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IMPORTANT DATES:

Aug. 4 Valley Record Book Judging
Aug. 9-12 SLC @ UC San Diego
Aug. 15 Valley Council Mtg
Aug. 17 IM Plant Science Day
Aug. 30 Valley Club Leader Training
Aug. 30 - Sept. 3 IM District Fair
Sept. 6 Valley 4-H Info Night
Sept. 15 Valley Achievement & Leader Appreciation
Sept. 19 Valley Council Mtg 6p
Sept. 22 Valley Officers Training - 10a
Sept. 26 IM Club Leader Training - 6p
Sept 26 IM Council Mtg. - 7p

VAlLEY CLUB LEADER TRAINING

All Valley Club Leaders should plan to attend the annual training on Thursday, August 30, 2012 at the Redding Library, from 6-8 p.m. Important information will be given and required paperwork will be distributed, including enrollment packets and instructions. Please do not miss this meeting! More than one Club Leader per club may attend. Bring any general questions you have about being a club leader and they will be answered. Light refreshments will be served. The All Stars will be available for questions about their role in the 4-H Program. See you there!

2012-2013 VOLUNTEER LEADER ORIENTATION

New Volunteer Leader Orientations will take place on:
- Wednesday, October 17 at 4:30 p.m. at the 4-H Office in Redding
- Wednesday, November 14 at 5:00 p.m. at the 4-H Office in Redding
- Wednesday, January 23, 2013 at 5:30 p.m. at Geppetto’s Pizza in Burney.

If your club has any new leaders it is mandatory they attend one of these orientations as part of their certification process. The orientation meeting will last approximately 90 minutes. Please have your new prospective volunteer complete their livescan prior to the orientation.

COUNCIL MEETINGS

Our next Valley Council meeting will be Wednesday, August 15, 2012 at 6 p.m. at the 4-H Office.

The next InterMountain Council meeting will be September 26, 2012 at 7 p.m. There will not be an IM Council meeting for August due to the InterMountain Fair.

Each club should be represented at the meetings. I hope everyone has had a nice summer.

WELCOME ELIZABETH!

The 4-H Office is pleased to welcome Elizabeth Wilson as a permanent staff member for the Shasta UCCE Office in Redding. Many of you already know Elizabeth from the part time clerical support she has provided to the office for many months now. Elizabeth has been learning about the 4-H Program and is looking forward to help serve the program in her new capacity. Mary Beasley, long time clerical assistant for the UCCE Office, has moved on to a new career and educational opportunities. We would like to recognize Mary for her years of service to the 4-H Program; we will miss her very much. Good luck Mary in your new adventures!
**COUNTY NEWS**

**Valley Record Book Evaluation**

Valley Record Books will be evaluated on Saturday, August 4 at the I.O.O.F. Hall in Palo Cedro. Club Leaders and Record Book Judges should arrive at 9:00 a.m. Club Leaders will bring the Record Books and should make sure there is one judge for every five books (or part there of) from their club available to evaluate the books. If there are not enough judges present from your club, not all of the books can be judged. Only Record Books that have been given a gold seal at the club level may be brought for county judging. Primary member books do need to meet this criteria and will be evaluated using the primary member form. Please make sure each regular member book has the Record Book Checklist included in the front of the book. It is available on the county website. Black Butte is hosting again this year. Refreshments will be served.

**4-H Info Night**

4-H Info Night will be Thursday, September 6, from 6-7 p.m. at the Redding Library. Each club from the Valley area and County-wide project should be represented at this event. Here is a chance to let the public see the cool things you can do in 4-H, either at the club or project level. Please arrive at the library with your club or county-wide project members at 5 p.m. to set up your table and displays. Your members can give mini presentations to interested persons, set up a table top display, hand out flyers about your club or project, or just talk to interested persons. The public want to see the kids in 4-H. Please wear your club t-shirts, 4-H uniform, or be neatly attired. Members of your club can gain public speaking experience from this night, and count it on their RB under category #6 - Communication Skills! Please contact the 4-H office at 224-4900 with any questions.

**Valley Achievement Night & Leader’s Appreciation**

Coordinated by the 2012-13 All Stars

SAVE THE DATE: Saturday, September 15, 1:30 p.m. - IOOF Hall.

All Stars, Rebecca Peconom and Harley Purvis will present the year end awards, Record Book Medals & Expo Medals. 4-H Volunteer Leaders will also be recognized and celebrated at Achievement Night. The All Stars have been working on special recognition for our hard working club leaders and volunteer leaders. Please plan to attend this year end celebration with your club. The All Stars will be providing the desserts this year. Please look for more information on Achievement Night in the September issue of the TNT.

**4-H Cookbooks for Sale**

There are 4-H Cookbooks for sale. They are available in the 4-H Office or by contacting Charlie Little. The cookbooks are $5 a piece or two for $8.
**COUNTY NEWS**

**RECORD BOOK TRAINING**

Thank you to all the leaders and the All Stars who led the workshop on Record Book training offered on May 23rd at the Redding Library. We had a moderate turn out and those who attended learned a lot and felt it was worthwhile. I would like to thank the following leaders and All Stars for their help: Lynette Plake, Adrienne Hulst, Tanya Purvis, Rebecca Reconom, Harley Purvis, Norma Elkins, Jackie General, and Heather Dyer. To facilitate further learning on the Record Book process, I can be available to answer questions that come up prior to Valley Council meetings. Please contact me at amlane@ucdavis.edu at least a week in advance if you would like to meet with me between 5-6 p.m. before a scheduled council meeting.

