

4-H Smoke and Tobacco Free Policy

4-H had an existing policy prohibiting the use of tobacco for 4-H adult volunteers and youth members. The policy has been updated to include parents/guardians and other participants and to explicitly mention smokeless tobacco products, e-cigarettes and unregulated nicotine products.

Below is the current 4-H Policy on Alcohol, Drugs and Tobacco (Chapter 11, IX).

The following policy applies when youth, adult volunteers, parents/guardians and participants are participating in the 4-H YDP and while performing 4-H YDP duties at non-4-H events.

A. Participation in 4-H Activities and Non 4-H Events

1. Adult volunteers shall not consume or be under the influence of alcohol, illegal drugs or tobacco while performing their 4-H YDP duties.

2. Adult volunteers shall not be impaired by legal drugs while performing their 4-H YDP duties.

3. Adult volunteers and 4-H YDP staff will not allow alcohol, illegal drugs or tobacco use.

4. The use of alcohol, illegal drugs, smoking and the use of smokeless tobacco products, e-cigarettes and unregulated nicotine products is prohibited.

For the ANR Policy and associated FAQ go to: <http://ucanr.edu/sites/anrstaff/files/181051.pdf>

For the 4-H Policy and associate FAQ go to:

<http://4h.ucanr.edu/Administration/Policies/Chapter11/>

State Leadership Conference

August 14-17, 2014—U.C. Santa Cruz
"Raiders of the Lost Leadership"

The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. Check our website, Facebook, Twitter & Instagram for updates and exciting announcements.

State 4-H Leaders Forum 2014

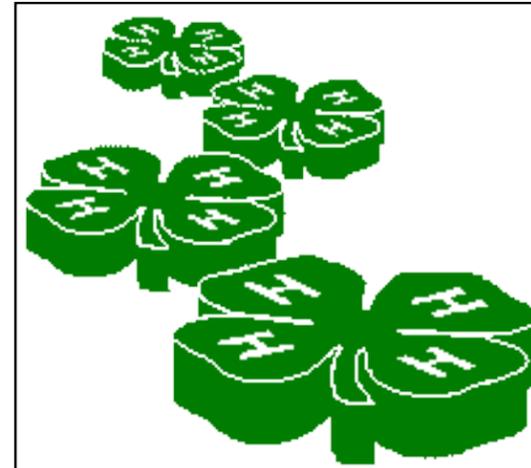
"101 Ways 4-H Thrives!"
November 7-9, 2014 in Sacramento, CA
Hosted by the North Section!

Shasta Youth Goat Show

March 29, 2014 - 8:30-4:30
Anderson Junior High School

For full information on classes, registration, lunch and activities contact: Kay Delaloza 530-604-7411; Jodie VanOrnum 530-227-5925

Marjory Ostman – m.lostman@yahoo.com



Headlines

Del Norte County 4-H Program

UCCE/4-H Office
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707-464-4711

**MARCH-APRIL
2014**

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



4-H Family Newsletter
one per address, please share

COMPLETING 4-H RECORD BOOKS

Members: 4-H Members are responsible for completing and turning in their record books to the club leader **every** year. A pin and stripe is earned for satisfactory year of completion of the record book.

Star Rank awards can be earned using the Personal Development Report (PDR) form. Club leaders review these records and recommend the rank awards. Books submitted to the county level can compete for county medals. Senior members are eligible to pursue regional and state awards.

The information in your book will be very useful when applying for jobs and scholarships. Your parents, 4-H leaders and older members in your club are great resources and can assist you in completing your record book.

Parents: Your child must complete their own book but you can assist them by helping to record everything your child does on a calendar and sitting down with them to update their records regularly.

Also encourage your child to set goals and consistently work to achieve them. Be informed and attend meetings with your child. Provide transportation so your child can participate as much as possible. Don't forget to **"Celebrate"** together!

Leaders: Assist members by keeping track of what your group does and providing time at your meetings to update the records. Provide opportunities for project members to give talks, demonstrate skills and do judging activities at project meetings. Be sure to remind your members of upcoming events and encourage them to participate.



Record books can be completed in the Online Record Book or by downloading forms. The print versions of record book forms: the PDR (Personal Development Report) form and project record sheets are available on the state 4-H web site www.ca4h.org. Demonstrations on how to use the Online Record Book will be from 5:30 -6:30 PM before each Council/Board meeting. Help is available if you just ask. Add to your record book every time you participate in 4-H. Update your record keeping today!

UPCOMING EVENTS

- Mar. 25th Council Meeting 5:15 PM**
- Mar. 29th Regional Presentation Day**
- April 5th County Fashion Revue**
- April 7th Jacki returns from leave**
- April 18th Uniform Contest**
- April 19th 4-H Easter Egg Hunt**
- May 31st State 4-H Field Day**
State Presentation Day
- June 28-July 1 4-H Camp**
- July 10-13 4-H Horse Camp**



Saturday, April 19th
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.



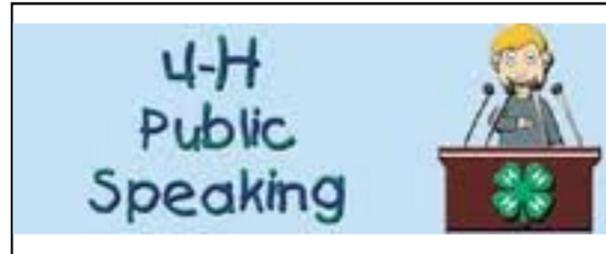


RANKING SYSTEM: STAR AWARDS

Part of the 4-H fun of learning is measuring your progress. The Star Awards in 4-H are designed to help you plan attainable objectives and to measure the progress you are making toward those objectives. Use the Personal Development Report of the Record Book to plan and achieve your next star rank!

