

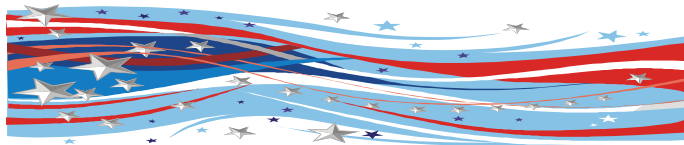
headlines

Del Norte County 4-H Program

586 G Street
Crescent City, CA 95531
707-464-4711
cedelnorte@ucdavis.edu
Sandy Sathrum, 4-H Program Rep.
Jaclyn Bennett, Secretary

July - Aug. 2013

4th of July Parade



Thursday, July 4th, 2013

Meet at Grace Lutheran Parking Lot
at 8:00 a.m.

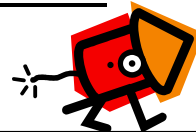


**Any animals must be parade
ready, healthy, and safe!**

All participants need to help disassemble the float
immediately after the parade.

**Wear your 4-H whites with 4-H hat
or a 4-H t-shirt!**

See you there!



Upcoming Events

July 4 th	4 th of July Parade
July 4 th -5 th	Office closed - Holiday
July 13 th	Fair Entries due for Livestock
July 19 th - 21 st	4-H "Ready, SET, Go!" Camp
July 20 th	Fair Entries due for all other projects
Aug. 1 st -2 nd	Office closed - at the Fair
Aug.	Early registration for WHY Conference due
Aug. 1 st & 4 th	Del Norte County Fair Office closed
Aug. 23 rd	Record Books due to your Community Club Leader
Aug.	WHY Conference Registration due
Aug. 12 - 16 th	Office closed
Sept. 5 th - 8 th	WHY Conference
Sept. 21 st	Achievement Night
Oct. 5 th	Soup Supper & Auction

Record Books DUE!!

**August 23rd, 2013
To your Community
Club Leaders**

Giddy Up N' Goats:	Valerie Machado	951-0268
Pine Grove:	Kelly Lynch	465-6524
	Jacki Bennett	954-8189
Shamrock:	Angela Hanks	951-6633
Sunrise:	Stephanie Alexandre	487-1002
Wild River:	Christine Jones	951-4304
	Jan Holiman	487-0398
Elk Valley Swine:	Don Steinruck	487-2100

4-H Alumni Scholarships

Christian Alexandre - \$550.00
Vanessa Alexandre - \$1000.00
Martin Anderson - \$1000.00
Casey Barrington - \$550.00



Congratulations!!!





Del Norte County Fair

August 1 - August 4, 2012

Entry Schedule 4-H Division



4-H Division	Entry Forms Due	Entries Received On	Receiving Times
Decorated Cakes	July 20 th	Wed. July 31 st	8:00 a.m. to 8:00 p.m.
Arts & Crafts	July 20 th	Sat. July 27 th & Sun. July 28 th	10:00 a.m. to 6:00 p.m.
Clothing & Textiles	July 20 th	Sat. July 27 th & Sun. July 28 th	10:00 a.m. to 6:00 p.m.
Baked Foods & Candy	July 20 th	Wed. July 31 st	8:00 a.m. to 8:00 p.m.
Food Preservation	July 20 th	Sat. July 27 th & Sun. July 28 th	10:00 a.m. to 6:00 p.m.
Home Furnishings	July 20 th	Sat. July 27 th & Sun. July 28 th	10:00 a.m. to 6:00 p.m.
Photography	July 20 th	Sat. July 27 th & Sun. July 28 th	10:00 a.m. to 6:00 p.m.
4-H Other Non-Animal Projects except Plants and Vegetables	July 20 th	Sat. July 27 th & Sun. July 28 th	10:00 a.m. to 6:00 p.m.
4-H Other Non-Animal Projects Plants and Vegetables	July 20 th	Wed. July 31 st	8:00 a.m. to 8:00 p.m.
4-H Livestock - Beef, Swine, Sheep, Goat, Rabbit & Cavy	July 13 th	Wed. July 31 st	8:00 a.m. (to 8:00 p.m.)
4-H Livestock - Poultry	July 13 th	Wed. July 31 st	12:00 p.m. to 3:00 p.m.
4-H Showmanship	July 13 th	See Premium Book for Show Schedule	

