

## I Pledge

My Head  
to Clearer Thinking

My Heart  
to Greater Loyalty

My Hands  
to Larger Service

My Health  
to Better Living

For My Club,  
My Community,  
My Country,  
And My World.

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University of California  
Agriculture and Natural Resources

4-H Youth Development Program



# THE CLOVERLEAF

of Contra Costa County 4-H

VOLUME 1 ISSUE 4

FEBRUARY 2018

## Letter from the Editors: *Celebrating Friendship and Kindness*

As we enter the month of love, it is a good time to reflect on how important kindness and respect is in our daily living. The saying "Do to others as you would have them do to you," should come to mind during this month. Respecting others through our words and actions are vital in keeping our 4-H community vibrant and harmonious. That means we should not swear or say mean things so we do not affect others or offend their beliefs.

Another aspect to consider is talking to new 4-H members. When I first joined 4-H, I felt a lot better and welcomed when people came out of their "cliques" and talked to me. It was amazing how willing they were to share their knowledge with me and include me in the project activities. And in my second year, when I talked to one of the new members and encouraged her, she became one of my closest friends!

This month, try talking to new or younger members and encourage one another instead of putting each other down. You can do that by praising the younger members when they accomplish something that was challenging to them, or getting an older member to help you set up and thanking them and making them feel needed. Let's keep 4-H a safe place for building one another up!

Remember to treat everyone kindly, and have a great Valentine's Day!

Sincerely,

*Melody Hollingworth, Johanna Busk, Olivia Flamino and Sophie Brockman*

## Caring, Sharing and Pairing

*By Nicole Delfabro, Pleasant Hill*

Pleasant Hill 4-H Club Officers have a problem to solve...How do we get our long-standing "older" members to interact with our new "young" club members? You've been to the club meetings where the high-schoolers stand together and don't interact with the 5 to 10-year olds.

I can't remember who thought of it. Maybe it was our awesome Club President Hailey Knapp, but we had the *A-HA* moment. Let's make tie-blankets together and have

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## Caring, Sharing, and Pairing

*Continued from page 1*



older club members pair with younger youth.

Our Officer planning meeting was held just after the North Bay fires were contained and it was decided that this could be part of a larger club service project; we would send all the tie-blankets to Sonoma County.

Club Officers donated and prepared all the fleece material in advance. Each officer coordinated grouping older members and younger members together with blankets. During our holiday Club meeting we did not provide chairs to sit on, which made the business meeting part run fast. I played holiday music on a loud speaker and we enjoyed hot cocoa, hot cider and cookies. We also played a fun holiday game and tied a lot of knots!

It was such a fun night and I'm so proud of my club. Delivery of our blanket donation was December 22,<sup>nd</sup> just in time for Christmas! And then they went to Sonoma!



Improve your  
showmanship  
skills!

Participate in

**Showmanship  
Clinic!**

on March 24, 2018

at Borges Ranch



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### People are Fragile

*By Anonymous*

*People are fragile...  
they need to be loved and assured  
and know they possess value -  
handle them with care*

*People are unique...  
they want to feel different  
to stand out among the rest -  
credit them when due*

*People are human...  
they will commit mistakes  
and fail us sometimes -  
give them another chance*

### **Announcement!**

This year's Fashion Revue Stills category is bigger than ever! The registration deadline has been extended to March 30, 2018.

# Gardening Composting Tips and Directions

By Olivia Flamino, Claycord

“Why would I want to compost?” you may ask. Well, for one, it is a good activity and it trains both your patience and your sense of smell. Compost is a nutrient-rich planting material that is made from a lot of material that we would otherwise throw away in our trash, which then would pile up in the landfills. It is estimated that 40% of the trash we throw away can be composted. It is good if you can start composting now, as to make the world last longer by feeding the soil and reducing the trash in the landfills.

At our last Gardening Project meeting, Master Gardener and Master Composter Marian Woodard of Rodgers Ranch in Pleasant Hill, gave us some tips and instructions on how to start composting:

## Why is Compost Important?

- ◆ Composting is the best way to get healthy loads of beneficial microbes back into the ground to help feed both the soil and plant roots.
- ◆ Composting reduces the need for anything ending in “-cide” (i.e., pesticide, fungicide, insecticide, etc.) which kills both good and bad microbes (therefore killing your soil turning it into dirt). Compost saves your soil and saves you money.

