



University of California Cooperative Extension Central Sierra News

Serving Amador, Calaveras, El Dorado & Tuolumne counties February 2014

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UCCE 4-H Happenings in Our Communities

Tuolumne County 4-H Livestock Field Day

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

4-H Volunteer Development Day

This organization does not function without critical involvement from volunteers. Our commitment to youth in our region is realized through helping you succeed as a volunteer. Last year, we had our first two regional Volunteer Development Days hosted in Amador and Tuolumne counties with volunteers from all four counties attending. It was well received and those who attended said they would love to join in other workshops. In order to make these workshops more accessible, we will be hosting identical workshops in two counties again this year. The spring workshops will be held in Amador on March 8th at the UCCE office in Jackson and in Tuolumne on March 15th at the Community Hall in Jamestown. These workshops are pertinent to us all and will be open to our adult volunteers, and teen leaders. Please join us from 9:30am to 2:00pm at either location for a FREE



JoLynn Miller,
4-H Youth
Development
Advisor



The 2014 Tuolumne County 4-H Livestock Field Day will be held at the Mother Lode Fairgrounds on Saturday, Feb. 8th from 9:00 am to noon. There will be a variety of animals for participants to learn about. Several feed stores in Tuolumne County are coming out and setting up booths so that members can learn about the different kinds of feed that are available. Members are encouraged to bring their animals or a display about their animals. If you are interested in learning more about the Livestock Field Day or would like to volunteer to assist, contact Brittney Gilles at 209-536-4098.

UCCE Nutrition News



The Center for Disease Control recommends 2 ½ hours of physical activity every week, but for many of us it's a challenge not only to start an exercise program but to keep it going. Research shows that more people start a new exercise routine on Monday than any other day. So join the movement and use Monday as the day you get active. Then commit to staying fit throughout the week.

Move It Monday is a campaign that can be used by businesses, schools and communities to encourage people to start the week by taking the stairs, going to the gym or doing a Monday

professional development opportunity. Both workshops will focus on the ages and stages of youth development and how we can create exciting hands-on learning opportunities for youth of all ages. In the late summer, El Dorado and Calaveras will be hosting workshops with a new set of topics to get you excited about the upcoming 4-H year with tentative dates set (August 30th in Calaveras and September 6th in El Dorado).

Please register through this link by February 28th at 5 p.m.

<http://ucanr.edu/volunteerdevelopmentday>

4-H Program Seeks Volunteers for School Enrichment Activities

The 4-H Program in Tuolumne County has traditionally provided educational materials and resources for avian embryology studies in the classroom. 4-H staff members have visited classrooms with incubators, fertilized eggs and age appropriate curriculum to help local students learn about eggs and avian development.

Tuolumne County 4-H needs help to continue providing this service and to expand its reach. Volunteers are being recruited to assist in the delivery of avian embryology education in local classrooms. Adults with a passion for science and education are encouraged to consider investing time to this program. All volunteers will undergo a screening process and will be trained to deliver the curriculum.

If volunteers are successfully recruited for 4-H school enrichment activities, the additional activities in subjects such as robotics and entomology will be developed and delivered within the county.

For more information, contact the UC Tuolumne Cooperative Extension office by phone or email. 4-H Youth Program Representative Melanie Curtis can be reached by phone at (209) 533-6990 or by email at makwast@ucanr.edu.

New Nutrition Education Program Manager!

Mile - and to commit to staying active throughout the week. The Monday Mile is a fun way to start your week with a healthy dose of physical activity.

You can check out how to get started at

<http://mondaymile.com>

[Or just continue reading.....](#)

UCCE 4-H Events

UCCE

4-H Dates



Enrollment

Open - all counties

Amador:

2-15: [4-H NCS Meeting](#)

2-22: [Livestock Ethics & Best Practices Seminar](#) - open to all counties

Calaveras:

2-15: [4-H NCS Meeting](#)

El Dorado:

2-15: [4-H NCS Meeting](#)

2-22:

- [All Counties Qualifying Horse Show](#)
- [Presentation Day](#)
- [GIS Youth in Science Experiment](#)
- [4-H Beef Weigh In](#)
- [Livestock Ethics & Best Practices Seminar](#)

Tuolumne:

2-8: [Livestock Field Day](#)

2-22: [Everything but Animals Day](#)

2-22: [Livestock Ethics & Best Practices Seminar](#) - open to all counties

UCCE MFP Classes

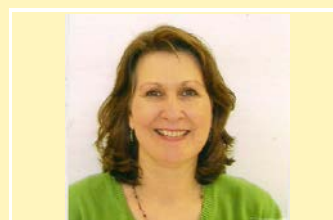
Free Classes

Offered by

[UCCE Master Food](#)



