



THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE & LIFE SCIENCES

Cooperative Extension



CLOVER COMMUNICATOR YAVAPAI COUNTY 4-H NEWS JULY 2020

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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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4-H/STEM
Program Coordinator, Sr.

Shirley Vasovski
4-H Club Program Coordinator

Administrative Associate

July 6

Science in Ag Week Registration Deadline

[https://extension.arizona.edu/virtual-state-programs?
fbclid=IwAR1XIGzqANT8Cl6IN3EVvNJrErtamtDf81xv
Z0wmMCeYyw69UIWf1dg4](https://extension.arizona.edu/virtual-state-programs?fbclid=IwAR1XIGzqANT8Cl6IN3EVvNJrErtamtDf81xvZ0wmMCeYyw69UIWf1dg4)

July 8

STEM Counselor Registration Deadline

[https://extension.arizona.edu/events/2020-07-13/
become-stem-counselor](https://extension.arizona.edu/events/2020-07-13/become-stem-counselor)

July 13 -17

J.O.L.T. Virtually

July 15 - 26

Tractor Supply Company Fundraising Campaign Online

August 15

4-H Enrollment begins

September 10 - 13 Yavapai County Fair

September 12

Yavapai County Fair Youth Livestock Auction 5:00 PM

September 30

Record books due to Club Leader

As most of you know, all University of Arizona Cooperative Extension Offices
are closed until further notice.

Stay safe everyone!



Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeffrey C. Silvertooth, Associate Dean & Director, Extension & Economic Development, Division of Agriculture, Life and Veterinary Sciences, and Cooperative Extension, The University of Arizona. 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, sexual orientation, gender identity, or genetic information in its programs and activities.

RESOURCES & ACTIVITIES

Happy Birthday to our 4-H Leaders!

July 2
July 14
July 22

Jessica Owen
Larraine Spears
Auben Winters

Tri-City livestock 4-H Club
Lonesome Valley Wranglers
Shamrock Hustlers 4-H Club



Yavapai County Youth Recognized at AZ 4-H Presents

AZ 4-H Presents recognized Arizona 4-H youth, volunteers, University of Arizona employees, and alumni for continued commitment to improving young people's lives.

Jordyn Woodburn was honored as the Eugenia Scott and Ralph Rogers Hawthorne 4-H Scholarship recipient and **Olivia Williams** was honored as the Marge and Gene Bayless Scholarship recipient by the Arizona 4-H program for their efforts in 4-H and FFA. The award recognition was held virtually. In addition, **Ellyn Peterson** was chosen to represent 4-H at the Leadership Washington Focus. **Addie Kennedy** was also recognized for her contributions on the JOLT Teen Leadership Committee that will host a virtual experience for JOLT 2020.

Arizona 4-H State Program Leader, Dr. Jeremy Elliott-Engel, said "AZ 4-H Presents is a celebration of the impact Arizona 4-H has on young people and our communities." He went on to say, "because of our dedicated staff, and passionate volunteers young people are able to take their spark and make it into mastery which leads to educational, career, and life success."

The AZ 4-H Presents is made possible by Arizona 4-H Youth Foundation partners Arizona Farm Bureau, Dairy Council of Arizona, and Bayer Crop Science and the generous support of many individual donors.



RESOURCES & ACTIVITIES

Arizona 4-H Ag in the Home is offering the following videos:

EQUINE Related:

- Deworming Your Horse
- Haltering A Horse and Developing Trust
- Grooming
- Quick Release Knot



OTHER

- Pumpkin Planting Basics
- DIY Watering Containers
- Making Hand Sanitizer
- Building a Nipple Drinker for Chicks

<https://extension.arizona.edu/az-4-h-ag-home>

Science in Ag Week program!

The program is one hour per day from July 20th - July 24th and will focus on highlighting science-based problem-solving skills in Agriculture.

