



THE UNIVERSITY OF ARIZONA  
COLLEGE OF AGRICULTURE & LIFE SCIENCES



# Cooperative Extension

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

### **Prescott Office**

840 Rodeo Dr. Bldg. C  
Prescott, AZ 86305  
Phone: (928) 445-6590  
Fax: (928) 445-6593

July 3 - 7

MoYava Summer Camp at James 4-H Camp

July 4

Independence Day. Extension offices closed

July 11 -15

J.O.L.T. 2022 at James 4-H Camp  
<https://extension.arizona.edu/jolt>

### **Camp Verde Office**

2830 N. Commonwealth  
Drive, Suite 103  
Camp Verde, AZ 86322  
Phone: (928) 554-8999  
Fax: (928) 554-8996

July 20

Registration Deadline Archery Shoot

July 17 - 22

AZ 4-H Military Teen Adventure Camp (MTAC)  
<https://extension.arizona.edu/mtac>

July 30 - 31

Arizona 4-H Archery Fun Shoot - Parks, Arizona  
Register at <https://4h.zsuite.org/> under the events tab

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)

September 5

Labor Day. Extension offices closed

September 08 - 11

Yavapai Fair at Prescott Rodeo Grounds

September 30 -  
October 2

2022 Arizona State 4-H Horse Show

*Claire Oberst*

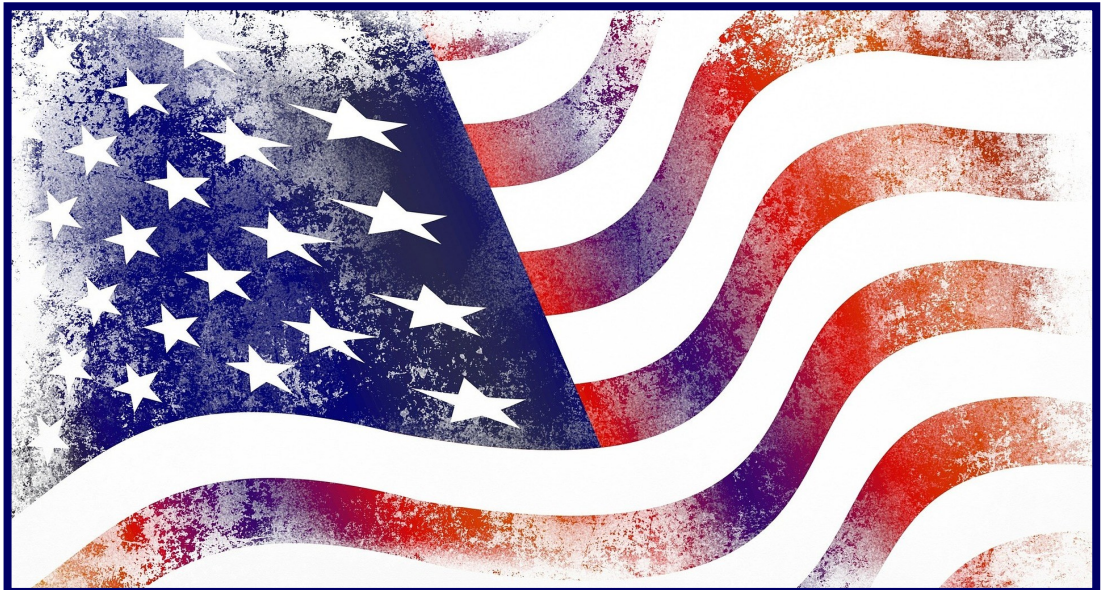
Claire Oberst, PhD  
Associate Agent  
4-H Youth Development

*Stacy Deveau*

Stacy DeVeau  
4-H/STEM  
Program Coordinator, Sr.

*Lisa Gerber*

Administrative Associate



### 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

We are organizing a **Leaders Council for the Yavapai County 4-H Youth Development Program**. You are welcome to participate at any level you wish. In August you will hear more about the nominating process for the Leaders Council (self or other), and the voting process in September. By October maybe we will have a brand-new Leaders Council! Please see more details about what a Leaders Council is and how you can be involved, below.



What is the Leaders Council?

A 4-H Leaders Council supports 4-H program development with the goal of meeting the educational needs of the enrolled youth. This group of dedicated people must determine what those needs are and how to best deliver programs to meet those needs. The 4-H Leaders Council will work in partnership with Yavapai County Extension professionals to identify and develop programs that best serve the changing needs of our youth. While the Extension professionals are ultimately responsible for the 4-H program, all work and decisions of the 4-H Council are advisory to the 4-H professional.

