

THE CLOVERLEAF

VOLUME ONE ISSUE ONE | OF CONTRA COSTA COUNTY 4-H | OCTOBER 2017

LETTER FROM THE EDITORS

Welcome to the first issue of the Contra Costa Cloverleaf newsletter.

We invite you to join us on a written journey through the 2017-2018 4-H year as we learn about different clubs, events, and cross club projects. But first, we would like to thank all the volunteer writers who contributed to this issue and made the publication of our first newsletter possible.

Now we have a challenge for you. As you dive into another year of 4-H, would you reflect on how you can encourage your fellow 4-H members and make a positive impact on our 4-H community? When we unite as friends and build one another up, we strengthen our 4-H foundation and relationships.

Special thanks go out to all our advertisers who have made the printed copy of this publication possible. We hope that you have enjoyed our first issue and will continue reading the Contra Costa Cloverleaf throughout the 4-H year.

Thank you from the Cloverleaf Editors,
*Sophie Brockman, Johanna Busk,
 Olivia Flamino, and Melody Hollingworth*

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Animal Husbandry: It's All About Caring for Animals!

By Nicole Delfabro, Pleasant Hill 4-H Club

Do you want to learn the correct practices to raise your own animal and learn about other animals such as Pygmy Goats, Dairy Goats, Sheep, Chickens, and Rabbits, all at Borges Ranch? Well, **Animal Husbandry** is a cross-club project for you!

Last year, we learned about animal welfare, record keeping, weighing, measuring Heart Girth (HG), Body Condition Score (BCS), head to toe visual check, body temperature, oral medication administration, SQ & IM injections, proper movement and restraint, shearing, hoof trimming, washing, and handling on a lead.

This year will be even more awesome! Our Animal Husbandry Project purchased a new compound microscope, and project leader Mrs. Debi Bylin plans to use it at most sessions to examine items in detail. For instance, we will learn how to identify internal parasites from the animals at Borges Ranch. How cool is that?

The first meeting is November 18th - \$10 Project Fee is requested. It will be 2-4 p.m. at Borges Ranch, 1035 Castle Rock Rd, Walnut Creek. The snacks are usually awesome too!



First year 4-H member Trinity with Nutella

Second year 4-H member Maddie with Fleece



I Pledge

my **HEAD**

to clearer thinking,

my **HEART**

to greater loyalty,

My **HANDS**

to larger service, and

my **HEALTH**

to better living, for

my **Club**, my **Community**,
 my **Country**,
 and my **World**.

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The Homeless Veteran Packing Party!

By Siena Bowen and Naomi Osterman, Tassajara 4-H

On September 9th, Naomi Osterman and Siena Bowen, Emerald Star Project members from Tassajara 4-H, held a countywide community service event where 4-H members could assemble packages and make blankets for homeless veterans.

Thank you to all Contra Costa County 4-H families who came out to our Packing Party! With your help, we were able to make sixty care packages and tie six blankets for Operation Dignity to distribute to their veterans!

Each package contained a personal letter, toothbrush/toothpaste kit, deodorant, tissue pack, hand sanitizer, first aid, and snacks. With extra donations, we were able to purchase socks to donate as well.

Because of you, we will make 60 veterans' day a little brighter, and hopefully put a smile on their face, so thank you again for coming out and helping to make a difference! You all are wonderful!



COOKING UP SOME FUN

By Olivia Flamino, Claycord 4-H

With excitement and anticipation, I tied my apron on and walked through the "Staff Only" door that led to a back room. The time had finally arrived for the 4-H State Cooking Competition, and my two friends and I were one of the teams competing!

The 4-H State Cooking Competition, which takes place during summer at the State Fair in Sacramento, gives 4-H members the opportunity to cook in front of an audience and to be judged based on team work, cooking skills and cleanliness in the kitchen.

There are three different challenge levels in the Cooking Competition: Beginner, Intermediate, and Advanced. Melody Hollingworth, Clara Brockman, and I signed up for the Beginner's Challenge since this was our first time competing.