TEN COMMANDMENTS FOR PARENTS OF YOUNGSTERS SHOWING LIVESTOCK

1. Thou shalt not feed, train or care for the animal for thou art trying to teach thy child responsibility.
2. Thou shalt forgive a child for making mistakes in show ring for thou has made mistakes too!
3. Thou shalt not get mad when thy child forgets items in the show box, for one day thou may forget the show box.
4. Thou shalt help the show manager for they are doing a job that thou would not want to do.
5. Thou shalt see that thy child is on time for all Show activities for thou would not want to wait on another.
6. Thou shalt make sure thy child has animals entered and registration papers in order by the designated time.
7. Thou shalt teach the child that winning a blue ribbon is a desirable goal, but making friends along the way is a more worthy goal.
8. Thou shalt not complain about the judge for it is his/her opinion that has been sought.
9. **Thou shalt remember that livestock projects are teaching projects, not necessarily money making projects.**
10. Thou shalt remember that the livestock project is a family project that shall be enjoyed and supported by the entire family.

4-H Dress "Code"

When representing 4-H at an event or at Fair, if you choose to wear the 4-H "Uniform", please remember to wear your 4-H apparel with pride. This includes keeping your shirt tucked in, wearing a belt, and wearing a white shirt having a collar, sleeves, and which buttons down the front. T-shirts are not appropriate to wear as part of your "whites". You do want to look neat and well turned out when representing 4-H. Please contact the 4-H office or your club leader if you still have questions.

Fair Weigh-Ins

If you have a conflict for animal weigh-ins for Fair on July 31st, you will need to present your case before the Auction Committee meeting on July 15th, at 6:00 p.m., in the Boardroom, Fairgrounds.

Appropriate 4-H Parent Participation

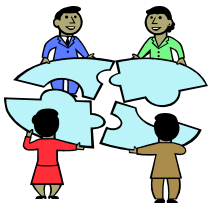
Parents are welcome and appreciated at 4-H events and fairs! Below are a few guidelines for proper 4-H parent participation:

At competitive 4-H events, parents are to respect youth ownership of projects and allow their child to complete his/her own project.

Parents are to provide encouragement and support, allowing their child to experience the process of 4-H, no matter the outcome.

Parents are to encourage their child to do their best, not to be better than someone else.

Parents can be proactive in their child's 4-H experience while being respectful of youth and adult.



WHY Conference September 6th - 8th, 2013

Clear Creek Retreat Center at
NEED Camp at Whiskeytown Lake.
For more information, please contact Laurinda Corron at
rinnjoe@comcast.net.

4-H HAT ETIQUETTE

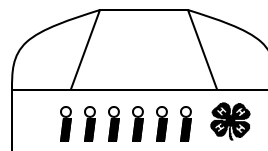
1. The green hat is to be worn by grade school 4-H members and the white hat is worn by 4-H members when entering and attending high school. Service stripes are sewed on behind and in line with the 4-H emblem. Use white stripes for the green hat and green stripes for the white hat. Year pins are fastened at the top of the service stripes in order with the first year nearest to the clover. Gold stripes in lieu of green or white stripes are worn to show a year completed as a junior/teen leader and a completed year of club work.
2. The star of highest rank (bronze, silver, gold, all-star) is worn on the left front.
3. The Hi 4-H emblem is worn behind the star if you are a Hi 4-H member.
4. Wear the junior/teen leader emblem as long as you are a junior/teen leader. If you drop the project, you remove the emblem but leave on the gold junior/teen leader service stripes which you earned. This emblem is worn behind the Hi 4-H emblem or behind the star.
5. Wear county medals (national award medals, judging medals, demonstration medals, guide dog medals, etc.) on the left rear side. DO NOT wear celluloid pins, ribbons, convention badges or other similar regalia on you cap. Keep these in a scrapbook.

FOR GIRLS: Regard the 4-H cap as another hat that a girl might wear. It may be worn at club meetings, public gatherings and in church. It is always worn while participating in a 4-H event.

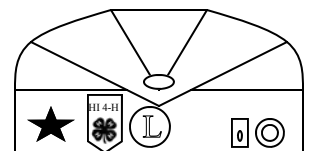
FOR BOYS: The cap should not be worn in church, at meals, or at any other time a hat would not be appropriate. The cap should not be worn at memorial services, indoors or outdoors, unless the boy is serving as a color guard.

