



University of California
Agriculture and Natural Resources

November 2020

4-H Youth Development Program



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Enroll Today

4HOnlineSM

4-H Enrollment and Event Registration
<https://ca.4honline.com>

4-H is a model for the practice of positive youth development for all youth ages 5-19. Members and volunteers engage in youth adult partnerships for equal learning and decision-making in 4-H.



"Learn by Doing"

Projects are offered in the following areas:

- Citizenship
- Leadership
- Healthy Lifestyles
- Science, Engineering and Technology



Enrollment in 4-H is done through the 4honline enrollment system by creating a family profile. If you are experiencing any difficulties with the enrollment process, please contact the 4-H office at 244-4900.

Membership Fees are \$78.00 Youth | \$44.00 Adult and are paid to the community club leader. Your enrollment will remain "pending" until the leader has received payment and confirmed that you have completed the required steps.

Livestock Members

If you are planning on participating in fair (Shasta District or Inter-Mountain Fair) this year, you must be enrolled in the project by November 30th, 2020



IMPORTANT DATES:

- Dec 1* Current Club Documents Due
- Dec 15* Enrollment Invoices mailed to Community Leaders
- Jan 1* Volunteer Enrollment Requirements Due



COUNTYWIDE - NEWS & EVENTS

UPDATE YOUR INFORMATION

We are currently in the process of updating the following documents for the new program year:

- Club Leader Contact List
- Projects by Club
- Countywide Project Leader Contact List



If you have not already done so, please contact the 4-H Office with your updated information. This includes the addition or removal of leaders and/or please use the link provided.

<http://ucanr.edu/survey/survey.cfm?surveynumber=30362>

COUNTY WIDE PROJECT

The 4-H program is in search of a Pack Goat Project Leader for the 2020 - 2021 Program Year. If you are interested please contact the 4-H Office at 224-4900 or email

sddoll@ucanr.edu or ecparadis@ucanr.edu



BECOME A 4-H VOLUNTEER

As a 4-H volunteer, you are helping our youth “learn-by-doing”

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

New volunteer link: <https://campus.extension.org/course/view.php?id=1867>

Returning volunteer link: <https://campus.extension.org/course/view.php?id=1868>

Ways to volunteer...

- Become a community leader
- Teach a skill as a project leader
- Serve on committees
- Help with events

For more information please visit: http://ceshasta.ucanr.edu/4-H_Program/Volunteering/ or contact Erin Paradis at the 4-H office 224-4900

Visit <http://4h.ucanr.edu/files/14270.pdf> to see a complete list of California 4-H projects.

Additional training that can be beneficial as 4-H volunteer:

[Helping Youth Discover their Spark](#)

[Understanding the G.P.S. Goal management System](#)

COUNTYWIDE - NEWS & EVENTS

VETERANS DAY

November 11th Remember to Thank a Veteran for their Service. The 4-H office is collecting homemade cards that can be delivered to our local veterans. Please drop off your “thank you” cards to the 4-H office by November 9th.



ATTENTION 4-H SHOOTING SPORTS ENTHUSIASTS!!!

If you are a 4-H member, leader, or parent, you want the latest information regarding trainings, matches, youth leadership programs, or anything related to 4-H shooting sports. The fastest way to get the most current information is to be signed up for the 4-H shooting sports mailing list or our facebook page. Enter your email address into the mailing list link below or like our facebook page and you will receive information about the program as quickly as we receive it and post it. Don't be left out of the loop!



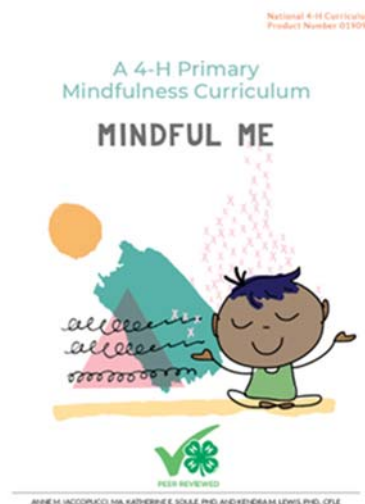
4-H Shooting Sports Mailing List link
<https://ucanr.edu/maillists/joinlist.cfm?listnum=1926>

California 4-H Shooting Sports Facebook Page
<https://www.facebook.com/California-4-H-Shooting-Sports-359716147438695/>

NEW PROJECT OPPORTUNITIES

We would like to offer a few new projects this year for our primary and beginning 4-H members. If you are interested, please contact Erin Paradis at the 4-H office 530-224-4900 or by email: ecparadis@ucanr.edu

Mindful Me: A 4-H Primary Mindfulness Curriculum, introduces primary/ cloverbud members to basic concepts in mindfulness practices. The project promotes mindful practices that lead to improvements in managing one's own goals, developing a sense of self, time management, stress management, emotional regulation, and mindful eating practices. Specific outcomes from youth participation in the curriculum include short-term (skill development and knowledge gain), mid-term (increased stress management, mindful eating, etc.), and long-term (improved physical, emotional, and social health) benefits.



