



March/April 2020

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## 4-H Family Newsletter

Placer County, CA | Nevada County, CA

### *From Dan Macon, Livestock and Natural Resources Advisor / Co-County Director*

I was going to begin this article with something like, "We're living through unusual times." As I wrote the phrase, however, it seemed vastly understated. None of us, I suspect, has ever had an experience quite like the current situation.

I can't speak for others, but at times the news has been a bit overwhelming. I realized as I was trying to set up my home office last month that I was having difficulty focusing on any specific task. Fortunately, like many of you, we have livestock to care for – which gives us a reason to get out of the house and do some physical work. I've certainly found that caring for our sheep has kept me grounded.

I've decided that I will call a friend and/or family member once a day while I'm working from home- social distancing doesn't need to be isolating. I've also decided that I'll check in on my older friends at least once a week. I know we need to be cautious about spreading COVID-19 to older folks, but that doesn't mean we shouldn't reach out to them to make sure their needs are being met. Twenty-first Century medical and information technology are amazing, but our sense of community - our willingness to help our neighbors - will be critical to getting through this crisis.

To ensure that we are taking all appropriate COVID-19 precautions within UC Cooperative Extension, the Placer and Nevada UCCE offices are closed for face-to-face, in-person service through **April 30, 2020**. While these measures may be inconvenient, we are taking these precautions to support our communities. And while our offices may be closed, we are still at work – mostly from home. If you have a question during the closure, please contact Jill Simmons or Natalie Cunha by email or email me directly (at [dmacon@ucanr.edu](mailto:dmacon@ucanr.edu)). You can also leave me a voicemail at 530/889-7385. I will be checking both voice mail and email regularly during the closure, and will respond as quickly as possible.

### **Update on 4-H Meetings ....**

All in-person 4-H programming, including, but not limited to, club meetings, project meetings, board meetings, and club events are cancelled until April 30.\*

Meetings may be held virtually. We can help facilitate access to Zoom meetings.

Please contact Natalie Cunha at [ncunha@ucanr.edu](mailto:ncunha@ucanr.edu) for Placer County 4-H, or Jill Simmons at [jcsimmons@ucanr.edu](mailto:jcsimmons@ucanr.edu) for Nevada County 4-H if you are interested in setting up Zoom meetings for your club.

*\*This date is subject to extension.*

## 4-H & COVID-19



At this time there are a couple things I think about each morning, and one of them is how I find a lot of gratitude for knowing the 4-H Pledge.

### 4-H PLEDGE

I pledge my **HEAD** to clearer thinking,  
my **HEART** to greater loyalty,  
my **HANDS** to larger service,  
and my **HEALTH** to better living,  
for my club, my community,  
my country, and my world.



HOW DO YOU THINK about 4-H's (Head, Heart, Hands, & Health) in today's community?

Please email [ncunha@ucanr.edu](mailto:ncunha@ucanr.edu) your answers.

There will be a drawing from the answers for a prize.

Be sure to include if you are a **Nevada County 4-Her** or a **Placer County 4-Her** we will be picking a prize for each county!

## Welcome to our new Community Education Specialist!!!



Natalie Cunha was born and raised in Sacramento County, and actively participated in 4-H throughout her childhood. She graduated from Chico State a few years ago with her Bachelors in Agriculture Science and Education. Then spent some time working on a ranch in Colorado and started pursuing her Masters degree in Extension Education with Colorado State University. Natalie is very excited to be back in California, and looks forward to becoming immersed in Placer County 4-H Programming.

*Welcome Natalie!!*

# 5 WAYS TO KEEP KIDS ENGAGED AND LEARNING AT HOME

by Kittrina Thompson, 4-H.org

1. Inspire your kid to do: 4-H's free Inspire Kids to Do™ activity guides collectively feature over 100 activities that will turn your home into a learning oasis! Your kids can learn essential life skills like giving back, health and wellness, cooking, and leadership.
2. Family fun comes first: If the entire family is spending extended time at home, you may be wondering how you can make the best of your time together. Plan activities that everyone can participate in that are fun and educational. Try some family recipes (featured in the free downloadable Healthy Living Activity Guide) to bring the household together!
3. Take a homeschool approach: If you don't want to break your kids from the structured learning that is adopted in many classrooms, 4-H Curriculum can help. From photography to cooking, robotics to entrepreneurship, each 4-H Curriculum is developed and supported by an accredited university and includes full lesson plans, instructor guides, and student worksheets.
4. Create your own learning lab: Science, technology, engineering and math (STEM) skills are applied to many school subjects and everyday tasks. The free 4-H STEM Lab uses basic STEM concepts and learning to bring you fun activities for kids of all ages. You can sort activities by grade and topic, as well as see items needed for each experiment. Also, each activity shows the mess level—a great added feature for at-home experimenting!).
5. Combat cabin fever with mindfulness: With extended time at home, it's easy to get a little stir-crazy—for both parents and kids. Our guide to mindfulness is a great way to protect and care for your mental health, staying clear- and level-headed and relaxed.