Boys serving as color guards wear caps until the flags have been placed, and they have been seated.

In saluting the American flag, the cap is removed and held in the right hand over the heart.



RIGHT SIDE



LEFT SIDE

Record Books - Purpose

4-H Record Books serve a variety of purposes in the California 4-H Youth Development Program. While society has changed, so have the goals of 4-H record-keeping. 4-H Record Books allow 4-H members to reflect on their yearly work completed as well as maintain records of project and club work. 4-H members demonstrate growth and measure achievements across their years in 4-H.

In record-keeping, 4-H members develop the following life skills:

- * Maintaining records of 4-H project and club work and school and community activities.
- * Keeping personal and business records
- * Improving communication with other people
- * Learning time management and organizational skills
- * Learning responsibility and developing goal setting skills

4-H Record Books are an educational component of the 4-H Youth Development Program.

**Come and help us beautify the Fairgrounds
(Community Service Opportunity)**

**July 26th, 1013
10:00 a.m.
And/Or
August 9th, 2013
10:00 a.m.**

Please bring gloves

Newly Elected Council Officers

President—Valerie Machado
Vice-President—Tammie Toreson
Secretary—Christine Jones
Treasurer—Kathleen Hicks
Parliamentarian—JoAnn Mohr

The University of California prohibits discrimination against or harassment of any person on the basis of race, color, national origin, religion, sex, physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (special disable veteran, Vietnam-era veteran or any other veteran who served on active duty during a war or in a campaign or expedition of which a campaign badge has been authorized). University policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 1111 Franklin, 6th Floor, Oakland, CA 94607-5200 (510) 987-0096. those requiring special accommodations to attend any of these events are encouraged to contact the Del Norte County 4-H Extension Office, (707) 464-4711.

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



4-H Family Newsletter
one per address, please share

What is 4-H Set?



4-H science, engineering, and technology projects encompass a wide variety of subjects and topics.

- **Animal Science**
- **Biological Science** including embryology, entomology, marine biology, and veterinary science.
- **Consumer and Family Science** including textiles, fiber science, and kitchen science
- **Earth Science** including astronomy, climatology, forestry, outdoor adventure, and water education
- **Physical Science** including energy management, sustainability, and geology
- **Environmental Education**
- **Engineering and Technology** including website design, computers, gis/gps, and video production, aerospace, electricity, electronics, robotics, engines, and woodworking.

All 4-H SET projects should contain these elements:

- Activities follow the **Experiential Learning Cycle**: After the activity, the facilitator leads youth through a period of reflection where the learner shares and processes the experience and applies new learning in authentic situations.
- Activities promote **Inquiry Learning using Effective Questioning**: Through learning experiences, youth are encouraged to think, explore, question, and make decisions. Youth build understanding by exploration and questioning.
- Provides opportunities to improve **Science, Engineering, and Technology Abilities (Processes)**: Engages youth in science, engineering and technology through one or more of the science, engineering, and technology processes.
- Anchored in a **Positive Youth Development Context**: Positive youth development occurs from an intentional process that provides youth opportunities to learn new skills, experience independence and develop concern for others in a positive learning environment. Contextualizing SET learning experiences within a positive youth development framework is critical in helping youth learn, grow, and contribute to their communities.
- Facilitated and delivered with **Adult Mentors who Partner with Youth**: Learning experiences are led by trained, caring adult staff and volunteers acting as mentors, coaches, facilitators and co-learners who operate from a perspective that youth as partners and resources in their own development.
- Programs offer **Extended Learning Opportunities**: Projects offer long-term experiences to significantly increase youth knowledge, skills and attitudes. Experiences are designed for extended frequency and duration that serve to build learning over time.

Key Assets in 4-H Youth Development

MEANINGFUL YOUTH PARTICIPATION

As we continue applying the five key youth development practices or supports to our 4-H delivery, we will focus this month on **meaningful youth participation**. The five supports and opportunities that young people should experience in the 4-H Youth Development Program (YDP) include: 1) safety; 2) supportive relationships; 3) meaningful youth participation; 4) community involvement; and 5) skill building activities.

Meaningful youth participation involves more than just young people showing up for the program up for the program and being engaged in the program activities. Meaningful youth participation means that youth:

- Have opportunities to participate in decision-making
- Have opportunities to develop and practice leadership
- Experience a sense of belonging

True youth-adult partnerships happen when projects or activities are initiated by young people and decision-making is shared between youth and adults. This empowers and builds the skills of young people while at the same time enabling them to access and learn from the life experience and expertise of adults.

