

# SHASTA COUNTY



## UCCE COOPERATIVE EXTENSION 2023



## Message from The County Director

The University of California Cooperative Extension (UCCE) is the public service and applied research division of the University of California. UCCE is a cooperatively supported effort between county, federal government, and the University of California. The University of California provides program staff while Shasta County provides support services (vehicles, office, support staff, utilities, etc). At UCCE, we conduct applied research on issues pertinent to Shasta County Agriculture, Natural and Human Resources. This partnership enables the intellectual resources of the University of California to address critical issues such as rangeland and forest production, water quality, food safety and security, childhood obesity, chronic disease, wildfire, oak woodland management and youth development.

Our statewide networks of agriculture, natural resources, forestry, 4-H, and community nutrition and health staff are dedicated to conducting research and extending results to farmers, ranchers, forest landowners, students, teachers, health professionals, and interested citizens. For more on the University of California Agriculture and Natural Resource Division, visit <http://ucanr.edu/>. We are open to the public from 8-5 Monday through Friday.

This year we participated in the 9th annual "Farm Camp" program. This is a partnership with City of Redding Parks and Recreation and Shasta Union High School. Under the leadership of Erin Paradis, the 4-H Youth Development program grew in both youth members and leaders. This year she delivered age appropriate curriculum entitled "Animal Poo and You" that introduced microbiology to local youth. Shasta County 4-H parents and leaders continued to offer programming through-out the year. We held Forestry Institute for Teachers (FIT) this year at Camp McCumber. Under the leadership of Shawnice Fisher, the Nutrition Education staff has provided lessons to over 3,100 youth and 200 adults. Our Community Nutrition and Health Advisor, Janessa Hartmann, wrapped up her first year and is working on offering the Master Food Preserver program in Shasta County in 2024. 4-H Youth Development Advisor, Nate Caeton, continues to build and develop his program. This year he held My Preparedness Training and overseas the local Project Learning Tree effort. We are currently recruiting for a Forestry/Natural Resource Advisor. We are hopeful to make a selection and get the successful candidate started soon!



# Community Nutrition and Health



## Advisor

Janessa Hartmann is the Advisor for the Community Nutrition and Health program for Shasta, Trinity and Tehama Counties. This program is rooted in community-identified needs, addressing the social determinants of health, and improving the quality of life of our residents. Her areas of focus are healthy families, active living, enhancing the built environment, and improving our community.

Janessa is dedicated to supporting community partners and amplifying existing effective programs. This includes supporting the City of Redding General Plan and serving on the Healthy Shasta Steering Committee.

## North State Master Food Preserver Program

This year marks the establishment of the North State Master Food Preserver (MFP) program. The first-ever Shasta Jr. Jams and Jellies event was held at Enterprise High School. The sold out workshop taught 39 youth the steps to safely make their own homemade jelly/jam. The North State MFP program is looking for adults interested in becoming a MFP volunteer! The training program is beginning in January. For more information call the office or visit our website.

## Youth Engagement, City of Redding General Plan

In March 2023, Janessa partnered with the City of Redding to conduct youth engagement (YE) activities to provide youth insight to shape the 2025 COR General Plan (GP). Over the course of four days, 327 high school seniors participated at Enterprise and Shasta High Schools. The goal of the activity was two-fold; 1) to listen to the youth provide input on the GP and 2) to develop and empower the students to think of how best to improve Redding. Since the GP is a 20-year long-term planning document, these students will be mid-career adults by the next update effort. This activity was designed to build positive youth development and active citizenship, which are key to strengthening the life skills needed in adulthood.



# CalFresh Healthy Living



## Motivation and Goals

The CalFresh Healthy Living, University of California Cooperative Extension program aims to inspire and empower underserved Shasta Trinity and Tehama County residents. Through diverse partnerships focused on healthy eating and active living, our program promotes awareness, education and community changes to improve the health of our community. Shawnice Fisher manages this dynamic USDA grant funded program and Chanelle Vincelli supervises staff and programming.

The CalFresh program delivers research and evidence-based comprehensive programming to youth and adults, with a focus on direct education to improve the diet and nutrition related skills of CalFresh Food recipients and their families.

## Program Efforts

In order to address nutrition and health challenges locally, staff collaborated with key partners including the Healthy Shasta Movement, the Shasta County Growers Association and the cities of Redding and Anderson, along with many schools and agencies.

Program efforts provide essential knowledge and skills to increase consumption of healthy foods and beverages, increase food resource management, improve food security, and support access to physical activity which will lead to healthier lifestyles. Key activities in 2023 were:

- Nutrition education
- Improvement and expansion of school gardens
- Educational booths and activities at local schools and community events
- Physical activity lessons and program training to staff
- Supporting healthy living campaigns such as Rethink Your Drink Day, Healthy Snack Day, Safe Routes to School, Walk to School Day, and Bike to School Day



### Shasta CalFresh Statistics

- **3100+** Children in 17 schools/preschools
- **200+** Adults and families in 12 non-profit organizations and agencies
- **600+** hours of direct education classes
- **11,000+** Individuals reached through community events, Fairs, and newsletters
- **3,700+** Local youth reached through Policy, Systems and Environmental change initiatives





## 4-H Youth Development

### Advisor

Nate Caeton is the 4-H Youth Development Advisor for Shasta, Tehama and Trinity counties. Nate conducts extension education programs focused on strengthening and expanding 4-H. His background is in instructional science, learning technologies, and informal learning. Current efforts focus on STEM Education and Scientific Literacy, Outdoor and Environmental Education, College and Career Readiness and Youth Emergency Preparedness. Nate also serves on the statewide 4-H Camping Advisory and Shooting Sports Advisory Committees.