## How is Compost Made?

- ◆ Find a container best suited for your environment. (If you live in an apartment, your best choice may be worm composting).
- ◆ Place your container where you can get to fairly easily, yet it doesn't upset neighbors.
- ◆ Alternate browns (carbons) with greens (nitrogen), adding enough water that when you squeeze the materials together, they hold a ball shape. If you are home composting, always end with browns on top.
  - ⇒ Browns (carbons): dried leaves, newspaper, shredded cardboard, toilet/paper towel rolls, wood chips, sawdust from untreated wood, teabags, and coffee filters. Look it up for more options.
  - ⇒ Greens (nitrogen): kitchen scraps, garden residue if green, coffee grounds, grass clippings (IF NO WEED & FEED USED), fresh barnyard manure. Look it up if you want to see more options.

**NEVER USE:** cat, dog, or human manure, anything with salt, oil, meat, dairy, and weeds.

## Maintenance

- ◆ Smell it, observe it, turn it, keep it moist.
  - ⇒ If it stinks, add browns and turn it.
  - ⇒ If it's not doing anything, and if it's dry, add water.
  - ⇒ If it's moist and not doing anything, add high nitrogen, like chicken or horse manure, legumes, or alfalfa pellets or compost starter.

## When is it Ready?

- ◆ When you can no longer identify any individual components except wood chips.
- ◆ When it smells simply earthy, like soil.
- ◆ When it's a dark brown, chocolatey color.



I hope that everyone will be ready to try composting to help our planet! If you would like to learn more, please visit Rodgers Ranch in Pleasant Hill on a Saturday morning and talk to Marian Woodard or her husband, John Matthesen.

*(Tips are excerpts from notes compiled by Marian Woodard for DVC's Farm to Table Class, Fall Semester, 2017)*

# NAILS NATURALLY & ESTHETICS ON MAIN

## SEASONAL SPECIALS



Nails Naturally By Lisa  
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Esthetics On Main  
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Lash & Brow Tinting  
Airbrush Makeup Artistry



### Seasonal Specials

Nov-Cranberry Pomegranate Facial & Spa Pedicure  
Dec-Peppermint Facial & Spa Pedicure  
Jan-Ginger Lime Facial & Spa Pedicure  
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## 4-H Opportunities

*By Jessica McCauley, Briones*

"Is it okay if I sit next to you?" I turned to acknowledge the tall red-haired boy sitting in the row behind me.

"Of course, just move this hat and scarf. Our chaperone might put up a fight about having to sit a seat back, but we both know she's just a tease!" I smiled and helped him make room on the bus seat. It was freezing cold in Washington D.C., especially since it was the middle of January, but it didn't seem to matter much as long as I was making a new friend to help liven the time while we toured national memorials at night.

When I originally entered the airport on my way to Citizenship Washington Focus: Presidential Inauguration, or when I started the 4-H year as Briones 4-H Vice President, I, Jessica McCauley, didn't realize that my fourth 4-H year would encourage me to become more involved in 4-H through my relationships and desire to make 4-H even better.

Last year in May, our club hosted an Open House in Martinez. We invited children from each elementary school and over forty families showed an interest in becoming involved with 4-H. This year, we started off the year with a barbeque and invited everyone who had shown interest. I was excited to meet new people and encourage them to grow in this youth development program. Our club grew to thirty-five enrolled members from about twenty. An increased focus on committees this year saw every member active in a committee to plan some club event. Next year, many of those new members are going to be officers. They will discover more about what they can do through 4-H and how those skills and knowledge can carry over into their leadership roles in their community.

I became the teen leader of the Record Keeping project to help reduce the stress in my own life as well as the stress of others at the end of the year. It always seems a huge waste of time to spend forty hours putting together a record book just a week before the deadline rather than doing a little bit each month. My PDR was less of a feat to complete when I had tracked my events all year long and knew exactly when my project meetings had been. By helping younger kids at the Record Book Field Day Fair Event, I discovered how much I already know about record books and encouraged many of my peers to complete a record book to track progress for star rankings, awards, and future use on college applications.

Our family has been experimenting with showing animals, since we love our chickens and rabbits, which somehow seem to multiply as people bring us more and more! I tagged along with my sister Elizabeth to a couple rabbit shows and learned showmanship so I could practice with the rabbits, even though I am not enrolled in the rabbit project. We have learned all about treating illnesses, breeding, and even butchering. Having rabbits definitely changed the way our family works, because they cannot be left to themselves for days at a time, unlike chickens. Last year, our family began the poultry project and I decided to invest some time into learning more about our chickens. In the project, we learned about the proper diet for chickens and focused on poultry showmanship. This year was my first experience showing animals at fair and it was beneficial to spend an entire week collaborating with other project members to feed and clean up after the birds. The night of the show was long, but in showmanship I earned fourth place and, despite my exhaustion, I was content.

