



WHAT'S
BUZZING
THIS
SUMMER?

Check back with us often, as new activities are added all summer long!

2020 EDITION, VERSION 1
(UPDATED JUNE 10, 2020)

expect
more
tehama

"SERRF ON WHEELS"

EXPANDED LEARNING

THE SAFE EDUCATION & RECREATION FOR RURAL FAMILIES (SERRF) EXPANDED LEARNING PROGRAM WILL BE "ROLLING" THROUGH TEHAMA COUNTY IN JUNE & JULY!

Summer SERRF on Wheels will be providing book giveaways, pop-up STEAM/makerspace activities, recreation and other grab-and-go ideas for students and families! Meals will also be available in coordination with our local school districts.

WEEKLY SCHEDULE

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Los Molinos* & Vina** 11:30-12:30 Gerber Park 11:00-12:00	Berrendos School 10:00-12:00 Plum Valley School 10:30-11:30	Reeds Creek School 11:00-12:00 Olive View School 11:00-1:00 RB Farmers Market 5:00-8:00	Lassen View School 11:30-12:30 Rancho Tehama School 11:00-1:00	Vista Preparatory Academy 10:00-12:00

HEALTHY TEHAMA

JUNE 15-19

ELA/SEL/Recreation/Drug Prevention

Activities Include:

- Healthy Hobbies
- Discover Your "Natural High"

JUNE 22-26

STEM/Recreation

Activities Include:

- Outdoor Shadows "Science Snack"
- Jump Rope Games
- Fitness Challenge

A RIVER RUNS THROUGH TEHAMA

JUNE 29-JULY 3

ELA/SEL

Activities Include:

- Bubble Science
- Bubbling Over with Compassion

JULY 6-10

STEM/Recreation

Activities Include:

- Head Harp "Science Snack"
- Create Your Own Flying Disc

THIS IS TEHAMA COUNTRY

JULY 13-24

Virtual Activites

Activities Include:

- Virtual 5K & 1 Mile Race
- Ide Adobe Virtual Field Trip

JULY 13-17

ELA/SEL

Activities Include:

- "Flat Stanley"-CA History
- Postcard Creation
- Mail a Giant Hug

JULY 20-24

STEM/Recreation

Activities Include:

- Bird in a Cage "Science Snack"
- Obstacle Course Challenge

*Los Molinos activites will be located at the Mutual Water Co at 25162 Josephine St.

**Vina activites will be located at the Post office at 4750 Rowles Rd



FIND US ONLINE!



WELLNESS THROUGH CONNECTION

Tehama County youth ages 12+ are invited to join the Paradise Recreation and Parks District's Wellness Through Connection Digital Retreat

**Wednesdays from 4–5 pm
from June 3rd–July 1st**

Five interactive Zoom sessions for youth ages 12 years and older

Participants will experience engaging mental health awareness curriculum, substance use prevention themes, and entertainment with powerful performers, presenters, artists, and leaders from various backgrounds. Details of the five sessions are as follows:

June 3rd:

Connection through Wonder

Through the use of magic and storytelling, Mentalist and Mind Reader Stephen Chollet inspires by demonstrating the potential of the human mind.

June 10th:

Connection through Comedy

Featuring Jeremy Bates,

"The Hope Dealer" of TRU HOPE

For the last 20 years TRU HOPE has been creating customized mental health awareness and prevention programs for educators across the country.

June 17th: Connection through Music

Featuring RAZA and C3LO, lyricists and R&B, rappers and MC's

These two hip hoppers speak from their heart as their music connects with listeners from all backgrounds.

June 24th: Connection through Art

Featuring JRoss Parelli and Nick Harris

Art takes so many forms with these two entrepreneurial performers. Art is the way they share their talents with the world; and there are so many!

July 1st: Connection through Inspiration & Leadership

Featuring Shaney Jo Darden, Founder of Keep a Breast (KAB) and Non Toxic Revolution (NTR)

This artist, designer and visionary will share how she turned her passion for art, health and prevention into a successful global movement. Every participant will have an opportunity to win some rad KAB and NTR swag items.

Learn even more about these great sessions and sign up here:

<https://bit.ly/2Um3VtV>

LACY WILSON ART CLASSES FOR KIDS

*Online and In Studio in June!
Best for ages 12+*

Online Classes via

Lacy Wilson Instagram:

June 15th and June 22nd @ 11am

In Studio Class: June 29th (Time TBA)

340 Hickory St #0

Red Bluff, CA 96080

No cost to participate

Sponsored by Expect More Tehama

Learn to paint in the easy, step by step paint class. Begin at home with our virtual paint classes, then join us in the studio to paint with others.

