

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

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Letter from the Editors: A Time to Give Thanks

It's November! It's the time of the year again when the air gets a little colder, the pumpkin pies and turkeys come out, and Thanksgiving waits just around the corner.

Thanksgiving is an important time for many of us. We have family and friends over, get excited for Black Friday, bake pumpkin treats, and watch football, but a lot of us tend to lose the real meaning behind Thanksgiving. Thanksgiving is a day when we appreciate the people in our lives and be thankful for all the things we have been blessed with. It is easy to take our lives and the people in it for granted.

Think of all the hard work your parents do for you every day. Do you genuinely thank them for loving and caring for you? And think about your friends, your teachers, your siblings, your grandparents, and all the other important people in your life. This November, set a goal to make sure all your loved ones know how much you appreciate them.

Have a happy Thanksgiving,

Sianah Britto

Showmanship at the California State Fair

By Bettina Curletto, Lamorinda 4-H

This summer I went to the California State Fair. I entered my Jersey Woolly rabbits and competed in the Showmanship competition. There are lots of activities to do when you enter Fair. You check in on Thursday morning and, afterwards, you have a chance to sign up to be a volunteer for the Cal State Task Force. The Task Force takes responsibility of feeding and watering all the rabbits in the building. They also interact with the Fair audience to answer questions of Fair-goers and can give people a chance to interact with the rabbits. There is a schedule for the 4 days and you can sign up for one or more 3-hour shifts. If you work 2 or more shifts, you get a free t-shirt and all your hours can count toward community service or leadership experience in your 4-H record book. And, since the rabbits are kept in an air-conditioned building, it's a great way to escape the afternoon summer heat.

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A Strong and Inspiring Example

By Sophie Brockman, Claycord 4-H



One of our County Ambassadors this year is sixteen-year old Evelyn Young who has now been in 4-H for eight years. In her club, Evelyn participates in the Lego project and in past years has attended the Science Matters, Rabbit, Poultry, and Leadership projects. Her favorite Project was Science Matters because she was able to travel to the National Agri-Science Summit to learn about and research 4-H all over the country.

Outside of 4-H, Evelyn loves to read books and watch movies. In addition, she participates in two different clubs at school - Tobacco Use Prevention Education (TUPE), and an international program, called RC, where schools construct hydrogen fueled and remote - controlled cars and race them.

Some of Evelyn's responsibilities as a County Ambassador are to be someone that young 4-H'ers can look up to and learn from and to be able to make 4-H a great experience for all the members across the county. Evelyn says that her inspiration for becoming a County Ambassador came from her youth. "I decided to become a county ambassador because I remember looking up to them when I was a young 4-H'er, and I think that I have had some amazing opportunities through 4-H that I want to share." Furthermore, when asked what some of her goals are as a County Ambassador, she replied, "I want to inspire younger members to stay with 4-H and go as far as they can with it, because 4-H has given me many unique opportunities. I also want to work on including everybody in 4-H, even those who don't participate in animal projects."

Looking toward her future after 4-H, Evelyn wants to major in biochemistry or microbiology and would eventually like to work in a lab. Talking about how 4-H has influenced her future career, Evelyn states, "If it hadn't been for the science matters project, I wouldn't have known that I wanted to go into biology and genetics, so 4-H has helped me find what I would like to study."

We are honored to have Evelyn as one of our County Ambassadors this year because of her leadership and love for 4-H. And we look forward to having her lead and represent our county as a strong and inspiring example.



Goat Shearing

By Linnea Chang, Lamorinda 4-H

I am Linnea Chang this is my sixth year in 4-H. As one of the officers in my club, I regularly participate in community service. For a community service project, we did goat shearing at the Lafayette Elementary School on October 4th. We showed all the youth from kindergarten to fifth grade how to shear Angora goats. I was able to talk about how Angora goats are different from other goats and that is very important for the health of the goats to shear them two times a year. All the kids at the school had lots of questions for me and the Goat Project leaders. Most of the questions were about mohair and what we do with it and many were fascinated by the goat's curls in their fur. Most of the kids asked if their clothing was made out of mohair from the goats; I said no because it was a hot day and they were wearing cotton clothing and cotton is from a plant and mohair is used for sweaters and coats.



