



# Tips 'n Topics

A MONTHLY NEWSLETTER FOR 4-H MEMBERS, LEADERS & PARENTS IN SHASTA COUNTY

2021-2022 4-H PROGRAM YEAR / VOLUME 22, ISSUE 6 — FEBRUARY 2022

## Did you know ?

### Record Book

Our website now has a 'Record Book Tips' document to help you understand the process.

Take a minute and [check it out](#) !



### **Important Date for SDF Beef Exhibitors**

**Steer Tagging: February 20, 2022**  
**Auction Yard 9:00 - 11:00 AM**  
**Shasta College 1:00 - 3:00 PM**

See flyer attached to newsletter **or** view it on our website's [calendar](#).

## CALENDAR

### February

- 10 Beef Princess & Ambassador entry forms must be mailed by this date
- 11 Lincoln's Birthday \*
- ~~12 Presentation Day, Palo Cedro~~
- 19 Valley Field Day Planning, Location TBD
- 20 Steer Tagging / Weigh In, SDF
- 21 President's Day \*

### March

- 6 DUE - Fashion Revue Registration
- 12 [Presentation Day, Palo Cedro - NEW DATE](#)
- 16 County Budget Planning, 4-H Office
- 16 Valley Event Planning, 4-H Office
- 18 DUE - Council Scholarship Applications
- 19 Fashion Review, Inter-Mountain Fairgrounds
- 27 DUE - Inter-Mountain Favorite Foods Day and Home Ec / Ag Stills Field Day, Registration

### April

- 8-9 Inter-Mountain Favorite Foods Day and Home Ec/ Ag Stills Field Day, IM Fairgrounds
- 14 Council Scholarship Interviews, 4-H Office
- 20 Valley Council Meeting, 4-H Office
- 24 DUE - Valley Field Day Registration
- 27 Inter-Mountain Council Meeting, Burney

### May

- 2 DUE - Emerald Star Applications
- 6 DUE - County Ambassador Applications
- 6-7 Valley Field Day, Shasta District Fairgrounds
- 13 DUE - Valley Fair Contract(if selling)
- 18 Valley Council Meeting, 4-H Office
- 20 DUE - Entries to SDF ( tentative )
- 30 Memorial Day \*

### June

- 22-25 Shasta District Fair

\* Shasta 4-H Office Closed

## Member Resources

[Shasta County 4-H Website](#)

[Shasta County 4-H Calendar 2021-2022](#)

**4-H Online Enrollment is Year-Round**  
[2021-2022 Enrollment](#)

Interested in [Volunteering](#) ?

California 4-H [Member Resources](#)

[4-H Handbook for Families](#)

<https://ucanr.edu/sites/UC4-HResources/>

This site will be updated regularly with guidance and tips on for 4-H clubs, activities and projects both in-person and virtually during the COVID-19 pandemic.

Please note that guidance is subject to change. Please check back regularly for the latest updates.

Please see these other sites for more information:

**NATIONAL 4-H at Home** - Activity Guides link:  
[4-H at Home Activity Guides | 4-H](#)

**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.



**Please submit articles and photos by the 15th of each month to:**

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Alternatively, a program discrimination complaint may be filed with the UC Harassment & Discrimination Assistance and Prevention Program (HDAPP) by email [hdapp@ucdavis.edu](mailto:hdapp@ucdavis.edu) or phone: 530-304-3864; or contact the UC ANR Title IX Coordinator at (530) 752-9466.

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: UC ANR, Interim Affirmative Action Compliance Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1280. Email: [tjordan@ucanr.edu](mailto:tjordan@ucanr.edu). Website: [http://ucanr.edu/sites/anrstaff/Diversity/Affirmative\\_Action/](http://ucanr.edu/sites/anrstaff/Diversity/Affirmative_Action/).

## LOCAL 4-H NEWS

### REDDING ROTARY HONOR TO YOUTH SCHOLARSHIP

Each year the Redding Rotary honors one senior 4-H youth member with a plaque and cash scholarship award.

This year, Kassidy from the Palo Cedro 4-H Club was selected and honored at the Redding Rotary meeting on January 20, 2022.

**Congratulations Kassidy !**



### Shasta County Beef Princess

Applications are due February 10, 2022.

You can find the application on the Shasta County Cattlewomen's [website](#).

### Shasta County Beef Ambassador

Applications are due February 10, 2022.

You can find the application on the Shasta County Cattlewomen's [website](#).

# LOCAL 4-H Community Service

## Foothill 4-H members were spotted at Wreaths Across America



# Scholarships

## Thinking about the Next Steps ... Larry Forero

The costs associated with higher education are highly variable and depend upon a number of factors. Shasta College estimates 2021/22 costs for students living at home at about \$6,592 annually (does not include food). The CSU Chico website notes the cost at about \$23,984 for students living off campus (not living at home). The average annual system for a student living off campus and attending a University of CA is estimated at \$36,700. The total cost varies depending on personal expenses and the campus you attend. Both parents and graduating seniors are starting to figure out how the costs for higher education will be met.

