



University of California

October 2020

Agriculture and Natural Resources | 4-H Youth Development Program

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IMPORTANT DATES:

<i>Nov 30</i>	<i>Fair Exhibitor & Adult Volunteer Enrollments Due</i>
<i>Dec 1</i>	<i>Current Club Documents Due</i>
<i>Dec 15</i>	<i>Enrollment Invoices mailed to Community Leaders</i>
<i>Jan 1</i>	<i>Volunteer Enrollment Requirements Due</i>

ENROLL NOW

Electronic Enrollment

Please note that each family should be enrolling themselves electronically, through the 4-H Online Enrollment System. This must be done through the family's own profile; not through an enrollment coordinator's profile. The electronic enrollment process minimizes the amount of paperwork that must be completed and collected, while easing the burden placed upon our Community Club Leaders. If reliable internet access presents a significant issue, please seek access at a local school, library, or the 4-H Office. Instructions on how to enroll are available on the county website for both new and returning members. If you are experiencing any difficulties with the enrollment process, please contact your club leader or the 4-H Office 530-224-4900.

http://ceshasta.ucanr.edu/4-H_Program/Shasta_County_4-H_Information/

Shasta County Fees: Youth \$78.00 | Adult \$44.00

Do you like animals? There are plenty of animal projects you can join.

Do you have a dog? Join the dog project and learn how to effectively train and care for your dog.

Do you like to see things grow? Try the garden project.



**Where Many See Challenge,
Kids see Opportunity**

Create #Opportunity4All
kids this National 4-H Week



COUNTYWIDE - NEWS & EVENTS

UPDATE YOUR INFORMATION

We are currently in the process of updating the following documents for the new program year:

- Club Leader Contact List
- Projects by Club
- Countywide Project Leader Contact List



If you have not already done so, please contact the 4-H Office with your updated information. This includes the addition or removal of leaders and/or Please use the link provided.

<http://ucanr.edu/survey/survey.cfm?surveynumber=30362>

COUNTY WIDE PROJECT

The 4-H program is in search of a Pack Goat Project Leader for the 2020 - 2021 Program Year. If you are interested please contact the 4-H Office at 224-4900 or email

sddoll@ucanr.edu or ecparadis@ucanr.edu



BECOME A 4-H VOLUNTEER

As a 4-H volunteer, you are helping our youth “learn-by-doing”

To meet the requirements of USDA, University of California, and the 4-H Youth development Program, volunteers are required to participate in yearly trainings related to positive youth development, cultural competency, and 4-H policy. These trainings can be completed online.

New volunteer link: <https://campus.extension.org/course/view.php?id=1867>

Returning volunteer link: <https://campus.extension.org/course/view.php?id=1868>

Ways to volunteer...

- Become a community leader
- Teach a skill as a project leader
- Serve on committees
- Help with events



For more information please visit: http://ceshasta.ucanr.edu/4-H_Program/Volunteering/ or contact Erin Paradis at the 4-H office 224-4900

Visit <http://4h.ucanr.edu/files/14270.pdf> to see a complete list of California 4-H projects.

Additional training that can be beneficial as 4-H volunteer:

[Helping Youth Discover their Spark](#)

[Understanding the G.P.S. Goal management System](#)

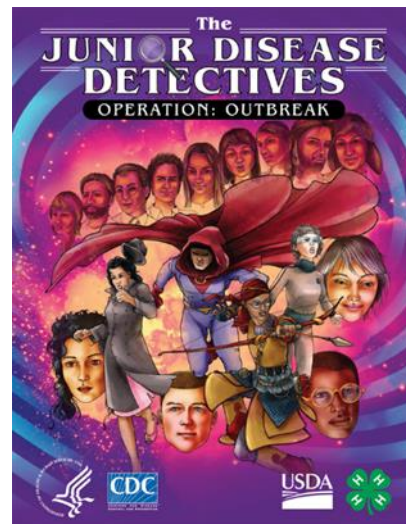
COUNTYWIDE - NEWS & EVENTS

A NEW PROJECT OPPORTUNITY

Want to test your investigative skills and help 4-H adapt to this pandemic? Interested in epidemiology (how we can track and prevent the spread of germs and diseases)? Consider joining the 4-H Virtual Disease Detectives: Operation Outbreak Project!

