



Tips 'n Topics

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

2022-2023 4-H PROGRAM YEAR / VOLUME 23, ISSUE 12 — JUNE 2023

Did you know ?



It's time to complete your Record Books.

If you're new to the process, we have several Record Book Tips on the County's [website](#).

Pages for the Record Book are downloaded from the California 4-H [website](#).

4-H Record Books are not required for membership or participation in 4-H activities.

It is an optional program that improves your skills in record keeping, goal management, and reflections on when you had to switch gears in order to meet your goals.

You can submit your record book for evaluation at the [club, county and state levels](#).

CALENDAR

June

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

July

- 1 2023/2024 Program Year Begins
- 4* Fourth of July
- 22 Inter-Mountain Summer Field Day

August

- 4 Inter-Mountain Fair Entries Deadline
- 4 Record Books due to 4-H Office
- 11 County Ambassador Support Application Deadline
- 12 Leader In-Person Record Book Judging
- 15 Online Registration Opens (tentative)
- 26 4-H Information Night
- 31 Inter-Mountain Fair Opens

* 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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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						X
COTTONWOOD	X				X	
COW CREEK	X	X	X		X	
FOOTHILL	X		X			
GOLDEN ACRES	X		X	X	X	X
HAPPY VALLEY	X		X	X	X	X
LONE TREE						
OAK RUN		X			X	X
PALO CEDRO	X	X	X	X	X	X
SWEDE CREEK	X	X			X	X
TWIN PALMS	X	X		X	X	X
WEST VALLEY	X					
WESTSIDE		X	X		X	X
WHITMORE	X					

INTER-MOUNTAIN

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

Fair Auction Tips

Kassidy's Tips for Fair

by: Kassidy Zulliger, former 4-H member of Palo Cedro

During the auction on Saturday there will be several people bidding on your animal.

After the Buyer has been announced, have someone else take your animal and go up to the Buyer immediately to Thank them for buying from you.

You should also give the Buyer a Thank You card.

Make the effort to find out from the Fair Office the name & contact information for your Buyer, if you don't already know.

All Buyers should receive a Thank You basket of goodies from you. However, as they may be purchasing more than 1 animal, the basket SHOULD NOT be handed to them at the auction.

The Thank You basket should be delivered NO LATER than two weeks following the auction.

All Buyers should have received their Thank You basket by July 9th.

Make sure your Buyer is there, don't drop off the item(s) until you can meet directly with the Buyer. (You can call in advance to be sure they're at the office.)

Be very polite and kind to the Buyer – thank them again for buying your animal.

Be sure to be dressed either in your whites, club shirt, or nicer clothes when you deliver the basket.

What to include in the basket?

Try to make your basket (item) unique to that buyer (if you're not sure, ask the office lady at the business).

Homemade goods?

A small plant?

An ice-cream sundae basket with all the toppings?

A basket of candy from other countries (check out World Market)?

Many people put BBQ items in the basket, so try to be sure yours stands out.

You don't have to use a basket: you could use a bowl, a nice plate, a lovely box, etc.



Valley Home Ec & Ag Stills Results



Best in Show			
Maggie Rohrer	Intermediate	Cottonwood	Agriculture/Horticulture
Lucy Allen	Junior	Cloverleaf	Animal Science
Ellie Matthews	Intermediate	Palo Cedro	Arts & Crafts
Glorianna Junokas	Senior	Golden Acres	Clothing & Textiles
Dale Harder	Intermediate	Palo Cedro	Food & Nutrition
Lilly Breedveld	Junior	Twin Palms	Photography
Maggie Rohrer	Intermediate	Cottonwood	Science & Technology



