



University of California Dec/Jan 2021 - 2022  
Agriculture and Natural Resources ■ 4-H Youth Development Program



**The Shasta 4-H office will be closed on Thursday, December 23rd, Friday, 24th, and Friday, December 31st.**

**We will be back and ready to start the New Year on January 3, 2022.**

**Wishing all of you a safe and restful Winter break.**

Hi there, my name is Mari Szynal and I'm the new kid on the block in the UC Extension office. I grew up in a suburb of Chicago and am a middle kid (1 older & 1 younger brother, with 3 sisters sprinkled all around). I also have 1 adult son who lives in Oregon. I've lived in Redding for 20 years and am looking forward to learning more about 4-H and the people involved with it.

Since I was offered this job a month ago I've had a chance to milk a cow - who was not thrilled with my method. I mostly wound up holding the bucket for my friend.



## 4-H County Ambassadors

A County Ambassador is the representative and champion of the 4-H program in the County. In addition to the County Ambassador, there is a County Ambassador Support Team. The Shasta 4-H Program encompasses Shasta, Tehama and Trinity Counties.

### Shasta County currently has two ambassadors, Kassidy & Maddy.

Hello My name is Kassidy Zulliger, and I am one of your 2021-2022 Shasta County Ambassadors. I am 17 years old, and a senior in high school. This is my 9th, and final year in 4-H. I will greatly miss 4-H because it has changed my life and made me a better member of society. I am in the Palo Cedro 4-H Club. I have participated in almost every 4-H project, and I can honestly say that I love each of them! Each project strengthens my overall knowledge, and experiences that will help me later in life. My favorite superhero is Jesus, because He forgives me of all my sins.

Hi everyone! My name is Maddy Evans and I am excited to be one of your Shasta County 4-H Ambassadors this year. I have been in 4-H for ten years, and I am a high school senior here in the Redding area. I originally started 4-H so I could show my dairy goats, but I also started showing rabbits a few years later. I'm still pretty partial to my goats - but don't tell our awesome rabbit people. My favorite superhero is Captain America, and my favorite quality in a person is genuineness. I hope I will get to see you at our County 4-H events this year!

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Hi my name is Glorianna Junokas. I am 16 years old and in my junior year of high school. I am a member of Golden Acres 4-H club. My favorite 4-H projects would be rabbits, sewing, dairy cow. I enjoy riding horses and dance. I also love to make historical dresses.

My name is Jordyn Greer. I'm in Burney 4-H and I'm a freshman in high school this year my favorite 4-H club is the sheep project or shooting sports. A superhero I would identify with is probably Batman. He's pretty cool. My favorite quality in a person is being able to go with the flow and having a good personality.

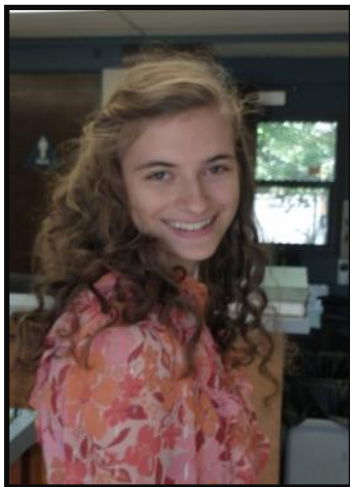
I am Brianna Maas, I am a part of the Burney 4-H club and a junior in high school. My favorite 4-H project is poultry. I identify with Aquaman because he's thick skinned and doesn't let stuff get to him. My favorite quality in a person is their personality because they're just not worth being around if their personality isn't decent.

I am Abbey Hullinger. I am in 8th grade. I am in Twin Palms 4-H Club. My favorite 4-H project is the Horseless Horse Project, because I love to teach others about good horsemanship and the people involved are always super nice and fun. I don't really have a favorite super hero, but I love and appreciate all of the real life heroes that protect us and help to make the world a better place. My favorite quality in a person is when they have a kind and polite heart.

Hi, my name is Marianna Hiser. I am a seventh grader at Fall River Jr Sr High School. My favorite 4-H project is a split between my rabbits and my sheep. A superhero I identify as is Black Widow because she is strategic in battle and she incorporates gymnastics and dance moves into her fighting. My favorite quality in a person is kindness because those people are the best kind of people.



