4-H Extravaganza

This year’s 4-H Extravaganza was excellent! Special thanks to Shenandoah Valley 4-H Club for the delicious BBQ Tri-tip and help. Thank you to Gold Nugget 4-H for the use of the bingo set. Thank you to Mike Anderson and Will Bullard for the entertaining bingo calling!

4-H Video Project

Project Leader: Larry Fossen  
Monday evenings 6-8 pm at the large conference room, 12200 B Airport Rd, Martell, CA starting March 5, 2012

This will be a video production project using the abilities and resources of the members signed up in the project. Some funds are available to assist with software purchases for editing purposes. The project will go from March 5, 2012 to May 21, 2012. Our first meeting will be a planning and inventory meeting on March 5, 2012.

For more information contact Larry at 223-6484 or email him at fossen@ucdavis.edu.
2012 Sub Regional Day

Presentation Day was held on Saturday, February 4th. Jenny Lind 4-H Club hosted the event. 4-H families traveled from Amador and El Dorado counties to attend.

RESULTS

Daz Belt, Silver
Dezjani Belt, Gold
Elena Smith, Gold
Elizabeth Enderlein, Gold
Ashley Lock, Silver
Emma Marie Schluter, Silver
Emmary Jones, Silver
Hannah Olson, Silver
James Schnetz, Gold
Brandie Ancar, Bronze
Jarod Sparrowk, Gold
Kaitlyn Warren, Gold
Kaitlyn Stahl, Silver
Kayomi Lee Payne, Gold
Kristi Schnetz, Gold
Kyle Schnetz, Gold
Kyra Allemand, Gold
Levi Schnetz, Gold
Logan Braydis, Gold
Mia Remus, Gold
Olivia Lilly, Gold
Riley Anderson, Silver
Summer Wooldridge, Silver
Tara Schnetz, Gold
Zachary Schnetz, Gold
Elianah Kosinski, Silver

Judges were: Tawnya Mills, Kerri Schnetz, Mary Ann Payne, Karen Marques, Lori Caires, Kim Sparrowk and Valerie Anderson.

Room Coordinators were: Kyle Caires, Stacey Lilly, Kristi Schnetz and Elianah Kosinski.

4-H Horse Project

There is a 5 year old mare that will be donated to a responsible 4H family.

Bonnie is a well started young mare. She can walk/trot/canter and picks up her correct leads reliably. She is a good prospect for an advanced JR rider.

She could go either English/Western/Trail/Pleasure. She's a very fancy mover. Great on trails & full of personality! Her trainer works her two days a week.

View video on YouTube at: http://youtu.be/HE6xHu5nkBe

If you are interested in taking an interview ride contact Shari at 295-1278. Approx 15 h
Dear 4-H Leaders,

The date for the 4th Annual California History Day for all Amador County fifth grade students has been set for Thursday, May 17 (9-12) at The Kennedy Gold Mine in Jackson. Amador County teachers have told me that they now consider the event to be a tradition that students look forward to attending.

Last year's event had 400+ students, 75 volunteers and about 100 parents and this year we are hoping to add even more activities and presenters. This a fun, authentic event and we hope our local 4H groups will participate by bringing livestock, horses, mules, donkeys to the event. We also, would be interested in 4H students who could demonstrate any skill that early settlers may have encountered including, music, dance, cooking, basket weaving and fiber arts, games, horses, livestock, old-timey collections and just about anything that kids may want to share with other students.

The school district will allow an excused absence for any student who participates, so you don't have to worry about your kids missing school and please contact me if you may want to participate. Happy trails...

Denny Price, Event Organizer       Cell/Text: 209-304-0892
Amador Master Gardener Class

Community members are encouraged to join Amador Master Gardeners for free classes featuring **Seed Starting and Growing Asparagus** from 9-10:30am and **Backyard Chickens** from 10:30-noon on **March 10th** at the UCCE office, located at 12200-B Airport Road in Martell.

Starting your own seeds is not only cheaper but gives you more choices of which varieties to grow. You can have top-quality seedlings ready for your garden when you want them, not when the store decides to sell them. The best part is that it’s fun, and nothing gets you geared up more for gardening than having a tray of seedlings growing.

So join the fun. We will provide small six-packs and seed starting mix. If you have some containers to contribute, wash them and bring them along. We will have some free vegetable and flower seeds, but feel free to bring some to share.