Goats' mohair is special, and all the kids loved how sweet all the goats were and seeing them before and after being shaved. The kids all called it a haircut! Some of the kids are even in our 4-H group. It was super fun and I would like it if more people in the goat group could come and help as well if we do something like this again.

A big thank you to all the people at the school who let us come and share our love for Angora goats, and Kelly, Allison, Dinah, my Mom, and me Linnea!



An Apple a Day



By Sophie Brockman, Claycord 4-H

Have you ever heard someone say "An apple a day keeps the doctor away"? Does this saying mean anything? Or can it just be dismissed as an old wives' tale? Since now we have entered into autumn, apples are everywhere, filling people's shopping bags and kids' school lunches. But does this popular and common snack have any benefits to our health?

Confirming the truth of the old adage, apples are packed with antioxidants, dietary fiber, and flavonoids. Because of all the nutrients in apples, they have been proven to reduce the risk of diabetes, heart disease, and hypertension. According to www.well-beingsecrets.com, "These nutrients are found in both the skin and meat of the apples, so the whole apple should be eaten for the most benefits." So next time you're feeling hungry, instead of eating a granola bar or chips, why not choose an apple, a simple easy decision for a healthier life.

A Tiger

By Clara Brockman, Claycord 4-H



4-H Camp 2019

By Riley Lewis, Knightsen 4-H

The theme of 4-H Camp 2019 was Farm. Many first-year camp participants and returners had a great time, myself included. Over eighty campers went, and about fifty staff and chaperones. The food was amazing and the activities were fun and good at building cooperation with others. Every year the campers and staff make new friends and comrades that last years. Top Staff, Max Cursi and Rebecca Pinkerton, ran camp smoothly and made everything enjoyable, whether it was eating breakfast or doing group activities. Camp went well and everyone is looking forward to next year.

Showmanship at the California State Fair ...continued from page 1

The Breed Show starts by 9am and is usually over before noon. During the breed show, you can volunteer to write comments for the rabbit judge.



Bettina writing for the Rabbit Judge.

The judge really appreciates the help. After the show, you then have free time to explore the Fair or do a shift or two with the Task Force. Later on, there is an optional exam called The Champion Challenge down in the cattle show ring. This is a written exam specific to your species. So, you can take a test on poultry, rabbits, goats, swine or cattle. Literally a hundred or more kids line up and take the exams. The test has questions about animal management, commercial uses, diseases and care. If you get a high score on this test, you're invited to go back the next day to do the practical hands-on part of the test.

The next day, Friday, is Rabbit Showmanship. Again, we come in our whites and wait for our turn. It's Group Showmanship, but each judge does things differently. This year, the judge had a short 10-question written exam that would help her figure out who did the best at both the routine and knowledge. I ended up winning first place in Junior Showmanship. They gave me a big plaque, and it also meant that I qualified for Master Showmanship which took place the following weekend.

Saturday, they have the Quiz Bowl for teams who want to compete against each other in a Jeopardy-style contest. Team mates buzz in to answer questions that are worth different amount of points. My team has won this event 3 years in a row. We didn't compete this year, though. Sunday night is when you come back to take your animals home. It's a quick and easy tear down.



I came back the following Saturday for Master Showmanship with some friends. The Fair gave me Bettina & her "cheering section" at Master Showmanship



Bettina showing a Pygmy Goat during Master Showmanship.

