



THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE & LIFE SCIENCES



Cooperative Extension

CLOVER COMMUNICATOR YAVAPAI COUNTY 4-H NEWS OCTOBER 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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October 4	Yavapai County 4-H Volunteer Meeting and Refresher Training 6:30pm Shelby Hansen Room
October 12	Record Books Due to Extension Office
October 19	Record Book Judging - 9:00am - 4:00pm Shelby Hansen Room. RSVP to nolson1@arizona.edu
October 21 - 23	Teen Wellness Conference - Tucson
October 29	Yavapai County 4-H Nature Immersion for Stress Management
November 5	Yavapai County 4-H Officer Training Workshop 10am - 4pm Lonesome Valley Wranglers 4-H Clubhouse
November 19	Yavapai County 4-H Stir Fry Workshop - Mountain Oak School, Prescott 10am - 12pm. Register now at nolson1@arizona.edu
December 2	Yavapai County 4-H Volunteer Appreciation and Member Recognition
December 23 - January 2	Cooperative Extension Offices Closed
January 14 - 15	Colorado River Small Stock Show



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

Dear Readers,

The "Expo" was our premier community 4-H showcase event for over 70 years. The final 4-H Yavapai County Expo happened in 2021. Now at the end of our 4-H 21-22 year the Expo has been put to rest administratively. Please let me know if there is additional equipment that needs to be collected. Meanwhile, what we do have has been inventoried and stored. Funding is in a subaccount specifically allocated as startup funding for the planning and implementation of the event(s) that will replace the Expo.



Currently we are looking to build our leaders council and under this umbrella a new approach to the Expo will be planned. It will probably start much smaller than the Expo of the past but with the same intent: providing a youth-centered event where our 4-H members can celebrate their achievements, give them the opportunity for self expression, to create an educational exhibit, and share what they have learned and accomplished through their 4-H projects. Stay tuned and/or join the Leaders Council to be a part of our future.

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



Volunteer Meeting and Refresher Training

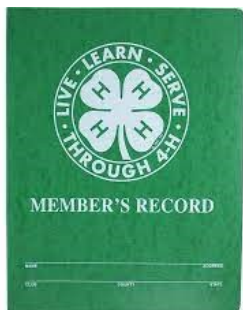
Attention all Yavapai County 4-H volunteers – old and new! Please join us for a volunteer orientation/refresher training on Tuesday, October 4th at 6:30 pm in the 4-H building (Shelby Hansen Room) at the Prescott rodeo grounds. We'll be discussing volunteer roles, club management, positive youth development, 4-H curriculum, projects, and will have ample opportunities to share ideas and learn from each other!

RSVP to Natalie Olson: nolson1@arizona.edu or (928)445-6590 x239

VOLUNTEER



UPCOMING EVENTS



4-H Record Book Judging Help Wanted!

Volunteers and parents are welcome to join us on October 19th 9 a.m. - 4 p.m. in the Shelby Hansen Room - 840 Rodeo Drive, Building C in Prescott) Lunch Provided
RSVP to Natalie: nolson1@arizona.edu

4-H Officer Training Workshop and Installation Ceremony

Calling all Yavapai County 4-H Elected Officers and Club Leaders! Join us on Saturday, November 5th for a fun and comprehensive officer orientation workshop. Officers will have an in-depth look at their individual roles and duties within their clubs, meet their peers/counterparts from across the County, and learn the skills needed to conduct an effective and engaging meeting. Officer Installation Ceremony to immediately follow and will formally welcome the newly elected officers to the 2022-2023 4-H year! Parents are welcome to attend and lunch will be provided.

Date: Saturday, November 5th

Time: 10am – 4pm

Who: All elected officers and club leaders from Yavapai County 4-H clubs

Location: Lonesome Valley Wranglers 4-H Clubhouse, 13911 E. Quail Run, Dewey, AZ

RSVP to Natalie Olson: nolson1@arizona.edu or (928)445-6590 x239



COOKING CLASS OPPORTUNITY!!

Stir Fry Around the World with Chef Molly Beverly

Join us Saturday, November 19th, 10am – 12pm at the Mountain Oak School in Prescott. This hands-on class will “travel” to China, India, Italy and Mexico, teaching knife skills and blending flavors in a wok along the way. Participants will get to enjoy their cultural creations for lunch! Space is limited and registration is required.



