



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 Representative

Sept. - Oct. 2017

Achievement Night

Monday, September 18th, 2017

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!

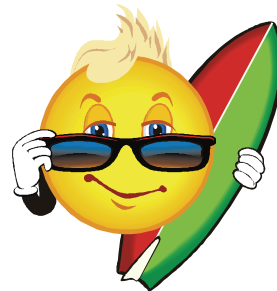
Upcoming Events

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| Sept. 2-3 rd | Find Your Park Event |
| Sept. 2-3 rd | Surf Lessons? |
| Sept. 4 th | Office closed-Holiday |
| Sept. 18 th | Achievement Night |
| Oct. 1 st - 7 th | National 4-H Week |
| Oct. 3 rd | Enrollment Night and National 4-H Science Day |
| Oct. 13 th | Christmas Chairperson & Veteran's Day Parade Chairperson applications due |
| Oct. 17 th | Chairperson interviews Council meeting, Boardroom |
| November 1 st | Re-Enrollment deadline |



Find Your Park Surf Lessons 2017

September 2-3rd
9:00 a.m. to 11:00 a.m.
South Beach, Crescent City



Curry County 4-H is partnering with Del Norte 4-H to provide a surf lessons for youth on September 2th-3rd from 9:00 a.m. to 11:00 a.m. There might be a cost per youth. The youth will be provided with gear and lessons. If you are interested please sign up at "Find Your Park" Activities booth on Saturday at Beachfront Park.

Enrollment Fee Change

Enrollment fees for youth this year will be \$20.00 and for adults will be \$10.00. The 4-H Council will still pay the remainder of the State Enrollment Fee (\$46.00 youth, \$15.00 adults) for the first 200 who enroll. If you have any questions, please call the 4-H office at 707 464-4711.



~ 2017 County Fair Awards ~

Breed & Miscellaneous Classes

Best Cavy in Show	K'Marie Magray
Reserve Cavy in Show	Taylor Jones
Supreme Champion Dairy	Cadence Salas
Reserve Champion Dairy	Jaclyn Daley
Supreme Champion Dairy Goat	Hope White
Reserve Champion Dairy Goat	Ayden McManus
Supreme Champion Pack Goat	Taylor Jones
Supreme Champion Market Ducks	Caroline Wollam
Reserve Champion Market Ducks	Caroline Wollam
Supreme Champion Market Geese	K'Marie Magray
Reserve Champion Market Geese	Donald Magray
Best Large Fowl in Show	Mason Scott
Supreme Champion Roaster Rabbit	Savonah Hernandez
Reserve Champion Roaster Rabbit	Anastazia Thompson
Best Dog in Show	Taylor Jones
Highest Scoring Obedience Dog	Taylor Jones
Best Waterfowl in Show	Timber Scott
Reserve Waterfowl in Show	Amelya Ramsey
Small Animal Round Robin	Taylor Jones
Large Animal Round Robin	Taylor Jones

4-H Showmanship

Cavy

Jr.	Gold	Courtney Blakely-Nash
	Silver	Donald Magray
Sr.	Gold	Taylor Jones
	Silver	K'Marie Magray
Champion Cavy Showman		Taylor Jones
Reserve Showman		Courtney Blakely-Nash

Dog

Sr.	Gold	Taylor Jones
Champion Dog Showman		Taylor Jones

Poultry

Jr.	Gold	Layton Scott
Int.	Gold	Grace Rodriguez
Champion Poultry Showman		Layton Scott

Rabbit

Junior	Gold	Courtney Blakely-Nash
	Silver	Andrew Gibson
	Bronze	Savonah Hernandez
Int.	Gold	Jacob Gibson
	Silver	Anastazia Thompson
Sr.	Gold	K'Marie Magray

Sheep

Jr.	Gold	Courtney Blakely-Nash
	Silver	Shaely Toreson

Meat Goat

Int.	Gold	Harleigh Pearson
Champion Meat Goat Showman		Harleigh Pearson

4-H Showmanship

Dairy Cattle

Jr.	Gold	Maudie Mae Olson
	Silver	John Daley
	Bronze	Grace Rodriguez
Int.	Gold	Jasmin Tripp
	Silver	Cadence Salas
	Bronze	Jaclyn Daley
Sr.	Gold	Harleigh Pearson
	Silver	Zoe McManus
	Bronze	McNeely Olson
Champion Dairy Showman		Harleigh Pearson
Reserve Showman		Cadence Salas

Dairy Goat

Jr.	Gold	Ayden McManus
Int.	Gold	Jasmin Tripp
	Silver	Zoe McManus
Sr.	Gold	Taylor Jones
	Silver	Hope White
Champion Dairy Goat Showman		Taylor Jones
Reserve Showman		Jasmin Tripp

Pygmy Goat

Int.	Gold	Bradley Tripp
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Swine

Jr.	Gold	Willie Bommelyn
	Silver	Talyn Hodson
	Bronze	Kaydence Owen
Int.	Gold	Jasmin Tripp
	Silver	Harleigh Pearson
	Bronze	Jadelin Castellaw

Beef

Int.	Gold	Cadence Salas
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4-H Awards - Non Animals

- Best Baked Foods - Maggie Heilweck
- Best Decorated Cake - Talyn Hodson
- Best Preserved Foods - Tyree Coles
- Best Clothing - Talyn Hodson
- Home Ec Sweepstakes - Tyree Coles
- Arts & Crafts Sweepstakes - Maggie Hielweck & Ryleigh Bennett
- Photography Sweepstakes - Maggie Heilweck

4-H Feature Booth:

