



# Pinal County 4-H Newsletter

4-H GROWS HERE

FEBRUARY | 2021

This issue of our 4-H Newsletter is packed with lots of opportunities for youth and adults in the 4-H Program. We hope that you are able to find something of interest. We do know that many of you have been engaged in the many new and innovative program options that have been available – we’ve had positive feedback on these new options. If you haven’t participated in any of the virtual options, please do try one out. We think you will be surprised by how well these have been planned and how engaged you can be via an online platform.

This has been a year of challenges for all of us, but the data on the pandemic in our area has improved a lot in the past month and we anticipate being able to move to Phase One very soon (where we can have small indoor meetings with up to 5 people – so small project meetings – and outdoor meetings with up to 10 people). We hope that in the next few weeks, if the data continues to improve, that we’ll be able to move to Phase Two (where we can have small indoor meetings with up to 25 people – so small project meetings – and outdoor meetings with up to 50 people). At these levels, and following effective mitigation practices, we should be able to safely engage in the upcoming 4-H related activities – we will communicate these phase changes with you as we go forward.

We thank all of you for your patience and for the many adjustments you all have made to continue your 4-H project work during these very interesting times. Many of us either have had COVID or know people who have had with different levels of symptoms. We hope you all have been able to remain safe.

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University of Arizona, Cooperative Extension, Pinal County 4-H  
820 East Cottonwood Lane, #C, Casa Grande, Arizona 85122  
(520) 836-5221, Phone / (866) 836-5221, Toll Free / (520) 836-1750, Fax  
Email: [mmelende@cals.arizona.edu](mailto:mmelende@cals.arizona.edu)

[extension.arizona.edu/4h/pinal](http://extension.arizona.edu/4h/pinal) / [www.facebook.com/pinalcounty4h](https://www.facebook.com/pinalcounty4h)

Instagram: [pinalcounty4h](https://www.instagram.com/pinalcounty4h) / Twitter: [@Pinal\\_County\\_4H](https://twitter.com/Pinal_County_4H)



THE UNIVERSITY OF ARIZONA  
**Cooperative Extension**  
Pinal County



# THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS



## INTRODUCTION OF BRYCE TREADWAY

*Submitted by Bryce Treadway, AmeriCorps 4-H Member*

Who is Bryce? I am an AmeriCorps member for 4-H department for Cooperative Extension. I've been in robotics in high school and would like to make STEM more prominent in Pinal County. In fact, I have already started planning my first STEM project while writing this.

Meanwhile, I had started working here at the beginning of the week until the end of June. While my main part of STEM mainly in Engineering and Technology, I plan to team up with other departments in Cooperative Extension and the community to bring in more Science based elements. With that I am proud to get the youth more interested in STEM.

## 4-H YOUTH DEVELOPMENT SCHOLARSHIP

*Written by the Arizona 4-H Youth Foundation*

Annually the Arizona 4-H Youth Foundation provides thousands of dollars in college scholarships to 4-H members and alumni. These scholarships provide relief from the ever-growing cost of a higher education. Our Scholarship Committee is comprised of a well-rounded group of individuals with 4-H history, education, business experience and a "give back to the community" spirit.



### How to Apply for a 2021 Arizona 4-H Youth Foundation Scholarship—Due April 15<sup>th</sup>

1. Fill out the Fillable PDF called "2021 Arizona 4-H Youth Foundation..." Found [Here](#)
2. Collect 2 references, one 4-H leader or Extension agent and one non 4-H reference, and have them fill out the "4-H Reference" and "Non 4-H Reference fillable PDF's at the website above.
3. Get a pdf of your transcript
4. A photo .jpg of yourself
5. Upload all the documents mentioned above to this [online form](#)

### How to Apply for a 2021 Pinal County 4-H YD Program Scholarship—Due April 1<sup>st</sup>

1. Fill out the Fillable PDF called "2021 Arizona 4-H Youth Foundation..." Found [Here](#)
2. Collect 2 references, one 4-H leader or Extension agent and one non 4-H reference, and have them fill out the "4-H Reference" and "Non 4-H Reference fillable PDF's at the website above.
3. Get a pdf of your transcript
4. A photo .jpg of yourself
5. Email all documents mentioned above to Maria Melendez at [mmelende@cals.arizona.edu](mailto:mmelende@cals.arizona.edu)

University of Arizona, Cooperative Extension, Pinal

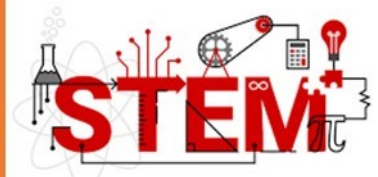
# Robotic 101 Camp

For Grades 5<sup>th</sup>—12<sup>th</sup>

*Learn about coding, robotics, meet new friends, and compete against other teams from across the state.*

During the camp you will learn the basic structures and functions of coding. You will need access to Google Chrome either on a Apple, Microsoft, or third party computers/laptops.

Camp will be every Tuesday and Thursday, from 5:00-6:00 pm MST between the dates of February 8<sup>th</sup> and March 5<sup>th</sup>, we will be holding Zoom sessions for a robotics camp. **ONLY 5 SPOTS LEFT—Sign Up TODAY!**



In each meeting, we will help the children through any questions during the lessons.