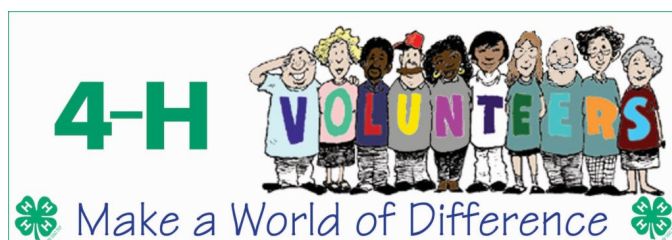
Who can attend?: Yavapai County 4-H members ages 10 -18

Cost: \$5 per member (fees will be collected the day of the event at the door and will cover the cost of food)

Register: email Natalie Olson, 4-H Outreach Specialist at nolson1@arizona.edu . Space is limited to 16 participants, so register early!

Questions? Call Natalie at (928)445-6590 x239 or email nolson1@arizona.edu

Save the Date!! Yavapai County 4-H Volunteer Appreciation and Member Recognition –
Friday, December 2nd. Food, fun, and 4-H Family!
More details to come!



RECORD BOOKS

As the current 4-H-Year ends and planning for the upcoming year is taking place...

**2021-2022 Record Books are Due to your County 4-H Office
by OCTOBER 12th!**

Record books help to set goals, keep track of meetings, record demonstrations and talks, and much more! Visit <https://extension.arizona.edu/az-4-h-record-books> for both printable and fillable versions of both member and project record books.

We ask that Project and Club Leaders **COLLECT and PRE-SCREEN RECORD BOOKS FOR COMPLETION**, providing members an opportunity to edit them prior to submission to the county. **ONLY COMPLETE RECORD BOOKS SHOULD BE TURNED-IN** to the county. As the Record Book is an important part of any 4-H project, only those fulfilling this responsibility will earn project pins and be Members in Good Standing. Attached is the scoring rubric by which record books will be judged. It can be used by members and/or leaders to ensure adequate record book completion.

Arizona delegates for **National 4-H Congress**, held in Atlanta each fall, are chosen based on their 4-H accomplishments as documented in their Arizona 4-H Member and Project Records. If you wish for your record book to be considered for your selection to attend National 4-H Congress 2023, please **notify your county 4-H staff or attach a note to your record book**. Visit <https://extension.arizona.edu/4h/national-programs> for more information.

Make it a GREAT 4-H Year!

The beginning of a new year is the best time to set the stage for success in 4-H! As you plan, please keep the following in mind...

- Discuss the importance of the 4-H Emblem and Pledge (recited at each meeting);
 - Each member should have their printed record book (or notebook if they will be using a fillable form or plan to submit via ZSuite) at each meeting in order to keep up-to-date with progress throughout the year; Record book covers are available at <https://shop4-h.org/products/4-h-members-record-book-cover>;
 - Review/Discuss Member-in-Good-Standing requirements, attached;
- 4-H provides youth leadership opportunities; plan to hold elections for club officer positions.

Like our fb page to receive important announcements and opportunities: <https://www.facebook.com/YavapaiCo4H>

We are looking forward to seeing those record books and wish you a terrific 4-H year!

4-H, your first class from the University of Arizona!

Yavapai County 4-H
yc4h@arizona.edu





LET'S SHOW
American Idol
SOME
4-H GROWN
TALENT!

SIGN UP NOW!

AMERICANIDOL.COM/AUDITIONS

MUST BE AT LEAST 15 YEARS OLD. OTHER ELIGIBILITY REQUIREMENTS APPLY.



HEALTHY LIVING AMBASSADOR PROGRAM UPDATE

Healthy Living Ambassador Program Update

On July 4, the 4-H Healthy Living Ambassador Program for Yavapai County was launched at Camp MoYava. To participate in this national program our 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 offered in the near future. Note the date for the Tucson Healthy Living Ambassador event, the Teen Wellness Conference has changed (see below). Also, the Nature Immersion event for Oct 22 has been cancelled for lack of site confirmation.

