

## 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 7

MAY 2018

## Letter from the Editors: *Many Hands Make Light Work*

This past year of being editors for *The Cloverleaf* was challenging, but we all worked together, and pulled through. One of the challenges was memorizing the speeches for presenting our project to the County Council and the Emerald Star Committee, but everyone was very understanding and encouraging. Creating *The Cloverleaf* was a fun little project for us. Organizing it was like a puzzle. Everyone did something by themselves, and they did it well, but most of *The Cloverleaf* was the result of teamwork.

Since *The Cloverleaf* Emerald Star Project was a great learning experience, we are planning on making it a Countywide Journalism Project next year. We hope that those of you who like journalism, editing, graphic design, or other activities related to creating a newsletter will join, since it will be a great opportunity to experience what it's like to be an editor, reporter, club-level chairperson and team player. It also looks good on your college application. If you are interested in joining this project next year, contact [cloverleaf@contracosta4h.org](mailto:cloverleaf@contracosta4h.org).

We all hope that you have enjoyed reading *The Cloverleaf*, and we would love to hear what you thought about it, so feel free to email us your feedback.

We hope that you will consider joining the Cloverleaf team!

*Best regards from the Editors,*

Olivia Flamino, Melody Hollingworth, Sophie Brockman and Johanna Busk



## 4-H Camp

*By Samantha Gianelli, Tassajara 4-H*



4-H camp is an amazing opportunity for members. This year it will be held from June 17 to 23. It will be at Las Posadas State Forest in Napa County, and comes with a bunch of amazing stories, food, and experiences. It can be a little scary to take the leap into your first year of camp, but this is a question and answer article to make it a little easier with some common questions.

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## *Letter from CIRC Chairperson*



Paula McCauley,  
CIRC Chairperson

Hello Everyone,

I am so excited to announce that this year Contra Costa County 4-H is offering two \$500.00 scholarship opportunities to Graduating Seniors! The County Incentives and Recognition Committee has put together an application process. Please note the deadline for the application is **June 10**. The details are included in the application form which may be obtained from club leaders or CIRC representatives.

We are looking forward to seeing our members use their 4-H skills in life beyond 4-H, for the benefit of our communities! This is another step we can take to help them to do just that!

If you or any of your members have questions, please feel free to contact your clubs CIRC rep or me at (925)-316-3482 or [paulammc@aol.com](mailto:paulammc@aol.com) ! Thank so much to County Council for approving the funds for the scholarships and please encourage your Seniors to apply!

Blessings,

*Paula McCauley*



Urban Kitchen & Craft Drinks

*Coming to Lafayette*

June 2018

3602 Mt. Diablo BLvd, Lafayette

# Bay Coast/Area Presentation Day

*By Jessica McCauley, Briones 4-H*

On April 14th, the sun was shining, the birds were chirping, and 4-H'ers from several counties came together at Dozier-Libbey Medical High School for Area Presentation Day. Throughout the morning, there were opportunities to make cards or Project Linus blankets, participate in the Horticultural Contest, or compete in the Interview Contest - besides presentations.

Later in the afternoon came the Cultural Arts and Share the 4-H Fun Skits, which showed some amazing 4-H creativity! It's always fun to go to an Area event and meet people from other counties - at this Bay/Coast Area Presentation Day, there were even presenters from Merced and Stanislaus County!

Presentation Day is a great opportunity for participation without even presenting! Volunteers are needed every year to be room hosts, runners, and senior members can even be judges. If you have been too nervous to present in the past, I would encourage you to try volunteering instead.

Having a job to do shows a completely different side of Presentation Day... and it will build your presentation skills without having to prepare a formal talk.

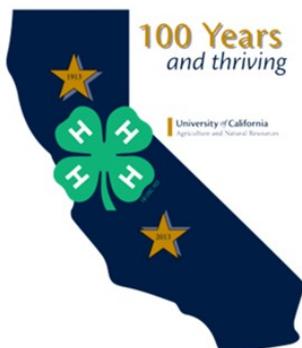
Congratulations to all the presenters and especially to those who received a gold medal and are now eligible to go on to State Presentation Day on June 2nd at UC Davis! Don't forget that you can volunteer to help at State Presentation Day while you're there as well.

Hope to see you there!



