



University of California

March 2021

Agriculture and Natural Resources | 4-H Youth Development Program



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**IMPORTANT DATES:**

- Mar 19* 4-H Council Scholarship Application Due
- Mar 19* Eileen Lewis Washburn Memorial Scholarship Application Due
- Mar 19* Fashion Revue
- Apr 21* Valley Council Meeting
- Apr 28* IM Council Meeting
- May 7* Ambassador Support Team Application Due

## Community Service



Westside 4-H is trying to help the community in this time of need. They plan on making and donating pillow cases to One Safe Place and possible clean liter off the side of the road. In the past they have made port pillows for cancer patients, bell rang for the Salvation Army, and Christmas caroled for the elderly. We are helping our community and we hope everyone else is also.

- Hanna Stricklin, Westside 4-H

Shasta District Fair dates June 23 - 26 2021

## Shasta District Fair and Event Center's DRIVE-THRU TRI-TIP DINNER

PREORDER TODAY!



**DATE AND DETAILS:**

Thursday, March 4th  
4-7 PM PICKUP  
SHASTA DISTRICT FAIRGROUNDS  
1890 BRIGGS ST. ANDERSON

PRE-ORDER ONLY

PURCHASE TICKETS AT:

[WWW.SHASTADISTRICTFAIRANDEVENTCENTER.COM](http://WWW.SHASTADISTRICTFAIRANDEVENTCENTER.COM)

**\$50 TRI-TIP DINNER TO FEED 4**

**\$15 TRI-TIP LOIN DINNER FOR 1**

**\$35 Whole Cooked Tri-tip**

Rocking P's Santa Maria Style Tri-Tip

Cowboy Chili Beans

Cole Slaw

Garlic Bread

## 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.

### 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

## UPCOING EVENTS

### VALLEY HOME EC/AG STILLS & LIVESTOCK FIELD DAY

Saturday, May 8, 2021

More information to come.



Hello Camp Practitioners,

The California 4-H Camping Advisory Committee would like to invite you to join them for the second installment of the Camp During COVID-19 workshop series. The next workshop is scheduled for Wednesday, March 10, 2021 and will have two sessions. The first session is 5:00 PM to 6:00 PM and will focus on virtual camp. The second session is 6:30 PM to 8:00

PM and will focus on day camp. This month's workshop will provide details and discussion surrounding important considerations and next steps for getting started with each of these camp delivery modes. Participants are welcome to attend one or both sessions but must register separately for each one. Following registration, you will receive a confirmation email containing the meeting link. This workshop series will continue the second Tuesday of each month through June 2021, so be sure to mark those calendars. Registration links are below and please feel free to contact Marianne Bird at [mbird@ucanr.edu](mailto:mbird@ucanr.edu) or Nate Caeton at [nwcaeton@ucanr.edu](mailto:nwcaeton@ucanr.edu) with any questions.

Session 01: Virtual Camp | Wednesday, March 10, 2021 | 5:00 PM – 6:00 PM

<https://ucanr.zoom.us/meeting/register/tJYqfuCqzwtGdQT5XyhjcRUUXKSp1VSLqZR>

Session 02: Day Camp | Wednesday, March 10, 2021 | 6:30 PM – 8:00 PM

[https://ucanr.zoom.us/meeting/register/tJlofu-oqjwuGt2C5o88Y6WGK\\_nXutSAiocv](https://ucanr.zoom.us/meeting/register/tJlofu-oqjwuGt2C5o88Y6WGK_nXutSAiocv)



My name is Maddy Evans, and I am a junior in high school and a 4-H member here in Shasta County. I am excited to be one of your Shasta County 4-H Ambassadors this year! As an ambassador, you get to be part of a team that plans county events and promotes the 4-H program in your area.

If you have ever considered applying to be an ambassador or support team member, I want to encourage you to give it a try! You get to have fun and meet new people, all while learning leadership skills and teamwork. If you are interested in applying, please reach out, as we would be more than willing to guide you through the process.

If you have any questions, send them our way. We would love to have you on the team!





