



Trinity County 4-H

November 2013

University of California
Agriculture and Natural Resources

CLOVERLEAF

INSIDE THIS ISSUE:

<i>Program Rep's Message</i>	1
<i>Trinity County News</i>	2-3
<i>State & National News</i>	4-5
<i>Funding Opportunities</i>	6
<i>Online Resources</i>	6
<i>Healthy Living</i>	6-8
<i>Calendar/ Club Contacts</i>	9
<i>Record Book Corner</i>	9

PROGRAM REPRESENTATIVE'S MESSAGE

Happy November! This has always been my family's favorite time of year, with each of the waning months playing host to its own special celebration. For us it's a time of joy and togetherness, not to mention, a reprieve from the hot Redding summers. This year I am excited to share the season with a new "family", my 4-H family here in Shasta and Trinity. I continue to be impressed by everyone's dedication to our program and I enjoy every moment spent working with you. Although we are heading into a lull in the program year, be sure to spread some 4-H cheer. Take a few moments to share your passion with prospective members and volunteers and remember, this is a great time to seek out community service opportunities – it is said that kindness is returned tenfold. With that I will leave you with the first stanza of the poem *November* by Robert Frost – one of my favorite poets. Cheers, Nate.



"We saw the leaves go to glory,
Then almost migratory,
Go part way down the lane,
And then to end the story,
Get beaten down and pasted
In one wild day of rain."



ENROLLMENT PROCEDURES

Community Club leaders; please continue to urge your families to enroll themselves via the 4-H Online System. If you encounter a family that does not have access to a computer or internet, or experiences slow upload/download speeds i.e., a dial-up connection, they may be allowed to complete a paper enrollment packet and submit it directly to you. Upon receipt of the packet, you should then enter the information using your VEC-1 access in the 4-H Online System. Please note that any enrollments completed using VEC-1 access, are **required** to have corresponding paperwork. Once the enrollment has been entered into the online system, and you have confirmed receipt of the paper packet and enrollment fees, please mail or drop off the hard copies to the 4-H Office as soon as possible. If you have questions regarding the enrollments, please contact the 4-H Office for assistance.

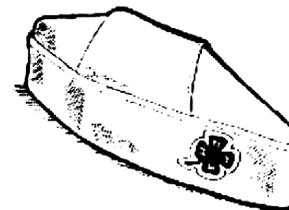
CLUB GOALS & CLUB BUDGET

The following items are due to the 4-H Office by December 2, 2013 for the 2013-14 Program Year: Club Goals, Club Budget, Program Planning Guide, List of Checking Account Signers, and List of 2013-14 Club Officers. Please make sure your club has a budget and a planning meeting in order to set goals, direct fundraising efforts, and allocate spending. This will help your club have a successful and well planned program year. Please contact Nate at nwcaeton@ucanr.edu if you have any questions.

Monthly Council Meeting

Our next Trinity 4-H Council meeting will be 2:00 PM, Saturday, October 12, 2013 at Young Family Ranch in Weaverville.

Please note that each club should be represented at their respective Council meetings.



2013-14 Enrollment Fees

Enrollment fees for the 2013-14 Program Year are: Youth—\$44.00 & Adult—\$12.00

Please remit fees to your Community Club Leader and don't forget to hand-in your signed medical form as well. Have a fantastic and safe 4-H year!

If your club members or your family needs to order hats, scarves, ties, or Record Book Covers; please go online and order these directly from 'Leslie Carman' at www.4hsupplies.com The 4-H Office no longer stocks these items. We do have a nice supply of 'whites' – both pants and shirts that members are welcome to take home and use. Please contact the 4-H office to make arrangements.

Facility Use Permits

With the start of a new 4-H year, venues for club meetings and events hosted by your clubs may need facility use agreements and certificates of insurance for the 2013/14 program year. To ensure all documents are completed, signed, and required certificates are processed, please contact the 4-H office at least 6 weeks in advance of the event. Please remember that **ONLY** the County Director, Larry Forero, may sign the facility use agreement, so please get them to the 4-H office as soon as possible.

