



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. 2023

Achievement Night

Monday, October 23rd, 2023

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. 4-5 th | Office closed-Holiday |
| Sept. 18-19 th | Office closed |
| Sept. 25-26 th | Office closed |
| Oct. 1 st - 7 th | National 4-H Week |
| Oct. 3 rd | Enrollment Night and Science Night |
| Oct. 9 th | Christmas & Veteran's Day Parade Chairperson applications due |
| Oct. 10 th | Chairperson interviews, Council meeting, |
| Oct. 11 th | New Parent Orientation |
| Oct. 23 rd | Achievement Night |
| Nov. 1 st | Re-Enrollment deadline |
| Nov. 11 th | Veteran's Day Parade |



National 4-H Week

October 1 - 7, 2023

The theme for this years National 4-H Week is "I  4-H".

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.



~ 2023 County Fair Awards ~

Breed & Miscellaneous Classes

Champion Dairy	Allison Restad
Reserve Champion Dairy	Emma Salas
Champion Dairy Goat	Timber Scott
Reserve Champion Dairy Goat	Trinity Hawkins
Reserve Champion Market Goat	Layton Scott
Champion Roaster Rabbit	Callan Hawkins
Champion Stewer Rabbit	Trinity Hawkins
Reserve Champion Stewer Rabbit	Timber Scott
Best Rabbit in Show	Hayden Barbour
Best Cavy in Show	Claudia Prumatico
Reserve Cavy in Show	Claudia Prumatico
Grand Champion Laying Hens	Emily Haban
Reserve Champion Laying Hens	Raina Gonzalez
Reserve Champion Market Ducks	Griffin Wakefield
Best Duck in Show	Macy Blaisdell
Grand Champion Market Geese	Talyn Hodson
Best Goose in Show	Macy Blaisdell
Grand Champion Market Turkey	Brynn McMillan
Reserve Champion Market Turkey	Alexis Starkey
Best Bantam in Show	Grace Grant
Best Large Fowl in Show	Layton Scott
Best Poultry in Show	Layton Scott
Reserve Poultry in Show	Grace Grant
Grand Champion Market Lamb	Coree Countess

Small Animal Round Robin Timber Scott

4-H Showmanship

Beef

Sr. Gold Emma Salas

Cavy

Int. Gold Claudia Prumatico
Champion Cavy Showman Claudia Prumatico

Dairy Cattle

Int. Gold Sofia Prumatico
Sr. Gold Emma Salas
Silver Allison Restad
Bronze Trinity Hawkins

Champion Dairy Showman Emma Salas
Reserve Showman Allison Restad

Dairy Goat

Jr. Gold Callan Hawkins
Sr. Gold Trinity Hawkins
Silver Timber Scott
Champion Dairy Goat Showman Trinity Hawkins

Meat Goat

Sr. Gold Trinity Hawkins
Silver Layton Scott
Bronze Talyn Hodson
Reserve Meat Goat Showman Trinity Hawkins

4-H Showmanship

Poultry

Jr. Gold Emily Haban
Silver Bailee Rippetoe
Bronze Kaylee Nipgen
Int. Gold Macy Blaisdell
Silver Mason Scott
Bronze Hollyn Wakefield
Sr. Gold Layton Scott
Champion Poultry Showman Layton Scott
Reserve Champion Showman Mason Scott

Rabbit

Jr. Gold Violet Arriero
Silver Callan Hawkins
Int. Gold Jaden Bennett
Sr. Gold Timber Scott
Silver Trinity Hawkins
Bronze Layton Scott
Champion Rabbit Showman Timber Scott
Reserve Champion Showman Trinity Hawkins

Sheep

Jr. Gold Bristol Walker
Int. Gold Coree Countess
Sr. Gold Caroline Wollam
Reserve Champion Showman Coree Countess

Swine

Jr. Gold Cody Brow
Albee McCovey
Mateo Rodriguez
Griffin Wakefield
Aileen Carlson
Brynn McMillan
Bronze Bailey Rippetoe
Taylor Bommelyn
Remy McCovey
Int. Gold Taylee Bjorkstrand
Amy Juneau
Brodie McMillan
Hollyn Wakefield
Silver Delaina Bommelyn
Peyton Nomura
Hoyt Walker
Bronze Elli Brow
Annaleise Radabaugh
Lydia Short
Sr. Gold Allison Restad
Matthew Camarena
Silver Tsinte Steinruck
Bronze Taylor Zwierlein