What you will need:

- Canvas (any size)
- Cup of water
- Towel to dry brushes
- Three (3) brushes: One large square, one medium square and one small pointy liner
- Paint Colors: TBD

Need supplies?

Email kgarcia@jobtrainingcenter.org

Looking for MORE painting opportunities for teens? <https://bit.ly/3cCEPNO>

TEHAMA COUNTY LIBRARY SUMMER READING PROGRAM

June 1st–July 31st

Red Bluff, Corning and Los Molinos
Ages 0-18

The Tehama County Library's Summer Reading Program gives youth 0-18 and their family's fun ways to incorporate reading and learning activities into summer family time! Go to our website to sign up for summer reading, earn badges, enter weekly drawings, watch story time, create art, and explore STEAM (*Science, Technology, Engineering, Art and Math*)!

In addition to our virtual program, library staff will be offering drive up grab and go free lunch for kids at all three library branches!

Visit www.tehamacountylibrary.org to join the summer fun!

LIBROS AND LUNCH AT THE LIBRARY

*Presented by First 5 Tehama
and Tehama County Library*

Drive-Thru Book Bag Pick-Up:
June 3rd, July 1st, & July 22nd

11:00am–12:30pm @ Red Bluff Library
545 Diamond Avenue
4–6:00pm @ Corning Library
740 Third Street

Do you need a way to keep those little hands and minds busy this summer?

We do too! Even more so in the summer, we all need healthy ways to keep our brains active! This drive through style event will provide families with young children resources to engage and inspire playful learning at home.

Make plans to join us and pick up your child's book bag and grab 'n' go lunch.

BONUS! *While you are at the library, apply for a library card so you can continue to virtually visit the library and check out books to engage, inspire and grow minds all summer long! No cost.*

HOW TO ACCESS YOUR LOCAL LIBRARY

The Red Bluff Library is offering curbside pickup of books during the COVID-19 closure! We are also issuing temporary library cards by phone.

Just call us at (530) 527-0604 to apply for a library card. Then, visit www.tehamacountylibrary.org to view our catalog and request materials. As soon as your request is ready we will call you to schedule a time to pick it up at the Red Bluff Library curbside. You can also check out eBooks with your library card number or just a cell phone number by visiting <https://northnet.overdrive.com>

Give us a call today, visit our website, or follow us at facebook.com/TCFoL for library news and updates!

VISIT A LITTLE FREE LIBRARY

Some children have no books of their own and that alone can put them behind academically, especially in the summer. A great, simple way to keep them on track is to increase their access to books. Little Free Library book-sharing "houses" provide 24/7 access to books. These little libraries encourage book exchanges, and we have 14 in Tehama County! See the link to a map below for a Little Free Library near you to get a book or donate a few!

All of the Little Free Libraries featured on this map have been kindly sponsored by members within the Tehama County community. If you would like to sponsor a Little Free Library to be added to your neighborhood please contact Karla Stroman at 530-528-7381.

Check out the map here:
<https://bit.ly/LilFreeLibs>

VISIT LOCAL FARMERS' MARKETS

Wednesday Night Market

*Downtown Red Bluff
(Pine & Washington Streets)*
5-8:00pm · June 3rd-August 26th

Saturday Market by the River

Red Bluff River Park
8:00am-Noon · Year Round!



STAY STRONG TEHAMA COMMUNITY RACE

*Virtual 5K, 10K & 1 Mile
Community Race for All Ages!*

What is a 5K, anyway?

A 5K is basically just 3.1 miles or 3,500 steps! And you have six weeks to get your feet moving!

Training starts June 15th!

Look for our event on the Expect More Tehama Facebook page and sign up to get free training tips and support to prepare for the race.

Race Week: July 25-August 1

- Participants will have **one week** to complete the race
- **Submit your time and "photo finish" on social media!** Be sure to tag Expect More Tehama and use the hashtag: #StayStrongTehamaRace
- Race Day add-ons will be available for purchase, including shirts, bandanas, and water bottles!
- Special prizes will also be awarded, stay tuned to our event page on how you could win!

Registration opens June 12th, make sure you and your family sign up today!



DISCOVER TEHAMA COUNTY GEOCACHING

The World's Largest Treasure Hunt

According to Google, geocachers seek out simple treasures hidden by other players while exploring interesting locations. At its most basic level, geocaching is a game where players use GPS receivers to track down a container, or cache. **And 2020 marks the 20th year anniversary of geocaching!**

To get started, create an account online or through the app to view a map of geocaches in our area. Then use the app to find the geocache (bring a pen).

