



Trinity County 4-H

# CLOVERLEAF

February 2014

University of California  
Agriculture and Natural Resources

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## Program Representative's Message

Happy New Year! As we welcome 2014, there are so many thoughts running through my mind; ideas for the improvement of our program in the upcoming year, the fact that we are already half way through the 2013/14 program year, and the realization that I've been your Program Representative for six months! The year 2014 also marks the 100th anniversary of the Smith-Lever Act, which is the legislation that created the Cooperative Extension Service. As you may already know, it is the University of California Cooperative Extension (UCCE) that is responsible for bringing relevant and practical research to the state's local communities. This is done through our 57 extension offices, and some 200 locally based Cooperative Extension advisors and specialists, who live and work in the communities we serve. It is a pleasure to share our knowledge and insight with you through a variety of programs, including 4-H. So, please join all of us here at Cooperative Extension, as we celebrate 100 years of heritage. Here's to another 100 years of "boots on the ground", as we strive to educate and assist our local communities. Wishing everyone a happy, healthy and prosperous new year,

*Nate Caeton*

## Mea Culpa

Please accept our sincere apologies in missing the publication of a January issue of Cloverleaf. Unfortunately computer issues prevented the newsletter from going to press. We understand the importance of a regular newsletter and that many of you depend the information contained within to remain informed about our program. I am happy to say that we are back on track for the new month, and barring any unforeseen catastrophes, do not anticipate any further breaks in service to our readers. Thank you for your understanding.



## Monthly Council Meeting

Our next Trinity 4-H Council meeting will be at: 5:00 PM on Monday, February 10, 2014 at Young Family Ranch in Weaverville.

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



## News from Trinity River 4-H

Trinity River sewing group is in full swing we have made it two quilts that we are selling via Chinese auction. We have members making pillow cases, quilts and back packs. We also have members crocheting Christmas gifts of head bands, hats, and slippers. Looks like it will be a great year.

~ Cheyanne Noland



*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](http://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*

## Articles Wanted

Attention clubs and club reporters! Cloverleaf wants your articles. From service learning projects to fundraisers, and everything in between, we want to know what our 4-Hers are up to. Just snap a few pictures and type a few lines. Then, send in your submission by the 20<sup>th</sup> of each month, and we'll be sure to include your story in the next edition of Cloverleaf. It's that simple. All submissions should be directed to your Program Representative, Nate Caeton at [nwcaeton@ucanr.edu](mailto:nwcaeton@ucanr.edu). Thank you and we look forward to seeing your stories in print!



## Virtual Sheep Showmanship

Are you involved in a sheep project? Are you interested in seeing how your animal compares to other sheep across the country? OnlineSheepShow.com offers the opportunity to enter your animal in an open, online class showing, without travel and without paying an entry fee. Be sure to check out the site for more details, and thank you to Kathy Johnson of the Hayfork Timberjacks, for discovering this site and passing along the information.



## 4-H OFFICE ADDRESS

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

Please direct all 4-H Program mail to the address listed above, **NOT** to Young Family Ranch in Weaverville. Thank you.



## A New Face on Facebook

Trinity County 4-H is now on Facebook, so make sure you "Like" us the next time your logged in. The page can be found at: <https://www.facebook.com/trinitycountyca4h>. Thank you to Heidi Van Dine of Trinity Alps 4-H for taking on this piece.

## 4-H Volunteer Cafe

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/>.

## UC—Smoke Free

On January 1, 2014, all UC campuses and facilities, including ANR, are completely smoke & tobacco-free, and the use of cigarettes and all tobacco products is no longer be permitted on any UC ANR property. This includes buildings and structures, grounds, parking structures, enclosed bridges and walkways, sidewalks, parking lots, and all property that is **owned, operated, leased, occupied, or controlled** by ANR. As well, smoking is prohibited in parked and moving vehicles while on grounds owned, leased, or under the control of ANR. 4-H had an existing policy prohibiting the use of tobacco for 4-H adult volunteers and youth members. The policy has been updated to include parents/guardians and other participants and to explicitly mention smokeless tobacco products, e-cigarettes and unregulated nicotine products.