A few weeks before the competition was held, six recipes were sent to us by email for us to practice. Of the six we had to practice, we would need to make a main dish, along with a sauce, at the competition. One of the challenges for us was that the event leaders did not tell us which recipes we would be cooking at the competition, so we had to practice all six recipes that they sent to us.

In the back room at the State Fair, a teen-aged girl in a 4-H t-shirt told us the rules of the com-competition. Some of them were:

- * Answer when you have been asked a question. The judges are testing you on how well you can cook while talking.
- * Do not change anything in the recipe; stick to what it says.
- * You have 15 minutes to get everything you need and 45 minutes to cook.

We walked out of the back room and into the kitchen that was all ready for us. There was a video monitor above us that showed the audience what we were doing.

The moderator of the competition started to talk to the audience about 4-H. She talked for a bit before mentioning our names.

"Here are the Tres Cocineras!"

Continued on page four

Upcoming Events Calendar

By: Samantha Gianelli

Event	Date	Time	Location	Description
 Achievement Night	Saturday, Oct 7 2017	3:30 pm – 5:30 pm	Golden Hills Community Church, 2401 Shady Willow Lane, Brentwood	Achievement Night is where members who submit Record Books or Annual Project Reports are given their stars and awards. http://ucanr.edu/sites/contracosta4h/Events/Achievement_Night/
 Tri-Tip Dinner and Auction	Saturday, Nov 4, 2017	5:00 pm	Contra Costa County Fairgrounds	The Tri-Tip Dinner and Auction is the main fundraising for the Contra Costa County 4-H clubs. http://4hcontracosta.ucanr.edu/Events/Tri-Tip_Dinner_and_Auction/

(cont . from page 3) We waved and our friends in the crowd cheered. *Tres Cocineras* means three chefs in Spanish. Then the caller walked over to the other group and called out their name.

“You have 45 minutes to cook! On your mark, get set, go!”

Everyone got to work preparing the recipes and before we knew it, time was up. Thankfully, we finished on time!

We washed the dishes in the back room while the judges tested the food. The awards were given at the end, and then everyone in the crowd was given an opportunity to sample the food that we made.

The Cooking Competition was a good experience and a fun day to remember. I encourage all of you to sign up for the 4-H State Cooking Competition next year!



HEALTHY LIVING TIPS

By: Samantha Gianelli

Healthy Living Tip #1: Get Enough Sleep

Studies show that one possible contributing factor of children being overweight is not getting enough sleep. Leptin is a hormone that lessens your appetite while Ghrelin sparks hunger. Studies show that those who get less sleep have less Leptin and more Ghrelin, which can make them crave more food, especially those of higher carbs and fats.



There are many ways to help kids get more sleep though. One big issue these days is that most have technology in their bedrooms. This can include phones, tablets, or even computers. Many kids are tempted to continue using them. Removing electronic devices and having strict bed times can help kids get more sleep, and may help their weight issues.

Healthy Living Tip #2: Local Honey May Help With Allergies

Local honey contains traces of pollen from your area. Flower pollen is an allergen that can cause many symptoms such as a coughing, sneezing, and a stuffy nose. Studies show that repeated, small exposures to this pollen can help build your immune system. Honey is also very sweet. This can be very beneficial since most kids do not want to eat/drink medicine.



Healthy Living Tip #3: Stretch!



Stretching is a great way to start out the day. Doing a yoga based workout forces the mind to focus and can even give you an adrenaline boost. Yoga not only burns calories and tones muscles, but can include intense workouts as well as relaxation and deep breathing. Yoga can be practiced by all people because there are different intensity levels.



By Andrew Davidson, Claycord 4-H

A HAIKU

By Samantha Gianelli, Tassajara 4-H

Haiku can be fun
But sometimes they don't make sense
Refrigerator

GILLY THE GUITAR PLAYER

By Samantha Gianelli

There once was a man named Gilly
Who loved to be very silly,
As he played the guitar
He walked very far,
But never-got-chilly.

DREAMS

By Samantha Gianelli

A dream is a doorway.
When one ends, another opens,
And can help you
To pave your way,
Through life and today.

