

UCCE Shasta County

1851 Hartnell Avenue
Redding, CA 96002
530-224-4900—telephone
530-224-4904—fax

Internet website & email: <http://ceshasta.ucdavis.edu>

UCCE Shasta/Lassen Counties

PO Box 9
McArthur, CA 96056-0009
530-336-5784 telephone
530-336-5785—fax
Email: cemcarthur@ucdavis.edu

Shasta & Intermountain 4-H Questions

Contact Erika Stephens at ekstephens@ucdavis.edu

Forestry Program

<http://forestry.berkeley.edu/>



The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994: service in the uniformed services includes membership, application for membership, performance of service, application for service, or obligation for service in the uniformed services) in any of its programs or activities.

University policy also prohibits reprisal or retaliation against any person in any of its programs or activities for making a complaint of discrimination or sexual harassment or for using or participating in the investigation or resolution process of any such complaint.

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/Equal Opportunity Director, University of California, Agriculture and Natural Resources, 1111 Franklin Street, 6th Floor, Oakland, CA 94607, (510) 987-0096.

The University of California working in cooperation with Shasta County and the USDA.



**Cooperative Extension
Shasta County**





Gary Nakamura
County Director
Area Forestry Specialist

MESSAGE FROM THE COUNTY DIRECTOR

The University of California's Cooperative Extension (UCCE) is the public service and applied research division of the University of California, a land-grant institution. It has agriculture, natural resource, 4-H, and nutrition, family and consumer sciences advisors based in more than 50 California counties conducting research and extending the results to farmers, ranchers, forest landowners, students, teachers, and interested citizens. For more on the UC Agriculture and Natural Resources Division, <http://ucanr.org/index.cfm>

UCCE has had a Shasta County program since 1917. In addition to the staff and programs located in Shasta County, UCCE brings to bear the campus resources of the University to address critical issues such as rangeland and forest production, water quality, food safety, childhood obesity, wildfire, oak woodland management, integrated pest management and developing new agricultural industries such as wild rice, mint, and wine grapes.

UCCE is cooperatively supported by the state (University of California), county, and federal governments. UCCE is the Shasta County Farm Advisors Office, and receives Shasta County support for office space, utilities and clerical staff. The University of California pays advisors salary, benefits, and training. We apply for federal grants for applied research on issues pertinent to Shasta County agriculture, natural, and human resource issues.

To see the programs UC Cooperative Extension is involved in throughout the state, visit UC Delivers, <http://ucanr.org/delivers>

Programs we offer in Shasta County and links to other UC programs and sources of information can be seen at <http://ceshasta.ucdavis.edu>. We look forward to serving you and working with you.

2010 Shasta County UCCE Staff

- Stacy Baird*—Typist Clerk III (half time), Shasta County
- Mary Beasley*—Typist Clerk III (half-time), Shasta County
- Maribel Castaneda*—Food Stamp & Nutrition Education -Youth Program
- Lori Coker*—Food Stamp & Nutrition Education—Adult Program
- Larry Forero*—Advisor, Livestock/Natural Resource Program
- Vicki Lawrence*—Administrative Assistant-Food Stamp Nutrition Education
- Sharre Littrell*—Food Stamp & Nutrition Education—Adult Program
- Dan Marcum*—Advisor, Natural Resources eastern Shasta County, McArthur
- Concepcion Mendoza*—Advisor, Nutrition, Family, and Consumer Science
- Gary Nakamura*—County Director/Forestry Specialist
- Stacy Schneider*—Administrative Secretary I, Shasta County
- Erika Stephens*—4-H Youth Development Program Representative
- Linda Vazquez*—Executive Assistant, Shasta County

FORESTRY PROGRAM

Affiliated with The Center for Forestry, College of Natural Resources, UC Berkeley, (<http://forestry.berkeley.edu/>) the Forestry Program serves forest landowners, professional foresters and natural resource managers, teachers and students, and citizens interested in forest conservation and sustainable management, with an education and applied research program. <http://ceshasta.ucdavis.edu/forestry/>



The **Forest Stewardship Program** is an education and outreach program for the 300,000 family forest landowners in California, who own and manage a forest area equal to that of the forest products industry, 3.5 million acres. One and two-day workshops and multi-week courses are offered throughout the state. Contact the Forest Stewardship Helpline (800 738-8733) for further information. The quarterly

Forestland Steward newsletter is free and available at <http://ceres.ca.gov/foreststeward> .

