



SHASTA COUNTY 4-H YOUTH DEVELOPMENT PROGRAM

Tips 'n Topics

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

2025-2026 4-H PROGRAM YEAR / VOLUME 26, ISSUE 7 - JANUARY 2026

Shasta County Ambassadors Present Operation Organized Chaos...with food

Join us for an afternoon of learning, fun competition & pizza!
Learn to plan events | Improve leadership & communication skills
Fun games | Work on leadership reports

All this & pizza too !!

Saturday, January 24

2:00 - 5:00 pm

Location: Millville IOOF Hall

Registration strongly urged, but not required



Valley Beef Members

**Steer tagging
date is**

Sunday, February 15

**You will receive a letter in January
with additional information.**

This Editor went to the Lewiston Bridge Lighting in late November. Amongst the vendors was the Trinity Lake 4-H Club selling wreaths & mistletoe.

They were also holding out mistletoe on a stick for anyone passing by who might want to kiss their sweetie!



Member Resources

[Shasta County 4-H Website](#)

4-H [Enrollment](#) is Year-Round

Interested in [Volunteering](#) ?

[California 4-H Member Resources](#)

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



Shasta County Pollination Garden

Saturday, April 11, 2026

Additional information in future newsletters.



Calendar

January

- 1 Happy 2026 - Office closed
- 19 Martin Luther King Jr. Holiday - Office closed
- 23 Presentation Day Registration **OPENS**
- 24 County Ambassador Operation: Chaos !
- 25 Valley Favorite Foods Registration **DEADLINE**
- 30 Fashion Revue Registration **OPENS**
IM Home Ec & Ags Stills Registration **OPENS**

March

- 1 IM Home Ec & Ag Stills Registration **DEADLINE**
- 1 Fashion Revue Registration **DEADLINE**
- 6 Valley Field Day Registration* **OPENS**
- 7 County Presentation Day **Event**
- 13 Council Scholarship Application **DEADLINE**
- 27 Inter-Mountain Home Ec & Ag Stills **Event**
- 28 Fashion Review **Event**

February

- 7 Favorite Foods Event
- 12 Lincoln's Birthday - Office closed
- 16 President's Day - Office closed
- 18-20 Stills Day Camp Event
- 22 Presentation Day Registration **DEADLINE**

April

- 1 April Fools Day
- 9 Council Scholarship Interviews
- 11 Pollination Garden
- 12 Valley Field Day Registration **DEADLINE**



CALLING ALL SHASTA COUNTY 4-H MEMBERS:

The Shasta County 4-H Ambassadors
present to you:

OPERATION ORGANIZED CHAOS... with food

When: January 24, 2026

Time: 2pm-5pm

Location: Millville IOOF Hall

[Click HERE](#)
[to learn](#)
[more!](#)

What is this about?

- Learning how to plan successful events
- Grow in your leadership and communication skills
- Play fun games
- Work on LDR's for record books!
- Snack on some pizza!



How much does it cost to attend?

- NOTHING! This event is free!

Who can attend?

- Any 4-H member who is 9 years old or older!!

RSVP IS NOT
REQUIRED BUT
IS STRONGLY
RECOMMENDED!

[Register
HERE](#)

County Ambassador Team in Action



In early December our 3 Shasta County Ambassadors went on Results Radio to promote the Tractor Supply Paper Clover campaign. They each had an opportunity to talk about how it promotes leadership and what their current projects are.



Later in the month the Ambassadors & Junior Ambassadors got together for a holiday lunch.

They then opened gifts and of course, with this team, there were games involved!



Countywide Favorite Foods Day 2026

Date: Saturday, February 7, 2026
Location: MLK, Jr Recreation Center
1815 Sheridan St., Redding
Theme: ***Feast from the Forest ****
Host: Twin Palms



*Interested in being a judge?
Please contact Erin Paradis
at 530-224-4900 or
[ecparadis@ucanr.edu.](mailto:ecparadis@ucanr.edu)*

Pre-Registration Required By: Sunday, January 25, 2026
(No late entries will be accepted)

SCHEDULE

11:00 - 12:00 Check-in and set up entries. Late arrivals will not be accepted.

11:30 Judges Orientation

12:00 - 1:00 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 **do not** remain with their entries for Card Table Display, Cookbook, 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 the quiz to see how knowledgeable they are about foods and related subjects.

