

headlines

Del Norte County 4-H Program

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Sandy Sathrum, 4-H Program Rep.
Jaclyn Bennett, Secretary

Sept. - Oct. 2013

Achievement Night Monday, September 23rd, 2013 Pine Grove MPR, 6:00 p.m.

All members who finished the 4-H year and turned in at least their project report forms will be eligible to receive the 4-H pin and stripe. Awards for presentation proficiency, judging, star awards, outstanding members and medalists will also be give out.

4-H Council asks that families with last names starting with **A-M** bring a bag of chips and families with last names starting with **N-Z** bring a dessert. Council will be providing taco salad makings and flavored water.

See You There!

Upcoming Events

Sept. 12 th	Soup Supper Committee Meeting
Sept. 12 & 13 th	Office closed
Sept. 19 th	Soup Supper Committee Meeting
Sept. 23 rd	Achievement Night
Sept. 24 th	Council Meeting Boardroom
Sept. 26 th	Soup Supper Committee Meeting
Oct. 5 th	Soup Supper and Country Auction
Oct. 6 - 12 th	National 4-H Week
Oct. 9 th	National 4-H Science Day
Oct. 15 th	Deadline for online Record Book Quick Start Course
Oct. 22 nd	Council Meeting Boardroom

4-H Soup Supper & Country Auction October 5, 2013

Well as you all know it's almost time for Soup Supper and I would like to remind those of you who volunteered to ask for donations at various businesses to please follow up with that. Time is getting short and we need to get things into the 4-H office to be cataloged and tagged.

Now for the rest of you, don't feel left out, because you can still help. If you know someone with a business, or if you frequent a place that you would feel comfortable asking for donations, then by all means ask. Also if they would become a sponsor instead of donating an item, they are more then welcome to donate money for a sponsorship. The most they can do is say no. We can always find a way to add a last minute donation. Now if some of you 4-H moms or dads like to bake, keep in mind that baked goods always do well at the auction.

The Soup Supper is how Del Norte County 4-H makes money for things like awards, events, trophies, hat pins, insurance, belt buckles, scholarships and other things that make 4-H run smoothly.

If you're unsure of something you'd like to donate, just give Jacki a call at the 4-H office, 464-4711 .

Thank You - 4-H Council

~ 2013 County Fair Awards ~

Breed & Miscellaneous Classes

Best Cavy in Show	Donald Magray
Reserve Cavy in Show	K'Marie Magray
Best Dog in Show	Taylor Jones
Highest Scoring Dog in Obedience	K'Marie Magray
Grand Champion Jersey	Savanna Alexandre
Reserve Champion Jersey	Dalton Alexandre
Champion Holstein	Dalton Alexandre
Reserve Champion Holstein	Taylor Jones
4-H Champion Breeding Ewe	Taylor Jones
4-H Champion Market Lamb	Juliane Magarino
4-H Reserve Champion Market Lamb	Hannah Butz
4-H Champion Market Swine	Zachary Horner
4-H Reserve Champion Market Swine	Savanna Alexandre
Grand Champion Dairy Goat	Taylor Jones
4-H Champion Market Doe	McNeely Olson
4-H Reserve Champion Market Doe	McNeely Olson
Champion Pygmy Goat	Jeremiah Maples
Champion Pack Goat	Taylor Jones
Reserve Champion Pack Goat	Taylor Jones
High Point, 14 & Over	Denisha Thomas
High Point, Beginner	Brinkley Webb
Champion Halter Horse	Denisha Thomas
4-H Champion Market Ducks	Harleigh Pearson
4-H Reserve Champion Market Ducks	Vivian Wells
4-H Champion Laying Pen	Robby Rowe
4-H Champion Market Geese	McNeely Olson
4-H Reserve Champion Market Geese	McNeely Olson
4-H Champion Market Turkey	Alex Olson
4-H Reserve Champion Market Turkey	Ana Machado
Best Large Fowl in Show	Robby Rowe
Best Youth Poultry in Show	Robby Rowe
4-H Champion Single Fryer Rabbit	Payton Webb
4-H Reserve Champion Single Fryer Rabbit	Taylor Jones
4-H Champion Rabbit Fryer Pen	Brinkley Webb
4-H Reserve Champion Fryer Pen	Ashlee Hicks
4-H Champion Roaster Rabbit	K'Marie Magray
4-H Reserve Champion Roaster Rabbit	Ashlee Hicks
4-H Stewer Rabbit	Denisha Thomas
4-H Reserve Champion Stewer Rabbit	Derrick Hicks
Best Rabbit in Show	Taylor Jones
Reserve Rabbit in Show	Ashlee Hicks
Best Fur	Taylor Jones
Reserve Fur	Taylor Jones

We are looking for quart jars for soup sales after the Soup Supper and Country Auction. If you have any extra that you are will to give to us, you can drop them by the 4-H office.

