



Tips 'n Topics

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

2022-2023 4-H PROGRAM YEAR / VOLUME 23, ISSUE 10 — APRIL 2023

Did you know ?



YQCA - IMPORTANT INFORMATION

If you attended the Instructor-Led YQCA Training on October 15th or November 12th, please make sure you have enrolled in the training online **and** completed the pre-test. You will not be able to download the certificate of completion until both these steps have been completed **and** you've been confirmed by us.

The program does **not** send us a notification of completion for the pre-test, nor can we see this information online.

When you've completed the pre-test, send an email to Erin at ecparadis@ucanr.edu to let her know.

Field Day Registration closes at midnight on:

Sunday, April 2

Inter-Mountain

Event dates: April 14 & 15

Sunday, April 16

Valley

Event dates: May 5 & 6

If you do not complete these steps by April 30th, we can not guarantee you will have your YQCA certificate of completion for your fair entries.

It is recommended that you print out a copy of the certificate for your fair folder.

Both fairs require YQCA Training completion to enter your animal in the fair.

CALENDAR

April

- 2 IM Field Day Registration **Deadline**
- 13 Council Scholarship Interviews
- 14-15 Inter-Mountain Home Ec. & Ag Stills Day & Favorite Foods Day
- 16 Valley Field Day Registration **Deadline**
- 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
- 24 SDF Buyer's Appreciation Dinner
- 29* Memorial Day

June

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

July

- 4* Fourth of July

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



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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Valley Field Day 2023

Valley Field Day consists of two separate elements:

- Large & Small Animal Showmanship
- Home Ec & Ag Stills

We are modeling the categories on the Shasta District Fair Premium Books.

If you have questions regarding how to present for Field Day, please refer to the appropriate information located on the [SDF website](#).

Date: Friday, May 5 & Saturday, May 6, 2023

Location: Shasta District Fairgrounds



Pre-Registration Required. Closes on: Sunday, April 23, 2023

[Large & Small Animal Registration](#)

[Home Ec & Ag Stills Registration](#)

Late registration will not be accepted.



Parking:

Gate 4 will be opened at 7 am for all members. There may be other gates open during the day but you can plan on Gate 4 being opened at 7:00 am. Saturday.

Once your project has been delivered to Ferreira Hall or the Livestock Barns, the vehicle **must** be moved to the parking lots. Lot 2 is the closest and easiest for the livestock exhibitors. Lot 1 will be available for anyone. We ask that all exhibitors have their vehicles off the grounds by 8 am. **The gates will be locked at 8:30 am and re-opened after the awards ceremony.**

- Hosts:**
- Avian - Countywide Poultry
 - Beef - Oak Run
 - Cavy, Rabbits & Small Animal Round Robin
 - Countywide Rabbit
 - Goat, Meat - Golden Acres
 - Goat, Dairy - Happy Valley
 - Home Ec & Ag Stills - Westside
 - Large Animal Round Robin - Swede Creek
 - Pigeons - Cloverleaf
 - Sheep - Foothill
 - Swine - Foothill
 - Concessions - Foothill.

Who Can Enter?: All 4-H members may exhibit and participate.

Primary: ages 5-8*

Junior: ages 9-10

Intermediate: ages 11-13

Senior: ages 14+

* May show in any division, except for large animals, however they will not be judged.



Shasta County Presentation Day 2023

Burney 4-H Report

by: Robert Madden, Burney 4-H reporter

This month our 4-H members participated in the county level competition for Presentation Day. Because of the crazy weather our members recorded their speeches and sent them in for judging. We (Burney) had three members compete this year. I gave a presentation about the US Forest Service. Wyatt Fields gave a presentation about the Civil War. And, Emily Madden gave a presentation about sea turtles.

Demonstration - Illustrated Talk

Junior:

Jesus Alvarez	Pine Grove	White
AnaBelle Evanson	Black Butte	Team Gold
Wyatt Fields	Burney	Gold
Jean Greenwood	Palo Cedro	Gold
Destry Hebert	Hat Creek	Team Blue
Emily Madden	Burney	Gold
Stephanie Sanchez	Pine Grove	White

Intermediate:

Juliete Alvarez	Pine Grove	White
Marianna Hiser	Hat Creek	Gold
Marianna Hiser	Hat Creek	Team Blue
Robert Madden	Burney	Gold
Travis Owens	Westside	Gold
Easton Sellers	Swede Creek	Blue
Micaela Thompson	Palo Cedro	Blue
Zoe Thompson	Palo Cedro	Gold

Senior:

Angelik Alvarez	Pine Grove	Blue
Ulisses Alvarez	Pine Grove	White
Canyon Evanson	Black Butte	Team Gold
Glorianna Junokas	Golden Acres	Gold
Silas Thompson	Palo Cedro	Blue



Presentation Day 2023 faced several hurdles - from a change of date to a change in process. We want to give a big shout out to all the volunteers who hung in there to make sure the event was held.

