



# Tips 'n Topics

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

2022-2023 4-H PROGRAM YEAR / VOLUME 23, ISSUE 9 — MARCH 2023

*Did you know?*

## Event Registrations

**Fashion Revue** **Closes:** March 5  
Event date: March 19

**Inter-Mountain Favorite Foods / Home Ec & Ag Stills**  
**Opens:** March 1 - **Closes:** April 2  
Event dates: April 14-15

**Valley Field Day** **Opens:** March 15 - **Closes:** April 16  
Event date: May 5-6

**Late Registrations will not be accepted.**

Check our website [calendar](#) for registration links  
and additional event information

## CALENDAR

### March

- 11 Presentation Day ( moved from Feb 18 )
- 15 2023-24 Budget & Event Planning - All Clubs
- 17 Council Scholarship Application **Deadline**
- 19 Fashion Revue

### April

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

### May

- 1 Emerald Star Application **Deadline**
- 5 County Ambassador Application **Deadline**
- 5-6 Valley Field Day
- 12 SDF [4-H Contract](#) due to Office
- 17 Valley Council Meeting
- 29\* Memorial Day

### June

- 21-24 Shasta District Fair
- 30 2022/2023 Program Year Ends

### August 31 - September 4

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 2022-2023](#)

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](http://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:**

Mari Szynal, Editor  
4-H Office  
1851 Hartnell  
Redding, CA 96001  
(530) 224-4900 / [mszynal@ucanr.edu](mailto:mszynal@ucanr.edu)

Erin Paradis  
4-H Community Education Specialist  
[eparadis@ucanr.edu](mailto:eparadis@ucanr.edu)

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## Local 4-H



The costs associated with higher education are highly variable and depend upon a number of factors. Shasta College estimates 2022/23 costs for students living at home at about \$7690 annually (does not include food). The CSU Chico website notes the cost at about \$24,754 for students living off campus (not living at home). The average annual cost for a student living off campus and attending a University of CA (UC Davis)

is estimated at \$33,790. The total cost varies depending on personal expenses and the campus you attend. Both parents and graduating seniors are starting to figure out how the costs for higher education will be met.

The time is approaching when scholarships are being announced and students are encouraged to check in with the counselling departments at their high schools - early and often - to learn of the scholarships being offered and the requirements (transcripts, letters of recommendation, essay, etc). Available scholarships which may not be on the list at your high school include:

**Shasta County 4-H** - Call the Cooperative Extension Office at 530-224-4900 or find information on our [website](#).

**Shasta County Cattlemen's Association** - Generally available for students pursuing agriculture related education. The application is available at: <https://shastacountycattlemen.org/scholarships.htm>

**Shasta County Cattlewomen's Association** - Generally available for students pursuing agriculture related education. The application is available on both the [4-H](#) & the [Cattlewomen's](#) websites.

**Shasta County Farm Bureau** scholarship program offers traditional scholastic scholarships as well as career/technical scholarships for students pursuing training in diesel mechanics, equipment operation, welding, etc. Instructions and applications can be found at both the [4-H](#) & the [Shasta Farm Bureau's](#) websites.

**Fall River-Big Valley Cattlemen's Association** - Available to graduates of Fall River Joint Unified and Big Valley School District. Contact Kris Azevedo at [FallRiverBigValleyCattlemen@gmail.com](mailto:FallRiverBigValleyCattlemen@gmail.com) for application materials.

**Intermountain Cattlewomen** - Available to graduates of Fall River Joint Unified and Big Valley School District interested in pursuing agriculture related education. If you think you may qualify, please contact Jeannette Cirecello at (530) 336-7308. Scholarship applications are due April 30, 2023. Intermountain Cattlewomen are offering a vocational scholarship this year also! Scholarship applications will be mailed to each high school counselor in the Intermountain area and are available through them.

