



## Member Resources

[Shasta County 4-H Website](#)

[Shasta County 4-H Calendar](#)

4-H Enrollment is Year-Round

Interested in [Volunteering](#) ?

California 4-H [Member Resources](#)

[4-H Handbook for Families](#)



### 4-H Pledge

I pledge...

My **Head** to clearer thinking,

My **Heart** to greater loyalty,

My **Hands** to larger service,

And my **Health** to better living.

For my club,  
my community,  
my country, and  
my world!

**California 4-H State website -**  
For more information on the  
California 4-H Youth  
Development Program, visit  
[4h.ucanr.edu](http://4h.ucanr.edu)



*Tips 'n Topics* is published by the Shasta County 4-H Youth Program, University of California, Cooperative Extension, Division of Agriculture & Natural Resources.

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## Local & State 4-H

### [Shasta County Farm Bureau Scholarship](#)

Due Friday, March 8, 2024

### [Shasta County 4-H Scholarship](#)

Due Friday, March 15, 2024

### [Eileen Washburn Memorial Scholarship](#)

Due Friday, March 15, 2024

### [Luz Martinez Scholarship](#)

Due Friday, March 29, 2024

### [Shasta County Cattle Women's Scholarship](#)

Due Monday, April 15, 2024

### [Redding Grange Scholarship](#)

Due Monday, May 20, 2024



### **California 4-H takes top 2 at the 4-H FCS Championship**

Congratulations to Lily Q. from Contra Costa County 4-H and Olivia F. from San Joaquin County 4-H for taking the top 2 spots at the 4-H Family & Consumer Science (FCS) Championship held in San Antonio, Texas! At this National Fashion Revue, Lily was named Overall Champion and Olivia was named Reserve Champion!

Learn more about Lily and her "Journey to Victory at the 4-H FCS National Championship" on the California 4-H Grown blog.

[Journey to Victory at the 4-H FCS National Championship - California 4-H Grown - ANR Blogs \(ucanr.edu\)](#)

# Inter-Mountain Favorite Foods Day 2024

**Date:** Saturday, April 6, 2024  
**Location:** Fall River Jr Sr High School Cafeteria  
26417 Main Street, McArthur  
**Theme:** "Farm Fresh"  
**Host:** Hat Creek 4-H



**Registration Closes: Sunday, March 24, 2024**  
***(No late entries will be accepted)***

## **SCHEDULE** (Approximate times)

8:30 - 9:00 Check-in and set up entries. **No late arrivals will be accepted.**  
9:30 am Judges Orientation  
10:00 - 11:00 Judging

Judging begins in all categories. **Adults are not allowed in the judging area.** Each member shall sit by their food entry, serve each judge a sample (***servings for judges must be pre-served and wrapped individually***) and answer any questions. *Members with multiple entries should watch for the judges as to which entry is judged first.* Members must remain with the entry, if feasible, until all judging is completed for that specific category. Members with multiple entries may not be able to stay with each particular entry. *When members are dismissed from their final category, they are to go to the Food Quiz area.*

**Exceptions** - Members are not to remain with their entries for Decorated Cakes, Edible Centerpieces or Card Table Displays. They should go to the Food Quiz area to take part in the fun activities, then head to a waiting area when they are finished.

**Food Quizzes** - All members are invited to take part in this quiz to see how knowledgeable they are about foods and related subjects. *Bring a pencil and take the challenge!*

Following the completion of all judging, the food will be open for viewing and picture taking.

## **12:00 pm Awards Ceremony**



**NOTE:** If they wish to receive credit for attendance, participants must stay until the awards ceremony is complete.



# Inter-Mountain Favorite Foods Day 2024

## IMPORTANT INFORMATION

**You will need to bring THREE (3) individually wrapped servings for the judges.**

**EVENT ELIGIBILITY:** This event is open to all 4-H members. Please check the category rules for entry restrictions.

**MENU CARD:** Prepare one for each entry except for categories 8 & 9. Type or neatly print on the sample menu card or make your own to fit your place setting. Menus must be **nutritionally balanced**. Circle your entered Favorite Food Prepared. Place the recipe for the entry on the back of the card. Be sure to include your name, project, years in project, club and grade. Bring to the event and set on the table with place setting.

