Trinity County 4-H Cloverleaf July 2019

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

A NOTE FROM YOUR 4-H COMMUNITY EDUCATOR

As we approach the summer heat and fair week please remember...

It's going to be hot! Please remind your members to be heat safe.
Drink plenty of water, BEFORE getting thirsty.
Stay away from caffeinate drinks.
Wear a Hats, loose-fitting, light-colored, and light-weight clothing.
Know the signs and symptoms of heat illness.

Ethical Behavior and Expectations
Every member must agree to adhere to the 4-H member Code of Conduct.
As a 4-H member (youth and adults) you are expected to follow the elements of good sportsmanship:
Conduct: Your behavior should highlight you as an individual as well as represent the 4-H program.
Fairness: Observe and follow the rules.
Honesty: Be truthful, fair, and straightforward.
Courtesy: Be well-mannered. Show respect and consideration to everyone.
Grace: Show respect and consideration. Treat all people, animals and things kindly.

And most importantly, HAVE FUN!

SCHOLARSHIPS and AWARDS http://4h.ucanr.edu/Resources/Member_Resources/

2019 Golden Clover Awards

Golden Clover Awards recognize outstanding achievements of members, volunteers, program staff and groups within the 4-H Youth Development Program. Now accepting nominations for awards. Applications are due on August 11th

Diamond Clover Award

The California Diamond Clover is the highest achievement for which a 4-H youth member and young adult volunteers are recognized.

All youth members and young adult volunteer who achieve the requirements are eligible to receive this award.

Awardees receive the California Diamond Clover Pin or Necklace Charm, a certificate and a recognition letter from the 4-H Statewide Director.

Applications are accepted year-round. Applications are reviewed by the 4-H Incentives and Recognition Advisory Committee and awarded quarterly.

2019 4-H Higher Education Scholarships

Applications for 2019 Higher Education Scholarships administered by the state 4-H office are now available! Applications are due August 11th. Make sure you get your application in!

4-H CALENDAR OF EVENTS

4-H is not just a club.
It's a way of life.
-4-H Member

June
06/27/2019 Council & Budget Meeting, Weaverville
06/31/2019 Program Year Ends

July
07/01/2019 New Program Year
07/13/2019 Avian Judging Day, Trinity County Fairgrounds

August
07/7-11/2019 Trinity County Fair
07/19/2019 Council Meeting & Volunteer Training, Hayfork Office

Monthly Council Meetings

The next council meeting is Thursday, June 27th. If you would like to add an item to the agenda, please contact the 4-H office.

As outlined in the 4-H Club Program Planning Guide, each club must have regular representation at council meetings in order to be considered a "club in good standing".

2019/2020 Leader Training

Leader training is mandatory for all community club leaders, however all Volunteers are welcomed to join us.

---

e4: The Volunteer Retreat

Engage. Energize. Equip. Empower.

November 8-10, 2019
Asilomar Hotel & Conference Grounds
Pacific Grove, CA

https://ucanr.edu/sites/ca4hslf/Register_Tday/

The Volunteer Retreat is a volunteer development conference for volunteers and staff who work with youth. Adult volunteers, staff, and youth volunteers ages 15 and older are encouraged to attend.

This first annual conference is for volunteers who work with youth to:

1. ENGAGE – connect with each other to share knowledge and skills
2. ENERGIZE – strengthen your volunteer work with youth
3. EQUIP – resources from booth exhibits and a Project Skills Showcase
4. EMPOWER – skill-building workshops and guest speakers

ANNOUNCEMENTS & PROGRAM UPDATES

Today's 4-H'ers,
Tomorrow's Leaders.
-4-H Member

COUNTY

Avian Judging Day - July 13, 2019
Trinity County Fairgrounds—Small Animal Barn

The Hayfork Timberjacks are hosting this year's Avian Judging Day on Saturday, July 13 at 9:00am. This is a drop-in event and all members are strongly encourage to participate. Members do not have to be enrolled in the poultry project. Please do NOT bring your chickens to this event.

If you are interested you can review the following resources:

"Judging Made Easy" https://ucanr.edu/sites/4-H-Fresno/files/66873.pdf
https://extension.tennessee.edu/cannon/Documents/4-H/Poultry%20Judging%20Slides.pdf

Educational Posters and Displays

Open Egg Judging
Closed Egg Judging
Carcass Judging
Feed Quality
Live Bird Judging

Showmanship Clinic

Michelle Gamlen is available for those interested in showmanship tips and practice.

