

**UCCE Shasta County**

1851 Hartnell Avenue  
Redding, CA 96002  
530-224-4900—telephone  
530-224-4904—fax

Internet website & email: <http://ceshasta.ucdavis.edu>

**UCCE Shasta/Lassen Counties**

PO Box 9  
McArthur, CA 96056-0009  
530-336-5784 telephone  
530-336-5785—fax  
Email: [cemcarthur@ucdavis.edu](mailto:cemcarthur@ucdavis.edu)

**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  
Water Policy and Management, and Soils—530-527-3101

**Barbara Reed**, County Director/Farm Advisor, Glenn County  
Dairy and Alfalfa—530-865-1107

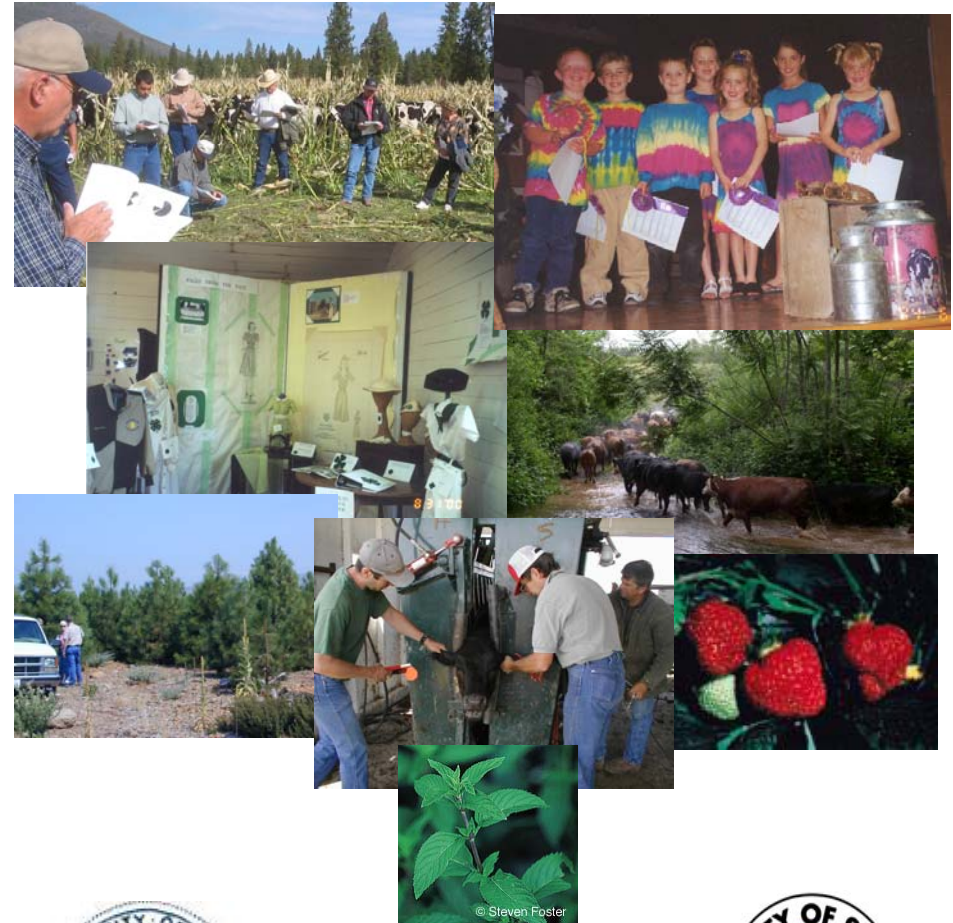


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University  
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*Cooperative Extension  
Shasta County  
(since 1917)*





**Larry C. Forero**  
County Director

## **MESSAGE FROM THE COUNTY DIRECTOR**

Shasta County and the University of California have had an ongoing partnership since 1917. When I reflect on some of the activities conducted by our predecessors, I am astounded at the rate of change in our society. For many years, our County was largely rural and the Farm, Home and 4-H Advisors program focused on increasing agricultural output, food preservation and teaching skills to youth to improve agricultural efficiency.

