

4-H Club Notes

FAVORITE FOODS/CONSUMER SCIENCE DAY

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Favorite Foods Day, Consumer Science Judging Scheduled

Favorite Foods Day and Consumer Science Judging will be held Saturday, January 21, 2006 at the Madera High School Cafeteria, 8:30 a.m. to 12:30 p.m. See the enclosed Favorite Foods Day flyer for guidelines and categories

Education-Related Special Awards to be Given at Favorite Foods Day

The special award again this year will consist of a: \$25 gift certificate for 1st, \$15 gift certificate-2nd, and \$10 gift certificate-3rd place prizes to participants. Your project must have an education related topic associated with the entry. Math, history, science, reading, etc. should be reflected in the entry. Please make the association to education and your project clear for the judges to see.

Photos Needed!

Do you have some photos of 4-H events you would be willing to share? Kendra Willet is looking for current photos to copy and use to update the 4-H display board that is used at fairs and different occasions. This is her Citizenship Plan of Action for her Washington Focus trip. Contact Kendra at 661-1762

Guidelines for Consumer Science Judging Day

During Favorite Foods Day judging members, leaders and mini members may participate in a Consumer Science Judging Contest.

- \$2 entry fee per member
- One entry per category.
- Pre-entry not required.
- Bring a pencil.
- First, second and third place medals will be awarded in the junior, intermediate and senior age divisions: mini-members will receive participant ribbons. Study guides are available at the 4-H Office: citrus and vegetables. Vegetable classes may include potatoes, carrots, broccoli, onions and lettuce.
- There will be a workshop on judging meats at the Consumer Science Judging.
- Information on giving reasons is included in the vegetable study guide.

Small Animal Committee Meeting

The Small Animal Committee will meet Wednesday, January 11, 2006, at 6:30 p.m. in the Demo Building.

Livestock Committee Meeting

The Livestock Committee will meet Wednesday, January 11, 2006, at 7:30 p.m. in the Demo Building.

328 Madera Avenue
Madera, CA 93637
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Joe Camarillo Ext. 203
Nan Kuret Ext. 202
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Joe D. Camarillo
4-H Youth Development Advisor

Message from Reeann

The 2005 Horse Expo was held November 6th at the Madera Fairgrounds. A special "Thank You" to the Madera Fairgrounds for use of the facility. Thank you to Pat Strimling, Blanche Campbell and Nan Kuret for your office and grading expertise. Thank you to all the leaders and parents who helped, and a special THANKS to Amanda Lovelace, Anne Katuin, Aubray Trittler and Kristina Tatum for their great help. See you next year!
Reeann Himelick, Horse Rep.

Out of County Trip Notification Forms

We are making a slight change in the request time for Out-of-County Trip Notifications. Starting January 1, 2006 the trip notification **must** be submitted to the 4-H Office **7-working days** before the event. This will allow adequate time for review by Joe in case he is out of the office for a few days or we need to work around days the office might be closed (i.e.: holidays).

When traveling, groups **must be supervised by a certified 4-H Volunteer Leader** (1 leader per 10 members). Timely notification to the office in advance of the event is imperative for insurance coverage.

Chowchilla "Steer Weigh-In"

Date: Saturday, January 28, 2006

Time: 10:00 a.m. to 12:00 noon

Where: Producers Livestock in Madera

If you have any questions please call Chowchilla Fair at 665-3728.

Results of the 2005 Horse Expo

Congratulations to all medalists!

Level I

Kim Baum, Sierra Shadows
Kylie Bowe, Sierra Shadows
Brooke Caywood, Spring Valley
Ashley Collins, Spring Valley
Dustin Donathan, Spring Valley
Jessie Ellis, Spring Valley
Janae Ford, Sierra Shadows
Molly Gilbert, Berenda
Eric Gunter, Dixieland
Allison Helton, St. Joachims-H
Sarah Haag, Berenda
Jodie Kersey, Spring Valley
Allison Lopez, Howard
Mikenzi Meyers, Howard
Sierra Meyers, Howard
Rebecca Moore, Raymond
Sarah Myers, Raymond
Margaret Pekarek, Alvieu-Dairyland 4-H
Alivia Schneider, Spring Valley
Miranda Souders, Spring Valley

Level II

Katelynn Cook, Chowchilla
Emily Fernandez, Dixieland
Taylor Helton, St. Joachim
Jazmine Jackson, Berenda
Molly Savant, St. Joachim
Luke Shapiro, Coarsegold
Austin Shipley, Sierra Shadows
Katarina Vandennack, Chowchilla

Level III

Jessica Alcott, Sierra Shadows
Britany Alvarado, Columbia
Klarissa Barrett, Spring Valley
Morgan Desmond, Spring Valley
Shannon Sumpter, Dixieland

Level IV

Amy Crockett, Columbia
Hannah Fox, Sierra Shadows
Katie Moore, Sierra Shadows
Ashton Wilfong, Spring Valley

2006 4-H Japanese Exchange Summer Travel to Japan

In 2006 California will be participating in the outbound month-long program. California 4-H members and leaders can travel to Japan for a month-long stay with host families from July 12 to August 10, 2006. Estimated cost would be \$3,000 to \$3,500, depending on the exchange rates and flight costs.

