



University of California

September 2021

Agriculture and Natural Resources | 4-H Youth Development Program

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**IMPORTANT DATES:**

- Sep 15 *Year End Financial Reporting Due*
- Sep 15 *Secretary & Treasurer Book Due*
- Sep 15 *Completed Club Planning Guide*
- Sep 15 *Outreach Methods*
- Sep 6 *Labor Day Office closed*
- Nov 30 *Fair Exhibitor & Adult Volunteer Enrollments Due*
- Dec 1 *Current Club Documents Due*
- Dec 15 *Enrollment Invoices mailed to Community Leaders*
- Jan 1 *Volunteer Enrollment Requirements Due*

**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/](http://ceshasta.ucanr.edu/4-H_Program/Shasta_County_4-H_Information/)

Shasta County Fees: Youth \$82.00 | Adult \$48.00

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.



**4-H Pledge**

I pledge...

My **Head** to clearer thinking,

My **Heart** to greater loyalty,

My **Hands** to larger service,

And my **Health** to better living.

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



**4-H is for YOU!**  
**4-H is for FUN!**

The **mission** of 4-H is to provide meaningful opportunities for all youth and adults to work together to create sustainable community change. This is accomplished within three primary content areas, or **mission** areas – civic engagement and leadership, healthy living, and science.

## 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>

### VALLEY CLUB OFFICER TRAINING DAY

Saturday, September 25th, 2021

Location: Good Times Pizza

Time: 11:30 AM - 1:30 PM

Please Register here:

<http://ucanr.edu/survey/survey.cfm?surveynumber=31958>



### 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/](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](#)

## LOCAL CLUB SPOTLIGHT

### EXTRA EXTRA

### PINE GROVE 4-H HOLDS A SHOW DAY!



On Saturday, July 24, 2021, Pine Grove 4-H held a show day for the intermountain Area about Sheep! I participated in this show day, and it was very FUN! Everyone who had a sheep was allowed to use a pen at the fairgrounds to keep their sheep in until it was their turn to show and learn. In the ring, everyone walked their sheep around and took their spot in line. Then we traded off sheep and took turns feeling sheep until they got back to their lamb! There were a variety of age groups. We had Seniors, Intermediates, Juniors, and even a Primary! Primary Destry Hebert showed one of his cousins lambs and learned how to show a lamb properly. One of our 4-H leaders decided to pull a lamb that was fed by its mother and a lamb who was bottle fed out in the middle and asked everyone who they thought was the youngest. They chose the bottle fed lamb because it looked like it was born in May and the one who was fed by the mother looked like it was born in February. We asked the owners of the sheep and they were only 1 day apart. Then she explained the importance of a lamb that gets milk from a ewe. Attached are a few more photos of the show day! I'm Marianna, Pine Grove 4-H Reporter, and this is the latest of The 4-H News!

### INTERMOUNTAIN PLANT SCIENCE MEDALS FOR PINE GROVE 4-H

Both Medalists are Intermediate members

**Blue Medal** - Ricardo Garcia - Cucumbers

**Red Medal** - Gabriel Jimenez - Red peppers

**Blue Medal** - Gabriel Jimenez - Banana peppers/Jalapeño Peppers



### BAKING, MAKING, AND RAKING IN THE SALES!



With this heat wave, nobody would think about baking. Not Pine Grove 4-H. On Thursday, July 15, the Pine Grove 4-H made cookies to sell to bike riders for the Fall River Century Ride. We made them with healthy ingredients such as almonds and nuts. We made 240 cookies. That's a lot! We sell the cookies to bike riders for \$3. That is 24 cookies, for \$3. You pay \$5 at a Safeway for only 20 cookies a package. We always make these cookies even if it's hot. Now, you may be wondering, how would we "rake in the money?" Well, that would be by selling bags! We take feed bags and we give them a new purpose. We cut several inches off the bag, wash the bag, and sew it together to make one big bag! Let's be real, nobody likes to buy bags every time they go to the store for 10 cents. We sell our bags for \$5 dollars and you can put ANYTHING in it.

We sell large bags, medium bags, and small bags to fit whatever you have. We actually have a special that is buy 4 get 1 free! One lady buys about 8 bags every year and stuffs it with clothes and shoes to give to the homeless people. That is so sweet to know we can be helping other people by selling bags. Thank you for reading!



