

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. 2018

Welcome to the 2018-2019 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. 1–5 th	Office closed
Nov. 6 th	Re-Enrollment Deadline
Nov. 10 th	Veteran's Day Parade
Nov. 12 th	Office closed - Holiday
	Judging Board workshop
Nov. 19- 23 rd	Thanksgiving Holiday
	Office Closed
Nov. 28 th	Soup Supper Meeting
Dec. 15 th	4-H Christmas Party
Dec. 18 th	Council/Soup Supper Meeting
Dec. 24 - Jan. 7 th	4-H Office Closed for Holidays
Jan. 21 st	4-H Office Closed for Martin Luther King Day
Jan. 26 th	Soup Supper & Auction
Feb. 9 th	Presentation/Record Book Workshop
Feb. 23-24 th	4-H Presentation & Home Ec Day
Mar. 23 rd	Fashion Revue
Apr. 20 th	Easter Egg Hunt

Experience The  Adventure

~ 2018 Achievement Awards ~

Gold Record Books

Del Norte 4-H Community Club
 Ryleigh Bennett
 Talyn Hodson
 Ayden McManus
 Zoe McManus
 Thatcher Miller-Wells
 Layton Scott
 Timber Scott
 Hollyn Wakefield
 Caroline Wollam
 Wild River
 Taylor Jones

Community Service

Del Norte 4-H Community Club
 Jaden Bennett
 Ryleigh Bennett
 Talyn Hodson
 Ayden McManus
 Zoe McManus
 Thatcher Miller-Wells
 Layton Scott
 Timber Scott
 Kaliana Throop
 Caroline Wollam
 Elk Valley Swine - Pig Irons
 Tsinte Steinruck

Presentation Proficiency

Del Norte 4-H Community Club
 Ryleigh Bennett
 Talyn Hodson
 Layton Scott
 Timber Scott
 Caroline Wollam

Judging Proficiency

Del Norte 4-H Community Club
 Jaden Bennett
 Ryleigh Bennett
 Talyn Hodson
 Ayden McManus
 Zoe McManus

First Year Jr/Teen Leader

Del Norte 4-H Community Club
 Cadence Salas Teen



Star Awards

Del Norte 4-H Community Club
 Bronze Thatcher Miller-Wells
 Layton Scott
 Timber Scott
 Silver Ryleigh Bennett
 Talyn Hodson
 Cadence Salas
 Gold Ayden McManus



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County Gold Record Book Winners



Junior Ryleigh Bennett
 Layton Scott
 Timber Scott
 Intermediate Talyn Hodson
 Senior Taylor Jones

2018 Proficiency

Del Norte 4-H Community Club
 Archery - Level 1
 Layton Scott
 Timber Scott
 Goat - Level 1
 Timber Scott
 Horsemanship - Level 1
 Anjelina Nunez
 Horsemanship - Level 2
 Emma Salas
 Poultry - Level 1
 Cadence Salas
 Rabbit - Level 1
 Timber Scott
 Swine - Level 1
 Talyn Hodson
 Anjelina Nunez
 Kaydence Owen
 Cadences Salas
 Vivien Wells
 Elk Valley Swine - Pig Irons
 Animal Science - Level 1
 Delanina Bommelyn
 Willie Bommelyn
 Allie Castellaw
 McKenna Curtis
 Tsinte Steinruck
 Taylor Zwierlein

Del Norte 4-H CC

Outstanding Primary Member K-3rd
 Jaden Bennett
 Thatcher Miller-Wells
 Mason Scott
 Outstanding Jr. Member 4-5th
 Ryleigh Bennett
 Talyn Hodson
 Thatcher Miller-Wells
 Layton Scott
 Timber Scott
 Caroline Wollam
 Outstanding Int. Member 6-8th
 Ayden McManus
 Emma Salas
 Outstanding Sr. Member 9-12th
 Zoe McManus
 Cadence Salas
 Kaliana Throop

Elk Valley Swine-Pig Irons

Outstanding Jr. Member 4-5th
 Delanina Bommelyn
 Allie Castellaw
 Tsinte Steinruck
 Outstanding Int. Member 6-8th
 Willie Bommelyn
 McKenna Curtis
 Outstanding Sr. Member 9-12th
 Kai Baugh
 Autinayea Bommelyn



Wild River

Outstanding Primary Member K-3rd
 Damon Hernandez
 Elizabeth Hernandez
 Ronald Hernandez
 Sophia Hernandez
 Clyde Jones
 Damon Watts
 Outstanding Jr. Member 4-5th
 Savannah Hernandez
 Outstanding Sr. Member 9-12th
 Taylor Jones
 Dylan Starkey



"Fashion My Way"

2019 State Fashion Revue categories are: Traditional, Consumer Science, Purchased \$40.00 limit, Box Challenge and Make It Mine Challenge and Retro/Historical 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/.

Zoom-assisted 4-H Returning Volunteer Training

November 10, 2018
9:00 a.m. - 9:30 a.m.

This online training assistance is to help people with an older computer or low internet bandwidth to complete the required 4-H Adult Volunteer Training in order to volunteer with 4-H youth.

