

January 2018

UC Cooperative Extension
Central Sierra News

University of California
Agriculture and Natural Resources

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Serving Amador, Calaveras, El Dorado & Tuolumne counties

Your monthly news & event announcements



Join our mailing list.

Happy New Year,

We hope everyone had a wonderful holiday season. We had our annual ugly Christmas sweater get together. Always some very interesting sweaters. And great food and games. 2018 scheduling is coming together. 4-H is already planning their summer camps which are always great fun. We have some great Master Food Preserver classes with new "Make and Take" Workshops that you'll love as well as some old favorites. The Master Gardeners schedules are filling up. Our Nutrition Educators are busy busy busy! And, the Farm Advisor is already planning her annual Foothill Grape Day. Please read on for more information!

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Introducing Katie Johnson - Our New Nutrition, Family and Consumer Science Advisor

It is with great pleasure that we introduce our new Nutrition, Family and Consumer Science Advisor for the UC Cooperative Extension Central Sierra.

Katie Johnson comes to us from Tuolumne County. She formerly worked in Stanislaus County on both the SNAP-Ed/NEOP (Nutrition Education & Obesity Prevention) and the WIC (Women, Infants, & Children) programs. Her role focused on building relationships and collaborating with community partners, program planning and evaluation, and implementing activities that support nutrition, physical activity, and breastfeeding promotion. She was also responsible for providing direct nutrition education for youth and adults, conducting Safe Routes to School initiatives, facilitating the Stanislaus County Breastfeeding Coalition, and many other activities that supported policy, systems and environmental change.



Katie has spent most of her life in Tuolumne County and is familiar with the unique culture of the area. She is excited to join the Central Sierra team and to begin building partnerships and assessing health needs in order to develop an integrated approach to fighting obesity, chronic disease, poor nutrition, and inactivity in the region. She received her B.A. in Environmental Studies from Wellesley College in Massachusetts. She then went on to receive her Masters of Public Health from UC Berkeley in Public Health Nutrition. She lives in Sonora with her husband Larry who owns and operates Red Earth Farm. Katie's main office will be in Calaveras County.

Welcome Katie!



Welcome Our New Nutrition Community Education Specialist to SLT

Cristina Luquin is a University of Nevada, Reno graduate. She obtained her Bachelor of Science in Community Health Sciences in 2010. She grew up in South Lake Tahoe and has now returned to pursue her calling of service to the community. Since graduating, Cristina has worked with local agencies for 7 years in the South Tahoe area to better the lives of fellow community members. She has assisted in basic needs programs, interpretations, as well as adult and children's support groups. Cristina is interested in furthering her education and receive a Masters degree in Public Health in the future. This will be a stepping stone for her big dream of traveling to other countries to serve those in need. As a new member of UC Cal Fresh, Cristina feels excited to continue working with the South Lake Tahoe community as a community education specialist.



For more information see our [Nutrition, Family and Consumer Science Webpage](#).

UC Davis C-STEM Events

Free Half-Day Workshop on Mindstorms NXT/EV3

We have just introduced our [Free Half Day Workshop on Mindstorms NXT/EV3](#). This free C-STEM Half Day Workshop will provide K-12 teachers with hands-on experience on how to use Mindstorms NXT/EV3

through freely available [RoboBlockly](#) and [C-STEM Studio](#) for teaching robotics, coding, math, and science. This workshop is targeted at grades 5-12 teachers. Bring your own device (BYOD) of laptop of Windows or Mac OS X and NXT or EV3, and take the curriculum, know-how, pedagogy, and excitement to your classroom teaching.

You can find other C-STEM PD opportunities [here](#).

Control Linkbot and Mindstorms on Chromebooks

We also have created a new Raspberry Pi kit with our industry partner Vilros. The [C-STEM Basic Kit](#) offers a simple solution to run C-STEM Studio, and program and control robots directly on Chromebooks as shown [here](#). C-STEM Schools receive a 15% discount on Vilros kits.

RoboPlay Video Competition

The RoboPlay Video Competition is designed for students to learn robotics while having fun and exploring their creativity in writing, storytelling, art, music, choreography, design, video editing and film production while at the same time seamlessly learning math and computer science.

The theme of 2018 RoboPlay is [Manufacturing and Automation](#). This year, Hewlett Packard Enterprise will sponsor one team to submit a video for the [2018 RoboPlay Video Competition](#) at each of the 100 California schools that have not previously participated. Teacher advisers for student teams can [submit their applications on-line](#).

GIRL Summer Camps

The [C-STEM GIRL \(Girls in Robotics Leadership\) Camps](#) in different regions are focused on motivating girls in middle school through peer mentoring by college girls to learn leadership and STEM concepts using a fun and exciting robotics-based curriculum. All GIRL summer camps are funded by various sponsors and **attendance is free for camp participants**. Lego Mindstorms NXT/EV3 and/or Linkbot robots can be used for the camps. Schools, districts, colleges, and non-profit organizations can apply to become C-STEM GIRL Camp Affiliates to host GIRL camps on their sites. Please contact us on how to host a GIRL Camp on your site.

