



Tips 'n Topics

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

2021-2022 4-H PROGRAM YEAR / VOLUME 22, ISSUE 9 — MAY 2022

Did you know ?

Tickets are now available for the Annual 4-H/FFA Community BBQ on July 9th?

A minimum of 50% from the sale of each ticket goes back to your Club ?

Ask your Club Leader for tickets to sell.

17TH ANNUAL
4-H/FFA Community BBQ
Saturday July 09, 2022 • 3:00-7:00pm • Shasta District Fairgrounds



DRIVE THRU
Lamb • Pork • Beef • Goat



Thank you for your generous donation & support!
\$15.00 DONATION
- Non refundable -

CALENDAR

May

- 2 DUE - Emerald Star Applications
- 6 DUE - County Ambassador Applications
- 6-7 Valley Field Day, Shasta District Fairgrounds
- 13 DUE - Valley Fair Contract (if selling)
- 14 DUE - Registration for new Videographer Project
- 18 Valley Council Meeting, 4-H Office
- 20 DUE - Entries to SDF
- 24 4-H Online Registration Closes for 2021-22
- 30 Memorial Day *

June

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

July

- 1 2022/2023 Program Year Begins
- 4 Independence Day *
- 9 4-H/FFA Annual BBQ Fundraiser
- 19 [4-H Online Enrollment Opens for 2022-2023 Program Year](#)

August

- 5 Entries due to Inter-Mountain Fair

September

- 1-5 Inter-Mountain Fair

* Shasta 4-H Office Closed

Council meetings are open to all members.

Member Resources

[Shasta County 4-H Website](#)

[Shasta County 4-H Calendar 2021-2022](#)

4-H Online Enrollment is Year-Round
[2021-2022 Enrollment](#)

Interested in [Volunteering](#) ?

California 4-H [Member Resources](#)

[4-H Handbook for Families](#)



<https://ucanr.edu/sites/UC4-HResources/>

This site will be updated regularly with guidance and tips on for 4-H clubs, activities and projects both in-person and virtually during the COVID-19 pandemic.

Please note that guidance is subject to change. Please check back regularly for the latest updates.

See these other sites for more information:

NATIONAL 4-H at Home - Activity Guides link:
[4-H at Home Activity Guides | 4-H](#)

California 4-H State website - For more information on the California 4-H Youth Development Program, visit [4h.ucanr.edu](#)

Tips 'n Topics is published by the Shasta County 4-H Youth Program, University of California, Cooperative Extension, Division of Agriculture & Natural Resources.



Please submit articles and photos by the 15th of each month to:

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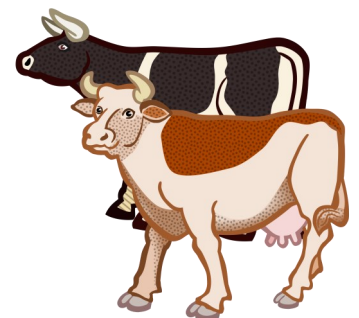
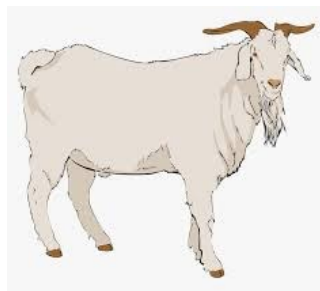
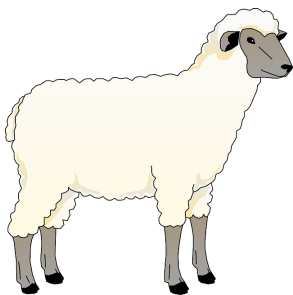
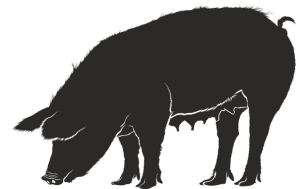
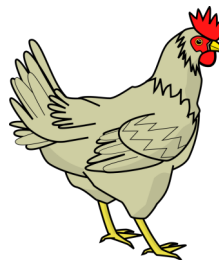
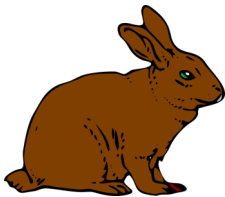
BUYER'S LETTER

Gage Lindsey
Reporter, Foothill 4H

With fair around the corner, it's time to plan for the livestock auctions and persuade a buyer.

