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**Shasta & Intermountain 4-H Questions**

Contact Pat Weliver at [pdweliver@ucdavis.edu](mailto:pdweliver@ucdavis.edu)

**Forestry Program**

<http://nature.berkeley.edu/forestry>

**Cross-County Program Staff**

**Richard Buchner**, County Director/Farm Advisor, Tehama County  
Commercial Orchard Production—530-527-3101

**Allan Fulton**, Farm Advisor Tehama County  
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UNIVERSITY of CALIFORNIA  
**Agriculture &  
Natural Resources**

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*University of California  
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Shasta County  
(since 1917)*

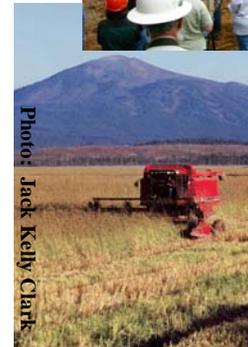


Photo: Jack Kelly Clark



## MESSAGE FROM THE COUNTY DIRECTOR



Gary Nakamura  
County Director  
Area Forestry Specialist

As a land-grant institution, the University of California's Cooperative Extension has a mission to conduct applied research and extend those results in furthering the welfare, development, and protection of California agriculture, natural resources, and people. UCCE has farm, natural resource, 4-H, and nutrition, family and consumer sciences advisors based in more than 50 California counties, extending the results of university research to farmers, ranchers, forest landowners, students, teachers, and interested citizens.

UCCE has had a Shasta County program since 1917. In addition to the staff and programs located in Shasta County (described below), UCCE can bring to bear the other resources of the University as needed to address critical issues such as water quality, food safety, childhood obesity, wildfire, oak woodland management, integrated pest management and developing new agricultural industries such as wild rice, mint, and wine grapes.

2007 Shasta County UCCE programs:

The Food Stamp Nutrition Education Program (FSNEP) brought education and training in food selection and preparation of healthy meals to 6,000 students and their 250 teachers, and to 400 adult food stamp recipients. We will be welcoming a new Nutrition, Family, and Consumer Science Advisor to Shasta County in early 2008.

In eastern Shasta County, Dan Marcum, Farm Advisor, has focused on disease issues faced by the strawberry nursery industry. He also concluded a multi-year effort to bring the Wild Rice Handbook to completion. This handbook is the standard for the industry.

Pat Weliver, our 4-H Program Representative, has worked tirelessly improving the delivery of the 4-H Youth Development Program to 700 Shasta County youth working with 250 adult leaders in 21 clubs, on 60 projects from the raising of animals for sale at the county fair to youth leadership development.

The Forestry Program works with forest landowners in addressing the fuels build-up that has occurred after 100 years of fire suppression, which now threatens catastrophic fires. The Forestry Institute for Teachers (FIT) is a week-long program for teachers from throughout the state. The program is designed to train them in the development of forestry/environmental education curricula for use in their classes. We have a FIT session at Camp McCumber, Shingletown.

The Livestock/Natural Resource program concluded the Cow Creek Fish Study and a study of the factors influencing the prices received for weaned steers in the west. Larry Forero, Farm Advisor, continues working with ranches throughout the county, assisting them in addressing their environmental, economic, and production problems.

## FORESTRY PROGRAM

Affiliated with The Center for Forestry, College of Natural Resources, UC Berkeley, (<http://forestry.berkeley.edu/>) the Forestry Program serves forest landowners, professional foresters and natural resource managers, teachers and students, and citizens interested in forest conservation and sustainable management, with an education and applied research program.

The **Forest Stewardship Program** is an education and outreach program for the 300,000 family forest landowners in California, who own and manage a forest area equal to that of the forest products industry, 3.5 million acres. One and two-day workshops and multi-week courses are offered throughout the state. Contact the Forest Stewardship Helpline (800 738-8733) for further information. The quarterly Forestland Steward newsletter is free and available at <http://ceres.ca.gov/foreststeward>.