4-H team wins national teamwork award

A multi-state group formed to study 4-H youth retention received the Excellence in Teamwork Award from the National Association of Extension 4-H Agents (NA4-HA). Kendra Lewis, 4-H academic coordinator for evaluation, and JoLynn Miller, 4-H youth development advisor for the Central Sierra Multi-county Partnership, accepted the award on Nov. 16 in Indianapolis at the NA4-HA Annual Conference.

The youth retention study is focused on understanding why youth and families join, drop out or stay in 4-H. By learning about these factors, youth recruitment and retention in 4-H can be improved. Being able to learn about these issues across states has been valuable as 4-H professionals create tools to help mitigate some of the issues learned from the study.

Since 2014, Lewis and Miller have been co-chairs of the group, which also includes UC Cooperative Extension 4-H advisors Marianne Bird, John Borba and Russell Hill, and specialist Kali Trzesniewski.

For California youth and families, the team has already created a New Family Handbook and a Project Leader Checklist to help leaders as they welcome new families. UC ANR is currently partnering with



Cooperative Extension staff at University of Idaho, Rutgers University, University of Wyoming and Louisiana State University.

The team won the California 4-H Association, Western Region of the National Association of Extension 4-H Agents, and National NAE4-HA awards for Excellence in Teamwork.

***Pictured:** From left, Megan Phillippi of Montana State University, Nancy Shelstad and Tim Ewers of Idaho State University, Jeanette Rea-Keywood of Rutgers University, and Kendra Lewis and JoLynn Miller accepted the Excellence in Teamwork Award.*



Extension course - February 2018

Principles of Fruit and Nut Tree Growth, Cropping, and Management

The Fruit and Nut Research and Information Center at UC Davis is offering a **two-week extension course** focused on understanding basic fruit and nut tree biology and physiology and how it relates to agronomic practices. Understanding the fundamentals of tree biology is essential in making sound orchard management and business decisions in the fruit and nut trees industry. The course is taught by UC Davis faculty, extension specialists and farm advisors.

Week 1: 5 days of lectures, hands-on exercises, and field demonstrations in **UC Davis**.

Week 2: A 4-day field trip throughout fruit and nut tree growing regions of **Northern and Central California**, including visits to current UC experiments, processing facilities, and orchards in a wide range of fruit and nut crops.

Date: **February 19th through March 1st, 2018.**

Registration is **\$2,850** for the entire course and **\$1,850** for the first week only.

More information at <http://fruitandnuteducation.ucdavis.edu/education/>

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Become a UCCE Master Food Preserver Volunteer!

UCCE Master Food Preserver volunteers teach our community how to safely store and preserve food to be enjoyed all year. Our training programs provide core food preservation knowledge and skills in exchange for community involvement.

Apply for the Amador/Calaveras program by January 28. Check website at http://ucanr.edu/be_acmfip for more information, including upcoming training information meetings for the Amador/Calaveras program.



UCCE 4-H Youth Development



Enrollment begins for 2017-18

[Join Now](#)

Open to all Central Sierra 4-H

1-6: [4-H Shooting Sports Workshop: Western Heritage](#)

1-8: [4-H State Ambassador Application Due Date](#)

1-13: [4-H Shooting Sports Workshop: Muzzle Loading](#)

1-26 - 1-28: [2018 Central Youth Summit](#)

Amador

1-27: [Amador County 4-H Presentation Day](#)

Calaveras

1-27: [Amador County Presentation Day](#)

El Dorado

1-22: [New 4-H Adult Leader Orientation](#)

1-27: [Amador County Presentation Day](#)

Tuolumne

1-8: [4-H Roller Skating Social](#)

1-22: [Drive Thru Dinner](#)

1-27: [Amador County Presentation Day](#)



University of California
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**Master
Food
Preserver**

Classes & Events Offered by

UCCE Master Food Preservers

Amador/Calaveras

1-6: [Learn How to Become a UCCE Master Food Preserver - Jackson](#)

1-10: [Learn How to Become a UCCE Master Food Preserver - San Andreas](#)

1-20: [Learn How to Become a UCCE Master Food Preserver - San Andreas](#)

El Dorado

1-20: [Pressure Canning](#)

1-27: [The Beer Garden - MFP/MG Combo Class](#)

Classes & Workshops Offered by

UCCE Master Gardeners



Monthly Gardening Tips

Amador

1-20: [Introduction to Gardening in the Foothills](#)

1-27: [Selection & Care of Roses/Flowering Trees & Shrubs](#)

Calaveras

Check their [Classes & Events webpage](#).

El Dorado

1-13: [2nd Saturdays with Barry - Cold Frames & Other Season](#)

[Extenders](#)

1-27: [The Beer Garden - MG/MFP Combo Class](#)

Lake Tahoe

Check their [Classes & Events webpage](#).

Tuolumne

Check their [Classes & Events webpage](#).

UC IPM and more...

[Winter Pest Management in Backyard Deciduous Fruit Trees, UC ANR Publication 8368](#)

[Fruit Trees: Training and Pruning Deciduous Trees, UC ANR Publication 8057](#)

[Seasonal IPM](#)

[Recent Updates at IPM](#)

[UCIPM Weather Models & Degree Days 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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