



# Pinal County 4-H Newsletter

4-H GROWS HERE

JUNE | 2020

*Although there is much to be sad about, there is much to be celebrated*  
-Lady GaGa

It may seem like this time in history, there is nothing to celebrate. We hear and see about all of the negative happenings in the world, but forget to celebrate the good times. This newsletter will provide you with information on current updates regarding COVID-19, but it will also provide you with positive news.

While we were unable to celebrate at fair the hard work our 4-H members achieved this past 4-H year, we were able to conduct a virtual livestock show thanks to the Jr. Livestock Committee and the wonderful sponsors Pinal County has counted on for years. Shooting Sports was able to conduct one day of shooting competitions, the State Horse Project had their show and we are planning to hold a 4-H Expo in September to highlight other project areas. These are all reasons we can celebrate, laugh and remember the good times 4-H provides.

We hope that you take time this summer to enjoy the sunshine, your family and create memories that you can laugh at and remember forever. Take the time to relax and get ready to gear up for a strong full year of 4-H opportunities coming your way.

*Esther Turner*

Esther Turner  
Program Coordinator, Sr.

### Contents...

In-Person Programming.....	2
Pinal County Scholarship.....	3
Quality Assurance.....	5
Teen Scholarships.....	5
JOLT.....	5
Record Books.....	6
State Horse Show.....	6
4-H Horse Program.....	7
Horse Show Winners.....	8
Shooting Sports Winners.....	9
Contribute to Newsletter.....	10
AZ 4-H Youth Development.....	10
What is a Hashtag?.....	10
New! 4-H Enrollment.....	11
Annual HAC Meeting.....	11
Guide for 4-H Events.....	11
MAC Farms Ag Ventures.....	12
Virtual 4-H Meetings.....	13
Handwashing & Hand Sanitizer.....	15
Tops for Safe & Health.....	17
4-H At A Glance.....	18
Green Four Leaf Clover.....	18
Ways to Give.....	19
We're Social—Follow Us.....	19
Other 4-H Links.....	19
About 4-H.....	20



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


### ALL 4-H IN-PERSON PROGRAMMING IS SUSPENDED UNTIL AUGUST 1<sup>ST</sup>\*

\*The reinstatement of programs will be reassessed prior to August 1.

The leadership of the Arizona 4-H program is monitoring the Coronavirus 2019 disease (COVID-19) situation. Decisions regarding COVID-19 with implications for Extension operations will be made at the county level.

For further updated information please refer to the [Centers for Disease Control and Prevention \(CDC\) website](#). Arizona Cooperative Extension and Arizona 4-H will follow all programmatic decisions put forth by University of Arizona Provost, Liesl Folks. UArizona specific [updates can be found here](#).

Arizona 4-H and the University of Arizona have an obligation to protect the youth and communities that they serve using the best research-based information available. Social distancing is needed to mitigate the spread of the coronavirus disease (COVID-19).



IN-PERSON ARIZONA  
4-H PROGRAMMING IS  
SUSPENDED UNTIL  
AUGUST 1\*.

All 4-H sponsored in-person programming is cancelled effective immediately, further evaluation will take place. This is an evolving situation and we will continue to keep you updated. We recognize this is a major disruption to your normal life experience. While many traditional events may be cancelled, we do want 4-H to be an excellent way to grow and learn. Check out activities for Arizona 4-H at-home learning.

Please check back regularly as this is a developing situation and in the coming days, weeks, and months we will know more about the local implications of COVID-19 at this website:

<https://extension.arizona.edu/az-4-h-covid-19-response>

\*WE WILL CONTINUE TO MONITOR THE SITUATION  
AND FOLLOW LOCAL AND GLOBAL RECOMMENDATIONS.



THE UNIVERSITY OF ARIZONA  
Cooperative Extension







## THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

### PINAL COUNTY 4-H SCHOLARSHIP

Pinal County 4-H, with funds available from the 4-H Youth Foundation, was able to award nearly \$9,000 this year to exemplary members pursuing their education beyond high school. Our scholarship committee was very impressed with our youth and had a great experience getting to know more about their work in 4-H and their community. A special thank you to them for helping with this project.