4-H Showmanship

4-H Awards - Non Animals

- Best Handcraft - Ryleigh Bennett
- Best Decorated Cake - Bristol Walker
- Best Herb - Jaden Bennett
- Best Canned Food - Brittany Hogan
- Best Dried Food - Raina Gonzalez
- Best Clothing & Textiles - Ryleigh Bennett
- Best Photography - Elli Brow
- Arts & Crafts Sweepstakes -
- Home Ec Sweepstakes -
- Photography Sweepstakes -

4-H Feature Booth:

Best of Show - Del Norte 4-H Community Club

Herdsmanship:

Dairy	Del Norte 4-H Community Club
Dairy Goat	Del Norte 4-H Community Club
Rabbit/Cavy	Wild River 4-H Community Club
Sheep	Del Norte 4-H Community Club
Swine	Del Norte 4-H Community Club

Junior Livestock Auction Scholarship Winner: Caroline Wollam



New Online Enrollment System Zsuite

We have switched over to a new online enrollment system this year. The security of the old one was not up to UCANR standards. The new online system is 4h.zsuite.org and I have included instructions on how to re-enroll with the new system in this newsletter. If you need additional help please give me a call at 707-464-4711.



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 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 9th. Interviews will be held on October 10th.

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
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4-H Online Enrollment with Zsuite

Enroll as soon as you can after July 1st. Enrollment deadlines for returning members is November 1, 2023. Follow the steps below to enroll:

Youth Enrollment:

1. Log onto **4h.zsuite.org**
2. Click on "Forgot Password" and enter the email that you use to login to the old 4-H Online System.
 - A. Go to your email account and click on the email sent by zsuite and click on the link.
 - B. Once the link comes up, create a new password (password requirements: 12 characters, 1 uppercase, 1 lowercase, 1 special character & 1 number)
 - C. Then select a PIN (4 digit #)
 - D. Click on "Choose Profile" for Household and enter PIN
 - E. Click on "Enroll now" for youth you want to enroll
 - F. Change or input information on Personal Information Page (all starred areas must be filled out) and then click next button in the lower right-hand corner.
 - G. On Units Page: Click on "Add Unit" and select the Unit and your role (most of them will be member) and click Add. Click on "Add Project": Select project and role and click add. Once all projects have been added then click on next at the bottom right-hand corner of the page.
 - H. On Waiver Page: Fill out information on Health form and click next. Go through the rest of the waivers and sign and date the ones that need it. Once completed click the Submit button at the bottom right-hand corner.
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. Log onto **4h.zsuite.org**
2. Click on "Forgot Password" and enter the email that you use to login to the old 4-H Online System.
 - A. Go to your email account and click on the email sent by zsuite and click on the link.
 - B. Once the link comes up, create a new password (password requirements: 12 characters, 1 uppercase, 1 lowercase, 1 special character & 1 number)
 - C. Then select a PIN (4 digit #)
 - D. Click on "Choose Profile" for Household and enter PIN
 - E. Click on "Enroll now" for adult you want to enroll
 - F. Change or input information on Personal Information Page (all starred areas must be filled out) and then click next button in the lower right-hand corner.
 - G. On Units Page: Click on "Add Unit" and select the Unit and your role (most of them will be member) and click Add. Click on "Add Project": Select project and role and click add. Once all projects have been added then click on next button at the bottom right-hand corner of the page.
 - H. On Waiver Page: Sign and date the Waiver of Liability and then fill out the "Volunteer Confidential Self Disclosure form and sign and date. Go through the rest of the waivers and sign and date the ones that need it. Once completed click the Submit button at the bottom right-hand corner.
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 (unless you have an account from the previous year).
 1. You can then click on the original 4-H Zsuite email link to eXtension to go through the re-enrolling volunteer courses. Enrollment key is: DelNorte
 2. 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.

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 3, 2023
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 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.

