

# 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. 2016**

## Welcome to the 2016-2017 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 <sup>st</sup>	Thomas in Office Re-Enrollment Deadline
Nov. 7-9 <sup>th</sup>	Office closed
Nov. 8 <sup>th</sup>	Thomas in Office
Nov. 11 <sup>th</sup>	Veterans Day-closed
Nov. 15 <sup>th</sup>	Thomas in Office New Leader Orientation
Nov. 21- 25 <sup>th</sup>	Thanksgiving Holiday Office Closed
Nov. 29 <sup>th</sup>	Thomas in Office
Dec. 6 <sup>st</sup>	Thomas in Office
Dec. 8-9 <sup>th</sup>	Office Closed
Dec. 10 <sup>th</sup>	4-H Christmas Party
Dec. 13 <sup>th</sup>	Thomas in Office Council Meeting
Dec. 19 - Jan. 2 <sup>nd</sup>	4-H Office Closed for Holidays
Dec. 20 <sup>th</sup>	Thomas in Office
Feb. 25-26 <sup>th</sup>	4-H Presentation & Home Ec Day
Mar. 18 <sup>th</sup>	Fashion Revue
Mar. 18 <sup>th</sup>	Cal Focus application due
Apr. 15 <sup>th</sup>	Easter Egg Hunt

# Experience The Adventure

# ~ 2016 Achievement Awards ~

## 2016 Proficiency

Del Norte 4-H Community Club  
Poultry - Level 1  
Caroline Wollam

Wild River  
Food and Nutrition - Level 1  
Brandon Coles  
Tyree Coles  
K'Marie Magray  
Donald Magray



Del Norte 4-H Community Club  
Bronze Ayden McManus  
Platinum Zoe McManus

Wild River  
Bronze Donald Magray



## Del Norte 4-H CC

### **Outstanding Primary Member K-3<sup>rd</sup>**

Jaden Bennett  
Ryleigh Bennett  
Augustus Bieber  
Thatcher Miller-Wells  
Amelya Ramsey  
Jacob Ramsey  
Naomi Ramsey

### **Outstanding Jr. Member 4-5<sup>th</sup>**

Talyn Hodson  
Ayden McManus  
Emma Salas  
Kaydence Thornton  
Bradley Tripp  
Caroline Wollam

### **Outstanding Int. Member 6-8<sup>th</sup>**

Robby Rowe  
Lauren Galea  
Ashley Maita  
Zoe McManus  
Faith Pawloski  
Cadence Salas  
Jasmin Tripp

### **Outstanding Sr. Member 9-12<sup>th</sup>**

Savanna Alexandre  
Ashlee Hicks  
Denisha Thomas  
Kaliana Throop

## Elk Valley Swine-Pig Irons

### **Outstanding Primary Member K-3<sup>rd</sup>**

Delaina Bommelyn  
Tsinte Steinruck

### **Outstanding Jr. Member 4-5<sup>th</sup>**

Willie Bommelyn  
Colton Pincombe

### **Outstanding Int. Member 6-8<sup>th</sup>**

Autinayea Bommelyn  
Judson Pincombe

## Shamrocks

### **Outstanding Jr. Member 4-5<sup>th</sup>**

Courtney Blakely

### **Outstanding Int. Member 6-8<sup>th</sup>**

Taylor Barrington

## Wild River

### **Outstanding Jr. Member 4-5<sup>th</sup>**

Donald Magray

### **Outstanding Sr. Member 9-12<sup>th</sup>**

Brandon Coles  
Tyree Coles  
Taylor Jones  
K'Marie Magray

## Gold Record Books

Del Norte 4-H Community Club  
Talyn Hodson  
Ayden McManus  
Zoe McManus  
Cadence Salas  
Emma Salas  
Kaydence Thornton  
Kaliana Throop  
Caroline Wollam  
Kaliana Throop

Wild River  
Taylor Jones

## County Gold Record Book Winners



Junior Ayden McManus  
Intermediate Zoe McManus  
Senior Taylor Jones

## BEST 4-H STORY

Junior Ayden McManus  
Intermediate Zoe McManus

## Judging Proficiency

Wild River  
Abby Charmbury  
Brandon Coles  
Tyree Coles  
Taylor Jones  
Donald Magray  
K'Marie Magray  
Vivien Wells



## Community Service

Del Norte 4-H Community Club  
Jaden Bennett  
Ryleigh Bennett  
Ayden McManus  
Zoe McManus  
Cadence Salas  
Emma Salas  
Kaydence Thornton  
Kaliana Throop

Wild River  
Brandon Coles  
Tyree Coles  
Taylor Jones  
Donald Magray  
K'Marie Magray  
Vivien Wells

## Presentation Proficiency

Del Norte 4-H Community Club  
Caroline Wollam

Wild River  
Donald Magray



## "The Road to Fashion"

2017 State Fashion Revue categories are: Traditional, Upcycled, Consumer Science Purchased \$40.00 limit, Knit Challenge and Stripe/Print/Plaid 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/>.

### Presentation Day

Start thinking about the presentation you would like to do for our County 4-H Presentation Day, **February 26th**. 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:

**Flight:** is the motion of an object through an atmosphere without direct support from any surface. There are four principles of flight: lift, gravity, thrust, and drag. In order for an object to fly, there must be a balancing act between these four forces of flight. Potential topics may include new engineering ideas for flight, how altering the design of an object can increase its flight, and/or how flight has impacted our lives.