Registration:

Participants must INDIVIDUALLY pre-register online at least 1 day prior to the desired training date. Each participant must have their own email address. Registration link: https://ucanr.zoom.us/webinar/register/WN_3Dza_rtISliMYMuJVUB_Q

VETERAN'S DAY PARADE

November 11, 2018

Meet near the Veteran's Hall

8:00 a.m.

Please wear your 4-H uniform



Presentation Day

Start thinking about the presentation you would like to do for our County 4-H Presentation Day, **February 24th**. 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:

Electronic Accessories: Electronic accessories are wearable technology that can be worn, such as watches, eye glasses, or clothing, that contain electronics and sometimes a small computer. New technologies are being developed in this space all the time, including virtual reality and augmented reality devices, as well as clothing and accessories. Potential topics may include jobs that use electronic accessories have changed over the years.

Meaningfulness: 4-H provides youth with opportunities to build positive relationships and contribute to their communities. Adding meaningfulness to what we do builds happiness, purpose, and a healthy well-being. This year's focus area is meaningfulness. Potential topics may include benefits of contribution, connection to others, relationships, positive communication, and active listening.

Personal Development: 4-H Citizenship is the knowledge, skills, attitudes and motivation that give youth the capacity to move beyond their individual self-interest and be committed to the well-being of some larger group. One of the four focus areas of 4-H Citizenship is Personal Development. Potential topics may include leadership, mutual respect and understanding, character development, critical thinking and problem solving, and how these attributes are integral to becoming a contributing member of a community

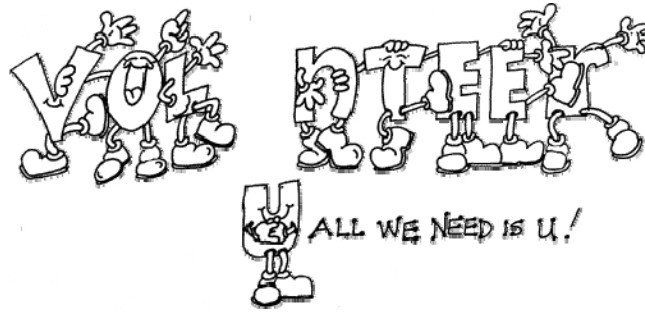
Sparks: 4-H promotes positive outcomes that help youth to thrive by building skills that help them meet the challenges of childhood, teenhood and adulthood. Potential topics may include Sparks, Growth, Mindset, GPS Goal Management, Self-Reflections and/or developing one or more of the 6 Cs.



Project Leaders Needed for 2017-2018

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 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.

4-H Family Newsletter
one per address, please share



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

Countywide 4-H Christmas Party

Dining Room
Fairgrounds

Saturday, December 15th, 2018

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.

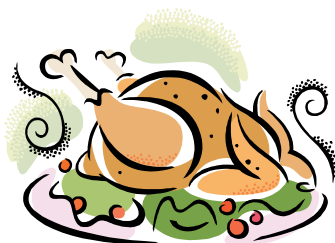
If you choose to stuff a turkey, you must use a food thermometer to check the internal temperature of the turkey and the stuffing. The temperature of a whole turkey must reach 180°F in the innermost part of the thigh and the center of the stuffing must reach 165°F. If the stuffing has not reached 165°F,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





What Makes 4-H Special?

Certainly the strong relationships forged in our organization are a key to success, especially the connection between young people and adults. It's not a teacher-student relationship (though we're about education), nor is it a mentor-mentee relationship (though our leaders are surely role models). Youth-adult relationships in 4-H are partnerships, bonds characterized by mutual respect and an understanding that everyone brings unique gifts to realizing a common goal. Few organizations truly empower young people in that way.

Perhaps 4-H's success is tied to authentic learning experiences. The catchphrase is "learn by doing," and its implications are many. Learning is active. In 4-H, we don't learn about science, citizenship or leadership, we do science, citizenship, and leadership. Learning is self-directed. Where else do youth choose what they want to learn and help create the game plan for getting there? Most importantly, learning is fun. It's about trying new things, the joy of discovery, and the "a-ha!" when tasks are mastered or pieces come together to create understanding. And it's about doing it with your friends.

This led me to a third idea about what makes 4-H special. Learning takes place in a community. The community may be a baking project meeting in someone's home, a team of YES teen teachers working out their weekly science lesson, the camp staff reflecting on their day's program, or a club planning a community service project. The community provides a sense of belonging, encourages friendships, and supports (and sometimes challenges) personal growth.

By

Marianne Bird



To Be a Successful Leader:

- ☞ Be organized and set ground rules
- ☞ Greet and engage the members, especially NEW members
 - ☞ Have eye contact with members
 - ☞ Don't babysit
- ☞ Remember that you just can't please all the people, all the time
- ☞ Change things up by adding different activities and field trips
 - ☞ Members must have sweat equity in fundraising
- ☞ Know that all kids do not get along, no matter how hard you try
- ☞ Understand that some parents don't realize the time it takes to be a leader
 - ☞ Grin a lot
- ☞ Also take deep breaths and counting to 10 does help