## my 4-H

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



## 4-H UNIFORM SUPPLIES

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

# LEADER RESOURCES

## UPCOMING ADMINISTRATIVE DEADLINES

March 19th

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

May 1st

- Emerald Star Application Due

May 7th

- Ambassador Support Team Application Due

Jun 1st

- 4honline Enrollment System Locks

June 30th

- 2020/2021 Program Year Ends

**DUE**

*DON'T MISS THE DEADLINE!*

### 4HONLINE 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](mailto: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](mailto:sddoll@ucanr.edu).





**BLACK BUTTE**

Carolyn Christian  
Jaime Dersch  
Trinity Evanson  
Allan Garrett

**BURNEY**

Jessica Fields  
Tracy Geisler  
Heidi Greer  
Kari Rose  
Shelly Tryan  
Brianne von Schalscha  
Michael von Schalscha

**COTTONWOOD**

Gayle Adelman  
Jean Arnaz  
Megan Hillyard  
Karli Janc  
Elke Perscher  
Megan Renihan  
Wendy Wayne

**EVERGREEN**

Allison Cassity  
Corey Kingsbury  
Laura Lakey  
Meredith Macfarlane  
Jeanne Norris  
Jimmy Nunn  
Jeanette Nunn  
Sara Reynier

**FOOTHILL**

Jennifer Adams  
Vanessa Bennett  
Christie Benninghoven  
Stefanie Boudro  
Shelly Case  
Mark Lanzi  
Sandy Lanzi  
Robbie Lindsey  
Jill Oilar  
Kandyce Teren  
Meghan Walker

**GOLDEN ACRES**

Shelly Combs  
Kay Delaloza  
Jean Harp  
Julie Junokas  
Jill Taylor

**HAPPY VALLEY**

Katie Bumgarner  
Andy Chambers  
Bethany Chambers  
Patricia Daniels  
Kathleen Denson  
Bev Ely  
Jessica Gregory  
Kathie Muse  
Frank Muse  
Johanna Snider  
Julie Williams

**HAT CREEK**

Katie Eastman  
Melissa Eastman

**LONE TREE**

Kim Perry

**OAK RUN**

Leone Carey  
Kansas Simonis

**PALO CEDRO**

Donna Bersbach  
Molly Greenwood  
Courtney Gunn  
Terri Shelton  
Leimone Waite  
Jt Zulliger  
Katy Zulliger

**PINE GROVE**

Suz Crane  
Peggy Hebert

**SWEDE CREEK**

Craig Bosworth  
Patricia Laustalot  
Stephanie Niles  
Jami Simmons

**TWIN PALMS**

Allison Breedveld  
Heather Evans  
Kaitlin Groennings  
Patricia Mailloux  
Tanya Purvis  
Lynette Plake

**WEST VALLEY**

Lindsay Fernandez  
Monica Peterson

**WESTSIDE**

Tiffany Dorroh  
Kristin Henry  
Lauren Linhart  
Lynn Prather  
Jennifer Reed  
Kallie Stricklin  
Tonia Trisdale

**WHITMORE**

Shannon Smith

**VOLUNTEERS**

Jonathan Paradis  
Carlie Paradis  
Carol Dombroski

**Thank you!**

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.



# Mindful March

## Wellness Bingo Challenge

Each day complete one of the wellness challenges and mark it off on this Bingo Card. Send your Bingo Card to ecp paradisi@ucanr.edu at the end of the month for a chance to win a prize.

<b>M</b>	<b>I</b>	<b>N</b>	<b>D</b>	<b>F</b>	<b>U</b>	<b>L</b>
Write a thank you note to someone special	Go for a walk	Tell someone you appreciate them	Eat a vegetable	Enjoy nature	Sing a song	Write down three good things that happened this week
Work on a jigsaw puzzle or play a board game	Be kind to yourself	Floss your teeth	Read about something you enjoy	Give three compliments today	Sit up straight	Start a journal
Learn something new today	Have a healthy snack	Clean your room	Do a 15 second plank	Call someone that you haven't visited with in awhile	Do something you enjoy	Try using your non dominant hand
Be extra encouraging to someone	Create a piece of art	Drink water with every meal	Help with dinner	Get a good night's sleep	Color a picture	Eat a fruit or vegetable with vitamin C
Do 25 jumping jacks	Do a good deed	Dance to your favorite song	Give someone a smile and thumbs up	Stretch for 10 minutes	Set the table	Stargaze in your backyard
Try a new food	Watch the sun rise or sun set	Set a goal	Learn something new about your favorite animal	Get outside and enjoy the sun	Wash your hands	Blow bubbles
Laugh until your cheeks hurt	Paint a rock	List 5 things you are grateful for	Practice good listening skills	Teach the 4-H pledge to someone	Play a card game	Try a yoga pose

Name: \_\_\_\_\_ Community Club: \_\_\_\_\_

Completed \_\_\_\_\_ of the challenges.

