



May 2020

Trinity County Cloverleaf

County Dates at a Glance

Friday, May 1, 2020

Market Agreements Due

Emerald Star Applications Due

Contact: Erin Paradis
530-224-4900

ecparadis@ucanr.edu

Monday, June 8., 2020

Budget Meeting

5:30 PM

A Note From Your Community Educator

COVID-19 Special Announcement

Since the Statewide Stay-at-Home order is still in effect, the following measures have been extended through **May 31st**, unless we receive new information from the state.

All in-person programming, meetings, events, and gatherings of any size must be canceled, postponed, or conducted remotely.

All UC ANR locations, including the 4-H office are closed. I am working from home and can be reached by email, ecparadis@ucanr.edu or at 530-949-9366

Trinity County Fair "Traditions, Trends, Neighbors & Friends"

Fair Premium Books and Entry forms are now available online. It is very important to review and become familiar with the information that relates to your entries. Be sure your entry forms are received by the deadline (Friday, July 10th) as stated in the premium book. If you plan on mailing your entry forms, remember to allow extra time for delivery. Don't forget, all entry forms must be signed by a parent, guardian, or organizational leader. The fair office cannot accept late entries.

All junior livestock exhibitors are required to complete the **YQCA training**. This is completed online and will cover food safety, animal well-being, and life skills. Livestock entries will not be accepted without a YQCA certificate of completion.

The 4-H uniform is a great way to represent yourself and 4-H in a professional way. If you need a new hat, scarf, or tie please order it from Leslie Carman <http://4hsupplies-com.3dcartstores.com/>



State Dates at a Glance

May 30, 2020

Virtual State Field Day

<https://ucanr.edu/sites/sfd/>

<http://4h.ucanr.edu/News/>

State News, Events, and Opportunities

We have created a new site called **California 4-H at Home** to share 4-H activities you can do from home, either online or offline. We will also be sharing updates on the status of statewide and national events on that site.

Our priority is ensuring the safety of the young people in the 4-H program, their families, and our community.

We encourage all 4-H families and volunteers to prioritize their health when making decisions about attending events or traveling.

Virtual 4-H Mindful Me

4-H *Mindful Me* now available virtually!

Youth ages 5-8 can view video recorded lessons and participate in adapted activities that build skills in mindfulness and social-emotional competencies like, mindfulness practices that include: mindful eating, affirmations (emotional support or encouragement), identification and management of emotions, being present in the current moment, and yoga. Each lesson includes a reading of a children's book along with a simple application activity.

Videos are available through eXtension: [4-H Mindful Me](#)

Enrollment key: California



Stories from Nature Exploration

Ages: 5th to 8th grade

When: Tuesdays at 3:00 pm, starting April 7th

California 4-H and California Project Learning Tree are teaming up to host weekly Zoom sessions that include an independent exploration. Explorers head outdoors to complete a challenge from the award-winning curriculum of Project Learning Tree. Share your findings, learn what others have discovered, and collectively create a Stories from Nature Exploration that will be shared on the [California Project Learning Tree website](#). Register at <http://ucanr.edu/elearningplt> to receive the Zoom link to join in.



Online Record Book (ORB)

Since its launch in September 2011, the California 4-H Online Record Book (ORB) has sought to provide a 21st Century option for members to keep records of their 4-H work with specific goals in mind.

ORB did accomplish its goal to provide a more efficient way to keep records through its online forms. However, due to development challenges related to the platform's infrastructure and programmer capabilities, not all pieces of the record book were ever developed into ORB.

These challenges and a rapidly changing technological environment have led UC 4-H to a crossroad, given the costs associated with a complete rebuild of the system, **UC has made the decision to sunset ORB on July 1, 2020.**

Those who are currently using ORB for the 2019-2020 program year will have access through December 31, 2020 to complete their record book.

If you have completed your record book in previous years, download and save copies of them to your computer before June 30, 2020. Instructions for how to do this can be found at <http://ucanr.edu/sunsetorb2020>

Use the paper forms to complete your record book beginning in the 2020-21 program year, which will be available by August 2020. These forms are located at http://4h.ucanr.edu/Resources/Member_Resources/RecordBook/

Don't Be Counted Out!

CA 4-H support Census Awareness so everyone knows they can make a difference in their community. Everyone living in your household should be counted! 2020 Census drives federal money for student loans, investment in higher education, affordable housing, and where businesses locate jobs.

**SAFE AND
CONFIDENTIAL**

By law, the U.S. Census Bureau must keep
all information private.

Your answers cannot be shared with
anyone – even other government
agencies.



