

headlines

Del Norte County 4-H Program

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4-H Program Rep.
Jaclyn Bennett, Secretary

Jan. - Feb. 2022

County Home Ec Day & County Presentation Day March 5th & 6th, 2022

This year you have the option to give a presentation on Zoom or in-person. When you sign up you will pick which format you would prefer to present in and then Jacki will contact you with the time.

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 Del Norte 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, March 2nd, 2022** 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. 20 - 30th 4-H Office Closed
- Jan. 5th Soup Supper Meeting
- Jan. 11th Soup Supper Meeting
- Jan. 17th Martin Luther King Day—Office closed
- Jan. 20th Soup Supper Meeting
- Jan. 22nd Soup Supper
- Feb. 18th Lincoln's Birthday—Office closed
- Feb. 21st Washington's Birthday - Office closed
- Feb. 15th 4-H Council Meeting
- Mar. 2nd Presentation and Home Ec Day applications due
- Mar. 5th County Home Ec Day
- Mar. 6th County Presentation Day
- Mar. 26th County Fashion Revue
- Apr. 16th 4-H Easter Egg Hunt



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

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.



Life Skills Corner:

If you have been in 4-H very long you have probably heard the term "life skills". So what does 'life skills' mean to you, and are you learning them? One definition of 'life skills' is "ways of applying information learned in real life situations". Some examples of life skills that you can learn by being in 4-H are:

- ◇ Organizing & Goal Setting
- ◇ Problem Solving
- ◇ Social Skills & Cooperation
- ◇ Concern for others
- ◇ Self-Motivation & Teamwork
- ◇ Leadership & Responsible Citizenship
- ◇ Self-responsibility & Character
- ◇ Safety & Healthy Lifestyle Choices

Can you think of others?? The Targeting Life Skills Wheel list 40 life skills that have been identified in our 4-H Projects. Most likely there are others.



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

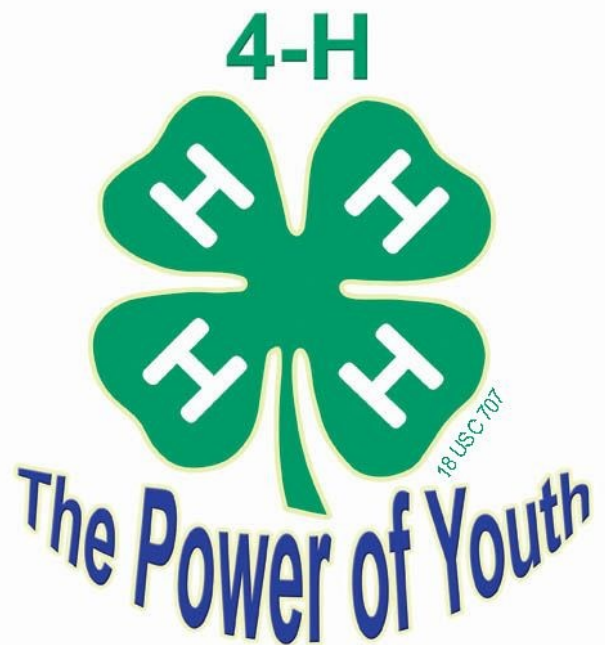
PDR Corner

Community Service—

- Donated canned goods or item Section 5
- Made Soup in a Jar Section 5
- Prepared Christmas Party Food Section 5

Christmas Party—

- Attended Section 3
- Clean-up Section 5
- Committee Section 4



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.

4-H Family Newsletter
one per address, please share



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

4-H

Soup Supper & Country Auction

Saturday, January 22, 2022

Quart jars of soup will be sold from 2:00 - until sold out

Silent Auction: 2:00 - 4:00 p.m., Main Building

Drive-In Live Auction: 3:00 p.m. Main Building

Please help us make this a great event for our program and our youth.



Soup Supper & Country Auction Family Commitment

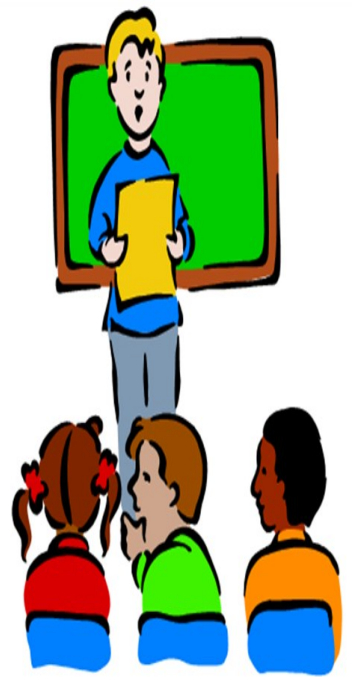
My family will:

- 1. Purchase tickets to the event.
- 2. Sell tickets to the event.
- 3. Donate items for the country auction.
- 4. Help at the event.



Regional Presentation Day

If you receive a gold seal at our County Presentation Day on March 6, 2022 you will be eligible to attend Regional Presentation Day which Del Norte County will be hosting this year. This is a wonderful event and you will meet other 4-Her's from Humboldt, Lake and Mendocino Counties.



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 a 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 events? If something comes up at a 4-H event, first talk to the 4-H volunteer leader who is helping the chairperson of the event. In each of these cases, the volunteer may choose to handle the problem on their own, or contact the 4-H office, to help resolve the issue.

What if something comes up at fair? If your project leader is there, first talk to 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's committee's President. The sooner the 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.

4-H: Come. See.
EXPRESS



DEL NORTE COUNTY 4-H

PRESENTATION DAY

SUNDAY, MARCH 6, 2022



February 5th: Presentation Workshop

March 2nd: Deadline to turn in registration form

March 6th: 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 5th if you need to practice or help with your presentation.



Registration Form

PRESENTATION Day —March 6th, 2022, Zoom or In-Person
Return to 4-H Office, 586 G St., by 12:00 p.m. **Wed., March 2, 2022.**



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

Title: _____ Live animal used? Yes No

Presentations:	<input type="checkbox"/> Educational Display	<input type="checkbox"/> Demonstration/Illustrated Talk
	<input type="checkbox"/> Prepared Speech	<input type="checkbox"/> Powerpoint Presentation (must provide own computer)
	<input type="checkbox"/> Scientific Demo/Ill. Talk	

Zoom or In-Person? (please circle one)



DEL NORTE COUNTY 4-H HOME EC DAY SATURDAY MAR. 5, 2022



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 5, 2022, Pine Grove School
Return to 4-H Office, 586 G St., by 12:00 p.m. **Wed., March 2, 2022**



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:) _____

