

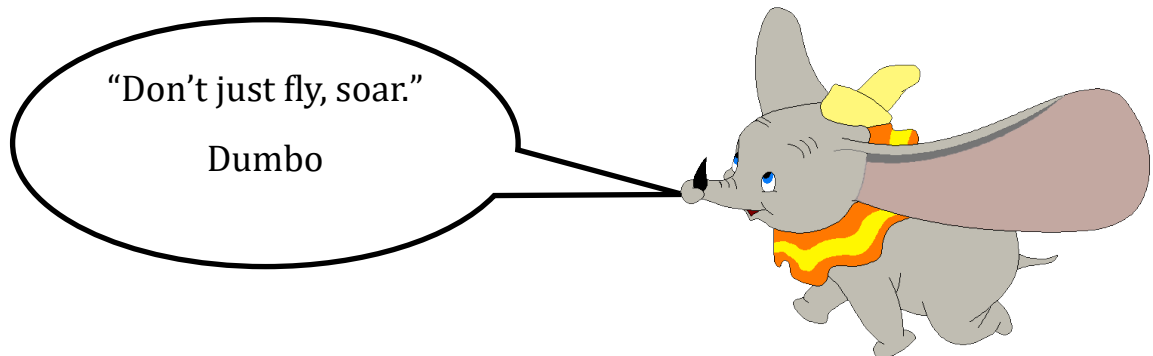
COLUSA COUNTY 4-H NEWSLETTER

February 2019



UPCOMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>PAGE</u>
FEBRUARY		
7	Steer Entries due for Colusa County Fair	2
10	Steer Weigh Ins at the Colusa County Fair	2
15	Home Ec Review/Cooking Craze entries due	7-8
16	LEGO Workshop	9
MARCH		
8	Fashion Review entries due	9
9	Home Ec Review/Cooking Craze	7-8
23	Fashion Review	9



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Aubrey's Announcements Record Book Workshop



AUBREY'S ANNOUNCEMENTS

Hi Colusa County 4-H'ers, we are in full swing of things and want to make sure you all stay updated with upcoming events! A big thank you to everyone who participated and volunteered at County Presentation Day, it was a huge success and the event ran very smoothly and quickly thanks to all the volunteers! We had 43 presenters and 17 Gold seal recipients! I encourage all the Gold seal recipients to register for Area Presentation Day on May 11th (location TBD) hosted by Tehama County, this is a great opportunity to advance in your public speaking through 4-H and have fun with the chance of moving on to State Presentation Day if you receive a Gold seal at Area Presentation Day! Coming up entries for Home Ec Review and Cooking Craze are due on February 15th by 5pm to the office! There are online sign ups as well as paper forms for those who prefer them. Cooking Craze is very popular, so sign up soon to reserve your spot! Our next LEGO Workshop on February 16th, everyone will be creating a LEGO self-portrait as the warm up and we will be building Batman tumblers (5-8 year olds) and Archimedes Screw to carry marbles up to a track (9 and up)! Sign up by February 1st to get the Early Bird deal of \$20 or pay \$25 after the 1st.

COLUSA COUNTY FAIR INFORMATION

The Colusa County Fair Theme is "80 years of American Flare at the Colusa County Fair".

<u>SPECIES</u>	<u>ONLINE ENTRY DEADLINE</u>	<u>WEIGH IN DATE (at the Fairgrounds)</u>
Beef	February 7	February 10 from 8 to 10 a.m.
Hog, Lamb, Goat	April 4	April 8 from 3:30 to 5 p.m.
Market Rabbit & Poultry	May 2	May 6 from 3:30 to 5 p.m.
Breeding & Primary	May 2	

Fairgrounds Work Day is Saturday, May 11, from 9 a.m. to noon.

Any Livestock exhibitor must complete Youth for the Quality Care of Animals (YQCA) training online. Here are the links to get started. One is to register and the others are for general questions and technical issues. If you have further questions, please call the fairgrounds at 458-2641.

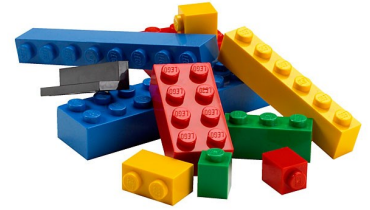
<http://yqca.org/> Registration login

General questions info@yqca.org

Technical difficulties help@yqca.org



FEBRUARY 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 LEGO \$20 class fee due	2
3	4 Williams 4-H, 6:30	5	6 Maxwell 4-H, 6	7 Beef online entry deadline	8	9
10 Beef Weigh In 8-10 a.m. Fairgrounds	11 Colusa 4-H, 6 Arbuckle 4-H, 7 Princeton 4-H, 6:30	12	13	14	15 Home Ec Review Entries due	16 LEGO Workshop
17	18 President's Day, office closed	19	20	21	22	23
24	25 Colusa 4-H Swine, 6	26	27	28		

COLUSA COUNTY 4-H CLUBS

Arbuckle 4-H Club meets at Arbuckle Elementary School Multipurpose Room, 2nd Monday of the month, 7:00 p.m.