The time is approaching when scholarships are being announced and students are encouraged to check in with the counselling departments at their high schools early and often to learn of the scholarships being offered and the requirements (transcripts, letters of recommendation, essay, etc). Scholarships that are available which may not be on the list at your high school include:

Shasta County 4-H - Call the Cooperative Extensions Office at 530-224-4900 or find information on our [website](#).

Shasta County Cattlemen's Association - Generally available for students pursuing agriculture related education. To check if you qualify, contact Matt Fowler at 530-396-2411 for application materials. The forms are available on the 4-H [website](#).

Shasta County Cattlewomen's Association - Generally available for students pursuing agriculture related education. See description at Shasta County Cattlewomen's [website](#). Contact Ginger Fowler at 530-396-2411 for application materials. The form is also available on the 4-H [website](#).

Shasta County Farm Bureau scholarship program offers traditional scholastic scholarships as well as career/technical scholarships for students pursuing training in diesel mechanics, equipment operation, welding, etc. Instructions and applications can be found at [ShastaFarmBureau.com](#).

Fall River-Big Valley Cattlemen's Association - Available to graduates of Fall River Joint Unified and Big Valley School District. Contact Kris Azevedo at [FallRiverBigValleyCattlemen@gmail.com](mailto:FallRiverBigValleyCattlemen@gmail.com) for application materials.

Intermountain Cattlewomen - Available to graduates of Fall River Joint Unified and Big Valley School District interested in pursuing agriculture related education. If you think you may qualify, please contact Jeannette Ciriello at (530) 336-7308. Scholarship applications are due April 30, 2021. Intermountain Cattlewomen are offering a vocational scholarship this year also! Scholarship applications will be mailed to each high school counselor in the Intermountain area and are available through them.

Shasta County 4-H Council offers scholarship for youth who are graduating seniors and have been enrolled in Shasta County 4-H for at least the past three years (sophomore, junior and senior years). Instructions and applications can be found on our [website](#).

# Scholarships

Thinking about the next steps ... (continued)  
Larry Forero

The CA State Higher Education Scholarships are typically open for application May 31st through mid-August. Specific dates have not yet been determined by the State Incentives and Recognition Advisory Committee. Look for CA State 4-H Higher Education Scholarships to open applications late May 2022. Deadline for applications is typically mid-August. We will run an article in Tips n' Topics when the information is announced.

Golden State Farm Credit provides financing for many farmers and ranchers in Northern CA. They offer a scholarship program as well. Instructions and application can be found at: [Golden State Farm Credit](#)

VESTRA Inc. offers a [scholarship](#) for students pursuing higher education in science and engineering fields. Follow the link above to learn more about this opportunity.

As the cost for higher education increases, so does the competition for most scholarships. Begin to research what scholarships are out there that are a match for your background and educational interest. Provide the individuals you have asked for letter of recommendations a summary that includes your GPA, work history, community service efforts, career interests and any additional information about you that will help them write better letters for you. Make sure the application is complete, all the requirements are met and it is submitted on time. Incomplete applications typically are not considered.

While there is no guarantee that applying for scholarships will result in receiving one, there is no doubt none will be received if no application is turned in. Also, don't forget to look at financial aid programs. For example, for California residents whose families earn less than \$80,000 the UC Blue and Gold Opportunity Plan covers all system wide tuition and fees. Other aid can help pay for living expenses, like food and housing. Federal student aid is also available!

Take the time to research and apply for scholarships and financial aid that you think you qualify for.



# Inter-Mountain Fashion Revue



**Date:** Saturday, March 19, 2022  
**Location:** Inter-Mountain Fairgrounds, McArthur  
**Pre-Registration Required - ENDS:** Sunday, March 6th

## State Recognized Categories

### 1. Traditional

Participants in this category will construct garment(s), showcasing sewing skills and the ability to coordinate an outfit. The outfit must contain at least one constructed garment. Participants are encouraged to construct additional garments and/or accessories to complete the outfit.

If the Traditional ensemble has additional sewn garments which cannot all be worn at once, for example a 4-piece suit containing coordinating pieces, the additional garments may be carried. All the coordinated sewn pieces will be evaluated. Accessories such as hats, shoes, belts or jewelry are evaluated as parts of the outfit. Non-clothing items that the member made to match the outfit such as a backpack, purse, pillow, or quilt may be carried and considered during the evaluation. The garment(s) in this category must be sewn by the member as part of the Clothing & Textiles/Sewing Project.

### 2. Consumer Science Purchased , \$40.00 Limit

Participants in this category will shop for an entire outfit with the total cost not to exceed \$40.00, including shoes but not sales tax. Receipts from the current 4-H year are required for any item that is visible. Gifts, prior purchases, and items without receipts are not eligible for this category. Receipts from yard sales, etc. may be hand written. The participant should consider value vs. cost, versatility, the shopping experience, and coordination of the outfit within the cost limit. There is no 4-H project requirement; *any 4-H member may enter this category.*

### 3. Box Challenge

For 2022: Pants

Participants in this challenge will sew a pair of pants. The rules refer to the entry as pants, but they could also be shorts, capris, or a skort. Leggings do not count for this category. The pants must be sewn by the member as part of the Clothing & Textiles/Sewing project. Additional garments may be sewn by the member or purchased.

