



## University of California

May 2020

Agriculture and Natural Resources ■ 4-H Youth Development Program

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### IMPORTANT DATES:

<i>Jun 30</i>	<i>End of program year</i>
<i>Jul 1</i>	<i>Beginning of 2020-21 Program year</i>



18 USC 707

## 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 May 31, 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](mailto:ecparadis@ucanr.edu) | (530) 949-9366

Nate Caeton, 4-H Youth Development Advisor

[nwcaeton@ucanr.edu](mailto: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](#)

# 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/](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 stills 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 Denise at [sddoll@ucanr.edu](mailto:sddoll@ucanr.edu).



### SHASTA COUNTY 4-H EVENTS

We'd like your input about Shasta County events.

<http://ucanr.edu/survey/survey.cfm?surveynumber=30032>



## my 4-H

Visit [www.my4-h.org](http://www.my4-h.org)  
 Leaders, looking for resources to enhance your project? Enroll at this website and review the resources available to you.



## 4-H UNIFORM SUPPLIES

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

# LEADER RESOURCES

## UPCOMING ADMINISTRATIVE DEADLINES

May 15<sup>th</sup>

- Ambassador Support Team Application Due

**DUE**

May 18<sup>th</sup>

- 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/](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, May 20, 2020



**Inter-Mountain 4-H Council Meeting**  
 Wednesday, May 27, 2020

**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				X	
COW CREEK						
FOOTHILL	X	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		X	
TWIN PALMS	X				X	
WEST VALLEY			X		X	
WESTSIDE	X	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





## 4-H Guidelines For Social Media

12/2011

**Background:** Youth spend a substantial amount of time using social media websites. Social media is a term used to label online technologies that allow users to develop and share their own content and interact with others. This content can be in the form of text, photos, or videos. With the increased utilization of social media in daily life, youth development organizations have a prime opportunity to educate young people about digital citizenship. Social media is starting to be a critical way to reach young people, enhance communication, and promote education and positive youth development outcomes. However, the use of social media entails certain risks, some common to face-to-face interaction, while others are unique to this networked public space.

**Intent:** The 4-H Youth Development Program (YDP) promotes the positive development of young people to enable them to thrive. Providing a safe environment free from physical and psychological harm is paramount in achieving these desired outcomes. The intent of these guidelines is to ensure the 4-H YDP provides a safe place for youth to develop their technology literacy, interest, digital citizenship, identity, and relationships while also protecting the University of California (UC).

**Policies:** In accordance with the 4-H Policy Handbook, Chapter 10 XV, youth and adult volunteers acting on behalf of the 4-H YDP shall not:

1. Transmit, post, or willingly receive correspondence, text, graphics, movies, sounds, or other media which contains: profanity, advocacy of the use or possession of illegal substances or alcoholic beverages, advocacy of the illegal use or the illegal possession of weapons, or solicitation or the advocacy of sexual misconduct.
2. Attempt to gain access to areas, information, servers, domains, or other material to which expressed permission has not been given. Also, at no time will 4-H members or adult volunteers intentionally violate the laws governing copyrighted material.
3. Harass or cyberbully others through the use of technology. Harassment by e-mail, chats, or otherwise shall not be tolerated. This includes but is not limited to harassment based upon race, color, national origin, religion, sex, physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran.
4. Misrepresent or assist someone else in misrepresenting his or her true identity to others through technology. Members or adult volunteers will not claim to be or represent themselves as being someone else. Those who represent the 4-H YDP through technology do so under their own identity.



5. Seek to promote specific religious orientations or political opinions on behalf of the 4-H YDP or UC. While members and adult volunteers retain the right to advocate their own religious beliefs and political opinions acting as individuals, they will not advocate them in the name of the 4-H YDP and UC.

What does acting on behalf of the 4-H Youth Development Program mean?

- When acting within the capacity of your role in 4-H (i.e., 4-H Member or 4-H Adult Volunteer).
- When acting in a capacity that gives the impression you are speaking for others in 4-H, UC, or more than yourself.
- Any content (text, photos, etc.) on a 4-H specific group; posted either from that "group" or an individual who posts information on that group's page.

### Guidelines for Social Media

These guidelines are not specific to the social media technology utilized. Examples of social media include blogs, social networking (e.g., Facebook, Myspace, Google+, Twitter), or video and photograph sharing (e.g., YouTube, Flickr, Picasa). Rules and guidelines of individual social media websites should be observed.

