



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

Jan. - Feb. 2014

County Presentation Day & County Home Ec Day February 22nd & 23rd, 2013 Pine Grove School

A **presentation** is a method used to communicate an idea by showing and/or telling. It can be a demonstration or a talk that uses posters and other visual aids. A 4-H Presentation helps you learn to:

- * Research a subject
- * Organize ideas in a logical order
- * Be a teacher and practice public speaking skills

Public speaking skills are ranked number one among the skill sets of professionals. Other guiding factors for developing public skills include:

- * Discovering an important component of leadership development
- * Increasing self-esteem, self confidence, and ability to accept feedback
- * Expanding skills for planning, preparation and performance.

Details and descriptions of each presentation type can be found in the State 4-H Presentation Manual: 4h.ucanr.edu/files/2193.pdf. Gold Seal winners will be eligible to move on to Regional Presentation Day at **Del Norte High School**, March 29th.

Home Ec Day is open to all 4-H members. You can enter nutritious cookies (directions are on back page), favorite snack, quilt, dessert-in-a-jar, decorated cake, decorated cupcakes, appetizers/fingerfood, bread, fine art, crafts, clothing, scrapbooking, photography, tablesetting/plan a party display, no sew handmade item, nutritional poster, crochet, home furnishing and leathercraft.

Turn in the enclosed registration forms by **Wednesday, February 12th, 2014** to the 4-H Office. First Timers!!! Need Help? We're here to help. Call the 4-H office at 464-4711.

Upcoming Events

Dec. 23 - Jan. 3 rd	4-H Office Closed for Holidays
Jan. 6 th	Chairperson applications due in 4-H office.
Jan. 7 th	Presentation Workshop
Jan. 13 th - Apr. 7 th	Jacki on Maternity Leave Office open on Wednesdays, call for times.
Jan. 28 th	4-H Council Meeting
Feb. 12 th	County Presentation Day County Home Ec Day applications due to the 4-H office
Feb. 13 th	Northcoast Youth Summit application due
Feb. 22 - 23 rd	Presentation and Home Ec Day
Feb. 25 th	4-H Council Meeting
Mar. 16 th	Northcoast Youth Summit
Mar. 29 th	Regional Presentation Day
Apr. 5 th	County Fashion Revue
Apr. 7 th	Jacki returns from maternity leave
Apr. 19 th	4-H Easter Egg Hunt
May 31 st	State 4-H Field Day State Presentation Day



What's the Value of One Member?

Ten little members standing in a line.
One disliked the president, then there were nine.
Nine ambitious members offered to work late.
One forgot her promise, then there were eight.
Eight creative members had ideas good as heaven.
One lost enthusiasm, then there were seven.
Seven loyal members got into a fix.
They quarreled over programs then there were six.
Six members remained with spirit and drive.
One moved away, then there were five.
Five steadfast members wished there were more.
One became indifferent, then there were four.
Four cheerful members who never disagree.
'till one complained of meetings, then there were three.
Three eager members! What do they do?
One got discouraged, then there were two.
Two lonely members' our rhyme is nearly done.
One joined a sports group, then there was one.
One faithful member was feeling rather blue -
Met with a friend, then there was two.
Two earnest members each enrolled one more -
Doubling their number, and then there were four.
Four determined members just couldn't wait -
'Till each won another, then there were eight!
Eight excited members signed up 16 more.
In another six verses, there'll be a thousand twenty-four



Northcoast Youth Summit:

"Envision Your Impact!"

Saturday, March 15th, 2014

College of the Redwoods - Eureka, CA

All youth (grades 7 through 12) and adults in Humboldt, Del Norte, Trinity, Mendocino and Lake counties are welcome!

This FUN, interactive conference for teens and those who work with teens will: increase the **leadership skills** of youth and adults. Provide **workforce preparation** and empower them to become **agents of change** in their world.

There will be over **40 dynamic workshops** available for youth and adults to attend & two motivational **keynote speakers**, a **service project**, **door prizes** and **lunch**.

For more information please check out: www.ysummit.org or contact the 4-H office at 707-464-4711.

Jacki's Maternity Leave

January 13th - April 7th, 2014

Jacki will be out on maternity leave from January 13th through April 7th. Humboldt/Del Norte staff will be available in the Extension/4-H office on Wednesdays starting January 15th. The times the office will be open have not yet been determined, please call the office (707-464-4711) to see if someone is available or check the Del Norte/Humboldt website: cehumboldt.ucdavis.edu for times the office will be open. The Humboldt Office phone number is 707-445-7351 to talk to Sandy or Dorina or email Sandy on 4-H questions, sksathrum@ucanr.edu.