Valley Home Ec & Ag Stills

Primary

Abigail Babcock

Westside

Katherine Harder

Palo Cedro

Donovan Beck

Westside

Sophia Jaimes

Golden Acres

Bridget Harder

Palo Cedro

Shelby McFall

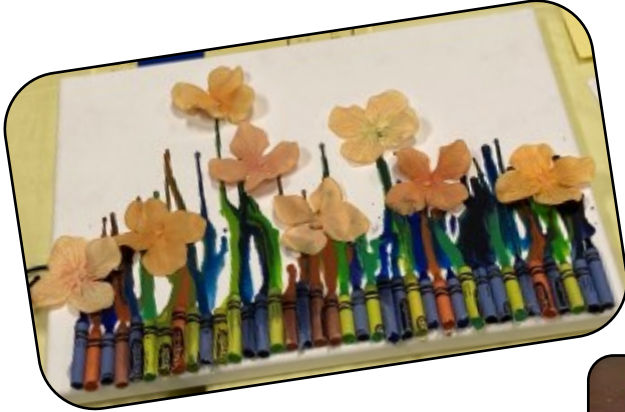
Westside

Ellie Harder

Palo Cedro

Hoyt Owens

Westside



Valley Home Ec & Ag Stills Results

Medalists

Agriculture-Horticulture	Sunny Harder	Junior	Palo Cedro
Agriculture-Horticulture	Maggie Rohrer	Intermediate	Cottonwood
Agriculture-Horticulture	Richard Greenwood	Senior	Palo Cedro
Animal Science	Lucy Allen	Junior	Cloverleaf
Animal Science	Katelyn Allen	Intermediate	Cloverleaf
Animal Science	Annabelle Zimmerman	Senior	Golden Acres
Arts & Crafts	Jean Greenwood	Junior	Palo Cedro
Arts & Crafts	Travis Owens	Intermediate	Westside
Arts & Crafts	Lindsey Hammon	Senior	Golden Acres
Clothing & Textiles	Abigail Seaton	Junior	Swede Creek
Clothing & Textiles	Emma Day	Intermediate	Palo Cedro
Clothing & Textiles	Glorianna Junokas	Senior	Golden Acres
Food & Nutrition	Lilly Breedveld	Junior	Twin Palms
Food & Nutrition	Dale Harder	Intermediate	Palo Cedro
Food Preservation	Maggie Rohrer	Intermediate	Cottonwood
Photography	Lilly Breedveld	Junior	Twin Palms
Photography	Riley Brader	Intermediate	Golden Acres
Photography	Lindsey Hammon	Senior	Golden Acres
Science & Technology	Maggie Rohrer	Intermediate	Cottonwood



Class of 2023

Natalee Barnes	Cottonwood 4-H
Olive Benninghoven	Foothill 4-H
Braden Endress	Swede Creek 4-H
Kasey Feamster	Whitmore 4-H
Sienna Goehring	Foothill 4-H
Dawson Hill	Swede Creek 4-H
Anayeli Jimenez	Hat Creek 4-H
Glorianna Junokas	Golden Acres 4-H
Lena Karras	Happy Valley 4-H
Emily Laymanleary	Swede Creek 4-H
Fallon Lindsey	Swede Creek 4-H
Damian Machuca	Happy Valley 4-H
Ciera McClung	Burney 4-H
Wyatt Mitchell	Whitmore 4-H
Sydney Mollath	Oak Run 4-H
Frank Rose	Burney 4-H
Adrian Sanchez	Pine Grove 4-H
Ragan Shriner	Cottonwood 4-H
Taylor Thompson	Westside 4-H
Tessa Walker	Foothill 4-H
Dillon Wayne	Cottonwood 4-H
Chandree Winn	Happy Valley 4-H



Congratulations to our graduating Seniors!

Valley Field Day Results

Primary

Abigail Babcock	Westside
Donovan Beck	Cloverleaf
McKena Havel	Cottonwood
Xander Ide	Cloverleaf
Carter Kuska	Cottonwood
Wyatt Moller	Black Butte
Selah-Rose Thompson	Palo Cedro
Stella Triplett	Westside
Aiden Wooden	Golden Acres

