



# headlines

## Del Norte County 4-H Program

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cedelnorte@ucdavis.edu  
Thomas Stratton, 4-H Program Representative

Sept. - Oct. 2015

## Achievement Night

**Monday, September 21<sup>st</sup>, 2015**

**Arts & Crafts Building, Fairgrounds**

**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 for taco salad makings (ex. Corn 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. 1 <sup>st</sup>	Thomas in Office
Sept. 7 <sup>th</sup>	Office closed-Holiday
Sept. 8 <sup>th</sup>	Thomas in Office
Sept. 14 & 18 <sup>th</sup>	Office closed
Sept. 21 <sup>st</sup>	Achievement Night
Sept. 22 <sup>nd</sup>	Soup Supper Committee Meeting Thomas in Office
Sept. 29 <sup>th</sup>	Thomas in Office
Sept. 30 <sup>th</sup> -Oct. 2	Office closed
Oct. 4 <sup>th</sup> - 10 <sup>th</sup>	National 4-H Week
Oct. 6 <sup>th</sup>	Thomas in Office
Oct. 7 <sup>th</sup>	Enrollment Night and National 4-H Science Day
Oct. 27 <sup>th</sup>	Council & Soup Supper Meeting, Boardroom

## We need your help with Soup Supper

Tuesday, September 22<sup>nd</sup>, 2015

Boardroom, Fairgrounds, 5:15 p.m.

First Soup Supper planning meeting will be on Tuesday, September 22<sup>nd</sup>. All Community Clubs please send a representative to sign up for jobs. If you are available to help with this event (January 30<sup>th</sup>), please attend this meeting.

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

- ☞ Purchasing tickets to the events
- ☞ Selling tickets to the event
- ☞ Donating items for the country auction
- ☞ Helping at the event.

# ~ 2015 County Fair Awards ~

## Breed & Miscellaneous Classes

Best Cavy in Show	Taylor Jones
Reserve Cavy in Show	Sabrina Pingree
Champion Dairy Cow	Taylor Jones
Reserve Champion Dairy Cow	Savanna Alexandre
Champion Ewe	Alec Westbrook
Reserve Champion Ewe	Courtney Blakely-Nash
Supreme Champion Market Lamb	Taylor Jones
4-H Champion Market Lamb	Taylor Jones
Reserve 4-H Champion Market Lamb	Alec Westbrook
4-H Champion Market Swine	Ronni Natt
Reserve 4-H Champion Market Swine	Willie Bommelyn
Champion Halter Mare	Denisha Thomas
Champion Pygmy Goat Doe	Maudie Mae Olson
Champion Pygmy Goat Wether	Bradley Tripp
Champion Dairy Goat Doe	Taylor Jones
Champion Pack Goat	Taylor Jones
Supreme Champion Market Ducks	Vivien Wells
4-H Champion Market Ducks	Vivien Wells
Reserve Supreme Champion Laying Hens	Robby Rowe
4-H Champion Laying Hens	Robby Rowe
Reserve 4-H Champion Laying Hens	Jazlyn Morris
4-H Champion Rabbit Fryer Pen	Faith Newton
Reserve 4-H Champion Rabbit Fryer Pen	Ashlee Hicks
4-H Champion Single Fryer Rabbit	Ashlee Hicks
Reserve 4-H Champion Single Fryer Rabbit	Payton Webb
4-H Champion Roaster Rabbit	Westyn Fitch
Reserve 4-H Champion Stewer Rabbit	Kearstyn Miller
Reserve in Show Rabbit	Denisha Thomas
Reesrve in Show Fur	Denisha Thomas
<b>Small Animal Round Robin</b>	Taylor Jones
<b>Large Animal Round Robin</b>	Taylor Jones



## 4-H Showmanship

<b>Cavy</b>		
Jr.	Gold	Courtney Blakely-Nash
Sr.	Gold	Taylor Jones
Champion Cavy Showman		Taylor Joens
Reserve Champion Cavy Showman		Courtney Blakely-Nash
<b>Dog</b>		
Sr.	Gold	Taylor Jones
Champion Dog Showman		Taylor Jones
<b>Poultry</b>		
Jr.	Gold	Olivia Morris
	Silver	Vivien Wells
Int.	Gold	Robby Rowe
	Silver	McNeely Olson
	Bronze	Jazlyn Morris
Sr.	Gold	Rachel Rowe
Champion 4-H Poultry Showman		Rachel Rowe
Reserve Champion 4-H Poultry Showman		Robby Rowe
<b>Rabbit</b>		
Junior	Gold	Courtney Blakely-Nash
	Silver	Westyn Fitch
	Bronze	Faith Newton
Int.	Gold	Ashlee Hicks
	Silver	Brinkley Webb
	Bronze	McNeely Olson
Senior	Gold	Denisha Thomas
Champion Rabbit Showman		Ashlee Hicks
Reserve Champion Rabbit Showman		Denisha Thomas
<b>Sheep</b>		
Jr.	Gold	Courtney Blakely-Nash
Sr.	Gold	Taylor Jones
	Silver	Alec Westbrook
	Bronze	Taylor Barrington
Champion 4-H Sheep Showman		Taylor Jones
Reserve Champion 4-H Sheep Showman		Alec Westbrook
<b>Dairy Cattle</b>		
Junior	Gold	Bradley Tripp
	Silver	Ayden McManus
	Bronze	Emma Salas
Int.	Gold	Zoe McManus
	Silver	Jazmin Tripp
	Bronze	Jodie Pingree
Sr.	Gold	Savanna Alexandre
	Silver	Taylor Jones
Champion 4-H Dairy Showman		Savanna Alexandre
Reserve Champion 4-H Dairy Showman		Taylor Jones
<b>Market Goat</b>		
Int.	Gold	Jazmin Tripp
	Silver	McNeely Olson
Champion 4-H Market Goat Showman		Jazmin Tripp
Res. Champion 4-H Market Goat Showman		McNeely Olson
<b>Dairy Goat</b>		
Sr.	Gold	Taylor Jones
Champion 4-H Dairy Goat Showman		Taylor Jones
<b>Pygmy Goat</b>		
Jr.	Gold	Bradley Tripp
Champion 4-H Pygmy Goat Showman		Bradley Tripp