**Protecting your home from wildfire** workshops provide homeowners in the wildland-urban interface information about fuels treatments, landscaping, and structure protection from wildfire. <http://firecenter.berkeley.edu/toolkit/>

The **Forestry Institute for Teachers** brings K-12 teachers from throughout California to a forestry camp in Shasta County to learn about forest ecology and management, and to develop curriculum for their students in San Diego, Sacramento, and other communities far removed but dependent upon the water, wood, and habitat of the forest. <http://forestryinstitute.org>



Contact the Forestry Program at 530-224-4902 for further information about these and other forestry related programs.

## **NUTRITION, FAMILY, AND CONSUMER SCIENCES**



Jilmarie Seastrunk, Shawna Holt, Ingra Smith, Sandra McMasters, Lori Coker, and Tamila Medinnus make up the FSNEP (Food Stamp Nutrition Education Program) staff in Shasta and Trinity Counties. The program's mission is to promote healthy lifestyles, increase awareness of fruits and vegetables, and other high fiber low-fat foods, increase awareness of food safety practices, and encourage daily physical activity. The Youth FSNEP identifies, recruits and trains teachers and extenders pre-K through 12<sup>th</sup> grade to implement food nutrition, gardening and physical activity units to their students. The Adult FSNEP identifies, recruits and trains adult community members and extenders to implement food nutrition, physical activity, food safety practices, and how to stretch one's food dollar nutritiously.

- Obesity is the most pressing nutrition and health issue facing families today. Low-income communities have a disproportionate number of people affected by this condition. Our program is addressing the issue by working with various community agencies and organizations to teach adults and youth the importance of healthy life-style choices and creating healthy communities that support healthy eating and physical activity.
- During the last school year, representatives from our Youth FSNEP worked with 250 local teachers, who instructed 6,064 students on nutrition, physical activity and gardening, while meeting the California Academic Standards on health, language/arts and math.
- Our Adult FSNEP works with parents and heads of household. Last year over 474 parents graduated from our program by completing at least 4 hours of nutrition instruction. Thousands of others obtained education in food budgeting, meal planning, food preparation and safety.
- We take a leadership role in the local coalition Shasta CAN (Coalition for Activity and Nutrition) and the various events it sponsors such as: Lean N Green Day and the Hispanic Family Fair.
- Our program strives to stay up to date by participating with university researchers and community organizations in relevant research projects, such as:
  - The completion of the Bone Health and Folic Acid studies
  - Evaluation of Every Step Counts pedometer program
  - The California Plate Method and Childhood Obesity Prevention
  - Train-the-Trainer Diabetes Prevention Program
  - Family Fitness: Child Care, Healthy Eating and Activity
  - HOPE (Healthy Oasis for Positive Energy) Project
  - Nutrition and Parenting Project

Contact the UCCE/FSNEP Program at 530-224-4301 for further information about nutrition, food safety, and physical activity.

## **UCCE SHASTA/LASSEN CROP PRODUCTION/NATURAL RESOURCES**



Dan Marcum is the Farm Advisor for the joint Shasta-Lassen Cooperative Extension office located in eastern Shasta County at the Intermountain Fairgrounds in McArthur. Trained as a plant pathologist, Dan has extensive experience in soil fertility, pest management, and production of all commercial crops in the area. His research focuses on solving existing production problems and the successful introduction of new commodities to northeastern California.

This program is focused on development and extension of research-based knowledge useful to Intermountain agricultural production systems and works primarily with commercial farmers and ranchers. Specific activities this year include:

- Strawberry nursery research with Professor Lynn Epstein from UC Davis, testing new ways to eradicate plant pathogens from strawberry nursery stock
- Horseradish research introducing virus free horseradish planting stock to the industry
- Grape variety research with Dr. Jim Wolpert, Extension Specialist from UC Davis, examining the yield and quality of hybrid grape varieties for cold climates in eastern Shasta and western Lassen County
- Blackberry variety testing in Montgomery Creek
- Development of new controls for weeds and insects in mint
- Wild Rice research with Dr. Tom Scott, Extension Specialist from UC Riverside, developing new innovative ways to reduce blackbird damage
- Leadership in community wide control of codling moth in apples and pears in the Fall River Valley
- Timothy variety testing with Dr. Dan Putnam, Extension Specialist from UC Davis

A wide range of publications are available for viewing and purchase in the Extension office in McArthur.