1:00 Potluck

The Potluck begins after all judging is complete. The potluck uses the food cooked but not used for judging. This means that everyone brings the entire dish of whatever they're presenting. For instance: If you make a beef stew, you would also bring the entire pot of stew to share with everyone.

Each family attending is asked to bring an additional salad or main dish for 10 people. Extra dishes are important so everyone attending (parents, siblings, etc.) will have enough to eat. Members are also encouraged to use their "Favorite Foods Day" entries for this lunch. Do not eat your entry. Water will be provided. During check-in your additional food dish can be kept cold/warm in the kitchen until lunch.

2:00 Awards Ceremony

NOTE: Participants may not leave until the awards ceremony is complete if they wish to receive credit for Record Book, as a Fair Qualifier, or to receive a medal/ribbon.

* Examples: nuts, berries, root vegetables, something green, something brown, something leafy (different types of lettuce),

**Detailed
Event Guide**

Countywide Favorite Foods Day 2026

IMPORTANT INFORMATION

You will need to bring THREE (3) individually wrapped servings for the judges.



EVENT ELIGIBILITY: This event is open to all 4-H members.

Please check the category rules for entry restrictions.

AWARDS: The Danish system of judging - with entries judged against a set of standards - will be used.

Medals will be awarded to the top scoring entry in each category, for each age division. Primary participants will receive one participation pin. **Entries will not be released until the awards ceremony has been completed.**

FOOD PREPARATION: Foods may be prepared using any source. No food preparation will be allowed at the event. Entry must be complete and ready for judging when brought in - this includes 3 individually wrapped servings for the judges. All foods must be prepared with fresh ingredients. If presenting hot foods and prepared prior to the event day, properly refrigerate or freeze, then properly warm for presentation. Pack dishes properly - hot dishes stay hot and cold stay cold. *Items may be kept in the facility refrigerator or oven upon request. Cream pies are prohibited for health reasons.*

MENU CARD: Prepare one menu card for each entry category, except for 8, 9, & 17. Type or neatly print on the sample menu card or make your own to fit your place setting. Menus must be **nutritionally balanced**. Circle your entered Favorite Food Prepared. Place the recipe for the entry on the back of the card. Be sure to include your name, project, years in project, club and grade. Bring to the event and set on the table with place setting.

NEW THIS YEAR: Menu Cards will be collected and a small cookbook created by the 4-H office.

It will be distributed to all 4-H members in Shasta County via email.

UNIFORMS: Uniforms are acceptable, but not required. Clothing must be neat and clean.

NOTE: Adult leaders and parents are NOT allowed in the competition area until all judging is completed. Ambassadors, Junior/Teen Leaders and older members will be available to help younger members and answer questions following check-in. Leaders and parents are to help fill out any required paperwork in advance. Allow enough time if you have entries in more than one category.

The place settings, centerpieces, and menu are expected to follow the theme. Small centerpieces and decorative touches are **optional**.

Bring one complete place setting for **each** course being served. This includes: plate, napkin, placemat, utensils, and beverage glass. Members have the option of using paper, glass, pottery, wicker, plastic, etc.

A nutritionally balanced menu card and recipe **MUST** be included along with a complete place setting, unless noted otherwise above.

Countywide Favorite Foods Day 2026

CATEGORIES

1. Main Dish	5. Decorated Cake	12. Appetizer
2. Salad	6. Market Animal	13. Egg Dish
3. Dessert	7. Food Preservation	14. Dairy
4. Bread	9. Card Table Display	17. Cookbook

CATEGORY RULES & REQUIREMENTS

Categories 1 - 4, 13 & 14 - Menu card MUST be nutritionally balanced. Small centerpieces and decorative touches are optional.

Category 4 - Prepare your bread using the appropriate utensils and dishes for serving.

Category 5 - Decorated cakes should follow the theme. No individual cupcakes. All cakes will be judged for appearance **only**. Recipe method is not a consideration. Include a menu card showing use of cake. Cake forms may be used. Members do not remain with their entry.

