this last year of 4-H the best that I can, with the friends I have made over the years.



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

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

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 INTERVIEW TIPS

Nate W. Caeton, 4-H Youth Development Advisor

As we discussed last month, we're right in the middle of scholarship season. With a bit of luck and a whole lot of hard work, many of our graduating seniors should be starting to hear back on their scholarship applications. This usually means an invitation to a scholarship interview. In terms of performance anxiety and stress, interviews tend to be right up there with public speaking. So how do we manage that anxiety and stress, put our best foot forward, and walk into that interview room with confidence? Here are few tips to help you prepare for a great interview.

- Be Punctual
- Arrive on time, a few minutes early is best. Whatever you do, don't miss your appointment or show up late.
- Dress Appropriately
- Which is to say, dress professionally. You want the committee members to remember you, not your clothes.
- Be Yourself
- Your best self, but yourself nonetheless. Interviewers can spot insincerity.
- Smile
- Make good eye contact and do your best to be comfortable.
- Be Prepared
- Familiarize yourself with the questions included in the scholarship application and think about how you will respond. If you didn't receive a list of questions, try to anticipate questions the interviewers might ask.
- Relax
- Always easier said than done. Just the same, do what you can. Practice some deep breathing exercises. Having trouble with those deep breaths? Try sighing. Still no luck? Attempt to channel your nerves into enthusiasm.

Practice Self-care

- Get plenty of rest the night before and try to eat something healthy the day of. Avoid energy drinks and coffee as they can add to your anxiety.
- Master the Virtual World
- With California's "shelter in place" order in effect, there is a chance that some interview panels may choose to hold virtual interviews rather than postpone. Plan for the possibility of participating in a virtual interview. Know how to use your computer or device and the software or app that will be used. Find a quiet place with good lighting that will be free of distractions. Don't forget that all the tips above still apply.
- Remember
- The interviewers are not there to make you uncomfortable or throw you off. They want to learn more about you and why you would be the best candidate for this scholarship.
- Good Luck & Believe in Yourself

Special Notice Regarding Shasta County 4-H Council Scholarship Interviews

Scholarship interviews are currently scheduled for Thursday, April 16, 2020. While these interviews are usually held in-person at the 4-H Office, we are exploring the option of virtual interviews. We will do our best keep the scheduled date, but please be aware that it may change. It all depends upon the availability of our interview panel and current circumstances surrounding the COVID-19 pandemic. Applicants will be notified at the earliest possible convenience. If you have any questions, please contact Erin Paradis at ecparadis@ucanr.edu. Thank you and stay well.

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*



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

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.

2020 California 4-H State Archery Tournament

Welcome to the 1st Annual State 4-H Archery Shooting Sports Tournament, sponsored by the Merced County 4-H Council, River Oaks Range and Hosting club Weaver 4-H – May 9th, 2020!

Registration is due on or before April 24, 2020. Entry fees may be paid ONLY by check from the local 4-H council. Make checks payable to Merced County 4-H, and send to: Merced County 4-H, 2145 Wardrobe Ave, Merced, Ca 95341

NOTE: This event will be rescheduled if current events dictate.

For questions regarding payment and entry procedures please contact Darlene McIntyre – UCCE Merced County (209) 385-7418 dmcintyre@ucanr.edu

For rules and entry, please go to http://merced4h.ucanr.edu/Shooting_Sports/

Divisions (by age, as of December 31, 2019):

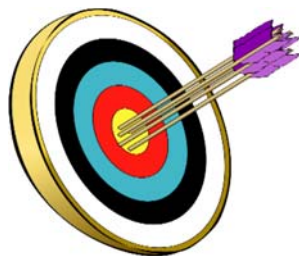
Junior: 9-10 years of age **Intermediate:** 11-13 years of age **Senior:** 14-19 years of age

Leaders:

Categories:

1. Longbow 2. Recurve bow - no sights 3. Recurve bow – with sights 4. Compound bow – no sights 5. Compound bow – with sights 6. First Time Shooters 7. Archery leaders (50 yards). 4-H youth can enter up to 3 categories at a \$5.00 entry fee for each category with a \$5.00 lunch fee. Lunch will be available for leaders and families attending the event at a \$5.00 fee for each person. To register for this up coming 4-H event please go to <http://ucanr.edu/survey/survey.cfm?surveynumber=29251>

This is an in-person tournament using an A/B format and whistle commands only. Please prepare 4-H youth for this type of commands. Members will shoot only 18 arrows (6 ends of 3 arrows each) at each distance and only score those 18 arrows. Dry camping or RV without hookups are available at no cost. For camping information please contact Dave Givens at dave@hammerstryke.com.



