

headlines

Del Norte County 4-H Program

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

Mar. - Apr. 2015

Welcome Our New 4-H Program Representative

Greetings Del Norte County 4-H! My name is Thomas Stratton and I am excited to officially announce my role as the 4-H Program Representative for both Humboldt and Del Norte Counties. I have met with several of you already and look forward to meeting all of you in time. I am a third generation 4-Her from Northeast Oregon. Although I am missing my winter weather snow sports, I look forward to a gardening season longer than 90-95 days I was limited to in the extreme conditions in Grande Ronde Valley.

I came to reside in Humboldt County to start a 4th generation of green bloods on the Foggy Bottoms Dairy in the Eel River Valley with my partner Cody. My skills, developed from leadership opportunities in 4-H, also come with a wide range of experience from varying industries. I am available to support the 4-H program with my most recent training as a community organizer through meeting facilitation, communication, social media, program structure and networking.

The New Year has begun and we are already in the last wave of our second month! In this combined issue there are many new opportunities, including the 2015 Animal Science Symposium that I plan on attending. Please let me know if you are interested so we may arrange carpooling for cost savings. Please contact me and take a chance to explore the opportunities to represent your program on the county Council and committees. There are open positions for youth and adults to implement our larger program goals. Together we can continue building an *empowered youth!*

Upcoming Events

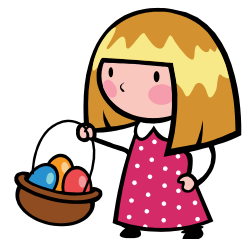
Mar. 4 th	Office closed
Mar. 14 th	Northcoast Youth Summit
Mar. 19 th	Office closed
Mar. 21 st	Fashion Revue
Mar. 31 th	CalFocus Online Registration due
Mar. 30 - Apr. 3 rd	Office closed
Apr. 4 th	Easter Egg Hunt
Apr. 21 st	4-H Council Meeting Boardroom, Fairgrounds 5:15 p.m.
Apr. 25 th	Regional Presentation Day in Humboldt County
May 30 th	State 4-H Field Day State Presentation Day State Fashion Revue



Egg Hunt



Saturday, April 4th
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.**

Fair Animal Weight Dates

Beef: March 28 th	12:00 - 1:00 p.m.
April 1 st	5:00 - 6:00 p.m.
Pigs, Goats & Lambs:	
May 27 th	5:00 - 6:00 p.m.
May 30 th	12:00 - 1:00 p.m.
Small Animal:	
To be announced	

Fair Animal Insurance

There will be a \$35.00 insurance fee for any 4-H family who will be participating in the Del Norte County Fair with a large animal.

If you have any questions, please call Randy Hatfield at 707-464-9556.

Cal Focus Program,
June 19 - June 23, 2015
Sacramento, CA

Teens - \$550.00 Adults - \$650.00

Enrollment is open to all adult 4-H leaders and to youth members that have completed the 8th grade.

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.
- * Participate in fun recreational activities, tours and cultural events.

Registration coming in early 2015. For more information contact Jenna Colburn at jcolburn@ucanr.edu



4-H Animal Science Symposium
School of Veterinary Science, UC Davis
May 27 - 29, 2015
\$75.00 per person

A profession development opportunity for 4-H staff and key topics and skills relating to bio-security and animal health. Central to this symposium will be a foundation training on the "Bio-Security Proficiencies for Beginning Producers," which participants will implement back home with 4-H volunteers and junior/teen leaders. Registration opens February 2015, registration deadline is May 1, 2015. 4h.ucanr.edu/4-H_Events/Symposium/RegSymposium/.

It's a Garden Party
 at the
 Del Norte County Spring Fair

May 7 - 10, 2015

Events:

- | | |
|-------------------------|-----------|
| Crowning of Rodeo Queen | Carnival |
| Spring Craft Show | Concert |
| Livestock Jackpot Show | Fireworks |
| ARBA Rabbit Show | |
| Mother's Day Brunch | |

Contact the Fairgrounds for more information: 707-464-9566.

