

4-H



WAY

Cooperative Extension, 1655 S. Main
Yreka, CA 96097

530-842-2711
<http://cesiskiyou.ucdavis.edu>



March

- 6- Presentation Day, Grenada Elementary
- 9- Leaders Council Mtg.-7pm 4-H Office

April

- 1- Scholarship Applications Due
- 9- Youth Arts Festival Entries Due
- 10- Home Ec. Field Day, Youth Arts Festival, Fashion Revue, BBQ Challenge
- 17- Sectional Presentation Day-Susanville, CA
- 17- Horse-Driving Clinic- Yreka, CA

Personal Development Form (Hints)

Helpful suggestions of events and activities that should be added to your 4-H record book on a monthly basis.

Event/Skill/Award	Number on PDR
Ski Team	8
Hippology Contest	2
CSU Swine Day or CSU Sheep Day	3

Scholarship Availability

The Siskiyou County 4-H Leader's Council is offering three educational scholarships for members who will be graduating during the current school year from a public, private or home school in Siskiyou County. Applicants must be a current Siskiyou County 4-H member with at least 3 years in the program and must have plans to continue their education either at a college or vocational/trade school. Application deadline is **April 1st**. All eligible members should receive an application in the mail.

Etna 4-H News -Submitted by Luke Schwall
The Etna 4H Club has been busy. In January, the Club sponsored a Presentation Day Workshop at Scott Valley Jr. High... thanks to everyone who helped. At our February Club meeting, we held a demonstration night. We had good participation and a lot of interesting demonstrations and displays. The Cooking and Baking projects are underway and have been meeting regularly. Finally, don't forget that our March meeting is the "Quarter- a- Dip" fundraiser. Please remember to bring a dessert to sell at this fun event!

County Presentation Day March 6th



Grenada Elementary School

Schedule

- 9:30am Judges and Room Monitor Orientation
- 9:45am Welcome/Skits
- 10:00am Presentations (awards presented in rooms)

More presentation specifics can be found at the following link:
<http://ca4h.org/leadership/spd/4HPresentationManual-3.doc>

California State 4-H Updates/Info

The **Golden Clover Awards** recognize outstanding achievement of 4-H members, volunteers, 4-H program staff, and groups within the 4-H YDP. Applications are due postmarked by **May 31, 2010**. The 2010 applications are now available on the state website at: <http://www.ca4h.org/4hresource/ir/goldenclover>. Please nominate a worthy candidate that you believe is deserving of this great honor. Please direct questions to Quang "Hogan" Tong at 530-752-5644 or email at qtong@ucdavis.edu.

The **26th Annual State 4-H Shooting Sports Match** has been planned. On or before the postmark date of **March 5, 2010**, leaders must submit registration forms to the Siskiyou County Leaders Council. For more event information, please contact Jacki Zediker, jkzediker@ucdavis.edu.

Again, this year, the State 4-H **Equine Education Advisory Committee** will be conducting an **Art Design Contest** for the State 4-H Horse Classic logo. The winning design will be used on the programs and souvenirs at the State Championship 4-H Horse Show in June. Entries are due **March 31st**. More information is available at <http://ca4h.org/projresource/horse/Artwork%20contest.pdf>.

The **2010 State 4-H Field Day** is planned for May 29, 2010. The event will include a variety of interests including presentation day, state fashion revue, a plant science contest amongst many others. If you are interested in exhibiting at this annual event, go to <http://www.ca4h.org/projresource/fieldday/SFD-App-Form2010.pdf> for an application. Applications are due by **April 2, 2010**.

The **2011 State Ambassador Application** has been posted on the CA State 4-H website. All interested members who qualify should fill out an application form, <http://www.ca4h.org/leadership/ambassador/>. Applications are due by **March 31, 2010**. The State 4-H Office is also looking for qualified volunteers who are interested in being advisors for the 2011 State Ambassador Team. 4-H State Ambassadors are expected to make a 14-month commitment to the program beginning on July 1, 2010 and ending August 31, 2011. 4-H State Ambassadors may only serve one term. Please contact Quang "Hogan" Tong, qtong@ucdavis.edu for more information.