**YOU CAN FILL OUT THE
CENSUS FROM HOME**
In English, Spanish, and 11 other languages





UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

#4HCounts #2020Census



COUNT US IN



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

4-H Youth Development Program

WE ARE BUILDING A CALIFORNIA WHERE
EVERYONE **BELONGS** AND EVERYONE **COUNTS**

WHAT IS THE CENSUS?

Every 10 years, the Census counts every person of every age, race, and place of origin living in the United States, regardless of our immigration status or eligibility to vote.

WHY IS THE CENSUS IMPORTANT?

By completing 9 simple questions, you help our communities receive our fair share of funding for:



EDUCATION

School lunch & breakfast, Pell grants, special education, Head Start



MEDICAL CARE

Medicare, Medi-Cal, CHIP



HOUSING ASSISTANCE



ROADS AND TRANSPORTATION



Your responses to the 2020 Census are **safe, secure, and protected**. Your community is counting on you to complete the Census so we all have the resources we need and deserve.

HOW DO WE COMPLETE THE CENSUS?

In mid-March, each household will get a letter in the mail. You can complete the Census in your preferred language:



ONLINE



PHONE



MAIL

For more details: CaliforniaCensus.org

#4HCounts

Modified with permission from PICO California.

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. Inquiries regarding ANR's nondiscrimination policies may be directed to UCANR, Affirmative Action Compliance & Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1343.

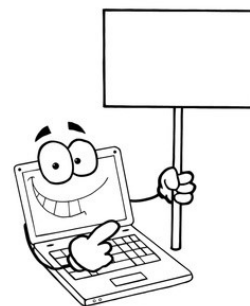
Virtual Technology

Although in-person meetings are prohibited at this time, we encourage all 4-H clubs to utilize virtual resources in order to stay connected. You might consider Skype, Google Hangouts, or zoom. If you need help setting up a virtual meeting, please let me know.

Zoom - Online meetings and Presentations

This is the platform that we are using to connect virtually instead of in person for meetings and presentations. You can use the Zoom app on your computer or smartphone. UC ANR staff can schedule and host Zoom sessions.

- Video and audio conferencing
- Share your computer screen
- Polls, chat, and interactive tools



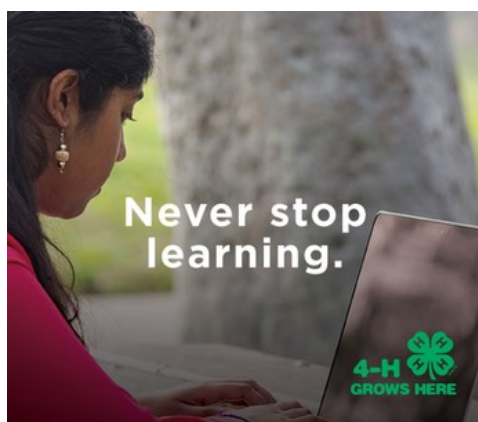
Google Drive - Sharing Documents

- Share a folder of files or individual files
- Different sharing options - public, anyone with link, by invite only
- Everyone can work on the same document in Google docs (you can upload Office 365 documents and edit in Google docs)

Box - Sharing Documents

(Different from DropBox) UC ANR staff have access to Box and can create the workspace for volunteers to share files, at no cost.

- Share a folder or individual files
- Different sharing options – anyone with link and Box login, invite-only, and external sharing (no Box login required)
- Users can comment on and edit Office 365 documents shared in Box so everyone works on the same copy.





4-H Guidelines For Social Media

12/2011

Facebook Specific Guidelines

If a 4-H county, club, unit, or project group has a Facebook page, it should be used to provide educational/informational posts about 4-H activities. The guidelines below will allow you to provide information to the people that “Like” your page while limiting their ability to post to everyone’s accounts. If something inappropriate is posted to the Page’s wall, the administrators should have the ability to delete the post and/or block the person posting, if necessary.