In Sewing and Crafts, my goal was to choose a new category to compete in after winning Senior State Winner in the Traditional category the previous year. I chose to do the Stripe/Print/Plaid Challenge and use boxes of someone's garbage material to construct a fun pair of 70s-style patterned pants, striped blouse, and patchwork bag. For Crafts, we learned about reusing, recycling, and upcycling. My favorite project was self-watering plants made from old soda bottles. They became extremely useful for containing herb and small plants by the kitchen window in our house. I especially enjoyed Sewing and Crafts this year because I got to encourage this year's new members to find something fun to make and show off at Fashion Revue. Our presentation skit to the club, "Consumer Science at Fashion Revue", showed members that they could participate in Fashion Revue even if they were not enrolled in the Sewing and Crafts project.



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# Record Book Matters: Shoot for the Stars

By Johanna Busk, Claycord

To earn a star, a 4-H'er must complete the PDR section of the record book. Each star has a certain number of requirements in multiple different areas, and the number of requirements goes up depending on which star you are trying to earn. For example, one of the requirements for a Bronze Star is to have completed at least 2 4-H projects, but for a Silver Star the requirement is 4 projects, a Gold Star is 8 projects, and for the last star, the Platinum Star, the requirement is 12 4-H projects. (See chart below with the full list of requirements for each star). The points are cumulative, so

you don't lose any at the end of each year. In other words, if you only have 2 Project Skills Activities one year and 3 another, they add up to 5 total for all years. It might seem like a lot to do at first, but if you keep track of what you do throughout the year, the numbers might surprise you! While the Bronze, Silver, Gold and Platinum Stars can only be earned by juniors, intermediates and seniors, there is a special star available just for primaries. The Purple Star is awarded to a primary member after he/she has completed at least one record book. Once you earn a star, it can be sewn onto the front of your 4-H hat!



*Note to leaders: Club leaders, please make sure that you have given out the latest revised officer forms to your officers as there are important changes on the judging criteria.*

Categories of Participation	Number of Different Categories Required			
	Bronze 5 Required	Silver 6 Required	Gold 7 Required	Platinum 7 Required
<b>1. 4-H Projects Completed</b> <i>This category records projects a 4-H member has completed.</i>	2*	4*	8*	12*
<b>2. 4-H Project Skill Activities</b> <i>This category records activities where 4-H members either exhibited their 4-H work or demonstrated their knowledge to an audience and/or judge.</i>	4	8	15	20
<b>3. 4-H Events Attended</b> <i>This category records 4-H events, other than 4-H club and project meetings, that the 4-H member attended during the year.</i>	12	25	40	60
<b>4. Leadership Development</b> <i>This category records leadership activities undertaken by the 4-H member.</i>	10	20	30*	40*
Junior or Teen Leader	(0)	(0)	(2*)	(4*)
<b>5. Citizenship &amp; Community Service</b> <i>This category records citizenship and community service activities undertaken by the 4-H member.</i>	10	20*	30*	40*
<b>6. Communication Skills</b> <i>This category records communication activities undertaken by the 4-H member.</i>	12*	24*	36*	48*
4-H Presentations	(4*)	(7*)	(10*)	(15*)
<b>7. Honors and Recognition</b> <i>This category records the significant honors and recognition earned by the 4-H member.</i>	5	10	15	20
<b>8. Lifestyle Activities</b> <i>This category records lifestyle activities both in and outside of 4-H that the member participated in.</i>	10	20	30	40

## 4-H Opportunities

*continued from page 5*

In January, I had the opportunity to see the Presidential Inauguration from the National Mall in Washington D.C. through Citizenship Washington Focus: Presidential Inauguration. Our club President Marisol and I both went as two representatives from Contra Costa County with 19 other members from California. At the National 4-H Center in Maryland, over 100 delegates participated in workshops about the roles of people in government, listened to speakers, and had the chance to run in a mock election. Although I did not win the election, I learned a great deal about the different nomination and group voting practices.

During our many trips to the city, I made friends with most of the California delegates, including the boy on the bus, Liam, someone I would never have met except at a 4-H event. By the end of the trip, I found that he was a photographer for State Fashion Revue and had been there the year before when I won State Winner. I also formed friendships with two 4-H'ers from Maine. The relationships I cultivated while at Citizenship Washington Focus are some of the reasons I love 4-H so much: the opportunity to go on a once in a lifetime trip, meeting people who live hours away from me, and discovering that 4-H has connected us in small ways we might not even recognize.