Tax Tips for 4-H Volunteers

4-H volunteers (leaders, parents, teens) who incur out-of-pocket expenses or make a direct contribution to 4-H may be able to claim income tax deductions for:

- ☞ The fair market value of property and materials donated to 4-H
- ☞ Cash contributions to 4-H
- ☞ Cost of raising a guide dog puppy
- ☞ Cost of travel while serving as a volunteer (consult a tax manual for actual allowances)
- ☞ Un-reimbursed out-of-pocket expenses for stationary, postage, telephone calls, refreshments, photocopying, etc. incurred in rendering volunteer service.

You **CANNOT** claim the value of your volunteer services, time, or costs of transporting or paying expenses for your own child.

Consult with your tax advisor if you have any questions. Be sure to keep complete records and receipts in case your contributions are ever questioned.

4-H Secondary Auto Liability Insurance for 4-H Volunteer Leaders

What is the minimum primary automobile coverage required of a 4-H volunteer to be covered under UC's secondary automobile liability insurance?

To qualify for UC's secondary coverage volunteers who are driving on University business must maintain insurance coverage in the following amounts: \$50,000 for personal injury to, or death of, one person; \$100,000 for injury to, or death of, two or more persons in one accident; and \$50,000 for property damage. These limits are commonly referred to as: 50/100/50. These University minimums are higher than the State minimum insurance requirements of 15/30/5.

What if a 4-H volunteer does not have this minimum primary coverage? Are they afforded any UC automobile liability coverage? Are they still allowed to transport 4-H youth?

If a 4-H volunteer does not maintain coverage in accordance with the University's minimums, then the volunteer would be responsible for paying the amount between their auto insurance maximum coverage limits and the University's minimums. For complete information of 4-H Auto Insurance see the State 4-H Policy Handbook at: <http://4h.ucanr.edu/Administration/Policies/Chapter10/>. Volunteers are still allowed to transport 4-H youth without the 50/100/50 coverage, but take personal liability for any gaps between their auto insurance and the University's coverage.

California Focus

June 13-17, 2014

Witness California's government in action by participating in the legislative political, and judicial processes. As a conference delegate you will:

- * Register to vote, conduct a primary election, and develop a political campaign through a two party system.
- * Elect constitutional offices.
- * Analyze the needs and issues of your district and enact legislation with the goal of securing the governor's signature to make your bill a law.
- * Create a service plan of action for your community.
- * Meet California law makers
- * Tour the State Capitol, Governor's office and 3rd court of appeals.
- * Participate in fun recreational activities, tours and cultural events.
- * Make new friends.

Don't miss being a part of this stimulating, fun-filled learning adventure in Sacramento with opportunities to gain new ideas, experiences, and perspectives.

For more information go online to: <http://4h.ucanr.org/Projects/Citizenship/Focus/CF/>.

State 4-H Field Day

May 31, 2014 at UC Davis,

8:00 a.m. - 6:00 p.m.

The State 4-H Field Day is a fun-filled event for the whole family, with a day of 4-H contests, activities, picnics, and meeting others. The event is composed of the State 4-H Presentation Day, State 4-H Fashion Revue, Plant Science Contest, Chess Tournament, Entomology Contest, Photography Contest, Film Festival, Interview Contest, Judging Contest, and MyPlate Challenge! Information on the event is available at: 4h.ucanr.edu/Programs/Events/SFD/.

Nutritious Cookies

You may make either a bar, drop rolled or shaped cookies. Cookies will be judged much as they will be for a fair entry, except our emphasis will be on high nutritive value.

Recipes should include ingredients representing the 5 food groups. See the example below:

- ☺ Protein Foods Group: eggs, nuts, seeds and soy products.
- ☺ Grains Group: Oatmeal, flour, cereal, rice and cornmeal.
- ☺ Fruits Group: Raisins, any dried fruits or fresh fruits.
- ☺ Vegetable Group: Carrots, dried vegetables, vegetable juice or fresh vegetables.
- ☺ Dairy Group: Milk, fluid or dry and cheese.



Cookies will also be judged on how they look both outside and inside on things such as colors, uniformity of size, texture and moisture as expected for product, as well as how they taste.

Bring 6 cookies on a white paper plate for judging and sampling. Put your name, age, and your 4-H club underneath the plate. Bring 4 copies of your recipe on file cards (3x5 or 4x6). Your cookies will be displayed in a special area. This event does not require you to talk to judges.

