

4-H



WAY

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January

- 10- Leaders Council Mtg-7pm 4-H Office
- 16- California Focus Registration Due
- 21- Primary Member/Outdoor Day
- 23- Japanese Outbound Exchange Application Due
- 28- THRIVE Jr/Teen Leader Training

February

March

- 3- County Presentation Day
- 13- Leaders Council Mtg-7pm 4-H Office

Personal Development Form (Hints)

Helpful suggestions of events and activities that should be added to your 4-H record book on a monthly basis.

<u>Event/Skill/Award</u>	<u>Number on PDR</u>
Basketball, Snow Team, Wrestling	8
Goat Field Day -Tehama	2
Holiday Parade (Participated as 4-H)	3
Officers Training	3
Halloween Horse Show	2

4-H Donation to Siskiyou Domestic Violence

by Hannah Stuard, Project Chairperson,
Montague 4-H Club

Community service is one of the important activities that 4-H is involved with each year.

As our first community project for the 2011- 2012 year, Montague 4-H Community Club chose to purchase and donate approximately \$50.00 worth of children's undergarments to the Siskiyou Domestic Violence and Crisis Center.

Montague 4-H would like to encourage other 4-H clubs and organizations to consider participating in community services that will benefit Siskiyou

Domestic Violence and Crisis Center. The Center has a variety of needs and several ways in which you can assist.

Primary Member Outdoor Day

Harlee McEwen will be hosting a primary member "Outdoor Day" as part of her Senior Project. The event will be held at the Big Springs Union Elementary School on January 21, 2012 and begins at 10:00am. This event is open to all members ages 5-8. This project originated because Harlee wanted to focus a project on skill building that can be used for a lifetime by young members. During the event there will be stations, some of which are hands on bug and plant identification, packing demonstrations, first aid, and a nutrition station where youth can make their own snack. The day will include educational prizes and learning about many outdoor activities.

THRIVE –Jr/Teen Leader Training

The Siskiyou County Thrive training team will be hosting a Jr/Teen Leader Training event on Saturday, January 28, 2012. All Jr./Teen leaders and club executive officers (President, Vice President, Treasurer, Secretary) are encouraged to attend. This event will focus on the online record book, Jr/Teen Leader report form requirements and the Thrive Leadership project. The location of the event is still pending at this time. All Jr/Teen Leaders will receive more information in the mail.

State Updates

- In 2012, California 4-H will provide an **outbound exchange to Japan**. Two programs are offered – a four week homestay program and an eight week program that includes a four week language development program and the four week homestay. Expand your world with an international exchange and increase your cultural competence skills while you have the time of your life. More information is available at: <http://www.ca4h.org/Projects/Citizenship/International/>. Applications are due **Monday, January 16, 2012**. (Due to budget cuts, the additional exchange opportunities to Australia, Costa Rica, Finland, and Norway have been suspended).

- The **State 4-H Fashion Revue** committee announces categories and service projects for **2012!** Entry categories returning from 2011 will be Traditional, Consumer Science Purchased (with \$100 limit), and Wearable Art-Embellished. The Recycled category will not be offered at State Fashion Revue for 2012; counties may choose to include it at local events only. The \$15 Challenge was so popular in 2011, it will become the \$19.99 Challenge for 2012. It has the same rules (shoes and sales tax don't count, receipts required) but the limit is increased to \$19.99 to allow more creativity. We are adding a second challenge, called the Bag Up Fashion Challenge. Sew a tote bag from Simplicity #7161, view A only, and model it with a garment or garments that coordinate with the tote bag. SFR will be coordinating two service projects. The Quilts for Wounded Warriors is returning because the American Legion needs more quilts. Statewide, 4-H created sixty quilts in 2011 and we look forward to even more in 2012. Our second service activity is the Million Pillowcase Project, for handmade or decorated pillowcases. If you, your project, or your county would like more information about SFR, these categories and service projects, or would like to join our committee, please visit our website at <http://www.ca4h.org/Programs/Events/SFR/>

- **Come Join the Revolution of Responsibility!** 2013 marks the centennial for 4-H in California and the 4-H YDP will celebrate by giving back to

their communities with youth-designed, youth-led projects where participants learn leadership by actually leading, collaboration by forming relationships with other groups and agencies, and citizenship skills by actively seeking opportunities to make a difference in their communities. The Revolution of Responsibility will celebrate the power of youth taking action and will consolidate all the various funding programs that are provided by the State 4-H Office. Chartered 4-H clubs/units can apply for funding (up to \$1,000) to support service-learning projects related to either club or project activities. An on-line application is available at: <http://ucanr.org/join/>. Deadline for applications is **January 15, 2012** with an additional due date of April 15, 2012. For more information, check out the website at: <http://www.ca4h.org/Support/RofR/>

- **Online Record Book!**
<http://www.ca4h.org/4hbook/>

The California 4-H Youth Development Program has a long history of record keeping. The focus reflects the importance of this life skill in our daily lives. In 4-H, young people have tracked their activities, events, profits and losses, skill development, learning experiences, and much more using the iconic 4-H Record Book. In addition to record keeping, the 4-H Record Book gives members an opportunity to reflect on their year, measure their achievements and growth, and set goals and develop plans to meet those goals. The 4-H Record Book has undergone transformations over the years to ensure that it meets the needs of our 4-H members. Beginning in September, the new 4-H Online Record Book will be unveiled. This newest transformation will re-engage young people through a new, fun interactive format that offers social networking opportunities for 4-H members and adult volunteers within clubs.



- “Shooting Sports Leaders - Mark Your Calendars!” – A **State Shooting Sports Leader Meeting** will be held **April 28 & 29, 2012** at the Oakdale Sportsman’s Club in

Stanislaus County. There will be hands-on sampler sessions for adult and teen leaders as well as updates on policies and programs. More details will be provided in the next edition of Updates.

- **Special Recognition at 2012 State Presentation Day**

A special recognition pin will be awarded for youth who participate in State Presentation Day and focus their presentations on healthy living. This year's focus area is healthy food. Potential topics may include USDA's MyPlate, serving sizes, sugar-sweetened beverages, nutrition facts labels, food groups, nutrients, and more. Visit www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities for details



10 tips
Nutrition Education Series

choose MyPlate
10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips. Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.



Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 1
June 2011
USDA is an equal opportunity provider and employer.

Start by choosing one or more tips to help you...



Build a healthy plate



Cut back on foods high in solid fats, added sugars, and salt



Eat the right amount of calories for you



Be physically active your way

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, University of California



4-H WAY

This is your copy of the Siskiyou County 4-H Way. It is published to promote 4-H activities and participation. Your comments are invited.

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