



THE UNIVERSITY OF ARIZONA  
COLLEGE OF AGRICULTURE & LIFE SCIENCES



# Cooperative Extension

## CLOVER COMMUNICATOR YAVAPAI COUNTY 4-H NEWS AUGUST 2022

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You may view a color copy of this  
newsletter online at:

[http://extension.arizona.edu/4-H/  
yavapai](http://extension.arizona.edu/4-H/yavapai)

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August 1	Enrollment for 2022-2023 4-H Year Begins in ZSuite
August 11	Healthy Living Event - "Veggies - It's What's for Breakfast" at Natural Grocers, Prescott 3:30 - 4:30 PM
August 27	Healthy Living Event - Hiking Spree Family Challenge at Highlands Center for Natural History, Prescott 9:00 AM
August 31	Registration Deadline for 4-H Open House Exhibition
September 1	Healthy Living Event - "The Ultimate Food Fight - Organics" at Natural Grocers, Prescott 3:30 - 4:30 PM
September 5	Labor Day. Extension offices closed
September 8 - 11	4-H Open House Exhibition
September 8 - 11	Yavapai Fair at Prescott Rodeo Grounds
September 30 - October 2	Arizona State 4-H Horse Show - Navajo County Fairgrounds, Holbrook



### **Follow 4-H**

State Instagram: [uarizona4h](https://www.instagram.com/uarizona4h)  
State Facebook: [https:// www.facebook.com/arizona4h](https://www.facebook.com/arizona4h)  
County Facebook: <https://www.facebook.com/YavapaiCo4H>

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## Claire's Corner

### Welcome to Natalie Olson!

We welcome Natalie to our 4-H team. Natalie is the new Outreach Specialist for 4-H. Natalie grew up in Arizona (her three children are 5<sup>th</sup> generation), and she comes to us with a background in environmental/outdoor education, along with a



passion for youth development programming. She attended both U of A and ASU, earning a Bachelor of Science from the latter, and spent the next six years as an interpretive ranger for Maricopa County Parks where she played an integral part in the development of the Department's Interpretive Program. She's most recently been in the museum education field, creating and conducting informal education programs for children and adults. Natalie can be reached at (928) 445-6590 x239 or at [nolson1@arizona.edu](mailto:nolson1@arizona.edu).

### If you missed MOYAVA Camp, here is what campers are saying.....

"MoYava 4-H camp taught me a lot of things that I might not have otherwise known such as knot tying and how much of a plant you can take without killing it, in a fun way." – Fiona G.

"My time at MoYava Camp was AWESOME, and a lot of fun! I learned new skills like archery and would like a bow set now for my birthday or Christmas present this year. I had a great time fishing with a few new friends." - Bayleigh B.



The Yavapai Fair will be held September 8 -11 at the Prescott Rodeo Grounds.

Contact the Fair Board directly for any and all information about Fair preparation and participation.

The phone number for the Fair office is (928) 899-6056



“Tell Your Friends”  
Enrollment begins on August 1 for  
the 2022-2023 4-H Year.

Sign up in ZSuite.  
<https://4h.zsuite.org/>

# LEADERSHIP COUNCIL POSITION NOMINATIONS

Hello Volunteer Leaders –

Local youth need your volunteer skills to guide the Yavapai County 4-H program. The Leader's Council meets 10 times per year with representatives from all of our clubs in order to plan, address local needs, celebrate youth accomplishments and to share information and ideas that could enhance the experience for youth at the club level. Come help plan our year and support 4-H growth in these leadership positions.

**Leaders Council Nominations Needed** (see duty descriptions below). Please self-nominate or select another candidate for the following positions by sending an email message to Dr. Claire Oberst, [coberst@arizona.edu](mailto:coberst@arizona.edu):

## Council President

The role of the Council President is to:

- ✓ Plan and preside over all regular and special meetings of the County 4-H Council.
- ✓ Serve as ex-officio member of all committees of the County 4-H Council and appoint the members of such committees.
- ✓ Call special meetings when necessary and in concurrence with the county 4-H Youth Development Program (YDP) staff.
- ✓ Prepare the Executive Committee and 4-H Council meeting agendas in consultation with the county 4-H YDP staff.
- ✓ Have signature authority on the 4-H Council checking and savings accounts.
- ✓ Have input into the yearly Budget Planning meetings along with the Treasurer.
- ✓ Oversee and collaborate with the Council Fundraising Committee.
- ✓ Have voting rights when a motion is on the floor and results in a tie vote.
- ✓ Appoint committees to conduct special work as needed.

