

# headlines

## Del Norte County 4-H Program

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jacbennett@ucanr.edu  
Kaylin Nylander, 4-H Program Rep.  
Jaclyn Bennett, Secretary

Mar. - Apr. 2023

## Fair Auction Weigh Ins

### Steer

*Wednesday, March 29<sup>th</sup>, 2023*

5:00 - 7:00 p.m.

*Sunday, April 2<sup>nd</sup>, 2023*

12:00 - 2:00 p.m.

### Large Animal (Pigs, Sheep, Goats):

*Wednesday, May 17<sup>th</sup>, 2023*

5:00 - 7:00 p.m.

*Sunday, May 21<sup>st</sup>, 2023*

12:00 - 2:00 p.m.

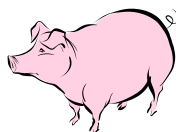
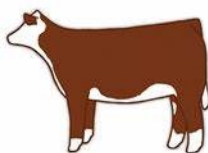
### Small Animal (Rabbit, Poultry):

*Wednesday, June 28<sup>th</sup>, 2023*

5:00 - 7:00 p.m.

*Sunday, July 2<sup>nd</sup>, 2023*

12:00 - 2:00 p.m.



Rabbits must be tattooed and poultry banded before weighing in.



## Upcoming Events

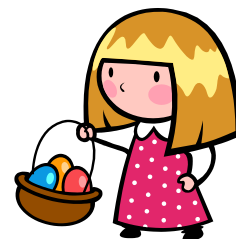
Mar. 29 <sup>th</sup>	Steer Weigh Ins
Mar. 27 - Mar. 31 <sup>st</sup>	Office closed
Apr. 2 <sup>nd</sup>	Steer Weigh Ins
Apr. 8 <sup>th</sup>	Easter Egg Hunt
Apr. 18 <sup>th</sup>	Deadline to sign up online for Virtual Regional Presentation Day
Apr. 11 <sup>th</sup>	4-H Council Meeting Arts & Crafts, Fairgrounds 7:30 p.m.
May 27 <sup>th</sup>	State 4-H Field Day State Presentation Day State Fashion Revue



# Egg Hunt

**Saturday, April 8<sup>th</sup>**  
**A/C Bldg., Fairgrounds**  
**11:00 a.m. (don't be late)**

- ✻ For all 4-H members and siblings.
- ✻ Bring container to collect eggs.
- ✻ Lots of prizes.



## Home Ec Day Awards

**Appetizer/Fingerfood:**

Thatcher Miller/Wells Gold

**Arts & Crafts:**

Jaden Bennett 2 - Gold  
 Ryleigh Bennett Gold  
 Samantha Bennett 2 - Participation  
 Abby Charmbury 2 - Gold  
 Brittany Hogan Gold  
 Sofia Prumatico Gold  
 Griffin Wakefield Gold

**Bread:**

Topanga Gonzalez Participation

**Decorated Cake:**

Kian Knowlton Participation  
 Claudia Prumatico Gold

**Decorated Cupcakes:**

Peyton Roach Gold

**Dessert in a Jar:**

Griffin Wakefield Gold  
 Hollyn Wakefield Gold

**Favorite Snack:**

Brittany Hogan Blue  
 Kaylee Nipgen-Pina Gold  
 Griffin Wakefield Blue

**Fine Art:**

Jaden Bennett Gold  
 Ryleigh Bennett 2 - Gold  
 Abby Charmbury Gold  
 Pablo Gonzalez 2 - Participation  
 Raina Gonzalez Gold  
 Raina Gonzalez Blue  
 Zelig Gonzalez 2 - Participation  
 Hollyn Wakefield Gold  
 Hollyn Wakefield Blue

**Leathercraft:**

Hollyn Wakefield Gold

**No Sew Handmade**

Abby Charmbury Gold

## Home Ec Day Awards con't.

**Nutritious Cookies:**

Topanga Gonzalez Participation

**Scrapbooking:**

Topanga Gonzalez 2 - Participation

**Best of Show:**

Arts & Crafts - Jaden Bennett  
 Favorite Snack - Kaylee Nipgen-Pina  
 Fine Art - Jaden Bennett



## County Presentation Day Awards

**Gold Seal:**

Ryleigh Bennett  
 Claudia Prumatico  
 Hollyn Wakefield

Matthew Camarena  
 Allison Restad

**Blue Seal:**

Jaden Bennett  
 Thatcher Miller-Wells  
 Kaylee Nipgen-Pina  
 Griffin Wakefield

**Red Seal:**

Raina Gonzalez

**Participation:**

Mabel Burgard  
 Kian Knowlton  
 Rayce Restad



## Volunteer's 4-H Pledge

I pledge my head to give children the information I can, to help them see things clearly and to make wise decisions.