~Audra

**TWO SIGNATURES ON CLUB CHECKS REMINDER**

Most clubs have been really, really good about this; and I would appreciate it if all clubs would please remember to have TWO signatures on each club check written from your club account. Also please make a notation in the ‘memo’ area on the front of the check to specify the purpose of the check. Examples: club refreshments, reimbursement to leader for club supplies, project materials, etc. Please be as specific as you can.

Thank you. If all clubs can follow this state policy on having two signatures, I won’t have to send you individual emails about it anymore.

~Audra

**4-H STATE ENROLLMENT FEE INCREASED**

The California State 4-H Youth Development Program increased the enrollment fees for the 2012-2013 year by $8 per youth member and $4 per adult member. The total fees for youth will be $40 and $15 for adult volunteers. We want to make all members aware of this increase so that you may prepare for the 2012-2013 year.

**CALLING ALL 4-H LEADERS**

How would you like to make a significant contribution to the leadership team for Shasta County 4-H?

We are recruiting for a co-Advisor for the All Star Team for 2012-13. To comply with state policy, we must have two adults fill this role. We are in need of a second Volunteer Leader. Please send resume and a letter of intent/application to the 4-H Office no later than August 10, 2012 if you are interested.

We are also recruiting for Advisors for the Hi 4-H Team for 2012-2013. To comply with state policy we must have two adults fill this role. Applicants must be at least 18 years of age, and be a certified 4-H Volunteer Leader. Please send a resume and a letter of intent/application to the 4-H Office not later than August 10, 2012 if you are interested.
Tractor Supply invites the Shasta County 4-H Clubs to hold BBQ fundraisers at their Redding, CA store on Saturdays through the month of August!

Available weekends are: August 4th, August 11th & August 25th

Please contact Tractor Supply for information at 530-242-6773.

Tractor Supply Fundraiser

Hello Shasta County 4-H! Rebecca Peconom here and I hope all of you had a wonderful summer and are still having one! Harley Purvis and I are continuing our All Star term into the next year. I am proud to announce that we will have our first ever member of the All Star Support Team, Nic Purvis! Congratulations Nic! The three of us along with our advisor Tanya Purvis, will be attending the State Leadership Conference in August to learn different leadership skills that we can use in the county. I know we are all looking forward to this! All Stars will be hosting Achievement Night. Our new policy is to have only appetizers brought to this event. So please no desserts. Thank you! I hope you have a great start to the school year. ~ Rebecca

All Stars

The Intermountain Plant Science Day will be held on:

Friday, August 17 2012

Intermountain Plant Science Day

On Friday, June 8th at the Shasta District Fairgrounds, 19 4-H members were present to help serve lunch at the Annual Pioneer Luncheon. Thank you to the following members:

Seth Martin, Jared Deardorff, Ciera Barry, Ashley Neau, Hope Schaller, Caleb Hendricks, Monica Dixon, Jacki Rank, Sophia Rank, Cameron Griffith, Lily Griffith, Beth Griffith, Richelle Griffith, Darryl Griffith, Valerie Lindberg, Cody Flores-Jauregui, Melina Delaloza, Paige Flores-Jauregui, and Daniella Remillard. You all were just “great” and appreciated by the pioneers you served as well as the Soroptimist International of Redding for this community service!

~ Jean Harp

Pioneer Luncheon

When your club checks out equipment for a county event, please sign it out. There is a sign out sheet on a clipboard in the conference room. The equipment sign-out sheet is for items such as flags, easels, water coolers, etc. If you have questions regarding the sign-out process, please speak to the helpful office staff to assist you. Thank you for your help with this.

Equipment Checkout

Clubs have until August 31, 2012 to enter their reports and submit all the financial forms (Form 6.2, 6.3, 8.5, 8.6) to the county office. All forms are required.

Financial Reporting

4-H Whites... A 2nd Time Around

Charlie Little, Palo Cedro 4-H Club Leader, has generously volunteered to manage the donated 4-H whites! Currently most sizes are available but any men’s or large youth size pants you can donate would be welcomed! Charlie has been working to ensure that the whites are clean and do not have any rips or missing buttons. Charlie is storing and distributing whites from her home year round. For SDF, Charlie was able to supply youth with 20 pairs of white pants! So please, look in your closets for old, unused pants & recycle. This is a win-win for everyone! Please contact Charlie at 549-4296. Donations? Please bring them by the 4-H office. Thank you Charlie!
Dear Dutch Oven Cooks,

It’s time to cook! So dust off those old black pots and come to Redding for our Summer Camp Dutch Oven Cook-off. This event is sponsored by Camp Chef.

When: Monday, August 31, 2012
Where: 8810 Valley View Road, Redding, CA 96001
Time: Cooks meeting at 5:00 p.m.
Judging: People’s Choice
Prizes: Prizes for first - third places and overall high point
Tasting and People’s Choice begins at 6:30 p.m.

RULES

1. Cook great food and have fun.
2. Teams consist of 1-3 4-H members.
3. Teams will provide all equipment, ingredients and utensils.
4. Gas or propane stoves are allowed only to heat water for hygiene and safe food practices. Ice chests required to keep cold foods cold. No electric or battery appliances allowed.
5. All food must be totally prepared and cooked on site. No home preserved foods. Dutch ovens used as the primary cooking utensil. Sour dough starter is exempt from this rule.
6. Briquettes must be used for fires. All fires must be 12 inches off the ground.
7. Use good hygiene and safe food practices.

Provided: one(1) prep table, one(1) plastic table cover, trash cans, hot ash can, and cold running water. Location of the cook-off is at 8810 Valley View Road, Redding (Off of Canyon Rd.).

Pre-registration deadline: August 10, 2012
Call the 4-H Office at 530-224-4900 to register.

Hope to see you there!