Now that you’ve got your seedlings growing, take the next step and add a small flock of chickens. Fresh eggs from your backyard beat store-bought just like home-grown tomatoes beat ones from the store. Learn the pros and cons of keeping your own chickens. For additional information contact the Master Gardener office at 209-223-6838 on Tuesdays, Wednesdays, or Thursdays from 10am until noon.

Amador County Fair Fundraiser

The Amador County Fair is once again hosting their **2nd Annual Fair Aide**. This is a great fundraiser for our fair. 4Hers that benefit from the fair need to work a shift at this event.

Some of the featured events will be:

- Dutch Oven Cook-Off
- Tri-tip Cook Off
- Lots of fun things for the kids to do
- **Home & Garden Show**

Friday, June 8, 2012 at 12:00pm until Sunday, June 10, 2012 at 5:00pm

Show Animal Transport

Leaving for the mid-west March 10 to purchase July show animals. Lots of very competitive breeds for your breed shows. I am very impressed with the depth and quality of the animals this year!

Call soon to place your order! For more information visit the website at [www.bobmaylivestock](http://www.bobmaylivestock) or give me a call at 530-200-0866!

Look forward to hearing from you soon! Thanks! Bob May
Amador County Fair

Look for changes this year to make sure the fair will be here for future generations!

The fair is looking for volunteer groups to help out this year. They need help in a variety of different areas (gates, parking, etc.) to offset expenses. Spread the word!

New this year **online entries only** (if you do not have internet access the fair will have computers available, libraries are also available, & the 4-H Ext. office) Project leaders will need to go to the fair to verify entries are accurate & to sign them. Livestock entry deadline is June 20th.

**Premium Book Changes: Pg. 31**, new rule: Exhibitors will be limited to exhibiting 20 rabbits total (excluding market rabbits).

**Pg.46**, replacing Rule D. Market Sheep will have to be slick shorn prior to the vet check on weigh in July 24th.

Amador County Junior Livestock Advisory Committee Meeting

JLAC will meet on: March 22nd, May 24th, June 28th with a year end wrap up BBQ/Swim Party on August 11th. Meetings are held in the Fairgrounds Board Room at 6 PM

### 4-H Calendar of Events

#### March

- 6th, 4-H Council Meeting
- 18th, AC Fair Pre-Weigh in Beef
- 22nd, JLAC Meeting

#### April

- 3rd, 4-H Council Meeting
- 4-H Home Arts Expo
- 4th, Rancher’s Outlet Feed Seminars
- 28th, Duck Race 4-H Fundraiser

#### May

- 1st, 4-H Council Meeting-All Star Applications Due
- 26th, AC Fair Pre Weigh-In
- 26th, State Presentation Day & Fashion Revue

#### June

- 5th, 4-H Council Meeting & All Star Interviews
- 20th, Livestock Entries Due
- 8th-10th, Amador county

#### July

- 15th, AC Fair Pen Set Up
- 23rd, Decorate Livestock Pens
- 24th, Weigh In
- 26-29th, Amador County Fair

#### August

- 7th, 4-H Council Meeting
- 16th, Record Books Due
Amador County Council 4-H Officers

President: William Bullard  
Vice President: Rielle Santinelli  
Secretary: Carolyn Holmes  
Treasurer: Valerie Anderson  
4-H Program Coordinator: Larry Fossen

University of California Cooperative Extension  
12200 B Airport Road  
Jackson, CA 95642

Email: lefossen@ucdavis.edu  
Phone: 209-223-6484  
Fax: 209-223-3279  
Website: http://ucanr.org/sites/AC4H/

NEXT COUNTY COUNCIL MEETING:
will be held on April 6, 2012 at the  
GSA small conference room on Air-  
port Road at 7pm.

UCCE OFFICE HOURS
Monday - Thursday 8:00 - 5:00 pm  
Office is closed noon to 1:00pm.

Next Diggings: April 2012  
Diggings Editor: Valerie 4hdiggings@gmail.com  
Articles are due the 5th of the month.