**UNIFORMS:** Uniforms are acceptable, but not required. Clothing must be neat and clean.

**PLEASE NOTE:** Adult leaders and parents will **NOT** be allowed in the competition area until all judging is completed. Ambassadors, Junior/Teen Leaders and older members will be available to help younger members and answer questions following check-in. Leaders and parents are to help fill out any required paperwork in advance. Allow enough time if you have entries in more than one category.

**FOOD PREPARATION:** Foods may be prepared using any source. No food preparation will be allowed at the event. Entry must be complete and ready for judging when brought in - this includes 3 individually wrapped servings for the judges. All foods must be prepared with fresh ingredients. If presenting hot foods and prepared prior to the event day, properly refrigerate or freeze, then properly warm for presentation. Pack dishes properly - hot dishes stay hot and cold stay cold. *Items may be kept in the facility refrigerator or oven upon request.* **Cream pies are prohibited for health reasons.**

**AWARDS:** Danish system of judging (blue, red and white ribbons) will be used. Medals awarded to top scoring entry in each category, for each division. Primary participants will receive one participation pin. Entries will not be released until awards ceremony is completed.



### AGE DIVISIONS & CARD COLORS

- PINK: Primary (5-8)
- WHITE: Junior (9-10)
- YELLOW: Intermediate (11-13)
- GREEN: Senior (14-19)





# Inter-Mountain Favorite Foods Day 2024

## CATEGORIES

- |                   |                       |                    |
|-------------------|-----------------------|--------------------|
| 1. Main Dish      | 6. Market Animal      | 10. Primary Member |
| 2. Salad          | 7. Food Preservation  | 12. Appetizer      |
| 3. Dessert        | 8. Edible Centerpiece |                    |
| 5. Decorated Cake | 9. Card Table Display |                    |



## CATEGORY RULES & REQUIREMENTS

**Categories 1 - 3** - Menu card **MUST** be nutritionally balanced. Small centerpieces and decorative touches are optional.

**Category 5** - Decorated cakes should follow the theme. No individual cupcakes. All cakes will be judged for appearance **only**. Recipe method is not a consideration. Include a menu card showing use of cake. Cake forms may be used. Members do not remain with their entry.

**Category 6** - Any 4-H member enrolled in a Market Animal project (beef, sheep, swine, meat goat, rabbit, or poultry) may enter a food item using meat from their market animal species. A nutritionally balanced menu card and recipe must be included. *Participation here **DOES** meet SDF Contract requirements.* **Entry in this division must have more than one step in the preparation process.** Example: slice of ham (*not acceptable*) vs. casserole with broccoli, rice and ham (*acceptable*).

**Category 7** - Entrants prepare and serve a dish or bread using the food they have preserved. Include recipe and menu card.

**Categories 8** - Create a sculpture from 5 different foods such as cheese, crackers, vegetables, nuts, fruits and edible flowers. Creations may be on wicker, foam, paper plates, plastic, etc., however, sculpture shall include only edible items. Be sure the theme is followed and at least 5 fruits and/or vegetables are used. A card giving directions on how the centerpiece was assembled is required. Members do not remain with their entry.

**Category 9** - Decorate a card table to illustrate "A World of Food." No food is to be placed on these tables! Entrants must furnish their own card table, tablecloth, or place mats, dishes, and utensils. Entries will be judged on overall appearance, color design, and texture coordination. Each display must have a menu card which states whether it is formal or informal. Members do not remain with their entry.

**Category 10** - Primary members should enter their item under the Primary category **ONLY**.

**Category 12** - Prepare your appetizer using the appropriate utensils and dishes for serving. You must include a menu card with your recipe.

The place settings, centerpieces, and menu are expected to follow the theme.  
Small centerpieces and decorative touches are optional.

