



March 2020



Daylight Savings Time

Did you know daylight savings time was officially adopted in the U.S.A in 1918?

Don't forget to move your clock forward one hour on the night of Sunday, March 8!

Monthly Features:

- County Newspage 2-8
- Volunteer Infopage 9
- Steps to Successpage 15-18
- County Calendar page 19

Want to get more involved? Join Tuolumne Council on **April 1, 2020**. County council meetings are important for county wide decisions. *Continued on page 2*

Summer Camp: Camp Registration is open! Sign up today and save. We are still looking for chaperones! *Continued on page 3-5*

Scholarship Info: Five scholarships are available for graduating seniors who are 4-H members! *Continued on page 4*

4-H Fest: Join us on **April 18** for 4-H Fest. This is a qualifying event for fair. Come check out all the opportunities 4-H has to offer. This event combines all the fun from EBAD and Fashion Revue! *Continued on page 5*



County 4-H News



Want to get more involved? Join Tuolumne Council on **April 1, 2020.**

County council meetings are important for county wide decisions. Come and represent your club in person or virtually from home! All leaders and teen members have equal voting rights. We need attendance from all clubs to have a successful year! We meet each month at the UCCE office at 52 N. Washington St. Sonora CA



2020 Tuolumne 4-H Summer Camp

July 13-17

Follow this link to register today: <http://ucanr.edu/2020campregistration>
Space is limited, first come first serve. Ages 9-19 years.



Join our Junior Counselors for 5 days and 4 nights of fun, laughter, and so much more at Three Links in Mi-Wuk Village!

Payment now open!

Early Bird (Feb. 1 - Feb. 28) \$200
March 1 - March 31 - \$250 for first child,
\$200 for each child after
April 1 - June 15 - \$300 for first child,
\$200 for each child after

\$50 non-refundable deposit holds your spot.
Pay with check or cash to "UC Regents" or
online at <http://ucanr.edu/2020camppayment>



Chaperones needed! If interested in being a camp chaperone, please contact the 4-H office.

rlgiannini@ucanr.edu
(209) 533-6990




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Agriculture and Natural Resources

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>) Inquiries regarding ANR's nondiscrimination policies may be directed to John I. Sims, Affirmative Action Compliance Officer/Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.

SCHOLARSHIPS FOR GRADUATING SENIORS


Five scholarships are available for graduating seniors who are 4-H members! Tuolumne County 4-H Council offers 3 scholarships and 2 are offered by the Tuolumne County Small Livestock Exhibitors' Association. The 4-H scholarships are for members who have gained life skills, participated in community service, and provided leadership. They are \$500 each and are named after Ros Roberts, Bonnie Scroggs, and Jeanne Thompson. Ros was a longtime Tuolumne County Farm Advisor. Bonnie and Jeanne were both 4-H community club leaders.

The SLA scholarships are \$1000 each, for youth who have exhibited small livestock at the Mother Lode Fair within 4 years of graduation. The Bob & Joan Miller Memorial Scholarship is for 4-H and FFA members and focuses on leadership and academics. The Sue Griffiths Small Livestock Scholarship is open to 4-H, FFA, and Independent exhibitors graduating or receiving a GED. Applications for all 5 scholarships are due April 1, 2020 and can be found at https://ucanr.edu/sites/Tuolumne_4-H/Scholarships/



FUNDRAISER EVENT

Help Us Raise Money For: Sonora Cloverleafs 4-H Club Fundraiser



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www.ucanr.edu

DATE Saturday, March 14, 2020 10:00 AM to 10:00 PM	WHERE Panda Express located at: Sanguinetti Rd & Hwy 108 PX 1031 Sanguinetti Rd. Sonora, CA 95370 2095369819	HOW In-store: Show paper or digital version of flyer Online: Enter 310464 in the promo code box during online checkout.
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20% of event sales will be donated to: Sonora Cloverleafs 4-H Club Fundraiser

Participating fundraiser guests are required to present a valid fundraiser flyer (paper copy or digital image) with each order to receive credit towards the fundraiser. Flyers may not be distributed inside or within the vicinity of the restaurant including, without limitation to the restaurant parking lot before or during the fundraiser. Panda Restaurant Group reserves the right cancel any and all fundraiser events for any reason and/or withhold payment of associated donation, if the Panda Restaurant Group Fundraiser Guidelines are not followed.

Tuolumne County 4-H FEST

April 18, 2020

Sonora Elementary School

Join us for a fun filled day showcasing all the unique opportunities 4-H has to offer!

There are multiple parts to Tuolumne 4-H Fest:

1. Hands on Experiential Learning Workshops
2. Judging Contest and Skillathon
3. Foods Contest - Share your favorite recipe involving strawberries.

Food must be in individual servings and dropped off by 12:30.

4. Fashion Revue Competition - must sign up by April 8 at <http://ucanr.edu/tcfashionrevue20>

Set up & FR Participant Arrival

11:30am

FR Judging: 12:15pm

4-H Fest Foods Contest : 1:30pm

4-H Fest Workshops: 1pm - 2:30pm

Fashion Show: 2:45pm | Awards: 3pm



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources | 4-H Youth Development Program



It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy state-

For more information :

rlgiannini@ucanr.edu or (209) 533-6990



4-H Livestock & Nutrition

Tuolumne County Ambassadors & Leadership Team

March 2020

Chicken and the Egg

Christyannah Danicourt, Ambassador

We've all heard the age old question of, "what came first, the chicken or the egg?" One thing many have brood over is what is the health benefit from eating the two? It is no question that we, as a nation, are in massive need of dietary changes. One way to start making a fresh start is seeking out food options that are organically grown or raised. The fact that you can get eggs from chickens is sort of like a two for one deal!