4-H Showmanship

Cavy

Int.	Gold	Taylor Jones
	Silver	K'Marie Magray
Senior	Gold	Derrick Hicks
Champion Cavy Showman		Taylor Jones
Reserve Champion 4-H Cavy Showman		K'Marie Magray

Dog

Int.	Gold	Taylor Jones
	Silver	Ashlee Hicks
	Bronze	Kaliana Throop
Champion 4-H Dog Showman		Taylor Jones
Reserve Champion 4-H Dog in Showman		Ashlee Hicks

Poultry

Junior	Gold	Robby Rowe
	Silver	McNeely Olson
	Bronze	Ana Machado
Int.	Gold	K'Marie Magray
Senior	Gold	Alex Olson
Champion 4-H Poultry Showman		Robby Rowe
Reserve Champion 4-H Poultry Showman		McNeely Olson

Rabbit

Junior	Gold	Ana Machado
	Silver	Brinkley Webb
	Bronze	Maggie Heilweck
Int.	Gold	Taylor Jones
	Silver	K'Marie Magray
	Bronze	Ashlee Hicks
Senior	Gold	Jody Marks
	Silver	Madeline Napier
	Bronze	Denisha Thomas
Champion 4-H Rabbit Showman		Taylor Jones
Reserve Champion 4-H Rabbit Showman		Jody Marks

Sheep

Junior	Gold	Aubrey Haberman
	Silver	Simone Margarino
Int.	Gold	Bailey Hartwick
	Silver	Hannah Butz
	Bronze	Juliane Magarino
Senior	Gold	Alec Westbrook
	Silver	Blair Westbrook
Champion 4-H Sheep Showman		Blair Westbrook
Reserve Champion 4-H Sheep Showman		Alec Westbrook

Dairy Cattle

Int.	Gold	Savanna Alexandre
	Silver	Taylor Jones
	Bronze	Billie Jo Newport
Senior	Gold	Dalton Alexandre
	Silver	Jody Marks
Champion 4-H Dairy Showman		Dalton Alexandre
Reserve Champion 4-H Dairy Showman		Jody Marks

Market Goat

Junior	Gold	McNeely Olson
Int.	Gold	Taylor Jones
Champion 4-H Market Goat Showman		McNeely Olson
Res. Champion 4-H Market Goat Showman		Taylor Jones

4-H Showmanship - Con't

Dairy Goat

Int. Gold Taylor Jones
Champion 4-H Dairy Goat Showman Taylor Jones

Horse

Junior Gold Brinkley Webb
Int. Gold Billie Jo Newport
Silver Ashlee Hicks
Senior Gold Denisha Thomas
Champion 4-H Horse Showman Denisha Thomas
Reserve Champion 4-H Horse Showman Billie Jo Newport

Swine

Junior Gold Isaiah Sherman
Silver Robby Rowe
Bronze Danika Scott
Int. Gold Hannah Baldwin
Silver Savanna Alexandre
Bronze Rachel Rowe
Senior Gold Zachary Horner
Silver Dalton Alexandre
Champion 4-H Swine Showman Savanna Alexandre
Reserve Champion 4-H Swine Showman Zachary Horner

4-H Awards - Non Animals

Best Baked Food - Taylor Jones
Best Candy - Taylor Jones
Best Decorated Cake - K'Marie Magray
Best Fine Arts - Taylor Jones
Best Handcraft - Maggie Heilweck
Best Photo - Maggie Heilweck
Best Home Furnishing - Maggie Heilweck
Best Needle Work - K'Marie Magray
Best Perserved Food (Canned) - Chloe Taylor
Best Perserved Food (Dried) - K'Marie Magray
Best Horticulture - Taylor Jones
Home Ec Sweepstakes - K'Marie Magray
Arts & Crafts Sweepstakes - Taylor Jones
Photography Sweepstakes - Maggie Magray