Northern CA 4-H Dutch Oven Cook Off

State Field Day was an amazing experience. There were people from all across California! All the booths were amazing and so interesting. There were fashion shows and presentations and the award ceremony. I am very proud to have been a part of it.

My presentation partner, Madelynn Gamble and I won a gold medal for our presentation. Our fellow Cottonwood 4-Hers, Joseph and Kaylee Trimble, also won a gold for their presentation. Now, on July 25, we have submitted our registration to go to California State Fair and give our presentation there. What an honor! I am proud to be part of 4-H and to present my presentation to people from all over California to give them a bit of knowledge they might not have had.

Thank you 4-H!
Sara Roe, Cottonwood 4-H
A NOTE FROM CYNDI

One of my biggest passions in the 4-H Youth Development Program is the Science, Engineering, and Technology (SET) programming we provide to our members. While it is important to help youth increase their knowledge in these areas so that they acquire the skills necessary for future careers, it is even more exciting to watch young people grow and experience science in its truest form! This was evident last month when we had our first ever military youth Science Camp at Shasta College for three days. Approximately 20 young people - most of whom were not in 4-H - came together to learn about geospatial positioning and robotics. The participants learned how to map using handheld GPS units, explore maps of different cities in the world, build and test catapults, and design robots that drew on paper! I would like to thank a few individuals for their time and dedication to this project: Benita Moore, 4-H volunteer - Shasta County, Russ Hill, State 4-H Military Director, and Steven Worker, State 4-H SET Coordinator. Funding for this camp was provided by the University of Nebraska 4-H Gear-Tech Program. All Participants received free 4-H t-shirts and information on how to enroll into the 4-H program. Lunch was provided for no charge.

If you are interested in participating in a science camp in Redding, let me know. I am willing to put together one on a Saturday in August or September. Let me know and I will plan on one that would explore robotics and water conservation! The funding for this camp has been provided by the Toyota Corporation. Let me know by August 15 if you are interested.

Speaking of science, did you know that in Florida an organization created the “Stow it, Don’t Throw it” Project? The project is a youth-driven marine debris prevention initiative designed to protect marine environments and wildlife! Here is some information from their website:

In order to combat the dangers posed by improper disposal of monofilament fishing line, the “Stow It, Don’t Throw It” Project was created to mobilize youth to create and distribute personal-sized monofilament recycling bins. These personal-sized bins were designed by scientists at Mote Marine Laboratory in Sarasota, FL. They are made out of recycled tennis ball cans. These bins are designed to serve as an intermediate step, for anglers and boaters, to safely store their used fishing line until they can later dispose of it in a PVC pipe or indoor recycling bin provided by the Monofilament Recovery and Recycling Program.

Check out their website http://stowitsonthethrowitproject.org/index.html or visit their Facebook page at http://www.facebook.com/stowitdonthrowit. This would be a great community service project if you contact the local Ducks Unlimited or Turtle Bay Conservation to establish a collaborative project. Let me know how I can support you! Remember, “Be the Best for 4-H!”

~ Cyndi

MORE SHASTA FIELD DAY RESULTS

Swine Market
Jayce Dunham, Cottonwood  1st
Stephen Battles, Canyon  2nd
Caleb Hendricks, Canyon  3rd
Tori Bridges, Lone Tree  4th
Maddi Kay, Lone Tree  4th

Biggest apologies for the accidental omission of their accomplishments in last month’s newsletter.
**COUNTY NEWS**

**IM Fair Coloring Contest**

Along with entry forms, there are different pages for each age group. Be sure to color the right page! Coloring Contest pages will be due to the fair office on August 10th. Winners of the Coloring Contest will receive 1 carnival coupon.

**IM Fair Admission**

Admission to Fair has been reduced to $5 for everyone and wristbands will be $15. Seniors over 60 will get in free on Friday and children 11 & under will get in free on Saturday.

Thursday, Aug. 30, is FREE ADMISSION & FREE PARKING!

**Attention Livestock Members:**

**Dress Code for Intermountain District Fair**

The following dress code is to be adhered to while participating at the Shasta District Fair as a 4-H member. This also includes tagging and weigh-in day!

It is a combination of State 4-H policy and Shasta Council policy. If you have any questions, feel free to contact the 4-H office.

1. All clothing shall be worn within the bounds of decency and good taste as appropriate for 4-H events.
2. Articles of clothing which display profanity, products, or slogans which promote tobacco, alcohol, drugs, sex or are in any other way distracting, are prohibited.
3. Excessively baggy or tight clothing and clothing which advertises gang symbols or affiliation is prohibited.
4. Items of clothing which expose bare midriffs, bare chests, undergarments, or that are transparent (see-through) are prohibited. Tops that display visible cleavage, backless shirts, tube tops and visible underwear are also prohibited.
5. Shorts, cut-offs, etc. should not be shorter than the length of where your hand can reach. (Length test: Standing straight put your arms down. The tip of your longest finger should be able to reach material.)
6. Shoes should be appropriate for the species. NO OPEN TOED SHOES. Rubber boots or close toed shoes should be worn when washing animals (no flip flops).

---

**2012 Palo Cedro Honey Bee Festival**

**September 8 & 9, 2012**

**Bishop Quinn Catholic Center**

Come out and support local vendors, entertainers and several 4-H clubs at the 2012 Palo Cedro Honey Bee Festival!
## Intermountain Fair

### Weigh In & Weight Requirements:

All Beef & Swine must arrive by 9 p.m. Wednesday, August 31, 2011.
Sheep & Goat Vet check-in is from 4 p.m. to 6 p.m. this is the only time sheep and goats can arrive.

