

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

A Diligent & Hardworking Spirit 2

Future of Livestock Sales 3

Preparing for the Clover Fun Run 5

Being a Staff Member at Bay Coast Youth Summit 6

Project Skills Day 7

Rabbit Meat for Sale 8



University of California
Agriculture and Natural Resources
4-H Youth Development Program



THE CLOVERLEAF

of Contra Costa County 4-H

VOLUME 3 ISSUE 4

FEBRUARY 2020

Serving Our Community with Love

We have now entered into the month of February, during which we celebrate Valentine's Day. This is a holiday of love. Valentine's Day, though, is not just to be celebrated by people who are in love, but by anyone who wants to show their appreciation to someone. This is the month of reminding instrumental people in our lives how much we value their friendship, encouragement, or guidance.

We can also show appreciation to our community by serving them like it says in the 4-H pledge, "My hands to larger service [...] for my club, my community, my country and my world." As a 4-H'er, one of our jobs is to improve the place where we live through our service and work. Always be on the lookout for ways to show love to your community through volunteer work. Some examples of giving back would be to weed a public park's flower bed, send a card to a sick friend, offer to mow a neighbor's lawn for free, take your pets and animals to a senior home or school, help out at a food bank . . . the options are endless!

There are many ways to serve people and make a difference in their lives if we only look for the opportunity to do so. Author Elizabeth Andrew once wrote, "Volunteers do not necessarily have the time; they just have the heart."

Volunteers do not necessarily
have the time;
they just have the heart."

~ Elizabeth Andrew ~

So, this February, I encourage you to show your love and appreciation to your community and the wonderful people in your lives to make a positive difference in our world.

*Sincerely,
Sophie Brockman*

A Diligent and Hardworking Spirit

By Sophie Brockman, Claycord 4-H



Melody Hollingworth, our fifteen-year-old Contra Costa County Ambassador, is entering her sixth year in 4-H. In her free time when she is not studying or working with 4-H, she enjoys taking walks with her dog, reading mystery books, creating fun songs and skits, occasionally cooking, and playing the ukulele. In addition to her hobbies, some of her activities outside of 4-H are horseback riding, square dancing, participating in her youth group and volunteering at North Creek Church.

Melody decided to become a County Ambassador because she wanted to be able to plan and organize a county-wide event bringing 4-H'ers from different clubs closer together. Some of Melody's roles as County Ambassador are working with her advisor, Ms. Sally Cox, and Ambassador team to create a county event while also assisting at other county events during the year. Two significant events which she is organizing with the team are a County Fun Run and a Graduating Seniors Award Night. When asked what some of her goals are as a County Ambassador, Melody responded, "My goal is to give back to 4-H the skills and knowledge that I have learned over the past few years. Just as the leaders and past seniors have helped and encouraged me, so I hope to encourage younger 4-H members to become active participants in 4-H events. This year, my team and I hope to organize a Clover Fun Run to encourage 4-H members to exercise with friends. A part of the 4-H Pledge is to live healthy, and we hope that through this run we can encourage others to start running or going on walks."

Melody is also very active in her club. This year she is participating in Dog, Hiking, Marine Biology, Canning & Preserves, Journalism and Animal Husbandry projects. Her favorite current 4-H project is Dog Project. During her previous years she has been in Emerald Star, iThrive, Weaving, Sewing, Printmaking, Horse, First Aid, Veterinary Science, Rocketry, Public Speaking, Record Keeping, Poultry, Rabbit, Cavy, Bee Keeping and Gardening projects. Because of her diverse experience, Melody chose to lead two different projects in her club this year on top of her job as a County Ambassador. She has been leading the Dog Project for several years since she loves to work with her dog while assisting people to learn how to train their dogs. Dog was her first 4-H project and so she has really enjoyed being an important, instrumental volunteer in this project. The second project that Melody is directing is Marine Biology. Marine Biology was not an existing project in her club, but driven by her love for marine life, Melody creatively planned and made a completely new project. On this subject Melody says, "I hope to pursue a career in Marine Biology one day, and my Mom thought leading the project would be a good way to help me gain more experience and knowledge, while sharing it with others."

When asked how 4-H has impacted her future career or college choice Melody responded that "4-H gave me many opportunities to learn about animals, and I discovered my love for animals through 4-H. I have shown at fair for several years, which inspired me to look further into sea animals." For her career Melody hopes to go into either underwater videography or become an oceanographer. She adds "I would also love to work in a marine rescue where I can interact with and care for all sorts of marine animals. A career in Finance would be a second choice. Some of Melody's personal goals include volunteering at a Marine Rescue and to make more time to work with her animals at home.

Through her responsible and serving character, Melody has become a leading example to many 4-H'ers in her club and county. Through her diligent and hardworking spirit, she remains a valuable member to the team of County Ambassadors. We hope Melody will grow even further with this years' experience and that she will continue to inspire old and new 4-H members to explore the world around them to discover and pursue their dreams and passions. on walks.

