

headlines

Del Norte County 4-H Program

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

Nov. - Dec. 2019

Welcome to the 2019-2020 4-H Year!

We're glad to have you as part of our 4-H family!

The University of California Cooperative Extension 4-H program offers a wealth of opportunities and experiences through your 4-H club and special projects. *"4-H is More Than You Can Imagine."*

Here are suggestions for getting off to a good start:

- * Follow through on your commitments and attend projects and all meetings that you sign up for.
- * Read you 4-H newsletter for important updates about events, opportunities, deadlines, websites and policies.
- * If you are a returning member or leader, reach out to new members.
- * Persevere! Give yourself time to adjust.

If you have any questions, please call the Jacki at the 4-H office: 707-464-4711.



| | |
|--------------------------------|--|
| Nov. 1 st | Re-Enrollment Deadline |
| Nov. 4 - 5 th | Office closed |
| Nov. 9 th | Judging Board/Record Book workshop |
| Nov. 11 th | Office closed - Holiday Veteran's Day Parade |
| Nov. 14 th | Office closed |
| Nov. 19 th | Soup Supper Meeting |
| Nov. 25- 29 th | Thanksgiving Holiday Office Closed |
| Dec. 14 th | 4-H Christmas Party |
| Dec. 17 th | Council/Soup Supper Meeting |
| Dec. 23 - Jan. 3 rd | 4-H Office Closed for Holidays |
| Jan. 18 th | Soup Supper & Auction |
| Jan. 20 st | 4-H Office Closed for Martin Luther King Day |
| Feb. 8 th | Presentation/Record Book Workshop |
| Feb. 22-23 rd | 4-H Presentation & Home Ec Day |
| Mar. 14 th | Fashion Revue |
| Apr. 11 th | Easter Egg Hunt |

Experience The  Adventure

~ 2019 Achievement Awards ~

Gold Record Books

Del Norte 4-H Community Club
 Ryleigh Bennett
 Hailey Carey
 Hannah Carey
 Talyn Hodson
 Emmalee Hollon
 Zoe McManus
 Thatcher Miller-Wells
 Cadence Salas
 Emma Salas
 Layton Scott
 Mason Scott
 Timber Scott
 Hollyn Wakefield
 Caroline Wollam



Del Norte 4-H Community Club

| | |
|--------|-----------------|
| Silver | Layton Scott |
| | Timber Scott |
| | Caroline Wollam |
| Gold | Talyn Hodson |
| | Cadence Salas |



Del Norte 4-H CC

Outstanding Primary Member K-3rd
 Jaden Bennett
 Mason Scott

Outstanding Jr. Member 4-5th
 Ryleigh Bennett
 Emmalee Hollon
 Thatcher Miller-Wells
 Layton Scott
 Timber Scott

Outstanding Int. Member 6-8th
 Matthew Camarena
 Talyn Hodson
 Ayden McManus
 Caroline Wollam


Outstanding Sr. Member 9-12th
 Zoe McManus
 Cadence Salas

Community Service

Del Norte 4-H Community Club
 Jaden Bennett
 Ryleigh Bennett
 Talyn Hodson
 Emmalee Hollon
 Ayden McManus
 Zoe McManus
 Thatcher Miller-Wells
 Layton Scott
 Mason Scott
 Timber Scott

County Gold Record Book Winners

| | |
|--------------|-----------------|
| Junior | Ryleigh Bennett |
| | Layton Scott |
| Intermediate | Talyn Hodson |
| | Emma Salas |
| Senior | Zoe McManus |
| | Cadence Salas |



Elk Valley Swine-Pig Irons

Outstanding Jr. Member 4-5th
 Delanina Bommelyn
 Kamryn Curtis

Outstanding Int. Member 6-8th
 Willie Bommelyn
 Allie Castellaw
 McKenna Curtis
 Tsinte Steinruck

Elk Valley Swine - Pig Irons
 Delanina Bommelyn
 Tsinte Steinruck

Wild River
 Courtney Blakely
 Trinity Hawkins
 Elizabeth Hernandez
 Ronald Hernandez
 Savonah Hernandez
 Sophia Hernandez

2019 Proficiency

Del Norte 4-H Community Club
 Clothing & Textiles - Level 1
 Talyn Hodson
 Goat - Level 2
 Timber Scott
 Poultry - Level 4
 Layton Scott
 Swine - Level 2
 Talyn Hodson

Elk Valley Swine - Pig Irons
 Animal Science - Level 2
 Delanina Bommelyn
 Willie Bommelyn
 Allie Castellaw
 Kamryn Curtis
 McKenna Curtis
 Tsinte Steinruck



Wild River

Outstanding Primary Member K-3rd
 Ronald Hernandez
 Sophia Hernandez

Outstanding Jr. Member 4-5th
 Damon Hernandez
 Elizabeth Hernandez
 Savanah Hernandez

Outstanding Int. Member 6-8th
 Trinity Hawkins

First Year Jr/Teen Leader

Del Norte 4-H Community Club

| | |
|------------------|--------|
| Matthew Camarena | Junior |
| Hailey Carey | Junior |
| Talyn Hodson | Junior |
| Layton Scott | Junior |
| Caroline Wollam | Junior |

Presentation Proficiency

Del Norte 4-H Community Club
 Ryleigh Bennett
 Talyn Hodson
 Layton Scott
 Timber Scott
 Caroline Wollam

Judging Proficiency

Del Norte 4-H Community Club
 Layton Scott
 Mason Scott
 Timber Scott



"Fashion ... What's Your Vision"

2020 State Fashion Revue categories are: Traditional, Purchased \$40.00 limit, Box Challenge, Vintage Challenge and Cosplay Challenge.