Larry Fossen 4-H Program Coordinator
BEEF PRE-WEIGH IN - Sun. March 18th  8 am - 11 am

**Independent Exhibitor** Registration Forms & Photos due for beef and horses including leased horses:  
**Wed., March 28th  - 9 am - 5 pm.** (120 days prior to fair)

**Independent Exhibitor** Registration Forms & Photos due for Goats, Sheep & Swine (including rabbits & poultry declaration only) due - **Fri., May 25th  9 am - 5 pm.** (Fair will accept forms at pre-weigh in). (60 days prior to fair)

SMALL ANIMAL PRE-WEIGH IN - Goats, Sheep & Swine  
**Sat., May 26th  7 am - 11 am.** Rabbits & Poultry  
Exhibitors to Declare & pick up numbers & bands.

**Horse Show Entries Open** - Tues. May 22nd  
**Close** - Fri. June 29th

**Livestock Entries OPEN** - Tues. May 29th  
**Close** - Fri. June 29th

All livestock entries to be done on line. Computers will be available at the Fair’s Entry Office. **Forms available at**  
[www.amadorcountyfair.com website](http://www.amadorcountyfair.com)  
Questions : call 209-245-6921 or email Kathy at entries@amadorcountyfair.com.
The 4-H Home Arts Expo will be held this year on Saturday, April 21st at Mark Twain Elementary School in Angels Camp.

**DIRECTIONS:** Mark Twain Elementary is located at 981 Tuolumne Ave., Angels Camp. It is one block up Stanislaus Avenue, which begins at the corner of US Bank and Highway 49 in the heart of Angels Camp.

The event will begin at 10:00 a.m. 4-H members from Calaveras, Mariposa, Tuolumne, El Dorado and Amador County are welcome to participate! All entries are due by April 11th.

**Members in Clothing, Arts & Crafts, Industrial Arts and Crafts, Leather Craft, Pottery, Needlework, Dish Gardens, Welding, Woodworking, and Models (and ALL OTHER home arts) are eligible to enter! Food and Nutrition project members are eligible to enter their dishes or decorated cakes! Adults are eligible to enter the Chili Cook-Off Contest!**

One entry form should be filled in for each entry: Please do not put more than one name on each. Additional forms can be requested from the 4-H office, 754-6474.

**You can enter up to two items!**

*The item(s) you enter MUST be from a project you are currently in.*

**WHAT IS THE SCHEDULE?**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 am</td>
<td>Judge &amp; Clerk Orientation</td>
</tr>
<tr>
<td></td>
<td>4-H’ers set up projects</td>
</tr>
<tr>
<td>10:15</td>
<td>Welcome &amp; Introduction</td>
</tr>
<tr>
<td>10:20</td>
<td>Judging begins followed by:</td>
</tr>
<tr>
<td></td>
<td>Awards Presentation</td>
</tr>
</tbody>
</table>

**Schedule is subject to change**

**HOW ARE THE CLOTHING AND HOME ARTS PROJECTS JUDGED?**

4-H members enrolled in a clothing project get to wear and be judged in their garments. It will include a clothing judging session in which each girl or boy enrolled in a clothing project models his or her outfit before judges and receives helpful comments. Members enrolled in a home arts project show off their creative projects and are critiqued by judges. It will include a judging session in which home arts members display their projects before judges and receive helpful comments. Table space will be provided for members to display their home arts projects.

**HOW DO I ENTER CLOTHING OR HOME ARTS?**

A 4-H entry form must be completed for each entry. Return your form(s) to the 4-H office by the deadline. In the interest of fairness, late forms will not be accepted under any circumstance.

**PROJECT RECOGNITION**

All *home arts* participants will receive a gold, silver or bronze medal. Judging will be on the Danish system. The divisions are:

- Senior Division (10th - 12th grade)
- Junior Division (7th - 9th grade)
- Intermediate Division (4th - 6th grade)
- Primary Division (Kindergarten - 3rd grade)

All *clothing* participants will receive a gold, silver or bronze medal. Unless your garment was made for someone else, you will be expected to wear your garment. Judging will be on the Danish system.

The divisions are:

- Senior Division in Traditional, Purchased and Recycled Category (10th - 12th grade)
- Junior Division in Traditional, Purchased and Recycled Category (7th - 9th grade)
- Intermediate Division in Traditional, Purchased and Recycled Category (4th - 6th grade)
- Primary Division in Traditional, Purchased and Recycled Category (K - 3rd grade)

*Supplement Page 1*
WHAT CLOTHING CATEGORY CAN I ENTER?