COUNTYWIDE - NEWS & EVENTS

“Exploring the Treasures of 4-H” provides a “treasure hunt” for youth to explore the joys of 4-H on their own, by discovering their interests, potential 4-H projects, and finding 4-H where they live with the guidance of parents or other adult helpers. The “exploration” theme is meant to actively engage a child as he or she embarks on a personal journey to discover the exciting opportunities (treasures) available in 4-H.



THRIVE

A skill building and Personal Development Project

iSprout (ages 5-8) This educational track focuses on becoming capable, competent, caring, and contributing citizens. Activities throughout the curriculum focus on the following four topics: Knowing Me, Knowing My Family, Knowing 4-H and Knowing My Community.

iGrow (ages 9-12) explores the thriving practices (Sparks, Growth Mindset, Goal Management, Self-Reflection) in the context of Science, Engineering and Technology (SET).

OFFICER TRAINING DAY

This year was a different approach to Officer Training Day. Foothill was determined to provide training for the new officers. The planning committee met and updated the officer training folders and the Foothill 4H officers put on a mock meeting to train the incoming officers for the county’s community clubs. The Foothill officers had a good time showing the kids how to hold a meeting and even got to install the new officers. Officer Training Day was held on Saturday, September 26th at the Palo Cedro Park.

Officer manual:

<http://ucanr.edu/sites/UC4-H/files/167443.pdf>





my4-H

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



4-H UNIFORM SUPPLIES

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

LEADER RESOURCES

UPCOMING ADMINISTRATIVE DEADLINES

December 15^h

- Enrollment Fee Invoices Mailed
 - ◆ This date is approximate
 - ◆ Invoices billed in December are the first installment for the current program year
 - ◆ Fees must be paid within 45 days following the receipt of the invoice

DON'T MISS THE DEADLINE!

January 1st

- Volunteer Enrollment Requirements Due **DUE**

January 15th

- Membership Fees (1st Installment of the 2020/2021 program year) Due **DUE**

University of California
 Agriculture and Natural Resources • 4-H Youth Development Program



HANDBOOK FOR FAMILIES
 UNIVERSITY OF CALIFORNIA 4-H



May 2018
 Birks, J., Hill, R., Lewis, K., Hill, J., C. A. the Youth Retention Study Team (2017). Handbook for Families. Davis, CA: University of California, Agriculture and Natural Resources

HANDBOOK FOR FAMILIES

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

<http://ucanr.edu/sites/UC4-H/files/284570.pdf>



SHASTA COUNTY 4-H EVENTS

We'd like your input about Shasta County events.

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

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.



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



LEADER RESOURCES

MONEY MATTERS

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

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

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

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



DON'T FORGET TO COMPLETE FUNDRAISER FORMS

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

http://ceshasta.ucanr.edu/4-H_Program/4-H_Forms/ .

All clubs involved in food service and preparation activities must have at least one volunteer on hand who has completed Food Safety Training. The university's "Make It Safe, Keep It Safe" Food Safety Education has been made available in an online format for your convenience. The training can be accessed at:

<http://ucanr.edu/sites/MISKIS/Intro/>





MEMBER SPOTLIGHT

A huge Shoutout to the members who submitted their 2019-2020 Record Book for County Judging and the volunteers who judged these books.

These books were evaluated on the member's 4-H work, leadership and citizenship development, and personal growth.

