



Tips 'n Topics

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

2022-2023 4-H PROGRAM YEAR / VOLUME 23, ISSUE 5 — NOVEMBER 2022

Did you know ?

If you will be selling an animal at the Shasta District Fair in June, 2023, one of the requirements is that you be registered in [4-H Online](#) by November 30, 2022.



CALENDAR

November

- TBD** Jr & Teen Leader Training Lock In
- 11*** Veteran's Day
- 12** Inter-Mountain Livestock Judging Day
- 24-25*** Thanksgiving Holiday
- 30** 2023 Valley Fair Market Livestock Exhibitor
4-H Online Enrollment **Deadline**

December

- 23 - 26*** Christmas Holiday

January

- 2*** New Year's Holiday
- 14** Valley Favorite Foods Day
- 16*** Martin Luther King Jr. Day
- 18** Valley Council Meeting
- 25** Inter-Mountain Council Meeting

February

- 13*** Lincoln's Birthday
- 18** Presentation Day
- 20*** President's Day

March

- 17** Council Scholarship Application **Deadline**
- 18** Fashion Revue

April

- 13** Council Scholarship Interviews
- 14-** Inter-Mountain Home Ec. & Ag Stills Day /
- 15** Favorite Foods Day
- 19** Valley Council Meeting
- 26** Inter-Mountain Council Meeting

* 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
[2022-2023 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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Walt Johnson Memorial Beef Project Revolving Fund

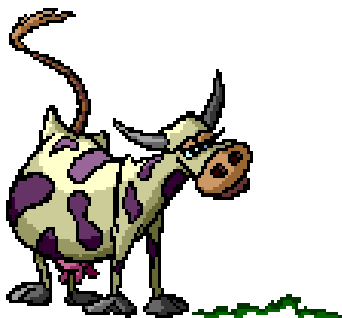
Walter H. Johnson served as the University of California Cooperative Extension Livestock Farm Advisor/County Director in Shasta County from 1962 until he retired in 1988. Walt spent most of his career conducting range and beef cattle research with the cooperation of beef cattle producers.

When Walt died in 1997 a fund was established in his memory through which college scholarships were funded. In 2020 Walt's sons approached the Fall River-Big Valley Cattlemen's Association to use the funds to establish a program that will help youth purchase beef project animals (steers) that would be exhibited and sold at the Inter-Mountain Fair.

Process and Procedures:

1. The funds and application process are handled by the Fall River-Big Valley Cattlemen's Association
2. The upper limit on the funds provided will not exceed the market value (average price at Orland Livestock Commission 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 the student receives their check after selling at the Jr. Livestock Auction.
3. Open only to applicants qualified to exhibit at the Inter-Mountain Fair.
4. Applications will be sent to appropriate 4-H Leaders and Vocational Agriculture Instructors in October. The completed application are due to Larry Forero by December 15, 2022.
5. Applications will be reviewed, and recipient(s) determined by a committee appointed by the Fall River-Big Valley Cattlemen's Association Board of Directors soon after November 15th.

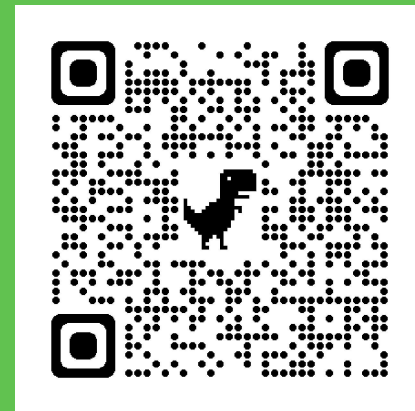
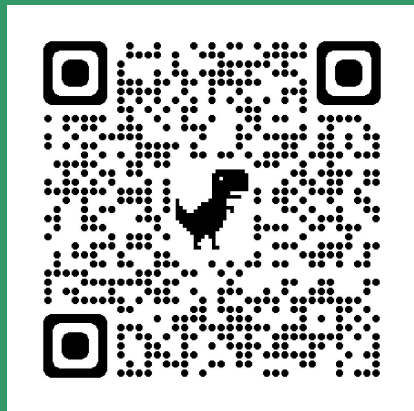
For information associated with this revolving fund, please contact Larry Forero at 530-224-4900 or email lforero@ucanr.edu.