The Star Awards is a program unique to California. Bronze, Silver, Gold, Emerald, Platinum, and All-Stars are awarded at the county level to 4-H members in recognition of their achievements. There is no time limit for achieving a star rank, and there is no limit to the number of Bronze, Silver, Gold, Emerald, Platinum, or All-Stars a county can award.

Star ranks are based on individual member's participation. The member sets goals each year to work toward Star Awards. If the award is not reached in that year, the totals are added to the next year. Star Ranks are designed to encourage members to participate in a wide variety of activities over a number of years and to gain competence and proficiency in life skills. Set your sights on the stars!!!



County Presentation Day Results

Gold

- Zoe Mcmanus - Educational Display
- Ashley Maita - Educational Display

Blue

- Kearstyn Miller - Educational Display
- Maggie May Heilweck - Educational Display
- K'Marie Magray - Educational Display
- K'Marie Magray - Power Point
- Ana Machado - Power Point
- Brinkley Webb - Power Point
- Payton Webb - Power Point
- Kaliana Throop - Demonstration
- McNeely Olson - Presentation
- Vivien Wells - Prepared Speech

Thank you to all who participated and helped with this event. Special thanks to Taylor Jones for chairing this event and to Jan Holiman, the adult leader.



4-H Summer Camp

Triumphant Life Camp
June 28-July 1

A fun filled 3 days is in the planning for this year's 4-H Summer Camp experience! Mark your calendars and make plans to attend! The new location will provide a swimming pool, basketball courts, baseball field, nature trail, disc golf course and maybe even a ropes course.

Contact Jessalynn Kunkler, 443-4262, or Michaelynn Mullan, 768-3111, to find out more and to help with the planning of this year's 4-H Summer Camp.



4-H Horse Camp

July 10-13, Cuneo Creek

Mark your calendars for the fun and learning at 4-H Horse Camp. It will be held July 10-13 at Cuneo Creek.

Horse Camp provides an opportunity for 4-H members to come together for a campout including trail rides, good food, fun activities, educational sessions, and entertainment.

Contact Sam Sederberg, 733-5451, or Jessica Willis, 943-1685, to find out more and to help with the planning of this year's 4-H Horse Camp.



Regional Presentation Day

March 29th, Crescent Elk

The Regional Presentation Day will be at Crescent Elk School in Crescent City on March 29th, beginning at 9:30 AM with registration.

Room hosts and judges are needed in addition to our county winners who can present at this event. Call Jan or Taylor if you would like to volunteer to help. Plan to attend and participate in the events!

Home Ec Day Results:

Gold Seal:

- Kaliana Throop
- K'Marie Magray
- Zoe McManus
- Kearstyn Miller
- McNeely Olson
- Vivien Wells
- Taylor Jones
- Maggie Heilweck
- Jadelin Castellaw
- Autinayea Bommelyn
- Connor Smith
- Claire Smith
- Danika Scott



Primary participants:

Primaries (earning Participation):

Ayden McManus

Donald Magray

Best Of Show:

Decorated Cake: Taylor Jones

Decorated Cupcakes: Taylor Jones

Clothing: Zoe McManus

Craft: Zoe McManus

Photography: Maggie Heilweck

Food: Claire Smith

Preserved Food: Danika Scott

Thank you to all who participated and helped with this event. Special thanks to K'Marie Magray for chairing this event and to Mary Heilweck, the adult leader.



Leaders Council Meeting—Tuesday, March 25th

At 5:15 PM at the UC/4-H Office!

Support the Fair

March 29th - Dinner and Auction

Sell Tickets & Donate Auction Items!

Call Randy for more information.

4-H Scholarships for Higher Education

California 4-H Higher Education Scholarship applications are available at <http://ucanr.edu/survey/survey.cfm?surveynumber=12402>

Applications must be submitted electronically no later than May 1, 2014, 11:59 p.m.

All required information must be included with the application to be considered. Visit the [scholarships categories](#) page to get a complete list and description of this year's 4-H scholarships. Find additional scholarship opportunities http://4h.ucanr.edu/Resources/Members/Scholarships/Other_Scholarships/

Fashion Revue April 5th at Addie Meedom House.



Judging starts at 12pm and the Fashion Show is at 1pm. Completion in a clothing project is required to be eligible for Fashion Revue. e-mail kellyandkmarie@yahoo.com for more information and/or to register.



Beef Camp & Field Day

May 10th, 2014 from 9 AM – 2 PM

Fortuna High School Ag Dept.

Register by April 18th

All 4-H & FFA Beef exhibitors in Humboldt and Del Norte County are invited to this fun and educational event.

Bring your steer or heifer and come for day. The goal is to advance your skills and knowledge in and out of the show ring. Featured will be clipping, showing and fitting as well as a hoof trimmer on site and a consultant for feeding advice to optimize your animal's performance for the fair. There will be a scale on site to weigh your animal, a veterinarian to answer questions and Dr. French will share carcass evaluation.

Register by April 18th for a free t-shirt and lunch BBQ. The entire event is FREE with door prizes throughout the day. Contact Christina Chapman 499-5513; or chapmanchristina@att.net to sign up.