# Scholarships

**Shasta County 4-H Council** offers scholarship for youth who are graduating seniors and have been enrolled in Shasta County 4-H for at least the past three years (sophomore, junior and senior years). Instructions and applications can be found on our [website](#).

The **CA State Higher Education Scholarships** are typically open for application May 31st through mid-August. Specific dates have not yet been determined by the State Incentives and Recognition Advisory Committee. Look for CA State 4-H Higher Education Scholarships to open applications late May 2023. Deadline for applications is typically mid-August. We will run an article in Tips n' Topics when the information is announced.

**Golden State Farm Credit** provides financing for many farmers and ranchers in Northern CA. They offer a scholarship program as well. Instructions and application can be found at the Golden State Farm Credit [website](#).

**VESTRA Inc.** offers a scholarship for students pursuing higher education in science and engineering fields. Contact Kaitlyn Taylor at VESTRA 530-223-2585.



As the cost for higher education increases, so does the competition for most scholarships. Begin to research what scholarships are out there that are a match for your background and educational interest. Provide the individuals you have asked for letter of recommendations a summary that includes your GPA, work history, community service efforts, career interests and any additional information about you that will help them write better letters for you. Make sure the application is complete, all the requirements are met and it is submitted on time. Incomplete applications typically are not considered.

While there is no guarantee that applying for scholarships will result in receiving one, there is no doubt none will be received if no application is turned in. Also, don't forget to look at financial aid programs. For example, for California residents whose families earn less than \$80,000 the UC Blue and Gold Opportunity Plan covers all system wide tuition and fees. Other aid can help pay for living expenses, like food and housing. Federal student aid is also available!

Take the time to research and apply for scholarships and financial aid that you think you qualify for.



# xSEEDING the Future by Building a Pollination Garden



**Saturday, April 15th**

**9:00-12:00**



**18703 Cambridge rd. Anderson, CA 96007**

Shasta County 4-H members are joining the Waste Management team to create a Pollination Garden at the WM Anderson Landfill.

This is a collaborative, hands on community service event that will help participants understand why pollinators are an essential component in food production, how they play a significant economic role in agriculture, and how they help the natural environment thrive.

Youth will walk away from the event understanding ways to increase biodiversity, establish their own pollination garden, and ensure that the pollinators have access to food and nesting sites.

## Why this Matters

- Pollinators are key to our food supply, supply must increase to meet demand, and so must our dedication to ensuring pollinators and their habitat thrives.
- Pollinating insects are an essential component in global food production.
- There are many challenges that impact pollinator population.
- Pollinators are economically significant for agriculture.
- Youth can positively impact the future population of pollinators.

For safety purposes, we are limiting registration to 50 members.  
Pollination Garden - Community Service ([ucanr.edu](http://ucanr.edu))

- All ages are encouraged to attend.
- This is not a "drop-off" event. Members must have a parent or guardian with them at the event.
- Please wear work clothes and Closed-Toed shoes.
- Bring your own gloves, shovels/garden tools, and chairs.
- Bring a water bottle.

If you have any questions, please contact Erin Paradis 530-224-4900 or 530-949-9366

# Inter-Mountain Favorite Foods Day 2023

**Date:** Saturday, April 15, 2023

**Location:** Fall River Jr Sr High School cafeteria, 26417 Main Street, McArthur

**Theme:** "Welcome to the Carnival"

**Host:** Hat Creek 4-H

**Pre-Registration Required By: Sunday, April 2, 2023**

***(No late entries will be accepted)***

## **SCHEDULE** (Approximate times)

8:30 - 9:00 Check-in and set up entries. **No late arrivals will be accepted.**

9:30 am Judges Orientation

10:00 - 11:00 Judging

Judging begins in all categories. **Adults are not allowed in the judging area.** Each member shall sit by their food entry, serve each judge a sample (*servings for judges must be pre-served and wrapped individually*) and answer any questions. *Members with multiple entries should watch for the judges as to which entry is judged first.* Members must remain with the entry, if feasible, until all judging is completed for that specific category. Members with multiple entries may not be able to stay with each particular entry. *When members are dismissed from their final category, they are to go to the Food Quiz area.*

**Exceptions** - Members are not to remain with their entries for Edible Centerpieces or Decorated Cakes. They should go to the Food Quiz area to take part in the fun activities, then head to a waiting area when they are finished.