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*Train operates 3 pm - dusk weekdays and 9 am - dusk weekends; Play areas close at dusk

CHILDREN'S ACTIVITIES INCLUDE:

Plumpkin Playland with Tunnel of Straw and Lima Bean Pots • Train Rides • School Field Trips
Little Carver's Barnyard Play Area with Duck Races and Ball Launchers • Face-painting on weekends • Farm Animals

Farm re-opens Friday, November 24th with Fresh-Cut Christmas Trees and family fun.

4-H TIPS

By Elena Chan and Samantha Gianelli

Q: Why should I go to the community meetings?

A: The community meetings are a great way to stay in touch with past and upcoming events and get to know others in your club. It also looks good on your Record Book.

Q: Why should I attend 4-H events?

A: You should attend 4-H events because they are super fun and are a great way to support the Contra Costa County 4-H clubs. You can also meet many people from other clubs.

Q: Why should I complete a Record book or Annual Project Report (APR)?

A: 4-H record books are a great way to track and record what you do at every meeting of each project. You can also see how you developed your SPARKS and developed as a person. Plus, it is a very useful tool to use for college applications to show what you spent some time doing in your childhood.

Q: What can I gain from becoming an officer?

A: Becoming an officer is an honor. You start at a lower "rank" by usually being the Reporters, Community Pride or Healthy Living, but as you become older you can become a Treasurer, Secretary, Vice President, or President. You can see how the club runs, it is considered a leadership role, which can be used in a Record Book.

Q: Why should I limit the number of projects I sign up for?

A: You do not want to be stressed trying to spread your time out to encompass everything that you are doing. While 4-H projects do not typically hold meeting at the same time, many 4-H members have other activities they participate in. If you sign up for a lot of projects, you may be spread out thin trying to get from one activity to the other.

You should also consider how much commitment a project entails. An example is a Digital Photography Project may meet once or twice a month for an hour. This is typically easy to manage with other events. On the other hand, if you sign up for a livestock animal project, a meeting may be held every Friday for an hour or two. This is a huge commitment, and if you do not take this into consideration, you may end up being very stressed trying to make it to every activity on time.

PLEASANT HILL 4-H CLUB PRESENTS



ATTENTION 4-H Parents!

With the holidays arriving in the next few months wouldn't you like to: **Knock-out some holiday shopping?** Shop for your kids without them badgering you to buy them stuff! **Hit the sales?**

Think about it.... You could Jingle All The Way

to... the mall, lunch, mani/pedi, or even catch a movie!

Senior 4-H members of the Pleasant Hill 4-H Club will entertain and watch your children for you!

When: Saturday, December 2, 2017

Where: Borges Ranch, 1035 Castle Rock Rd., Walnut Creek, CA

Time: Drop off 11 am – Pick up 2:30 pm.

Cost: \$15.00 per youth (4-10 years old)

This amazing price includes: activities, pizza lunch, drink and fruit!

RSVP: By November 27, 2017 <http://ucanr.edu/jinglealltheway>

Space is limited!

Planned activities include: Holiday crafts, Youth games, Face painting, and Farm animal interaction (weather permitting)



PROCEEDS BENEFIT 4-H FAIR PARTICIPANTS AS A CLUB DONATION!

THE HISTORY OF 4-H

By Elena Chan and Samantha Gianelli

A.B. Graham started a youth program in Clark County, Ohio, in 1902, which is considered the birth of 4-H in the United States.



The first club was called "The Tomato Club or the "Corn Growing Club". T.A. Erickson of Douglas County, Minnesota, started local agricultural after-school clubs and fairs that same year. Jessie Field Shambaugh developed the clover pin with an H on each leaf in 1910, and by 1912, they were called 4-H clubs. (4-H.org) You may be wondering why 4-H colors are green and white. The white symbolizes clean, purity, and high ideas. This is also associated with the milkmen because they wore white to symbolize clean milk. The green symbolizes nature's most common color, life, springtime, and youth.

WHY DO YOUR RECORD

BOOKS NOW!

By Kaylee Chan, Tassajara 4-H

Hi Contra Costa County 4-H! If you don't know what a record book is, it is a great way to keep track of everything you do in 4-H! Over the years, I have discovered that the best way to do a record book is to do a little at a time over the course of the year. First of all, if you don't start until the very end of the year, you end up scrambling and have to try to remember when you did what, which events you attended, and which community services you did.

