

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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4-H Youth Development Program



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Letter from the Editors: *From Goodbye to Hello*

As 2018 comes to a close, many of us reflect upon the past year. We may reflect upon goals, events, friendships, or new hobbies. In addition, this year I challenge you to reflect upon your 4-H year. Though we are finishing 2018, we are nearly half-way through our academic year. Let's take a minute to reflect on where we stand. What did you focus on? What goals did you achieve? What friendships grew stronger? And most importantly, how did you become a stronger 4-H'er?

Furthermore, there may be some opportunities for us to shift gears to create a better 2019. Reflecting upon the mistakes learned the hard way can strengthen character and further growth as well. Then, as January comes around, think upon questions that might better direct the future: What do you want to focus on now? What unachieved past goals do you want to fulfill and what new goals are you setting? What are your strategies? What friendships do you want to pursue? And how can you become a better 4-H'er for your club, your community, your country and your world?

Sincerely,
Johanna Busk, Editor

4-H Camp

By: Samantha Gianelli, Tassajara 4-H
4-H camp is an amazing opportunity for all intermediate members and up. This year it will be held at Las Posadas State Forest in Napa County June 16-22, 2019. The camp comes with a bunch of amazing stories, food, and experiences. It can be a little scary to take the leap of faith into your first year of camp, but this is a quick question answer article to make it a little easier with some common questions.

Continued on page 5



Say “Hi” to one of our County Ambassadors!

By Samantha Gianelli, Tassajara 4-H

Welcome one of our new County Ambassadors! Riley Lewis was introduced as our county’s new 2018 – 2019 Ambassador at Achievement Night on September 22. 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 Riley around at a 4-H event, be sure to say hi and thank her for serving as one of our County Ambassadors. Here is my interview with her:

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

A: I have been in 4-H for ten years, I believe this is my eleventh year.

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

A: Outside of 4-H my favorite hobbies are the Liberty High School band and FFA, babysitting, taking classes, and watching scary movies with my friends.

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

A: I have been in Lamb, Swine, Horse, Rabbit, Pocket Pets, Beginning 4-H, Sewing, Cooking, Poultry, Camp Leadership, SLC Fundraising Project, and Shooting Sports, my favorite being Swine.

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 been junior/teen leader for Rabbit, Pocket Pets, Sewing, and Beginning 4-H. I have also been on the Fashion Revue Committee and have been on Camp Staff. My favorite is probably being Sewing teen leader or Camp Staff.

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

A: As a younger member of 4-H I always looked up to those older than me. Both my older brother and my older sister have been County Ambassadors in the past and I watched how they influenced members just like me. I wanted to inspire other members just as they did.

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

A: My goals for this year are to go to all the county events and attend as many community meetings as I can. I also want 4-H Winter Wonderland to run smoothly and bring back fair work-day.

Q: In your own words, how would you describe what a County Ambassador is?

A: I think the most simple term for a County Ambassador is a role model; other 4-Hers look up to us, the clubs depend on us, and the county is represented by us.



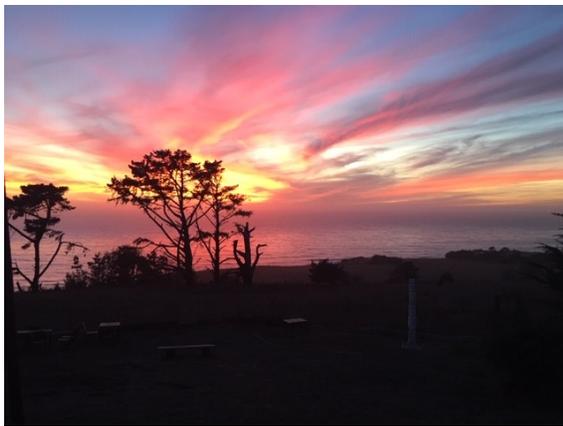
Mindfulness Retreat

By Evelyn Young, Brentwood 4-H

Last month I had the opportunity to go to the Mindfulness Retreat at Camp Ocean Pines in Cambria. The retreat went from Friday night to Sunday morning. We spent the weekend meeting 4-H'ers from all over the state, learning about mindfulness and mental health, and just enjoying the outdoors. This was different from many other 4-H conferences and retreats I have been to because while there were many scheduled activities such as workshops, a trip to the beach, and stargazing, there was also a lot of free time to do whatever we wanted, which resulted in things like an impromptu campfire and a large game of dodgeball.

At the retreat we learned the benefits of practicing mindfulness and letting go of stress. We learned many new ways to do that, including meditation apps, yoga, and tai-chi. We practiced mindful breathing, which is simply taking a moment to pay attention to your breath, and is something you can do to calm yourself down almost anywhere.