### Weigh In:

- **Lambs**: Wednesday, Aug. 29, 2012 at 6 p.m.  
  Minimum weight - 110 lbs.  
  No maximum
- **Swine**: Thursday, Aug. 30, 2012 at 8 a.m.  
  Minimum weight - 210 lbs.  
  No maximum
- **Beef**: Thursday, Aug. 30, 2012 at 10 a.m.  
  Minimum weight - 1,100 lbs.  
  No maximum

If weight is disputed, the animal will be immediately removed from the scale, the scales will be checked for balance, and the animal will be immediately re-weighed. At no time can the animal leave the scale area. All lambs before entering scale must be shorn and have a fleece no longer than 1/4 inch stretched fleece. Wet lambs will not be weighted. Pre-weighing of animals may only be done prior to 5 p.m. Thursday, August 30, 2012. Scales will be locked until weigh-in.

### Junior Livestock Auction:

The Junior Livestock Auction is a terminal sale. Auction begins Monday, September 3rd, at 9:00 a.m.

### Feeding and Bedding:

Exhibitors must provide their own bedding. No straw will be allowed. Livestock exhibitors must keep pens and stalls clean and well bedded. Pens are to be cleaned by 8 a.m. daily. East gate will be open prior to 8:00 a.m. for the purpose of bringing in feed and bedding.

### Entry Forms:

Separate entry forms must be used for each different category (project).

Example: beef, sheep, horse, clothing, etc.

### Closing Dates for Entries are as follows:

- **Friday, August 3rd, 2012, 5:00 p.m.** Livestock, Small Animals, Horse Show, Feature Exhibits (booths), Arts & Crafts, Home Arts, Ladies Lead, Jr. Still Exhibits and 4 – H Exhibits
- **Friday, August 10th, 2012, 5:00 p.m.** Agriculture, Floriculture, Horticulture

### Showmanship:

Entries in showmanship must be made on an original entry form at the time of Livestock and/or Horse Show entries are made. **Leader’s signature required.** Only animals owned, fitted, and shown by the exhibitors in the Junior Department Livestock Classes are eligible. Sifted animals are also eligible. Horses entered and shown in the horse show are also eligible. 4-H project horses may not be entered or ridden by anyone except the 4-H member in any division of the fair and must have been owned by the exhibitor for at least 120 days prior to the fair.

### Exhibit Removal:

No exhibits shall be removed from the fair prior to 5 p.m. on Monday, September 3th, with the following exceptions:

- **Horses** - released after the judging of their classes
- **4-H Poultry, Rabbits, and Dogs** - released after showing on Saturday, Sept. 1st
- **Jackpot Cattle** - released at 6 p.m. Sunday, Sept. 2nd.
- **Sifted Animals** - removed by 6 p.m. Saturday, Sept. 1st

Exhibitors of Market animals are responsible for their animal until the animal is loaded processing.
## Intermountain Fair

### Fairtime Exhibit Schedule

<table>
<thead>
<tr>
<th>Mon 8/30</th>
<th>Tues 8/31</th>
<th>Wed 9/1</th>
<th>Thurs 9/2</th>
<th>Fri 9/3</th>
<th>Sat 9/4</th>
<th>Sun 9/5</th>
<th>Mon 9/6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ag / Hort, Baked Foods &amp; Flowers</td>
<td>Accepting Exhibits 8 am – 7pm</td>
<td>Accepting Exhibits 8 am – 7pm</td>
<td>Accepting Exhibits 8 am – 7pm</td>
<td>Due by 8:30 AM Exhibits Judged Open 12 pm to 10 pm</td>
<td>Open 10 am to 10 pm</td>
<td>Open 10 am to 10 pm</td>
<td>Open 10 am to 5 pm Pick up Exhibits 5 pm to 7 pm</td>
</tr>
<tr>
<td>Ag. Mechanics &amp; Feature Exhibits</td>
<td>Accepting Exhibits 8 am – 7pm</td>
<td>Exhibits Due by 7:00 pm</td>
<td>Exhibits Judged</td>
<td>Open 12 pm to 10 pm</td>
<td>Open 10 am to 10 pm</td>
<td>Open 10 am to 10 pm</td>
<td>Open 10 am to 5 pm Pick up Exhibits 5 pm to 7 pm</td>
</tr>
<tr>
<td>Arts &amp; Crafts</td>
<td>Accepting Exhibits 8 am – 7pm</td>
<td>Exhibits Due by 12 Noon</td>
<td>Exhibits Judged</td>
<td>Open 12 pm to 10 pm</td>
<td>Open 10 am to 10 pm</td>
<td>Open 10 am to 10 pm</td>
<td>Open 10 am to 5 pm Pick up Exhibits 5 pm to 7 pm</td>
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<tr>
<td>Clothing &amp; Preserved Foods</td>
<td>Accepting Exhibits 8 am – 7 pm</td>
<td>Exhibits Due by 7pm</td>
<td>Exhibits Judged</td>
<td>Open 12 pm to 10 pm</td>
<td>Open 10 am to 10 pm</td>
<td>Open 10 am to 10 pm</td>
<td>Open 10 am to 5 pm Pick up Exhibits 5 pm to 7 pm</td>
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<tr>
<td>Quilts</td>
<td>Accepting Exhibits 8 am – 7 pm Exhibits Due by 7pm</td>
<td>Exhibits Judged</td>
<td>Open 12 pm to 10 pm</td>
<td>Open 10 am to 10 pm</td>
<td>Open 10 am to 10 pm</td>
<td>Open 10 am to 10 pm</td>
<td>Open 10 am to 5 pm Pick up Exhibits 5 pm to 7 pm</td>
</tr>
<tr>
<td>Special Contests</td>
<td>Accepting Exhibits 8 am – 7 pm</td>
<td>Accepting Exhibits 8 am – 7 pm</td>
<td>Exhibits Due by 7pm</td>
<td>Exhibits Judged Open 12 pm to 10 pm</td>
<td>Open 12 pm to 10 pm</td>
<td>Open 12 pm to 10 pm</td>
<td>Open 10 am to 5 pm Pick up Exhibits 5 pm to 7 pm</td>
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</table>

