Message from the County Director

The University of California Cooperative Extension (UCCE) is the public service and applied research division of the University of California. UCCE is a cooperatively supported effort between county and federal government, and the University of California. The University of California provides program staff while Shasta County provides support (vehicles, office, support staff, utilities, etc.). Each year, we apply for grants to conduct applied research on issues pertinent to Shasta County agriculture, natural and human resources. This partnership enables the intellectual resources of the University of California to address critical issues such as rangeland and forest production, water quality, food safety, childhood obesity, wildfire, oak woodland management and integrated pest management.

Our statewide networks of agriculture, natural resources, forestry, 4-H and nutrition and consumer science staff are dedicated to conducting research and extending results to farmers, ranchers, forest landowners, students, teachers and concerned citizens. For more on the University of California Agriculture and Natural Resource Division, visit http://ucanr.edu/.

This year, the Shasta UCCE office had the opportunity to participate in the fifth annual “Farm Camp” held at Shasta College and the Shasta Union High School District Farm. This year, under the leadership of Shawnice Sellers, the CalFresh staff provided lessons to over 4,600 youth and adults. The size and scope of the program required that a second supervisor be added and I am pleased to share that Chanelle Vincelli has been promoted to take care of the day-to-day operation of the program.

This past year we offered the AB-589 Water Measurement trainings in Redding to help water rights owners comply with statutory regulations. The feedback from these local participants was incorporated into future sessions. Our office also partnered with Shasta County and CalFire to offer an educational meeting associated with erosion and vegetation considerations to reduce risk from wildfire. Additionally, the 4-H Youth Development program partnered with Shasta District and Intermountain Fair to offer Quality Assurance Training to over 400 youth participating in the market animal programs at those fairs.

Our hope is to continue to conduct research and provide relevant education programming for the residents of Shasta County.

2019-20 Shasta County UCCE Staff

Larry Forero - County Director/Advisor, Livestock/Natural Resources
Rick Satomi - Advisor, Forestry/Natural Resources
Nate Caeton - Advisor, 4-H Youth Development
Erin Paradis - Community Education Specialist II, 4-H Youth Development
Sara Jaimes - Executive Assistant-Confidential, Shasta County
Denice Doll - Typist Clerk III, Shasta County
Shawnice Sellers - Community Education Supervisor II, CalFresh Healthy Living, UC
Chanelle Vincelli - Community Education Supervisor I, CalFresh Healthy Living, UC
RoseMarie Mancuso - Administrative Assistant II, CalFresh Healthy Living, UC
Lori Coker - Community Education Specialist II, CalFresh Healthy Living, UC
Kim Stempien - Community Education Specialist II, CalFresh Healthy Living, UC
Monique Bittner - Community Education Specialist II, CalFresh Healthy Living, UC
Tami Sandeen - Community Education Specialist II CalFresh Healthy Living, UC

Shasta CalFresh Healthy Living, University of California

The CalFresh Healthy Living, University of California program aims to inspire and empower underserved Shasta county residents to improve their health and the health of our communities by promoting awareness, education and community change through diverse partnerships that results in healthy eating and active living. Shawnice Sellers has been selected to supervise this dynamic USDA grant funded program, while Chanelle Vincelli supervises staff and programming.

This program delivers research and evidence-based comprehensive programming to youth and adults with a focus on direct education to improve the diet and nutrition related skills of CalFresh recipients and their families. Last year, the CalFresh Healthy Living, UC Program provided food, nutrition, garden and health education in Shasta county to:

- Over 4,000 children in 21 schools
- 668 adults and families in 17 non-profit organizations and agencies

This program collaborates with key partners to addresses local nutrition and health problems including the Shasta SNAP-Ed committee, Healthy Shasta Movement, Shasta County Growers Association and the cities of Redding, Anderson and many schools and organizations.