The Virtual 4-H Disease Detectives Project will help youth learn about disease outbreaks, virus transmissions, public health investigations and how protective actions like hand washing, wearing masks, vaccinations, and herd immunity help manage negative public health outcomes.

For more information contact Tiffany at Westside 4-H, westside4hredding@gmail .com



Owen von Schalscha	Burney	Gold
Owen von Schalscha	Burney	Gold
Brianna Maas	Burney	Silver
Michael von Schalscha	Burney	Gold
Noel Jacobson	Evergreen	Silver
Joseph Nunn	Evergreen	Bronze
Joseph Nunn	Evergreen	Bronze
Chase Oilar	Evergreen	Gold
Rex Reynier	Evergreen	Gold

Congratulations

INTERMOUNTAIN FAIR



COMMUNITY SERVICE LEARNING PROJECT



Westside McArthur Square



Eastside McArthur Square



PG Border



PG Border



my4-H

Visit www.my4-h.org
 Leaders, looking for resources to enhance your project? Enroll at this website and review the resources available to you.



4-H UNIFORM SUPPLIES

If your club or family members need to order hats, scarves, or ties, please go online and order these directly from 'Leslie Carman' at www.4hsupplies.com

LEADER RESOURCES

UPCOMING ADMINISTRATIVE DEADLINES

November 30th

- Fair Exhibitor and Adult Volunteer Enrollments Due **DUE**
 - ◆ All members planning on taking a project to the Shasta District Fair must enroll by this date.
 - ◆ All adult volunteers must be enrolled by this date.

DON'T MISS THE DEADLINE!

December 15th

- Enrollment Fee Invoices Mailed
 - ◆ This date is approximate
 - ◆ Invoices billed in December are the first installment for the current program year
 - ◆ Fees must be paid within 45 days following the receipt of the invoice

January 1st

- Volunteer Enrollment Requirements Due **DUE**

January 15th

- Membership Fees (1st Installment of the 2020/2021 program year) Due **DUE**

**4-H Spirit Day
 Wednesday, October 7, 2020**

Show your 4-H Spirit - wear green, a clover, or your 4-H shirt. Take a photo and post on social media to share your spirit! Don't forget to tag the 4-H office @shastacounty4h on Instagram and @Shasta4H on Facebook

SHASTA COUNTY 4-H EVENTS

We'd like your input about Shasta County events.
<http://ucanr.edu/survey/survey.cfm?surveynumber=30032>

If you have an article for the Tips n' Topics please have the article submitted by the 20th of every month to Denice at sddoll@ucanr.edu.



4-H WHITES...

A 2ND TIME AROUND

Charlie Little is still handing out whites for fair. She now has ties, scarves, hats and Record Book covers for sale.