Bring one complete place setting for each course being served. This includes: plate(s), napkin, placemat, utensils, and beverage glass(es). Members have the option of using paper, glass, pottery, wicker, plastic, etc.

A nutritionally balanced menu card and recipe **MUST** be included along with a complete place setting, unless noted otherwise above.

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**Recipe**

(FOLD)

**Menu** (Circle Favorite Food Item):



**Name:** \_\_\_\_\_

**Project:** \_\_\_\_\_

**Club:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Year(s) in Project:** \_\_\_\_\_

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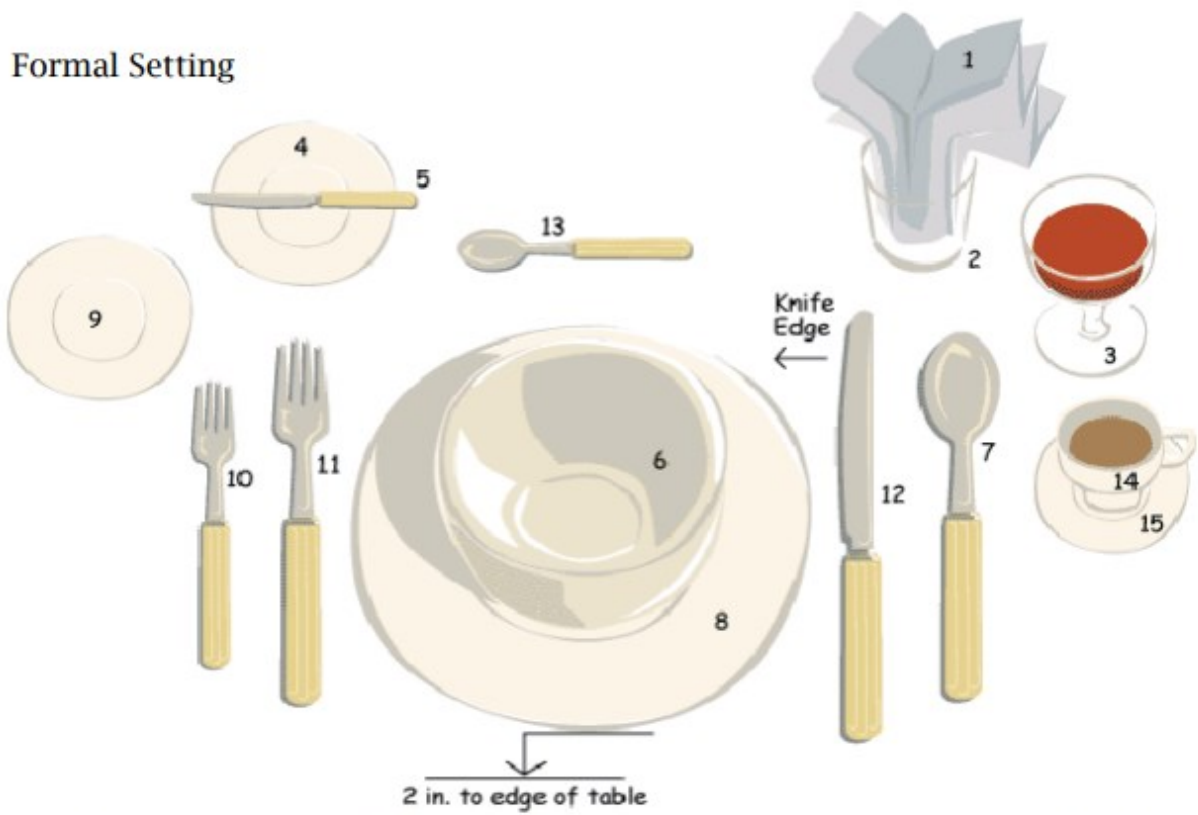
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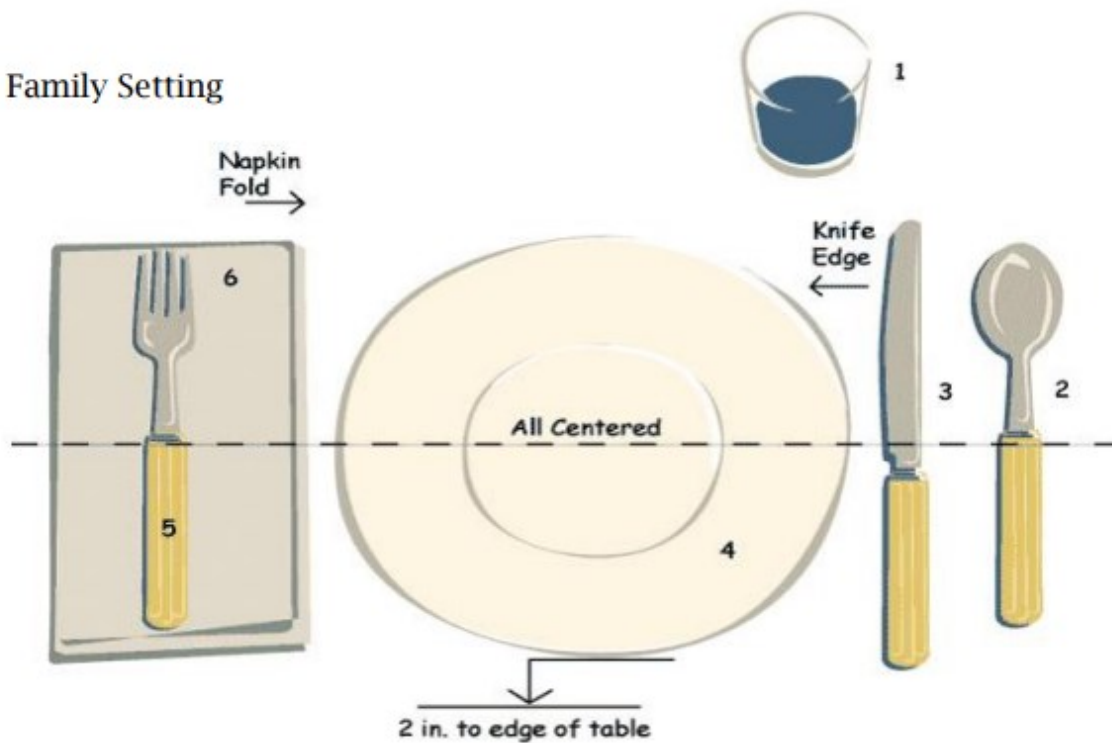
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## Formal Setting