Judges:

Denice Doll
Sara Jaimes
Carlie Paradis
Robbie Lindsey, Foothill
Kandyce Teren, Foothill
Megan Frost, Golden Acres
Jean Harp, Golden Acres
Tricia Laustalot, Swede Creek
Lynette Plake, Twin Palms
Tanya Purvis, Twin Palms
Donna Bersbach, Palo Cedro
Suz Crane, Pine Grove
Peggy Herbert, Pine Grove
Tisha Lewallen, West Valley
Tonya Trisdale, Westside
Kallie Stricklin, Westside



RECORD BOOK RESULTS

| | | | |
|--------------------|--------------|--------------|--------|
| Gage Lindsey | Foothill | Intermediate | Gold |
| Wren Lindsey | Foothill | Intermediate | Gold |
| Fallon Lindsey | Foothill | Senior | Gold |
| Isabella Walton | Golden Acres | Junior | Gold |
| Sydney Frost | Golden Acres | Junior | Gold |
| Chloe Gurney | Golden Acres | Junior | Gold |
| Carter Fischer | Golden Acres | Junior | Gold |
| Christopher Walton | Golden Acres | Junior | Silver |
| Riley Combs | Golden Acres | Intermediate | Silver |
| Nick Bracket | Golden Acres | Intermediate | Red |
| Porter Fischer | Golden Acres | Intermediate | Silver |
| Maycie Gurney | Golden Acres | Intermediate | Gold |
| Lila Hammon | Golden Acres | Intermediate | Silver |
| Brady Combs | Golden Acres | Intermediate | Gold |
| Madelynn Walton | Golden Acres | Intermediate | Red |
| Sadie Frost | Golden Acres | Intermediate | Gold |
| Angela Junokas | Golden Acres | Intermediate | Gold |
| Hailey Walton | Golden Acres | Intermediate | Silver |
| Glorianna Junokas | Golden Acres | Senior | Gold |
| Josh Brackett | Golden Acres | Senior | Silver |
| Lindsey Hammon | Golden Acres | Senior | Silver |
| Ellie Snider | Happy Valley | Junior | Gold |
| Kinsey Hyatt | Happy Valley | Intermediate | Gold |
| Ellie Snyder | Happy Valley | Intermediate | Silver |
| Hailey Bamford | Happy Valley | Senior | Silver |
| Hannah Bamford | Happy Valley | Senior | Red |
| Isaac Snider | Happy Valley | Senior | White |
| Addie Snyder | Happy Valley | Senior | Silver |
| Jean Greenwood | Palo Cedro | Primary | Star |
| John Greenwood | Palo Cedro | Junior | Red |
| Xara Meyers | Palo Cedro | Junior | Silver |
| Symphony Rouse | Palo Cedro | Intermediate | Silver |
| Adriel Ramos | Palo Cedro | Intermediate | Silver |
| Richard Greenwood | Palo Cedro | Intermediate | Red |
| Jacob Gaynor | Palo Cedro | Senior | Silver |
| Marianna Hiser | Pine Grove | Junior | Gold |
| Christopher Bryan | Pine Grove | Junior | Gold |

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|--------------------|-------------|--------------|--------|
| Gabriel Jimenez | Pine Grove | Junior | Gold |
| Brianna Vargas | Pine Grove | Intermediate | Gold |
| Ulisses Alvarez | Pine Grove | Intermediate | Gold |
| Kayley Laney | Pine Grove | Intermediate | Gold |
| George Mejia | Pine Grove | Intermediate | Gold |
| Jocelyne Jimenez | Pine Grove | Intermediate | Gold |
| Angelik Alvarez | Pine Grove | Intermediate | Gold |
| Ricardo Garcia | Pine Grove | Intermediate | Gold |
| Anayeli Jimenez | Pine Grove | Senior | Gold |
| Carlos Garcia | Pine Grove | Senior | Gold |
| Adrian Sanchez | Pine Grove | Senior | Silver |
| Cesar Alvarez | Pine Grove | Senior | Silver |
| Kimberly Garcia | Pine Grove | Senior | Silver |
| Isabella McClure | Swede Creek | Junior | Gold |
| Rylie Bester | Swede Creek | Junior | Gold |
| Keegan McClure | Swede Creek | Intermediate | Gold |
| Wyatt Bester | Swede Creek | Intermediate | Gold |
| Lilly Breedveld | Twin Palms | Primary | Star |
| Madeline Evans | Twin Palms | Senior | Gold |
| Tj Lewallen | West Valley | Junior | Gold |
| Gracie Lewallen | West Valley | Intermediate | Gold |
| Liam Gilletter | Westside | Primary | Star |
| Maximiliano Llamas | Westside | Primary | Star |
| Khloe Llamas | Westside | Junior | Gold |
| Sienna Gillette | Westside | Junior | Red |
| Ally Trisdale | Westside | Junior | Gold |
| Hanna Stricklin | Westside | Junior | Gold |
| Blake Ledbetter | Westside | Intermediate | Gold |
| Cole Trisdale | Westside | Intermediate | Gold |
| Annabelle Stemple | Westside | Intermediate | Silver |
| Sierra Dorroh | Westside | Intermediate | Gold |
| Charles Dorroh | Westside | Intermediate | Gold |
| Chase Furia | Westside | Intermediate | Gold |
| Shaylee Henry | Westside | Intermediate | Gold |
| Zoey Cain (Kite) | Westside | Intermediate | Gold |
| Teaghan Furia | Westside | Intermediate | Gold |
| Taylor Thompson | Westside | Senior | Silver |

