



headlines

Del Norte County 4-H Program

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

Sept. - Oct. 2022

Achievement Night

Monday, September 19th, 2022

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.

Please bring a dessert to share, Council will be providing taco salad makings and flavored water. If you have any questions, please contact Jacki at the 4-H office at 707-464-4711.

See You There!



Upcoming Events

- Sept. 5th Office closed-Holiday
- Sept. 19th Achievement Night
- Oct. 2nd - 8th National 4-H Week
- Oct. 4th Enrollment Night and Science Night
- Oct. 12th New Parent Orientation
- Oct. 17th Christmas Chairperson & Veteran's Day Parade Chairperson applications due
- Oct. 18th Chairperson interviews, Council meeting,
- Nov. 1st Re-Enrollment deadline
- Nov. 11th Veteran's Day Parade
- Nov. 17th New Leader Orientation



National 4-H Week

October 2 - 8, 2022

Theme for this years National 4-H Week is "Opportunity for All". 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.



~ 2022 County Fair Awards ~

Breed & Miscellaneous Classes

Supreme Champion Dairy	Cadence Salas
Reserve Champion Market Beef	Cadence Salas
Supreme Champion Meat Doe	Savonah Hernandez
Supreme Champion Stewer Rabbit	Timber Scott
Best Rabbit in Show	Timber Scott
Best Fur in Show	Timber Scott
Best Cavy in Show	Claudia Prumatico
Reserve Cavy in Show	Elizabeth Hernandez
Reserve Supreme Champion Laying Hens	Brittany Hogan
Supreme Champion Market Ducks	Macy Blaisdell
Supreme Champion Market Geese	Layton Scott
Reserve Champion Market Geese	Brynn McMillan
Reserve Champion Market Turkey	Brynn McMillan
Best Duck in Show	Layton Scott
Reserve Champion Market Lamb	Caroline Wollam
Reserve Champion Breeding Ewe	Coree Countess
Supreme Market Hog	Amy Juneau

Small Animal Round Robin	Timber Scott
Large Animal Round Robin	Cadence Salas

4-H Showmanship

Cavy

Jr.	Gold	Claudia Prumatico
Int.	Gold	Rowan Yates
	Silver	Elizabeth Hernandez
Champion Cavy Showman		Rowan Yates
Reserve Champion Cavy Showman		Claudia Prumatico

Poultry

Jr.	Gold	Madalyn Carey
	Silver	Brynn McMillan
	Bronze	Michael Carey
Int.	Gold	Mason Scott
	Silver	Timber Scott
	Bronze	Damon Hernandez
Sr.	Gold	Layton Scott
Champion Poultry Showman		Layton Scott
Reserve Champion Showman		Brynn McMillan

Rabbit

Jr.	Gold	Jaden Bennett
Int.	Gold	Timber Scott
	Silver	Thatcher Miller/Wells
Reserve Champion Showman		Timber Scott

Sheep

Jr.	Gold	Coree Countess
	Silver	Sophia Hernandez
Int.	Gold	Hannah Carey
	Silver	Kamryn Carey
	Bronze	Elizabeth Hernandez
Sr.	Gold	Caroline Wollam
	Silver	Hailey Carey
	Bronze	Savonah Hernandez
Reserve Champion Showman		Caroline Wollam

4-H Showmanship

Meat Goat

Jr.	Gold	Sophia Hernandez
Sr.	Gold	Savonah Hernandez

Pygmy Goat

Jr.	Gold	Ronald Hernandez
-----	------	------------------

Beef

Sr.	Gold	Cadence Salas
	Silver	Emma Salas
Champion Beef Showman		Cadence Salas

Dairy Cattle

Jr.	Gold	Griffin Wakefield
Int.	Gold	Hannah Carey
	Silver	Hollyn Wakefield
	Bronze	Kamryn Carey
Sr.	Gold	Cadence Salas
	Silver	Caroline Wollam
	Bronze	Matthew Camaerna
Champion Dairy Showman		Cadence Salas
Reserve Showman		Caroline Wollam

Swine

Jr.	Gold	Amy Juneau
	Silver	Griffin Wakefield
	Bronze	Bailey Rippetoe
Int.	Gold	Taylee Bjorkstrand
	Silver	Hollyn Wakefield
	Bronze	Tsinte Steinruck
Sr.	Gold	Allison Restad

