



University of California

February 2021

Agriculture and Natural Resources | 4-H Youth Development Program



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IMPORTANT DATES:

Feb 21	Steer Tagging
Mar 19	4-H Council Scholarship Application Due
Mar 19	Eileen Lewis Washburn Memorial Scholarship Application Due
Mar 20	Presentation Day
Apr 21	Valley Council Meeting
Apr 28	IM Council Meeting

REDDING ROTARY HONOR TO YOUTH AWARD

Each year the Redding Rotary honors one senior 4-H youth member and presents the member with a plaque and cash scholarship award. This year, Macie from the Palo Cedro 4-H Club was selected and honored at the Redding Rotary virtual meeting on January 21, 2021.



Congratulations Macie!!!



IMPORTANT DATES FOR SDF

Steer Tagging: February 21, 2021
 AM - Auction Yard 9 - 11 AM
 PM - Shasta College 1 - 3 PM

*Per SDF Policy, you must be able to lead your steer on to the scales.

**SDF, Junior Livestock Exhibitors are required to take Quality Assurance Training



COUNTYWIDE - NEWS & EVENTS

LEADERS!!!

Volunteers who have not completed the re-enrollment process must cease all 4-H activities until this has been completed.

Returning volunteers have until June 30, 2021 to complete their volunteer training to avoid a lapse in service. If you have a lapse in service, you will need to complete the [New Volunteer](#) enrollment requirements when you return.



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!

RECYCLED WHITES AVAILABLE

The 4-H office has a supply of lightly used white shirts and pants available at no charge for any 4-H member. Call for an appointment if you need white shirts or pants.

If your child has outgrown their uniform, please consider recycling to help other 4-H members.

The official guidelines for the 4-H uniform can be found on the California 4-H website using this link: [4-H Uniform - University of California 4-H Youth Development Program \(ucanr.edu\)](http://ucanr.edu)

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: Friday, May 7, 2021. Check with your club leader for Emerald Star Project topic ideas.

COUNTY AMBASSADORS

County Ambassadors teams plan their own year of activities to create meaningful learning and service opportunities for themselves and others in their communities. Being chosen as a County Ambassador is a working honor and in fulfilling, it, members are expected to behave with a degree of maturity, composure, and excellence.

County Ambassadors develop an annual Plan of Action that includes choosing and developing three leadership competencies and completing one service learning project. County Ambassadors choose from six leadership competencies: Advise, Advocate, Mentor, Plan, Promote, or Teach.

County Ambassador Application deadline has been changed.

The new deadlines are:

Ambassador Team Application due Friday, May 7, 2021

Ambassador Coach Application due, Friday, May 7, 2021

Ambassador Support Team Application due, Friday, August 6, 2021

Livestock Judging Day

is going **VIRTUAL**



Did you know ...

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



What am I? How big do I get? Where did I originate from? What is my mature weight? See page 7 for answers





my 4-H

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



4-H UNIFORM SUPPLIES

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

LEADER RESOURCES

UPCOMING ADMINISTRATIVE DEADLINES

March 19th

DUE

- 4-H Council Scholarship Applications Due
- Eileen Lewis Washburn Memorial Scholarship Applications Due

Don't Miss THE DEADLINE!



TO MAINTAIN A CHARTER STATUS ALL CLUBS MUST MEET THE FOLLOWING:

- Have at least 2 approved adult volunteers.
- Have at least 5 members consisting of 3 different families.
- Meet affirmative action guidelines and complete the 4-H Outreach Method Documentation form.



4H ONLINE ENROLLMENT

Please check your pending member status and update the 4-H office with any changes.



LOOKING FOR MEMBERS TO SERVE ON THE FOLLOWING COMMITTEES:

- Expansion and Review
- Incentive and Recognition/Policy
- Ambassador

Please contact Erin at ecparadis@ucanr.edu



SHASTA COUNTY SCHOLARSHIP OPPORTUNITIES:



- 4-H Council Scholarship Application due Friday, March 19, 2021
- Eileen Lewis Washburn Memorial Scholarship due Friday, March 19, 2021

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.



STAR RANKING



What are the 4-H star ranks?