Category 6 - Any 4-H member enrolled in a Market Animal project (beef, sheep, swine, meat goat, rabbit, or poultry) may enter a food item using meat from their market animal species. A nutritionally balanced menu card and recipe must be included. *Participation here IS a Fair qualifier. Entry in this division must have more than one step in the preparation process.*

Example: slice of ham (*not acceptable*) vs. casserole with broccoli, rice and ham (*acceptable*).

Category 7 - Entrants prepare and serve a dish or bread using the food they have preserved.

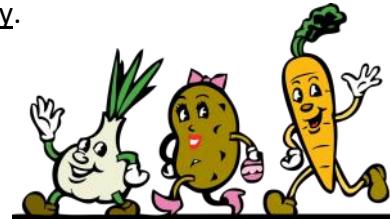
Category 9 - Decorate a card table to illustrate the theme “Feast from the Forest”. No food is to be placed on these tables! Entrants must furnish their own card table, tablecloth, or place mats, dishes, and utensils. Entries will be judged on overall appearance, color design, and texture coordination. Each display must have a menu card which states whether it is formal or informal. Members do not remain with their entry.

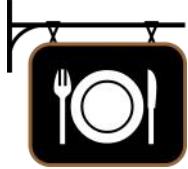
Category 12 - Prepare your appetizer using the appropriate utensils and dishes for serving.

Category 17 - You may want your cookbook to be spiral or loose leaf, allowing an addition each year. You may want to staple and make a new one each year. This category is to challenge your imagination and have fun at the same time.

The cover, title, page and index will be judged on decoration, age appropriateness, how well presented, cleanliness, neatness, and the knowledge of the project. Content will be judged on category areas (main dish, salads, etc.) which may include recipes prepared in your cooking classes, recipes you've tried, or family recipes.

Personalized comments on the recipes is part of the judging. The cookbook can be typed or handwritten (black or blue ink). Members do not remain with their entry.





Recipie

(FOLD)