[https://4-h.org/about/blog/5-ways-to-keep-kids-engaged-and-learning-at-home/?utm\\_campaign=Blog&utm\\_medium=social\\_marketing&utm\\_source=facebook](https://4-h.org/about/blog/5-ways-to-keep-kids-engaged-and-learning-at-home/?utm_campaign=Blog&utm_medium=social_marketing&utm_source=facebook)

## California 4-H News

*Congratulations* to **Delaney Hard** for receiving a Gold at the first virtual Bay/Coast Area Presentation Day.

Delaney is from Placer County 4-H and participated in an Interpretive Reading of "The Kings Farewell".

News from **Sue Ramey's Floral Arranging project** in Nevada County:

"Some of my flower arrangers have been taking bouquets to shut-in friends and neighbors in disinfected throw away bottles. (Leaving bouquets on the porch.)"

## 2020 Fairs Dates, information & Weigh-In Dates

### PLACER COUNTY FAIR

Placer County Fair **livestock weigh-in dates** are still being discussed and decided about how to conduct virtual animal identification and weights, please continue to look at the Placer County 4-H website, and your local fair website

### NEVADA COUNTY FAIR

Nevada County Fair entry instructions have been emailed by the fair to Nevada County youth exhibitors. **All entries must be completed online.**

Please check the Fair's website for details. All fair livestock show and still exhibits entry questions can be directed to the fair:

<http://nevadacountyfair.com/fair/enter-exhibit/>

### **Market Beef and Junior Horse entries are due April 10.**

**Reminder:** the YQCA certificate is good for one year.

All exhibitors 9 years of age and older must obtain annual certification in the Youth for the Quality Care of Animals (YQCA) program.

YQCA certification must be completed every year before time of entry.

**The YQCA number will be required to complete the entry online.**

Visit [YQCA.org](http://YQCA.org) for more information and to complete the YQCA certification.



**The Placer County Fair, Gold Country County Fair, and Nevada County Fair**

are all still scheduled. If you have any questions I have linked the websites here.

Please reach out to them if needed, they can provide the most up to date information!

**Placer County Fair:** <https://www.placercountyfair.org>

**Gold Country Fair:** <http://goldcountryfair.com>

**Nevada County Fair:** <http://nevadacountyfair.com/fair/>

## Upcoming EVENTS - 2020

### PLACER COUNTY SCHOLARSHIPS

<b>May 01</b>	The Hulbert Scholarship and Placer County 4-H Council Scholarship application are posted on the Placer County 4-H website. The applications are due by 5pm on May 1st, 2020.
<b>May 16</b>	The Hulbert Scholarship interview date is currently set for May, 16th, 2020 it will be conducted through Zoom or by phone. The applications can be found on the home page of the Placer County 4-H website.

### NEVADA COUNTY LEADERS COUNCIL SCHOLARSHIPS

<b>June 30</b>	Nevada County Leaders Council Scholarships: The application deadline is June 30th, 2020. Please find application information here: <a href="https://ucanr.edu/sites/nevadacounty4h/?calitem=483196">https://ucanr.edu/sites/nevadacounty4h/?calitem=483196</a>
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### 4-H CAMP

<b>Nevada County Camp: 7/20/20 – 7/24/20</b>	We are proceeding with plans and preparation for Placer and Nevada 4-H camps. Camp information will be coming in the next few weeks. Thank you for your patience.
<b>Placer County Camp: 7/27/20 – 7/31/20</b>	

### BI-COUNTY FASHION REVUE

The State 4-H Fashion Revue has been cancelled, so the decision has been made to cancel Bi-County Fashion Revue, as well. Please don't stop working on your outfits! We encourage you to enter your outfit in the fair. You can also send a photo to share on our county Facebook pages so everyone can see your creativity and hard work!

Keep up with the Placer County 4-H and Nevada County 4-H Facebook pages to see the latest news!

