



Pima County 4-H Green Sheets



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Cultivating Wellness

Dear 4-Her's, Families, Volunteers, and Leaders,

As the new 4-H year begins we will face many new challenges during this difficult time. Let us face these with patience, kindness, and flexibility. Every two weeks our county leadership will reevaluate our ability to hold in-person meetings, to stay up to date on our status follow us on Facebook, Twitter, or check our website.

Best,

Kalee Hunter, Liz Sparks, and Josh Moore
4-H Agents and Staff



HEAD



HEART



HANDS



HEALTH

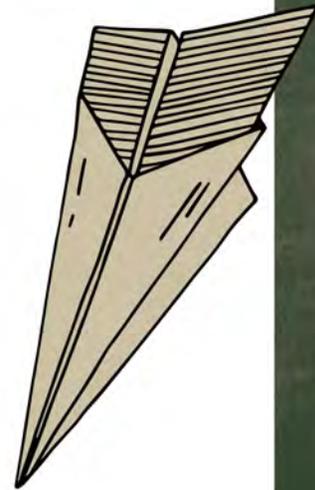
Food for thought:
"Life isn't about waiting for the storm to pass, it's about learning to dance in the rain"

September 2020

Calendar of Events



- Sep 7 Labor Day
- Sep 8 HAB Meeting Zoom
- Sep 11 State Horse Hippology Contest Entry Deadline
- Sep 14 Small Stock Committee Meeting Zoom
- Sep 15 Sheep and Goat Committee Meeting Zoom
- Sep 17 Swine Committee Meeting Zoom
- Sep 19 Virtual State Horse Hippology and Judging Contest
- Sep 22nd 6PM Zingbooks/Zsuite training via Zoom
- Sep 23 Beef Committee Meeting Zoom
- Sep 26 Cultivating Wellness Teen Conference



Save
the
Dates!

National
4-H Week
Oct 4-10

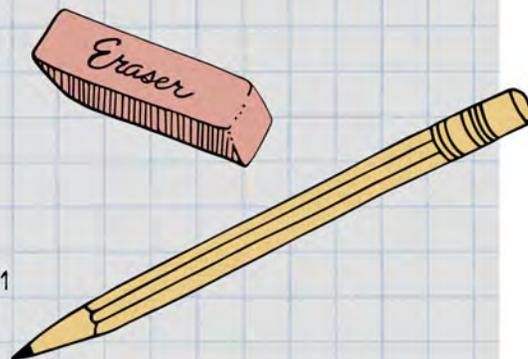
For Zoom Links please email Kalee or Josh

SAVE THESE IMPORTANT PROJECT DATES:

- Pima County 4-H Horse Ownership/Lease
Deadline- Oct. 15
- Beef Cutting Clinic (TENTATIVE) Oct. 28
- Beef Tagging Nov. 7 & Nov. 11
- Fur & Feather Show- Nov 14
- Market Sheep & Goat Tagging- Dec. 12 & 13
- Swine Tagging- Jan. 10 & 16, 2021
- Feathered Project Workshop- Jan. 23, 2021
- Beef Clinic (TENTATIVE) Feb. 13, 2021
- 1 <3 Pygmies Show- Feb. 14, 2021
- 4-H State Shoot (TENTATIVE)- Feb. 26-28, 2021
- Rabbit & Cavy Classic Show- Mar. 6, 2021
- Sheep & Goat Clinic- Mar. 20, 2021

SAVE THESE IMPORTANT COUNTY OFFICE DATES:

- Zsuite Enrollment Deadline - Dec. 15
- Animal Ownership Deadline- Jan. 16



4-H Mission
to Mars
STEM Day
(tentative)
Oct 10

Pima County
Fair April
15-25, 2021



GILBERT FFA
LAMB & GOAT AUCTION
September 5th, 2020

Kids buying an animal at this auction will be invited to bring their animal to a clinic and show held December 14th at the GHS Ag Center.

Preview 8 am
Sale 9 am

Arizona Livestock Auction
23212 W. Broadway Rd.
Buckeye, AZ 85326



Ken Johnson, Advisor | 480.497.0177 ext. 133 | 480.206.4732



News From Around The County!



Expand Your Horizons by Joining the 4-H Healthy Living Ambassador Club!