4-H Awards - Non Animals

Best Handcraft	- Jaden Bennett
Best Ag. Hort	- Ryleigh Bennett
Best Decorated Cake	- Cordelia Yates
Arts & Crafts Sweepstakes	- Jaden Bennett
Home Ec Sweepstakes	- Jaden Bennett
Photography Sweepstakes	- Jaden Bennett

4-H Feature Booth:

Best of Show - Del Norte 4-H Community Club

Herdsmanship:

Dairy	Del Norte 4-H Community Club
Poultry	Wild River 4-H Community Club
Pygmy Goat	Wild River 4-H Community Club
Rabbit/Cavy	Del Norte 4-H Community Club
Swine	Elk Valley Pig Irons 4-H Community Club
Overall Herdsmanship	Elk Valley Pig Irons 4-H Community Club

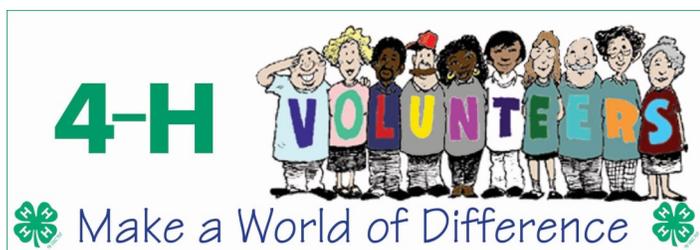


2022 - 2023 Club Volunteer Leader Training

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 Tuesday, November, 1st. 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 17th. Interviews will be held on October 18th.

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.

4-H Emblem

The 4-H emblem is a four-leaf clover with the letter "H" on each leaf. The four "H's" stand for Head, Heart, Hands, and Health. The leaves of the clover are green and "H's" are white. The white is for purity; green is nature's most common color and symbolizes youth, life and growth.



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, 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

4-H Online Enrollment

Enroll as soon as you can after July 1st. Enrollment deadlines for returning members is November 1, 2022. 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 Now button next to the name of the youth you would like to re-enroll.
 - B. Answer questions from the pop-up boxes.
 - C. Unit Section: select your Community Club and click the Add button. Then click on the Next button at the bottom of the page.
 - D. Project Section: Click on the Select Project button. Click on Select button across from project you wish to add, then change the "years in project" if needed and add leadership if needed, then click on the Add button. Once you are finished adding projects, click on the Next button at the bottom of the page.
 - E. Questions Section: Click on Show Questions button. Answer the required questions and then click on the Next button at the bottom of the page.
 - F. Health Form Section: Click on Show Health Form button. Answer the required questions and then click on the Next button at the bottom of the page.
 - G. Consents Section: Click on Show Consent button. Answer the required questions and then click on the Next button at the bottom of the page.
 - H. Confirm Section: Look over this section and if you do not need to change anything, then click on the Submit button, if changes need to be made, click on the Back button to the section you need to change.
3. Pay your enrollment fees to your 4-H Community Club leader or the 4-H Office:
 - A. \$20.00 youth, \$10.00 adult
4. If you have a question or would like help enrolling, please call the 4-H office at 464-4711.

Adult Volunteer Enrollment:

1. Log onto **4HOnline**
 - A. Click on Enroll Now button next to the name of the youth you would like to re-enroll.
 - B. Volunteer Type Section: Select Volunteer Type button and then select the type of volunteer you are. When finished click on the Next button at the bottom of the page.
 - C. Units Section: Click on Select Unit button. Click on Add button next to the unit you would like to add. Click on the Next button at the bottom of the page.
 - D. Project Section: Click on Select Project button. Click on Select button next to the project you want to add. Change the number of years in project or volunteer type if needed, then click Add button. When finished, click the Next button at the bottom of the page.
 - E. Questions Section: Click on Show Questions button. Answer the required questions and then click on the Next button at the bottom of the page.
 - F. Health Form Section: Click on Show Health Form button. Answer the required questions and then click on the Next button at the bottom of the page.
 - G. Consents Section: Click on Show Consent button. Answer the required questions and then click on the Next button at the bottom of the page.
 - H. Confirm Section: Look over this section and if you do not need to change anything, then click on the Submit button, if changes need to be made, click on the Back button to the section you need to change.
 - I. Screening Section: Click on Show Screening button. Answer required questions and then click on Submit button at the bottom of the page.
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.

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/.



Enrollment Night
October 4, 2022
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 4th.

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.