University of California
Agriculture and Natural Resources

University of California Cooperative Extension – Merced County

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.

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@ucnar.edu to help make these contests happen at State Field Day!

Harvest of the Month



Network for a Healthy California

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



Health and Learning Success Go Hand-in-Hand

Start a garden to grow your own fruits and vegetables. This will help you eat more fruits and vegetables and be more active. Eating nutritious foods like fruits and vegetables and being active can also help your child do better in school. Use *Harvest of the Month* to help your family learn and practice lifelong healthy habits.

Produce Tips

- Look for firm, bright green spears with tightly closed tips. Avoid limp asparagus or spears.
- Stand stems up in a container with about one inch of water. Cover loosely with plastic bag. Store in the refrigerator until ready to use.

Healthy Serving Ideas

- Bake, grill, boil, steam, microwave, or stir-fry asparagus spears.
- Dip raw or lightly cooked asparagus spears in lowfat dressing.
- Stir-fry chopped asparagus, sliced bell pepper, sliced onions, and strips of chicken. Serve with brown rice.
- Help your child find a healthy recipe with asparagus. Cook it together.

ROASTED VEGETABLE MEDLEY

Makes 4 servings. 1 cup per serving.

Cook time: 50 minutes

Ingredients:

- nonstick cooking spray
- 1 cup chopped baby carrots
- 1 cup chopped eggplant
- 1 cup chopped asparagus
- 1 teaspoon vegetable oil
- 2 cloves garlic, chopped
- 4 teaspoons dried basil
- 1 cup chopped mushrooms
- 1 small zucchini, chopped

1. Preheat oven to 450 F.
2. Spray a roasting pan with nonstick cooking spray.
3. Add carrots, eggplant, and asparagus to pan. Drizzle with oil and toss until lightly coated. Bake for 20 minutes.
4. While baking, spray a large pan with nonstick cooking spray and heat over medium heat.
5. Sauté garlic and basil for about 2 minutes. Add zucchini and mushrooms; sauté until tender (about 5 minutes).
6. Add roasted vegetables to the pan and sauté 5 minutes more.

Nutrition information per serving:

Calories 50, Carbohydrate 8 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 26 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.*

Let's Get Physical!

- Spend family time in the garden — planting, raking, pruning, and digging.
- Walk to a local farmers' market. Find new fruits and vegetables.

For more ideas, visit:

www.kidsgardening.com/family.asp

Nutrition Facts

Serving Size: ½ cup cooked asparagus (90g)	
Calories 20	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	
Vitamin A 18%	Calcium 2%
Vitamin C 12%	Iron 5%

How Much Do I Need?

- A ½ cup of cooked asparagus is about six asparagus spears.
- A ½ cup of cooked asparagus is an excellent source of folate and vitamin K and a good source of vitamin C, vitamin A, and thiamin.
- Asparagus is also a source of vitamin E.
- Vitamin E is an antioxidant that protects your body's cells and helps keep your immune system, skin, and hair healthy.
- Other good or excellent sources of vitamin E are cooked spinach, nuts, oils, sunflower seeds, and wheat germ.

The amount of fruits and vegetables you need every day depends on your age, gender, and physical activity level. Look at the chart below to find out how much your family needs. Make a list of your family's favorite fruits and vegetables. Try to add these to meals and snacks to help your family reach their goals.

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.

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		

May 2020

Sun Mon Tue Wed Thu Fri Sat

					1	2
3 IM Small Animal Field Day	4	5	6	7	8	9
10	11	12	13	14	15 County Amba- sador Support Team Applications Due	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**