



University of California Cooperative Extension Central Sierra News

Serving Amador, Calaveras, El Dorado & Tuolumne counties, December 2016

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**Is your Kid
Over-
Caffeinated?**



(From eatright.org by Jill
Weisenberger, MS, RDN,
CDE, FAND)

Happy Holidays,

UCCE Central Sierra hopes to find you well at the beginning of the holiday season. We want to continue to keep you informed about what we have going on in our programs. 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

Federal Funding Available to Address Tree Mortality on Private Forestlands

DAVIS, Calif., Nov. 7, 2016 - The USDA Natural Resources Conservation Service (NRCS) in California is expanding its initiative to assist private forestland owners in addressing tree mortality and other drought-related damage to improve forest health. NRCS will provide financial assistance for landowners with dead and dying conifer forest trees in certain counties. Removing dead tree debris and other woody material will also help reduce the spread of invasive pests and reduce the threat of wildfire.

"The dry conditions posed by California's ongoing drought have increased the potential for devastating wildfires and insect-related tree mortality," said Carlos Suarez, NRCS California state conservationist. In the upcoming year, NRCS will continue and expand our 2016 forest recovery efforts by initially allocating \$4 million for tree mortality projects. We will also provide additional forestry staff to meet the overwhelming demand for assistance.

Landowners with dead trees on non-industrial private conifer forestlands in Amador, Calaveras, El Dorado, Fresno, Kern, Lake, Los Angeles, Madera, Mariposa, Nevada, Placer, Riverside, San Bernardino, San Diego, Tulare and Tuolumne counties may be eligible for financial assistance. Funding is available through the NRCS Environmental Quality Incentives Program.

You can find the News Release [here](#) and more information on their website [here](#).

Sodas, coffee, tea and energy drinks. Each of these is a source of caffeine. Approximately 75 percent of children, adolescents and young adults in the United States consume caffeine, a compound that stimulates the central nervous system. In **small** doses, caffeine may help people of all ages feel more alert, awake or energetic. But what if you have more than just a little? In large doses, caffeine may cause irritability, impaired calcium metabolism, anxiety, rapid heart rate, elevated blood pressure and sleep problems. In fact, one study found that kids who consumed the most caffeine slept the fewest hours.

Because caffeine is in common beverages like colas and teas, **parents** and others may unwittingly offer excessive amounts of caffeine to children. Teens often deliberately consume large amounts.

Some teens find that caffeine helps them perform better in school and on tests, says pediatric specialist Angela Lemond, RDN, CSP, LD, spokesperson for the Academy of Nutrition and Dietetics. If your teen carries a heavy academic load, he or she may reach for caffeine-containing foods and beverages to improve concentration during school and then again at night to stay up late for studying. Unfortunately, this can push the teen into a cycle of being unable to sleep because of the effects of caffeine, consuming more caffeine to fight fatigue from lack of sleep and

Calaveras High School Students Teach Kids about Agriculture

Last month, students from San Andreas Elementary walked up the hill to the farm at Calaveras High School where they were greeted by a group of high school students. Once the kids arrived the high school students led them through four fun filled activities including; a tour of the farm, an art station, a tasting station, and a planting station.



How did this wonderful activity happen? Partnerships and Collaboration.

Katy Hammack, a nutrition educator with the UC CalFRESH Program has been teaching weekly garden classes alongside UCCE Calaveras Master Gardener Maggie Blood at San Andreas Elementary school. Over the past few months, Katy has also been collaborating with Kevin Hesser, High School Ag Science teacher and Lili Jacobs FoodCorps Service Member at the high school. Lili helps oversee the student farm at the high school and works with a select group of students that spend much of their time working on the farm. Katy and Lili have been bringing high school students to the elementary school to help with the garden nutrition lessons and to assist with the maintenance of the elementary school garden.

To further build upon this partnership, Lili and Katy took the next logical step - bring the elementary kids to the high school where the high school students could teach the youth more about farming practices and caring for plants - right on the farm! The elementary students loved the field trip and were eager to learn from their older peers. The event was so successful, Katy and Lili intend this to be the first of three similar field trips.

Eldorado National Forest to Sell Christmas Tree Cutting Permits

Location: Eldorado National Forest

Beginning: November 14, 2016

Ending: December 31, 2016

For the first time in several decades, the Eldorado National Forest will sell Christmas tree cutting permits. Permits for pine, fir or cedar trees up to 6 inches in diameter at the base will be available beginning November 14, 2016. "The goal of this program is to provide an enjoyable holiday experience for

then having trouble falling asleep again.

[Continue reading...](#)

[Subscribe to the UCCE Central Sierra CalFresh Monthly Nutrition eNewsletter](#)

UCCE 4-H Events

**UCCE
4-H Dates**



[Enrollment Open](#) - All Counties

Open all year

[Amador](#)

12-12: [4-H Teen Involvement Conference Early Bird Registration](#)

12-14: [Deadline to Register: Leadership Conference of Regional Teens \(LCORT\)](#)

12-15: [Citizenship Washington Focus #4HCWF Registration](#)

12-15: [Leadership Washington Focus 2017-Registration](#)

[Calaveras](#)

12-12: [4-H Teen Involvement Conference Early Bird Registration](#)

12-14: [Deadline to Register: Leadership Conference of Regional Teens \(LCORT\)](#)

12-15: [Citizenship Washington Focus #4HCWF Registration](#)

12-15: [Leadership Washington Focus 2017-Registration](#)

[El Dorado](#)

12-12: [4-H Teen Involvement Conference Early Bird Registration](#)

12-12: [Volunteer Leader Orientation](#)

families and friends in the natural setting of their national forest" said Forest Supervisor Laurence Crabtree.