Studies have shown that Poultry is the number one meat source consumed by Americans today. *Ag and Food*, featured an article in 2019 sharing that on average Americans eat almost 142 pounds of chicken per person a year. Americans are eating eggs like crazy reports tell. On average about 279 eggs per year, per person are enjoyed during meal times.

Chicken and eggs are healthy choices when meal planning, and a great source of protein. However, protein isn't the only reason to eat poultry. Did you know that chicken contains a very important vitamin that we all should consume on a daily basis?

Vitamin B12 which is essential for the body's nerve and blood cells. B12 helps make DNA, and also helps prevent a type of anemia called Megaloblastic Anemia that makes people tired and weak. Eating ideal proportions of chicken and eggs regularly can help aid in weight loss, healthy bones, and help boost immunity due to being rich in minerals, vitamins, low cholesterol, amino acids, and protein.

There are hundreds of ways to prepare chicken or other types of poultry. Along with many different ways to prepare eggs. The important thing to remember is that over all poultry should be cooked to an internal temperature of 165 degree Fahrenheit, and should never be ingested raw. Raw chicken can lead to serious illness like food poisoning. Eggs can be eaten raw, but it is advised to cook them. Most cooked chicken can be kept in the refrigerator for up to a week if sealed in an airtight container. Finally always remember to wash your hands and clean and sterilize your cooking space after handling eggs and or raw chicken. If you need a great recipe for dinner this week try this amazing 4-H Oven Baked Chicken!

<https://www.justapinch.com/recipes/main-course/chicken/4-h-oven-baked-chicken.html>



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources
4-H Youth Development Program



Rabbit Nutrition 101

Roxy Cohen, Leadership Team

Rabbit is a healthy meat that contains 20.1 grams of protein, which is 40% of the daily value (DV). Rabbit meat also contains 9% of the DV for iron, 7% of the DV for potassium, and 43% of the DV for selenium. Rabbit meat contains little amounts of fat making it healthy, but not a sustainable source of food. Rabbit is one of the healthiest, leanest, and most environmentally friendly meats you can eat. Compared to beef, pork, lamb, turkey, veal, or chicken, rabbit has the highest percentage of protein, the lowest percentage of fat, and the fewest calories per pound. However, prolonged consumption of only this type of meat risks rabbit starvation, also known as protein poisoning. When excessive amounts of protein are consumed, it can put the body at risk for increased levels of ammonia, urea, and amino acids in the blood. Although very rare, protein poisoning can be fatal because of these increased levels.

Try this recipe for Slow Roasted Rabbit!
<https://www.allrecipes.com/recipe/115769/slow-roasted-rabbit/>

Eat Beef!

The West Was Not Won on Salad

Tessa and Emilia Sibley, Leadership Team





Do you know how many benefits we get from eating red meat? Beef has 14 essential nutrients, making beef have the highest protein rate out of all meat. However, since beef is extremely high in protein, it supplies amino acids that we need for our daily lives.

Fun Facts about the beef industry:

- 1) The U.S. is the top beef producing country in the world.
- 2) More than 100 medicines come from cattle.
- 3) One cowhide can produce 40 baseballs.
- 4) A 1,000 pound steer can feed a family of four for 6 months.



NUTRITION FACTS: RABBIT VS OTHER MEATS

 RABBIT	CALORIES PER LB	795
	% PROTEIN	21
	% FAT	10
	% MOISTURE	68
 CHICKEN	CALORIES PER LB	310
	% PROTEIN	20
	% FAT	11
	% MOISTURE	68
 BEEF	CALORIES PER LB	1,440
	% PROTEIN	16
	% FAT	28
	% MOISTURE	55
 PORK	CALORIES PER LB	2,050
	% PROTEIN	12
	% FAT	45
	% MOISTURE	42



4-H Livestock & Nutrition



Tuolumne County Ambassadors & Leadership Team

Head * Heart * Hands * Health

(Continued...)

Why You Should Try Lamb

Belle Bloom, Ambassador

Many people do not think lamb would be a good meat to eat, and wouldn't try it for fear of it tasting bad, but sheep are actually one of the most nutritious meats you could eat. Most say that after trying it, lamb meat is one of the tastiest.

Lamb meat is very high in protein, calcium, and phosphorus. These help your muscles and your bones grow. There are also very important vitamins in lamb meat that can help prevent diseases and disorders like cancer, anemia, birth defects, helps people lose weight, and more! If you're looking for something new to try, and you need a tasty healthy meat to include into your diet, then try some lamb. You won't be disappointed!

Try this healthy Lamb Chop and Balsamic recipe!

<https://www.allrecipes.com/recipe/74037/lamb-chops-with-balsamic-reduction/>



Benefits of Goat Meat

Hannah Castaneda, Ambassador

Goat meat is very beneficial for the human body. In fact it is so good for your nutrition that it is a healthier alternative compared to other red meats, as it is less greasy, oily, and has less fat. Goat meat also contains CLA which is a fatty acid that prevents cancer and lowers inflammation in your blood vessels. Goat meat can also help regulate your heart.

Goat meat can be one of the most expensive red meats to buy, it is lower in calories, saturated fat, and less cholesterol. It also contains a big quantity of iron. While eating goat meat you can also consume a lot of vitamin B which helps keep your nerve and blood cells healthy while also producing more DNA. With Sudan and China being the country that consumes the most goat meat, the citizens in the US should start to go through more goat meat to better the nutrition of our bodies.



Some Facts About Pork

Faith Hamilton, Ambassador

Pork is a high-protein food and contains varying amounts of fat.

A 3.5-ounce (100-gram) serving of cooked, ground pork provides the following nutrients

Calories: 297
Water: 53%
Protein: 25.7 grams
Carbs: 0 grams
Sugar: 0 grams
Fiber: 0 grams
Fat: 20.8 grams



Cancer is a serious disease, characterized by uncontrolled growth of cells in the body.

Many observational studies note a link between red meat and colon cancer risk — although the evidence is not entirely consistent.