The Future of Livestock Sales

By Nikhita Dhamrait, Tassajara 4-H

If you have been keeping up with the livestock industry recently, I am sure you have noticed a new trend, and it is not going away anytime soon. Online livestock auctions have become more and more popular in recent years and will soon be the industry norm.

In an online sale, breeders are able to get more per head than in person, due to more people being able to bid from greater distances. They also do not have to worry about hosting people locally, and there is less risk to the biosecurity of their farm.

As a consumer, online auctions allow opportunities to purchase higher quality animals from further away; and everyone has an equal chance at every animal, unlike private treaty animals. But, online sales are also becoming a problem for those looking to get quality animals within a tight budget. There is no guarantee you will get the animal you want, and easy bidding can lead to higher and higher prices. Also, if there is a year (like 2019) where breeders have fewer animals born in the fall, priority will go towards online sales so the breeder can make the most profit off the animals they have. But, if you are looking for competitive animals, an online sale might be where you want to go. The best animals are usually sold online, and sometimes you can still get a great price for a high quality animal.

There are many online platforms that breeders use to host their auctions. The two most commonly used are SC Online sales, and Willoughby Livestock Sales, though Oklahoma show goats is also pretty popular. All these sites have a feature called extended bidding, where an animal will only be sold after 2-5 minutes where no bids are placed, a sale might go on for much longer than its announced end time. This ensures the animal is sold for the highest price.

As always, I still suggest visiting and seeing an animal in person before you purchase, and it is important to watch out for things that can be hidden in posed pictures. But, if you stick to your budget, and are smart about your bidding, an online sale can lead to you bringing home a champion animal.

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.





UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

4-H Youth Development Program

CL^{4H}VER FUN RUN & WALK

Come join us to support 4-H, Healthy Living!



***Run/Walk as many laps as you can from 9am -11am
and be showered with green dye with each completed lap!***

Bring canned food to donate to Bay Area Rescue Mission.

March 14th, 2020 - Check in starts at 8:30am

Heather Farm Field 1- 502 N San Carlos Dr, Walnut Creek, CA 94598

Register at <https://ucanr.edu/cloverrun2020>



\$35 for adults, \$25 for 12 and under. Shirts come with entry fee if registered by **March 1st**.

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 UCANR, Affirmative Action Compliance & Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.

Preparing for the Clover Fun Run

By Melody Hollingworth, Claycord 4-H






With the Contra Costa County Clover Fun Run just around the corner, it is important to start preparing accordingly. Running is a great exercise that builds stamina, strength, and endurance. As 4-H members, we pledge our health to better living! But to run without getting injuries, it is necessary to make sure that you are well prepared. Ways to make sure that you are prepared are to stretch, eat healthy, drink water, and run!

An important part of running is making sure that you are putting the right nutrients into your body. Eat healthy foods and try to avoid deep fried food, soft drinks or sugary foods. You will also need to keep up your water intake to make sure that you do not get dehydrated. I do not recommend eating or drinking water **right** before a run, as often that will cause cramps. Rather, drink enough water throughout the day, so that your body is hydrated before the run, or at least drink water 30 minutes before. Depending on each person's health condition and needs, it may be a good idea to bring water with you on your run, especially if you are going to run for a long time.

Areas that are good to stretch or "loosen up" before going for a run are; ankles, shoulders, neck, and hips. While stretching, it is also good to monitor your breathing—take deep breaths as you stretch. Once your body is loosened up, start running!

Starting the run is often easy, but keeping it going is often the most challenging part. I find it easiest to run when I go with my dog, as she often keeps me going at the same pace. Going with a friend or family member is also a good way to keep each other going. Even if you aren't going to run, going on walks are also a good way to stay healthy. I hope to see many of you, your family, and friends at the Clover Fun Run!

Stretching Exercises Before Running

Hip Flexor	Leg Extensor	Ankle Rotation	Leg Swings	
				
<ol style="list-style-type: none"> 1. Stand straight 2. Draw up left knee as you lift your right arm 3. Return to standing and repeat with right knee and left arm 	<ol style="list-style-type: none"> 1. Stand straight 2. Bend right knee as you bring heel behind to your glute 3. Return to standing and repeat with left knee and right arm 	<ol style="list-style-type: none"> 1. Place left foot with ball and toe on ground but with heel off the ground 2. Rotate ankle in a clockwise direction 3. Repeat with right foot 	<ol style="list-style-type: none"> 1. Stand straight 2. Swing right leg outward to your right 3. Then like a pendulum, allow the leg to swing to the left side in front of your left leg 4. Allow right leg to swing outward again 5. Return right leg to standing position 6. Repeat with left leg in the opposite directions for each step 	

Being a Staff Member at the Bay/Coast Youth Summit

By Nikhita Dhamrait, Tassajara 4-H

The Bay/Coast Youth Summit was held at Walker Creek Ranch in Petaluma from January 10-12. Attendees at this overnight conference learned and practiced leadership skills through various sessions, activities, and a leadership lab. This year, the theme of the conference was “Ripples of today, waves of tomorrow”, and it was focused on advocacy and learning to speak your opinion on issues that affect your life.