I pledge my heart to encourage and support children no matter whether they have success or disappointments.

I pledge my hands to help children's groups; if I cannot be a leader, I can help in many equally important ways.

I pledge my health to keep children strong and well for a better world through 4-H, for children's groups, our community, our country and our world.

## State 4-H Fashion Revue Community Service Projects

The 2023 service project for the State 4-H Fashion Revue this year is pillowcases. All 4-H'ers are encouraged to make fun pillowcases and collect and deliver them in their home counties, such as hospitals, women's or homeless shelters, assisted living or nursing homes.

Please let Jacki know if you made any and we will report it to the SFR committee.



## 4-H Bee Keeping Project

We are offering a new 4-H project about bees. This project will help you learn about bees and beekeeping. You will learn about the types of bees, the honey and wax they produce, the plants that attract bees, and the equipment a beekeeper needs. You will also actively learn about basic beehive care and how to safely extract and bottle honey.

The first project meeting will be held:  
**Wednesday, March 15<sup>th</sup>, 2023.**



## California 4-H State Field Day 2023 Virtual: May 11 - 21, 2022 In-person: May 27, 2023

The State 4-H Field Day is California 4-H's largest educational event for 4-H youth members and 4-H volunteers. This event was initiated by a 4-H youth member and 4-H staff partner in 2002 as a public speaking evaluation activity for 100 youth. It has grown to include contests and activities engaging people of all ages. 4-H youth and adult volunteers and staff continue to partner to plan and implement all of the activities and contests.

Both the 4-H Coding Challenge and the 4-H STEM Shark Tank contests will be offered again this year because of the great response they received last year.

**4-H Coding Challenge:** Open to all 4-H members (Primary to Senior members!). The 4-H Coding Challenge lets you show off your coding skills in Storytelling, Game Design, or Free Play. Present your code and get feedback from professional software engineers about your project and what you can explore next.

**4-H STEM Shark Tank:** The 4-H STEM Shark Tank Challenge is for 4-H members ages 9 and up: Use your STEM brains to come up with ideas/inventions to solve current global issues: Increased food production, cleaner and sustainable energy and conserving natural resources. Present your inventions to a panel of 4-H Volunteer Sharks (but very friendly sharks, we assure you!)

# Virtual Regional Presentation Day April 18<sup>th</sup>, 2023

If you received a Gold or Blue seal on your presentation at our County Presentation Day on February 26<sup>th</sup>, 2023, you can sign up to give your presentation virtually at this site by April 18<sup>th</sup>, 2023:

[https://ucanr.edu/sites/ca4H/Events/Regional\\_Presentation\\_Event/](https://ucanr.edu/sites/ca4H/Events/Regional_Presentation_Event/)



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one per address, please share  
4-H Family Newsletter



Del Norte 4-H Program  
586 G Street  
Crescent City, CA 95531

# **Making Meetings Matter**

## **By**

## **Marianne Bird**

All of us have been to them: meetings that are boring, unproductive or frustrating. Some of us have even led a meeting or two like that. Whether it's our community club, management board, or program development committee, meetings need to be worth our time. As president or key leader, you're responsible for creating the tone and outcomes for the gathering. Some thoughts for meeting leaders:

- **Know the purpose of your meeting:** All meetings need to have a reason behind them, and "meeting on the third Thursday of the month because we always do" is not a good one. Why are you gathering? To plan? Make a decision? Learn? Have fun? Be specific and write it down so everyone knows.
- **Know what you need to accomplish:** Before you meet, list what the meeting will produce. Meeting outcomes are tangible "things" that we come away with: an agreement, a list of ideas, a timeline, a sense of community. For clubs, maybe it's a chance for kids to practice presenting or a decision about what service project to adopt. Maybe for the camp committee it's agreement on a marketing strategy and individual commitments to take on tasks. Leaders plan meeting outcomes and, at the end of the gathering, have the group assess whether or not they've accomplished what they set out to do.
- **Create an agenda to meet your goals:** Think through how you're going to get to your outcomes. Listing "marketing" on the agenda, opening it up to discussion and hoping people come to agreement may not be the best path to creating a product. Break the goal down in smaller tasks that flow to the end you desire. Brainstorm ideas; discuss pros and cons; eliminate ideas that the group agrees aren't plausible; agree on the best strategy; list steps to accomplish the strategy; agree on tasks and who will do them.
- **Seek agreement:** Voting is not the only way to make a decision, nor is it always the best. At larger club meetings, voting may be the go-to strategy, but in smaller groups consensus is often sought. Be clear from the beginning what decision-making method is used and seek agreement throughout the gathering - beginning with the agenda and ending with the next steps.
- **Honor people's time:** Come prepared. Begin and end when you say you will. If the group's work is getting bogged down with things that could easily be done outside the meeting, delegate and report back.