In addition, choose from the following elements that are in your box. Junior members must include at least two in their pants. Intermediate members must include at least three. Senior members must include at least four.

In the box:

- Zipper, functional
- Button with buttonhole
- Waistband
- 2 pockets
- Belt loops, at least 4
- Hook & eye or snap
- Darts or Pleats
- Flat fell seam
- Topstitching



# Inter-Mountain Fashion Revue

## 4. Historical Challenge

Participants in this challenge will create an outfit that is inspired by or looks like an old design using new fabric and notions. For this category, the design should be from before the year 2000. The entry must state the year or period of the design and include a drawing, photo, or description of the classic design that is being reproduced or duplicated. Add accessories to complete the outfit that are reminiscent of that time period. The outfit must feature at least one handmade garment made by the member. Other pieces of the outfit must be representational and recognizable as belonging to the same era as the hand made garment. There is no 4-H project requirement; *any 4-H member may enter this category.*

## 5. Trashion Fashion Challenge

"Trashion" is a fashion philosophy that combines environmentalism with innovation. It comes from a desire to make the best use of limited resources by making traditional and avant-garde clothing from recycled materials or cast off junk. Trashion helps give new life to waste materials that would not normally be used again.

Participants in this challenge will create a garment out of recycled, re-purposed, secondary use materials. The garment must be made from at least 75% recyclable or reused materials that would otherwise be thrown away or recycled. The materials should not be new or unused for their original purpose. Do not embellish an existing garment with recycled materials and do not reuse fabric or clothing as the recycled material. All garments must be clean, safe to wear and touch, and durable enough to last a full day's wearing. The participant must be able to walk, sit, and use stairs while wearing their outfit. Trashion Fashion methods may also be used to accessorize the outfit.

The entry must list all materials used and include an environmental fact about one of the material's effect on the environment and how the material can be reduced, recycled or reused by the public.

### 2022 Service Project

"Bag it, Don't Trash it"

Make reusable bags out of recycled T-shirts. The sewing is simple, and the uses are many!

All 4-H'ers are encouraged to make the service project items, collect, and deliver them in their home counties.





# 4-H REPORTS

## Junior - Teen Leadership Training

By: Adri Allen

Hi my name is Adri and I am the teen leader for swine in the Palo Cedro 4-H club. A month ago I went to the teen leader training. It was an amazing experience and I learned so much on how to become a great leader. Kassidy Zulliger was one of the leaders at the training and she was very helpful and really helped me to have a better understanding of what a teen leader should look like. At this meeting we did multiple activities, such as a lock box activity, in groups and worked together. Then we sat down and talked about what teamwork is about and what it should look like. We learned about the 6 C's which are, Competence, Confidence, Connection, Caring, Character, and Contribution. We played a charades game and they had cookies and cocoa set up for all of us. After we had cookies and cocoa we did a few more activities then talked about what we learned. Overall it was a very good experience and I now have a better understanding of how a teen leader should act and look like. I am thankful that I was able to attend the teen leader training because I was able to learn a lot from it.



## Favorite Foods Day was a Sweet & Savory Success

By: Gage D.R Lindsey, Foothill 4-H Reporter

West Valley 4-H hosted the Favorite Foods Day on January, 15 at the Millville IOOF Hall. The event was a smashing success with 21 judges tasting and rating the entries of 49 4-H members from all over the county. A shout out to all West Valley 4-H for delightful decorations, outstanding organization and a lovely lunch. I went to this event and would recommend it for any foodie among us!

# 2022 Valley Favorite Foods Day Results



## Primary

Abigail Babcock	Westside
Aylah Bester	Swede Creek
Jhett Garcia	Golden Acres
Shelby McFall	Westside

## Appetizer

Anthony Fernandez	West Valley	Junior	Medalist
Abigail Seaton	Swede Creek	Junior	Blue
Lila Hammon	Golden Acres	Intermediate	Blue
Wyatt Hollister	Palo Cedro	Intermediate	Blue
Keller Ledbetter	West Valley	Intermediate	Medalist
Sydney Mollath	Oak Run	Senior	Medalist

## Food Preservation

Zoey Cain	Westside	Senior	Medalist
Fallon Linsey	Foothill	Senior	Blue

## Bread

Maggie Rohrer	Cottonwood	Junior	Blue
Drew Stark	Swede Creek	Junior	Medalist
Abigail Fernandez	West Valley	Intermediate	Medalist
Rylie Bester	Swede Creek	Intermediate	Red
Gage Lindsey	Foothill	Intermediate	Blue
Joaquin Murrillo	Golden Acre	Intermediate	Red