Outreach activities include public meetings on timely topics bringing useful information from the University of California to the Intermountain communities from Hat Creek to Adin. A mailing list is maintained and anyone interested in receiving notices of public meetings will be added to the mailing list or you can access the **Intermountain Ag Newsletter** by visiting our website at <http://ceshasta.ucdavis.edu> and click on publications.

For questions or information call the McArthur Office at 530-336-5784 or email the office at [cemcarthur@ucdavis.edu](mailto:cemcarthur@ucdavis.edu). Stacy Schneider, the office manager, works weekday mornings from 8 to Noon.



## **LIVESTOCK/NATURAL RESOURCES**

Larry Forero is the Livestock/Natural Resource Farm Advisor for Shasta County. He is trained as an animal and range scientist. His primary interest is in the economic and environmentally sustainable range/livestock production.

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

### **Natural Resource**

Societal concerns about water quality may impact a producer's opportunity to divert water and irrigate. Public concern over livestock grazing on both public and private lands question grazing management practices and raise questions about the impact of rangeland grazing. Current projects on the Natural Resource side include:

- Quantification of all the resource attributes coming of a foothill ranch (firewood, rocks, grazing, etc). Completion of this project will help demonstrate economic rate of return
- Range Monitoring Demonstration
- Impact of Livestock and Deer Browsing on brush encroachment
- Medusa Head project
- Livestock grazing effects related to forage production and herbaceous vegetation composition by overstory treatment and fire on eastern Pine Type

### **Livestock Production**

- Pasture fertilization strategies
- Performance advantage of wintering cattle in the Sacramento Valley vs wintering in the mountains.
- Development of a manual to help producers evaluate opportunities to raise beef for the direct market beef trade.
- Completion of Irrigated Pasture Manual for Sacramento and San Joaquin Valleys
- Evaluation of Near Infrared Technology as a tool to estimate pasture quality and fertility project.

These projects address important issues that the extensive livestock industry will need to contend with locally and across the state.



## **4-H YOUTH DEVELOPMENT**



Pat Weliver is the 4-H Youth Development Representative for Shasta County (Valley and Intermountain areas).

The University of California Cooperative Extension, 4-H Youth Development Program serves youth in kindergarten through twelfth grades. We enroll approximately 700 youth and 250 adult volunteers each year in 21 clubs, from Cottonwood to McArthur. The 4-H year for Valley youth runs from September through June. The Intermountain program runs October through September. A summer camp is held in July or August.

The 4-H Program focuses on the development of citizenship, leadership, and life skills for each of its members. We provide a wide range of projects and activities to engage youth in reaching their fullest potential in partnership with a caring adult. Recruitment for adult volunteers is an on-going process.

Shasta County 4-H continues to serve its ever-growing diverse population through traditional clubs, after school clubs, and home school settings. Our collaboration with Farm Bureau, Shasta District Fair, McArthur County Fair, City of Redding, Another Chance Animal Welfare League, and Shasta College are just a few of our successes.

Community service is a focus of all 4-H clubs in Shasta County. They collect canned goods for the homeless pantries, partner with Special Olympics and visit senior citizen facilities. The excitement of residents touching a baby pig for the first time is priceless! 4-H is especially busy during the holidays. You'll find 4-H youth ringing bells for the Salvation Army, taking cards and singing at the hospitals, and adopting families less fortunate. These families receive presents, groceries, and when needed a Christmas tree is taken. Many clubs travel through the neighborhoods singing Christmas carols and wishing everyone a happy holiday!

Each year a one day retreat is conducted by the county All Stars for the junior and teen leaders of the county. Youth are engaged in leadership, team activities, and make new friends. A guest speaker is one of the highlights of the retreat

The 4-H volunteer leaders engage the program youth in reaching their fullest potential through self-esteem building, enhancing skills and knowledge, and learning responsibility in a learn-by-doing fun experience.

This versatile, dynamic program continues to adapt to the needs of youth in Shasta County. If you can give some time to the youth of Shasta County through 4-H, please contact the 4-H Office at the number in this brochure.