Here's my top 6 tips for writing a blue ribbon buyer's letter:

1. Keep it brief and include a few memorable details about yourself.
2. Include a headshot of yourself to help your buyer recognize you on sale day.
3. Use letterhead with your first and last name so buyers can connect your face with your name on sale day.
4. Type the letter but hand sign your name (pro tip: consider using cursive and colored ink in your signature)
5. Proofread, proofread, proofread, then ask your Mom to proofread and finally ask your Dad then proofread it one more time.
6. In the letter, invite your potential buyer to the sale and include the Date, Time and location of the auction.



Intermountain Home Ec & Ag Skills Day Results



Animal

Sheep	Bethany Perry	Senior	Happy Valley	Blue/Medal
Poultry	Lilly Breedveld	Junior	Twin Palms	Blue/Medal

Expressive Arts

Arts & Crafts	Maci Gonzalez	Intermediate	Hat Creek	Blue
Arts & Crafts	Marianna Hiser	Intermediate	Pine Grove	Blue/Medal
Photography	Mariana Hiser	Intermediate	Pine Grove	Blue/Medal
Photography	Brianna Vargas	Senior	Pine Grove	Blue / Medal



Consumer & Family Science / Clothing & Textiles



Juliete Alvarez	Junior	Pine Grove	Blue/Medal
Stephanie Sanchez	Junior	Pine Grove	Blue
Angelik Alvarez	Senior	Pine Grove	Blue
Jordyn Greer	Senior	Burney	Blue/Medal
Kayley Laney	Senior	Pine Grove	Blue

Plant Science / Indoor & Mini Gardens

Enrique Arenallo	Junior	Pine Grove	Blue/Medal
Ulisses Alvarez	Intermediate	Pine Grove	Blue
Marianna Hiser	Intermediate	Pine Grove	Blue/Medal
Kayley Laney	Senior	Pine Grove	Blue/Medal



Primary

Gracin Gonzalez Hat Creek

Technology Engineering / Woodworking

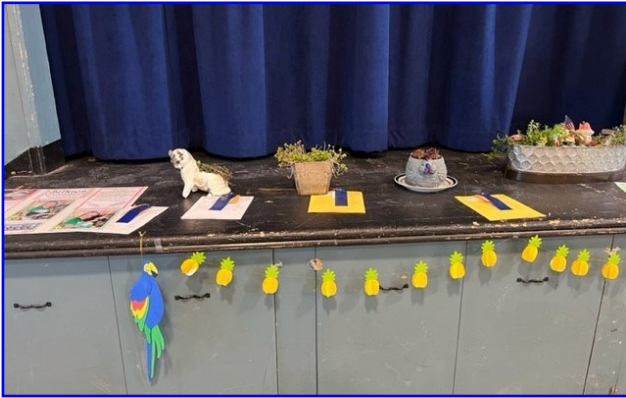
Cesar Alvarez Senior Pine Grove Blue/Medal



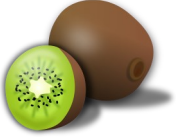
Intermountain Home Ec & Ag Stills Day



We appreciate all of the judges who took their time to participate and help our members grow!



Intermountain Favorite Foods Day Results



Appetizer

Enrique Arenallo	Junior	Pine Grove	Blue/Medal
Ulisses Alvarez	Intermediate	Pine Grove	Blue/Medal
Angelik Alvarez	Senior	Pine Grove	Blue/Medal

Decorated Cake

Maci Frazier	Junior	Hat Creek	Blue/Medal
Maci Gonzalez	Intermediate	Hat Creek	Blue/Medal

Food Preservation

Maggie Rohrer	Junior	Cottonwood	Blue/Medal
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Main Dish

Stephanie Sanchez	Junior	Pine Grove	Blue/Medal
Adrian Sanchez	Senior	Pine Grove	Blue/Medal

Market Animal

Juliete Alvarez	Junior	Pine Grove	Red
Marianna Hiser	Intermediate	Pine Grove	Blue/Medal
Cesar Alvarez	Senior	Pine Grove	Red

Salad

Maggie Rohrer	Junior	Cottonwood	Blue/Medal
Gabriel Jimenez	Intermediate	Pine Grove	Red
Kimberly Garcia	Senior	Pine Grove	White
Ana Jimenez	Senior	Pine Grove	Red



Primary

Jaxson Frazier	Hat Creek	Decorated Cake
Destry Paddock-Hebert	Pine Grove	Decorated Cake





W E L L D O N E !

The Shasta County 4-H Council is delighted to award two scholarships to graduating Seniors.