**4-H County Ambassador Team Intro's (continued)**



**Skating**



This last month, we went rollerskating as a team-building activity. I had a great time meeting and getting to know everyone! We have tons of new faces this year, which is really exciting. Minus the overpriced soggy fries we all decided to try, it was definitely a good time. I am so looking forward to the rest of the year!

- Maddy

My favorite part of the team building activity was getting to meet all the new girls and learn their interests.

- Jordyn

My favorite part of the teambuilding activity that we did was that I got to make new friends and get to know them! - Abbey

My favorite part of the rollerskating/team building activity was the fact I kept falling and laughing with others.

- Marianna

## COUNTYWIDE - NEWS & EVENTS

### Livestock Judging

YQCA, Steers, and Chickens, Oh my!

On Oct. 16, 2021 over 200 4-H members converged on the Shasta College farm for the annual livestock judging day. Participants judged classes in market steers, goats, chickens, rabbits, hogs, and sheep. At the end of the event members were given a public speaking opportunity by giving verbal reasons. Interested members stayed for a [YQCA](#) video and training, which also qualified them to sell at the fair.

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



I had the privilege to attend the Livestock 16<sup>th</sup>. This is called the 4-H Valley Livestock market steers, market goats, breeding goats, had a photo and video of a handler showing the confirmation of the meat bird/chicken.

Judging Day at Shasta College on October Judging Day. It consisted of market swine, market lambs, and meat rabbits. They also

On November 13<sup>th</sup> Intermountain had their annual Livestock Judging Day. Their judging classes consisted of breeding heifers, market steers, breeding ewes, market lambs. They also had posters of ranch ready horses and market swine.

Both events were a lot of fun to attend. The Valley had more kids and live animals to judge. Both judging days had oral reasonings, but Valley only required you to select one class to give your reasons on. Intermountain had you do oral reasons on four of the classes. Those classes were picked for you.

When you arrived at the Valley Judging Day you received your judging card and moved to the judging classes with your group. Whereas Intermountain you wrote your group number on the back of your hand and then you were given a judging card. Before judging, we had an orientation. The orientation consisted of outlining pointers on judging and the breeds of animals. We also had a time for questions and answers with all the kids. After the 30-minute orientation was over, we all went into our groups and started judging.

I hope everyone can attend both next year as I enjoyed both and learned a lot. My only thought would be to have more live animals at Intermountain and Valley judging should have oral reasons at every class, not just choosing one oral reasoning. When I did my judging and oral reasons, I felt Like I understood more after getting my card back. The best part was getting the results back the same day at Intermountain Livestock Judging Day.

By: Maggie Rohrer, Cottonwood 4-H Reporter





# COUNTYWIDE - NEWS & EVENTS



Hi, Mari here again. In my previous job with the City of Redding I helped RFD find a vendor who would be able to furnish goats to munch away at the soon-to-dry-out plants in open spaces. That's when someone told me about the goats that faint & play dead.

[Why do goats faint & scream?](#)



# COUNTYWIDE - NEWS & EVENTS

## Clover Buds

The 4-H Clover bud project is an informal educational experience through which parents, other interested adults, and youth help young people (approx. ages 5-8) develop confidence, social skills, decision-making abilities, subject matter knowledge, and physical skills. The program allows for and encourages creativity and play.



Clover Buds/Primary - ages 5-8  
Junior ages 9-10

Intermediate ages 11-13  
Senior ages 14-18

## IMPORTANT DATES



SUNDAY, FEBRUARY 20, 2022

Steer Tagging:

Shasta College/TBA

Note: Steers must be halter broke at weigh-in

FRIDAY, MAY 13, 2021

[Valley Fair Contract DUE](#)

Please follow the links below for additional info:

- Jan 15**      [Valley Favorite Foods Day](#)  
Registration DUE 12/31/21
- Feb 12**      [Presentation Day](#)  
Registration DUE 1/29/22
- Mar 18**      [4-H Scholarships DUE](#)
- Mar 19**      [Fashion Review](#)
- Apr 9**        [Inter-Mountain Favorite Foods Day / Home Ec. & Ag Stills Day](#)
- May 6-7**      [Valley Field Day](#)



# LEADER RESOURCES

## UPCOMING ADMINISTRATIVE DEADLINES

**January 15<sup>th</sup>**

- Club Enrollment Fees DUE  
(1st Installment of the 2021/20212 program year)



## my4-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

### UPDATE YOUR INFORMATION FOR 2022

Please update 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.

