

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

Fecal Floats	2
Peppermint	3
Updates from CIRC	4
My 4-H Story	6
First Aid FAST Check	8



THE CLOVERLEAF

of Contra Costa County 4-H

VOLUME I ISSUE 5

MARCH 2018

Letter from the Editors: *Making the County Fair a Priority*

Have you noticed how close the County Fair is getting? It is only about two months away and registration is already open. So it is time to start preparing for that busy climax to our 4-H year. For those planning to participate in showmanship, start to get more comfortable with handling your animal. Don't forget to memorize your breed information, keep accurate records and study for the judges' questions. A great way to prepare for showmanship is to go to the upcoming County Showmanship Clinic, where you can learn about health checks for nine different animals from experts. See the flyer on page 5 for more information.

If you are entering other fair contests, make a plan with a timeline to keep you on track. Lay it all out so that you have a good idea of what you are going to do and how long you have to complete it. It is always important to be prepared even though we cannot predict the future with its ups and downs. We must continue to persevere to reach our goal and an organized plan makes for a successful and strong future.

To draw inspiration, take Nick Vujicic as an example. An Australian man born without arms and legs, Nick battled depression about his disabilities, but pressed on to make a habit of looking for the sun shining through the clouds. We think he explains perseverance best when he says, "If I fail, I try again, and again, and again. If you fail, are you going to try again? The human spirit can handle much worse than we realize. It matters how you are going to finish. Are you going to finish strong?"

Sincerely, Sophie Brockman, Johanna Busk, Melody Hollingworth, and Olivia Flaminio

The Importance of Horse Health

By Cara Rubin, Tassajara 4-H

Owning an animal of any kind, requires a specific amount of attention and care. Horses, have their quirks as well, and assuming you have vet care, there are some things to be aware of while owning one.

Let's say, you notice your horse isn't eating, it isn't acting right and looks uncomfortable. So, naturally, you call your vet and describe the symptoms that your horse is showing. Your vet will probably ask questions like: What's his respiration rate? Gum color and refill time? Pulse? How hydrated is he? Gut sounds? And what's his temperature? If you can tell your vet the answer to those 6 questions, you might be able to save them a trip out to your barn, the Vet might be able to determine the illness over the phone, or might recommend an immediate trip to UC Davis Veterinary Hospital.

Some items are required for checking your horse's health, such as a stethoscope for checking pulse, and listening for gut sounds. You will...

... continue on page 5

FOR SALE

BLACK LION HEAD DOE

Almost 3 years old, carries tort gene, and had tort kits. Has Pedigree. Nice pet. \$15

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Mixed breed: 1/2 Californian, 1/4 Rex, 1/4 Belgian Hare. Adoption Date: 4/20. Great pet \$10 each. Contact The Gallaghers @ gallaghers222@gmail.com

Fecal Floats

By Hannah Nilsen, Pleasant Hill 4-H

Fecal floats are an easy way to determine the amount and types of parasites in your animal. Then you can determine if and what kind of treatment is needed. The name fecal float comes from the fact that when a suspension of fecal material is combined with a solution of magnesium sulfate salt, the parasite eggs 'float' to the top of the container and stick onto the microscope slide laid across the top. A variety of materials are needed to do a fecal float, including an uncontaminated fecal sample from the animal, a scale, a microscope slide, and a microscope. After following a series of steps, it is possible to see the parasite eggs under the microscope and count how many eggs there are and what types by looking at their shape and size. This is a basic detection test we are learning to do for our animals in the Animal Husbandry Project lead by Debi Bylin with Pleasant Hill 4-H.

Hope to see everyone at Borges Ranch for Showmanship Clinic on Mar 24, 2018.

On April 7, 2018, come back to celebrate the Pygmy Goat's 10th birthday!

It's going to be FREE Root-beer Floats with Goats!

Happy 10th Birthday, Choncho!
* Saturday, April 7, 2018
* Time: 2-4 pm
* Borges Ranch, Walnut Creek

Hope to see you there!

~ Nicole Delfabro, PH 4-H



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Peppermint

By Nicole Delfabro, Pleasant Hill 4-H



The Pleasant Hill 4-H Hodge Podge Project is about Aromatherapy and Do It Yourself Spa crafts. The project focuses on the use of essential oils which is a very interesting topic since plants play a part big part in our daily lives. We need plants for food, clothing, health, medicine, and to balance out our lives. We even rely on plants for the very air that we breathe!