Risa Reynier will receive \$500

Kassidy Zulliger will receive \$1,000

Any 4-H member who is a graduating senior who will be enrolling in a recognized college, university or trade school is eligible to apply.



Intermountain Favorite Foods Day



To ALL the judges and parents who helped to make this event possible.



Intermountain Favorite Foods Day



Calling All Videographers

Clover Content Creators, A New "SPIN" on Project Delivery

Hey there 4-H members! Would you like to learn how to shoot and edit your own videos? Maybe you've already made some videos of your own, but you'd like to take your skills to the next level. You can do that and more in the Clover Content Creators Special Interest (SPIN) Project. Join us starting May 15th for a 10-week, online project, delivered through Canvas, a web-based learning management system. There is no fee associated with this project. All you'll need is a computer and broadband internet access.

Below are just a few of the topics we'll cover:

- ◆ Digital Citizenship
- ◆ Social Media Platforms for Video
- ◆ Choosing the Right Equipment
- ◆ Storyboarding and Scripting
- ◆ Videography Basics
- ◆ Types of Camera Shots
- ◆ Camera Movements
- ◆ Composition
- ◆ Framing
- ◆ Lighting
- ◆ Sound
- ◆ Video Editing



At the end of this project, members will be given a Content Creation Challenge: Create a short recruitment video that encourages other youth to join the 4-H program and which can be shared on social media during Shasta County's Fall 2022 enrollment drive.

Due to certain technical aspects and the online learning environment, this project is open to Junior, Intermediate, and Senior members only. Please complete the registration form [here](#) by Saturday, May 14th to enroll. Once your registration is received, 4-H staff will add you to the Clover Content Creators Project in 4-H Online.

The project will run from Sunday May 15, 2022, through Sunday, July 17, 2022. Information on how to get started will be emailed the week prior to the project start date. This project will be led by Nate Caeton, 4-H Advisor for Shasta, Tehama, and Trinity Counties. Please email Nate at nwcaeton@ucanr.edu with any questions.

FAQ's

Q What day & time of the week will you typically gather?

A. This will be an asynchronous project, so members will be able to complete each module at their convenience, as long as its during the week or so that that module is active. I will hold a virtual meet-up/office hours once each week but have not scheduled those yet. Attendance will NOT be required, and members will be able to login/out as they please. It is only meant to provide an opportunity for synchronous socialization and discussion and for those that may need help.

Q. How long will each online gather be?

A. Each virtual meetup/office hours will last 1-hour, possibly 1 ½-hours.

Drinks can impact health.

Sugary drinks may cause weight gain and cavities, especially for children. Over time, drinking sugary drinks may lead to obesity, type 2 diabetes and heart disease.

Beverage choices matter.

Drink water to stay hydrated. Drink nutrient-packed beverages like low-fat (1%) or fat-free milk to boost your nutrition.

Choose water most often.

Drinking tap water with ice saves money. For flavor, add sliced fruit or cucumber.

Milk nourishes your body.

Aim to consume 2–3 servings of dairy such as low-fat (1%) or fat-free milk, yogurt, cheese or fortified soy beverage, to help build strong teeth and bones and refuel muscles.

Drink juice in small amounts.

Choose whole fruit most often. If you drink juice, make sure it is 100% fruit or vegetable juice and limit to ½ cup for children and one cup for adults per day.

Search ChooseMyPlate.gov for more “better beverage” ideas.



What's in Your Drink? Read the Label

Find the serving size. One container isn't always one serving. This label shows 2 servings. How many calories would that be? (210 calories)

Limit added sugars.

- No more than 50 grams for adults each day (12 teaspoons).
- No more than 25 grams for children each day (6 teaspoons).

1% Low-fat milk

Nutrition Facts	
2 servings per container	
Serving size	1 cup (240mL)
<hr/>	
Amount Per Serving	
Calories	105
<hr/>	
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 130mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
includes 0g of Added Sugars	0%
Protein 8g	
<hr/>	
Vitamin D 2.5mcg	15%
Calcium 300mg	25%
Iron 0.12mg	0%
Potassium 400mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Choose Most Often

Drinks with **no** added sugars

Water
Low-fat (1%), fat-free or lactose free milk
Fortified plain soy beverages
Unsweetened tea or coffee

Drink Less Often

Drinks with added sugars

Soda
Sports drinks
Fruit drinks
Energy drinks
Sweetened and/or blended coffees

All of these drinks have more than the limit of 25 grams of added sugars for children. Some may have up to 50 grams of added sugar.