County 4-H staff and 4-H clubs are responsible for coordinating star ranking awards. The star award ranking system is a voluntary advancement program utilizing the Personal Development Report form (part of the 4-H record book) as a goal setting tool, aimed at encouraging broad-based participation and achievement in 4-H. 4-H members record their participation in eight categories for the current 4-H program year on the Personal Development Report. Activities are totaled for all years in 4-H and star awards are given to those 4-H members meeting the requirements.

Junior, intermediate and senior members may all strive for star ranks. Each star level takes an average of two years to complete. Star rank achievers receive a tangible star, which is often attached to the 4-H hat.

How can I earn these star ranks?

To qualify for any of the achievement rank awards, 4-H members must attend 80 percent of both the local club and the project meetings held during the year. To obtain any of the ranks, 4-H members must complete the asterisked (*) categories as a part of his/her total effort. This excerpt from the Personal Development Report (PDR), part of the 4-H member record book, shows the numbers and categories necessary to earn each star ranking:

Categories of Participation	Bronze 5 Required	Silver 6 Required	Gold 7 Required	Platinum 7 Required
1. 4-H Projects Completed <i>This category records projects a 4-H member has completed.</i>	2*	4*	8*	12*
2. 4-H Project Skill Activities <i>This category records activities where 4-H members either exhibited their 4-H work or demonstrated their knowledge to an audience and/or judge.</i>	4	8	15	20
3. 4-H Events Attended <i>This category records 4-H events, other than 4-H club and project meetings, that the 4-H member attended during the year.</i>	12	25	40	60
4. Leadership Development <i>This category records leadership activities undertaken by the 4-H member.</i>	10	20	30*	40*
Junior or Teen Leader	(0)	(0)	(2*)	(4*)
5. Citizenship & Community Service <i>This category records citizenship and community service activities undertaken by the 4-H member.</i>	10	20*	30*	40*
6. Communication Skills <i>This category records communication activities undertaken by the 4-H member.</i>	12*	24*	36*	48*
4-H Presentations	(4*)	(7*)	(10*)	(15*)
7. Honors and Recognition <i>This category records the significant honors and recognition earned by the 4-H member.</i>	5	10	15	20
8. Lifestyle Activities <i>This category records lifestyle activities both in and outside of 4-H that the member participated in.</i>	10	20	30	40

STAR RANKING

The Platinum Star is the highest achievement a 4-H member can earn in their 4-H Club! These 4-H members must have completed twelve 4-H projects, served as a Junior or Teen Leader four times, and given fifteen presentations, among other requirements. The platinum star was introduced in 2006.

Listed here are the names of current 4-H members who have achieved a Platinum Star!

Francie Ferguson, Burney	Melissa Eastman, Hat Creek	Kylee Dombroski, Evergeen
Kassidy Zulliger, Palo Cedro	Madeline Evans, Twin Palms	Ryan Paradis, Golden Acres
Hannah Wayne, Cottonwood		



What is an 4-H Emerald Star?

Many counties in California have an Emerald Star program, which is sponsored by the county 4-H office and/or the county 4-H leaders' council. The Emerald Star program is designed for intermediate and senior 4-H members.

In general, the Emerald Star project's purpose includes:

Providing an opportunity for 4-H members to develop projects in their community or in 4-H beyond the club level.

Improving, creating, and expanding 4-H programs.

Helping individual 4-H members grow and improve in the areas of organization, leadership, and project planning

This program is designed to help youth learn about project planning, organization, and presentation. Typically, youth develop an action plan for some type of multi-county event. They then organize and facilitate this event.

After completion and presentation of their project, they are awarded with the Emerald Star ranking.

Interested in pursuing an Emerald Star project?

Think about doing a 4-H Revolution of Responsibility Service Learning project as your Emerald Star project! Service Learning Projects.

SHASTA COUNTY EMERALD STAR PROJECT GUIDELINES

A working honor - Emerald Star is a county rank and it is not part of the state star rank system.

Why? To keep older members involved in a meaningful way after earning their Gold Star rank. It will offer members an opportunity to explore their leadership potential.

Who may participate? Intermediates and Seniors. There is no limit on the number of members who can earn this rank.

How?

1. Fill out an application form which states the goal, methods to be used, and a timetable to be completed in the following 6 months.
2. Submit completed forms, leader recommendation letter.
3. Be interviewed by Emerald Star Committee and have your proposal approved by them. (This is approval to start your project. Adjustments may be necessary before project completion approval is given.)
4. Meet with the Emerald Star Committee midway through your project to report on the progress.
5. Meet with the Emerald Star Committee upon completion of your project.
6. Present your project to the 4-H Council.
7. Show good leadership skills throughout the year.