## MONTHLY COUNCIL & COMMITTEE MEETINGS

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

### Valley 4-H Council Meeting

Wednesday, April 21, 2021, 6:00 PM

Location: In person TBA

Zoom: send an email to [ecparadis@ucanr.edu](mailto: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](mailto: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





### Quality Assurance

All Junior Livestock exhibitors are required to complete the YQCA training. Livestock entries will not be accepted without a YQCA certificate of completion.

### Livestock Market Agreements are due Friday, May 14, 2021

All 4-H members planning on participating in the Jr Livestock sale must complete the Livestock Market agreement. Make sure you have all the required signatures and turn in to the 4-H office no later than Friday, May 14, 2021.

Click here for training:

[www.yqca.org](http://www.yqca.org)

MANDATORY



### 4-H Dress "CODE" and Uniform

When representing 4-H, please remember to wear your 4-H apparel with pride. This includes keeping your shirt tucked in, wearing a belt, and wearing a white shirt with a collar, sleeves, and buttons down the front. "T" Shirts are not appropriate to wear as part of your "whites". Make sure you read the uniform rules in the Shasta County Fair Premium book. Please contact the 4-H office if you are interested in looking through the recycled whites.

Hats, scarves, and ties and be order from Leslie Carmen at

[www.4hsupplies.com](http://www.4hsupplies.com)

We have a recycled whites here in the 4-H office, come take a look and see if we have your size.





# 4-H Presentation Day

Find the words in the grid. Words can go horizontally, vertically and diagonally in all eight directions.

K R Y T H D S I L V E R M L B D N G N M  
N A Z Z K D T S F K T J T L L N N J O D  
F C Q T W O L W V T F N K O D I R V I E  
W T G D P I T Z B W W X G Q D R A B T T  
K I F I D S C H T G N E L A L M R R A A  
Q V C E B K A B V K X A E T J Z E E M R  
G I S T B I T T R M T R T G J P A F R T  
L T E C X L N B N I E P R T C X V E O S  
A I C P W L O K T O K V I C I O J R F U  
N E I Z U S C L H L I S I C F R U E N L  
O S T P T Y E K P C T T H S T G E N I L  
I N C O P R Y T K A R C A J A U X C T I  
T G A S M N E N T B E A J U X U R E H Y  
A N R T O K U E V E C W E R L R S E L P  
C I P E R F P N P Q R M V S T A P R S F  
U K H R P D I S P L A Y T Y E V V J E H  
D A V E M U L O V J J R P T Q R F E Z P  
E E W T I X T M Q U E S T I O N S V N G  
J P L K R A P S N V P R O J E C T J M D  
B S N N L T R N O I T A R T S N O M E D

- |               |             |           |          |
|---------------|-------------|-----------|----------|
| activities    | fun         | practice  | spark    |
| area          | gold        | project   | speaking |
| attire        | illustrated | questions | speech   |
| county        | impromptu   | reading   | state    |
| demonstration | information | reference | title    |
| display       | length      | research  | topic    |
| educational   | persuasive  | silver    | volume   |
| evaluation    | pictures    | skills    |          |
| eye contact   | poster      | slides    |          |

# INTER-MOUNTAIN FASHION REVUE

**REGISTRATION DUE (mandatory):** Due by Friday, March 12, 2021

<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 hand written. 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/](https://ucanr.edu/sites/sfd/Competitions/State_Fashion_Revue/).

## 2021 SERVICE PROJECTS

### Port Pillows

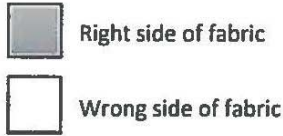
Cancer patients often have a "port" placed underneath the skin of their upper chest to receive chemotherapy infusions. Putting on a seatbelt in the car irritates the port and is uncomfortable. Port Pillows are small stuffed pillows that attach to the seatbelt to protect the port and reduce pain.