- Kevin Bawden, Program Coordinator, Sr.—AZ Health Zone
- Chris Crockett, Media Technician, Sr.
- James Jepsen, Program Coordinator, Sr.—AZ Health Zone
- Victor Jimenez, 4-H YD Agent
- Shevonda Joyner, Community Outreach Assistant II—Developmental/Sensory Screening
- Karin Larrimore, Community Outreach Assistant II—Developmental/Sensory Screening
- Tammy McCarville, Community Outreach Assistant II—Developmental/Sensory Screening
- Greta Mills, Oral Health Professional—First Smiles
- Esther Turner, Program Coordinator, Sr.

Congratulations to the following Scholarship Recipients:



***Emily Goncalves—Maricopa Trailblazers 4-H Club***

A 4-H member for six years, Emily has become the responsible young adult because of her leadership roles within her club and at county. She is currently attending Cottey College in Missouri as a College Sophomore, where she will pursue a degree in Health & Biomedical Science. We wish you the best Emily!



***Alex Odell—Maricopa Trailblazers 4-H Club***

Alex has been involved in 4-H for nine years and credits it with “If you apply the 4-H’s Head, Heart, Hands & Health to everything you do, you will achieve your goal”. He has a huge passion for 4-H and wants to continue to give back to the program. He is currently attending Central Arizona College as a College Sophomore and will pursue a degree in Animal Applied Sciences. Good luck Alex!



***Madison Officer—Bella Vista 4-H Club***

Madison joined 4-H when she was nine years old, the exposure taught her leadership skills and she states “how important it is to listen to others opinions”—others have a voice as well. Madison is currently attending The University of Arizona as a College Sophomore to pursue a degree in Neuroscience & Cognitive Science. Best wishes to you Madison!



## THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS



### **Ashton Redd—CG Livestock 4-H Club**

Ashton, as 4-H member for seven years will be attending the University of Arizona, where she will major in Agriculture Business. 4-H has helped her discover a deep passion for the agriculture industry. She recognizes her time in 4-H has taught her many skills to use in her everyday life—"teamwork, hard-work and honesty". Congratulations Ashton!



### **Chase Salcido—CG Livestock 4-H Club**

As a 4-H member for nine years, Chase says 4-H taught him how to be passionate about what he does. He learned at an early age, that to be good at what you do, you have to love it. He will be continuing his education at The University of Arizona pursuing a degree in AgriBusiness and Economics. Congratulations Chase!



### **Hailey Owens—Bella Vista 4-H Club**

Hailey will be attending Arizona State University to pursue a degree in Applied Biological Sciences. As a 4-H member for nine years, raising animals has taught her responsibility and to care not only for people, but animals as well. She states, "I doubt I would be anything close to the person I am today".



### **Royal Whitehead—CG Lambchops 4-H Club**

Royal is attending Central Arizona College as a College Junior where he will major in Industrial Leadership. Through the nine years in 4-H he learned a lot, not only about agriculture, but life as well. He plans to continue being a part of 4-H by volunteering as a leader—he plans to "Pay it Fourward (Forward)". Congratulations Royal!

Congratulations to our Pinal County 4-H Scholarship Recipients – Check out the following link for an awards ceremony dedicated to them! <https://youtu.be/Jv9uAvrzp0U>

Annually the Arizona 4-H Youth Foundation provides thousands of dollars in college scholarships to 4-H members and alumni college students. These scholarships provide relief from the ever-growing cost of a higher education.

Using the same scholarship application, your packet will also be evaluated by a Pinal County 4-H Scholarship Committee for a SECOND opportunity to receive scholarship assistance.

The Scholarship Application is available online for your use every year in December. Here is the link to the website: <https://extension.arizona.edu/4hfoundation/scholarships-grants>





# THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

## QUALITY ASSURANCE

Youth for the Quality Care of Animals (YQCA) is a national multi-species quality assurance program for youth ages eight to twenty-one with a focus on three core pillars: food safety, animal well-being, and character development. YQCA 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

YQCA is available as an online program for youth everywhere in the United States. YQCA is also offered as an instructor-led training and 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).

## PINAL COUNTY 4-H TEEN SCHOLARSHIP

The Pinal County 4-H Advisory Council wants to help our youth have educational experiences beyond the walls of a classroom or 4-H project meeting. The 4-H program will financially assist 4-H teen members to attend a county/state/regional/national 4-H sponsored educational event.

