



University of California
Agriculture and Natural Resources

Tehama County 4-H *In the Clover* April 2020

Virtual Office Hours



In light of ongoing concerns surrounding the coronavirus (COVID-19) outbreak and in the best interest of our 4-H community and those beyond, University of California Agriculture and Natural Resources (UC ANR), has chosen to implement the following measures.

- All in-person programming, meetings, events and gatherings of any size must be postponed, canceled, or conducted remotely. This includes but is not limited to our 4-H council, club and project meetings.
- All UC ANR locations, including County Extension/4-H offices will be moving toward telecommuting and limited on-site operations. Locally, the 4-H Advisor and 4-H Community Education Specialist will be working remotely.

These measures will remain in effect through April 7, 2020 and are intended to reduce the rate and risk of community spread COVID-19. ***Please note that this date may be extended.***

We understand that this represents a significant adjustment for our 4-H families, but we remain in place to support the program and everyone involved. Although we will not be maintaining general office hours, we can still be reached via email or phone.

Erin Paradis, 4-H Community Education Specialist:
ecparadis@ucanr.edu (530) 949-9366

Nate Caeton, 4-H Youth Development Advisor:
nwcaeton@ucanr.edu



Tehama County 4-H Program
1754 Walnut Street
Red Bluff, CA 96080
(530) 527-3101
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Nate Caeton
4-H Youth Development Advisor


Erin Paradis
4-H Program Educator

Layout by Spring Severson

Mission—The University of California 4-H Youth Development Program engages youth in reaching their fullest potential while advancing the field of

Office Hours
8AM-5PM*
Monday through Friday



**Except Holidays listed on back page*



Tehama County 4-H Clubs

CLUBS	MEETINGS/LOCATIONS	CLUB LEADER
ANTELOPE 4-H	Antelope School 2nd Mondays at 6:30PM	Kevin Rosser, 360-2420 ksrosser@att.net
BEND JELLY 4-H	Bend School 1st Tuesdays at 6:30PM	Debbie Spangler, 354-4530 dspangler414@gmail.com
BOWMAN 4-H	Evergreen Elementary Gym 1st Tuesdays at 6:30PM	Vicky Woolley, 347-3591 vickycottonwood@gmail.com
CORNING 4-H	Richfield School Science Lab 2nd Mondays at 7PM	Jessica Fox, 526-3345 jfox1014@att.net
EL CAMINO 4-H	Gerber School 1st Mondays at 6:30PM	Melissa Gilardi, 518-2312 melissagilardi@gmail.com
FLOURNOY/PASKENTA 4-H	Flournoy Elementary School 2nd Tuesdays at 6:30PM	Brandy Hill, 681-5796 4hmomfp@gmail.com
LASSEN COLONY 4-H	Lassen View Elementary 2nd Mondays at 6:30PM	Marcie Skelton, 526-5403 marcieskelton@sbcglobal.net
LOS MOLINOS 4-H	Los Molinos Veterans Hall 1st Mondays* at 6:30PM <i>*unless a holiday, then 2nd Monday</i>	Anne Junge, 592-7887 annehopson74@hotmail.com
MANTON 4-H	Manton Grange 2nd Mondays at 7PM	Judy Ramos, 474-5541
OLIVE 4-H	Corning Union High School 2nd Mondays at 7PM	Marsha Wilson, 781-3392
WESTSIDE 4-H	Reeds Creek School 2nd Tuesdays at 7PM	Bozsi Parks, 529-2984 etparks7@gmail.com

Corning 4-H Report

Corning 4-H has been very busy for the last couple of months. In February we ran the prize booth at Fun Night along with corn hole and pin the tail on the pig and cow. For arts and crafts we did melted crayons and for cooking we made cake pops. For the month of March, we continue to get ready for the fair and also helped with the Livestock Show at the fairgrounds. I am also proud to say that our club is all geared up and ready for the fair.

- Submitted by Aubree Fox

Bowman 4-H Report

For our March meeting we collected new and gently used kid books for the Evergreen Schools game night, where every winner won a book! We were able to donate several favorites for the kids of the community. At this meeting our healthy living officer taught us the health benefits of pistachios. Did you know that pistachios are a great source of healthy fats, fiber, protein, antioxidants with Vitamin B and potassium? Thank you Hannah for sharing some great information with the club. We also congratulated Derek Rulon and Aiden Flood for participating in County Presentation day and both of them received Gold on their Presentations. The Sunshine group handed out good luck clovers to the members and we played line tag in recreation. Thank you to everyone who volunteered to clerk the Livestock show on March. 14th. For our April meeting we will be collecting can foods to help the food bank in these trying times. Our April meeting will be April 7, 2020 at Evergreen Elementary School Gym at 6:30pm. - Submitted by Aiden Flood Bowman Reporter



Representing 4-H at the Fair?

