

## 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: *There's more to 4-H than Animals*

Most members of 4-H raise animals. Many people who are not in 4-H know us as the farmers at the fair. Animals are an important part of 4-H, but it should be acknowledged that there are many other opportunities. You can learn so much more from 4-H than just how to raise an animal.

4-H has many projects other than animals such as woodworking, sewing, cooking, rocketry, and LEGOs. These projects teach valuable life skills, in addition to creativity and teamwork. There are also many projects relating to science. I had the opportunity last year to be part of a project called Science Matters. The goal of the project was to identify an issue in our community that could be solved through science. The project was funded by Bayer pharmaceuticals, and as part of the project we were sent to the National Agri-Science Summit in Chevy Chase, Maryland, which is right next to Washington D.C. We were also given a tour of the Bayer facility in Berkeley. This was a rather big project, but there are also smaller, club-level projects relating to STEM that members can participate in.

4-H also emphasizes the learning of skills that one would use in school and the workplace such as public speaking and leadership. Members have many opportunities to practice public speaking, such as Project Skills Day and Presentation Day. If a member does well at County Presentation Day, then they can go on to Area Presentation Day and even to State Presentation Day. Finally, 4-H teaches leadership skills. Members can be club officers and junior or teen leaders. They can participate in leadership projects such as the Emerald Star project. Finally, members can go to many conferences all over the country to learn about leadership. This summer, I went to State Leadership Conference and learned many things about leadership as well as made friends from all over the state. I encourage you all to try something other than raising an animal this year. It doesn't have to be something big, but you may find that you enjoy it just as much as animals.

*Sincerely,*

*Evelyn Young, Editor*

## Say “Hi” to one of our County Ambassadors!

*By Samantha Gianelli, Tassajara 4-H*



Welcome to one of our New County Ambassadors! Cara Rubin of Tassajara 4-H was introduced as one of our county’s new 2018 – 2019 County Ambassador at Achievement Night on September 22. A County Ambassador 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 County Ambassador jackets! The primary thing a County Ambassador does is submit a plan to improve our county 4-H program. So, if you see Cara around at a 4-H event, be sure to say hi and thank her for serving as a County Ambassador. Here is my interview with her:

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

A: I have been in 4-H for about 7 years.

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

A: My favorite hobbies outside of 4-H are horse riding, being in choir, traveling and hanging out with friends

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

A: Other projects I’ve done include cake decorating, bee keeping, sewing, advanced veterinary science, archery, science matters, photography and so many others. My favorite project has been financial acumen.

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

A: I’ve been a teen leader for the beginning rabbit and horse projects for a few years and I’ve been a club officer with various positions for 4 years. My favorite was probably being the treasurer, but so far I’m really enjoying being a co-president!

**Q: *Why did you decide to become a County Ambassador ?***

A: I wanted to become an all star so I could become more involved with our county. Since I don’t show livestock animals, I don’t get to interact with a lot of other county members.

**Q: *What are some of your goals as a County Ambassador?***

A: One of my goals this year as an all star is to have a successful all star event! I’m also hoping to become better friends with my other County Ambassadors.

# National 4-H Week

*By Aubrey Saunders, Knightsen 4-H*

National 4-H Week is the one time every year when 4-H'ers around the country celebrate what 4-H means to them. It is also the time that we share with the community around us what our clubs do and what 4-H is all about.

This year we were all encouraged to participate in STEM activities. With this in mind, during the kick off party which Knightsen 4-H club hosted on October 7th, I had a booth dedicated to STEM activities like marshmallow catapult building, engineering challenge, and building air powered vehicles. It was a great time where club members were able to join with members of the community and complete experiments and building challenges.

The final day of National 4-H Week, our club held a science and field day where again 4-H members were able to complete assorted science, technology, engineering and mathematical challenges. As the leader of the Knightsen 4-H Club Robotics Project this year, I was able to take a planning role on both of these days. The members of the club and community seem to have a great time experimenting and working together to build new and interesting creations.

I look forward to National 4-H Week next year and what new and exciting things we will be able to plan to do then.

## National 4-H Week Events Around Contra Costa County



Claycord 4-H's community outreach at Clayton Pumpkin Farm.



Inspiring all to do a sunshine craft.



Pleasant Hill 4-H's community outreach at Rodger's Ranch.



A happy visitor with her sunshine creations!

## POET'S CORNER

### *When the Sky Wept*

*By Sianah Britto, Claycord 4-H*

*I stand at my window,  
Watching the pearl-grey sky,  
Staring at the overcast grey clouds,  
Hurriedly floating by.  
The silver mist cloaks  
the distant mountains,  
Wrapping it in a hazy shawl,  
Soon, the crystal tears of heaven,  
From a granite sky fall.  
The dancing drops fall thick and fast,  
Dreary but beautiful, grave but gleeful,  
Plummeting to the ground,  
In a myriad of silver needles.  
Though the years will go on,  
And my days be well-spent,  
I know I'll never, ever, forget the day,  
When the sky wept.*

## Baking Information and Tips

*By Sydney Olson, Claycord 4-H*

One of my favorite things to do is cook and bake in the kitchen. Just a few weeks ago I learned some things about baking that I didn't know. For example, did you know that caster sugar is different from regular sugar? Caster sugar is much finer than regular granulated sugar, and is used in baking as it dissolves better.