The retreat was a great way to escape from the stress of everyday life, and was a lot of fun too. If you are interested in learning about being mindful, I encourage you to go next year.



This was the gorgeous view from the deck on Friday night.



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4-H FUN FACTS

By Sydney Olson

Whether you are new to 4-H or have been doing it for a long time, here are some fun facts about 4-H you might not already know. For example, did you know:

1. 4-H was founded in 1902 in Clark County, Ohio by Albert Graham.
2. The H's in 4-H stands for Head, Heart, Hands, and Health.
3. 4-H was first meant to teach children farming and farm-homemaking, meaning cows, chickens, sewing, etc.
4. Many presidents have been the chairman for 4-H.
5. The original 4-H pledge was written by Otis Hall.

Many of you know most of the fun facts, but it's still fun to think about them!

6. People in 4-H are more likely to help the world and community than people in other activities. Hence, the pledge.
7. There are around 90,000 4-H clubs in the US, with about 6.5 million members!
8. Both Jacqueline Kennedy and Jimmy Carter were involved with 4-H as kids, along with many others including Johnny Cash, Donna Reed, and Anne Burrell.
9. The first club was called 'The Tomato Club' or the 'Corn Growing Club'.
10. 4-H clubs were very popular in the 1930's because of the great depression. The clubs were used to bring fun to everyday life.

I hope you liked my 4-H fun facts!



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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 there.

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 in sleeping bags and typically on pads.

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.

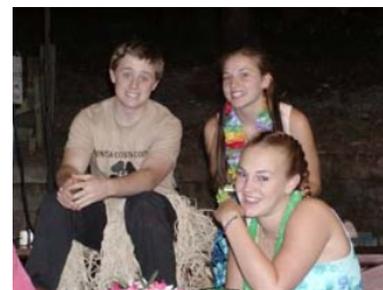
Q: What happens if I get hurt or take daily medication?

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.

I hope to see you at camp!



ABC's of Being Healthy

By Anoushka Samuel, Claycord 4-H

Here is an ABC list to making your life healthier. These steps might take a lot of effort, but isn't a healthy life worth it?

A: Avoid processed foods and unnatural sugars such as high fructose corn syrup.

B: Breakfast. Eat it, it's as easy as that, fill it with eggs and grains and you're good to go.

C: Colorful: Imagine your plate as a canvas and fill it with color, an all yellow canvas is boring. Add bright colored food such as beets!

D: Drink water.

E: Eat the food you get seasonally and you will have the freshest plate out there, and that makes all the difference.

F: Farmers market: Get groceries from your local farms.

G: Go outside: No need to take vitamin D pills when you can go outside and soak up some sun. This can boost your energy and immune system!

H: Hire a health coach or read health books to help you. You can always do it on your own too.

I: Imagine your ideal self: Not your ideal weight but how you want to conduct yourself, what will your ideal self eat for optimal health?

J: Junk food cleanse.

K: Keep a food journal: log what you eat.

L: Lean protein: eat lots of them such as chicken breast, turkey, eggs, and nuts.

M: Meal plan: plan your meals for the week, this will help you not have to make a fast food run.

N: Nap when needed, even a quick two minute nap. This can boost your energy levels and replace the unnecessary cups of coffee.

O: Omega-3s: studies have shown that omega-3 fatty acids reduce inflammation, combat depression and improve mood and memory. Try to focus on omega-3 fats from food rather than supplements. Excellent sources include salmon, tuna, walnuts, flax seeds, leafy greens and hemp seeds.

P: Pack your lunch: Often, when working in an office, it's easy to make too many trips to the nearest fast food restaurant. Pack your lunch to keep it healthy. I like salads loaded with fresh vegetables and lean protein. (Make your own dressing to keep it even more healthy).

Q: Quit making excuses: being healthy can be inconvenient, think of the reasons you want to be healthy.

R: Reduce stress: Find your happy place!

S: Share your goals: Doing this plan can be so much more fun with a friend.

T: Treat yourself: In moderation of course, if you love dessert there will definitely be a healthy version online, I mean everything is online after all.

U: Understand your cravings: Focus on what is causing them, for example, if you're craving chocolate, you may be low on magnesium. Try eating nuts, seeds, fruits, or veggies to help this craving.

V: Vegan once a week: Try to go one day a week without eating animal proteins. (Also known as Meatless Monday.) It will force you to use some creativity at first, but after a month, it'll be very easy to come up with meal ideas.

W: Whole Foods: Eat a whole food diet instead of doing the trendy new diets. Whole foods consist of lean proteins, fruits, vegetables, and whole grains.

X: eXercise: (Yes, I cheated on this one!). Exercising for 150 minutes a week can be very beneficial for both your mind and body. Schedule your exercise in to your daily schedule to make sure you don't skip it.