## State Exchange Program

*By Nicole Delfabro, Pleasant Hill 4-H*



This July 2018, ten 4-H Youth from Massachusetts will visit host 4-H families in Contra Costa and Alameda counties. The fun (and educational) filled 7 days include: San Francisco, Alcatraz, Walking the Golden Gate Bridge, Redwoods, Giants Game, Santa Cruz, Mystery Spot, California Mission, Jelly Belly Factory, Chinatown, Cable Car Rides Swimming, BBQ and much more! If this sounds like something you are interested in the 4-H Exchange Program is **always open** to new members, please contact Selma Michael 510-517-2346. Next summer our county will be traveling to another part of the United States; don't miss your opportunity to be a part of something big! I've met many new 4-H members and I'm having a blast!

# 4-H Camp

... continued from page 1

Q: How do I get up to camp?

A: A charter bus picks everyone up in Pleasant Hill and we have about a 1.5 hour bus ride up to camp.

Q: Where will I sleep?

A: There are separate sleeping areas for boys and girls, separated by the main patio. All campers sleep on long wooden planks next to one another.

Q: How do they wake us up?

A: Each morning campers are awoken by music played over a loudspeaker.

Q: Where do I store all my clothes and belongings?

A: Each camper can bring a tote or plastic storage container to carry belongings, along with a trash bag of sleeping supplies.



Q: Is there a schedule for our day?

A: Yes, the schedule is generally:

- Wake up
- Morning meet at the flagpole for morning songs and inspiration.
- Breakfast
- Morning activities: 2 sessions a day - arts and crafts, swimming, camp history, recreation, nature, campfire, archery, etc. These are assigned and you will cover each one over the course of a week.
- Lunch
- Rest time
- Afternoon activities or Free Time
- Dinner
- Nighttime Activity and Campfire

Q: Are we separated into groups?

A: Yes, at the beginning, you are assigned to a tribe. Each year there is a theme and the tribes are named based off of that theme. You are automatically assigned into one, and a good amount of time is spent with them. You do your morning activities with your tribes, and sometimes you eat with them as well. Throughout the week, your tribe gains points through activities and games, and the tribe that has the most at the end of the week is named tribe of the week.

Q: What happens if I get hurt or take daily medication?

A: There are certified/licensed medical personnel on site always to help out with any issues and they pass out medication twice a day.

Q: How old do I have to be to attend?

A: You must be nine years old by June 1st.

Q: Is registration open?

A: Yes! Go to <http://www.lasposadas4hcamp.org/contracosta.html> for registration and more information.

## Claycord 4-H at *Clayton Cleans Up*

By Matthew Suzuki, Claycord 4-H

On April 21, Claycord 4-H members participated in *Clayton Cleans Up* to celebrate Earth Day. *Clayton Cleans Up* is a fun little community event in which everyone comes together, puts on some gloves, and starts picking up trash throughout the city. We began setting up at 8:00 at the Clayton City Hall. A few of us helped set up the tables and then other groups, such as the Clayton library put up their displays.



Claycord 4-H had a display table featuring environmentally friendly items such as goat milk soap and raw, home-raised honey. In addition, a pillow made of recycled fabric, a skirt and purse repurposed from an old shirt, and a game set of Five Stones assembled from rice and scrap fabric were also provided. All these were created by 4-H members. It was a prime opportunity to showcase what 4-H'ers do.

When preparations were finished and we were ready to embark on our "expedition," each participant was given a *Clayton Cleans Up* T-shirt, bright blue gloves, and a neon orange trash bag to begin the dirty job of cleaning up. According to Harmony Hollingworth, "The best part about Clayton Cleans Up is getting to clean Clayton up with friends!" This was a great opportunity to give back to our community by showing a little love.



Afterwards, participants could stay and enjoy some barbeque lunch and peruse the many displays. This was an excellent outreach opportunity for 4-H. There were a number of families who showed interest in joining 4-H and that was heartening.

I was proud to see our 4-H members getting a little dirty to do a little good.