Contact Charlie at 530-547-4195





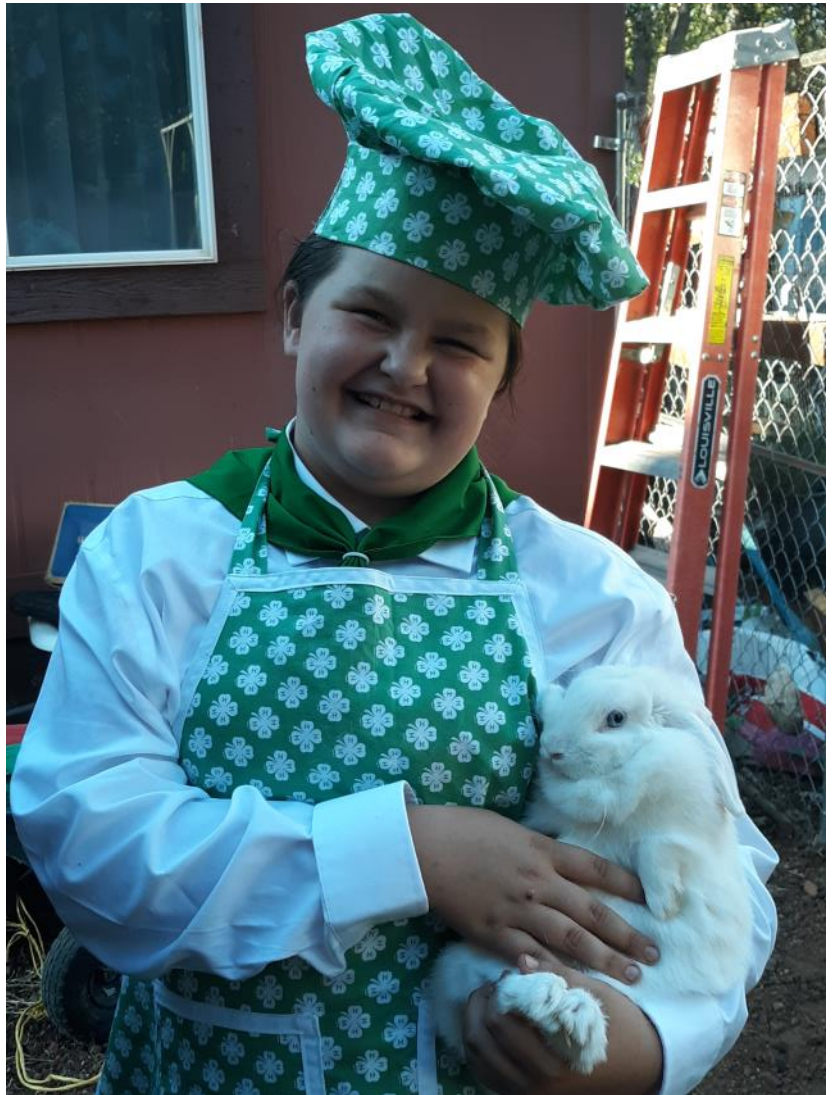
Marianna, Pine Grove 4-H

So many projects to learn about in 4-H. I don't have time for all of them, so I just picked a few of my favorites.

Baking and decorating cakes is probably my favorite project. I have this amazing recipe for a chocolate cake with butter cream frosting that my neighbors and family love. They actually call and order cakes from me. I also make some pretty amazing molasses cookies that get ordered by family regularly. Since I also have chickens, I am able to bake with farm fresh eggs.

Raising my own sheep has proven to be a real learning experience. I have one ewe that only has one usable teat and she had twins this last spring. Only one lamb could nurse so I bottle fed the little ewe lamb in my grandma's house. That was until she could jump out of her box and run to the kitchen when she heard me making her bottle. She is just a little spoiled. Needless to say, I won't be using her as lamb meat for Favorite Foods Day, in my lamb stew.

Rabbits are also a fun project because they make sweet little pets. Pictured with me is my sweet little Blue Eyed White mini lop named Liliana. Grandma has told me rabbit is really good to eat, I'm not quite ready to raise meat rabbits. They are just so soft and cute, I think maybe I'll just keep them for pets.





2002-2021 Shasta County Ambassador Team

County Ambassadors are the champions of the 4-H program in their county while they are developing their leadership skills.

County Ambassador teams plan their own year of activities to create meaningful learning and service opportunities for themselves and others in their communities. Being chosen as a County Ambassador is a working honor and in fulfilling it, members are expected to behave with a degree of maturity, composure and excellence.

County Ambassadors develop an annual Plan of Action that includes choosing and developing three leadership competencies and completing one service learning project. County Ambassadors choose from six leadership competencies:



Maddy

Twin Palms 4-H & County Ambassador

Favorite Ice Cream Flavor? *Vanilla*
Beach or Mountains? *Mountains*
Chinese Sign? *The Goat*

Kassidy

Palo Cedro 4-H & County Ambassador

Favorite Ice Cream Flavor? *Mint Chip*
Beach or Mountains? *Mountains*
Chinese Sign? *The Monkey*