### Fairtime Livestock Schedule

<table>
<thead>
<tr>
<th>Tues 8/31</th>
<th>Wed 9/1</th>
<th>Thurs 9/2</th>
<th>Fri 9/3</th>
<th>Sat 9/4</th>
<th>Sun 9/5</th>
<th>Mon 9/6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>5 pm to 9 pm Accepting Animals</td>
<td>Animals must be in place by 9 pm</td>
<td>10 am Market Beef Weigh-In 1 pm – Sr. Beef Weigh-In</td>
<td>1 pm Jr. Beef Show – FFA Market Shows First</td>
<td>9 am Large Animal Master Showmanship 10 am Sr. Beef Show</td>
<td>6 pm Sr. Pen Cattle Released</td>
</tr>
<tr>
<td>Dairy</td>
<td>5 pm to 9 pm Accepting Animals</td>
<td>Animals must be in place by 9 pm</td>
<td>8 am Dairy Show followed by Dairy Goats</td>
<td>9 am Large Animal Master Showmanship</td>
<td>5 pm All Animals Released</td>
<td>8 am Buyers Breakfast – Ingram Hall 10 am Jr. Livestock Sale 5 pm All Animals Released</td>
</tr>
<tr>
<td>Swine</td>
<td>5 pm to 9 pm Accepting Animals</td>
<td>Animals must be in place by 9 pm</td>
<td>8 am Market Hog Weigh-In</td>
<td>8 am Swine Show – FFA market shows first 5 pm Pee Wee Showmanship</td>
<td>9 am Large Animal Master Showmanship</td>
<td>8 am Buyers Breakfast – Ingram Hall 10 am Jr. Livestock Sale 5 pm All Animals Released</td>
</tr>
<tr>
<td>Sheep &amp; Dairy Goats</td>
<td>4 pm to 6 pm Sheep &amp; Goat Vet Check 6 pm Market Lamb Weigh-In</td>
<td>12 noon – Sheep Show – FFA Market Shows First Sr. Sheep follow conclusion of Jr. Registered Sheep</td>
<td>8 am Dairy Show followed by Dairy Goats 5 pm Pee Wee Showmanship</td>
<td>8 am Large Animal Master Showmanship</td>
<td>9 am Large Animal Master Showmanship</td>
<td>8 am Buyers Breakfast – Ingram Hall 10 am Jr. Livestock Sale 5 pm All Animals Released</td>
</tr>
<tr>
<td>Horse &amp; Small Animals</td>
<td></td>
<td></td>
<td>9 am Large Animal Master Showmanship 10 am Poultry Inspection 11:00 am Small Animal Show</td>
<td>8 am Horse Show in Skuce Pavilion</td>
<td>9 am Large Animal Master Showmanship 10 am Poultry Inspection 11:00 am Small Animal Show</td>
<td>8 am Buyers Breakfast – Ingram Hall 10 am Jr. Livestock Sale 5 pm All Animals Released</td>
</tr>
</tbody>
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SHASTA DISTRICT FAIR - 2012

CONGRATULATIONS!

Here is just a few photos from this years’ fair. We recognize all of the hard work and dedication from the club members and volunteers. It is always nice to see our 4-H member’s projects. There were some wonderful animal exhibits and very creative still exhibits in the halls. Good job!
**2012 INTERMOUNTAIN CATTLEWOMEN**

**BEef MerIt Awarrd aPPlicatIon**

To be eligible for a merit award you must be a member of a 4-H Club or FFA Chapter in the Intermountain area. You must be enrolled in a beef project in 2012 and plan on entering a steer at the **2013 Intermountain Fair**.

1-$350 Merit Award to a 4-H member
1-$350 Merit Award to a FFA member
1-$275 Encouragement Award

*****Merit Award Applications and Handwritten Summaries are due to the Intermountain Fair Office by Friday, August 3, 2012 at 5:00PM.**********

The Handwritten Summaries form can be found on the Shasta County 4-H website OR at the Shasta County 4-H office.

**Interviews will be held during the Intermountain Fair. Ruth Woolery will be contacting you to schedule an interview time.**

If you have any questions please contact Ruth Woolery at 335-7245 or 604-2553.

Name________________________________________________________

Address________________________________________________________________

City________________________________State_________Zip Code________________

Phone Number_________________________Year in Beef Project___________

Club/Chapter________________________________________________________

Leaders Name_______________________________________________________

Have you received a prior Merit or Encouragement Award from the Cattlewomen?_____ If yes please specify which award____________________________________
## August

**Record Book Judging**
*Saturday, August 4, 2012*
Location: IOOF, Palo Cedro  
Time: 10:00 am  
Club: Black Butte, All Stars

**Club Leader Training**
*Thursday, August 30, 2012*
Location: Redding Library  
Time: 6:00 pm  
Audra, All Stars

## September

**4-H Information Night**
*Thursday, September 6, 2012*
Location: Redding Library  
Time: 6-7 pm  
All 4-H Clubs

**Achievement Night & Leader Appreciation**
*Saturday, September 15, 2012*
Location: IOOF Hall, Palo Cedro  
Time: 1:30pm  
All Stars, Audra

**Officers’ Training**
*Saturday, September 22, 2012*
Location: Prairie Elementary School  
Time: 10:00 am  
Club: Palo Cedro