State 4-H Leadership Conference Director is looking for a small group of 20 members, ages 15 and older at time of conference to help with SLC. The **2010 State Leadership Conference** is planned for **July 29-August 1, 2010**. Please contact Quang "Hogan" Tong 530-752-5644 or qtong@ucdavis.edu for an application.

Hats Off to Kindness at the **State Fashion Revue!** Make a soft, fleece or knitted hat, bring it to the State Fashion Revue, model it, and donate it to cancer patients, young or old! This community service is open to all 4-H youth and adults. This is a great way to use your sewing skills for the benefit of your community. Think soft and fuzzy, not hard or scratchy. Bring your hats to Fashion Revue in May and let's show our cancer patients we care! For more details, check out the website at <http://www.ca4h.org/projresource/fashion/>.

Dates have been set for **2010 State 4-H Horse Events**. The State 4-H Horse Classic - Educational Contests will be held **April 24 & 25 at Reedley College, Reedley, CA**. The **Championship Horse Show** will be held at the Santa Cruz County Fairgrounds in Watsonville on **Thursday, June 24 thru Sunday, June 27**. More information is available on the web site at <http://ca4h.org/projresource/horse/>.

The **State Leadership Conference 2010 "Operation 4-H"** is now online at <http://www.ca4h.org/conference/slc/>. Financial assistance will be allotted on an "as needed and available" basis and is not transferable. Applications are due **May 15th**. Delegates may request up to \$330 of financial aid. Please direct questions to Quang "Hogan" Tong at 530-752-5644 or email at qtong@ucdavis.edu.

Are you a 4-H member or volunteer with experience and interest in technology? Apply to the **2010-2011 California 4-H Technology Leadership Team (CTLT)**! The CTLT increases the use and awareness of technology in the 4-H program through workshops, providing IT support, assistance to 4-H Clubs, and at statewide events. Candidates must be at least 16 years of age or older. Membership is a fourteen-month commitment, July 2010 through August 2011. The deadline to apply is **April 30, 2010**. More information is available at <http://www.ca4h.org/compcorps/>

The **2010 California Camping Conference** will be held at the Nevada State 4-H Camp near Stateline, Nevada (at Lake Tahoe) from **April 23 - 25, 2010**. The conference serves as a valuable resource for camp administrators, camp staff (youth and adult), and Extension Staff in planning and implementing all types of camp programs. Important conference topics include the new Camp Safety Manual addressing California Health and Safety Code requirements for camps; engaging fun activities for your camps; archery certification; and camp staff training. Registration fees range from \$120-125 depending on payment method. For registration and event information, please go to <http://groups.ucanr.org/4Hbaseca/files/75357.pdf>. For additional questions, please contact Marianne Bird at mbird@ucdavis.edu.



HOME ECONOMICS FIELD DAY

Country Roots

The Challenge
is On



WHEN: April 10, 2010

WHERE: Siskiyou Golden Fairgrounds, Floral Building

EVENT SCHEDULE: 8:30-8:45am Registration/Welcome
8:45-11:30am Workshops and Judging of Entries
9:45am-12:00pm BBQ & Ultimate Sandwich Competition and Judging
12:00-12:15pm Presentation of Awards
12:15pm Lunch (Potluck-Bring a Dish to Share)

ENTRY FORM FOR YOUTH OR ADULT

Entry forms must be turned into the 4-H office no later than **5:00pm on March 26, 2010**. At the event, all entries should be accompanied by the recipe used and exhibitors should be prepared to tell the judges about the nutritional value of their entry or the process used in making decorated cakes or food items. *Volunteer Leaders may enter bread, salad, or an appetizer/finger food. Special awards will be available and entries will be shared for potluck.

