SHASTA COUNTY 4-H YOUTH DEVELOPMENT PROGRAM

Tips 'n Topics

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

2021–2022 4-H PROGRAM YEAR / VOLUME 22, ISSUE 8 — APRIL 2022

Did you know ?

Registration for Valley Field Day 2022 is now OPEN !

Additional info can be found starting on Page 4.

State Field Day has several competitions which have no prior requirements.

- **Computer Coding Challenge (virtual or in-person)**
- **Film Festival (virtual)**
- **Interview Contest (virtual or in-person)**
- **Plant Science Contest (in-person)**
- **Robotics Contest (virtual or in-person)**
- **STEM Shark Tank (virtual or in-person)**

YQCA has a brand new website
https://yqcaprogram.org/

You can also find a link on our website under Fairs.

CALENDAR

April

8-9 Inter-Mountain Home Ec/Ag Stills Field Day McArthur Cafeteria
9 Inter-Mountain Favorite Foods Day McArthur Cafeteria
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
30 Memorial Day *

June

22-25 Shasta District Fair
30 2021/2022 Program Year Ends

July

1 2022/2023 Program Year Begins
Remember to register
4 Independence Day *
9 4-H/FFA Annual BBQ Fundraiser

August

5 Entries due to Inter-Mountain Fair

September

1-5 Inter-Mountain Fair

* Shasta 4-H Office Closed

Council meetings are open to **all** members.

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.

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**

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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LOCAL 4-H NEWS

Celebrate the Season with Eggs, Beef 'n Cabbage

Many of our most cherished family celebrations owe their signature foods to Agriculture. The most common St. Patrick's Day meal is corned beef, and cabbage. In honor of this holiday, I'd like to share a few interesting facts about the beef and cabbage industries. On average, the U.S consumes 27.3 billion pounds of beef a year, and it ranks as the 2nd most consumed meat in the country. Corned beef is made of brisket and cured in rock salt, and a brine, then slow cooked and served with its most common companion, cabbage. Cabbage is produced mainly in California where it is exported or put on your plate for your upcoming St. Patrick's Day dinner.

Easter is just around the corner and that morning revolves around the much-anticipated Easter Egg Hunt. On average Americans consume 330 eggs per year and on Easter Americans hard boil 10-15 eggs per child. That's a lot of eggs, 45% of which will be enjoyed as classic deviled eggs for Easter brunch.

This St. Patrick's day, get your green on and chow down on some corned beef and cabbage. And when Easter rolls around pull out grandma's recipe and whip up some Deviled Eggs.

Gage Lindsey
Reporter, Foothill 4H

Valley Field Day

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 book located on the **SDF website**.

Date: Friday, May 6 & Saturday, May 7, 2022

Location: Shasta District Fairgrounds

Online Registration Required By: Sunday, April 24, 2022

Large & Small Animal Registration **Home Ec & Ag Stills Registration**

Late registration will not be accepted.

Parking:

Gate 4 will be opened at 7 am 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.

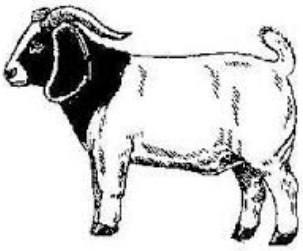
Once your project has been delivered to Trinity Hall or the Livestock Barns, the vehicle must be moved to the parking lots. Lot 2 is the closest and easiest for the livestock exhibitors. Lot 1 will be available for anyone. We ask that all exhibitors have their vehicles off the grounds by 8 am.

Hosts: Avian - Countrywide Poultry
Beef - Oak Run
Cavy, Rabbits & Small Animal Round Robin - Countywide Rabbit
Goat, Meat - Golden Acres
Goat, Dairy - Countywide Dairy Goat
Home Ec & Ag Stills - Westside
Large Animal Round Robin - Swede Creek
Sheep - West Valley
Swine - Foothill
Awards - County Ambassadors
Concessions - Foothill

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

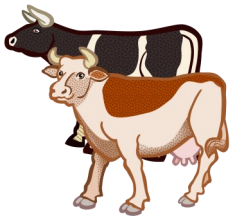
Primary:	**ages 5-8***
Junior	**ages 9-10**
Intermediate:	**ages 11-13**
Senior:	**ages 14+**

* May show in any division, however, they will not be judged.