Once you find it, sign and date the logbook and place it back where you found it and log your experience online.

Expect More Tehama will be adding new geocaches to Tehama County in June!

VISIT TURTLE BAY

These amenities are currently open to the public:

- Sundial Bridge & River Trails
- Museum Store & Coffee Bar
- Arboretum & Botanical Gardens
- Garden Nursery

VISIT LASSEN VOLCANIC NATIONAL PARK

Before visiting the park, please check the park website. Updates about the overall National Park Service response to COVID-19, including safety information, are posted on www.nps.gov/coronavirus

View or print the park Summer Guide, a comprehensive resource for planning a trip in the summer season. View sample itineraries from several days to two or more days.

Summer-only activities include:

summer ranger-led programs, most special events, field seminars, and the Highway ParkCaching (GPS) Challenge. Lassen Volcanic National Park began phased, increased access on May 29, with the opening of the 30-mile park highway, Butte Lake Area, Warner Valley Area, and all hiking trails (*except Bumpass Hell*).

- Backcountry camping and stock use resumed on May 29 and requires a free permit.
- Manzanita Lake and Southwest Walk-in Campgrounds will open June 1. *All other campgrounds will open on their original scheduled dates, which can be viewed at go.nps.gov/lavo/camp*
- The collection of fees resumed on May 29.
- **With public health in mind, the Kohm Yah-mah-nee Visitor Center and Loomis Museum remain closed at this time.** *Information will be posted outside each facility, however visitors are encouraged to plan ahead by visiting the Plan Your Visit section of the park website and reviewing the Summer Guide.*
- Juniper Lake Road remains closed at the park boundary due to snow.

COVID-19 RESOURCES FOR FAMILIES

Summer should be fun but it can also be enriching. Here are some online resources to keep your kids engaged this summer:

Active Family Engagement:

ReadyRosie is a great tool that supports families in making rich at home learning environments:

<https://www.readyrosie.com/>

NCCDI has partnered with Tehama County Department of Education to bring ReadyRosie to everyone in our community. ReadyRosie provides an easy access online library of modeled moment and expert videos for all children up to 9 years old. You can sign up to receive texts with videos or just watch the videos to consider how to support your child's development at home. Most videos are in English and Spanish.

To sign up please go to https://app.readyrosie.com/en/register_by_zipcode and enter your zip code to get started.

Discover Epic!: Epic! is a digital library with more than 25,000 books and learning videos designed for students. Epic! gives kids immediate access to digital versions of classic books like "A Wrinkle in Time" and "Bridge to Terabithia."

Explore Other Programs: Use programs such as Newsela and Flocabulary to maintain a stream of educational activities.

Try an Inexpensive Family

Subscription: Many programs that teachers use in school have versions designed for families. Storybots, BrainPOP and IXL Learning are just a few of the tools which also offer family subscriptions.


Tried and True: Scholastic has amazing online resources including book reads, videos to go along with the books and ideas to try on your own at home. Visit <https://classroommagazines.scholastic.com/support/learnathome.html>

Parenting can be HARD! As we attempt to maneuver within the current climate dictated by the pandemic, opportunities to come together with other parents, connect, share and learn couldn't come at a better time. These drop-in via zoom parenting groups are FREE using the link on the calendar you may choose to register for one or more sessions. Each session has a different focus including "Coping with Stress," "Homework," "Releasing Creativity" and more!

Check out the calendar and register for classes here: <https://bit.ly/3eZGiPN>

Visit our website for even more COVID-19 family resources at www.expectmoretehama.com



The background is a warm, reddish-brown color with a subtle texture. It features decorative elements: a honeycomb pattern of hexagons in shades of orange and red at the top and bottom corners. In the center, there is a faint, light-colored outline of a person's silhouette. A small, stylized yellow bee is positioned near the top center, with a dashed line trailing behind it in a circular path.

Each summer, Expect More Tehama works with dozens of local programs to gather low and no cost summer ideas to share with our families in a guide. We know that summer is a key time to keep kids engaged to avoid losing valuable skills gained at school.

This summer is even more challenging as so many camps, sports and programs have been cancelled. Still, there are a lot of great things to do, and we're happy to share them with you.

Check back with us often, as new activities are added all summer long. Follow us on Facebook, and visit us online at

WWW.EXPECTMORETEHAMA.COM