



Trinity County 4-H

Cloverleaf

Thank you Dennis and Kathy for preparing our awards for Achievement "Day". Since achievement day was canceled, awards will be mailed to the community leaders. Be sure to send a thank you note to council.

Congratulations to our members for completing the 2019-2020 Program year. If you completed your APR you should be receiving your year pin and stripe.

Bronze Star

Faith Smith, Trinity River

Silver Star

Kyla Albee, Southern Trinity

Paul Jorgensen, Trinity River

Gold Star

Christian Jorgensen, Trinity River

Alejandra Jorgensen, Trinity River

Junior Leaders

Lydia Yarbrough, Southern Trinity

Richard Ferri, Southern Trinity

Christian Jorgensen, Trinity River

Blaine Jorgensen, Trinity River

Allie Redding, Trinity River

Teen Leaders

Jocelyn Moore, Southern Trinity

Hailey Willburn, Southern Trinity

Sierra Willburn, Southern Trinity

Alejandra Jorgensen, Trinity River

Paul Jorgensen, Trinity River

Benjamin Jorgensen, Trinity River

Mazzy Petersen, Trinity River

Hope Ammon, Trinity River



Certificate of Recognition

County Record Book

Mazzy Petersen—Gold

Benjamin Jorgensen—Gold

Hope Ammon—Gold

Allie Redding—Gold

Bailee Rinesmith—Gold

Rylan Jorgensen—Gold

Blain Jorgensen—Gold

Savannah Redding—Gold

Faith Ammon—Gold

Alejandra Jorgensen—Gold

Trinity County Council Members

Jennilea Brookins, President

Kathy Johnson, Treasurer

Ronie Millsap, Secretary

Veronica Stewart, Secretary



Southern Trinity will be hosting County Presentation Day in April. More information will be sent out shortly.

The State Presentation Manual has been revised. Please download a copy for additional information and tips for giving a 4-H presentation. [State 4-H Presentation Manual \(ucanr.edu\)](https://ucanr.edu/state-4-h-presentation-manual)

If you are unable to participate in-person, please contact Erin Paradis about presenting virtually. ecparadis@ucanr.edu

Online Registration [2021 Trinity County Presentation Day \(ucanr.edu\)](https://ucanr.edu/2021-trinity-county-presentation-day) will open soon



Preparing for the big day:

- ✓ Practice for 20 minutes a day out loud. This will help you work on volume, pacing, and intonation.
- ✓ Examine the clothes you will be wearing and look for tears, frays, loose buttons, and spots.
- ✓ Do a rehearsal of the speech in front of friends, your UC 4-H group, your family or another safe group. Let them guide you in areas that need a little more work. Practice makes perfect!
- ✓ Do a full dress rehearsal of the speech or presentation (even if it's just in front of the mirror).
- ✓ Think positive, goal seeking thoughts!

MATRIX OF UC 4-H PRESENTATION FORMATS

Presentation Type	Posters and Slides	Visual Aids	Length	Number of Presenters	Questions Asked?	Note Cards	References
Demonstration / Illustrated Talk	Minimum 3	Yes	3-15 minutes	1 to 3	Yes	No	Yes
Science or Engineering Presentation	Minimum 5	Yes (not required)	3-15 minutes	1 to 3	Yes	No	Yes
Educational Display Talk	1	Yes (not required)	3-15 minutes total & 3-5 minutes talking	1 to 2	Yes	No	Yes
Informative Prepared Speech	None allowed	None	2-5 minimum; maximum 10 minutes	1	Yes	One 5"x7" card	Yes
Persuasive Prepared Speech	Allowed; optional	Yes (not required)	3-8 minimum maximum 15 minutes	1	Yes	One 5"x7" card	Yes
Impromptu Speech <i>(age restricted to intermediates and seniors at state 4-H presentation event)</i>	None allowed	None	2-5 minutes	1	No	One 5"x7" card	Yes
Interpretive Reading	None allowed	None (only reading material)	Maximum 10 minutes Reading portion similar to length of introduction and discussion combined	1	Yes	Source material	Yes (Reading Material)
Share the 4-H Fun Skit	None required	Yes (not required)	Maximum 15 minutes	No maximum 2 minimum	No	No	No
Cultural Arts	None required	Yes (not required)	Maximum 15 minutes	No maximum	No	No	No

4-H Presentation Day



Find the words in the grid. Words can go horizontally, vertically and diagonally in all eight directions.