Money Matters

Money management is an issue that the University of California takes very seriously. As such, the program representative is tasked with reviewing each club's monthly bank statement to ensure that financial business is being handled according to policy, and that all appropriate measures are in place to facilitate review and deter any mishandling of funds. That being said, here are a few pointers to assist you in keeping your financial records on the up and up.

- All statements are to be mailed directly to the Cooperative Extension Office at PO Box 490, Hayfork, CA 96041
- Internet banking, electronic statements and check/debit cards are not allowed
- Check images or cancelled checks **must** be included in your monthly statements **without exception**
- Be sure to include a memo on all checks written
- Each check **must** have the signature of two **unrelated** signers
- The person to whom the check is made **cannot** sign the check

Thank you for your assistance in meeting these expectations. If you have any questions or concerns,



Team Up for Good Health – How Does 4-H Fit In?

Team Up for Good Health is an innovative program to reduce childhood overweight and obesity which affects one-third of California's children. Obesity contributes to the leading causes of death in America, including heart disease, type 2 diabetes, cancer and high blood pressure. *Team Up for Good Health* targets fourth and fifth graders and focuses on changing two specific behaviors identified by the 2010 Dietary Guidelines for Americans as being closely related to overweight and obesity.

The behaviors are:

- Reducing intake of soda and other sweetened beverages and increasing intake of water.
- Reducing intake of fast foods by having fast food less often, having smaller portions and making better choices when having fast food.

As part of an ongoing study that encompasses 17 schools throughout Butte, Glenn, Shasta, Tehama and Trinity Counties, the effort requires collaboration with parents, schools, community partners, and other Cooperative Extension Programs, including 4-H. So, what can 4-H'ers do to help? Well, that's really up to you, but we are looking for youth members and clubs to step forward and act as ambassadors for healthy living in your communities – to send a message that promotes better health through healthy living.

Whether it's organizing a fun run/walk or promoting healthier drink choices at a community event, the possibilities are only limited by your own imagination. If you're interested, if you think you're up to the task, then we encourage you to step forward as ambassador today, and would like to remind you that Revolution of Responsibility Grant Funds are still available. One-thousand dollars in grant money would go a long way in helping to make a healthy impact on your community. The next submission deadline is Friday, November 15, 2013. For more information contact the Cooperative Extension Office. Together, we really can "Team Up for Good Health."

4-H OFFICE ADDRESS

**Please send any postal mail for 4-H to the office in Hayfork:
Trinity County 4-H Office
P.O. Box 490
Hayfork, CA 96041**

NOT to the Young Family Ranch address in Weaverville. Thank you!



4-H VOLUNTEER CAFÉ

Are you a club or project leader who is tired of doing the same old activities month after month? Maybe you need something designed just for you to be encouraged and encourage your own personal growth. The 4-H Volunteer Café is a place designed just for you providing encouraging and thought-provoking articles of how the principles of positive youth development translate into your 4-H experience, it offers tons of resources for you as a 4-H volunteer that you can use immediately in your meetings and gives you a place where you can contribute your own experiences and challenges. To check out the 4-H Volunteer Café, use the following link: <http://4hvolunteercafe.wordpress.com/>.

CHICO STATE SWINE EDUCATION DAY

Will be held on January 25, 2014 at the University Farm located on Hegan Lane, in Chico. Swine Day offers 4-H and FFA member the opportunity to expand their knowledge about raising market hogs. Students from CSU Chico's College of Agriculture will be on hand to conduct workshops covering showmanship, live swine evaluation, animal health, carcass evaluation, and more. Attendance is \$5.00 per person—children under 9 are free. Please contact Mr. Clay Carlson at ccarlson2@csuchico.edu for more information.



HOW TO DECORATE YOUR 4-H HAT

Green Hat: Junior 4-H members, defined as a 4-H member in the eighth grade and below or 13 years old and younger.

White Hat: Senior 4-H members, defined as a 4-H member who has graduated from the eighth grade or 14 years old and older.

Left Side of Hat: All-star, platinum, gold, silver, or bronze starts in front. Members may "cascade" the stars, although some counties request that members only wear their current star. Behind the stars are placed the junior/teen leader emblems and the Hi 4-H patch (in that order.)