Best of Show - Del Norte 4-H Community Club



4-H Shooting Sports Training

The Merced County 4-H shooting Sports training team will be offering a series of project leader and leader trainer classes in rifle, pistol, shotgun, muzzle loading and archery offered from September to December in Central California. All classes will be in a Saturday and Sunday format, 9 a.m. to 4 p.m., at the Safety First Shooting Association, River Oaks Range, 11584 N. Shaffer Rd. Winton 953888, in Merced County. Participants must become a 4-H leader or member and attend both days to receive certification to lead any of the shooting sports disciplines at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost for each discipline is \$35.00 per person to include a resource binder, with Saturday and Sunday lite breakfast refreshments. Dry camping is available on site as is self-contained RV camping. You are responsible for lunches. The nearest shopping is 15 minutes away. It is recommended to bring lunches each day. You may bring your own firearms and ammunition or archery equipment. However everything will be provided if you want to use their equipment. Junior and teen leaders are invited but must attend with an adult or have a certified shooting adult leader they will be assisting back home.

Complete the registration form at <http://www.ca4h.org/files/4785.pdf>, and mail with a check. For more information call Dave at 209-614-1718 Darlene McIntyre at 209-385-7418 or email her at dmcintyre@ucanr.edu.

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



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 enroll online and pay your enrollment fee (\$20.00) to your 4-H leader or the 4-H office by 12:00 p.m. on Wednesday, November, 1st. 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 or Veteran's Day Parade Chairpersons Needed

Would you like to be a chairperson for the 4-H Christmas Party or the 4-H Veteran's Day Parade entry?

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 13th. Interviews will be held on October 17th.

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.

National 4-H Week

October 1 - 7, 2017

Theme for this years National 4-H Week is "**Grow True Leaders**". 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 National 4-H Week Scavenger Hunt.

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



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

Grow True Leaders!!!

National 4-H Week Scavenger Hunt

October 1 - 7, 2017

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. Photo of you with a 4-H volunteer
5. Autograph of a 4-H donor
6. Snapshot of a 4-Her doing community service
7. Write down the: 4-H pledge, 4-H motto and what the 4 H's stand for.
8. Photo of you in your uniform or 4-H clothing with another 4-Her similarly dressed.
9. Find and take a picture of a 4-H display around town.
10. Attend and participate in National 4-H Science Night (October 3th, 2017).
11. Get a new person to sign up for 4-H.



4-H Online Enrollment

Enroll as soon as you can after July 1st. Enrollment deadlines for returning members is November 1, 2017. Follow the steps below to enroll:

Youth Enrollment:

1. Log onto **4HOnline**
2. Update profile. If you have been enrolled in 4-H in the past, but have forgotten your password choose the "I forgot my password" button and enter your email.
 - A. Click on Enroll for 2017-2018 button at the bottom of the page
 - B. Update or change the information on the Youth Personal Information page.
 - C. Once updated click the Continue button at the bottom of the page.
 - D. Select if you do or do not give permission for the State 4-H Youth Development Program to use your youths information on the 4HOnline system for reporting purposes.
 - E. Click on the Waiver of Liability box
 - F. Click on the Code of Conduct/Enrollment Confirmation box
 - G. Click on the Photography Release box
 - H. Select if you want your youth to be medically treated or not if something happens to them during a 4-H event.
 - I. Click on the Continue button at the bottom of the page.
 - J. Fill out the online Health form
 - K. Click the Continue button at the bottom of the page.
 - L. Under the Participation Page:
 - i. Club Tab: make sure youth is in the correct Community Club
 - ii. Project Tab: Add or delete projects youth would like to participate in this year.
 - M. Once all the projects have been updated - click the Submit Enrollment button.
3. Pay your enrollment fees to your 4-H Community Club leader or the 4-H Office:
 - A. \$20.00 youth
4. If you have a question or would like help enrolling, please call the 4-H office at 464-4711.

Adult Volunteer Enrollment:

1. Please follow the steps above. There will be an extra page called the "Volunteer Confidential Self-Disclosure Form" that you will need to fill out online.
2. Once you have submitted your enrollment, you will receive an email asking you to go to eXtension website to take specific courses. After you click the link to eXtension, you will need to create a new account with eXtension and confirm the new account with the email address you provided.
3. You can then click on the original 4-H Online email link to eXtension to go through the re-enrolling volunteer courses.
4. Pay your enrollment fees to your 4-H Community Club leader or the 4-H Office:
 - A. \$10.00 adult
5. If you have any questions or would like help enrolling, please call the 4-H office at 464-4711.

New and Returning Adult Volunteers News

New and Returning Adult volunteer Online Courses. 2017-2018 California 4-H has improved the process for becoming an Adult 4-H Volunteer. Completing these short interactive courses are a requirement for new and returning Adult Volunteers.

Returning Adults are required to complete 1. Foundations of Positive Youth Development (approx. 20 min.) 2. Toward an Intercultural Connect 4-H (approx. 60 min.) 3. Abuse Risk Management for Volunteers (approx. 15 min.).

New Adults are required to complete http://cehumboldt.ucanr.edu/Programs/4-H_Program_270/4-H_Program_-_Del_Norte_County/Volunteer_Opportunities/, enroll, and then the following: 1. 4-H Volunteer Orientation Training Video (60 min) 2. Foundations of Positive Youth Development (approx. 20 min.) 3. Toward an Intercultural Connected 4-H (approx. 20 min.) 4. Abuse Risk Management for Volunteers (approx. 15 min.).

When volunteers have completed their 4HOnline enrollment they will receive an email notice with the links and instructions to completing these requirements. If you have any questions about the enrollment process, please call the 4-Office 707-464-4711



**Enrollment Night and Science Night
October 3, 2017
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 3th.

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

The 2017 National Youth Science Day activity is titled, Incredible Wearables where youth explore the engineering design and build wearable fitness trackers.



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.