4-H Feature Booth:

First-Pine Grove 4-H Second-Sunrise 4-H
Second-Wild River 4-H

Herdsmanship Winners:

Rabbit/Cavy - Wild River
Pygmy Goat - Pine Grove
Dairy/Market Goat - Wild River/Giddy Up N'Goat
Dairy Cattle - Sunrise
Sheep - Sunrise
Swine - Elk Valley Pig Irons



State Record Book Competition

If you are a senior and are considering entering the 2013 State Record Book Competition you will need to complete the **Record Book Quick Start Course** by **October 15, 2013**. All of the information needed to submit a Record Book to state competition, including the Quick Start Course, is found at: <http://4h.ucanr.edu/Resources/Members/RecordBook/RBCompetition/>.

National 4-H Week October 6 - 12, 2013

This is a great chance for your club to recruit new members and inform the public about 4-H opportunities. Be creative; the opportunities are limitless. Create window displays for local businesses, hang posters at your schools, have members create radio public service announcements, or visit classrooms for individual presentations. Don't forget to have signs showing locations, times and contact information for 4-H meetings in your area. Each club must show that they have an open enrollment for everyone in the community. Please use this opportunity to reach out to all youth in your area.

Project Leaders Needed for 2013-2014

Parents, grandparents, or friends, would you like to be a mentor to our 4-H youth in a particular project? We are looking for volunteer leaders for the upcoming 4-H program year which begins September 1, 2013 through August 31, 2014.

We are looking for leaders in the project areas of quilting, photography woodworking, dog obedience or any other specialty project. All new leaders must attend an orientation, be fingerprinted, and be approved by UCCE staff.

If you are interested, please contact the 4-H office at (707) 464-4711.

Online Enrollment is Now Open Enrollment fee for members is: \$34.00



Please do not attend any 4-H events until the 4-H office or your Community Club Leader have received your enrollment information.

4-H families, members, and leaders can now enroll and re-enroll themselves at community club, 4-H office or online. Log on to: <https://California.4honline.com> to re-enroll for the new year.

Here are some quick tips to get you started:

- ☞ Families **re-enrolling** will need to enter the email they provided on their enrollment form last year and select "I Forgot my Password". A temporary password will be emailed to that address. You can then return to 4hOnline and select "I Have a Profile", enter your email and temporary password, and proceed with re-enrollment. Once logged in, you will need to create a new password (at least 8 characters), you can update your email and any other necessary information. If you changed your email or forgot which address you listed, please contact the 4-H Office, 707-464-4711.

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Del Norte 4-H Program
586 G Street
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4-H Family Newsletter
one per address, please share

Soup Supper & Country Auction

Saturday, October 5th

This is the only county wide fundraising event. The money raised helps support county wide events, awards, citizenship travel, office expenses and scholarships.

4-H families can help support this important event by:

- ∞ Purchasing tickets to the event
- ∞ Selling tickets to the event
- ∞ Donating items for the country auction
- ∞ Helping at the event
- ∞ Bringing food items for the Supper



Soup Supper Committee Meeting
September 12th, 19th and 26th 2013

5:15 p.m.

Board Room, Fairgrounds

**All 4-H parents, volunteers and youth interested
in helping are invited to attend.**

Key Assets in 4-H Youth Development

Community Involvement

For the last several months we have been discussing the five youth development practices or supports and opportunities that young people should experience in all major settings in which they spend time, including 4-H. The five supports and opportunities that include: 1) safety; 2) supportive relationships; 3) meaningful youth participation; **4) community involvement**; and 5) skill building activities.

This month our focus is on community involvement. **Community involvement means** that young people:

- Build knowledge of the community beyond the program.
- Have a chance to give back to the community.
- Experience a sense of connection to a larger community.

Community involvement becomes service learning when the community service is combined with purposeful skill building. Through **service learning activities** young people explore community issues in-depth, create and initiate a plan to address the need, partner with other in the community, and reflect on and evaluate the process and experience.