The population of Shasta County has grown and the growth has resulted in new pressures and challenges on our community. Nationally a relatively small segment of our population works in agriculture. Water quality, pesticides and land management are top concerns of a public that is largely disconnected from the land. Families today face a myriad of challenges. The expenses associated with day-to-day living requires that both parents work. There is a dramatic rise in single-parent households. Childcare, poor financial management skills, lack of the time and knowledge to prepare wholesome meals coupled with a sedentary lifestyle are all challenges that must be addressed.

The University of California has adapted to respond to these changing needs. The Livestock/Natural Resource program is working with the ranching community on projects that include water quality, fisheries and animal identification. The Nutrition, Family and Consumer Science Advisor addresses the epidemic of obesity and chronic diseases associated with it by developing a research based program, enlisting the collaboration of various community organizations and agencies. The Forestry Specialist's program teaches forest landowners strategies to cope with the fuels build-up that has occurred after 100 years of fire suppression. The Agronomy Advisor works closely with growers on improving pest management skills as well as evaluating new cropping options in eastern Shasta County. The 4-H youth development program provides youth with important leadership skills and teaches lessons in responsibility and fiscal management.

Our programs serve as a vehicle to communicate research findings in Agriculture, Natural and Human Resources to the citizens in Shasta County. More importantly, it provides an opportunity for local research and education needs to be communicated back to the University.

We all enjoy living and working in Shasta County and are looking forward to continuing to address high priority needs locally.

## **FORESTRY PROGRAM**

A unit of The Center for Forestry, College of Natural Resources, UC Berkeley, the Forestry Program serves forest landowners, professional foresters and resource managers, forest practitioners, school teachers and students, and citizens interested in conservation and sound forest management, with a wide array of education and applied research programs. All of these programs are jointly sponsored by many public and private agencies.



Gary Nakamura  
Area Forestry Specialist

The **Forest Stewardship Program** is an education and outreach program for the 150,000 family forest landowners of California, who own and manage 3.4 million acres of productive forestland, equal to that managed by forest product companies. Forest Stewardship workshops, field trips, and courses are offered. Contact the **Forest Stewardship Helpline** (800-738-8733, PET-TREE) for information in managing their forest lands. The quarterly **Forestland Steward newsletter** is sent to thousands of landowners. It is free and also available on the Internet at <http://ceres.ca.gov/foreststeward>.

**Wildfire and Your Home** workshops provide homeowners living in the wildland-urban interface information regarding fuels treatments, home landscaping, and structure protection from wildfire.

The **Forest Vegetation Management Conference** is held annually in Redding and brings the latest in forest management practices to foresters and forest managers. The **Biomass Thinning for Fuel Reduction and Forest Restoration** field tours presents information on how small trees can be harvested to reduce fire hazard, utilized for power plant fuel or wood products, and the impacts of this treatment on the environment.

The **Forestry Institute for Teachers (FIT)** brings K-12 grade teachers from throughout California to Camp Latieze, Manton, to learn about forest ecology and management and to develop forestry curriculum for their students in San Diego, Oakland, Sacramento, and other places far removed but dependent upon the forest.

The **Shasta-Tehama Bioregional Council** is a community-based forestry organization comprised of members from government agencies, industry and business, environmental organizations, and the academic community. It serves as a forum for information regarding natural resource management issue and projects in our region including forests, water, and wildfire.

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



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

Gloria Espinosa-Hall, Advisor for Nutrition, Family and Consumer Sciences Program.

Our goal is to strengthen families, our most basic unit of society, through its many challenges and stages in life.

**Adult Food Stamp Nutrition Education Program (FSNEP):** In collaboration with various local agencies serving Shasta County's low income residents, we provide nutrition education to homemakers and heads of households on food budgeting, food preparation and safety, and the role of nutrition and physical activity in chronic disease prevention. Last year over 300 families graduated from our four-week workshops, and another 5000 residents received nutrition and physical activity information. Results showed 78% of our graduates improved in at least one nutrition practice, 64% improved in at least one food budgeting practice, and 39% improved in at least one food safety practice.

**Youth FSNEP:** This program seeks to educate children in establishing healthy eating and activity habits for life. Nearly all of Shasta County eligible schools participate in our program. We identify, recruit and train teachers, pre-K through 12, to implement food, nutrition and gardening units to their students. Last fiscal year, we worked with 193 teachers, who taught about 4000 students. We started a pedometer walking program with over 2000 children participating. We implemented 8 Nutrition Olympics with 1100 children participating.