## Oakley 4-H Outreach at Spring Expo

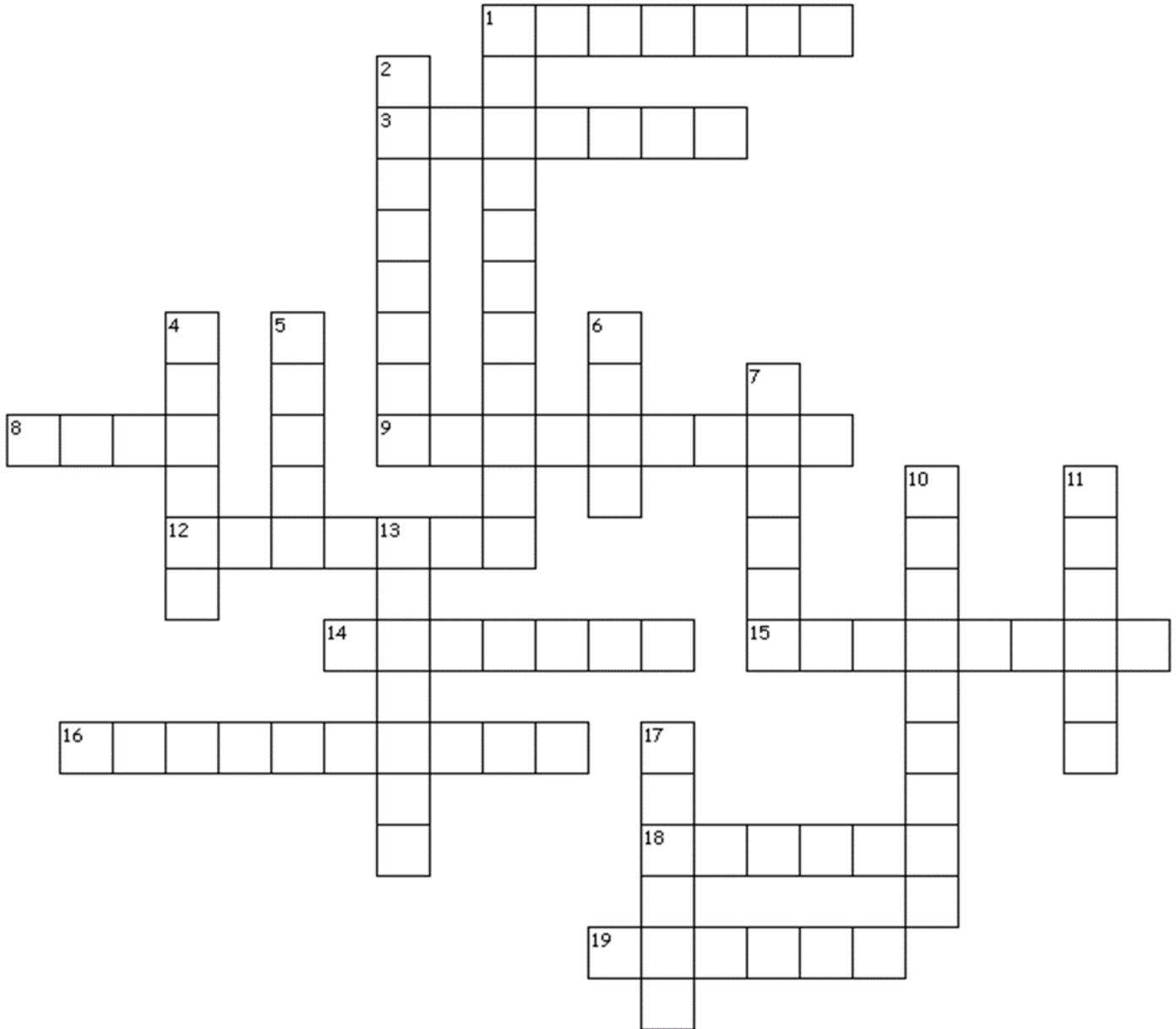
Oakley 4-H members were invited by Diablo Valley College Culinary Institute to participate at the 6th Annual Spring Expo held at Rodgers Ranch Urban Farm on April 14, 2018. It was part of an effort to promote the institute's Farm-to-Table Program.

4-H members brought sheep, meat rabbits and fiber goats. They did a shearing demonstration and talked to the public about meat and fiber animals.



# Small Animals Showmanship Crossword Puzzle

With the County Fair fast approaching, here's a fun way to get prepared for showmanship Q&A! First correct entry submitted to [cloverleaf@contracosta4h.org](mailto:cloverleaf@contracosta4h.org) by May 26th will receive a \$10 voucher!



**Across**

- 1. Mineral needed for egg production(Poultry)
- 3. Name of front teeth between canine teeth(Dog)
- 8. Number of compartments in stomach(Goat)
- 9. Pregnancy period(Rabbit,Cavy,Dog,Goat)
- 12. Metabolic condition after kidding(Goat)
- 14. extra toe on front leg(Rabbit)
- 15. Hunters' favorite AKC Group(Dog)
- 16. Cavy with rosettes covering body (Cavy)
- 18. Brightness and brilliance of fur (Rabbit)
- 19. Loose skin under throat (Rabbit)