# LOCAL CLUB SPOTLIGHT



# LEADER RESOURCES



## my 4-H

Visit [www.my4-h.org](http://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](http://www.4hsupplies.com)

### UPCOMING ADMINISTRATIVE DEADLINES

#### September 15<sup>th</sup>

- Year-End Financial Reporting Due **DUE**
  - ◆ 2020-2021 Reporting Checklist
  - ◆ 2020-2021 Annual Inventory Report
  - ◆ 2020-2021 Annual Financial Report
  - ◆ 2020-2021 Actual Budget
  - ◆ 2020-2021 Peer Review Report & Checklist
  - ◆ 2020-2021 Secretary & Treasurer Book
  - ◆ 2020-2021 Completed Planning Guide
  - ◆ 2020-2021 Outreach Methods

DON'T MISS THE DEADLINE!

#### November 30<sup>th</sup>

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

#### December 1<sup>st</sup>

- Current Club Documents Due
  - ◆ 2021-2022 Club Planning Guide Goals
  - ◆ 2021-2022 Current Club Officers
  - ◆ 2021-2022 Current Bank Signers

#### December 15<sup>th</sup>

- Enrollment Fee Invoices Mailed (This date is approximate) **DUE**
  - ◆ Invoices billed in December are the first installment for the current program year

#### January 1<sup>st</sup>

- Volunteer Enrollment Requirements Due

#### January 15<sup>th</sup>

- Membership Fees (1st Installment of the 2021/2022 program year) Due **DUE**

### 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](mailto:sddoll@ucanr.edu).



### 4-H WHITES...

#### A 2ND TIME AROUND

The 4-H Office is still handing out whites for fair. We now have ties, scarves, hats. Contact the office at 530-224-4900





# COUNCIL COMMITTEE DATES

## MONTHLY COUNCIL & COMMITTEE MEETINGS

All council agendas and minutes are available online at: [http://ceshasta.ucanr.edu/4-H\\_Program/](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, September 15, 2021

Location: In person TBA

Zoom: send an email to [ecparadis@ucanr.edu](mailto:ecparadis@ucanr.edu) to request the meeting link



### Inter-Mountain 4-H Council Meeting

Wednesday, October 27, 2021 7 pm at the Intermountain Fairgrounds

**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 - March 16th, 2022 at 6 pm

Valley Event Calendar Planning - March 16th, 2022 at 6 pm

## VALLEY COUNCIL MEETING ATTENDANCE 2021 - 22

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

## IM COUNCIL MEETING ATTENDANCE 2021 - 22

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



# 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/](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



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

## Steps to Success in 4-H



\*Primary members, youth aged 5 to 8 years, do not complete the APR. Record keeping is not required for project completion.

\*\*Primary members receive a year stripe and pin for participation in a project. Project completion is not required.

\*\*Junior/Teen leaders receive a gold stripe and year pin for completing the Leadership Development Report (LDR). Junior/teen leaders are not required to actively participate in the project in which they are a leader.

# UCCE - SHASTA COUNTY PROGRAM NEWS

# Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured vegetable is

## cooked greens



COLLARD GREENS



SWISS CHARD

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

School meals can give students the nutrition they need to grow strong and healthy. Studies show that healthy students learn better. Help your child be healthy and do better in school by enrolling in a school meal program. Harvest of the Month encourages students to make healthy food choices and be physically active every day.

### Produce Tips

- Choose leafy greens with fresh, full leaves.
- Avoid greens that have brown, yellow, spotted, wilted, or slimy leaves.
- Store greens in a plastic bag in the refrigerator for two to five days.
- Wash greens thoroughly before use.
- Cut stems from leafy greens immediately before cooking.
- **Helpful Hint:** Two cups of raw greens makes about a ½ cup cooked.

For more information, visit: [www.leafy-greens.org](http://www.leafy-greens.org)

### Healthy Serving Ideas

- Cook collards, Swiss chard, bok choy, and spinach for a mild or sweeter flavor.
- Cook arugula, kale, and mustard greens for a peppery flavor.
- Sauté collard greens with garlic, onions, tomatoes, and olive oil.
- Simmer greens in low-sodium chicken broth until greens are tender and wilted.
- Stir-fry bok choy with carrots, corn, and red peppers for a colorful side dish.

### SAVORY GREENS

Makes 6 servings. 1 cup each.  
Cook time: 30 minutes

#### Ingredients:

- 3 cups water
- ¼ pound skinless turkey breast
- ¼ cup chopped onion
- 2 cloves garlic, crushed
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- ½ teaspoon dried thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 2 pounds greens (mixture of collards, kale, turnip greens, mustard greens)

1. Place all ingredients except greens into large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Slice greens into bite-sized pieces.
4. Add greens to stock. Cook 20 to 30 minutes until tender. Serve hot.