- **Traditional** - garment or outfit is made from “scratch” with new fabric.
- **Recycled** - outfit is made from “old” clothes that is an entirely different garment than it had been before. 75% major reconstruction must be done. You must have “before” and “after” photos.
- **Purchased** - project member purchases all outerwear including accessories for $150.00 or less. Receipts will be needed. Handmade accessories are encouraged. Your shopping skills are used in this category.

AN EVALUATION GUIDE FOR 4-H CLOTHING PROJECTS

**CREATIVE SELECTION**

**Occasion:**
Where do you plan to wear your garment? Will it be appropriate?

**Style:**
Is the style becoming to you? Is it appropriate for your age? Is the fabric suitable for the design of the garment?

**Color:**
Is the color becoming to you? Is it a color that looks well with other items you are wearing?

**Texture:**
Is the texture of the fabric (rough, shiny, fuzzy) suitable for you? Is it appropriate for the style and design of the garment and for the occasion for which you will wear it?

**FIT**

Is the garment well balanced so that the center front and center back form straight lines at the center front and center back of your figure? Are the shoulder seams the correct slant and length? Do the darts point to, but not beyond, the curved areas of your figure? Is the waistline of the garment located at your natural waistline or according to the design of the garment? Do the vertical seams form plumb lines? Is the hem line straight? Are the ease allowances adequate for comfort and appearance and for the design of the garment? (Check each of these points for bodice and skirt, or pants, where appropriate)

**GROOMING**

Are you as neat and clean as possible? Is your hair appropriately and becomingly styled? Are your hands and nails clean, and well cared for? Is your clothing (under and outer) clean, free of spots and odors, pressed, and in good repair?

**POSTURE**

**Standing:**
Do you stand tall with back straight, head up, and chin in? Do you keep your shoulders back, your chest up, abdomen in, and buttocks tucked under?

**Poise:**
Are you at ease? Do you avoid fidgeting with your hands and picking at your clothes or yourself? Do you wear your garment proudly and show it off to its best advantage?

**ACCESSORIES**

**Number:** Have you chosen a pleasing number of accessories - enough to complement your garment but not overpower it? (Shoes may be the only accessory you need)

**Harmony:** Does the color of your accessories complement your clothing? Is the color a pleasing value or intensity for you? Are the design and texture of your accessories in character with your garment and with each other? Are your accessories appropriate for your size?
CONSTRUCTION

Choice of Method:
Are the construction methods you used appropriate for the design of the garment, for the type of fabric, and for the type of wear you expect from the garment? For example, did you finish the seams in a way that will prevent raveling - will they wear well and not interfere with the design or general appearance of the garment? Did you select the type of buttonhole that will best complement the design and that is suitable for the fabric?

REMEMBER...IT IS THE OVERALL RESULT THAT IS MOST IMPORTANT, NOT THE METHOD USED

Grain line:
Did you cut your garment “on grain”? Some fabrics with wrinkle-resistant or stabilizing finishes can tolerate a small percentage of “off-grain” depending on their design and texture, but most fabrics, including knits, should be cut exactly on the grain to ensure the best possible hang and fit. For designs with bias cuts, the fabric should be cut on true bias.

Workmanship:
How good a job did you do in making your garment? For example, are the stitch length and tension correct? Is the stitching straight and are the darts tapered, not blunt? Are the interfacing and facings neat and not bulky? Are the fasteners neat and secure? Is the collar neat - no undercollar rolling out or points poking up? Are the sleeves set in smoothly - evenly spaced with no puckering? If the garment is lined, is the lining placed so that it does not distort the outer fabric and overall line? Is the hem as inconspicuous as possible and durable enough for the kind of care it will receive?

PRESSING

Underpressing:
Did you press as you sewed? Did you press one seam before crossing it with another?

Top Pressing:
Did you do a good job of top pressing after completing your garment? Were you careful not to overpress, particularly on the right side of the fabric?

CARE

Consider how long you plan to wear the garment and for what occasions. Will the fabric or style require a minimum amount of time, effort, and cost to keep the garment clean, pressed, and in good repair?

