

## 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

Letter from the Editors 1

Healthy Living Tipps 2

Community Service With  
a Smile at a Pancake  
Breakfast 2

CIRC Updates 3

Journalism Project Up-  
dates 4  
Fashion Revue 5



University of California  
Agriculture and Natural Resources

4-H Youth Development Program



# THE CLOVERLEAF

of Contra Costa County 4-H

VOLUME 3 ISSUE 1

OCTOBER 2019

## Letter from the Editors: *Starting the Year Off with a Spark*

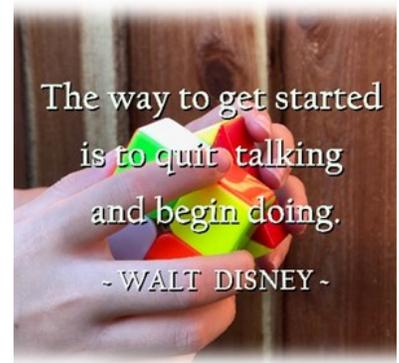
A new 4-H year has begun and many of us have chosen projects which we will be involved in. My favorite part about 4-H is that there are so many different opportunities and ways to explore our interests. “The way to get started is to quit talking and begin doing.” – Walt Disney. This quote by Walt Disney is very applicable to 4-H’ers, as in 4-H, we learn by doing. Rather than holding back, it is good to try new things and to continue to grow.

When I first joined 4-H, I knew very little about projects, showmanship, and leadership. Five years into my 4-H journey, I have been a teen leader in several projects, served at various county events, and shown at fair with multiple animals. 4-H offers a world of opportunities. Not only are there animal projects, there are projects in many other fields of interest such as quilting, web design, shooting sports, public speaking, and money management. Special thanks to the many wonderful leaders who sacrifice their time and effort to make these projects possible.

Each year, I challenge myself to learn something new by joining a new project. This year, I am looking forward to learning more through Cooking, Money Management, and Marine Biology projects.

I hope that all of you will be able to find projects that ignite your sparks. Looking forward to an exciting year with all of you,

Melody Hollingworth



The way to get started  
is to quit talking  
and begin doing.  
- WALT DISNEY -

## Healthy Living Tips

*By Sianah E. Britto*

There are many tips for maintaining a healthy living style, and these include reducing sugar and eating plenty of fruits, vegetables, and foods rich in protein. However, another important, overlooked tip is to exercise. Lots of people dismiss exercise because it brings to mind alarming images of the machinery at the gym, heavy cardio workouts and cross-country running. However, physical activity is important for all people. It burns off extra calories, helps your heart and circulatory system, and can also reduce stress. You don't need to be a professional athlete to get on the move! Simply walking or jogging once a day can increase your energy level, calm you down, and help with weight loss and maintaining a healthy body.

From now on, try to:

- Use the stairs instead of the elevator
- Take an early morning walk around your neighborhood
- Plan hiking trips with your friends and family

All of these are simple things you can do, but remember, exercise and physical activity is *essential* to maintaining a healthy lifestyle!

## Community Service with a Smile at the Pancake Breakfast

*By Harmony Hollingworth*

The fourth of July was a nice sunny day. I arrived at the Pancake Breakfast event organized by the Rotary Club at 8:30am.

With my friends from Claycord 4-H, I volunteered to clean up and collect plates and was pleasantly surprised when a man gave me a five-dollar bill for our club. Two people asked me what 4-H was about, and I shared with them that I had learned about caring for animals, weaving, and hiking. Another person asked me what the age limit was for joining 4-H.



*Continued on page 3*

## Community Service with a Smile at a Pancake Breakfast

*(continued from page 2)*

I worked for about one and a half hours collecting plates and cups, answering questions, and taking down the tables. It was a tiring, but great experience and many patrons thanked us for serving. I hope to serve again next year!



## CIRC Updates September 2019

*By Evelyn Young*

Congratulations to those who submitted record books! There were 52 regular books as well as 34 primary books. All awards will be announced at County Achievement Night on October 19th.

Attention Seniors! CIRC will be giving out 3 scholarships worth \$500 each, with more information to come.

CIRC and the County Ambassadors are also planning a Senior Night to honor our graduating seniors, again more information to come.

Finally, CIRC will be hosting a record book workshop sometime in the spring. The next CIRC meeting is November 13th at the county office, so expect more information after that date.