Shasta County Presentation Day Results



Primary

Hoyt Owens	Westside
Selah-Rose Thompson	Palo Cedro

Cultural Arts

Junior:

Jean Greenwood	Palo Cedro	Gold
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Intermediate:

Marianna Hiser	Hat Creek	Gold
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Interpretive Reading

Junior:

Jean Greenwood	Palo Cedro	Gold
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Intermediate:

John Greenwood	Palo Cedro	Blue
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Educational Display Talk

Intermediate:

Ellie Matthews	Palo Cedro	Gold
Maggie Rohrer	Cottonwood	Blue

Senior:

Richard Greenwood	Palo Cedro	Blue
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LOCAL 4-H



Gently used whites
are available
in the 4-H Office.

Whites are not required at 4-H events, however the Shasta District Fair does require that members wear them.



COUNCIL MEETING ATTENDANCE 2022 - 2023 VALLEY

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

INTER-MOUNTAIN

	JUL	OCT	JAN	APR
BURNEY	X	NO MEETING	X	
EVERGREEN	X		X	
HAT CREEK	X		X	
PINE GROVE	X		X	

Know Your Council

Inter-Mountain
Katie Eastman, President

Valley
O P E N, President
Glorianna Junokas, VP
O P E N, Secretary
Heather Myers, Treasurer

State 4-H

4-H Honey Bee Essay Contest

The Foundation for the Preservation of Honey Bees is pleased to announce the topic for its 2023 4-H Essay Contest:

The Importance of Beeswax

Although honey bees are much-beloved for honey, bees also produce beeswax that can be used in many ways. For this essay, a 4-H student should discuss why beeswax is so important to the hive (it's a pantry, it's a nursery, it's the dance floor), but also discuss their favorite way to use beeswax outside the hive. Photos of candles, soaps, or lip balms that are made to show the 4-H'er's skill in using beeswax are welcomed as are recipes or brief instructions.

Deadline: April 15, 2023

Send to: gmmminer@ucanr.edu

Essay Guidelines

Essays must be typewritten or computer-generated on single-sided pages and formatted following standard manuscript format using double-spaced type and 12pt font in a legible font face. (Times New Roman, Calibri, Arial, Garamond)

- ◆ Essays must encompass the designated topic in 750 to 1,000 words. Word count does not include sources, works cited, or the writer's biographical statement.
- ◆ All factual statements and interview references must be cited in a "sources" or "bibliography."
- ◆ Essays will be judged on (a) scope of research, 40%; (b) accuracy, 30%; (c) creativity, 10%; (d) conciseness, 10%; and (e) logical development of the topic, 10%.
- ◆ On a separate page, please include a brief biographical statement of the writer including mailing address, email address, and phone number.



Fashion Revue 2023 - Results

Consumer Science - Purchased

Junior:

Enrique Arenallo	Pine Grove	Red
Emily Madden	Burney	Gold

Intermediate:

Natalia Delatorre	Pine Grove	Blue
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Make It With Wool

Intermediate:

Juliete Alvarez	Pine Grove	Blue
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Junior:

Stephanie Sanchez	Pine Grove	Blue
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Senior:

Angelik Alvarez	Pine Grove	Blue
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Leather Creations

Intermediate:

Robert Madden	Burney	Blue
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Thank you to the
volunteers who make this
event possible.

Costume Challenge

Senior:

Glorianna Junokas	Golden Acres	Gold
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Softie Challenge

Junior:

Emily Madden	Burney	Gold
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Traditional

Junior:

Avery Tate	Burney	Gold
Emily Madden	Burney	Gold

Senior:

Glorianna Junokas	Golden Acres	Gold
Kayley Laney	Pine Grove	Blue

Fashion Revue 2023



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

Equine Showmanship Clinic and Playday Horse Show

May 21st, 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 Shooting Sports

4-H Shooting Sports Snapshot

by Nate W. Caeton

When we become certified as 4-H Shooting Sports Volunteers, we agree to follow the standards and content provided in the curriculum for our chosen discipline. These nationally developed resources are the foundation of every good 4-H shooting sports project and give us everything we need to teach the safe and responsible handling of firearms and archery equipment while developing discipline, self-confidence, and leadership. But have you ever looked for something to add a little extra excitement and interest for your shooters? Here are some great ways to enhance your discipline-specific curriculum.