ANNOUNCEMENTS & PROGRAM UPDATES

I pledge my…
head to clear thinking.

Trinity County Fair— August 9-11, 2019

"Lifetime of Bounty in Trinity County"

Fair Premium Books and Entry forms are available online and pick-up at the fair office and several locations throughout the county. It is very important to review and become familiar with the information that relates to your entries. Be sure your entry forms are received by the deadline (Friday, July 19th) as stated in the premium book. If you plan on mailing your entry forms, remember to allow extra time for delivery. Don't forget, all entry forms must be signed by a parent, guardian, or organizational leader. The fair office cannot accept late entries.

All junior livestock exhibitors are required to complete the **YQCA training.** This is completed online and will cover food safety, animal well-being, and life skills. Livestock entries will not be accepted without a YQCA certificate of completion.

The 4-H uniform is a great way to represent yourself and 4-H in a professional way. If you need a new hat, scarf, or tie please order it from Leslie Carman http://4hsupplies-com.3dcartstores.com/

"Minimum standards of dress for junior exhibitors: Shirt must have collars and sleeves (no pull-over shirts), trousers must be full length jeans or slacks. Footwear may be boots or shoes (shoes must be laced and tied). All junior exhibitors must be cleaned and well groomed". Trinity County Premium Book, page 69

Animal Project Leaders and/or Club Leaders please remind your members about the ethical standards and expectations as a 4-H member.

Buyer's Letters

Youth who are planning on selling market animals this year at the Jr. Livestock Auction should be working on their **buyer's letters**.

Remember…

Everyone is a potential buyer. Friends, neighbors, and relative are a great place to start, but don't forget to approach businesses and other organizations as well.

Personalize your letters and include a picture of you and your animal.

Deliver your letters in person. Look sharp and be confident.

Share your knowledge and experience. You are not just marketing your animal, you're marketing yourself as well.

" A Guide to Better Buyer's Letters" **http://cetrinity.ucanr.edu/filfilefiles/188044.pdf**

ANNOUNCEMENTS & PROGRAM UPDATES

I pledge my...
head to clear thinking.

STATE http://4h.ucanr.edu/

Planet 4-H: Planting the Seeds of Change
Thursday-Sunday, July 18-21 UC Davis Campus

Mission: Give youth the tools to create change in their communities.

- Improve your personal leadership skills to benefit your county 4-H program.
- Advance your college and career readiness.
- Expand your network with 4-H members, volunteers, and staff outside of your county.

Plan to join the fun at the annual California 4-H State Leadership Conference and meet youth from across California for leadership training and networking.

Alumni and Friends Night Out July 19, 2019

RSVP by July 12. Register early as seating is limited.ucanr.edu/4Hnightout

Join us for 3-courses of gourmet Italian cuisine and relax with a beverage as we reminisce and share stories with fellow 4-H alumni and friends. After dinner, we will move over to UC Davis campus and join 4-H youth from all over California as they kick off this year's State Leadership Conference. Cap the evening off with a frosty scoop of ice cream as you mix and mingle with 4-H SLC participants. Dinner & Registration: $35*

4:45pm | Networking & Dinner | Osteria Fasulo, Davis, CA
7:00pm | State Leadership Conference | Science Lectures Hall 123, UCD
8:00pm | Ice Cream Social | UC Davis Campus

Forever 4-H

Community Clubs

What is a 4-H Club?

A 4-H club is an organized group of at least five youth from three different families with two 4-H appointed adult volunteers. Members and leaders meet regularly and have a planned program that is carried out through all or most of the year. The purpose of a 4-H club is to provide positive youth development opportunities that enable youth to reach their full potential as competent, confident, leaders of character who contribute and are connected to their communities.

4-H clubs usually meet in the evenings or on weekends and offer self-chosen multiple learning experiences and activities. The youth officers run the meetings, typically using parliamentary procedure.

All 4-H clubs must be chartered, which includes having an approved constitution and bylaws. The 4-H charter allows clubs to use the 4-H name and emblem, raise funds in the name of 4-H, and carry out the 4-H educational program.