4-H HOME ARTS EXPO
FOOD & NUTRITION PROJECT ENTRY INFORMATION

WHAT ARE THE RULES? (All categories except Cake Decorating)
The following rules will be followed:

1. DO NOT use any cake (or other) mixes in your recipes.
2. Your planned menu is for a breakfast, lunch or dinner.
3. DO NOT enter menus for teas, buffets, etc.
4. Candies and hors d’oeuvre-type foods are not to be included as a Favorite Food or dish.
5. Substitutes for absent members will not be allowed.
6. Long hair must be tied back or in a hair net.
7. Parents and/or leaders will be allowed in the judging area before judging begins BUT they will not be allowed to assist or to make comments.

WHAT ARE THE RULES? (Cake Decorating Category)
The following rules will be followed:

1. You may use cake mixes or "dummies" for your cake. Styrofoam is also okay.
2. Substitute for absent members will not be allowed.
3. Long hair must be tied back or in a hair net.
4. Parents and/or leaders will be allowed in the judging area before judging begins BUT they will not be allowed to assist or make comments.
5. If you have a cake that is more than one-tier and needs to be assembled at the event do so quickly. No frosting application will be allowed at the event.

WHAT ABOUT FOOD SAFETY?

Proper food handling is very important. Lack of sanitation, insufficient cooking and improper storage can allow bacteria in food to increase to dangerous levels. What can you do to make food safe?

You can protect your family and friends from food borne illness by:
1. Making sure your hands, dishes, utensils, kitchen equipment and work surfaces are clean.
2. Being careful and taking all precaution needed in storing, preparing and cooking of all foods.

Temperature and time influence the growth of bacteria. Keep hot foods HOT (above 140 F) and cold foods COLD (below 40 F). Food may not be safe to eat if held more than 2 hours at temperatures between 60 F and 120 F, the temperature zone where bacteria grow rapidly. Remember that this includes all the time during preparation, storage, and serving. Remember too, when transporting food, keep those food dishes that require refrigeration COLD and those that require heat HOT. It is suggested to wrap food items for traveling in a thick, clean towel or blanket and transport them in an ice chest.

HOW CAN I PARTICIPATE?

1. You must be enrolled in a 4-H Foods and Nutrition Project.
2. Entry forms must be returned with your recipe (excluding cake decorating) to:
   4-H Office, Government Center, 891 Mountain Ranch Rd, San Andreas, CA 95249. You will need your Foods and Nutrition leader's signature on the entry form.
3. Do your own creative work on place setting and menu planning (excluding cake decorating). (See "Table Setting Notes" in this booklet).
4. Learn all you can about the favorite food you have chosen to present. Your favorite food presentation should be appropriate to your abilities and your years in the foods project. Your entry should be different each year.
5. Following the theme or title of your entry, plan a menu around your entry, using the knowledge you have learned about a balanced diet and the basic four food groups. Use your own creativity. Remember color and texture. Type or print your menu on a 5" X 8" card with your favorite food underlined. (See specific details in this booklet). Menu should include the basic "4" food groups. Consider color and texture in planning your menu.
6. Practice preparing your favorite food so that you can, from experience, tell others how to do it. Serve it to your family and friends and get their comments. Remember, "Practice Makes Perfect".
7. Learn as much as you can about the basic four food groups and how your menu meets these requirements.
8. Bring an ample supply of your Favorite Foods entry so that there will be enough to serve participants and guests.

Your food must be given careful attention so that it is properly handled. NO FOOD PREPARATION WILL BE ALLOWED AT THE EVENT. Be sure and bring all utensils you will need for serving. Your entry must be completely ready when you arrive. If you prepare a cold dish, keep it cold. If a warm or hot dish is prepared, keep it hot. Refrigeration and holding oven space will NOT be provided for you, but there are some wall outlets available. You may need to bring an extension cord. Again, be sure and bring all utensils you will need for serving.
PLEASE BE SURE THAT ALL OF YOUR
EQUIPMENT IS MARKED FOR IDENTIFICATION

ONCE YOU ARRIVE...