COVID-19 won't stop us from offering the 4-H Healthy Living Ambassador (HLA) Club this fall! Beginning October 6th, the 4-H HLA Club will kick off virtual club experiences. Pima County 4-H and the Tucson Village Farm will be hosting Zoom meetings and hands-on projects out of the new 4-H Healthy Living Center @ the Tucson Village Farm, located at 2201 E. Roger Rd, in Tucson.

We are now accepting applications for Arizona teens, ages 12-18 (by Oct 1, 2020), to join the 4-H Healthy Living Ambassador (HLA) Club for the 2020-21 school year. The virtual club experiences will be offered through Zoom to any teen who resides in Arizona and in-person experiences for teens residing in Tucson will be offered once allowed to do so. The 4-H HLA club will include a wide variety of projects focused on physical, mental, community, and environmental health topics. All participating youth will be given the opportunity to train for and hike the Grand Canyon in the spring of 2021 if allowed to do so by then. Community meetings will be held on the first Tuesday of every month (Oct-May) from 5:00 – 6:30 and projects will be offered at variable times after school and on the weekends. Applications are being accepted through October 4th and our first meeting is scheduled for October 6th. <https://forms.gle/DpqFY3QLLEDvmaM96> More Information can be found at: tucsonvillagefarm.arizona.edu.

Follow us on Facebook or Instagram @TucsonVillageFarm and @TVFHLAs.



Check out our new office members!



Claire L. Zucker Director, Pima County Cooperative Extension
University of Arizona

Email: clzucker@arizona.edu



Claire Zucker joined Pima County Cooperative Extension (PCCE) as Director in July 2020. Prior to joining PCCE, Claire was the Associate Director for UArizona Water Resources Research Center and before that she had a 22-year career in regional planning and coordination at Pima Association of Governments. She is geologist by education and a regional watershed and sustainability planner by practice. Claire and her husband Steve Richard have two grown daughters: Katherine studying economics and Danielle studying public health. Their dogs, Mica and Chloe pretend to help Claire work, but they really would rather she was taking them camping or having friends over to play Irish and Old-time tunes on the back patio.



My name is Monique, and I am honored to announce that I will be the new Pima County 4-H Program Coordinator. I am a Tucson native who enjoys golfing, Zumba, baseball games, anything outdoorsy, and traveling. Can't wait to meet you!



Sincerely,
Monique Talamantes
Program Coordinator, Pima County 4-H
The University of Arizona
4210 North Campbell Avenue
Tucson, AZ 85719
520-626-4775
<https://extension.arizona.edu/pima>



THE UNIVERSITY OF ARIZONA
Cooperative Extension
Pima County

The content in this newsletter is up to you!

Send any information you want included on one of these pages to kchunter@email.arizona.edu a least a week before the first of the next month to have it included!



To stay up to date between newsletters:
Like us on Facebook @www.facebook.com/PimaCounty4H



Expand Your Horizons!

JOIN THE 4-H HEALTHY LIVING AMBASSADORS!



Projects Include:

- Cooking & Nutrition**
- Outdoor Leadership**
- Mental HealthWellness**
- Gardening**
- Equity & Activism**
- Money Management**
- Inclusive Sex Ed**
- Community Service**

**Apply
now!**

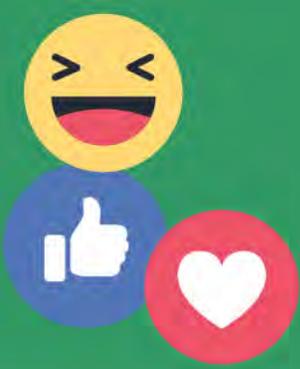
**Open to any
AZ youth
ages 12-18**

**Virtual club meetings start October 6th!
Check out TucsonVillageFarm.Arizona.edu
for more info & application.**

Find us on Instagram @TVFHLAs



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: Economic Development & Extension: College of Agriculture and Life Sciences, 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 or sexual orientation in its programs and activities.



More News From Around The County!