### Highlights Over the Past Year

Following three years of pandemic-related delays, the award-winning youth leadership and disaster preparedness program “My Preparedness Initiative (MyPI)” was brought to California. In October, ongoing collaboration between Nate and the MyPI National Coordination Team culminated in the delivery of an Instructor Certification and Training Workshop (ICTW). This intensive three-day workshop consisted of approximately 30 hours of instruction. Held locally, the ICTW drew participants from several Northern California counties. A total of three adult volunteers and five teen leaders from the Shasta County 4-H Program completed the course and were certified as MyPI Instructors. This workshop was the first time the national program certified youth as instructors. These instructors will be instrumental in delivering this new program to 125 teens in five Northern California counties over the next year and a half. California is the 28th state/territory to train instructors under the national project umbrella.

Project Learning Tree (PLT) continues to grow in Northern California. Rooted in environmental education, community outreach, and direct education, this year’s focus has been to build awareness and reach new audiences. Partnerships have been formed with several Shasta County agencies and organizations, including Turtle Bay Museum and Exploration Park, Shasta County Office of Education, Shasta College, Coleman National Fish Hatchery, and Sierra-Cascade Logging Conference. This year a total of four educator workshops were delivered in Shasta County, reaching nearly 70 local teachers and informal educators. PLT also participated in the Shasta Session or Forestry Institute for Teachers (FIT), which hosted 17 participants from 10 counties.



# 4-H Youth Development - Continued



## 4-H Community Education

Erin Paradis is the 4-H Community Education Specialist for Shasta, Trinity and Tehama counties. She is responsible for day-to-day operation of the 4-H program, providing training and support to the volunteers and club leaders, and promoting the 4-H program throughout the local community.

## Highlights Over the Past Year

- Provided lessons at Farm Camp and the YMCA Summer Day Camp with 4-H members and their goat friends. Campers learned about the goat project and even got to wash, trim hooves, and tattoo the goats.
- Partnered with the MLK Jr Center to deliver the "Pathways to Your Future", College, and Career exploration curriculum.
- Delivered "Ag in the Classroom" and Embryology curriculum to local 3rd grade classes.
- Partnered with Waste Management to build a pollination garden at the Anderson Landfill. In addition to the garden, 4-H members learned about the landfill and the importance of recycling.
- Focused on growing the countywide "Cloverbud" project as an introduction to the 4-H program and the projects offered Primary members aged 5-8. The Cloverbud project is open to all Shasta County primary members and meets once a month.
- Participated in the implementation and evaluation of the "Animal Poo & You" curriculum focused on zoonotic disease prevention. This was geared towards youth aged 5-8 years.

### Shasta County 4-H Statistics

- **665** Youth Members age 5-19
- **129** Adult Volunteers
- **19** Community Clubs
- **60** projects offered



# Livestock & Natural Resources



## Advisor

Larry Forero is the Livestock and Natural Resources Advisor for Shasta County. He is trained as an animal and range scientist. His applied research and extension activities address issues associated with ranch economics, beef cattle, rangeland and irrigated pasture.

The University of California Livestock and Natural Resource Program in Shasta County was developed to identify and address major issues impacting local producers. Projects generally fall into one of the two major areas: Natural Resources and Livestock Production.

These projects address important issues that livestock industry will contend with locally and across the state. The results of this work are extended through the free newsletter, Northern California Ranch Update, as well as periodic workshops, seminars and field days. You can subscribe to this newsletter electronically on our website <http://ceshasta.ucanr.edu>.

## Natural Resource Highlights

- Long term range vegetation monitoring project that evaluates change across time.
- Continued the groundwater measurement project in the Fall River Valley.
- Initiating a project to evaluate the use of a seaweed derivative to determine the effectiveness of this in reducing methane emissions from beef cattle
- Continued the summer dormant perennial grass project in the valley region of the County.
- Worked with Lassen and Modoc County UCCE Staff and North-Eastern California Water Association on developing data associated with the Irrigated Lands Regulatory Program.
- Conducted second year monitoring on a US Forest Service grazing allotment impacted by the Dixie fire.
- Conducted two AB589 Water Measurement Trainings.

## Livestock Production Highlights

- Collaborated on an Anaplasmosis project that looks at rancher awareness of the disease and cattle blood titers and species of Anaplasmosis. Project information was presented at a professional conference and grower meetings.
- Researched efficacy of LongRange wormer on cow-calf production. This project looked at this product of calf and cow gains and reproduction.
- Completed first year of a research looking at mineral and ionophore delivery methods
- Completed a cattle deworming project that evaluates efficacy of worming programs





# Forestry & Natural Resources

## Vacant Position

Throughout 2023 the Forestry and Natural Resource Advisor position in Shasta Remained Vacant. We recently finished recruitment for the position and hope to make an offer soon. Despite this vacancy, the Shasta session of Forestry Institute for Teachers (FIT) was successfully held at Camp McCumber this past summer. Former Shasta Forestry Advisor Ricky Satomi provided support.