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AMBASSADORS

The Shasta County Ambassador team kicked off National 4-H Week with a hike. If you have not hiked the McCloud River trail that passes through three beautiful waterfalls, I recommend you do. It's a 4 mile (round trip) easy to moderate hike.

"I thought the hike was really fun! I enjoyed seeing the waterfalls, playing the team building games, and getting to know everyone better." -Maddy

"It was a great location to start off the first Ambassador Team Building event for the 2020 -2021 team. It was a fun way to kick off the new year and start learning about the new team. Looking forward to working with this team." -Carol



LEADERSHIP

- ✓ Inspire People
- ✓ Empower People
- ✓ Shared Vision
- ✓ Lead Change

HOLIDAY RETREAT

VIRTUAL LEADERSHIP TRAINING

Monday, December 21st 3:00 - 6:00

Are you looking for ways to develop your leadership skills? The Ambassador team will be hosting a leadership training for those interested in becoming Junior and Teen leaders.

MONTHLY COUNCIL & COMMITTEE MEETINGS

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

Valley 4-H Council Meeting

Wednesday, January 20, 2021, 6:00 PM

Location: In person TBA

Zoom: send an email to ecparadis@ucanr.edu to request the meeting link



Inter-Mountain 4-H Council Meeting

Wednesday, January 27, 2021, 7:00 PM

Location: In person TBA

Zoom: send an email to ecparadis@ucanr.edu to request the meeting link.

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



VALLEY COUNCIL MEETING ATTENDANCE 2020 - 21

IM COUNCIL MEETING ATTENDANCE 2020 - 21

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

| | OCT | APR | JUL | JAN |
|------------|-----|-----|-----|-----|
| BURNEY | | | | |
| CLOVERLEAF | | | | |
| EVERGREEN | | | | |
| HAT CREEK | | | | |
| PINE GROVE | | | | |



REGIONAL, STATE & NATIONAL NEWS

ARCHERY WORKSHOP

NOVEMBER 7 & 8, 2020

WINTON, CA

This class will be held Saturday, 8 AM –4 PM, and Sunday, 8 AM- 1 pm, at the Safety First Shooting Association, River Oaks Range, 11584 Shaffer Rd, Winton, 95338, in Merced County.

The cost is \$35 per person to include a resource binder, with Saturday and Sunday lite breakfast refreshment's. Please bring your own lunch to the class.

While we invited Jr and Teen Leaders to attend in years past, due to current UC limitations this training will be limited to adults as we can only have 9 students. If you have Teen or Jr Leaders we will discuss in class how to get them trained up to assist you better.

To register, please complete and mail the "CA 4-H Shooting Sports Training Request and Registration Form" available at <https://ucanr.edu/sites/UC4-H/files/4785.pdf>, and an adult or youth 4-H medical release form and a \$35 check payable to "Merced County 4-H Council" and mail to UCCE, 2145 Wardrobe Ave, Merced, 95341. Alternatively you can email your registration and hand carry a check. Space is limited to 9 attendees. For more information call Dave at 209-614-1718 for info or camping, or Darlene McIntyre for registration at 209-385-7418 or email her at dmcintyre@ucanr.edu.

The State 4-H Office has moved all of its programming to a virtual format until further notice.

Please go to our [California 4-H at Home site](#)

- live online events
- 4-H activities you can do from home
- Guidance on virtual 4-H activities
- Tech tools for virtual meetings and activities

For the status of county-based programming, please check with your University of California Cooperative Extension County office.



What breed am I?

What are my traits?

Answers on page 16



Harvest of the Month



Network for a Healthy California

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



Health and Learning Success Go Hand-in-Hand

Students who get regular physical activity often perform better in the classroom. Children need at least 60 minutes of physical activity every day. Encourage your child to be active and help them eat a colorful variety of fruits and vegetables.