Please send your email to Mari @ [mszynal@ucanr.edu](mailto:mszynal@ucanr.edu)



### 4-H UNIFORM SUPPLIES

If your club or family members need to order hats, scarves, or ties, they can be purchased from our office.

**4-H WHITES...  
A 2ND TIME AROUND**

Please contact the 4-H office  
530-224-4900



If you have an article and/or pictures for the Newsletter please submit by the 20th of the month to:

Mari @ [mszynal@ucanr.edu](mailto:mszynal@ucanr.edu)





# LEADER RESOURCES

## MONEY MATTERS

Money management is an issue that the University of California takes very seriously. As such, the program representative is tasked with reviewing each club's monthly bank statement to ensure that financial business is being handled according to policy, and that all appropriate measures are in place to facilitate review and deter any mishandling of funds. That being said, here are a few pointers to assist you in keeping your financial records on the up and up.

1. All statements are to be mailed directly to the Cooperative Extension Office at 1851 Hartnell Avenue, Redding, CA 96002.
2. Internet banking, electronic statements and check/debit cards are not allowed.
3. Check images or cancelled checks **must** be included in your monthly statements *without exception*.
4. Be sure to include a memo on all checks written.
5. Each check **must** have the signature of two *unrelated* signers.
6. The person to whom the check is made out to **cannot** sign the check.



Thank you for your assistance in meeting these expectations. If you have any questions or concerns, please contact your Program Representative, Erin Paradis at 530-224-4900. [4-H TREASURER'S MANUAL](#)



## 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 or Returning volunteer \(after a break of 1+ years\)](#)

### Ways to volunteer...

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



## MONTHLY COUNCIL & COMMITTEE MEETINGS

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.

All council agendas and minutes are available [online](#).

Please contact the office if you have items you would like included on the agenda.



### Valley 4-H Council Meeting

Wednesday, January 19, 2022, 6:00 PM  
 Location: 4-H Office

### Inter-Mountain 4-H Council Meeting

Wednesday, January 26, 2021, 7:00 PM  
 Location: Burney HS Library

**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?**

Shasta County Budget Planning - TBD  
 Valley Event Calendar Planning - TBD



### VALLEY COUNCIL MEETING ATTENDANCE 2021 - 22

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

### IM COUNCIL MEETING ATTENDANCE 2021 - 22

	JUL	OCT	JAN	APR
BURNEY		x		
CLOVERLEAF		x		
EVERGREEN		x		
HAT CREEK		x		
PINE GROVE		x		



# UCCE - SHASTA COUNTY PROGRAM NEWS

## Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured produce is

**winter squash**



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

Breakfast can give children the nutrients they need to grow healthy. Eating a healthy breakfast also promotes a healthy mind. Encourage your child to eat school breakfast and help put your child on the road to health and learning success.

### Produce Tips

- Squash are members of the gourd family. Winter squash have hard shells, inedible skins, and large seeds.
- Choose squash that are firm, heavy for their size, and have dull skins (not shiny). Winter squash should be hard without cracks or soft spots.
- Store uncut winter squash in a dark, cool, dry place. They can keep up to three months.
- Once cut, squash can keep about one week when wrapped and refrigerated.
- Varieties include acorn, banana, butternut, hubbard, kabocha, pumpkin, spaghetti, and turban squash.

For more tips, visit:

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

### Healthy Serving Ideas

- Bake, boil, roast, sauté, or microwave winter squash. Use it in stews, soups, salads, dips, breads, and even pies.
- Sample different varieties of winter squash to find out your family's favorite. (See Produce Tips for varieties.)
- Varieties with darker yellow/orange flesh are more nutritious than lighter colors. (Hint: Butternut is more nutritious than spaghetti squash.)