This year, as part of the planning team, I helped plan and organize the summit. After the 2019 conference, I decided I wanted to do more for this event, so I applied and was accepted to the planning team in February 2019. Since then, I have attended monthly video meetings and a two day retreat to work on everything that needs to be done for our summit to function successfully. Though it was a lot more work than attending the summit as a facilitator, I can absolutely say it was worth it.

The monthly planning meetings were very low stress and I never worried about voicing my opinion or suggestions. We divided up all the work and it was not too much pressure or time. Attending the planning team retreat was so much fun; it was held in Yosemite during spring break, and there were youth attending from all over California. I really enjoyed meeting all these kids and learning how their 4-H experience differed from my own. I learned a lot from this whole experience that I now use in my daily life and in leadership roles within my community.

At the actual summit this year, my experience was so much better on staff than previously as a delegate. Not only was it a lot of fun to use the radios and have the whole staff lodge to ourselves, but actually leading sessions and organizing people caused me to practice way more leadership skills than I would have as an attendee. Strangely enough, the most significant thing I learned was actually something very simple. The very first night, I was leading both the facilitator meeting and the welcome assembly, at both sessions I was having a lot of trouble getting everyone to be quiet, even with a microphone. Then, I realized whenever I am at another conference or camp where there are a lot of kids, the staff always uses attention getters! It was so simple but I hadn't even thought about it, a quick google search and some remembering resulted in a nice list of simple attention getters I could use. I ended up pausing the welcome ceremony for a bit to teach them all, and the rest of the weekend went so much smoother because of that. It was very surprising how quickly they worked, but I will definitely be remembering to use them in future situations.

Being on the planning team and attending as staff made my experience at the BCYS exponentially better. If you are interested in joining the planning team for the 2021 summit, the application will be posted here: <https://ucanr.edu/sites/4-HYouthSummits/>. Even if you have never attended the summit but are wanting to gain more leadership experience, I recommend you apply! This past year, three out of eight of the planning team members had never attended the summit before.

Project Skills Day

By Harmony Hollingworth, Claycord 4-H



Project Skills Day took place on January 18, 2020 at the County Office. It is an event where 4-H members get to present a speech using an educational board. This is my first year attending the event.

There were also judging and matching boards about different topics such as Dog Heeling, Types of Zippers, Types of Buttons, Photography, Horse Diseases and Market Whether.

There were board games which we could play and different crafts which we could do.

I presented a speech about the cone snail which I found fascinating. Although giving my speech was somewhat stressful, I enjoyed the challenge and experience.



My friend presented a speech about ants. An interesting fact I learned from his board was that a guy used an ant to stitch his wound. We were awarded certificates for participating.

This year, the community service was to make a card and bring yummy snacks for the firemen. My mom brought my sister and I to deliver the nine packages to the firemen. They were pleasantly surprised and thanked us.



Are You Looking for a Responsible, Healthy and Sustainable Source of Meat Protein?

Did You Know.....



- Rabbit has Zero cholesterol
- Has 20% protein and less than 10% fat
- It is really good to eat and is a great choice for heart-healthy diets

Hi, My name Alessandro. I'm 11 years old and live in Lafayette. I have been raising rabbits since I was 4-years old. I am raising and selling rabbits for meat. My rabbits are champion Californians that are bred specifically for their ability to grow quality meat. They are really good and if you know how to cook chicken, you know how to cook rabbit, too!

I have a professional commercial butcher that packages in tidy portions just like in the super market. One rabbit will feed 3-4 people if you have a couple of sides. Order 2 rabbits if you want bigger portions. Order in advance—we have limited quantities.

Thank you for reading my flyer about my business. Please call, email or text my mom if you'd like to try the healthiest and most eco-friendly meat source around!

allison_dent@yahoo.com • 415-577-3039

The Editorial Team

Editor's Letter by : Sophie Brockman

Issue Compiled & Edited by: Melody Hollingworth

Team Members:

Sianah Britto

Johanna Busk

Shayla Britto

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

4-H Presentation Day

Date: February 29, 2020

Time: 8:00am

Location: Morello Hills Christian Church

Clover Fun Run

Date: March 14, 2020

Time: 8:30am

Location: Heather Farm Park

Showmanship Clinic

Date: March 29, 2020

Time: TBD

Location: Contra Costa County Event Park

Stills Exhibit

Date: April 4, 2020

Time: 8:30am — 1:30pm

Location: UCCE Office

Fashion Revue

Date: April 25, 2020

Time: 8:30am — 1:30pm

Location: Old River Elementary School

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