

headlines

Del Norte County 4-H Program

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Sandy Sathrum, 4-H Program Rep.
Jaclyn Bennett, Secretary

Mar. - Apr. 2013

The California Revolution: A Centennial Celebration

Service to community is a hallmark of the 4-H pledge and an integral part of the 4-H experience for youth. For the University of California 4-H Youth Development Program, the Revolution of Responsibility is a celebration of 100 years of 4-H youth connecting with their communities in new and innovative ways. It's about the transformative power of 1,000 youth-led civic engagement projects that collectively enhance the health and vibrancy of communities throughout California.

There is no better way to celebrate the California 4-H Centennial than by honoring the uncommon commitment of 32,009 4-H members across the state of creating change through 1,000 civic engagement projects. Though the Revolution of Responsibility, 4-H youth are identifying needs in their communities, partnering with others to develop a solution and creating local change around vital issues affecting all Californians—issues such as childhood obesity, global climate change and the environment.

Your *Revolution of Responsibility* service - learning project will require careful planning - from the initial work to identify a compelling community issue to the final celebration of its completion. The county 4-H office has a Toolkit to help you carry out the important steps necessary to ensure success. Each section offers tips, templates, links to helpful resources, and suggested guidelines that will support your efforts. Your project has the potential to build strong community partnerships, leverage additional funding and donations of time and expertise, attract new volunteers and advocates, and create positive visibility for 4-H at the local and statewide level - contact the 4-H office for a Toolkit to help you navigate the process and achieve your goals!

Upcoming Events

- | | |
|----------------------------|--|
| Mar. 15 th | CalFocus Online
Registration due |
| Mar. 16 th | Northcoast Youth Summit |
| Mar. 25 - 29 th | Office closed |
| Mar. 26 th | 4-H Council Meeting
Boardroom, Fairgrounds
5:15 p.m. |
| Mar. 30 th | 4-H Egg Hunt |
| Apr. 1 st | Office closed - Holiday |
| Apr. 2 nd | Last Day for Animal 4-H
Enrollment |
| Apr. 13 th | Regional Presentation Day
in Lake County |
| Apr. 20 th | 4-H Fashion Revue
Ag Day at UC Davis |
| May 25 th | State 4-H Field Day
State Presentation Day
State Fashion Revue |

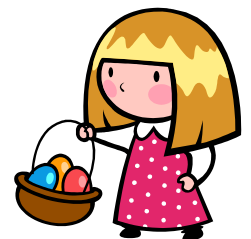
Enrollment

April 2nd is the last day you can enroll in 4-H if you are showing an animal at fair.

Egg Hunt



Saturday, March 30th
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 20 th	5:00 - 6:00 p.m.
March 23 rd	12:00 - 1:00 p.m.
Pigs, Goats & Lambs:	
May 29 th	5:00 - 6:00 p.m.
June 1 st	12:00 - 2:00 p.m.
Small Animal:	
June 26 th	Rabbits - 5:00 p.m. Poultry - 5:30 - 6:00 p.m.
June 29 th	Rabbits - 12:00 p.m. Poultry - 12:30 p.m.

Fair Animal Insurance

There will be a \$40.00 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.

New Healthy Living Officer Position for 2013 - 2014 Program Year

Are you looking for ways to integrate healthy living practices into your 4-H club? Starting in the 2013 - 2014 program your California 4-H will be adding a Healthy Living officer position to the 4-H Officer Manual. The Healthy Living officer will serve as the club's ambassador for health! By choosing to elect a Healthy Living officer your club is taking an active role in promoting healthy lifestyles. The Healthy Living officer will be the leadership for all health activities including: providing ideas on how to incorporate physical activities and healthy eating into each club meeting, write Healthy Living articles for the club newsletter and adopting and promoting a club Wellness Plan. Please help ensure that the health "H" of 4-H is at the forefront of all our meetings - consider electing a Healthy Living officer!

County Presentation Day Awards



Gold Seal and Medal:

Steven Berry
Ana Machado
Rachel Berry
Taylor Jones

Gold Seal:

Robby Rowe
Kaliana Throop
K'Marie Magray
Vivian Wells
Kearstyn Miller
Zoe McManus
Jody Marks

Blue Seal:

Bailey Hartwick
Maggie Heilweck
Rachel Rowe

Primary Member Participation:

Kaitlyn Machado
Ella Berry

Ranking System: Star Awards

Part of the 4-H fun of learning is measuring your progress. The Star Awards in 4-H are designed to help you plan attainable objectives and to measure the progress you are making toward those objectives. The Star Award is a program unique to California. Bronze, Silver, Gold, Emerald, Platinum, and All-Stars are awarded at the county level to 4-H members in recognition of their achievements. There is no time limit for achieving a star rank, and there is no limit to the number of Bronze, Silver, Gold, Emerald, Platinum, or All-Stars a county can award.