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K R Y T H D S I L V E R M L B D N G N M
N A Z Z K D T S F K T J T L L N N J O D
F C Q T W O L W V T F N K O D I R V I E
W T G D P I T Z B W W X G Q D R A B T T
K I F I D S C H T G N E L A L M R R A A
Q V C E B K A B V K X A E T J Z E E M R
G I S T B I T T R M T R T G J P A F R T
L T E C X L N B N I E P R T C X V E O S
A I C P W L O K T O K V I C I O J R F U
N E I Z U S C L H L I S I C F R U E N L
O S T P T Y E K P C T T H S T G E N I L
I N C O P R Y T K A R C A J A U X C T I
T G A S M N E N T B E A J U X U R E H Y
A N R T O K U E V E C W E R L R S E L P
C I P E R F P N P Q R M V S T A P R S F
U K H R P D I S P L A Y T Y E V V J E H
D A V E M U L O V J J R P T Q R F E Z P
E E W T I X T M Q U E S T I O N S V N G
J P L K R A P S N V P R O J E C T J M D
B S N N L T R N O I T A R T S N O M E D
    
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activities	fun	practice	spark
area	gold	project	speaking
attire	illustrated	questions	speech
county	impromptu	reading	state
demonstration	information	reference	title
display	length	research	topic
educational	persuasive	silver	volume
evaluation	pictures	skills	
eye contact	poster	slides	

PORT PILLOWS

2021 State 4-H Fashion Revue Service Project

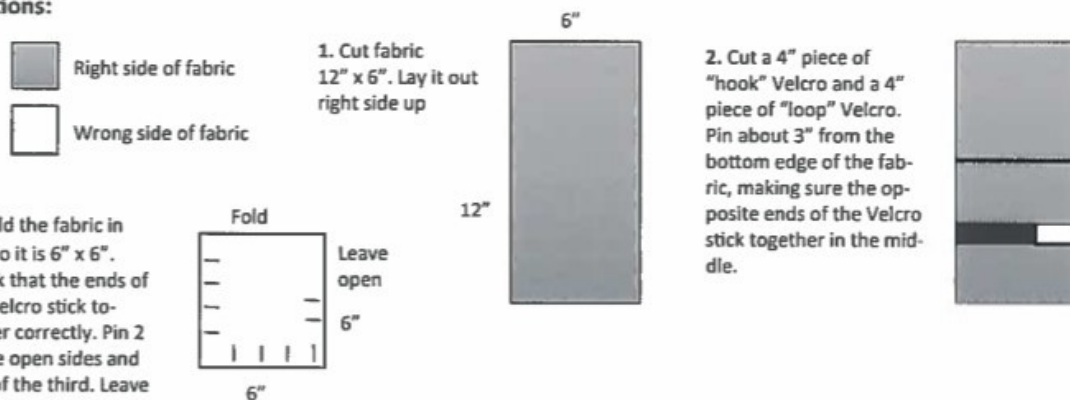
Cancer patients often have a "port" placed underneath the skin of their upper chest to receive chemotherapy infusions. Putting on a seatbelt in the car irritates the port and is uncomfortable. Port Pillows are small stuffed pillows that attach to the seatbelt to protect the port and reduce pain.

Port Pillows are easy to make, even if you're a beginning sewer. The State Fashion Revue Committee is promoting the Port Pillow project as a service activity for 2021. Gather up your fabric scraps and make some! They can be donated in your county to a hospital or facility that treats cancer patients or a chapter of the American Cancer Society. Just let us know how many you've made so we can keep track.

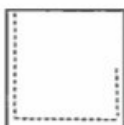
Supplies needed:

- Soft fabric like flannel or cotton, 12" x 6" per pillow. Use designs and prints suitable for children, teens, and adults.
- Polyester fiberfill to stuff the pillow
- 1/2" wide hook & loop tape (like Velcro), one 4" piece per pillow
- Sewing machine and thread

Directions:



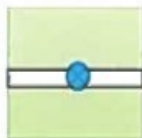
4. Sew a 5/8" seam around the 2-1/2 open sides. Start and end with a backstitch. Trim the corners at a diagonal.



5. Turn the pillow right side out, making sure the corners are all square. Stuff with fiberfill until it is softly full, including the corners.



