

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

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Letter from the Editors: *Learn... Grow... Teach...*

When I first joined 4-H, I knew very little about projects, showmanship and leadership. 4-H has opened up a world of opportunities to me, and now four years later, I have learned how to be a teen leader, give presentations, show cavy, rabbit, dog, and poultry. I have also learned how to help younger members and teach them in a way they would understand. All these could not have happened if not for the adult and youth leaders whom I am grateful to - who believed in me, shared with me and were willing to let me try out different roles.

As 4-H members, we are constantly learning, growing and teaching, which is the very essence of the 4-H philosophy "*Learn by Doing*". We learn valuable life skills and use them in our daily lives as well as teach them to others, so that they can learn through our experiences. Some ways we can learn, grow and teach are:

Learn

We learn through 4-H projects and events

We learn from leaders and other 4-H members

We learn through goal-setting, planning, researching and strategizing

Grow

We grow in interest and knowledge of various subjects

We grow through hands-on experiences and serving the community

We grow through serving as club officers or chairpersons

We grow in communication and connections

Teach

We share with others what we have learned

We teach through junior and teen leadership opportunities

As we learn and share with others what we have learned, we grow in *Competence, Confidence, Connection, Caring, Contribution, and Character*. And all these build us up to be better leaders. So do not be afraid to try out new projects, experience new hands-on activities and share your sparks with others! Speak to your wonderful leaders who will guide you!

We hope that you have an amazing start to your year.

Melody Hollingworth, Editor

CALIFORNIA STATE FAIR

By Cara Ruben

The fair offers a range of experiences for everyone. For 4-H'ers, it's everything; for photographers and artists, it's an opportunity to showcase your hard work; and for people who like rides, it's a chance to scream. But we can all agree, it's great fun. If you think County Fair is fun, just wait until you attend the State Fair!

The California State Fair is a 16-day event that is open for almost 12 hours each day. With an average of around 8,000 livestock animals on display and an overall attendance rate of 500,000+ people, it's a guarantee of fun. Some events that are included with the State Fair include First Responder's Day, Wiener Dog Racing, Steampunk Acrobatics, and concerts every day and night.

Sadly, due to scheduling issues, the State Fair Horse Show was 2 weeks before the actual fair, and we lost hundreds of attendees and viewers. If anyone is interested in attending the State Horse Show, we are always looking for spectators and love getting outside support!

On a happier note, new items were put in place this year for the Horse Show competitors. Activities such as the State Horse Bowl competition, which tested competitors' knowledge of horses, also, the Queen Contest. Rodeo queens could be described as the cross between a cowgirl and royalty, which is a pretty exciting mix. The California State Fair decided to implement this new competition for all senior exhibitors who are current county fair queens. Contra Costa doesn't have a queen contest at the moment, but I decided, why not apply? Surprisingly enough, after rounds of interviews and applications, I'm now the California State Fair Horse Show Princess.

At first, I thought of this title as a little funny, what were the chances of me winning? But after becoming involved, I became connected with a group of people I otherwise wouldn't have been involved with. So far, I have loved every minute of being the princess. As I walked around the fairgrounds with the State Fair Queen, I loved seeing the pure joy of little kids' faces when we came and said hello and gave them prizes. It was a small memory that I will genuinely cherish.

But, my time as princess will eventually come to an end and a new competitor will take my place. Originally thought of as a mystery, I've taken my role quite seriously and am still loving my time as a princess. For our county, it would be an incredible opportunity to create a queen contest -- pair of friendly, kind, competitors, setting a standard and a goal for the younger members.

The State Fair is an amazing time. No matter how you look at it, you will always be able to gain something, and it will always be a memory. Overall, I highly encourage any State Fair Horse Show competitor to enter this competition. After all, it's pretty cool to be a real princess.



California Focus

By Christian Flamino

During my time within California Focus, I have had many opportunities pertaining to learning about the government of this state. Whether it was running for treasurer in a mock election, or meeting with representatives from a different county, the overall experience that I had gained regarding political knowledge was overflowing. The trip consisted of Capitol tours, election speeches, downtown Sacramento visits, and more. I highly recommend this experience for both seasoned and new 4-H members alike.



Achievement Awards

By Riley Lewis

The Contra Costa County 4-H Achievement Awards Extravaganza was extremely informational, and everyone had a great time. It was great to see so many of our 4-H'ers, parents, and alumni dress for the theme in fancy outfits or in their whites. Many were acknowledged for their achievements and involvements. We learned the winners and nominees of many categories such as journalism awards, star awards, record book awards, scholarships, and Community Pride awards. A plentiful number of members who spent significant time on their record books received checks for the accomplishment. All of the clubs are so proud of the award recipients, nominees, and entries. The 4-H'ers were so excited to win and to watch their friends win awards and to play games.