#### 1. Purpose

- a. 4-H county, club, unit, or project presence on a social media site must be used for educational, informational, and/or communication/group coordination purposes in furtherance or support of the 4-H mission and direction.

#### 2. Administrator Access:

- a. An appointed 4-H adult volunteer must be added as an administrator.
- b. Upon request, UCCE 4-H YDP staff must be added as an administrator.

#### 3. Roles & Responsibilities

- a. Notify the county 4-H office if your club, unit, or project has or wishes to establish a social media site.
- b. All 4-H YDP and UC policies as well as these guidelines must be followed.
- c. We recommend youth members work in partnership with a 4-H adult volunteer or older teen mentor in the development and maintenance of the site.
- d. A 4-H member or 4-H adult volunteer should be designated to regularly update the site.
- e. A designated 4-H adult volunteer, such as the Community 4-H Club Leader, must monitor the page regularly (at least weekly).
- f. Upon request of the UCCE 4-H YDP staff, remove the site immediately.

#### **4. Guidelines**

- a. Photographs:
  - i. Do not use the names of 4-H members when posting photos.
  - ii. Tagging is not permitted.
  - iii. Do not post photos meant to embarrass a member (cyberbullying).
  - iv. Do not post photos that might be taken to resemble suggestive behavior.
- b. Do not post copyrighted material. This includes videos with copyrighted music (e.g., event “afterglows” with copyrighted music).
- c. Follow all policies regarding the use of the 4-H name and emblem and be sure to use a proper 4-H logo.

#### **5. Consequences for Violating Policy or Guidelines**

- a. Removal of the 4-H-specific portion of the social media site.
- b. Access to the 4-H-specific portion of the site restricted or blocked.
- c. Any of the consequences outlined in the 4-H Member Code of Conduct or 4-H Adult Code of Conduct, Responsibilities, and Rights.
- d. Other consequences a deemed appropriate by County Director.

#### **Resources**

##### **4-H Member Code of Conduct**

<http://www.ca4h.org/files/23149.pdf>

##### **4-H Adult Code of Conduct, Responsibilities, and Rights**

<http://www.ca4h.org/files/16404.pdf>

##### **4-H Policy Handbook, Chapter 10 XV. Website Privacy**

<http://ucanr.org/sites/UC4-H/Administration/Policies/Chapter10/#XV>

##### **National 4-H Council Social Media Guide**

[http://www.4-h.org/uploadedFiles/Get\\_Involved/Social\\_Media/dashboard/4-H%20SocialMediaBestPracticesGuide\\_FINAL.pdf](http://www.4-h.org/uploadedFiles/Get_Involved/Social_Media/dashboard/4-H%20SocialMediaBestPracticesGuide_FINAL.pdf)

##### **NAE4-HA Social Media Policy**

[http://www.4-h.org/uploadedFiles/Get\\_Involved/Social\\_Media/dashboard/4-H%20SocialMediaBestPracticesGuide\\_FINAL.pdf](http://www.4-h.org/uploadedFiles/Get_Involved/Social_Media/dashboard/4-H%20SocialMediaBestPracticesGuide_FINAL.pdf)

##### **National 4-H Headquarters – Using the 4-H Name & Emblem**

<http://www.national4-hheadquarters.gov/library/4-Hguidelines-v4-26-04.pdf>

### ***Facebook Specific Guidelines***

If a 4-H county, club, unit, or project group has a Facebook page, it should be used to provide educational/informational posts about 4-H activities. The guidelines below will allow you to provide information to the people that “Like” your page while limiting their ability to post to everyone’s accounts. If something inappropriate is posted to the Page’s wall, the administrators should have the ability to delete the post and/or block the person posting, if necessary.