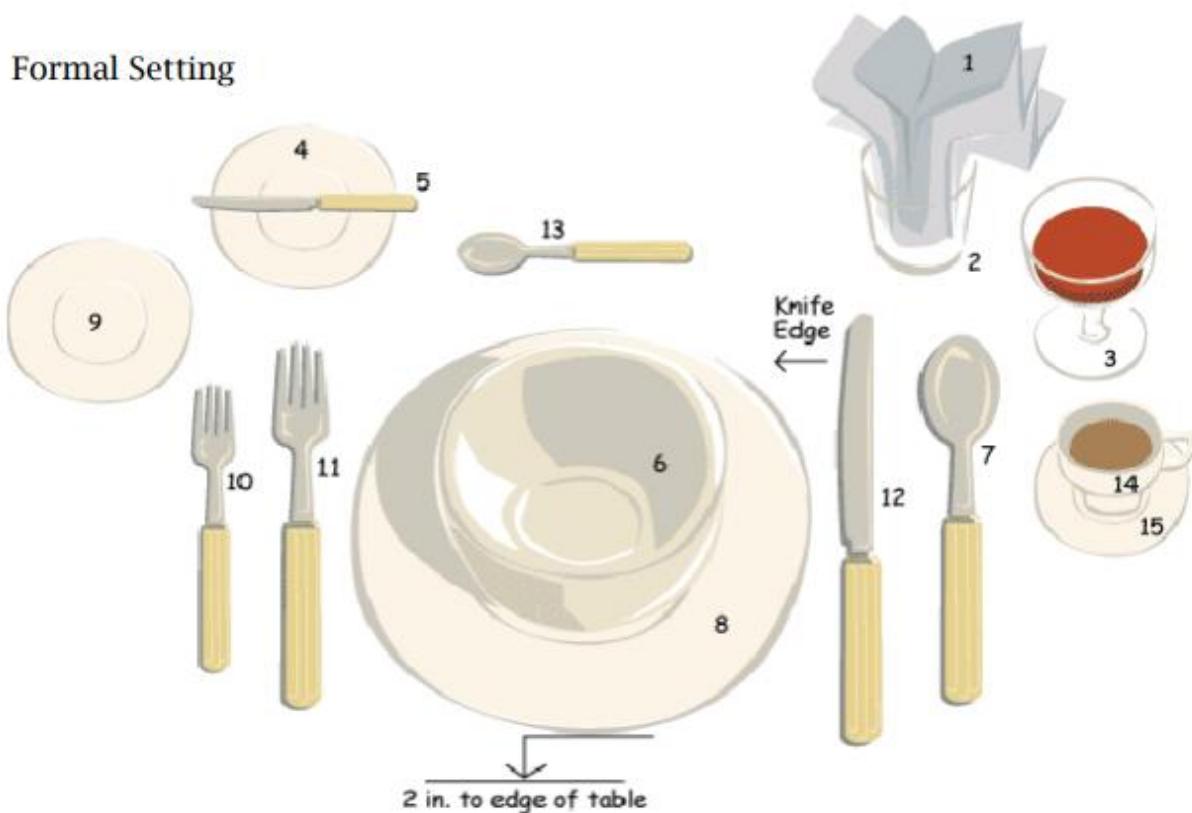


Menu (Circle Favorite Food Category Item):

Name: _____

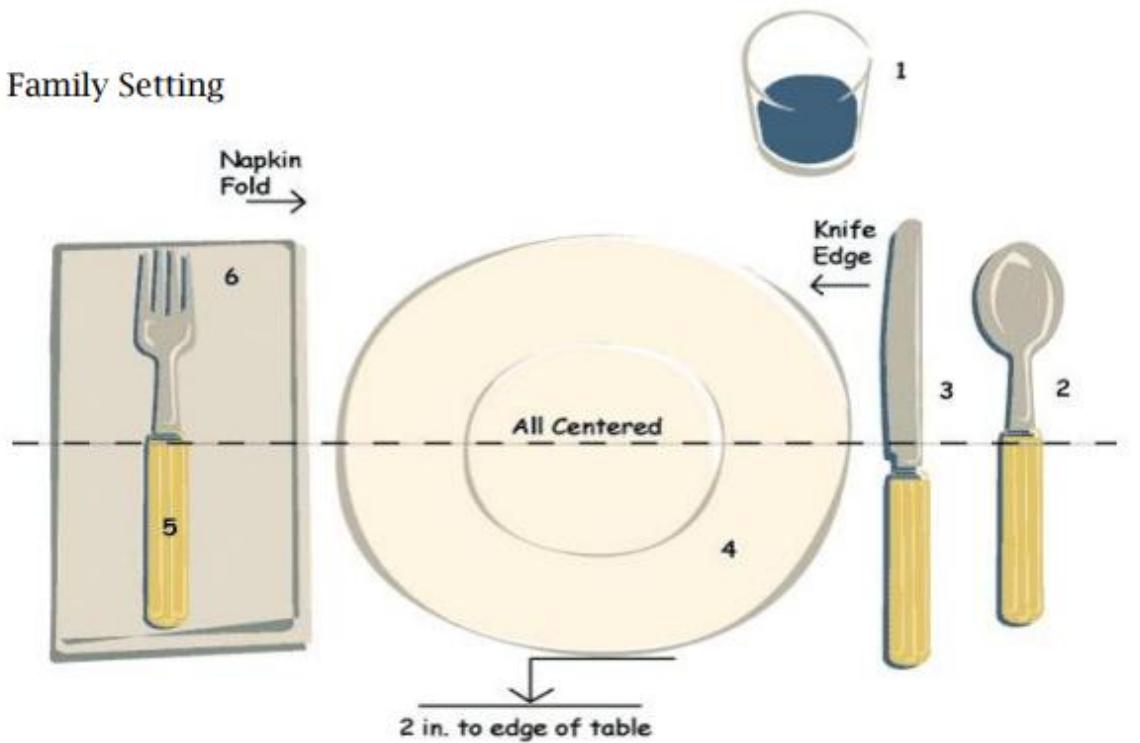
Club: _____ Age: _____

Formal Setting



1. Napkin	2. Water glass	3. Wineglass	4. Bread plate	5. Bread knife
6. Soup bowl	7. Soup spoon	8. Dinner plate	9. Salad plate	10. Salad fork
11. Dinner fork	12. Dinner knife	13. Dessert spoon	14. Coffee cup	15. Saucer

Family Setting



1. Drinking glass	2. Spoon	3. Knife	4. Dinner plate	5. Fork	6. Napkin
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Local 4-H

Stills Day Camp

Erin is looking for volunteers to help lead an activity at the Stills Day Camp in February.