Essential oils carry the very essence of the plant which is a natural health alternative, the oils smell and taste good too!

The Peppermint topic was used at our December project meeting and during the holidays when Peppermint is everywhere! Peppermint essential oil also sparked my interest: Firstly, how the oil is extracted from the peppermint plant and secondly, how many of the products that claim to be peppermint flavored do not actually contain the essential oil!

Aromatherapy/Medical Uses

The essential oil is concentrated from the plant and has healing properties. Peppermint is cooling, anti-fungal, enhances energy, helps your digestion and can get rid of your stuffy nose congestion; helping you breathe better.

Production

The United States is a leader in mint production, producing about 6.9 million pounds. The state of Oregon leads in production where longer days and cool nights make it thrive. Peppermint plants are best planted in the late fall or in the spring and are perennial plants; meaning they return. Once it is harvested, dried out, and taken to the distiller. The oil is extracted from the leaves by steam and then water and oil are separated to become the essential oil.

General Uses

Peppermint essential oil is fragrant and used mostly in chewing gum, toothpaste, mouth washes, candy and aromatherapy products. In the concentrated oil form, just **one drop of essential oil can equal 25 cups of tea made from the same plant.**

It is my hope that more people will know and understand where essential oils originate, how the oil is extracted from peppermint plant's leaves through steam production, and learn about the benefits of ingesting peppermint through aroma and taste. Peppermint isn't just a ground cover plant or weed; its essential oil can help us in our everyday lives!

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State Exchange Program

Alameda and Contra Costa Counties

Join Us For Lunch

March 24, 2018 ** 11:45 am Sharp!

Borges Ranch

After a long morning at showmanship clinics stay for lunch and support State Exchange Program!

\$5.00 Meal Options: Pulled Pork Sliders Plate, All Beef Hot Dog Plate or Mediterranean Hummus Plate!

Updates from CIRC

Earning Pins through Generosity and Participation

4-H has always emphasized the importance of serving the community and participation in county-wide events to build in members a servant's heart and to provide opportunities for members to acquire leadership, communication and planning skills while learning from one another. Each year, the Community Pride and County Events pins are awarded to members at the County Achievement Night.

Community Pride Pin

The Community Pride pins are awarded to members who complete 7 out of the following 9 community service activities:

For 2017/2018, the events are as follows:

- Oct – Donate to Basket for Tri-Tip Dinner Auction
- Nov – Donate to Blue Star Moms or Care for soldiers
- Dec – Donate to Toys for Tots or Holiday Wishes or Wreaths Across America
- Jan – Donate to Monument Crisis Center or Host a birthday bag drive
- Feb – Donate baby items to local women's shelter Eg. Shepherds Gate in Brentwood
- March – Donate canned food to County food bank and organize a food donation drive
- April – Review Shelter Inc of Contra Costa and create a welcome home/kitchen package
- May – Read White Pony Express Story, have a club volunteering event or donate to eliminate hunger and poverty in Contra Costa County
- June – Visit the Contra Costa County Library and support their reading programs

County Events Pin

The County Events Pin is awarded to a member who attends and participates in 6 out of the following 8 events:

Achievement Night, Tri-Tip Dinner, Food Fiesta, Skills Day, Presentation Day, Showmanship Clinic, Fashion Revue, and County Fair

* **CIRC** stands for County Incentive and Recognition Committee



Contra Costa County 4-H Showmanship Clinic

March 24, 2018

Borges Ranch

1035 Castle Road Rd., Walnut Creek

Registration: 8:45 – 9:10 a.m.

Lunch: 11:45 a.m.



Showmanship
demonstrations will
include:



- Cavy
- Dog
- Goat
- Horse
- Pigeon
- Poultry
- Rabbit
- Sheep
- Swine

NOTE: Due to parking space limitations, please consider parking at North Gate High School and carpooling into Borges Ranch. Your cooperation will be greatly appreciated.



turns white, you don't need to press hard. When you release, the bounce back to pink gums should be 2 seconds or less. If it takes longer it can indicate a possibility of its circulation system malfunctioning. With hydration, you pinch your horse's skin and see how fast its skin bounces back. If it doesn't bounce back immediately or is saggy, it can indicate dehydration.