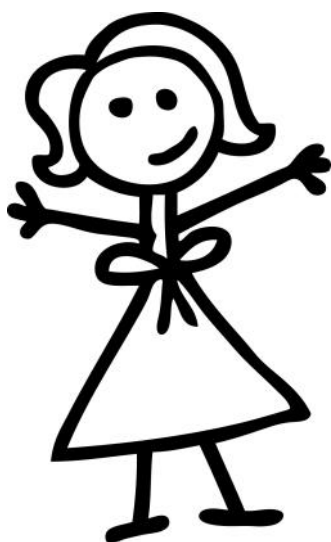


2002-2021 SHASTA COUNTY AMBASSADOR TEAM

Jordyn

Burney 4-H & Ambassador Support

Favorite Ice Cream Flavor? *Vanilla*
Beach or Mountains? *Mountains*
Chinese Sign? *The Dog*



Tanya

Twin Palms & Ambassador Coach

Favorite Ice Cream Flavor? *Vanilla*
Beach or Mountains? *Mountains*
Chinese Sign? *The Snake*

Carol

Inter-Mountain Council & Ambassador Coach

Favorite Ice Cream Flavor? *Chocolate*
Beach or Mountains? *Beach*
Chinese Sign? *The Water Ox*



MONTHLY COUNCIL & COMMITTEE MEETINGS

All council agendas and minutes are available online at: http://ceshasta.ucanr.edu/4-H_Program/
 Please contact the office if you have items you would like included on the agenda.

Valley 4-H Council Meeting

Wednesday, October 21, 2020

Location: In person TBA

Zoom: send an email to ecparadis@ucanr.edu to request the meeting link



Inter-Mountain 4-H Council Meeting

Wednesday, October 28, 2020

Location: In person TBA

Zoom: send an email to ecparadis@ucanr.edu to request the meeting link

Did you know that in order to be a club in good standing a representative from each club is required to be at each meeting? Did you know that **EVERYONE is welcome at these meetings and are encouraged to attend, including youth members?**

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

Shasta County Budget Planning - TBD

Valley Event Calendar Planning - TBD



VALLEY COUNCIL MEETING ATTENDANCE 2020 - 21

IM COUNCIL MEETING ATTENDANCE 2020 - 21

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

	JAN	APR	JUL	OCT
BURNEY				
CLOVERLEAF				
EVERGREEN				
HAT CREEK				
PINE GROVE				



REGIONAL, STATE & NATIONAL NEWS

RECORD BOOKS DURING SOCIAL ISOLATION

How do I record and earn Star Rank credits in a virtual world?

What options are there for holding Record Book evaluations for our club and county?

For answers to these two questions and more, take a look at new resources on the state website at http://4h.ucanr.edu/Resources/Member_Resources/RecordBook/

Includes:

1. Video and document with tips on meeting 4-H club and project requirements with virtual learning, and how to record them.
2. Video and slide deck that helps you decide how best to host both Club and County Record Book Evaluations/Competitions
3. Considerations such as unknowns, inequitable access to tools, and reducing stress on families
4. Star Rank Achievements
5. Evaluation/Competition Recommendations—guidance regardless of how you decide to complete evaluations
6. Options for collecting signatures
7. Options for submitting books: email, scanned, drop-off
8. Options to evaluate virtual independently, virtual small group, in-person after Safe at Home lifted
9. Supports provided by Statewide Incentives & Recognition Advisory Committee



ARCHERY WORKSHOP

NOVEMBER 7 & 8, 2020

WINTON, CA

This class will be held Saturday, 8 AM –4 PM, and Sunday, 8 AM- 1 pm, at the Safety First Shooting Association, River Oaks Range, 11584 Shaffer Rd, Winton, 95338, in Merced County.

The cost is \$35 per person to include a resource binder, with Saturday and Sunday lite breakfast refreshment's. Please bring your own lunch to the class.

While we invited Jr and Teen Leaders to attend in years past, due to current UC limitations this training will be limited to adults as we can only have 9 students. If you have Teen or Jr Leaders we will discuss in class how to get them trained up to assist you better.

To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at <https://ucanr.edu/sites/UC4-H/files/4785.pdf>, and an adult or youth 4-H medical release form and a \$35 check payable to “Merced County 4-H Council” and mail to UCCE, 2145 Wardrobe Ave, Merced, 95341. Alternatively you can email your registration and hand carry a check. Space is limited to 9 attendees. For more information call Dave at 209-614-1718 for info or camping, or Darlene McIntyre for registration at 209-385-7418 or email her at dmcintyre@ucanr.edu.

