



## University of California Cooperative Extension Central Sierra News

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

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### In This Issue

Exercise Safely in Hot Weather

Volunteering in 4-H

UCCE Central Sierra 4-H Dates of Interest

UCCE Master Food Preserver Classes

UCCE Master Gardener Classes

UC IPM Tidbits

Soap Sprays as Insecticides

Tree Health In A Time Of Drought

Family Forest Stewardship Tours in June

Become a Certified California Naturalist

Gardening with Kids: Raising Worms

Master Food Preservers at the El Dorado County Fair

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Nutrition News

### Exercise Safely in Hot Weather

Many people flock outside in warm weather to jog, play basketball or do yard



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

#### Soap Sprays as Insecticides

By Scott Oneto, Farm Advisor, University of California Cooperative Extension

Soaps have been used to control insects and combat pests for hundreds of years, but their effectiveness as pesticides has been scientifically established only recently. Recently, there has been increased interest in and use of these products. This change is due to a better understanding of how to use soaps most effectively and a desire to try insecticides that are easier and safer to use than many currently available alternatives.

How soaps and detergents kill insects is still poorly understood. Researchers have been studying how soaps work in combating pests. Some soaps simply wash off the outer waxy coating of the insect's cuticle, destroying its watertight quality and causing the insect to dry up and die. Other soaps have additional insecticidal properties that may affect the nervous system. These soaps appear to have toxic effect only against plant-eating insects and thus may spare beneficial insects such as ladybird beetles (ladybugs), lacewings, and predatory mites. In addition, high pressure sprays may wash some insects off the plant and other insects may be immobilized in soapy water, making them easier to rinse off the plants.

Soaps will kill many insect pests, including aphids, mealybugs, white flies, spittlebugs, rose slugs, and soft scale on most houseplants, ornamentals, and fruit trees. But because soaps have little or no residual action, sprays should be applied at regular intervals until the population is controlled or

work. But when the mercury rises, "easy" exercise becomes a huge physical undertaking, and intense exercise can be deadly. If your body's temperature regulation system is overtaxed, you're at risk of developing a heat-related illness. Here's what you need to do to protect yourself in extreme summer heat.

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## UCCE 4-H Events

### Volunteering in 4-H



We are currently seeking volunteers to donate 2-3 hours a month helping youth explore their spark and passion. Being a 4-H volunteer is a rewarding experience for both the adult and the youth. Initial commitment is a few hours of training about learning styles and teaching techniques, fingerprinting, and an annual enrollment fee (\$15 for 2014/15).

[\(continue reading...\)](#)

**UCCE  
4-H Dates**



[Enrollment Open](#) -  
Open all year

eliminated [Continue reading...](#)

## Tree Health In A Time Of Drought

Susie Kocher, UCCE Central Sierra Forestry Advisor

The fourth winter in a row of disappointing precipitation has triggered a die off of trees in the Sierra Nevada, most of which is now in 'exceptional drought' status. The US Forest Service conducted aerial monitoring surveys by airplane in April 2015 and observed a large increase in tree mortality in the Southern Sierra (from Sonora south). Surveyors flew over 4.1 million acres of public and private forest land and found that about 20% had tree mortality on it, totaling over 10 million dead trees.



The Forest Service found severe mortality in many pine species especially ponderosa pine. On private lands along the foothills of the Sierras, surveyors found extensive areas of dead pines. Large areas of blue and live oak mortality were also suspected though it was too early in the season to be sure.

On the Stanislaus National Forest, areas with dead trees doubled since last year. Pine mortality, mostly caused by western pine beetle, was common at lower elevations. Over 5 million trees were killed on the Sierra and Sequoia National Forests up from the 300,000 trees killed last year in the same area. Conifer mortality was scattered at higher elevation though surveyors note that the survey was conducted too early in the year to detect the full extent of mortality levels. [Continue reading...](#)

## Events & Workshops

### Family Forest Stewardship Tours in June

Family forest owners in California have a wide variety of reasons for owning their land. The forest management plan is the starting place for a landowner and a registered professional forester to develop a strategic approach to accomplishing goals for ownership. These two field tours will highlight the importance of developing a management plan