We understand these students have school work that also needs to be done. With this in mind, we release the challenges over the course of the 4 weeks.

While encouraging a fun and healthy environment, we also are working together against other counties as a friendly competition.

For more information about the camp contact

Bryce Treadway at

[brycetreadway@email.arizona.edu](mailto:brycetreadway@email.arizona.edu)

820 East Cottonwood Lane, #C,  
Casa Grande, AZ 85122

(520) 836-5221, phone / (520) 836-1750, fax



THE UNIVERSITY OF ARIZONA

Cooperative Extension

Pinal County

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Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting (UA, Cooperative Extension, Pinal County at 866.836.5221). Requests should be made as early as possible to allow time to arrange the accommodation.

**University of Arizona, Cooperative Extension, Pinal**



# **MARS**

**BASE**  **CAMP**

**4-H STEM CHALLENGE**

**In a Galaxy  
not to far from your coach.  
Comes an activity that  
brings you  
outta this world.**

**RSVP for this event to the  
email below by February 15<sup>th</sup>  
in order to receive your  
rover kit before the event.**

**On February 27, 2021,  
you can join us  
in an exploration to Mars  
with your own rover.**

**Kits can be picked up  
between the registration date  
and the day of the event.  
Details will be organized upon  
registration through email.**

**If you have questions or concerns , please contact  
Bryce Treadway at [brycetreadway@email.arizona.edu](mailto:brycetreadway@email.arizona.edu)**

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(520) 836-5221, phone / (520) 836-1750, fax**

**There is only a limited amount of space available.**



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## THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

### **PINAL COUNTY 4-H FAIR—WE'RE GOING HYBRID**

*Submitted by Esther Turner, Program Coordinator, Sr.*

#### **Purpose of a Hybrid Fair**

While many 4-H fairs across the country have been cancelled, Pinal County 4-H and its volunteers want to make sure they can still host an event for our 4-H small-stock and building project members.

Due to the restrictions currently in place by COVID-19, many county fairs are looking at options for how to showcase 4-H'ers and judge 4-H exhibits/contests.

A hybrid fair gives 4-H youth the opportunity to exhibit their 4-H projects and demonstrate what they have learned, some in person and others in an online platform. A hybrid fair is all about learning and having fun!

Small stock and some contests will have judging that will be done in person on March 13<sup>th</sup> and March 15<sup>th</sup> at the Maricopa Agricultural Center, with only a few people allowed to attend outside of the judges and participants. Please check fair exhibitor handbook for specific dates, times, and rules.

Building Exhibits will be held through a virtual fair. A virtual fair gives 4-H youth the opportunity to exhibit their 4-H projects and demonstrations online to showcase what they have learned.

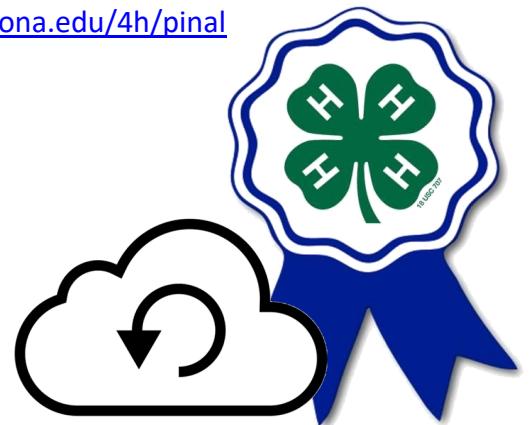
4-H members that participate in the exhibit will be awarded virtual ribbons and will receive feedback from judges. Fair ribbons will be mailed to the participants at the conclusion of the event. There are no entry fees.

#### **Process for Entering Exhibits**

All registration will be done through ShoWorks at <http://pinal4.fairmanager.com/>. Entries will be submitted, judged, and the results will be shared all online. By and large, entries for the virtual fair will be submitted as photos, files, or videos at the time of registration.

Check out the University of Arizona, Cooperative Extension, Pinal County 4-H Website for more information, Exhibitor Handbook, General Rules & Requirements: <https://extension.arizona.edu/4h/pinal>

We hope to see you at the Pinal County 4-H Fair!





## THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

### ARIZONA 4-H ENGAGED CITIZENS EVENT

*Written by Jeremy Elliott-Engel, AZ 4-H State Program Leader & Associate Director*

**Aurora Peters & Melannie Dominguez**, members from the Casa Grande Desert Dwellers 4-H Club attended the Inaugural Arizona 4-H Engaged Citizens Event virtually, along with Maria Melendez as the County Chaperone. The Arizona 4-H Engaged Citizens Event was a virtual experience, like a day-long event at the Arizona State Capital. The event supports the educational objective of the Arizona 4-H Youth Development program to develop civically minded citizens today and into the future.

Youth were welcomed by Arizona 4-H alumni, State Senator Sine Kerr and Representative Tim Dunn. Youth had sessions with current and former legislators and government relations professionals covering topics like; how does a bill become a law, what are careers in government service; and, how to communicate with legislators. Our Pinal County youth met with their State Senate, Senator Shope and House Legislator, Representative Barton.