## Forestry Institute For Teachers

Forestry Institute for Teachers (FIT) is an immersive week-long Professional Learning Program providing interdisciplinary, hands-on experiences for California Educators.

Each year, FIT brings together formal and nonformal educators from across California to learn about current forestry issues and how they influence our everyday lives. FIT provides forest-based training in environmental literacy with award-winning environmental education curriculum that support and enhance the Next Generation Science Standards, Common Core State Standards, Career and Technical Education Standards, and STEAM-based instruction.

## Shasta FIT Session

The Shasta County FIT session is hosted at Camp McCumber in Shingletown, CA. The camp is located just minutes away from Lassen Volcanic National Park in the iconic Lassen Range.

The camp is nestled among large Ponderosa Pine and Douglas-fir trees along the banks of Lake McCumber. Located along Battle Creek, waterfowl and raptors including Bald Eagles and Osprey are common visitors.



# Shasta Master Gardeners



## Who We Are and What We Do

The Shasta County Master Gardener Program is a joint effort between Shasta College and UCCE. Shasta College provides training and organizes projects, while UCCE provides consistent programming across the state and administrative support. The UCCE Master Gardener program is an internationally recognized program for individuals who wish to increase their science-based knowledge of gardening and the environment and then return that knowledge to their community as a volunteer. Shasta County currently has 36 active Master Gardener volunteers and 27 new graduates from our fall training class.

This past year Shasta County Master Gardeners contributed 1,675 volunteer hours. Community service is dedicated to answering gardeners' questions, increasing environmental awareness, and providing educational opportunities for beginning gardeners and children to experience the joy of growing plants. Master Gardeners work to provide current university research on garden and landscape related topics to the local community by producing videos, staffing a gardener help line and an information booth at the Shasta Growers Association Redding Farmers Market. Master Gardeners also held seven workshops on topics related to beginning gardening, hydroponics, permaculture, fire prepared landscaping, and water-wise landscaping.

If you have garden or landscape related questions call the Master Gardener Helpline at (530) 242-2219 or e-mail [mastergardener@shastacollege.edu](mailto:mastergardener@shastacollege.edu)

Look for us on Facebook and Instagram " UCCE-Master-Gardeners-of-Shasta-County"

## Future Programmatic Goals

In the coming year volunteers will be working on many projects to keep our community healthy and growing. Some examples include:

- Providing educational kits to school children for science based learning related to botany and gardening.
- Partnering with the Redding Library to hold gardening workshops and a host a seed and plant swap.
- Staffing our garden help line and information booths, and providing seasonally appropriate information on our Facebook, Instagram, and UCCE website.



# Our Work in Action



# Meet our Staff

## UCCE Staff

### Larry Forero

County Director and Livestock/Natural Resources Advisor - Emeritus

### Nathaniel Caeton

4-H Youth Development Advisor

### Janessa Hartmann

Community Nutrition and Health Advisor

### Erin Paradis

4-H Community Education Specialist II

## County Support Staff

### Sara Jaimes

Executive Assistant - Confidential, Shasta County

### Mari Szynal

Typist Clerk III, 4-H program Support, Shasta County

## CalFresh Healthy Living Staff

### Shawnice Fisher

Community Education Supervisor II

### Chanelle Vincelli

Community Education Supervisor I

### Mario Monroy

Community Education Specialist III

### David Cummings

Community Education Specialist III

### April Pryor

Community Education Specialist III

### Tami Sandeen

Community Education Specialist II

### Lori Coker

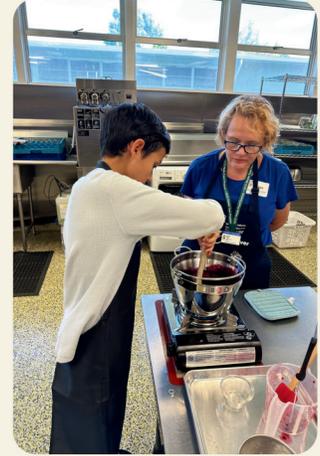
Community Education Specialist II

### Margaret Purdy

Administrative Assistant



# Get In Touch



**UCCE Shasta County**

☎ 530-224-4900

🌐 <https://ceshasta.ucanr.edu/>

📍 1851 Hartnell Ave., Redding, CA 96002

**Shasta County 4-H Questions**

Contact Erin Paradis at [ecparadis@ucanr.edu](mailto:ecparadis@ucanr.edu)



The University of California Division of Agriculture & Natural Resources (UCANR) is an equal opportunity provider. (Complete nondiscrimination policy statement can be found at <https://ucanr.edu/sites/anrstaff/files/215244.pdf> )

Inquiries regarding ANR's nondiscrimination policies may be directed to UCANR, Affirmative Action Compliance Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1343.