Star ranks are based on individual member's participation. The member sets goals each year to try to accomplish this set goal. Some members earn their Bronze star in their first year, and others may take a couple of years. Star Ranks are designed to encourage members to participate in a wide variety of activities over a number of years. Stars provide 4-H members opportunities to accomplish goals. Each star level takes an average to two years to complete.

At the State Level, State Ambassadors are awarded for outstanding achievement and leadership in 4-H.

4-H State Ambassador are youth who have excelled in their areas of leadership and community service, and have been selected to serve the California State 4-H Youth Development Program in roles that promote leadership through education and service. 4-H State Ambassador Advisors are adult volunteers who are experienced in working with older youth in a youth-adult partnership atmosphere. The term is a 14 month commitment from July to August and may only serve a term.

Eligibility Requirements for 4-H State Ambassador:

Youth: 4-H State Ambassador candidates must have completed at least one year as a California 4-H Youth Development Program member, and be at least 16 years of age as of December 31 of the program year yet no older than 18 as of December 31.

Home Ec Day Awards



Nutritious Cookies:

Donald Magray	Participant
Ryleigh Bennett	Participant
Claire Smith	Gold
Vivian Wells	Blue
Kearstyn Miller	Blue

Favorite Snack:

Donald Magray	Participant
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Decorated Cake:

Donald Magray	Participant
Ryleigh Bennett	Participant
K'Marie Magray	2- Blue
Kaliana Throop	Blue
Ashlee Hicks	Gold
Kearstyn Miller	Blue
Taylor Jones	Gold

Arts & Crafts:

Donald Magray	Participant
Ryleigh Bennett	Participant
Kaliana Throop	3 - Gold
Kaliana Throop	Blue
Ashlee Hicks	2 - Blue
Connor Smith	Gold
Autinayea Bommelyn	Blue
Taylor Jones	Gold
Taylor Jones	2 - Blue
Maggie Heilweck	Gold
Maggie Heilweck	3 - Blue

Clothing:

Ryleigh Bennett	Participant
Kaliana Throop	Gold
Zoe McManus	Blue

Home Furnishings:

Kaliana Throop	Blue
Maggie Heilweck	Blue

Bread:

Donald Magray	Participant
Ryleigh Bennett	Participant
Vivian Wells	Gold
Jadelin Castellaw	Gold
Autinayea Bommelyn	Blue
Maggie Heilweck	Gold

Home Ec Day Awards con't.

Crochet:

K'Marie Magray	Gold
K'Marie Magray	2 - Blue

No-Sew Handmade Items:

Donald Magray	Participant
Ryleigh Bennett	Participant
K'Marie Magray	Blue

Tablesetting:

Donald Magray	Participant
Ryleigh Bennett	Participant

Photography:

Ashlee Hicks	2 - Gold
Taylor Jones	2 - Gold
Taylor Jones	2 - Blue
Maggie Heilweck	2 - Blue

Food Preservation:

Autinayea Bommelyn	Blue
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Best of Shows

Best Clothing & Textiles:	Kaliana Throop
Best Food:	Jadelin Castellaw
Best Decorated Cake:	Taylor Jones
Best Arts or Crafts:	Connor Smith
Best Photograph:	Ashlee Hicks
Best No-Sew Handmade:	K'Marie Magray
Best Preserved Food:	Autinayea Bommelyn

4-H Fashion Revue
April 20th, 2013
1:00 p.m. - 3:00 p.m.
Addie Meedom House



Scholarship Program

The Friends of the California State Fair announced that they will continue their scholarship program for the 2013 - 2014 academic years. California college students and graduating high school students are eligible and must submit an application by Friday, March 8, 2013. The scholarship applications are available now at www.bigfun.org. For more information contact Jake Rowe at jrowe@calexpo.com.

4-H MyPlate Challenge

4-H MyPlate Challenge at 2013 State Field Day

In 2011 the U.S. Department of Agriculture (USDA) unveiled the federal government's new food icon, MyPlate, to serve as a reminder to help consumers make healthier food choices. 4-H is challenging YOU to show how you're making YOUR plate MyPlate. We invite you to submit a photograph illustrating how you're creating healthy meals using MyPlate as a guide. 4-H members do not need to pre-qualify at a county event. More details about this contest can be found at: [http://www.ca4h.org/Programs/Events/SFD/4-H MyPlate Challenge/](http://www.ca4h.org/Programs/Events/SFD/4-H_MyPlate_Challenge/).

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

National Volunteer Appreciation Week

April 21 - 27 , 2013

4-H Leaders



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 shoulder 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 only 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."

Author Unknown



Key Assets in 4-H Youth Development

BUILDING SUPPORTIVE RELATIONSHIPS

Current research indicates that there are five youth development practices or supports and opportunities that young people should experience in all major settings in which they spend time, including 4-H. These five supports and opportunities include: 1) safety; 2) supportive relationships; 3) meaningful youth participation; 4) community involvement; and 5) skill building activities.