REGIONAL, STATE & NATIONAL NEWS

CALIFORNIA 4-H GROUNDSWELL RACE TO 50 - OCTOBER 1-31, 2020

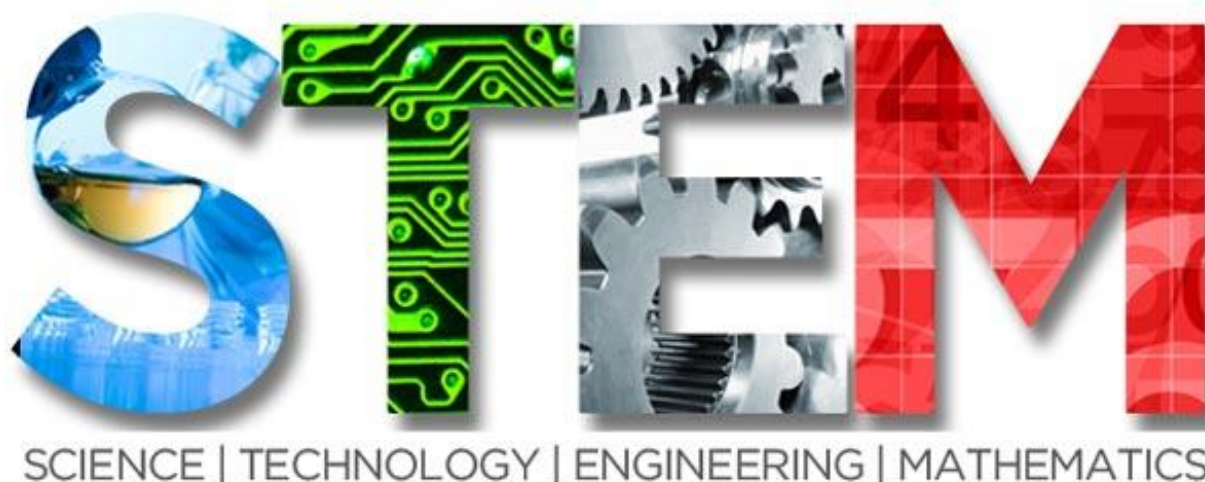
Fill out the California 4-H Groundswell Visa Debit Card interest form and find out how you can support Shasta County 4-H. Once we have reached our goal of 50 interest sign-ups, our county can get the California 4-H Groundswell Visa Debit card. Counties that reach 50 also get customized assets to continue to get more people to sign up and use their cards so funds can come back to your county. Go to [California 4-H Groundswell page](#) and sign-up.



JOIN THE 2020 4-H STEM CHALLENGE: MARS BASE CAMP

Inspire kids to imagine they are the first human explorers on Mars with the 2020 4-H STEM Challenge, *Mars Base Camp*. Developed by Google and Virginia Cooperative Extension, *Mars Base Camp* is a program that allows kids to explore Mars in exciting and engaging ways while learning important STEM concepts like mechanical engineering, physics, computer science, and space agriculture.

Visit 4-H.org/STEMChallenge to learn more about the 4-H STEM Challenge, the *Mars Base Camp* activities, and upcoming training webinars.



Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured produce is **pumpkins**



Health and Learning Success Go Hand-in-Hand

Food Day is October 24. It is a national movement to eat more healthy, affordable, and sustainable food – like fruits and vegetables. Make half your children's plates fruits and vegetables and help them get at least 60 minutes of physical activity every day. Doing these things is good for their health and can also help your children do better in school. So celebrate Food Day and use Harvest of the Month to help you and your family live a healthy, active lifestyle.

Produce Tips

- Pick fresh pumpkins that are firm and feel heavy for their size.
- Keep fresh pumpkins in a cool, dark place for up to two months.
- Look for canned pumpkin with no added sugars or sodium. You can use canned pumpkin in any recipe that uses cooked pumpkin.
- For best prices, buy pumpkins at a pick-your-own pumpkin patch or a local farmers' market.