UCCE Central Sierra has added a Nutrition Education Program manager to the CalFresh nutrition team, which serves our four-county area. The new position has been filled by Wendy West, a ten-year UCCE EI



Wendy West
CalFresh Nutrition Education
Program Manager

Dorado County staffer who has been working in the areas of natural resources and agricultural literacy. "I'm super excited to join the nutrition team and I look forward to supporting and continuing to grow this excellent program," said West. Wendy will be based at the El Dorado County UCCE office in Placerville and can be reached at 530-621-5533 or wkwest@ucanr.edu

Events & Workshops

County Presentation Day & National Youth in Science Experiment

On Feb. 22, 2014, El Dorado County 4-H will be offering County Presentation Day & National Youth in Science Experiment at Folsom Lake College El Dorado Center in Placerville. The event will run from 9 a.m. to 2 p.m.



Presentation Day is an exciting day when youth share what they know with other 4-H'ers! Through presentations youth learn the skill of public speaking, gain confidence and have the opportunity to teach others! Youth have the option of presenting in a number of different formats including:

- Educational display; which is an organized visual presentation, often on a tri-fold poster board panel.
- Demonstration; teaches a skill by showing how to do it.
- Prepared speech; an organized prewritten speech to persuade, inform, or educate the audience on a topic.
- Impromptu speech; a speech written at the competition on a topic given by the judges.
- Interpretive reading; presenter reads from a book, making the story come alive with their voice.
- Share the fun; a group skit or group

Preservers

Amador/Calaveras

2-8: Preserving Fish and Game

El Dorado

Nothing Scheduled

UCCE MG Classes

Free Gardening Classes offered by UCCE Master Gardeners



February Gardening Tips

Amador

2-15: Controlling Star thistle & Grafting Fruit Trees

2-22: Pruning & Grafting Grapes

3-1: Delectable and Delicious Veggies and Flowers

Calaveras

2-22: Open Garden Day

El Dorado

2-1: The Art of Growing Succulents

2-8: Beekeeping for the Backyard

2-15: Spring and Summer Vegetables

2-22: Worms & Worm Bins

3-1: Propagation by Seed

Lake Tahoe

No classes scheduled - check back this spring.

Tuolumne

2-1: Open Garden Day

UC ANR Tidbits

UC IPM & more...



Water Worries

Use the [IPM Weather](#).

presentation.

For the first time we are pairing Presentation Day with SET (Science, Engineering & Technology) activities by participating in 4-H National Science Experiment: 4-H Maps & Apps.

Designed by Colorado State University Extension, 4-H Maps & Apps will introduce youth to the importance of geographic information systems (GIS) and global positioning systems (GPS) as they use an important GIS technique called "layering" to map and design their ideal park.

The growing fields associated with GIS and GPS are driving demand for critical thinkers who can harness geospatial technology to examine how all things around us relate. According to the U.S. Department of Labor, GIS and GPS are ranked among the fastest growing occupational fields in the nation.

4-H National Youth Science Day is the premier national rallying event for year-round 4-H science programming that reaches millions of young people each year. The event brings together youth to complete a single, innovative science, technology, engineering or math (STEM) related activity in an effort to expose young people to exciting new science topics and ultimately drive STEM workforce development.

This event will be FREE and open to the public as well as 4-H members! Reserve your space by calling the 4-H office at (530) 621-5503

Wildfire Risk Reduction for Outdoor Camps Workshop Announcement

When: April 22nd, 2014

9:30 a.m.- 5:00 p.m.

Where: Groveland Community Hall State Highway 120, Groveland



Workshop Objectives:

- Provide outdoor camp managers with information on reducing wildfire risks
- Show participants both successful and failed wildfire mitigation work done by camps in Tuolumne County
- Tour Camp Tawonga and Berkeley Tuolumne Camp

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

Quick Links...

[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.

Sponsored by:
UC Berkeley Center for Forestry and UC Cooperative Extension - Central Sierra

For more information:
Contact Richard Standiford, standifo@berkeley.edu,
or Susie Kocher (530) 542-2571,
sdkocher@ucanr.edu

The workshop is FREE, but registration will be required. Register online at <http://ucanr.edu/wildfiresandcamps>

Save Our Styrofoam! (S.O.S.)

UCCE Tuolumne County
Master Gardeners
Styrofoam Collection Day



Drop off your clean, #6 Styrofoam
Remove tape, tags, labels, etc.
No packing peanuts or food
containers please.

When: February 8th: 9:00 a.m. - 3:00 p.m.
February 9th: 11:00 a.m. - 3:00 p.m.

Where: Waste Management, Inc. Microtronics Way
Turn onto Camage & follow the signs

Keep Styrofoam Out of the Landfill!!

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

County Government and the United States Department of Agriculture.

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