Valley Field Day 2022 - Large & Small Animals

LOCATION Shasta District Fairgrounds, Barns



SCHEDULE Saturday, May 7, 2022

7 - 8:00	Check in, weigh in. Take animals to their respective areas.
8 - 9:30	Educational sessions & expos quizzes for each species
9:00	Gates locked
9:30 - 11:00	Showmanship classes. Please note that conformation will not be judged.
11 - 12 :00	Round Robin, followed by awards.
12:00 pm	All animals are released. Barn areas must be cleaned.
	Participants must check out with the person in charge of their species barn area before leaving.

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'ers 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.

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 check 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 the field day if the weather allows.
- To receive credit for participating in field day, 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 Round Robin awards. Please do not walk animals off grounds before Round Robin.

Valley Field Day 2022 - Home Ec & Ag Stills

LOCATION Shasta District Fairgrounds, Ferreira Hall (see map)

SCHEDULE

Friday, May 6, 2022

2 - 6 pm Drop Off & Check in *No late entries will be accepted*
6 - 8 pm Doors close & Judging begins at 6 pm

Saturday, May 7, 2022

9 - Noon Viewing
9 - Noon Craft Activity
12 - 1pm 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 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.
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.**

Presentation Day Results

Demonstration - Illustrated Talk

Junior:

Tate Churchin	Swede Creek	White
AnaBelle Evanson	Black Butte	Blue / Silver
Parker Iles	Cottonwood	Blue / Silver
Emily Madden	Burney	Blue / Gold
Travis Owens	Westside	Blue / Silver
Cooper Stricklin	Westside	Blue / Gold
Jean Greenwood	Palo Cedro	Blue / Gold
Katrina Gregory	Happy Valley	Blue / Gold
Stephanie Sanchez	Pine Grove	Blue / Silver
Casen Scholfield	Swede Creek	Red
Boden Stroud	Swede Creek	Blue / Gold

Intermediate:

Rylee Churchin	Swede Creek	White
Mikayla Daisley	Swede Creek	Blue / Silver
Charlotte Evans	Twin Palms	Blue / Gold
Cameron Feusi	Golden Acres	Blue / Gold
Sara Gregory	Happy Valley	Blue / Gold
Shaylee Henry	Westside	Blue / Gold
Marianna Hiser	Pine Grove	Blue / Gold
Alexis Laymanleary	Swede Creek	Blue / Silver
Robert Madden	Burney	Blue / Gold
Joaquin Murillo-Romo	Golden Acres	Blue / Silver
Rayna Roark	Evergreen	Blue / Gold
Carter Scholfield	Swede Creek	Red
David Scott	Swede Creek	Blue / Gold
Hanna Stricklin	Westside	Blue / Gold
Ally Trisdale	Westside	Blue / Gold

Senior:

Angelik Alvarez	Pine Grove	Blue / Gold
Jace Churchin	Swede Creek	White
Micah Daisley	Swede Creek	Blue / Silver
Madeline Evans	Twin Palms	Blue / Gold
Canyon Evanson	Black Butte	Blue / Silver
Tanner Evanson	Black Butte	Blue / Silver
Laura Gregory	Happy Valley	Blue / Gold
Glorianna Junokas	Golden Acres	Blue / Gold
Kayley Laney	Pine Grove	White
Emily Laymanleary	Swede Creek	Blue / Gold
Kara Scott	Swede Creek	Blue / Gold
Selah Scott	Swede Creek	Blue / Silver

Primary

Hoyt Owens	Westside	Primary Award

Cultural Arts

Intermediate:

Marianna Hiser	Pine Grove	Blue / Gold

Informative Prepared Speech

Junior:

Easton Sellers	Twin Palms	Blue / Silver

Interpretive Reading

Junior:

Jean Greenwood	Palo Cedro	Blue / Gold

Intermediate:

Richard Greenwood	Palo Cedro	Blue / Silver
Marianna Hiser	Pine Grove	Blue / Gold

Educational Display Talk

Junior:

Jack Adelman	Cottonwood	Blue / Silver
Maggie Rohrer	Cottonwood	Blue / Gold
Lily Sharrah	Cottonwood	Blue / Silver
Brooke Sims	Swede Creek	Blue / Silver

Intermediate:

Clark Jensen	Swede Creek	Blue / Silver
Grant Jensen	Swede Creek	Blue / Silver
Ryan Sims	Swede Creek	Blue / Silver
Lily Taylor	Swede Creek	Blue / Silver

Senior:

Riley Combs	Golden Acres	Blue / Silver
Matthew Smith-Sharrah	Cottonwood	Blue / Silver

Presentation Day

thank you!