An additional Nihongo language program is also available for those who wish to spend more time in Japan. Participants live with Japanese families in the Tokyo area and attend Japanese language classes five days a week at the Labo Center.

Information and applications are available in the 4-H office or on the web at: <http://ca4h.org/exchange/japanese/index.asp>.

4-H State Ambassador

2006-2007 4-H State Ambassador applications are now available online. 4-H State Ambassadors are selected to represent the California 4-H Youth Development Program, plan the State Leadership Conference and complete a service project.

More information is available at: <http://ca4h.org/leadership/ambassador/>. Applications are due March 31, 2006.

Washington Focus Fund Raiser

Kendra Willet is selling vouchers for Sal's enchiladas as a fund raiser for her Washington Focus trip in June. They are 12 for \$15. Call Kendra at 661-1762.

New Statewide 4-H Policies

Major Changes in 4-H's operational procedures include:

1. There will be two adults with youth at all times. (Section 815.2 A)
2. Adults should not be in vehicles with youth without the written consent of parents. (Section 815.2 B)
3. Youth must be supervised at all times. (Section 815.2 B)
4. There should be separate sleeping facilities for each gender. (Section 815.2 C)
5. If a volunteer suspects child abuse he/she should report both to the appropriate child protection agency and to the County Director or 4-H YDP staff person. (Section 815.3)

In an effort to keep our youth as safe as possible and to safeguard our volunteers working with youth, The following policy has been developed for the State 4-H Handbook:

815.2 A Leadership: A Minimum of Two Adults

Two appointed adult volunteers, or one appointed adult volunteer and another adult or 4-H YDP staff member (one of which must be at least 21 years of age), are required for all programs, events, activities. The adult in charge of the event must be an appointed 4-H Volunteer as established by the County Director.

In general, no one-on-one interactions should occur in private. This includes between youth and adults or among youth. If personal discussions are needed, the discussions should be conducted in an area that is in view of other adults and youth.

When transporting youth, if two adults cannot be present in the vehicle, the alternative minimum requirement is one adult and two or more youth members. An adult should not be alone with a youth (other than his/her own child) without the advance written permission of the youth's parents.

All adults who transport 4-H youth to and from or during a 4-H event are required to have a valid California Driver's License. They must also carry their own automobile liability and accident insurance, use a safe operating vehicle, and have a seat belt for each passenger. It is a law in California that all passengers be properly constrained while traveling or operating a motor vehicle. Please make sure that you only transport the number of individuals for which you have safety belts.

815.2 B: Supervision of Youth

The 4-H member is the responsibility of the 4-H volunteer or staff member in charge of the meeting or event until a parent/guardian or responsible adult designated by the parent/guardian arrives. The 4-H member must not be left unsupervised, transported without specific parental permission (except by law enforcement officials) or released to anyone not specifically authorized by the parent or legal

guardian. If parents are late or do not arrive within half an hour of the scheduled ending time, and cannot be contacted, it will be necessary for the leader or staff person in charge to contact a local law enforcement official

Small Animal Expo

Tests may be requested, in writing, by Leaders of small animals anytime after **January 4th, 2006**. Please give the 4-H Office at least 2 days to fill your request.

For Level I we will need just the number of tests required. For Levels II, III and IV, please provide the names of the members taking the tests so the office can verify the level before filling your request. The tests must be returned to the 4-H Office February 2, by 5:00 p.m with the \$2 fee for each test. Late tests will not be scored. All tests must be returned whether they were used or not.

Tests will be corrected Feb 8, starting at 10:00 a.m. in the Demo Bldg. Volunteers are needed to help correct tests if you want your club to participate in the Expo.

The actual Small Animal Expo will take place February 12, at 1:00 p.m. sharp at the Madera Fairgrounds. **Check in time will be from 12:30 to 1:00 p.m.** Please do not be late for check in.

Please note: Volunteers are needed the day of the Expo.

Shooting Sports

Coming up is a 4-H Shooting Sports Trainer

Certification Workshop - Rifle

Saturday, February 18, 2006 - 8:00 a.m. - 5:00 p.m.

Sunday, February 19, 2006 - 8:00 a.m. - 5:00 p.m.

True Sportsman's Club - Ione, CA (Amador County)

Upon completion of this course, the participants will be certified as 4-H shooting sports trainers and volunteer leaders in the rifle discipline. Participants must attend both days of training. This certification is for rifle only. For mor information regarding this course contact John Borba at (661) 868-7216 or email: jaborba@ucdavis.edu.