If you are a 4-H Volunteer or 4-H member, Council is important to YOU!

All 4-H leaders, parents, members (especially teens) are welcome to attend Leaders' Council meetings. Please encourage at least one leader, teen, and parent to represent your group (Club, Family or Special Interest Program) at Leaders' Council meetings! It doesn't have to be the same person each time!

The Council exists to help guide the local 4-H program efforts.



**Yavapai 4-H Healthy Living Ambassador program** for youth ages 14 and up focuses on building leadership skills around living a healthy lifestyle and encouraging members of your community to do the same. Projects offered focus on all aspects of health, including physical, mental, community, and environmental. Activities include cooking, nutrition, mental health wellness, and outdoor fun for health. The program launch is at Moyava Camp with introductions to the Gut-Brain-Health Connection with games and taste testing. This program can be repeated for those not attending camp. Plans so far include:

- July 27** Private 4-H event at the Natural Grocers Commercial Kitchen in Prescott for 4-H members and their families: Fermented Foods - a Prebiotic and Probiotic Exploration. (Contact Dr. Claire at 4-H office with interest)
- Aug** TBD - Healthy Meal Planning and Cooking
- Sept 30** Cultivating Wellness Teen Summit in Tucson Friday through Sunday
- Oct** TBD - Nature Immersion for Mental Health

**MORE INFORMATION TO COME**

# RESOURCES & ACTIVITIES

## ARIZONA STATE 4-H ARCHERY FUN SHOOT



*In memory of Brad Gorkowski*

**WHO:** All enrolled 4-H (any project) in Arizona & immediate family. Shooters must be at least 8 years old. We will have equipment & instructors on site & available for first time shooters.



**WHEN:** July 30-31, 2022  
Registration at 7:00 am;  
Ranges open at 7:30 am  
(both days); Ranges  
Close at 6pm Saturday  
& 11am Sunday

**EVENTS:** 3D (3 separate 3D courses -15 targets each); Field; FITA (practice/beginner range); Aerial targets; long shot competition.

**RAFFLE:** Saturday @ 3 pm for outdoor gear; archery equipment; etc. Each registered shooter will get one ticket. Additional raffle ticket purchases:

\$5 for 3 tickets  
\$10 for 8 tickets  
\$20 for 20 tickets

**WHERE:** Parks, AZ  
(Directions will be provided when you register online on zingbooks)

Primitive camping  
first come/first serve.  
Porta-johns on  
site. Lots of parking.

**HOW TO REGISTER:**  
<https://4H.zsuite.org>

**COST: \$5 per shooter**

**Contact:** Tom Gardiner  
(520) 256-3969

[tom.gardiner2@gmail.com](mailto:tom.gardiner2@gmail.com)

**FOOD:** Saturday lunch available for purchase. \$7 per plate (pulled pork, chips, 1 side dish, dessert & drink)

\*Individual food purchases will be available\*



Cooperative Extension



## RESOURCES & ACTIVITIES

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



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**SAVE THE DATE !**  
**2022 Arizona State 4-H Horse Show**  
**September 30—October 2**



# RESOURCES & ACTIVITIES

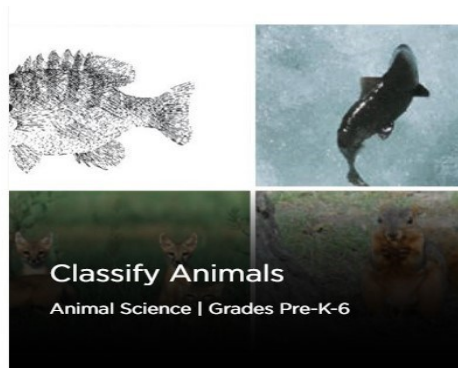
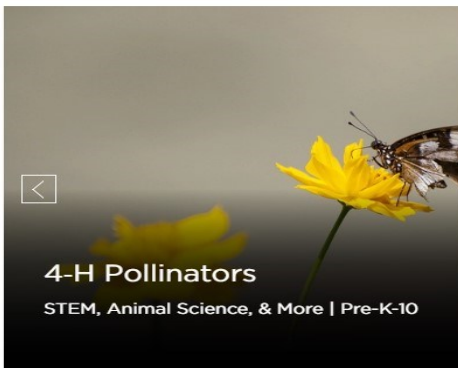
## [Virtual 4-H Camp | 4-H](#)

Visit the 4-H website to experience Virtual Camps! Below is a sampling of what's available. You can also sign up to download over 100 free activities.

