



UNIVERSITY OF CALIFORNIA

COOPERATIVE EXTENSION

# clover Chatter

Sutter and Yuba Counties

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*April 2005*

## JOIN HANDS DAY

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*Welcome Spring!*

On May 7<sup>th</sup>, 2005, communities across America will come together for Join Hands Day, a national effort to make their neighborhoods better. On this day, volunteer teams will repair playground equipment, help seniors, remove trash from the streets and participate in many other projects. The possibilities are limited only by your imagination.

Join Hands Day calls upon you, and all Americans to reach across generations and work with old and new friends in identifying and fixing problem conditions right where you live.

So youth, get involved, develop your leadership skills and help in making important decisions affecting your community. Adults, use your abilities to fix local problems, and learn to work with the youth of the community to show you care.

For more information on Join Hands Day or to gather ideas visit [www.joinhandsday.org](http://www.joinhandsday.org). This day is sponsored by America's Fraternal Benefit Societies, in Partnership with The Points of Light Foundation and the Volunteer Center National Network.

Chris Storm  
4H Program Representative

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4-H Youth Development Advisor

**Hands**



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## Coming Events

### FASHION ROUND-UP

April 2<sup>nd</sup> marks the 2005 Fashion Revue at Yuba College. Judging will begin at 3:30pm with a BBQ at 5:00pm and the fashion show starting at 7:00pm.

Everyone is invited to come and support this event. Tickets are available for the BBQ at the 4H office or the night of the event. If you have questions, please call the 4H office.

### **2005 Spring Fair**

The theme of this year's 4H Spring Fair is: "4H Is A Barrel Of Fun". This is in conjunction with the theme of the Yuba/Sutter Fair 2005 which is "A Barrel of Fun at the Yuba/Sutter Fair".

### **Come and join the Fun!**

**When:** May 14<sup>th</sup>, 2005

**Where:** Yuba/Sutter Fairgrounds

Spring Fair "premium books" will arrive in the mail during the first week in April. All entries will be due to the 4H office by April 26<sup>th</sup>, 2005.

**Clubs:** If you want to do a fund-raising food booth at Spring Fair, please call Chris at the 4H office to sign up. Also, Clubs please do not forget to bring items for the silent auction.

### **STATE PRESENTATION DAY**

Saturday, May 28<sup>th</sup>, 2005

Any Junior, Intermediate, or Senior 4H member (4<sup>th</sup> grade or above) who has been awarded a Gold Medal in their 2005 Sectional Presentation Day Competition may compete in the category that the medal was awarded in. For more information is available at <http://ca4-h.org>.

### **ARE YOU READY FOR SUMMER?**

4H Summer Camp  
June 27<sup>th</sup>-July 1<sup>st</sup>, 2005

Information packets and registration forms will be sent out in next months Clover Chatter. Planning for this years camp is underway and if you enjoy the outdoors, swimming, crafts, hiking, and hanging out with friends.....then this is the place to be!

### **STAR RANK JUDGING**

The last star rank judging for the year will be May 6<sup>th</sup>, 2005. A star is earned when enough points have been earned on your Personal Development Form. Star Rank Judging takes place three times during the fiscal year (July 1-June 30<sup>th</sup>). You may apply for one star rank per year so start counting your efforts. If you have questions regarding this, please feel free to call me at the 4H office.

### **21<sup>st</sup> ANNUAL CALIFORNIA RANGE AND NATURAL RESOURCES CAMP**

June 19-24<sup>th</sup>, 2005  
Elkus Youth Ranch  
Half Moon Bay, California

For more information and an application visit  
[www.casrm.org](http://www.casrm.org)

### **4<sup>TH</sup> ANNUAL SPRING FLING**

April 16<sup>th</sup>, 2005  
10am-2pm  
1908 North Beale Rd, Linda

Harmony Health Family Resource Center is sponsoring its 4<sup>th</sup> annual Spring Fling. Families are encouraged to take part in this community event. A climbing wall as well as crafts, projects, activities, and games are just a few of the days activities. There will also be toys, raffles, prizes, and give-aways.





## CALIFORNIA STATE FAIR

**Youth:** If you are taking livestock to the 2005 California State Fair, the NEW DNA collection requirements and the deadline dates for requesting DNA testing kits is now posted to the California State Fair website at [www.bigfun.org](http://www.bigfun.org).

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### CLICK! SNAP! FLASH!

Don't forget to participate in the 4HUSA.ORG digital camera giveaway promotion. It's a snap!

