

headlines

Del Norte County 4-H Program

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

July - Aug. 2014

A Fond Farewell...

by

Sandy Sathrum

As my time as your 4-H Program Representative draws to an end I am filled with many thoughts and emotions. First of all is GRATITUDE to all of you who have become my friends as well as co-workers in extending 4-H to as many as possible. I will miss seeing you and being with you. That brings a sense of SADNESS which I counter-balance with DELIGHT as I am CONFIDENT that you will continue working alongside Dorina and whoever is my replacement to continue to offer positive experiences to an increasing number of youth. Because the program is in a healthy place I am inspired to HOPE that the future 4-H Youth Development Program will continue to "make the best better" because of all of you. I will avoid listing names of all the people who have touched my life over the past 12 years for fear of leaving some out. You will continue to hold a cherished place in my heart. 4-H is in my blood. 40 years of my life has been spent as a member, a leader or as 4-H staff. I BELIEVE in the positive impacts of 4-H and hope that I will be involved again with my grandchildren when they are of age to join. And so I bid you all a fond farewell.

Upcoming Events

| | |
|--|--|
| July 1st | Registration due for State Fair 4-H ThrowDown |
| July 4 th | 4 th of July Parade |
| July 4 th | Office closed - Holiday |
| July 7 th - 11 th | Office closed |
| July 10 th - 13 th | 4-H Horse Camp |
| July 12 th | Fair Entries due for Livestock |
| July 19 th | Fair Entries due for all other projects |
| July 21 st - 25 th | Office closed |
| July 28 th | End of the year financial forms due |
| July 31 st - Aug. 1 st | Office closed - at the Fair |
| Aug. 22 nd | Record Books due to your Community Club Leader |
| Aug. 11th - 15th | Office closed |
| Sept. | Early registration for WHY Conference due |
| Sept. 15 th | Achievement Night |
| Oct. | WHY Conference |
| | Registration due |
| Oct. 4 th | Soup Supper & Auction |

Record Books DUE!!

August 22nd, 2014
To your Community Club Leaders

| | | |
|--------------------|---------------------|----------|
| Giddy Up N' Goats: | Valerie Machado | 951-0268 |
| Pine Grove: | Kelly Lynch | 465-6524 |
| | Jacki Bennett | 954-8189 |
| Shamrock: | Angela Hanks | 951-6633 |
| Sunrise: | Stephanie Alexandre | 487-1002 |
| Wild River: | Christine Jones | 951-4304 |
| | Jan Holiman | 487-0398 |
| Elk Valley Swine: | Don Steinruck | 487-2100 |

4th of July Parade

Friday, July 4th, 2014

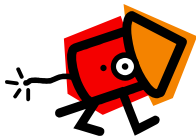
Meet at Grace Lutheran Parking Lot
at 8:00 a.m.

Any animals must be parade ready, healthy, and safe!

All participants need to help disassemble the float immediately after the parade.

Wear your 4-H whites with 4-H hat or a 4-H t-shirt!

See you there!





Del Norte County Fair

July 31 - August 3, 2014

Entry Schedule 4-H Division



| 4-H Division | Entry Forms Due | Entries Received On | Receiving Times |
|--|-----------------------|---|--------------------------|
| Decorated Cakes | July 19 th | Wed. July 30 th | 8:00 a.m. to 8:00 p.m. |
| Arts & Crafts | July 19 th | Sat. July 26 th & Sun. July 27 th | 10:00 a.m. to 6:00 p.m. |
| Clothing & Textiles | July 19 th | Sat. July 26 th & Sun. July 27 th | 10:00 a.m. to 6:00 p.m. |
| Baked Foods & Candy | July 19 th | Wed. July 30 th | 8:00 a.m. to 8:00 p.m. |
| Food Preservation | July 19 th | Sat. July 26 th & Sun. July 27 th | 10:00 a.m. to 6:00 p.m. |
| Home Furnishings | July 19 th | Sat. July 26 th & Sun. July 27 th | 10:00 a.m. to 6:00 p.m. |
| Photography | July 19 th | Sat. July 26 th & Sun. July 27 th | 10:00 a.m. to 6:00 p.m. |
| 4-H Other Non-Animal Projects except Plants and Vegetables | July 19 th | Sat. July 26 ^h & Sun. July 27 th | 10:00 a.m. to 6:00 p.m. |
| 4-H Other Non-Animal Projects Plants and Vegetables | July 19 th | Wed. July 30 th | 8:00 a.m. to 8:00 p.m. |
| 4-H Livestock - Beef, Swine, Sheep, Goat, Rabbit & Cavy | July 12 th | Wed. July 30 th | 8:00 a.m. (to 8:00 p.m.) |
| 4-H Livestock - Poultry | July 12 th | Wed. July 30 th | 12:00 p.m. to 3:00 p.m. |
| 4-H Showmanship | July 12 th | See Premium Book for Show Schedule | |

