

## 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.

### INSIDE THIS ISSUE

Presenting an Opportunity	3
Tri-Tip Fundraiser	3
Our Trip to a National Rabbit Convention	5
Veterinary Science	6
Record Book Matters	6
Artwork: Sketch of a Can- on Camera	7
4-H Fun Fact	7
Tractor Supply Clover Fundraiser	8



University of California  
Agriculture and Natural Resources

4-H Youth Development Program



# THE CLOVERLEAF

of Contra Costa County 4-H

VOLUME 1 ISSUE 3

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## Letter from the Editors: *Setting Goals*

As the year draws to an end, it is a good time to reflect on the past year and think about setting goals for the new year.

First, choose an area you would like to try out or improve upon. Are there any specific goals you would like to set for yourself in 4-H? Do you like to cook or bake? Have you ever thought about entering one of your favorite dishes in Food Fiesta? What about the County Fair? Have you ever exhibited one of your collections or artworks? Once you decide on your goal, you could try to find ways to reach your goal. This might take some thinking and doing, but sooner or later, you will get there. Here is one example of how to try reaching a certain goal:

Let's say you want to do animal showmanship but you do not know how. You could ask a leader, or someone who is experienced with showmanship to help you. Then you could practice the steps needed to train your animal, as often as you are able to.

Setting goals is a very good life skill. It teaches you many things, such as patience and perseverance. Many people become very good leaders because they have learned how to set and achieve goals. When working towards a goal, though, we can sometimes fail. But that is when this stanza from a famous poem by T. H. Palmer should come to mind:

*Tis a lesson you should heed  
Try, try again!  
If at first you don't succeed  
Try, try again  
Then your courage should appear,  
For, if you will persevere,  
You will conquer, never fear;  
Try, try again.*

Happy Holidays and Happy New Year from the Cloverleaf Editors,  
*Olivia Flamino, Melody Hollingworth, Sophie Brockman, and Johanna Busk*

## An Alumni's Experience in 4-H, Clay Gruber

*By Kayla Blatt, Claycord 4-H*

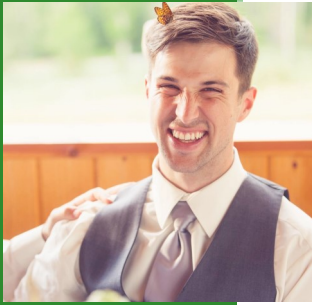
I recently interviewed a 4-H alumnus who is traveling around the world as an up-and-coming architect. His name is Clay Gruber and he is my cousin. He grew up in Joliet, a ranching community in Montana.

Clay attends the University of Pennsylvania and is currently on his last year of working towards two master degrees: Architecture and Landscape Architecture.

... continue on page 2

## An Alumni's Experience in 4-H

*Continued from page 1*



**Clay Gruber,  
a 4-H Alumni**

He has been working on a cultural art and design project in China, as well as a model and plans for a redesign of New York's Sculpture Park that may end up as an exhibit in the Museum of Modern Art.

I asked him about his experiences in 4-H, and he told me how it impacted his life. Clay joined 4-H when he was only five years old and continued on till he was fifteen. He was a part of the pig, sheep, horse, steer, woodworking, entomology, and leather working projects, but his favorites were pig and steer. Clay showed pigs, sheep, horses, and steer at fair. He told me how 4-H really helped him learn responsibility through his needing to take care of his animals and getting them ready to be shown.

He also learned good leadership skills, how to do paperwork (thanks to the record book), and he felt like he became a part of his community through 4-H. Clay said 4-H has influenced his life by giving him good foundational skills that he can build on and improve with. Clay had some good advice for all the new 4-Hers.

**Don't be shy-** The other 4-Hers mostly likely have common interests and you can make some great friends.

**Do what you really want to do-** Don't be ashamed to join any projects or take on any roles. 4-H is here to help you grow and do what you love.

**Put yourself out there and don't be afraid to fail-** Ask questions! Meet new people! Try new things! Enjoy yourself! Take advantage of the club- 4-H is an excellent place to learn and grow and you will age out one day, so do what you want to do and love to do!