### **Creating a Page**

1. You must notify the county 4-H office if your 4-H club, unit, or project has or wishes to establish a Facebook Page.
2. DO NOT create a “personal profile”. Instead create an “Official Page”. There is a link to “Create a Page” when you click on “Pages” from the left-hand menu. This protects the 4-H member or 4-H adult volunteer maintaining the page, as well as the people who choose to “Like” your page. The main difference is that people will not become “Friends” of your page; they will only be listed as “Liked”. This allows you to set up more restrictions on the page regarding how others can comment or post to your page. People will also not have access to the profiles of others if they are not already one of their friends.
3. Instructions:
  - a. Click on “Create a Page”.
  - b. Under “Create a Page” select “Company, Organization, or Institution”. Select “Non-Profit Organization” in the drop down menu.
  - c. Enter your page name which should be the name of 4-H club, unit, or project and check appropriate boxes. Select “Get Started”
  - d. In the right hand column of your page, select “Edit Page”.
  - e. In the left hand column, select “Manage Permissions”.
    - i. Set Country Restrictions to the “United States” and Mark “Only show this page to viewers in these countries”.
    - ii. In the dropdown menu for Age Restrictions select “Anyone (13+)”.
    - iii. CHECK the boxes that say: “Users can write or post content on the wall,” “Users can add photos”, “Users can add videos”. Select “Strong” on the Profanity Blocklist. Select “Save Changes”.
    - iv. In the dropdown menu for Profanity Blocklist select “Strong”.
  - f. In the left hand column, select “Manage Admins”. Please add all members or adults, including the Organizational Unit Volunteer, who have been designated to maintain the page. Select “Save Changes”.

If your club, unit, or project currently has a page set up as a “personal profile,” please delete it and set up an “official page”. You can go to your own personal profile and invite specific people to “Like” the page once it has been created.





### ***California 4-H Online Record Book Specific Guidelines***

#### **Community Expectations**

The California 4-H Online Record Book is designed for youth members to record their 4-H work and connect with fellow 4-H members. 4-H members are expected to abide by the 4-H Member Code of Conduct while adult volunteers are expected to abide by the Adult 4-H Volunteer Code of Conduct when using the 4-H Online Record Book. In order to access the 4-H Online Record Book, youth and adults must be enrolled in the California 4-H Youth Development Program.

When using the 4-H Online Record Book, you agree to:

- Be respectful of others.
- Use appropriate language and not use profanity.
- Be honest.
- Not pretend to be someone else.
- Not bully, intimidate, or harass others.
- Not transmit or post content that is hateful, threatening, explicit, or sexual in nature; provokes violence; or contains graphic or gratuitous violence.
- Not post copyrighted material.
- Not promote specific religious beliefs or political opinions.
- Not upload viruses or other malicious code.
- Not attempt to gain access to areas, information, servers, domains, or other material to which expressed permission has not been given.
- Accept responsibility for your actions.

If you violate the letter or spirit of these community expectations, potential consequences involve prohibiting you from accessing the 4-H Online Record Book, limiting your 4-H membership/appointment, suspension, or termination of your 4-H membership/appointment.

**Information about yourself:** Your 4-H Online Record Book profile is linked to your information in the 4hOnline enrollment system. The projects and leadership roles you entered in 4hOnline are automatically copied to the 4-H Online Record Book. If you need to add, modify, or delete projects or leadership roles, please update your information in the 4hOnline enrollment system and then log back into the 4-H Online Record Book. Changes may take up to 15 minutes to take effect.

**Social sharing:** The 4-H Online Record Book provides connection with members and volunteers enrolled in your 4-H Club or unit. You can add information about yourself, a profile photograph, and enter other types of information. This social sharing feature may be disabled by either yourself or a parent. When an event or activity is posted on the 4-H Online Record Book, if the social sharing function is enabled, the following information will be shared with other youth and adults in your 4-H Club or unit:

H E A D ,   H E A R T ,   H A N D S ,   H E A L T H



## 4-H Guidelines For Social Media

12/2011

- Spark Score (The spark score will only show the points received and not your responses to the surveys.)
- Club meetings
- Development activities
- Presentations
- Photographs
- Comments
- Promotions

These features are used to provide an interactive community forum to stay updated on members' activities.

**Parental participation:** Parents/guardians have complete access over each 4-H member in the family and can control whether their children have access to the social sharing aspect of the 4-H Online Record Book. Parents/guardians should familiarize themselves with the 4-H Online Record Book and its social networking capabilities, features, and safety components. The child's parent/guardian is responsible for keeping him/her safe while using social media. Parents/guardians must talk to their children about their online activities and how to stay safe. Parents/guardians should also monitor what their children and his/her friends are posting. It is strongly recommended that youth ask their parents for permission before sending any information about themselves to anyone over the Internet.

