



# headlines

## Del Norte County 4-H Program

586 G Street  
Crescent City, CA 95531  
707-464-4711  
cedelnorte@ucdavis.edu  
Kelly Pedrotti, 4-H Program Representative

**Sept. - Oct. 2020**

### Achievement Night

**Monday, September 21<sup>st</sup>, 2020**

**Pond Stage, 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.

The Achievement Night post card will have all the details for attending this event. If you have any questions, please contact Jacki at the 4-H office at 707-464-4711.

See You There!



### Upcoming Events

- Sept. 7<sup>th</sup> Office closed-Holiday
- Sept. 7 - 9<sup>th</sup> Office closed
- Sept. 17<sup>th</sup> Club Leader Training  
Zoom
- Sept. 21<sup>st</sup> Achievement Night
- Oct. 4<sup>th</sup>- 10<sup>th</sup> National 4-H Week
- Oct. 6<sup>th</sup> Enrollment Night
- Oct. 16<sup>th</sup> Christmas Chairperson  
& Veteran's Day Parade  
Chairperson  
applications due
- Oct. 20<sup>th</sup> Chairperson interviews,  
Council meeting,
- Nov. 2<sup>nd</sup> Re-Enrollment deadline



## Fieg-Tucker 4-H Scholarship Winner

**Receiving an award this year:**

**Zoe McManus - \$1,500.00**

**Great Job!**



## 4-H Leaders Project Meetings

Just wanted to remind 4-H leaders that we are in stage 2 and you can have 4-H project meetings, but before you do please go to: [http://cehumboldt.ucanr.edu/Programs/4-H\\_Program\\_270/](http://cehumboldt.ucanr.edu/Programs/4-H_Program_270/), to take the short training session to resume in-person 4-H meetings. After that you need to fill out the 4-H Location Safety Plan for Resuming In-Person Activity Stage 2 and Adult 4-H Leaders COVID-19 Phase 2 Safety Protocol Checklist. A Safety Plan must be filled out and emailed to Kelly Pedrotti at [kdpedrotti@ucanr.edu](mailto:kdpedrotti@ucanr.edu). If you have any questions or need help filling out the Safety Plan please give Jacki Bennett a call at the 4-H office: 707-464-4711.



## Club leader Training

Kelly Pedrotti will be doing a club leader training on September 17th on Zoom from 6:00 to 7:30 p.m. If you would like to attend please contact Jacki at the 4-H office at 707-464-4711.



## Safety at 4-H Projects

4-H leaders serve an important role in assisting with the development of today's youth. Providing important building components for sound foundations through development of cooperation, leadership, citizenship skills, and knowledge is critical to the success of today's youth. These skills and knowledge are gained through project work. Key to successful project work is **safety awareness**. The University of California is committed to providing safe environments in which programs are conducted.

Everyone has a specific role in promoting and maintaining safe environments for project work. What are the basic responsibilities of the 4-H leader?

- Upon initial sign-up as 4-H leader and annually thereafter, review safety rules.
- All project work topics will have a safety awareness/training element.
- Prior to beginning project work, the immediate project work site is to be evaluated for potential hazards.
- Practice safety at all times.
- There should be one adult to 10 members per project.
- Use Jr./Teen leaders or resource leaders for helpers.

## 4-H Project Leaders

There are 4-H Clover Safety Notes for 4-H project leaders to use at:

[http://safety.ucanr.edu/4-H\\_Resources/Clover\\_Safe\\_Notes\\_by\\_Project\\_Area/](http://safety.ucanr.edu/4-H_Resources/Clover_Safe_Notes_by_Project_Area/).



## 2020 - 2021 Club Volunteer Leader Training

All 4-H adult volunteers are required to complete online training courses in eXtension in order to volunteer with 4-H youth. The eXtension training sessions are interactive and most volunteers have no problems accessing and completing the training.

If you have an older computer or low internet bandwidth the please contact Jacki at the 4-H office at 707-464-4711 for help in accessing eXtension or which courses you need to complete.

You can also find this information at: <https://ucanr.edu/sites/UC4-H/files/329027.pdf>.



### PDR Corner

Achievement Night - attended	#3
Achievement Night - presented	#6
Achievement Night - Star Rank	#7
Achievement Night - Gold Record BK	#7
Achievement Night - Gold Record BK County	#7
Enrollment Night - attended	#3
Enrollment Night - talked with new members	#6
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 Monday, November, 2<sup>nd</sup>. If we do not receive your forms and payment 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 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.

## National 4-H Week

October 4 - 10, 2020

Theme for this years National 4-H Week is "Inspire Kids to Do". 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.

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, 6<sup>th</sup> 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

# Inspire Kids to Do!!!

## National 4-H Week Scavenger Hunt

### October 4 - 10, 2020

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

Items:

1. Real four leaf clover
2. Completed 4-H online enrollment
3. Take a photo of you and a historical site in Del Norte County.
4. Find shells from local beaches and make a 4-leaf clover.
5. Photo of you doing your favorite 4-H project.
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. Get a new person to sign up for 4-H.
9. Find and take a picture of a 4-H display around town.
10. Go for a hike in the woods and find items to make a 4-leaf clover out of.



# 4-H Online Enrollment

Enroll as soon as you can after July 1st. Enrollment deadlines for returning members is November 2, 2020. 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 2019-2020 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. Enrollment key is: DelNorte
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.

**California 4-H  
Virtual State Horse Classic  
Registration Due: September 11, 2020**

Videos can be filmed after patterns are posted on Friday, September 18 at 5:00 p.m. Video submission schedule is: Sept. 21 to Sept. 26 at 6:00 p.m.: Western and Ranch classes and Sept. 22 to Sept. 27 at 6:00 p.m.: English, Dressage and Miniature classes.

The California 4-H Equine Planning Committee is hosting the 2020 4-H Virtual State Horse Classic. This event is designed to allow 4-H members the chance to showcase the culmination of their hard work in their equine projects over the past year.

Please go to: [https://ucanr.edu/sites/4H\\_Equine/Horse\\_Classic/](https://ucanr.edu/sites/4H_Equine/Horse_Classic/)  
for registration and more information.



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**Enrollment Night  
October 6, 2020  
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 6<sup>th</sup>.

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



# 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.