**UCCE** University of California Agriculture and Natural Resources Cooperative Extension

**Family Forest Stewardship Tour**  
Developing a management plan for your family forest

Family forest owners in California have a wide variety of reasons for owning their land. The forest management plan is the starting place for a landowner and a registered professional forester to develop a strategic approach to accomplishing goals for ownership. These tours will highlight the importance of developing a management plan for family forest owners. There are no tuition fees involved in the field and provide an opportunity to meet about the various programs available to encourage forest management. This is an excellent chance to see management activities in the field and to interact with environmental foresters and other natural resource professionals.

**June 3, 2015 - Shasta County**  
Candy McCumber  
25440 Deer Flat Road  
55 Ingalls, CA 96088  
[www.ucce.edu/3/2015/JuneTour](http://www.ucce.edu/3/2015/JuneTour)

**June 10, 2015 - Central Sierra**  
Hilary J. French, Associate Professor  
10001 Shingletown Road  
Georgetown, CA 95924  
[www.ucce.edu/10/2015/JuneTour](http://www.ucce.edu/10/2015/JuneTour)

Learn more: <http://www.ucce.edu/3/2015/JuneTour> Subscribe: <http://www.ucce.edu/3/2015/JuneTour>

University of California, Berkeley — Center for Forestry — 101 Mulford Hall #1164 — Berkeley, CA 94720-1164

## [Amador](#)

6-1: [4-H Enrollment Begins](#)

## [Calaveras](#)

6-1: [4-H Enrollment Begins](#)

## [El Dorado](#)

6-1: [4-H Enrollment Begins](#)

6-18 to 6-21: El Dorado County Fair

## [Tuolumne](#)

6-1: [4-H Enrollment Begins](#)

## UCCE MFP Classes

**Free Classes Offered by**



[UCCE Master Food Preservers](#)

### [Amador/Calaveras](#)

6-13: [BBQ Plus](#)

7-7: [Of Course You Can! Basic water Bath Canning](#)

### [El Dorado](#)

[2015 weekly classes begin in July](#)

6-18 to 6-21: El Dorado County Fair

## UCCE MG Classes

**Free Gardening Classes offered by**



[UCCE Master Gardeners](#)

### [June Gardening Tips](#)

## [Amador](#)

6-6: [Growing Citrus in the Foothills](#)

7-23 to 7-26: [Amador County Fair](#)

for family forest owners. The tours will show forestry practices in the field and provide an opportunity to learn about the various programs available to encourage forest management. This is an excellent chance to see management activities in the field, and to interact with professional foresters and other resource managers.

- June 3, 2015 - Shasta County Tour (Shingletown) - [Shingletown Registration Information](#)
- June 10, 2015 - Central Sierra Tour (UC Blodgett Research Station) - [Blodgett Registration Information](#)

For more event details see the [Forest Research & Outreach webpage](#).

## Become a Certified California Naturalist

Become a 'citizen-scientist' as we explore California's natural environment. Learn about opportunities that you can take on to share and engage others in natural resource stewardship through education and service.

**Dates:** Sept. 11 & 12, Sept. 18 & 19, Sept. 24, Oct. 2 & 3, and Oct. 9 & 10

**Location:** Calaveras Big Trees State Park, 1170 CA-4, Arnold, CA 95223

Registration is required and participation is limited to 30. To register, please go to: [http://ucanr.edu/cbt\\_canat\\_2015](http://ucanr.edu/cbt_canat_2015)

Cost for this workshop is \$350.00 per person. There are a limited number of scholarships available. To apply for a scholarship, please go to: [http://ucanr.edu/cbt\\_canat\\_scholarship\\_2015](http://ucanr.edu/cbt_canat_scholarship_2015)

For more information on the California Naturalist Program, please go to: <http://calnat.ucanr.edu/>



## Gardening with Kids:

The UCCE Master Gardeners of El Dorado County have created a series of "Gardening with Kids" classes. The next class is set for July.





### Accessibility

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Cooperative Extension  
Central Sierra

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