

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

Educating the next Generation with STEM 2

2018 Contra Costa County Fair 3

Living Healthy 4

Berry Healthy Smoothie 5

2018 State Field Day 6

Community Service Summer Challenge 7

Small Animal Showmanship Crossword Puzzle Answer Key. 8



THE CLOVERLEAF

of Contra Costa County 4-H

VOLUME 1 ISSUE 8

JUNE / JULY 2018

Letter from the Editors: *Reflecting on the Past Year*

As the 4-H year has come to a close, it is good to think back over the year and reflect on what we have done. Some questions to ask ourselves are:

- What did I enjoy doing most in 4-H this year?
(Plan on sharing tips with others?)
- What was my favorite event/activity I attended or participated in?
(How can you help out next year?)
- What are some things that I did well?
(Give yourself a pat on the back!)
- What are some things I can improve on?
(Make an improvement plan!)
- What would I like to do again next year?
(Set some goals!)
- Are there any new areas which I hope to explore next year?
(New project ideas?)
- Who are the people who helped or encouraged me?
(Time to thank them!)

Write your answers down and use them to guide your next 4-H year. Additionally, answers to these questions can give you ideas on what you can write in your Record Books.

*"We do not learn from experience...
we learn from reflecting on experience."*

~ Quote by John Dewey ~

It has been a wonderful year, and we hope you have enjoyed reading the Cloverleaf Newsletter as much as we have enjoyed creating it. For those who are interested in editing, getting contributors, or anything related to creating a newsletter, do join the county-wide Journalism Project next year.

Have a wonderful summer,

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



University of California
Agriculture and Natural Resources

4-H Youth Development Program

Educating the next Generation with STEM

By Clara Brockman, Claycord



On Friday, May 18, 2018, a small group of 4-H'ers went to the Contra Costa County Fair to work as assistants in the 4-H Science Matters booth during the School Event Tour. At one table Johanna Busk and Olivia Flamino tested elementary schoolers in a game where they had to guess what type of grain or bean was inside different bags, while at another table Matthew Suzuki and I taught them a game called *Where Does it Come From?* In this activity the students had to place cards with pictures of household items and food in the factory, store, farm, or a natural resource box. After completing this exercise, the majority of the students chose to place cards in the factory and store boxes, when in reality every item we produce, buy or own comes from farms and natural resources. In the end the elementary schoolers discovered more about how our world works and how much of our resources come from agriculture and the great outdoors.



Summer Days by Christina Rossetti

Winter is cold-hearted;
Spring is yea and nay;
Autumn is a weathercock;
Blown every way;
Summer Days for me
When every leaf is on it's tree,

When Robin's not a beggar,
And Jenny Wren's a bride,
And Larks hang, singing, singing,
Over the wheat-fields wide,
And anchored lilies ride,
And the pendulum spider,
Swings from side to side,

And blue-black beetles transact business,
And gnats fly in a host,
And furry caterpillars hasten
That no time be lost,
And moths grow fat and thrive,
And lady birds arrive.

Before green apples blush,
Before green nuts embrown,
Why one day in the country
Is worth a month in town-
Is worth a day and a year
Of the dusty, musty, lag-last fashion
That days drone elsewhere.



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2018 Contra Costa County Fair

By Sophie Brockman, Claycord

The 2018 Contra Costa County Fair was held at the Contra Costa County Event Park on May 17th through the 20th. When most people think of fairs, they picture roller coasters, educational displays and races, but for most average 4-H'ers, fair is all about the animals. Fair starts early for most 4-H members as they prepare their animals, washing and grooming them at home. Then exhibitors must check in and allow inspectors to look over their animal, searching for any diseases or parasites. Once the animal is cleared of all infectious sickness, it will either be lodged in the small or large animal barn. This year the small animal barn had a moderately large variety of turkeys, chickens, ducks, guinea pigs, pigeons, and rabbits. The large animal barn housed cows, pigs, goats, sheep, and llamas.



Almost every animal at the fair is shown. Showing is when a judge carefully examines the animal for faults and defects, such as discoloration. For example, a rabbit is judged on its markings, tail, ears, eyes, hair color, size, teeth, and paws. Then there is showmanship in which the exhibitor demonstrates a health check on their animal in front of the judges. The showman receives points by maintaining control over their animal and on how well their animal behaves, professionalism of the handler, the thoroughness of the health check and on the exhibitor's knowledge of the animal.

Fair is such a wonderful opportunity for 4-H'ers to demonstrate their knowledge and skills. It is very rewarding to those who take so much time to care for their animals. And for those who did not participate in fair this year, I encourage you to expand your horizons by participating next year.

Living Healthy

By Olivia Flamino, Claycord



Healthy Living is one of the ‘must dos’ in life, and in saying the 4-H pledge, you agree to “Pledge your Health to better living.” There are many ways to live a healthy life, such as:

Trying to avoid sugars - Eating healthy snacks instead of sugary ones will help your future health. Eating too much sugar can cause heart disease when you get older, so to avoid that, vegetables, whole wheat, and fruit should be in your everyday diet.