For the ANR Policy and associated FAQ go to: <http://ucanr.edu/sites/anrstaff/files/181051.pdf>

For the 4-H Policy and associated FAQ go to: <http://4h.ucanr.edu/Administration/Policies/Chapter11/>

## Gardening Fun Facts: Earthworms

The earthworms that you find in your backyard are not native to North America, but were accidentally brought from Europe by colonists in the 1700s. Despite their non-native origin, earthworms help aerate the soil and add nutrients. They have a mouth, but no teeth, and digest leaf litter in their gizzard. Worms don't have eyes, but can sense light. They prefer dark places and can burrow over 6 feet deep into the ground. Their elongated bodies have segments with tiny bristles that let them move through the soil like a slinky toy.

Worms breathe through their skin, which must be kept moist. When their burrows fill with too much water, they can drown. The worms head for the surface, where they can become food for hungry birds, toads and moles. If they're not eaten, they can live 6 years in the wild. So the next time you see a worm stranded on the pavement, give them a helping hand!

Look for monthly gardening facts and tips in every newsletter. Carol Fall, Master Gardener Program Representative, UCCE-Shasta/Trinity, [cjfall@ucanr.edu](mailto:cjfall@ucanr.edu).

USDA-NRCS SOIL HEALTH INFOGRAPHIC SERIES #005

what's underneath

unlock the  
SECRETS  
of the  
SOIL

Earthworm populations consume

**2 tons**

of dry matter per acre per year, partly digesting and mixing it to form *healthy* soil

Source: Earthworms a Penn State publication by Sjoerd Duiker, Assoc. Prof. of Soil Management and Richard Stehouwer, Assoc. Prof. environmental Soil Science

USDA United States  
Department of  
Agriculture

Want more soil secrets?  
Check out [www.nrcs.usda.gov](http://www.nrcs.usda.gov)

USDA is an equal opportunity provider and employer.

## FORESTRY FUN FACTS



Did you know that California holds the record for the tallest tree, most massive tree, and the oldest tree? Can you name them? If you think you have the right answers, contact Nate at the Cooperative Extension Office. The first youth to get in touch with our office and correctly name all three trees gets a prize.

Look for monthly forestry facts and tips in every newsletter. Ryan DeSantis, Forestry and Natural Resources Advisor, UCCE Shasta/Trinity, [rdesantis@ucanr.edu](mailto:rdesantis@ucanr.edu).

## my 4-H

Visit [www.my4h.org](http://www.my4h.org) Leaders; Are you looking for curriculum and other resources to enhance your project? Check out this website to see what others are using.





# Family Food and Nutrition News



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

## Read The Label

February 2014

### Nutrition Facts

Serving Size, Calories, % Daily Value

#### Food Labels Tell A Lot About Food

They don't suggest what foods to eat—that's your decision. But labels can help you make your "personal best" food choices. Use labels to:

- Compare one food with another.
- Choose foods that help provide the balance of nutrients your body needs.
- Plan meals and your whole diet so they are moderate, varied and balanced.

#### Good to Know Label Terms

**High source of fiber** - at least 20% from fiber

**Juice** - must be 100% juice.

**Low in fat** - one serving has no more than 3 grams of fat

#### Food of The Month : Cauliflower

Heads that are surrounded by many thick green leaves **are better protected** and will be fresher. Store uncooked cauliflower in **a paper or plastic bag in the refrigerator** where it will keep for up to a week. To prevent moisture from developing in the floret clusters, store it with the **stem side down**.



#### Recipe of the Month: Spanish Cauliflower

##### Ingredients:

1 TBP vegetable oil, 1 med. Onion, ¼ tsp. garlic powder, 1 head of cauliflower, 2 large tomatoes, ½ tsp. black pepper, 1 TBP. dried parsley, ¼ C. grated parmesan cheese



##### Instructions

1. Chop the cauliflower into 2 inch pieces, 2. Peel the onion. Chop it into small pieces. 3. Chop the tomatoes into small pieces. 4. Put the cauliflower in a pan. Add 1 inch of water. 5. Cook over medium heat, and let it boil for 3 minutes. 6. In a large pan, heat the oil, and add the onion. 7. Cook over medium heat for 3 to 5 minutes. 8. Add the garlic and cauliflower. 9. Cook while stirring for 3 minutes, until lightly browned. 10. Add the tomatoes and pepper. 11. Cook for 5 more minutes. 12. Serve with a sprinkle of parsley and grate parmesan cheese.