6. Sew the opening closed by hand or machine, tucking in the seam. Optional: sew a button, decoration or ribbon to the Velcro.



Thank you for caring! To report the number made and where they were donated, contact Olivia at oliviamfrenette@gmail.com. For information about State Fashion Revue, go to https://ucanr.edu/sites/sfd/Competitions/State_Fashion_Revue/



University of California

Agriculture and Natural Resources 4-H Youth Development Program





"Century of Fun in the Trinity Sun"

Fair Date Thu 8/12 - Sun 8/15/2021

Free Preview Day Wed 8/11/2021

Fair Extended to 4 Days in Celebration of 100 Year Anniversary



Quality Assurance

All Junior Livestock exhibitors are required to complete the YQCA training. Livestock entries will not be accepted without a YQCA certificate of completion.

Livestock Market Agreements are due May 1st, 2021

All 4-H members planning on participating in the Jr Livestock sale must complete the Livestock Market agreement. Make sure you have all the required signatures and turn in to the 4-H office no later than May 1st, 2021.

Dessert and Craft Auction

Please consider donating a dessert or craft to this year's auction. This is a great way to giveback to the fair as a club.



4-H Dress "CODE" and Uniform

When representing 4-H, please remember to wear your 4-H apparel with pride. This includes keeping your shirt tucked in, wearing a belt, and wearing a white shirt with a collar, sleeves, and buttons down the front. "T" Shirts are not appropriate to wear as part of your "whites". Make sure you read the uniform rules in the Trinity County Fair Premium book.

Please contact the 4-H office if you are interested in looking through the recycled whites.

Hats, scarfs, and ties and be order from Leslie Carmen at www.4hsupplies.com

If you are missing your year stripes or pins please contact the 4-H office.



UNIVERSITY OF CALIFORNIA
COOPERATIVE EXTENSION

MARKET ANIMAL LIVESTOCK AGREEMENT

P.O. BOX 490, HAYFORK, CA 96041 | (530) 628-5495

NAME _____ AGE _____ CLUB _____

Species of animal you plan to sell		
Number of each animal or meat pen		

(You may sell a maximum of 2 animals, only one of which can be a steer. Meat pens of 3 rabbits, 3 poultry, or 1 turkey, count as one animal.)

Parents: Please read the following livestock rules carefully with your 4-H youth and return a signed copy to the 4-H Office by **May 1st**, so that we know your child has permission to participate in a market animal project and he or she understands what is required. This form must be signed by the member, parent and project leader, and turned in to the 4-H Office in order to sell an animal at the fair as a 4-H member. Members and parents should also know the general 4-H Livestock Rules and Regulations (TC#4H26) adopted by the 4-H Leaders' Council (copies are available from the 4-H Office or on the county 4-H website). Please refer to the current Trinity County Fair Premium Book and the State Rules for California Fairs booklet for further information.

Please Note: Members must keep their project records up to date as of the weigh in at the Trinity County Fair. Please provide your market animal project leader with a copy of your completed annual project report prior to asking them to sign your fair entry form. Members must participate in a showmanship class at the fair with the species of market animal(s) that they are selling.

THE FOLLOWING REQUIREMENTS MUST BE MET IN ORDER TO SELL AN ANIMAL AT THE JR. LIVESTOCK AUCTION AS A 4-H MEMBER. PLEASE READ CAREFULLY.

- Attendance:** Members **must** attend 80% of both Market Animal Project meetings and Club meetings held each 4-H year.
- Project Report:** All junior exhibitors must have project management records and proof of supervision available to verify that ownership and care requirements have been met. A copy of an up-to-date Project Report must be turned in to your project leader before they sign your livestock entry form. The project leaders' signature indicates the member has fulfilled the terms of this agreement and is a member in good standing. Project instruction must include ethics training. (A video is available at the 4-H Office and from the club leaders).
- Care of Animals:** Junior Exhibitors are expected to groom and care for their animal(s) for the duration of the fair. They are to refrain from accepting active assistance from adults and non-exhibiting youth unless the junior exhibitor is actively engaged, and the assistance is only for instruction. If your animal is kept off your property, you must be in charge of and care for the animal at least once daily during the ownership period. Members may be absent from their project a maximum of 15 days during the period of mandatory ownership.
- Dress Code:** 4-H members **MAY** show Market animals in **complete** 4-H uniform. See the Fair Premium book for minimum standards of dress for junior exhibitors. If the member elects to wear the 4-H uniform, the **complete** uniform must be worn. Purchased "showmanship" jackets may not be worn during any judging or showmanship.
- Entry Forms:** It is the responsibility of the member to send in their fair entry forms with all required signatures by the fair due date. Project leader and parent/guardian signature on the entry form certifies that Projects have been under their supervision in accordance with the rules and regulations of the 4-H organization and the fair, and that the entry is the project of the exhibitor and is eligible for exhibit.
- Supervision at Fair:** All junior exhibitors must be supervised by a responsible adult while at the fair.