It's difficult to prove that pork causes cancer in humans as observational studies cannot provide evidence for a direct cause-and-effect relationship.

Still, the idea that a high intake of red meat causes cancer is plausible. This especially applies to meat cooked under high heat. Making pork, white meat, a great addition to your diet.

It is advised to eat pork moderately, working toward once or twice a week.

Check out this great recipe from Cookinglight.com!

<https://www.cookinglight.com/recipes/pan-roasted-pork-chops-cabbage-carrots>

News from the Mother Lode Fairgrounds:

Due to the continued outbreak of virulent Newcastle Disease in California and at the recommendation of the State Veterinarian, the Mother Lode Fair Board of Directors has voted to carry-over the cancellation of the *Mother Lode Fair Poultry Show into 2020. The Mother Lode Fair continues to remain focused on public safety as well as the health of our local poultry flocks.

The Livestock Department will continue to offer alternative programs for our exhibitors who are members of poultry projects. Exhibitors who may be interested in changing projects to another species are encouraged to reach out to their 4-H Leaders, FFA Advisors, or Mother Lode Fair Livestock Superintendent.

Ken Alstott

CEO

**While there will be no live birds at the 2020 Mother Lode Fair Poultry Show, there will still be options for poultry project members to participate in the poultry show laid out in the 2020 Livestock premium book.*



2020 MOTHER LODE FAIR IMPORTANT DATES FOR LIVESTOCK EXHIBITORS

OWNERSHIP

Market Beef (120 days): March 4, 2020

Breeding Beef (60 days): May 3, 2020

All Swine, Sheep, and Goats (60 days): May 3, 2020

All Rabbits (30 days): June 2, 2020

MANDATORY PREWEIGH DATES

- Market Beef: Sunday, March 1, 2020, from 8-10 AM, Gardella's Ranch
- Market Swine, Sheep, and Goats: Sunday, May 3, 2020, Fairgrounds, Livestock Dept.

⇒ Swine from 7-11 AM

⇒ Sheep and Goats from 11 AM – 1 PM

Exhibitors of market animals must be present for preweigh and weigh-in to be eligible to show and sell. Exceptions must be requested in writing and have prior approval before preweigh/weigh-in to the Mother Lode Fair CEO, 220 Southgate Drive, Sonora.

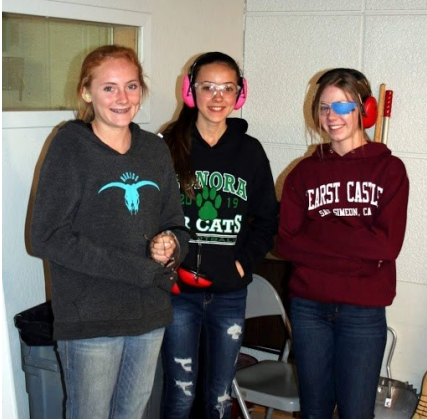
FAIR VET CHECK AND WEIGH-IN

Tuesday, June 30, 2020 – see Livestock Schedule for specific times

INDEPENDENT EXHIBITORS

All independent exhibitors are required to print and fill out the Independent Exhibitor packet available on the website and return the appropriate forms to the Fair by the above ownership dates. Independent exhibitors who are showing species with mandatory preweighs should turn in their Independent Exhibitor packet at preweigh.

The 2020 Winter Junior .22 Program





Volunteer Information

Thank you for your support! As a volunteer, you play an important role in the development of young people, helping them to identify their spark and develop the skills and positive outcomes that lead to thriving. **Below are important resources for your success!**

Steps to become a Volunteer

Returning Volunteers

1. Enroll through [4hOnline](#).
2. Pay \$26 Enrollment [Fee](#).
3. Watch 2019-2020 Returning Volunteer eXtension [Online Courses](#).

New Volunteers

1. Complete online interest survey
2. Enroll through [4hOnline](#)
3. Pay \$26 Enrollment [Fee](#)
4. Watch 2019-20 California New Volunteer eXtension [Online Courses](#)

(takes approximately 2.5 hours and can be broken up into 20 minute sections)

5. Complete DOJ [fingerprinting](#)
6. Attend two hour in person [orientation](#)

Important: All returning volunteers must complete their enrollment by Dec. 31. If not finished, your enrollment will be sent back and you will not be eligible to lead a project for the 2019-2020 Program Year.



Learn more about how we're empowering young people in your community with skills to lead for a lifetime. Visit [4-H.org](#)

eXtension

All volunteers must complete online training through eXtension.

<https://campus.extension.org/login/index.php>

If you are having trouble with this process, please contact Rosemary at the 4-H Office at (209) 533 - 6990 or rlgiannini@ucanr.edu



University of California
Agriculture and Natural Resources

County Wide Projects

County Wide Gardening:

Gardening will be meeting again on **Saturday, February 21**, from 10am-11:30am at the Liljedahl Farm. For more information please contact **Annette Pleis** at (916) 337-3030.

County Wide Dairy Goats & More:

Gardening will be meeting again on **Sunday, February 22**, from 1pm - 2:30pm at the Liljedahl Farm. For more information please contact **Annette Pleis** at (916) 337-3030.



Community Club News

Sonora Cloverleaves:

Cloverleaves members will meet again on Tuesday, **March 10th**. Our meeting will begin at 6:30 pm with our Officers meeting prior to the meeting at 6pm. Club shirts will be available for pick up, so make sure to bring your money for those. If you have any questions please contact **De Danicourt, 209.770.6279**.

Hi 4-H:

Our next meeting will be held on Wednesday, March 18th. Our meeting will begin at 7 pm. We will be discussing the Disneyland trip agenda, 4-H Code of Conduct, and we will have a guest speaker. If you cannot make a meeting please contact our club leaders: **Jodi Hembree, 209.743.9492, De Danicourt, 209.770.6279, or Linda Mager, 209.743.0544**.