Share your  
knowledge with  
others!

Participate in

**Presentation  
Day!**

on Feb. 24, 2018

at Walnut Creek  
Church of Christ



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### Livestock

*By Samantha Gianelli*

Livestock is a lot of fun  
There is an animal for everyone  
Whether it is a something big  
Like a horse or a pig  
Or something smaller  
like a goat in a collar

But it is not all fun and games,  
There is lots to do  
From training and bathing  
To receiving the small presents  
they leave for you.

But if you can disregard a little poo  
Awesome memories will be made too.

## Presenting an Opportunity

*By Sophie Brockman, Claycord 4-H*

This year's County Presentation Day will be held at the Walnut Creek Church of Christ on February 24, 2018. This event gives members the chance to practice their communication and presentation skills while being judged, which in turn helps them to become more confident while speaking in front of any audience. In preparation for the event, the presenter must select a category and then create their speech according to the rules and regulations in the Presentation Manual.

During the four years in which I have participated in Presentation Day, I have competed in Illustrated Talks, Interpretive Readings and twice in Demonstrations. In addition to these three categories, there are Informative Prepared Speeches, Persuasive Prepared Speeches, Cultural Arts and 4-H Skits.

I think my favorite was Interpretive Readings because I did not have to make any boards and I did not have to memorize the passage that I read.

I have learned a few tips to help you succeed with your presentation. When picking a topic, choose a subject which you are passionate about as this will translate to the evaluators. If you are required to have boards for your speech, make sure that the font is easy to read and big enough for the evaluators to see from their seats. Be sure that all your descriptions and explanations are clear and in the same order as your speech. Instead of reading directly off your boards, memorize your speech and glance at your boards only for necessary reminders. Practice your presentation every day in front of parents, siblings, or friends and ask for feedback.

This includes smoothly transitioning your boards from one to the next. As you speak to the evaluators, be careful to enunciate clearly and loudly, being sure to give emphasis to certain words to avoid a monotone performance. Don't forget to make eye contact, use gestures and smile at all the evaluators. And finally, always make sure to tell the evaluators thank you. I hope that this year, you will give Presentation Day a try and experience this exciting and valuable event.

## The Tri-Tip Dinner Fundraiser

*By Samantha Gianelli, Tassajara 4-H*

The annual Tri-Tip Fundraiser is a dinner with a silent and live auction. Many items are donated by various clubs in the Contra Costa County.



Steve Limrite, the Auctioneer

Most of these are entered into a silent auction that takes place before the dinner. Then an amazing dinner is served. This year's dinner included tri-tip, cornbread, mashed potatoes, beans, and salad. The food was very delicious, and after everyone received their meals, the live auction began.

The 2017-2018 funds go primarily to the County Program. Overall, this is a very fun event with great food, and is an amazing way to support our county clubs.



Clara Brockman serving baked beans.

# NAILS NATURALLY & ESTHETICS ON MAIN

## SEASONAL SPECIALS



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Complimentary Wine, Champagne, Coffee & Tea Service

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  
All Packages \$150 two hour service

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# Our Trip to a National Rabbit Convention

*By Bettina and Alessandro Curletto, Lamorinda 4-H*

On September 29th, we hopped on an airplane. We were flying to Indianapolis, Indiana to compete in the American Rabbit Breeders Association (ARBA)'s 97th annual National Convention.

Going to the convention is not as simple as it seems. A week before the Convention, we had to pack our show rabbits (we brought 10) into their carriers and drop them off at our friend's house with enough food and hay for a week. Our friend was going to drive the 2,200 miles there with her rabbits and ours while we flew.

Then we had to pack for ourselves. We needed to be sure we packed our show coats for the youth contests, fancy clothes for the Youth Banquet, and regular work clothes for the 5 days of the actual show. It took all day on the airplane to get there that Friday.

