



University of California Dec/Jan 2020 - 2021 Agriculture and Natural Resources | 4-H Youth Development Program



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IMPORTANT DATES:

<i>Dec 1</i>	<i>Current Club Documents Due</i>
<i>Dec 11</i>	<i>Cookie Contest Entries Due</i>
<i>Dec 15</i>	<i>Enrollment Invoices mailed to Community Leaders</i>
<i>Jan 1</i>	<i>4-H Enrollment Cleanup</i>
<i>Jan 13</i>	<i>Valley Council Meeting</i>
<i>Jan 15</i>	<i>Membership Fees Due (First Installment)</i>
<i>Jan 20</i>	<i>IM Council Meeting</i>
<i>Feb 1</i>	<i>Presentation Enrollment Deadline</i>

HOLIDAY COOKIE CONTEST

with PRIZES!



As the leaves turn color and jackets move out of storage, there's one thing on every home baker's minds: COOKIES!

Rules

1. Entries must be original or at least partially so. If adapted from another recipe, the source must be listed, and changes noted.
2. Each entry must include a recipe.
3. Ingredients should be listed in order of use, and directions should be clear and complete.
4. Pictures of your final product must be in color, and from all sides.
5. Entries must be emailed to Erin ecparadis@ucanr.edu or Denice sddoll@ucanr.edu by December 11, 2020.

Entries will be judged on appearance, festiveness, originality and overall appeal. All age divisions are open as well as adults! What a great activity for the Family.

Categories:

Gingerbread-inspired: Arguably the original Christmas cookie, gingerbread is still a favorite. Along with the standard cutouts, think of incorporating gingerbread flavors into an original cookie or pairing them with another flavor...chocolate?

Fruit? This cookie can take any form

Triple Play: Cookie with a filling and a frosting or glaze. The filling could be a puree, a piece of fruit (fresh or dried), candy or something else. The cookie shell Could be a bonbon, a sandwich cookie, a mini-turnover...just so the filling is enclosed.

Tropical Christmas: Think coconut, citrus, pineapple, bananas...any ingredient or flavor that say "tropics" (including Hawaii) to you. This cookie can take any form.

Open Class: This is our catch-all category for any holiday cookie you wish to enter. Make it your very best!

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 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

EMERALD STAR PROJECTS

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

http://ceshasta.ucanr.edu/4-H_Program/Shasta_County_4-H_Information/4-H_Emerald_Star_Project/

Deadline: Saturday, May 1, 2021 Check with your club leader for Emerald Star Project topic ideas.

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

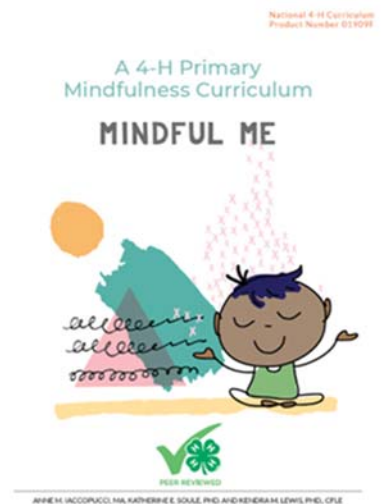
<https://www.facebook.com/California-4-H-Shooting-Sports-359716147438695/>



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).

IMPORTANT DATES FOR SDF

Steer Tagging: Sunday, February 21, 2021

AM - Auction Yard 9 - 11 AM

PM - Shasta College 1 - 3 PM

* Steers must be halter broke at weigh-in



What am I? How big do I get? Where did I originate from?
See page 8 for answers



4-H Presentation Day

Hosted by Burney 4-H

February 13, 2021



The CA Presentation Manual has been revised

<https://ucanr.edu/sites/UC4-H/files/2193.pdf>

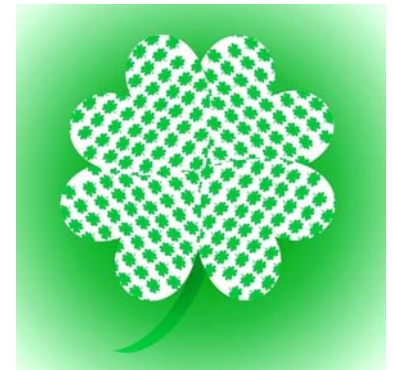
DIAMOND CLOVER AWARDS

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

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

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

[Learn more.](#)



HOLIDAY LEADERSHIP EVENT

DECEMBER 21, 2020

3:00 TO 6:00 PM

VIA ZOOM



HOLIDAY FUN!! JOIN THE SHASTA COUNTY 4-H AMBASSADOR TEAM VIRTUALLY. WEAR YOUR UGLYS SWEATER AND DRINK SOME HOT COCOA WHILE YOU LEARN SOME AMAZING LEADERSHIP SKILLS!! CAN'T WAIT TO SEE YOU THERE!!!