4-H Project Proficiency Program

The 4-H Project Proficiency Program helps members learn what they need to know in their 4-H project. As a Project Leader, you can assist your members in setting and achieving goals through the implementation of a proficiency program.

There are five levels in the proficiency program: Explorer, Producer, Consumer, Leader, and Researcher. Members may choose how many levels they wish to complete. As they work through the proficiency program, you should date each skill item as it is completed. Once all items in a proficiency level are completed, you sign alongside the member, who is now eligible to receive a Proficiency Medal. Please note that the proficiency program is designed to be a reward for personal progress and participation is intended to work as an individual motivator.

Proficiencies are currently available for the following disciplines:

[Archery](#)

[Rifle](#)

[Shotgun](#)



4-H Shootings Sports Project: STEM Connections



The 4-H Shooting Sports Program provides the perfect opportunity to demonstrate how Science, Technology, Engineering, and Math (STEM) are key components of any 4-H project. Developed by Colorado State University Extension, this 70-page guide provides hands-on STEM activities that directly relate to shooting sports and covers five disciplines: Archery, Muzzleloading, Pistol, Rifle, and Shotgun. Activities are designed to be incorporated into your standard, discipline-specific curriculum and used as teaching aids, with the goal of making STEM activities a core part of the shooting sports curriculum. The complete guide can be downloaded from the National 4-H Shooting Sports website [here](#).

Questions?

For questions related to the California 4-H Shooting Sports Program, please contact your State Shooting Sports Coordinators:

- ◆ Nathaniel W. Caeton | nwcaeton@ucanr.edu
4-H Youth Development Advisor for Shasta, Trinity, and Tehama Counties
- ◆ Russell D. Hill | rdhill@ucanr.edu
4-H Youth Development Advisor for Merced, Madera, and Mariposa Counties

California 4-H State Field Day

Join us this year at State Field Day

May 27, 2023

In person at UC Davis campus, Wellman and Hart Hall

All contests are in-person!

Contest updates will be posted on the [State Field Day website](#). Please note that some pages are still being updated. All contest pages will be updated by the time registration opens.

- NEW Forestry Contest – How much do you know about forestry? This contest will cover various topics relating to forestry.
- Entomology Contest – It's back! Test your knowledge about native California insects.
- State Presentation Events will have some virtual spaces available, but the majority of the contest will be in person.
- State Fashion Revue
- State Interview Contest
- State Photography Contest
- State Film Festival – submit your videos online. We will have a film festival at State Field Day
- Plant Science Contest
- Robotics Contest
- Coding Challenge
- STEM Shark Tank

ONE registration for ALL contests!

We will also be consolidating the volunteer registration.

Plan to spend the day at State Field Day

- Activity Booths –Interactive booths to share information and activities with 4-H'ers. For more information, please contact us at 4Hsfd@ucanr.edu.
- Activities for Primary Members – our State Ambassador team will be hosting Primary activities open to drop in (no fee!)
- Food truck – if you don't want to bring your own food, pick up something at the food truck on site.

\$5 Entry Fee for each contest participant

This year we are charging an entry fee for contest participants for the day to help offset the cost of the event. The entry fee includes all State Field Day contests – you may register for as many as you choose. This will help with expenses for facilities, certificates, pins, new awards, lunches for volunteers, and other event costs. Fee waivers will be available to anyone if cost is a barrier.

Registration opens mid-March

Registration for contests and volunteers will open in the middle of March and run through the end of April. Watch for our email blast!

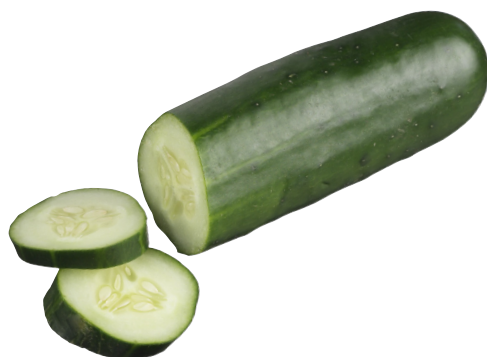
If you have any questions about State Field Day or qualifying events, please email 4hsfd@ucanr.edu.

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **cucumber**



Health and Learning Success Go Hand-in-Hand

Do you want more energy for you and your family? Start by making healthy beverage and meal choices. Water is a vital nutrient that helps keep your body temperature normal. Water also helps keep your joints moving smoothly. Students who are hydrated and healthy have more energy and can focus better in school. Use *Harvest of the Month* fruits and vegetables in meals and snacks to help your children reach their total daily needs.