Youth selected will attend a program they are excited about. A partial "scholarship" will be awarded. The amount depends upon money available annually and how many youth apply. Youth selected must be a member in good standing and represent Pinal County 4-H to the best of their ability.

The selection committee has drafted a teen application, a simple form ready for a 4-H teen member to tell the committee, where they desire to go to receive more education through a 4-H event. Educational posters/displays will be required at the following fair to show the event and what the youth learned during their attendance.

The application can be found in our 4-H website, under Member Resources:

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

## J.O.L.T. WILL CONTINUE—VIRTUALLY

Journey: Opportunities for Leaders of Tomorrow (J.O.L.T.) is a summer camp program by youth for youth held annually in the mountains of northern Arizona. In consideration of programming accommodations made to ensure health safety in the face of COVID-19, the teen staff has developed a plan to virtually engage with the J.O.L.T. community across the state. Over the week of July 13<sup>th</sup>-17<sup>th</sup>, the J.O.L.T. teen staff will release a series of short and engaging video-based content through social media including YouTube, Facebook, and Instagram. In their attempt to preserve some of the traditional J.O.L.T. experiences, the teen leaders will maintain similar content tracks and host virtual activities where applicable.

The team is very excited to be able to continue the Books and Breakfast program with daily, morning live streaming literary events. The week will culminate with a virtual panel discussion regarding relevant at home activities and exploring opportunities within their respective Involvement Committee areas. This year's virtual J.O.L.T. experience is open to all youth in Arizona with content targeted specific to teens. There will be no registration fee associated with this event in hopes that more youth will be able to participate and benefit from the content shared. Go [HERE](#) for J.O.L.T. information.





## THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

### RECORD BOOK DEADLINE ANNOUNCED!

Record Book deadline is July 17, 2020! Information on how to assemble a record book can be found on the State 4-H website (<https://extension.arizona.edu/az-4-h-record-books>). Be sure to follow the format correctly.

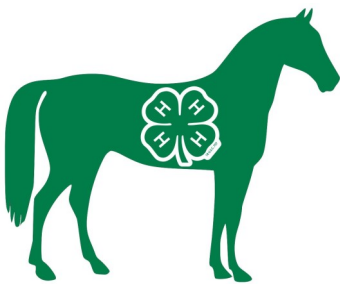
A Record Book is required for State Horse Show Pinal County qualifiers. Some clubs are also requiring it be submitted in order to receive their year-end awards. Members will receive a ribbon for placing and some may receive a special award certificate in the following categories:

- Achievement
- Citizenship
- Leadership
- Outstanding
- Story

Records must be submitted via email to Maria Melendez ([mmelende@cals.arizona.edu](mailto:mmelende@cals.arizona.edu)). Please scan all required documents, save and send them to the email above.

If you have questions or concerns, contact us at (520) 836-5221, x201.

### STATE 4-H HORSE SHOW UPDATE!



This event is held once a year. You must qualify at the county level in order to participate in the State 4-H Horse Show (see list).

The Annual Arizona State 4-H Horse Show is to be held **November 6-8, 2020 (tentative)**.

Show date may change, more information will come out early September 2020.

This event will be held at Horseshoe Park & Equestrian Centre in Queen Creek. We hope this will be an exciting, positive and memorable opportunity for you.

4-H Members who qualified, will receive an email with registration and deadline information.

Check out our page, we will post updates, you can also access our State 4-H Horse Show Rulebook:

<https://extension.arizona.edu/arizona-state-4-h-horse-show>

### AZ STATE HORSE SHOW QUALIFIERS

Congratulations to the following Pinal County AZ State Horse Show qualifiers, we wish you all good luck!

- Suzanne Benavidez
- Evie Chandler
- Honor Davis
- Rebecca Dillard
- Ava Partridge
- Dixon Villa
- Lilah Villa
- Faith Williamson
- Honor Williamson
- Hailey Weese
- Bailey Wolfrey

### RANCH SORTING TEAMS

1. Faith Williamson and Blake Williamson
2. Garrett Wolfrey and Blake Williamson
3. Bailey Wolfrey and Garrett Wolfrey







# THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

## PINAL COUNTY 4-H HORSE PROGRAM

The Pinal County 4-H Horse Program has grown over the years, it has helped members learn everything they ever wanted to know about their horses. Each member gets taught about breeds, feeding, housing, and many more skills about their horses.

