



Spotlight

Did you attend one of the Instructor Led YQCA Trainings?

If you attended the in-person training on October 14 or November 11, please make sure that you have registered for the correct course online.

If you still need to register, you will select previous trainings and scroll all the way down to find the correct trainings, be sure to select the **2023** trainings. [YQCA Information & Instructions](#)

Once you have enrolled, please send an email to ecparadis@ucanr.edu.

If you enrolled by November 30th, you do not need to send an email, you have already been marked as "completed the training".

CALENDAR

December

- 1 Valley Favorite Foods Day [Registration OPENS](#)
- 10 Countywide Cloverbud Meeting - **DATE CHANGE**
- 25-26 Christmas Holiday *

January

- 1 Happy New Year ! *
- 7 Valley Favorite Foods Day Registration **CLOSES**
- 15 Martin Luther King Jr. Day *
- 17 Valley Council Meeting
- 20 Valley Favorite Foods Day Event (FQ)
- 21 Countywide Cloverbud Meeting
- 22 Presentation Day Registration [OPENS](#)
- 24 Inter-Mountain Council Meeting



February

- 5 Fashion Revue Registration [OPENS](#)
- 12 Lincoln's Birthday *
- 19 President's Day *
- Presentation Day Registration **CLOSES**
- 21 Valley Club Leader Field Day Planning
- 26 Inter-Mountain Favorite Foods / Home Ec & Ag Stills Registration **CLOSES**

* Shasta 4-H Office Closed

FQ = Fair Qualifier

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

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](#)



<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 additional information.

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:

Mari Szynal, Editor
4-H Office
1851 Hartnell
Redding, CA 96002
(530) 224-4900 / mszynal@ucanr.edu



Erin Paradis
4-H Community Education Specialist
ecparadis@ucanr.edu

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Local 4-H



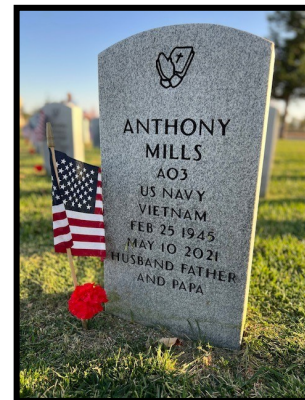
VETERANS DAY

HONORING ALL THOSE WHO SERVED



CalVets requested help from 4-H families to put out flags at the Northern California Veteran's Cemetery in Igo for the Veteran's Day ceremony on Saturday, November 11, 2023 at 11:00 am

We want to thank everyone who showed up to help.



Local 4-H

4-H Spirit Award



Shasta County 4-H's Spirit Award is a perpetual trophy that is given to the club that has the largest percentage of their membership (leaders too) at each county event.

Sign up to participate in County events so your club has bragging rights for the most spirit at Shasta County 4-H events!

Inter-Mountain Livestock Judging Day — Evergreen



Foothill Project Meeting

Foothill's Baking & Gardening Project meeting in October included making Spooky Boo Brownies and collecting Marigold seeds from the garden.



LOCAL 4-H

2023-24 Record Book Manual Now Available



A 4-H Record Book is a standard record of your activities in 4-H - your projects, activities, events, skills development and learning experiences. The 4-H Record Book helps you improve your skills in record keeping, goal management and reflection on your achievements and growth in 4-H. You can submit your record book for evaluation at the club, county and state levels.

The Record Book and Achievement Programs are optional and separate programs. We highly recommend you take advantage of both programs to maximize your growth and learning in 4-H.

[CA Record Book Website](#)

Join the [CA 4-H Record Book Support Group](#) on Facebook.



December Countywide Cloverbud Meeting

The December Countywide Cloverbud Meeting date has been changed to



**December 10, 2023
2:00 pm—3:30 pm
Shasta County 4-H Office
1851 Hartnell Avenue**



The theme for December is Trees

All primary members (ages 5-8) are welcome to join us at these [meetings](#).