Home Ec Day Awards

Nutritious Cookies:		
Jasmin Tripp		Gold
Decorated Cake:		
Elizabeth Mickee		Gold
Arts & Crafts:		
Ryleigh Bennett		Participant
Clothing:		
Kaliana Throop		2 - Gold
Ayden McManus		Blue
No Sew Handmade:		
Zoe McManus		Gold
Crochet:		
Zoe McManus		2 - Gold
Dessert in a Jar:		
Jasmin Tripp		2 - Gold
Scrapbooking:		
Zoe McManus		Gold
Zoe McManus		Red
Kaliana Throop		Gold
Kaliana Throop		Blue
Knitting:		
Brinkley Webb		Blue
Fine Art:		
Taylor Jones		2 - Gold
Payton Webb		Gold
Payton Webb		Blue
Appetizer:		
Ryleigh Bennett		Participant
Photographer:		
Elizabeth Mickee		Gold
Taylor Jones		Gold
Taylor Jones		Blue
Ashlee Hicks		2 - Gold



Best of Show

Best Clothing & Textiles:	Kaliana Throop
Best Fine Arts:	Taylor Jones
Best Photograph:	Ashlee Hicks
Best Scrapbook Page:	Kaliana Throop

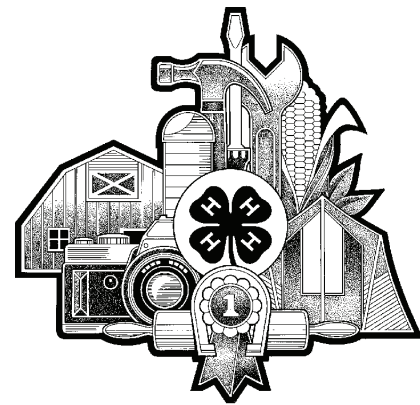
County Presentation Day Awards



Gold Seal:
Faith Newton
Taylor Jones

Blue Seal:
Zoe McManus
Kaliana Throop
McNeely Olson

Primary Member Participation:
Kaden Newton



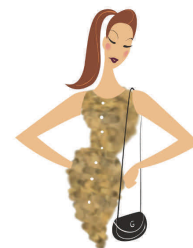
4-H Fashion Revue

April 21st, 2015

1:00 p.m. - 2:00 p.m.

Addie
House

Meedom



I am Payton Webb, chairperson of the 4-H Christmas Party and I am writing to the 4-H members who could not attend this party. The party was fabulous and everyone said they had an absolutely fun time.

The theme was the Polar Express and the whole Dining Room was decorated like a train, and my sister and her friends were dressed up as waiters, like the ones in the movie, and they were guiding everyone to their seats. There were also two conductors who were greeting people at the entrance and punching tickets for seating.

We had a Hot Chocolate bar and a snack bar with train themed treats. The visitors all received a ticket to gain entry into the party and Santa Claus made a surprise visit to the train, where he gave all the children a bell! The Polar Express movie was playing on the big screen at the end of the train and Christmas music was playing in the back ground. Towards the end of the party, my sister Brinkley, her friends and I all did the "Hot, Hot Chocolate" dance which was similar to the one performed in the movie. We were expecting around 20 people, but instead we ending up with around 40. It was a great turnout and everyone had a blast. I would to end by thanking everyone for coming.

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

12th Annual Northcoast Youth Summit



Pave Your Own Path



Saturday, March 14th, 2015

8:45 a.m. - 4:00 p.m.

College of the Redwoods

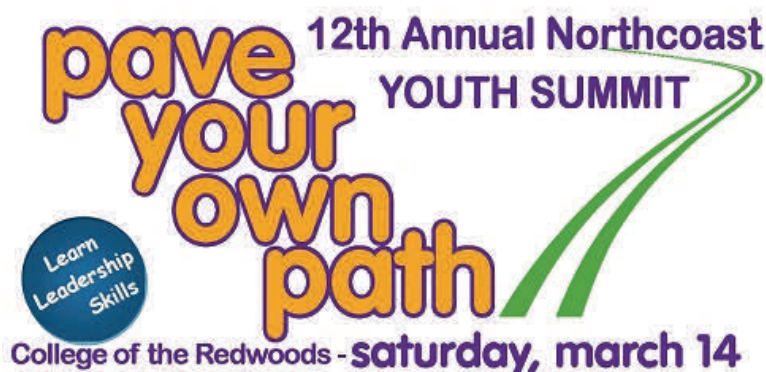
\$30.00 per person, www.ysummit.org to register

Join over 300 teens for a FUN-FILLED Day with 40 workshops, motivational speakers, service project, door prizes and food! This summit is for 7th - 12th graders and the adults that work with them.

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 are **40 dynamic workshops** available for youth and adults to attend and two motivational **keynote speakers**, **service projects**, **door prizes** and **breakfast snack and lunch**.