A Free 4-H App



By: Harini Muthu



4-H Activity Tracker

This app is created to aid 4-H members with the completion of the PDR section of the Record Book. It helps members keep track of the activities they participate in as well as all the relevant information for the activities.

LINKS

Apple: <https://apps.apple.com/us/app/4h-activity-tracker/id1638522294>

Android: https://play.google.com/store/apps/details?id=edu.ucanr.activity_tracker_4h

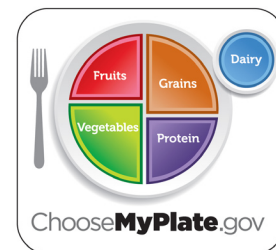
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UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

4-H Youth Development Program

make half your grains whole



10 tips to help you eat whole grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, **whole grains** and **refined grains**. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

1 make simple switches

To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.



2 whole grains can be healthy snacks



Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter.

Also, try 100% whole-wheat or rye crackers.

3 save some time

Cook extra bulgur or barley when you have time. Freeze half to heat and serve later as a quick side dish.

4 mix it up with whole grains

Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.

5 try whole-wheat versions

For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.



6 bake up some whole-grain goodness

Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening in order to rise.

7 be a good role model for children

Set a good example for children by serving and eating whole grains every day with meals or as snacks.

8 check the label for fiber

Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.



9 know what to look for on the ingredients list

Read the ingredients list and choose products that name a whole-grain ingredient **first** on the list. Look for “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “whole-grain cornmeal,” “whole oats,” “whole rye,” or “wild rice.”

10 be a smart shopper

The color of a food is not an indication that it is a whole-grain food. Foods labeled as “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole-grain products, and may not contain **any** whole grain.



HAPPY BIRTHDAY

11/1 Henry B.
 11/1 Trace C.
 11/1 Dawson H.
 11/2 Nevaeh H.
 11/2 Tammy N.
 11/2 Colby R.
 11/2 Casen S.
 11/2 Samuel S.
 11/3 Cooper S.
 11/4 Glorianna J.
 11/5 Lily D.
 11/5 Eliza L.
 11/6 Cooper B.
 11/6 Guy C.
 11/6 Jason P.
 11/6 Katy Z.
 11/8 William M.
 11/8 Kaylee R.
 11/8 Jordan S.
 11/9 Kristin H.
 11/9 Santiago M.
 11/9 Travis O.

11/10 Joey C.
 11/10 Bev E.
 11/10 Katrina G.
 11/10 Eduardo M.
 11/10 Aaragon W.
 11/11 Jase H.
 11/11 Angela J.
 11/11 Aubrielle P.
 11/12 Jenna W.
 11/13 Jhett G.
 11/13 Kelly L.
 11/13 Willow O.
 11/14 Bailey H.
 11/15 Icess B.
 11/15 Suz C.
 11/16 Cesar A.
 11/17 Patricia M.
 11/18 Alyssa C.
 11/18 Dillon C.
 11/19 Katie B.
 11/19 Makena L.

11/22 Enrique A.
 11/22 Justin L.
 11/22 Ellie M.
 11/22 Curtis W.
 11/23 Ty H.
 11/24 Jeanette N.
 11/27 MaKayla B.
 11/27 Miyah F.
 11/27 Ryan P.
 11/28 Jean A.
 11/28 Haylee B.
 11/28 Mason J.
 11/28 Derek R.
 11/29 Landon H.
 11/29 Lydia R.
 11/29 Shannon S.
 11/30 Kaylee C.
 11/30 Willow F.



Nov 6 [Saxophone](#) Day
 Nov 14 [Pickle](#) Day
 Sept 21 [Red Planet](#) (Mars) Day