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.

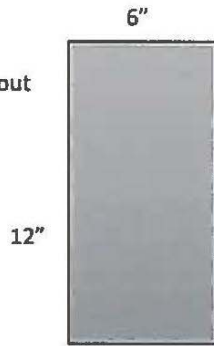
Supplies needed:

- 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:**



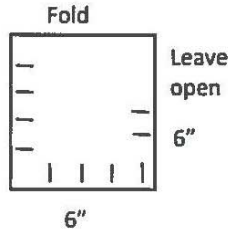
1. Cut fabric 12" x 6". Lay it out right side up



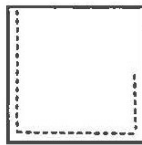
2. Cut a 4" piece of "hook" Velcro and a 4" piece of "loop" Velcro. Pin about 3" from the bottom edge of the fabric, making sure the opposite ends of the Velcro stick together in the middle.



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.



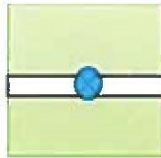
4. Sew a 5/8" seam around the 2-1/2 open sides. Start and end with a backstitch. Trim the corners at a diagonal.



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](mailto:oliviamfrenette@gmail.com). For information about State Fashion Revue, go to [https://ucanr.edu/sites/sfd/Competitions/State\\_Fashion\\_Revue/](https://ucanr.edu/sites/sfd/Competitions/State_Fashion_Revue/)

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# 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](mailto:youthprograms@state.gov).



### TRACTOR SUPPLY FUNDRAISER OPPORTUNITY!

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

# REGIONAL, STATE & NATIONAL NEWS

## STATE DATES AT A GLANCE

### Regional Presentation “Day”

Registration opens: February 15th

Registration closes: April 20th at midnight

Presentations: April 10th - April 24th

### State Presentation “Day”

Registration opens: April 10th

Registration closes: April 30th at 5:00pm

Presentations: May 8th - May 22nd



## 2021 Virtual State Leadership Conference

July 23-25, 2021



## 2021 Virtual Youth Summit

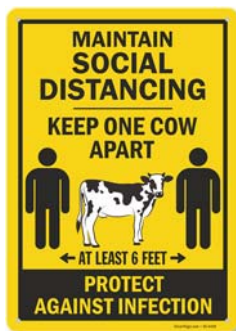
March 26-28, 2021

Ages 11-13

## COVID-19 Information

“COVID-19 Vaccine Myths and Facts” Learn more at: [ucanr.edu/covid19](http://ucanr.edu/covid19)

- ✓ When meeting in-person, limit occupancy based on the Occupancy Limit table below.
- ✓ The county’s status is posted on the state California’s Blueprint for a Safer Economy.
- ✓ This status is updated every Tuesday.
- ✓ **The county status must be checked 7 days before an in-person meeting for any changes.**
- ✓ Ensure the facility will allow for physical distancing with 36 square feet per person.
- ✓ If there is not enough space for 36 square feet per person, the project leader must reduce the number of people or identify a different facility.



County Tier status:	Safety Protocols and Occupancy Limits for UC ANR Activities and Programs (based on Higher Education Guidance)	
	Indoor	Outdoor
Widespread (purple):	Closed for indoor meetings/programs/workshops	Outdoor meetings/programs/workshops - maximum 10 persons
Substantial (red):	Conduct meetings/programs/workshops virtually when possible All other safety protocols apply (symptom screening, distancing, use of face masks, hygiene/sanitation, etc.)	
	Capacity for indoor meetings/programs/workshops must be limited to <b>25% or 100 people</b> , whichever is less	Capacity for outdoor meetings/programs/workshops must be limited to <b>25% or 100 people</b> , whichever is less
Moderate (orange):	Conduct meetings/programs/workshops virtually when possible All other protective measures apply (symptom screening, distancing, use of face masks, hygiene/sanitation, etc.)	
	Capacity for indoor meetings/programs/workshops must be limited to <b>50% or 200 people</b> , whichever is less	Capacity for outdoor meetings/programs/workshops must be limited to <b>50% or 200 people</b> , whichever is less
Minimal (yellow):	Conduct meetings/programs/workshops virtually when possible All other protective measures apply (symptom screening, distancing, use of face masks, hygiene/sanitation, etc.)	
	Capacity for indoor meetings/programs/workshops must be limited to <b>50%</b>	Capacity for outdoor meetings/programs/workshops must be limited to <b>50%</b>