## October

**National 4-H Sunday**
*Sunday, October 7, 2012*
Location: Mt. Shasta Mall  
Time: 9am (set-up)  
10:30am (start time)  
Club: Twin Palms

**Livestock Judging Day**
*Saturday, October 13, 2012*
Location: Shasta College  
Time: 8:30am  
Concessions – Club: TBA  
Tabulations: Canyon & Tanya Purvis  
Registration: Whitmore

## November

**Fun Night**
*Saturday, November 17, 2012*
Location: Shasta District Fairgrounds  
Time: 4-8pm  
Club: Golden Acres

## December

**Junior/Teen Leader Training**
*Saturday, December 1, 2012*
Location: IOOF Hall, Palo Cedro  
Time: 10:00 am-6:00pm  
All Stars

**Valley & IM Presentation Day**
*Saturday, February 16, 2013*
Location: Sequoia Middle School  
Time: 9am (registration)  
10am (Welcome - Presentations)  
Club: Millville, Hat Creek

## March

**Favorite Foods Day**
*Saturday, March 9, 2013*
Location: IOOF Hall, Palo Cedro  
Time: 9am (check-in)  
10am (Judging begins)  
Club: Lone Tree, Oak Run

**Council Scholarship**
*Applications due: Friday, March 29, 2013*

## April

**Sectional Presentation Day**
*Saturday, April 27, 2013*

## May

**SHASTA COUNTY 4-H FIELD DAY**
*5 EVENTS COMBINED—including Expo*
*Date: May 4, 2013*
*Location: Shasta District Fairgrounds*

1. **Home EC Field Day**
   *Time: 7-9 am (Item drop off)  
   9-11 am (Judging)*  
   *Club: Golden Acres, Twin Palms*

2. **AG Mechanics Field Day**
   *Time: 7-9 am (Item drop off)  
   9-11 am (Judging begins)*  
   *Club: Cottonwood*

3. **Large Animal Field Day**
   *Time: 7-8 am (check-in & weigh-in)*  
   *Meat Goat: County-wide Meat Goats*  
   *Dairy Goat: West Valley*  
   *Sheep: Foothill*  
   *Swine: Swede Creek*  
   *Beef: Foothill*  
   *Round Robin: Swede Creek*  
   *Hands On & Written Expo: Palo Cedro/Charlie Little*  
   *Concessions: Swede Creek*

4. **Small Animal Field Day**
   *Time: 7-8 am (check-in & weigh-in)*  
   *Rabbit: Twin Palms*  
   *Poultry: County-wide Poultry*  
   *Pygmy Goat: Cow Creek*  
   *Dog: ?*  
   *Round Robin: Twin Palms*  
   *Hands-On & Written Expo*  
   *Poultry Expo: Susan Smallbrook*

## June

**Shasta District Fair**
*June 12-16, 2013*

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**Dates, times, and locations are subject to change at any time. Any changes will be announced as soon as possible.**
Intermountain 4-H Events Schedule  2012-2013

September
Club Leader Training
Wednesday, September 26, 2012
Location: Intermountain Fairgrounds
Time: 6:00 pm
(7:00 pm Council Meeting)
Audra Lane

October
National 4-H Week  October 7 - 13, 2012
Thursday, October 11, 2012
Location: Fall River Elementary School
Club: Pine Grove

Achievement Day/Leader Appreciation/Friends of 4-H
Saturday, October 20, 2012
Location: Intermountain Fairgrounds
Time: 5pm
Club: Cloverleaf, and Audra Lane

Officer Training & Installation
Wednesday, October 24, 2012
Location: Intermountain Fairgrounds
Time: 6pm
(7:00 pm Council Meeting)
Club: Council Officers

November
Enrollments Due
Friday, November 30, 2012
Club Leaders will enter in 4hOnline at home

January
Favorite Foods Day
Saturday, January 19, 2013
Location: Intermountain Fairgrounds
Time: 8am (check-in)
9am (Judging begins)
Club: Burney

February
Shasta County Presentation Day
Saturday, February 16, 2013
Location: Sequoia Middle School
Time: 9 am (registration)
10 am (welcome – presentations)
Club: Pine Grove, Hat Creek

March
Scholarships
Applications due March 29, 2013

April
Large Animal Education Day / Livestock Judging Day
Saturday, April 13, 2013
Location: Intermountain Fairgrounds
Time: 9am - Education Day Events
       9am - Judging Day Events
Club: Hat Creek & Evergreen

Large Animal Expo
Saturday, April 13, 2013
Location: Intermountain Fairgrounds
(same day as Education & Judging Day)
Club: Pine Grove & Colleen Taylor

May
Small Animal Field Day

June

July
Record Book Review
Monday, July 15, 2013
Location: IM Fairgrounds
Time: 6pm
All Clubs

Large Animal Show Day
Saturday, July 27, 2013
Location: Intermountain Fairgrounds
Time: 9am - Weigh-In
       10am - Show
Club: Evergreen

Summer 2013
Summer Camp
Date & Location: TBA
Directors & All Stars

August
County Record Book Judging
Saturday, August 3, 2013
Location: IOOF Hall, Palo Cedro
Time: 10 am
Black Butte

Plant Science Day
Saturday, May 5, 2013

Dates, times, and locations are subject to change at any time. Any changes will be announced as soon as possible.
**10 tips**

**Nutrition Education Series**

**choose MyPlate**

**10 tips to a great plate**

Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to balance your calories, to choose foods to eat more often, and to cut back on foods to eat less often.

1. **Balance calories**
   - Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2. **Enjoy your food, but eat less**
   - Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

3. **Avoid oversized portions**
   - Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4. **Foods to eat more often**
   - Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

5. **Make half your plate fruits and vegetables**
   - Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6. **Switch to fat-free or low-fat (1%) milk**
   - They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7. **Make half your grains whole grains**
   - To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8. **Foods to eat less often**
   - Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9. **Compare sodium in foods**
   - Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

10. **Drink water instead of sugary drinks**
    - Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar and calories, in American diets.