TEN COMMANDMENTS FOR PARENTS OF YOUNGSTERS SHOWING LIVESTOCK

1. Thou shalt not feed, train or care for the animal for thou art trying to teach thy child responsibility.
2. Thou shalt forgive a child for making mistakes in show ring for thou has made mistakes too!
3. Thou shalt not get mad when thy child forgets items in the show box, for one day thou may forget the show box.
4. Thou shalt help the show manager for they are doing a job that thou would not want to do.
5. Thou shalt see that thy child is on time for all Show activities for thou would not want to wait on another.
6. Thou shalt make sure thy child has animals entered and registration papers in order by the designated time.
7. Thou shalt teach the child that winning a blue ribbon is a desirable goal, but making friends along the way is a more worthy goal.
8. Thou shalt not complain about the judge for it is his/her opinion that has been sought.
9. **Thou shalt remember that livestock projects are teaching projects, not necessarily money making projects.**
10. Thou shalt remember that the livestock project is a family project that shall be enjoyed and supported by the entire family.

4-H Dress "Code"

When representing 4-H at an event or at Fair, if you choose to wear the 4-H "Uniform", please remember to wear your 4-H apparel with pride. This includes keeping your shirt tucked in, wearing a belt, and wearing a white shirt having a collar, sleeves, and which buttons down the front. T-shirts are not appropriate to wear as part of your "whites". You do want to look neat and well turned out when representing 4-H. Please contact the 4-H office or your club leader if you still have questions.

Fair Weigh-Ins

If you have a conflict for animal weigh-ins for Fair on July 30th, you will need to present your case before the Auction Committee meeting on July th, at 6:00 p.m., in the Boardroom, Fairgrounds.

Appropriate 4-H Parent Participation

Parents are welcome and appreciated at 4-H events and fairs! Below are a few guidelines for proper 4-H parent participation:

At competitive 4-H events, parents are to respect youth ownership of projects and allow their child to complete his/her own project.

Parents are to provide encouragement and support, allowing their child to experience the process of 4-H, no matter the outcome.

Parents are to encourage their child to do their best, not to be better than someone else.

Parents can be proactive in their child's 4-H experience while being respectful of youth and adult.

WHY Conference November 21st - 23rd, 2014



Camp Navarro
For more information, please
contact Heidi Ahders at
ahdersh@yahoo.com.

4-H HAT ETIQUETTE

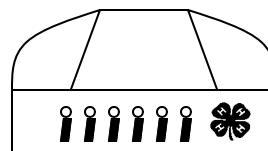
1. The green hat is to be worn by grade school 4-H members and the white hat is worn by 4-H members when entering and attending high school. Service stripes are sewed on behind and in line with the 4-H emblem. Use white stripes for the green hat and green stripes for the white hat. Year pins are fastened at the top of the service stripes in order with the first year nearest to the clover. Gold stripes in lieu of green or white stripes are worn to show a year completed as a junior/teen leader and a completed year of club work.
2. The star of highest rank (bronze, silver, gold, all-star) is worn on the left front.
3. The Hi 4-H emblem is worn behind the star if you are a Hi 4-H member.
4. Wear the junior/teen leader emblem as long as you are a junior/teen leader. If you drop the project, you remove the emblem but leave on the gold junior/teen leader service stripes which you earned. This emblem is worn behind the Hi 4-H emblem or behind the star.
5. Wear county medals (national award medals, judging medals, demonstration medals, guide dog medals, etc.) on the left rear side. DO NOT wear celluloid pins, ribbons, convention badges or other similar regalia on you cap. Keep these in a scrapbook.

FOR GIRLS: Regard the 4-H cap as another hat that a girl might wear. It may be worn at club meetings, public gatherings and in church. It is always worn while participating in a 4-H event.

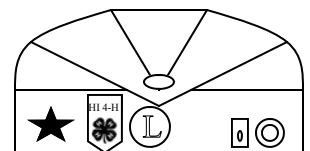
FOR BOYS: The cap should not be worn in church, at meals, or at any other time a hat would not be appropriate. The cap should not be worn at memorial services, indoors or outdoors, unless the boy is serving as a color guard.