Second, if you take notes at your meetings, write down the dates of the events you attended, etc., you will be able to put together your record book more easily. In my experience, it can be very stressful to do a record book after a year of procrastination and messy 4-H papers scattered everywhere.

In conclusion, **START YOUR RECORD BOOKS NOW!**

Record Book Forms : http://4h.ucanr.edu/Resources/Member_Resources/RecordBook/RBResources/

BEST OF COUNTY - SMALL ANIMAL MASTER

SHOWMANSHIP *By Melody Hollingworth, Claycord 4-H*

On 22nd July 2017, I participated in the Best of County – Small Animal Master Showmanship at the California State Fair. It was a day which promised much excitement and challenge after weeks of preparation and studying. Over twenty competitors came from all over California and we were divided into five groups. The competitors comprised of both 4-H and FFA (Future Farmers of America) members.



There were five stations, namely Dog, Cavy, Rabbit, Poultry and Goat; each group started at a different station. At each of these stations, participants were either handed an animal or had to get an animal from a cage to do showmanship with. After which, the judges asked each participant a few questions. *Continued on page 8*

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(State Small Animals Master Showmanship *continued from page 7*)

The first station which I went to was the Rabbit station. I showed a good size Californian rabbit which is a meat rabbit. The rabbit judge did not ask us any questions but just had all five of us in the group do our showmanship routine at the same time.

Next, I showed a cavy. We were asked to show certain parts like the eyes, nose, ears feet and sex. Although I had shown cavies before, the cavy I got did not like having its feet checked and kept biting me. The judge asked us to identify the breed and variety and my cavy was an American Cavy, and the color was cream.

When I showed dog, a beautiful white and grey colored Great Pyrenees was assigned to me. Along with the other participants, I had to lead the dog around a triangle pattern and I was asked to name two other dog groups recognized by AKC.

Following that, I showed a Pygmy Goat. Of all the stations, this was the hardest for me as I had close to no experience showing goats except once at county fair. The questions asking about the bones in a goat were also very challenging!

The last animal I showed was a Modern Game for the Poultry station. Instead of the usual showmanship routine, the friendly, encouraging and funny Poultry judge asked me several questions about the chicken. One of the questions was "What variety is your bird?" My bird's variety was a Silver Blue.

Although I did not place at the Small Animal Master Showmanship, I was glad to have had the opportunity to represent Contra Costa County and to experience the somewhat nerve-wrecking but thrilling competition. It was a great experience and I hope that I will be able to do it again someday.



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- ◆ \$25.00 for 1/2 of a page
- ◆ \$50.00 for a whole page

Receive a 5% discount for advertising in 3 consecutive issues or a 10% discount if you advertise in all 6 issues.

Advertising proceeds go towards the publication of The Cloverleaf and promoting 4-H educational programs.

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Contra Costa Cloverleaf Best Journalist Award

Judging Criteria

- Concise wording
- Vivid imagery
- Inspiring topic
- Educational content



Winner will receive a plaque and cash award

Articles can be submitted to your club's Cloverleaf Chairperson or to

Cloverleaf.editors@gmail.com

One winner will be awarded at Achievement Night

BAY COAST AREA UPDATE

October

Bay Coast Youth Summit

SAVE THE DATE!

January 19th-21st, YMCA Camp Jones
Gulch in La Honda, CA.

Participants: Ages 11-13

Teen Youth Leaders: Ages 14-19

Registration Fees (Until December 1st):
\$100

Late Registration (After December 1st):
\$115

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our workshop proposal form for
the Youth Summits to apply to
present at the Bay Coast Youth
Summit! Indoor space is limited-
it's recommended that your
workshop is engaging, can fit an
hour workshop space, and high
quality!

PROPOSAL FORM

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surveynumber=21743](https://ucanr.edu/survey/survey.cfm?surveynumber=21743)



Youth members at CAL 2015. The Youth Summits are
transitioning from sectional conferences, formerly
LCORT, CAL, WHY, and TIC.



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in joining
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Contact BCA Director
Trent Baldwin at
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to get involved!