Y: YOGAAAA: Yoga, my personal favorite, is a great way to relax and give your mind and body a break from the daily grind.

Z: ZZZ: Catch some z's and get a good night's sleep, at least eight hours. Try sleeping with the blinds open, rather than closed. When the sun starts to rise and shine into your room, your brain will slow down its melatonin production and start producing adrenaline. Once your body starts producing adrenaline, your body will start waking up slowly, even before the alarm goes off.

Vegetables... you don't have to like them to eat them

By Melody Hollingworth

Which one are you? The one who says that veggies are gross? The one who spends the savings? The one who enjoys sitting in that one favorite chair? Or the one who ignores his/her talents?

This year, at the State Leadership Conference where the theme was "Building Bridges", the keynote speaker Paul Wesselmann, also known as The Ripples Guy gave an inspirational talk about overcoming the challenges of working with difficult people, the importance of building friendships, getting out of our comfort zone to reach out to others, and using our talents to help others.

Even though we all know the reasons why we should eat vegetables - that they are healthy, and that they are essential to staying healthy, many of us do not like vegetables. Avoiding having to eat vegetables can become a habit very quickly if we decide that we do not like vegetables. We can have pizza with no vegetables, pasta, chili, and many other dishes where we can avoid having to eat vegetables.

Mr. Wesselmann shared that as a kid if he could throw away the vegetables, or somehow dispose of them, he would, no matter what the vegetable might be. When he went to college, he was glad that he could avoid vegetables and eat whatever he wanted. One day, while eating his meal, (which included no vegetables) he saw a chart which had the recommended amount of grains, calcium, protein that should be eaten at each meal. Further, he saw something he had never seen before. He saw a section that said "**You don't have to like vegetables to eat them. You eat them because you have to.**" That got him thinking, that perhaps it was right. No one ever said "to eat vegetables, one must enjoy eating them". It simply said to eat them because they are healthy for you. Mr. Wesselmann then gave the comparison that in life, we will meet people whom we do not like, but we have to work with them. Just because we do not enjoy their company, or talking to them, does not mean that we cannot work with them.

Most likely throughout our lives we have been taught to save money or given our allowance and told to put some aside as savings. What happens if we take out that money and spend it? Instead of keeping it in our piggy bank, or bank account, we draw from it constantly, and use it all up instead of making deposits? Sometimes, our friendships are like that. Instead of slowly building up our friendships by making deposits, we are constantly drawing "money" from our friends. Being the "spender" instead of the "saver", is one of the big ways in which we can break apart our friendships. It can be draining for our friends if we constantly take from the friendships, and never give anything in return. We should build up our friendships with little deposits of encouragement, gifts of sharing and serving, and being great company, not simply draining our friends with demands. Add to them, not remove from them.

There are several different types of people, those who stay in their comfort zones and those who push themselves out of it. A lot of us stay with one group of friends, talk to specific people, and do the same activities simply because of we enjoy the "bubble of safety" when we are in our comfort zones. Then there are others who enjoy trying new things, and making new friends, and are willing to "pop the bubble" that we create. Perhaps for some of us, it is time to "pop our bubbles" and try something new or make new friends. Maybe in doing so, we can achieve something we never thought possible.

Yet for some of us, maybe we need to accept the talents which has been bestowed upon us. Instead of burying or neglecting our gifts or talents, we should use them to help support or lift up others. What if you got a car, but never used it, and left it sitting in the garage? Well, that would be a waste of money, wouldn't it? Just the same, we need to remember to use our talents which we know as sparks in the 4-H lingo, and find opportunities where we can best work them out; and in so doing, share with others our knowledge and skills.

As I have taken away from the conference these great insights, I hope that you too will see that you don't have to like someone to work with them, create deposits in your friendships, get out of your comfort zones once in a while, and accept your gifts.

Artist's Corner

Drawings by Sara LaVay



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Upcoming 4-H Events

County Ambassador Carnival

Date: 15th December 2018
 Time: 2:00—4:00 pm
 Location: Las Juntas Elementary School, Martinez

Project Skills Day

Date: 19th January 2019
 Time: 9:30am-2pm
 Location: UCCE

County Presentation Day

Date: 26th January 2019
 Time: TBD
 Location: Korematsu Middle School, El Cerrito

Food Fiesta

Date: 3rd February 2019
 Time: 12-3pm
 Location: Danville Grange

Showmanship Clinic

Date: 16th March 2019
 Time: TBD
 Location: TBD

Area Presentation Day

Date: 23rd March 2019
 Time: TBD
 Location: Dozier Libbey Medical High School, Antioch

Fashion Revue and Stills Event

Date: 27th April 2019
 Time: TBD
 Location: Old River School, Brentwood

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