1. Upon arrival find your name taped to the front of a table. Go directly to your table and set up your supplies. Parent help is not allowed.
2. Participants are not to leave their area until all participants at your table have been judged.
3. Parents and leaders are restricted from the judging area once judging begins. Parents and leaders in the judging area after the set-up period will be cause for the entry to be DISQUALIFIED.
4. There will be chairs provided away from the judging area for all guests. REMEMBER, THIS IS A JUDGING AREA AND WE APPRECIATE YOUR HELP IN KEEPING THE AREA QUIET.
5. We suggest that you wear your 4-H uniform. It is not required but it will look better to the judge who will be judging your presentation and your food. If you do not wear your uniform, be sure to dress neatly.
6. Be ready to answer any questions the judge(s) may ask concerning the table setting, menu or preparations of the favorite food. Judges will probably discuss your favorite food, menu and table setting with you, but their questions or comments do not necessarily indicate that they are not pleased with your work or your answers. The Home Arts Expo is a learning experience.
7. Judging will be on the Danish System. (The Danish System is judged against a set standard and not against another entry.) Scoring will be made on the following categories:

   Excellent – Gold Medal
   Good – Silver Medal
   Fair – Bronze Medal

8. After judging has been completed and the awards ceremony, exhibitors and guests are invited to sample the foods displayed. NOTE: Members are not to taste food until after all judging has been completed and judges and guests have tasted.
9. Exhibitors are part of the clean-up committee. An exhibitor who does not clean up his/her area will be disqualified from exhibiting at the event the following year.

MENU

Each exhibitor must plan a menu around the food entry. The menu should be shown on a 5" x 8" card with the exhibitor’s favorite food underlined. The recipe card should be 3" x 5".

* The menu and recipe cards must be typed or neatly printed *

EXAMPLE:

FAMILY DINNER

Meat Loaf - Mashed Potatoes - Buttered Peas

Cottage Cheese & Peach Salad

Yeast Rolls & Butter

Chocolate Pudding - Cookies - Milk

The menu should indicate the type of meal being served (formal dinner, luncheon, breakfast, etc.) Each member will be assigned an area approximately 20" x 24". Your table setting should be appropriate for your menu. A dessert plate should be indicated if appropriate.
TABLE SETTING NOTES

1. Your judgment dictates your place setting. There is no one and only "right way" to set the table. The pattern of table service to be used, the menu to be served, and the size of the table establish your plan for setting the table.

2. You do not need to use your family's best china or silverware. Look through magazines to find ideas for using what you have available as a compliment to your favorite food.

3. Centerpieces are required. It should be small, low and in scale for your one place setting. POTTED PLANTS ARE NOT ALLOWED. Practice at home or at a project meeting so that you will be well prepared to set it up properly before the actual judging.

4. Be prepared to answer questions on your table setting, your menu and your favorite food entry.

5. Paper accessories may be used in your presentation. These are perfectly acceptable when they lend appeal to your theme, your chosen food entry and your menu.

CATEGORIES

Participants are not limited to dishes that are included in the 4-H Food unit for which the member is enrolled. A member may prepare their favorite food to be entered in any one of the following six categories:

1. Bread
2. Main Dish
3. Vegetables
4. Soups or Salads
5. Dessert
6. Cake Decorating

Senior Division (10th - 12th grade)
Junior Division (7th - 9th grade)
Intermediate Division (4th - 6th grade)
Primary Division (Kindergarten - 3rd grade)

5th ANNUAL ADULTS ONLY CHILI COOK-OFF!

Chili Cook-Off Contest for adults! This competition will be open to parents and 4-H leaders. You do not have to be involved in a cooking project to compete in this contest! Sign up on the enclosed entry form to compete.
PRINT NAME ______________________________________________

GRADE ______________

HOW MANY YEARS HAVE YOU BEEN IN THIS PROJECT? _________________

PHONE ________________________ CLUB ________________________________

Mailing Address: ____________________________________________________________

__________________________________________________________________________

County: __________________________________________

COMPLETE FOLLOWING FOR CLOTHING ENTRY

TYPE OF GARMENT YOU WILL BE ENTERING ______________________________________
(dress, suit, shirt, blouse, etc.)

CATEGORY (check one): TRADITIONAL ______ RECYCLED ______ PURCHASED ______

4-H Clothing Leader’s Signature
___________________________________________________________

COMPLETE FOLLOWING FOR HOME ARTS ENTRY

TYPE OF HOME ART YOU WILL BE ENTERING

Remember, home arts can be a variety of things. See page 1 supplement for examples.