On Saturday we woke up and met ARBA judge Tracy Gouette at the Convention show room. She volunteered to be the coach for California and District 2 teams for the kids participating in the breed ID & judging contests. We spent a couple hours looking at different rabbit breeds and colors, and learning tips on how to recognize different varieties of rabbits. Our rabbits also arrived on this day, so we spent time loading them in and making sure they had everything that they needed. That night, we met other kids from our team and studied while playing in the hotel pool.

Sunday was the first day of the youth events. There were over 370 kids competing from all over the country. We met our teams and learned when our first team event would happen. It was fun to see the team shirts from different states all around the country. Ava was on the California State Team and Bettina was part of the District 2 Team. District 2 is made up of Arizona, California, Hawaii, Nevada, New Mexico and Utah, so the team is mixed with kids from any of those states. There were not enough kids to make a team in the Junior division, so Alessandro just competed as an individual. That afternoon, we had the Breed ID quiz and the Team Judging and Individual Judging or showmanship tests. We were quizzed on 25 breeds in Breed ID and we had to judge 4 different breed classes for the Judging Contest.

The next day, Monday, was all the Royalty contests. We had to wake up at 6:30am to get to the building by 8am. We had the Royalty written exam which had between 100-400 multiple choice questions (depending on your age group). It's not timed, but most kids take about 90-120 minutes to finish. We had our rabbit show on this day. It happened while we were taking our exam, so we missed most of it. However, we found out that 2 of our rabbits won best opposite sex of group/variety and we had a lot of 2nd-4th place winners. That was a really big deal because sometimes there is upwards of 300 rabbits in the breed show. That afternoon, we took a break to be tourists and visit downtown Indianapolis. We found a really cool place in downtown called Memorial Plaza that had a giant water feature and many cool stores. It was nice to be outdoors for the day!

On Tuesday, we had call backs for the top 20 kids in each contest. Ava and Alessandro got Royalty interviews and Ava got a call back for Judging and had to judge another 4 breeds that would determine the national winner.

On Wednesday we had a breakfast Awards Banquet for the National Jersey Wooly Rabbit Club. Ava was recognized for her BOSG rabbit and got 3 sweepstakes award pins. Alessandro got a pin as well. Then we went to the Children's Museum to have some kid fun.

*... continue on page 7*



Teams California and District 2 (D2)

## Veterinary Science



By Mia Terry and Megan Terry,  
Tassajara 4-H

4-H Veterinary Science Project provides a wonderful learning experience for beginners and advanced members.

In this project, members receive hands-on experiences that are hard to find anywhere else. In the beginner's group, members learned about bacteria using culture plates, biosecurity of livestock, how to draw blood and give injections using oranges.

Beginning members do not need to have any prior experience, they just have to be older than nine years of age. It is pretty amazing to see all these members learn so quickly! In the advanced group, we reviewed expectations for the advanced group, how to carry a cat and how to restrain a cat for femoral venipuncture. Through this program we are all able to grow and learn more about our furry friends at home.

Thank you, Dr. Dowd, our Veterinary Science Project leader, for all your hard work.



## Record Book Matters

*Do you know what CIRC stands for?*

CIRC stands for County Incentives and Recognition Committee. Each club sends a representative to be part of this committee. CIRC decides on how awards are given to encourage youths to excel in their pursuits within 4-H. Example of awards are: Record book awards and county level pins.

*How to attain county level pins?*

- Community Service Pin: Complete 6 of the 8 County Community Service Projects of the year
- County Events Pin: Attend 5 of the 6 County events of the year

Find out what you need to do to attain the Bronze, Silver, Gold and Platinum stars in the next issue!



**Address:** 1033 Diablo St, Clayton 94517

**Telephone:** (925) 672-1111

**Open:** Mon-Friday 4pm Sat-Sun 11:30am

## Our Trip to a National Rabbit Convention

... Continued from page 5

It was a great place to explore History and Science stuff. My favorite thing was the carnival room where we got to wear virtual reality glasses and walk a tight-rope. The full sized dinosaur models were pretty cool, too.