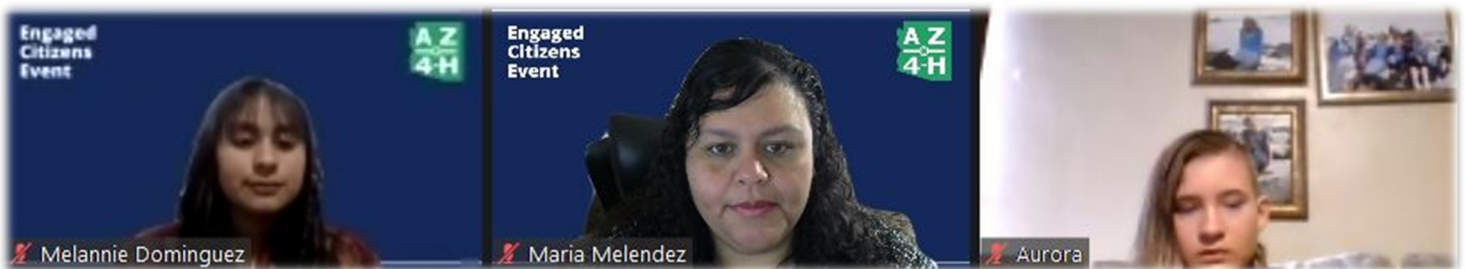
The Arizona 4-H Engaged Citizens Event (ECE) event is made possible by Arizona 4-H Youth Foundation partners Arizona Farm Bureau and the University of Arizona Cooperative Extension.

#### **About 4-H**

4-H, the nation's largest youth development organization, grows confident young people who are empowered for life today and prepared for career tomorrow. Arizona 4-H programs empower nearly 200,000 young people across Arizona through educational experiences provided by Arizona Cooperative Extension employees that develop critical life skills. Arizona 4-H is the youth development program of the University of Arizona, Arizona's 1862 land-grant university, and serves every county and five tribal communities. The research-backed 4-H experience grows young people who are four times more likely to contribute to their communities; two times more likely to make healthier choices; two times more likely to be civically active; and two times more likely to participate in STEM programs.

#### **About Arizona 4-H Youth Foundation**

The Arizona 4-H Youth Foundation (AZ4-HYF) was incorporated in 1970 as a non-profit educational organization by a service minded group of Arizona's agricultural, civic and corporate leaders to ensure opportunities for 4-H youth across the state. The AZ4-HYF celebrates 50 years of providing support for 4-H members this year. Annually foundation endowments and annual gifts provide 44 Arizona 4-H youth higher-education scholarships and nearly \$150,000 in funding for the Arizona 4-H program.



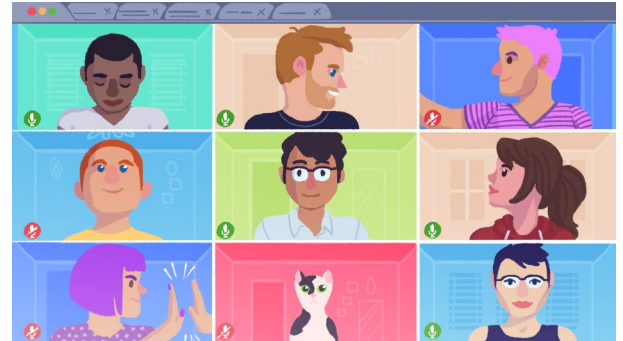


# THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

## 10 ACTIVITIES TO DO DURING ZOOM MEETINGS

Submitted by Bryce Treadway, AmeriCorps 4-H Member

Having an online meeting can be rough to do based on being all of sudden needing to do them. If you got a few new members or want to get to know each other, later on I will discuss a few things to help in recreation. These activities can vary in length but can easily be done in a five to ten minutes. With no further ado, here is a list of 10 things you can change up your meetings a little.



- 1) The first little activity I like to call, Around the World of Zoom. A little game that is similar to I Spy but everyone else finds an object in their room that fits the statement said. You can then explain why you grabbed that item or even put a 30 to 60 second time limit per statement. You then go around until everyone has gone at least once, maybe twice if you want to allot more time.
- 2) At number two, there is “Who’s that Team Member?” This little exercise requires a little bit of set-up. Before the meeting, you’ll have to gather a little information about who will be attending the meeting. This usually involves neutral questions, like their favorite hobbies, hidden talents, favorite movies, etc. Then you can have a minute or so discussion about who they thing it is. Once they do, they write down their answers. Whom ever gets the most right, gets the bragging right.
- 3) For the third activity, an interesting one could Office Party Mad Libs. For those who are creative enough you can create a work-based team-building story, or you can search through the internet to find a pre-made story. Then go down the line until you run out of blank spots. If you have too big of a group, you could do break-out rooms.
- 4) If you want a laugh then this fourth one may be for you. “Sell It” is a game where you ask everyone to grab an item before telling them what they have to do. Then you ask everyone to try to sell the item as if they were a salesperson. You can delegate about a minute per person to sell the item. Then at the end, everyone could say who had done it best.
- 5) “A Vacation around the Screen” is another where everyone uses their environment. This is where they can look around, and potentially show, in order to convey where their dream vacation. In a fashion similar to these other activities, the timing is variable and similar in play through.
- 6) Number six on the list is “Zoom-along”, which is similar to any sing-along. Except this time, it is over zoom. You’ll probably would choose 2 or 3 songs that have either a karaoke version or a audio version.
- 7) Seventh activity is *Pictionary*. This can go several rounds if you feel like you want to do this longer than a few minutes. At least one person in the group knows how to play the game that you can buy at the store.
- 8) Another activity is “One Word at a Time”, but it isn’t about who is speaking right now. The objective of this activity is to go around to everyone to make a coherent story. The only catch, you can only add 1 word to the paragraph per turn. You go until either a word doesn’t make sense or until you have an end to the story. If you have the former error in only a few turns, go until you feel comfortable the story is long enough and appears to be at a good point.
- 9) The second to last activity on this list is “Pack for the Oregon Trail”. This activity can be separated into teams, using break-out rooms, and discussed between each team. The whole idea is to either choose 5 items, that are carryable, to bring with you on your way on up the Oregon Trail. Each team will have a different strategy and some may only bring their prized possessions while others bring their essentials. You can designate a 3-minute team meeting and a 2-minute discussion. This activity may also help gather a little bit of insight into who your team members are.
- 10) Last but not least is “Guess That”. This is where you can gather either songs or movies and either create or find clues to the title. They will write their answers down and gain bragging rights for having the most correct answers.



## THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS



### FORMER PINAL COUNTY 4-H MEMBER

#### SIMFORMOTION™ LLC ANNOUNCES CAT® SIMULATORS SCHOLARSHIP WINNER

*Written the CAC News & Announcements*

Simformotion™ LLC – a leader in heavy equipment simulator development – is pleased to announce that Royal Whitehead, Arizona, has been awarded the 2020-2021 Cat® Simulators Scholarship. He will receive \$2,000 to support his pursuit of a heavy equipment-related career.

Applications were accepted from students enrolled in an accredited heavy equipment-related program at an institution that utilizes Cat Simulators as part of their training program or curriculum. Whitehead is currently enrolled in the Heavy Equipment Operations program at Central Arizona College. After college he plans to find a job in the construction industry and become a community leader, so that he can help future innovators.

“In these times, the need to help a student reach his or her dream is more important than ever. We are proud to award the Cat Simulators scholarship and be a part of the solution to help fulfill the demand for skilled operators. Companies are as focused as ever on the need to build a trained workforce,” says CEO, Lara Aaron.

Whitehead is a 4.0 student with a passion for heavy equipment. While going to school, Whitehead has worked on several projects including a project to redo the rodeo team’s arena. During the project the class worked around water trucks, loaders, graders and telehandlers. He works part time; and volunteers at the FBC-Stanfield Food Pantry to distribute food to families in need. He also volunteers at the local FFA chapter (Future Farmers of America). “There were many 4H and FFA leaders that gave their time to help me learn, gave me opportunities and helped me set goals. When I have asked how I can repay them for their help, knowledge and friendship, they say to ‘pay it forward.’ Go help and excite the following generations,” says Whitehead.

When he can find the time, he enjoys watching videos and learning about all types of heavy equipment, from machines used in mines to those used in forests and railroads. Whitehead likes working on his first gen Dodge and taking his mud truck to the bogs on the weekends. But he most enjoys spending time with his family and girlfriend. Simformotion has been awarding the Cat Simulators Scholarship since 2011.

Visit [www.catsimulators.com](http://www.catsimulators.com) for more information on simulator training.

Cat® Simulators scholarship winner, Royal Whitehead, was awarded \$2,000 towards tuition for a heavy equipment operations program at Central Arizona College in Arizona.





# THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

## LIVESTOCK QUALITY ASSURANCE

Submitted by Maria Melendez, Administrative Assistant

Youth for the Quality Care of Animals (YQCA) is a national multi-species quality assurance program for youth ages 8—21, with a focus on three core pillars: food safety, animal well-being, and character development. This certification is being accepted by livestock shows and fairs that require youth quality assurance certification.

YQCA includes information for youth showing the following food animals:

- \*Pigs
- \*Beef Cattle
- \*Dairy Cattle
- \*Sheep
- \*Goats
- \*Market Rabbits
- \*Poultry

It is available as an online program for youth everywhere in the United States and also offers an instructor-led training, as a test out certification. Contact the entity requiring your YQCA certification to see which is available in your state or contact [info@yqca.org](mailto:info@yqca.org) or visit their website at <http://yqca.org/>.

## PINAL COUNTY FAIR

Submitted by Victor Jimenez, 4-H YD Agent



Due to the current county health status, the Pinal County Fair is rescheduled to take place in the Fall. It will be redesigned to what may be called a Fall Festival with a different format than what has taken place in the past. The Pinal County Junior Livestock Committee is committed to moving forward with a plan that will work for those that have a vested interest in this educational experience. You will be updated with changes and a tentative schedule as they become available. The planning committee is working hard to produce a safe experience for all exhibitors, families, and community. Stay healthy !