Right Side of Hat: A year strip and year pi is earned for each year completed in 4-H.

1. Junior and Primary Members (8th grade and below) wear a white stripe on green background for that year.
2. Junior leaders (6th, 7th, 8th grades) wear a gold stripe on green background for that year.
3. Senior members (9th grade and up) wear a green stripe on white background for that year.
4. Teen leaders (9th grade and up) wear a gold stripe with a white background for that year.
5. All Stars wear a purple stripe on white background for that year.

Year Pins are fastened to the hat above the stripe, starting with the first year pins next to the 4-H clover. The 100% attendance pin, (if earned at club level) should be fastened to the hat below the stripe of the year that the pin was earned.

Medals may be worn on either side of the hat, but placing them on the left is recommended.

Note - No other pin or ribbon should be worn on the hat other than 4-H related items. The hat should reflect the dignity of the 4-H Youth Development Program. Some items that should not be worn on the hat include buttons, fair medals, convention badges or other regalia.



FORESTRY FUN FACTS

Did you know heartwood is found in the center of the tree and serves as support for the tree. This portion of the tree is no longer living. It is dead! Heartwood sometimes appears much darker in color. Can you find the heartwood in the picture?



Look for monthly Forestry tips in every newsletter. Ryan DeSantis, Forestry and Natural Resources Advisor, UCCE-Shasta,

my 4-H

Visit www.my4h.org

Leaders, Looking for curriculum or other resources to enhance your project? Check out this



REGIONAL, STATE & NATIONAL NEWS

HORSE SHOWS AND EVENTS

New Horse Classic Social Media

Visit <http://ucanr.edu/blogs/HorseClassic/index.cfm> for updates

Hosting a Qualifying show for the 2014 California Horse Classic?

Register your show here:

<http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11165> for it to be considered a qualifying show for the 2014 California Horse Classic. Criteria for a Qualifying Show:

- Show verified by County
- Up to 3 shows per county
- If your county has 3 horse shows 1 show must be associated with a county fair
- Each horse show must be registered
- The Horse Show must offer the same classes that are offered at the State 4-H Classic (they may offer more if they choose too)
- Show must be before June 3rd, 2013
- Management of each show is required to send show results to Sarah Watkins at the State 4-H Office

Please submit results on this form: [Classic Qualifying Show Results Sheet](#)

Results can be sent via email to spwatkins@ucanr.edu or faxed to (530) 754-8541 or mailed to: Sarah Watkins, CA State 4-H Office, 1 Shields Ave, DANR Building, Davis, CA 95616



Looking for a Qualifying Horse show for the 2013 California 4-H Horse Classic?

Visit <http://ucanr.edu/classic-qualifiers> to find a Horse Show near you!

2013 State Horse Field Day, November 16th in the Chino Hills

9:00am-4:00pm

Registration is due November 11.

Register here: http://4h.ucanr.edu/Programs/Events/State_Horse_Field_Day/

This year's field day will be filled with workshops, demonstrations and tours as we travel to multiple ranches in the Chino Hills. Chino Hills is filled with equestrian centers that are side by side and within walking distance of each other. Walk-ins are welcome.



Rifle Discipline:

November 23, 2013: 8am-6pm

November 24, 2013: 8am-4pm

1031 S. Mt. Vernon Ave., Bakersfield, CA

A 4-H shooting sports workshop for the rifle discipline will be held at UC Cooperative Extension Office, 1031 S. Mt. Vernon Avenue in Bakersfield. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course or receive more information, contact John Borba at: jaborba@ucdavis.edu

Pistol Discipline:

January 4, 2014: 8am-4pm

January 5, 2013: 8am-12pm

Fresno County Peace Officer Range, 7633 N. Weber, Fresno, CA
A 4-H shooting sports workshop for the pistol discipline will be held at the Fresno County Peace Officer Range, 7633 N. Weber, Fresno, Ca. Participants must attend both days of training to receive certification. The cost for this course is \$30.00 to cover the instruction binder each participant will receive. Participants will need to bring their own eye and ear protection and are encouraged to bring their own .22 rim fire pistol and/or own air pistols if they have them. To register for the course or receive more information, contact Sammy Ashworth at sdashworth@gmail.com or (559) 707-0755. Please fill out and bring the document listed below.