This month we will focus on the first support and opportunity—building safety. Creating a safe environment for young people is critical to their health and development. Young people feel physically safe when the surrounding environment is properly equipped with systems and procedures to protect them from physical harm. A young person feels emotionally safe when she/he is fully accepted and valued as an individual by adults and peers.

Establishing safety is critical as safety is the foundation of any quality environment. For example, without safety it is difficult to build relationships. Additionally, if young people do not feel safe they will not want to stay in the program.

Here are five things you can do now to build safety:

1. Develop agreements regarding safety and regular group meetings.
2. Include “no put-downs” in your agreements
3. Institute a regular group of “community” check-in at meetings
4. Assess the cultural, gender, ethnic and family structure background of your group
5. Expand the group’s knowledge of particular groups and cultures.

How do you know if the environment is safe? Here are a few indicators of a safe environment:

- The emotional climate of the session is predominantly positive and any playful negative behaviors are mediated by staff or youth.
- There is no evidence of bias but rather mutual respect for inclusion of others
- The program space is free of health and safety hazards
- Written emergency procedures are posted in plain view
- Other appropriate safety and emergency equipment is available to the program offerings as needed
- All entrances to the indoor program space are supervised for security during program hours
- Access to outdoor program space is supervised during program hours
- Program space is suitable for all activities offered
- Available food and drink is healthy

Set at least two goals for building safety in your work with young people and assess whether these indicators of safety are present. All youth seek to learn and grow but they have needs that must be met - safety is one of those needs.

Shannon Dogan, Associate Director of 4-H Program and Policy

Add more vegetables To your day

10 tips to help you eat more vegetables



It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1

discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

6

make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, shopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.



choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you.



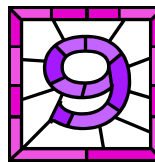
while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.



check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.



savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local super-market specials for the best-in-season buys. Or visit your local farmer's market.



stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



try something new

You never know what you may like. Choose a new vegetable - add it to your recipe or look up how to fix it online.

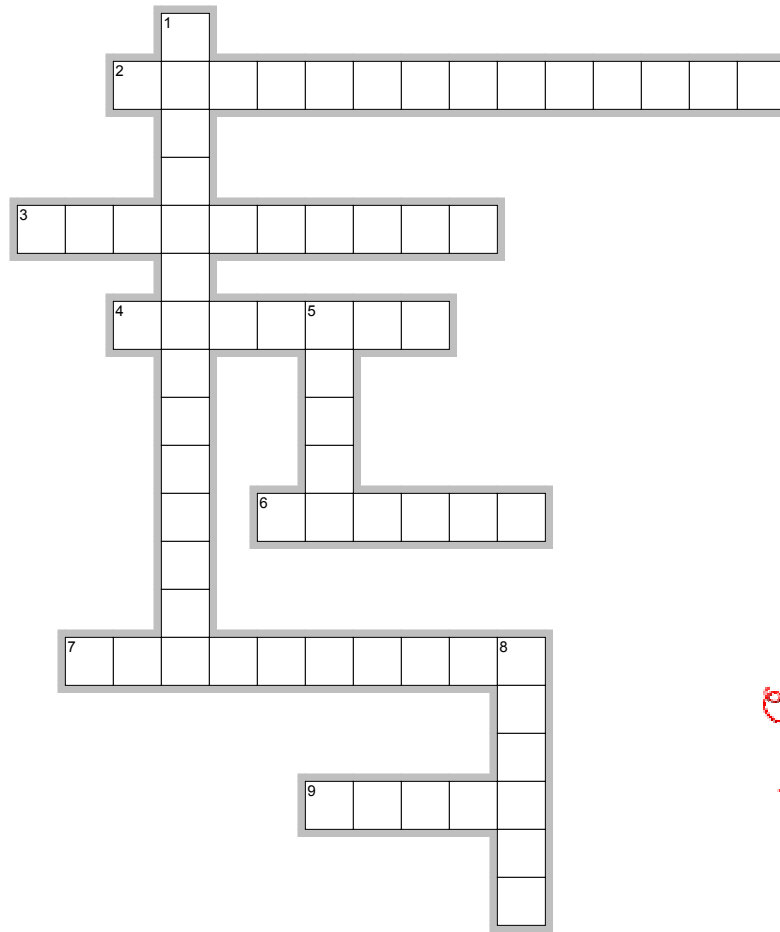
DG TipSheet No. 2

June 2011

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4-H Knowledge Crossword



Created with EclipseCrossword — www.eclipsecrossword.com

Across

2. Revolution of _____
3. What special 4-H celebration is it this year?
4. What new challenge is occurring at State Field Day this year?
6. What time does the Egg Hunt start?
7. What should you add more of to your day?
9. Fair insurance is required for _____ animals.

Down

1. What new officer position can be elected in clubs next year?
5. What month is Volunteer Appreciation Week?
8. What is the first support and opportunity to build supportive relationships?

One winner per month will be chosen at random from the correct answers received in the 4-H office by April 19, 2013