*Nutrition information per serving:*  
Calories 69, Carbohydrate 10 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 9 mg, Sodium 267 mg

Adapted from: *Souful Recipes: Building Healthy Traditions, Network for a Healthy California, 2009.*

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

### Let's Get Physical!

- **At home:** Start the day by dancing to alarm clock music.
- **At school:** Walk to and from school or to after-school activities.\*
- **With the family:** Walk in your neighborhood – to the park, church, farmers' market, or grocery store.

\*October is International Walk to School Month. Ask your school how your family can participate.

For more information, visit: [www.walktoschool.org](http://www.walktoschool.org)

### Nutrition Facts

Serving Size: ½ cup cooked Swiss chard (88g)	
Calories 18	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 157mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	
Vitamin A 107%	Calcium 5%
Vitamin C 26%	Iron 11%

### How Much Do I Need?

- A ½ cup of cooked greens is about the size of one cupped handful.
- Most cooked greens are an excellent source of vitamin A, vitamin C, and vitamin K.
- They also have calcium, a mineral that helps the body grow strong bones and teeth.

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.

### Recommended Daily Amounts 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.

### What's in Season?

California grown leafy green vegetables are available year-round. They may be fresher and cost less than varieties shipped from other states or countries.

Try these California grown varieties: bok choy, collard greens, kale, kohlrabi, mustard greens, spinach, Swiss chard, and turnip greens.



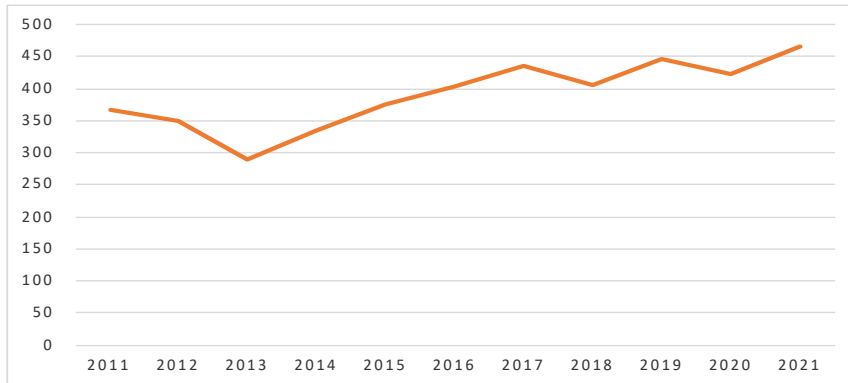


# UCCE SHASTA COUNTY PROGRAM NEWS

## 2021 Valley Shasta County Project Participation Larry Forero, Livestock Farm Advisor

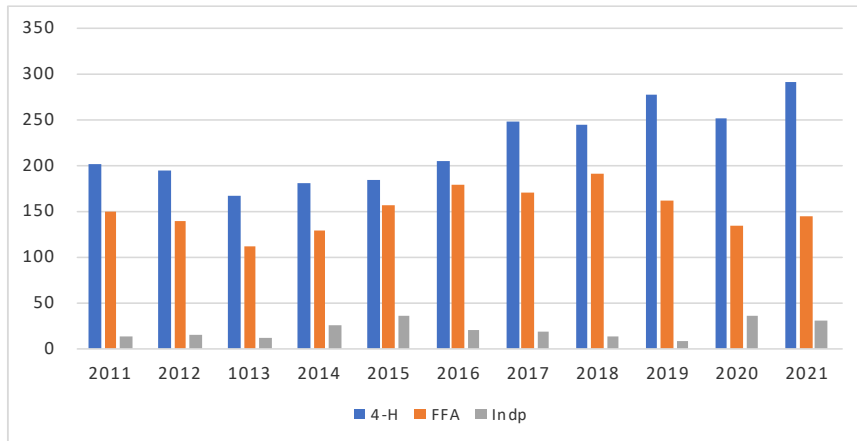
Now that the details associated with the 2021 Shasta District Fair are wrapping up I started to reflect on the number of youth touched by the fair through the market animal program as compared to the number of youth enrolled locally in 4-H. In 2021 nearly 467 youth exhibited and sold livestock at Shasta District Fair. Youth selling at this fair has trended upward. Figure A outlines the total number of lots sold at the fair since 2011.