<http://4h.ucanr.edu/files/2123.pdf>



Archery Discipline:

February 1, 2014: 9am-5pm

February 2, 2014: 9am-12pm

33 Browns Valley Road, Corralitos, CA

There will be a 4-H archery leader certification training held February 1st & 2nd in Corralitos, CA (near Watsonville). This class is being hosted by Santa Cruz County 4-H. You must become a 4-H adult volunteer or member and attend both days to receive certification to teach archery at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is \$35 per person to include a resource binder, and Saturday breakfast & lunch and Sunday breakfast. Junior and teen leaders are invited but must attend with an adult. If you are already a certified volunteer archery leader and would like to become a trainer, contact Jeanne at 530-524-7278 or email mtlassenlover@gmail.com to discuss options.

To register, please complete and mail the "CA 4-H Shooting Sports Training Request and Registration Form" available at <http://4h.ucanr.edu/files/2123.pdf> and an adult or youth 4-H medical release form and a \$35 check payable to "Santa Cruz County 4-H Council" and mail to UCCE, 1432 Freedom Blvd., Watsonville, CA 95076. Registration is due Friday, January 17th and space is limited. For more information call Stephanie at 831-763-8015 (Mondays & Wednesdays only) or email her at sfontana@ucanr.edu or contact Jeanne at the contact information above.



REGIONAL, STATE & NATIONAL NEWS



State Fashion Revue Cover Contest

The State Fashion Revue committee is seeking entries to design the program cover for the event. Your design should reflect the theme: California Grown, California Sewn.

Contest rules are:

- One design per member. Any 4-H youth member may participate, regardless of projects.
- The design can be digital or hand drawn.
- It should be no larger than 4.5" wide x 7.5" tall, to fit on a folded letter size page.
- You may use any medium (colored pencil, marker, paint, digital) you wish.
- Be sure to include the words "2014 State Fashion Revue" and the date "May 31, 2014". Use the 4-H clover appropriately in your design.
- Please keep your original artwork and go to this link to submit your entry.

Entries are due by January 15, 2014.

<http://ucanr.edu/sfrcovercontest>

For more information email myemails@yahoo.com. We look forward to receiving your designs! Have fun and good luck!



Save the Date! California Camping Conference March 21-23, 2014

The next California Camping Conference will be held **March 21 – 23, 2014**, at the YMCA's Camp Campbell the in Santa Cruz Mountains. The Camping Conference provides 4-H teen leaders and adult camp administrators the opportunity to network and attend sessions to develop their local camp program. The early bird registration fee will be \$140 by **February 1st** and \$150 after that date. More information will follow.

Leadership Washington Focus

For more than 50 years, thousands of 4-H'ers have participated in our high school program, Citizenship Washington Focus and now we



are happy to introduce its precursor for middle school 4-H'ers, LWF. Middle school delegates will:

- Build confidence in their ability to motivate and direct others in meaningful action
- Practice effective communication with others through group discussion and public speaking
- Work with others to create and accomplish goals
- Develop an understanding of their own personal leadership style
- Exchange ideas, practice respect and form friendships with other 4-H'ers from across the nation.
- Experience hands-on learning using the historical backdrop of Washington, D.C.

\$565 per participant

Registration due by January 10, 2014

Check out www.4HLWF.org for more details and to register.



National 4-H Conference

April 5 -10, 2014

Applications will be available August 31, 2013. Deadline for Applications will be **October 30, 2013**. For more information on National 4-H Conference

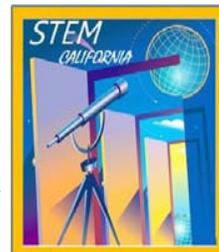
<http://4h.ucanr.edu/files/171917.pdf>

Call for info 530-752-4359 or email jcolburn@ucanr.edu

1st Annual STEM Symposium November 18-19, 2013, Sacramento

<http://cdefoundation.org/stemconference/>

The 1st annual STEM Symposium will bring together 2,000 teachers, administrators, students, higher education representatives, program providers, philanthropic representatives and industry representatives to engage them in STEM education by providing strategies and resources for program implementation. Presentations on curriculum and instruction, professional learning, partnerships and resources will be featured.