## PINAL COUNTY 4-H VIDEO

Submitted by Maria Melendez, Administrative Assistant

The Pinal County 4-H YD Program provides a supportive setting for youth to reach their fullest potential. Participation is open to all youth ages 5-18 who reside in Pinal County. 4-H makes learning fun! You pick your adventure! There are caring adults ready to help you explore and grow. True Leaders aren't born—They're Grown!

Watch this wonderful video that has been launched as a promotional resources.

Help Promote the Pinal County 4-H YD Program—Subscribe, Like, Share & Save Today!

<https://youtu.be/xAPMbhlGjme>





## THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

### 4-H YOUTH IN ACTION AWARDS

*Written by National 4-H*

In 4-H, you've developed your passion. You've found your purpose. You've inspired others – and now you're moving forward. See how 4-H has propelled these young people to change their communities.

The 2022 Youth in Action Awards application is now open! The 4-H Youth in Action Program recognizes four confident young leaders with diverse backgrounds and unique perspectives in our core pillar areas: agriculture, civic engagement, healthy living and STEM.

Each year, Pillar Winners will experience an exciting year of telling their 4-H story and celebrating their leadership.

Winners receive:

- \$5,000 higher education scholarship
- Promotional video showcasing their 4-H impact story
- All-expenses paid trip to Washington, D.C. for National 4-H Council's Legacy Awards
- Networking opportunities with 4-H celebrities and other prominent alumni
- Recognition as the official 4-H youth spokesperson for their pillar

Click [here](#) to apply! **Application us due Monday, March 29, 2021.**



### SHARE YOUR 4-H AT HOME ACTIVITIES

*Written by National 4-H*

Thank you for your interest in submitting activities for 4-H at Home!

We are collecting at-home activities, curriculum and learning resources to help youth, parents, educators, leaders and volunteers engage in hands-on learning at home. By submitting your content, you agree to having this content shared with a national audience if it is selected. Credit will be given to the university for all content that is used on [4-H at Home](#).

THINGS TO CONSIDER

- Adhere to positive youth development learning principles
- Be relevant to a national audience and not restricted to a certain state or group
- Include easy to follow steps, lesson plans or curriculum



## THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

### YOUNG ALUMNI ADVISORY COMMITTEE NOMINATIONS NOW OPEN!

Written by National 4-H



We invite you to please nominate the dynamic, proven young leaders in your network to serve on National 4-H Council's Young Alumni Advisory Committee (YAAC). The YAAC serves as a bridge to the young alumni community, informing Council's Board of Trustees & working closely with Council associates to provide counsel, work on strategic initiatives and help grow our network of young 4-H alumni. Nominees should be between the ages of 18-22 as of July 1, 2021.

**Submit your nominations online by February 26!**

Click [here](#) to apply now!

**National 4-H Council's Mission:** *To increase investment and participation in high quality 4-H positive youth development programs.*

National 4-H Council is the private sector, non-profit partner of our nation's Cooperative Extension System and the National Institute of Food and Agriculture (NIFA) within the U.S. Department of Agriculture (USDA). National 4-H Council supports state and local 4-H programs with a focus on fundraising, brand management, communications, and legal and fiduciary services.

National 4-H Council's work is driven by a core belief in the power of young people. We see young people as individuals who have unique strengths and real influence to improve the world around us. In keeping with that belief, National 4-H Council established a Young Alumni Advisory Committee to serve as a bridge to the alumni community – helping to strengthen the relationship between the 4-H system and its former participants and ensuring youth voice is incorporated in the planning and decisions of National 4-H Council and its Board of Trustees. The Young Alumni Advisory Committee (YAAC) is comprised of eleven young 4-H alumni, between the ages of 18-22 at the time of election, who work to support National 4-H Council and advise the Board of Trustees. The role of the YAAC member includes the following:

1. **Youth Voice:** Members will offer their perspective and insight as young 4-H alumni to National 4-H Council, the Board of Trustees, Cooperative Extension and other friends of 4-H through regular and ad hoc meetings and conference calls.
2. **Ambassadorship:** Members will act as spokespeople for the 4-H brand through public appearances, including but not limited to Board of Trustees recruitment & engagement, meetings with current & potential partners, and speaking engagements at a variety of events, meetings and conferences. Additionally, members will serve as brand ambassadors through digital/social media and potential media interviews.

For more information, download the packet: [Here](#)



## THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

### 2021 NATIONAL 4-H BEEKEEPING ESSAY—CALLING ALL ARIZONA 4-H YOUTH MEMBERS!

Written by AZ State 4-H

Are you interested in writing? Submit an essay to this year's National 4-H Beekeeping Essay Competition! The topic is "Immunity: Threats to Bee Colonies and Methods to Defend Against the Threats". You must write about at least two threats to honey bee colonies and the methods to defend against them. The full prompt and more information can be found [here](#).

Essay requirements for national judging:

- Essay must be typewritten or computer-generated on single-sided pages and formatted following standard manuscript format, using double-spaced type and 12-point font in legible font face.
- Essay must encompass the designated topic in 750 to 1,000 words. Word count does not include sources, works cited or the writer's biographical statement.
- All factual statements and interview references must be cited in a "sources" or "bibliography" list.
- Essays will be judged on (a) scope of research, 40%; (b) accuracy, 30%; (c) creativity, 10%; (d) conciseness, 10%; and (e) logical development of the topic, 10%.