Start sowing seeds indoors. Remember to keep your seeds damp, but not moist. Use a spray bottle to water seeds until they begin to bud. Avoid putting seedlings in direct sunlight, but make sure they maintain a warm temperature. Keep them warm by covering with a clear plastic bag.

#### Food Safety Tip

Wet or damp dishcloths are an ideal place for **bacterial growth**. Change or wash dish cloths and towels daily. Use paper towels or disposable cloths to clean up kitchen surfaces after working with raw meat, fish, or poultry. **Sponges** in the kitchen are **not recommended**.



Look for monthly healthy living tips in every newsletter. Concepcion Mendoza, Nutrition, Family and Consumer Sciences Advisor, UCCE-Shasta/Trinity, [cmendoza@ucanr.edu](mailto:cmendoza@ucanr.edu).

## SHOOTING SPORTS



- **30<sup>th</sup> Annual California State 4-H Shooting Match Entry Information**

It's time to sharpen up your shooting skills and start preparing for the 30th Annual State 4-H Shooting Sports Match, sponsored by the Siskiyou County 4-H Council. Entries for the State 4-H Shooting Sports Match, must be postmarked by **March 10, 2014**. See information for rules and registration below:

**Documents:**

[2014 Shooting Sports Certification-SOP](#)

[2014 Shooting Match Registration](#)

[2014 Shooting Sports Cover Letter](#)

- **4-H Shooting Sports Workshop – Rifle Discipline**  
Saturday, March 15, 2014 – 8:00 a.m. – 4:00 p.m.  
Sunday, March 16, 2014 – 8:00 a.m. – 12:00 p.m.  
Auburn, CA

A 4-H shooting sports workshop for the rifle discipline will be held near Auburn, CA, official location TBD. Participants must attend both days of training to receive certification. Upon successful completion of the course, the

participant will be certified as a volunteer and can lead a rifle project at the club level. The cost for this course is \$30.00 to cover the instruction binder that each participant will receive as well as lunch on Saturday. Teen leaders are invited but must attend with an adult. Participants should bring their own eye and ear protection. To register for the course or receive more information, contact Eric Vander Linden at [evl@cebridge.net](mailto:evl@cebridge.net) or 916 257-4796 (This course is not open to 4-H adult volunteers from Santa Cruz County). Please fill out and bring the documents listed below. The training request form will need to be signed by your county staff prior to participating in the training.

**Documents:**

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

<http://4h.ucanr.edu/files/4758.pdf>

<http://4h.ucanr.edu/files/4726.pdf>

**Registration is due Friday, February 22nd and space is limited.**

## LEADERSHIP OPPORTUNITIES



**New for 2014: Leadership Washington Focus**  
July 15-19, 2014

Leadership Washington Focus (LWF) is a 4-H leadership program for youth entering grades 7 through 9. The program will take place at the National 4-H Youth Conference Center, just 1 mile from the Washington, D.C. border. 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. For more information visit <http://www.4hcenter.org/youth-conference-center-overview/educational-programs/leadership-washington-focus/about/>. If your county has members interested in participating contact Jenna Colburn at [jcolburn@ucanr.edu](mailto:jcolburn@ucanr.edu).

**State Leadership Conference**  
August 14-17, 2014—U.C. Santa Cruz

“Raiders of the Lost Leadership”  
The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. Check our website, Facebook, Twitter & Instagram for updates and exciting announcements!

**Save the date! California Focus**  
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.



**#4hwaterwed**

Start the New Year with a pledge to drink more water! Each Wednesday take a picture of yourself drinking water and post it to Facebook, Twitter, and Instagram. Be sure to #4hwaterwed to show your commitment to healthy living. For more information on the importance of hydration and ideas for your club visit: [http://4h.ucanr.edu/Projects/HealthyLivingWater\\_For\\_Better\\_Living/](http://4h.ucanr.edu/Projects/HealthyLivingWater_For_Better_Living/).