Round Robin - Large Animal

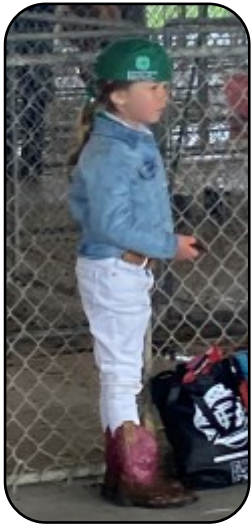
Cole Matthews	Junior	Palo Cedro
Te'a McWhirr	Intermediate	Cloverleaf
Ally Trisdale	Intermediate	Westside
Miyah Fowler	Senior	Golden Acres

Round Robin - Small Animal

Lilly Breedveld	Junior	Twin Palms
Charlotte Evans	Intermediate	Westside

Showmanship Medal

Clint Mollath	Junior	Oak Run	Beef
Samantha Cornelius	Intermediate	Oak Run	Beef
Fenia Engh	Senior	Oak Run	Beef
Ally Trisdale	Intermediate	Westside	Dairy Goat
Owen Severne	Senior	Palo Cedro	Dairy Goat
Cole Matthews	Junior	Palo Cedro	Meat Goat
Xara Myers	Intermediate	Palo Cedro	Meat Goat
Ruben Magana	Senior	Cow Creek	Meat Goat
Rylee McKenzie	Junior	Cottonwood	Sheep
Te'a McWhirr	Intermediate	Cloverleaf	Sheep
Hannah Thomas	Senior	Black Butte	Sheep
Kolton Broderick	Junior	Foothill	Swine
Joseph Davi	Intermediate	Foothill	Swine
Iris Severne	Senior	Palo Cedro	Swine
Lilly Breedveld	Junior	Twin Palms	Avian
Charlotte Evans	Intermediate	Twin Palms	Cavy
Cecelia Lawler	Junior	Golden Acres	Rabbits
Charlotte Evans	Intermediate	Twin Palms	Rabbits
Angela Junokas	Senior	Golden Acres	Rabbits



Valley Field Day

Our Field Day Experience

by Hanna Stricklin, Westside 4-H Club member

Hi, this is Hanna Stricklin with Westside 4-H Club. Valley Field Day was quite an experience for our members because of the rain. The weather didn't slow our members down, we had three members win their knowledge quizzes. In the Intermediate class I got high score for Beef and Ally Trisdale got high score for Dairy Goats. In the Senior class, Shaylee Henry got high score for Beef. Great job!!

The winning didn't stop there, our club also won two divisions in the Round Robin. Ally Trisdale won Intermediate Large Animal Round Robin and Charlotte Evans won Small Animal Round Robin. Westside also did great with the still exhibits, Tavis Owens received a Best of Show for his needle felting plants. Overall Westside had a great time at Field Day and can't wait for next year, hopefully without the rain.



Just when I thought it couldn't rain any harder, the thunder began.

One of the members couldn't hear what the judge was saying because the rain was coming down so hard on the metal roof. (editor)

Valley Field Day



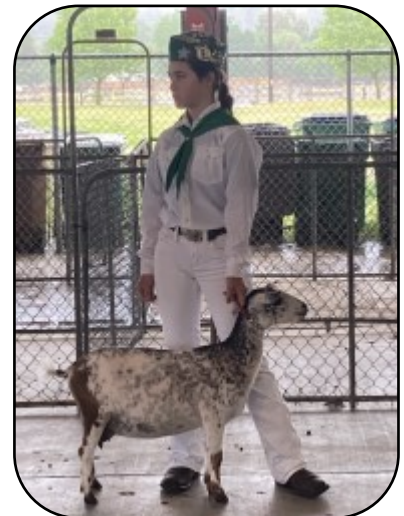
I'm always amazed to see the animals (of varying sizes) be so responsive to directions from their owners.



Round Robin questions can be a bit stressful !

How many types of chicken combs are there?