Save the Date!

California Focus is June 13-17, 2014

California Focus is a unique citizenship educational experience that combines hands-on participation in workshops, debates and simulations with speakers, tours, fun activities and new friends from across California.

FUNDING OPPORTUNITIES

Stephen J. Brady STOP Hunger Scholarship

Deadline: December 5

Through scholarship awards, Sodexo Foundation recognizes and rewards students, ages 5-25, who are driving awareness and mobilizing youth to be catalysts for innovative models and solutions to eliminate hunger across the country. The scholarship recipients each receive \$5,000 for their education as well as a \$5,000 grant for the hunger-related charity of their choice. Learn more and apply at www.SodexoFoundation.org.



2013 President's Environmental Award

Due December 31, 2013

<http://www.epa.gov/peya/>

The PEYA program promotes awareness of our nation's natural resources and encourages positive community involvement. Since 1971, the President of the United States has joined with EPA to recognize young people across the U.S. for protecting our nation's air, water, land, and ecology. One outstanding project from each region is selected for national recognition. Projects are developed by young individuals, school classes (K-12), summer camps, and youth organizations to promote environmental stewardship.

Local Giving Program - The WalMart Foundation

Deadline: December 1, 2013

The WalMart Foundation supports programs and initiatives that address education, workforce development, economic sustainability, and health and wellness. Multiple awards ranging from \$250 - \$5000 are available.



Nonprofit organizations, K-12 schools, church or faith based organizations, and government entities are eligible to apply. Please contact The Walmart Foundation for more information <http://foundation.walmart.com/apply-for-grants/local-giving>.

ONLINE RESOURCES

California 4-H Youth Development

Get Connected and Plugged In to Positive Youth Development!

California 4-H has several ways to connect with us online to get up-to-the-minute updates on information affecting 4-H statewide. Don't rely on urban legend or information to pass through the grapevine—get the information as it happens and from the horse's mouth. Here is a list of the ways you can connect with us online:

Website: <http://4h.ucanr.edu>

4-H Online Record Book (yes every registered adult volunteer and every youth ages 9 and older has an Online Record Book account): <http://4h.ucanr.edu/4hbook/>

Facebook: <https://www.facebook.com/california4H>

Twitter: <https://twitter.com/California4H>

YouTube: <http://www.youtube.com/user/California4h>

Pinterest: <http://pinterest.com/california4h/>

Blog: <http://4hvolunteercafe.wordpress.com/>

HEALTHY LIVING



NATIONAL YOUTH SUMMIT ON HEALTHY LIVING

Thank you for supporting the Healthy Living Officers in your clubs!!

National 4-H Council and National 4-H Youth Conference Center have partnered together with professionals in family consumer science and healthy living to host the *National Youth Summit on Healthy Living*. This Summit strives to equip **high school students** with knowledge and skills to address today's issues including nutrition education, physical fitness wellness, and emotional well-being. Please let me know if any of your **high school aged** Healthy Living Officers are interested in possibly attending this summit. The state office has some funds to cover youth costs.

WHEN: Thursday, January 9, 2014 11:00 AM - Sunday, January 12, 2014 1:00 PM Eastern Time

WHERE: National 4-H Youth Conference Center, 7100 Connecticut Avenue, Chevy Chase, Maryland 20815

USA ATTIRE: Business Casual

Questions? Contact Anne Iaccopucci at amiaccopucci@ucanr.edu

HEALTHY LIVING

HEALTHY LIVING

Welcome New Healthy Living Officers!

Congratulations! California has nearly 50 newly elected Healthy Living Officers!

The Healthy Living Officer serves as the club's ambassador for health! By choosing to elect a Healthy Living officer your club is taking an active role in promoting healthy lifestyles. The Healthy Living Officer will be the leadership for all health activities including: Providing ideas on how to incorporate physical activities and healthy eating into each club meeting, write Healthy Living articles for the club newsletter, and adopting and promoting a club Wellness Plan. Please help ensure that the health "H" of 4-H is at the forefront of all our meetings, consider electing a Healthy Living officer!