**4-H Showmanship - Con't**

**Horse**

Jr./Int.	Gold	McNeely Olson
	Silver	Cadence Salas
Sr.	Gold	Denisha Thomas
Champion 4-H Horse Showman		Denisha Thomas
Reserve Champion 4-H Horse Showman		McNeely Olson

**Swine**

Jr.	Gold	Colton Pimcombe
	Silver	Bradley Tripp
	Bronze	Willie Bommelyn
Int.	Gold	Ashley Maita
	Silver	Robby Rowe
	Bronze	Judson Pimcombe
Sr.	Gold	Rachel Rowe
	Silver	Ariana Aria-Chavez
	Bronze	Savanna Alexandre
Champion 4-H Swine Showman		Rachel Rowe
Reserve Champion 4-H Swine Showman		Robby Rowe

**4-H Awards - Non Animals**

- Best Clothing - Kaliana Throop
- Best Baked Food - Maggie Heilweck
- Best Decorated Cake - Emma Salas
- Best Handcraft - Maggie Heilweck
- Best Photo - Taylor Jones
- Best Home Furnishing - K'Marie Magray
- Home Ec Sweepstakes - Zoe McManus
- Arts & Crafts Sweepstakes - Taylor Jones
- Photography Sweepstakes - Taylor Jones

**4-H Feature Booth:**

First-Pine Grove 4-H

**Re-Enrollment Deadline!**

If you participated in 4-H last year and would like to continue growing and learning in 4-H, you need to have your enrollment forms and enrollment fee (\$15.00) to your 4-H leader or the 4-H office by 12:00 p.m. on Monday, November, 2<sup>nd</sup>. If we do not receive your forms by this date you will be unable to participate and have fun in 4-H this year.

**Christmas Chairperson Needed**

Would you like to be a chairperson for the 4-H Christmas Party?

If you are interested please stop by or contact the 4-H office for an Event Chairperson application, fill it out and send it back in by October 16<sup>th</sup>. Interviews will be held on October 20<sup>th</sup>.

Duties include creating a committee, making or purchasing decorations, purchasing food and drink items, setting up and cleaning up the party and returning decorations to the office.

Questions? Call Jacki at the 4-H Office 707-464-4711

**PDR Corner**

- Achievement Night - attended #3
- Achievement Night - presented #6
- Enrollment Night - attended #3
- Enrollment Night - talked with new members #6
- Science Night - participated #3
- Wear 4-H uniform during National 4-H Week #6



**National 4-H Week**

October 4 - 10, 2015

Theme for this years National 4-H Week is "4-H Grows Here". We are asking clubs and projects to promote Del Norte County 4-H Youth Development Program by making and displaying posters throughout town, doing presentations (*in your 4-H uniform*) at local schools or at Back to School Night or service clubs, having displays in local businesses, inviting a friend to a 4-H meeting, wearing your uniform to church or school or have a community service day during the week. Or complete the 4-H week scavenger hunt included in this newsletter.

## Life Skills Corner

If you have been in 4-H very long you have probably heard the term "Life Skills". So what does 'life skills' mean to you, and are you learning them? One definition of 'life skills' is "ways of applying information learned to real life situations". Some examples of life skills that you can learn by being in 4-H are:

- Organizing & Goal Setting
- Problem Solving
- Social Skills & Cooperation
- Concern for others
- Self-Motivation & Teamwork
- Leadership & Responsible Citizenship
- Self-responsibility & Character
- Safety & Healthy Lifestyle Choices



*Creativity*- How do you express your personal creativity in 4-H? Call, write, or email us at the 4-H office how you have been creative in 4-H, and we will share it in the next issue of Headlines.

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4-H Family Newsletter  
one per address, please share

# 4-H Grows Here!!!

## National 4-H Week Scavenger Hunt

### October 4 - 10, 2015

Join in the 4-H fun during National 4-H week.

