



**CLOVER COMMUNICATOR
YAVAPAI COUNTY 4-H NEWS
MAY 2023**

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You may view a color copy of this
newsletter online at:
[http://extension.arizona.edu/4-H/
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| April 26 - May 5 | Tractor Supply Spring Paper Clover Campaign |
| May 1 | Beeswax Essay Deadline |
| May 5 | MOYAVA Camp Early bird Application Deadline |
| May 10 | State 4-H Ambassador Application Due to State Office https://extension.arizona.edu/4h/ambassadors/apply |
| May 13 | Statewide Family Consumer Science contests - Maricopa Agriculture Center |
| May 31 | Application Deadline 2023-2024 Governor's Youth Commission |
| June 2 | MoYava Camp Regular Application Deadline |
| June 3 | Clover Ball - Tucson Marriott |
| June 3 - 7 | AZ 4-H Summit - University of Arizona, Tucson |
| June 24 - 28 | MoYava Camp at James 4-H Camp |
| June 25 | Horses With Heart 30th Anniversary Community Service Opportunity 1pm - 4pm Chino Valley |
| July 1 | Prescott Frontier Days Rodeo Parade Community Service Opportunity |
| July 10 - 14 | J.O.L.T. - Journey of Opportunities for Leaders of Tomorrow - James 4-H Camp |
| July 14 - 16 | Shooting Sports Instructor Certification Training - James 4-H Camp |
| July 29 - 30 | State Archery Fun Shoot in Parks, Arizona |



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

Hi all 4-H Members!

Today I want to remind you of the value of your careful and thoughtful record keeping in your record books. Please take some time to keep them up to date as we transition out of the academic year and into our summer activities. Take time to reflect on your goals, capture your activities in words and pictures, express your thoughts, feelings, and stories. This is not an academic or school type activity. It is an exercise in creativity that deserves time and consideration. Please ask for guidance, support, or help from an adult in your life to help you put the most into and gain the most from this effort. Thank you for giving your heads, hearts and hands to your club and your projects.



Claire Oberst

Dr. Claire Oberst
Associate Agent, 4-H Youth Development
Yavapai County Cooperative Extension Office



Leaders Council

Yavapai County 4-H now has an active Leaders Council thanks to the super volunteers who have stepped into the roles. Thank you to those brave and dedicated souls who have stepped up to activate our Leaders Council: Dave Long, Carol Benesh, Julie Williams, Angela Teskey-Peterson, and Rachel Hays. We are currently discussing how we want to function to make the Best Better!

Heart Math

Did you know that most of the population operates in the fight-or-flight nerve system response mode 75% of our day? That means that even in our sleep most of us are in the fight-or-flight mode. This is a major source of stress for the human body designed to be in this mode only when in immediate danger. Come learn how our nervous system works, responds to stress, and how to adapt to move out of this mode. Free stress management workshop provided by Partners in Health for 4-H teens and volunteers, July 14, 10 AM at the Yavapai County Cooperative Extension Office. Call Dr. Claire Oberst for more details. Please RSVP 928-445-6590.



UPCOMING EVENTS



Announcing our 2023 Horse Show Season!

Sat. Apr 15 Sat. May 20 Sat. June 24

NEW SHOW FORMAT! – TWO ARENAS, TWO JUDGES

◆ **New Classes** ◆ **New Divisions** ◆ **New Highpoint Program**
Halter/Showmanship, English, EQWD, Liberty
Western, Arena Trail, Reining, Ranch Riding, Ranch Trail
(Open, Amateur and Junior Classes)



Driving Only – Horses, Ponies, Minis

Sun. Apr 16 Sun. May 21 Sun. June 25

Brand New Dedicated Driving Arena!



SERIES CHAMPION BELT BUCKLES ARE BACK!
For all sponsored divisions



Special award category for Veterans associated with Horse Therapy Programs

For information email events@cvequestrianpark.org
Or visit our website at www.cvequestrianpark.org
Chino Valley Equestrian Park, 2208 Equestrian Way, Chino Valley

UPCOMING EVENTS

4-H Invited to participate in Prescott Farmers Market – Several Summer Saturdays

A Farmers Market is an ancient practice going back hundreds of years all over the world. It continues to be the place for farmers to sell their locally grown produce directly to the community. **The Prescott Farmers Market** is the place for buying and selling farm-based products such as produce, meats, eggs, baked goods, soaps, and crafts. There are also educational booths, foods, and sometimes entertainment. **Yavapai County 4-H has been invited to staff a booth on several Saturdays** and share 4-H projects and all things 4-H. Please contact the 4-H office to provide this **community service** and share what you do in your 4-H club. These events happen on **Saturdays, 7:30 to noon at 900 Iron Springs Road** (Dignity Health-YRMC Miller Valley lot at Iron Springs/Miller Valley). Be part of an ancient tradition and help Yavapai learn about 4-H. Bring your 4-H hats and shirts and your smiles. **Please RSVP with Claire Oberst at 928-445-6593 for any time during the following dates:**