STAR RANKING

What should the program be? The program should be something that is needed and will be used on a countywide basis. County events already being done are not to be considered as a part of the Emerald Star Rank. Your plan can be something that no one has ever done, but fills some kind of need in the 4-H program or community. It can also be an expansion of what someone has already done. Examples:

Casey Darst - Sheep Information Day
 Leeann Stearns - Test for Poultry Breeds
 Katie Clipper - Lamb Recipes to Enclose in Buyer Letters
 Tyler Pochop - Curriculum for 1st Year Members & Leaders
 Amanda Payne - Selecting Market Animals Pamphlet
 Brittan Planinz - Swine Showmanship Video
 Jessica Miller - Chain Heifer Program
 Summer Shain - Supplementary Book Form for Poultry & Rabbit
 John Cavellini - Line Dancing
 Pat O'Connell - Bella Vista Farms Improvement
 Amanda Brewer - Horse Clinic
 Alicia Bosenko - Market Lamb Video
 Dusty Myers - Livestock Judging Pamphlet
 Marie Licon - Favorite Foods Day pamphlet
 Josh Barr - 4-H newsletter
 Holly Gillette - Market Poultry
 Julie Struckman - Poultry Show
 Paul Konicek - Japanese Exchange
 Miranda Butcher - Summary Sheet for 4-H Book
 Cherry Chico - Jr/Teen Leadership
 Kalin Milhouse - How to Do 4-H Book Workshop
 Claire Pella - Dairy Goat Level Testing

ANSWERS:

MINI LOP

This small breed, with a compact type profile, originated in the Germany as a sub-breed of the English Lop. Classified in seven groups: Agouti, Broken, Pointed White, Self, Shaded, Ticked, and Wide Band. Head is strong, sturdy, and set close to the shoulders. Ears are rounded, well furred, set on top of the head rising form a strong basal ridge, and lopped vertically with the opening toward and balanced. Legs are thick, short, and straight. Fur is glossy, uniform, medium length, very thick, and dense. Mature weight ranges from 4 1/2 to 6 1/2 pounds. This breed has good meat and fur qualities and is popular for exhibition.



In the Spotlight

Sadie, Golden Acres 4-H

This is Sadie's 5th year in 4-H and is the club treasurer for Golden Acres. She has done the quilting, sewing, and cooking projects. Her favorite project is the sheep project. Sadie is a second year beef member and recently purchased a show heifer which she has already shown and looks forward to participating in beef showmanship at the fair. She is also a Junior leader and enjoys helping teach younger members how to groom and show lambs.

Favorite 4-H Memory:

Participating in the lamb show at fair and making it to the champion drive.

3 Fun Facts:

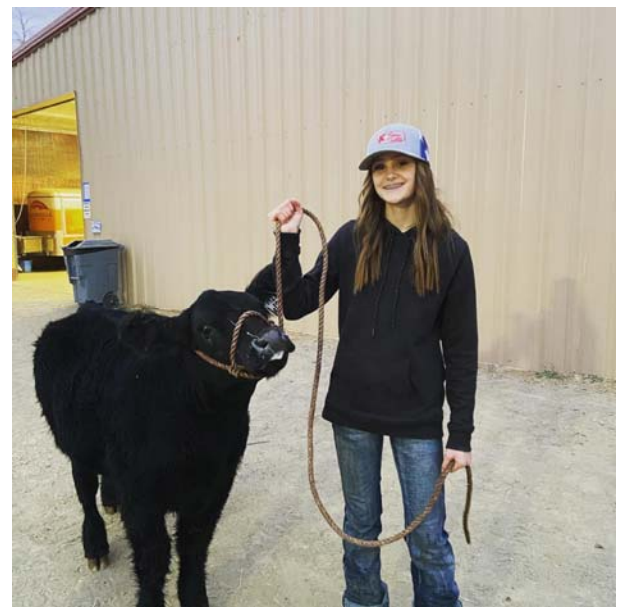
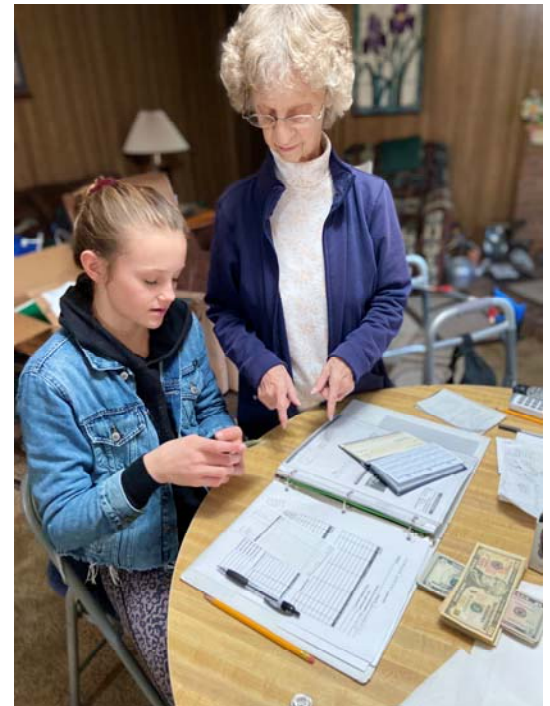
Plays basketball