The program also has the horseless project for those members that do not own a horse. The program is offered in various clubs around Pinal County. Members compete in competitions such as the Arizona State Fair and County 4-H Horse Shows.

For more information, feel free to see the 4-H Horse Blog for upcoming events and updates at <http://pinalhorse.blogspot.com/p/blog-page.html>.

Questions or concerns about the State Horse Program, reach out to Elizabeth "Betsy" Greene Extension Specialist, Equine/Horse (520) 626-3673 / [betsygreene@email.arizona.edu](mailto:betsygreene@email.arizona.edu). You can also contact your 4-H Club Horse Leader, they will guide you through making the best better.

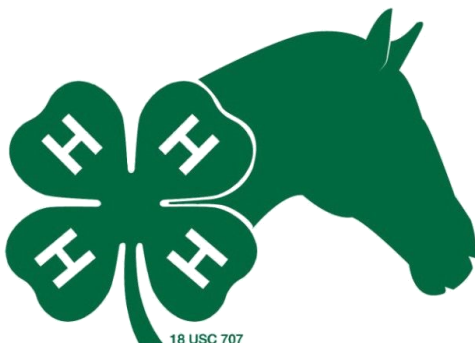
Below we have our current members competing in the 2020 Arizona Nationals 4-H Horse Show.



Hailey Weese carrying American flag



1<sup>st</sup> Place ANLS Junior Horse Skill-a-Thon Team



Showmanship Show





## THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

### CONGRATULATIONS TO THE PINAL COUNTY HORSE SHOW WINNERS!

#### **English Beginner:**

Grand Champion - Ariana Davis- Bella Vista  
Reserve Champion- Lily Goncalves - Maricopa Trailblazers

#### **English Intermediate:**

Grand Champion- Evie Chandler- Bella Vista

#### **English Junior Advance:**

Grand Champion- Lilah Villa- Country Kickers

#### **English Senior Advance:**

Grand Champion- Honor Davis- Bella Vista

#### **Western Beginner:**

Grand Champion- Ariana Davis- Bella Vista  
Reserve Champion- Annee Buntin- Country Kickers

#### **Western Intermediate:**

Grand Champion- Lyla Rindon- Country Kickers  
Reserve Champion- Paden Dillard- Country Kickers

#### **Western Junior Advance:**

Grand Champion- Bailey Wolfrey- Bella Vista  
Reserve Champion- Rebecca Dillard- Country Kickers

#### **Western Senior Advance:**

Grand Champion- Faith Williamson- Bella Vista  
Reserve Champion- Honor Davis- Bella Vista

#### **Gymkhana Beginner:**

Grand Champion- Annee Buntin- Country Kickers  
Reserve Champion- Makayla Buntin- Country Kickers

#### **Gymkhana Intermediate:**

Grand Champion- Blake Williamson- Bella Vista  
Reserve Champion- Eliah Abbott- Maricopa Trailblazers

#### **Gymkhana Junior Advance**

Grand Champion- Bailey Wolfrey- Bella Vista  
Reserve Champion- Rebecca Dillard- Country Kickers

#### **Gymkhana Senior Advance:**

Grand Champion- Hailey Weese- Country Kickers  
Reserve Champion- Faith Williamson- Bella Vista

#### **Horse Skill-a-Thon Junior:**

Grand Champion- Makayla Buntin- Country Kickers  
Reserve Champion- Annee Buntin- Country Kickers

#### **Horse Skill-a-Thon Senior:**

Grand Champion- Hailey Weese- Country Kickers  
Reserve Champion- Ava Partridge- Country Kickers  
Reserve Champion- Eliah Abbott- Maricopa Trailblazers

Check out the link below for an awards recognition dedicated to the Horse Show Winners:

[https://youtu.be/r4nIC\\_dnX08](https://youtu.be/r4nIC_dnX08)







# THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

## CONGRATULATIONS TO THE PINAL COUNTY SHOOTING SPORTS WINNERS!

### SHOTGUN INTERMEDIATE

- 1<sup>st</sup> Place Colt Byers, Big Shots
- 2<sup>nd</sup> Place Alexis Fernan, Big Shots
- 3<sup>rd</sup> Place Slaiton Auza, Bella Vista