10 free tickets for friends to come and be my cheering section! There were kids from 4-H, FFA and Grange participating. There were five other kids in my group and there were 6 rotation stations. Cavies were at my first station. Because of Newcastle disease, there were no live chickens, but I had to answer knowledge questions about them at the poultry rotation. Next rotation was the rabbits (which was easy for me). Then it was Pygmy goat and then dog. I tried a strategy to choose a dog whose breed I knew, but someone else got him and I ended up with a breed that I thought was a standard poodle, but then I realized it wasn't. After we were all done (which was like an hour or more), they had us wait in the bleachers to announce the winners. I was pleased to win 3rd place and my ribbon was REALLY big and had a large rosette. I had fun and I plan to go again this summer. If you've ever thought about showing at the California State Fair, especially rabbits or poultry, I recommend doing it.

County Leadership Conference

By Harmony Hollingworth, Claycord 4-H



The County Leadership Conference held on October 5, 2019, was a very educational event. I learned about organization and community service. A few things I learned about organization are the different types of calendars such as the bullet journal, phone calendar, and time-table. We also learned how to make boring things fun, like playing music while we clean the bathroom or when cleaning our bedrooms. We can also try to see how fast

we can clean our rooms. We also got candy for answering questions.

For Community Service, we made no-sew tie blankets for animal shelters. One of the questions asked was "If we could help the Community, what would we try to do?". I chose to help stop marine pollution. At the end of the event, we were each given a cup which included a few reminders to help us achieve our goals:

- ⇒ A glue stick to remind us to always **stick with our goals**
- ⇒ A milky way so we never forget to **shoot for the stars**
- ⇒ A rubber band to help us **keep it together**
- ⇒ Gummy bears to remind us that

we are 'beary' special

- ⇒ Balloons so we never forget to **celebrate our success**
- ⇒ An eraser because **no mistake is unfixable**,
- ⇒ A band aid to help **heal our wound**

Thank you, Nikhita Dhamrait, for leading such a wonderful Leadership Conference!



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.



County Achievement Night

By Ada Wakefield, Oakley 4-H



Ms. Sally Cox announcing the new County Ambassadors : Johanna Busk, Melody Hollingworth and Evelyn Young

It's that time of the year again where we come together on a nice fall afternoon and celebrate all the goals our 4-H members have accomplished over this last year. This year, my club was asked to host Achievement Night. For our theme, we chose super heroes because we are all super heroes in our own way. It took months to plan the event but eventually it took shape.

Many clubs came together and made sure they

cheered for their fellow members.

It was so much fun seeing how hard they all worked. My favorite was getting dessert after the awards. It took a lot of planning but in the end, it happened beautifully and I am glad I was a part of it. I hope that I can be a part of Achievement Night next year too.



SUPER HEROES OF THE YEAR





Contra Costa 4-H



Tri-Tip Dinner **BOOTS, CHAPS & COWBOY HATS**

Saturday, November 16, 2019
5:30 PM – 8:30 PM

Silent Auction
Dessert Auction

Contra Costa County Fairgrounds
Building 1 (Sunset Building)
1201 10th St, Antioch
For tickets please visit: ucanr.edu/cccdinner2019

Tickets: Adults \$40
Children under 12 \$20
(Children under 3 Free. At the door Adults \$50, children \$30)

* (From 10th St, turn SOUTH at O Street, continue down the gravel road and follow the signs
Any questions please contact: cccdinner@contracosta4h.org.)



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

Calling All Avid Photographers!

(1) Submit a photo which reflects a season (Spring, Summer, Autumn, or Winter) taken by you with a short description of 3 to 5 sentences.

(2) Include:

- * Where photo was taken?
- * Date photo was taken (in current 4-H year)
- * What type of camera was used?
- * What attracted you to capture it?

We will choose the best photograph submitted to be published each month.

Upcoming 4-H Events

Tri-Tip Fundraiser Dinner & Auction

Date: November 16, 2019

Time: 5:30 pm

Location: Contra Costa Event Park

Project Skills Day

Date: January 18, 2020

Time: 9:30 am—1:30 pm

Location: UCCE Office

Clover Fun Run

Date: March 14, 2020

Time: TBD

Location: TBD

Contra Costa County Fair

Date: May 14-17, 2020

Time: 12:00 pm

Location: Antioch Fairgrounds

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