Loves to snowboard

Sadie shares a birthday with her 4-H leader, Mrs. Harp

Short Term Goal:

To win with her lamb at fair



MONTHLY COUNCIL & COMMITTEE MEETINGS

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

Valley 4-H Council Meeting

Wednesday, April 21, 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, April 28, 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				X	
COTTONWOOD		X		X	
COW CREEK					
FOOTHILL		X	X	X	
GOLDEN ACRES		X			
HAPPY VALLEY		X	X	X	
LONE TREE					
OAK RUN				X	
PALO CEDRO		X		X	
SWEDE CREEK			X	X	
TWIN PALMS					
WEST VALLEY		X	X	X	
WESTSIDE		X	X	X	
WHITMORE					

	OCT	JAN
BURNEY	X	X
EVERGREEN	X	X
HAT CREEK	X	X
PINE GROVE	X	X



PRESENTATION

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

WHEN: Saturday, March 20, 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* will be virtual April 1 - 24, 2021. Gold medalists at Regional Level will qualify for competition at the *State Level* will be virtual May 8 - 22, 2021

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.



INTER-MOUNTAIN FASHION REVUE

REGISTRATION DUE (mandatory): Opens February 22nd

<http://ucanr.edu/survey/survey.cfm?surveynumber=33008>

WHEN: Friday, March 19, 2021

WHERE: inter-Mountain Fairgrounds, McArthur

Host: Evergreen 4-H Club

State Recognized Categories

1. Traditional

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

2. Consumer Science Purchased , \$40.00 Limit

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

3. Box Challenge

For 2021: Use 2 different fabrics

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

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

In the box:

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

Hand made accessory

4. Vintage

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

5. Cosplay Challenge

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

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

For more information visit: https://ucanr.edu/sites/sfd/Competitions/State_Fashion_Revue/ .

2021 SERVICE PROJECTS

Port Pillows

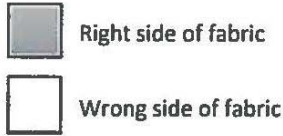
Cancer patients often have a "port" placed underneath the skin of their upper chest to receive chemotherapy infusions. Putting on a seatbelt in the car irritates the port and is uncomfortable. Port Pillows are small stuffed pillows that attach to the seatbelt to protect the port and reduce pain.

Port Pillows are easy to make, even if you're a beginning sewer. The State Fashion Revue Committee is promoting the Port Pillow project as a service activity for 2021. Gather up your fabric scraps and make some! They can be donated in your county to a hospital or facility that treats cancer patients or a chapter of the American Cancer Society. Just let us know how many you've made so we can keep track.