To all the Room Hosts / MC's / Judges,

Thank you for your generosity, time, and energy, and taking time out from your busy life to help.

Fashion Revue Results

Consumer Science - Purchased

Junior:

Emily Madden	Burney	Medal

Intermediate:

Sophie Darst	Burney	Medal

Historical

Junior:

Juliete Alvarez	Pine Grove	Red

Senior:

Angelik Alvarez	Pine Grove	Medal
Glorianna Junokas	Golden Acres	Medal

Trashion Fashion

Senior:

Glorianna Junokas	Golden Acres	Medal

Traditional

Primary:

Avery Tate	Burney	Primary Award

Junior:

Emily Madden	Burney	Medal
Stephanie Sanchez	Pine Grove	Blue

Intermediate:

Sophie Darst	Burney	Medal

Senior:

Jordyn Greer	Burney	Medal
Kayley Laney	Pine Grove	Medal
Brianna Mass	Burney	Blue

Fashion Revue

A **HUGE** thank you to the judges & MC who volunteered for this event.

You made this event possible.

Fashion Revue

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UC Cooperative Extension

RANGE CAMP 2022

38th ANNUAL RANGE AND NATURAL RESOURCES CAMP

JUNE 19-24, 2022 - HALF MOON BAY, CA

Presented by University of California Cooperative Extension
To give 10-12th grade students the opportunity to explore the science and management of our natural resources with experienced professionals and university faculty.

Sessions and Activities include:

- Riparian Habitats
- Rangeland Ecology
- Wildlife Management
- Soils
- Forestry
- Plant Identification

- Recreation
- Private & Public Lands
- Watershed Hydrology
- GPS / GIS Technology Applications
- Tour of Working Ranch
- Team Project Planning Competition

Cost: $500

"Top Camper" Contest: Plant ID test, subject matter exam & staff evaluation

Top three placing students* given opportunity to represent California-Pacific Section, SRM at the Society for Range Management's High School Youth Forum, in Boise, ID February 2023 (all expenses paid for top two students). All participants receive t-shirts and camp completion certificates. **Must be a current high school student in Feb '22*

More Information & Applications

https://ucanr.edu/sites/rangecamp/

UNIVERSITY OF CALIFORNIA AGRICULTURE AND NATURAL RESOURCES
RANGE CAMP
est. 1985

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UC CE University of California Cooperative Extension
USDA
RESOURCE CONSERVATION DISTRICTS

APPLICATIONS DUE MAY 1, 2022

Apply at: http://ucanr.edu/2022rangecampreg

Harvest of the Month

Network for a Healthy California

The *Harvest of the Month* featured fruit is

strawberries

Health and Learning Success Go Hand-in-Hand

Eating breakfast can improve your child's behavior and attitude. Children who eat breakfast feel better, have fewer absences from school, and do better in school. *Harvest of the Month* can give you ideas to help your family power up with breakfast, eat more fruits and vegetables, and be active every day.

Produce Tips

- Look for plump berries with a natural shine, rich red color, bright green caps, and a sweet smell.
- Store unwashed strawberries in the refrigerator for up to three days.
- Before serving, use cool water to gently wash strawberries with the green caps still attached.
- Look for no-sugar-added frozen strawberries.

Healthy Serving Ideas

- Slice strawberries into high fiber cereal and calcium-rich lowfat yogurt.
- Blend frozen strawberries with orange juice (or lowfat yogurt) and ice to make a quick and tasty smoothie.
- Add strawberries to a spinach salad.
- Microwave sliced strawberries with a small amount of 100% orange juice to make a topping for pancakes and waffles.
- Strawberries are a tasty snack any time of the day. Just wash them, remove the stem, and enjoy.
- Be a role model – eat breakfast with your child.