Pima County-Hopi Youth Wellness Council Hosting Cultivating Wellness Teen Conference

Arizona youth (ages 12-18) are invited to join the Pima County-Hopi Youth Wellness Council for the Cultivating Wellness Teen Conference, September 26th from 9:00 a.m. to 3:00 p.m. This FREE virtual conference will feature engaging speakers who will educate and inspire Arizona teens to learn more about food insecurity and mental health wellness in their own communities. The keynote speaker will be Haile Thomas (@HaileThomas), a 19-year old wellness influencer, cookbook author, founder and CEO of a non-profit called HAPPY, and the youngest certified nutrition coach in the United States. Teens will walk away from this event feeling more inspired to step up and become involved in improving their own communities. This event is being offered through funding provided by the Robert Wood Johnson Foundation. Pre-registration is required through this link: <https://forms.gle/knLrq7v1ggWTvgCZ6>. Follow this event on Instagram @HealthyLivingYouth.

4-H Healthy Habits Virtual Fieldtrip

The 4-H Healthy Habits Virtual Field trip is a grant-funded educational opportunity that is being offered free of charge to any Title I school or community group within Arizona with students in grades K-12. Schools or community groups that are not designated as Title I can participate for a fee of \$8 per student. The 4-H Healthy Habits Virtual Fieldtrip is designed to supplement remote learning and includes six 60-minute long, hands-on lessons offered via Zoom plus 2 additional hours of supplemental material for teachers to do with the students. The lessons will focus on the following topics:

- Farm 101
- My Plate
- Rethink Your Drink
- Make Half Your Grains Whole
- Greasy Grub
- Farm 102



Schools, community groups, or homeschool pods can sign up for a 6-week block of lessons, with one 50-minute long virtual lesson per week. Each lesson will include the following components; time on the farm, movement and teambuilding, nutrition education, a hands-on activity, and Q and A. Teachers/leaders can select a start date and time on the registration form and can expect to have their students join at that time for 6 weeks in a row (fall break week off). Once the students complete the 6 virtual lessons and the supplementary lessons, they will receive a 4-H Healthy Habits certificate of completion and will be asked to complete a short survey about what they learned through the program (grades 3 and up).

Reserve your space now: Link to form: <https://forms.gle/w9cBtxUBSUCyM6> More Information can be found at: tucsonvillagefarm.arizona.edu



Congratulations to these Pima County youth who were selected to serve on this year's Arizona 4-H State Ambassadors Team:

Madison Ramirez
Agriculture State Ambassador

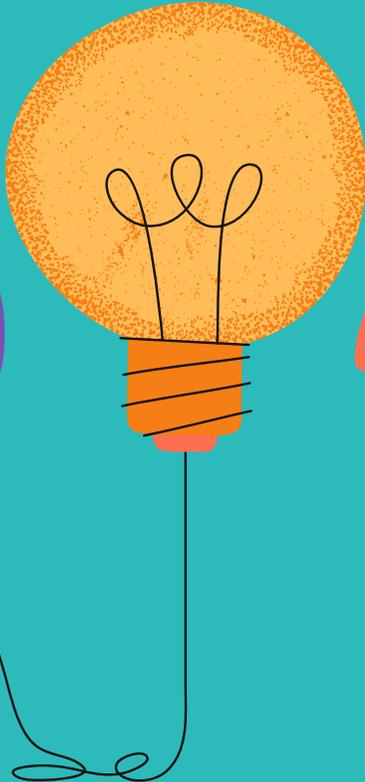
Elena Durazo
Healthy Living State Ambassador

Sadie Parent
Communications State Ambassador





I'M JUST A KID...HOW CAN I HELP MY COMMUNITY?



THIS CONFERENCE WILL HELP YOU LEARN HOW TO BE A PART OF THE CHANGE YOU WANT TO SEE!



CULTIVATING WELLNESS TEEN CONFERENCE

FREE VIRTUAL EVENT FOR ARIZONA YOUTH AGES 12-18!
TOPICS WILL FOCUS ON MENTAL HEALTH & FOOD INSECURITY
KEYNOTE SPEAKER: HAILE THOMAS (@HAILETHOMAS) - YOUTH HEALTH ACTIVIST

September 26, 2020 | 9:00 AM to 3:00 PM
Join via Zoom

Contact Bonnie Secakuku (bsecakuku@HTHA.org) for more info

REGISTER AT [TUCSONVILLAGEFARM.ARIZONA.EDU](https://tucsonvillagefarm.arizona.edu)
FOLLOW US ON INSTAGRAM @HEALTHYLIVINGYOUTH



This event is sponsored by the 4-H Pima County-Hopi Youth Wellness Council with funding provided by the Robert Wood Johnson Foundation



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More News From Around The County!