Name: _____ Age: _____

4-H Club: _____ Grade: _____

Please mark an X next to categories you would like to enter:

- *Appetizers/Finger foods** (Open to youth and adults.)
- *Bread** (Open to youth and adults.)
- *Salad** (Open to youth and adults.)
- Dessert-in-a-jar** (Must include dessert ingredients in jar, recipe and pre-made sample for judging.)
- Snack Mix** (Must include recipe. Snack mix should be presented in snack bag for judge. Additional mix can be provided to share with other attendees)
- Soup/Beans in-a-jar** (Must include label of ingredients in jar, recipe and pre-made sample for judging.)
- Jerky** (Must include drying instructions and recipe. Jerky should be a sample that fits inside a snack zip-lock type bag.)
- Jam or Jelly** Circle One (All Jams and Jelly should be entered sealed and in a pint jar.)
- Decorated Foods**
- Theme Basket-Cooking/Sewing** (Must include at least one homemade food item or one homemade sewn or needle art item.)
- Potholder** (Enter your favorite decorated, sewn, knitted or other type of handcrafted potholder. Be creative but make sure the potholder is functional.)
- Centerpiece** (Should incorporate the theme of Home Ec. Field Day)
- Table Setting** (Decorations should show a theme of your choice. Members need to furnish their own card table. All tables need to be set for two, dishes for main course only, glass for all courses and silver for all courses except dessert. Menu with theme must be furnished for display on the table. This information may be submitted on a card neatly lettered or typed.)
- Ultimate Sandwich Competition** (Bring all your favorite sandwich ingredients and show your talents at making the ultimate dream sandwich. You can bring all supplies ready to be assembled. Please provide a recipe so that the sandwich could be duplicated. Special awards will be provided.)
- BBQ Competition** (Bring your favorite BBQ recipe (non beef) and put your cooking talents to the test. Contestants need to provide their own BBQ –charcoal or gas. Participants will have 45 minutes to prepare their dish. They will be judged on cooking ability and kitchen safety techniques as well as the finished product. Participants should bring all items needed to prepare the recipe as well as a tray or plate to serve the finished product with. No portion of the cooking should be done in advance. Vegetables may be cleaned in advance.)

Siskiyou CattleWomen BBQ Competition (See Barbecue Challenge Rules and Entry information)



Siskiyou County 4-H Barbecue Challenge

COUNTRY ROOTS

The Challenge
is On



**BBQ challenge date *April 10, 2010*, at the Siskiyou Golden Fairgrounds in Yreka, CA.
Entry Deadline March 26, 2010. Entries must be postmarked by this date.**

The purpose of the Siskiyou County 4-H Barbecue Challenge is to provide an expanded 4-H project that will teach youth the art of barbecuing beef, to encourage the consumption of beef, and to acquaint 4-H members with the importance of the National Beef Industry.

The program can aid in the overall objectives of the 4-H program by:

- ✿ Developing skills in selection, preparation, food safety and the science of barbecuing beef . Youth learn practical applications of food science. In this case, application of heat to change the properties of meat.
- ✿ Acquiring knowledge of the nutritive value of all meats and making intelligent price comparisons based on these values
- ✿ Exploring career opportunities in the food or beef industry as a possible vocation
- ✿ Developing leadership and character by taking part in an organized competition

Contestant Eligibility Guidelines:

- Open to all 4-H members between the ages of 9-19 who are officially enrolled in a project related to the BBQ challenge. (Examples: Beef, Outdoor Cooking, or Foods and Nutrition.) If you have questions as to if your project would qualify for this contest please contact the Siskiyou County 4-H Office at 530-842-2711.
- Three levels of competitions:
Ages 9-10 Beginner
Ages 11-13 Intermediate
Ages 14-19 Senior
- Participants must be a resident of Shasta, Siskiyou, Tehama, Del Norte, Humboldt, Trinity, Plumas, Sierra, Modoc or Lassen counties.
- Pre-entry required: Entries must be postmarked by March 26th and mailed to the Siskiyou County 4-H Office, 1655 S. Main Street, Yreka, CA 96097

