

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

Jan. - Feb. 2016

County Presentation Day & County Home Ec Day February 20th & 21st, 2016

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. 21 - Jan. 1 st	4-H Office Closed for Holidays
Jan. 18 th	Martin Luther King Day—Office closed
Jan. 19 th	Soup Supper Meeting
Jan. 30 th	Soup Supper and Country Auction
Feb. 12 th	Lincoln's Birthday—Office closed
Feb. 15 th	Washington's Birthday - Office closed
Feb. 16 ^h	4-H Council Meeting
Feb. 17 th	Presentation and Home Ec Day applications due
Feb. 20 th -21 st	County Presentation Day County Home Ec Day
Mar. 12 st	County Fashion Revue
Mar. 26 th	4-H Easter Egg Hunt
May 28 ^h	State 4-H Field Day State Presentation Day State Fashion Revue

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

2016 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: (SET) Motion, Civic Engagement, Sleep and Stress and (Positive Youth Development) Mindset.

Please visit: <http://4h.ucanr.edu/4-H-Events/SFD/PD> 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.

4-H Project Tips

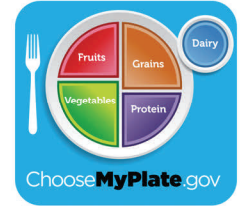
- ◆ Are you receiving good communication from your project leader(s)? If not, please contact the 4-H office at 707-464-4711.
- ◆ All projects should have started by the first of February.
- ◆ If you miss a meeting, it is your responsibility to ask your project leader what you missed and if there is a way to make up a missed meeting.
- ◆ After each meeting, write down what you did and the date on a calendar or draft project report form. This will help you with your project report form.

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

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