You want to hear gut sounds! If it's silent, your horse could be processing food incorrectly or it could have an intestinal twist (colic). For checking respiration, you can either watch its nostrils or the area near its ribs, typically the rate should be 8-12 breaths per minute, if your horse is nervous or uncomfortable, it could be higher. For the pulse, count the number of beats for 15 seconds, then multiply by four to calculate the heart rate in beats per minute. Same thing applies, if your horse is excited or nervous, the pulse will be higher. Using the stethoscope, place it on the left side of the horse's chest, just behind the elbow.

Being able to check horse health can save you money and your vet's time. It's also just a beneficial skill to know. Whether you check it for a reason or just for demonstrating at a 4-H meeting, knowing how to check vital signs can always be beneficial.

The Importance of Horse Health

... *Continued from page 1*

...also need a thermometer, whether you use the digital thermometer or the Mercury one, is up to you. I've tried both and I prefer (and most vets prefer) the mercury one, it has proven to be much more accurate. There is also a string attached to each thermometer, you clip the string to its tail for safety reasons. If your horse suddenly decides to move, while the thermometer is still inside, the thermometer will come out and will dangle as it's still attached to its tail. You will also need Vaseline.

Checking your horse's temperature isn't the most pleasant or glamorous experience, as it doesn't go in its mouth. But, it can be one of the most important things to check. Your horse's average temperature should be between 99 and 101 degrees Fahrenheit.

Checking your horse's gum refill time and its hydration are similar. For checking the gum color, it isn't extremely comfortable as you're putting your fingers into its mouth, so being gentle is important. Place your thumb on its lip and hold for a few seconds, so that the gum

My 4-H Story

By Ava Curletto, Lamorinda 4-H



Hi, my name is Ava Curletto. I enjoy playing soccer and swimming. I like hanging out with my friends and I love drawing and sketching. 4-H is a huge part of my life. Through 4-H, I am able to find and explore my sparks like rabbits, Fair and fiber goats. In the past, I've raised chickens, pigs and rabbits and, in the future, I hope to raise a steer. It will be hard to work a 1,200 pound steer when I'm only 100 pounds myself, but it is something that interests me! I plan to get the best grades possible in school and be a good friend. I also plan to continue with 4-H until I graduate. I plan to go to the 2017 ARBA (American Rabbit Breeders Association) Convention, in Indianapolis, Indiana. I hope to do as well as in the past. I've gone for the past 2 years and have won the National Quiz Bowl Championship with my California team. We also won 1st Runner Up in the Rabbit and Cavy Breed ID contest and I won individual national awards as well.

One of my 4-H goal is to win gold with my record book. I hope to keep the string alive as I've won gold with my past three record books and even took a WOW award one year! I've worked super hard and I hope that eventually I will win another WOW award in the intermediate level of record books. Another goal I had this year was to become a junior leader and an officer in the club. I was the County Council Representative. I went to the County Council meetings with my mom and wrote down important notes and shared them with the "top officers" at leadership meetings.

This year I was a junior leader for the rabbit and advanced rabbit, but the fiber goat project was a real challenge as the Fair CEO, Joe Brengle, considered eliminating the Fiber Goats category from fair. I had to write a letter and encouraged others to do the same to persuade him to include a Fiber Goats category. When the catalog came out, I was excited that there was a new category under Other Breed Goats called Angora Goats! The next challenge was to find more people to bring angoras as they would not award premiums unless there were at least 3 in the category. Happily, I found two other kids who wanted to show angoras at Fair. The sad part is that two of the four goats I helped organize for fair ended up passing away. Next year, I have a goal of practicing my goat showmanship more. I didn't really practice much thinking that I'd nail it from my past experience. Next year I will practice handling my stubborn goats and go over fiber goat terminology and knowledge. I will also definitely bring an extra pair of whites, too! Not only do they dirty easily, my rabbit broke a nail and blood was all over my shirt right before I had to compete in intermediate and advanced showmanship.

Continued on the next page

My 4-H Story

... Continued from Page 6

Allen Mesick was very helpful to me this year. Allen is an angora goat breeder and he is where I get my goats. He helped me write letters to the Fair to support keeping them at Fair and found me extra goats to help get enough for fair premiums. I'm proud of the way I've bottle fed the goats. Allen sends his best goats to me to raise because he thinks they do better with me than with the herd.