## Council Vice-President

The role of the Vice President is to:

- ✓ Preside at all meetings in the absence of the president.
- ✓ Succeed to the office of President should that office become vacant between elections.
- ✓ Serve as chairman on a yearly 4-H Council Program Committee. May be a point of contact and offer historical input and guidance.
- ✓ Have signature authority on the 4-H Council checking account and savings account.
- ✓ Have input into the yearly Budget Planning meetings.

## Council Secretary

The role of the Secretary is to:

- ✓ Record the complete minutes of all meetings of the 4-H Council, and assist with any and all correspondence as directed by the President.
- ✓ Document motions made during the meeting and the results.
- ✓ Provide a copy of the 4-H Council minutes to county 4-H YDP staff following each Council meeting.
- ✓ Keep a record of those present at the 4-H Council meeting (units and other individuals).
- ✓ Have signature authority on the 4-H Council checking account and savings account.

## LEADERSHIP COUNCIL POSITION NOMINATIONS...continued

### Treasurer

The role of the treasurer is to:

- ✓ Keep accurate financial records, copies of invoices, bills, etc., relating to the funds and property of the 4-H Council and account fully for all receipts and expenditures.
- ✓ Receive, record and deposit all funds in a regulated bank or similar financial institution to the account established for the 4-H Council.
- ✓ Pay bills and make other authorized expenditures appropriated in the budget or otherwise approved by the 4-H Council.
- ✓ Secure authorization by the 4-H Council for disbursement of all funds.
- ✓ Comply with all University of Arizona financial policies and procedures as outlined in the 4-H YDP Policy Handbook.
- ✓ Initiate the yearly budget planning and presentation to membership.
- ✓ Furnish financial reports annually at year-end, and at such times as required by the 4-H Council and/or the county director. Financial reports include a balance sheet and an income statement.
- ✓ Act as custodian of all funds and personal property of the 4-H Council, and keep a current list of all such property.
- ✓ Prepare all financial records for an annual audit or peer review.
- ✓ Have signature authority on the 4-H Council checking and savings accounts.

**Please self-nominate or select another candidate for the following positions by sending an email message to Dr. Claire Oberst, [coberst@arizona.edu](mailto:coberst@arizona.edu)**

Reference: Retrieved and adapted from <https://ucanr.edu/sites/uccemontereycounty/files/325034.pdf>  
University of California, Agriculture and Natural Resources; Monterey County 4-H Program, 1432 Abbot St, Salinas 93901



## 4-H OPEN HOUSE EXHIBITIONS

# 4-H OPEN HOUSE EXHIBITIONS

Calling all 4-H Clubs and Members to an opportunity to exhibit and promote 4-H during the run of the 2022 Yavapai County Fair

**September 8-11 9am – 4pm**

**Location: Prescott Rodeo Grounds – 4-H Building C**



- ▶ Registration required by Wednesday, August 31, 4 pm
- ▶ Prizes awarded to winning exhibits
- ▶ 2 Free admission tickets for one day to the Yavapai Fair per exhibitor

## DETAILS

All exhibits must be free standing (example, trifold science fair type display – 36 tall x 46 wide), and include a 3x5 exhibitor display label (exhibitor name or club, project name and exhibitor age for individual project exhibits).

- ▶ Exhibit Delivery Date: Wednesday, September 7, 9am – 4pm
- ▶ Exhibit Pickup after event: Between 4-6 pm, September 11 (Exhibits must stay on display for all 4 days)

Two exhibit options:

- ▶ Individual Project Exhibit – limit one per member
- ▶ Club Promotional exhibit – Club exhibit celebrating entire club projects, activities, and achievements for the year

***Persons with a disability may request reasonable accommodation, such as a sign language interpreter, by contacting Dominique Aries at (928) 445-6590 x221. Requests should be made as early as possible to allow time to arrange the accommodation.***

***The University of Arizona is an equal opportunity provider. Learn more at [extension.arizona.edu/legal-disclaimer](https://extension.arizona.edu/legal-disclaimer)***

## Registration Form Next Page

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[extension.arizona.edu/4h/yavapai](https://extension.arizona.edu/4h/yavapai)



Yavapai County 4-H  
Entry Form - 4-H Open House Exhibit – September 8-11  
Entries Due August 31, 4 PM