### SPICY APPLE-FILLED SQUASH

Makes 4 servings.

1 wedge per serving.

Cook time: 70 minutes

#### Ingredients:

- 1 large acorn squash (about 1 pound)
- 1 cup water
- 2 teaspoons butter
- 1 large apple, cored, peeled, chopped
- 1 tablespoon brown sugar
- ¼ teaspoon ground cinnamon
- ½ teaspoon ground cloves
- ½ teaspoon nutmeg

1. Preheat oven to 400 F.
2. Cut squash in half and scoop out seeds. Place squash, cut side down, in 13 x 9-inch dish.
3. Add water and bake 35 to 45 minutes or until fork-tender.
4. While squash is baking, cook rest of the ingredients in a saucepan over medium heat for 8 minutes or until apple is crisp-tender.
5. Cut each squash half into two pieces and divide apple mixture equally among squash wedges. Return squash to oven. Bake 10 minutes more. Serve hot.

*Nutrition information per serving:*

Calories 99, Carbohydrate 21 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 18 mg

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

### Let's Get Physical!

- Be a role model. Studies show that children who see their parents having fun and being active are more likely to stay active their entire lives.
- Find a local pumpkin farm and take a family walk through the fields.

### Nutrition Facts

Serving Size: ½ cup cooked acorn squash, cubed (103g)	
Calories 57	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	18%
Sugars 0g	
Protein 1g	
Vitamin A 9%	Calcium 5%
Vitamin C 19%	Iron 5%

### How Much Do I Need?

- A ½ cup of cooked squash is about one cupped handful.
- A ½ cup of winter squash, like butternut, hubbard, and pumpkin, is an excellent source of vitamin A.
- A ½ cup of winter squash, like acorn, butternut, hubbard, and pumpkin, is a good source of fiber and vitamin C.
- A ½ cup of acorn squash provides iron and calcium.
- Iron is a mineral that helps move oxygen from the lungs to the rest of the body. It also helps the body fight infections.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. It is important to eat a variety of colorful fruits and vegetables every day to get all the nutrients your body needs. Find out how much each person in your family needs.

### 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.



## RECORD BOOK CORNER

### Record Books - What Goes Where?

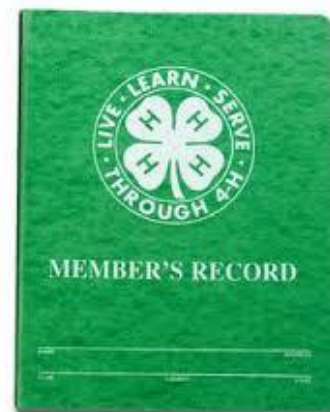
What do I include in my Personal Development Report and where do I record these events and activities?

- 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.

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 minimum 25 hours ie. Band, Employment, Youth Grp etc.

We encourage all of our 4-H youth to use a Record Book to record their project information and reflections. A 4-H Record Book is required for star ranking, medals, or pins based on 4-H Record Book achievements. The 2021 - 2022 Record Book forms and the manual have been updated and can be found on our [website](#).

The 2021 - 2022 edition has moderate changes to the Leadership Development Report.



CA Record Book Manual 2021 - 2022



# CALENDAR

## December

- 23 UCCE Shasta Office closed
- 24 UCCE Shasta Office closed
- 31 Favorite Foods day Registration DUE  
UCCE Shasta Office closed

## January

- 15 Favorite Foods Day, Millville IOOF
- 17 UCCE Shasta Office closed
- 29 Presentation Registration DUE

## February

- 11 UCCE Shasta Office closed
- 12 Presentation Day, TBD
- 20 Steer Tagging
- 21 UCCE Shasta Office closed

## March

- 18 Council Scholarships DUE
- 18-19 Fashion Review,  
Inter-Mountain Fairgrounds

## April

- 9 Inter-Mountain Favorite Foods Day and Home Ec/Ag  
Stills Field Day, IM Fairgrounds
- 14 Council Scholarship Interviews

## May

- 2 Emerald Star Application DUE
- 6 Ambassador Application DUE
- 6-7 Valley Field Day, Shasta District Fairgrounds
- 13 Valley Fair Contract DUE
- 30 UCCE Shasta Office closed