Here are **five things you can do now to increase meaningful youth participation**:

1. Give youth opportunities to develop program, club, or project goals.
2. Get young people involved in activity planning, training, and evaluating the program.
3. Give young people choices in the program or activity.
4. Give every young person an opportunity to help others.
5. Ensure that adults are serving as mentors and facilitators in all aspects of the 4-H Youth Development Program with young people taking the lead.

Here are a few indicators that show an environment that fosters meaningful youth participation:

- Adults share control of the meetings, planning, activities, etc. with youth.
- The program schedule allows time for youth to make choices about how they use their time.
- Youth have multiple opportunities to set goals and make plans for projects and activities.
- Youth are engaged in an intentional process of reflecting on what they are doing or have done.
- Give youth opportunities to provide feedback on activities and incorporating changes accordingly.

Assess these indicators of meaningful youth participation and **think of at least two ways you can strengthen youth participation**. Set specific goals and re-evaluate your progress. Through these practices, you will communicate the message to young people that "What you think and what you do matters!" Next month we will explore community involvement.



Build a Healthy Meal

10 tips to improve your meals

With vegetables and fruits



Discover the many benefits of adding vegetables and fruits to your meals. They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups - and for some, up to 6 cups - of vegetables and fruits each day. Vegetables and fruits don't just add nutrition to meals. They can also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

1

fire up the grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peppers, or potatoes on a kabob skewer. Brush with oil to

keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add great flavor to a cookout.

6

get in on the stir-frying fun

Try something new! Stir-fry your veggies - like broccoli, carrots, sugar snap peas, mushrooms, or green beans - for a quick-and-easy addition

to any meal.



expand the flavor of your casseroles

Mix vegetables such as sautéed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.



add them to your sandwiches

Whether it is a sandwich or wrap, vegetables make great additions to both. Try sliced tomatoes, romaine lettuce, or avocado on your everyday sandwich or wrap for extra flavor



planning something Italian?

Add extra vegetables to your pasta dish. Slip some peppers, spinach, red beans, onions, or cherry tomatoes into your traditional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.



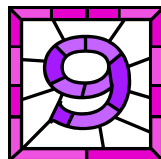
be creative with your baked goods

Add apples, bananas, blueberries, or pears to your favorite muffin recipe for a treat.



get creative with your salad

Toss in shredded carrots, strawberries, spinach, watercress, orange segments, or sweet peas for a flavorful, fun salad.



make a tasty fruit smoothie

For dessert, blend strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice for a delicious frozen fruit smoothie.



salad bars aren't just for salads

Try eating sliced fruit from the salad bar as your dessert when dining out. This will help you avoid any baked desserts that are high in calories.



liven up an omelet

Boost the color and flavor of your morning omelet with vegetables. Simply chop, sauté, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms,

spinach, onions, or bell peppers.