Please register **before July 6th** to hold your spot! Once you register, the links for all five presentations will be send to your email. Here is the agenda:

Schedule: 10 - 11AM (Arizona)

July 20, Food Safety

July 21, Sustainability

July 22, Dairy or Livestock

July 23, Plant Science

July 24, Equine



<https://extension.arizona.edu/virtual-state-programs?fbclid=IwAR1XIGzqANT8Clt6IN3EVvNJrErtamtTDf81xvZ0wmMCeYyw69UIWfl1dg4>

Check it out under AZ 4-H Science Week

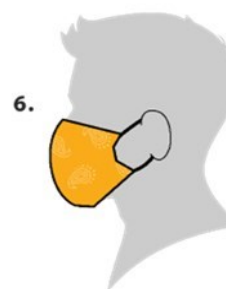
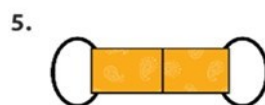
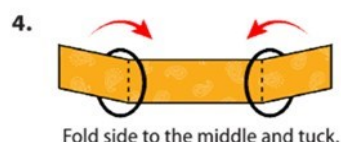
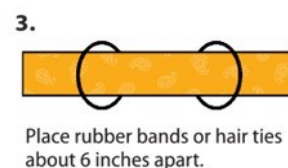
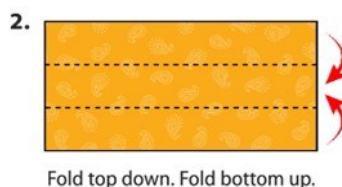
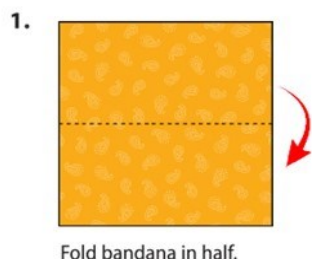
RESOURCES & ACTIVITIES

It looks like face masks aren't going away any time soon. Make one yourself to express your personality and style! See non-sewn and sewn instructions below. This information was taken from the Center for Disease Control (CDC).

Non-sewn Face Covering

Materials

- Bandana, old t-shirt, or square cotton cloth (cut approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)



Make sure your cloth face covering:

- fits snugly but comfortably against the side of the face
 - completely covers the nose and mouth
 - is secured with ties or ear loops
 - includes multiple layers of fabric
 - allows for breathing without restriction
- can be laundered and machine dried without damage or change to shape

Wear your Face Covering Correctly

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily

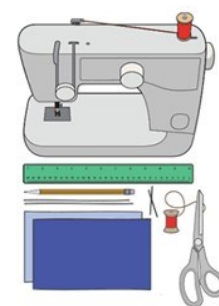
Cloth face coverings should be washed after each use. It is important to always wash your hands after handling or touching a used face covering.

RESOURCES & ACTIVITIES

Sewn Cloth Face Covering

Materials

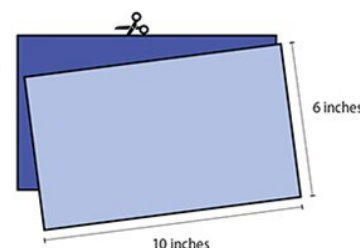
- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine



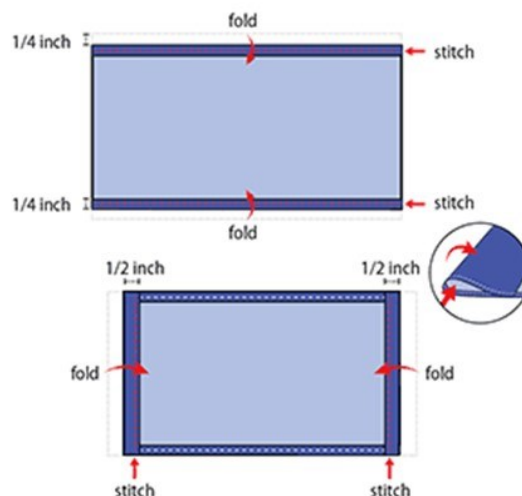
Tutorial

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.