### LINKS

[National 4-H Organization](#)

[California 4-H Office](#)

[Shasta County 4-H Office](#)

# Happy Birthday

## December

- 1 Boden Stroud
- 2 Terri Shelton
- 2 Ally Shoup
- 2 Dylan Frazer
- 2 Adelynn Foley
- 3 Lisa Neau
- 3 Matthew Copperthite
- 3 Natalya Brock
- 4 Zoey Cain (Kite)
- 5 Caleb Flower
- 5 Damon Morris
- 6 Jordyn Greer
- 6 Mason McFadden
- 6 Alli Perkins
- 11 Rosalynn Edgmon
- 12 Wyatt Coburn
- 12 Joshua Conrad
- 12 Kaley Orozco
- 13 Benji Onopa
- 13 Rhys Overton
- 14 Alyssa Petersen
- 14 Eli Magana
- 16 Tate Martin
- 16 Clark Jensen
- 16 Grant Jensen
- 18 Sara Gregory
- 19 Logan Brock
- 20 Jessica Gregory
- 20 Paige Chambers
- 20 Zayden Yabra
- 20 Zoe Thompson
- 20 Porter Evanson



- 21 Randal Thomson
- 21 Aaron Peterson Jr.
- 21 John Douglas (JD) Bucher
- 21 Abigail O'Reiley
- 21 Bently Ritcheson
- 22 Wren Lindsey
- 22 Keriann Brock
- 23 Owen von Schalscha
- 23 Addie Snyder
- 23 Anneliese Alvarez
- 23 Brody Echols
- 24 Carter Scholfield
- 24 Silas Thompson
- 27 Jill Oilar
- 27 Angelina Bontadelli
- 27 Maxxus Hauge
- 28 Katie Eastman
- 28 Azalia Myers
- 29 Austin Grace
- 29 Layla Anayat
- 29 Lily Sharrah
- 29 Aurora Balistreri
- 30 Aubrey Giessner
- 30 Ethan Giessner
- 30 Anna Ciapponi
- 31 Cloie Brock
- 31 Sienna Amsbaugh
- 31 Lily Taylor
- 31 Bradley Case



# Happy Birthday

## January

- 01 Addison Simonis
- 01 Lauren Giessner
- 01 Carter Wert
- 01 Jackson Baldwin
- 02 Bryce Harman
- 03 Izabella Beckett
- 04 Jamie Dersch
- 04 Katelynne Hamilton
- 04 Matilyn Parks-Lakey
- 04 Abigail Seaton
- 05 Christopher Harris
- 05 Logan Wert
- 05 Isabella McClure
- 05 Kaylynn Wickham
- 05 Shelby McFall
- 06 Cameron Feusi
- 07 Kennedy Taillon
- 07 Graci Wilson
- 09 Cole Trisdale
- 09 Natalie Guadagni
- 10 Selah Scott
- 11 Rylee Churchin
- 13 Emily Nolan
- 13 Samantha Cornelius
- 14 Riley Combs
- 14 Ella Dancel
- 16 Cheryl Frazer
- 16 Shaylee Henry
- 17 Deja Ortiz
- 17 Amia George



- 18 Lily Turley
- 18 Ryan Bradley
- 19 Riley Brader
- 19 Easton Janc
- 20 Jaxson Garcia
- 21 Jayce Wahlund
- 22 Sam Ciapponi
- 23 Kassidy Zulliger
- 23 Slader Johnson
- 24 Jacob Arnaz
- 24 Ryder Smith
- 25 Ean Peterson
- 25 Khloe Llamas
- 25 Yosef Tippetts
- 26 Leone Carey
- 26 Rylee McKenzie
- 27 Graceyn Endress
- 27 Ellie Snyder
- 27 Megan Boudro
- 28 Hailee Roberts
- 28 Rylee Balcom
- 28 Alexis Meyer
- 28 Will Landry
- 28 Carmen Utterback
- 28 Stella Ward
- 29 Harlynn Hauberg
- 29 Mellie Tippetts
- 31 Landen Estremado
- 31 Lucas Turley