- |                 |                  |                   |                |                |
|-----------------|------------------|-------------------|----------------|----------------|
| 1. Napkin       | 2. Water glass   | 3. Wineglass      | 4. Bread plate | 5. Bread knife |
| 6. Soup bowl    | 7. Soup spoon    | 8. Dinner plate   | 9. Salad plate | 10. Salad fork |
| 11. Dinner fork | 12. Dinner knife | 13. Dessert spoon | 14. Coffee cup | 15. Saucer     |

## Family Setting



- |                   |          |          |                 |         |           |
|-------------------|----------|----------|-----------------|---------|-----------|
| 1. Drinking glass | 2. Spoon | 3. Knife | 4. Dinner plate | 5. Fork | 6. Napkin |
|-------------------|----------|----------|-----------------|---------|-----------|



# Local 4-H

## Valley Favorite Foods Day

by: Cecelia Lawler and Lila Hammon, Golden Acres 4-H

On Saturday, January 20, 2024 Golden Acres 4-H hosted the 2024 Valley Favorite Foods Day at the Millville IOOF Hall. 115 entries over 13 categories were displayed with place settings, menus, and recipe cards.

Each entry was judged by 3 judges where the dishes were presented by the 4-H members, tasted and evaluated by the judge.

After judging there was a potluck for all attendees to enjoy. There was also a quiz on measurement conversion for anyone who wanted to take the quiz. Followed by awards.