The Choose Health Officer Guide developed by Cornell University Extension can be found at:

<http://www.ca4h.org/Resources/Publications/>

*To receive your FREE Healthy Living Officer pin please email the name of your officer and club to Anne Iaccopucci at amiaccopucci@ucanr.edu

DRINK UP: LAUNCHING A CAMPAIGN TO DRINK MORE WATER

This September the First Lady, Partnership for a Healthier America, and actress Eva Longoria teamed up to launch a new campaign to drink more water. Drinking water is one of the easiest ways to improve overall health! Check out the interactive link:

<http://www.youarewhatyoudrink.org/>

Building Safe and Supportive Learning Environments

The National Center on Safe Supportive Learning Environments, an effort of the U.S. Department of Education and the Substance Abuse and Mental Health Services Administration, just launched a new and improved website. It provides new products and resources to state administrators and all working to improve schools' conditions for learning (including those in early learning and higher education).

<http://safesupportivelearning.ed.gov/>

Preventing Bullying Against Students with Disabilities

The U.S. Department of Education issued a policy letter that provides guidance to educators and stakeholders about how to address the bullying of students with disabilities. Learn more in the "Dear Colleague" letter and enclosure linked to at the end of the Homeroom blog.

<http://www.ed.gov/blog/2013/08/keeping-students-with-disabilities-safe-from-bullying/>

3 Bold Steps: A Interactive Process to Create Safe Schools and Healthy Communities

For over ten years the National Center for Mental Health Promotion and Youth Violence Prevention at Education Development Center has been working with communities and schools across the United States to implement systemic change for children, youth and families. Lessons learned through the Safe Schools Healthy Students Initiative led to the creation of the 3 Bold Steps toolkit, a collaborative and easy to understand three-step process that offers proven strategies for creating safe schools and healthy communities. For more information please go to <http://3boldsteps.promoteprevent.org>.





Family Food and Nutrition News



C. Mendoza, Shasta-Trinity Nutrition, Family and Consumer Science Advisor

Fabulous Fiber

November 2013

Why Fiber?

Fiber is an essential component to healthy living. Check the nutrition facts labels on food to make sure you are getting enough fiber. Foods with **10%-19% fiber are good**, foods with **20% or more are excellent** sources of fiber.

- ⇒ Fiber provides needed bulk for normal functioning and health of the gastrointestinal tract.
- ⇒ Fiber also binds cholesterol.
- ⇒ A high fiber diet is associated with a lower risk of heart disease, some cancers and diabetes.



How Much Fiber Do You Need Each Day?

If you are under 18 years old use your age + 5grams= Total # of grams per day

Adult females=25grams/day

Adult males=30grams/day

Buy products that list these ingredients first:

whole wheat, buckwheat, **whole** oats, **whole** grain, brown rice, wild rice, bulgur, oatmeal, cornmeal, and **whole** rye.

Recipe of the Month: Turkey with Fig-Citrus Sauce



Ingredients

- 1 pound leftover turkey breast slices
- 2 teaspoons olive or vegetable oil,
- 1 cup thinly sliced red onion
- 1 cup Figs, stemmed and halved or quartered
- 1/2 teaspoon finely grated lime zest
- 1 cup orange sections (2 large oranges), peel and all membrane removed
- 2 TBP finely chopped crystallized ginger
- 2 TBP chopped fresh parsley
- 1 tablespoon fresh lime juice
- 2 teaspoons honey

Directions : Heat 2 teaspoons oil in skillet over medium heat. Add onion; stir about 1 minute to soften. Add figs, 1/3 cup water and zest; cook and stir 2 to 3 minutes, until liquid evaporates. Remove from heat; stir in orange sections, ginger, parsley, lime juice and honey. **Warm turkey in microwave before covering with sauce. Serves 4**



Put your plants to bed for the winter. Cover strawberries two inches deep with hay or straw.

Food of the Month : Figs!

