



Cooperative Extension Shasta County 2024

UNIVERSITY OF CALIFORNIA Agriculture and Natural Resources

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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 and 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, and held educational events 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, childhood obesity, wildfire, oak woodland management and youth development.

Our statewide networks of Agriculture, Natural Resources, Forestry, 4-H, and Community Health and Nutrition staff are dedicated to conducting research and extending results to farmers, ranchers, forest landowners, students, teachers, health professionals and interested citizens. We participated in the 10th annual "Farm Camp" program. This was a partnership with City of Redding Parks and Recreation, Shasta College and with Shasta Union High School. Under the leadership of Erin Paradis, the 4-H Youth Development program grew in both youth members and adult volunteers. Work that Erin conducted locally resulted in her Giving a presentation of her work at a conference held on the east coast. This year we again participated in the Forestry Institute for Teachers (FIT) held at Camp McCumber. Under the leadership of Shawnice Fisher, CalFresh staff provided lessons to over 6,300 youth and 730 adults. Under the leadership of our Community, Health and Nutrition Advisor, Janessa Hartmann, the first ever Master Food Preserver Program was offered. Nate Caeton, our Youth Development Advisor, worked with Shasta County Office of Education on a series of workshops focused on environmental education.

We are looking forward to filling the Forestry Advisor position in the Spring of 2025. UCCE leadership recognizes the importance of the Shasta Livestock and Natural Resource Advisor position and will be recruiting for that position in 2025 as well.

For more on the University of California Agriculture and Natural Resource Division, visit <http://ucanr.edu/>.





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. Areas of focus are healthy families, active living, enhancing the built environment, and improving our community.

Healthy and Connected Communities Highlights

These projects collaborate with professionals to improve the built environment, local systems, and policies that improve residents' quality of life.

- Served as the Healthy Shasta Steering Committee Chair: The coalition is a made up of 25 organizations which aim to improve health outcomes in Shasta County. Efforts included development of the county health improvement plan, preparing letters of support for grant proposals, and awarding local mini grants to improve the built environment.
- Disseminated the first edition of the North State Picnic [newsletter](#).
- Worked with the Redding School District to open Bonnyview and Sycamore playgrounds and fields on weekends. This allowed access to safe areas to play and be active.
- Supported the Local Food, Local Places effort to increase access to healthy food in downtown Redding.
- Provided local oversight for the UCCE CalFresh/Healthy Living program.

North State Food System Highlights

These projects are focused on providing education to residents with the goal of improving healthy and safe food access, reducing food waste, and improving financial wellbeing.

- Held first Master Food Preserver (MFP) program volunteer training. The program trains dedicated volunteers to outreach locally on safe home food preservation practices.
- Designed and piloted a four-lesson series on reducing household food waste with Shasta Community Health Center patients.
- Supported First 5 Shasta on a Farm-to-Early Childhood grant application. This two-year project will focus on providing nutrition education and local produce to in-home childcare providers.



4-H Youth Development

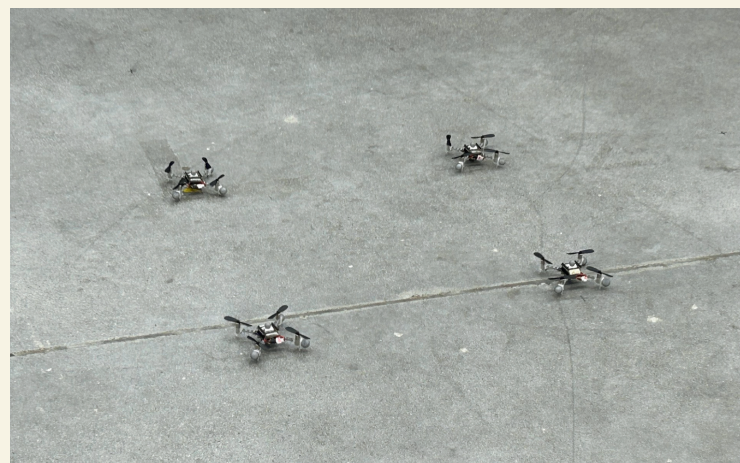


Advisor

Nate Caeton serves as the 4-H Youth Development Advisor for Shasta, Trinity, and Tehama counties. His work focuses on delivering extension education programs that strengthen and expand 4-H initiatives while fostering positive youth development. Key areas of emphasis include STEM education and scientific literacy, outdoor and environmental education, college and career readiness, and youth disaster preparedness. Additionally, Nate co-chairs the statewide 4-H Camping Advisory and Shooting Sports Committees, further contributing to youth enrichment efforts.

Outdoor, Environmental, and Technical Education Highlights

- Promoted outdoor and environmental education. Efforts blend direct education with youth and professional development workshops designed to equip formal and informal educators with tools to lead nature-based activities.
- Presented Project Learning Tree's (PLT) Green Jobs: Exploring Forest Careers curriculum during Upward Bound's summer residential week at Simpson University; later conducting a follow-up session.
- Collaborated with the Shasta County Office of Education on a series focused on environmental education for Youth. The series included: PLT's Trees and Me, Project Wild's Growing up Wild, and Project Wet's Getting Little Feet Wet.
- Presented Environmental Education workshop for early learners at the California Expanded Learning Services Professional Learning Institute, held at Chico State University.
- Continued to work as a California 4-H Shooting Sports Coordinator.
- Working with Tehama County Department of Education's two year CTE Teacher Preparation Program. This work will allow broader reach of 4-H programming.