## FUNDING OPPORTUNITIES

- Disney Friends for Change U.S. Grants – Deadline: February 6**  
 YSA and Disney Friends for Change are offering young change-makers an opportunity to receive a \$500 grant to help make a lasting, positive change in the world. Applicants leading high-impact and/or large-scale projects may also request an additional \$500 grant (up to \$1,000, total) to support their work. Grants support projects taking place on or around Global Youth Service Day, April 11-13, 2014. Learn more at <http://bit.ly/1bb9qLa>.
- Opal Apple Youth Make a Difference Initiative Grants – Deadline: February 28**  
 The Opal® Apple Youth Make a Difference Initiative will award \$75,000 in funding to youth-based initiatives serving their communities in the U.S. and Canada, where youth, ages 6 - 25, take leadership roles in addressing one or more of the issues of food security, nutrition, agriculture, or food politics and education. Grants will be awarded in the range of \$5,000 - \$20,000. More info: <http://bit.ly/1iWVayx>.
- California 4-H \$1,000 FOR 1,000 Service Learning Projects – Deadline: March 15**  
 The Revolution of Responsibility is described as "... a movement for positive change in every community in America. 4-H youth are a living, breathing, culture-changing revolution for doing the right thing, breaking through obstacles, and pushing our country forward by making a measurable difference right where they live. That takes uncommon commitment." For more information please visit: <http://4h.ucanr.edu/Support/RofR>.

*Please note: University policy requires an Advisor or County Director to submit all grant applications and fulfill the requirements of UC ANR Contracts & Grants. If you plan to apply for any of the following opportunities, please notify the California 4-H Foundation ([aleeland@ucanr.edu](mailto:aleeland@ucanr.edu)) who will review your application prior to submission to ensure that it is as strong as possible.*

## SCHOLARSHIPS & AWARDS

- 2014 4-H Honey Bee Essay Contest – Deadline: February 15**  
 Each year the Foundation sponsors an essay writing contest for active (fees paid) members of 4-H clubs across the country. There are cash prizes for the national winners: 1st Place - \$750.00; 2nd Place - \$500.00; 3rd Place - \$250.00. National and state winners receive a book about honey bees, beekeeping, or honey. All essays must be submitted electronically to Eric Mussen, [ecmussen@ucdavis.edu](mailto:ecmussen@ucdavis.edu), and are due on or before **February 15, 2014**. More info and rules: <http://4h.ucanr.edu/files/176473.pdf>
- Daisy/4-H Shooting Sports Scholarship – Deadline: April 1**  
 Daisy Air Guns is offering two \$500 scholarships for graduating seniors who meet the academic criteria and who have been active in 4-H Shooting Sports. Applications must be received by the State 4-H Shooting Sports Coordinator by **April 1, 2014**. Apply [here](#).
- 2014 Milano Scholarship – Deadline: April 11**  
 This scholarship is intended for 4-H Members who are well-rounded and are implementing the life skills they have learned throughout their daily lives. Up to five \$5,000 scholarships will be offered in 2014. Priority consideration will be given to youth enrolled in the Modoc County 4-H Program. However, youth enrolled in the Lassen or Siskiyou County 4-H Programs are encouraged to [apply](#).



## REGIONAL, STATE & NATIONAL EVENTS

### California Camping Conference | March 21 – 23, 2014 | **Early Registration Due February 1<sup>st</sup>**

*Boulder Creek, CA*

The California Camping Conference inspires ideas and innovation and helps camp administrators create fun, safe, and rich learning experiences for both campers and camp staff. Sponsored by the University of California 4-H Youth Development Program, the weekend offers staff, volunteers, and youth opportunities to develop their capacity as leaders in their local camp programs.

You will:

- Add new, fun, educational activities to your program
- Better understand how to work with campers, teen staff, and adult volunteers
- Learn how to market and recruit campers and teen staff
- Network with others who share your passion for camp
- Come away with practical tools to increase the safety, fun and growth for campers, and staff

Conference workshops include:

- Understanding and dealing with difficult behaviors
- New science, engineering and technology (SET) activities for camp: shelter building, first aid and safety, creating cookouts, and overnight adventures
- Working with chaperones and other adult volunteers
- Project Learning Tree and more “green” ideas
- Our campers Thrive activities
- Important steps for camp health and safety compliance
- Archery certification
- And more!