Figure A. Number of Steers, Hogs, Lambs, Rabbits and Goats sold at Shasta District Fair 2011-2021



Youth can participate in this program as 4-H, FFA, Grange or Independent exhibitors. Figure B outlines the number of lots marketed by 4-H, FFA and Independent exhibitors locally (because of their rare occurrence, Grange exhibitors are not included).

Figure B. Number of Lots sold by Youth Organization (4-H, FFA and Independent).



It is interesting to look at the importance of market animal projects and the contribution to enrollment. In 2020/21 program year there were 582 youth participating in Shasta County 4-H. Of these 40 were primary members (recall they cannot participate in market animal projects) and 107 youth participated in the Intermountain area. This leaves 435 youth eligible to participate in market animal projects. At the 2021 Shasta District Fair 290 beef, swine, lamb, rabbits and goats were sold. This equates to 67% participating in market animal projects (after poultry, rabbit and sifted animals are considered, this percentage is slightly higher. The 33% that do not participate in market animal projects participate in projects ranging from photography and quilting to shooting sports.

4-H provides hands on learning experiences for youth in many disciplines across Shasta County as it has for over 100 years.

# UCCE - SHASTA COUNTY PROGRAM NEWS

## OPPORTUNITIES FOR FINANCING FOR LIVESTOCK PROJECTS FSA YOUTH LOANS

The U.S. Department of Agriculture's Farm Service Agency (FSA) makes operating loans of up to \$5,000 to eligible individual rural youths age 10 through 20 to finance income-producing, agriculture-related projects. The project must be of modest size, educational, and initiated, developed and carried out by youths participating in 4-H clubs, FFA, or a similar organization. The project must be an organized and supervised program of work. It must be planned and operated with the assistance of the organization advisor, produce sufficient income to repay the loan, and provide the youth with practical business and educational experience in agriculture-related skills.

The applicant must:

- comply with FSA's general eligibility requirements
- conduct a modest income-producing project in a supervised program of work

These loans can finance many kinds of income-producing agricultural projects.

The loan fund may be used to:

- Buy livestock, seed, equipment and supplies
- Buy, rent or repair needed tools and equipment
- Pay operating expenses for the project



Please contact Jacob Thao, Farm Loan Officer at 530-691-5838 or email at [jacob.thao@usda.gov](mailto:jacob.thao@usda.gov) , or Katherine Lewis, Farm Loan Manager at 530-842-6123 x3125 or email at [katherine.lewis@usda.gov](mailto:katherine.lewis@usda.gov).

### STEVE MOLLER MEMORIAL BEEF PROJECT REVOLVING FUND

Steve Moller was a long time member and leader of Shasta County Cattlemen's Association and 4H Beef Leader in Contra Costa County. If ever there was a youth member interested in raising a steer for the local fair he would sell them a steer for market price and deferred payment on the steer until it was sold at the Jr. Livestock auction.

In his memory a fund has been established to help youth purchase beef project animals (steers or bred heifers) that would be exhibited and sold at Shasta District Fair.

Process and Procedures:

- The funds and application process handled by Shasta Co. Cattlemen's Association
- The upper limit on the funds provided not exceed the market value (average price at Shasta Livestock Auction Yard) of an 800-900 lb. commercial feeder steer in the fall plus \$200 (recognizing that sometimes breeders need to charge a little more for selling project animals to youth). This no-interest loan would be repaid to Association when they receive their check from the Jr. Livestock Auction.
- Open only to applicants qualified to exhibit at Shasta District Fair.
- Applications will be sent to appropriate 4H, Vocational Agriculture Instructors and Grange Leaders in September.
- Applications will be reviewed and recipient(s) determined by a committee of two appointed by the Shasta Co. Cattlemen's Association Board of Directors and Karen Moller or her designee.

For information associated with this revolving fund, please contact Larry Forero at 530-224-4900 or email [lforero@ucanr.edu](mailto:lforero@ucanr.edu).

**MONTHLY CALENDARS**

# September 2021

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
			<ul style="list-style-type: none"> <li>• Year end Financial Reporting due (20/21)</li> <li>• Valley 4-H Council Meeting @ 6 pm</li> </ul>			
19	20	21	22	23	24	25
26	27	28	29	30		

# October 2021

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
31						



**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:

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 Affirmative Action Compliance Officer/Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.

Tips 'n Topics

**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, 2021-June 30, 2022).
- 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.

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

CA Record Book Manual 2021-22 <http://ucanr.edu/sites/UC4-H/files/263720.pdf>

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.