After the ceremony there was a party to mingle, celebrate, and take pictures. There were games, a food truck, and a booth for pictures. The kids were interested, and you can tell that a lot of thought was put into this as the games and activities enabled members to have a good time. The decorations were well done, and the food was very good.



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Gardening Project



We Weed Weeds!

Weeds are a big problem for gardeners.

Even if you pull them up they come back.

Here are a few tips on slowing the weeds

down from coming up so fast.



You can put cardboard down on the ground because it will block the light and weeds need light.



You can cover the ground with woodchips to also keep the light from the weeds.



Weeds pop up mostly on bare ground, so you should plant a cover crop. A cover crop is a little crop of something like flowers to keep the weeds from coming up.



There is such a thing called solarizing. Solarizing is having one plot with nothing in it but soil and weeds. Then you place down black plastic down and wait one month. When the month is up pull up the plastic and all the weeds should be gone!

You should do this in summer when there is more sun. Have fun!

Say 'Hi' to One of Our New All Stars!

By: Samantha Gianelli



Welcome one of our New All Stars! Naomi Osterman of Tassajara 4-H was introduced as our county's new 2018 – 2019 All Star at Achievement Night on September 22. All Star is the highest rank a 4-H member can achieve at the county level. In addition to planning Achievement Night, they help with all county events, and they wear cool All Star jackets! The primary thing an All Star does is submit a plan to improve our county 4-H program. So, if you see Naomi around at a 4-H event, be sure to say hi and thank her for serving as an All Star. Here is my interview with Naomi:

Q: How long have you been in 4-H?

A: I have been in 4-H for 8 years.

Q: What are your favorite hobbies outside of 4-H?

A: Running, baking, and spending time with my friends and family.

Q: What are some of the projects you have participated in, and what has been your favorite project?

A: I have been in Beekeeping, Poultry, Hiking, Market Goat, Emerald Star, and Vet Science. My favorite is Market Goat.

Q: What are some of the leadership positions you have held and which one was your favorite? Why was it your favorite?

A: I have served as Historian, Reporter, Vice President, President, and Teen Leaders. My favorite is President.

Q: Why did you decide to become an All Star?

A: I wanted to be involved on a deeper level within our county.

Q: What are some of your goals as an All Star?

A: My goals for this year are to meet lots of new people, plan a great All Star event, and have fun!

CLOVERLEAF AWARDS

Congratulations to Jessica McCauley for achieving the top journalist award, Clara Brockman for the best artwork award, and Samantha Gianelli for the most articles and Journalist Contribution award! They all received cash prizes, and the Top Journalist received a crystal pencil-holder with a clover and personalized engraved name. Congratulations do the winners!

Updates From CIRC:

By Evelyn Young

Hello everyone! I am Evelyn Young from Brentwood 4-H and this year I will be contributing articles in every issue with updates from the County Incentives and Recognition Committee (CIRC). This will include things such as important dates, new information about scholarships and awards, officer books, and record book requirements. This is my seventh year in 4-H, but my first year in the Countywide Journalism Project. I can't wait to write for you all!

County Record Book Judging was on August 3rd and 4th. Awards were given out at Achievement Night, which was September 22 at Martinez Junior High School. This year five special categories were created to reward members for different parts of their record books. Awards were given for Best 4-H Story, Best Overall Organization, Best Demonstration of Leadership, Outstanding Community Service and Best Expressions Pages, so keep working on your record books for next year.

CIRC will be hosting a record book workshop on Friday, October 26 from 7-9 pm, at the new county office. If you have never done a record book before, come and learn about them, and if you have completed a record book, then you can get a head start on yours for this year. Even though it is early in the year, if you get started early then it will be much easier at the end of the year. On that note, if you start writing down what events you go to and what you did at them, it will make entering them into your record book quicker and easier.

CIRC has decided on the dates for next year's County Record Book Judging. It will be Friday, August 2nd from 5pm-10pm, and Saturday August 3rd from 9am to noon. Club judging dates will vary by club but can be any time after the end of the program year, which is June 30th, 2019. Mark your calendars!

Health and Fitness Corner

By Anoushka Samuel

Keeping up your health and fitness is a must, especially in this day and age when it is all about hacks and cleanses to lose weight, gain abs, or any fitness milestone for that matter. Fitness and Health are so much more, so here are five simple rules to keep up a healthy/active life:

The first rule is a must, use your body every day. Go on a run, take a hike, walk at a moderate to fast pace, and/or spend some time gardening. Studies from research universities show that even just thirty minutes of moderate to intense daily sessions of physical activity can lower the chances of Alzheimer's, heart disease, depression, and various cancers.