Groveland Highlanders:

For our February meeting, we practiced judging and talked about presentations. Our March meeting will be on **Tuesday, the 10th**; we will discuss the cake auction at the Kiwanis Dinner on the 14th, and have several presentations.

Foothill 4-H:

Foothill 4-H will be meeting **Wednesday, March 11** at 7 pm at the Posse Grounds in Jamestown. **Sharon Smales at 532-5036 or Ida Ponder at 984-5515**.

Tuolumne Pioneers:

Maria talked about the tri-tip dinner fundraiser and that 4-H made about \$13,000. We did not have a guest speaker this month. Ariella, Brayden, Tad and JJ talked about the Central Area Youth Summit. Roxy spoke about the pancake breakfast on 3/1. Maryn Costa gave a swine presentation to the club. Ariella and Brayden spoke about doing Random Acts of Kindness. They encouraged others to paint a rock and put 4-H underneath. Then they would place them around different places to spread kindness. Maria talked about Presentation Day. Sonny Paris talked about 4-H Fest. We decorated Valentine's Day cards for senior citizens as part of a community service project. On Valentine's Day, Tuolumne Pioneers will be going to Oak Terrace Memory Care Center to give cards to seniors. We discussed upcoming project meeting dates, times and locations. Our next club meeting will be **March 9, at 7 p.m. at Soulsville School**.

2019-2020 TUOLUMNE COUNTY 4-H PDR CORNER Parts 1, 2, & 3 combined

The Record Book year for Tuolumne County 4-H members is June 1, 2019 to May 31, 2020. Many activities may be counted on the Personal Development Report in your Record Book. Examples are listed here. For complete information, see the California 4-H Record Book Manual at <http://4h.ucanr.edu/files/263720.pdf>

Club Meetings

Attendance counts on pg 1 of the PDR

Gave talk that was prepared ahead of time and lasted several minutes #6 (communication skills section)

Officer election speech, prepared ahead #6 (communication skills section)

Formal 4-H Presentation #6 (see below)

Club Officer, counts once per 4-H year #4

Committee chairperson #4

Reports given by club officers, Jr/Teen leaders, committee chairs, etc. do not receive separate credit because credit is already given for being the officer, chair, or leader

Committee member (ex: refreshments, setup, cleanup) #4

Led American flag salute #6 (counts once per year in communication skills section)

Led 4-H Pledge #6 (counts once per year in communication skills section)

Citizenship presentation: If your club has a guest speaker who talks about a current civic issue, and you participate in the discussion that follows, you may count learning about it in #5. Issues might be local, county, state, national, or global.

Service Learning: if your club or project researches and acts on a community need you can receive credit in #5 for learning about the issue and another credit in #5 for the work you do to meet the identified need.

What is a 4-H Presentation? It meets the requirements in the State 4-H Presentation Manual for an oral presentation that could be given at County, Sub-Area, or State Presentation Day. It doesn't need to be given at one of these events, but it meets the requirements to do so. This is very specific for the type of presentation, length, and required visuals. If you count something in your PDR as a 4-H Presentation, please asterisk it and include enough information that the record book evaluators can determine that it meets the criteria. The numbers for 4-H Presentations are also included in the total for Communication Skills.

What is a Communication Skill? Many different 4-H activities can count in #6. They include

- reports planned ahead and given at project or club meetings
- more formal 4-H Presentations (see above)
- being interviewed on radio or TV about 4-H
- writing & submitting an article about 4-H to a newspaper or newsletter (not an article written about you)
- a letter you write to teach others about 4-H such as your auction buyer's letter which counts 1 credit no matter how many you produce (thank you letters do not count)
- serving as a judge for a 4-H activity
- representing 4-H to an outside group or non-4-H audience
- creating or moderating online 4-H communication (posting or liking doesn't count)
- completing ORB Spark surveys

Project Meetings

Attendance counts on project report

Gave prepared talk or demonstration #6 (communication skills section)

Formal 4-H Presentation #6 (see above)

4-H Council Meeting

Attended #3 (counts once per year)

Gave report #6

Committee member #4

Led flag salute: see club meeting listing above

State Field Day, June 1, 2019

Attended #3 (once for the day, not each separate event)

Entry in one of the State contests #2 (count each contest entered)

The short oral presentation to the Fashion Revue evaluators is part of the #2 credit, not a separate #6 credit

Completed set of judging classes #2 (State Judging event or SFR Skillathon)

Completed interview contest #2 or #6

Medal for Judging, Interview, Presentation, Fashion Revue #7

Platinum seal (perfect score) for Presentation, Fashion Revue #7

State Winner for Fashion Revue Category #7

State Presentation Day Emcee, State Fashion Revue Commentary reader #6

Horse Level Testing, June 28, 2019

Attended #3

Tested with horse, #2

Passing a Level #7 (count when passed; receiving pin does not also count)

Mother Lode Fair, July 4-7, 2019

Attended any or all of the fair #3 (counts once)

For #2, Project Skill Activities, each entry or collection of entries from one project in each competition counts separately. Examples:

- Swine, Sheep, or Beef: entering market/feeder is 1 credit, entering breeding class(es) is 1 credit, costume entry is 1 credit
- Goat: Entering Market/feeder is 1 credit, entering each breeding species is 1 credit, costume entry is 1 credit, entering a display is 1 credit
- Poultry: Entering Meat birds is 1 credit, entering market turkeys is 1 credit, entering fancy birds and waterfowl is 1 credit, costume entry is 1 credit, entering a display is 1 credit
- Rabbits: Entering market rabbit(s) is 1 credit, entering show rabbit(s) is 1 credit, entering Pet Rabbit(s) is 1 entry, costume entry is 1 credit, entering a display is 1 credit
- Showmanship counts 1 entry in #2 each time you compete in a different class
- Sewing: Jacket, pants, pillow (one credit total) #2