Lectures on **forest fuels treatment and wildlife habitat** protection, Redding October 6, 13, 20, 27. Recorded presentation at <http://ucanr.org/ReddingLectures2010>




Protecting your home from wildfire workshops provide homeowners in the wildland-urban interface information about fuels treatments, landscaping, and structure protection from wildfire. <http://firecenter.berkeley.edu/toolkit/>

The **Forestry Institute for Teachers** brings K-12 teachers from throughout California to a forestry camp in Shasta County to learn about forest ecology and management, and to develop curriculum for their students in San Diego, Sacramento, and other communities far removed but dependent upon the water, wood, and habitat of the forest. <http://forestryinstitute.org/>



LIVESTOCK/NATURAL RESOURCES



Larry Forero is the Livestock/Natural Resources Advisor for Shasta County. He is trained as an animal and range scientist. His primary interest is in the economic and environmentally sustainable range/livestock production.

The University of California Livestock/Natural Resource Program in Shasta County has been developed to address major issues impacting local producers. Projects generally fall into one of two major areas: Natural Resource and Livestock Production

Natural Resource

- Publication of a Livestock Poisonous Plant handbook
- Range monitoring demonstration
- Impact of Livestock and Deer Browsing on brush encroachment
- Research looking at the management of smutgrass
- Objective evaluation of non-livestock related stewardship efforts of ranchers who operate on public lands.


Livestock Production

- Pasture fertilization strategies
- Evaluation of cogeneration ash as a phosphorus source for irrigated pasture
- Performance advantage of wintering cattle in the Sacramento valley
- Assessing the Non-Market Values of California Ranches
- Work with other advisors and campus based specialists to develop a standardized technique for using ultrasound technology for youth steer carcass contests at Shasta District and Intermountain Fairs.
- Development of yearling/stocker cattle and meat goat cost studies

These projects address important issues that the extensive livestock industry will need to contend with locally and across the state. The results of this work are extended through the free newsletter, Northern California Ranch Update as well as periodic workshops, seminars and field days. You can subscribe to this newsletter electronically at our internet website <http://ceshasta.ucdavis.edu>.



UCCE SHASTA/LASSEN CROP PRODUCTION/NATURAL RESOURCES



Dan Marcum is the University of California Farm Advisor in McArthur. The Extension office is located at the Intermountain Fairgrounds in McArthur. Stacy Schneider is the office manager and works weekday mornings from 7 to 11 AM. The telephone number for the office is 530 336-5784. Call for an appointment to meet with Dan.

The program is focused upon development and extension of research based knowledge useful to Intermountain agricultural production systems. Outreach activities include public meetings on topics bringing useful information from the University of California to Intermountain communities from Old Station to Adin. The meetings are open to the public and advertised in the local papers and by direct mailings. All meetings are posted at <http://ceshasta.ucdavis.edu>. Anyone can be added to the mailing list by contacting the office in McArthur.

A wide range of Extension publications and research reports are maintained for viewing and purchase at the Extension office in McArthur.

Recent research projects headed up by the McArthur Extension office have been:

- Development of new wild rice varieties
- Control of powdery mildew of grapes
- Control of weeds and mites in timothy hay production
- Control of mint root borer and mites in peppermint
- Factors affecting yield of canola
- Use of cogeneration ash as a fertilizer for pasture
- Weed control in strawberry nursery

What the McArthur Extension office can do for you:

- Provide information about sustainable cropping systems
- Interpret your water, soil, and tissue tests
- Identify weeds and insects, and provide consultation on control
- Advise crop varieties to plant
- Initiate local research to develop new knowledge solving problems related to Intermountain crop production systems

What's new for 2010 – University of California Extension will focus leadership in 5 subject areas

- Sustainable Food Systems
- Endemic and Invasive Pests and Diseases
- Sustainable Natural Ecosystems
- Water Quality, Quantity and Security
- Healthy Families and Communities





4-H YOUTH DEVELOPMENT



Erika Stephens is the 4-H Youth Development Representative for Shasta County (Valley and Intermountain areas).