REGISTER BY DECEMBER 4, 2020
GET A HOLIDAY ACTIVITY BOX

Livestock Judging Day

is going **VIRTUAL**



Did you know ...

livestock judging day can help prepare you for selecting your project animal?



my 4-H

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



4-H UNIFORM SUPPLIES

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

LEADER RESOURCES

UPCOMING ADMINISTRATIVE DEADLINES

December 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

- 4-H Enrollment "Clean-up"

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>

4-H WHITES...

A 2ND TIME AROUND

Please contact the 4-H office
 224-4900



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.



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/>

ANSWERS:

AMERICAN SABLE

This medium breed, with a commercial type profile, originated in the United States. Coat color is rich sepia brown on the ears, face, back, legs and upper side of the tail. The saddle color fades to a paler shade. Head is will shaped and moderately full. Eyes are bright and bold. Ears are carried erect. Body is medium length, deep and wide with a smooth, continuously curving top line. Feet and legs are medium in bone and length. Fur is fine and soft with a dense undercoat thickly interspersed with thicker guard hair. Mature weight ranges from 7 to 10 pounds. This breed has good meat qualities.



In the Spotlight

Ulisses, Pine Grove 4-H

This is Ulisses' 4th year in 4-H. He has been a pledge and song leader, participates in the Sheep and Mini Garden Project.

Favorite 4-H Memory:

winning medals on presentations, mini gardens, favorite foods entry, and his record book.

3 Fun Facts:

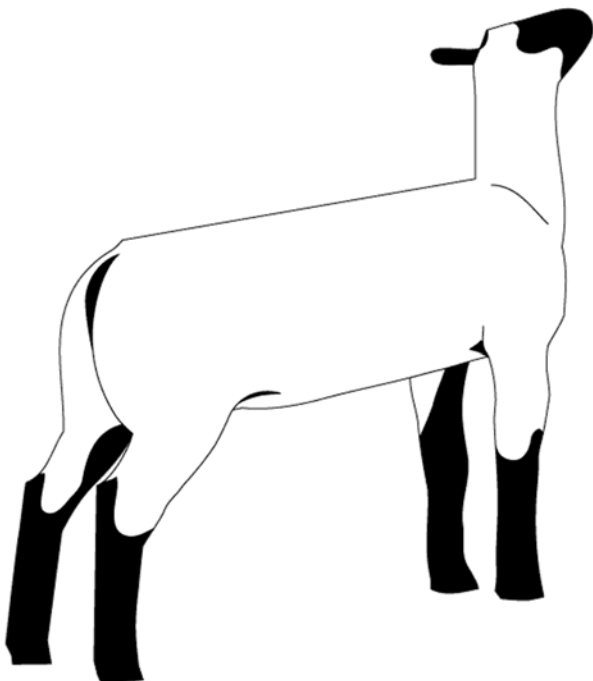
he is always fighting with his lambs!!

likes riding his bicycle every way - even around Pine Grove Cemetery

he doesn't like filling out his record book!!

Short Term Goal:

to raise a market steer



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 13, 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 20, 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	X			
CLOVERLEAF	X			
EVERGREEN	X			
HAT CREEK	X			
PINE GROVE	X			



REGISTRATION DUE (mandatory): **Monday, February 1, 2021** (*No late entries accepted*)

WHEN: Saturday, February 13, 2021

WHERE: More to come

COORDINATED BY: Burney

IMPORTANT INFORMATION

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

REGISTRATION: MANDATORY registration online <http://ucanr.edu/survey/survey.cfm?surveynumber=32572>

UNIFORMS: Uniforms are acceptable, but not required.

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

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

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

AWARDS

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

TIME LIMITS

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



REGIONAL, STATE & NATIONAL NEWS

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.

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.

CALIFORNIA AGRICULTURAL TOURISM DIRECTORY

We believe in getting to know your local farmers. Find out how to visit one in your community by checking out the [California Agricultural Tourism Directory](#). You can even search by county. You'll learn about farm and wine trails, accommodations, entertainment, outdoor recreation, educational experiences, and more that are offered by California's farmers and ranchers.