Gave demonstrations or prepared talk #6 (communication skills) if it is not part of your barn duty

Barn duty (once or multiple times is one credit per barn) #4

Interviewed by paper or radio about 4-H #6 (communication skills)

Committee work is one credit for each #4. Examples are

- Barn set up or cleanup, Cleaning before or after either auction

- Serving beverages during either Auction, serving at the Small Livestock BBQ
 - Assisting with paint branding
 - Working at the scales during weigh-in, working at poultry or rabbit processing
- Prepared speeches to potential buyers #6 communication skills (one credit for each person/business talked to but must list each person spoken to)
- Helped 4-H/FFA members learn how to show your specie of animal for Round Robin #6 (communication skills) or #4 Leadership
- Donating animal(s) to the Small Livestock Association Benefit Auction #6
- Top awards #7. Examples:
- 1st or 2nd place Herdsman
 - Jr., Int., Sr. or Round Robin Showmanship 1st or 2nd place
 - Horse Show Hi Point and Reserve Hi Point
 - 1st or 2nd place in Market Class
 - Best of Breed, Class, Division
 - Best or Reserve Pet Rabbit
 - Champion or Reserve Local Bred
 - Best of Show and Reserve of Show
 - 4-H Champion, Reserve Champion
 - Supreme or Reserve Supreme Champion Market animal
 - Large Livestock Outstanding Exhibitor
 - Caren Eilrich Small Livestock Award
 - Ron Arington Memorial Ranch Hand Award

4-H Summer Camp, July 15 – 19, 2019

Attended #3

Jr Counselor or Youth Director, 20+ hours, complete a LDR for credit

State Leadership Conference (SLC) July 18-21, 2019

Attended #3

County Officer Training, August 26, 2019

Attended #3

Ironstone Concours d'Elegance, September 28, 2019

Attended #3

Assembled gift bags #4

Baked cookies for gift bags #4

Gave planned demonstration or presentation #6 (4-H presentation)

Gave impromptu speech for contest #6 (4-H presentation)

Brought display #2

Represented 4-H #6: Ambassador or Leadership Team in uniform who presented awards, assisted with lunch, Live Auction, Silent Auction, etc.

Greeted people at the gate #6 (communications skills)

Led Pledge of Allegiance #6 (communication skills)

Sang National Anthem #6 (communication skills)

Livestock Field Day, October 5, 2019

Attended #3

Project display #2

Gave demonstration prepared & practiced ahead #6 (4-H presentation)

Gave short talk or impromptu talk #6 (communication skill)

Completed judging classes #2. Oral reasons counts as part of the #2 credit.

Received a medal for judging #7

Committee: set up, clean up, supervised classes #4

Donation of supplies for FOAC, community service #5

Emcee, presented awards #6

Achievement Night, October 6, 2019

Attended #3

Committee: brought refreshments, decorated, clean up #4

Presented or gave speech #6 (communication skills)

Entered 4-H Week poster in contest #2

Received award #7. Included:

- Poster contest medalist #7 (gold, silver, bronze)
- Record Book Medalist or County Winner
- State Medalist or State Winner
- Kiwanis Medalist or Winner
- Outstanding First Year Member
- 100% Attendance
- Star Rank
- Officer medalist
- Outstanding 1st year record book
- Sue Moore Young Leader Award or Runner-up
- Harry Hinkley Award or Runner-up

Record book Honorable Mention or Certificate is listed on your Project Report (APR).

Harry Hinkley or Sue Moore Young Leader Honorable Mention, write in your 4-H story

Horse Level Testing #7 when passed (cannot also take credit for receiving the pin)

4-H Week, October 6- 12, 2019

Wore uniform or club T-shirt on 4-H Spirit Day 10/8, #6 (counts once in communication skills)

Submitted picture of you on 4-H Spirit Day for drawing #2

Gave talk about 4-H #6 (communication skills)

Created 4-H Week poster and displayed it in the community #2

Passed out 4-H flyers #4

Donated to 4-H Week First Baby Basket #5

Interview with media #6 (communication skills)

Tractor Supply Paper Clover (2x per year) October 9-20, 2019, April 8-19, 2020

Brought display #2

Spoke to customers about purchasing clovers #6 (communication skills)

Teen Retreat, November, 9-10, 2019

Attended #3

Planning Team #4

Taught Session, planned ahead & practiced #6 (4-H presentation)

Gave impromptu speech or participated in skit #6 (communication skill)

Committee: decorations, clean up, etc. #4

Participated in community service activity #5

Christmas Parades

Decorated/assembled a club/project entry #4

Rode or walked with your project or club #6 (communication skills)

Rode horse in Columbia Equestrian Parade with your 4-H Horse project #2

The Christmas Parades are not 4-H events so they don't count in #3

Adventist Health Sonora Dinner, December 11, 2019

Served/cleaned #5

Club & Project Fundraising activities

These include activities like a car wash, selling holiday wreaths, candles, poinsettias, baked goods

Participating in these counts in #4

If it is an actual event like the Hi 4-H Car Wash at Tractor Supply (10/12/19) or the combined Hi 4-H & Tuolumne Pioneers wreath & poinsettia sale at Tractor Supply (12/7/19) then it can count as an event attended #3

4-H Drive Thru Dinner, January 20, 2020

Sold tickets to other than immediate family #4

Committee: Count each task you worked on for at least 1 hour: Set up, trim meat, food prep, assembled bags, delivered bags to cars, clean up, barbecue, etc. #4

OR count as Event Attended #3 (if you do this, do not take committee credits for work done the day of the dinner)

Ticket contest overall award #7

Ticket contest movie ticket, write in your 4-H Story

Gave talk at club meeting about dinner #6 (communication skills)

Central Youth Summit (CYS) January 24-26, 2020

Attended #3

Participated in community service activity #5

County Presentation Day, February 29, 2020

Sub-Area Presentation Day, March 28 or April 4, 2020

Attended #3

Gave planned presentation #6 (4-H presentation)

Gave non-judged impromptu speech #6 (communication skills)

Gold medal, Platinum award #7

Blue Award, write about it in 4-H Story

Emcee #6

Door monitor #4

Hi 4-H Pancake Breakfast, March 1, 2020

Attended #3

Sold ads or tickets #4

Ticket contest or placemat ad contest winner #7

Committee: serving, set up, clean up, cooking, etc. #4

Interviewed for radio or newspaper publicity #6

Camp Junior Counselor (JC) selection, March 2020

Participating in the Interview #6 (communication skill) OR event attended #3

Selection as Camp Director or JC #7

Complete a Leadership Development Report (LDR) for this role. Count all of your training, meeting, planning and research hours as well as the hours spent practicing.