Barbecue Contest Rules:

- All exhibitors must arrive by 9:30am on Saturday, April 10th. A mandatory safety meeting will begin at 9:40am. Contest will begin at 10:00am. Food must be presented to judges between 11:50am and 12:00 Noon to be considered for awards. Exhibitors can start anytime during this period; however, they must submit the finished product to the judges during the designated time.
- Each exhibitor will be provided with (4) cuts of New York Steak. Participants will be given 2 hours from the start of the grill, to the presentation of the barbecued beef to the judges.
- Each exhibitor will supply their own charcoal, wood or pellet barbecue grill. **No gas grills will be allowed.** Where there are multiple exhibitors from the same family, each should have separate grills, tables and other supplies.
- Exhibitors must furnish all supplies, i.e. charcoal, lighter fluid, sauce, grilling equipment, preparation dishes, water bottle, food safety supplies, cutting boards... **BEEF will be provided.** All exhibitors must provide their own table. Recommended table size is 4ft by 6ft however, smaller tables can be used.
- Exhibitors must provide recipe to judges.
- Contestants must work alone with the exception of beginning participants who may receive help in lighting the grill as a safety precaution. Any participants needing additional assistance because of a disability will be accommodated.
- Exhibitors will be observed from the time of setup and fires are lit until the food is submitted for judging and their respective area is cleaned up. Participants must be prepared to remove coals and ash. No bins will be provided.
- Participants will be evaluated on cooking skills and sensory evaluation (sight, smell, texture). Food safety is considered.
- Participants will present (2) cuts of beef on plates to the judges at the conclusion of the cooking time.
- After each exhibitor's product has been officially judged, that exhibitor shall offer samples to event participants and spectators.

- Judging Criteria: **Total 100pts**
 - **10 pts.** Appearance and cleanliness of cook and operation. (Aprons, tablecloths, etc)
 - **5 pts.** Timing (2 hours allowed)
 - **10 pts.** Starting and controlling fire (Was method of lighting hazardous? Was exhibitor skilled in starting and controlling fire?)
 - **15 pts.** Skill in barbecuing (Skill in controlling heat, spreading sauce, suitable utensils used, food safety practices?)
 - **15 pts.** Sanitation and cleanliness
 - **10 pts.** Finished Barbecue (Sensory evaluation, color, uniformity, texture, burned, speckled with ash dust or foreign material?)
 - **10 pts.** Presentation
 - **5 pts.** Appearance
 - **5 pts.** Doneness (Cooked sufficiently? Beef does not have to be well done.)
 - **15 pts.** Taste (Flavor acceptable? Texture-moist, dry, stringy, tender? Contaminated with foreign odor or taste?)
 - **5 pts.** Clean-up of cooking area
 - **5 pts.** Recipe



Barbecue Beef Poster Contest:

- Three levels of competitions:
 - Ages 9-10 Beginner**
 - Ages 11-13 Intermediate**
 - Ages 14-19 Senior**
- A **Primary category** will be available for youth **ages 5-8. Participation ribbons only.**
- All posters should be 22" x 28" and be on the subjects of safety in beef preparation (for example, cooking, thawing, handling, use of utensils, and/or general preparation).
- Exhibitor Name and County must be included on poster
- Participants must be a resident of Shasta, Siskiyou, Tehama, Del Norte, Humboldt, Trinity, Plumas, Sierra, Modoc or Lassen counties.
- Posters can be mailed to competition or hand delivered. Entries must be on site by 9:30am on April 10, 2010. Mail entries must be postmarked by March 26th to Siskiyou County 4-H Office, 1655 S. Main Street, Yreka, California, 96097. All entrants must arrange for poster pick-up the day of event or provide return postage. Otherwise posters will not be returned.

Contest sponsored by Siskiyou County 4-H Leaders Council and the Siskiyou County Cattlewomen. Ribbons will be provided up to sixth place. Cash awards to third place. First place medals will be awarded. Overall best barbecue prize will be awarded.