Another thing I learned was how to candy lemons. First, you slice the lemons and take out the seeds. Then you make a simple syrup by boiling equal parts of sugar and water together. After that you drop the lemons in and wait until they're nice and crispy. It tastes just like lemonade! Now if you ever get a craving for a simple treat, you can candy some lemons!



Here is some additional information you may not know about the kitchen:

Baking soda can last for nine to twelve months on the shelf. Never put a metal measuring device (Teaspoon, tablespoon, ect.) in yeast. It kills it and makes it so your baked goods can't rise. Did you know why cookie recipes say to melt the butter instead of using it at room-temperature? It's because creaming cold or room-temperature butter makes the cookies have a more cake-like texture.

To eat . . . or not to eat. That is the question. Did you know that eating cookie dough before it is cooked is dangerous to your health? The eggs in the dough are raw, therefore it can potentially have a bacteria called Salmonella which can cause food poisoning. But if you really want some cookie dough, there is an alternative to the homemade goodness. Edible cookie dough is made without raw eggs or flour making it safe to eat and can be found at your local grocery store. Yay! Especially as we approach the holiday season.

Speaking of which, at festive holidays, we often get green and red cookies. Well, did you know that every time you sink your teeth into that red and green yummy goodness, you may be eating a bug? Some red food dyes are made from crushed bugs! However, you can buy or make natural food dye that does not have bugs in it. Whew! What a relief!

I hope you find this information helpful as you spend time in the kitchen this holiday season.

## State Leadership Conference

*By Johanna Busk, Claycord 4-H*

Building bridges: That was the theme for State Leadership Conference 2018, otherwise known as SLC. This year, many California 4-H'ers travelled to UC Davis, which hosted the conference, to learn useful leadership skills, especially building connections and friendships, which was this year's focus.

The first day, I arrived with Melody Hollingworth and Evelyn Young, two fellow 4-H'ers from Contra Costa County. Melody and I, who were roommates, settled in and headed to a large room where many members slowly trailed in to play icebreaker games. We then headed to a truly amazing dining hall to eat dinner and then we played a fun recreational game.



Friday started with an early breakfast, shortly followed by the morning tours. Melody and I both attended the CS Summit (Computer Science), which was an all-day tour. Through different sessions, we studied artificial intelligence, used the computer program Scratch to create google logos, learned how to solder, and we also learned about compression data, mapping, and inscription. All these were super interesting, and everyone learned a ton. That evening, we met in small groups to discuss social skills and empathy, followed by the Kick-Off Assembly, which was followed by a trinket trade and ice cream social.

On Saturday, Paul Wesselman, an inspirational speaker, encouraged us to appreciate other people more, inspiring us to show others our appreciation. After lunch, several leadership and educational sessions were offered, the two which I attended were a scavenger hunt that taught leadership skills, and a computer/robotics session. That night we had a fun dance party featuring a DJ and 3 hours of fun!

Before we left on Sunday, we all went to a morning of mindfulness that featured water color, jiu jitsu, yoga, and many more activities. Our small groups met one last time, followed by a closing assembly, and departure.

SLC was an amazing, educational and inspirational experience. I highly recommend this super amazing conference to any 4-H'er who is old enough to attend!





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## Healthy Eating and How to Shop for the Right Foods

*By Anoushka Samuel, Claycord 4-H*

A successful trip to the grocery store always starts off with a list of all the needed groceries and adding to the list as soon as possible when food items are needed. Therefore you won't just be buying food on impulse but more well planned which also saves you time! An example of what to have on your list should be the staples like cereal. Some areas have a program called Community Supported Agriculture which allows you to buy your food fresh and easy from local farms. Another healthy option would be to go to your local farmers market with locally grown fruits and vegetables. It is always hard to cook up a healthy meal if you don't have the right ingredients. Some easy changes you can make to food that are eaten commonly to make your everyday life healthier would be to replace white potatoes with sweet potatoes and to replace lettuce with spinach. It can make all the difference. Here are ways to shop for the different food groups:

**Produce:** Choose the most colorful produce; color can show the amount of minerals and vitamins depending on the brightness. Breads, cereals, and pastas: Choose whole grain versions such as choosing regular oatmeal instead of instant oatmeal. You want at least 4 grams of fiber per serving with all your whole grain products to get the most out of them.

**Meat, fish, and poultry:** The American Heart Association recommends two servings of fish per week, lean cut meats such as round, top sirloin, and tenderloin, and always opt for the skinless meat.