Produce Tips

- Look for different varieties of cucumbers like Apple, Lemon, Japanese, Persian, or English.
- Choose firm cucumbers with smooth skins. Avoid cucumbers that have shriveled ends or blemishes.
- Store cucumbers in a cool, dry place for up to one week. Or, keep in the refrigerator for up to five days in a plastic bag.
- **Helpful Hint:** Thicker cucumbers have more seeds.

Healthy Serving Ideas

- Eat a cool, crisp cucumber for a thirst-quenching snack.
- Add sliced cucumbers to salads or sandwiches for extra crunch.
- Make a cucumber and tomato pita sandwich.
- Mix sliced cucumbers with vinegar, water, salt, and pepper for a side dish.
- Serve sliced cucumbers with lowfat yogurt dip for a healthy snack.

VEGGIE TORTILLA ROLL-UPS

Makes 4 servings.
1 tortilla roll per serving.
Prep time: 20 minutes

Ingredients:

- 4 whole wheat tortillas (7-inch)
- 8 tablespoons (½ cup) nonfat cream cheese
- 2 cups shredded romaine lettuce or fresh chopped spinach
- 1 cup chopped tomato
- ½ cup chopped bell pepper (any color)
- ½ cup chopped cucumber
- ¼ cup diced canned green chilies
- ¼ cup sliced ripe olives, drained

1. Spread each tortilla with 2 tablespoons of cream cheese.
2. Top with equal amounts of vegetables.
3. Roll up tightly to enclose filling and serve.

Nutrition information per serving:
Calories 128, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 427 mg

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

For more recipes, visit:
www.cachampionsforchange.net

Let's Get Physical!

- **At home:** Start a garden for you and your family.
- **At work:** Take stretching breaks! Stretch a couple of minutes for every hour you work.
- **At school:** Encourage your child to get involved with the school garden.
- **With the family:** Get everyone involved in planting and weeding!

For gardening ideas, visit:
www.kidsgardening.org

Nutrition Facts

Serving Size: ½ cup cucumbers, sliced (52g)	
Calories 8	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	1%
Sugars 1g	
Protein 0g	
Vitamin A 1%	Calcium 1%
Vitamin C 3%	Iron 1%

How Much Do I Need?

- A ½ cup of sliced cucumber is about one cupped handful.
- A ½ cup of cucumbers is a good source of vitamin K, which helps your blood clot.
- Cucumbers are about 96% water.

The recommended daily amount of fluid is about eight cups per day, or 64-ounces total. Your body needs water to keep every part working. Fruits and vegetables have water. Eating them can help you get the eight cups of fluid you need daily. The amount of fruits and vegetables you need depends on your age, gender, and physical activity level.

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	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 to learn more.

What's in Season?

California grown cucumbers are available year-round, but have the most flavor during spring and summer. Buy locally grown fruits and vegetables in season – they may be fresher and cost less than varieties shipped from other states or countries.

Try these other champion sources of water: cabbage, celery, melons, radishes, spinach, strawberries, and tomatoes.



April Birthdays

4/1 Ayva H.
4/1 Sadie V.
4/2 Allan G.
4/2 Rorke O.
4/3 Sadie B.
4/5 Rex R.
4/5 William M.
4/6 Alexa M.
4/6 Riley M.
4/6 Rylee C.
4/7 Tinzley W.
4/8 Colton A.
4/8 Chloe O.
4/8 Allison G.
4/9 Heidi G.
4/10 Dana H.
4/10 Brady C.
4/10 Justin S.
4/11 Emmett O.
4/11 Calvin H.
4/12 J T Z.
4/12 Lacey G.
4/15 Jessica F.
4/15 Ruben M.
4/18 Presley I.
4/18 Wyatt I.
4/18 Katelynn P.
4/18 Whitney E.
4/19 Andrew A.
4/19 Xander N.
4/19 Rayna R.
4/20 Naomi M.
4/20 Alexis L.
4/20 Joselyn P.



4/21 Jean H.
4/21 Aiden N.
4/21 Athena T.
4/21 Gracin G.
4/21 Addison O.
4/21 Samantha S.
4/22 Tucker K.
4/22 Carson M.
4/22 Collin C.
4/23 Natalee R.
4/23 Izzy S.
4/24 Emily L.
4/24 Riley S.
4/25 Carli A.
4/27 Ruby S.
4/28 Tessa W.
4/28 Jet G.
4/28 Natalia D.
4/29 Lynn P.
4/29 Chandree W.
4/29 Mason P.
4/29 Emma D.
4/29 David P.
4/29 Carter N.
4/30 Rylie R.
4/30 Carter F.
4/30 Abigail M.
4/30 Madeline M.
4/30 Hensley W.