# Inter-Mountain Home Ec & Ag Stills Day 2024

**Date:** Friday, April 5 & Saturday, April 6, 2024

**Location:** Fall River Jr Sr High School Cafeteria, 26417 Main Street, McArthur

**Host:** Hat Creek 4-H

**Mandatory Online [Registration](#) closes: Sunday, March 24, 2024**

Still exhibits provide 4-H members with the opportunity to display the results of their project work indicating achievement and growth - *this is not an event for school projects.*

## **SCHEDULE**

Friday, April 5, 2024

5 - 6 pm Drop Off & Check in Home Ec. & Ag Stills Exhibits

Saturday, April 6, 2024

After 1:00 pm Pick up Items



**All exhibits will be released after the Awards Ceremony** – it is the member’s responsibility to pick up their items.

**Who Can Enter?:** All 4-H members may exhibit and participate at the 4-H Home Ec and Ag Stills Field Day. Ages are as of December 31, 2023

Primary*	ages 5-8
Junior	ages 9-10
Intermediate	ages 11-13
Senior	ages 14+

\* May show in any division. However, they will not be judged and will receive participation ribbons only.

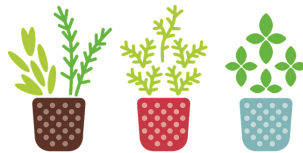
Categories can be found in the [Premium Book](#).



# Inter-Mountain Home Ec & Ag Stills Day 2024

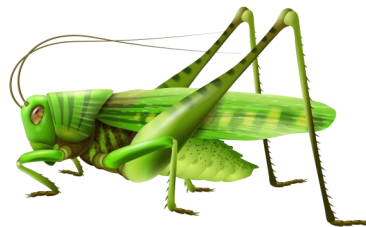
## General Guidelines

1. All exhibits must have been made by the 4-H member during the current 4-H year and under the supervision of a certified 4-H leader. To participate in this event, member must be enrolled in the project to exhibit items.
2. The 4-H member is responsible for meeting check-in times. Late exhibits will not be judged.
3. The judges' decisions are final. All judges are volunteers and offer their expertise in evaluating 4-H project work. Respect should be given to those recruited as judges.
4. A successful 4-H Still Exhibits Fair takes the involvement of every 4-H member, leader and parent with lots of help from our 4-H friends! If you have any questions or would like to volunteer to help with this event, please contact the office at (530) 224-4900.



**AWARDS:** Danish system of judging (blue, red and white ribbons) will be used. Medals awarded to top scoring entry in each category, for each division. Primary participants will receive one participation pin. Entries will not be released until awards ceremony is completed.

**PLEASE NOTE: NO** members, adult leaders or parents will be allowed in the competition area until all judging is completed. Leaders and parents are to help fill out any required paperwork in advance of dropping items off. Allow enough time if you have entries in more than one category.



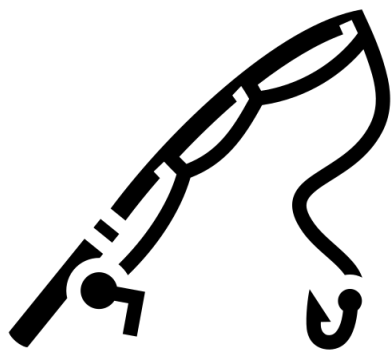
## Fish Camp Scholarships



[FishCamp™ is a 5-day, 4 night summer fly fishing adventure in Northern California.](#)

There are several [scholarships](#) available for this summer's Fish Camp, which is held at Antelope Creek Ranch near the foot of Mt. Shasta.

The Fly Shop, with over a decade of experience initiating hundreds of young Fish Campers to the wonders of fly fishing, have put together a great weekly itinerary, with plenty of fishing time every day, workshops on a variety of different aspects of fly fishing, fly tying in the evenings after dinner, and stories and s'mores around the campfire each night.



The Shasta Trinity Fly Fishers Club offers [two scholarships](#), for the June 24-28, 2024 session, for anyone 10-15 years old with an interest in fly fishing.



The scholarship covers accommodations, meals and the use of the finest fly fishing equipment.