### SHOTGUN SENIOR

- 1<sup>st</sup> Place Hailey Fernan, Big Shots
- 2<sup>nd</sup> Place Gage Byers, Big Shots
- 3<sup>rd</sup> Place Zane Compton, Big Shots
- 4<sup>th</sup> Place Leannah McKinley, Bella Vista
- 5<sup>th</sup> Place Zane McKinley, Bella Vista

### .22 RIFLE INTERMEDIATE

- 1<sup>st</sup> Place Alexis Fernan, Big Shots
- 2<sup>nd</sup> Place Colt Byers, Big Shots
- 3<sup>rd</sup> Place Lily Goncalves, Maricopa Trailblazers
- 4<sup>th</sup> Place Easton Schroeder, Maricopa Trailblazers
- 5<sup>th</sup> Place Slaiton Auza, Bella Vista
- 6<sup>th</sup> Place Westin Cook, Maricopa Trailblazers

### .22 RIFLE JUNIOR

- 1<sup>st</sup> Place Raegan Dale, Signal Peak Livestock
- 2<sup>nd</sup> Place Carsin Cook, Maricopa Trailblazers

### .22 RIFLE SENIOR

- 1<sup>st</sup> Place Hailey Fernan, Big Shots
- 2<sup>nd</sup> Place Leannah McKinley, Bella Vista
- 3<sup>rd</sup> Place Zane McKinley, Bella Vista
- 4<sup>th</sup> Place Gage Byers, Big Shots
- 5<sup>th</sup> Place Joey Goncalves, Maricopa Trailblazers
- 6<sup>th</sup> Place Zachary Schroeder, Maricopa Trailblazers

### ARCHERY INTERMEDIATE-COMPOUND

- 1<sup>st</sup> Place Colt Byers, Big Shots
- 2<sup>nd</sup> Place Oliver (Jaden) Ochsenfeld, Bella Vista
- 3<sup>rd</sup> Place Slaiton Auza, Bella Vista
- 4<sup>th</sup> Place Samuel Davis, Bella Vista
- 5<sup>th</sup> Place Axander Rieboldt, Bella Vista
- 6<sup>th</sup> Place Ariella Rieboldt, Bella Vista
- 7<sup>th</sup> Place Weston Cook, Maricopa Trailblazers

### ARCHERY JUNIOR-COMPOUND

- 1<sup>st</sup> Place Carsin Cook, Maricopa Trailblazers
- 2<sup>nd</sup> Place Raegan Dale, Signal Peak Livestock

### ARCHERY SENIOR-COMPOUND

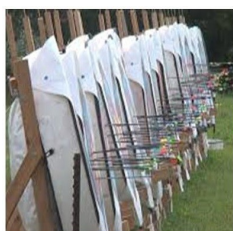
- 1<sup>st</sup> Place Zane McKinley, Bella Vista
- 2<sup>nd</sup> Place Leannah McKinley, Bella Vista
- 3<sup>rd</sup> Place Ayden Rieboldt, Bella Vista
- 4<sup>th</sup> Place Gage Byers, Big Shots

### ARCHERY INTERMEDIATE-RECURVE

- 1<sup>st</sup> Place Alexis Fernan, Big Shots
- 2<sup>nd</sup> Place Easton Schroeder, Maricopa Trailblazers
- 3<sup>rd</sup> Place Lily Goncalves, Maricopa Trailblazers
- 4<sup>th</sup> Place Seth Skousen, Maricopa Trailblazers

### ARCHERY SENIOR-RECURVE

- 1<sup>st</sup> Place Joey Goncalves, Maricopa Trailblazers
- 2<sup>nd</sup> Place Hailey Fernan, Big Shots
- 3<sup>rd</sup> Place Haille Brewer, Maricopa Trailblazers



Check out the link below for an awards recognition dedicated to the Shooting Sports Winners:

<https://youtu.be/Yhdan4iiNB4>



# THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

## CONTRIBUTE TO THE NEWSLETTER



The 4-H Newsletter is a source of information for families to learn about opportunities, activities, workshops, deadlines and other information about Pinal County 4-H.