□ June 3 □ June 10 □ July 29 □ Aug 12 □ Sept 2 □ Sept 23 □ Oct 7

Yavapai County 4-H has an opening for an Americorps position

Details are listed in the following job description:

The AmeriCorps member will develop, strengthen, and deliver 4-H educational activities, projects and programs [in Yavapai County](#). Special emphasis will be on developing 4-H Special Interest (SPIN) clubs focused on Science, Technology, Engineering, & Math (STEM) hands-on education. The member will engage diverse audiences, network with other community agencies, contribute to 4-H social networking sites, plan and prepare for group lessons and activities gathering necessary materials and supplies, employ various teaching methods to promote learning and implement activities, and develop promotional materials. Schedule may vary based on programming and may require some weekend/evening availability.

If you're at least 17 years of age, a senior in high school or more, and are interested in applying, contact Claire Oberst, 4-H Associate Agent, for more information: coberst@arizona.edu or (928)445-6590 ext 229



SAVE THE DATE!

October at the Yavapai Cooperative Extension Office (4-H Office) – Rummage sale for camperships. We'll be sending out additional information closer to the date. Save your good give-away items for the kids.



UPCOMING EVENTS

COMMUNITY SERVICE OPPORTUNITY - VOLUNTEERS NEEDED!

Horses with Heart's 30th Anniversary at their Equestrian Center in Chino Valley
2705 AZ-89, Chino Valley, AZ 86323

Sunday, June 25th 1-4 pm. Volunteers arrive about 12:30 pm, if possible.

They're looking for 4-H Youth to take shifts running about four game areas.

I'm sure this will be a fun event for everyone!

Free Lunches!

Please RSVP to Angela Teskey Peterson (928) 925-7472 or angelateskey@aol.com

SAVE THE DATE

When: Saturday, October 21st, 2023 (time tbd)

Where: Cooperative Extension/Rodeo Grounds in Prescott

What: Instructor led (specialists from all over the state!), hands-on activities for members needing YQCA certification. Topics will include biosecurity, nutrition/body condition scoring, emergency response, life skills, food safety, animal well-being, veterinary products, and more!



Registration will be required, and numbers will be limited - Early registration will be available in August to all Yavapai County 4-H members before enrollment opens state-wide.

More updates to come!



ANNOUNCEMENT

Calling all youth members, volunteers, parents, leaders: Please send youth 4-H achievements so that we can celebrate as the Yavapai 4-H community.



IMPORTANT INFORMATION

HORSE PROGRAM

We are trying to establish the degree of interest in launching a Yavapai County 4-H Horse program. If you have the skills and interest in being a project leader, or you are a 4-H member with an interest in ALL things Horse, please let the office know so we can support the development of this program. We have some supplies, loads of curriculum, and a sincere interest in reaching the needs of our youth. Please call or email Claire Oberst.

Note: Thank you to all who have responded to our request to build out this program. We're waiting for critical mass here and will be in touch soon.



CAMP MOYAVA

Looking for adults who have cool crafts to share with our Yavapai/Mohave campers: June 25, 26, or 27. In past years they have done soap making, paracord bracelets, and animal track molds. If you have a cool craft to share with our kids, please contact me at Yavapai County 4-H Headquarters on the Rodeo Grounds: Claire Oberst, 928-445-6593 or coberst@arizona.edu

Tractor Supply's Spring Paper Clover campaign will take place April 26 – May 7, 2023. Now's the time for clubs to reach out to your local store about how you can showcase youth projects during this time. If your club wishes to have a fundraiser in conjunction with this campaign, don't forget to submit the 4-H Fundraiser Form!

The Fall 2022 campaign brought over \$14,000 to Arizona 4-H; let's see if we can bump that even higher!

Tractor Supply Company proudly began its partnership with 4-H in 2010 and have since helped raise over \$14 million through their Paper Clover fundraisers. The success of these campaigns has impacted over 69,000 students by providing them with hands-on learning experiences through projects in STEM, agriculture, healthy living, and civic engagement.