CalFresh Healthy Living



Motivation and Goals

The CalFresh Healthy Living, University of California Cooperative Extension program aims to inspire and empower under-resourced Shasta 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 provided 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. Activities and focuses this year include:

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

Shasta CalFresh Statistics

- **4100+** Children in 17 schools/preschools
- **730+** Adults and families in 12 non-profit organizations and agencies
- **1,100+** hours of direct education classes
- **10,800+** Individuals reached through community events, fairs, and newsletters
- **6,300+** Local youth reached through policy, systems and environmental change initiatives



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

- Partnered with the MLK Jr. center to deliver the “Pathways to Your Future”, College and Career Exploration Curriculum.
- Partnered with Waste Management to build a pollination garden at the Anderson landfill. In addition to the garden, members learned about the landfill and the importance of recycling.
- Provided lessons at Farm Camp and YMCA Summer Day Camp.
- Focused on growing the countywide “Cloverbud” project as an introduction to the 4-H program and the projects offered.
- Continued to participate in the implementation and evaluation of the “Animal Poo & You” curriculum focused on zoonotic disease prevention. Outcomes of this work was presented at the National 4-H Professionals Conference in Pittsburgh.

As we approach the new year, Shasta County 4-H continues to create a “hands on learning” atmosphere, where our members can explore, share ideas, grow skills, and identify their spark. If you are interested in helping our youth “learn by doing” and would like to share your expertise and experiences, or you have a youth who is interested in joining, please contact the Shasta County 4-H office at (530) 224-4900.



Shasta County 4-H Statistics

- **643** Youth Members age 5-19
- **134** Adult Volunteers
- **19** Community Clubs
- **60** projects offered



Livestock & Natural Resources



Advisor

Larry Forero is the Livestock and Natural Resource Advisor for Shasta and Trinity counties, and 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 has worked on major issues impacting local producers. Projects generally fall into one of the two major areas: Natural Resources and Livestock Production.

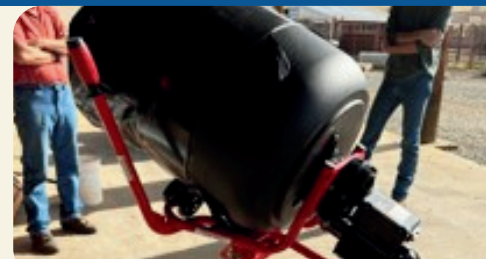
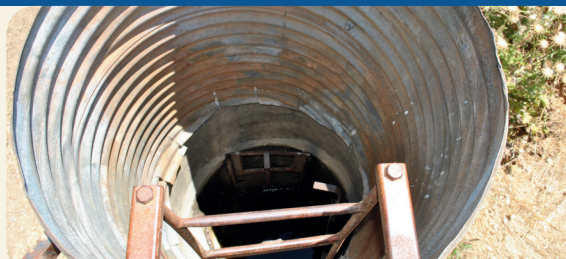
Natural Resource Highlights

- Took part in a long term range monitoring project that evaluates change across time.
- Continued the groundwater measurement project in the Fall River Valley.
- Co-Authored a paper submitted to Journal of Rangeland Ecology & Management titled: *Herbicide Applications in California Dryland Perennial Grasses Improve Forage Yield and Crop Coverage*.
- Worked on Long-term forage production monitoring project in the valley.

Livestock Production Highlights

- Co-Authored a paper on ticks and tick-borne diseases. This paper evaluates the factors associated with perceived Anaplasmosis infection.
- Author of a California agriculture paper titled: *Monensin Supplementation Increases Weight Gain in Stocker Steers, but Higher Doses Reduce Essential Mineral Intake*.
- Initiated research looking at the use of seaweed products in the reduction of methane gas production. Research was conducted at UC Sierra Foothill Range and Extension.
- Initiated a project that will evaluate the effectiveness of utilizing fly tags and fly spray in the prevention of pink-eye on growing beef cattle.
- Offered two Water Measurement trainings in California in a face-to-face meeting environment.

These projects address important issues the 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>.



Forestry & Natural Resources



Vacant Advisor Position

We are planning on recruiting for the Forestry and Natural Resource Advisor position in the coming year.

Forestry Institute

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 informal 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

We were again able to locally offer the Forestry Institute for Teachers program locally. The efforts of Christian Jordan, Len Lindstrand and Jeanne Tomascheski, were key to the program's success.

The Shasta County FIT session is hosted at Camp McCumber in Shingletown, California. The camp is just minutes away from Lassen Volcanic National Park in the iconic Cascade Range. It 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 is a joint program between Shasta College and UCCE. Shasta College provides training and organizes projects, while UCCE provides consistent programming, as well as administrative support. This program is internationally recognized for individuals who wish to increase science-based knowledge of gardening and the environment, then return that knowledge to their community as a volunteer.

This past year, our dedicated Master Gardeners made an incredible impact, logging over 1,300 volunteer hours to support over 1,500 local gardeners from Shasta, Siskiyou and Tehama counties. Through these efforts, they provided expert advice at community events, including the Farmer's Market, the Redding Health Fair, the Redding Library Garden Fair, and staffing the call office.

Thank you to all our volunteers for making a difference in our community. Together, we're cultivating not just gardens, but connections and growth that enrich the lives of everyone we serve!

Master Gardener Highlights

- Volunteers hosted three beginner garden workshops, partnered with the Redding Seed Library to package seeds, and offered hands-on guidance at a staffed table
- Played a vital role in beautifying and enriching the community by pruning the rose garden at Redding City Hall
- pruned fruit trees at two school sites
- Installed a sensory garden at Shasta College
- Maintained the native plant garden in Caldwell Park

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

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



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

Bailey Thomas

Typist Clerk II, 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

Lori Coker

Community Education Specialist II

Tami Sandeen

Community Education Specialist II

April Pryor

Community Education Specialist III
(Garden Coordinator)

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