Program efforts provide essential knowledge and skills that will increase consumption of healthy foods and beverages, increase food resource management, improve food security and support access to physical activity which will lead to healthy lifestyles. Some activities and events include:

- Redding Farmers Market-Chef at the Market
- Improvement and expansion of school gardens
- Initiated and increased physical activity though pedometer challenges, Walking School Bus and playground stencils
- Improvement of school cafeterias and lunch menus
- Installation of hydration stations
- Educational booths and participation in numerous school events including: Parent Club meetings, Fall Festivals, Health Fairs, Family Reading Nights, Open Houses and Nutrition Olympics
- Educational booths and participation in numerous local events including: Boomtown Health Fair, Silly Seuss Day, STEM conference, Kinder College, Maker Faire, Week of the Young Child, Whole Earth Watershed Festival and Farm City Day
4-H Youth Development Program

Nate Caeton is the 4-H Youth Development Advisor for Shasta, Tehama and Trinity counties. In this role, Nate conducts extension, education and applied research programs aimed at strengthening and expanding local 4-H programming.

Throughout 2019, Nate conducted a tri-county needs assessment to solicit feedback from volunteers and professionals engaged in working with youth. In all, a total of 170 teachers, volunteers and informal educators shared their insights through interviews, surveys and focus groups. The information gathered has provided clarity and focus in addressing the needs of local youth and those who serve them. As Nate moves forward with developing his program the following themes will direct his efforts: STEM Education and Scientific Literacy, Civic and Community Engagement, College and Career Readiness and Youth Emergency and Disaster Preparedness. As part of this program, Nate provides development and collaboration opportunities for youth, volunteers and professionals. These opportunities will include workshops, curriculum and Special Interest (SPIN) Projects that will be used to compliment the traditional 4-H Community Club Program.

Highlights for this past year include:

- Continued work on the Pathways to Your Future college and career exploration program. Students at Burney Jr. High School participated in this program during the 2018-2019 school year, which included a tour of the UC Davis Campus, the Veterinary Medical Teaching Hospital and Center for Aquatic Biology and Aquaculture. This program is expanding to additional sites in Shasta County for the 2019-2020 school year.

- Continued participation in Redding Recreations Farm Camp, which engages local youth in agriculture through hands-on experiential learning experiences. This year campers were able to learn how Unmanned Aircraft Systems (UAS) or “drones” are used in agriculture and even got to work the controls of a DJI Phantom 3 drone.

Erin Paradis is the 4-H Community Education Specialist for Shasta, Trinity and Tehama counties. Prior to this position, Erin served as a club and project leader for Swede Creek 4-H. She contributes her passion for the program to her experience as a 4-H leader and parent.

As the 4-H Community Education Specialist, Erin is responsible for the day-to-day operations of the 4-H program, providing training and support to the volunteers and club leaders, and promotes the 4-H program through a variety of outreach methods and collaboration within the local community.

The 4-H Youth Development Program provides a wide variety of enrichment activities with the goal of giving youth the skills they need to thrive and succeed throughout their lives. The focus of all 4-H programs is positive youth development through activities in science literacy, healthy living and citizenship. This versatile, dynamic program continues to adapt to the needs of youth in Shasta County. If you would like to share some time with youth development through activities in science literacy, healthy living and citizenship.

4-H Events: County Level
- Livestock Judging Day
- Fashion Revue
- Presentation Day

4-H Events: State & Regional Events
- State Leadership Conference
- California 4-H Camping Conference
- W.H.Y. Conference (Regional)

4-H Statistics
- 733 Youth Members
- 20 Community Clubs
- 141 Adult Volunteer Leaders
- 65 projects offered

Shasta County 4-H Statistics

Forestry Program

Rick Satomi is the Forestry and Natural Resources Advisor for Shasta and Siskiyou county. He brings his experience in spatial analysis, biomass utilization and forest stewardship.

The Forestry and Natural Resources program in Shasta, Trinity and Siskiyou County seeks to address major issues of concern for local forest landowners and land managers. Over the past year, the program has tackled projects improving Forest Management and Natural Resources Education.