Applications are due by **Tuesday, April 30, 2024.**

## Local 4-H

### The 4-H Office has the following items available for purchase:

\$33.00 Hats

\$21.00 Ties

\$23.50 Collars

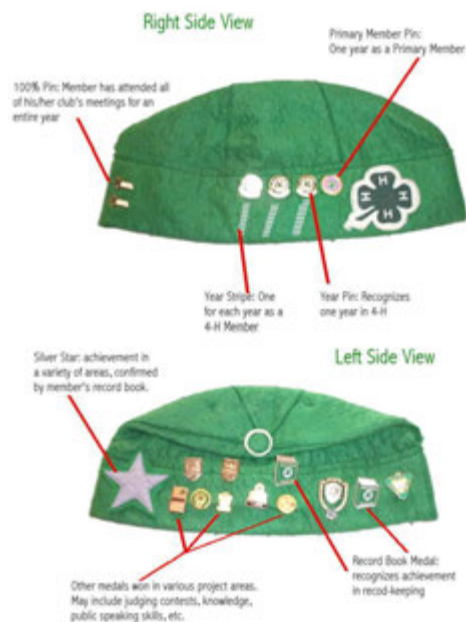
\$5.75 Record Book Covers

Price includes tax & shipping.

We accept cash or check.

You can also order directly from the supplier

[Home | Leslie Carman 4H Supplies, Inc.](#)



# Valley Field Day 2024

Valley Field Day consists of two separate elements:

- Large & Small Animal Showmanship
- Home Ec & Ag Stills

We are modeling the categories on the Shasta District Fair Premium Books.

If you have questions regarding how to present for Field Day, please refer to the appropriate information located on the [SDF website](#).

**Date:** Friday, May 3 & Saturday, May 4, 2024

**Location:** Shasta District Fairgrounds

**Registration Closes: Sunday, April 14, 2024**

[Large & Small Animal Registration](#)

[Home Ec & Ag Stills Registration](#)

*Late registration will not be accepted.*

**Parking:**

Gate 4 will be opened at 7:00 a.m. for all members. There may be other gates open during the day but you can plan on Gate 4 being opened at 7:00 am. Saturday.

Once your project has been delivered to Ferreira Hall or the Livestock Barns, the vehicle **must** be moved to the parking lots. Lot 2 is the closest and easiest for the livestock exhibitors. Lot 1 will be available for anyone. We ask that all exhibitors have their vehicles off the grounds by 8:00 a.m.

**Per SDF rules, the gates will be locked at 8:30 am and re-opened after conclusion of the event.**

- Hosts:**
- Avian** - Countywide Poultry ?
  - Beef** - Oak Run
  - Cavy, Rabbits & Small Animal Round Robin**
    - Countywide Rabbit?
  - Goat, Meat** - Golden Acres
  - Goat, Dairy & Nigerian Dwarf**- Happy Valley
  - Home Ec & Ag Stills** - Cow Creek
  - Large Animal Round Robin** - Swede Creek
  - Reptiles** - Cloverleaf ( [Enter under Stills](#) )
  - Sheep** - Heritage
  - Swine** - Foothill
  - Concessions** - Palo Cedro
  - Livestock Quizzes** - Westside

**Who Can Enter?:** All 4-H members may exhibit and participate.

Primary: ages 5-8\*

Junior: ages 9-10

Intermediate: ages 11-13

Senior: ages 14+

\* May show in any division, except for large animals, however they will not be judged.





# Valley Field Day 2024 - Large & Small Animals

**Location** Shasta District Fairgrounds, Barns

**Schedule** Saturday, May 4, 2024



All times are approximate.

7:00 - 8:00 Check in, weigh in / Take animals to their respective areas.

8:30 Gates locked

8:30 - 9:00 Expo quizzes for each species

9:00 - 9:30 Educational Sessions

9:30 Market (Beef, Swine, Sheep, Meat Goats) Showmanship classes.

9:30 Small Animal: Primary followed by Showmanship classes

Dairy Goat: Primary, Senior, Junior, Intermediate

*Please plan for a full day.*

**Round Robin, followed by awards.**

Animals will **not** be released until the conclusion of the event.