Fairs provide opportunities for members to exhibit the best of their project work from the past year and see how their skills have grown. Fairs also share with the community what UC 4-H activities are taking place in their area. Each fair is governed by a set of rules that should be carefully reviewed by UC 4-H staff. Most fairs are not run by UC 4-H. Entering UC 4-H projects in county, district, and state fairs is the responsibility of the UC 4-H members. They should contact their project leaders to obtain necessary forms, help with completion of forms, and required signatures. Members are responsible for turning in their entries on time. It is the member's responsibility to find out the rules of a fair and follow them, while representing UC 4-H and following UC 4-H Code of Conduct <http://4h.ucanr.edu/files/211114.pdf>

Livestock Show Results

Congratulations to all who attended the Livestock Show in March and thank you Manton 4-H club and everyone who volunteered!

DIVISION: BEEF

CHAMPION FEMALE:

CHAMPION MARKET:

Top Sr. Showman
Top Int. Showman
Top Jr. Showman

Aiden Flood, Bowman

Daniel Sutfin, Corning

Sierra Huntsman, Antelope
Maia Meyer, Los Molinos
Alex Turri, Flourney/Paskenta

DIVISION: SHEEP

CHAMPION FEMALE:

CHAMPION MARKET:

Top Sr. Showman
Top Int. Showman
Top Jr. Showman

Beverly Wilson, Olive

Haley Templeton, Bowman

Sofie Parks, Westside
Haley Templeton, Bowman
Slade Templeton, Bowman

DIVISION: SWINE

CHAMPION FEMALE:

CHAMPION MARKET:

Top Sr. Showman
Top Int. Showman
Top Jr. Showman

Zach Bullert, Bowman

Masie Skelton, Lassen Colony

Masie Skelton, Lassen Colony
Caleb Merkley, Flourney/Paskenta
Ryker Trejo, Antelope 4-H

DIVISION: MEAT GOATS

CHAMPION FEMALE:

CHAMPION MARKET:

Top Sr. Showman
Top Int. Showman
Top Jr. Showman

Katey Kohler, Lassen Colony

Katey Kohler, Lassen Colony

Katey Kohler, Lassen Colony
Ryan Kohler, Lassen Colony
Caden Williams, Westside

DIVISION: DAIRY CATTLE

CHAMPION FEMALE:

Top Sr Showman
Top Int. Showman
Top Jr. Showman

Austin Flood, Bowman

Austin Flood, Bowman
Beverly Wilson, Olive
Aiden Flood, Bowman

DIVISION: DAIRY GOAT

CHAMPION FEMALE:

Top Sr. Showman
Top Int. Showman
Top Jr. Showman

Josie Parks, Westside

Sofie Parks, Westside
Josie Parks, Westside
Aubrey Iwen, Bowman

Leader's Council Representation

To achieve "Club in Good Standing" status and earn a green seal, clubs must have a representative regularly attend meetings of the Tehama County 4-H Leader's Council.

Attendance	S	O	N	J	F	M	A	M	J
Antelope	X	X	X	X	X				
Bend Jelly	X	X	X	X	X				
Bowman	X	X	X	X	X				
Corning	X	X	X	X	O				
El Camino	O	X	X	X	X				
Flourney/ Paskenta	X	X	O	X	X				
Lassen Colony	X	X	X	X	X				
Los Molinos	X	X	X	X	X				
Manton	X	O	O	X	X				
Olive	X	X	X	X	X				
Westside	X	X	X	X	X				

Council Corner

Date of next meeting:

April 28 @ 6:30PM

Tehama County Dept. of Education

1135 Lincoln St., Red Bluff

Agendas available online

Agenda to include:

- ♦ County Event Reports
- ♦ Budget/Fundraising
- ♦ Program Updates
- ♦ And more!

Decisions
are made here -
join us!

All 4-H appointed adult volunteers & 4-H members (14 years and older) are voting members and invited to attend the monthly council meetings.





CLOVER SAFE

AGRICULTURE AND NATURAL RESOURCES
ENVIRONMENTAL HEALTH AND SAFETY



#85

PREVENTING THE SPREAD OF COMMUNICABLE DISEASES

Clover Safe notes are intended primarily for 4-H volunteers and members nine years and older.



Each year, an average of more than 200,000 people are hospitalized and 36,000 people die from seasonal influenza (flu) complications in the United States. You can help keep yourself, your family, and your fellow 4-H volunteers and members healthy and prevent the spread of seasonal colds, flu, and other communicable diseases by practicing some simple measures at home, work, school, and other social settings. In fall of 2009, there is particular concern over the novel H1N1 influenza virus (also known as swine flu). The precautions to protect yourself from H1N1 are the same as those recommended for seasonal flu or other common communicable illnesses.