Running outside for at least an hour or more – As you all know, exercising is a part of healthy living, and it is getting warmer every day, so I suggest taking out your bikes and stretching your legs for a little. Fresh air is good for your

lungs, and running, biking, or any activity outside is good for your muscles and sometimes even for your mind.

Friendship – It is good to keep a healthy friendship. Being mean to someone will not help your future life. Mean words will poison your thoughts and that is not a healthy relationship. It is like weeds growing in your head, the more you think of mean things, the more it grows, but nice things pluck out those weeds and grow kind thought flowers. The saying is true – “Think before you speak”. In doing this, you keep a healthy relationship with your friends.

School and Puzzles – Now we go to the mind. The mind is just like your muscles, it needs exercise or else it becomes useless. A good way to exercise the brain is by doing puzzles and logic. Also, it is good to memorize things and try to recite them. This gets the brain moving. School is another good way to exercise the mind, especially math. What divided by what? What is the square root of this? It stretches your mind, since you have to memorize what you have learned, and try to figure out a way to answer the math questions on what you learned. Math is like a code, waiting and ready to be unlocked. It is good to repeat the times table at least once or twice a day, even if you know it, since it will exercise your brain in thinking.

I could go on and on about Healthy Living, but I think you should start off with these four tips. 4-H is a good way to exercise all of this, and it is a good idea to make a project on how to live healthy, or even organize a 4-H running group with your friends. Have a great month!

Berry Healthy Smoothie

By Olivia and Leah Flamino, Claycord

This smoothie is good for Summer – it is healthy and tastes amazing!

What you need:

½ cup of **Orange Juice** – *rich in Vitamin C which helps your body fight against sickness, and it helps in eye health too.*

½ cup of **Spinach** – *aids in the health of your eyes, skin, brain, and bones*

½ cup of **Frozen Blueberries** – *protect against disease and aid digestion*

½ cup of **Frozen Strawberries** – *boost brain health, heart health*

1 tablespoon of **Honey** - *helps relieve seasonal allergies, helps you sleep better at night, and gives you an added boost of energy*

3 leaves of **Mint** – *helps brain memory*

Instructions:

1. Pour the orange juice in a blender
2. Add the spinach, blueberries, strawberries, and honey
3. Blend it all together until there are no more lumps of strawberries and no pieces of spinach
4. Top it with a couple of mint leaves, and your smoothie is ready.



It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities. (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>.)

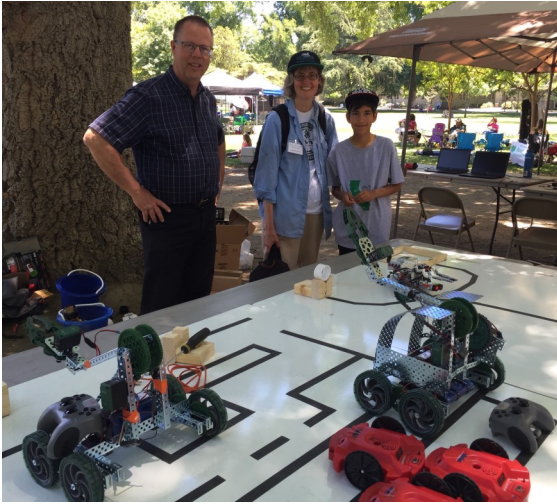
Inquiries regarding ANR's nondiscrimination policies may be directed to John I. Sims, Affirmative Action Compliance Officers/ Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.



2018 State Field Day

By Johanna Busk, Claycord

This year, I competed in State Fashion Revue, a segment of CA 4-H State Field Day. Several years ago, I thought that State Fashion Revue and State Presentation Day were all that happens at State Field Day, but much more than those two competitions create the larger event of State Field Day.



State Presentation Day has been one of my personal favorite events for many years. To be eligible for State, the participant must earn a gold medal in both County and Area Presentation Days. Upon arrival, each presenter is placed in a room to present their speech. Before and after their presentation, presenters may watch other presentations. It is fun to learn about other 4-Her's projects, hobbies, talents and interests! After all presentations have been completed, an awards ceremony gives the 4-H'ers white, red and blue ribbons, and blue ribbons are given only to the very best!

Fashion Revue is a competition that gives sewing project members a chance to model their outfits and show off their sewing skills! Only the winner of each category at the county level qualifies to enter State Fashion Revue. At State, the competitors enter the judges' room and tell the judges about the created outfit, how it was made, and what challenges they faced, followed by a fashion show. The judges pick one contestant out of every group to be a State Fashion Revue winner!



... Continue on page 7

2018 State Field Day

Continued from page 6

I also entered the annual horticulture contest. The 4-H'ers compete in two rooms, one for everyone and one for seniors only, both full of plants ready for the ranking test and the plant identification test. Answers to those two tests along with a written test are written on a pamphlet, turned in, and later evaluated by a member of the committee. The contestant with the highest scores wins!

These are only a couple events out of many more that occur at State Field Day! There was also an interview contest, an entomology contest, and a robotics competition. There were even STEM robotics activities for attendees who didn't bring their own robots. If you have never attended, State Field Day is an amazing event full of fun-filled activities. I hope to see you there next year!