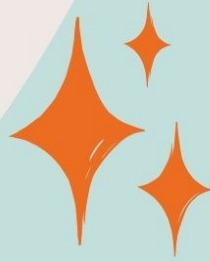
- July 4 Gut-Brain-Health Connection @ Camp MoYava
- July 6 Nature Immersion for Stress Management @ Camp MoYava
- July 27 Fermentation: A Prebiotic and Probiotic Exploration @ Natural Grocers Community Room, Prescott
- Aug 11 Veggies – It’s What’s for Breakfast by Renee Sullivan @ Natural Grocers Community Room, Prescott AZ (Open to the public so come early)
Thursday, 3:30 – 4:30 PM
- Aug 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 PM
- Oct 21-23 Teen Wellness Conference – free, kids 12 – 18 – registration required
- Oct 29 Nature Immersion for Stress Management – RSVP required – call Yavapai 4-H Office

Teen Wellness Conference – Link to program information: <https://tucsonvillagefarm.arizona.edu/kids-arizona-leadership-experience-kale-conference>

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. RSVP at coberst@arizona.edu. Call the Yavapai 4-H Office: 928-445-6590. Meet at the Highlands Center for Natural History, 1375 S. Walker Road, Prescott, Arizona



UPCOMING EVENTS



KALE

KIDS OF ARIZONA LEADERSHIP EXPERIENCE

Tucson Village Farm 



THE UNIVERSITY OF ARIZONA
Cooperative Extension



October 21st-23rd

A TEEN WELLNESS CONFERENCE

a weekend full of community building,
farm-to-table cuisine, and exciting
opportunities! Come join us to learn
and develop skills to contribute to
your community



AT THE 4-H HEALTHY
LIVING CENTER

2201 E. Roger Rd
Tucson, AZ 85719

FOR MORE INFORMATION

520-621-1006

FREE FOR YOUTH 12-18!

For more information or to
apply:

tucsonvillagefarm.arizona.edu

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University of Nebraska-Lincoln Extension

Dodge County 4-H Program

THE ROAD TO GOOD COOKING

4-H Cloverbuds Meeting Ideas

The 4-H Cloverbuds Program is for youth between the age of five - seven years old on January 1 of the current calendar year. This program is designed to be hands-on and non-competitive.

The 4-H Cloverbuds Meeting Ideas worksheets have been developed and designed by Lisa Poppe, Extension Assistant and Tracy J. Behnken, Extension Educator.

This meeting ideas worksheet is based on information gathered from the "*The Road to Good Cooking*" Member Manual, Nebraska Cooperative Extension 4-H 155, Revised 1996.

References ~

"The Road to Good Cooking" Member Manual (4H 155),
"The Road to Good Cooking" Leader's Guide (4H 166) and
"Clover Kids" Leader Guide (4-H 444)
are available from your local Extension Office.

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture

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THE ROAD TO GOOD COOKING

ROLL CALL IDEAS

- What's your favorite healthy snack?
- Name a kitchen utensil and describe how it is used.
- Name three vegetables.
- What is one of the categories of the Food Guide Pyramid?
- Name one thing you need to do before you start cooking.

FIELD TRIP IDEAS

- Visit a local restaurant and tour the kitchen.
- Visit the local school cafeteria. Talk about how menus are selected.
- Visit the local library and find books that talk about healthy foods.

COMMUNITY SERVICE IDEAS

- Participate in Bake n Take Days in March.
- Make healthy snacks and deliver them to the local senior center.
- Collect nutritious, non-perishable foods to donate to the needy or volunteer at the local food pantry.

ACTIVITY IDEAS

- Identify kitchen utensils and understand kitchen rules.
- Practice measuring different types of ingredients.
- Learn cooking terms, such as bake, beat, blend, cream, etc.
- Learn about the food guide pyramid.
- Learn how to set a table.
- Read a food label.

SNACK IDEAS

- Stuffed Celery
- Cinnamon Toast
- Fruit Salad
- Toasted Cheese Sandwich
- Oatmeal Drop Cookies
- Coffee Can Ice Cream

FAIR EXHIBIT IDEAS

OATMEAL DROP COOKIES
POSTERS ON –

The Food Guide Pyramid
Rules of the kitchen

Steps to take before you cook
Identifying kitchen utensils

Proper ways to measuring ingredients
And many more!