<https://www.facebook.com/PlacerCounty4H/>  
<https://www.facebook.com/NevadaCounty4H/>

4-H Project Leaders access to Project sheet pages, for at home education resources:

[http://4h.ucanr.edu/Projects/Project\\_Sheets/](http://4h.ucanr.edu/Projects/Project_Sheets/)

*Jill Simmons* *Daniel K. Macon* *Natalie Cunha*

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**University of California**  
 Agriculture and Natural Resources

Check out our website for more updates and resources:  
<http://ucanr.edu/sites/placercounty4h/>  
<https://ucanr.edu/sites/nevadacounty4h/>

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# A message from the State 4-H Director



**UNIVERSITY OF CALIFORNIA**  
**Agriculture and Natural Resources**

■ 4-H Youth Development Program

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Dear 4-H Community,

Hello from the State 4-H Office, I hope this post finds you and your family safe and secure. I want to take this time to brief you on some new developments, as well as thank all of the 4-H professionals around the state working so hard to keep you and your family engaged in learning and social activities during the shelter in place mandate.

As you are all aware, due to the COVID-19 pandemic, many fairs in California are being cancelled at the discretion of their Fair Boards or due to the State of California shelter-in-place directive. This situation has raised questions relative to how 4-H members can complete their 4-H goals for the year if fairs, still exhibit competitions, livestock shows, and junior livestock auctions are cancelled.

In the event your fair is cancelled, your Fair Board will determine if alternate opportunities, such as a (virtual) junior livestock show and auction, will be put into place. If your Fair Board determines it will not provide alternate opportunities, a team of 4-H staff are exploring alternative educational activities such as virtual showmanship classes, skill-a-thons, and exhibitions for youth to participate in to demonstrate their educational accomplishments and successfully complete their goals for the year.

Due to the rigorous food and consumer safety standards set forth by the California Department of Food and Agriculture (CDFA) for market animals which are sold at junior livestock auctions, and the time, expertise and preparation needed to meet these standards, the University of California 4-H Youth Development Program is not granting permissions for new 4-H sponsored livestock auctions to take place. This is in accordance with long-standing 4-H policy CA 4-H Policy Handbook, Chapter 7, Part V. <http://4h.ucanr.edu/Resources/Policies/Chapter7/#V>.

Recognizing opportunities such as virtual showmanship and skill-a-thons do not address the fiscal considerations or concerns associated with livestock projects, we know there is still value in youth participating in livestock projects. Participation in these projects creates opportunities for participants to enhance their skills in accepting responsibility, setting goals, develop[ing] self-discipline, self-motivation, and knowledge of the livestock industry<sup>1</sup>, as well as [developing] responsibility, relating to others, spirit of inquiry, decision making, public speaking, maintaining records, and building self-esteem<sup>2</sup>.

While finances are certainly a component in making the decision to participate in a livestock project, we encourage each 4-H family to weigh the options and make a decision that is right for them. Due to the uncertainty around fairs and livestock

programs, this could mean some 4-H members and their families opt out of participating in livestock projects at this time. Should you choose to move forward with a livestock project (later fairs) or if you have already undertaken that endeavor (earlier fairs), we encourage you to look for responsible ways to minimize any personal financial losses.

Additionally, state 4-H teams are working to make decisions about other large-scale events that take place on an annual basis. The decision to hold the State 4-H Field Day virtually has already been made: <https://ucanr.edu/sites/sfd/> and decisions about summer camps, California 4-H Focus and State Leadership Conference will come forth in the weeks to come.

Finally, the cancellation, postponement or mandate to only meet virtually has been extended for UC ANR and the 4-H Youth Development Program through April 30. We continue to monitor the statewide and local restrictions on gatherings and consult with UC ANR leaders and will provide updates as conditions change. I realize this has challenged many of us to re-think how we continue to meet the educational needs and support the 4-H community, I want to applaud you all for meeting this challenge. The number of social media posts on 4-H have been a pleasure to read and share. The ways you are embracing technology to stay connected, educate and provide opportunities for members to lead and grow has been amazing.

In grateful appreciation,



Lynn Schmitt-McQuitty  
State 4-H Director

1. Boleman, C.T. & Cummings, S.R. & Briers, G.E.. (2004). Parents' perceptions of life skills gained by youth participating in the 4-H beef project. *Journal of Extension* [On-line], 42(5). Available at: <https://www.joe.org/joe/2004october/rb6.php>
2. Ward, C. K. (1996). Life skill development related to participation in 4-H animal science projects. *Journal of Extension* [On-line], 34(2). Available at: <http://www.joe.org/joe/1996april/rb2.html>