Christmas tree permits will be issued with tree tags at a cost of \$10 each, with a limit of two per family or address. These permits must be purchased in person, are not transferable and are sold on a first-come, first-served basis. Permits will be issued during regular business hours until 12:00pm on December 23rd. Cutting under these permits will be allowed until December 31 to accommodate military families and others who may need to celebrate a delayed Christmas.

Permits will be sold in five locations Monday through Friday 8:00 am to 4:30 pm (all offices will be closed on Thanksgiving Day):

- Forest Supervisor's Office - 100 Forni Road (3034 Briw Road for GPS), Placerville
- Placerville Ranger District - 4260 Eight Mile Road, Camino
- Amador Ranger District - 26820 Silver Drive, Pioneer
- Pacific Ranger District - 7887 Highway 50, Pollock Pines
- Georgetown Ranger District - 7600 Wentworth Springs Road, Georgetown

For more information you can call Supervisor's Office Front Desk, 530-622-5061, 530-957-9660 or visit them online on their [webpage](#).

Events & Workshops

Tuolumne County Department of Agriculture Presents: The December Continuing Education Workshop

Date: December 2, 2016

Time: 9:00 a.m. - 12:00 p.m.

12-14: [Deadline to Register: Leadership Conference of Regional Teens \(LCORT\)](#)

12-15: [Citizenship Washington Focus #4HCWF Registration](#)

12-15: [Leadership Washington Focus 2017-Registration](#)

Tuolumne

12-12: [4-H Teen Involvement Conference Early Bird Registration](#)

12-13: [Sonora Regional Dinner](#)

12-14: [Deadline to Register: Leadership Conference of Regional Teens \(LCORT\)](#)

12-15: [Citizenship Washington Focus #4HCWF Registration](#)

12-15: [Leadership Washington Focus 2017-Registration](#)

Location: 18440 Striker Court, Sonora, CA 95370



*Tuolumne County Department
of Agriculture Presents
The December Continuing
Education Workshop
Friday, December 2, 2016
9:00am to 12:00pm
18440 Striker Court
Sonora, CA*

Agenda

9 to 10	<i>Wellhead Protection/Groundwater Regulations Megan Bloodworth – CRO/ DPR</i>
10 to 11	<i>Bed Bugs – Resurgence of an Old Pest Dr. Bill Donahue – Sierra Research Labs</i>
11 to 12	<i>Scotch Broom Gall Mite – a new Bio-Control Scott Oneto - UCCE</i>

*Call the Tuolumne County Agriculture Department at
(209)533-5691 or email*

AqCommissioner@tuolumnecounty.ca.gov to register

(NO FEE TO ATTEND)

3 hours of CE – Approved

DOORS OPEN AT 8:30 AM

For Sign-in

UCCE MFP Classes

**Free Classes
Offered by**



**[UCCE Master
Food Preservers](#)**

[Amador/Calaveras](#)

[El Dorado](#)

UCCE MG Classes

**Free
Gardening
Classes
offered by**



**[UCCE Master
Gardeners](#)**

**[Monthly Gardening
Tips](#)**

[Amador](#)

Check back in late
December for the 2017

Calling all Potential Master Food Preservers!

Are you interested in becoming a certified UCCE Master Food Preserver volunteer and teaching others how to preserve food at home? If you live in El Dorado, Amador, Calaveras and even

Tuolumne County, you're in luck! We are offering volunteer training programs in both El Dorado and Amador counties this winter, starting in February. While experience with canning and drying food is a bonus, it isn't required. We can teach you how to preserve food and then you can help teach others!

Traditionally our training programs are taught in weekly half-day classes over a span of two months. This year we're spreading it out over four months with two classes a month, meeting on a weekday and a Saturday. The goal is to make it easier for anyone working to only have to take one day off a month instead of four or five days. (Both programs have three classes in February to fit in a Food Safety class with a microbiologist from UC Davis.)



public gardening class schedule.

Calaveras

Check back in late December for the 2017 public gardening class schedule.

El Dorado

12-3: [Growing Grapes in the Sierra Foothills](#)

12-10: [Home Orchards](#)

12-10: [Saturdays with Barry](#)

Lake Tahoe

Check back in the spring of 2017 for their spring and summer schedule.

Tuolumne

Check back in late December for the 2017 public gardening class schedule.

UC ANR Tidbits

UC IPM & more...

[Year-Round IPM Program for Dry Beans](#)

[Seasonal Landscape IPM Checklist](#)

[What is IPM?](#)

Download the [Top 10 pests in gardens and landscapes and how to control them](#).

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

Quick Links...

[Our Website](#)

[Events & Workshops](#)

[Archived Newsletters](#)

Join Our Mailing List!

Classes in El Dorado County (for volunteers who will teach in El Dorado County) are on the second Thursdays and Saturdays during February through May. Classes in Amador County (for volunteers who will teach in Amador and Calaveras Counties) are on a Friday and Saturday during February through the beginning of May.

Want to learn more? Visit our website at http://ucanr.edu/be_mfp or join us at one of our training program overview meetings on Jan 5 in Placerville and Dec 9, January 7 or January 13 in Jackson. At these one-hour informational meetings you'll learn about the mission of the UC Master Food Preserver program, the educational events we provide in our community, the training required to become certified, and the annual requirements for active members.

RSVP by calling 530-621-5528 or email Robin at rkcleveland@ucanr.edu.

Growing Grapes in the Sierra Foothills

Date: December 3, 2016

[Check out the details.](#)

Home Orchards

Date: December 10, 2016

[Check out the details.](#)

Both classes time and location.

Time: 9 a.m. to 12 p.m.

Location: Government Center Hearing Room, Building C, 2850 Fairlane Court, Placerville



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



Accessibility

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



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