If you would like to share your skill
are interested in presenting something already prepared
or know someone who is
please contact Erin at ecparadis@ucanr.edu



Happy Valley Photography Project



Happy Valley Photography project members went on a walking scavenger hunt at their last meeting. They all took 6 pictures and then each picked their favorite one.



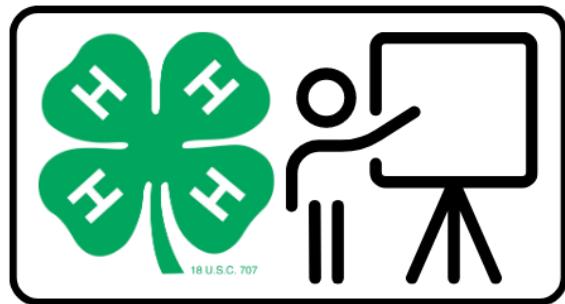
Shasta County 4-H Presentation Day 2026

DATE: Saturday, March 7, 2026

LOCATION: Happy Valley Elementary School

17480 Palm Avenue, Anderson, CA

HOST: Happy Valley 4-H



REGISTRATION **OPENS:** **Saturday, January 24, 2026**

CLOSES: **Sunday, February 22, 2026**

(No late entries will be accepted)

IMPORTANT INFORMATION

EVENT ELIGIBILITY: This event is open to all 4-H members

REGISTRATION: Online pre-registration is mandatory.

UNIFORMS: Uniforms are acceptable, but not required.

FAIR QUALIFIER: This event can qualify you for participation at the Shasta District Fair if the presentation is in your project area. Call the 4-H office with any questions.

DIVISIONS: Teams will be assigned locations by *oldest member*.

Primary (5 - 8)

Junior (9 - 10)

Intermediate (11 - 13)

Senior (14 - 18)

There will be an option to present via Zoom.

AWARDS

The Danish system of judging is used with gold and silver medals or blue ribbons awarded.

Primary participants will not be ranked, but will receive participation pins. Those receiving a gold award will be eligible to compete at the *Regional Level*. Gold medalists at the *Regional Level* qualify for competition at the *State Level*.

SPECIAL EQUIPMENT

4-H members are responsible for arranging any special equipment or facilities they may need for their presentations! This includes a TV and VCR for videos, slide projector and screen for slide presentations, tri-fold standup display for the Tabletop Displays, etc. Any special considerations for "Share the Fun" must be arranged by the 4-H members, including sound systems, pianos, tumbling mats, etc.

Shasta County Presentation Day 2026

PRESNTATION FORMAT AND EVALUATION

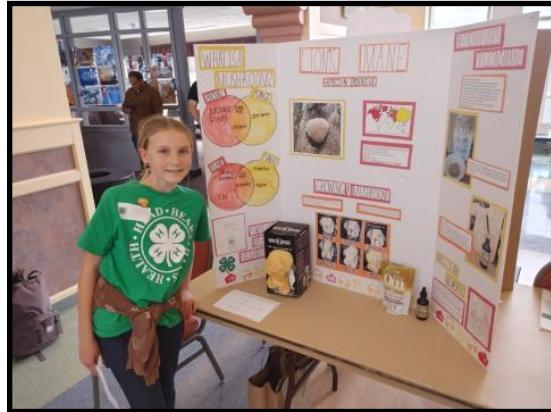
See the UC 4-H Presentation Manual [State 4-H Presentation Manual](#) for presentation format guidelines and evaluation forms.

SCHEDULE (times are approximate)

9:45 - 10 am	Sign-in
9:45 - 10 am	Judge's & MC's Registration
10:15 am	Judge's & MC's Orientation
10:30 am	Welcome & Rules
10:45 am	Members Set-up Presentations
11am - 1 pm	Presentations
1:30 - 2 pm	Awards



Presentations



Zoom Presentation

If you are unable to be at the In Person Presentation Day event on March 7, we will have dates set aside for members to present via Zoom.

The date(s) for Zoom Presentations have not yet been set - but will be available when Registration opens.

The time slots to present via Zoom will be assigned after registration has closed.

Local 4-H

Heritage 4-H Club Swine Project

In November the Heritage 4-H Club swine project had an opportunity to work with brand new piglets. They learned to dock tails, clipping teeth, and notching ears. Kevin Tera from Cottonwood Vet talked about pig health.



