



## University of California Cooperative Extension Central Sierra News

Serving Amador, Calaveras, El Dorado & Tuolumne counties December 2013

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Greetings,

University of California Cooperative Extension (UCCE) wants to keep you informed about what's happening! We host many workshops throughout the year, including free Master Gardener and Master Food Preserver classes open to the public. You will also find up-to-date 4-H news. Please read on for more information!

### News & Updates

#### Calaveras Master Gardeners Celebrate 10,000 Volunteer Hours

Calaveras Master Gardeners had a lot to celebrate at their recent annual potluck dinner. UC Davis Cooperative Extension staff joined them in recognizing a total of 10,000 hours of volunteer service by just two members. Bev Vierra Pennington, who joined the program in 1998 and Dolores Ransom who joined in 2004.



Pictured from the left are: Bev Vierra Pennington, Debbie Powell, Calaveras Master Gardener Coordinator, Dolores Ransom.

Volunteer organizations like Master Gardeners contribute a huge amount to the US economy every year. Independent Sector, the leadership network for nonprofits, foundations, and corporate giving programs, assigns a value of \$24.75 to every hour of volunteer service in California. In the 2012/2013 fiscal year Calaveras Master Gardeners contributed 5,766 volunteer hours with a value of \$143,000. Since its inception in 1983, members of the

Tuolumne County 4-H is forming a new leadership team for youth in 6th grade and above. Youth with an interest in science, engineering and technology are being recruited to be trained in 4-H SET curriculum. These youth will attend monthly training sessions on a variety of topics from the simple bubbles to robots and rockets. Each month, they will take what they have learned and teach it to younger students attending afterschool programs throughout the county. Training classes will begin in January 2014. Interested youth should contact Melanie Curtis, Tuolumne County 4-H Program Representative, at (209) 533-6990 or [makwast@ucanr.edu](mailto:makwast@ucanr.edu) for more information.

## UCCE Nutrition News

### Tips for Healthy Holiday Parties

It's the holidays and that means it's the start of the party seasons.



With each party comes the challenge of keeping your commitment to healthful eating.

If you are hosting a party this holiday season you

program have contributed well over 40,000 hours of service to the community totaling close to \$1,000,000.

Calaveras Master Gardeners are trained by UC Davis Cooperative Extension staff to provide home gardening advice and education to the public through regular Open Gardens at their Demonstration Garden at the Government Center in San Andreas. When the garden is not open, assistance is offered by Master Gardeners through the help line at: 209-754-2880.

Members are also involved in many outreach projects, including school gardens and community beautification projects.

Master Gardener activities are funded by proceeds from plant sales throughout the year. Where the public can purchase landscape plants and edibles perfectly suited to the local climate. They also offer a variety of hard to find natives plants, shrubs and trees.

For additional details contact the UC Cooperative Extension office at (209) 754-6473 or visit Calaveras Master Gardener's website at <http://ucanr.org/sites/CalaverasCountyMasterGardeners>.

## Newly Certified UCCE Master Gardeners Join Lake Tahoe Program

Nine new volunteers have completed the training course to join the Lake Tahoe program as certified UCCE Master Gardeners. These participants join 17 current volunteers to assist in disseminating science-based home



gardening information to the Tahoe community. Lake Tahoe MG volunteers will continue to host a variety of workshops and trainings including Sustainable Landscaping Workshops in cooperation with local public utility districts; the Green Thumb Gardening speaker series; and educational information at community events and via a newsletter. LTMG also answer gardening questions at Farmers Markets, at the office and by email and telephone. A big welcome to our newest volunteers!

can reduce fat and calories without giving up taste by swapping out a few ingredients in your favorite recipes.

[Read more.....](#)

## UCCE 4-H Events

**UCCE  
4-H Dates**



[Amador](#)

[Enrollment Open](#)

[Calaveras](#)

[Enrollment Open](#)

[El Dorado](#)

[Enrollment Open](#)

**12-5:** Volunteer Leaders Workshop

[Tuolumne](#)

[Enrollment Open](#)

## UCCE MFP Classes

**Free Classes  
Offered by  
UCCE Master  
Food Preservers**



[Amador/Calaveras](#)

**No Classes Scheduled**

[El Dorado](#)

Done for this season.