For more ideas, visit:
www.cachampionsforchange.net

BERRY BANANA SPLIT

Makes 1 serving.
Prep time: 5 minutes

Ingredients:

1 small banana, peeled
½ cup lowfat vanilla yogurt
1 tablespoon lowfat granola
½ cup sliced strawberries (fresh or frozen)

1. Cut banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Places banana halves on both sides of yogurt.
4. Top yogurt with granola and berries. Serve.

Nutrition information per serving:
Calories 259, Carbohydrate 55 g, Dietary Fiber 5 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 98 mg

Adapted from: *Kids…Get Cookin'!, Network for a Healthy California,* 2009.

Let's Get Physical!

- Add bicycling to your family's routine. Bike to school, work, church, and the farmers' market.
- Take a longer bike ride or hike with your family through a local or state park on the weekend.
- Have each member of your family choose an activity they would like the family to do together.

For more information, visit:
www.californiabikecommute.com

Nutrition Facts

Serving Size: ½ cup strawberries, sliced (83g)
Calories 27 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 1g	

Vitamin A 0% Calcium 1%
Vitamin C 81% Iron 2%

How Much Do I Need?

- A ½ cup of sliced strawberries is about four large strawberries or one cupped handful.
- A ½ cup of strawberries is an excellent source of vitamin C – providing 81% of the recommended Daily Value.
- Vitamin C helps your body heal cuts and wounds. It also helps your body fight infections and sickness.
- We cannot make vitamin C in our bodies so we need to eat foods rich in vitamin C, like fruits and vegetables.
- Vitamin C is sensitive to air, heat, and water. Do not store fresh fruits and vegetables for long periods of time or over-cook them – or else they may lose some of their vitamin C.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs. Write it down and post in the kitchen. Add a variety of colorful fruits and vegetables to meals and snacks to help your family meet their goals.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	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** 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 for healthy tips. © California Department of Public Health 2011.

CDPH California Department of PublicHealth

CHAMPIONS for CHANGE Network for a Healthy California

Happy Birthday!

4/1 Ayva Hauge
4/1 Sadie Vandeburgh
4/2 Allan Garrett
4/3 Sadie Bass
4/4 Aylah Bester
4/4 Easton Staup
4/5 William Macfarlane
4/5 Rex Reynier
4/5 Alexis Wright
4/6 Rylee Caples
4/6 Gracie Thompson-Abney
4/7 Kaiden Parker
4/7 Tinzley Webster
4/8 Colton McDonald
4/8 Chloe Orso
4/9 Heidi Greer
4/10 Brady Combs
4/10 Dana Hauge
4/11 Gracie Burk
4/11 Raul Iniguez-Maciel
4/11 Emmett Oilar
4/12 Johnathan (JT) Zulliger
4/14 Tanner Evanson
4/15 Jessica Fiscus
4/15 Richard Greenwood
4/15 Ruben Magana
4/16 Alexander Cash
4/16 Leonardo Perez
4/18 Whitny Elam
4/18 Katelynn Pearson
4/19 Rayna Roark
4/20 Mina Dancel
4/20 Alexis Laymanleary
4/20 Joselyn Peckham
4/21 Wyatt Bester
4/21 Avery Chalmers
4/21 Sadie Frost
4/21 Gracin Gonzalez
4/21 Jean Harp
4/21 Aiden Nail
4/21 Addison Orso
4/22 Tucker Knowles
4/22 Carson Mitchell
4/22 Everett Weinberger
4/23 Natalee Ross
4/23 Michael von Schalscha
4/24 Emily Laymanleary
4/24 Benjamin Maas
4/24 Riley Smith
4/26 Kolt Cardenas
4/27 Ruby Schertz
4/28 Ethan Arbuckle
4/28 Jet Gyves
4/28 David Scott
4/28 Tessa Walker
4/29 Carter Norene
4/29 Lynn Prather
4/29 Chandree Winn
4/30 Carter Fischer
4/30 Rylie Renihan
4/30 Hensley Watts

Did you know:

April 12th is Grilled Cheese Day

April 23rd is Take a Chance Day