# Tech Talk with Scott



## Just-In-Time Advice for your virtual 4-H challenges

Hosted monthly January – June 2021

(Must be active CA 4-H Personnel, Volunteer, or Youth Member to attend)

2<sup>nd</sup> Tuesday 7pm – 8pm

4<sup>th</sup> Saturday 10am – 11am

**[REGISTER HERE FOR ACCESS TO ALL SESSIONS](#)**

**Come when you can, leave when you must.  
Bring your questions, challenges, and ideas!**

Tech Talk is a space for leaders, teens, and adults, from beginners to experts to get personalized help in working through the challenges they are facing delivering 4-H in a virtual environment. This time is informal, and the content will be created by participants and the questions and challenges that they bring to the room. Think of Scott as your personal technology coach offering PRACTICAL SUPPORT to help you get to success in a virtual 4-H world.

### Sample Question Types

- ◆ How can I adapt my project lessons for virtual learning?
- ◆ What are some practical ways to engage youth in a Zoom meeting?
- ◆ What are some fun virtual group/relationship building activities that I could incorporate into my 4-H meetings (and how do you actually do them)?

Sessions will be recorded to discover common technology challenge so that further support tools can be created. NO PART OF THESE RECORDINGS WILL BE PUBLICLY POSTED AND NO IDENTIFYING INFORMATION WILL BE INCLUDED IN ANY INFORMATION SHARED.





## Harvest of the Month



Network for a Healthy California

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



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

Encourage your child to eat school breakfast. Students who eat school breakfast tend to eat more fruits and vegetables than students who do not. School breakfast programs can increase your child's learning and decrease behavior problems in the classroom. With *Harvest of the Month*, your family can explore, taste, and learn about how to eat more fruits and vegetables and be active every day.

### Produce Tips

- Look for firm oranges that feel heavy for their size with bright, colorful skin.
- Avoid fruit with bruised, wrinkled, or discolored skin.
- Oranges with thin skin tend to be juicier than those with thick skin.
- Oranges can be stored at room temperature or in the refrigerator for up to two weeks.

### Healthy Serving Ideas

- Slice oranges for a quick, healthy snack.
- Freeze 100% orange juice in a paper cup with a popsicle stick or spoon.
- Instead of soda, make a fruit spritzer for your child. Mix 100% orange juice and sparkling water.
- Toss peeled orange segments into green salads for a citrus splash.
- Keep healthy recipes and cookbooks in the kitchen. Let your child pick a recipe and then cook it together.

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

### BREAKFAST FRUIT CUP

Makes 4 servings.  $\frac{1}{2}$  cup per serving.  
Prep time: 5 minutes

#### Ingredients:

- 2 oranges, peeled, seeded, and sliced into bite size pieces
- 1 medium banana, peeled and sliced
- 1 tablespoon raisins
- $\frac{1}{2}$  cup lowfat vanilla yogurt
- $\frac{1}{2}$  teaspoon ground cinnamon

1. In a small bowl, combine oranges, bananas, and raisins.
2. Divide fruit equally into 4 bowls.
3. Put a rounded tablespoon of yogurt over fruit in each bowl.
4. Sprinkle with equal amounts of ground cinnamon before serving.

*Nutrition information per serving:*  
Calories 81, Carbohydrate 19 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 14 mg

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

### Let's Get Physical!

- Help your child prepare for the FITNESSGRAM®. Ask your child's teacher how you can help.
- Go for a walk or jog in the morning to jump-start the brain.
- Start slowly — add 10 to 15 minutes of physical activity to your day and gradually work up to 60 minutes.
- Do yoga stretches after your walk or run in the evening.