For more information, please contact the UCCE Nutrition and Consumer Science Advisor, Dr. Concepcion Mendoza, at 530-244-4900 or at cmendoza@ucdavis.edu.
Do you see a need in your community? JOIN The Revolution of Responsibility! $1000 is available to 4-H Clubs and Groups Due September 15, November 15, http://ucanr.org/join/

To JOIN the revolution, 4-H members, with the help of an adult 4-H volunteer mentor, should follow these steps to plan a project:
1. Identify an issue or problem in your community.
2. Find community organizations to collaborate with.
3. Plan the project: form goals, outline tasks, list needed resources, and prepare a budget.
4. Prepare ways to document and record your project to share with others.
5. JOIN the revolution at http://ucanr.org/join/

A toolkit of tips, templates, links, and suggested guidelines had been developed to support your projects. From the initial work to identify a compelling community issue to the final celebration of its completion, use this toolkit to help you carry out the important steps necessary to ensure success. http://www.ca4h.org/Support/RoR/Toolkit/

GenerationOn Community Action Heroes Program

Deadline: August 20, 2012

Kids and teens have until August 20 to become Action Heroes this summer. Pledge to do one of generationsOn’s 80 summer projects or pledge to do your own thing and be a hero for animals, literacy, health, environment, homelessness, hunger, military, or emergency prep. Report back on your project and become eligible to receive one of ten $500 grants to continue your project. Be one of the first 2,000 heroes to report back, and receive a Hasbro gift or special edition Action Heroes t-shirt. http://bit.ly/MCDrNB

Almond Scholarship

Syngenta is offering a $5,000 scholarship to a high school senior, and freshmen, sophomores and juniors in college who are a part of the almond-growing industry or who participate in California 4-H programs. Applicants may send a completed application form (attached in this message) by mail, email or fax to Christa Miller. Full contact information for Ms. Miller is on the application. Applications are due by August 31, 2012.

| Name: | |
| Address: | |
| Phone Number: | |
| E-mail: | |
| School/College in the Fall Term: | |
| School Year: | |
| Major/Intended Major: | |
| Participation in 4-H/FFA: | |
| Involvement in the Almond Industry: | |

Address the following essay topic in 700 words or less and return the completed application form to Christa Miller by August 31, 2012.

Christa Miller
Gibbs & Soell Public Relations
8521 Six Forks Road, Suite 300
Raleigh, NC 27615
Ph: (919) 870-5718  Fax (919) 870-8911
E-mail: cmiller@gibbs-soell.com

From the next generation’s perspective: how do we as an industry ensure that farming is not just viewed as big, corporate operations – but rather, is appreciated for the way of life that it represents? How can the agricultural industry as a whole educate and influence public perception that has turned negative in recent years with the view that all farms are corporate monoliths? Please include specific actions you feel the industry should undertake to ensure that American farming is appreciated, respected and protected for the future.
**REGIONAL, STATE & NAT’L NEWS**

**SAVE THE DATE! REGIONAL 4-H THRIVE MASTER TRAINER TRAININGS AND UPDATES**

The Master Trainer Training is for volunteers who wish to become part of their county’s training team. Current Master Trainers who wish to extend their service an additional year will attend a one-day update training on Saturday. New Master Trainers will attend the whole weekend. All conferences are sponsored by 4-H Thrive and will cover the cost of conference, travel and lodging.

**September 29-30, 2012**

*Holiday Inn Hotel and Convention Center, Redding*

*The cost of the conference, travel and lodging will be paid by 4-H Thrive*

**What is Thrive?** Thrive is about communities where young people know that they are persons of value and worth, that they have something unique to offer the world, and have the courage to act on their gifts.

**How does 4-H Thrive help youth realize their true and full potential?** Through the Step-it-Up-2-Thrive curriculum, 4-H helps:

◊ Develop youth self-reflection skills.
◊ Teach a common language for thriving.
◊ Provide a holistic view of personal development.
◊ Inspire youth to create visions for their futures.
◊ Motivate youth to work toward meaningful goals.

If you would like to volunteer to be part of Shasta County’s Thrive Training Team and are willing and able to attend the training course in Redding on September 29-30, 2012, please contact Scott Mautte at scmautte@ucdavis.edu.

**2013 SALUTE TO EXCELLENCE 4-H VOLUNTEER AWARDS**

It is time to start the selection process. The National 4-H Salute to Excellence Volunteer Recognition Award recognizes 4-H Volunteers who demonstrate exemplary service to 4-H, while promoting service through volunteerism as both an opportunity and a privilege. Additional information is available at http://www.4-h.org/resource-library/grants-awards/opportunities/salute-to-excellence-awards/.

The categories are as follows:

1. The Volunteer of the Year Award is for individuals who have served as 4-H volunteers for less than 10 years at the local, county, district or state level.
2. The Outstanding Lifetime Volunteer Award is for individuals who have served 10 or more years at the local, county district or state level.

Mail completed nomination packet(s) to the State 4-H Office, Attn: Shannon dogan, University of California, Davis, One Shields Ave., DANR Bldg., Davis, CA 95616. If you FED EX the packet please send it to the State 4-H Office Attn: Shannon Dogan, DANR Bldg., 225 Hopkins Road, Davis, CA 95616. **Nominations should be received by October 2, 2012** to be considered. Please note there is no limitation on the number of nominees from each county.