**Registration fee by February 1st is \$140 per person (\$150 by March 7th)** and includes meals, lodging, and all conference materials. The conference begins at 7:00 p.m. Friday, ending just before lunch on Sunday. Suggested participants include camp directors, youth leadership team, camp volunteers, and 4-H staff members. Archery Certification is an additional \$35 and the 12-hour course and precludes other workshop sessions. For a copy of the brochure or to register online, visit: <http://4h.ucanr.edu/Programs/Camps/Conference/>

#### **FOLLOW US ON FACEBOOK & TWITTER!**

[www.facebook.com/CA4HCamping](http://www.facebook.com/CA4HCamping)  
[www.twitter.com/CA4HCamping](http://www.twitter.com/CA4HCamping)

### World Ag Expo | Feb 12, 2014

UCCE is celebrating 100 years this year and 4-H is joining the party by hosting an interactive display with UCCE at the World Ag Expo from 9:00 am to 5:00 pm. The Smoothie bike will be in tow along with other interactive activities. If you would like to participate or give a presentation or demonstration contact Sarah Watkins, [spwatkins@ucanr.edu](mailto:spwatkins@ucanr.edu).

### 37<sup>th</sup> Annual Agricultural and Environmental Sciences Field Day | March 7 and 8, 2014

4-H can participate in all 24 different contests! Registration must be completed online at: <http://calaged.csuchico.edu/registration/>. After you register, we request that you submit a printed copy of your online registration along with your payment. Checks should be made payable to “UC Regents” and mailed to:

*Attn: Courtney Rhodes  
 College of Agricultural & Environmental Sciences  
 One Shields Avenue  
 Davis, CA 95616*

## REGIONAL, STATE & NATIONAL EVENTS CONT.

### Deadlines:

*February 7:* Agriscience Fair and Job Interview materials due and online Registration closed

*February 14:* Payments must be postmarked – A \$25 late fee for payments postmarked after this date will be enforced.

Please register as soon as possible to ensure space for your teams. For more information contact: [fieldday@caes.ucdavis.edu](mailto:fieldday@caes.ucdavis.edu), or visit: <http://caes.ucdavis.edu/fieldday>

### Ag Day | March 19th, 2014

We will be celebrating on the Capitol lawn. For more information about participating contact Sarah Watkins, [spwatkins@ucanr.edu](mailto:spwatkins@ucanr.edu).

### Western Region Leaders' Forum | March 27–30, 2014

*Crowne Plaza Hotel located in downtown Billings, MT*

Join Montana 4-H as they welcome the Western Region Leaders' Forum to Billings in March 2014. Agents, staff, and volunteers are hard at work planning a conference that will help you to “Discover the Past. Present. Possibilities of 4-H”. Participants will enjoy a first class conference facility and hotel accommodations, national speakers, local entertainment, and over 60 informational workshops. WRLF is an exciting time to network with peers from across the region sharing ideas and building relationships to carry 4-H into the future.

More info: <http://4h.ucanr.edu/files/175016.pdf>

**Registration is now open!** <http://wrlf2014.com/registration>

### Hosting a Qualifying show?

Register your show here: <http://ucanr.edu/qualifying-shows> 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

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, 2014

Management of each show is required to send show results to Sarah Watkins at the State 4-H Office.

Results can be sent via email to [spwatkins@ucanr.edu](mailto:spwatkins@ucanr.edu).

### Looking for a Qualifying Horse show for the 2014 California 4-H Horse Classic?

Visit [http://4h.ucanr.edu/Programs/Events/Horse\\_Classic/Equine\\_Qualifier\\_Events/](http://4h.ucanr.edu/Programs/Events/Horse_Classic/Equine_Qualifier_Events/) to find a Horse Show near you!

### State Field Day | May 31, 2014 | 8:00am-6:00pm

*UC Davis Campus-Wellman Hall*

### **Participation opportunities:**

MyPlate Challenge- <http://ucanr.edu/myplate>

### **New this year: 4-H Engineering and Technology Showcase**

Have a 4-H Engineering or Technology project you will like to showcase or demonstrate? Apply here [http://ucanr.edu/exhibit/display\\_application!](http://ucanr.edu/exhibit/display_application!) Funding for supplies, materials or handouts is available, contact Steven Worker for more information, [sworker@ucanr.edu](mailto:sworker@ucanr.edu).

Find more information here: <http://ucanr.edu/4hstatefieldday>.