Here are **four things you can do now** to increase community involvement:

1. Provide opportunities for young people to get to know their community. For example, invite a speaker from the community to come to your meeting/program, go on a field trip and explore local cultures and communities.
2. Encourage community members to be involved with your program.
3. Ask young people what they would like to change or improve in their community and support them in the development of a plan.
4. **Join the Revolution of Responsibility and apply for \$1,000 to carry out a service learning project in your community - for more information visit <http://www.ca4h.org/Support/RofR/>**

Community involvement is associated with healthier development over time. Young people who are involved in their communities, feel a sense of connection to their community, and are more likely to be involved in their communities as adults. Thus, it is important that we provide intentional opportunities for community involvement in our program.



On Growing Our Clubs

By Marianne Bird

"I'm shriiinkiiing...!" said the Wicked Witch of the West.

Sometimes I hear concern (and mumblings) from volunteers that 4-H isn't what it used to be; that our program is smaller. The answer to the problem, they theorize, is lack of knowledge about our program—be it awareness in the community that we still exist, or an outdated stereotype of who we are (cows and cooking). If only we had more publicity, people would know the great program 4-H is and would want to join. Get some good recruitment materials and some air time on the TV, and we'd be set.

Actually, the key to building 4-H membership is not tied to radio announcements or flyer distribution. The answer to drawing more youth and adults lies in our programs: what people experience, how they feel about it, and to whom they communicate.

We have almost 100 youth members and about 50 adult volunteers in 7 active clubs spread throughout the county. You are the face of 4-H in your community. How you invite people to join, the quality of their experience, and what image you present to the community tie directly to membership growth and public awareness. Youth who feel connected and enjoy their 4-H experience tell their friends. Parents who see a well-run program and growth in their children recommend it to other parents. When a 4-H club presents to the city council or volunteers at a community event, our presence speaks to who we are and what we do. Every meeting, every project, every public appearance, every person who calls to join, every member...counts.

It's not that publicity and outreach isn't necessary or important - it surely is - but I am convinced that the recipe for attracting members is found in strong clubs. Some ideas that you might consider:

- Assure that project meetings are well planned and engaging. If you need help in knowing what makes a strong meeting or how to do this, let the 4-H office know!
- If you don't have one, develop an outreach team in your club. Their job could include sending news articles to the press, connecting with community events, and finding ways to invite others to join.
- Develop a system to handle inquiries. When parents or youth make contact about joining, how do you follow up? If members leave your club, ask why.

The responsibility for a robust 4-H organization lies not with a publicity committee or public relations effort, but with each of us who call ourselves part of the 4-H community. We are the image. We are the program!!

Got your dairy today?

10 tips to help you eat and drink More fat-free or low-fat dairy foods



The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free - to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups* a day, while children 4 to 8 years old need 2 1/2 cups, and children 2 to 3 years old need 2 cups.

1

"skim" the fat

Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts calories but doesn't reduce calcium or other essential nutrients.

6

ingredient switches

When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try ricotta cheese as a substitute for cream cheese.



boost potassium and vitamin D, and cut sodium

Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.



choose sweet dairy foods with care

Flavored milks, fruit yogurts, frozen yogurt, and puddings can contain a lot of added sugars. These added sugars are empty calories. You need the nutrients in dairy foods - not these empty calories.



top off your meals

Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.



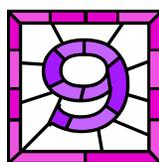
caffeinating?

If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk.



choose cheese with less fat

Many cheeses are high in saturated fat. Look for "reduced-fat" or "low-fat" on the label. Try different brands or types to find the one that you like.



can't drink milk?

If you are lactose intolerant, try lactose-free milk, drink smaller amounts of milk at a time, or try soymilk (soy beverage). Check the Nutrition facts label to be sure your soymilk has about 300 mg of calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.



what about cream cheese?

Regular cream cheese, cream, and butter are *not* part of the dairy food group. They are high in saturated fat and have little or no calcium.



take care of yourself and your family

Parents who drink milk and eat dairy foods show their kids that it is important. Dairy foods are especially important to build the growing bones of kids and teens. Routinely include low-fat or fat-free dairy foods with meals and snacks - for everyone's benefit.

*what counts as a cup in the Dairy Group? 1 cup of milk or yogurt. 1 1/2 ounces of natural cheese, or 2 ounces of processed cheese.

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June 2011

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