Creating a Page

1. You must notify the county 4-H office if your 4-H club, unit, or project has or wishes to establish a Facebook Page.
2. DO NOT create a “personal profile”. Instead create an “Official Page”. There is a link to “Create a Page” when you click on “Pages” from the left-hand menu. This protects the 4-H member or 4-H adult volunteer maintaining the page, as well as the people who choose to “Like” your page. The main difference is that people will not become “Friends” of your page; they will only be listed as “Liked”. This allows you to set up more restrictions on the page regarding how others can comment or post to your page. People will also not have access to the profiles of others if they are not already one of their friends.
3. Instructions:
 - a. Click on “Create a Page”.
 - b. Under “Create a Page” select “Company, Organization, or Institution”. Select “Non-Profit Organization” in the drop down menu.
 - c. Enter your page name which should be the name of 4-H club, unit, or project and check appropriate boxes. Select “Get Started”
 - d. In the right hand column of your page, select “Edit Page”.
 - e. In the left hand column, select “Manage Permissions”.
 - i. Set Country Restrictions to the “United States” and Mark “Only show this page to viewers in these countries”.
 - ii. In the dropdown menu for Age Restrictions select “Anyone (13+)”.
 - iii. CHECK the boxes that say: “Users can write or post content on the wall,” “Users can add photos”, “Users can add videos”. Select “Strong” on the Profanity Blocklist. Select “Save Changes”.
 - iv. In the dropdown menu for Profanity Blocklist select “Strong”.
 - f. In the left hand column, select “Manage Admins”. Please add all members or adults, including the Organizational Unit Volunteer, who have been designated to maintain the page. Select “Save Changes”.

If your club, unit, or project currently has a page set up as a “personal profile,” please delete it and set up an “official page”. You can go to your own personal profile and invite specific people to “Like” the page once it has been created.

DIY Dog Toys

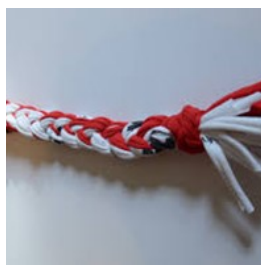
The Shasta County 4-H Ambassador Team is working on a project and I encourage Trinity County members to participate as well.

“We are creating dog toys to donate to local shelters and rescues during these difficult times. This is a great opportunity to spend time with your family at home, all while helping your community. All you need to participate is an old t-shirt and a few minutes of spare time! Our goal is to rally as much support and help from our community by bringing everyone together under one common goal - to help our local animal shelters! Thank you for supporting your local shelters, and remember to tag any photos with #SC4Hhelpingpaws!” -Maddy Evans, Shasta County Ambassador

How to make Recycled Dog Toys from T-Shirts

Materials Needed:

- Scissors
- t-shirts



Steps to make a dog toy:

1. Cut nine strips: 1 inch wide and 12 inches long out of the t-shirt fabric.
2. Cut 2 shorter strips (size doesn't matter too much, just make it long enough to tie a tight knot around all nine strips of t-shirts)
3. Combine all nine long strips and tie them at the top all together with one short strip.
4. Once tied together, separate into groups of three.
5. Braid each group of three individually.
6. Once they are all braided individually, braid the all three sections together.
7. After braiding all together tie them together with your remaining short strip.

Congratulations, you have now created an easy DIY dog toy! Feel free to cut off any excess pieces or even style it up and create a bow with your short strips when you tie them all together.

Thank you for participating in the Shasta County 4-H Ambassadors Service Learning Project!



May the 4th BE With You Free STEM activities from www.sciencebuddies.org

May 4th may or may not be one on your radar, but for *Star Wars* fans, the day is celebrated, appropriately, with the phrase *May the 4th Be with You Day*. (It's also known as *Star Wars Day*.)

In the name of intergalactic, pop culture fun, especially during these days of remote learning, we have a list of easy STEM connections you can make.

15 Simple Activities with a *Star Wars* Spin

Build a Paper Airplane Launcher: TIE fighters.... X-wing.... no matter what variety of starfighter you like most, this airplane launcher activity is an easy tie-in.

Build a Gumdrops Geodesic Dome: the desert planet of Tatooine where Luke Skywalker grows up is spotted with dome-shaped structures.

Colorful Patterns in Melting Ice: Hoth is an ice planet. Remember when Luke was frozen to the ceiling upside down? Explore the structure of ice — and ice melting — in this colorful activity.

How Does a Hovercraft Hover?: landspeeders and hovercraft appear in many places in *Star Wars*. In this activity, kids make a simple hover-inspired vehicle using a balloon and CD.

Oobleck: A Recipe for a Mesmerizing Mixture: there are numerous quicksand (or mucksand) pits in the saga. Exploring the non-Newtonian characteristics of Oobleck is a great opportunity for tactile fun with colloids.

How to Make Slime: Jabba the Hutt brings icky slime to mind. Slime is simple to make, but it's a great chance for kids to experiment with the formula to make slime with specific characteristics. What will their Jabba the Hutt-inspired slime be like?

Circus-Trick Science: How to Balance Anything and **Balance the Forces Within a Mobile:** bringing *balance* to the Force is a big part of the *Star Wars* storyline. These activities are about using physics to make things balance (literally). You could also use light and dark objects on each side of your balancing activities to see if you can use STEM to bring things into perfect, balanced harmony!