**Dairy:** Dairy is an awesome source to build up calcium levels. All dairy such as yogurt, cheese (as long as it does not come out of a can), and milk are essentially healthy but try to pick the more low fat/nonfat options.

Remember, even though this is a lot to remember, eating healthy is essential!



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## Dogs Saving Lives

By Clara Brockman, Claycord 4-H



On October 4, 2018, Claycord 4-H members arrived at the Dogs 4 Diabetics center for a field trip. According to <https://dogs4diabetics.com/about-us/our-mission/>, Dogs 4 Diabetics is a national organization whose mission is to “provide quality medical-alert assistance dogs to insulin-dependent diabetics through programs of training, placement, and follow-up services; and to develop, promote and advocate standards of quality, performance, support and disclosure for all medical assistance dog teams.” They use a variety of dog breeds and mutts that they get from the Seeing Eye Dog program and from shelters.

As we walked into the training room, we noticed many different training tools and dogs in large kennels. The staff showed us a video about the smelling ability of dogs. The shape of their nose enables them to draw in many different odors at the same time. Likewise, the mucus on their nose also helps dogs capture scent particles. In addition, the large size of the olfactory part of their brain allows dogs to remember scents very well. Compared to people, dogs have about 225 – 300 million smell receptors while humans have only 5 million.



To demonstrate this difference, we had a smelling experiment where each 4-H'er sniffed a certain spice and then tried to identify which spice mix it was in. Only about half of our group was successful in picking the right mix, whereas a dog would be able to identify each spice separately. This amazing sense of smell helps them to detect if someone is diabetic and if their blood sugar is too high.

We watched several dogs demonstrate their training abilities. One dog correctly picked out the training scent from a series of 4 containers and was right every time even though the scent was moved. Another dog found the training scent when it was hidden in different places on a staff member. Youth members were all given an opportunity to donate sweat samples to be used for training.



Many people's lives have been saved by these dogs, but they could use our help. Dogs 4 Diabetics needs volunteers to work at the center, and encourage youth to volunteer when they are free in the summer months. Also, they love having people foster dogs that are going through training. This is a 4 – 6 month commitment where the dog need to be taken to the center 4 days each week. These dogs have also been socialized to be around other dogs and cats. What a great way to serve the community!

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## National 4-H Week Outreach

*By Sophie Brockman, Claycord 4-H*

To celebrate National 4-H Week, Claycord 4-H arrived at the Clayton Valley Pumpkin Farm on October 6, 2018, for a day of educating the public about 4-H. National 4-H Week is an annual event in which 4-H is promoted nationally for a week, and each club is encouraged to participate in some way. Claycord 4-H has been hosting the petting zoo as their way to promote 4-H for over 8 years, and it has become a popular experience for both the club and the Pumpkin Farm visitors.

The Claycord 4-H Club set-up team arrived early to place haystacks in a square and assemble canopies. Display table were put up to show items that members had made in their projects. 4-H'ers also brought a variety of animals to show the children who passed by. This year, kids had an opportunity to interact with rabbits, ducks, chickens, guinea pigs, a gopher snake, and a box turtle. While visiting the petting zoo, children could hold or pet the animals while they learned more about them, such as name, gender, and age. The box turtle and the rabbits were the biggest draw this year.

Warren Brockman, who has attended this event through the years, exclaimed, "It was exciting to tell children about my chicken, Goldie, at the Pumpkin Patch!" Everyone enjoyed the comradery, sharing their animals with the public and promoting the 4-H program.



### The Editorial Team

<b>Editor's Letter by :</b>	<b>Evelyn Young</b>
<b>Issue Compiled &amp; Edited by:</b>	<b>Melody Hollingworth</b>
<b>Advertising Liaison:</b>	<b>Johanna Busk</b>
<b>Team Members:</b>	<b>Sianah Britto</b>
	<b>Samantha Gianelli</b>
	<b>Sydney Olson</b>
	<b>Sara LaVay</b>
	<b>Anoushka Samuel</b>

*Special thanks go to Mrs. Adrienne Busk and Ms. Brenda Vales for over-seeing and leading the Contra Costa County Journalism Project.*

## Upcoming 4-H Events

### Warm Winter Nights

Date: 11th November 2018

Time: 1:00—3:00 pm

Location: Lamorinda Presbyterian Church

### Beginning 4-H for Volunteers/ Parents

Date: 17th November 2018

Time: 10:00 am - 2:00 pm

Location: UCCE Office

### County Ambassador Carnival

Date: 15th December 2018

Time: 2:00—4:00 pm

Location: Martinez Junior High

### Project Skills Day

Date: 19th January 2019

Time: TBD

Location: TBD

### County Presentation Day

Date: 26th January 2019

Time: TBD

Location: El Cerrito Middle School

### Fashion Revue

Date: 27th April 2019

Time: TBD

Location: Contra Costa Event Park

Check the County Calendar at  
<http://4hcontracosta.ucanr.edu/Calendar/>  
 for more information.