100% of funds raised through the Spring and Fall Paper Clover fundraisers directly benefit 4-H and the kids and teens we work with - 90% of donations in Arizona directly support 4-H youth in Arizona, in the counties where the donations are made and the remaining 10% supports national 4-H programming.

You can find the Paper Clover Scholarship/
Campership Application at

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



4-H SUMMIT

Arizona 4-H Summit is a college and career readiness experience where teens can explore what they are passionate about and learn how to take the next steps toward creating a future around that passion. Arizona 4-H Summit will provide opportunities to learn about future pathways in S.T.E.M., health, and agriculture. Youth will experience university life on the University of Arizona campus including campus programming and dorm life. It offers a creative space for teen leaders ages 14-18 to ignite and grow their unique spark. Register on Zsuite: <https://4h.zsuite.org/event-registrations/14836>.

A note below about Arizona 4-H Summit from one of our own members, Ellyn Peterson, who attended last year!

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.

Last 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. The 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 community that is related to “One Health” and develop a plan for how they planned to resolve it.

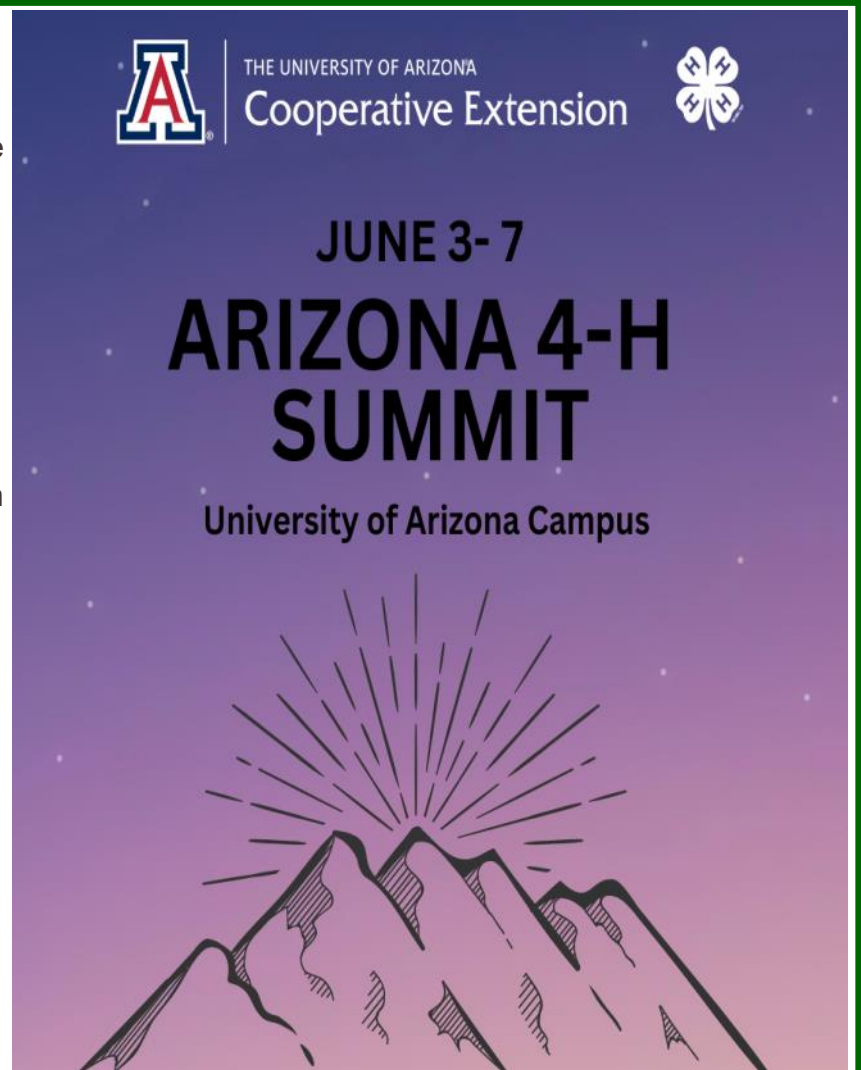
My highlight of Summit was the Clover Ball. This event is to thank the sponsors for all they do to support Arizona 4-H, thank the Arizona Youth Foundation, recognize the 4-H Family of the Year, recognize our Foundation Scholarship recipients, numerous 4-H Volunteer Awards, and recognize the in-coming 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 classrooms. 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 who 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 this year's Summit!