Boys serving as color guards wear caps until the flags have been placed, and they have been seated.

In saluting the American flag, the cap is removed and held in the right hand over the heart.



RIGHT SIDE



LEFT SIDE

Record Books - Purpose

4-H Record Books serve a variety of purposes in the California 4-H Youth Development Program. While society has changed, so have the goals of 4-H record-keeping. 4-H Record Books allow 4-H members to reflect on their yearly work completed as well as maintain records of project and club work. 4-H members demonstrate growth and measure achievements across their years in 4-H.

In record-keeping, 4-H members develop the following life skills:

- * Maintaining records of 4-H project and club work and school and community activities.
- * Keeping personal and business records
- * Improving communication with other people
- * Learning time management and organizational skills
- * Learning responsibility and developing goal setting skills

4-H Record Books are an educational component of the 4-H Youth Development Program.

2014 State Fair 4-H Throwdown July 22 & 24, 2014

Like to cook? California 4-H members are invited to participate in the 4-H Cooking ThrowDown at the CA State Fair. We will have 2 days of FUN cooking challenges.

Teams will consist of 3 youth. You will have 1 hour to prepare a 3 course meal using a surprise secret ingredient. A judge will taste all courses prepared and the winners of each qualifying round will then compete to determine the daily 4-H Throwdown Champion! **New this year:** The winning Senior team is eligible to attend the National 4-H Food Challenge at the Texas State Fair!

Newly Elected Council Officers

President—Christine Jones
Vice-President—Jacki Bennett
Secretary—Tammie Toreson
Treasurer—
Parliamentarian—JoAnn Mohr

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

4-H Volunteer Leader Appointments

Dorina Espinoza

UC Healthy Families and Communities Advisor

Hello UC 4-H Adult Volunteers,

Another year of the UC 4-H Youth Development Program (YDP) is beginning. This program thrives when a supportive and cooperative relationship exists with UC 4-H YDP youth, adult volunteers, other program stakeholders, and UC 4-H YDP staff. A large part of our success rides on the positive and generous contributions of you, the UC 4-H Adult Volunteer. The UC 4-H YDP could not accomplish its goals, mission, and objectives without you. It is because of great volunteers that we can have such a positive and lasting impact on our youth.

I want you to be aware that I greatly appreciate the investment you make of time and expertise. I take your contributions as a UC 4-H YDP Volunteer seriously and want this to be a positive experience for you and for the 4-H Youth Development Program. As we get to know each other better I hope to learn where the greatest needs are to support you in your UC 4-H YDP Volunteer role.

Adult volunteers are appointed for a one year term and reviewed annually. Annual reappointment is required for an adult volunteer to remain active. The reappointment criteria is listed briefly below and fully in the state 4-H policy manual (<http://4h.ucanr.edu/Administration/Policies/Chapter6>) (please read and review). Only those volunteers adhering to the criteria will be reappointed. Reappointed volunteers will receive a confirmation letter and leader card that states the term of the appointment. Adult volunteers who are not reappointed will be sent a letter indicating that their services are no longer needed.

I look forward to an outstanding 4-H year, receiving your leader enrollment forms and getting to know you better through this reappointment process. Please contact me with any questions or concerns as well as suggestions for "making the best better" as we work together in our UC 4-H YD Program!

Adult Volunteer Appointment and Reappointment Process:

Adult volunteer appointments are valid for one (1) year, with a six month overlap process for reappointments.

Adult Volunteer Application Process for Appointment and Reappointment:

Adult volunteers are independently and personally responsible for annually submitting the 4-H Adult Volunteer Application. The application includes:

- 4-H Adult Volunteer Application Form
- Waiver of Liability
- Adult Volunteer - Confidential Self Disclosure Form
- Adult Volunteer Treatment Authorization and Health History Form
- Adult Volunteer Code of Conduct
- Background Screening Process - Live Scan (required first year)
- UC 4-H Adult Volunteer Orientation (required first year)

Review of Reappointment:

Reappointments are required and reviewed and renewed or denied on an annual basis by the County Director in consultation with UC 4-H YDP staff. Review and renewal is based on:

Completing and submitting the reappointment material.

The adult volunteer's quality of service and previous performance, specifically including demonstration of a supportive and cooperative relationship with UC 4-H YDP youth, adult volunteer peers, clientele, other program stakeholders, and UC 4-H YDP staff; and adherence to the programmatic goals, code of conduct and core values established by the UC 4-H YDP.

County UC 4-H YDP needs.