Participants must sign out with the person in charge of their species barn area before leaving.

**FOR SAFETY REASONS & per SDF rules**

**NO VEHICLES/TRAILERS WILL BE ALLOWED ON THE GROUNDS  
UNTIL COMPLETION OF THE EVENT.**

We are modeling the categories on the Shasta District Fair Premium Books. If you have questions regarding your entry for Field Day, please refer to the appropriate book located on the [SDF website](#).

- Participants must provide an animal for showmanship.
- Animals can be a backup animal, shared with a sibling, or borrowed.
- Conformation will not be judged, so participants only need to bring one animal.
- Animals must be clean and presentable, but do not need to be fitted.

## **Important Information**

All 4-H's enrolled in livestock projects are encouraged to participate. This is a chance to evaluate the progress of your showmanship abilities before the fair. It also meets your fair contract requirement to show at the Shasta District Fair.



### **IMPORTANT**

**Swine members will NOT be  
bringing their animal.**

**They will instead be using beach  
balls provided by the 4-H office.**



# Valley Field Day 2024 - Large & Small Animals

## Dress

You must dress neatly and wear clothing that allows you to safely show and tend to your animal. No open-toed shoes and no shorts.

Youth dressed in inappropriate attire will be dismissed by the judges. The 4-H uniform is not required.



## Rules

- No bedding is allowed.
- Every exhibitor must furnish their own feed, feeder and container for water.
- Participants must clean pen area and check-out with the club person in charge of the barn before leaving the grounds.

You will not receive credit for the event if you do not clean up your pen and sign out with the leader in charge. Everyone must bring their own clean up tools (ie. rake, shovel, etc.).

- Washing of animals at the fairgrounds is prohibited. Please wash your animal at home before coming to field day, if the weather allows.
- **You must remain on the grounds until the conclusion of the event.**
- **All vehicles must exit the grounds after unloading and park in the parking areas.**
- **Do not park along the fence as vehicles will be cited.**

**Gates will remain closed until after completion of the event, per SDF rules.**

**Please do not walk animals off grounds before Round Robin and Awards Ceremony have been completed.**



**Please plan for a full day.**



# Valley Field Day 2024 - Home Ec & Ag Stills

**Location** Shasta District Fairgrounds, Ferreira Hall ([see map](#))

## Schedule

Friday, May 3, 2024

3 - 6 pm Drop Off & Check in *No late entries will be accepted*

Saturday, May 4, 2024

9 - 12 Viewing

9 - 12 Craft Activity

12 - 1 Items to be picked up – it is the member’s responsibility to pick up their items.  
Items will not be released prior to 12 pm



We are modeling the categories on the Shasta District Fair Premium Books. If you have questions regarding your exhibit for Field Day, please refer to the appropriate book located on the [SDF website](#).

Still exhibits provide 4-H members with the opportunity to display the results of their project work indicating achievement and growth - *this is not an event for school projects*.

**ALL** entries shall be labeled with member’s name, phone number, Club name and category/class.

## General Guidelines

1. All exhibits must have been made by the 4-H member during the current 4-H year.
2. The 4-H member is responsible for meeting check-in times. Late exhibits will not be judged.
3. The judges' decisions are final. All judges are volunteers and offer their expertise in evaluating 4-H project work. Respect should be given to those recruited as judges.
4. A successful 4-H Still Exhibits Fair takes the involvement of every 4-H member, leader and parent with lots of help from our 4-H friends! If you have any questions or would like to volunteer to help with this event, please contact the office at (530) 224-4900.
5. Members may enter a maximum of three (3) entries per Category.



**Awards** The Danish system of judging (blue, red and white ribbons) will be used. Best entry in each category within each age division will receive a medal. Best of Show will be chosen from the three medal winners in each category (all age divisions combined). Each primary member will receive a gold star pin for the event, and a participation ribbon for each item entered.