Workshop examples are: CPR Certification, Transport Medicine, Puppies with a Purpose, CDFW Careers in Fisheries, Hunger 101 and many more.



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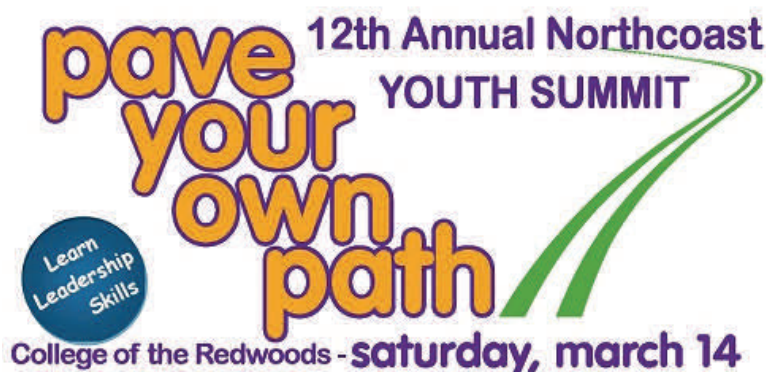
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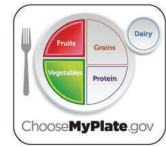
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Make better Beverage choices

10 tips to get started



What you drink is as important as what you eat. Many beverages contain added sugars and offer little or not nutrients, while others may provide nutrients by too much fat and too many calories. Here are some tips to help you make better beverage choices.

1

drink water

Drink water instead of sugary drinks when you're thirsty. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed. To maintain a healthy weight, sip water or other drinks with few or no calories.



how much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.



a thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.



manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages - drinking water can help you manage your calories.



kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator.

Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on the age, children can drink 1/2 to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice each day.



don't forget your dairy

When you choose milk or milk alternatives, select low-fat or fat free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2 1/2 cups and children 2 to 3 years old need 2 cups.



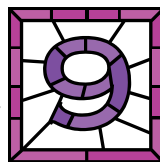
enjoy your beverage

When water just won't do - enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle or container to stay within calorie needs. Select smaller cans, cups or glasses instead of large or supersized options.



water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or brief case to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



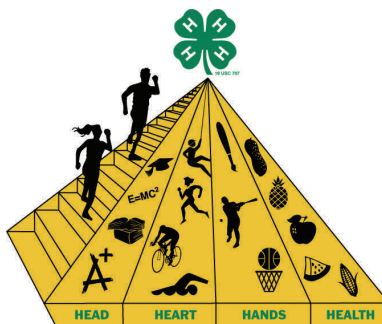
check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The label contains information about total sugars, fats, and calories to help you make better choices.



compare what you drink

Food-A-Pedia, an online feature available at ChooseMyPlate.gov/SuperTracker, can help you compare calories, added sugars, and fats in your favorite beverages.



DG TipSheet No. 19

May 2012

USDA is an equal opportunity
provider and employer.

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.

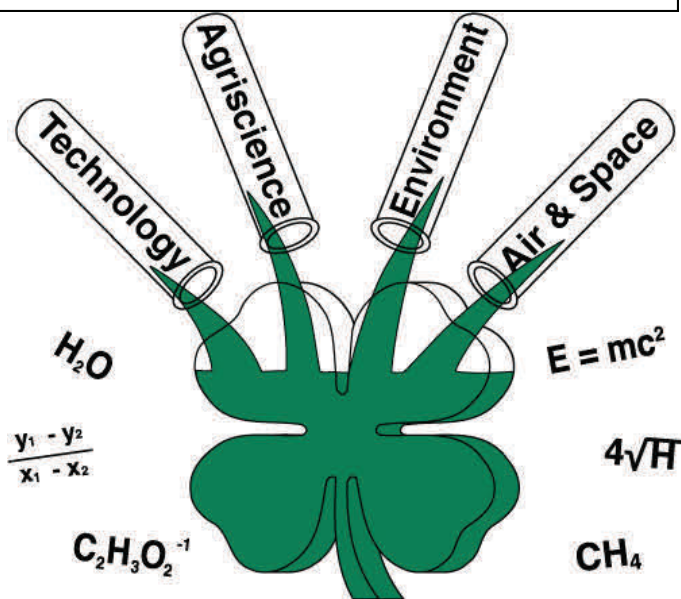
I believe in the training of my head for the power it will give me to think, plan, and reason.

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.



Cl^overology:
A Scientific Solution