## Market Animal

Bryna Backovich	Swede Creek	Junior	Medalist
Airyonna Brader	Golden Acres	Junior	Blue
Madeline Fiscus	Swede Creek	Junior	Blue
Lucas Turley	West Valley	Junior	Blue
Brylee Backovich	Swede Creek	Intermediate	Red
Rylie Bester	Swede Creek	Intermediate	Red
Riley Brader	Golden Acres	Intermediate	Blue
Kylie Fiscus	Swede Creek	Intermediate	Blue
Joaquin Murrillo	Golden Acres	Intermediate	Blue
Wyatt Peterson	West Valley	Intermediate	Blue
Lily Turley	Swede Creek	Intermediate	Blue
Ally Trisdale	Westside	Intermediate	Blue
Lily Taylor	West Valley	Intermediate	Medalist
Hannah Bamford	Happy Valley	Senior	Blue
Wyatt Bester	Swede Creek	Senior	Blue
Aaron Peterson	West Valley	Senior	Blue
Owen Severne	Palo Cedro	Senior	Medalist

## Dessert

Beau Hollister	Palo Cedro	Junior	Blue
Maggie Rohrer	Cottonwood	Junior	Medalist
Kyle Stark	Swede Creek	Junior	Red
Natalie Fernandez	West Valley	Intermediate	Blue
Lila Hammon	Golden Acres	Intermediate	Medalist
Gage Lindsey	Foothill	Intermediate	Blue
Iris Severne	Palo Cedro	Intermediate	Blue
June Simonis	Oak Run	Intermediate	Blue
Lindsey Hammon	Golden Acres	Senior	Blue
Fallon Lindsey	Foothill	Senior	Medalist
Aubrey Severne	Palo Cedro	Senior	Blue

## Salad

Gage Lindsey	Foothill	Intermediate	Medalist
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## Main Dish

Averie Hamann	Golden Acres	Junior	Red
Abigail Seaton	Swede Creek	Junior	Medalist
Aaragon Wagner	West Valley	Junior	Blue
Abigail Fernandez	West Valley	Intermediate	Medalist
Dale Harder	Palo Cedro	Intermediate	Blue
Preston Ledbetter	West Valley	Intermediate	Blue
Katie McIntire	Happy Valley	Intermediate	Red
Eastyn Rickman	Golden Acres	Intermediate	Blue
Landon Stark	Swede Creek	Intermediate	Blue
Hanna Stricklin	Westside	Intermediate	Blue
Zoey Cain	Westside	Senior	Medalist
Lindsey Hammon	Golden Acres	Senior	Red



# 2022 Valley Favorite Foods Day

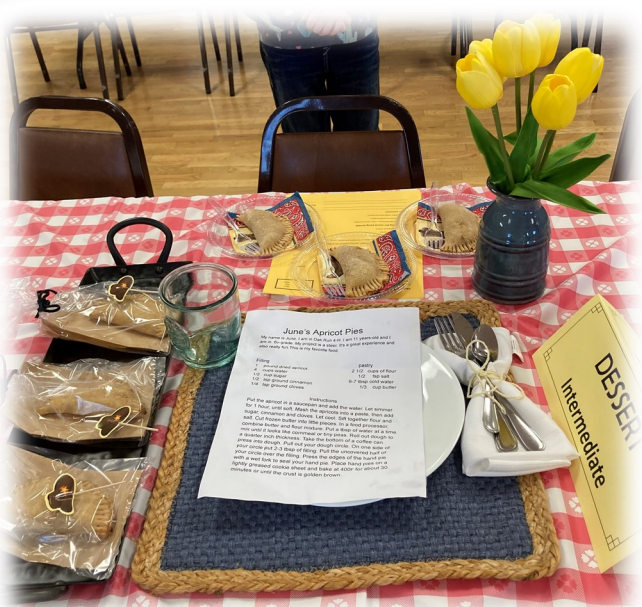
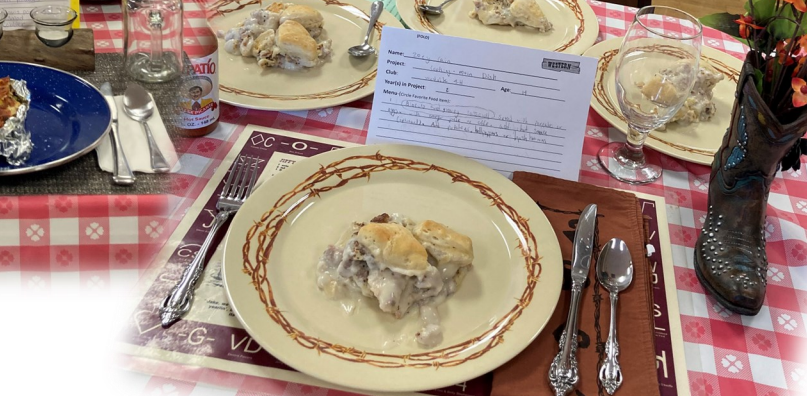
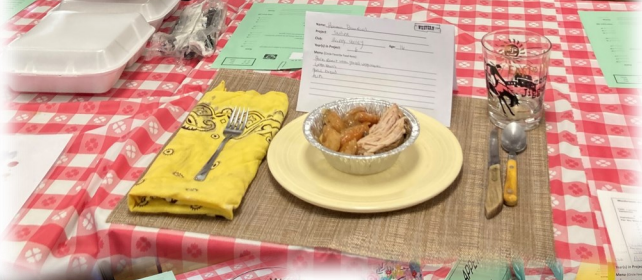
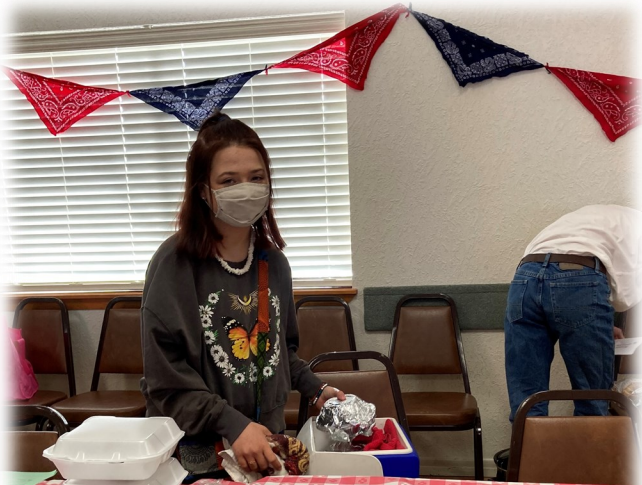