DESCRIPTION
__________________________________________________________________________

4-H Home Arts Leader’s Signature
___________________________________________________________

Mail or fax to: Jennifer Goerlitz, 4-H Office, 891 Mountain Ranch Road, San Andreas, CA 95249
Fax 888/764-9669

If your child is attending this event with another adult, please complete the Medical Treatment Form and give it to the supervising adult to carry in their vehicle.

Supplement Page 7
4-H FOODS & NUTRITION ENTRY FORM
4-H HOME ARTS EXPO

DUE WITH COMPLETE RECIPE TO CALAVERAS COUNTY 4-H OFFICE April 11th
Mailed entries must be postmarked by the deadline

PRINT NAME:________________________________________________
GRADE: _____________________
ADDRESS:____________________________________________________________________
_________________________________________________________________________
COUNTY: ________________________________________
PHONE #:________________________
HOW MANY YEARS HAVE YOU BEEN IN THIS PROJECT (INCLUDING THIS YEAR)?:_______
CLUB:___________________________________________________________
MY FOOD ENTRY IS:________________________________________________

ENTRY CATEGORY: (Please check one)

( ) SOUP OR SALADS   ( ) VEGETABLES   ( ) MAIN DISH
( ) DESSERT   ( ) BREAD   ( ) CAKE DECORATING
( ) ADULTS ONLY CHILI COOK-OFF

Signature of 4-H Foods Project Leader or Adult Chili Cookoff Competitor

Attach recipe with this form or write below. Bring menu card with you to the event.

Mail or fax to: Jennifer Goerlitz, 4-H Office, 891 Mountain Ranch Road, San Andreas, CA 95249
Fax 888/764-9669

If your child is attending this event with another adult, please complete the Medical Treatment Form
and give it to the supervising adult to carry in their vehicle.
MEDICAL TREATMENT FORM – MINOR
University of California 4-H Youth Development Program

I hereby certify that my child is in good health and can travel to and participate in this 4-H function.

My Child ___________________________ has my permission to attend the
name of child

4-H Home Arts Expo located at or near Mark Twain Elementary, Angels Camp
name of 4-H club, activity or event city or town
in Calaveras County, California between the dates of April 21, 2012 and April 21, 2012
state or county

While my child is attending or traveling to or from this 4-H function, I HEREBY AUTHORIZE THE ADULT 4-H LEADER OR STAFF MEMBER, or in his/her absence or disability, any adult accompanying or assisting him/her, TO CONSENT TO THE FOLLOWING MEDICAL TREATMENT FOR SAID MINOR:

Any X-ray examination, anesthetic, medical or surgical diagnosis or treatment, and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of any physician and/or surgeon licensed under the provisions of the Medical Practices Act, California Business and Professions Code section 2000 et seq.: or any X-ray examination, anesthetic, dental or surgical diagnosis or treatment, and hospital care to be rendered by a dentist licensed under the provisions of the Dental Practices Act, California Business and Professions Code section 1600 et seq.

This authorization is given pursuant to the provisions of Section 25.8 of the Civil Code of California. This authorization shall remain effective until my child completes his/her activities in this program unless sooner revoked in writing. I understand that as a parent/legal guardian, I will be responsible for the cost of any service or treatment provided not covered by the 4-H Youth Accident Insurance Program sponsored by the University of California Cooperative Extension.

AUTHORIZATION AND CONSENT AND RELEASE

date signature of parent/legal guardian emergency phone DAY
Mailing address City Zip code emergency phone NIGHT

Should there be any changes in the status of parent/legal guardian, it will be my responsibility to keep the County 4-H Office informed.

NON-CONSENT

I do not desire to sign this authorization and understand that this will prohibit my child from receiving any medical attention in the event of illness or accident.

_________________________________________          ___________________
SIGNATURE       DATE

University policy and the State of California Information Practices Act of 1977 requires the following information be provided when collecting personal information from you: The information entered on this form is collected under authority of the Smith-Lever Act. Submission of the medical data is voluntary. However, a signature is required on one or the other of the two signature lines above. Failure to provide the medical information and authorization may result in our inability to provide needed medical treatment. You have the right to review University records containing personal information about you/your child, with certain exceptions as set forth in policy and statute. Copies of University policies pertaining to the collection, use, or release of personal data are available for your examination at the Division of Agriculture and Natural Resources, 4-H, DANR, One Shields Avenue, University of California, Davis, California 95616-8566. Only your own/your child's records are open to your review. Any known or foreseeable intergovernmental transfer which may be made of the information is as follows: None.
# HEALTH HISTORY INFORMATION

(This information is confidential and will be used only in case of emergency.)

