

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

<i>Letter from the Editors</i>	1
<i>An Exchange Like No Other</i>	1
<i>Interview with Robert Young</i>	2
<i>CIRC Updates</i>	3
<i>Clover Fun Run</i>	5
<i>Fall Colors</i>	5
<i>Mindfulness Retreat</i>	6
<i>County Updates</i>	8



University of California
Agriculture and Natural Resources

4-H Youth Development Program



THE CLOVERLEAF

of Contra Costa County 4-H

VOLUME 3 ISSUE 5

MARCH 2020

Letter from the Editors: *Take control of your March Madness*

Whew, it's March already! It seems like just last week that the New Year was starting. Time really flies, and it's important that you manage your time well. A lot of us have busy schedules with a hundred different things to do a week. "Time management" is the way we utilize our time to achieve our long-term goals.

Try to sit down at the beginning of every week and plan how you want your week to go. Things don't always go as scheduled, but with an agenda, your tasks will be less of a hassle and cause less stress. Try to block out distractions and organize yourself to be as efficient as possible.

And remember, always make sure to schedule breaks. There's only so much our brains can handle, and putting too much pressure on ourselves will only stress us out.

This month, let's try to organize ourselves and plan our time. And always remember, don't wait for inspiration to strike, and don't push off things to do later, because soon 'later' will become 'never'. Set a schedule and stick to it!

-Sianah Britto, Cloverleaf Editor

Emerald Star!

By Nikhita Damraiht, Tassajara 4-H

The county Emerald Star project is an opportunity open to intermediate or senior members to take on a project of their choice that benefits the greater countywide community. The application process occurs in late fall, with a paper application, interview, and a presentation to the county council. If accepted, the Emerald Star project proceeds onto the planning process. From there, the member spends 1 to 2 years meeting with an advisor and organizing and executing their projects. Finally, at the conclusion of the time period the member creates an Emerald Star binder (essentially a summary documentation of the project), and submits it to the county council along with a conclusion presentation...

Continued on page 4

Working as an influential example

By Sophie Brockman, Claycord 4-H

Chosen as Contra Costa's County

Ambassador, Johanna Busk, sixteen years old, is in the middle of her twelfth year in 4-H. She is also very involved in activities outside of 4-H, including being an active swimmer for the Berean Christian School Swim Team.

During the weekends she likes to travel to Tahoe to ski with friends and family. Johanna also enjoys babysitting,

designing creative chalkboard signs for restaurant advertisements, playing an assortment of instruments as well as singing in her high school choir and youth group. In addition, she teaches piano lessons to children. In her free time, she loves spending time with her family and friends, shopping and listening to music.

This year in Claycord 4-H, Johanna leads the club as President, as well as fills the teen leader and co-leader for Beginning 4-H and County Journalism Projects. She says her favorite project is the County Journalism Project because, "I enjoy compiling newsletters, writing letters from the Editor, and spending time with everybody in the project."

When Johanna was asked why she desired to be a County Ambassador, she answered that, "Ever since I was a 4-year-old in 4-H, I have always looked up to the All-Stars (Ambassadors). They always seemed so amazing, and I looked up to them as great examples. Every year, I've looked at them and decided that someday I would become an All-Star [County Ambassador]."

Working as a County Ambassador, some of Johanna's



Continued on page 5

Emerald Star!

Continued

If a member has successfully completed their goals and all the requirements of the Emeralds Star Committee, the member receives their star at the following Achievement Night.

For the past two years, I have worked on my own Emerald Star project, which was reinstating the County Leadership conference. Due to the complicated nature of planning a larger event, I decided to make my project last for two years. I applied November 2018 and will be presenting my binder in spring of 2020. Throughout the process of planning my project, I had a lot of learning experiences. I learned how to fundraise, promote and advertise, and manage others. I have actually used all these skills within the past couple months in other 4-H projects where I have taken on leadership roles.

The Emerald Star project gave me the opportunity to practice my leadership, and to learn essential skills that will help me throughout my life. Also, because I was able to choose my own project, I explored a passion of mine and got to share it with others. The experience I had in the Emerald Star project was absolutely invaluable. Members choose their own Emerald Star project. Examples from previous years include: organizing a horse show, creating a service learning project benefiting veterans or shelter animals, and making a handbook on pigeon showmanship; but your project can be about anything you are passionate about. More information, examples, and official rules can be found here:

[http://4hcontracosta.ucanr.edu/Resources/Youth Member Resources/Emerald Star Program/](http://4hcontracosta.ucanr.edu/Resources/Youth_Member_Resources/Emerald_Star_Program/)

CIRC Updates

By Evelyn Young

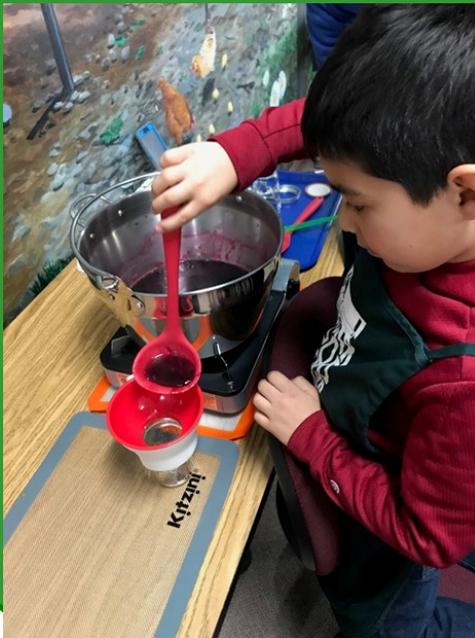
- Seniors- look out for scholarship applications in late January. Up to 3 scholarships will be awarded, each \$500. Winners will be announced at Senior Recognition Night which is April 26th.
- CIRC will be hosting a record book workshop the morning of February 8th in the county office.
- Record Book Judging is August 7th and 8th.

