

headlines

Del Norte County 4-H Program

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

Mar. - Apr. 2021

County Home Ec Day March 6th, 2021

Arts & Crafts Building, Fairgrounds

Item drop-off: 12:00 - 2:00 p.m.

Items judged: 2:00 - 4:00 p.m.

Pick up items & awards: 4:30 p.m. and on

County Presentation Day March 7th, 2021 Virtual or In-Person



Upcoming Events

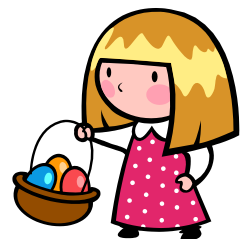
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| Mar. 6 th | Home Ec Day |
| Mar. 7 th | Presentation Day |
| Mar. 15 th | Northcoast Youth Summit
Registration due |
| Mar. 20 th | Northcoast Youth Summit |
| Mar. 29 th | Holiday - office closed |
| Apr. 3 rd | Easter Egg Hunt |
| Apr. 20 th | Regional Presentation
Registration due |
| Apr. 10 th -24 th | Virtual Regional
Presentation Weeks |
| Apr. 20 th | 4-H Council Meeting |
| June 5 th | Fashion Revue |
| May 30 th | State 4-H Field Day
State Presentation Day
State Fashion Revue |



Egg Hunt

**Saturday, April 3rd
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.



Volunteer's 4-H Pledge

I pledge my head to give children the information I can, to help them see things clearly and to make wise decisions.

I pledge my heart to encourage and support children no matter whether they have success or disappointments.

I pledge my hands to help children's groups; if I cannot be a leader, I can help in many equally important ways.

I pledge my health to keep children strong and well for a better world through 4-H, for children's groups, our community, our country and our world.

State 4-H Fashion Revue Community Service Projects

There are two service projects for the State 4-H Fashion Revue this year: port pillows, <https://ucanr.edu/sites/sfd/files/340087.pdf> and face masks, <https://www.youtube.com/watch?v=VgHrmS6n4iA>.

If you are interested in doing either of these projects, please go to the website and download the instructions and turn them into the 4-H office when they are completed and we will make sure they are distributed.



4-H Emblem

The 4-H emblem is a four-leaf clover with the letter "H" on each leaf. The four "H's" stand for Head, Heart, Hands, and Health. The leaves of the clover are green and the "H's" are white. The white is for purity; green is nature's most common color and symbolizes youth, life, and growth.



2021 Northeast Youth Summit March 20th, 2021 Cost: \$5.00

Registration is open for the 2021 Northeast Youth Summit. This year it will be a virtual event with one virtual workshops from 1:30 - 2:00 p.m., 2:15 - 2:45 p.m. and 3:00 - 3:30 p.m.

Workshops Session 1:

- Baile Mexicano - cultural dance
- Collaborative Poetry
- Cooking in a Time Crunch
- What is Childhood Addiction?
- Shape Your Future! An Online Tool with Everything You Need to Plan for Your College & Career
- Knowledge for Credit

Workshops Session 2:

- Connect Near, Far and Within
- How to Grow a Happier Mind
- Building My House
- Creating Your Resume
- Planning Balanced Meals and Snacks for Optimal Health and Attention
- Zumba for Every Body

Workshops Session 3:

- Fun with Ferrofluid
- Adulthood
- Leaning Disabilities and Academic Success
- Intro to Radio
- Law of Attraction
- Self Identify and Coping Skills
- Our Shared Ocean-Insight from a World of Whales

Safety at 4-H Projects

4-H leaders serve an important role in assisting with the development of today's youth. Providing important building components for sound foundations through development of cooperation, leadership, citizenship skills, and knowledge is critical to the success of today's youth. These skills and knowledge are gained through project work. Key to successful project work is **safety awareness**. The University of California is committed to providing safe environments in which programs are conducted.

Everyone has a specific role in promoting and maintaining safe environments for project work. What are the basic responsibilities of the 4-H leader?

- ◆ Upon initial sign-up as 4-H leader and annually thereafter, review safety rules.
- ◆ All project work topics will have a safety awareness/training element. Project work will not begin until all safety issues have been determined and addressed. Training should include the following: Training specific to the project work to be done, including a discussion of identified safety concerns and information related to procedures to be followed in case of an accident, or emergency (including evacuation of the project work site).
- ◆ Prior to beginning project work, the immediate project work site is to be evaluated for potential hazards. Potential hazards should be corrected prior to beginning project work. Project participants are to be encouraged to identify potential hazards.
- ◆ Practice safety at all times.
- ◆ There should be one adult to 10 members per project. Please get another certified 4-H leader to assist you, and contact the office to add their names to that project. Junior/Teen leaders cannot be considered in the count. Leaders must be at least 18 years of age, enrolled in 4-H, and approved.

- ◆ Use Jr./Teen leaders or resource leaders for helpers.