## FFD Judges - January 2022

Katie	Baumgardner
Christina	Bradley
Brandon	Cain
JC	Carvajal
Lilly	Fernandez
Becky	Jenkin
Kelsey	LaBarbera
Irene	Ledbetter
Dan	Magee
Andy	Mills
Michelle	Mills
Hailee	Peterson
Aaron	Peterson Sr.
Cara	Rickman
Katy	Sanchez
Mike	Shaw
Nancy	Shaw
Christina	Spalino
Sue	Tatosian
Sue	Wishon
Katie	Zulliger



# 2022 Valley Favorite Foods Day



## Keeping Your Livestock Healthy

Animal Health Biosecurity Plans and  
Best Management Practices for your Farm

### FREE 8-part Webinar Series

*Mapping your Farm, Keeping it clean, Health and Welfare, Diseases Shared between  
People and Animals, Managing Mortalities, Create your own Biosecurity plan*



FARM ANIMAL RISK MITIGATION: Prepare, Plan, Evaluate

January 4th, 2022 – March 1<sup>st</sup>, 2022

Tuesday Evenings

5:30-6:30 PM PST/ 6:30-7:30 PM MT

Registration info at  
<https://farmppe.netlify.app/>

**For more information, email:**  
[pireslab@ucdavis.edu](mailto:pireslab@ucdavis.edu)



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AND BIOMEDICAL SCIENCES  
GEORGETOWN UNIVERSITY



The digital cookbook features 50 recipes from 4-H'ers across the country, 4-H alumni and supporters.

Recipes include everyday foods like, Cheesy Cauliflower Pizza, Crispy Smashed Potatoes, and Asian Lettuce Wraps, in addition to celebration foods, like Chicken Pot Pie, Gingerbread Doughnuts, and Sprinkle Cake Pops, that teach families how to balance eating habits.

It is available for free [online](#) and audiences have the option to view and share featured recipes online or download the complete cookbook that includes beautiful food photography and personal notes from the youth and celebrities about their dishes.

Please feel free to share the cookbook  
with the 4-H community and beyond.





# AgDiscovery 2022

Investing in the Future of American Agriculture

AgDiscovery is a summer camp outreach program designed to help middle through high school aged students explore careers in animal science, veterinary medicine, agribusiness, plant pathology, aquaculture, and much more. This 2-4 week program allows participants to live on a college campus, and discover agricultural science from university professors, participating veterinarians, industry representatives, and professionals working for the U.S. government.

Students who participate in AgDiscovery experience hands-on labs, workshops, field trips, and other group and team building activities. *You can learn more about the program; eligibility requirements; and additional application info. by visiting: [USDA APHIS | AgDiscovery Program](https://www.usda.gov/aphis/programs/agdiscovery).*

**Note: California State University, Fresno will host an AgDiscovery Program this 2022 Summer, making it the only west coast program of its kind.**

The following web-link will direct you to the 2021 AgDiscovery online application: [USDA APHIS | Application](https://www.usda.gov/aphis/programs/agdiscovery).

**The deadline for submitting applications is March 31, 2022 ( by midnight, EST/ 9:00 p.m. Pacific ).**

## Procedures for 4-H Meetings during Covid-19

*UC 4-H wants you and your child to be safe and healthy. In order to hold in-person meetings, there are some guidelines that must be met to ensure everyone's well-being.*

**Together we will help to keep everyone healthy!**  
UC 4-H Healthy Living Team




University of California  
Agriculture and Natural Resources | 4-H Youth Development Program

**Wear a mask.**  
Masks must always be worn indoors.\*



\*Counties who do not have a substantial or high transmission rate may have different guidelines. Check with your local health department.

**Check your temperature before you come.**  
Do not come to a meeting if you have had a fever within the last 48 hours.



**Watch for other symptoms.**  
Aside from fever, Covid-19 symptoms include cough, difficulty breathing, headache, body aches, nausea, loss of taste or smell and fatigue. Do not come to a meeting if you feel sick.