## REGIONAL, STATE & NATIONAL EVENTS CONT.

### [2014 State Fashion Revue | May 31, 2014](#)

**Theme:** California Grown, California Sewn

The **State Fashion Revue** committee is hard at work planning our event for State Field Day on **May 31st**. It is time once again for us to seek volunteers to be judges and room monitors. Parents are welcome, however, not in the room of their own child/children. Past judges have stated how much they thoroughly enjoyed the experience. State Fashion Revue judges are adults who have an interest in fashion, current fashion trends, arts and crafts techniques, consumerism, and garment construction. Room Monitors are willing adults who will help with logistics in the judging rooms. We also need judges for the presentations that will take place in Olson Hall by members who are entered in both State Fashion Revue and State Presentation Day. These adults must have previous experience in judging presentations at the county or sectional level. Counties are responsible for providing a minimum of 1 judge for every 5 entries into State Fashion Revue. To register to be a judge or room monitor, complete the online survey at <http://ucanr.edu/sfr2014judges>. If you have any questions regarding judges or would like more information about these rewarding jobs, please contact Sue Moore, SFR Registrar, at [2moores@mlode.com](mailto:2moores@mlode.com) or call 209.743.2020. The SFR Committee has been answering questions about the new Upcycled category. This is not an alteration. It is taking one or more existing garments, deconstructing them, possibly adding other fabrics or materials, and ending up with a different garment. It is not a dress changed into a different dress. But it could be pants and a shirt changed into a dress. For more details about SFR, see the website at <http://www.ca4h.org/Programs/Events/SFD/SFR/>. Don't forget to check out this year's service projects!

### [2014 State Fair 4-H Throwdown | July 22 and 24, 2014](#)



July 22<sup>nd</sup> and 24<sup>th</sup>, three teams compete each round with a secret ingredient in each round! A panel of judges, yet to be named, will judge the 3 course creations! Registration opens in March!

The daily schedule: Round One: 11am-1pm, Round Two: 1:30pm-3pm, Champion Round: 3:30pm-5pm

Start prepping now for the State Fair 4-H Throwdown!

## Invision your Impact



Registration Info @  
[www.ysummit.org](http://www.ysummit.org)

**ATTEND THE**  
*11<sup>th</sup> Annual*

**NORTHCOAST YOUTH SUMMIT**

*Saturday, March 15, 2014*

*College of the Redwoods*

Registration Cost:  
\$15 by Feb 14  
\$20 by Feb 28  
\$30 after Feb 28

All YOUTH Welcome  
Grades 7<sup>th</sup> - 12  
&  
Adults who work with  
youth

Need more info?  
Sandy Sathrum  
(707) 445-7351

### 4-H Rabbit Show

The Humboldt County Rabbit show will be held at the Humboldt County Fairgrounds on Saturday, **March 15th at 9am**. It is an ARBA sanctioned show in conjunction with the Humboldt County Rabbit & Cavy Breeders Open show. There will be 4-H rabbit showmanship and a costume contest. Best of Show will be awarded a Rosette & Carry Cage, & Reserve Best of Show will be awarded a feeder & Rosette. Show superintendent is Abby Ziesak (442-6274 & [lisejean@juno.com](mailto:lisejean@juno.com)) & Show Secretary is Sarah Cox ([sarahcox107@gmail.com](mailto:sarahcox107@gmail.com) & 707-497-6396). For more details and a copy of the show book contact Abby.



## CALIFORNIA 4-H UNIFORM CONTEST

### Proposals Due: April 18, 2014, 9:00 PM

If you've always complained about the uniform, now is your chance to have a voice in changing it! In response to 4-H members' and volunteers' input and desire to explore options for a new uniform, the State 4-H Incentives and Recognition Advisory Committee is facilitating the process to adopt a new uniform. It is important to all that the new uniform maintains 4-H tradition but is an updated, comfortable, and easy uniform for today's youth. The new uniform should make 4-Hers recognizable. The new uniform must continue to allow 4-Hers to exhibit their recognition pins and emblems. The uniform must meet the needs of certain projects. For instance, certain animal projects require boots, long pants, and/or long sleeves. Uniforms should also be affordable for all members. The policy on 4-H attire will remain the same and states that, "There is no uniform requirement in the 4-H YDP and a uniform cannot be required for participation in any 4-H YDP sponsored activity, event, meeting or occasion. 4-H YDP staff will inform other sponsoring organizations that the 4-H YDP does not require uniforms."