On a separate page, please include a brief biographical statement about the writer and include mailing address, email address and phone number.

#### National Awards

Three cash prizes will be awarded in the 2021 National 4-H Beekeeping Essay Competition. The author of the highest scoring essay will win first prize. The author of the second-highest scoring essay will win second prize. The author of the third-highest scoring essay will win third prize.

- First Prize: \$750
- Second Prize: \$500
- Third Prize: \$250

#### Submission Information and Deadlines

Essays will only be accepted from Active 4-H youth, meaning you must be enrolled in ZingBooks for the 2020-2021 year. Please submit your essay by **March 22, 2021** to [ashparra97@arizona.edu](mailto:ashparra97@arizona.edu). The Arizona 4-H State Office will review all submissions and will choose one entry to submit from Arizona for national review by April 1.

National winners will be announced on **June 15, 2021**.



FOUNDATION FOR  
THE PRESERVATION  
OF HONEY BEES, INC.



## THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

### 4-H STEM YOUNIVERSITY: UNDERWATER ROBOTICS CAMP SPRING 2021

Written by AZ State 4-H

Open to youth, teachers, educators and 4-H Volunteers

- Are you a 6<sup>th</sup>-12<sup>th</sup> grade student interested in learning about underwater robotics? Do you enjoy hands-on activities, learning about engineering design process, circuitry and soldering? **Then this project is right for you!**
- Are you a 6<sup>th</sup>-12<sup>th</sup> grade student not only interested in learning about underwater robotics but also ready to take on a leadership and civic engagement role in your community by sharing what you have learned with peers and younger youth? **Become a STEM Ambassador, receive training in leadership and civic engagement and make a difference in your community!**
- Are you a Teacher, Educator or 4-H Volunteer in Arizona and interested in learning about underwater robotics and teaching this project to your students or club members after attending this camp? **We want you to make a difference become a STEM Counselor!**

#### Only 20 Teams will be selected for this opportunity!

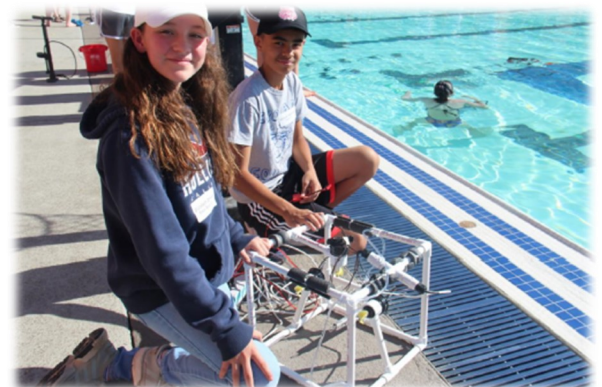
- 20 Teams (**Individual or small group**) will be selected
- Youth 6<sup>th</sup>-12<sup>th</sup> grade will need to become a 4-H member, begin the membership process with your County Agent
- Teachers and Educators will need to become Certified 4-H Volunteers, begin the process with your County Agent
- **Schedule meeting times** will be every Wednesday starting March 3, 10, 17, 24, 31, April 7, 14, 21, 28 from 5:30-7:30pm; and every other Saturdays starting March 13, 27, April 10, 24 from 2-4pm. Competition day will TBD between May 1-May 15.

#### Highlights of the program

- Teams participate in the competition and see if your ROV can complete the underwater challenge course
- Students receive certificates of completion
- Teachers, Educators and 4-H Volunteers receive Professional Development Hours for your participation
- Participants will pickup and return the underwater robotics kit supplies at your county University of Arizona Cooperative Extension 4-H Office

#### Registration Information

- Registration Closes February 24
- Register for the Underwater Robotics Camp via Eventbrite
  - Head to [Eventbrite](#)
- Select the ticket **Underwater Robotics**





## THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

### HEALTHY HABITS FAMILY WEEKEND

*Written by National 4-H*

Attention Parents and Caregivers: Are you looking for more fun and engaging ways to spend time together as a family? North Carolina 4-H will be hosting our first ever Healthy Habits Family Weekend and we invite you to join us! A terrific and talented team will be teaching about food safety, filling your plate with yummy plants, the basics of gardening, and the importance of good nutrition!

Together your family will work together to complete challenges, build healthy habits, and spend quality time together. Lessons include:

- Hands to Seed: Safety & Sanitation
- Seed to Sprouts: Growing Good Food & Parts of Plants
- Sprouts to Harvest: Filling MyPlate
- Harvest to Fork: Cooking Up Confidence

This will be a completely virtual event. When you register, you'll receive a kit in the mail with supplies and materials needed to follow along with your facilitators.

Event Dates & Times:

- March 13, 2021: 9:00AM to 12:00PM
- March 14, 2021: 2:00PM to 5:00PM

**To receive your kit in time for the live event, register by Friday, February 19<sup>th</sup>.** For registrations placed after this date, it is not guaranteed that your kits will arrive in time for the live event. The event will be recorded and available for you to watch on the <https://nc4hcurriculum.org/> website after the event ends.

Space Is Limited!

The \$5 registration cost will cover the materials and supplies that will be mailed to each participant. Each participant will receive a copy of Cooking Up Confidence among other educational items.