7. **Buyer's Picture:** All junior livestock exhibitors intending to sell at the Auction must participate in the taking of Buyer Placard Photos at the time scheduled by the Junior Livestock Committee and/or Fair Management to be eligible to participate in the Auction. Please comply with current year photo shoot schedule.
8. **Thank You Letters:** All 4-H members must either mail or hand-deliver a thank you letter or card to their buyers within *one week* of the Auction.
9. **Market Standards:** Your animal must meet market ready standards as determined by the conformation judge for each species.
10. **Livestock Field Day Attendance:** It is recommended that you attend at least one livestock field day during the project year. A field day held in another county is acceptable.
11. **Processing:** Animals must be processed and delivered within 30 days of sale in order for your project to be considered complete. If the animal is unable to be delivered within the 30 day timeframe, proof of contact with the buyer must be provided, along with a negotiated arrangement for delivery. **Attention Small Animal Projects:** Animals must be processed in a clean, safe and appropriate manner, under the supervision of your project leader or other knowledgeable party. If you require any assistance whatsoever, please contact your project leader.
12. **Ownership Requirements:** Animals must be under the care and ownership of the 4-H member for the period of time as follows:

BEEF..... at least 120 days prior to weigh-in
 SWINE..... at least 60 days prior to weigh-in
 SHEEP..... at least 60 days prior to weigh-in
 GOATS.....at least 60 days prior to weigh-in
 TURKEYS.....at least 30 days prior to weigh-in
 POULTRY..... at least 30 days prior to weigh-in
 RABBITS..... at least 30 days prior to weigh-in

WEIGH-IN FOR ALL ANIMALS IS WEDNESDAY OF FAIR WEEK
LIVESTOCK SALE IS SATURDAY OF FAIR WEEK
 (See current premium book for schedule)

In signing this agreement I verify that I have read, understand, and agree to abide by the requirements listed in this document, those in Trinity County Publication 4H26 "Livestock Rules and Regulations", the current Trinity County Fair Premium Book, and the current "State Rules for California Fairs".

(Member's Signature)

(Date)

(Parent's Signature)

(Date)

(Project Leader's Signature)

(Date)

The Project Leader's signature on this form and on the fair entry form verifies that: the member has had the sole responsibility for the care and feeding of the animal(s) entered, has had adequate training, including ethics training, has met the minimum of 80% attendance requirement at project and club meetings, and has fulfilled the legal ownership requirements.

Please keep a copy of this agreement for your records.

Revised 04/01/13

I pledge my **HEAD** to clearer thinking,
 my **HEART** to greater loyalty,
 my **HANDS** to larger service,
 and my **HEALTH** to better living,
 for my club, my community,
 my country, and my world.



Mindful March

Wellness Bingo Challenge

Each day complete one of the wellness challenges and mark it off on this Bingo Card. Send your Bingo Card to ecparadis@ucanr.edu at the end of the month for a chance to win a prize.

M	I	N	D	F	U	L
Write a thank you note to someone special	Go for a walk	Tell someone you appreciate them	Eat a vegetable	Enjoy nature	Sing a song	Write down three good things that happened this week
Work on a jigsaw puzzle or play a board game	Be kind to yourself	Floss your teeth	Read about something you enjoy	Give three compliments today	Sit up straight	Start a journal
Learn something new today	Have a healthy snack	Clean your room	Do a 15 second plank	Call someone that you haven't visited with in awhile	Do something you enjoy	Try using your non dominant hand
Be extra encouraging to someone	Create a piece of art	Drink water with every meal	Help with dinner	Get a good night's sleep	Color a picture	Eat a fruit or vegetable with vitamin C
Do 25 jumping jacks	Do a good deed	Dance to your favorite song	Give someone a smile and thumbs up	Stretch for 10 minutes	Set the table	Stargaze in your backyard
Try a new food	Watch the sun rise or sun set	Set a goal	Learn something new about your favorite animal	Get outside and enjoy the sun	Wash your hands	Blow bubbles
Laugh until your cheeks hurt	Paint a rock	List 5 things you are grateful for	Practice good listening skills	Teach the 4-H pledge to someone	Play a card game	Try a yoga pose

Name: _____ Community Club: _____

Completed _____ of the challenges.