To learn how to do yoga stretches, visit:  
[www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf](http://www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf)

### Nutrition Facts

Serving Size: $\frac{1}{2}$ cup orange, sections (90g)	
Calories 42	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	9%
Sugars 8g	
Protein 1g	
Vitamin A 4%	Calcium 4%
Vitamin C 80%	Iron 1%

### How Much Do I Need?

- A  $\frac{1}{2}$  cup of orange segments is an excellent source of vitamin C.
- Eating oranges also gives you fiber and folate.
- Folate is a B vitamin that helps make healthy red blood cells and lowers a woman's risk of giving birth to a child with certain birth defects.

The amount of fruits and vegetables each person needs to eat every day depends on age, gender, and physical activity level. Look at the chart below to find out the recommended daily amount for each person in your family. Make a list of fruits and vegetables that you can add into your family's everyday meals and snacks. Remember that all forms count toward the daily amount — fresh, frozen, canned, dried, and 100% juice.

### Recommended Daily Amount of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2 $\frac{1}{2}$ - 5 cups per day	4 $\frac{1}{2}$ - 6 $\frac{1}{2}$ cups per day
<b>Females</b>	2 $\frac{1}{2}$ - 5 cups per day	3 $\frac{1}{2}$ - 5 cups per day

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





# UCCE - SHASTA COUNTY PROGRAM NEWS

## PLEDGE YOUR *FINANCIAL* HEALTH FOR BETTER LIVING: SCHOLARSHIP APPLICATION TIPS

Nate W. Caeton, 4-H Youth Development Advisor

Spring is almost upon us and for 4-H members who will be graduating from high school in a few months, this is a busy time of year. Projects are wrapping up, finals and prom are on the horizon, and many are anxiously awaiting college acceptance letters. No doubt this is a time filled with excitement, anticipation, and stress. With several local scholarship deadlines approaching, including the Shasta County 4-H Council Scholarship, now is a great time to prepare those applications and polish your interviewing skills. Here are few tips on how to prepare a successful scholarship application.

### Keep Track of Those Deadlines

Whether you use sticky notes, a day planner or plug everything into your phone, be sure you have some way of organizing and tracking the deadlines for your applications. A late application could give reviewers the impression that you are disorganized or not taking the process seriously. Worse yet, your application may not be accepted at all.

### Growing Local

No, we're not talking about locally sourced food, we're talking about locally sourced talent and scholarships. Many local businesses and organizations offer scholarships to local youth as a way of investing in the success of the community. While it may be tempting to go after big-name national scholarships, your chance of a successful application improves when you are only competing against other applicants in your geographic area.

### Embrace Your Inner Wordsmith

Some scholarship applications require an essay. If you've completed a Record Book with a "My 4-H Story", you might be fortunate enough to be able to adapt portions for use in your scholarship essay. Whatever the case, be sure to take the time and effort to craft a well written essay. Read the essay prompt carefully and be sure to fully address all the points outlined. Good written communication is a key to success and reviewers are actively searching for applicants who can clearly communicate their thoughts on paper. Remember, spell check is your friend, but not always foolproof, so try to have someone proofread for you.

### Recommendations Please

Many scholarships require letters of recommendation. Much like the scholarship essay, these require careful consideration and should be well written. This can be a significant favor, so ask early (at least two weeks – more is better). Ideally, you will have chosen people who know you well and can speak to your abilities and accomplishments, but it's always helpful to provide as much background information as possible. An overview of the scholarship and a copy of your resume will go a long way in making the process easier for your letter writer. Last but not least, be sure to send a thank you note to everyone who wrote you letter.

### Avoid the World Wide Whoops!

Hopefully you already know what it means to be a good digital citizen and practice responsible use of technology and the internet, but do you know what the internet says about you? These days it can say a lot! It's not uncommon for employers and even scholarship providers to do a quick web search of applicants to see if their online presence aligns with the persona being presented in their application package. Take a few moments to search yourself online. Be sure to check the privacy settings on your social media accounts and ask yourself if there are any posts that could cast you in negative light.

#DigCitCommit

Come back next month for some tips on preparing for a successful interview. In the meantime, good luck on those applications and please check out page 4 to learn about some of our local scholarship opportunities.

## 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			
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	<b>Project Meeting (Shasta College Farm):</b> 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/](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

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

# April

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
			Valley Council Meeting			
25	26	27	28	29	30	
			IM Council Meeting			