The University of California Cooperative Extension, 4-H Youth Development Program serves youth in kindergarten through twelfth grades. We enroll approximately 700 youth and 250 adult volunteers each year in 19 clubs, from Cottonwood to McArthur. The 4-H year for Valley youth runs from September through June. The Intermountain program runs October through September. A summer camp is held in June or July.

The 4-H Program focuses on the development of citizenship, leadership, and life skills for each of its members while also promoting a sense of belonging, mastery, independence and generosity. We provide a wide range of projects and activities to engage youth in reaching their fullest potential in partnership with a caring adult. Recruitment for adult volunteers is an on-going process and we welcome you if you have a desire to give to the youth of our county.

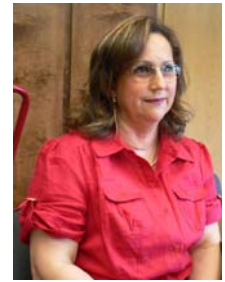
Shasta County 4-H continues to serve its ever-growing diverse population through traditional clubs, after school programs, and home school settings. Our collaboration with other agencies within Shasta County enhances the ongoing success of our program and youth.

Community service is a focus of all 4-H clubs in Shasta County. They collect canned goods & coats for the homeless, and visit senior citizen facilities. Again this year, clubs collected pop top tabs for the Ronald McDonald House in Sacramento. The clubs challenged each other for the most pop top tabs collected. They were able to collect over 400 pounds of pop top tabs. These pop tabs equated to 30 night stays for a family at the Sacramento House. What a great experience! 4-H is especially busy during the holidays. You'll find 4-H youth ringing bells for the Salvation Army, taking cards and singing at the hospitals, and adopting less fortunate families.

This versatile, dynamic program continues to adapt to the needs of youth in Shasta County. If you can give some time to the youth of Shasta County through 4-H or are interested in joining, please contact the 4-H Office at the number in this brochure.



NUTRITION, FAMILY, AND CONSUMER SCIENCES (NFCS)



Concepcion Mendoza is the Nutrition Family and Consumer Science Advisor for Shasta and Trinity counties. She is trained as a food and nutrition scientist. Her primary interest is food security and health for low income families.

Food insecurity and obesity are the most pressing nutrition and health issues facing families today. Three of five adults and one of three children in Shasta and Trinity Counties are overweight or obese (CFFA, 2010). This is higher than the statewide average and should be of great concern for the community because obesity is the second leading cause of death in the United States.

The goal of the program is to improve consumers and families' life and decision-making abilities in nutrition and health using the integral focus of prevention.

The program develops, implements, and evaluates applied research in childhood obesity, family and consumer well being, food security, local food systems on critical healthy lifestyle issues of the Shasta and Trinity communities. The program also develops comprehensive education and training programs based on clientele needs, provides subject matter expertise, and supervises the Food Stamp Nutrition Education Program (FSNEP).

During the last school year, representatives from our Youth FSNEP worked with 361 local teachers, who instructed 8,133 students on nutrition, physical activity and gardening, while meeting the California Academic Standards on health, language/ arts and math.

Our Adult FSNEP works with parents and heads of household. Last year over 383 parents graduated from our program by completing at least 4 hours of nutrition instruction. Thousands of others obtained education in food budgeting, meal planning, food preparation and safety.

Our program is also addressing nutrition and health problems by taking a leadership role in coalitions, movements, and other community organizations such as Shasta and Trinity CAN (Coalition for Activity and Nutrition), the Shasta Cascade Farm and Fork Coalition (SCFFC), the Network SC-CHAMP, Shasta Food Group, and the Northern Hispanic Latino Coalition (NHLC). The program also works along with other community agencies, institutions and organizations to promote and educate the community in the importance of healthy life-style choices and creating healthy communities that support healthy eating and physical activity.

For additional information regarding the program and services offered, please feel free to contact our office.