**Down**

- 1. Disease caused by Coccidia(Dog)
- 2. Process of giving birth to kits(Rabbit)
- 4. Vaccine given to chicks(Poultry)
- 5. Defect which does not disqualify(All)
- 6. Male cavy(Cavy)
- 7. What needs to be trimmed on a goat(Goat)
- 10. Parasite which attacks heart(Dog)
- 11. Number of teeth cavy has(Cavy)
- 13. Another word for breastbone(Poultry)
- 17. Female chicken under 1 year of age (Poultry)

# Sewing Down Memory Lane

*By Sophie Brockman, Claycord 4-H*

Walking down a tastefully decorated runway, Johanna Busk, from Claycord 4-H, displayed her soft, butterfly-knit blouse complete with cold shoulders and paired with black leggings and white sandals. Johanna is only an example of the creativity of all 39 contestants that participated in the 2018 County Fashion Revue on April 28<sup>th</sup> at the Old River School in Brentwood.

The theme of this year's Fashion Revue was "Sewing Down Memory Lane" with competition in five categories divided into age groups. The Retro/Vintage entries ranged from a 1920's flapper dress to a 1950's A line dress. The traditional category was the most popular due to its broad range of garment choices. The overall winner of this event, Marissa Sanchez, created a beautiful wool pantsuit with a silk shirt.

The See It, Sew It challenge was new this year and allowed sewing members the flexibility of making their own patterns after a picture or drawing. The \$40 Challenge required participants to pull together an entire outfit including accessories for under that amount. Finally, the Upcycle category challenged contestants to transform one piece of clothing into another. For example, Elizabeth MacCauley, a Briones 4-H member, created a cute summer shirt and capris made out of a man's dress shirt. Her older sister Jessica, created a formal dress out of a kid's velvet jacket a tablecloth.



This year's Fashion Revue Stills event was bigger than ever. In its second year, its categories were expanded from just sewing and quilting to include rocketry, photography, Legos, crafts, and wood working. There was a wide variety of entries.

Thanks to the careful planning and organizing of the Fashion Revue Committee's volunteers, the stage was decorated with vignettes from the past, including an old treadle and a wedding dress from the '70's. Pictures of past contestants were featured around the gym as well. After browsing through the pictures, participants could go to the community service area to sew a donation blanket for the Linus Project.

Congratulations to all the County Fashion Revue participants. You all did such a wonderful job.

**Clayton's CUP o' JO**  
 COFFEE HOUSE  
 6054 - Main St.  
 Clayton, CA. 94517  
 facebook @ "Cup o' Jo Coffee House in downtown Clayton"  
 (925)672-5105

**Follow the  
 new county  
 Instagram**

**@contracosta4h**

# Choncho's 10th Birthday Party

*By Nicole Delfabro, Pleasant Hill 4-H*

On Saturday, April 7<sup>th</sup>, after the morning rains, over 30 friends, family and visitors joined together at Borges Ranch for some farm fun games and **Root Beer Floats with Goats!** Why all the fuss? The celebration of **Choncho's** 10<sup>th</sup> birthday of course!



Choncho is an African wethered Pygmy Goat who is quite a hardy animal. Turning 10 was a milestone event for this loving pygmy. He enjoyed a cupcake made of goat treats. Who knows, with his great 4-H life style and lush living quarters

maybe he will live until he's 14.

Come visit Choncho and his other friends Butterball, Nutella, Florence, Tecate, Winston, and Fa-leece at Borges Ranch, 1035 Castle Rock Rd., Walnut Creek. To learn more about 4-H Clubs visit:



[http://4hcontracosta.ucanr.edu/4-H\\_Clubs/#PleasantHill](http://4hcontracosta.ucanr.edu/4-H_Clubs/#PleasantHill)

## The Cloverleaf Classifieds

### 10 week old Rabbits Available for Adoption

Mixed breed: 1/2 Californian, 1/4 Rex, 1/4 Belgian Hare. Cute and super sweet, will make great pets in a loving home. 4 still available. \$10 each. Contact Gallagher family at [gallaghers222@gmail.com](mailto:gallaghers222@gmail.com).

## Upcoming 4-H Events

### Contra Costa County Fair

Date: May 17-20  
Time: Thu, Fri: 12pm, Sat, Sun: 11am  
Location: Antioch Fairgrounds

### State Presentation Day

Date: June 2  
Time: 8am-6pm  
Location: UC Davis

### State Fashion Revue

Date: June 2  
Time: 8am-6pm  
Location: UC Davis

### 4-H Camp

Date: June 17-23  
Time: NA  
Location: Las Posadas State Forest

### California Focus

Date: June 22-26  
Time: NA  
Location: Holiday Inn Sacramento Downtown

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