The Centers for Disease Control and Prevention (CDC) urges you to take the following actions to protect yourself and others from the flu:

Take time to get vaccinated for seasonal influenza

- CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal influenza. While there are many different flu viruses, the seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common.
- Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease, and people 65 years and older. Seasonal flu vaccine is also important for health care workers, and other people who live with or care for high risk people to prevent giving the flu to those at high risk.
- A seasonal vaccine will not protect you against novel H1N1. A new vaccine against novel H1N1 is being produced and will be available in the coming months as an option for prevention of novel H1N1 infection to those at greatest risk. People at greatest risk for novel H1N1 infection include children, pregnant women, and people with chronic health conditions like asthma, diabetes, or heart and lung disease.

Take everyday preventive actions

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If a tissue is not available, cough or sneeze into your sleeve. An informative and amusing video on covering your sneeze can be viewed at: <http://www.coughsafe.com/>
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible. This is to keep from making others sick.
- Visit the CDC website (<http://www.cdc.gov/h1n1flu/>) to find out what to do if you get sick with the flu and how to care for someone at home who is sick with the flu.



Stay Informed

In addition to the precautions above, it is important that you stay informed, especially during the upcoming flu season. Health officials will provide additional information as it becomes available. UC ANR EH&S has established a website at <http://ucanr.org/h1n1> to provide links to information from CDC, the California Department of Public Health, and County Public Health Departments to help bring you national, state, and local guidance as the flu season progresses. Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures. When planning for camp, consult CDC guidance (<http://www.cdc.gov/h1n1flu/camp>) and local public health officials and develop a plan to respond to an illness outbreak at camp.

September 2009

Additional EH&S information may be accessed at the ANR Web Site at: <http://safety.ucanr.org>

Countywide Projects

The projects listed below are available to any Tehama County 4-H Member in addition to any projects available at the club level. These projects have their own schedules and meeting dates and it is up to the member to keep informed as they do not meet at monthly club meetings. It is a great way to interact and meet members from other clubs who have similar interests.

PROJECT	MEETING INFORMATION	LEADER INFO	PHONE/EMAIL
Archery	Please contact Project Leader for more information	Jesse Sisneros	527-4472 jsisneros49@gmail.com
Dog	Project meetings will be held twice a month, Thursday evenings at Ridgeway Park in Red Bluff	Cathleen Cahill	526-3807 cathleen.cahill@gmail.com
Pygmy Goat	Project meets monthly. Please contact Project Leader for more information	Tammi Josephson	515-5877 PygmysbyTJ@yahoo.com
Rabbit	Project meetings will be held on the 3rd Mondays of the month, 6:30PM. Please contact Project Leader for more information	Anne Junge	592-7887 annehopson74@hotmail.com
Shooting Sports <i>hosted by Antelope 4-H Club</i>	Trap and .22 Rimfire Rifle Please contact Project Leaders for more information	Kevin Rosser Anne Junge Jim Huntsman	360-2420 592-7887 200-5535
Yoga	Please contact Project Leader for more information	Anne Junge	592-7887 annehopson74@hotmail.com
Youth Camp	Camp: July 12—16 (Teen and Adult Staff: July 11—17)	Keith Skelton	209-5177

Scholarship Available

The Ronald S. Knight Memorial Scholarship Committee is pleased to announce the availability of four scholarships in the amount of \$2000 per scholarship for the 2020 academic year. The successful applicants must meet certain criteria. **Applications are due postmarked no later than April 24.** For complete applications and guidelines, please visit <https://tehamacountycattlemen.org/>

State 4-H Advisory Committees

Recruitment is open for the 2020-2021 Statewide 4-H Advisory Committees. These advisory committees offer insight, review, and input for the operation and management of the statewide 4-H Youth Development Program (YDP), and are comprised of 4-H youth members, volunteers and staff. **Applications are due to the State 4-H Office postmarked by May 31** or by visiting http://4h.ucanr.edu/Get_Involved/Advisory_Committees/.

Diamond Clover

The California Diamond Clover is the highest achievement for which a 4-H youth member is recognized. All youth members who achieve the requirements are eligible to receive this award. Awardees receive the California Diamond Clover Pin or Necklace Charm, a certificate and a recognition letter from the Associate Director of 4-H Program and Policy. Applications are accepted year-round. Applications are reviewed by the 4-H Incentives and Recognition Advisory Committee and awarded quarterly. For more information on the award, please visit <https://bit.ly/2Ut9DIG>





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April

21 Leader's Council, 6:30PM**

May

22 B.L.A.S.T. Applications Due for 2020-2021

25 Office closed in observance of Memorial Day

26 Leader's Council, 6:30PM**

*Check before as
meetings could be canceled*



* UCCE 4-H Office, 1754 Walnut Street, Red Bluff

** TC Dept. of Education, 1135 Lincoln Street, Red Bluff

*** County Holiday—Office Closed

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