# Shasta County 4-H Council Meetings

## Council & Committee Meetings

The Shasta County Council meetings are where county events are planned, finances are discussed, information from the state and local level is shared, and everyone is kept up-to-date.

**Valley** - all meetings held at the 4-H Office

February 21 - Valley Field Day Planning Meeting

March 20 - Shasta County 4-H 2024-25 Budget  
& Event Planning Meeting

April 17

May 15

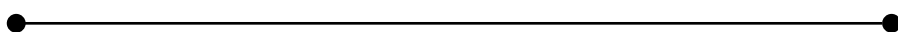
**Inter-Mountain** Council Meetings

April 25                      Gepetto's, Burney

### Minimum Requirements for Club to be in Good Standing

**To successfully complete the 2023-24 4-H Year,  
a club must:**

1. Complete the club reporting & turn in by the deadline.
2. Participate in the County Club Officer training.
3. Host or co-host one of the countywide events.
4. Must have a minimum of 2 Adult Volunteer.
5. Must have a minimum of 5 members from 3 different families.



	Sep	Oct	Jan	Apr	May
Black Butte	X				
Cloverleaf		X	X		
Cottonwood	X				
Cow Creek	X				
Foothill	X				
Golden Acres	X	X			
Happy Valley	X	X			
Heritage	X				
Lonetree					
Oak Run			X		
Palo Cedro	X	X	X		
Swede Creek	X		X		
Twin Palms	X		X		
West Valley					
Westside	X	X	X		
Whitmore					

	Jul	Oct	Jan	Apr
burney		X	X	
evergreen		X	X	
Hat creek		X	X	
Pine grove		x	x	

# Birthdays



3/1 Jace G.  
3/2 Emery H.  
3/2 Angelique M.  
3/2 Devyn P.  
3/3 Brylee S.  
3/5 Rylie B.  
3/5 Trevor E.  
3/5 Stephanie R.  
3/5 Bodie Z.  
3/5 Zane Z.  
3/6 Hendrik B.  
3/6 Sawyer C.  
3/6 Abigail F.  
3/6 Patricia L.  
3/6 chris s.  
3/6 Trinity T-L.  
3/8 Axel Tadeo A-R.  
3/8 Elliot C.  
3/8 Fallon H.  
3/8 Gunner M.  
3/8 Zeke S.  
3/9 Tate C.  
3/9 Grace G.  
3/9 Ashlee P.  
3/9 Warrick Q.

3/11 Kelli B.  
3/11 Lila H.  
3/12 Scarlett A.  
3/12 Christine C.  
3/12 Cecelia L.  
3/12 Eliana W.  
3/13 Alice C.  
3/14 Allie P.  
3/15 Wyatt F.  
3/15 Madeline F.  
3/15 Peggy H.  
3/15 Joseph R.  
3/15 Maggie R.  
3/16 John F.  
3/16 Jordan F.  
3/16 Brooke S.  
3/17 Mikayla G.  
3/17 Elsie N.  
3/17 Brayton T.  
3/18 Mikayla D.  
3/18 Carly L.  
3/18 Luke F.  
3/19 Anthony M.  
3/19 Leimone W.

3/20 Brayden A.  
3/20 Bethany P.  
3/20 Hayden S.  
3/20 Payton Z.  
3/21 Tanner C.  
3/21 James F.  
3/21 James M.  
3/21 Cade S.  
3/22 Hadley H.  
3/22 Tate L.  
3/23 Asher C.  
3/23 Eli L.  
3/23 Liam v S.  
3/24 Conner F.  
3/24 Owen S.  
3/25 Hoyt O.  
3/26 Melissa M.  
3/27 Marianna H.  
3/27 Alexis K.  
3/28 Lily C.  
3/28 Everett L.  
3/28 Joseph P.  
3/28 Eastyn R.  
3/29 Hudson B.  
3/29 Wyatt S.  
3/29 Hannah T.  
3/30 Porter F.

## Fun Holidays:

3/5 Sock Monkey Day  
3/14 National Potato Chip Day  
3/19 National Poultry Day  
3/30 Take a Walk in the Park Day