**Food Quizzes** - All members are invited to take part in this quiz to see how knowledgeable they are about foods and related subjects. *Bring a pencil and take the challenge!*

Following the completion of all judging, the food will be open for viewing and picture taking.

## **12:00 pm Awards Ceremony**



**NOTE:** If they wish to receive credit for attendance, participants must stay until the awards ceremony is complete.



## Shasta Trinity Fly Fishers - Fish Camp Scholarship

Two scholarships are available for this summer's Fish Camp at the foot of Mt. Shasta.

The scholarships from the Shasta Trinity Fly Fishers Club are for anyone 10-15 years old with an interest in fly fishing

The scholarship covers accommodations, meals and the use of the finest fly fishing equipment.

Applications are due by **Friday, April 14, 2023.**





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## FISH CAMP SCHOLARSHIP APPLICATION 2023

Shasta Trinity Fly Fishers (STFF) is offering two Fish Camp Scholarships to interested youth from Shasta, Trinity, Tehama or Siskiyou counties. Each \$895 award covers the entire cost of the five (5) day program put on by The Fly Shop in Redding, including accommodations, meals and the use of the finest fly fishing equipment. The scholarship recipient is responsible for clothing, sleeping bag and transportation to and from Fish Camp. The camp teaches fly fishing and other outdoor skills in a safe, friendly environment at a ranch at the foot of Mt. Shasta.

**Date of Fish Camp:** Summer 2023

**Eligibility:** Open to all youth 10-15 years of age who are interested in fly fishing. All applicants are required to complete the application form and to submit a short essay answering the following question.

- Why do you want to go to Fish Camp?
- What is it about Fly Fishing that interests you?
- What do you hope to learn from your experience at Fish Camp?
- How did you hear about this scholarship?

Name:	
Date of Birth:	
Gender:	Male () Female ()
Address:	
City/State/Zip:	
Phone Number:	
Email:	

All applications must be received by April 14, 2023. Please submit the application and essay to:

Shasta Trinity Fly Fishers - Fish Camp Scholarship  
c/o Judy Decker-Inouye  
19074 River Crest Dr.  
Anderson, CA 96007

For more information on Fish Camp, go to [www.theflyshop.com](http://www.theflyshop.com) or call Bryan Quick or Chris King at The Fly Shop.



## LOCAL 4-H



The Fuzzy Goat Show takes place right after Valley Field Day, which is also held at the Shasta District Fairgrounds.

## Veterinarian Visit

by Xara Myers, Palo Cedro 4-H

Have you ever wondered what you would do if you had a livestock medical emergency? What if there were no local veterinarians with expertise in your market species? Unfortunately, that is a common scenario for goat breeders and meat goat projects in many parts of the United States. In Shasta County, we are fortunate to have a few veterinarians with goat experience. Dr. Megan Hillyard is one of them! We are thankful that she took the time out of her full schedule to teach our 4-H goat project members how to do a basic goat health assessment and identify some common medical emergencies.



# Inter-Mountain Home Ec & Ag Stills Day 2023

**Date:** Friday, April 14 & Saturday, April 15, 2023

**Location:** Fall River Jr Sr High School Cafeteria, 26417 Main Street, McArthur

**Host:** Hat Creek 4-H

**Online [Pre-Registration](#) Required By: Sunday, April 2, 2023**

Still exhibits provide 4-H members with the opportunity to display the results of their project work indicating achievement and growth - *this is not an event for school projects.*

## SCHEDULE

Friday, April 14, 2023

5 - 6 pm Drop Off & Check in Home Ec. & Ag Stills Exhibits

Saturday, April 15, 2023

After 1:00 p.m. Pick up Items

**All exhibits will be released after the Awards Ceremony** – it is the member’s responsibility to pick up their items.

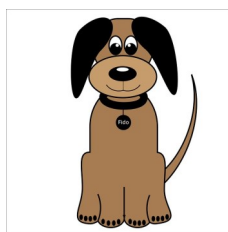
**Who Can Enter?:** All 4-H members may exhibit and participate at the 4-H Home Ec and Ag Stills Field Day.