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.

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4-H Family Newsletter
one per address, please share

“Mapping your Future?!”

SETTING AND ACHIEVING GOALS

A 4-H Life Skill

By Sandy Sathrum, 4-H YDP

Visualize for a moment something that would bring great satisfaction to your life. Everyone has areas where they are passionate with hopes and **dreams** that they wish could come true. The key to realizing success in reaching your goals is to break it down into smaller chunks of attainable tasks. I am delighted to hear and see the goals and dreams realized through the 4-H program.

The New Year is here and many people take this opportunity to review & set goals for change in their lives. This requires adjustments to the current way of doing things. Those changes must be **achievable** to have success! Even a tiny change on a ship's course over many miles will greatly alter its destination. Whether your goals are personal or 4-H related, here are some basics to guide you along the way to reach your destination.

1. **Define the goal.** Be selective. A goal has to be important to you personally and within your power to make it happen by your own actions. Pick one goal to start.
2. **Make a plan.** Define specifically what you want to achieve. Break down your task into small achievable steps. Write down all the tasks on a list and check them off as you complete them. It's a wonderful feeling!
3. **Prepare for road blocks.** Murphy's law says: *“things will go wrong in any given situation, if you give them a chance”*. Consider which things might be barriers to your success and have a plan for using your obstacles as stepping stones and keep the momentum going.
4. **Enlist support.** It's nice to think we can do it on our own, but we achieve more with teamwork. Whether you enlist a buddy who wants to achieve the same goal or an accountability partner who will check on your progress, telling someone else your goal makes you more committed to achieving it.
5. **Set deadlines.** When you list your steps, make a timeline for accomplishing them. This extra push can help you get the steps done. Refer to your list often!

Celebrate success. Reward yourself often for accomplishing the baby steps. Getting started is the most difficult step so make that first one small and achievable. Remember that each step is bringing you closer to your destination.

So, no matter what passion or dream you have, take a few minutes now to write it down and map out your steps! May you celebrate many satisfying achievements in 2013 & 2014!

Remember: **A Goal without a plan is only a wish!**

National Ag Day Essay Contest

"Agriculture: 365 Sunrises and 7 Billion Mouths to Feed"

The Agriculture Council of America (ACA) calls on ninth- to 12th-grade students to submit an original, 450-word essay or a two-minute video essay about the importance of agriculture. This year's theme is "Agriculture: 365 Sunrises and 7 Billion Mouths to Feed" and the deadline is January 31, 2014. The ACA asks teachers and parents to encourage student participation. The theme, "Agriculture: 365 Sunrises and 7 Billion Mouths to Feed," presents an opportunity for students to address how the agriculture industry is an endless source of opportunity for growth and development. Entrants may choose to either write an essay and/or create a video focusing on how today's growers are overcoming challenges to provide a safe, stable food supply and sustain the significant role agriculture plays in everyday life.

"CHS enthusiastically supports rural youth and is proud to showcase their ideas," says Annette Degnan, marketing communications director, CHS Inc., one of this year's essay contest sponsors. "The essay and video contests provide an engaging platform for their voices, vision and dreams to be shared with a broader audience."

The national written essay winner receives a \$1,000 prize and round-trip ticket to Washington, D.C., for recognition during the Celebration of Ag Dinner held March 25 at Whitten Patio at the USDA. During dinner, the winner will have the opportunity to read the winning essay as well as join with industry representatives, members of Congress, federal agency representatives, media and other friends.

Ag Day Essay Contest Rules & Entry Form: www.agday.org
Contact: Erica Davis ericad@mccormickcompany.com
(816) 584-8444

Attention: Poultry Lovers

Mark your calendars for the upcoming HPFA Winter Poultry Show - Saturday, February 8, 2014. The show will be held in Belotti Hall at the Humboldt County Fairgrounds in Ferndale with the banquet the same night at Bear River Casino. For more information check the HPFA website for updates.



2014 4-H Honey Bee Essay Contest

Each year the Foundation sponsors an essay writing contest for active members of 4-H clubs across the country. There are cash prizes for the national winners: **1st Place—\$750.00; 2nd Place—\$500.00; 3rd Place—\$250.00**. National and state winners receive a book about honey bees, beekeeping, or honey. All essays must be submitted electronically to Eric Mussen, ecmussen@uscDavis.edu and are due on or before **February 15, 2014**.

More information and rules: <http://4h.ucanr.edu/files/176473.pdf>