Entry Form (Entry Deadline March 26th)

Name _____ Club _____

Age _____ County _____ Project _____

Beginner (9-10yrs) _____ Intermediate (11-13) _____ Senior (14-19) _____

Barbecue Contest Poster Contest

Name of Recipe _____



Youth Arts Festival

Sponsored by Siskiyou County 4-H

Open to all Siskiyou County Youth grades Kindergarten thru 12th grade!

Exhibits accepted on April 9th (only 3pm-6pm) Floral Bldg. at the Fairgrounds

Exhibits open for review on April 10th (12:30pm-4pm)

People's Choice Awards: During the viewing of exhibits, the public will be able to purchase \$0.75 ribbons to place on exhibits of their choice. Ribbons will be given to the exhibitor.

Workshops begin April 10th (1:00pm-3:30pm)

Exhibits MUST be picked-up between 4pm-4:30pm on Saturday, April 10th.

DIVISION	GRADES K-3	GRADES 4-6	GRADES 7-9	GRADES 10-12
Division 1 PAINTINGS (watercolor, acrylic)	CLASS 1	CLASS 2	CLASS 3	CLASS 4
Division 2 DRAWINGS (charcoal, pencil)	CLASS 5	CLASS 6	CLASS 7	CLASS 8
Division 3 PHOTOGRAPHY (color)	CLASS 9	CLASS 10	CLASS 11	CLASS 12
Division 4 PHOTOGRAPHY (black and white)or (sepia)	CLASS 13	CLASS 14	CLASS 15	CLASS 16
Division 5 PHOTOGRAPY (snapshots)	CLASS 17	CLASS 18	CLASS 19	CLASS 20
Division 6 SCRAPBOOKING (8 ½ X 11 or 12X12, should be in page protector.)	CLASS 21	CLASS 22	CLASS 23	CLASS 24
Division 7 NON-WEARABLE SEWN ITEM	CLASS 25	CLASS 26	CLASS 27	CLASS 28
Division 8 SEWING (garments)	CLASS 29	CLASS 30	CLASS 31	CLASS 32
Division 9 KNITTED OR CROCHETED	CLASS 33	CLASS 34	CLASS 35	CLASS 36
Division 10 LEGOS CREATION OR LEGOS ROBOTICS <small>(Structure can be no larger than 14x14x14 and must be able to be moved for display)</small>	CLASS 37	CLASS 38	CLASS 39	CLASS 40
Division 11 OTHER CRAFTS	CLASS 41	CLASS 42	CLASS 43	CLASS 44

For more information contact the 4-H Office, at 842-2711.

Youth Arts Festival Registration Form

Exhibits accepted on April 9th (only 3pm-6pm) Floral Bldg. at the Fairgrounds

Exhibits open for review on April 10th (12:30pm-4pm)

Workshops begin April 10th (1:00pm-3:30pm)

NAME: _____

SCHOOL: _____ AGE: _____ GRADE: _____

4-H CLUB (IF ENROLLED ONLY): _____

Please fill in the Division and Class number along with a description of the item. 4-H members may enter items in the 4-H category by checking the box indicated. All other entries should be indicated by checking the school category.

*****LIMIT OF 2 ITEMS PER EXHIBITOR, PER DIVISION*****

DIVISION	CLASS	DESCRIPTION	SCHOOL	4-H CLUB (IF ENROLLED)

Exhibitor Signature _____

Teacher/Parent or Guardian Signature _____

Please have entry form completed when you deliver exhibits to Fairgrounds.

Exhibits will only be accepted on April 9th from 3-6pm unless previous arrangements have been made with Jacki Zediker at 842-2711.

Please make copies of entry form as needed.

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4-H WAY

This is your copy of the Siskiyou County 4-H Way. It is published to promote 4-H activities and participation. Your comments are invited.

*Cooperative Extension
University of California
1655 So. Main Street
Yreka, CA 96097*

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Yreka, CA 96097

DATED MATERIAL

Current Residence or