California 4-H Camping Conference, April 3-5, 2020

Attended #3

Participated in community service activity #5

4-H Fest (formerly Everything but Animals Day & Fashion Revue), April 18, 2020

Attended #3

Gave demonstration #6 (4-H presentation or communication skills depending on format)

Brought a project display #2

Completed Judging classes #2. Giving oral reasons is part of the #2 credit, not a separate #6 credit

Entered the food contest #2

Received medal for Judging classes, food contest #7

Committee: organizing, set up, clean up, explaining classes, scoring #4

Community Service Activity #5

Fashion Revue part of event:

Entered one or two outfits, #2 (one credit per project)

The short oral presentation to the Fashion Revue evaluators is part of the #2 credit, not a separate #6 credit

Completed the Skillathon #2

Medalist or County Winner award #7

Ribbon for entry, write in project report or story

Read commentaries #6 (communication skills)

Hi 4-H Disneyland Trip, April 25-27, 2020

Attended #3

Participated in Ag Education group activity at Disneyland #4

Committee: cleaned up bus #4

Disneyland Ag Education presentation to club #6

(4-H presentation or communication skills depending on format)

Tractor Supply Co. (TSC) Paper Clover Campaign, April 29-May 10, 2020

Spoke to customers about purchasing clovers #6 (communication skills)

If there is a planned 4-H event at TSC on May 2, then members participating for at least 1 hour can count:

Attended #3

Brought display #2

Gave prepared talk #6 (communication skills)

County Ambassador & Leadership Team selection, May 2020

County Ambassador candidates:

Participating in the Interview #3 event attended #3

Gave prepared presentation #6 (4-H presentation)

Leadership Team candidate:

Participating in the Interview #6 (communication skill) OR event attended #3

Selection as County Ambassador or Leadership Team member #7

Complete a Leadership Development Report (LDR) for these roles. Count all of your training, meeting, planning and research hours as well as the hours spent practicing.

Mother Lode Fair Pre-Weigh, May 3, 2020 (swine, sheep, meat goat) or March 1, 2020 (Beef)

Attended with your animal, write in project report (APR)

Assisted with event, not just attended #4

This is organized by the Junior Livestock Committee, not by 4-H, so it does not count as a 4-H event attended.

Mother Lode Round Up Parade, May 9, 2020

Riding your horse in non 4-H entry #2 (Outside of 4-H)

Riding horse/walking animal with 4-H project #2

Riding on float/ walking with 4-H project or club #6 (representing 4-H as a communication skill)

Note: the Parade is not a 4-H Event; it is sponsored by the Sherriff's Posse. Watching the parade does not count on your PDR. Riding your horse in a non 4-H event can be counted as one of the Outside of 4-H activities in #2

Calaveras County Fair, May 14-17, 2020

Attended #3

Entered your 4-H project #2 (one credit per project even with multiple entries)

Won a significant award #7 (see list for Mother Lode Fair)

Horse Level Testing, May 24, 2020

Attended #3

Tested with horse, #2

Passing a Level #7 (count when passed; receiving pin does not also count)

State Field Day, May 30, 2020

Attended #3 (once for the day, not each separate event)

Entry in one of the State contests #2 (count each contest entered)

The short oral presentation to the Fashion Revue evaluators is part of the #2 credit, not a separate #6 credit

Completed set of judging classes #2

Completed interview contest #2 or #6

Medal for Judging, Interview, Presentation, Fashion Revue #7

Platinum seal (perfect score) for Presentation, Fashion Revue #7

State Winner for Fashion Revue Category #7

State Presentation Day Emcee, State Fashion Revue Commentary reader #6

Calaveras County Fair, May 14-17, 2020

Attended #3

Entered your 4-H project #2 (one credit per project even with multiple entries)

Won a significant award #7 (see list for Mother Lode Fair)

Horse Level Testing, May 24, 2020

Attended #3

Tested with horse, #2

Passing a Level #7 (count when passed; receiving pin does not also count)

State Field Day, May 30, 2020

Attended #3 (once for the day, not each separate event)

Entry in one of the State contests #2 (count each contest entered)

The short oral presentation to the Fashion Revue evaluators is part of the #2 credit, not a separate #6 credit

Completed set of judging classes #2

Completed interview contest #2 or #6

Medal for Judging, Interview, Presentation, Fashion Revue #7

Platinum seal (perfect score) for Presentation, Fashion Revue #7

State Winner for Fashion Revue Category #7

State Presentation Day Emcee, State Fashion Revue Commentary reader #6

Other County Fairs

Attended #3, if it has a 4-H class

Community Service Activities count in #5

Participating in a service activity with 4-H counts in #5

In addition, 2 service activities you do on your own or with a group other than 4-H (like scouts, your church or school) can count in #5 (outside of 4-H)

There are many examples of service activities such as: donating to or assisting with the Lambert Center or ATCCA food bank, donating toys or other items to holiday gift drives for needy children, holiday food basket, Humane Society donations, wrapping toys for Christmas Eve dinner, decorations or food donations for community dinners, decorating cookies or making placemats for the senior center or a rest home, cards for military troops, canned food drive, recycling cans to support a community need, donating supplies for families or animals displaced by a fire, serving at the Adventist Health dinner assisting or serving at the Parkinson's Forum, etc.