**Practice physical distancing.**  
Maintain at least 3 feet distance from others when masked and 6 feet when unmasked.



**Wash your hands.**  
Wash your hands with soap and water when you arrive (or use alcohol or hand sanitizer). Wash them again as soon as you get home.



**Do not share items.**  
Please confirm with your leader ahead of time what items you may need to bring to the meeting. Do not share your things with others.  
*If possible, put needed materials into a bag or box labeled with your name.*



**Keep a record of the meetings you have gone to, with dates.**  
If you or someone you live with gets sick within 48 hours of a meeting, let your project leader know immediately. Be sure your leader has recorded your attendance as well.



More information can be found here:  
[https://ucanr.edu/sites/ca4H/COVID\\_Update/](https://ucanr.edu/sites/ca4H/COVID_Update/)

## UPCOMING SHOOTING SPORTS TRAINING

### **4-H Shooting Sports Workshop - Rifle Discipline Crescent City, CA (Del Norte County)**

Saturday, February 12, 2022 – 8:00 a.m. – 6:00 p.m.  
Sunday, February 13, 2022 – 8:00 a.m. – 4:00 p.m.

This 4-H shooting sports workshop will certify adult volunteers as rifle trainers who can lead a rifle project at the club level or serve as county trainers to certify other leaders. The class will be held at the [Del Norte County Fairgrounds](#), 421 Highway 101, North Crescent City, CA.

Participants must attend both days of training to receive certification. Teen leaders are invited but must attend with an adult, or have a certified shooting sports adult leader they will be helping back in their home county. There is no fee for the course and equipment will be provided. Participants should bring their own eye and ear protection. To register for the course, visit this [link](#).

For shooting sports information, please contact John Borba at [jaborba@ucanr.edu](mailto:jaborba@ucanr.edu).



### **4-H Shooting Sports Leader Trainer Course Muzzle Loading Discipline 5 Dogs Range - Bakersfield, CA**

Saturday, February 26, 2022 – 8:00 a.m. to 6:00 p.m.  
Sunday, February 27, 2022 – 8:00 a.m. to 4:00 p.m.

Upon successful completion of this course, 4-H leaders will be certified in the Shooting Sports Discipline of Muzzle Loading. They will be certified as leader trainers and are eligible to serve as shooting sports leaders for clubs or counties and may also instruct and certify shooting sports volunteers. Class size is limited. **There is no fee for this 4-H course.** However, if you wish to receive National Muzzle Loading Rifle Association Instructor Certification there will be a \$60 fee.

To register for the class please visit this [survey link](#).

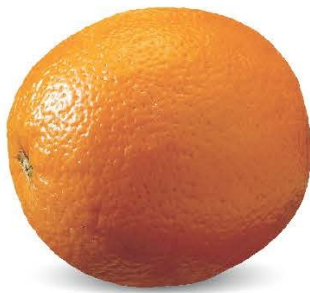
To get more information about registering for the class **contact John Borba** at [jaborba@ucanr.edu](mailto:jaborba@ucanr.edu) or 661-868-6216.

# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is **oranges**



## Health and Learning Success Go Hand-in-Hand

Encourage your child to eat school breakfast. Students who eat school breakfast tend to eat more fruits and vegetables than students who do not. School breakfast programs can increase your child's learning and decrease behavior problems in the classroom. With *Harvest of the Month*, your family can explore, taste, and learn about how to eat more fruits and vegetables and be active every day.

### Produce Tips

- Look for firm oranges that feel heavy for their size with bright, colorful skin.
- Avoid fruit with bruised, wrinkled, or discolored skin.
- Oranges with thin skin tend to be juicier than those with thick skin.
- Oranges can be stored at room temperature or in the refrigerator for up to two weeks.

## Healthy Serving Ideas

- Slice oranges for a quick, healthy snack.
- Freeze 100% orange juice in a paper cup with a popsicle stick or spoon.
- Instead of soda, make a fruit spritzer for your child. Mix 100% orange juice and sparkling water.
- Toss peeled orange segments into green salads for a citrus splash.
- Keep healthy recipes and cookbooks in the kitchen. Let your child pick a recipe and then cook it together.

For more ideas, visit: [www.cachampionsforchange.net](http://www.cachampionsforchange.net)

## BREAKFAST FRUIT CUP

**Makes 4 servings.** *½ cup per serving.*  
**Prep time:** 5 minutes

### Ingredients:

- 2 oranges, peeled, seeded, and sliced into bite size pieces
- 1 medium banana, peeled and sliced
- 1 tablespoon raisins
- ½ cup lowfat vanilla yogurt
- ½ teaspoon ground cinnamon

1. In a small bowl, combine oranges, bananas, and raisins.
2. Divide fruit equally into 4 bowls.
3. Put a rounded tablespoon of yogurt over fruit in each bowl.
4. Sprinkle with equal amounts of ground cinnamon before serving.