Valley Field Day



Valley Field Day

QUIZ TIME



Beef

Junior	Santiago Machuca	Happy Valley
Intermediate	Hanna Stricklin	Westside
Senior	Shaylee Henry	Westside

Dairy Goats

Junior	Kenzie Ratto	Palo Cedro
Intermediate	Ally Trisdale	Westside
Senior	Owen Severne	Palo Cedro

Meat Goat

Junior	Azalia Myers	Palo Cedro
Intermediate	Ellie Matthews	Palo Cedro
Intermediate	Xara Myers	Palo Cedro
Senior	Miyah Fowler	Golden Acres

Poultry

Junior	Lilly Breedveld	Twin Palms
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Rabbit

Junior	Cecelia Lawler	Golden Acres
Intermediate	Katelyn Allen	Cloverleaf

Sheep

Junior	Paige Niel	Cottonwood
Intermediate	Te'a McWhirr	Cloverleaf
Senior	Hannah Thomas	Black Butte

Swine

Junior	Lucas Turley	West Valley
Intermediate	Jesse Gonzalez	Golden Acres
Senior	Olive Benninghoven	Foothill

Primary

Abigail Babcock	Westside
Donovan Beck	Cloverleaf
McKena Havel	Cottonwood
Xander Ide	Cloverleaf
Carter Kuska	Cottonwood
Wyatt Moller	Black Butte
Selah-Rose Thompson	Palo Cedro
Stella Triplett	Westside
Aiden Wooten	Golden Acres



Shasta 4-H News

W E L L D O N E !

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

4-H Council Scholarship

Glorianna Junokas

Fallon Lindsay

Ciera McClung

Frank Rose

Dillon Wayne



Eileen Lewis Washburn Scholarship

Glorianna Junokas

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.

Golden Acres Community Service Project Update

by Sydney Frost, Golden Acres 4-H member

On April 16, 2023, Golden Acres 4-H made bags for personal items to be donated to support the One Safe Place shelter for women and children. People in attendance were Sydney Frost, Kathrine Caton, Cecelia and Shiloh Loller, Lindsey Hammon, Gloriana, Angela and Julie Junokas, Jean Harp, Sophia and Sarah Jaimes, and many others.



On May 3, 2023 at our community meeting, Golden Acres club members donated personal items to stuff the bags. In total, there were over 80 bags completed! I sewed 25 of them myself. I hope they enjoy them.



State 4-H News

[Science Near Me](#)

Science Near Me is a free resource to help you quickly find opportunities to engage in all types of science, technology, engineering, math, (STEM) events, projects, and programs near you, in person and online.



Enter your search preferences and Science Near Me will scan our partners' opportunities and present a list of options for you in seconds.

Search by location, topic, audience, and more to find the experience that is right for you.

[Mongabay Kids](#)



Mongabay is a U.S.-based non-profit conservation and environmental science news platform.

At Mongabay Kids, our mission is to inspire all kids (and their adults) to explore, celebrate, and conserve plants, animals, and ecosystems, wherever nature happens.

Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured fruit is **melons**



Health and Learning Success Go Hand-in-Hand

California farmers' markets offer a colorful variety of fresh fruits and vegetables at low prices. Eating fruits and vegetables every day can give your family the nutrients they need to grow strong and build healthy bodies and minds. *Harvest of the Month* can help your family learn how to eat healthy and be physically active every day.

Produce Tips

- Choose cantaloupes with a sweet, fragrant smell and soft dent on stem. They should feel heavy for their size.
- Select honeydews, casabas, and watermelons that feel heavy for size and sound hollow when tapped on rind.
- Avoid melons with shriveled, punctured, or cracked rinds.
- Store ripe, whole melons on the counter or in the refrigerator for up to two days.
- Refrigerate cut melons in sealed container. Use within three days.

Healthy Serving Ideas

- Slice and eat melons as a snack or side dish at meals.
- Serve sliced or chopped melons with lowfat yogurt or cottage cheese.
- Scoop fruit into melon balls.
- Freeze melon balls and enjoy as cold snacks on hot days.
- Blend lowfat yogurt, chopped melon, frozen strawberries, and a banana. Pour into cups and serve.