**Sleep & Stress:** 4-H provides youth with opportunities that will increase the knowledge, skills and adoption of healthy living habits. This year's focus is sleep. Potential topics may include benefits of adequate sleep, tips for falling asleep, effects of sleeplessness, exercise and sleep, managing stress, driver fatigue, consequences of lost sleep, sleep and screen time.

**Civic Engagement:** 4-H's vision is that youth will 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. Potential topics may include how 4-H youth can become active partners in a larger community through Service Learning, Advocacy, and Activism. How youth use their voice to create change in their communities.

**Mindset:** 4-H promotes outcomes that help youth to thrive by building skills that help them meet the challenges of childhood, teenhood and adulthood. Potential topics may include Sparks and Grow.

## Cal Focus Program, June 16 - June 20, 2017 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 8<sup>th</sup> 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 October 25<sup>th</sup>, 2016. For more information contact Jenna Colburn at [jcolburn@ucanr.edu](mailto:jcolburn@ucanr.edu)



### Shooting Sports Project Leader Training

**Archery & Rifle Workshops:  
November 5 & 6, 2016**

**Pistol & Shotgun Workshops:  
November 19 & 20, 2016**

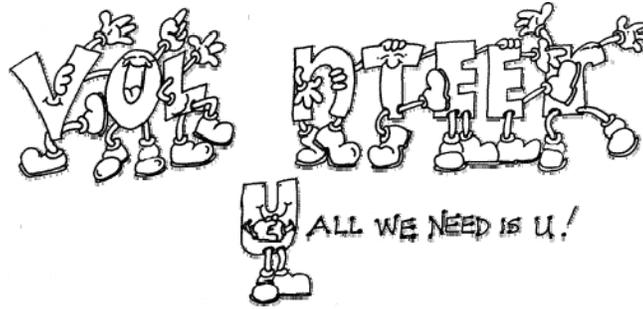
All workshops are at being offered out of Merced County and the cost per workshop is \$35.00. If you would like to know more about the workshops, please contact the office at 707-464-4711.



Project Leaders Needed for 2016-2017

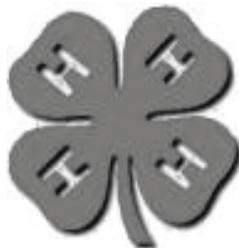
Parents, grandparents, or friends, would you like to be a mentor to our 4-H youth in a particular project? We are looking for 4-H project volunteer leaders for the upcoming 4-H program year.

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.

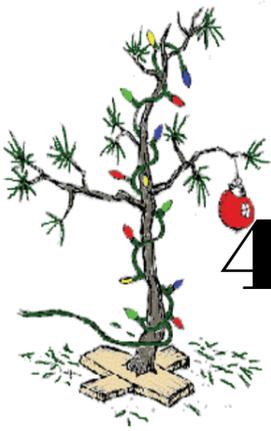


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4-H Family Newsletter  
one per address, please share



# Countywide 4-H Christmas Party

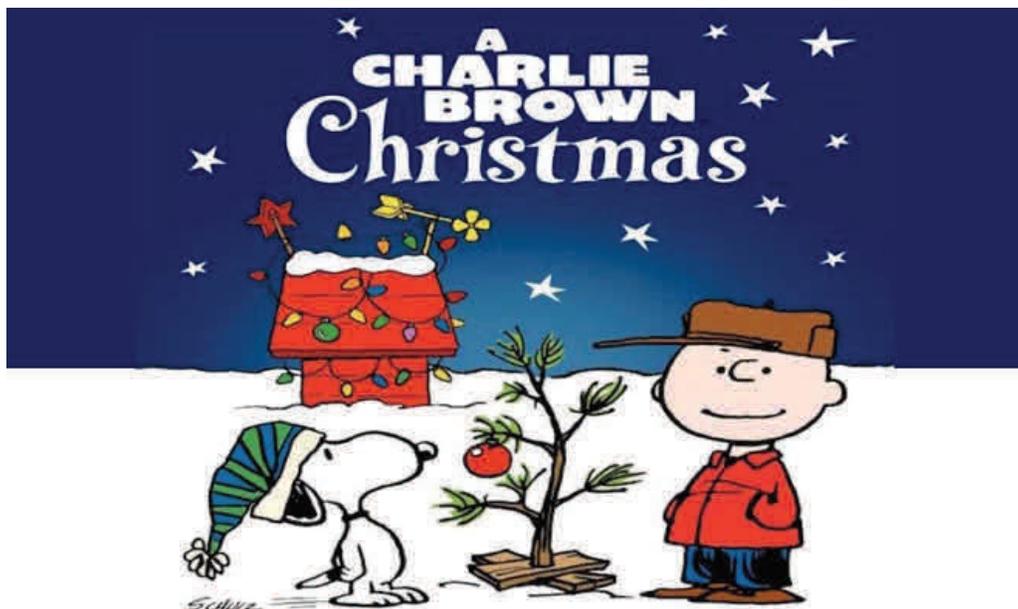
Arts and Crafts Building,  
Fairgrounds

Saturday, December 10<sup>th</sup>, 2016

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.



# 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.