Instructions: Only one exhibit per individual member and/or one per club

1. Name:
2. Phone:
3. Email:
4. Club:
5. Project Leader:
6. Project Leader Phone:
7. Project Leader Email:
8. Exhibit Type (please check box)  Individual  Club
9. Exhibit Title (Project or Club Name)
10. Exhibit Description
11. Date(s) for presentation of exhibit to the public (check all that apply)  
 Sept 8       Sept 9       Sept 10       Sept 11
12. Insert a two-hour time slot between 9 and 4 on your selected day(s) between 9 AM & 4 PM  

Sept 8	Sept 9	Sept 10	Sept 11
Time:	Time:	Time:	Time:

# RESOURCES & ACTIVITIES

## "Higher Orbits-Go For Launch" Camp by Stacy DeVeau



July 11-15 eleven Arizona 4-H teens joined 36 other 4-Hers from Indiana, Illinois, and Florida in Cape Canaveral, FL at the Kennedy Space Center for the "Higher Orbits-Go For Launch" camp, to compete to send an experiment to the International Space Station sometime next year. While in Florida, they collaborated in team-



-building exercises and conducted research to develop and propose unique experiments to be conducted in space. They gained first-hand knowledge

and insight from Astronaut Jim (JR) Reilly who flew 3 space flight missions and conducted 5 spacewalks. They performed team challenges, designed their own mission patches, and learned from Higher Orbits staff about the importance of working together, using the engineering design process, and effective communication skills. They learned about the future of space exploration, gave presentations on their proposed experiments, and witnessed SpaceX launch the Dragon cargo mission to the International Space Station from the beach. The winning project will be launched to space in 2023! This will be the first time 4-H 'goes to space.' Arizona's Cove Searle (Navajo County) was on the winning 4-member team. The group also found time for visits to Kennedy Space Center's Visitor Complex and Cocoa Beach. The ISS National Laboratory - Center for the Advancement of Science in Space grant along with the Arizona 4-H Youth Foundation provided financial support for this amazing opportunity. Yavapai County's, Stacy DeVeau, 4-H Program Coordinator, and former NASA educator, chaperoned the trip, along with Deb Martinez, a 4-H volunteer in Maricopa County. Dr. Jerry Lopez, led the multi-state initiative, called "4-H in Space: Mission Command Team," for Arizona 4-H.



# Healthy Living Ambassador Program

## Healthy Living Ambassador Program

On July 4, the 4-H Healthy Living Ambassador Program for Yavapai County was launched at MoYava 4-H Camp. To participate in this national program members will need to attend at least 6 hours of “Healthy Living” events. Below, please find those Healthy Living events that have happened (ü) and those that will be offered soon. Each event in Yavapai County is family friendly while the Healthy Living Ambassador program at the Pima County Cooperative Extension Office, the “Teen Wellness Conference” is only for the “Ambassadors” (ages 14-18), Sept 30 to Oct 2.

- July 4 Gut-Brain-Health Connection @ Camp MoYava
- July 6 Nature Immersion for Stress Management @ Camp MoYava
- July 27 Fermentation: A Prebiotic and Probiotic Exploration @ Natural Grocers Community Room, Prescott AZ
- August 11 Veggies - It's What's for Breakfast by Renee Sullivan @ Natural Grocers Community Room, Prescott AZ Open to the public so come early) - Thursday 3:30 - 4:30
- August 27 Hiking Spree Family Challenge offered by the Highlands Center for Natural History - Saturday 9 AM
- Sept 1 The Ultimate Food Fight: Organics by Renee Sullivan, Thursday 3:30 - 4:30
- Sept 30 - Oct 2 Teen Wellness Conference - free event for the Ambassadors (more details coming)
- Oct 22, Oct 29 Nature Immersion for Stress Management (stay tuned for details)

**Veggies – It's What's for Breakfast** - A Natural Grocer's program offered by Renee Sullivan, past 4-Her wanting to give back. Renee encourages us to “start your day off right with vegetables.” She'll show you quick and easy ways to pack a nutrient-dense punch in the morning. This event is open to the public so come early to get your seats. Aug 11, 3:30 – 4:30 pm at Natural Grocers, 1470 Gail Gardner Way, Prescott, AZ

**Hiking Spree Family Challenge** – The Highlands Center for Natural History offers a long-standing program (over 14 years) to encourage people to regularly go hiking. Research now supports the stress management benefits of spending time outdoors for all ages. We all understand the physical health benefits. This program provides trail maps and incentives to hike at least 8 of the 13 suggested trails between the kickoff Aug 27 and Nov 28. Are we 4 -Hers up for the challenge? Meet at the Highlands Center for Natural History to launch our participation, August 27, 9 AM, 1375 Walker Road, Prescott, AZ. AND, be there interest, there may be an opportunity for our Ambassadors to develop a similar program in the Verde Valley for the fall 2023.