Leaders: please note that if you plan to attend any shooting sports training you must let the 4-H office know and have the form signed by the 4-H Advisor.

Fountain of Youth - Facts

7:2.....ratio of the average number of television sets to the number of children (U.S. Census Bureau).

28.....out of every 100 school children in California are overweight, an increase of 6% from 2001. ("Fatter Than Ever" San Francisco Chronicle August 23, 2005.)

4-H Favorite Foods Day

Madera High, School Cafeteria - 200 South L Street

Saturday, January 21, 2006

8:30 - 9:15 a.m. - Registration, Setup & Picture Taking

9:00-9:30 a.m. - Judging Orientation

9:30 a.m. (Approx.) - Judging...Showmanship...

CONSUMER SCIENCE JUDGING

Sampling of food following AWARDS

Beverage/Snack Bar will be provided

SPECIAL AWARDS will be given for the following categories: beef, lamb, pork, raisins, almond, dairy products, goat, poultry, candy, salad, decorated food, special occasion decoration, place setting, and educational theme. You **MUST** sign up your entry for the special awards when you register; you will NOT be entered automatically. Be sure to check when registering to see if your entry qualifies for special award consideration as most do. An item may be entered under more than one category for a special award as long as it qualifies.

GUIDELINES TO FOLLOW FOR FAVORITE FOODS DAY: PLEASE NOTE NEW CHANGES IN THE PROGRAM!

1. \$1.00 entry fee per item to be paid at time of registration.
2. One entry per category, with no limit on how many categories you may enter.
3. No pre-registration. Registration will be done that day.
4. All entries must be made by contestant and all setting up of entry or display must be done solely by the contestant.
5. Exhibit should be attractively displayed. A holiday or special occasion theme may be used. Placemats and decorations should be used in your display.
6. Recipes **MUST** be included, printed in ink or typed, on recipes cards. You will be given a registration number when you check in - PLEASE DO NOT PUT YOUR NAME ON THE RECIPE CARD. Complete recipes, ingredients and instructions are required for each category entered. Please read your recipes very carefully.
7. **All displays must be in place ready for judging by 9:15 a.m.** on January 21, 2006
8. Mini-members may enter category 16. Participant ribbons only will be awarded in this category.
9. All 4-H members are eligible to participate. The Danish and American systems of judging will be used. Each contestant will be judged on their own merit receiving a blue, red or white ribbon on their entry. An entry can be disqualified if it does not come under the guidelines at the judge's discretion. Judges will choose from each category a 1st (gold), 2nd (silver), and 3rd (bronze) on an overall basis (mini member category excluded).
10. Tables will be covered with butcher paper. Spaces provided for each contestant will be 14" deep x 24" wide. In order to keep within these limits, please take this into consideration when creating your display.
11. **NO** alcoholic beverages or containers are to be used in displays in any category.
12. No electric outlets are available. Please find other options to keep food warm (Sterno burners). Cold foods requiring refrigeration (i.e., foods containing mayonnaise, milk, eggs, etc.) need to be placed on ice in the display. Members are discouraged from preparing entries containing ice cream. Members should provide serving utensils with their entries.

CATEGORIES

1. Dairy Foods Entry must contain 2 dairy products; i.e.: butter, milk, cheese, sour cream, etc. No imitations.
2. Cookies All cookies, brownies, bar cookies, etc.
3. Cakes
4. Breads
5. Appetizers Cheese balls, dips, fondues, etc.
6. Pastries Pies, cheese cakes, puddings, desserts, etc.
7. Candies All kinds.
8. Healthy/Diet Foods Whole wheat, grain, fruits, etc. Recipes must contain information about value, calories, cholesterol, Protein, etc.
9. International Foods Main or side dish, dessert or other. Entry should give Country of origin.
10. Made From Mix Ingredients may be prepared foods and/or mixes.
11. Entree/Main Dish
12. Decorated Food Cakes, cookies, cupcakes, etc.
13. Salads
14. Holiday/Special Occasion Decorations Centerpieces, gift basket filled and decorated holiday crafts.
15. Place Setting Include menu (NO FOOD).
16. Mini Member Participant ribbon only awarded.

4-H Favorite Foods Day is a baking display event for all 4-H'ers. You can make any food item, display it decoratively and join the fun (DON'T FORGET TO BRING YOUR RECIPE). Showmanship is optional - but should be fun!