WATERMELON SALSA

Makes 8 servings. $\frac{1}{2}$ cup per serving.
Prep time: 15 minutes

Ingredients:

- 3 cups seeded and chopped watermelon
 - $\frac{1}{2}$ medium onion, chopped
 - $\frac{1}{2}$ red bell pepper, chopped
 - 1 tablespoon seeded and chopped jalapeno pepper
 - 2 tablespoons chopped fresh cilantro
 - 2 tablespoons lime juice
 - 1 teaspoon vegetable oil
1. In a medium bowl, mix all ingredients.
 2. Serve immediately or cover and refrigerate for up to 1 hour to allow flavors to blend.

Nutrition information per serving:

Calories 28, Carbohydrate 6 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions*, Network for a Healthy California, 2008.

Let's Get Physical!

- Walk, skate, or ride bikes to local farmers' markets. Bring your own bags to carry your groceries.
- Take a dip — visit a local community pool and go for a swim.
- Be sun-safe. Wear sunscreen and a hat when outdoors.
- Stay hydrated on warm days by drinking lots of water.

For more ideas, visit:

www.cachampionsforchange.net

Nutrition Facts

Serving Size: $\frac{1}{2}$ cup cantaloupe, cubed (80g)	
Calories 27	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	3%
Sugars 6g	
Protein 1g	
Vitamin A 54%	Calcium 1%
Vitamin C 49%	Iron 1%

How Much Do I Need?

- A $\frac{1}{2}$ cup of cantaloupe, casaba, or honeydew melon provides an excellent source* of vitamin C.
- A $\frac{1}{2}$ cup of cantaloupe also provides an excellent source* of vitamin A.
- Melons are a good source* of carotenoids, which are antioxidants that may lower your risk for some diseases by keeping your body safe from free radicals. Free radicals can damage cells.
- Other good sources of carotenoids are apricots, carrots, kale, peas, pink grapefruit, pumpkin, spinach, and tomatoes.

The amount of fruits and vegetables that each person needs depends on age, gender, and physical activity level. Find out how much each person in your family needs. Then, make a plan to add a variety of colorful fruits and vegetables to meals and snacks to help your family reach their goals.

*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2 $\frac{1}{2}$ - 5 cups per day	4 $\frac{1}{2}$ - 6 $\frac{1}{2}$ cups per day
Females	2 $\frac{1}{2}$ - 5 cups per day	3 $\frac{1}{2}$ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

June Birthdays

6/1 Meghan W.
6/1 Annabelle Z.
6/1 Hayden C.
6/1 Juliete A.
6/1 Jhatniel V.
6/2 Robin L.
6/2 Raegan S.
6/3 Kaitlin H.
6/3 Joseph N.
6/3 Wyatt H.
6/3 Jesse G.
6/3 Quincee H.
6/5 Darren G.
6/5 Peyton B.
6/5 Aiden W.
6/6 Lena K.
6/6 Brayden H.
6/6 Raegan A.
6/6 Rhegan W.
6/7 Kolton B.
6/8 Jacqueline M.
6/8 Trey D.
6/9 Wendy W.
6/9 Kayci B.
6/9 Gregorio M.
6/9 Abigail B.
6/10 Jacob N.
6/10 June S.
6/11 Dakota K.
6/12 Colton A.
6/13 Grace B.
6/13 Waylon M.
6/13 Sydney F.
6/13 Emmitt H.



6/14 Julie J.
6/14 Wyatt H.
6/15 Emmie R.
6/17 Landon S.
6/17 John B.
6/19 Carter M.
6/19 Jexton S.
6/20 Julie W.
6/20 Alex T.
6/20 Canyon E.
6/20 Blake C.
6/21 Keller L.
6/21 Easton S.
6/22 Kaiden C.
6/23 Abby S.
6/23 Lilly Kiersten B.
6/24 Gracy P.
6/25 Madilynn M.
6/25 Lucas H.
6/25 Brenna W.
6/25 Cole B.
6/26 Sandy L.
6/26 Stefanie B.
6/26 Karly L.
6/27 Dillon W.
6/27 Dominic R.
6/28 Madison D.
6/28 Giuliana R.
6/29 Christie B.