**The Ultimate Food Fight – Organics** – Another Natural Grocer's program offered by Renee Sullivan, past 4-Her wanting to give back. Her event description: -“Organics are becoming more and more popular, and rightly so! There are many reasons to love organics – pesticide free, non-GMO, nutrient rich, good4 the planet, good4 the economy and ...good4u! Open to the public so come early to get your seats. Sept 1, 3:30 – 5:00pm at Natural Grocers, 1470 Gail Gardner Way, Prescott, AZ

**Nature Immersion for Stress Management** – Come explore the outdoors with all 5 senses in a brief activity packed hike led by Yavapai County 4-H Youth Development Staff. Will be offered twice – once in the Verde Valley and once in Prescott. Other details TBD

### Pictures from the Fermentation Event July 27





## My JOLT Experience by Miriam Holyfield

I went on a journey this year. Not a far journey overseas and past the horizon, nor by plane or train. A dauntingly long journey, though hardly an hour's drive from my home in the rolling prairies, and at one time I was even able to see my hometown from a mountaintop. But I traveled so far, farther than I ever could have by land, sea or air. Within the mountains not far from my home I found one of the greatest opportunities, an open journey upon my doorstep. A journey that could change the course of my life and impact others, unlocking a wholly different future for tomorrow. A journey of growth and development, showing countless opportunities for all who would but reach out a willing hand.

But it was not just any journey, and I was not alone in it. There were others, some just like me and others very different. Obstacles were placed as traps before our feet, snares to entangle us, and we had to learn to trust, to leave everything we had in the hands of our teammates. Learning to work together rather than alone, we accomplished many things. I myself not only had a wonderful and educational experience, but I learned when to lead and when to stand back and let others take command.

This journey unfolded at James 4H camp, during the 2022 JOLT 4H camp. JOLT stands for a Journey of Opportunities for Leaders of Tomorrow, and the theme this year was Unlock Your Future. During the camp experience, I saw many people learn and glean from the silent lessons taught by wise leaders who held their tongues, letting us struggle it out and learn together. This was the place for quiet people to come out of their shells and lead, for loners to learn they don't have to be alone. A place where all learn that there is much more to each person than meets the eye, a place for great leaders to be made.

The opportunities and learning experiences are not lightly turned down, and according to my knowledge all who went were touched and learned something new, opening up to a new friend or learning they could trust the least expected person, or perhaps finding the great leader locked inside them.

I firmly believe that through JOLT many great leaders will come into the world and make a difference, perhaps not the greatest difference, but a small enough one to be significant. Then together, as a team that does the small things, perhaps we will change the bigger picture, one detail at a time. With the 4H pledge of using our hands, heads, hearts, and health together to make the best better, what if we opened to the world a Journey of Opportunities, just on the doorstep of their hometown, bringing more and more leaders together to do something great? What if *you* became one of the next leaders, bringing the journey to others to experience so tomorrow will be different, better?

*All photos by Miriam Holyfield*



Mya at JOLT camp



# Growing with Groundwater

Plants need water to grow, and it comes from precipitation and groundwater. We are going to build a miniature terrarium that will allow our plants to grow using groundwater as the source of water.

## Time to plant!

**Materials:** Clear Jar with Lid  
Gravel  
Potting Soil  
Spray Bottle Filled with Water  
Plant Seeds (Herbs or Vegetables Grow Quickly)  
Large Spoon or Trowel



## Procedure:

1. Fill the bottom of your jar with 1 to 2 inches of gravel and add about 4 inches of potting soil on top of the gravel.
2. Plant the seeds as stated on the package.
3. Water generously with a spray bottle. Watch as the water trickles down through the soil and into the gravel layer. The water you see below the surface of the soil is called groundwater and will be used by the seeds.
4. Secure the lid and place in a sunny window. Over the next few days watch as the sides of the jar become foggy. This is condensation or clouds. As the water on the walls of the jar becomes heavy it will fall to the ground as rain and will become groundwater again.
5. If your jar becomes too foggy, open the lid slightly for a day or two. If you leave the lid off too long, the soil may dry out. If this happens just spray some more water in the jar.
6. Watch your seeds grow!