Cream of the Crop - Vol. 18, No. 2

Nutritional Value of Fresh Produce

Nutrients in Fresh Fruits and Vegetables		Serving Size	Percent of USRDA Vitamin A	Percent of USRDA Vitamin C
Fruits	Apples	1 medium	*	6
	Bananas	1 medium	*	15
	Cantaloupe	1/4 medium	55	90
	Grapes	1 - 1 1/2 cups	3	9
	Oranges	1 medium	*	120
	Peaches	2 medium	20	20
	Watermelon	1/8 medium	8	25
Vegetables	Broccoli	1 medium stalk	10	240
	Carrots	1 medium	330	8
	Corn	1 ear	5	10
	Green Beans	3/4 cup	2	8
	Head Lettuce	1/6 head	2	4
	Onions	1 medium	*	20
	Tomatoes	1 medium	29	49

Background Information

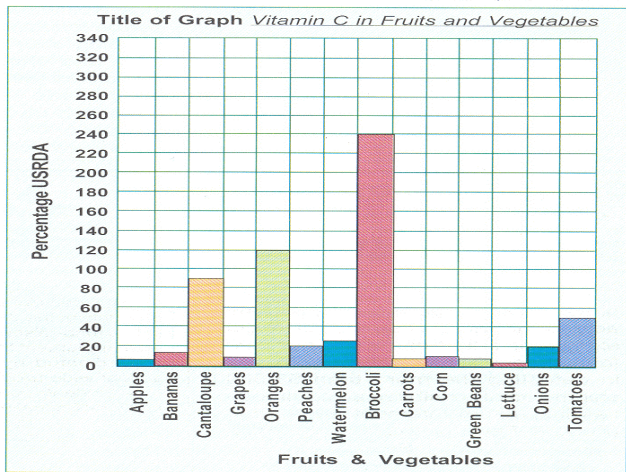
The vitamin content in fruits and vegetables is reported as a percentage of the United States Recommended Daily Allowance (USRDA). Such a standard makes nutrient comparisons of foods possible. To maintain good health, it is important to be aware of nutrient values and to consume foods daily that provide 100% of the USRDA. This activity shows students how to compare nutritional values using vitamins A and C as examples.

Procedure

1. Discuss the importance of eating healthfully. Starting good habits at an early age can have a long-term positive effect on health. Explain that nutrients, found in varying quantities in a variety of foods, are substances required by living things for good health. For people, more than 50 substances must be consumed in adequate quantities to meet the

- body's needs. Two specific nutrients are Vitamin A and Vitamin C.
- Discuss how Vitamin A is essential for healthy body tissue and growing bones, and that it helps with night vision. Vitamin C is essential for strong gums and healthy tissues.
- Share the information from the "Nutrients in Fresh Fruits and Vegetables" chart. Review it to ensure students understand the information that is presented.
- Review with students how to make bar graphs. Using a chart similar to the one at right, ask the students to label the vertical axis, the horizontal axis, create a title, and complete the bar graph using data from "Nutrients in Fresh Fruits and Vegetables."
- Ask students to answer the following questions:
 - ◆ Which fruit and vegetable contain the highest percentage of USRDA of Vitamin A? Of Vitamin C? Which contain the lowest?
 - ◆ Find two fruits and two vegetables that are high in both Vitamin A and Vitamin C.
 - ◆ Which way is easier for you to compare nutritional values of the fruits and vegetables – the chart or graphs? Explain why.
 - ◆ From the nutrient information provided, nominate one fruit or vegetable to be the "Best Produce" award winner. What fruit or vegetable did you choose? Tell why.
 - ◆ Why is it important to eat a variety of fruits and vegetables?
- Research and compare nutrient values of other foods.

Find the complete lesson, "Nutritional Value of Fresh Produce," at www.cfaitec.org under Lesson Plans – Grades 4-6: Fruits and Vegetables for Health.



January 01, 2006 - February 11, 2006

Weekly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 1	Jan 2	Jan 3	Jan 4	Jan 5	Jan 6	Jan 7
Jan 8	Jan 9	Jan 10	Jan 11 Livestock Committee Mtg.-7:30pm Small Animal Committee 6:30pm	Jan 12	Jan 13	Jan 14
Jan 15	Jan 16	Jan 17	Jan 18	Jan 19	Jan 20	Jan 21 Fav. Foods- Cons. Sc. Jdg. 8:30a.m
Jan 22	Jan 23 Favorite Foods Mtg. 6:00 pm Leaders Council Mtg. 7:00 pm	Jan 24	Jan 25	Jan 26	Jan 27 LCORT 27-29	Jan 28 Chowchilla Fair Steer Weigh-In LCORT 27-29
Jan 29 LCORT 27-29	Jan 30	Jan 31	Feb 1 Clb enrol due sprng/smr frs/shws	Feb 2 Sm. Animal Expo tests due 5:00pm 4-H Ofc.	Feb 3	Feb 4
Feb 5	Feb 6	Feb 7	Feb 8 Correct Sm. Animal Expo Tests 10:00 am	Feb 9	Feb 10	Feb 11