- Figs are rich in phyto-nutrients, anti-oxidants and vitamins.
- While buying fresh-figs look for ripe fruits, which are soft in hand and emit a sweet aroma.
- Figs have about 7% of the recommended daily allowance of fiber.



Food Safety Tip

How to Handle Leftovers

- Refrigerate all leftovers in **shallow containers** within 2 hours of serving (1 hour if the air temperature is above 90 F).
- Properly stored leftovers can be kept for 3 to 4 days. But if in doubt, throw them out. Be sure to **reheat leftovers to 165 F** before serving.



For more information, please contact the UCCE Nutrition, Family and Consumer Science Advisor, Dr. Concepcion Mendoza, at 53Q-244-4900 or at cmendoza@ucanr.edu

Upcoming Events

November 9th	Presentation Day / Achievement Day	9:30 AM	Van Duzen Elementary, Bridgeville
December 9th	4-H Council Meeting	6:00 PM	4-H Office, Hayfork
February 4th	4-H Council Meeting	6:00 PM	Young Family Ranch, Weaverville
April 5th	Favorite Foods Day	6:00 PM	Lewiston Community Church, Lewiston
April 14th	4-H Council Meeting	6:00 PM	4-H Office, Hayfork



CLUB CONTACTS:

Hayfork Timberjacks

Kathy Johnson, Community Club Leader
(530) 628-4221

Grass Valley Creek (Lewiston)

Jennilea Brookins, Community Club
Leader
(530) 778-0969

Trinity River (Burnt Ranch)

Rhonda Noland, Community Club Leader
(530) 629-1160

Southern Trinity

Ronie Millsap, Community Club Leader
(707) 574-6472

Trinity Alps 4-H

Shannon Taylor, Community Club Leader
(530) 623-8377

Trinity Lake 4-H

Josephine Dunham, Community Club
Leader
(530) 266-3534

RECORD BOOK CORNER

Activity/Event/Award

List your projects, don't forget the Leadership Project if your club has one.

Attend a Council Meeting	1—4-H Project
Committee Member	3—4-H Event Attended
Committee Chair Person	4—Leadership
Junior or Teen Leader (once for each project)	4—Leadership
Participated in a Community Service Event	4—Leadership
Represented 4-H at your school or other community group	5—Community Service
Led the American Flag Salute at a Council Meeting	5—Citizenship OR 6—Communication Skills
Article Submitted to Cloverleaf or local newspaper about club activities	5—Citizenship
Led the 4-H Pledge at a Council Meeting	6—Communication
Received School Honor or Award	6—Communication
School or Community Sports Team, Private Lessons, Organization Membership, After School Job, Music Group	7—Honors & Recognition
	8—Lifestyle Activities

University of California Cooperative Extension

The Cloverleaf newsletter is published monthly for the Trinity County 4-H Youth Development Program. UCCE exists in Trinity County as a partnership of The University of California, U.S. Department of Agriculture and Trinity County.

Articles and photographs for the Cloverleaf are due in to the UCCE Office by the 20th of each month.

The Cloverleaf is also available online at the **Trinity County 4-H website: <http://cetrinity.ucdavis.edu>.**

OFFICE LOCATION:

Trinity County Fairgrounds
6000 Highway 3, Hayfork, CA

Email address: cetrinity@ucdavis.edu

Website address: <http://cetrinity.ucdavis.edu>

TELEPHONE AND FAX NUMBER:

(530) 628-5495

Nate Caeton 4-H Program Representative

nwcaeton@ucanr.edu

Visit the California State 4-H

website at: <http://ca4h.org>

The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (covered veterans are special disabled veterans, recently separated veterans, Vietnam era veterans, or any other veterans who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized) in any of its programs or activities. University policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 300 Lakeside Drive, 6th Floor, Oakland, CA 94612-3550, (510) 987-0096. More information may be found at the University of California Affirmative Action Office.

University of California Cooperative Extension

Trinity County 4-H Office
P.O. Box 490
Hayfork, CA 96041

*Share this Cloverleaf.
Is your picture in it?
Show someone else the
cool things you can do in
4-H.*