Check their [class schedule](#) in June 2014 for their next schedule of classes.

## UCCE MG Classes

### Where to cut your Christmas tree

On Public Land

Christmas trees can be cut by families and individuals in nine national forests in California. Buy your permit and map in advance from the US Forest Service

headquarters listed during regular business hours. Bring your own saw and follow the permit conditions. You can read more about Christmas trees here on our [website](#).



For locations and details see:

[US Forest Service 2013 Christmas Tree Cutting permit locations](#)

### Happy Sundowners 4-H Club Giving Back

By: Bailey B., Happy Sundowners

On Tuesday, November 4th, 2013, the Happy Sundowners 4-H Club had a Turkey Cake decorating contest at our meeting. We are very thankful to our community volunteer firemen, so we gave them cakes, as a big thank you.

Our 4-Hers had so much fun making and baking, and voting on and eating all the cakes that were made. It was a fun event, and then afterwards we went to see the firefighters at Pioneer Fire Station and took them the 1st and 2nd place winning cakes. The Club members said that they were very thankful for their service in Somerset and the Firefighters were excited to eat their cakes.

We even got to take a picture by the Fire Trucks!



## Events & Workshops

### Calaveras 4-H Christmas Tree Lots Openings!

**Free Gardening Classes offered by [UCCE Master Gardeners](#)**



**[Amador](#)**

12-7: Everthing Bare Root

**[Calaveras](#)**

No Classes Scheduled

**[El Dorado](#)**

12-7: Selecting & Planting of Bare Root Fruit Trees

**[Lake Tahoe](#)**

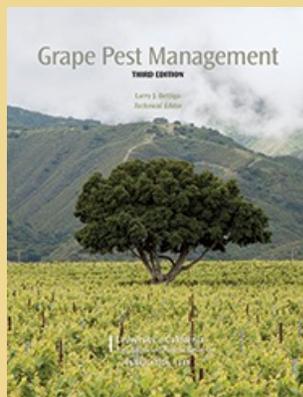
No Classes Scheduled

**[Tuolumne](#)**

No Classes Scheduled

**UC ANR Tidbits**

**UC IPM & more...**



The long awaited [Grape Pest Management Guidelines](#) is out

**Quick Links...**

The Murphys 4-H Club will be holding their annual Christmas tree lot, from November 29th through December 21st. The times are Monday - Friday from 4 pm to 6 pm, and Saturday - Sunday from 9 am to 6 pm. There will also be a bake sale at the event on December 7th from 9 am to 4 pm. All will be happening behind the Murphys Car Wash. For more information call 209/728-9452.



Tree Lot

**Webinar Series on Reforestation and Afforestation Practices for California**

Objectives:

To explore issues related to reforestation and afforestation in California including the current needs and the ecological, social and environmental benefits.



Tree

- To identify bottlenecks and decision points confronted when planning and executing a reforestation or afforestation/restoration project including the procurement of planting stock, implementation alternatives and post-planting management.
- To illuminate reforestation of burned areas in different regulatory and institutional situations including private land, state parks and federal land.
- To describe state-of-the-art practices in riparian forest and oak woodland restoration.
- To give information on financial and other incentives available to land owners and managers contemplating reforestation or restoration.

Registration:

Registration is required though there is no fee to participate. Register at the webinar home page at <http://ucanr.edu/reforestationwebinar>. For more information contact Dr. Richard Harris, Society of American Foresters, [rharris2464@sbcglobal.net](mailto:rharris2464@sbcglobal.net), or Susie Kocher, University of California Cooperative Extension, [sdkocher@ucanr.edu](mailto:sdkocher@ucanr.edu).

[Our Website](#)  
[Events & Workshops](#)  
[Archived Newsletters](#)



**Accessibility**

Should you need assistance or require special accommodations for any of our educational programs, please contact us at 530-621-5502.

You can see the full agenda [here](#).

Thank you for your continued interest in the UC Cooperative Extension Central Sierra's news, workshops, and events.

**Sincerely,**

Scott Oneto  
University of California  
Cooperative Extension  
Central Sierra

**The University of California working in cooperation with County Government and the United States Department of Agriculture.**

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