STARTING ON AUGUST 19th: UArizona Cooperative Extension counties will determine their phase status every two weeks, the first determination will be announced on August 19, 2020. In-person programming can proceed with the following guidelines:

- Phase 0: No in-person programming is authorized during this phase. (All counties will enter at this phase, on August 19th)
- Phase 1: 1:1 or meetings of less than 5 people (indoor) and less than 10 people (outdoor). Face coverings required, social distancing - minimize meeting time.
- Phase 2: Meetings of up to 25 people (indoor) and 50 people (outdoor). Face coverings required, social distancing - minimize meeting time.
- Phase 3 & 4: No restriction on size of meetings, social distancing not required, face coverings required.

Go here for more information about UArizona Cooperative Extension COVID-19 mitigation requirement phases, and your county's status go here: <https://extension.arizona.edu/phased-operational-plan>.

ARIZONA 4-H RE-ENTRY PHASES

0	Virtual programming only
1	Indoor: <5 Outdoor: <10
2	Indoor: 25 or fewer Outdoor: 50 or fewer
3	Indoor/Outdoor: No size restrictions
4	Indoor/Outdoor: No size restrictions



4h.zsuite.org

Help Guides can be found here: <https://zsuite.s3.us-east-2.amazonaws.com/static/Help/LoginHelp/Introduction.html>

YouTube Video that will walk you through creating an account and enrolling on Zsuite: <https://www.youtube.com/watch?v=Ydf6tuXaOgU&feature=youtu.be>

Hello AZ 4-H Families and Volunteers! ZingBooks is our new statewide enrollment management system, and it is now live! The State 4-H Office has been working alongside ZSuite programmers to ensure that the use of ZingBooks is as user-friendly as possible. We are so excited to transition to this new system, and we hope that you will find the interface to be super useful and easy to navigate. Enrollment for the 2020-2021 4-H is now open and accessible through ZingBooks.

September 2nd Announcement: We will remain in Phase 0

We will reevaluate in 14 days, check social media for an update between GreenSheets issues



*We will continue to monitor the situation and follow local and global recommendations





More News From Around The County!



General Note from Josh

Welcome to the New 4-H Year! If you are returning, we are glad to have you back... and if you are new, welcome to the 4-H family! I realize that the world is changing rapidly and we are all experiencing difficulties with all aspects of our life. Additionally, I realize that for returning members, the last year's lack of an in-person County Fair was disappointing for all of us. Nevertheless, as we grow into a new year, I am excited about the opportunities that lay ahead. Many people have asked if I can tell them what this year will look like and if I can provide guarantees of a normal year. Unfortunately, I do not have access to that specific Magic 8 Ball that would answer questions about the future, however, I want you to know that we are working to make this year as best as it possibly can be. Even though we are not meeting in-person just yet, we anticipate that we can re-open up in the next few months using the 4-H Phased Reopening Plan referenced in the GreenSheets and on our Facebook.

Agriculture and the business of raising animals is always incredibly risky to undertake. Prices, health, and access to markets is never guaranteed. Good planning, budgeting, and being financially savvy can help hedge the risks around raising livestock. As we plan out what our next year will look like, take the time to do some research on what your projects will cost, and shop around to find the best deal possible when purchasing livestock and equipment. Although we can never guarantee an in-person Fair setting, I can guarantee that each 4-H exhibitor will get a world-class learning experience and hands-on opportunity to learn valuable life skills through raising 4-H project animals. Whether we win or lose, the process of being responsible for another creature is a lesson that no computer nor book can teach you.

I know that there are many restraints that may affect our decision making this year when choosing projects, so consider taking a risk in trying something new. Take the time to create a project budget, seek input from your parents and leaders. Let's take the opportunity to use this time of uncertainty to learn and grow! I look forward to seeing how all of you decide to grow this year.

Sincerely,

Josh Moore
4-H Agent.





More News From Around The County!