Jams and Jellies

By Charles Rez

My Junior Jams and Jellies class with the UCCE Master Food Preserver Program:

My name is Aiden, I am 6 years old and I am part of the Alhambra 4-H Club. On February 1st my parents took me to the Antioch Fairgrounds for a class in making and canning jelly and jam. I learned that you can make jelly out of a lot of different things, not just fruit! All you need is 100% juice, pectin, sugar and a stove. My teacher showed me how to add the ingredients together and cook them on the stove. She then showed me how to fill up a jar with the right amount of jelly and can it. We made sure the jar was clean and then we put it in a steamer to seal the jar.



There was a little left over so I shared it with my sister. My grape jelly was so yummy, and I made it! I loved that I learned how to make jelly and I really love how great the teachers were. I can't wait to sign up for the next class, and until then I'll be making my own jelly at home!

Working as an influential leader

Continued (Part 2/3)

responsibilities include assisting her team as they plan county events while setting a good example for the County and attending different county events to either help lead them or make announcements there. Furthermore, Johanna and her fellow Ambassadors have the task of creating a county event this year, the Clover Fun Run, which will be a fundraiser for the County 4-H program and at the same time promoting health and fitness. The other event they are helping to organize is Senior Night which celebrates the members in 4-H who are graduating. Some of Johanna's goals as an All-Star are, "[being] able to set a good example for younger/newer 4-H members in our county. I want to be for younger members what the previous All-Stars were for me: 4-H examples that I wanted to be like when I grew up. I would also like for our events to be a success, for people in our county to be able to enjoy themselves and for our county to make money with the fundraiser."

Since Johanna has been participating in 4-H for most of her young life, I asked her about how has 4-H influenced her future career or college. She responded that 4-H has definitely influenced her career choice in that through different 4-H projects and programs, she has become interested in science. Even though Johanna does not know where she wants to attend college, she is very firm in her career choice. Elaborating on that choice, Johanna says, "I would like to become an Occupational Therapist, meaning that as a career, I would help to retrain the brain and muscles of those who had severe brain injuries, so that they could perform daily tasks again. For instance, I might help a stroke victim or an autistic child to walk, talk, or even brush their teeth." Johanna plans to major in Kinesiology which is the study of the mechanics of body movements.

Handling all the jobs of a County Ambassador responsibly, Johanna has proved herself and has accomplished her goal of being a strong inspiration for other younger 4-H members.

Continued on page 7

Printmaking expression page

By Leah Flamino, Claycord 4-H

Color Theory

Color theory plays an important part in printmaking. We learned about opposite colors and primary and secondary colors. This is called a color wheel. The color wheel shows opposite colors on them. For example, there is a line pointing at red-orange and blue green. Those two are opposite colors. The colors on the opposite sides of each other are opposite colors. Such as, purple and yellow.



On the wheel above, it shows the primary colors and secondary colors. Primary colors are the colors that, when mixed, make the colors green, purple and orange. Green, purple, and orange are called secondary colors. That means they are made of two colors.

Working as an Influential Leader

Continued (Part 3/3)

After being asked who has motivated her, Johanna responds that, “I look up to my older siblings, parents and grandparents who set an amazing example for me, giving me great advice and setting good examples for who I want to become.”

When asked what some of the best skills or lessons that she has learned from being in 4-H, Johanna explains that, “4-H has taught me so many life skills. From taking care of animals and plants to sewing dresses and cooking to shooting rockets and fixing computers, I have learned so much from my projects. As I become an older and more advanced 4-H member, however, I have focused less on participating in projects and more on leading projects, teaching 4-Hers and planning events. I have learned so much from leadership, teaching, and setting a good example for new 4-H members to train up the next generation in our club and county.” Through her different and powerful inspirations and with her invaluable 4-H skills, Johanna is ready to continue to lead the County and encourage new or young members to set goals during their life. Thanks to her vast experience in 4-H, her service to the County as an Ambassador will play a vital role in leading and inspiring future Ambassadors.

The Editorial Team

Editor in Chief and Layout by: Johanna Busk
First Draft Editing and Editor’s Letter by: Sianah Britto
Planning and Contributing Team Member: Melody Hollingworth
Sophie Brockman
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

Project Skills Day and Field Day

Date: January 18, 2020
Time: 8:30 am
Location: County Office

Heritage Foundation Fundraiser Dinner

Date: January 25, 2020
Time: 6:00 pm
Location: Antioch Event Center

Food Fiesta

Date: January 26, 2020
Time: 8:30 am
Location: Diablo Valley College

Presentation Day

Date: February 29, 2020
Time: 8:30 am
Location: TBA

Clover Fun Run Fundraiser

Date: March 14, 2020
Time: 8:30 am
Location: Heather Farms

Area Presentation Day

Date: March 21, 2020
Time: 8:30 am
Location: Dozier Libbey Medical High

Showmanship Clinic

Date: March 28, 2020
Time: 9:00 am
Location: TBA

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