#### Items:

1. Real four leaf clover
2. Completed 4-H enrollment form
3. Autograph of a 4-H volunteer
4. Autograph of a 4-H donor
5. Snapshot of a 4-Her doing community service
6. Write down the: 4-H pledge, 4-H motto and what the 4 H's stand for.
7. Photo of you in your uniform or 4-H clothing with another 4-Her similarly dressed.
8. Find and take a picture of a 4-H display around town.
9. Attend and participate in National 4-H Science Night (October 7<sup>th</sup>, 2015).
10. Get a new person to sign up for 4-H.



# California State

## 4-H & FFA Livestock Quiz Bowl

### What

- The California State 4-H Youth Development Program will be hosting a livestock quiz bowl at the Grand National Livestock Exposition, Horse Show, and Rodeo
- The contest is open to both 4-H and FFA members
- The contest is designed to test each team's knowledge on a variety of livestock related topics
- Cost to register is \$5 per team member

### When

Saturday, October 17, 2015

The contest will begin at 12:00 pm

### Where

Cow Palace

2600 Geneva Ave

Daly City, CA 94014



For additional information please visit: [http://4h.ucanr.edu/4-H\\_Events/Livestock\\_Quiz\\_Bowl/](http://4h.ucanr.edu/4-H_Events/Livestock_Quiz_Bowl/)



University of California

Agriculture and Natural Resources | 4-H Youth Development Program

UCCE State 4-H Office | 2801 Second Street | Davis | CA | 95618 | (530) 750-1340 | [ajamke@ucanr.edu](mailto:ajamke@ucanr.edu) | [http://4h.ucanr.edu/4-H\\_Events/Livestock\\_Quiz\\_Bowl/](http://4h.ucanr.edu/4-H_Events/Livestock_Quiz_Bowl/)



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UC  
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## 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 versus, there'll be a thousand twenty-four.

-Anonymous



# Enrollment Night and Science Night

October 7, 2015  
Arts and Crafts Building, Fairgrounds  
6:00 p.m.

If you have friends or family that are interested in 4-H please have them come and enroll on October 7<sup>th</sup>.

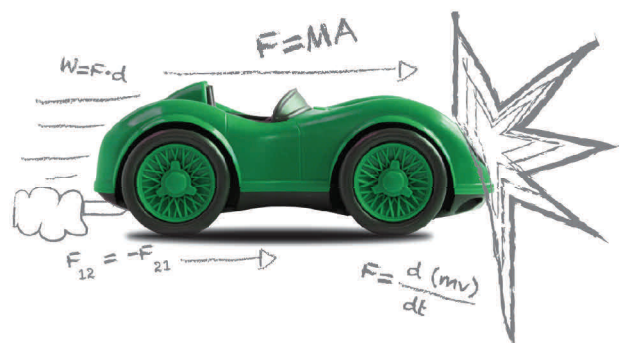
All the Community Clubs will be represented and they will have members to talk about their different 4-H projects.

The 2015 National Youth Science Day activity is titled, Motion Commotion where youth explore the science of motion through the relationship of speed and stopping distance. The activity extends to real-world investigations on reaction time and safety, making connections to the dangers of distracted driving.



# MOTION

COMMOTION



# Safely Canning Albacore Tuna

Taken from USDA Complete Guide to Home Canning - Guide 5

Tuna can be canned either precooked or raw. Precooking removes most of the strong-flavored oils. The strong flavor of dark tuna flesh affects the delicate flavor of the white flesh. Many people prefer not to can dark flesh. It may be used as pet food.

**Procedure:** Keep tuna on ice until ready to can. Remove viscera and wash fish well in cold water. Allow blood to drain from stomach cavity. Place fish belly down on a rack or metal tray in the bottom of a large baking pan. Cut tuna in half crosswise, if necessary. Precook fish by baking at 250° F for 2 1/2 to 4 hours (depending on size) or at 350°F for 1 hour. The fish may also be cooked in a steamer for 2 to 4 hours. If a thermometer is used, cook to a 165° to 175°F internal temperature. Refrigerate cooked fish overnight to firm the meat. Peel off the skin with a knife, removing blood vessels and any discolored flesh. Cut meat away from bones; cut out and discard all bones, fin bases, and dark flesh. Quarter. Cut quarters crosswise into lengths suitable for half-pint or pint jars. Fill into hot jars, pressing down gently to make a solid pack. Tuna may be packed in water or oil, whichever is preferred. Add water or oil to jars, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Add 1/2 teaspoon of salt per half-pint or 1 teaspoon of salt per pint, if desired. Carefully clean the jar rims with a clean, damp paper towel; wipe with a dry paper towel to remove any fish oil. Adjust lids and process.

**Recommended process time for Tuna in a dial-gauge pressure canner:**

Half-pints	100 minutes	11 lbs.
Pints	100 minutes	11 lbs.

**Recommended process time for Tuna in a weighted-gauge pressure canner:**

Half-pints	100 minutes	10 lbs.
Pints	100 minutes	10 lbs.