Letter from Josh continued:

All of the Large Livestock Projects have met to discuss plans for the upcoming year- here is a list of the changes for each project:

Market Swine Project

The Pima County Fair weights for the project have changed this year with a minimum of 220 lbs. to a maximum of 285 lbs. At the Pima County Fair check-in day.

The leader's committee voted to keep Pima County Bred and Fed Class as limited to Pima County only.

Ear Tagging Dates are set for January 10th and 16th, 2021 with the location TBD.

The next Swine Project Leader's Meeting is on Thursday, September 17th at 6:30 PM via Zoom. A Zoom link will be sent out to all project leaders, members can email Josh for a link if you wish to attend.



Market Lamb & Goat Project

The Pima County Fair weight for the Market Lamb project has changed this year with a minimum of 110 lbs at the Pima County Fair check-in day.

Ear Tagging Dates for the Market Lamb & Goat Project are on December 12th & 13th and will be available for scheduling a reservation time slot by next month. Location and time are TBD.

The next Sheep & Goat Project Leader's Meeting is on Tuesday, September 15th at 6:30 PM via Zoom. A Zoom link will be sent out to all project leaders, members can email Josh for a link if you wish to attend.

Breeding Ewe & Doe Project

The new Breeding Ewe Coordinator is JC Boyd, and the new Breeding Doe Coordinator is Tina Mullen.

Beef Project

Ear Tagging Dates for the Beef Project have been changed to November 7th and November 11th. All exhibitors will tag upon reservation. Info on Tagging Location and Time Slots will be available next month.

The next Beef Project Leader's Meeting is on Wednesday, September 23rd at 6:30 PM via Zoom. A Zoom link will be sent out to all project leaders, members can email Josh for a link if you wish to attend.



Dairy Cattle Project

The new project coordinator is Lynn Woolever. More information will be made available next month.

Dairy Goat Project

More information will be available next month.

Smallstock News

The Smallstock Leader's Meeting is scheduled via Zoom for Monday, September 14th at 6:30 PM. A link will be sent to the project leaders. If members would like the link, please reach out to Josh at the Extension Office.

Smallstock News

The Smallstock Leader's Meeting is scheduled via Zoom for Monday, September 14th at 6:30 PM. A link will be sent to the project leaders. If members would like the link, please reach out to Josh at the Extension Office.

Poultry

All market poultry projects will have a nominal fee for birds sourced from the poultry project leaders. Scholarships will be available, but please reach out to the poultry coordinator for more info.

For meat pen classes, an agreement outlining the parameters of the project will be required for all exhibitors to agree to prior to signing up for the project. More information will follow next month.

Pigeon

A new Pigeon Project Handbook/Guide is being created and will be available later this fall. Stay tuned for more information.

Pigeon Meat Pens rules will be updated to include the wording that all meat pen's parents must be raised by the exhibitor.

Rabbit

More information and rules about the Hopping Project will be added to the 2021 4-H & FFA Premium Book

All exhibitors must attend a show prior to the 2021 Pima County Fair. Zoom shows will be made available for members to get experience.

Be sure to practice good biosecurity with your rabbits!

Cavy

No changes to the Cavy Rules are being made this year.

Pygmy Goat

No changes to the Pygmy Goat Rules are being made this year.

Congratulations to all the Pima County 4-H Horse Project Members who received awards at the drive-through end of year award ceremony! Thank you for your patience and flexibility, you made this event fun and successful despite the circumstances!



Pima County 4-H Contacts:

Joshua Moore

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520-626-4773



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520-621-0846



Elizabeth Sparks

esparks@cals.arizona.edu



Monique Talamantes

mdtalamantes@arizona.edu
520-626-4775



4-H Office Address and Hours:

4210 N Campbell Ave
Tucson, AZ 85719

Staff currently working from home per University COVID-19 Policy*

*leave a voicemail they are emailed to us

4-H Website:

extension.arizona.edu/4h/pima



Follow us on Facebook:

facebook.com/PimaCounty4H

Follow us on Twitter:

@PimaAZ4h



THE UNIVERSITY OF ARIZONA
Cooperative Extension



4-H Member Classifieds:

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If you are a 4-H member and are interested in placing an ad to sell 4-H and project related items please submit one to two sentences about the item(s) and a contact to:
kchunter@email.arizona.edu

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