We welcome leaders and members to submit articles about what you are doing in your club or highlight members. If you are hosting a project meeting, activity or event that the entire county would benefit from.

Please be sure to submit your information 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. 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?

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



@uarizona4-h



@uarizona\_4h



@uarizona4h





## THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

### NEW! 4-H ENROLLMENT SYSTEM

The Arizona 4-H State Office is working on a new 4-H enrollment system and will open up soon for all members and leaders to enroll.

All enrollment is done online, as we have been doing for several years now. Check out the following website to get an idea <http://4h.zsuite.org/>.

Members must be between the ages of five—eighteen years old as of the current 4-H year date of January 1<sup>st</sup>.

There is a \$25 program management fee assessed. A check/money order can be made payable to The University of Arizona. You can also pay online via the website above using a credit/debit card.

For questions or concerns, please contact Maria Melendez at [mmelende@cals.arizona.edu](mailto:mmelende@cals.arizona.edu).

### ANNUAL PINAL COUNTY HAC MEETING

Join us for our Annual HAC meeting to learn more about the horse projects across Pinal County and Arizona.

Become involved by joining the committee as an adult or youth member. It's a great time to revamp the program into exactly what we want in Pinal County!

The current county rules say each club planning to attend county wide shows must have at least one adult and one youth member at HAC meetings. It's a great time for a fresh start!

Date: Saturday, August 22, 2020  
Time: 10:00 am to 12:00 pm  
Location: Pinal County Cooperative Extension  
820 E. Cottonwood Lane, Bldg. C  
Casa Grande, AZ 85122

Horse Program information and updates:  
<http://pinalhorse.blogspot.com/?m=0>

### GUIDE FOR 4-H EVENTS: COVID-19 MITIGATION

Jeremy Elliott-Engel & Cathy L. Martinez

As a 4-H Volunteer, you are responsible for the health and wellness of the members, parents, and other volunteers who participate in your program. The COVID-19 virus pandemic requires social distancing and other mitigation efforts for youth and families. This guide introduces best practices for preventing contamination between participants.

First and foremost, it is important to assess the risk factors for the individuals in your 4-H community. Postponing or not holding events is the best way to prevent contamination and transmission of the disease. However, as we establish the new normal and begin in-person programming, mitigation efforts are required to ensure the 4-H program does not contribute to spreading the disease. In these instances, increasing your sanitary practices is necessary. As the adage goes, "An ounce of prevention is worth a pound of cure."





## THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

### MAC FARMS AG-VENTURES—IT'S ALL HAPPENING AT THE FARM

The Pinal County Cooperative Extension program conducts a variety of educational programs for youth and adults in our community. One of the successful 4-H opportunities being offered is the MAC Farm Ag-Venture Experience which reaches out to youth of all ages.



The on-site educational field trips are primarily promoted through elementary schools (grades K-6) and take place Monday through Friday (August – May). As thousands of youth and adults participate in an Ag-Venture experience each year, reservations are required and can be made by contacting the Pinal 4-H Extension Agent, Vic Jimenez, at the MAC Farm (phone: 520-374-6216, cell phone: 480-620-8633, email: [vicjimenez@yahoo.com](mailto:vicjimenez@yahoo.com)). To help maintain the Faul Ag-Village Learning Center located at the MAC Farm (37860 W. Smith-Enke Road, Maricopa), there is a registration fee of \$6.00 per person (includes all youth and all adults).

The primary purpose for this experience is for young people to learn, and to have fun learning from where their food and fiber comes. Some of the on-site programs that have taken place at the farm include; the MAC Farm Corn Festival, the Garden Ag-Ventures, and general overall farm Ag-Literacy programs. Programs start at 9:30 a.m. and end at 1:00 p.m. sharp.

For those that cannot go to the MAC Farm, the Ag-Venture team reaches out to schools by making visits to individual classrooms in a variety of settings and locations. The Water Science Ag-Ventures and Nutrition Ag-Ventures (45 minutes in length/\$45.00 per classroom) covers a broad area of study that is in line with the Arizona State educational guidelines. One thing for sure is that our youth participants learn and remember what they learn from the interactive lessons in which they participate.



