

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 Rep.
Jaclyn Bennett, Secretary

Nov. - Dec. 2022

Welcome to the 2022-2023 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 st	Office closed
Nov. 2 nd	Re-Enrollment Deadline
Nov. 9 th	Office closed
Nov. 11 th	Office closed - Holiday
Nov. 14 th	Office closed
Nov. 15 th	Soup Supper Meeting
Nov. 21- 25 th	Thanksgiving Holiday Office closed
Dec. 3 rd	4-H Christmas Party
Dec. 13 th	Council/Soup Supper Meeting
Dec. 19 - 3 rd	4-H Office Closed for Holidays
Jan. 16 th	4-H Office Closed for Martin Luther King Day
Jan. 21 st	Soup Supper & Auction
Feb. 4 th	Presentation/Record Book Workshop
Feb. 25-26 th	4-H Presentation & Home Ec Day
Apr. 8 th	Easter Egg Hunt



Experience The Adventure



CPR & First Aid Training

Are you a 4-H volunteer or member? Are you interested in getting trained in CPR and First Aid. We have an opportunity for you, Matt Thompson is willing to do a CPR and First Aid training to any 4-H volunteer and 4-H member above the age of 12 who would like to get certified. Please contact Jacki Bennett at the 4-H office, 707-464-4711, if you are interested in this opportunity.

4-H Cake Decorating Project



At the first cake decorating meeting we will be discussing different techniques to achieving a flat cake when frosting. We will also go over basic crumb coating techniques, icing recipes, basic cake decorating tools and terminology. We will finish up the meeting with a cake project using different piping techniques. - Jody Walker

Volunteer Online Training

If you are a 4-H volunteer leader, you will need to do the online training course. If you are a returning 4-H volunteer leader it will take about 30 minutes to complete training. If you are a new 4-H volunteer leader, the online training will take about an hour and a half. To access the trainings please go to: <https://campus.extension.org/>.



Presentation Day

Start thinking about the presentation you would like to do for our County 4-H Presentation Day, **March 6th**. 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: <https://ucanr.edu/sites/UC4-H/files/2193.pdf>

Our County Presentation Day will be available in a virtual format or as an in-person presentation. Please let us know how you would prefer to give your presentation and we will try and accommodate.

Categories that are eligible to advance to Area Presentation Day are demonstrations, illustrated talks, prepared speeches, interpretive reading, impromptu speech, educational display, share the fun, cultural arts and impromptu speeches.

At the county level, presentations may be given by any age member. Only junior, intermediate and seniors may advance to the sectional or state levels. A gold seal at the county level qualifies a member to advance to area presentation day. All presentations need to include an introduction, body, conclusion and questions by judges.

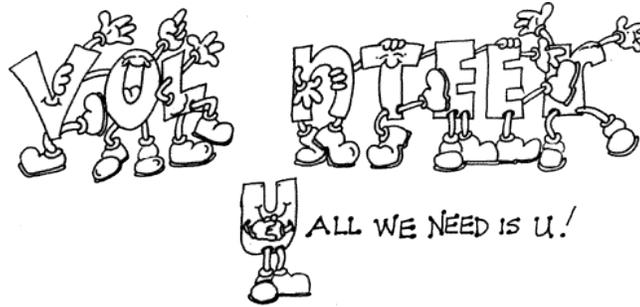
What's The Value of One Member?

Ten little members standing in a line.
 One disliked the president, then there were nine.
 Nine ambitious members offered to work late.
 One forgot her promise, then there were eight.
 Eight creative members had ideas good as heaven.
 Once lost enthusiasm, then there were seven.
 Seven loyal members got into a fix.
 They quarreled over programs then there were six.
 Six members remained with spirit and drive.
 One moved away, then there were five.
 Five steadfast members wished there were more.
 Once became indifferent, then there were four.
 Four cheerful members who never disagree,
 'till one complained of meetings, then there were three.
 Three eager members! What do they do?
 One got discouraged, then there were two.
 Two lonely members' our rhyme is nearly done.
 One joined a sports group, then there was one.
 One faithful member was feeling rather blue -
 Met with a friend, then there were two.
 Two earnest members each enrolled one more -
 Doubling their number, and then there were four.
 Four determined members just couldn't wait -
 'Till each won another, then there were eight!
 Eight excited members signed up 16 more.
 In another six verses, there'll be a thousand twenty-four.

Project Leaders Needed for 2022-2023

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, woodworking 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 3rd, 2022

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 catch-phrase 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