Register at 4HUSA.ORG, upload your favorite photos of 4H related activities into the photo gallery album with the 4H Photo Promo icon, and you may win a Kodak digital camera in our random photo promotion if you are a youth. Upload as many photos as you wish. The promotion ends April 30<sup>th</sup>, 2005.

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## CONGRATULATIONS!

On March 12<sup>th</sup>, 2005, 15 presentations were given at the Bi-County Presentation Day at the 4H office. Good job everyone on your presentations.

For those of you who still need to give a presentation at the County level do not forget to sign up to give one at Spring Fair.

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**Dance Like No One is Watching!**



## Bi-County Council Nominating Committee

The Bi-County Council is now looking for those interested in serving as an officer on the council. To be an officer you must be an approved 4H volunteer.

The Council meets the 2<sup>nd</sup> Thursday of the month at 7pm at the 4H office. If you are interested in a position on the Council or would like to nominate someone, please contact Chris Storm at the 4H office and I will forward the information on to the nominating committee.

4H Clubs in attendance at the March Council Meeting were: Hallwood, Browns Valley, Yuba Hills, Franklin, Pleasant Grove, Plumas, Dententer, Arboga, Sutter Buttes, and Smartsville.

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## GoCyberCamp

A virtual-reality summer camp where youth ages 8 to 12 can explore forest, lake, and meadow ecosystems, participate in outdoor art and science projects, and hear songs and stories around the campfire. Developed by the Center for 4H Youth Development and funded by a grant from AT&T, this is a site designed to enjoy the great outdoors—inside. Visit [www.gocybercamp.org](http://www.gocybercamp.org).

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The State 4H office is looking for host families for the 2005 Japanese Exchange Summer Hosting Program. Needed in particular are host families with boys ages 13 and 14. Join in this amazing educational opportunity for all members of your family. For more information, contact Pat English at (530) 754-8520 or email [penglish@ucdavis.edu](mailto:penglish@ucdavis.edu).

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## INFORMATION TO REMEMBER

I have been asked to include in this months Clover Chatter the 4H fair eligibility policies and opportunities for senior 4H members. I have included this information in the back of this months Clover Chatter. If there are still questions after reviewing this information, please do not hesitate to call.

## SPIRIT STICK

*Has your club won yet?*

There is a Spirit Stick that is making its way around to Clubs this year. To earn the Spirit Stick your club members need to participate in Bi-County events and other 4H activities. The next event that the Spirit Stick will be awarded at is Spring Fair Set-Up. The Club with the most members who come out and help set up on May 7<sup>th</sup>, 2005 will win!

Hope to see lots of you there!

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## 2005 ALL STAR

### What is an All Star?

All Star is the highest attainable county 4H rank. Each year every county in California selects 4H members who have applied and deserve this rank to become All Star recipients. We then know these members as ALL STARS.

The minimum requirements of an All Star are:

- ▶ is 15 years of age by January 1 of the current year.
- ▶ Must have completed at least 3 years of club work plus the current year.
- ▶ Is enrolled in 4H during the year in which they are selected.
- ▶ Must have attained the rank of Gold Star before being selected as an All Star.
- ▶ Must attend the State 4H Leadership Conference.
- ▶ Must re-enroll in 4H next year.

All Star applications will be available at the 4H office and are due by May 30<sup>th</sup>, 2005

## Do you know "Tiger"?

On May 22<sup>nd</sup>, 2005 don't forget to support the Hi 4H by participating in the Golf Tournament. The \$60 entry fee includes golf, lunch, and lots of fun. For you non-golfers, come and enjoy lunch for \$12. One of the highlights of the day is the silent auction where there will be a TIGER WOODS autographed picture and Upper Deck trading card up for bidding along with many other amazing auction items.

Your support of the Hi 4H is needed. The exchange trip to Texas is happening in mid July and we are asking support from our 4H family to help us achieve our fundraising goals for this event. If you have questions, please call Mary at 743-2490.

Also, the Hi 4H is already planning for camp. The theme this year is "Pirates of the Caribbean" and we are looking to have the campers "walk the plank" while still having fun!

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## FOOD FOR THOUGHT

### The Skinny on Your Skin

What is your skin doing right now? Did you say "nothing"? Well, believe it or not, our skin is not just the covering for your body—it is an organ just like your heart, liver, and lungs and always at work.

### Three Ways Your Skin Helps You

1. Your skin keeps your body at its own perfect temperature.
2. Your skin helps you get rid of things you don't need, like extra salt and water and chemicals, by pushing them out through the sweat glands in your skin. This is why your skin will often taste salty.
3. Your skin keeps bacteria out of your body. The nerve endings in your skin tell you "ouch" when you touch something that might burn or stick.

**Wow! Did you know your skin did that?**