There are 4-H Clover Safety Notes for 4-H project leaders to use. Visit http://safety.ucanr.org/4-H_Resources/Clover_Safe_Notes_by_Project_Area



To Be a Successful Member

Keep your paperwork for each project in one folder. Have a 4-H calendar and post it where the family can see it and mark down all your activities. After each meeting write down the time, day and place of the meeting and what you did or learned. Be responsible for your own project, attend the required meeting for club and project, make your commitments. Call your leader or community club leader if you have any questions regarding the project. Welcome new members, always be kind and respectful. Thank your community club leader and project leaders after each meeting and occasionally with a hand-written note.

To Be a Successful Parent of a Member

When possible, attend meetings with your child. After each meeting ask your child what they did at the meeting. Keep your commitments and help your child keep theirs. Pick up your child on time. Volunteer to do something with the project or with the club. Contact the leader or community club leader with an issues or questions.

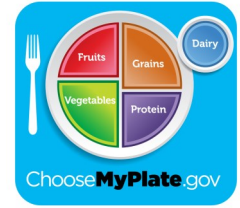


Nutritious Cookies

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.

4-H Family Newsletter
one per address, please share



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

18th Annual NORTHCOAST YOUTH SUMMIT

Unification vacation
"Sticking together six feet apart"

Youth Oriented
Workshops

Games & Prizes!

Keynote Speaker

\$5 Registration Fee
Virtual - Zoom

Register at:
UCANR.EDU/2021NYS
Questions? 707-445-7351

Saturday, March 20, 2021
1:00pm - 4:00pm



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources
4-H Youth Development Program

NYS
Northcoast Youth Summit

Belonging Never Felt Better®

Coast Central
Credit Union

vocality
Community Credit Union



Humboldt County
Department of
Health & Human
Services
People Helping People
Live Better Lives



TRIO
TALENT SEARCH

By: Nadia Ramirez & Keena Vasiloff



4-H Leaders



April is National Volunteer Appreciation Month

Somewhere between the sternness of a parent and the comradeship of a pal, is that mysterious creature we call a 4-H Leader.

These leaders come in all shapes and sizes, and may be male or female. But they all have one thing in common, a glorious twinkle in their eyes!

4-H Leaders are found everywhere: at judging contests, fairs, square dances, and talent shows. They always are preparing for sitting through, participating in, or recuperating from a meeting of some kind.

They are tireless consumers of muffins, expert at taking knots out of thread, peerless coaches, and spend hours on the telephone.

A 4-H Leader is many things: an artist making a float for the Fourth of July, a doctor prescribing for an underfed calf, a counselor at camp, a lawyer filling out reports, and a should to cry on when that dress just won't fit. Nobody else is so early to rise and so late to get home at night. Nobody else has so much fun with so many boys and girls.

We sometimes forget them, but we can't do without them. They receive no salary, but we can never repay them.

They are angels in aprons, saints in straw hats. Their own reward is the love of the kids and the respect of the community. But when they look around them at the skills they taught, and the youth they built, there's an inner voice from somewhere that says, "Well done."





DEL NORTE COUNTY 4-H HOME EC DAY SATURDAY MAR. 6, 2021



Arts & Crafts Building

Mar. 6th:

12:00 p.m. - 2:00 p.m. 4-Her's turn in Home Ec Projects & they can participate in a Judging contest.

2:00 p.m. - 4:00 p.m. Home Ec Projects are judged

5:00 p.m. 4-Her's come and pick up projects and awards



Registration Form

HOME EC DAY—March 6, 2021, Pine Grove School

Return to 4-H Office, 586 G St., by 12:00 p.m. **Wed., March 3, 2021**



Name: _____ Age: _____ Club: _____

Please write the number of items you are entering in each category, limit of two entries per category:

- | | | |
|-----------------------------|--|-----------------------------|
| _____ A. Nutritious Cookies | _____ I. Appetizers/Fingerfood | _____ P. Scrapbooking |
| _____ B. Favorite Snack | _____ J. Decorated Cupcakes | _____ Q. Decorated Cake |
| _____ C. Dessert-in-a-Jar | _____ K. Bread | _____ R. Photography |
| _____ D. Clothing | _____ L. Leathercraft | _____ S. Fine Arts |
| _____ E. Crafts | _____ M. Crochet | _____ T. Nutritional Poster |
| _____ F. Quilt | _____ N. Tablesetting/Plan a Party Display | |
| _____ G. Home Furnishings | _____ O. No Sew Handmade Item | |

Share the Fun (List participants:) _____



DEL NORTE COUNTY 4-H

PRESENTATION DAY

SUNDAY, MARCH 7, 2021



February 6th: Presentation Workshop

March 3rd: Deadline to turn in registration form

March 7th: Presentation Day

If you need help with preparing for a virtual presentation, please let Jacki at the office know and there will be a Presentation Workshop on February 6th if you need to practice or help with your presentation.



Registration Form

PRESENTATION Day – March 7th, 2021, Zoom or In-Person

Return to 4-H Office, 586 G St., by 12:00 p.m. **Wed., March 3, 2021.**



Name(s): _____ Club: _____ Phone #: _____

Title: _____ Live animal used? Yes No

Presentations: _____ Educational Display _____ Demonstration/Illustrated Talk
 _____ Prepared Speech _____ Powerpoint Presentation (must provide
 _____ Scientific Demo/Ill. Talk own computer)

Zoom or In-Person? (please circle one)