**Shasta Coalition for Activity and Nutrition (SCAN):** This community based coalition seeks to empower the people of Shasta County to make positive food choices and to be more physically active. We partner with various community organizations and businesses to educate the public on the importance of nutrition and physical activity. Some of the events we sponsor include, Lean-n-Green Day, 5 A Day Challenge, and Hispanic Family Fair. We provide a speakers bureau and work to change environments that promote healthy choices.

### **Research Projects:**

*Bone Health Study:* This study aims to adapt culturally appropriate lesson plans and brochures for the prevention of osteoporosis.

*Every Steps Counts:* Feasibility study with middle and high school youth to see if wearing a step counter promotes physical activity.

*Folate study:* We participated in an assessment of folate intake by women of childbearing age and are looking to participate in phase 2 of this study.

*Fit Families Novela Series:* Pilot tested resource kit designed to increase physical activity, make healthy snacks and limit TV watching.

## **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, Marcum 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:

- Research examining the effect of conversion to drip irrigation upon control of anthracnose in strawberry nursery
- Research examining the effect of water depth upon wildrice yield and seed size
- Publication of a paper examining the effects of delayed onset of irrigation upon yield and quality of peppermint oil
- Development of a Wine Grape Cost Study
- Pasture fertilization trial to determine optimum production practices

There is a wide range of publications available for viewing and/or purchase about grapes, strawberries, alfalfa, wild rice, grass and pasture hays, seed crops, garlic, peppermint oil production, and cereals.

Outreach activities include regular public meetings 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).



## **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 producers' 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:

- √ Cow Creek Fishery Project
- √ Impact of irrigated pasture production on e-coli concentration
- √ Range Monitoring Demonstration
- √ Impact of Livestock and Deer Browsing on brush Encroachment
- √ Livestock Grazing Effects related to forage production and herbaceous vegetation composition by overstory treatment and fire on eastern Pine type

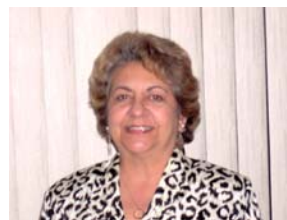
### **Livestock Production**

Beef Cattle production is capital intensive and operates on a thin profit margin. Producers are looking for cost effective strategies that will improve the bottom line.

Projects conducted this year include:

- √ Pasture Fertilization Strategies
- √ Economic Importance of "value added" management on Price received by Growers on Weaned 500-625 lb steer calves in the Western US
- √ Stocker/Yearling Cost Study
- √ Performance Advantage of Wintering Cattle in the Sacramento Valley vs Wintering in the Mountains
- √ Implementing an Electronic Animal Identification System

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 runs from September through June, with a summer camp in July.

The focus of our program is the development of citizenship, leadership, and life skills in our youth by providing 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, Haven Humane, YMCA, and Shasta College are just a few of our successes. The 21 4-H clubs conduct community service activities for Shasta County through holding numerous canned food drives; Christmas wrapping at the Mall; stacking wood for elderly; Easter egg hunts; providing clean-up of local cemeteries, the Cottonwood Old Fashion Days and at dinners for NVCSS Mentally Ill, Hospice, the Cattlemen's, the California Waterfowl, Granges, the Hat Creek Fire Dept. BBQ and the Odd Fellows; taking decorated pumpkins, cards and animals to seniors; bell ringing for Salvation Army; donating hand-made baby quilts to Mercy Hospital and toiletries to the Rescue Mission; sending cards and supplies to our service men; singing Christmas carols throughout Shasta County; making gifts & lap blankets for residents of Rehab Specialties Inn; providing activities for youth at the Honey Bee Festival; working at the Shasta County Foster Children's Christmas Carnival; assisting with Burney Lions Club activities; donating money to the Pete Lakey Fund; assisting with bag stuffing for Breast Cancer Awareness Day; installing the Welcome sign in Hat Creek; providing roadside clean-ups; and making wreaths for needy families. In addition each club adopts a minimum of one family at Thanksgiving and Christmas, giving food baskets and gifts.

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.