If you would like to know more about any of these categories or the service project please check out: http://4h.ucanr.edu/4-H_Events/SFD/SFR/#box

Volunteer Online Training

If you are a 4-H volunteer leader, you will need to do the online training course. If you are a returning 4-H volunteer leader it will take about 30 minutes to complete training. If you are a new 4-H volunteer leader, the online training will take about an hour and a half. To access the trainings please go to: <http://4h.ucanr.edu/Resources/Learning-Development/>.



VETERAN'S DAY PARADE

November 11, 2019

Meet near the Veteran's Hall

8:00 a.m.

Please wear your 4-H uniform



Presentation Day

Start thinking about the presentation you would like to do for our County 4-H Presentation Day, **February 23rd**. If you need some guidance or have questions you can call the 4-H office at 707-464-4711 or you can look at the new Presentation Manual at: <http://4h.ucanr.edu/files/220608.pdf>.

Special Recognition Focus Areas for Presentation Day:

Civic Engagement: 4-H youth should strive to make a positive difference by engaging in learning opportunities that give them a heightened sense of responsibility and capacity to connect as active members of their communities, nation, and world. 4-H Civic Engagement involved working to make a positive difference in one's community and developing the combination of knowledge, skills, values and motivation to make the difference. 4-H youth engage within communities on many scales- from local to global-making contributions that reinforce their sense of purpose and strengthening their sense of belonging with peers and community adults.

Healthy Living: UC 4-H provides youth with opportunities to explore careers and build competency for college readiness. The field of health-related professions is expanding to meet the needs of the community. This year's health impromptu is careers in health. Potential topics include exploring educational requirements, salary, and employment rates for professions like physician, psychologist, nutritionist, or public health worker.

Leadership: 4-H Leadership provides opportunities for young people to learn and grow specific skills to become a better leader. Potential topics could include; what skills that a successful leader possess, how great leaders inspire the groups they are leading, using leadership skills to achieve goals.

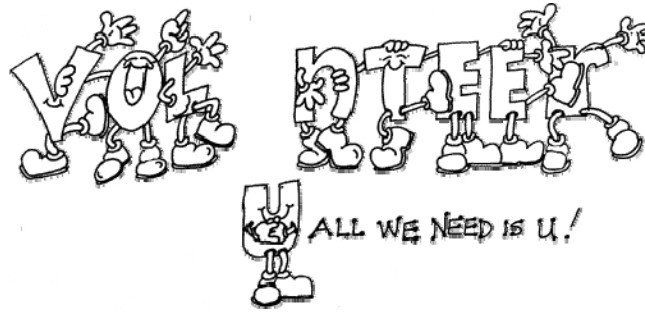
Science, Technology, Engineering and Mathematics: Learning computer science is about much more than being able to write computer programs; it is an entirely new way of thinking and solving problems. Learning computer science strengthens important skills, including pattern recognition, logic problem solving, creativity and more. Potential topics may include computer science careers, computer science concepts, and computer science in our daily lives.



Project Leaders Needed for 2019-2020

Parents, grandparents, or friends, would you like to be a mentor to our 4-H youth in a particular project? We are looking for 4-H project volunteer leaders for the upcoming 4-H program year.

We are looking for leaders in the project areas of rocketry, woodworking or any other specialty project. The UCCE Office has curriculum for project leaders to use, and will hold training workshops. All new leaders must attend an orientation, be fingerprinted, and be approved by UCCE staff before having meetings with youth.



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.

one per address, please share
4-H Family Newsletter



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

Countywide 4-H Christmas Party

Dining Room
Fairgrounds

Saturday, December 14th, 2019

6:00 - 8:00 p.m.

All 4-H members & families are
invited to attend!

- ◇ Bring a present labeled for boy or girl and age range for gift exchange.
- ◇ Bring canned food for community food basket.
- ◇ Games for young & old!
- ◇ Refreshments and goodies.

The best way
to spread
CHRISTMAS
CHEER is
singing **LOUD**
for all to hear



Food Safety Facts



Turkey Basics: Safe Cooking

Information for Consumers

Revised September 2003

Roasting Instructions

Set the oven temperature no lower than 325°F. Preheating the oven is not necessary.

Place turkey on a rack in a roasting pan.