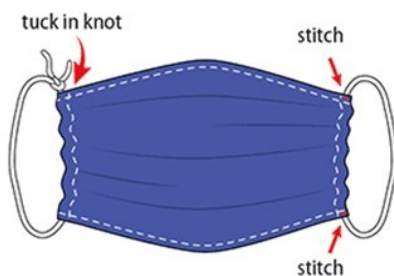
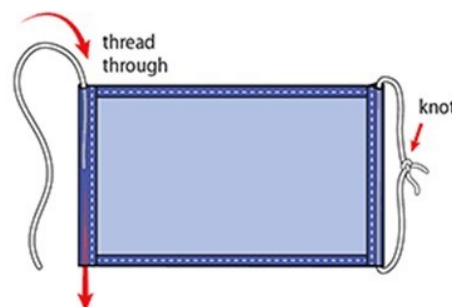
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.



Fun Fit Hike

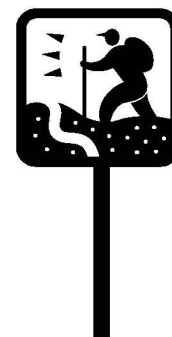


According to the National Association for Sports and Fitness, children 6 – 12 years of age need a minimum of 60 minutes of exercise daily. The American Heart Association recommends at least 30 minutes a day to maintain a healthy heart. Outdoor exercise is just a trail, large yard or park away and a hike is one of the simplest ways to get children outdoors and moving. Here are a few creative ideas to turn an ordinary hike into fun exercise:



Youth will need:

- Appropriate dress for weather
- Sneakers or trail shoes
- Bottle of water
- Healthy snack



Hopscotch Hike: Turn the trail into a hopscotch game. List items that the children must hop, skip or jump over every time they come across it on a trail. For example: you must never step on a stick but instead hop over it. Whenever you come across a large rock you must stop and do five jumping jacks. A mushroom might mean skipping for 15 seconds. A wildflower could mean hopping on one foot. Get creative. Keep the trail a manageable length like $\frac{1}{4}$ of a mile. If it goes too fast you can always do the trail again only backwards. Children will exercise their bodies as well as their observation skills.

Animal Exercise: – You can use a trail or just find an open area for this one. Have a child suggest an animal that lives in the area. Have everyone imitate the movement of that animal for 15 – 30 seconds. Let the next child pick and continue until every child has chosen an animal. This can be done as a follow the leader game too! Before you know it you will have waddled like a duck, jumped like a frog, hopped like a rabbit your way to 30 minutes of exercise!

Try an “A B See Hike”: Have the children find things in nature that begin with every letter of the alphabet. The leader can keep the list and the children can have a scavenger hunt for the items. If you have enough volunteers, you can break into two or three groups and turn it into a contest. Use the “A B See Handout” for this activity. You will also need pencils.

Continued on next page



4-H Cloverbuds
OHIO STATE UNIVERSITY EXTENSION

Fun Fit Hike

...continued



Walking Stick—This is a great craft idea to do before a hike.

What you'll need:

- Large square of cloth
- Walking stick
- Beef jerky
- Water
- Dried fruit
- Optional: Craft supplies



Have the child pack the way the pioneers might have. Instead of a fanny pack, grab a square of cloth and tie it around a walking stick. Forget the snack bars and sports drinks. Pack some beef jerky, water, and dried fruit. They could even decorate their stick with paint, flowers, feathers, or any craft item. To help get the children excited about the hike day, do this activity ahead of time. Walking sticks should NOT be used with the Hopscotch Hike and Animal Exercise.

These are just a few of the many types of outdoor exercises in which you can engage a young outdoor adventurer. Check out these websites for more great outdoor exercise ideas:

www.americanheart.org

http://www.kidshealth.org/parent/nutrition_fit/center/nutrition_center.html

<http://home.howstuffworks.com/hiking-activities-for-kids.htm>

<http://ecochildsplay.com/2007/11/20/four-hiking-activities-for-your-children/>

<http://www.cnn.com/HEALTH/library/FL/00030.html>

<http://www.whatmovesu.com/index.aspx?vw=MAIN>



Source: Rebecca Miller, Hocking County Soil and Water Conservation District Education Specialist.

A B See Hike



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