*Nutrition information per serving:*  
Calories 81, Carbohydrate 19 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 14 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*

## Let's Get Physical!

- Help your child prepare for the FITNESSGRAM®. Ask your child's teacher how you can help.
- Go for a walk or jog in the morning to jump-start the brain.
- Start slowly — add 10 to 15 minutes of physical activity to your day and gradually work up to 60 minutes.
- Do yoga stretches after your walk or run in the evening.

To learn how to do yoga stretches, visit: [www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf](http://www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf)

## Nutrition Facts

Serving Size: ½ cup orange, sections (90g)	
Calories 42	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	9%
Sugars 8g	
Protein 1g	
Vitamin A 4%	Calcium 4%
Vitamin C 80%	Iron 1%

## How Much Do I Need?

- A ½ cup of orange segments is an excellent source of vitamin C.
- Eating oranges also gives you fiber and folate.
- Folate is a B vitamin that helps make healthy red blood cells and lowers a woman's risk of giving birth to a child with certain birth defects.

The amount of fruits and vegetables each person needs to eat every day depends on age, gender, and physical activity level. Look at the chart below to find out the recommended daily amount for each person in your family. Make a list of fruits and vegetables that you can add into your family's everyday meals and snacks. Remember that all forms count toward the daily amount – fresh, frozen, canned, dried, and 100% juice.

## Recommended Daily Amount of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

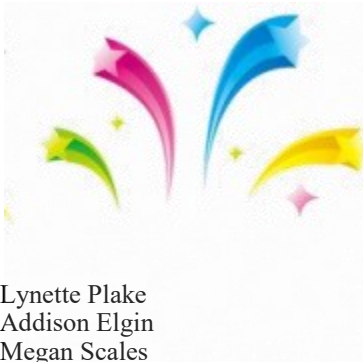


For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips. © California Department of Public Health 2010.





# Happy Birthday



02/01 Lynette Plake  
02/01 Addison Elgin  
02/02 Megan Scales  
02/02 Kendra Patton  
02/02 Peyton McGrew  
02/03 Madison Meyer  
02/03 Micaela Thompson  
02/03 Averie Hamann  
02/03 Charlie Rose Mollath  
02/04 Dixie Giessner  
02/05 Ashley Ward  
02/05 Te'a McWhirr  
02/05 Carter Bosworth  
02/05 Kennedy Bosworth  
02/06 Hailey Walton  
02/06 Abigail Hullinger  
02/06 August Wold  
02/06 Brynna Backovich  
02/06 Callie Uribe  
02/07 Jeanne Norris  
02/08 Katherine Hoffman  
02/08 Daniel Hutchins  
02/09 Tonia Trisdale  
02/10 Olive Benninghoven  
02/11 Jill Taylor  
02/12 Paisley Ludwigsen  
02/13 Zander Yabra  
02/13 Alexis Hutchings



02/14 Jami Simmons  
02/14 Genevieve Atwell  
02/14 Kathrine Caton  
02/14 Ellaina Oilar  
02/14 Stephanie Sanchez  
02/16 Konnor Cantrell  
02/16 Taylor Carrier  
02/16 Natalie Fernandez  
02/17 Beau Hollister  
02/18 Alexis Renihan  
02/18 Joseph Banner  
02/20 Laura Gregory  
02/20 Cade Hebert  
02/20 Kayden Hammack  
02/20 Kinley Broderick  
02/21 Shelley Combs  
02/21 Robert Proctor  
02/21 Avery Favorite  
02/23 Berkley Dawson  
02/24 Tiffany Dorroh  
02/24 Avery Tate  
02/25 Donna Bersbach  
02/25 Cedalia Tryan  
02/25 Jaymus Lawrence  
02/28 Heather Evans  
02/28 Samuel Tijerina  
02/28 Ryan Sims  
02/28 Lyla Bumgarner  
02/29 Ulisses Alvarez





**\* Welcome Clover Buds \***

\*Join the Pigeon Project and get ready for some fun activities, crafts and showing your very own pigeon.

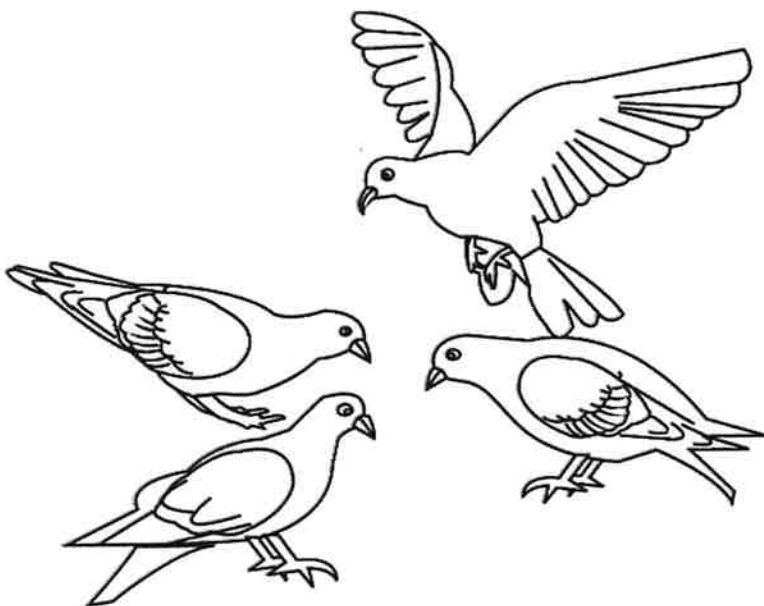
\*We will be making pigeon themed craft projects to put in the fair.