Wednesday night was the Youth Awards Banquet. There was over 500 people there and everyone dressed up in nice prom-like dresses and there's a DJ dance party after dinner. We learned that one of our teammates was the National ARBA Duchess and that our teammates and teams had won some National Awards. Ava's team won 3rd place in National Judging. We danced with the other kids and even some of the rabbit judges until we got tired and went to bed.

California did REALLY well this Convention. Not only did the youth do well in the contests, but all 4 of the Best In Show winners for the Youth and Open shows were won by Californian exhibitors! We can't wait until the next Convention. It will be in Springfield, Massachusetts over the Halloween time next year in 2018. It was also announced that in 2019, it will be very close to us in Reno, Nevada! If you've ever wanted to experience the magic of a National Convention, you should start to practice early and get on a California or District 2 team. We think that you should DEFINITELY come with us to Reno in 2019!



Ava judging English Lops



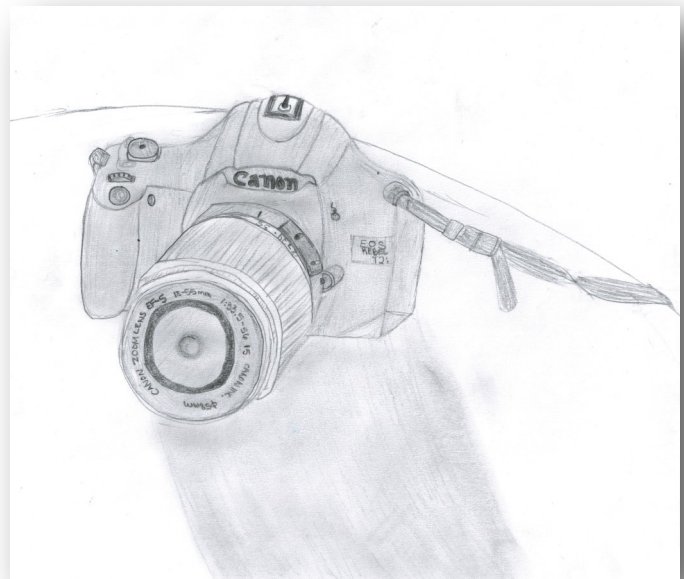
### 4-H Fun Fact

*Do you know why the 4-H colors are white and green?*

Well, the white symbolizes cleanliness, purity, and high ideas. This is also associated with milkmen because they wore white to symbolize clean milk. The green symbolizes nature's most common color, life, springtime, and youth.

## Sketch of a Canon Camera

*By Amanda Moed, Tassajara 4-H*



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Inquiries regarding ANR's nondiscrimination policies may be directed to John I. Sims, Affirmative Action Compliance Officers/ Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.



## Tractor Supply Clover Fundraiser

*By Christian Flamino, Claycord 4-H*

On October 14<sup>th</sup>, members of Claycord 4-H had the opportunity to both display their animals, in the form of a petting zoo, and raise money for the 4-H Camp and Leadership Experiences.. Consisting of a variety of animals: rabbits, turtles, dogs; the petting zoo attracted many Tractor Supply customers. Many had inquiries about our organization as well as animals.



Throughout the duration of the event, different members advertised our petting zoo inside and outside of Tractor Supply, presenting a brief summarization of the purpose and goals of 4-H.

There was quite a turnout, with many Claycord 4-H members showing up and participating. Overall, the Tractor Supply petting zoo was a success, and fun experience.



We are really grateful to Tractor Supply for their support of 4-H!



**Clayton's CUP o' JO**

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 Presentation Day Workshop

Date: January 19, 2018

Time: 7:00 pm - 8:30 pm

Location: Contra Costa 4-H Office

### Parents Record Book Event

Date: January 27, 2018

Time: 9:30am-1:30pm

Location: Dozier-Libbey Medical High School

### County Project Skills Day

Date: January 27, 2018

Time: 9:30am-1:30pm

Location: Dozier-Libbey Medical High School

### Food Fiesta

Date: February 17, 2018

Time: 10:00am-3:00pm

Location: Knightsen Elementary School

### County Presentation Day

Date: February 24, 2018

Time: 9:00am-3:00pm

Location: Walnut Creek Church of Christ