Ages are as of December 31, 2022

Primary*	ages 5-8
Junior	ages 9-10
Intermediate	ages 11-13
Senior	ages 14+

\* May show in any division. However, they will not be judged and will receive participation ribbons only.

Categories can be found in the [Premium Book](#).



**UNIVERSITY OF CALIFORNIA**  
Agriculture and Natural Resources

4-H Youth Development Program

For more information: **Tonia Trisdale 530.722.7330**  
**Lauren Linhart 530.945.2637**

# Equine Showmanship Clinic and Playday Horse Show

March 19th, 2023

21085 Ramblewood Ln., Redding, CA

**Showmanship Clinic - 4-H members only**

9:30-10:30

**Youth Open Playday - Age 9 and above**

**\*helmets required\***

10:30-end

**Classes:** Western and English Equitation,  
Showmanship, Halter, Pattern Class, and Hurry  
Scurry

**Pre-Registration recommended, but not required. Leave comment with  
# participants on event post at <https://www.facebook.com/Westside4hclub>**

**Clinic- \$15**

**Show - \$5 per class**

**\$25 for all Classes**

**\$35 for Show and Clinic**

Snacks and lunch available for purchase  
All proceeds benefit Westside 4-H horse program



**WESTSIDE 4-H**



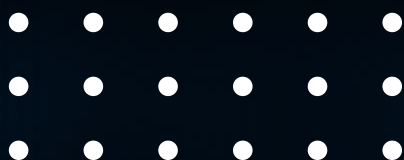
**WESTSIDE 4-H**



# 4-H REGIONAL PRESENTATION DAY



**REGISTER ONLINE NOW!!!**



**EVENT DATE**

**APR 1**

**Registration  
Deadline 3/17/23**

This event will be held at the Scott Valley Jr. High in Fort Jones, CA. Check-in begins at 10am.

Presentation evaluation begins at 10:20am



**REGISTRATION LINK**

<https://forms.gle/pNVixtaM6hctx2bs6>

For additional event questions or information contact Siskiyou County 4-H Office at (530)842-2711



# Harvest of the Month



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



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

Did you know a single serving of fruits or vegetables usually costs less than 25 cents? These small costs have big health benefits. Eating a variety of colorful fruits and vegetables and being active every day are healthy habits that can help your child do better in school, feel good, stay healthy, and grow strong. *Harvest of the Month* provides ideas to help your family eat more fruits and vegetables and be more active every day.

## Produce Tips

- Look for plump mandarins that feel heavy for size and have stems still attached.
- Look for mandarins with glossy, deep orange skins. (Some patches of green near the stem are okay to eat.)
- Keep on the counter and use within a few days. Or, store in the refrigerator for up to one week.
- **Helpful Hint:** Mandarins that have a deep orange-red color are called *tangerines*. Other types of mandarins include satsumas, clementines, and tangelos.

## Healthy Serving Ideas

- Serve breakfast with a glass of 100% fruit juice.
- Provide healthy after-school snacks like fresh or canned mandarin slices (packed in 100% fruit juice).
- Dip tangerine segments into lowfat flavored yogurt.
- Add mandarins to green salads.
- Squeeze juice of citrus fruits over chicken and fish to make tender and juicy. Or, use juice to make reduced fat salad dressings.