Valley Favorite Foods Day 2024

Date: Saturday, January 20, 2024
Location: Palo Cedro, exact Location TBD
Theme: World of Food
Host: Golden Acres 4-H

Pre-Registration Required By: Sunday, Jan 7, 2024
(No late entries will be accepted)



SCHEDULE

11:00 - 12:00 Check-in and set up entries. **No late arrivals will be accepted.**

11:30 Judges Orientation

12:00 - 1:00 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 do **not** remain with their entries for Decorated Cakes, Edible Centerpieces, Card Table Display, or Cookbook. 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.

1:00 Potluck

Potluck begins after all judging is complete. **Each family attending is asked to bring an additional salad or main dish for 10 people.** Extra dishes are important so everyone attending (parents, siblings, etc.) will have enough to eat. Members are also encouraged to use their "Favorite Foods Day" entries for this lunch. Do not eat your entry. Water will be provided. During check-in your additional food dish can be kept cold/warm in the kitchen until lunch.

2:00 Awards Ceremony

NOTE: Participants may not leave until the awards ceremony is complete if they wish to receive credit for Record Book, Fair Qualifier, or to receive a medal/ribbon.

The Potluck Returns !

We are bringing back the tradition of holding a potluck using the food cooked but not used for judging. This means that everyone brings the entire dish of whatever they're presenting. For instance: If you make a beef stew, you would also bring the entire pot of stew to share with everyone.

Each family attending is asked to bring an additional salad or main dish for 10 people. Extra dishes are important so everyone attending (parents, siblings, etc.) will have enough to eat.

Valley 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.

AWARDS: The Danish system of judging - with entries judged against a set of standards - will be used. Medals will be awarded to the top scoring entry in each category, for each age division. Primary participants will receive one participation pin. **Entries will not be released until the awards ceremony has been completed.**

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.**

MENU CARD: Prepare one for each entry categories 8, & 17. 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.

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.



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.

Valley Favorite Foods Day 2024

CATEGORIES

- | | | | |
|--------------|-----------------------|-----------------------|-----------------|
| 1. Main Dish | 5. Decorated Cake | 9. Card Table Display | 14. Dairy Foods |
| 2. Salad | 6. Market Animal | 10. Primary Member | 17. Cookbook |
| 3. Dessert | 7. Food Preservation | 12. Appetizer | |
| 4. Bread | 8. Edible Centerpiece | 13. Egg Dish | |



CATEGORY RULES & REQUIREMENTS

Categories 1 - 4, 13 & 14 - Menu card **MUST** be nutritionally balanced. Small centerpieces and decorative touches are optional.

Category 4 - Prepare your bread using the appropriate utensils and dishes for serving.

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 IS a Fair qualifier*. **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.

Category 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(s) under the Primary category.

Category 12 - Prepare your appetizer using the appropriate utensils and dishes for serving.

Category 17 - You may want your cookbook to be spiral or loose leaf, allowing an addition each year. You may want to staple and make a new one each year. This category is to challenge your imagination and have fun at the same time. The cover, title, page and index will be judged on decoration, age appropriateness, how well presented, cleanliness, neatness, and the knowledge of the project. Content will be judged on category areas (main dish, salads, etc.) which may include recipes prepared in your cooking classes, recipes you've tried, or family recipes. Personalized comments on the recipes is part of the judging. The cookbook can be typed or handwritten (black or blue ink). Members do not remain with their entry.

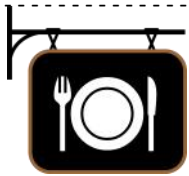


Members do not remain with their entry.



Recipe

(FOLD)



Menu (Circle Favorite Food Item):