The second rule is to get at least 7 hours of sleep, more if you're not already an adult. Sleep deprivation leads to reduced brain activity, fatigue, headaches, and weight fluctuation. However a good night sleep leads to good health in general.

Rule three, stay engaged in life. Social interaction is a must for mental and physical health according to a good majority of the population of the world, basically this rule is very straight forward.

Rule four, eat healthy. Eating healthy will make life easier by giving you a natural way to get all the nutrients you need to fuel your day through meals rather than snacks. Healthy food is known to combat disease, improve your overall mood, control weight, and improve longevity.

Finally we get to rule five, drink sufficient water. Your body is composed by 60% of water, we lose fluid constantly from sweating, breathing, and much more so drinking the right amount of water (which is not eight cups of water by the way) is extremely essential. The amount of water you need is completely personal and depends on your weight and height, eight cups is more of an average. Water has all the effects of the above rules but also has the added benefit to make your skin look amazing so that is a plus.



Cuban Bread was mostly made in the nineteenth century in bakeries in Florida. Like most other breads one of cuban breads ingredients is yeast. Yeast is used in bread to make it rise, it does this through the process of Alcoholic Fermentation. Fermentation is the process of converting sugars into gases which is why yeast makes dough rise in bread. Under anaerobic conditions (without oxygen) yeast will begin to ferment and turn glucose, a form of sugar into carbon dioxide rising the dough.



When letting the dough rise I take a few more extra steps to help the process. Covering the dough with a towel helps to create an anaerobic condition for the dough to start alcoholic fermentation. I also surround the dough in a bowl of hot water which helps to speed the fermentation process.

Before & After Alcoholic Fermentation



The dough will rise even more in the oven due to the amount of heat, however after an extended period of time in the oven the yeast becomes unable to ferment because of the high temperature.

Before & After Baking



My 4-H Story

By *Alexandro Curletto*

Hi, my name is Alessandro Curletto. I am 9 years old and in the 4th grade at Happy Valley School in Lafayette, CA. I have been in 4-H for 4 years and this is my first year doing a longer record book. I'm really liking the rabbit project and outside of 4-H I play a lot of sports. My favorite right now is basketball and football. I plan to play basketball year round and do football with MOL and Next Level leagues.

This year, I hoped to raise rabbits and take them to rabbit shows and to the County Fair. I have 3 rabbits even after I sold a couple at West Coast Classic this year. My favorite rabbit is Rosie. She is a Siamese sable (brown) and is 4 years old. She was my first rabbit. I also had a goal of going to as many fun 4-H events that I could. My favorite event was County Achievement night because I got a prize for shooting basketball. I had a really good time so I have no regrets about doing something differently. In 4-H, I learned more about rabbits and new things about nature when we were hiking. I was really proud of my showmanship at Fair. Out of 23 kids in novice rabbit showmanship, I got 8th place and was the only boy who placed. My mom helps me find the money to do my projects, but I sell some rabbits too to help with the costs. My mom and Ava were especially helpful to me this year. They helped me face my fears about performing in front of a judge and get me organized.

I have become a better leader by helping other people who need help or don't know as much. If I notice someone who needs help, I ask to help. When I come early to a meeting, I help by setting up chairs and tables and cleaning up afterwards, too. I help people run their rabbits to the show tables and tell them when their rabbits are being called to the table by a judge. I helped our 4-H community by working as a team to decorate our parade floats at 4th of July and the Christmas parade in Walnut Creek. I also work with others in feeding and cleaning the rabbits and cavies at Fair. I helped feed the rabbits at State Fair and answered questions and helped people pet a

bunny who had never pet one before. While working on committees, I learned to make friends with people and that the work doesn't have to be boring.

I like my relationships with my 4-H leaders. I have become more proud about my public speaking. 4-H to me is fun and makes me feel like I have a place to help the community and other people in my club. 4-H has helped me figure out sparks like going to parades and playing games. I look forward to doing 4-H again next year and growing more as a person.

4-H Fun Fact

By *Anoushka Samuel*

4-H is called "4-H" because there are 4 words starting with the letter "H" in our 4-H pledge and represent what 4-H is about: Head, Heart, Health, and Hands.

UPCOMING EVENTS

National 4-H Week

Date: 10/1-7/18

Heritage Foundation Octoberfest

Date: 10/27/18

Time: 11:00 AM—6:00 PM

Location: Contra Costa Event Park

Record Book Workshop for Adults and Youth

Date: 10/26/18

Time: 7:00PM– 9:00PM

Location: The County Office

All Star Carnival

Date: 12/5/18

Time: TBD

Location: Martinez Junior High

County Presentation Day

Date: 1/26/18

Time: TBD

Location: Korematsu Middle School, El Cerrito

County Fair

Date: 5/16-19