AMADOR COUNTY YOUTH DEVELOPMENT www.ca4h.org

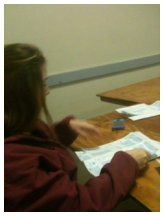
HEALTHY FOOD SYSTEMS • HEALTHY ENVIRONMENTS • HEALTHY COMMUNITIES • HEALTHY CALIFORNIANS

University of California
Agriculture and Natural Resources
Making a Difference for California

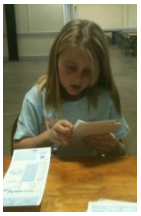
The Diggings
March 2013

Amador County 4-H well represented at recent rabbit shows.

The Cal State rabbit show was held on 2/23 and 2/24 in Turlock California. In attendance were Kory White. of Willow Springs 4-H and Katherine Stiltz of Fiddletown 4-H. The girls traveled to Turlock on Friday evening to help the show secretary get ready for the weekend. The girls organized the show paperwork for the entire youth show D and the entire Open show C. This is a large job with lots of responsibility and the girls did a great job! They also attended an educational seminar about disease prevention and treatment in rabbits. After a restful night in the motel it was time to get down to business. Katherine brought three Mini Rex rabbits and competed on Saturday in shows A and B. There were 112 Mini Rex and her rabbits received two seconds and a third in show A and three seconds in show B, not too bad for her rabbits first time showing. Kory brought Dutch and New Zealand rabbits belonging to her sister Karson (who was unable to attend and for herself) and showed in both Saturday shows. The Dutch were two first and a second and won Best of Variety Chocolate in both shows and Best Opposite of variety black in both shows. The New Zealand's received all firsts and also won Best of Variety and Best Opposite sex of variety red and best opposite of variety broken. Kory volunteered and worked at the raffle table for several hours on Saturday. She was a big help and helped to raise money for the awards given to the winners of the Cal State Royalty Contest. They did not stay for the Sunday show.



Hard at work!



CRCS show waiting to go up

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On 3/3 Kory and Katherine traveled to Stockton for the CRSC double show. Katherine's Mini Rex received three first places in show A and her black jr doe was Best of Variety.(BOV) In show B her rabbits received two first and a second. Kory brought four Dutch. In show A she received three firsts and one third. She was BOV black and chocolate and her black went on to win Best Opposite Sex of Breed (BOSB). She sold one of her rabbits before show B so only had three rabbits entered in show B. They received three first places, BOV chocolate and BOV black and her black buck WLT went on to win Best of Breed (BOB). WLT then got to compete for Best in Show.

Kayalynn from Ione Community 4-H took 5 Lilacs to the show and won 2 BOSB in Open Show A & B & 2 BOB and 2 BOSB in Youth Show A & B

Kaya and her Lilac buck Simba with Judge Caoral Green after winning BOSB in Open

Best of breed Dutch CRCS Show B Kory and Judge Kathy Schulda

California State Field Day 2013

May 25, 2013

State 4-H Field Day Educational Exhibits

http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=9588

Applications due **April 1, 2013**

Educational exhibits and displays constitute a unique aspect of the State 4-H Field Day. These exhibits are a great opportunity to share knowledge, interact with youth and adults and engage people in new activities. Possibilities for displays include hands-on activities, community service crafts, informative booths, etc.

Host an exhibit/display booth at the 2013 Field Day on May 25, 2013!

The Exhibit and Display Application for State Field Day is now located online this year! Apply here:

http://ucanr.edu/exhibit/display_application! **Applications are Due April 1st, 2013**

Educational exhibits and displays constitute a unique aspect of the State 4-H Field Day. These exhibits are a great opportunity to share knowledge, interact with youth and adults, and engage people in new activities. Possibilities for displays include hands-on activities, community service crafts, informative booths, etc. More information is available on the application. Contact Megan Oats at msoats@ucdavis.edu for more information.

State Fashion Revue is May 25 as part of State Field Day at UC Davis. Information is online at http://www.ca4h.org/Programs/Events/SFD/SFR/. Recently posted documents include Guide for Judges, Rubric Scorecards and Information Forms. Adults interested in volunteering as Judges or Room Monitors may register at http://ucanr.edu/sfr2013judges. We hope all counties are actively engaged in the SFR service projects: Drawstring bags, A Zoo of Hugs (softy animals), and Little Dresses & Shorts for Africa. See the flyers on the website for details. SFR is still accepting monetary donations to sponsor garment bag awards, as well as small items for welcome bags; contact Lorita Sutton at loritas@sbcglobal.net. Counties, please let Jillian Milam Barden know the names of your qualifying members, jmmilambarden@ucanr.edu.Registration of youth participants opens April 1 to May 12. Contact Sue Moore, Registrar with questions about categories, qualifying or entering, 2moores@mlode.com.

National 4-H Hall of Fame Ceremony Opportunity

Due to the State 4-H Office by: May 17, 2013
This year the National 4-H Hall of Fame Task Force of NAE4-HA would like to offer two 4-H youth the opportunity to play a unique role in the 2013 Hall of Fame Ceremony which will be held on October 11, 2013 at the National 4-H Center in Chevy Chase, Maryland. The Task Force will be selecting a Youth Master/Mistress of Ceremonies and a Youth Entertainer to assist with the National Hall of Fame Ceremony. Details on how to apply are provided on the respective applications:

National 4-H HOF Entertainer Application
National 4-H HOF Master/Mistress of Ceremonies Application

Applications are due to the California State 4-H Office by **May 17, 2013** so applications can be reviewed and nominations from California selected and submitted by the deadline. If you have any questions, contact Shannon Dogan at sjdogan@ucdavis.edu or 530-754-8518.

We are now accepting statewide **4-H Advisory Committee applications for the 2013-14** program year. The statewide 4-H Youth Development Program (YDP) Advisory Committees are a representative group of 4-H members, adult volunteers and county and state 4-H YDP staff. The committees offer insight, review and input for the operation and management of the statewide 4-H YDP. Please note that there is now an online option to apply. We advise applicants to read the advisory committee descriptions for additional materials that may be required depending on the committee. **Applications are due to the CA State 4-H Office postmarked by May 31, 2013 or online by 11:59pm on May 31, 2013**. For more information, see: http://www.ca4h.org/Administration/Advisory_Committees/

Shooting Sports Workshop

Muzzle Loading Discipline

5 Dogs Range - Bakersfield, CA

Saturday, March 23, 2013 – 8:00 a.m. – 6:00 pm.

Sunday, March 24, 2013 – 8:00 a.m. – 4:00 pm.

Upon successful completion of this course, 4-H leaders will be certified in the shooting sports discipline of muzzle loading. They will be certified as leader trainers and are eligible to serve as shooting sports leaders for clubs or counties and they may also instruct and certify shooting sports volunteers. Class size is limited. There is no fee for the course. However, if you wish to receive National Muzzle Loading Rifle Association instructor certification there is a fee of $40.

To get more information or register for the class contact John Borba at: jaborba@ucdavis.edu or telephone 661-868-6216.

Tractor Supply & 4-H Paper Clover Fundraiser

The spring Paper Clover fundraiser is happening **May 8th -19th** in all Tractor Supply Company/Del's stores. There are several exciting features that have been added to this spring's promotion:

- TSC will be offering a **$5 Paper Clover** available for purchase in addition to the $1 option;
- a **Purina coupon** will be attached to each Paper Clover;
- a **new incentive program for counties** to receive additional funds; and

a **regional 4-H award winner,** which will award $1,000 to the top performing state in each 4-H region

Webinars:

For tips and important details on the changes/additions referenced above, please join one of the upcoming webinars. To RSVP and receive the log in information for one of the webinars, please email your preferred meeting date to paperclover@4-H.org.

Webinar #1: Wed, March 6th at 4pm EST

Webinar #2: Thurs, March 7th at 2pm EST

Webinar #3: Fri, March 8th at 10am EST

Paper Clover Toolkit:

The online Paper Clover toolkit is now available! You will find promotional resources like ads and web banners to help you spread the word in your community. You will also find information and planning resources to help answer any questions you may have such as an FAQ, tip sheet for in store activities, and planning calendar of all upcoming TSC events.

Questions? Email Julie Conn at jconn@4-H.org

Awesome Time

Awe! When was the last time you felt awe over anything? Awe is a hard thing to revive. Things become so familiar, even a lightning bolt, or a sunset, or a 4-H project meeting. Which is why in this Centennial Year of 4-H in California – "100 Years and Thriving," we aim to rekindle our capacity for awe, for experiencing the awe of what we do in 4-H, for relishing the awe-inspiring people we know in 4-H, for the awe of strengthening our vision of the future for 4-H. Join your fellow 4-H leaders and staff for an awesome experience, a networking opportunity, and a celebration of your 4-H commitment. Come to the State Leaders Forum in Sacramento on Nov. 8 – 10, 2013. Check out the web page http://ucanr.edu/slf2013 for information.

The SLF Workshop Request for Proposal Form is ready for you to fill out and submit. It is due by **June 30, 2013**. http://ucanr.edu/slf2013workshop

Each year for the SLF Silent Auction we find that items made by 4-Hers bring in the most money. If you know of youth who are clever and wish to donate a hand-made article that is worth $10 or more, please contact Louise Silacci moolu@unwiredbb.com

The Tech Team wishes to have a head/shoulder picture of each and every 4-H volunteer in California. Please submit to John Trammel techdude4h@gmail.com. Pictures should be good quality, at least 600 KB in size. Title each photo with the name and county of the person pictured.

Apply to the California 4-H Technology Leadership Team

Applications due May 31, 2013 http://www.ca4h.org/Projects/SET/Tech/CTLT/

For those 4-H members and volunteers with an interest in technology! Candidates must have some type of technology experience which could include photography, video, website design, social media, hardware, GPS/GIS, computer support, graphic design, 3D imaging, smartphones, programming, biotech, engineering, technology & society. The California 4-H Technology Leadership Team is composed of 8-15 4-H members, volunteers and staff who serve a 14 month term starting July 1. Candidates must be 16 years of age.

Home Arts Expo 2013

The 4-H Home Arts Expo will be held this year on Saturday, April 20th at Mark Twain Elementary School

in 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 8th.

Look in the back of the Figgings for more info & entry form.

Save the Date: June 26-30, 2013

The **California 4-H Horse Classic** at Brookside Equestrian Park in Elk Grove (20mins south of Sacramento)

We are offering Tenderfoot classes and Miniature Horse Classes this year. Tenderfoot classes are for those whom were unable to participate in a qualifying horse show. Also don't forget about our educational contests: Hippology, Horse Bowl, Horse Judging, Public Speaking, and demonstrations

Looking for a Qualifying Horse show for the 2013 California 4-H Horse Classic?

Visit http://ucanr.edu/classic-qualifiers to find a Horse Show near you! New Horse Classic Blog

Visit http://ucanr.edu/blogs/HorseClassic/index.cfm for updates on 2013 California 4-H Horse Classic!

Don't forget to subscribe to receives updates straight into your inbox!

4-H Calendar of Events

March

17th, AC Fair Beef Pre Weigh-in

April

2nd, 4-H Council Meeting

TBA, 4-H Home Arts Expo's. Feed Seminars & Duck Race

May

1st, AC Fair Garden Entries Open
7th, Council Meeting-All Star Applications Due
21st, AC Fair Horse Show Entries Open
25th, AC Fair Large Animal & Poultry, Rabbit Declaration
28th, AC Fair Livestock Entries Open
30th, AC Fair Garden Entries Close

June

4th, 4-H Council Meeting
County Council Officer Election & All Star Interviews
22nd, 2nd Generation BBQ

28th, AC Fair Livestock & Horse show close

July

20th, AC Fair Still entries Due

23rd, Livestock due

25th, AC Fair Horse Show

25-28th, Amador County Fair

12-28th, Calif State Fair

Amador County Fair

Come support our fair and get involved by attending the monthly fair board meetings at the fair board conference room on April 11th @ 6pm.

Make sure you check out their event calendar
http://amadorcountyfair.com/p/About/157

Amador County Junior Livestock Advisory Committee Meeting

The next Jr. Livestock Advisory Committee meeting is on March 28, 2013 at 6:00 PM. Location: Amador County Fair Main Office

February Diggings Correction

An error in not listing Anessa Thompson, Liam Thompson and Lars Thompson as Gold Medal Winners for our 2013 Presentation Day.

UC Davis Goat Day

Amador County 4-H goat group at UC Davis goat day. From Shenandoah Valley 4-H Erin Condon, Danielle Dentone, Nicole Dentone, Macie Dentone, and Elli Poppert From Jackson Gold Wheels 4-H Reagan Jorgensen and Maura Jorgensen, From Ione Community 4-H Rylie Holmes

Leaders William Bullard & Sara Dentone from Shenandoah Valley 4-H

UCCE Amador 4-H Office
12200 B Airport Road
Jackson, CA 95642

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Amador County Council 4-H Officers

President : Rielle Santinelli
Vice President: Janet White
Secretary: Deanna Stiltz
Treasurer: Valerie Anderson
4-H Program Coordinator: Jennifer Goerlitz

University of California Cooperative Extension
12200 B Airport Road
Jackson, CA 95642
Email: jggoerlitz@ucdavis.edu
Phone: 209-223-6484
Fax: 209-223-3279
Website- http://ucanr.org/sites/AC4H/

4-H NWS 4U

NEXT COUNTY COUNCIL MEETING:

will be held on **April 2, 2013** at the GSA small conference room on Airport Road at 7pm.

UCCE OFFICE HOURS

Monday - Tuesday 10:00 - 3:00 pm

Next Diggings: April 2013

Diggings Editor: 4hdiggings@gmail.com

Articles are due the 5th of the month.

Jennifer Goerlitz

4-H Program Coordinator

in it to WIN IT

SHOWMANSHIP CLINIC
Manteca, CA
MARCH 9, 2013

- Hands-on Experience

- Focused on Showmanship for all levels

-Workshops on fitting and Nutrition

- Bonus Showmanship Showdown

- $50/Student, $25/Spectator

Breakfast Snacks, Lunch, Drinks & Prizes!

ENTRY DEADLINE: MARCH 6TH!

WETHER GOAT SALE
Online Sale on breedersworld.com
MARCH 12, 2013

- An Elite Set Of Show Wethers

- Wethers availabe for preview at Showmanship Clinic 12:00 - 1:00

- Exhibitors Attending the preview will be entered to win a gift certificate for the sale!

- CONSIGNORS:
  - HJ BOER GOATS
  - J AND J LIVESTOCK
  - CORREIA LIVESTOCK
  - UC DAVIS

SPONSORED BY:

BAR SALE
Nutritionally Advanced Formulations

HOSTED BY:

HJ BOER GOATS & J AND J LIVESTOCK
PHONE: 209-810-4425 OR 209-614-5664
jandjlivestock@hotmail.com OR hjboergoats@yahoo.com

4-H Home Arts Exposition News!

The 4-H Home Arts Expo will be held this year on Saturday, April 20th 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 8th.

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 Calaveras 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?**

10:00 am	Judge & Clerk Orientation
	4-H'ers set up projects
10:15	Welcome & Introduction
10:20	Judging begins followed by:
	Awards Presentation

**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)

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

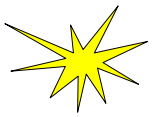
Number: Have you chosen a pleasing number of accessories - enough to complement your garment but not overpower it? (Shoes may be the only accessory you need)

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:

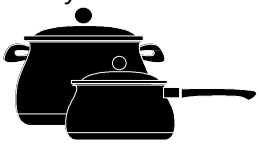
1. DO NOT use any cake (or other) mixes in your recipes.
2. Your planned menu is for a breakfast, lunch or dinner.
3. DO NOT enter menus for teas, buffets, etc.
4. Candies and hors d'oeuvre-type foods are not to be included as a Favorite Food or dish.
5. Substitutes for absent members will not be allowed.
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.

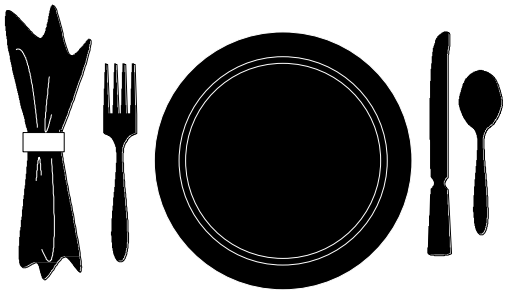


WHAT ABOUT FOOD SAFETY?