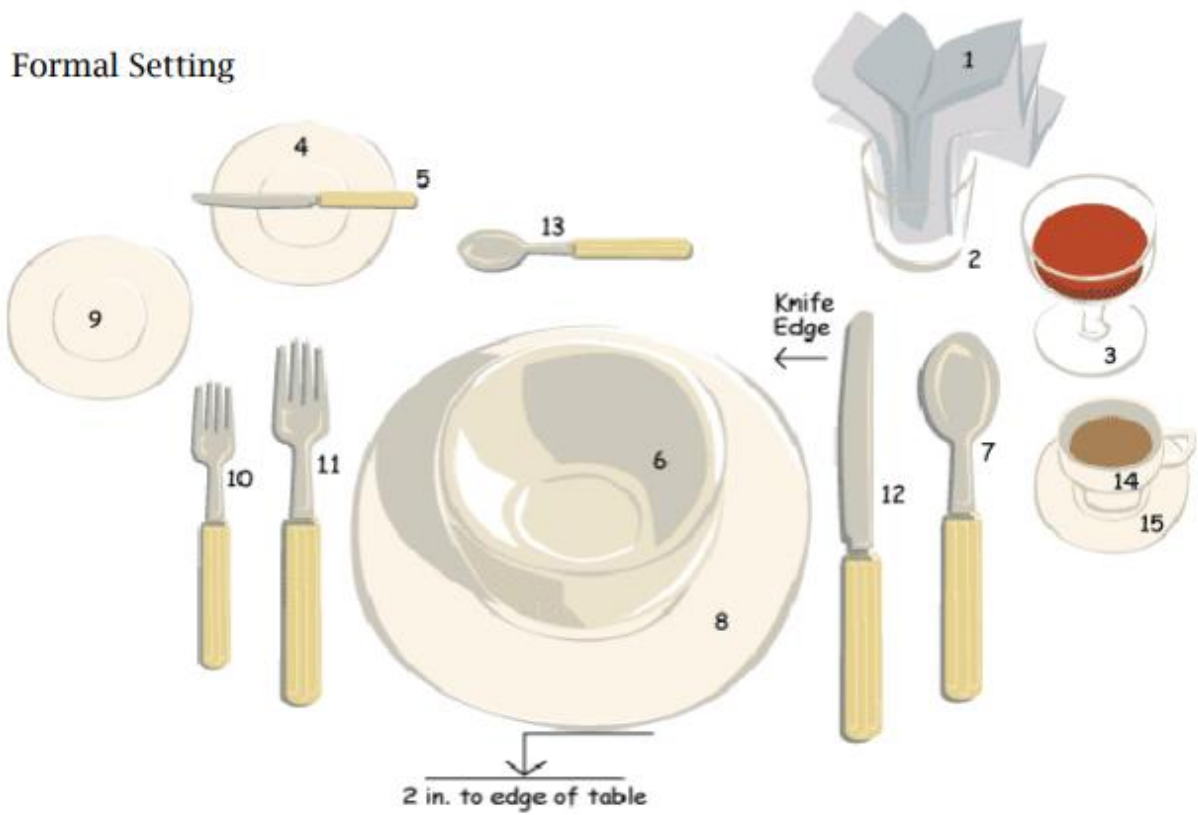
Name: _____

Project: _____

Club: _____ **Age:** _____

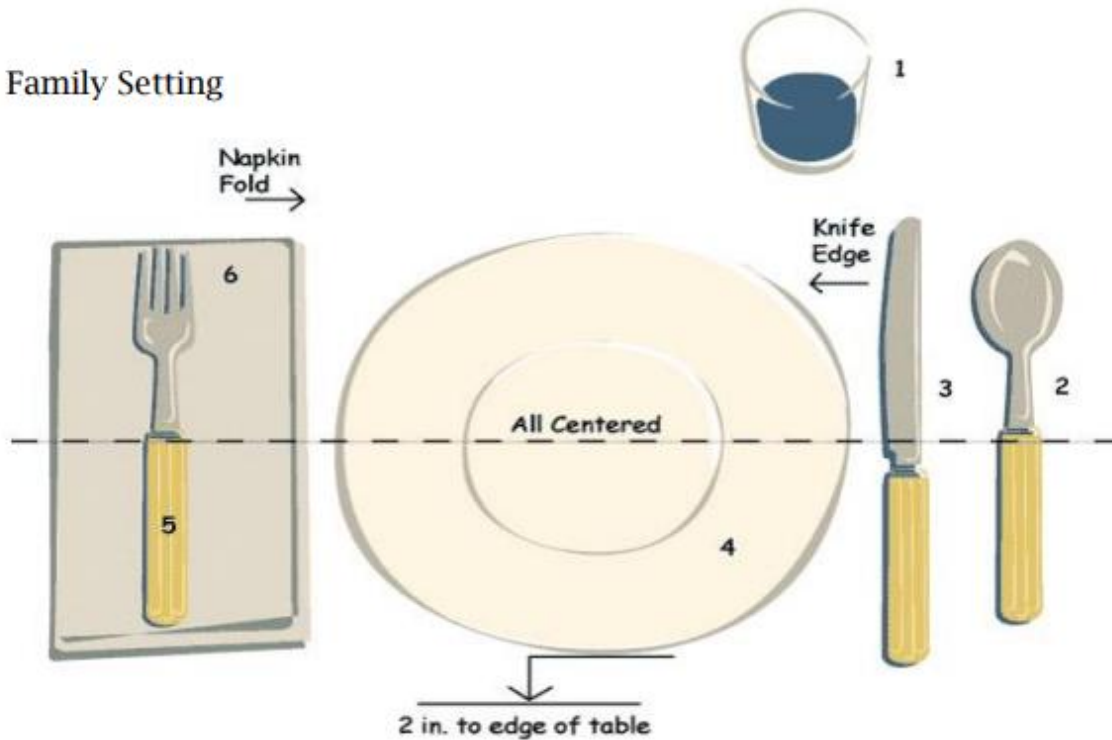
Year(s) in Project: _____

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 |
|-------------------|----------|----------|-----------------|---------|-----------|

2023 Inter-Mountain Livestock Judging Day



2023 Inter-Mountain Livestock Judging Day Awards

Junior

Beef
 1st Zane Coefield Evergreen
 2nd Kassidy Orozco Evergreen
 3rd Paisley Scott Burney

Sheep
 1st Emmitt Hammack Evergreen
 2nd Brooklyn Bruning Evergreen
 3rd Reed Ohm Evergreen

Swine
 1st Reed Ohm Evergreen
 2nd Alyssa Valdez Evergreen
 3rd Zacky Knaak Burney

Overall Reasons
 1st Reed Ohm Evergreen
 2nd Alyssa Valdez Evergreen
 3rd Brooklyn Bruning Evergreen

Overall Junior
 1st Reed Ohm Evergreen
 2nd Alyssa Valdez Evergreen
 3rd Brooklyn Bruning Evergreen



Intermediate

Beef
 1st Dylan Riley Foothill
 2nd Will Macfarlane Evergreen
 3rd Gavin Jones Heritage

Sheep
 1st Will Macfarlane Evergreen
 2nd Kaley Orozco Evergreen
 3rd Maci Gonzales Evergreen

Swine
 1st Miranda Tingle Evergreen