Activities that do NOT count in #8:

- Family vacations, camping with your family
- Academic school work and homework, either public school or home school
- Caring for your pets or livestock
- Spectator activities like watching a play, observing a faith-based ceremony or gathering
- Events/activities that are not consistent with 4-H policy

The 2019-2020 PDR Corner was prepared by the Incentives and Recognition Committee of Tuolumne County 4-H Council: Maria Hines, Maren Paris, and Sue Moore. Please contact them with questions, additions, or corrections.



Events after May 31

Anything taking place after May 31, like Club end of year party, Summer Camp, speeches to buyers, creating your buyer's letter, and Mother Lode Fair, will count in your 2020-21 Record Book.

#8 Healthy Lifestyle Activity

This section is for activities you do outside of 4-H, where you are involved for at least 25 hours. Being a spectator doesn't count, where you watch a game or play. This is for being an active participant. It could be playing a sport, taking music lessons, learning to roller skate, or being employed. Record participation in individual activities and organized group activities related to a healthy lifestyle outside of the 4-H program. The idea of this section is to show that you use your free time actively engaged in healthy leisure. This shows you are a person who is connected to your community.

Each organization, group, activity or sport counts as one credit per 25 hours of active participation, and can be counted once per quarter, up to four times per year. If you did not complete at least 25 hours of active participation, that activity cannot be counted.

Activities that DO count in #8 are:

- Participating in a faith-based youth group

- Employment

- Music lessons

- Active participation in an organization such as Scouts, FFA

- School or community camp such as scout camp, church youth camp, horse camp, sports camp. You must be at the camp for at least 25 hours of awake time. 4-H camp is recorded in #3 Events attended.

- Acting in a youth, community, or school theater production. Only count hours outside of the regular school day.

- Sports:

 - Team sports such as soccer, baseball, football, swimming, basketball, hockey, trap, Grizzlies, etc.

 - Individual sports such as dance, gymnastics, martial arts, tennis, golf, rock climbing, horseback riding, figure skating, etc.

 - If you play a sport year-round and devote at least 25 hours per "quarter" (or 3 months) of the program year, you may list it up to four times per program year.

 - Example: Judy plays soccer year-round and practices for 25 hours per season. She can list soccer as a Healthy Lifestyle Activity up to four times (one for each season) in this section and receive four credits.

- Participating in a Queen competition

- Extracurricular activities related to school work, where you have at least 25 hours outside of the regular school day. These could include choir performances, band performances, honor band, tutoring, etc.

 - If you play an instrument and participate in several performing groups, you may list each group separately as long as each group requires at least 25 hours of practice and performance time.

 - Example: Sarah plays the saxophone in the school band. She takes band as a class but also plays at sports games, marches in parades, and has additional after school rehearsals. She may list all the hours spent outside of school up to 25 hours per quarter.

Steps to Success - Tuolumne County 4-H

This document accompanies the STEPS TO SUCCESS IN 4-H effective 7/1/2015 for California 4-H, located at <http://4h.ucanr.edu/files/210544.pdf>. Each section below contains the California 4-H standards, followed by the policies of Tuolumne County 4-H.

1. MEMBER IN GOOD STANDING

For California: Complete the enrollment process and be enrolled in at least one project.

Comply with 4-H Member Code of Conduct.

For Tuolumne County: The policy for a Member in Good Standing is the same as California 4-H

A member in good standing may participate in all 4-H activities unless the project, event, or competition has rules announced in advance that may limit participation. For example, some events and leadership opportunities may have age limitations, some projects may have a limit on numbers of members or require purchase of supplies, and some competitive events require pre-qualification. See the handout or description for the specific activity for participation rules.

2. PROJECT COMPLETION

For California:

Be a member in good standing.

Complete a minimum of 6 hours of project instruction or more as required by the project leader.

Complete the Annual Project Report (APR) form.

Annually receive a year stripe and pin.

Primary members: youth aged 5 to 8 years, do not complete the APR. Record keeping is not required for project completion. Primary members receive a year stripe and pin for participation in a project. Project completion is not required

For Tuolumne County:

To receive project completion credit, a Junior, Intermediate or Senior Member (age 9-18) must be a member in good standing, complete a minimum of 6 hours of project instruction or more as required by the project leader, and complete the Annual Project Report (APR) form. The APR must be signed by the project leader and turned in to either the Community Club leader or the 4-H office by June 15. A member who satisfies the requirements for completion of at least one project receives an annual year stripe and pin, awarded at Achievement Night.

Per state policy, a member is not required to attend Community Club meetings to receive project completion credit.

A Primary Member, age 5-8, receives a Primary stripe and year pin for being a member in good standing and participating in a project. Completion of the Primary Member Report Form is optional and not required.

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A project leader may determine how many hours are required to complete the project depending on the goals of the project and skills taught. For example, learning how to care for an animal, work with it and show it (if that is the project goal) likely requires substantially more than 6 hours. However, if a youth is learning how to bake and decorate a cake this may only take 6 hours of project instruction. If the project leader requires more than 6 hours of instruction to complete the project, this shall be communicated to project members at or before the first project meeting

To enroll in a project that is offered in a different club other than the member's primary (home) club, the member must complete a "Project Sharing Form" and turn it into the 4-H Office by the first project meeting.

3. CLUB PARTICIPATION

For California: Be a member in good standing. No attendance requirement.

100% attendance pin for perfect club meeting attendance.

For Tuolumne County:

To participate in a Community club, the 4-H member must be in good standing (enrolled in 4-H, enrolled in at least one project, and comply with the code of conduct), and enrolled in the Community Club. There is no attendance requirement to participate in club meetings. There may be additional requirements to participate in club events or trips, which shall be announced at club meetings.