For more ideas, visit:

<https://www.nutrition.gov/subject/life-stages/children>

## ORANGE FREEZE

**Makes 4 servings.**  
*1¼ cups per serving.*  
**Prep time:** 5 minutes

### Ingredients:

- 1 cup 100% orange juice
- 10 ice cubes
- 1 cup 1% lowfat or nonfat milk
- 1 teaspoon vanilla extract
- 2 cups drained, canned mandarin oranges

1. Place all ingredients in a blender.
2. Blend for about 30 seconds or until smooth.
3. Pour into four glasses and serve.

### Nutrition information per serving:

Calories 91, Carbohydrate 18 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 33 mg

Adapted from: *Kids...Get Cookin'!*, Network for a Healthy California, 2009.

## Let's Get Physical!

Help your child be active and prepare for spring fitness testing with these tips:

- Set a weekly goal for each family member. (Example: Walk 10,000 steps and do stretches every day.)
- Post goals in a highly visible area, such as on the refrigerator.
- Encourage each other to meet goals and set new ones.
- Decide on a "reward" for meeting goals. (Example: family outing or hike).

## Nutrition Facts

Serving Size: ½ cup, tangerine (98g)

Amount Per Serving

**Calories** **52**

% Daily Value\*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 1g	0%
Vitamin D 0mg	0%
Calcium 36mg	4%
Iron 0.15mg	1%
Potassium 162mg	52%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day used for general nutrition advice.

## How Much Do I Need?

- One medium mandarin orange is about a ½ cup of fruit sections.
- A ½ cup of mandarins is an excellent source of vitamin C and a good source of vitamin A.
- Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection. Vitamin C is found only in plant foods.
- Our bodies do not make or store vitamin C so try to eat foods with vitamin C every day.

The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. Eating a variety of colorful fruits and vegetables can help you stay healthy. Fruits and vegetables come in a variety of forms – fresh, frozen, canned, dried, and 100% juice – and all forms count toward your daily amounts. Find out how much each person in your family needs. Make plans to help your family reach the goal amount.

## 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 [choosemyplate.gov](http://choosemyplate.gov) to learn more.

# March Birthdays

3/2 Angelique M.  
3/2 Devyn P.  
3/3 Colton B.  
3/3 Brylee S.  
3/5 Bodie Z.  
3/5 Zane Z.  
3/5 Rylie B.  
3/5 Trevor E.  
3/6 Patricia L.  
3/7 Gerardo N.  
3/8 Gunner M.  
3/8 Elliot C.  
3/11 Lila H.  
3/11 Emily D.  
3/11 Kelli B.  
3/12 Eliana W.  
3/12 Cecelia L.  
3/12 Natalie Y.  
3/13 Alice C.  
3/13 Siannah M.  
3/14 Caleah S.  
3/14 Allie P.  
3/15 Peggy H.  
3/15 Maggie R.  
3/15 Wyatt F.  
3/15 Madeline F.  
3/16 John F.  
3/16 Jordan F.  
3/16 Katelyn N.  
3/16 Brooke S.  
3/17 Mikayla G.  
3/17 Brayton T.  
3/17 Elsie N.

3/18 Ciara P.  
3/18 Mikayla D.  
3/18 Carly L.  
3/19 Leimone W.  
3/19 Charlotte E.  
3/20 Bethany P.  
3/20 Payton Z.  
3/21 James M.  
3/21 Tanner C.  
3/21 James F.  
3/21 Gabby C.  
3/22 Aaron A.  
3/22 Tate L.  
3/23 Brady H.  
3/23 Liam von S.  
3/23 Eli L.  
3/23 Asher C.  
3/24 Owen S.  
3/24 Conner F.  
3/25 Frank R.  
3/25 Lily C.  
3/25 Linnaea S.  
3/25 Hoyt O.  
3/26 Melissa M.  
3/27 Marianna H.  
3/27 Alexis K.  
3/28 Eastyn R.  
3/28 Everett L.  
3/29 Hannah T.  
3/29 Wyatt S.  
3/29 Hudson B.  
3/30 Porter F.