Produce Tips

- Look for bright orange and red-colored persimmons with smooth skins and leaves still attached.
- Ripe Fuyus are firm and stay fresh for up to three weeks at room temperature. For longer storage, keep refrigerated.
- Ripe Hachiyas are soft and may be slightly wrinkled or have a few brown spots. Store at room temperature and use within a few days.
- To ripen firm Hachiyas, place in paper bag with an apple or banana.

Helpful Hint: Hachiyas are mostly used in baking and can be eaten by scooping the flesh out with a spoon.

For more tips, visit:
www.fruitsandveggiesmatter.gov/month/persimmons.html

Healthy Serving Ideas

- Offer whole or quartered Fuyu persimmons to your child as an after-school snack.
- Toss sliced Fuyu persimmons into salads or add to stir-fries.
- Add Hachiya persimmons to recipes like muffins, pies, and puddings.
- Replace the tomatoes in your favorite salsa recipe with chopped Fuyu persimmons for a sweet salsa snack.

PERSIMMON & SPINACH SALAD

Makes 6 servings. ½ cup per serving.
Prep time: 30 minutes

Ingredients:

- 1½ tablespoons olive oil
- 3 tablespoons 100% orange juice
- 2 tablespoons rice vinegar
- ½ teaspoon salt
- 3 cups spinach, washed
- 3 medium Fuyu persimmons, sliced
- ¼ cup dried cranberries

1. In small bowl, combine oil, orange juice, rice vinegar, and salt for dressing. Chill in refrigerator.
2. In large bowl, combine spinach, persimmons, and cranberries.
3. Toss salad with dressing and serve.

Variation: Top with sliced, grilled chicken breasts.

Nutrition information per serving:

Calories 112, Carbohydrate 21 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 4 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 210 mg

Adapted from: www.lapublichealth.org/nutrition

Let's Get Physical!

- **In the morning:** Go for a brisk 10 minute walk with your child to warm up your bodies and minds.
- **After school:** Set aside 20 minutes for your child to play outside or be active indoors before starting homework. It may help your student to focus better.
- **In the evening:** Unwind by doing stretches with your child.
- **On the weekend:** Walk around at a farmers' market and see how many different produce items you and your child can find.

For more ideas, visit:
www.cachampionsforchange.net

Nutrition Facts

| | |
|--|---------------------|
| Serving Size: ½ medium persimmon (84g) | |
| Calories 59 | Calories from Fat 1 |
| % Daily Value | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 1mg | 0% |
| Total Carbohydrate 16g | 5% |
| Dietary Fiber 3g | 12% |
| Sugars 11g | |
| Protein 0g | |
| Vitamin A 27% | Calcium 1% |
| Vitamin C 11% | Iron 1% |

How Much Do I Need?

- Half of a medium persimmon is about a ½ cup of fruit.
- A ½ cup of persimmon is an excellent source of vitamin A and a good source of vitamin C and fiber.
- Persimmons also have many antioxidants like beta-carotene, which becomes vitamin A in the body. Vitamin A helps maintain good vision, fight infection, and keep skin healthy.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Encourage your family to eat a variety of colorful fruits and vegetables every day – fresh, frozen, canned, and dried! It will help them reach their recommended daily amount.

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.



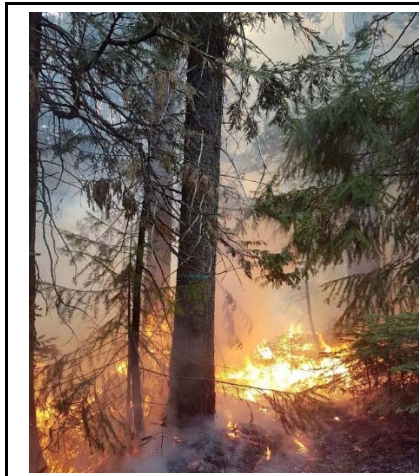
UCCE - SHASTA COUNTY PROGRAM NEWS

Is my Tree Dead or Not?

Many tree assessment guides exist, but they cannot be equally applied. Mortality assessment guides are often specific to a geographic region or a specific species. To understand which to use for *your* plants, it is important to first understand how trees react to fire.

Tree adaptations to fire follow two general strategies: Resistance and Recovery. Resistance strategies use physical features to reduce the impact of a fire on individual trees (thick bark, high canopy). Recovery strategies allow a tree to quickly grow back after it has been impacted by fire (serotinous cones, basal and epicormic sprouting).