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Reusable Water Bottle Cleaning Tips

Reusable water bottles are a great way to stay hydrated on the go. Avoid contamination by thoroughly cleaning and sanitizing your water bottles on a regular basis.

Follow these tips to keep your bottle clean!

1. Hand wash every day—wash with soapy water and scrub the inside of bottle and lid with a clean brush daily.
2. Sanitize once a week— Soak water bottle parts in a sanitizing solution for two minutes, then rinse.
3. Avoid spreading germs—
 - Do not share your water bottle with someone else.
 - Keep your water bottle somewhere clean and free from dirt and dust.



Infused Water

Choose ingredients you enjoy, but don't be afraid to try new things!

Fruit

Citrus | grapefruit, lemon, Meyer lemon, key lime, lime, blood orange, naval orange, tangerines

Berries | strawberries, raspberries, blueberries, blackberries, cherries

Tropical | pear, pomegranate, mango, pineapple, banana, kiwi, starfruit

Melons & Other | honeydew, cantaloupe, watermelon, peaches, plums, grapes, apples

Vegetables

cucumber, carrots, celery, peppers (hot or sweet)

Herbs

mint, sage, rosemary, basil, cilantro, thyme, stevia, lavender

Spices

ginger, cinnamon stick (ground cinnamon will float), black pepper

Water

Tap water, filtered water, sparkling water

Next step...

1. Wash all ingredients.
2. Chop, slice, or gently bruise ingredients.
3. Place all ingredients into a jar, pitcher, or jug. Fill with water.
4. Enjoy right away or chill for a few hours for more flavor. Keeps for 2-3 days in the refrigerator.
5. **REMEMBER, produce is perishable. Do not keep infused water above 40°F for over 2 hours!**





5/1 Chad Fowler
 5/1 Nicole Humphreys
 5/1 Wade Simonis
 5/2 Luke Autterfield
 5/2 Michael Autterfield
 5/2 Molly Goodman
 5/2 Brenna Anderson
 5/2 Brianna Vargas
 5/2 Nathan Berry
 5/2 Savana Parker
 5/2 Trace Avila
 5/2 Hannah Bross
 5/3 Brylee Backovich
 5/3 Jack Adelman
 5/3 Porter Matthews
 5/4 Hannah Jones
 5/4 Micah Chambers
 5/4 Brinley Rumford
 5/6 Carlie Paradis
 5/6 Makenzi Johnston
 5/6 Ruby Hathaway
 5/7 Carlos Garcia
 5/7 Victoria Jimenez
 5/7 Blake Ledbetter
 5/8 Emily Barnes

5/9 Lauren Arnaz
 5/9 Caleb Iles
 5/10 Staci Rutledge
 5/10 Karli Janc
 5/10 Danny Thompson
 5/10 AnaBelle Evanson
 5/11 Megan Frost
 5/11 Emmie Gavin
 5/11 Emalee ROSS
 5/11 Ellie Amsbaugh
 5/12 Adaya Brock
 5/13 Preston Ledbetter
 5/13 Cole Matthews
 5/13 Layne Gasper
 5/13 Bailey Ramirez
 5/14 Rachel Rogers
 5/14 Conner McGrew
 5/14 Cash Jones
 5/15 Josie Adams
 5/16 Nicole Faccenetti
 5/16 Iris Severne
 5/18 Kimberly Garcia
 5/18 Robbie Madden
 5/18 Lila Schwab
 5/18 Reese LaBarbera

5/19 Kylie Dagg
 5/19 Meredith Macfarlane
 5/19 Jonah Houchins
 5/19 Ezra Gardner
 5/19 Drew Stark
 5/19 Harper Watkins
 5/20 Sabrina Rouse
 5/21 Ellie Snider
 5/23 Morgan Wiley
 5/23 Casey von Schalscha
 5/23 Elizabeth Edgmon
 5/24 Lindsay Fernandez
 5/24 Aubrey Tait
 5/25 Annabelle Stemple
 5/25 Harlan Sherrick
 5/26 Faith Warpula
 5/27 Chloe Case
 5/28 Scarlett Watts
 5/29 Cade Martinez
 5/29 Cade Martinez
 5/29 Dale Harder
 5/30 Mason Endress
 5/31 Cash Avila

 *
 * **Did you know:** *
 * May 7th is Lemonade Day *
 * May 25th is Sing Out Day *
 *