How to Harvest Water from Fog: moisture farms on Tatooine use "vaporators" to harvest moisture from the air. Kids can explore similar concepts in this activity.

Build a Robot Hand: Luke ends up with a cybernetic hand in the movie arc, but fixing robots and droids is also a recurring theme. In this activity, experiment with making and using a simple robot hand.

Candy Waterfalls: Can Candy Flow Like Water?: garbage pits and compactors involve piles and piles of trash and recycling (sorted along the way). In this activity, kids explore what circumstances make it possible for a material to *flow* like water. For an engineering design challenge on sorting

Build a Rubber Band-Powered Car and **Build a Wind-Powered Car:** there are many kinds of vehicles in the *Star Wars* saga. Designing vehicles for different terrain and using various means of power is good practice for thinking about engineering to meet the needs of specific locations.

Creating Craters: with so many planets to explore, a crater-making activity is always a good fit. This one can be messy, but it's a great opportunity for a cool, slow-motion video, too!

Mars Rover Obstacle Course: Han Solo beat the odds when navigating the Millennium Falcon through the Hoth asteroid field. He was at the controls, but you can simulate the course by giving someone else directions and seeing if you can guide them through a tricky maze.

Robot, Make Me a Sandwich!: what are your favorite robots in *Star Wars*? Most of the droids operate based on their programming. In this activity, students practice thinking through and giving step-by-step directions for performing a task.

The Boubu-Kiki Effect: there are many races and languages in the *Star Wars* series. This activity is a simple way to explore how people make associations between sounds and shapes — and to think about communication.



Harvest of the Month

Network for a Healthy California

The *Harvest of the Month* featured fruit is
strawberries



Health and Learning Success Go Hand-in-Hand

Eating breakfast can improve your child's behavior and attitude. Children who eat breakfast feel better, have fewer absences from school, and do better in school. *Harvest of the Month* can give you ideas to help your family power up with breakfast, eat more fruits and vegetables, and be active every day.

Produce Tips

- Look for plump berries with a natural shine, rich red color, bright green caps, and a sweet smell.
- Store unwashed strawberries in the refrigerator for up to three days.
- Before serving, use cool water to gently wash strawberries with the green caps still attached.
- Look for no-sugar-added frozen strawberries.

Healthy Serving Ideas

- Slice strawberries into high fiber cereal and calcium-rich lowfat yogurt.
- Blend frozen strawberries with orange juice (or lowfat yogurt) and ice to make a quick and tasty smoothie.
- Add strawberries to a spinach salad.
- Microwave sliced strawberries with a small amount of 100% orange juice to make a topping for pancakes and waffles.
- Strawberries are a tasty snack any time of the day. Just wash them, remove the stem, and enjoy.
- Be a role model – eat breakfast with your child.

For more ideas, visit:
www.cachampionsforchange.net

BERRY BANANA SPLIT

Makes 1 serving.

Prep time: 5 minutes

Ingredients:

- 1 small banana, peeled
 - ½ cup lowfat vanilla yogurt
 - 1 tablespoon lowfat granola
 - ½ cup sliced strawberries (fresh or frozen)
1. Cut banana in half lengthwise.
 2. Spoon yogurt into a bowl.
 3. Place banana halves on both sides of yogurt.
 4. Top yogurt with granola and berries. Serve.

Nutrition information per serving:
Calories 259, Carbohydrate 55 g, Dietary Fiber 5 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 98 mg

Adapted from: *Kids...Get Cookin'!*,
Network for a Healthy California, 2009.

Let's Get Physical!

- Add bicycling to your family's routine. Bike to school, work, church, and the farmers' market.
- Take a longer bike ride or hike with your family through a local or state park on the weekend.
- Have each member of your family choose an activity they would like the family to do together.

For more information, visit:
www.californiabikecommute.com

Nutrition Facts

Serving Size: ½ cup strawberries, sliced (83g)	
Calories 27	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Calcium 1%
Vitamin C 81%	Iron 2%

How Much Do I Need?

- A ½ cup of sliced strawberries is about four large strawberries or one cupped handful.
- A ½ cup of strawberries is an excellent source of vitamin C – providing 81% of the recommended Daily Value.
- Vitamin C helps your body heal cuts and wounds. It also helps your body fight infections and sickness.
- We cannot make vitamin C in our bodies so we need to eat foods rich in vitamin C, like fruits and vegetables.
- Vitamin C is sensitive to air, heat, and water. Do not store fresh fruits and vegetables for long periods of time or over-cook them – or else they may lose some of their vitamin C.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs. Write it down and post in the kitchen. Add a variety of colorful fruits and vegetables to meals and snacks to help your family meet their goals.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.