



# headlines

## Del Norte County 4-H Program

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Jan. - Feb. 2024

## County Home Ec Day & County Presentation Day February 24<sup>th</sup> & 25<sup>th</sup>, 2024

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 **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, February 21<sup>st</sup>, 2024** 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. 25 - Jan. 5 <sup>th</sup>	4-H Office Closed
Jan. 9 <sup>th</sup>	Soup Supper Meeting
Jan. 15 <sup>th</sup>	Martin Luther King Day— Office closed
Feb. 3 <sup>rd</sup>	Presentation/Record Book Workshop
Feb. 16 <sup>th</sup>	Lincoln's Birthday— Office closed
Feb. 19 <sup>th</sup>	Washington's Birthday - Office closed
Feb. 13 <sup>th</sup>	4-H Council Meeting & Soup Supper Meeting
Feb. 21 <sup>st</sup>	Presentation and Home Ec Day applications due
Feb. 24 <sup>th</sup>	County Home Ec Day
Feb. 25 <sup>th</sup>	County Presentation Day
Mar. 16 <sup>th</sup>	Soup Supper & Country Auction



## 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

### Del Norte 4-H Community Club

The month of November in 4-H has been filled with fun and joy. There have been a lot of activities involving Thanksgiving and its history. Several club members participated in the Veterans Day Parade. We are thankful for the service of our veterans and the freedoms we enjoy. Quite a few of the 4-H groups had their first meeting of the year, so us youth are slowly getting back into the swing of 4-H. I hope that everybody met new people and made some new friends in their meetings so far, with many more to come. I also hope everybody had a fun and restful Thanksgiving break away from school! There is a lot of fun to look forward to in December with many groups hosting activities that revolve around the spirit of Christmas and other holidays that occur at this time of year. Although the club decided not to run the Christmas lights at the fairgrounds, they are still being put on by another group. I hope everyone gets a chance to go see them. We will soon be able to feel the Christmas Spirit throughout all of Del Norte County!

Your Club Reporter,  
Rowan

## 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 one copy 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, 6<sup>th</sup> 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



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# Section 5: Worksheet

## SELECTING A TOPIC (PAGE 7)

Selecting your presentation topic is the first step in planning your presentation. Use the prompts below to brainstorm and narrow down your ideas.

### Brainstorm

List a few things you like to do or do often.

Topic	Your response
Things I do in 4-H	
Things I collect	
Things I do after school	
Things I like to read or learn about	
Things I do for fun	

### My Favorite Things

Of the topics I have brainstormed above, which are my favorite, a spark, or something I am passionate about? Your sparks and topic do NOT have to be 4-H related.

Topic	Your response
1	
2	
3	

# WORKSHEET: PLANNING A UC 4-H PRESENTATION

## SELECTING A TOPIC (PAGE 2)

### Topic Reflection

Go through your top three favorite things and check mark for each of these questions.

	Topic #1	Topic #2	Topic #3
Is the topic appropriate?			
Do I know enough about the topic (or can I learn enough) to present on the topic?			
Can I find good quality information about this topic?			
Do I want to learn more about this topic?			
Is this a topic I will enjoy presenting up to 4 or 5 times?			

### Choosing My Final Presentation Topic

You have taken the time to brainstorm ideas, you have picked your favorite ones, and reflected on the questions above. Now it is time to choose your final presentation topic! Ultimately, the choice is up to you. Congratulations on selecting a topic!

**Presentation Topic**

### Select a Presentation Type

How do you want to share your ideas with others?

Do I want to demonstrate and show the audience how to do something?	Demonstration
Do I want to tell the audience how to do something, but not physically demonstrate it?	Illustrated Talk
Do I want to display my knowledge on the subject, give a short summary of the knowledge in a speech, then have the audience come up and read the display for further information?	Educational Display
Do I want to inform the audience of something without visual aids (posters, equipment) or notes?	Informative Prepared Speech
Do I want to convince the audience of something without visual aids (posters, props) or notes?	Persuasive Prepared Speech
Do I want to directly read a piece of material out loud to the audience and then describe?	Interpretive Reading
Do I want to perform?	Cultural Arts
Do I want to inform others about a 4-H related topic in a fun way?	Share the Fun Skit
Do I want to study up on 3 pre-announced topics and then deliver a speech with only 3 minutes to prepare?	Impromptu Speech
Do I want to present the results of a science investigation or engineering design?	Science or Engineering Presentation

Once you have identified how you want to share your ideas, make sure to read the page dedicated to describing the requirements for that presentation type

# DEL NORTE COUNTY 4-H

## PRESENTATION DAY

### SUNDAY, FEBRUARY 25, 2024



February 3rd: Presentation Workshop

February 21st: Deadline to turn in registration form

February 25th: 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 3rd if you need to practice or help with your presentation.



## Registration Form

PRESENTATION Day —February 25<sup>th</sup>, 2024, In-Person at Pine Grove  
Return to 4-H Office, 586 G St., by 12:00 p.m. **Wed., February 21, 2024.**



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 FEBRUARY 24, 2024

## *Arts & Crafts Building*

February 24th:

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

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



## Registration Form



HOME EC DAY—February 24, 2024, Pine Grove MPR  
Return to 4-H Office, 586 G St., by 12:00 p.m. **Wed., February 21, 2024**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Club: \_\_\_\_\_

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

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

Share the Fun (List participants:) \_\_\_\_\_