For more information on how to keep your kids safe in a social media world go to <http://www.netsmartz411.org/>

**Risks inherent in sharing information:** The 4-H Online Record Book contains security measures to prevent unauthorized access; however, no security measures are perfect or impenetrable. You can reduce risks of unauthorized access to your own account by using common sense security practices such as choosing a strong password, using different passwords for different services, and using up to date antivirus software.

## DIY Dog Toys

The Shasta County 4-H Ambassador Team is working on a project and I encourage Trinity County members to participate as well.

“We are creating dog toys to donate to local shelters and rescues during these difficult times. This is a great opportunity to spend time with your family at home, all while helping your community. All you need to participate is an old t-shirt and a few minutes of spare time! Our goal is to rally as much support and help from our community by bringing everyone together under one common goal - to help our local animal shelters! Thank you for supporting your local shelters, and remember to tag any photos with #SC4Hhelpingpaws!”

-Maddy Evans, Shasta County Ambassador

### HOW TO MAKE RECYCLED DOG TOYS FROM T-SHIRTS

#### Materials Needed:

- Scissors
- t-shirts

#### Steps to make a dog toy:

1. Cut nine strips: 1 inch wide and 12 inches long out of the t-shirt fabric.
  2. Cut 2 shorter strips (size doesn't matter too much, just make it long enough to tie a tight knot around all nine strips of t-shirts)
  3. Combine all nine long strips and tie them at the top all together with one short strip.
  4. Once tied together, separate into groups of three.
  5. Braid each group of three individually.
  6. Once they are all braided individually, braid the all three sections together.
  7. After braiding all together tie them together with your remaining short strip.
- Congratulations, you have now created an easy DIY dog toy! Feel free to cut off any excess pieces or even style it up and create a bow with your short strips when you tie them all together.
- Thank you for participating in the Shasta County 4-H Ambassadors Service Learning Project! We appreciate your help in this time of need.

**For additional help:** YouTube has many demonstration videos of these types of dog toys.



## REGIONAL, STATE & NATIONAL NEWS

### Register to stay informed about events

Unless otherwise noted, scheduled state and national events are still happening.

#### PLEASE REGISTER FOR EVENTS YOU WANT TO PARTICIPATE IN.

Registered participants will be notified **FIRST** about any changes to the event.

Registering and submitting workshop proposals for future events allows planning to go forward.

### Changes to 4-H state and national events (as of 3/30/2020)

Area Presentation Days are being conducted virtually. Please see event page for details.

March 28-Apr 2 - National 4-H Conference - Rescheduled to Sept. 26 - Oct. 3, 2020

April 3-5 Camping Conference - Postponed pending new date

April 5 - Volunteer training-Backstage Pass Fun with a Purpose - Postponed to Fall 2020

April 13 - Western Heritage Training Workshop - Cancelled

Horse Education Contests will be postponed until May or June.

The 4-H Horse Classic will not require a Qualifying Horse Show to participate. A checklist for county leaders is being developed as guidance on who can participate. Date is still pending.

May 30 - State Field Day is cancelled in person, but some contests will be virtual, with winners announced on May 30. More details to be announced.

April 29-May 10 Spring Tractor Supply Paper Clover campaign is postponed until further notice.

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#### State Dates at a Glance

**May 30, 2020**

**Virtual State Field Day**

<https://ucanr.edu/sites/sfd/>

<http://4h.ucanr.edu/News/>

#### State News, Events, and Opportunities

We have created a new site called **California 4-H at Home** to share 4-H activities you can do from home, either online or offline. We will also be sharing updates on the status of statewide and national events on that site.

Our priority is ensuring the safety of the young people in the 4-H program, their families, and our community.

We encourage all 4-H families and volunteers to prioritize their health when making decisions about attending events or traveling.

## VIRTUAL 4-H MINDFUL ME

4-H *Mindful Me* now available virtually!

Youth ages 5-8 can view video recorded lessons and participate in adapted activities that build skills in mindfulness and social-emotional competencies like, mindfulness practices that include: mindful eating, affirmations (emotional support or encouragement), identification and management of emotions, being present in the current moment, and yoga. Each lesson includes a reading of a children's book along with a simple application activity.