Club Activities

Before the club year begins, the community club leader, the officer advisor, and the officers meet together to complete the following tasks:

- Review the duties of each officer. Please refer to the 4-H Officer's Manual.
- Set annual club goals for membership, programs, and community service.
- Develop a year-long club program calendar.
- Plan the club budget.
- Help youth and adults complete enrollment paperwork.

At each club meeting, the community club leader and officers:

- Work as a team to set-up and clean-up the meeting area.
- Greet guests, members, and leaders as they arrive.
- Help new or younger members become acquainted with 4-H terms.
- Lead the meeting using an agenda and take minutes.
- Organize recreational activities.

At the end of the year, club members and officers should:

- Complete a 4-H record book and submit it for club judging.
- Complete the 4-H financial report (usually the duty of the treasurer).
- Meet with the officer advisor to evaluate their year.
- Hold elections for next year's officers.

CLUB REPORTS

I pledge my...
hands to larger service.

End of the Year Financial Reports are due September 15, 2019

2018-2019 Reporting Checklist
2018-2019 Annual Inventory Report - Form 6.2
2018-2019 Annual Financial Report - Form 6.3
2018-2019 4-H Club Budget - Form
2018-2019 Peer Review Checklist - Form 8.6
2018-2019 Peer Review Report - Form 8.5

Hayfork Timberjacks
Community Club Leader: Kathy Johnson
530-628-4224

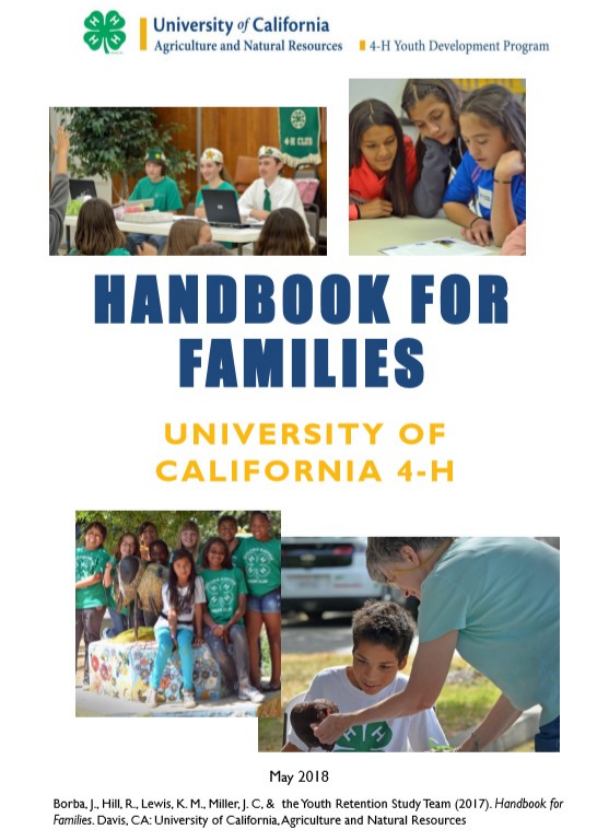
Hayfork Valley
Community Club Leader:

Southern Trinity
Community Club Leader: Ronie Millsap
707-574-6472

Trinity Alps
Community Club Leader: Shannon Taylor
530-623-8377

Trinity Lake
Community Club Leader: Veronica Stewart
530-226-3370

Trinity River
Community Club Leader: Sarah Jorgensen
530-784-7602



CLOVERPEDIA

4-H youth are 1.9 times more likely to get better grades in school.

4-H Emblem

The official emblem is green with white H's - the 4-H colors.
The white symbolizes purity.
The green represents nature's most common color and is emblematic of youth, life and growth.
The 4-H flag consists of a green, four-leaf, stemmed clover on a white background.
The clover has a letter “H” in white or metallic gold on each leaf.
The H’s stand for Head, Heart, Hands and Health.

The 4-H emblem symbolizes the aim and desired results of effective learning for each individual.

HEAD

Problem solving: ability to sort out complex problems.

HEART

Emotional development: developing good attitudes toward work and learning; developing acceptance and appreciation of other people.

HANDS

Skills development: ability to do, skill in doing and habit of doing.

HEALTH

Physical development: understanding and appreciating a growing and changing body.