Tree assessment guides determine how effectively an individual tree's survival strategy is working to suggest whether it will survive. However, there is no absolute indicator that ensures a 100% chance of survival. For this reason, it is not impossible for a green pine tree to decline a few months after fire OR for a seemingly dead redwood to not only persist but recover fully.



FOLIAR INDICATORS

Foliage is assessed based on the percentage of remaining green foliage. If the foliage has not been completely burned or broken off, it can sometimes be difficult to tell whether it is still alive. If there is uncertainty, and no additional risk of falling or hazard, it may be worthwhile to wait and see how the individual responds in the Spring.

With deciduous trees, a foliar indicator is particularly inaccurate since they naturally shed their leaves each year. To test for survival, it is often wise to combine or use a separate mortality indicator.

CAMBIUM INDICATOR

Cambium is assessed based on the percentage of live tissue around the base of a tree. While most trees can withstand some damage to the cambium, severe loss will drastically decrease the probability of survival. Because the cambium is responsible for transporting nutrients and water from the base to the top of the tree, the percentage should be measured as a factor of the circumference of the tree, not the total cylinder of tissue along the bole. Generally, oaks have a higher tolerance for cambium loss than conifers and can recover, leading to a hollow tree.



SPROUTING

Some trees have the ability to resprout, even if the foliage is completely consumed by a fire. Depending on the season where fire occurred, this may even occur in the same year. On oaks and redwoods, if the cambium is not severely damaged, epicormic sprouting may occur and the tree recover.

For additional information, check in with your local UCCE Forestry Advisor (1-530-224-4900), California Forest Stewardship Helpline (1-800-738-8733), or Resource Conservation District office or find more information at:

ceshasta.ucanr.edu/Forestry

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 (July 1, 2020 - June 30, 2021)
- 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 |

CA Record Book Manual 2020 - 2021 <http://ucanr.edu/sites/UC4-H/files/263720.pdf>

We encourage all our 4-H youth to do a Record Book to record their project information and reflections. A 4-H Record Book are required to as star ranking, medals, or pins based on 4-H Record Book achievements.

The 2020 - 2021 Record Book forms and the manual have been updated and can be found on our website. The 2020 - 2021 edition has moderate changes to the Leadership Development Report.



| LEARNING EXPERIENCES – Poultry example | | | |
|---|-------|-------|---|
| Explain what you did, what you learned, and the skills you gained in the project. <i>Include the level of participation: I = Individual, L = Local Club/Unit/Project, C = County, M = Multi-county/ Area, S = State, N = National/Multi-State, G = Global</i> | | | |
| Date | Level | Hours | What did you do? Where? What did you learn or what skill did you practice? |
| 10/14/19 | L | 2.5 | Project Meeting (Shasta College Farm): Discussed upcoming events, poultry shows, and Livestock Judging Day results. Learned the bantam poultry classes and how to walk your bird during showmanship. Discussed the relation of egg shell color to the breed of the bird. We then had a small Christmas party. Personal skills gained: A better understanding of a chicken’s reproductive system and how and why pigment is added to the shell and how it relates to the chickens breed and ear lobe color. |

Answers from Page 12

What breed am I?

Ayrshire

What are my traits?

Developed in 1750 in the county of Ayrshire, Scotland, this breed is medium in size with average milk production. They are characterized by strongly-attached, well-shaped udders and are known for their extreme hardiness and good foraging ability. These cows may be red or mahogany and white.

RECORD BOOKS DURING SOCIAL ISOLATION

How do I record and earn Star Rank credits in a virtual world?

What options are there for holding Record Book evaluations for our club and county?

For answers to these two questions and more, take a look at new resources on the state website at http://4h.ucanr.edu/Resources/Member_Resources/RecordBook/

Includes:

1. Video and document with tips on meeting 4-H club and project requirements with virtual learning, and how to record them.
2. Video and slide deck that helps you decide how best to host both Club and County Record Book Evaluations/Competitions
3. Considerations such as unknowns, inequitable access to tools, and reducing stress on families
4. Star Rank Achievements
5. Evaluation/Competition Recommendations—guidance regardless of how you decide to complete evaluations
6. Options for collecting signatures
7. Options for submitting books: email, scanned, drop-off
8. Options to evaluate virtual independently, virtual small group, in-person after Safe at Home lifted
9. Supports provided by Statewide Incentives & Recognition Advisory Committee

November 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 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 Fair Exhibitor & Adult Volunteer Enrollments Due | | | | | |

December 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|--|-----|-----|-----|-----|
| | | 1 Current Club Documents Due | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 Enrollment Invoices mailed to Community Leaders | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |