



## Placer Country 4-H

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## Welcome!

I want to warmly welcome all of our returning and new families to the 2017-18 program year. I am excited to be a part of one of the best youth organizations in the nation! As I look forward, I see many fantastic projects that will be offered, new and returning volunteers in our program as well as many youth members making up our 4-H family, searching for their own personal Spark! Please know my door is *always* open and I welcome your questions and comments. Thank you for letting me be a part of your program.

~Shannon Kane

### New This Year -

- ⇒ **All Volunteers, returning and new, must complete the appropriate volunteer training in eXtension.**
- ⇒ **All program registrations and enrollments, including Health Forms, will be completed in the 4hOnline system. This means no more paper forms.**
- ⇒ **Look for newsletters bi-monthly in your email and on the Placer Country 4-H web page.**

*"I consider the work of the 4-H Club in building character one of the finest undertakings in all America."*

**- Albert S. Goss, Master,**  
*National Grange. April 1948.*

Please email : [slkane@ucanr.edu](mailto:slkane@ucanr.edu) with any questions.

**EXTRA! EXTRA! READ ALL ABOUT IT.....** The Gold Country Fair is coming up! Join us September 7—10, 2017 for fun, food and fair rides! Many of our kids will be there sharing their Still Exhibits and Animals—some for show and some for market; so come on by and show your support. The Gold Country Fair is a great time for families and community—we hope to see you all there!

### PLACER COUNTY 4-H CLUBS

It's that time of year; our clubs are starting their program year. Please share with your family, friends, neighbors, co-workers and strangers on the street that **4-H is where it is at! Join Today!!**

[http://ucanr.edu/sites/placercounty4h/Join\\_4-H/](http://ucanr.edu/sites/placercounty4h/Join_4-H/)

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# Fashion Revue Review!



My name is Micah Cook and I participated in the 2017 4-H State Fashion Revue this year. I had so much fun! I learned how to shop for clothes while staying within a budget. I entered into the Consumer Science Purchased category and had to buy an entire outfit (including shoes) for under \$40.

I don't normally enjoy shopping but I learned that shopping is a lot of fun when there is a challenge! I found the robot t-shirt first (and it is my favorite piece) but I began to feel overwhelmed looking for the rest of the outfit. My mom suggested that since the robot has a red heart that I should shop for items that were red. Having a challenge that I could focus on made shopping fun again! I went to so many thrift stores and tried on so many clothes that I learned a lot about what styles suit me (definitely not skinny jeans). My outfit came from Target, Goodwill, and Eco thrift.

At the 4-H Fashion Revue, I was interviewed about my outfit. The judges wanted to know why I chose the items, the cost of the items, where I purchased the items, and for the items purchased at a thrift store how much it would cost to buy at a regular store. They also wanted to know where I planned to wear my outfit and how well the pieces would match the clothes I already had. I also had to explain how I would clean the clothes and if they required any special care like ironing. I tried to make a good impression by smiling and shaking the judges' hands afterward.

I earned a Gold Seal and was the State Winner for my age group and category. I had so much fun I am looking forward to the challenge next year.

Submitted and Written by Micah Cook— Ophir Club

**Please submit your pictures (include names, event and club), articles and personal interest stories ; we want to know what your doing in the community!**

## LOOKING FOR A WAY TO BE INVOLVED?

**Join our Joint Camp Council today!**



We are in need of new members for both the Council membership and to take on leadership roles.

Email inquiries to: [sikane@ucanr.edu](mailto:sikane@ucanr.edu) Or call the 4-H office today!



PLACER COUNTY 4-H



## TAKE A LOOK AT WHAT'S HAPPENING IN CALIFORNIA AT STATE 4-H

**Visit the California 4-H Website for a list of training opportunities, upcoming conferences and events! There is always something fun going on in 4-H:**

[http://4h.ucanr.edu/4-H\\_Events/](http://4h.ucanr.edu/4-H_Events/)



The Northern Youth Summit will be held January 26-28, 2018 in Richardson Springs, CA.

**State Leadership Conference (SLC)...CHECK IT OUT!**

Follow the CA 4-H Northern Area on Facebook for more details!

<http://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=24889>



# California State Fair 4-H Throwdown Cooking Competition

Hi my name is Corrina Cook and this will be my ninth year in 4-H! I'm part of the Ophir 4-H club and I teamed up with two other people from the Eureka Granite Bay 4-H Club to participate in 2017 4-H State Fair Throwdown. I have to say that I went into this competition not knowing what to expect and I came out with new knowledge and motivation to do better next year. This was my third year competing in the throwdown and I was surprised to see that more teams had entered this year, bringing more competition to the table.

We were given a variety of recipes ahead of time so we could practice them and prepare for the throwdown. My team and I practiced each recipe a few times before the throwdown so when the day of the throwdown arrived, we were ready! The three recipes my team chose were Stuffed Mushrooms, Beef Stroganoff, and Blueberry Cream Cheese Wontons. The competition was, in my opinion, thrilling but also very stressful. My team did make a few mistakes but we took a deep breath and kept going. I was getting worried though when we only had twenty minutes left and my stroganoff wasn't done! I ended getting my stroganoff done and plated with only two minutes remaining so I was able to sigh in relief.

The judges went behind closed doors and tried all the teams food and when they came out it was time for rewards and feedback. I was shocked when our team wasn't announced. We didn't even place! But standing up in front of the crowd I smiled and stared straight ahead. At least we gave it our best and we can always do better next year. I'll never forget the advice one judge gave my team. She was harsh, but she wasn't doing it to be mean, she was only trying to help and improve our work. She told us that we had potential, we just needed to work harder. She said our organization needed to improve and that our cleanliness also needed work. I was so proud and happy when she turned to me and said, "That was the best stroganoff I've ever had. It almost comes close to my grandmothers."

It didn't matter to me that we hadn't placed, I was so happy that she enjoyed my cooking. I was still a tad disappointed but, why be angry at that judge for grading us harshly? She wasn't being mean. She only wants to help us in the long run by giving us advice to improve. So I'm going to take her advice and I'm going to improve. You better watch out California State Fair, I'll be back next summer for the 2018 State Fair 4-H Throwdown!

*Submitted and Written by Corrina Cook, Ophir 4-H*

If you're in 7th grade or above and like working with others or teaching, become a Facilitator and share a STEM project for the 4-H National Youth Science Day. Training is Sunday, October 01 and the event is Wednesday, October 04.

Email for details: [lleytonrutz4h@gmail.com](mailto:lleytonrutz4h@gmail.com)



## IMPORTANT DATES

**September 7–10: Gold Country Fair**

**September 16: Bi-County Officer and Adult Leader Training**

**September 23: Medalist Selection Application Deadline**

**September 27: Council Meeting**

**October 07: Medalist Selection**

**October 2–6: NATIONAL 4-H WEEK– Show your Clover Pride!**

**October 13: Achievement Night**

**October 25: Council Meeting**

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