County Dates at a Glance

County Presentation Day

Date: Saturday, March 27, 2021

Host: Southern Trinity

Market Agreements Deadline

Date: May 1, 2021

Contact: Erin Paradis

530-224-4900

ecjparadis@ucanr.edu

Emerald Star Applications Deadline

Date: Friday, May 1, 2021

Council Meeting

Date: Monday, April 12, 2021

Location: Hayfork 4-H Office

2020/2021 Enrollment Status

82 Youth Members

19 Adult Members

We still have 5 adult volunteers who need to complete their volunteer training before becoming active.



Hayfork Timberjacks	Kathy Johnson 530-628-4221 rrabbits@gmail.com
Hayfork Valley	Cassie Rourke 831-206-5418 slopolywog@yahoo.com
Southern Trinity	Ronie Milsap 707-574-6472 millsapronie@yahoo.com
Trinity Alps (Weaverville)	Shannon Taylor 3taylor33@gmail.com
Trinity Lake (Trinity Center)	Veronica Stewart 530-266-3370 vstewart@tcoek12.org
Trinity River (Burnt Ranch)	Sarah Jorgensen 530-784-7602 jorgensencrew@yahoo.com



Community Club Meetings

Both in-person and virtual monthly 4-H club meetings:

- Develop relationships and create a sense of belonging
- Allow for youth leadership and learning in a fun and interactive way
- Continue to serve and be a resource for our community

The club meeting structure has been reframed to meet the needs of our youth.

- Opening Activities (35% of meeting) focus on relationship building.
- Business (10% of meeting)
- Learning and Planning (20% of meeting)
- Closing Activities (35% of meeting) have fun!



If you have an article for the Cloverleaf please have the article submitted by the 20th of every month to Erin at ecparadis@ucanr.edu



State Dates at a Glance

Regional Presentation “Day”

Registration opens: February 15th

Registration closes: April 20th at midnight

Presentations: April 10th -April 24th

State Presentation “Day”

Registration opens: April 10th

Registration closes: April 30th at 5:00pm

Presentations: May 8th—May 22nd

2021 Virtual State Leadership Conference

July 23-25, 2021



2021 Virtual Youth Summit

March 26-28, 2021

Ages 11-13

COVID-19 Information

“COVID-19 Vaccine Myths and Facts” Learn more at: ucanr.edu/covid19

www.trinitycounty.org/COVID-19/

Occupancy Limits for UC 4-H Activities and Program

- ✓ When meeting in-person, limit occupancy based on the Occupancy Limit table below.
- ✓ The county's status is posted on the state California's Blueprint for a Safer Economy.
- ✓ This status is updated every Tuesday.
- ✓ **The county status must be checked 7 days before an in-person meeting for any changes.**
- ✓ Ensure the facility will allow for physical distancing with 36 square feet per person.
- ✓ If there is not enough space for 36 square feet per person, the project leader must reduce the number of people or identify a different facility.



County Tier status:	Safety Protocols and Occupancy Limits for UC ANR Activities and Programs (based on Higher Education Guidance)	
	Indoor	Outdoor
Widespread (purple):	Closed for indoor meetings/programs/workshops	Outdoor meetings/programs/workshops - maximum 10 persons
Substantial (red):	Conduct meetings/programs/workshops virtually when possible All other safety protocols apply (symptom screening, distancing, use of face masks, hygiene/sanitation, etc.)	
	Capacity for indoor meetings/programs/workshops must be limited to 25% or 100 people , whichever is less	Capacity for outdoor meetings/programs/workshops must be limited to 25% or 100 people , whichever is less
Moderate (orange):	Conduct meetings/programs/workshops virtually when possible All other protective measures apply (symptom screening, distancing, use of face masks, hygiene/sanitation, etc.)	
	Capacity for indoor meetings/programs/workshops must be limited to 50% or 200 people , whichever is less	Capacity for outdoor meetings/programs/workshops must be limited to 50% or 200 people , whichever is less
Minimal (yellow):	Conduct meetings/programs/workshops virtually when possible All other protective measures apply (symptom screening, distancing, use of face masks, hygiene/sanitation, etc.)	
	Capacity for indoor meetings/programs/workshops must be limited to 50%	Capacity for outdoor meetings/programs/workshops must be limited to 50%