\*Raise a baby pigeon

\*Show your pigeon in the fair and other fun shows.

\*Leader Katie 530-941-0544 Co-Leader Roxanna 530-638-9588

\*[www.facebook.com/groups/4hpigeons](http://www.facebook.com/groups/4hpigeons)



# Shasta County Presentation Day 2022

**DATE:** Saturday, February ~~February~~ **March** 12, 2022

**LOCATION:** Redding Christian School | 21945 Old 44 Dr, Palo Cedro

**COORDINATED BY:** Golden Acres 4-H

**REGISTRATION DEADLINE:** **Sunday, February 27, 2022**

*(No late entries accepted)*

Registration now includes the option to present virtually (i.e., Zoom).

## IMPORTANT INFORMATION

**EVENT ELIGIBILITY:** This event is open to all 4-H members.

**REGISTRATION:** MANDATORY registration online [2021-2022 Shasta County 4-H Presentation Day \(ucanr.edu\)](https://ucanr.edu/2021-2022-Shasta-County-4-H-Presentation-Day)

**UNIFORMS:** Uniforms are acceptable, but not required.

**SDF REQUIREMENTS:** This event can qualify you for participation at the Shasta District Fair if presentation is in your project area. Call the 4-H office for clarification.

**GRADE DIVISIONS:** Teams will be assigned locations by *oldest member*.

Primary (5 - 8 years old)

Junior (9 - 10 years old)

Intermediate (11 - 13 years old)

Senior (14+ years old)

## AWARDS

Danish system of judging is used with gold and silver medals or blue ribbons awarded. Primary participants will not be ranked, but will receive participation pins. Those receiving a gold award will be eligible to compete at the *Regional Level*. Gold medalists at Regional Level will qualify for competition at the *State Level*.

## SPECIAL EQUIPMENT

4-H members are responsible for arranging any special equipment or facilities they may need for their presentations! This includes a TV and VCR for videos, slide projector and screen for slide presentations, tri-folding standup display for the Tabletop Displays, etc. Any special considerations for "Share the Fun" must be arranged by the 4-H members, including sound systems, pianos, tumbling mats, etc.

## PRESENTATION FORMAT AND EVALUATION

Please see the UC 4-H Presentation Manual [State 4-H Presentation Manual \(ucanr.edu\)](https://ucanr.edu/State-4-H-Presentation-Manual) for the presentation format guidelines and evaluation forms.

## SCHEDULE (Approximate times)

9:45 - 10:00 am Sign-in - GYM

9:45 - 10:00 am Judge's & MC's Registration (room number TBA)

10:15 am Judge's & MC's Orientation (room number TBA)

10:30 am Welcome & Rules in gym

10:45 am Members to Set-up Presentations

11:00 - 1:00 pm Presentations

1:30 - 2:00 pm Awards



# 2022 Mandatory Project Steer Tagging and Weigh In



We will be weighing and tagging steers on Sunday, February 20, 2021. Larry Forero will be at Shasta **Livestock Auction Yard from 9 - 11 AM** and **Shasta College for 1 - 3 PM**. If you have a back-up animal you will need to get that animal tagged as well (NOTE: the policy remains one per individual, not family). If you have any vaccinations or de-wormers that you want to administer, the Shasta College Facility location may be the most appropriate for you.

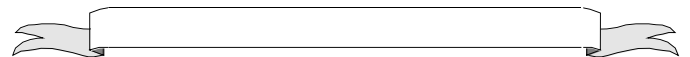
**Per SDF Policy, you must be able to lead your steer on to the scales.**

If you are planning on exhibiting a bred heifer at the 2022 Shasta District Fair, please bring a copy of the bill of sale and a photograph of your project heifer. You do not need to bring your heifer. We will have *Shasta District Fair Replacement Heifer Applications* on hand that day for your convenience.

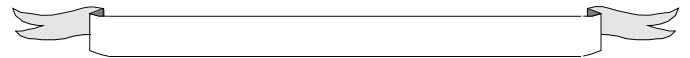
## PLEASE NOTE TIMES AND LOCATIONS

Shasta Livestock	9 AM - 11 AM
Shasta College	1 PM - 3 PM

Larry Forero, Livestock/Natural Resources Advisor  
UCCE Shasta/Trinity Counties  
1851 Hartnell Avenue  
Redding, CA 96002  
Telephone: (530) 224-4900



**Shasta District Fair, Junior  
Livestock Exhibitors are required  
to take Quality Assurance  
Training.**



It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>) Inquiries regarding ANR's nondiscrimination policies may be directed to John I. Sims, Affirmative Action Compliance Officer/Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.