

headlines

Del Norte County 4-H Program

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

Nov. - Dec. 2015

Welcome to the 2015-2016 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."

There will be a **New Member Orientation:**
Sunday, November 15th, 2015
1:00 p.m.
Pine Grove MPR Room

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 polices.
- * 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.

Upcoming Events

Nov. 3 rd	Thomas in Office
Nov. 6 th	Leader Orientation
Nov. 11 th	Veterans Day-closed
Nov. 15 th	New Member Orientation ORB Training
Nov. 17 th	Thomas in Office Soup Supper Meeting
Nov. 24 th	Thomas in Office
Nov. 23 - 27 th	Thanksgiving Holiday Office Closed
Dec. 1 st	Thomas in Office
Dec. 8 th	Thomas in Office
Dec. 10-11 th	Office Closed
Dec. 12 th	4-H Christmas Party
Dec. 15 th	Thomas in Office Council Meeting
Dec. 21 - Jan. 1 st	4-H Office Closed for Holidays
Dec. 29 th	Thomas in Office
Feb. 21 nd	4-H Presentation & Home Ec Day
Mar. 12 st	Fashion Revue
Mar. 18 th	Cal Focus application due
Mar. 26 th	Easter Egg Hunt

Experience The  Adventure

~ 2015 Achievement Awards ~

2015 Proficiency

Elk Valley Swine - Pig Irons
 Animal Science - Level 4
 Autinayea Bommelyn
 Judson Pincombe
 Jadelin Castellaw
 Colton Pincombe

Pine Grove
 Sewing- Level 1
 Zoe McManus
 Kaliana Throop
 Horsemanship - Level 1
 Cadence Salas

Sunrise
 Horsemanship - Level 1
 McNeely Olson



Sunrise
 Gold Savanna Alexandre
 Gold Ashlee Hicks
 Pine Grove
 Gold Zoe McManus



Sunrise

Outstanding Primary Member K-3rd
 Maudie Mae Olson
Outstanding Jr. Member 4-5th
 Jazlyn Morris
 Oliva Morris
Outstanding Int. Member 6-8th
 Robby Rowe
 Lauren Galea
 Ashley Maita
 McNeely Olson
Outstanding Sr. Member 9-12th
 Ashlee Hicks
 Savanna Alexandre
 Connor Smith
 Alec Westbrook
 Rachel Rowe
 Denisha Thomas

Gold Record Books

Sunrise
 Savanna Alexandre
 Lauren Galea
 Denisha Thomas

Pine Grove
 Zoe McManus
 Kaliana Throop

Wild River
 Taylor Jones

County Gold Record Book Medalist

County Gold Record Book Winner -



Taylor Jones

Pine Grove

Outstanding Primary Member K-3rd
 Ryleigh Bennett
 Abby Charmbury
 Emma Gibson
 Amelya Ramsey
 Maya Ramsey
 Layton Scott
 Mason Scott
 Timber Scott
 Kaydence Thorton
 Liviah Rusk
 Paizle Rusk
 Thatcher Miller-Wells
 Talyn Hodson
Outstanding Jr. Member 4-5th
 Andrew Gibson
 Ayden McManus
 Jacob Gibson
 Jodie Pingree
 Cadence Salas
 Emma Salas
Outstanding Int. Member 6-8th
 Sabrina Pingree

Community Service

Pine Grove
 Ayden McManus
 Zoe McManus
 Kaliana Throop
 Ryleigh Bennett
 Wild River
 Taylor Jones

Elk Valley Swine-Pig Irons

Outstanding Primary Member K-3rd
 Tsinte Steinruck
Outstanding Jr. Member 4-5th
 Ronni Natt
 Willie Bommelyn
 Colton Pincombe
 Bradley Tripp
Outstanding Int. Member 6-8th
 Autinayea Bommelyn
 Kai Baugh
 Danika Scott
 Jadelin Castellaw
 Jasmin Tripp
 Judson Pincombe

Shamrocks

Outstanding Jr. Member 4-5th
 Courtney Blakely
Outstanding Int. Member 6-8th
 Taylor Barrington

Wild River

Outstanding Primary Member K-3rd
 Jace Bergman
Outstanding Sr. Member 9-12th
 Taylor Jones





4-H State Fashion Revue

2016 State Fashion Revue categories are: Traditional, Upcycled, Consumer Science Purchased \$40.00 limit, Western Wear Challenge and Muslin Challenge. The service projects this year are reusable tote made from feed bags, leftover sturdy fabric, canvas or even burlap.