DG TipSheet No. 10

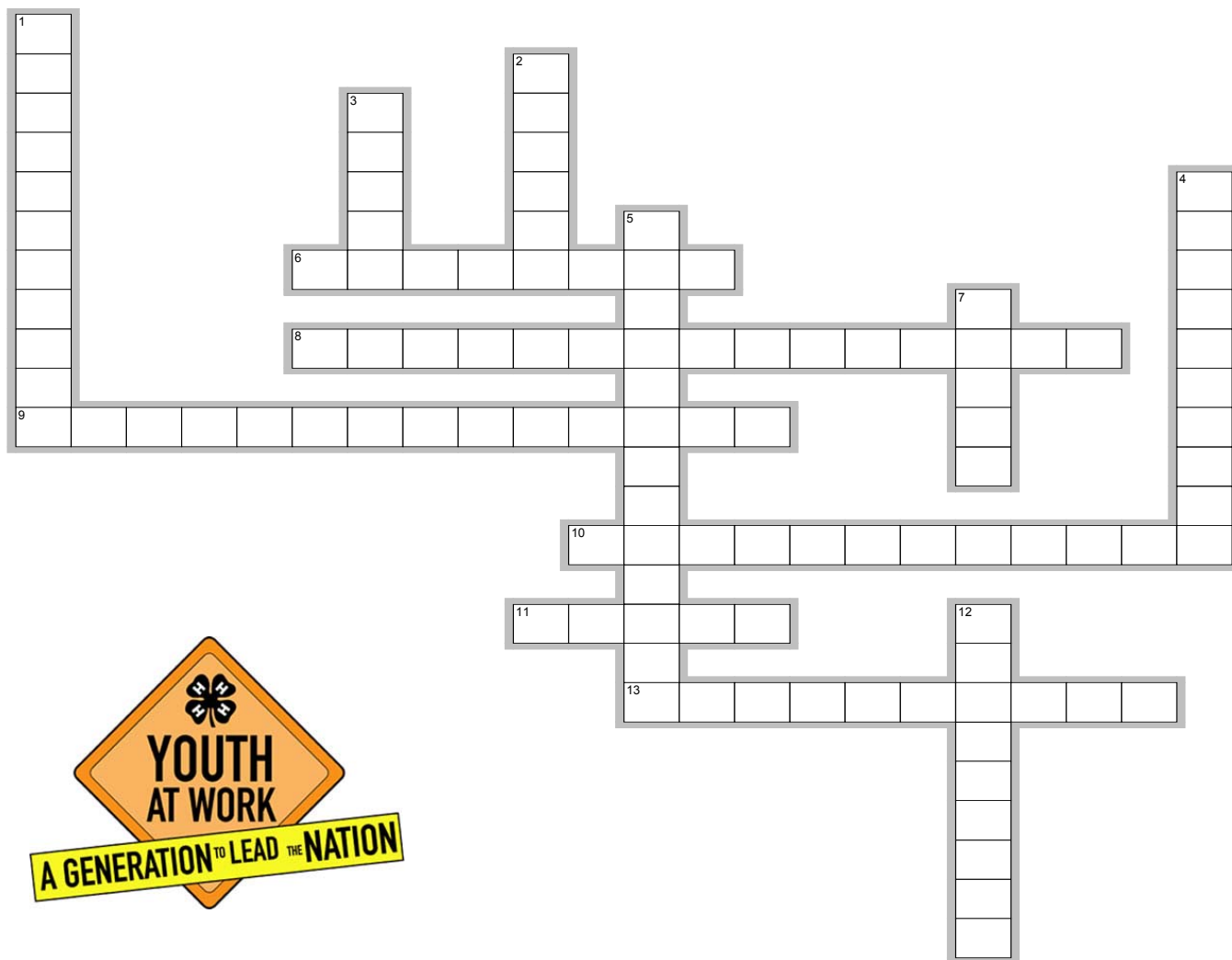
June 2011

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4-H Knowledge Crossword

May/June Crossword Winner:
Donald Magray



Created with EclipseCrossword — www.eclipsecrossword.com

Across

6. What kind of projects are livestock projects?
8. WHAT KIND OF OPPORTUNITIES SHOULD A YOUTH BE ABLE TO PARTICIPATE IN?
9. WHERE DO YOU NEED TO MEET FOR THE 4TH OF JULY PARADE?
10. ON AUGUST 23RD WHAT IS DUE TO YOUR COMMUNITY CLUB LEADERS?
11. WHAT COLOR 4-H HAT SHOULD BE WORN IF YOU HAVE JUST GRADUATED FROM 8TH GRADE?
13. LIVESTOCK AND POULTRY FAIR ENTRY FORMS ARE DUE ON JULY ____?

Down

1. WHAT DOES THE E IN 4-H SET STAND FOR?
2. WHAT DO RECORD BOOKS DEMONSTRATE?
3. HOW SHOULD YOU WEAR YOUR 4-H UNIFORM WHEN REPRESENTING 4-H AT AN EVENT OR AT FAIR?
4. WHAT SHOULD YOU ADD TO YOUR SANDWICHES?
5. PARENTS ARE TO PROVIDE _____ AND SUPPORT ALLOWING THEIR CHILD TO EXPERIENCE THE PROCESS OF 4-H, NO MATTER THE OUTCOME.
7. WHAT TIME DO YOU NEED TO MEET IN THE MORNING FOR THE 4TH OF JULY PARADE?
12. NON-ANIMAL PROJECT FAIR FORMS ARE DUE ON JULY ____?

One winner per month will be chosen at random from the correct answers received in the 4-H office by August 21, 2013