Name of 4-H Member: ___________________________________________  Birthdate: ______/_____/_____.

<table>
<thead>
<tr>
<th>Is your child subject to:</th>
<th>Yes</th>
<th>No</th>
<th>Does your child have or has ever had:</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colds</td>
<td></td>
<td></td>
<td>Heart Trouble</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sore Throat</td>
<td></td>
<td></td>
<td>Asthma</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fainting spells</td>
<td></td>
<td></td>
<td>Lung trouble</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bronchitis</td>
<td></td>
<td></td>
<td>Sinus trouble</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Convulsions</td>
<td></td>
<td></td>
<td>Hernia (rupture)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cramps</td>
<td></td>
<td></td>
<td>Appendicitis</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Allergies</td>
<td></td>
<td></td>
<td>Has appendix been removed?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Is the child currently under any type of medical treatment?  

Is there any history of behavior disorders or emotional disturbances, such as difficulties in relationships with authority figures or peers, or abnormally severe moodiness?  

Has the child been under psychiatric treatment within the past three years?  

Date of Child's last Tetanus Vaccination: /   /   .

Please identify over-the-counter medications that we may administer. For example: Antacid, Aspirin.

Please identify child’s allergies, including allergies to food, medications, or drug reactions you know about:

Please list any disabilities or disorders that may affect your child’s participation at this 4-H function, such as eyesight, hearing, speech, paralysis, diabetes, ulcer, etc.

Please list all medications that child is presently taking:

<table>
<thead>
<tr>
<th>Name of Medication</th>
<th>Dosage</th>
<th>Times Taken</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Remarks and any special instructions. Please explain "Yes" answers on this page.

The University of California prohibits discrimination against or harassment of any person on the basis of race, color, national origin, religion, sex, physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (special disabled veteran, Vietnam-era veteran or any other veteran who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized). University Policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 1111 Franklin, 6th Floor, Oakland, CA 94607-5200 (510) 987-0096.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. W.R. Gomes, Director of Cooperative Extension, University of California.
4-H CAMP TWEETY

Location-Lions Camp Pacifica, Ahwahnee
Date– June 16-18, 2012
Cost- $85 for 4-Hers, $105 for non-4-Hers (includes insurance fee)

Registration forms along with fee due by June 1, 2012 to the Mariposa UCCE Office. For information, call 966-4829 or go on-line to http://cemariposa.ucdavis.edu/4-H_Program/Camp_Tweety/
Payment arrangements will be taken and must be paid in full by June 1st.

This camp is for youth in 4th-8th grades or nine before December 31, 2011.

Come join the fun!
CHICKEN SEMINAR

WEDNESDAY 3/28 AT
5P.M. AT THE FEED BARN in MARTELL

FAMILY FLOCK - Angela Cramer - Purina
*Breed Characteristics
*Brooding chicks
*Feeds & Feeding
*Protecting your flock

SHOWING CHICKENS - Jim Sallee - American Poultry Association Judge
*Genetics of Exhibition Poultry
*Selection of Fowl for breeding & showing
*Local & National Clubs and Organizations
*Showmanship

COME JOIN US - CALL 223-2809
TO RESERVE YOUR SPACE TODAY
11261 PROSPECT DRIVE
RANCHERS OUTLET
BE IN THE WINNERS CIRCLE

FEED SEMINAR,

ASSOCIATED & SHOW RITE REPRESENTATIVES WILL BE OUR GUEST SPEAKERS.

April 4th at 6:00 pm.

* DEALERS OF * FARMERS & * NUTRENA * BAR ALE FEED * PRODUCTS:
SHOW TIME, ESSENTIAL SHOW FEEDS, SUNGLO FEED
SHOW MASTER & RING MASTER , GLEN MARTIN FEED

OPEN:
Mon-Tue 3:30-6.00 pm
Wed-Fri 9am - 6pm
Sat 9am - 5 pm
CLOSED SUNDAY

Ranchers Outlet
6980 HWY 16 PLYMOUTH
CA. 209-245-6631

5% Discount on 4-H & FFA show feeds.

REFRESHMENTS SERVED