Forest Management Programs
- Technical GIS training for natural resource managers
- Novel silvicultural design to increase entry rotation length
- Technical assistance for fire recovery and prevention
- Web mapping tools for water monitoring compliance
- Drone monitoring of forest fuel loading
- Database development of log market opportunities

Natural Resources Education Programs

The UCCE Forestry program continues to host the Shasta County session of the Forestry Institute for Teachers (FIT) Program to provide California’s K-12 teachers with the knowledge, skills and tools necessary to teach about forest ecology and resource management. This year, more than 40 local resource professionals representing the varied forest disciplines volunteered to teach the course. FIT brings natural resource specialists together with teachers from rural and urban schools to explore the intricate relationships between forest ecosystems, physical science, social science, biology and history. This year, 30 teachers participated in the 2019 Shasta County FIT with support from UCCE, California Society of American Foresters, US Forest Service and generous private donations.

Rick also continues to be involved with youth education efforts at the Sierra Cascade Logging Conference and Shasta Forestry Challenge working to cultivate the next generation of forest management professionals.

In the coming year, UCCE will be hosting landowner training workshops to assist forest landowners in Shasta County prepare and implement management plans to reduce fire risk and enhance the health of their forests. ID interested you can register at: http://ucanr.edu/forestryworshopregistration
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 interests are economic and environmental rangeland forage and meat 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 Resources and Livestock Production.

Natural Resources

- Preparing for Wildfire Workshop
- Range monitoring demonstration
- Continue an irrigated pasture water efficiency project in both the mountains and the valley
- Continue the groundwater measurement project in the Fall River Valley
- Summer dormant perennial fescue grazing project

Livestock Production

- Publication of the advantage to feeding ionophore (rumensin) in mineral mix paper in Transitional Animal Science Journal
- Continued to assess the possibility of improving manganese levels in beef cattle
- Development of an irrigated pasture cow-calf cost study
- Ranch-to-Rail program with University of California, Davis
- Research Project involving the effectiveness of pink eye patches on beef cattle

These projects address important issues that the extensive livestock industry will 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 on our website http://ceshasta.ucanr.edu.

Over the past twelve months Larry has worked with a host of commodity organizations (Shasta County Cattlemen’s Association, Fall River Big Valley Cattlemen’s Association, Shasta-Tehama Watershed Education Coalition, Shasta County Farm Bureau, Northeastern CA Water Association) and local ranches on workshops and education field days that included:

- Winter Livestock Meetings
- Water Measurement Trainings
- SWEEP Training (Adin)

He continues to be involved in the youth steer carcass educational efforts at Shasta District and Intermountain Fairs. This year this included holding Youth Quality Assurance Trainings for Exhibitors planning on showing at Shasta District, Intermountain and Trinity County Fairs.

UCCE Shasta Master Gardeners Program

The Shasta County Master Gardeners is a joint program of Shasta College and UCCE. Shasta College provides training and organizes projects, while UCCE provides consistent programming across the state and administrative support. The UCCE Master Gardener program is a nationally recognized program for individuals who wish to increase their horticultural skills and then return that knowledge to their community as a volunteer. There are currently 45 active Master Gardeners and we are currently training a class of new recruits.

In the past year, the Shasta County Master Gardeners contributed over 1,900 hours of volunteer community service dedicated to answering gardening questions, increasing environmental awareness, replanting after wildfires and providing educational opportunities for beginning gardeners. Master Gardeners work to provide current research to the local community through a weekly advice column for the Redding Record Searchlight, a gardener help line and a weekly information booth at the Redding Farmer’s Market.

This past year volunteers worked on many projects to keep our community healthy and green:

- Providing worm bins to schools to teach children about composting and recycling with worms
- Propagating plants and giving them away to land owners who lost landscaping in the wildfires
- Staffing information booths at the Whole Earth Festival, Redding Farmers Market and county health events
- Providing garden workshops, talks and information walks so participants can learn about basic gardening, integrated pest management, soils, composting, fire-safe landscaping, irrigation management and water-wise plant selection
- Ranch-to-Rail program with University of California, Davis
- Research Project involving the effectiveness of pink eye patches on beef cattle

To contact the Master Gardeners call the Master Gardener Helpline at (530) 242-2219 or E-mail at mastergardener@shastacollege.edu

Volunteer Master Gardeners hard at work

Plant giveaway for fire survivors