4-H Motto

“To Make the Best Better.” Its intent is to inspire young people to continue to learn and grow, to make their best efforts better through participating in educational experiences. The 4-H motto supports the California 4-H YDP mission of engaging youth in reaching their fullest potential.

Clover Safe

ENVIRONMENTAL HEALTH AND SAFETY

Clover Safe notes are intended primarily for 4-H volunteers and members nine years and older

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

#19 HEAT ILLNESS AWARENESS

According to the National Weather Service, an average of 235 heat-related fatalities occurred annually between 1975 and 2004. Moreover, about 25,000 heat-related illnesses or injuries occurred from 1991-2000. Children are at greater risk for heat stress because their bodies have a larger surface area per pound of weight. Youth that are vigorously exerting themselves in summer heat are at higher risk for contracting heat illness. By taking several simple precautions, people can control and/or reduce exposure to conditions that may cause heat illness.

Heat Illness Disorders and Symptoms

1. Heat Stroke - sweating stops and the body fails to regulate its temperature. Victims may die if they don't receive immediate medical treatment. Characterized by: mental confusion, fainting, or seizures; hot dry skin usually reddish in color; and high body temperature.
2. Heat Exhaustion - profuse sweating results in dehydration. Characterized by: fatigue, dizziness, and nausea; pale and moist skin; and possibly slightly elevated temperature.
3. Heat Cramps - cramping thought to be due to loss of salt through sweating. Characterized by muscle spasms in arms, legs, and abdomen during or following physical activities.
4. Heat Syncope - dehydration while standing still causes blood pooling in lower portions of the body. Characterized by fainting while standing still.
5. Heat Rash - occurs under hot and humid conditions where sweat does not evaporate readily. Characterized by irritated/itchy skin with prickly feeling and small red bumps on skin.

Treatments for Heat Illness Disorders

1. Heat Stroke - call 911 immediately, soak victim's clothing with cool water, move victim to shaded and cool area, fan victim to increase cooling of their body.
2. Heat Exhaustion - have victim rest in shaded and cool place and drink fluids. Do not serve caffeinated fluids such as soft drinks, iced tea, or coffee.
3. Heat Cramps - have victim rest and drink non-caffeinated fluids.
4. Heat Syncope - have victim rest in a shaded and cool place, and drink non-caffeinated fluids.
5. Heat Rash - wash and dry skin. Wear loose clothing and keep skin dry.

Precautions to Prevent Heat Illness Disorders

1. Volunteers and 4-H members should acclimatize themselves to the prevailing weather conditions.
2. Always drink plenty of fluids such as water and sports drinks. During warm weather, plan to have at least one quart of water available per person per hour of the outdoor activity. Avoid caffeinated drinks.
3. Wear a summer hat with a brim and loose-fitting, light-colored, and lightweight clothing like cotton.
4. Schedule vigorous activities during coolest portions of the day and take frequent breaks on hot days.
5. If someone is feeling symptoms of heat illness, they should take a rest period in a shaded area. Volunteers or 4-H members should help find access to shade – this may be any area where the affected person is protected from direct sunlight, such as under an umbrella, a portable structure, or inside a ventilated building or vehicle.

If a treated victim does not recover from heat illness in a reasonable amount of time, promptly seek medical attention. Plan ahead to know how to summon medical assistance and direct emergency responders to your location or how to transport the heat illness victim to a medical service provider.

Any incidents of heat illness shall be promptly reported to the 4-H member's parent or guardian and 4-H staff. See Clover Safe #13 for incident reporting procedures.

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/anrstafffiles/176836.doc). Inquiries regarding ANR's nondiscrimination policies may be directed to John I. Sims, Affirmative Action Compliance and Title IX Officer, University of California, Davis, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.

THE 4-H PLEDGE

Every day I use what I learned and practiced in 4-H. It was the best activity of my youth and life!
-4-H Member

I pledge my...

HEAD to clearer thinking,
HEART to greater loyalty,
HANDS to larger service,
HEALTH to better living,
for my club,
my community,
my country,
and my world.

University of California
Agriculture and Natural Resources

UC CE

Copyright © 2017 The Regents of the University of California.

UCCE Trinity County 4-H OFFICE
P.O. Box 1468
Weaverville, CA 96093

Check out our website for more updates and resources: http://cetrinity@ucanr.edu

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