### Wonderful Wildlife

Let's get to know the wildlife in your area with these fun activities.

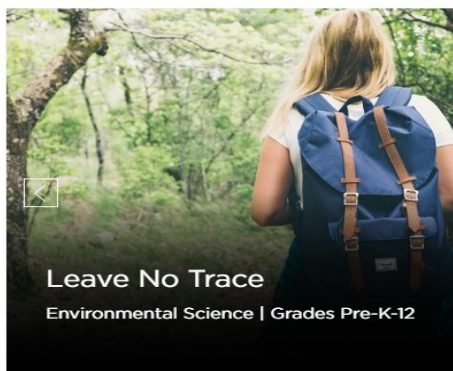
**Topics:** STEM, Animal Science | **Grades:** Pre-K - 12



### Explore Your Environment

It's finally time to get back outside and explore the environment(s) around you!

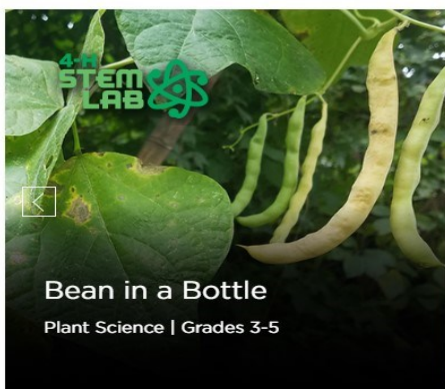
**Topics:** STEM, Environmental Science | **Grades:** Pre-K - 12



### Get Growing

It's easy to grow your own vegetable, herb, or flower garden with these activities!

**Topics:** STEM, Gardening | **Grades:** Pre-K - 12



## 4-H MEMBER REVIEW OF 4-H SUMMIT

Hello my name is Ellyn Peterson I am 15 years old and am a part of the Lonesome Valley Wranglers 4-H Club in Dewey, AZ.

This year I attended the Arizona 4-H Summit at the University of Arizona in Tucson. Some of the activities we did were: attend the Clover Ball, team building, evening activities, talent show, and a group challenge. This year's theme for Summit was "One Health", which is how humans, animals, and the planet are all connected and how they affect each other. Each team was asked to find an issue in their communities that is related to "One Health" and how they plan to resolve it.

My highlight of Summit was the Clover Ball. This event is to thank the sponsors for all they do to support Arizona 4-H, thank the Arizona Youth Foundation, recognize the 4-H Family of the Year, recognize our Foundation Scholarship Recipients, numerous 4-H Volunteer Awards, and recognize the in-coming and out-going Arizona 4-H Ambassador Team. The reason I love attending this event is because I get to tell the people who support 4-H about the effect that 4-H has had on my life and show them the amazing kids they are supporting and helping to Make the Best Better!

Summit is a great opportunity to meet people from across the state of Arizona and even from other states. I learned so much at Summit not only about leadership but about the University of Arizona and about Arizona 4-H!

Being on the University of Arizona campus is an amazing experience! We got to stay in the dorms, eat at the Student Union, and use some of the class rooms. This is an amazing introduction to University Life and you get a feel for some of what you can expect as a college student.

Summit is a great opportunity for teens because you get to be with other people your age and that love 4-H just as much as you do! You also meet some of the State 4-H Staff ( who are amazing!) and get to learn more about what they do and their influence on 4-H and how 4-H has helped them as adults!

Thank you for reading and we hope to see more teens from Yavapai County at next year's Summit!

[Ellyn Peterson](#)

Lonesome Valley Wranglers 4-H  
Club President  
BSA Troop 7106 Troop Guide  
Mayer FFA Chapter



# Kitchen Safety

There are many things to talk about related to kitchen safety. Some major things we can do to be safe in the kitchen can be related to when we are cooking and even when we are not cooking. Draw a line to connect the short list of kitchen rules with the correct picture.



## Kitchen Rules

- \* Use oven mitts or pot holders when inserting or removing items from the oven or microwave
- \* Wear shoes when working with hot or sharp items in the kitchen
- \* Wipe down counters to prevent cross-contamination
- \* Tie up long hair to avoid it getting in the food
- \* Wash your hands thoroughly before touching food and after touching raw meat, fish, or poultry
- \* Do not run in the kitchen; especially if someone is cutting food or cooking/baking food