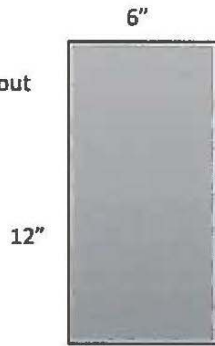
Supplies needed:

- Soft fabric like flannel or cotton, 12" x 6" per pillow. Use designs and prints suitable for children, teens, and adults.
- Polyester fiberfill to stuff the pillow
- 1/2" wide hook & loop tape (like Velcro), one 4" piece per pillow
- Sewing machine and thread

Directions:



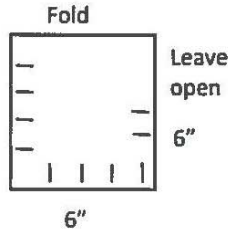
1. Cut fabric 12" x 6". Lay it out right side up



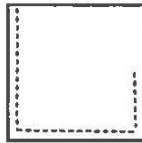
2. Cut a 4" piece of "hook" Velcro and a 4" piece of "loop" Velcro. Pin about 3" from the bottom edge of the fabric, making sure the opposite ends of the Velcro stick together in the middle.



3. Fold the fabric in half so it is 6" x 6". Check that the ends of the Velcro stick together correctly. Pin 2 of the open sides and half of the third. Leave half of a side open.



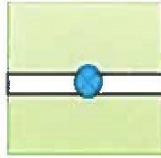
4. Sew a 5/8" seam around the 2-1/2 open sides. Start and end with a backstitch. Trim the corners at a diagonal.



5. Turn the pillow right side out, making sure the corners are all square. Stuff with fiberfill until it is softly full, including the corners.



6. Sew the opening closed by hand or machine, tucking in the seam. Optional: sew a button, decoration or ribbon to the Velcro.



Thank you for caring! To report the number made and where they were donated, contact Olivia at oliviamfrenette@gmail.com. For information about State Fashion Revue, go to https://ucanr.edu/sites/sfd/Competitions/State_Fashion_Revue/

Fashion Revue



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.



TRACTOR SUPPLY FUNDRAISER OPPORTUNITY!

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

10 tips

Nutrition
Education Series

be an active family

10 tips for becoming more active as a family



Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

UCCE - SHASTA COUNTY PROGRAM NEWS



START THE NEW YEAR WALKING!

COMPLETE THE HEALTHY SHASTA WALKS PASSPORT ANYTIME BETWEEN
JANUARY 1 - FEBRUARY 28, 2021.

SUBMIT YOUR PASSPORT BY MARCH 1, 2021, TO BE ENTERED INTO A DRAWING
FOR A NIGHT STAY AT THE DUNSMUIR RAILROAD RESORT, GIFT CERTIFICATES
FOR NEW SNEAKERS, SOCKS AND MORE!

WALK TO THE MAILBOX	WALK IN YOUR NEIGHBORHOOD WHICH NEIGHBORHOOD?	WALK ACROSS THE SUNDIAL BRIDGE	TAKE A WALK ON A TRAIL YOU'VE NEVER BEEN ON WHICH ONE?
TAKE A HIKE & CHECK OUT 52HIKECHALLENGE.COM	WALK TO GET A MEAL OR GROCERIES	TRY A WALK LISTED ON HEALTHYSHASTAWALKS.ORG WHICH ONE?	TAKE A WALK FOR MENTAL HEALTH TO REDUCE STRESS
WALK WITH A PET OR SOMEONE FROM YOUR HOUSEHOLD OR ALONE	WALK FROM DESTINATION TO DESTINATION WHERE DID YOU GO?	WALK 10,000 STEPS IN ONE DAY (TRACK WITH YOUR SMART PHONE OR PEDOMETER)	TAKE A WALK BREAK
WALK FOR A CAUSE WHICH ONE DID YOU CHOOSE?	WALK TO A PLACE YOU NORMALLY DRIVE	PARK AT THE BACK OF THE PARKING LOT	WALK TO A WATERFALL. WHERE DID YOU GO?
WALK TO VIEW PUBLIC ART	TAKE A WALK DOWNTOWN OR ON A MAIN STREET	WALK TO A PHOTO WORTHY SPOT AND TAKE A PICTURE	
TAKE A WALK IN THE MOONLIGHT	WALK IN A PARK OR FOREST	START THE DAY WITH A WALK & END THE DAY WITH A WALK	
ENJOY A WALK AT SUNSET OR SUNRISE	WALK IN THE RAIN	WALK FOR 30 MINUTES OR MORE FOR FITNESS	

YOUR INFORMATION

Name: _____ Email: _____

Phone: _____ Male Female Non-binary Age _____

Would you like to be added to Healthy Shasta e-newsletter (sent approximately 1-2 times/month)? Yes No

COMMENTS:

HOW TO WIN PRIZES

All participants who complete and cross off at least 10 different walks on the Walks Passport are eligible for prizes AND earn a pair of athletic socks (while supplies last). Participants who black out the passport (complete all 25 walks) will also be entered into a separate drawing for a 1 night stay at the Dunsmuir Railroad Park Resort. Walks cannot be counted twice. All passports must be submitted to admin@healthyshasta.org by midnight or postmarked by March 1, 2021 to Healthy Shasta, 2660 Breslauer Way, Redding, CA 96001. All participants must live or work in Shasta County. Winners will be notified by March 15, 2021.