If you are registering as a parent or guardian, please submit one registration per child. Race & Ethnicity data is collected for state and federal reporting procedures.





## THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

### **WEBINAR SERIES - ARIZONA 4-H AG AT HOME: 4-H ANIMAL PROJECTS**

*Written by National 4-H*

This 4-H webinar series will focus on providing solid, educational information on a variety of animals used in AZ 4-H Animal Projects. Topics will include health, nutrition, well-being, disease prevention and more. These webinars are appropriate for anyone with interests in 4-H animal projects.

You will need to register individually for each webinar that you are interested in attending.

**Cost:** Free  
**Registration:** Required for each event

**Feb 25, 2021 6:00 pm MST** Arizona 4-H Ag at Home: Animal Projects - Sheep  
[Register for 2/25 - Sheep](#)

**March 18, 2021 6:00 pm MST** Arizona 4-H Ag at Home: Animal Projects – Turkeys  
[Register for 3/18 - Other Poultry](#)

**March 25, 2021 6:00 pm MST** Arizona 4-H Ag at Home: Animal Projects – Goats  
[Register for 3/25 - Goats](#)

**April 8, 2021 6:00 pm MST** AZ 4-H Ag at Home: Animal Projects - Cavies (Guinea Pigs)  
[Register for 4/8 - Cavies](#)

Recordings of past webinars available at <https://extension.arizona.edu/az-4-h-ag-home>

- **Nov 19, 2020** AZ 4-H Ag at Home: Animal Projects – Rabbits
- **Dec 03, 2020** AZ 4-H Ag at Home: Animal Projects - Swine Basics
- **Dec 17, 2020** AZ 4-H Ag at Home: Animal Projects – Horses
- **Jan 14, 2021** AZ 4-H Ag at Home: Animal Projects – Chicken
- **Jan 28, 2021** AZ 4-H Ag at Home: Animal Projects – Beef



# THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

## CONTRIBUTE TO THE NEWSLETTER

We welcome members and leaders to submit articles highlighting members or examples of what you are doing in your club. If you are hosting a project meeting, activity or event that the entire county would benefit from, this is a great forum to get the word out there.

Please be sure to submit your article to Maria at the 4-H office at [mmelende@cals.arizona.edu](mailto:mmelende@cals.arizona.edu).

We will also post on our Pinal County 4-H social media sites. Submit today, don't delay, and share away!!!



## AZ 4-H YOUTH DEVELOPMENT

Inspiring the next generation of leaders, inventors, entrepreneurs, and problem solvers, transforming the ordinary into the extraordinary - 4-H is the youth development program of The University of Arizona, Cooperative Extension.

Check out the 4-H State Office website for state program opportunities, resources, history and much more.

<https://extension.arizona.edu/4h>



## WHAT IS A HASHTAG AND WHERE CAN I USE IT?

*Submitted by Maria Melendez, Administrative Assistant*

A hashtag is a word or phrase preceded by the number sign or a hash symbol (#), used on social media websites and applications, to identify messages on a specific theme or topic.

Let's make the best, better and show people we are transforming character, knowledge and skills to successful stories by using it during 4-H moments.

- #AZ4H
- #inspirekidstodo
- #trueleadersinservice
- #AZ4Hcares



@arizona4-H



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@uarizona\_4h



@uarizona4h





## THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

# 2020-21 at a Glance

### FEBRUARY

- 19 Healthy Habits Family Registration Due
- 24 Underwater Robotics Registration Due
- 26 Young Alumni Advisory Nomination Due
- 27 MARS Base Camp

### MARCH

- 12-22 Pinal County 4-H Fair
- ~~17-21 Pinal County Fair~~ (Postponed—TBD)
- 22 National 4-H Beekeeping Essay Due
- 29 Youth in Action Application Due

### APRIL

- 1 County Scholarship Due
- 15 State Scholarship Due
- 29 Youth in Action Application Due

### GREEN FOUR-LEAF CLOVER

The green four-leaf clover with the white letter "H" in each leaf is the National 4-H Emblem. The design, attributed to L.H. Benson, an Iowa school superintendent, was adopted as the national Emblem in 1911. Once enrolled as a 4-H volunteer leader, you are authorized by your local extension office to use the 4-H Name and Emblem.



The Name and Emblem are protected under the federal statute (Title 18, USC 707) and may only be used in accordance with statute requirements. Only use an official Emblem graphic obtained from an authorized 4-H source which includes the language "18 USC 707" to the right of the stem. Your extension office can provide camera ready or electronic versions of the clover for your use. Text or graphics should never cross the clover emblem.

Green and white are the 4-H colors. Green is nature's most common color and symbolizes youth, life and growth. White stands for purity and high ideals.



# THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

## WAYS TO GIVE (4-H FOUNDATION)

The Arizona 4-H Youth Foundation turns 50 years old this year. Incorporated in 1970, the foundation was created to support Arizona 4-H programming and 4-H youth through 4-H Scholarships. There are many ways to contribute to the Foundation to help increase future opportunities. You can find out more about contributing to the Arizona 4-H Youth Foundation here <https://extension.arizona.edu/4hfoundation/give>

## WE'RE SOCIAL—FOLLOW US!

Like, Love, Comment, Share, Pin, Tag, Tweet, Repeat!