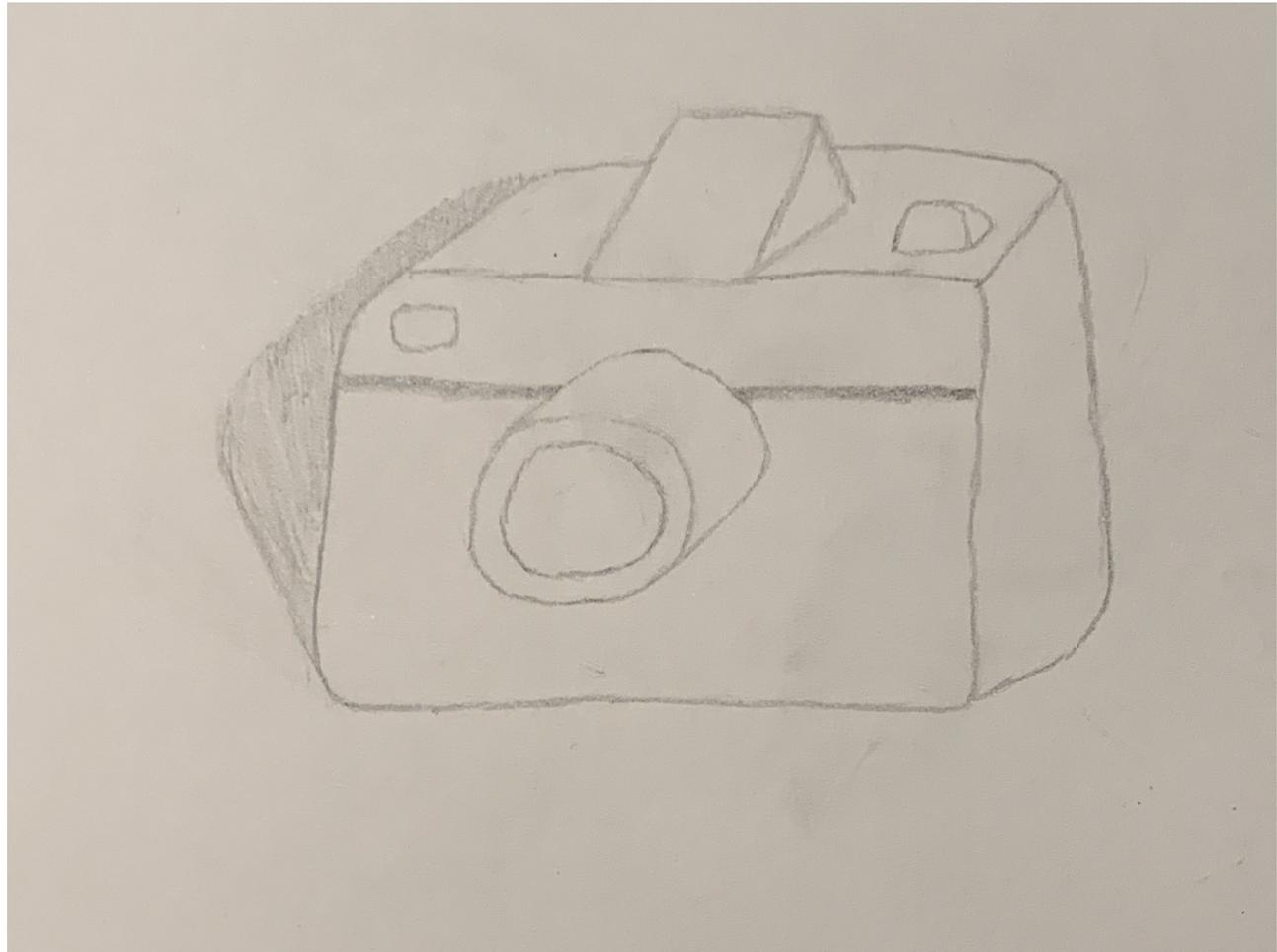
# Journalism Project Highlight

*Sianah E. Britto*

Are you interested in writing? Join the Countywide Journalism Project! The Journalism Project is perfect for aspiring writers, offering them the unique opportunity to write articles and put together the county-wide newsletter—the Cloverleaf.

I started 4-H for the first time last year, and when scanning through the projects offered at 4-H, the Journalism Project caught my eye. I decided to join, and I'm certainly glad I did! The Journalism Project not only offered a chance for me to grow in writing, it also improved my leadership skills. And the best thing about the Journalism Project is that you can write about whatever you like. If you love rabbits, write an article about the care of rabbits! If you love poetry, submit poetry! You can submit art, interviews of 4-H members, fun facts, and your experience at different 4-H events. If you're searching for a new project to join, then the Journalism Project is definitely for you! Write to [cloverleaf@contracosta4h.org](mailto:cloverleaf@contracosta4h.org) if you would like to join the Countywide Journalism Project.

*By Shayla Britto*



## Fashion Revue *by Araceli Carrillo Medrano*

4-H Fashion Revue is a wonderful opportunity for all 4-H members to present their sewing, budgeting, and/or creative skills. The event includes individual evaluations, where participants present their outfit to an evaluator, and the fashion show, where participants show off their outfit and receive medals or ribbons. The event also includes public service projects and opportunities to learn about different sewing topics. Participants gain important confidence, public speaking, and budgeting skills while preparing for and during this event. All 4-H'ers are welcome, and each year there are two categories that you needn't be in the sewing project to enter. This year, those categories are Consumer Science and Cosplay, both of which require a real eye for detail – and deals! The other events are Traditional, Box Challenge and Vintage. These last three events require participants to be part of a sewing project.

Participants who win in their county Fashion Revue also have the opportunity to advance to the state level, in the State Fashion Revue, which is a part of State Field Day, one of the largest state events. State Field Day is held at UC Davis each year. More information for this event can be found at [http://4h.ucanr.edu/4-H\\_Events/SFD/SFR/](http://4h.ucanr.edu/4-H_Events/SFD/SFR/)



By Johanna Busk

AS A TRUE 4-H MEMBER,  
 I PLEDGE MY

HEAD to clearer thinking  
 HEART to greater loyalty  
 HANDS to larger service  
 HEALTH to better living

IF @ IR

my club  
 my community  
 my country  
 my world

## Upcoming 4-H Events

### Achievement Night

Date: October 19, 2019

Time: 2:00—4:00 pm

Location: Old River Elementary School

### National 4-H Week

Dates: October 6-12

### Tractor Supply Paper Clover

Dates: October 9—20

### 4-H Spirit Day

Date: October 8

### State Record Books Submission Due

Date: October 25

Location: 4-H County Office

### Contra Costa Fair

Dates: May 14—17, 2020

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

### The Editorial Team

**Editor's Letter by :** Melody Hollingworth

**Editor in Chief and Layout:** Johanna Busk

**October Issue Editor:** Sianah Britto

**Team Member:** Shayla Britto

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