Of the many participants that come to the farm, we hear comments such as, “This is the best field trip ever,” and “The Ag-Venture team is so friendly and knowledgeable,” which is reflected in the smiles and positive reaction of the students that participate in this unique experience. As the Ag-Venture team likes to say, “It’s All Happening at the Farm” Contact us and be a part of this worthwhile learning program. Ag-Venture program fliers are available at the Pinal County Extension office. Feel free to stop on by and share them with those that would be interested and benefit from being involved in our Pinal County Ag-Ventures.



## THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

### VIRTUAL 4-H MEETINGS

In this incredibly challenging time, I am inspired by the resiliency of our 4-H families and volunteers to continue to move forward. One of the ways 4-H is continuing engaging youth is through virtual meetings. Virtual 4-H meetings can help keep 4-H members connected and on track with their 4-H projects.

A virtual 4-H meeting may feel different than in-person programming. But, just like for in-person programming there are best practices for keeping youth safe. This guidance is prepared to help you reduce potential risks for virtual meetings which have their own unique considerations. It is important to note that all platforms on the internet should be considered public. During virtual 4-H events there is no transfer of custody and control from the parent to the responsible volunteer or staff. We would all recognize the county fair as a public environment, and we would supervise our child in that environment. The internet is public, and engagement of youth, families, and volunteers should be treated as if you were interacting in public. **Do not** have one-on-one contact with children in virtual environments. There must be two or more adults present during activities where children are participating.

Keep in mind the following when holding a virtual 4-H meeting:

- Volunteers - only UA 4-H authorized adult volunteers (DCC, DPS & trainings) may host official virtual or conference call 4-H meetings.
- Ensure a minimum of two adults are in place for virtual or conference calls, and that they are present on the virtual platform prior to the start of the meeting. (Virtual engagement ratios require no-less than 2 adults in a virtual meeting and youth should be supervised at home by their parent or guardian).
- Guest Speakers (any non-guardian or UA authorized adult) attending the virtual meeting should be registered at <https://arizonace.quickbase.com/db/bpxzg2drx?a=nwr>.
- Zoom is the virtual meeting program of the University of Arizona. Official 4-H meetings need to be hosted in Zoom. Zoom meetings should have the **waiting room** feature selected. The waiting room allows the meeting host to allow official individuals into the meeting. Password protection is also an appropriate strategy to ensure attendance is limited to 4-H members, families, and guests.
- Remember that when you share links to virtual meetings through social media, anyone who has access to the link will have access to the meeting. Ensure that meetings intended for a limited audience are shared in such a way as to limit attendance (email, text, internal group messaging program).

#### Virtual Platforms

There are many virtual platforms that you can use for engagement (e.g. Facebook/Instagram Live, Google Meet/Hangouts, Zoom). Arizona 4-H authorized adults can use pretty much any platform to share information (doing a Facebook Live, sharing on an Instagram Story, etc...) but that direct contact with youth via video calls should only occur via Zoom, a UA-approved platform.

#### Using Zoom

You will be able to log in to Zoom using your UA ID. If you need something that is compliant for transcription per the American Disability Act (ADA) your county-based 4-H youth development professional can set up the meeting and help you with your ADA needs. Do not record the meeting.





## THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

### Tips for Success

During your virtual 4-H meeting, you will want to consider the following to ensure a positive and safe experience for all in attendance.

- Set ground rules for the Zoom call and share them with all participants at the start of every meeting. Communicate community standards, including no cyber bullying.
- Members should identify themselves with their first name only.
- Meeting admin should change the label of any attendees who dial in to reflect the attendee's name rather than their phone number, which can be compromised.
- Use only "group chat" and turn off "private chat" in any virtual meeting.
- Turn off "screen sharing" for participants.
- Mute everyone upon entering to ensure audio quality.
- If a youth directly contacts an adult, a second adult should be included in all responses.
- Please keep track of virtual or conference call 4-H meetings and participation for your county records.
- The secretary or assigned person should take minutes.
- The meeting host should always add another adult as a co-host when using Zoom. The role of the co-host can be used to help manage the chat boxes, monitor the "Waiting Room," and manage the "Mute" functions. Additionally, adding a co-host is essential to allow for connectivity in case of internet issues with the main host.

### Types of Meetings

Virtual Meetings can occur at the club, county, or state level. If you are conducting a meeting that is not dealing with club-specific issues, please talk to your county-based 4-H youth development professional about the possibility of making it a county-wide or even statewide opportunity. By leveraging the tools at our disposal, we can offer more high-quality positive youth development programming to a broader audience.