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?

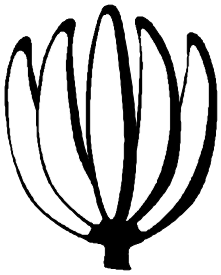
1. You must be enrolled in a 4-H Foods and Nutrition Project.
2. Entry forms must be returned <u>with your recipe</u> (excluding cake decorating) to: 4-H Office, Government Center, 891 Mountain Ranch Rd, San Andreas, CA 95249. You will need your Foods and Nutrition leader's signature on the entry form.
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. You 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. <u>NO FOOD PREPARATION WILL BE ALLOWED AT THE EVENT</u>. 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

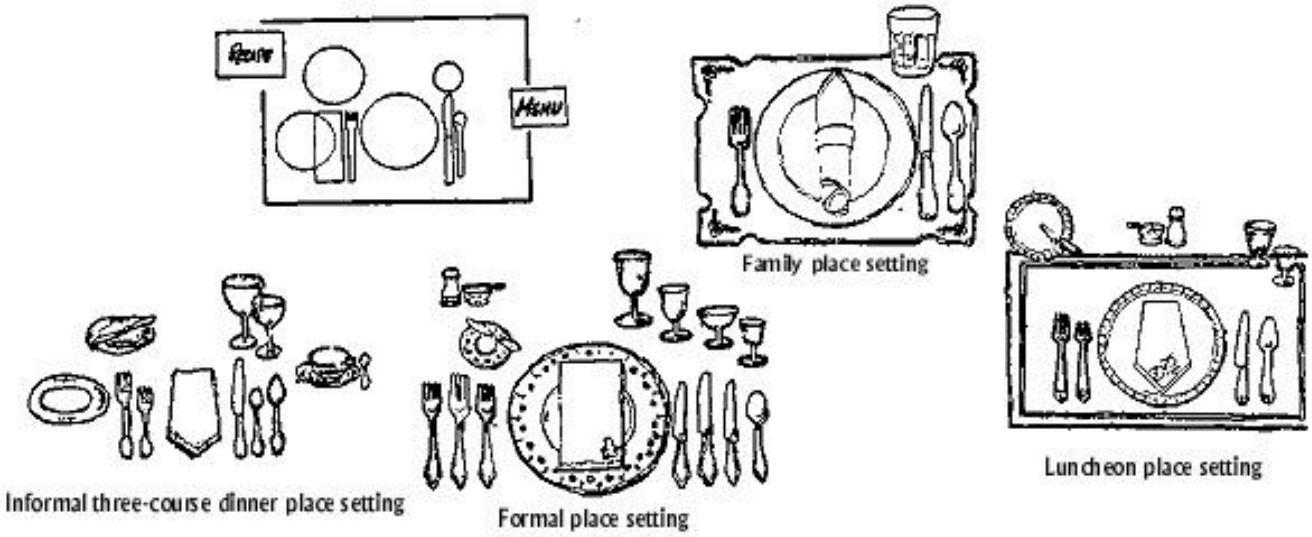
Yeast Rolls & Butter

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 you favorite food.
3. Centerpieces are required. It should be small, low and in scale for your <u>one place setting</u>. 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)

6th 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.

4-H CLOTHING AND HOME ARTS ENTRY FORM

4-H HOME ARTS EXPO

Due in Calaveras County 4-H Office by April 8th
Mailed entries must also be postmarked by the deadline

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
_____

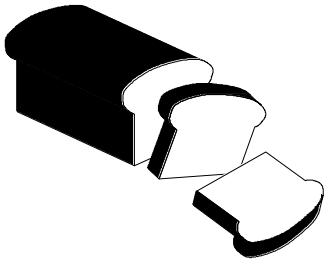
_____
4-H Home Arts Leader's Signature

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.

4-H FOODS & NUTRITION ENTRY FORM

4-H HOME ARTS EXPO



DUE WITH COMPLETE RECIPE TO CALAVERAS COUNTY 4-H OFFICE April 8th

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 20, 2013 and April 20, 2013
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 95616-8565. 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: _____/_____/_____
Month Day Year

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

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:	/	/
	M	D Y

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:

Name of Medication	*Dosage*	*Times Taken*

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.

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