



University of California Cooperative Extension Central Sierra News

Serving Amador, Calaveras, El Dorado & Tuolumne counties, February 2015

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Nutrition News

Enjoy Heart-Healthy Foods

What's the best way to share the love this Valentine's Day? A healthy heart. The month of February is not just for sweet treats and hugs-it's also dedicated to raising awareness of the leading cause of death in America: heart disease. The key to heart health is eating foods low in saturated fat, trans fat, cholesterol and sodium, and high in omega-3 fatty acids



Greetings,

UCCE Central Sierra 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

UCCE 2014 4-H Summer Camp in Review

UCCE Central Sierra 4-H hosted two week-long summer camps for all youth in the four-county region. The two camps, held in El Dorado and Tuolumne Counties, were staffed by youth who received training in best-practices of camp management. Adult chaperones partnered with youth counselors to offer support during camp.



Evening Flag Pole
El Dorado 4-H Camp

I joined a team of fellow Advisors representing six different counties across California and collaborated on a camp study. Each Advisor evaluated their respective 4-H Summer Camps using a common evaluation protocol. The information gathered from the participating 4-H Summer Camps was shared among the Advisors, and common themes were identified. This information revealed what is going well at our camps, and also what could be improved. There is an abundance of camp data that has been published, containing information about sense of belonging, safety, fun, etc. Very little is known about WHAT causes those feelings to increase or decrease with a particular camp. Our team will be using the preliminary data we compiled from the 2014 study to try and figure out the "WHY". If we do that, we could help improve youth experiences all over the country.

National statistics show that generally girls feel safer at camp than boys and that teen camp staff have more of a sense of belonging than campers. For our study in the six counties, we found similar results. While all youth had a strong sense of

and fiber. Eating a well-balanced diet will include a combination of whole grains, lean proteins, fruits and vegetables and low-fat dairy. Saturated and trans fats are found in some meats, dairy products, baked goods and deep-fried and processed foods. [Continue reading...](#)

UCCE 4-H Events

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4-H Dates



[Enrollment Open](#) -

Open all year

[Amador](#)

2-7: [Sub Regional 4-H Presentation Day](#)

2-13: [Science-Engineering & Technology w/CA DOT](#)

2-21: [ORB \(Online Record Book\) Cafe](#)

[Calaveras](#)

2-7: [Sub Regional 4-H Presentation Day](#)

[El Dorado](#)

2-7: [Sub Regional 4-H Presentation Day](#)

2-13: [Science-Engineering & Technology w/CA DOT](#)

2-21: [Beef Weigh-in](#)

2-22: [Fuzzy Wuzzy Horse Show](#)

2-28: [Presentation Day 2015](#)

3-7: [Color me Green 5k Fun Run](#)

[Tuolumne](#)

2-7: [Sub Regional 4-H Presentation Day](#)

UCCE MFP Classes

Free Classes Offered by

[UCCE Master Food Preservers](#)



belonging, felt safe, and felt like their ideas counted; girls felt more respected by teen staff, and camp staff had a stronger sense of belonging than campers. We found that campers who were not part of the club program had more fun than youth who were club members and that girls expressed their ideas counted more than boys did.

When asked what the best part of camp was, campers in the Central Sierra responded "campfire" and "the dance." In addition, many campers talked about skills they acquired at camp like archery, making lanyards, learning camp songs, arts and crafts, and gaining knowledge about trees and wildlife. Others talked about relationships when asked what they learned, which included things like; how to make new friends, how to be a good leader, how to be funny, and how to get along. All campers responded "yes" or "maybe" to the question "Do you plan to return to camp next year," with the large majority saying "yes."