### Social Media: An Engagement Strategy

Social media is a great strategy for youth engagement, and it poses a unique challenge for transparency. Social media messaging between 4-H members and authorized adults should be treated like communication in-person. If you wouldn't say it in person, face-to-face, and with witnesses, you should not communicate these thoughts via social media where there can be a feeling of anonymity. The adult and youth code of conduct apply to all social media content and messages that transpire between 4-H members and adults affiliated with the 4-H program. Communications on social media must comply to the rule of three by group messaging or messaging parents along with youth.

### Accessibility

Keep in mind that not all 4-H members have access to technology to participate in virtual 4-H meetings or conference calls. Since this is the case, virtual or conference call 4-H meetings cannot be mandatory and **will not count against attendance policies**. Also 4-H members should attend virtual or conference call 4-H meetings independently and should not congregate with others for the virtual meeting.

Work with your county-based 4-H youth development professional on options for virtual, conference call 4-H meetings or when you have any questions.

# Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About



Germs are everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and cleaning them with hand sanitizer. For example, alcohol-based hand sanitizers don't kill ALL types of germs, such as a stomach bug called norovirus, some parasites, and *Clostridium difficile*, which causes severe diarrhea. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

## When should I use?

### Soap and Water

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal waste
- After touching garbage
- If your hands are visibly dirty or greasy

### Alcohol-Based Hand Sanitizer

- Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with *Clostridium difficile* (if so, use soap and water to wash hands).
  - If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.
- \* Do **NOT** use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

## How should I use?

### Soap and Water

- **Wet** your hands with clean running water (warm or cold) and apply soap.
- **Lather** your hands by rubbing them together with the soap.
- **Scrub** all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

### Alcohol-Based Hand Sanitizer

Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

- **Apply.** Put enough product on hands to cover all surfaces.
- **Rub** hands together, until hands feel dry. This should take around 20 seconds.

**Note:** Do not rinse or wipe off the hand sanitizer before it's dry; it may not work as well against germs.



For more information, visit the CDC handwashing website, [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing).



# CDC's Eight Tips for Safe and Healthy Summertime Work and Play



Digital info helps Americans avoid illness and injury



BEAT THE HEAT AND RAYS

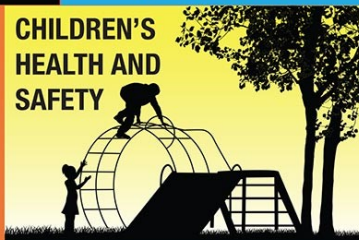


FOOD SAFETY



INSECT PROTECTION

CHILDREN'S HEALTH AND SAFETY



SWIMMING SAFETY



WORKER SAFETY AND HEALTH



STAY UP TO DATE ON VACCINES



TRAVEL ABROAD SAFELY



## CDC'S EIGHT TIPS FOR SAFE AND HEALTHY SUMMERTIME WORK AND PLAY

- Swimming Safety
- Worker Safety and Health
- Stay Up to Date on Vaccines
- Travel Abroad Safely

- Digital info helps American avoid illness and injury
- Beat the Heat and Rays
- Food Safety
- Insect Protection
- Children's Health and Safety

<https://www.cdc.gov/disasters/extremeheat/heattips.html>



[cdc.gov/disasters/extremeheat/heattips](https://www.cdc.gov/disasters/extremeheat/heattips)



## THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

# 2020 at a Glance

### JULY

- 4: Independence Day-Office Closed, July 3<sup>rd</sup>
- 17: Record Book Deadline

### AUGUST

- 4: Friendship Day

### SEPTEMBER

- 7: Labor Day-Office Closed
- 26-1: National 4-H Conference

### OCTOBER

- 3: Cooperative Extension Day
- 6-12: National 4-H Week

### NOVEMBER

- 6: AZ State 4-H Horse Show (tentative)
- 11: Veteran's Day-Office Closed
- 26: Thanksgiving Day-Office Closed
- 27: Office Closed

### DECEMBER

- 25: Christmas Day-Office Closed

### JANUARY

- 16-21: CWF Presidential Inauguration

### 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.

The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.

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.