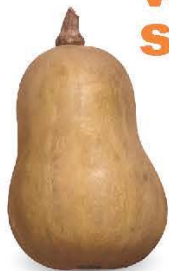
Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured produce is

winter squash



Health and Learning Success Go Hand-in-Hand

Breakfast can give children the nutrients they need to grow healthy. Eating a healthy breakfast also promotes a healthy mind. Encourage your child to eat school breakfast and help put your child on the road to health and learning success.

Produce Tips

- Squash are members of the gourd family. Winter squash have hard shells, inedible skins, and large seeds.
- Choose squash that are firm, heavy for their size, and have dull skins (not shiny). Winter squash should be hard without cracks or soft spots.
- Store uncut winter squash in a dark, cool, dry place. They can keep up to three months.
- Once cut, squash can keep about one week when wrapped and refrigerated.
- Varieties include acorn, banana, butternut, hubbard, kabocha, pumpkin, spaghetti, and turban squash.

For more tips, visit:
www.cachampionsforchange.net

Healthy Serving Ideas

- Bake, boil, roast, sauté, or microwave winter squash. Use it in stews, soups, salads, dips, breads, and even pies.
- Sample different varieties of winter squash to find out your family's favorite. (See Produce Tips for varieties.)
- Varieties with darker yellow/orange flesh are more nutritious than lighter colors. (Hint: Butternut is more nutritious than spaghetti squash.)

SPICY APPLE-FILLED SQUASH

Makes 4 servings.

1 wedge per serving.

Cook time: 70 minutes

Ingredients:

- 1 large acorn squash (about 1 pound)
- 1 cup water
- 2 teaspoons butter
- 1 large apple, cored, peeled, chopped
- 1 tablespoon brown sugar
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground cloves
- ⅛ teaspoon nutmeg

1. Preheat oven to 400 F.
2. Cut squash in half and scoop out seeds. Place squash, cut side down, in 13 x 9-inch dish.
3. Add water and bake 35 to 45 minutes or until fork-tender.
4. While squash is baking, cook rest of the ingredients in a saucepan over medium heat for 8 minutes or until apple is crisp-tender.
5. Cut each squash half into two pieces and divide apple mixture equally among squash wedges. Return squash to oven. Bake 10 minutes more. Serve hot.

Nutrition information per serving:

Calories 99, Carbohydrate 21 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 18 mg

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

Let's Get Physical!

- Be a role model. Studies show that children who see their parents having fun and being active are more likely to stay active their entire lives.
- Find a local pumpkin farm and take a family walk through the fields.

Nutrition Facts

Serving Size: ½ cup cooked acorn squash, cubed (103g)
Calories 57 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	18%
Sugars 0g	
Protein 1g	
Vitamin A 9%	Calcium 5%
Vitamin C 19%	Iron 5%

How Much Do I Need?

- A ½ cup of cooked squash is about one cupped handful.
- A ½ cup of winter squash, like butternut, hubbard, and pumpkin, is an excellent source of vitamin A.
- A ½ cup of winter squash, like acorn, butternut, hubbard, and pumpkin, is a good source of fiber and vitamin C.
- A ½ cup of acorn squash provides iron and calcium.
- Iron is a mineral that helps move oxygen from the lungs to the rest of the body. It also helps the body fight infections.