Community Service Summer Challenge

By Marc Brockman, Claycord

I was the Community Service Chairperson this year for my club and I learned that there are a lot of needy people out there. Now that summer is here, we have more free time to help others. I would like to challenge you this summer to find a way to fit community service into your summer.

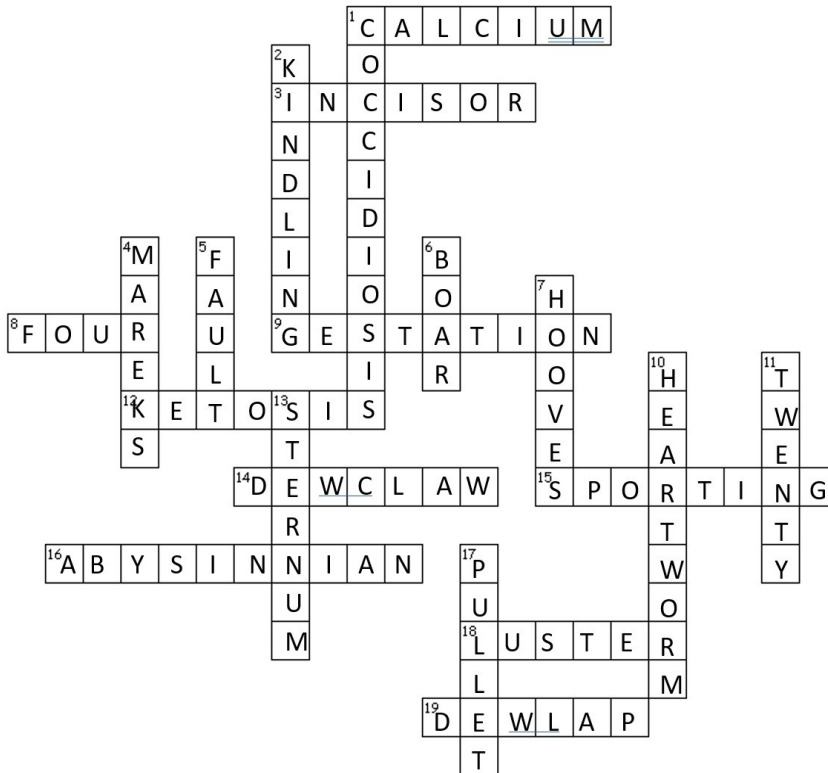
First of all, there are a lot of different ways to help. Before you begin, think about who or what you most care about. Do you like being with seniors? Do you like helping the homeless? Or caring for animals? Are you concerned with the environment? When you've decided on the group you'd like to help, then you can research and come up with ideas. Here are some ideas that I've thought about:

- Cleaning a park or beach with family and friends
- Volunteering at a local historic site to help clean up
- Helping at the library with sorting and shelving books
- Working at animal shelters or rescues
- Spending time with seniors at nursing homes
- Helping out someone in your neighborhood with yard-work or small chores
- Growing flowers or vegetables to donate to a nursing home or a food bank.
- I hope these ideas help you get excited about how you could get involved. Please participate in the challenge of helping others – it will enrich your summer!



Congratulations to Nicole Delfabro from Pleasant Hill 4-H for winning the Small Animals Cross-word contest!

Small Animals Showmanship Crossword Puzzle Answer Key



- | Across | Down |
|--|--|
| 1. Mineral needed for egg production (Poultry) | 1. Disease caused by Coccidia (Dog) |
| 3. Front teeth between canine teeth (Dog) | 2. Process of giving birth to kits (Rabbit) |
| 8. Number of compartments in stomach (Goat) | 4. Vaccine given to chicks (Poultry) |
| 9. Pregnancy period (Rabbit, Cavy, Dog, Goat) | 5. Defect which does not disqualify (All) |
| 12. Metabolic condition after kidding (Goat) | 6. Male cavy (Cavy) |
| 14. extra toe on front leg (Rabbit) | 7. What needs to be trimmed on a goat (Goat) |
| 15. Hunters' favorite AKC Group (Dog) | 10. Parasite which attacks heart (Dog) |
| 16. Cavy with rosettes (Cavy) | 11. Number of teeth cavy has (Cavy) |
| 18. Brightness and brilliance of fur (Rabbit) | 13. Another word for breastbone (Poultry) |
| 19. Loose skin under throat (Rabbit) | 17. Female chicken under 1 year of age (Poultry) |

Upcoming 4-H Summer Activities and Deadlines

CA 4-H Sate Leadership Conference

Date: July 26, 2018

Location: UC Davis

County Record Book Evaluations

Date: August 3-4, 2018

Location: Concord 4-H County office

Scholarships for a Higher Education/Applications Due

Date: August 5, 2018

Beginning 4-H for Volunteers

Date: August 18, 2018

Location: Alameda County Office

Treasurer Training

Date: September 8, 2018

Location: Alameda County Office

Date: September 9, 2018

Location: Contra Costa County Office

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