All in all, Central Sierra 4-H Summer Camps went exceptionally well this past year! The success of camp is in large part to the coordination and leadership of Melanie Curtis and Tracy Celio, 4-H Program Representatives in Tuolumne and El Dorado Counties, along with help from their Camp Directors who facilitated youth planning and coordination of camp activities, which led to an amazing camp experience. We are confident camp will be just as good, if not better in 2015 and hope to see you there. Please contact the 4-H office if you want to participate as a chaperone, guest speaker, adult mentor for teen lead sessions, or to support our camp program in any way.

Events & Workshops

Backyard Poultry Workshop

Join the University of California Cooperative Extension and the Tuolumne County Department of Agriculture For a free workshop on backyard poultry production. Participants will learn the basics of small flock management and have your questions answered by poultry experts and specialists.



Workshop Topics:

- Housing and general care
- Feeds & Nutrition
- Flock Management
- Poultry diseases
- Protecting Your Flock from predators

Date: February 24, 2015

Location: Tuolumne County Library

[Amador/Calaveras](#)

2-7: [Sizzling Soups](#)

[El Dorado](#)

2-3: [Overview Meeting: Train to become a UCCE Master Food Preserver of El Dorado County](#)

[2015 classes begin in July.](#)

UCCE MG Classes

Free Gardening Classes offered by



[UCCE Master Gardeners](#)

[February Gardening Tips](#)

[Amador](#)

2-7: [Veggies for All & Organic Gardening](#)

2-14: [Grafting Fruit Trees](#)

2-21: [Propagation Workshop](#)

2-28: [Cluck! Cluck!](#)

[Calaveras](#)

2-28: [Planting & Dividing Perennial Vegetables- Open Garden](#)

[El Dorado](#)

2-7: [Spring & Summer Vegetables](#)

2-10: [Citrusmania](#)

2-14: [Roses](#)

2-21: [Gardening in the Foothills](#)

2-28: [Cutting Back Ornamental Grasses](#)

[Lake Tahoe](#)

No events

[Tuolumne](#)

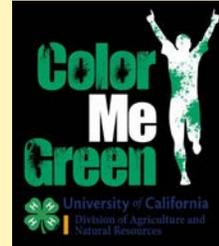
2-7: [Open Garden Day: Care & Maintenance](#)

480 Greenley Rd.
Sonora, CA 95370

To register for this free event please call the UCCE at 209-533-5696 or go [HERE](#).

Color Me Green 5K Fun Run!

Color Me Green 5K run aims to provide youth and community members a fun learning opportunity for improving their health. Participants will run 5 kilometers with other members of their community and will be showered with green color to mark every mile marker they pass, leaving them colored in green by the end of the run!



Date: March 7, 2015

Location: Shingles Springs Rancheria

See the [Color Me Green 5K Fun Run! webpage](#) for information and how to register.

Science Engineering & Technology Series

Rattlesnakes: Pest Notes for Home and Landscape

The rattlesnake is California's only native venomous snake. Six species are found in various areas of the state. Rattlesnakes are an important part of the ecosystem, feeding on rodents, birds, and other small animals. [Continue reading...](#)



What to do if you have an ant emergency

[UC IPM & more...](#)

[How to manage Pests](#)

[Yellow Starthistle webpage](#)

Use the [IPM Weather, models, & degree days webpage](#) to time insecticide applications.

Quick Links...

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HEAD • HEART • HANDS • HEALTH



4-H Youth Development Program



Growing youth
who thrive!

Science Engineering & Technology Series

- Lego NXT Mindstorms, Junk Drawer Robotics
- Cost \$20 non-4-H members
- FREE for current 4-H members
- Open to youth ages 9-13
- Space is limited, reserve your spot now!

Don't miss it!

When

Saturday, March 14 & March 21, 2015
10 a.m. – 1p.m.

Where

UCCE County 4-H Office
311 Fair Lane
Placerville, CA 95667
(530) 621-5503
tbcelio@ucanr.edu



University of California
Division of Agriculture and
Natural Resources

http://ucanr.edu/sites/EDC_4-H_Program/



UC
CE

Click flyer to go to webpage.

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

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