CLIPPING TEETH



EAR NOTCHING



Holiday Wreaths for Heroes

On Saturday, December 13, 2025 the annual Holiday Wreaths for Heroes event was held in Igo at the Northern California Veterans Cemetery.

Westside member Shelby was the guest speaker for the program. The Twin Palms club leader, Carlie Paradis, was the Master of Ceremonies and Tactical Santa made a special visit

4-H Alumni Ryan and Brianna have been placing Wreaths together since 2014. Several 4-H members were spotted on Saturday laying Wreaths



Now

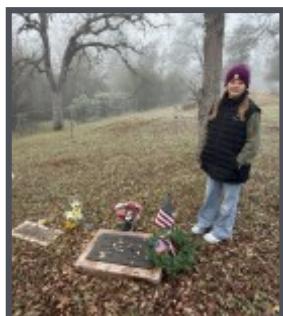
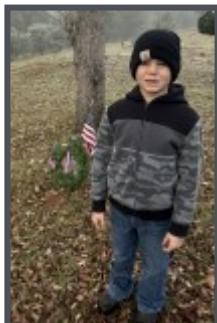


Then



Happy Valley Club

The members & leaders of Happy Valley 4-H swine & goat projects placed wreaths at the Happy Valley Cemetery on December 13th.



Thanksgiving Baskets

by: Happy Valley 4-H Club Reporters, Wyatt H. & Noah M.

The Happy Valley 4-H club was able to purchase 20 Turkey's for Thanksgiving baskets for our local school, and they were able to hand out 20 turkey dinners. We were also able to collect enough canned goods to make 7 of the baskets. We are proud of our club.



SHASTA COUNTY

2026 BEEF PRINCESS & BEEF AMBASSADOR

SCAN ME TO APPLY



SCAN ME

HAVE A PASSION FOR
THE BEEF INDUSTRY?

If you want to be a
part of promoting
the beef industry
beef in Shasta
County, we
encourage you to
apply!

IMPORTANT DATES

**Applications
Due**

January 09,
2026

**Competition
Meeting**

January 12, 2025
6pm @
Goodtimes Pizza
in Palo Cedro

**Competition &
Dinner**

February 28,
2026



For any questions email Lindsey at
shastacattlewomen@gmail.com



Shasta County 4-H Leadership

TOWN HALL & COMMITTEE MEETINGS

The Shasta County Town Hall meetings are where county events are planned, finances are discussed, information from the state & local level is shared, and everyone is kept up-to-date.

Upcoming Town Hall Meetings

Meetings held at 4-H office, unless noted otherwise.

Jan 14

Apr 15

April 22, Gepetto's in Burney

May 20

Feb 18: Valley Field Day Planning

Mar 18: 2026-27 Budget & Event Planning



	JUL	OCT	APR
BURNNEY	X	X	
EVERGREEN	X	X	
HAT CREEK	X	X	
PINE GROVE	X	X	

Minimum Requirements for Club to be in Good Standing

TO SUCCESSFULLY COMPLETE THE

2025-2026 4-H YEAR:

1. Complete the club reporting & turn in by the deadline.
2. Participate in the County Club Officer training.
3. Host or co-host one of the countywide events.
4. At least 2 adult volunteers.
5. At least 5 members from 3 different families.

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



Thankful for 4-H

Grateful for 4-H

Mari Szynal

When I look back over the past 4 years, I can see how much I've grown because of this job. Having never worked with volunteers before I was pretty clumsy in how I approached different things - particularly the first couple of years. Fortunately there were those who sent me grace and others who set me straight. 😊 To all the volunteers and families who have helped me to flourish, I thank you. You mean the world to me.



We'd love to hear about the friendships **you** have made through 4-H.

Send us your stories so we can celebrate them together.

Due to changes made with the enrollment process this year, we're no longer able to pull accurate birth date information.

**The Birthdays that were previously posted on this page are being replaced by
Thankful for 4-H.**

Please send us your story and, hopefully, a picture.



Jan 3 Festival of Sleep Day

Jan 9 National Word Nerd Day

Jan 20 National Cheese Lovers Day

Jan 27 National Chocolate Cake Day