Tech Talk with Scott



Just-In-Time Advice for your virtual 4-H challenges

Hosted monthly January – June 2021

(Must be active CA 4-H Personnel, Volunteer, or Youth Member to attend)

2nd Tuesday 7pm – 8pm

4th Saturday 10am – 11am

[REGISTER HERE FOR ACCESS TO ALL SESSIONS](#)

**Come when you can, leave when you must.
Bring your questions, challenges, and ideas!**

Tech Talk is a space for leaders, teens, and adults, from beginners to experts to get personalized help in working through the challenges they are facing delivering 4-H in a virtual environment. This time is informal, and the content will be created by participants and the questions and challenges that they bring to the room. Think of Scott as your personal technology coach offering PRACTICAL SUPPORT to help you get to success in a virtual 4-H world.

Sample Question Types

- ♦ How can I adapt my project lessons for virtual learning?
- ♦ What are some practical ways to engage youth in a Zoom meeting?
- ♦ What are some fun virtual group/relationship building activities that I could incorporate into my 4-H meetings (and how do you actually do them)?

Sessions will be recorded to discover common technology challenge so that further support tools can be created. NO PART OF THESE RECORDINGS WILL BE PUBLICLY POSTED AND NO IDENTIFYING INFORMATION WILL BE INCLUDED IN ANY INFORMATION SHARED.

Why have a 4-H Record Book?

Completing the Personal Development Report in the Record Book provides you an incentive for participation, learning, and achievement.

What do I include in my Personal Development Report (PDR) and where do I record these events and activities?

- Record your participation and activities in and outside of 4-H for the current program year (July 2020-June 30, 2021).
- When you attend a 4-H event, record it as a 4-H event.
- When you do something at the event that meets the requirement of another category, you can record that as well. Although, some events and activities may be applicable for multiple categories you can only count that activity in one category. Record the activity needed for your star ranking.
- You may record up to two significant activities outside of 4-H in categories 2, 4, 5, 6, and 7.

CA Record Book Manual <http://4h.ucanr.edu/files/263720.pdf>

Category 1— Projects Completed	Example: Sewing, Market Swine, Foods
Category 2—Project Skills Completed	Must demonstrate your knowledge to an audience/judge.
Category 3—Events Attended	Actively Participate in the 4-H event. Example: Favorite Foods Day
Category 4—Leadership Development	Example: Leadership role, led an activity, Served on Committee
Category 5—Citizenship & Community Service	Community service activity, Service Learning, or Civic Engagement
Category 6—Communication Skills	Example: Presentation, Letters about 4-H, submit and article
Category 7—Honors & Recognitions	Example: Star Rank, Event Medalist, or Best in Show.
Category 8—Healthy Lifestyles	Activity outside of 4-H with a minimum of 25 hours. Example: Sports, or employment.

Don't forget to start on your Annual Project Report (APR) for each one of your projects that you are working on.

APR LEARNING EXPERIENCES – Poultry example

Explain what you did, what you learned, and the skills you gained in the project.

*Include the level of participation: **I** = Individual, **L** = Local Club/Unit/Project, **C** = County, **M** = Multi-county/Area, **S** = State, **N** = National/Multi-State, **G** = Global*

Date	Level	Hours	What did you do? Where? What did you learn or what skill did you practice?
1/8/21	L	2.5	Project Meeting (Leader's home): Discussed upcoming events, poultry shows, and Livestock Judging. Learned the bantam poultry classes and how to walk your bird during showmanship. Discussed the relation of egg shell color to the breed of the bird. Personal skills gained: A better understanding of a chicken's reproductive system and how and why pigment is added to the shell and how it relates to the chickens breed and ear lobe color.

Your 4-H story is an opportunity to reflect on your 4-H experiences that focuses on the current 4-H year. Your story can be printed on both sides and should meet these minimum word counts. Do not write more than 2000 words.

Junior (or first year member): 250 – 500 words | Intermediate: 500 – 1000 words | Senior: 1000 – 2000 words