

# headlines

## Del Norte County 4-H Program

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Kelly Pedrotti, 4-H Program Rep.  
Jaclyn Bennett, Secretary

Jan. - Feb. 2021

## County Home Ec Day & County Presentation Day March 6<sup>th</sup> & 7<sup>th</sup>, 2021

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](http://4h.ucanr.edu/files/2193.pdf). Gold Seal winners will be eligible to move on to Regional Presentation Day in Mendocino 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 3<sup>rd</sup>, 2021** 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. 19 - Jan. 4 <sup>th</sup>	4-H Office Closed
Jan. 5 <sup>th</sup>	Soup Supper Meeting
Jan. 15 <sup>th</sup>	Soup Supper Meeting
Jan. 18 <sup>th</sup>	Martin Luther King Day— Office closed
Jan. 23 <sup>th</sup>	Soup Supper
Feb. 12 <sup>th</sup>	Lincoln's Birthday— Office closed
Feb. 15 <sup>th</sup>	Washington's Birthday - Office closed
Feb. 16 <sup>th</sup>	4-H Council Meeting
Mar. 3 <sup>rd</sup>	Presentation and Home Ec Day applications due
Mar. 6 <sup>th</sup>	County Home Ec Day
Mar. 7 <sup>th</sup>	County Presentation Day
Mar. 27 <sup>th</sup>	County Fashion Revue
Apr. 3 <sup>rd</sup>	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.

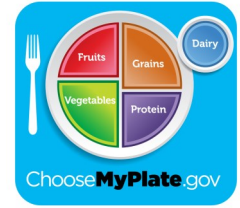


## Nutritious Cookies

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

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4-H Family Newsletter  
one per address, please share



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



# Soup Supper & Country Auction

Saturday, January 23, 2021

Quart jars of soup will be sold from 12:00 - 5:00 p.m., Back of Kitchen.

**Silent Auction:** 12:00 - 5:00 p.m., Arts & Crafts building

**Drive-In Live Auction:** 2:00 p.m. Back of the Grandstands

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.







# 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 7<sup>th</sup>, 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)



# 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:) \_\_\_\_\_

