



headlines

Del Norte County 4-H Program

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Crescent City, CA 95531
707-464-4711
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, 4-H Program Rep.
Jaclyn Bennett, Secretary

Jan. - Feb. 2015

County Presentation Day & County Home Ec Day February 21st & 22nd, 2015

1:00 p.m.

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 in **Humboldt County**.

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 18th, 2015** 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. 22 - Jan. 2 nd	4-H Office Closed for Holidays
Jan. 5 th	Office Hour change: 8:00 a.m. - 12:00 p.m.
Jan. 19 th	Martin Luther King Day— Office closed
Jan. 20 th	4-H Council Meeting
Feb. 13 th	Lincoln's Birthday— Office closed
Feb. 16 th	Washington's Birthday - Office closed
Feb. 17 th	4-H Council Meeting
Feb. 19 th	Presentation and Home Ec Day applications due
Feb. 21 st -22 nd	County Presentation Day County Home Ec Day
Mar. 17 th	4-H Council Meeting
Mar. 21 st	County Fashion Revue
Mar. 31 st	Cal Focus registration due
Apr. 4 th	4-H Easter Egg Hunt
May 30 th	State 4-H Field Day State Presentation Day State Fashion Revue

**Office Hour
Change:
8:00 a.m.
To
12:00 p.m.**

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

2015 4-H Presentation Themes

California 4-H will offer a thematic recognition pin for youth who participate in State Presentation Day and focus their presentations on one of the following areas: Aerospace Engineering: Flying Into the Future, Civic Education, Sleep and Stress and The Path to Thriving.

Please visit: <http://www.ca4h.org/Programs/Events/SFD/PD/RecognitionOpportunities/> for more information and qualifications.

ENJOY YOUR 4-H YEAR!

**BE ACTIVE IN YOUR CLUB,
PROJECTS, COUNTY-WIDE
4-H ACTIVITIES, AND REGIONAL
& STATE ACTIVITIES.**

**SET GOALS FOR THE NEW YEAR
SO YOU CAN EARN YOUR NEW
STAR RANK: BRONZE, SILVER,
GOLD OR PLATINUM!!!**



4-H Project Proficiency Program

Benefits to Members: This program is designed to assist our youth in measuring themselves against "standards of excellence" in a project area. There are up to five skill levels that increase in scope and difficulty leading to mastery. Youth are awarded a medal at Achievement Night for completing each project proficiency level.

Benefits to Leaders: The Proficiency Program can guide leaders in organizing project material. Leaders gain new ideas to include in project meetings and add new dimensions.

Everyone is a winner in this program!

Project proficiency guides are available at the 4-H Office and on the county 4-H web site.

Fundraising for 4-H

4-H is a public non-profit and as such must take special care in how we raise funds. An entire chapter of the State 4-H Policy Manual is dedicated to financial procedures <http://www.ca4h.org/Administration/Policies/>. The 4-H name and emblem are held in trust by the U.S. Secretary of Agriculture who protects their use. We are required to follow these basic guidelines:

All 4-H Clubs, Units, Projects, Camps, Events and others **MUST** get approval for fundraisers and donation solicitations from the 4-H Office **BEFORE** doing any fundraising in the name of 4-H and the fundraiser summary must be turned into the 4-H office after the fundraiser is completed. All grants **MUST** be applied for by 4-H staff.

THERE IS A PROBLEM, WHAT SHOULD I DO?

Every 4-H club has a Community Club Leader, every project has a Project Leader, and every 4-H event has designated chairperson. If a problem occurs at club level, the first person you should contact is the club leader. Likewise, contact the project leader if something comes up at the project level. What about at events? If something comes up at a 4-H event, first talk to the 4-H volunteer leader who is chairing/organizing the event. In each of these cases, the volunteer may choose to handle the problem on their own, or contact the 4-H Coordinator, to help resolve the issue.

What if something comes up at the fair? If you project leader is there, first talk with him/her. If it is a 4-H issue, you want to discuss it with the 4-H Staff. If it is a livestock issue, you can go to the Livestock superintendent. If it is a Jr. Livestock Auction issue, contact the Auction committee's Chairperson. The sooner a problem is discussed with the people in charge, the sooner it can be resolved.

These people are all working together with 4-H leaders, and other volunteers to make 4-H events/activities a positive experience. They also appreciate positive comments and suggestions for change.

PDR Corner

Community Service—

Donated canned goods or item Section 5

Christmas Party—

Attended Section 3
Clean-up Section 5
Committee Section 4

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.

State 4-H Field Day May 30, 2015 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, Film Festival, Photography Contest, Interview Contest, Judging Contest, and many others! Information on the event will be available in January 2015 at: <http://www.ca4h.org/Programs/Events/SFD/>.

Educational exhibits and displays constitute a unique aspect of the State 4-H Field Day. These exhibits are a great opportunity to share knowledge, interact with youth and adults, and engage people in new activities. Possibilities for displays include hands-on activities, community service crafts, informative booths, etc. More information is available on the [application](#). Contact Megan Oats at msoats@ucdavis.edu for more information.

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