UPCOMING EVENTS

This a great opportunity to learn about Japanese culture this summer and share yours! Arizona 4-H is hosting Japanese youth this summer. We are currently looking for families that may be interested in this opportunity. This is a 4-week summer program from July to August, that allows youth from Japan to experience American culture and practice their English skills here in Arizona. Families do not need to be involved with 4-H to host so, please reach out to any friends or family who may be interested. More information can be found in the attached flyer. Please contact Nataly Uribe (natalyuribe@arizona.edu) and Zane Campbell (zanelcampbell@arizona.edu) with any questions.



2023 INBOUND EXCHANGE JAPAN HOSTING



HOST An international youth for 4 weeks and bring the richness of the world to your home!

Program Basics:

- Host summer term July - August.
- Students arrive July 22nd and depart August 17th.
- Youth have a range of English language abilities, so host families should be prepared to communicate imaginatively
- Your family and exchange student will be supported by state coordinators.
- You can host a youth aged 12 to 18 or an adult chaperone

Who can apply:

Anyone who wants to welcome a high school student into their family and is able to provide the student meals and a bed.

How to apply:

Contact your State Coordinators!

Nataly Uribe
natalyuribe@arizona.edu

Zane Campbell
zanelcampbell@arizona.edu

Host Family Requirements:

- You must have a child of the same gender who is within 3 years of the hosted youth (children aged 10+are eligible to host)
- Families without children of the appropriate age may host an adult chaperone
- No special activities need to be planned since these youth want to experience American culture, make new friends, and improve their English by staying with your family
- this a voluntary program; no stipends will be provided
- **YOU DON'T NEED TO BE INVOLVED WITH 4-H TO HOST!**

Participants arrive July 22nd!



From a delegate about her host family experience: They helped a lot and treated me like their real daughter. Our biggest problem was that I don't want to go and they don't want me to go!



Host Family Applications are being accepted now!
<https://www.states4hexchange.org/>

CLOVERBUD ACTIVITIES



You will need:

Activity sheet, pencil or crayons. This activity is intended to be done at a park or an area where there are different types of habitats (grasses, trees, wetlands, meadows, etc...).

Instructions:

1. Read over the activity sheet with the youth.
2. Explain to them that today they are nature detectives and their job is to find as many of the items on the activity sheet as they can.
3. Using the pencils or crayons, have the youth or an adult volunteer write down what they find beside each description on the activity sheet.
4. This can be done as a group or you may divide them into smaller groups if you have more than one adult volunteer per group.
5. Set a time limit of approximately 15 - 20 minutes.
6. Then gather the group back together.
7. Have them share with each other what they found.

Teaching Activity:

Ask them if they think they are good detectives. How many of their senses did they use to find the items; seeing, smelling, hearing, touching?* Explain to the youth that all around them are different colors, textures, patterns and signs of life in nature. Have them share some of the different items they found with each other. *If you would like to include the sense of taste, have a snack of fruit or nuts available after the activity. Explain that these items too are found in nature and we can enjoy them with our sense of taste.

Variations

- If you have access to magnifying glasses you can give each group one to inspect items up close. You may find the colors blue and green on a beetle or feather when you look at it more closely.
- You can give each youth a piece of paper and a crayon to see how many patterns they can capture by laying the paper on the item and lightly coloring over it. For example, lay the piece of paper on different tree barks and color the paper to discover the different patterns and lines of each species.
- Don't forget to remind them to look up at the sky. Birds, clouds, the sun and rainbows contain many colors and shapes.

Prepared by: Rebecca Miller, Office Associate, Ohio State University Extension, Hocking County.



Can You Find...



- A bird that is singing.
- Something green.
- Something that is rough to touch.
- Something that is smooth to touch.
- A hole or nest where a critter might live.
- An insect.
- A flower.
- Something that is oval in shape.
- Something yellow.
- Something rectangular.
- Something blue.
- A feather.
- Scat (droppings left behind from an animal such as deer, raccoon, bird...).
- Tracks from an animal.
- Something brown.
- A tree.
- A nut or seed.
- A vine.
- A spider.
- An ant.
- A worm.
- A butterfly.
- Something orange.
- Something with lines on it.
- Something with spots on it.
- Something white.
- A frog or toad.
- Something hairy.
- Something that hops.
- A food source for the deer, raccoon, or any other animal.
- Something we may use to decorate our home.
- Something people need to use in our everyday lives.
- Something not on this list!



All items should be naturally found in nature. Also, be sure to encourage the youth to leave the items where they find them. Explain, that others may enjoy looking for these items too!

Prepared by: Rebecca Miller, Office Associate, Ohio State University Extension, Hocking County.



4-H Cloverbuds
OHIO STATE UNIVERSITY EXTENSION