 2nd Anabelle Bailey Heritage
 3rd Dominic Roberson Swede Creek

Overall Reasons
 1st Maci Gonzales Evergreen
 2nd Will Macfarlane Evergreen
 3rd Anabelle Bailey Heritage

Overall Intermediate
 1st Will Macfarlane Evergreen
 2nd Kayden Hammack Evergreen
 3rd Dylan Riley Foothill

Senior

Beef
 1st Sadie Bass Evergreen
 2nd James Fields Burney
 3rd Ryan Sims Heritage

Sheep
 1st Ryan Sims Heritage
 2nd Liam Von Schalscha Burney
 3rd Peyton Bertlin Heritage

Swine
 1st Jordyn Greer Burney
 2nd Dayanara Vega Burney
 3rd Peyton Bertlin Heritage

Overall Reasons
 1st Dayanara Vega Burney
 2nd Josey Peckham Burney
 3rd Sadie Bass Evergreen

Overall Senior
 1st Sadie Bass Evergreen
 2nd Jordyn Greer Burney
 3rd Ryan Sims Heritage



2023 Inter-Mountain Livestock Judging Day Awards

Junior Teams

- Burney:** Austyn Calvert, Michael Pickering, Paisley Scott
- Evergreen:** Brooklyn Bruning, Reed Ohm, Alyssa Valdez
- Pine Grove:** Jesus Alvarez, Ximena Alvarez



Overall	Reasons	Beef	Sheep	Swine
Evergreen	Evergreen	Burney	Evergreen	Evergreen
Burney	Burney	Evergreen	Burney	Burney
Pine Grove	Pine Grove	Pine Grove	Pine Grove	Pine Grove