Let's Socialize! Be the first one to know what is happening with The University of Arizona, Cooperative Extension, Pinal County 4-H. Join our online community, stay in the know and get exclusive news/updates! Help us spread the word, you are just a scan away!



Website:  
<http://extension.arizona.edu/4h/pinal>



Instagram:  
[pinalcounty4h](https://www.instagram.com/pinalcounty4h)



Twitter:  
[@Pinal\\_County\\_4H](https://twitter.com/Pinal_County_4H)



Facebook:  
[@pinalcounty4h](https://www.facebook.com/pinalcounty4h)

## OTHER 4-H LINKS

- 4-H Mall [4hstuff.org](http://4hstuff.org)
- 4-H in the USA [4h-usa.org](http://4h-usa.org)
- AZ 4-H [extension.arizona.edu/4h](http://extension.arizona.edu/4h)
- AZ 4-H Youth Foundation [cals.arizona.edu/4-h\\_foundation](http://cals.arizona.edu/4-h_foundation)
- Livestock Inspection [602-542-0872](tel:602-542-0872)
- National 4-H Council [fourhcouncil.org](http://fourhcouncil.org)
- National 4-H Curriculum System [4-h.org/resource-library/curriculum](http://4-h.org/resource-library/curriculum)
- National 4-H Web [4-h.org](http://4-h.org)
- Use of Name & Emblem [national4-hheadquarters.gov](http://national4-hheadquarters.gov)
- Youth Livestock Quality Assurance [extension.arizona.edu/quality](http://extension.arizona.edu/quality)





# THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

## ABOUT 4-H...

**WHAT IS 4-H?** 4-H is the largest youth-serving organization in the world. 4-H is an organization that serves youth--not just boys and not just girls. From 4-H clubs to special interest groups to school enrichment projects, 4-H includes both boys and girls in activities. 4-H is the youth education component of Cooperative Extension, which is conducted jointly by the U.S. Department of Agriculture, the state land grant university (The University of Arizona), and your county government. 4-H Youth Development has a unique link with a variety of resources from The University of Arizona.

While 4-H has its beginnings in rural America, 4-H now serves young people and volunteers from major urban centers and from suburban communities and rural non-farm settings as well.

**4-H AND THE COMMUNITY!** 4-H doesn't stop with its impact on young people and their families. An integral part of the popularity of 4-H is that it reaches into the communities in which these families live. As part of their 4-H experience, young people are encouraged to develop a better understanding of their communities and to contribute to community betterment.

**4-H IS A FAMILY AFFAIR!** 4-H encourages participation by the entire family. Youth enroll as 4-H members. Other family members help out as club leaders, project leaders, meeting helpers, transportation aides--you name it. Four-H is definitely a family affair.

Most importantly, 4-H families work together on projects and activities, attend meetings and events together and learn together through 4-H. In the process, family members learn more about each other through their involvement in 4-H. They may even become better families, appreciating each other's strengths and talents just a bit better.

**WHAT ARE THE 4 H'S?** The 4 H's stand for Head, Hands, Heart, and Health. The 4 H's represent the four-fold training and development that 4-H'ers receive. At first there were three "H's"

with the fourth "H" of "Health" being added. Together the 4 H's symbolize: the development of HEAD, to think, plan and reason; the HEART, to be concerned with the welfare of others, accept the responsibilities of citizenship, and develop positive attitudes; the HANDS, to be useful, helpful, and skillful; and HEALTH, to practice healthful living, enjoy life and use leisure time productively.

**WHAT'S THE 4-H EMBLEM?** A green four-leaf clover with a white "H" on each clover leaf. The design, attributed to L.H. Benson, An Iowa school superintendent, was adopted as the national emblem in 1911. Similar to a copyright, legislation has been passed so that the 4-H name and emblem may only be used as approved by 4-H.

### WHAT'S THE 4-H PLEDGE?

I pledge...  
My **Head** to Clearer Thinking,  
My **Heart** to Greater Loyalty,  
My **Hands** to Larger Service,  
and My **Health** to Better Living.  
For my Club, my Community, my Country, and my World.

In repeating the pledge, a member raises the right hand to the side of the head when saying "head", points to their heart when saying "heart", extends hands, palms upward when saying "hands" and then stands straight when speaking rest of the pledge. The pledge was adopted in 1927 during the first National 4-H Club Camp in Washington, D.C. Otis Hall, state 4-H Leader in Kansas was responsible for the original wording, which remained unchanged until 1973 when the words "any my world" were added.

**WHAT'S THE 4-H MOTTO?** "To Make the Best Better"  
The motto was proposed by Carried Harrison, a botanist with the U.S. Bureau of Plant Industry and was officially adopted in 1927 when the 4-H Pledge was introduced.

**WHAT IS THE 4-H YEAR?** The Arizona 4-H Youth Development program year is October 1 through September 30.

Trade names used in this publication are for identification only and do not imply endorsement of products named or criticism of similar products not mentioned.

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Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting (UA, Cooperative Extension, Pinal County at 866.836.5221). Requests should be made as early as possible to allow time to arrange the accommodation.