A member meeting the requirements above who attends all club meetings held during the program year is eligible to receive the 100% Attendance pin.

Community club attendance provides members with the opportunity to participate in leadership, community service, team building, citizenship, achieve personal growth, and serve on committees.

4. REQUIREMENTS TO EXHIBIT AT FAIR

For California: Complete Project Completion requirements.

Meet requirements as set by the county or fair.

For Tuolumne County:

To qualify to exhibit at the Mother Lode Fair or any other county, district, or state fair as a 4-H member, a member must:

Be a member in good standing. A returning member must be enrolled by October 15 and a new member must be enrolled by December 1.

Satisfy the project completion requirement of that project as determined by their project leader with at least 80% attendance at the project meetings. The project leader's signature on the APR verifies this.

Meet the following minimum written record keeping requirements:

Steps to Success - Tuolumne County 4-H

Page 1 of the PDR is completed, all sections, with all signatures in place.

The 4-H Story is written describing the member's year in 4-H, minimum length one page.

All sections of the APR are completed and the form is signed by the member and project leader.

Expression page and photo with project animal is required.

The 4-H Story and APR are written by the member in the member's own words. Another member or an adult may assist a member with special needs but this must be documented in the record book.

If the member is entering a market animal, the record book must include one photograph of the member with the animal.

The club and project leader must both sign the minimum record book before the member's fair entry form is signed.

Meet the following minimum meeting attendance requirements:

The member must attend 80% of all club meetings held during the program year. A new member must attend 80% of all club meetings held after the member enrolls.

To meet the 80% attendance requirements, 20% of club meetings may be missed without an excuse and 20% of club meetings may be missed with an accepted excuse. An excused absence must be requested prior to the meeting to the club leader or designee.

A member may make up an unexcused club meeting absence by attending another club's meeting, having a note signed by that club's leader verifying attendance, and returning the note to the member's club at the next club meeting.

The club leader's signature on page 1 of the PDR verifies the member has met the required club meeting attendance.

Meet the following event attendance requirement:

Attend a Tuolumne County 4-H event during the 4-H program year, other than the Mother Lode Fair. The member must sign in for attendance credit. Some events meeting these criteria are but are not limited to: Livestock Field Day, Achievement Night, Teen Retreat, Everything but Animals Field Day/Fashion Revue, County Presentation Day, and Horse Level Testing. Working in the Hi 4-H Haunted House for a complete performance also counts. Some of these events may not occur every year and additional events may be added during the year.

5. EVENT PARTICIPATION

For California:

Participation in county, sectional, state and national 4-H events is open to all 4-H members in good standing. There may be eligibility requirements established by the event planning committee.

For Tuolumne County:

All members in good standing are eligible to participate in any 4-H event unless there are

Steps to Success - Tuolumne County 4-H

additional requirements announced by the event committee or Tuolumne County 4-H Council.

Participation in Horse Level Testing requires horse project leader approval.

6. INCENTIVES AND RECOGNITION

For California:

There are many ways to earn recognition in 4-H. Awards can be earned based on project and club attendance and work. Awards can be earned for participating at county, sectional, state and national 4-H levels. Awards earned will be governed by county and state 4-H Incentives and Recognition Committees.

For Tuolumne County: The policies for California 4-H Incentives and Recognition apply.

Awards may be earned by members participating in many different Tuolumne County 4-H events such as the 4-H Community Dinner poster, decorated cake, and ticket contests; judging contests at Livestock Field Day, Everything but Animals Field Day (EbA Day), and Fashion Revue; the food contest at EbA Day; Horse Level Testing; County Presentation Day; County Fashion Revue; and others as announced. In addition, awards may be earned for members completing Club Officer books and Record Books.

Tuolumne County 4-H members participating in sectional and state events may be eligible for awards at events such as Sectional and State Presentation Days, State Postal Shoot, and State Fashion Revue.

Star Ranks: The Bronze, Silver, Gold and Platinum Stars are awarded based on the "points" or numbers recorded on the member's PDR and supported by documentation. 80% attendance of club meeting is required for any achievement rank. Star ranks are awarded annually at Achievement Night. See specific rules for the Emerald Star and the All Star, both awarded at the county level.

Record Book Awards are for complete record books submitted by Junior, Intermediate and Senior members by the deadline established by the member's club. See the California 4-H Record Book Handbook for information about the complete book at <http://4h.ucanr.edu/Resources/Members/RecordBook/RBResources/>

Record books must receive a gold seal at club judging to advance to county judging. Books entered in county judging are also eligible for additional awards such as Kiwanis Livestock awards and the Harry Hinkley Award for the best Tuolumne County record book. Senior members may submit their books to state judging.

Tuolumne County 4-H Council offers scholarships to graduating high school seniors who are 4-H members. See the scholarship information for specific requirements.

CALENDAR OF EVENTS

February

1 - New Volunteer Orient.
 5 - County Council
 20 - March News Due
 28 - JC Applications Due
 29 - County Presentation Day

March

1 - Hi 4-H Pancake Breakfast
 1 - Tentative Beef Weigh in
 4 - County Council
 20 - April News Due
 28 - Area Presentation Day

April

1 - County Council
 1 - Scholarship Apps Due
 18 - EBAD
 20 - May News Due

May

1-County Ambassador Apps. Due
 3 - Mandatory Pre-Weigh for fair
 6 - County Council
 8-19 - Paper Clovers
 24 - Horse Level Testing
 31 - Close of 19-20 Record Books

June

3 - County Council
 20 - July News Due
 30 - Last day of program year

July

No Council Meeting
 13-17 - Summer Camp

August

5 - County Council

September

2 - County Council

October

7 - County Council

UCCE OFFICE LOCATION

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