### 4-H Uniform Contest Rules

- ⇒ Currently enrolled 4-H members may enter the contest.
- ⇒ Proposals are due by April 18, 2014, 9 pm.
- ⇒ Multiple entries from one member are allowed.
- ⇒ Submissions will be evaluated by an ad hoc sub committee appointed by the State 4-H Incentives and Recognition Advisory (I & R) Committee. This committee will be comprised of three youth members, one adult volunteer and one staff member. The ad hoc group will make recommendations to the I & R Committee who will then prepare multiple uniform options for voting by all registered members and adults.
- ⇒ You do not need to be present at State Field Day for your uniform idea to be selected.
- ⇒ The evaluation committee and the I & R Committee reserve the right to take features of one uniform submission and combine it with features from another submission.  
Members will be recognized for their selected and winning contributions in the Updates Newsletter, on the State 4-H Website and through our social media networking platforms.

### How to Enter

- ⇒ Submit your proposal electronically by 9 pm, April 18, 2014.
- ⇒ A proposal must include a written description of the proposed uniform and may also include sketches and/or photos of the proposed uniform that can be uploaded onto the contest survey site.
- ⇒ Submit your proposal here: <http://ucanr.edu/survey/survey.cfm?surveynumber=12195>

### Submissions will be evaluated using the following criteria:

- ⇒ **Affordability and Availability.** Uniforms have to be affordable to all members. The uniform pieces must be generally available or easily produced.
- ⇒ **Serviceability and Comfortableness.** Uniforms need to be comfortable and functional for all 4-H activities, from showing livestock to giving presentations.
- ⇒ **Adaptability.** Uniforms should be adaptable for weather and project needs. For instance, there could be long and short sleeve options. There could be different options for younger members (e.g., green hat) and older members (e.g., no hat, but need something else that displays pins and emblems).
- ⇒ **Professional Appearance.** Uniforms should be easily recognizable and easy to keep clean.
- ⇒ **Ability to Exhibit Recognition/Awards.** Uniforms should allow for the display of pins, emblems, etc.
- ⇒ **Traditionalism.** Uniforms should incorporate the 4-H colors and the 4-H emblem. The 4-H colors are white, to symbolize purity, and green, to represent growth. The 4-H emblem is the green clover with four white Hs.

### Voting Process:

- ⇒ Voting will begin at State Field Day, May 31, 2014 and will end on June 15, 2014 at 9 pm.
- ⇒ Photos or sketches of the uniform options will be displayed at State Field Day and also posted on the State 4-H Website on May 31, 2014.
- ⇒ Voting will be by survey in the 4-H Online Record Book (ORB). This will ensure that there is only one vote by registered youth member or adult volunteer.
- ⇒ At State Field Day, you can vote by going to the computer lab to log into your ORB page. It will be important for you to know your log-in and password to ORB. If you do not know this information, please follow the instructions on the ORB Login Help reference: <http://4h.ucanr.edu/files/121045.pdf>. If you still need assistance, contact your county UCCE office for support.
- ⇒ If you will not be attending State Field Day, you can still vote by log-in to your ORB page from any computer, until June 15 at 9 pm.
- ⇒ If you also take your ORB surveys in the computer lab, you will receive a \$10 gift card for completing your surveys that day. (All other ORB survey incentives still apply).

# Upcoming Events

February 4th	4-H Council Meeting	5:00 PM	Young Family Ranch, Weaverville
March 22nd	Textile Day/Art Extravaganza	9:00 AM	Fairground Dining Hall, Hayfork
April 5th	Favorite Foods Day	9:00 AM	Lewiston Community Church, Lewiston
April 12th	Sectional Presentation Day	9:00 AM	Lassen Community College, Susanville
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:

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6000 Highway 3, Hayfork, CA

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## Nate Caeton 4-H Program Representative

[nwcaeton@ucanr.edu](mailto:nwcaeton@ucanr.edu)

Visit the California State 4-H

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

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## University of California Cooperative Extension

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cool things you can do in  
4-H.*