After reviewing and determining a re-appointment is made, the County Director shall:

Issue an official signed 4-H Volunteer Appointment Cards that states the 1-year term and the responsibilities of the appointment, and

Issue a letter outlining the parameters and limitations of the appointment, to include limitations to UC general and automobile liability insurance coverage and the requirement of having two volunteers/adults present at all times while conducting 4-H activities and events.

Failure to Reapply as an Adult Volunteer (Break in Service):

Adult volunteers who do not annually reapply to continue as an adult volunteer according to the above described requirements will be considered "resigned." In addition, adult volunteers may independently resign from the UC 4-H YDP at any time.

Shooting Sports Archery Certification Workshop

October 4 & 5, 2014 – Merced County



If you have an interest in sharing your archery skills with youth, how about becoming a 4-H Archery adult volunteer or teen leader. There will be a 4-H archery leader certification training offered in October 2014. The class will be held Saturday, October 4th, 9 a.m. - 5 p.m. and Sunday, October 5th, 9 a.m. - 12 noon, at the Safety First Shooting Association, River Oaks Range, 11584 Shaffer Rd, Winton, in Merced County. This class is being hosted by Merced County 4-H. You must be a 4-H leader or member and attend both days to receive certification to teach archery at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is \$35 per person to include a resource binder, and Saturday breakfast & lunch and Sunday breakfast.

Junior and teen leaders are invited but must attend with an adult or have a certified archery adult leader they will be helping back home. If you are already a certified volunteer archery leader and would like to become a trainer, contact Jeanne at 530-524-7278 or email mtlassenlover@gmail.com to discuss options.

Driving directions to the range are at <http://www.safetyfirstshooting.org/html/directions.html>. Dry RV camping is an option.

To register, please complete and mail the "CA 4-H Shooting Sports Training Request and Registration Form" available at <http://www.ca4h.org/files/2123.pdf>, and an adult or youth 4-H medical release form and a \$35 check payable to "Merced County 4-H Council" and mail to UCCE, 2145 Wardrobe Ave, Merced, 95341. Registration is due Friday, September 22nd and space is limited. For more information call Darlene McIntyre at [209-385-7418](tel:209-385-7418) or email her at dlimcintyre@ucanr.edu or contact Jeanne at the contact information above.

Give YOUR ORB Feedback by July 15th!

The State 4-H Office is conducting a **brief** survey on user experiences with the 4-H Online Record Book (ORB).

As the ORB begins to enter its fourth year, we would like to know about your experience with ORB anytime since its launch in September 2011. The information you provide will be used to help improve ORB and inform other efforts to move processes online.

The survey should take no more than 5 minutes to complete. Please respond by July 15, 2014.

<http://ucanr.edu/survey/survey.cfm?surveynumber=13238>

Focus on Fruits

10 tips to help you eat more fruits



Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

1

keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

6

include fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange juice or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.



think about taste

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe.



try fruit at lunch

At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.



think about variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



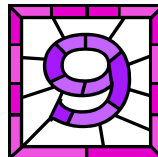
experiment with fruit at dinner, too

At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad.



don't forget the fiber

Make most of your choice whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.



snack on fruits

Dried fruits make great snacks. They are easy to carry and store well.



be a good role model

Set a good example for children by eating fruit every day with meals or as snacks.



keep fruits safe

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.

DG TipSheet No. 3

June 2011

USDA is an equal opportunity provider and employer.



Summary of 4-H Membership Policy Changes Effective 7/1/2014

- Members divisions by age will be:
 - Primary 5-8
 - Junior 9-10
 - Intermediate 11-13
 - Senior 14-19
- Junior leaders (intermediate members): To become a junior leader, members must be at least 11 and no more than 13 years old as of December 31st of the program year.
- Teen leaders (senior members): To become a teen leader, members must be at least 14 and no more than 19 years old as of December 31st of the program year.
- Junior, Intermediate and Senior 4-H members: Must be 9 by December 31st of the program year and may continue in the program until December 31st of the year they become 19 years old.
- 4hOnline system will be programmed according to the membership policy.
- Medical Forms Coverage Dates: July 1st (of a program year) through Dec 31st (of the next program year). Example: July 1, 2014 - December 31, 2015.



4-H State Leadership Conference

"Raiders of the Lost Leadership"
August 14-17, 2014
U.C. Santa Cruz
Ages 13-19

Save the date! The 4-H State Leadership Conference brings together high school youth from across California in a four day leadership training, networking, and learning experience.

For more information: <http://4h.ucanr.edu/Programs/Conferences/SLC/>