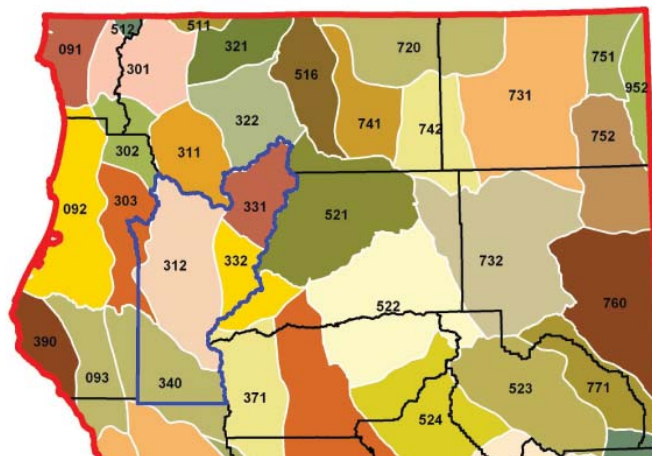
FOR WALKING CHALLENGES, TRAIL MAPS, AND RESOURCES VISIT HEALTHYSHASTAWALKS.ORG

HEALTHYSHASTAWALKS.ORG

Planning to Reforest: Selecting Replacement Trees

Purchasing potted plants from your local hardware store is often the first thought when it comes to reforesting a property. While convenient, this quickly become costly and can introduce inferior genetics into your forest stand. When regenerating an area, it is essential to use trees adapted to not only *local* conditions, but *future* conditions for when your trees mature.

Selecting the right seedling is the foundation on which a forest builds over the next 60, 80, or even hundreds of years. Native plants have evolved over time to persist and even excel through the range of conditions in their local area. Physical and environmental variables such as soil type, nutrient mixture, and seasonality of precipitation are just a few examples which influence how well a tree grows. To help managers identify and keep track of locally adapted genetics, California utilizes a Seed Zone mapping system.



85 distinct seed zones separate California based on topographic, climatic, and edaphic differences. Within each of these zones, conifer seeds are catalogued based on elevation along 500 feet increments. Generally, it is not recommended to plant seedlings from more than one seed zone away.

The trees we sow today will not fully mature for decades, by which time policy and even climate conditions may be vastly different. As landowners and responsible land managers, it is important to plan for this uncertainty in a productive way. Models do not perfectly predict the future, but identify the range of conditions that are most likely to happen. It is broadly expected that average annual temperatures will increase and more precipitation will arrive as rain rather than snow. In addition to increasing flooding during winter and spring, this results in smaller winter snow packs and an overall decline in water from snowmelt to help trees survive the hot summer period.

Using this information, we can hedge our bets when regenerating a forest. Trees from areas located at the extreme range of forest habitats (i.e. low elevation, or dry southern forest) are genetically adapted to more severe conditions. By germinating seeds from these trees and planting them in areas where future conditions are likely to match, we can increase their chances of survival. This process, known as assisted migration replicates what typically occurs naturally, but over a few short decades rather than centuries. As we face greater reforestation demands from the increasing pace and scale of wildfires, and scramble to refill our seed banks, it is important to be strategic with our reforestation decisions.

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 is required to earn a 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

February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12 ^{4-H Office} Closed 	13
14	15 ^{4-H office} Closed 	16	17	18	19	20
21 ^{Steer Tagging} 9 - 11 Auction Yard 1 - 3 Shasta College	22	23	24	25	26	27
28						

March 2021

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 - 4-H Council Scholarship Due - Eileen Lewis Washburn Memorial Scholarship Due	20 ^{Presentation} Day
21	22	23	24	25	26	27
28	29	30	31			