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

Recommended Daily Amount of Fruits and Vegetables*

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

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

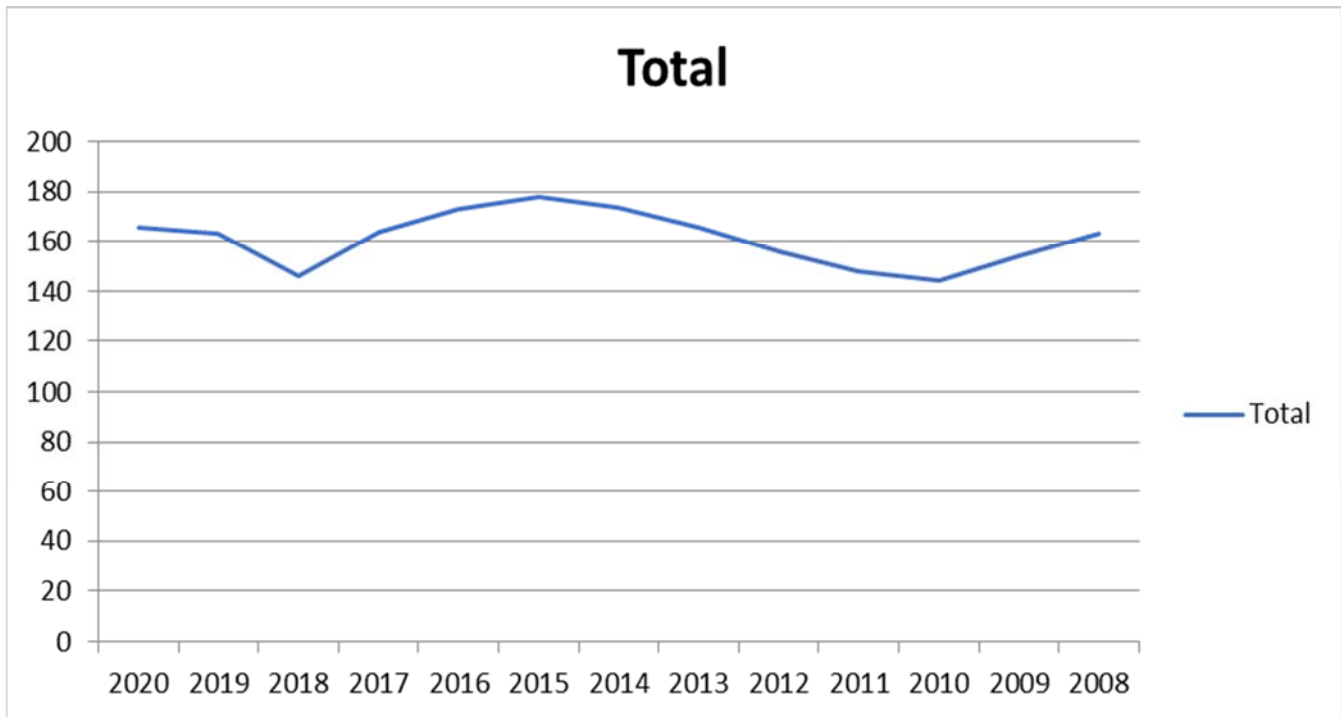


UCCE - SHASTA COUNTY PROGRAM NEWS

EASTERN SHASTA COUNTY PROJECT PARTICIPATION

Now that the details associated with the 2020 Inter Mountain Fair (IMF) are wrapping up, It is important to look back on the number of youth reached by the fair through the market animal program as compared to the number of youth enrolled locally in 4-H and FFA. In 2019 over 160 youth exhibited and sold livestock at the IMF. This total includes 129 exhibitors from eastern Shasta Co. and 33 from Big Valley. Youth selling at the IMF Fair trended up slightly this year compared to the 2019. Figure A outlines the total number of lots sold at the fair since 2008.

Figure A. Number of Lots sold through Jr. Livestock Auction at Inter Mountain Fair