My rabbit leader Beth Manning has helped in improving my knowledge about rabbits. She supports me and helps me near fair time to practice showmanship and knowledge. Dr. Dowd also taught me so much about my animals and helped out with "Bunny", the angora goat who sadly passed away. She gave me feedback for next year and supports 4-H in general. I would like to give a HUGE shout out to my mom Allison Curletto who has supported me in every event and has helped me get to this point. She gives me feedback and constructive criticism to help me in future events and I couldn't thank my mom enough.

I think that 4-H helped me become a better leader because I have learned many new techniques in my leadership. Reaching out to help at community outreach events and working with other members help me practice my inter-personal skills. The citizenship activities that we do, and especially the petting zoo we bring to the homeless shelters, teach me to be compassionate to others not as fortunate as I am. I realize how lucky I am to have lots of animals and even fresh food and a house! Going to food drives and bringing my animals to homeless shelters has helped me see this. I also gain confidence teaching to others like the Daisy Girl Scouts when we teach them how to be responsible pet owners and earn their pets badge. In my leadership opportunities, I've learned how to make project learning fun. Once in Advance Rabbits, we had a sock puppet show that aimed to teach meat rabbits facts. We giggled and had fun writing a script while learning new facts and teaching them to others in a fun and interactive way.

I have good relationships with my 4-H leaders. I taught mini-lessons and brainstormed ideas about activities and fair decorations. They are open to new ideas and this lets everyone share their ideas. Being in 4-H and participating in 4-H events like Presentation Day has made me feel more confident in talking to big audiences. 4-H has also opened the door to the bigger world of the ARBA where I have competed against the best in the country. 4-H has inspired me to work on agriculture-based science projects for school and I also met my two best friends through 4-H. Being a 4-H member means a lot to me and is truly irreplaceable.



First Aid FAST Check and SAMPLE Questions

By Melody Hollingworth, Claycord 4-H

4-H'ers were taught the FAST check and SAMPLE questions and when to use these life-saving tools.

What is a FAST check? A FAST check is performed to see if a person has suffered from a stroke.



F stands for **face**. Ask the person to smile. See if one of the sides of the person's mouth droops when smiling.

A stands for **arms**. Ask the person to lift both arms. See if the person struggles with lifting one or both of the arms.

S stands for **speech**. Ask the person to repeat a simple sentence such as, "The sky is very blue." See if the person struggle saying those words.

T stands for **time**. Note the time when you realized the person had a stroke as you will need to tell 911 the time.

What are SAMPLE questions? SAMPLE questions are asked of when a person suffers injury or shows signs of illness. These questions are posed to the person accompanying a victim if the victim is unconscious.

S stands for **Signs and Symptoms**. Signs are using your 5 senses. Observe the victim. Are they sweating? Do they look pale or in pain? Is there any obvious injury? Symptoms will be asking the victim or person accompanying the victim if the person was dizzy, complaining about pain in certain areas or experiencing nausea.

A stands for **allergies**. Does the victim have any allergies? If the victim is allergic to any sort of medication, make sure to inform 911 if the situation requires 911.

M stands for **medication**. Was the victim taking any medications? If the person is taking medications, ask him/her what medication) it is and when he/she last took it.

P stands for **pertinent medical history**. Ask the victim if he/she has any medical history.

L stands for **last food or drink**. Ask if the victim had anything to eat or drink and when he/she had it.

E stands for **events leading up to accident**. Ask the victim how the accident happened or when he/she felt sick.

I really enjoyed getting the opportunity to attend this training and I am grateful to American Red Cross for sponsoring the class and All Star Medical Supply and Walgreens for sponsoring the supplies to make First-Aid kits.

UPCOMING EVENTS

Rabbit Fun Day

Date: March 18, 2018

Time: 1:00 - 4:00 pm

Location: Danville Grange

County Showmanship Clinic

Date: March 24, 2018

Time: 9:00 - 12:00am

Location: Borges Ranch

Dance for Food

Date: April 12, 2018

Time: 10:00 am to 1:00 pm

Location: 100 Northgate Rd.
Walnut Creek

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

*Special Thanks to UPS for the Discounted Price for
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