Videos are available through eXtension: [4-H Mindful Me](#)

Enrollment key: California



## STORIES FROM NATURE EXPLORATION

Ages: 5th to 8th grade

When: Tuesdays at 3:00 pm, starting April 7th

California 4-H and California Project Learning Tree are teaming up to host weekly Zoom sessions that include an independent exploration. Explorers head outdoors to complete a challenge from the award-winning curriculum of Project Learning Tree. Share your findings, learn what others have discovered, and collectively create a Stories from Nature Exploration that will be shared on the [California Project Learning Tree website](#). Register at <http://ucanr.edu/elearningplt> to receive the Zoom link to join in.



## ONLINE RECORD BOOK (ORB)

Since its launch in September 2011, the California 4-H Online Record Book (ORB) has sought to provide a 21st Century option for members to keep records of their 4-H work with specific goals in mind.

ORB did accomplish its goal to provide a more efficient way to keep records through its online forms. However, due to development challenges related to the platform's infrastructure and programmer capabilities, not all pieces of the record book were ever developed into ORB.

These challenges and a rapidly changing technological environment have led UC 4-H to a crossroad, given the costs associated with a complete rebuild of the system, **UC has made the decision to sunset ORB on July 1, 2020.**

Those who are currently using ORB for the 2019-2020 program year will have access through December 31, 2020 to complete their record book.

If you have completed your record book in previous years, download and save copies of them to your computer before June 30, 2020. Instructions for how to do this can be found at <http://ucanr.edu/sunsetorb2020>

Use the paper forms to complete your record book beginning in the 2020-21 program year, which will be available by August 2020 at [http://4h.ucanr.edu/Resources/Member\\_Resources/RecordBook/](http://4h.ucanr.edu/Resources/Member_Resources/RecordBook/)



## DON'T BE COUNTED OUT!

CA 4-H support Census Awareness so everyone knows they can make a difference in their community. Everyone living in your household should be counted! 2020 Census drives federal money for student loans, investment in higher education, affordable housing, and where businesses locate jobs.



# Harvest of the Month



Network for a Healthy California

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



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

Eating breakfast can improve your child's behavior and attitude. Children who eat breakfast feel better, have fewer absences from school, and do better in school. *Harvest of the Month* can give you ideas to help your family power up with breakfast, eat more fruits and vegetables, and be active every day.

## Produce Tips

- Look for plump berries with a natural shine, rich red color, bright green caps, and a sweet smell.
- Store unwashed strawberries in the refrigerator for up to three days.
- Before serving, use cool water to gently wash strawberries with the green caps still attached.
- Look for no-sugar-added frozen strawberries.

## Healthy Serving Ideas

- Slice strawberries into high fiber cereal and calcium-rich lowfat yogurt.
- Blend frozen strawberries with orange juice (or lowfat yogurt) and ice to make a quick and tasty smoothie.
- Add strawberries to a spinach salad.
- Microwave sliced strawberries with a small amount of 100% orange juice to make a topping for pancakes and waffles.
- Strawberries are a tasty snack any time of the day. Just wash them, remove the stem, and enjoy.
- Be a role model – eat breakfast with your child.

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

## BERRY BANANA SPLIT

Makes 1 serving.

Prep time: 5 minutes

### Ingredients:

- 1 small banana, peeled
- ½ cup lowfat vanilla yogurt
- 1 tablespoon lowfat granola
- ½ cup sliced strawberries (fresh or frozen)

1. Cut banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Place banana halves on both sides of yogurt.
4. Top yogurt with granola and berries. Serve.

*Nutrition information per serving:*

Calories 259, Carbohydrate 55 g, Dietary Fiber 5 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 98 mg

Adapted from: *Kids...Get Cookin'!*, Network for a Healthy California, 2009.

## Let's Get Physical!

- Add bicycling to your family's routine. Bike to school, work, church, and the farmers' market.
- Take a longer bike ride or hike with your family through a local or state park on the weekend.
- Have each member of your family choose an activity they would like the family to do together.

For more information, visit: [www.californiabikecommute.com](http://www.californiabikecommute.com)

## Nutrition Facts

Serving Size: ½ cup strawberries, sliced (83g)	
Calories 27	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Calcium 1%
Vitamin C 81%	Iron 2%

## How Much Do I Need?

- A ½ cup of sliced strawberries is about four large strawberries or one cupped handful.
- A ½ cup of strawberries is an excellent source of vitamin C – providing 81% of the recommended Daily Value.
- Vitamin C helps your body heal cuts and wounds. It also helps your body fight infections and sickness.
- We cannot make vitamin C in our bodies so we need to eat foods rich in vitamin C, like fruits and vegetables.
- Vitamin C is sensitive to air, heat, and water. Do not store fresh fruits and vegetables for long periods of time or over-cook them – or else they may lose some of their vitamin C.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs. Write it down and post in the kitchen. Add a variety of colorful fruits and vegetables to meals and snacks to help your family meet their goals.