For safety and uniform doneness of the turkey, cook stuffing separately in a casserole. Use a food thermometer to check that the internal temperature of the stuffing has reached 165°F.

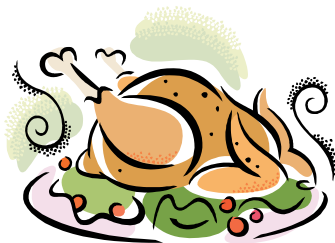
If you choose to stuff a turkey, you must use a food thermometer to check the internal temperature of the turkey and the stuffing. The temperature of a whole turkey must reach 180°F in the innermost part of the thigh and the center of the stuffing must reach 165°F. If the stuffing has not reached 165°F, continue cooking the turkey until the stuffing reaches 165°F.

If the turkey has a "pop-up" temperature indicator, it is also recommended that a food thermometer be used to test in several places, including the innermost part of the thigh and center of the stuffing.

When cooking only a turkey breast, the internal temperature should reach 170°F.

Many factors can affect the roasting time of a whole turkey:

- A frozen or partially frozen turkey takes longer to cook than a completely thawed turkey.
- A turkey will cook faster in a dark roasting pan.
- The depth and size of the pan can affect heat circulation to all areas of the turkey.
- The use of a foil tent for the entire cooking time can slow cooking.
- Putting a lid on the roasting pan speeds up cooking.
- An oven cooking bag will shorten cooking time.
- A stuffed turkey will take longer to cook than an unstuffed turkey.
- Ovens may heat unevenly.
- The oven rack position can have an effect on even cooking and heat circulation.



Who's Who In 4-H

- All Community Club Leaders (CCL) and project leaders in the 4-H program are adult volunteers. They accept the responsibility of serving as a leader because they enjoy working with, and teaching 4-H members. They also receive much self satisfaction in knowing that they have helped the youth in their community. Without volunteer leaders, 4-H would not exist.
- Junior leaders are members in the sixth through eighth grade in school. They help project leaders in leading projects and are available to answer any questions about their projects and 4-H.
- Teen leaders are members in the ninth grade and above. They lead project groups (an adult leader must be present for insurance purposes) and help with other things in the club. Most teen leaders can answer any questions concerning 4-H or direct you to someone who can.
- All-Stars are 4-H members in 9th - 12th grades who have earned their gold star and have gone through an interview process to earn this top county 4-H star rank. They are our "County Ambassadors" who speak at clubs, give sessions at LCORT and State Leadership Conference, and promote county 4-H activities. Our current All-Stars are Connor Smith and Taylor Jones.
- The Del Norte County 4-H Council is a group of 4-H adult leaders, 4-H members (7th - 12th graders), and 4-H staff whose purpose is to plan, coordinate, conduct and assist with the many 4-H activities of the youth program. Council focuses on developing funds to sponsor the local 4-H events/activities. All meetings are open to members, leaders, and parents to express their ideas and views.
- The 4-H staff, located in the UC Cooperative Extension Office (586 G Street) are available to assist you in many ways. Stop by or call (707-464-4711) when questions arise. The staff supports you in county-wide activities. They are willing to help you solve problems that arise occasionally and are usually as available as your nearest telephone.





What Makes 4-H Special?

Certainly the strong relationships forged in our organization are a key to success, especially the connection between young people and adults. It's not a teacher-student relationship (though we're about education), nor is it a mentor-mentee relationship (though our leaders are surely role models). Youth-adult relationships in 4-H are partnerships, bonds characterized by mutual respect and an understanding that everyone brings unique gifts to realizing a common goal. Few organizations truly empower young people in that way.

Perhaps 4-H's success is tied to authentic learning experiences. The catchphrase is "learn by doing," and its implications are many. Learning is active. In 4-H, we don't learn about science, citizenship or leadership, we do science, citizenship, and leadership. Learning is self-directed. Where else do youth choose what they want to learn and help create the game plan for getting there? Most importantly, learning is fun. It's about trying new things, the joy of discovery, and the "a-ha!" when tasks are mastered or pieces come together to create understanding. And it's about doing it with your friends.

This led me to a third idea about what makes 4-H special. Learning takes place in a community. The community may be a baking project meeting in someone's home, a team of YES teen teachers working out their weekly science lesson, the camp staff reflecting on their day's program, or a club planning a community service project. The community provides a sense of belonging, encourages friendships, and supports (and sometimes challenges) personal growth.

By

Marianne Bird



To Be a Successful Leader:

- ☞ Be organized and set ground rules
- ☞ Greet and engage the members, especially NEW members
 - ☞ Have eye contact with members
 - ☞ Don't babysit
- ☞ Remember that you just can't please all the people, all the time
- ☞ Change things up by adding different activities and field trips
 - ☞ Members must have sweat equity in fundraising
- ☞ Know that all kids do not get along, no matter how hard you try
- ☞ Understand that some parents don't realize the time it takes to be a leader
 - ☞ Grin a lot
- ☞ Also take deep breaths and counting to 10 does help