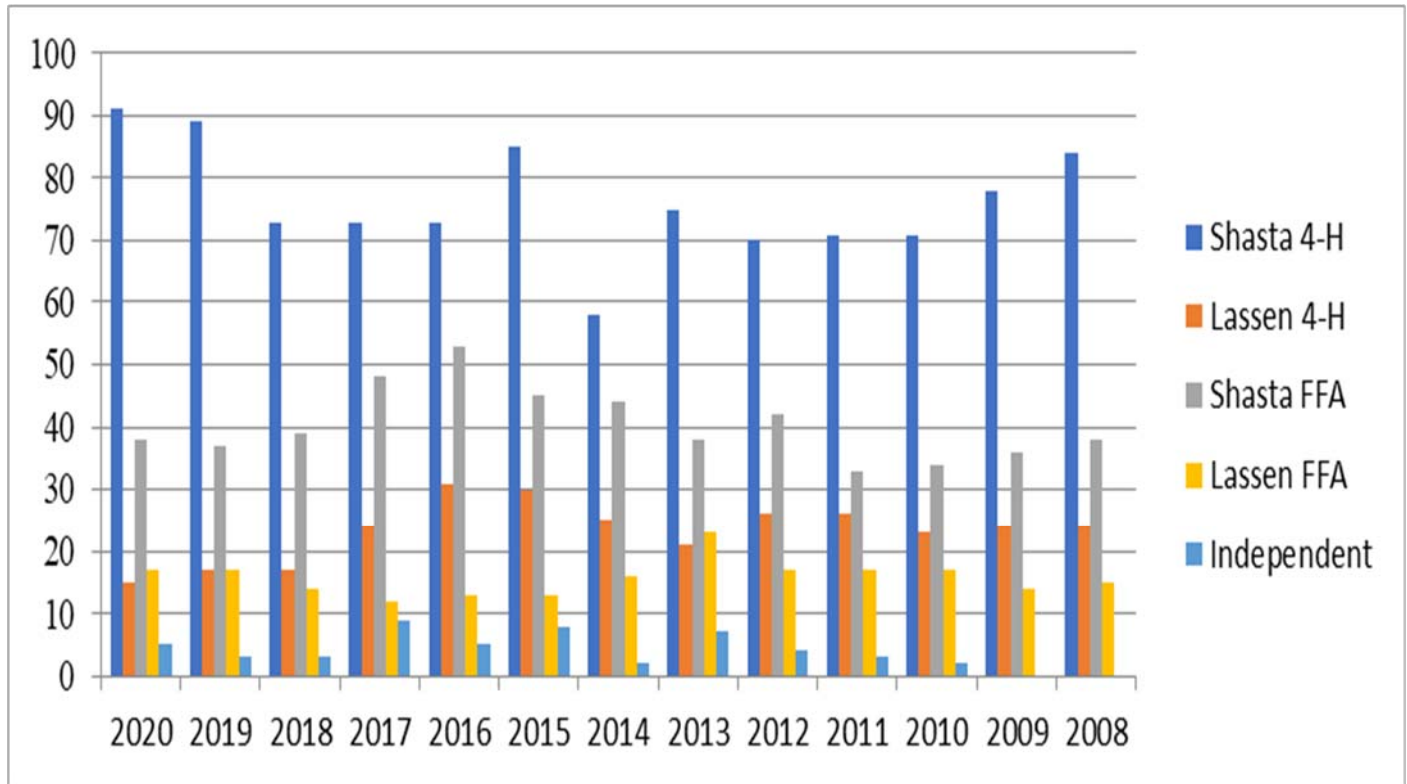


Youth can participate in this program as 4-H, FFA, Grange and Independent exhibitors. Figure B outlines the number of lots marketed by 4-H, FFA and Independent exhibitors locally (Grange exhibitors are not included as there were very few during the study period).



UCCE - SHASTA COUNTY PROGRAM NEWS

Figure B. Number of Lots sold by Youth Organization (4-H, FFA and Independent).



To determine the percentage of youth participating in market animal projects in 2020, 4-H participants (Burney, Hat Creek, Cloverleaf, Pine Grove Evergreen clubs) in the Intermountain area (135) and subtract the 18 primary members (they cannot participate in market animal projects by policy) results in approximately 117 youth in eastern Shasta County 4-H who potentially could participate in market animal projects. When the number of market animal participants (91) is divided by the number of youth who could participate in market animal project, approximately 28 percent participate in the 4-H club program DO NOT participate in market animal projects. These youth participate in projects ranging from photography and quilting to shooting sports projects.

In 2019/20 there were 94 4th Graders enrolled at Fall River and Burney Elementary Schools. Of those students, 20(?) of were enrolled 4-H (22%). It is important to be mindful that while the market projects are large components of the 4-H Youth Development Program, as the population and demographics in the county change we need to understand the educational needs of local youth and work to meet them.

Larry Forero, Livestock Farm Advisor



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?

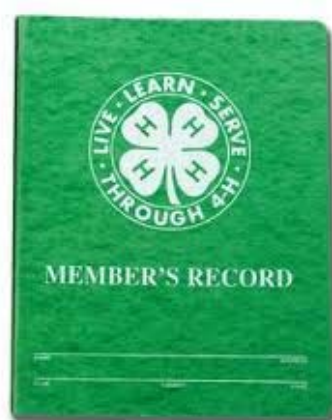
- Record your participation and activities in and outside 4-H for the current program year (July 1, 2020 - June 30, 2021)
- When you attend a 4-H event, record it as a 4-H event.
- If you did something at the event that meets the requirement of another category, you can record that as well. Although 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 etc.

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.



Annual Project Report – Example of Learning Experience entries

LEARNING EXPERIENCES – Poultry example			
<p>Explain what you did, what you learned, and the skills you gained in the project.</p> <p><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></p>			
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.



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

December 2020

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

January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 4-H Enrollment Cleanup	2
3	4	5	6	7	8	9
10	11	12	13 Valley Council Meeting	14	15 Membership Enrollment Fees Due	16
17	18	19	20 IM Council Meeting	21	22	23
24	25	26	27	28	29	30
31	February 1st Presentation Day enrollment deadline					