## Recommended Daily Amount of Fruits and Vegetables\*

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

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



For *CallFresh* information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips. © California Department of Public Health 2011.



# UCCE - SHASTA COUNTY PROGRAM NEWS

## CORONAVIRUSES IN HUMAN AND ANIMAL HEALTH

Gabriele Maier, CE Specialist for Beef Cattle Herd Health and Production

April, 2020

Now that we are in the midst of the Covid19 outbreak, you might wonder about how this virus is different from coronaviruses that infect livestock and other animals. Let's try and answer some questions you might have with regards to this topic.

How widespread are coronaviruses?

Disease from coronaviruses is very common in humans and animals. Many species have their own version of coronavirus. In fact, one of the causes of the common cold in people is a coronavirus. What's important to understand is that in general, these viruses stick with a species based on how their surface proteins fit receptors on the cells of their target species, in a lock and key fashion. The reason this novel coronavirus is such a threat is because it is new to our species, there is no immunity to it in the population, it spreads easily, and it can cause severe disease.

What is the source of the novel coronavirus?

SARS-CoV-2, the official name of the new coronavirus, is thought to have jumped from animals to humans. The exact source is still unknown, but, at the moment, the most likely explanation is that it came from bats. You probably remember the SARS outbreak from 2003, which was caused by a similar coronavirus. Bats were found to be the likely source of the virus in the 2003 SARS outbreak, and probably passed it on to other animals that were sold in markets in China, such as the palm civet, a cat-like animal. Along the way the virus underwent mutations and finally was able to infect a new host – humans. Most importantly, it was able to spread from person to person. A similar mechanism was likely at play for this new coronavirus outbreak but with new information coming forward, this idea may change.

How is the novel coronavirus different from coronavirus in cattle?

The good news is that the bovine coronavirus we have in the US belongs to a **different strain** of coronaviruses than the SARS-CoVs that have jumped to humans during the 2003 SARS and the current Covid19 outbreaks. Bovine coronavirus is a cause of calf diarrhea, winter dysentery in adult cattle and is thought to cause respiratory disease, for example as part of the shipping fever complex. There is no expectation that the novel coronavirus can infect cattle or that the bovine coronavirus that is endemic in the US causes disease in people. There is also **no evidence** that imported animals or animal products pose a risk for spreading Covid19, according to the CDC. Overall, there is no connection between coronavirus in cattle and SARS-CoV-2.

What about coronaviruses in other animals?

Epidemiologists are often worried about pigs as a mixing vessel for viruses that affect people and animals, e.g. for influenza viruses. Pigs have their own versions of coronaviruses that are the cause of Porcine Epidemic Diarrhea (PED) and Transmissible Gastroenteritis (TGE). However, just like in cattle, the coronaviruses in pigs are different and there is no evidence that pigs can get infected with SARS-CoV-2 or that they can transmit and spread it.

Should I worry about my pets?

At this time, there are also no reports that pets can get infected with or transmit SARS-CoV-2. However, the CDC cautions to restrict contact with pets while you are sick from Covid19 because there is still a lot we don't know about this new virus.

Would the coronavirus vaccine we have for cattle work in people?

Unfortunately, the corona virus vaccine for cattle would not work for people in the current pandemic because of the difference in strains. In fact, intentional or unintentional injections of animal vaccines in people can have adverse effects such as toxic inflammation or allergic reactions and must be avoided.

Additional resources

It is hard to escape information about Covid19 during this time. While there is a lot of information out there, not everything may be accurate. A reliable and up to date source is the CDC webpage including a page about animals:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/animals.html>

As time goes by, we may find out more about the source of the virus and other important facts, so check back occasionally for the latest information and recommendations.



# May 2020

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 <small>County Ambassador Support Team Applications Due</small>	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## *June 2020*

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>
<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>
<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>
<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>
<i>28</i>	<i>29</i>	<i>30</i> <small>End of Program year</small>				

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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, <b>Council Meeting</b> , 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**