Intermediate Teams

- Burney:** Maci Frazier, Morgan Peckham, Leighton Walker
- Evergreen:** Kayden Hammack, Will Macfarlane, Baylon Norris
- Foothill:** Joshua Ervin, Trevor Ervin, Dylan Riley
- Heritage:** Eliza Bertlin, Gavin Jones, Mason Jones
- Pine Grove:** Juliete Alvarez, Esmeraldo Delatorre, Natalia Delatorre



Overall	Reasons	Beef	Sheep	Swine
Evergreen	Evergreen	Evergreen	Evergreen	Evergreen
Heritage	Heritage	Pine Grove	Foothill	Heritage
Foothill	Burney	Foothill	Burney	Burney
Pine Grove	Pine Grove	Heritage	Heritage	Pine Grove
Burney	Foothill	Burney	Pine Grove	Foothill

2023 Inter-Mountain Livestock Judging Day Awards

Senior Teams

Burney: Jordyn Greer, Josey Peckham, Dayanara Vega
Evergreen: Sadie Bass, Triston Licon, Charlie Ramirez
Heritage: Peyton Bertlin, Ryan Sims



Overall	Reasons	Beef	Sheep	Swine
Evergreen	Burney	Evergreen	Evergreen	Burney
Burney	Evergreen	Burney	Burney	Swine
Heritage	Heritage	Heritage	Heritage	Heritage



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

September 20

October 18

January 17

April 17

May 15

February 21 - Valley Field Day Planning Meeting

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

Inter-Mountain Council Meetings

July 26 Inter-Mountain Fair & Event Center

October 25 Inter-Mountain Fair & Event Center

January 24 Gepetto's, Burney

April 24 Gepetto's, Burney

In order to be a club in good standing a representative from each club is required to be at each meeting

	SEP	OCT	JAN	APR	MAY
BLACK BUTTE	X				
CLOVERLEAF		X			
COTTONWOOD	X				
COW CREEK	X				
FOOTHILL	X				
GOLDEN ACRES	X	X			
HAPPY VALLEY	X	X			
HERITAGE	X				
LONE TREE					
OAK RUN					
PALO CEDRO	X	X			
SWEDE CREEK	X				
TWIN PALMS	X				
WEST VALLEY					
WESTSIDE	X	X			
WHITMORE					

	OCT	APR	JUL	JAN
BURNEY	X			
EVERGREEN	X			
HAT CREEK	X			
PINE GROVE	X			



Happy Winter!



December



12/1	Blake B	12/13	Starlin M	12/21	Stormy D
12/1	Brandon D	12/13	Benji O	12/22	Wren L
12/1	Samantha K	12/13	Rhys O	12/23	Anneliese A
12/1	Boden S	12/14	Kori C	12/23	Jaime J
12/2	Brandon A	12/14	Phyllis L	12/24	Carter S
12/2	Dylan F	12/14	Eli M	12/24	Silas T
12/3	Matthew C	12/14	Piper P	12/25	Meirabel B
12/3	Julia J	12/14	Nichole R	12/27	Hadley A
12/3	Julia J	12/15	Vaughn C	12/27	Maxxus H
12/3	Elizabeth N	12/15	Natalia M	12/28	Katie E
12/4	Elliana A	12/16	Monroe D	12/28	Azalia M
12/4	Zoey C	12/16	Kyra W	12/29	Aurora B
12/5	Hayden O	12/17	Esmeralda D	12/29	Austin G
12/6	Ireland D	12/18	Kathryn P	12/29	Triston L
12/6	Jordyn G	12/19	Josie I	12/30	Aubrey G
12/6	Mason M	12/19	Nilah T	12/30	Ethan G
12/7	Myla L	12/19	Izabella W	12/30	Tynlee P
12/8	Landon K	12/20	Anaya B	12/30	Emily T
12/8	Garison K	12/20	Paige C	12/31	Sienna A
12/8	Ethan P	12/20	Porter E	12/31	Abigail M
12/9	Faith S	12/20	Jessica G		
12/11	Alexis C	12/20	Adam S		
12/12	Joshua C	12/20	Zoe T		
12/12	Kaley O				
12/12	Forrest V				



Fun Holidays:

- 12/4:** Wear brown shoes day.
- 12/12:** Build a Gingerbread House day.
- 12/28:** Card playing day.