**2013 NATIONAL 4-H CONFERENCE**

Applications for the 2013 National 4-H Conference will be available in August! If you are interested in attending the conference as part of the California delegation, you can find the application and detailed information on the State 4-H website at: http://www.ca4h.org/Programs/Conferences/N4-HC/.

**Applications will be due October 31, 2012.**
STATE RECORD BOOK COMPETITION

To help youth prepare 4-H Record Books for state competition there is a 2012 Addendum to the Record Book Manual posted on the Website: www.ca4h.org. Youth who are planning to submit a 2012 Record Book to State Competition should review this addendum for the most current guidelines. Individuals wishing to be 2012 Record Book judge need to complete and submit the Judge’s Application by September 30, 2012 by following the link to the application by survey. Other forms available on the website include:

- State Judging Process
- 2012 Record Book County Check Sheet
- 2012 Record Book Cover Page
- Previous Year’s Records Formatting Guide

ANNOUNCING THE NEW HIGHEST CALIFORNIA 4-H YOUTH AWARD

The Incentives and Recognition Advisory Committee is pleased to announce the launch of the California 4-H Diamond Clover Award. The Diamond clover is awarded to the highest achieving 4-H youth members through an application and essay process. All youth who achieve the qualifications are eligible for this award. Applications may be submitted at any time during the year and while a young person is between 17-19 years of age. Each quarter, applications are reviewed by the Incentives and Recognition Advisory Committee and awards are given. Awardees are announced annually at the State Leadership Conference. Applications are available now for submission beginning July 1, 2012 at http://www.ca4h.org/Administration/Advisory_Committees/IR/.

Rationale: Most youth serving organizations have a highest honor - Boy Scouts have Eagle Scouts, Girl Scouts have the Gold Award, Camp Fire USA has the WoHeLo Award. While the 4-H state Ambassador Program is a very high honor, it is a working honor and is prohibitive to many who may be deserving of a highest youth award.

STATE LEADERS FORUM

The 2012 State Leaders Forum registration is now open. Join the South Central Section November 9-11 at Asilomar Conference Center in Pacific Grove. Wake up to the possibilities at “4-H in a Minute.” Conference registration is by survey with paper forms also available. The registration fee is $60 until September 1st, so get together with your friends and plan to register early. The conference housing and meal package is reserved directly through Asilomar until September 9. All forms and registration information are at http://ucanr.org/slf2012. Room reservations due by September 9 at http://www.ca4h.org/files/141178.pdf. SLF 2012 promises to be an exciting conference, focusing on timely issues and having a good time. “The bad news is time flies. The good news is you’re the pilot.”

– Michael Altshuler
### August 2012

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- 6p: Valley Info Nite @ Redding Library
- 6p: Valley Council Meeting @ 4-H Office
- IM Plant Science Day
- IM Council Mtg.

### September 2012

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- 6-7p: Valley Info Nite @ Redding Library
- 6p: Valley Council Meeting @ 4-H Office
- 10:00a: Valley Officer Training @ Prairie Elementary
2012 Food Preserving Workshops

Have you ever wondered how to preserve the abundant fruits & vegetables of the season?
Have you ever wondered how to preserve chicken and vegetable mix?

Then come join us!

SATURDAY AUGUST 18, 2012
10:00 to 1:00 PM
♦ Food Dehydration & Steam Juicing

FRIDAY AUGUST 24, 2012
4:00 to 7:00 PM
♦ Water Bath Canning

SATURDAY AUGUST 25, 2012
9:30 to 1:30 PM
♦ Pressure Canning

SHASTA COLLEGE, MAIN CAMPUS
11555 Old Oregon Trail, Room 822, Redding, CA
COST: $15.00 each session

EARLY REGISTRATION IS REQUIRED. To register complete and mail this form with your check to Concepcion Mendoza, 1851 Hartnell Avenue, Redding, CA 96002 or call UCCE at 530-224-4900 to sign up or register online at http://ucce.ucdavis.edu/survey/survey.cfm?survey=8797

MUST BE REGISTERED BY MONDAY AUGUST 13, 2012

Name ____________________________ Telephone # __________________
Address __________________________ City ______________ State ______ Zip ______

Please indicate which date(s) you will be attending (cost $15.00 per session).


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Records Book Corner

Remember to record your activities each month in your Record Book. Please use the 2011 versions in your Record Book. Thank you.

Activity / Event / Award
List your Projects, don’t forget the Leadership Project if your club has one
Participated in a judging contest at a club meeting
Attended 4-H Council meeting
Attended 4-H Council standing committee meeting
Attended All Star meeting
Attended 4-H Summer Camp
Attended 4-H Robotics Camp
Attended IM Large Animal Show Day
Junior or Teen Leader (count once for each project)
Serving as a Club Officer
Served on interview panel for All Star committee
Committee member or committee chairperson for club committee
Participated in a community service event
Led the American Flag salute at a club meeting, county event, or council meeting
Submitted an article to the TNT or local newspaper about club activities
Led the 4-H pledge at a club meeting, county event, or council meeting
Shasta District Fair: For a 4-H Exhibit or 4-H Showmanship:
First Place Ribbon
First in Division
Best of Show
Reserve Best of Show
Round Robin Winner
Herdsmanship Award, etc.
Recipient of 4-Hor School Scholarship
School or community sports team, private lessons, Organization membership, afterschool job

Category on PDR
#1 - 4-H Project
#2 – Project Skill Activities
#3 – Events Attended
#3 – Events Attended
#3 – Events Attended
#3 – Events Attended
#3 – Events Attended
#4 – Leadership
#4 – Leadership
#4 – Leadership
#5 – Community Service
#6 – Communication Skills
#6 – Communication Skills
#7 - Honors and Recognition
#7 - Honors and Recognition
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#8 – Lifestyle Activities