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/.

New 4-H Uniform Guidelines

We are pleased to announce that the California 4-H Youth Development Program has adopted new 4-H uniform guidelines. Implementation of these guidelines are effective beginning **July 1, 2015** and expected to take several years for full adoption. See the 4-H uniform page: <http://4h.ucanr.edu/About/Uniform/>, on the state website for more information and see the California 4-H Uniform Guidelines for complete garment details and the transition plan to the new uniform guidelines.

Presentation Day

Start thinking about the presentation you would like to do for our County 4-H Presentation Day, **February 21st**. 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>.

Cal Focus Program, June 17 - June 21, 2016
Sacramento, CA

Teens - \$550.00 Adults - \$650.00

Enrollment is open to all adult 4-H leaders and to youth members that have completed the 8th grade.

Witness California's government in action by participating in the legislative, political, and judicial processes. As a conference delegate you will:

- * Register to vote, conduct a primary election, and develop a political campaign through a two party system.
- * Elect constitutional offices.
- * Analyze the needs and issues of your district and enact legislation with the goal of securing the governor's signature to make your bill a law.
- * Participate in fun recreational activities, tours and cultural events.

Registration opens week of December 13th, 2015. For more information contact Jenna Colburn at jcolburn@ucanr.edu



Shooting Sports Project Leader Training

**Pistol & Muzzleloader Workshops:
November 12 & 13, 2015**

**Shotgun Workshop:
November 21 & 22, 2015**

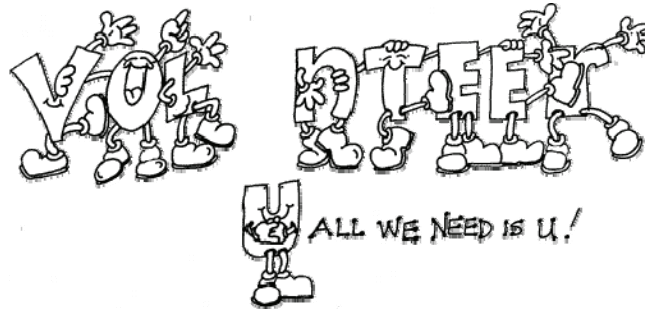
**Archery Workshop:
November 14 & 15, 2015**

All workshops are at being offered out of Winton CA and the cost per workshop is \$35.00. If you would like to know more about the workshops, please contact the office at 707-464-4711.

Project Leaders Needed for 2015-2016

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 woodworking, rocketry, electricity 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.

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

THE GRINCH™

Countywide

4-H Christmas Party

Arts and Crafts Building,
Fairgrounds

Saturday, December 12th, 2015

6:00 - 8:00 p.m.

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

- ◇ Bring a present to donate to Operation Santa. Please mark boy or girl and age range.
- ◇ Bring canned food for community food basket.
- ◇ Games for young & old!
- ◇ Refreshments and goodies.



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.

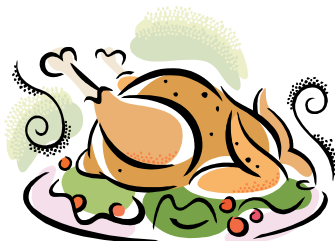
If you choose to stuff a turkey, you must use a food thermometer to check the internal temperature of the turkey and the stuffing. The temperature of a whole turkey must reach 180°F in the innermost part of the thigh and the center of the stuffing must reach 165°F. If the stuffing has not reached 165°F,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