Healthy Serving Ideas

- Roast, bake, or mash pumpkin for warm, tasty side dishes. You can even purée pumpkin to use in soups.
- Roast pumpkin seeds in a preheated oven at 300°F for 10 to 25 minutes. Be sure to wash and dry the seeds first!
- Use canned pumpkin to make tasty breads, muffins, or even pancakes. Add raisins or chopped nuts for extra fiber.

PUMPKIN BEAN SOUP

Makes 6 servings. 1 cup per serving.

Cook Time: 30 minutes

Ingredients:

- 1 can white beans, undrained
 - 1 small onion, finely chopped
 - 1 cup water
 - 1 15-ounce can 100% pumpkin
 - 1½ cups 100% apple juice
 - ½ teaspoon cinnamon
 - ¼ teaspoon nutmeg or ginger
 - ½ teaspoon black pepper
 - ¼ teaspoon salt
1. In a blender, add beans, onion, and water. Blend until smooth.
 2. In a large pot, add the pumpkin, juice, and spices. Stir well.
 3. Add the blended bean mix to the pumpkin juices.
 4. Cover and cook over low heat for 15-20 minutes. Serve warm.

Nutrition information per serving:
Calories 160, Carbohydrate 32 g, Dietary Fiber 7 g, Protein 8 g, Total Fat 0.5 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 330 mg

Adapted from:
Pennsylvania Nutrition Education Network

For more recipes, visit:
<http://recipefinder.nal.usda.gov/>

Let's Get Physical!

- Make family time an active time. Limit screen time with TV, computers and video games. Add active time with family walks on the weekend, or after dinner.
- Go on a scavenger hunt for trees in your neighborhood. Try to find leaves in every color.
- Plan ahead. Put active time on the family calendar.

For more ideas, visit:

<http://kids.usa.gov/grown-ups/for-parents/exercise-fitness-nutrition/index.shtml>

Nutrition Facts

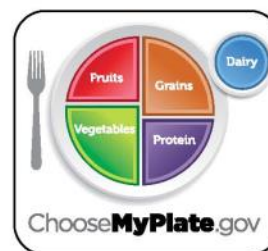
Serving Size: ½ cup pumpkin, cooked (123g)	
Calories 24	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 1g	
Vitamin A 122%	Calcium 2%
Vitamin C 10%	Iron 4%

How Much Do I Need?

- A ½ cup of pumpkin is an excellent source* of vitamin A and a good source* of vitamin C.
- Vitamin A helps keep your vision good, fight infection, and keep your skin healthy.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.

*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. Make half your plate fruits and vegetables to reach your total daily needs!



What's in Season?

California grown pumpkins are in peak season in fall. They are usually available from October to December. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other California grown produce items in fall: collard greens, kale, sweet potatoes, and winter squash (acorn, butternut, pumpkins).



UCCE - SHASTA COUNTY PROGRAM NEWS

THE MY PREPAREDNESS INITIATIVE (MYPI): TIMELY AND RELEVANT



An unfortunate fact of life is that emergencies and disasters can and do occur. These events, which range from earthquakes to wildfires and more, can happen at any time and often do so with little or no warning. Not only do these events have the potential to affect every facet of life, but local emergency services can quickly become overwhelmed.

As a State, I am sure we can all agree that we have no shortage of disasters. Nearly seven months after Governor Newsom declared a State of Emergency in response to the COVID-19 pandemic, we find that 40 of our 58 counties remain at either the Widespread or Substantial risk levels outlined in the *Blueprint for a Safer Economy* ([CDPH, 2020](#)). In addition to navigating the ongoing effects related to COVID-19, we are also witnessing unprecedented occurrences of catastrophic wildfires. In 2020 alone, California has experienced 8,136 wildfires, with 3,754,729 acres burned, 7,837 structures lost, and 26 fatalities ([CalFire, 2020](#)). The number of acres burned this year is 26 times higher than the number of acres burned in 2019 and there are currently 23 active wildfires burning throughout the State ([CalFire, 2020](#)).