After I met some of the California 4-H'ers, I became excited about the opportunity to see my new friends at events. I participated in Presentation Day and Fashion Revue, both events I enjoy, but I competed hoping I would get to State Field Day yet again. I gave presentations at the Fashion Revue Clinic in our county about talking to the judges so I could share the knowledge I have about doing well at Fashion Revue. I placed first in two County Fashion Revue categories and chose to compete in the sewing category, the Stripe/Print/Plaid Challenge. For Presentation Day, I chose to play a song I had written for my youth pastor, "To My Friend". Outside of 4-H, I spend most of my free time leading worship for the teens at my church. Playing this song was the perfect way to tie all of my activities together and to simplify just a little. At both County and Sectional Presentation Day, I won a medal.

Suffice it to say that State Field Day was quite chaotic for my family. Three of us participated in State Presentation Day and two of those three were also in State Fashion Revue. By the end of the day, there hadn't been as much time as I thought to spend time with friends, but I did spend time talking to Liam, my cousins who I don't often see, and a few other 4-H'ers from Citizenship Washington Focus.

I became part of the State Fashion Revue Committee for 2018 and already am involved in the process of making the rules for the new challenge categories. Joining this committee is a way to build on my experiences at State Fashion Revue while becoming a part of the event I love. At the end of July, I will be going to the State Leadership Conference and making new relationships as well as building the old ones. Next year I look forward to working with the officers in our club as the president of Briones 4-H.

When Liam had first sat next to me on the bus, he was a stranger. I came to know him as a friend. The differences in our lives could have made it so we never met. Yet in terms of academics and interests, we have challenged each other to do better. I have experienced how 4-H changes the opportunities I have to see things, compete, meet people, and grow. In the future, my desire is to share these opportunities with others. Making the best better is impossible without the people around us, so I enjoy sharing 4-H with those around me.

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University of California  
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## Contra Costa County's Rabbit Fun Day!

(an Emerald Star project by Ava Curletto, Lamorinda 4-H)

Rabbit Fun Day is county-wide event with fun activities centered around rabbits. We will have a coloring contest, a rabbit dress up contest, showmanship, and a rabbit judging contest. Trophies and prizes will be awarded to the winners in each age category. ARBA judge, Ray Stacy, our ARBA District 2 Director, will be our guest and we will hear tips on judging and showmanship. Contra Costa County as well as out of county youth aged 9 and up will have an opportunity to try rabbit judging and everyone can practice showmanship! Come join us for a fun experience at the Danville Grange on Sunday, March 18, 2018 from 1-4pm.

**Why go?:** This event will be not only fun but a learning experience. This event is to educate youth about youth rabbit contests and expand knowledge about rabbits. This event is also a place to practice and prepare for the Contra Costa County Fair's 2018 showmanship contests and judging for Fair meat pens.

**Why are the activities important?:** Showmanship is important knowledge to identify illnesses or problems in a rabbit. Judging is an important skill to learn how rabbits get judged on a show table, and understand what the judge really means when they are talking about a rabbit. This will also help you learn to pick out and judge rabbits better and they can learn what all the terms that judges use when judging a rabbit on their table. This event hopes to improve youth knowledge, give understanding about rabbit shows, and gives youth more hands-on learning experiences.



The coloring contests, dress up contest, showmanship and judging lectures, and the community service activity benefiting the Contra Costa Animal Services and their adoptable rabbits are all **free** to attend. \$3 fee each for showmanship and judging contests (or \$5 for both events).

Registration by March 13, 2018 required for showmanship and/or judging events. All other events can be attended for FREE and without appointment! (link to registration: <http://ucanr.edu/survey/survey.cfm?surveynumber=22760>)

**Date:** Sunday, March 18, 2018

**Where:** The Danville Grange, 743 Diablo Rd, Danville, CA 94526

**Time:** 1pm - 4 pm

Any questions? Contact Ava Curletto  
[avacurletto@gmail.com](mailto:avacurletto@gmail.com)

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COFFEE HOUSE

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Clayton, CA. 94517

facebook @ "Cup o' Jo Coffee House in downtown Clayton "

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## Upcoming 4-H Events

### County Food Fiesta

Date: February 17, 2018

Time: 10:00 am - 3:00 pm

Location: Knightsen Elementary School

### County Presentation Day

Date: February 24, 2018

Time: 9:00am - 3:00pm

Location: Walnut Creek Church of Christ

### Rabbit Fun Day

Date: March 18, 2018

Time: 1:00 - 4:00 pm

Location: Danville Grange

### County Showmanship Clinic

Date: March 24, 2018

Time: 8:30 - 11:00 am

Location: Borges Ranch

### County Fashion Revue

Date: April 28, 2018

Time: 8:30 am - 2:30 pm

Location: Old River School, Brentwood

### Horse Fun Day & Tack Sale

Date: April 22, 2018

Location: Heather Farms Equestrian Center