Good meetings don't just happen because people get together; they're planned. If you're sitting at the head of the table, there's homework to do before a group ever gathers. It makes the job of leading so much easier.







# 4-H Leaders



**April is National Volunteer Appreciation Month**

Somewhere between the sternness of a parent and the comradeship of a pal, is that mysterious creature we call a 4-H Leader.

These leaders come in all shapes and sizes, and may be male or female. But they all have one thing in common, a glorious twinkle in their eyes!

4-H Leaders are found everywhere: at judging contests, fairs, square dances, and talent shows. They always are preparing for sitting through, participating in, or recuperating from a meeting of some kind.

They are tireless consumers of muffins, expert at taking knots out of thread, peerless coaches, and spend hours on the telephone.

A 4-H Leader is many things: an artist making a float for the Fourth of July, a doctor prescribing for an underfed calf, a counselor at camp, a lawyer filling out reports, and a should to cry on when that dress just won't fit. Nobody else is so early to rise and so late to get home at night. Nobody else has so much fun with so many boys and girls.

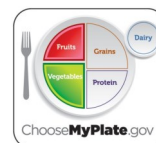
We sometimes forget them, but we can't do without them. They receive no salary, but we can never repay them.

They are angels in aprons, saints in straw hats. Their own reward is the love of the kids and the respect of the community. But when they look around them at the skills they taught, and the youth they built, there's an inner voice from somewhere that says, "Well done."



# with protein foods variety is key

## 10 tips for choosing protein



Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts and seeds) sources. We all need protein - but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces\* of protein foods each day.

# 1

### vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and

seafood.

# 6

### nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated

source of calories, so eat small portions to keep calories in check.

# 2

### choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood - include some that are higher in oils and low in mercury, such as salmon, trout, and herring.

# 7

### keep it tasty and healthy

Try grilling, broiling, roasting, or baking - they don't add extra fat. Some lean meats need slow, moist cooking to be tender - try a slow cooker for them. Avoid breading meat or poultry, which add calories.

# 3

### make meat and poultry lean or low fat

Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

# 8

### make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium - make them occasional treats

only.

# 4

### have an egg

One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want

# 9

### think small when it come to meat portions

Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a "petite" size steak.

# 5

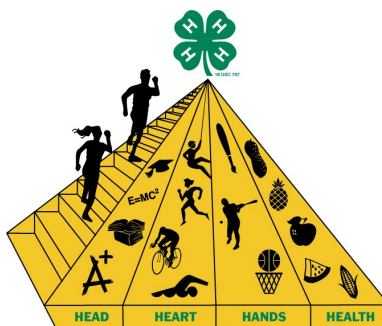
### eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.

# 10

### Check the sodium

Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods - including beans and meats. Many processed meats - such as ham, sausage, and hot dogs - are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.



DG TipSheet No. 4

May 2012

USDA is an equal opportunity

# Leader Tips for a Successful and Educational Project

1. Plan a minimum of six meetings with a minimum of 6 hours of instruction for your projects.
2. Give members an opportunity to LEARN AND DO.
3. Share project goals at the beginning of the project year.
4. Encourage members to set personal goals in the project.
5. Enable members to demonstrate and something they have learned in the project. A demonstration is required to complete projects.
6. Provide opportunities for members to present talks, demonstrations, judge at events, tour, go on field trips.
7. Provide exposure to the community through consumer and career education.
8. Provide opportunities for leadership.
9. Provide opportunities for citizenship and community service.
10. Make or do something together as a group.
11. Encourage members to work at home between meetings.
12. Ensure the project records are kept up-to-date.
13. Use 4-H curriculum and give materials to members to keep in a folder.

## The 4-H Creed

I believe in 4-H work for the opportunity it will give me to become a useful citizen.

I believe in the training of my head for the power it will give me to think, plan, and reason.

I believe in the training of my heart for the nobleness it will give me to become kind, sympathetic, and true.

I believe in the training of my hands for the ability it will give me to become helpful, useful, and skillful.

I believe in the training of my health for the strength it will give me to enjoy life, to resist disease, and to work efficiently.

I believe in my county, my state, and my community, and in my responsibility for their development. In all these things I believe, and I am willing to dedicate my efforts to their fulfillment.

A  
Community  
Affair

Are  
You  
Into It?™  