While the impact of these tragedies can be felt by all walks of life, children are often considered to be a vulnerable group and are disproportionately impacted when disasters strike ([FEMA](#)). Certainly there are a number of variables that influence the vulnerability of a particular child, but research indicates that “children, in general, are susceptible to three types of vulnerability during a disaster: psychological, physical and educational” ([FEMA](#)). With an estimated 22.5% of California’s population falling under the age of 18, the importance of equipping our youth with the skills and knowledge necessary to prepare for, respond to, and recover from these events cannot be ignored ([U.S. Census Bureau](#)).

Enter the My Preparedness Initiative or MyPI. MyPI is a complete leadership and disaster preparedness curriculum aimed at teens age 13-19. It was started by the Mississippi State University Extension Service in 2013 and has grown into a national program that reaches 27 states and 2 territories. The program has three key components, which are outlined below.

Component A: Consists of Community Emergency Response Team (CERT) training.

Component B: Consists of a full featured add-on catalog, where participants can complete CPR/AED certifications, focus on specialty tracks in technology and career exploration, and participate in disaster simulations.

Component C: Consists of the Prep+6 capstone project, where participants help develop emergency supply kits and emergency communication plans for their family and six additional families or households.

This innovative program was originally slated for implementation in California this Fall, with an Instructor Certification and Training Workshop (ICTW) scheduled for July 2020 here in Redding. Unfortunately, the current pandemic created a delay in this timeline, and we are now looking at rescheduling for the Spring or Summer of 2021. If you would like to know more about this program or would like to become an adult MyPI Instructor, please contact Nate Caeton at nwcaeton@ucanr.edu or complete the [MyPI Interest Survey](#).

Nate W. Caeton
4-H Youth Development Advisor
MyPI California Program Manager

October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 <i>National 4-H week</i>	5	6	7 <i>Wear your Green!</i>	8	9	10
11	12	13	14	15	16	17
18	19	20	21 <i>Valley Council</i>	22	23	24
25	26	27	28 <i>IM Council</i>	29	30	31

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 <i>Fair Exhibitor & Adult Volunteer Enrollments Due</i>					

Erin Paradis, 4-H Youth Development Program Representative

1851 Hartnell Avenue

Redding, CA 96002

Phone: 530-224-4900

Fax: 530-224-4904

Website: <http://ceshasta.ucanr.edu/4-H Program/Shasta County 4-H Information/ecparadis@ucanr.edu>

Current Resident OR:



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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.

RECORD BOOK CORNER

Record Books – What Goes Where?

What do I include in my Personal Development Report and where do I record these events and activities?

- Record your participation and activities in and outside 4-H for the current program year (July 1, 2020-June 30, 2021).
- When you attend a 4-H event, record it as a 4-H event.
- If you did something at the event that meets the requirement of another category, you can record that as well. Although some events and activities may be applicable for multiple categories you can only count that activity in one category. Record the activity in the category needed for your star ranking.
- You may record up to two significant activities outside of 4-H in categories 2, 4, 5, 6, and 7.

Category 1 - Projects Completed	Record the projects you completed ie. Sewing project, Market Swine etc.
Category 2 - 4-H Project Skills Completed	Must demonstrate your knowledge to an audience/judge ie. Fashion Revue etc.
Category 3 - Events Attended	Actively participate in 4-H event ie. Field Day, Council Meeting, Fundraisers etc.
Category 4 - Leadership Development	Led or leadership position held ie. Jr/Teen Leader, Led a group activity etc.
Category 5 - Citizenship & Community Service	Community Service activity, Service Learning Project or Civic Engagement
Category 6 - Communication Skills	Communication activities ie. Presentation Day, TnT Article, Served as a judge etc.
Category 7 - Honors & Recognitions	High honors & recognition ie. Star Rank, Best of Breed, Event Medalist etc.
Category 8 - Healthy Lifestyle Activities	Activity outside of 4-H with a min. 25 hours ie. Band, Employment, Youth Grp etc.

*** Friends of the Fair Dinner counts as community service**

CA Record Book Manual 2020-2021 <http://4h.ucanr.edu/files/263720.pdf>