Colusa Community 4-H Club meets at St. Bernadette's Hall, Gym/Multipurpose Room, on varying Mondays, 6:00 p.m.

Colusa 4-H Swine Club meets at the Colusa Industrial Properties Conference Room, on varying Mondays, 6:00 p.m.

Maxwell 4-H Club meets at Maxwell Elementary School Multipurpose Room, 1st Wednesday of the month, 6:00 p.m.

Princeton 4-H Club meets at Princeton High School Cafeteria, 2nd Monday of the month, 6:30 p.m.

Williams 4-H Club meets at the Williams High School College & Career Center, 1st Monday of the month at 6:30 p.m.



MARCH 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Williams 4-H, 6:30	5	6 Maxwell 4-H, 6	7	8 Fashion Review entries due	9 Home Ec Review
10	11 Colusa 4-H, 6 Arbuckle 4-H, 7 Princeton, 6:30	12	13 Sectional Pres. Day practice	14	15	16
17	18	19	20 4-H Council Meeting, 6:30	21	22	23 Fashion Review, 9 A.M.-1 P.M. CIP Conf. Room
24/31	25 Colusa 4-H Swine, 6	26	27	28	29	30

RECORD BOOK WORKSHOP

Thank you for all who attended our Record Book Workshop back in October. We would like to host another Record Book Workshop for those of you interested in keeping up with your Record Books as well as anyone who is interested in learning what Record Books are and how they can help you in your 4-H Career! Earn pins and stars for your hat and learn the important skills of record keeping, plus you have a compiled record of all your activities and accomplishments in 4-H! Please click the link below to let us know you're interested in this opportunity and we will contact you when we schedule a date.

Record Book Workshop interest survey: <http://ucanr.edu/survey/survey.cfm?surveynumber=26343>



Colusa County Presentation Day results



Colusa County Presentation Day was held on Saturday, January 12, 2019 from 8:30 to 12 noon at Princeton High School, 473 State Street, in Princeton. If you received a Gold medal, you are qualified to compete in the North Section Presentation Day on hosted by Tehama County. Check out the State 4-H Presentation manual [here](#): To fill out the entry for North Section Presentation Day, click to begin!

Jane Silva	8	Princeton	III. Talk	All About Horses	Participation	
Kennedy Nall	9	Colusa Swine	III. Talk	The Buzz About Heartworm Disease in Dogs		Gold
Whitney Traynham	9	Colusa Swine	Demonstration	How To Make Slime		Blue
Carson Cain	9	Arbuckle	Demonstration	Pork Sausage		White
Sissy Winn	10	Princeton	Educational Display	Oregon		Gold
Macie Johnston	10	Princeton	III. Talk	Dolls-Collecting & Renovating		Gold
Quin Stephens	11	Arbuckle	Ed. Display	Wrestling		Gold
Jasmin & Jocelyn Navarro	10	Colusa Comm.	III. Talk	Rabbit Breeds/Anatomy		Blue
Dylan & Justin Fleming	10	Colusa Comm.	III Talk	Turkeys		White
Nate & Maci Garofalo	10	Colusa Swine	III. Talk	Diseases of Pigs		Blue
Jenna Silva	10	Princeton	III. Talk	All About Hedgehogs		Blue
Guadalupe Espinoza	10	Princeton	III. Talk	Entomology: Mantodea		White
Elizabeth & Alex Krug	10, 9	Colusa Swine	III. Talk	Building An Owl Box		Red
Allison Traynhan	12	Colusa Swine	Inf. Prepared	How To Prepare f or An Audition		Gold
Jillian Benner	11	Colusa Swine	Science	Vinegar Rocket		Blue
Mackenzie Wills	11	Princeton	III. Talk	Hula Hoop		Gold
Maddi Hansen	12	Princeton	Ed. Display	The Great Depression		Blue
Rebecca Felix	12	Arbuckle	Demonstration	The Art Of Plastic Lacing		Gold
Parker Goodman	12	Colusa Swine	Demonstration	Making A Pig House		White
Joseph Chavez	12	Colusa Swine	Ed. Display	A Walk Through Football Lane		White
Kallie Stassi	13	Arbuckle	Demonstration	How To Make A Knotted Blanket		Gold
Baylee Guizar, Peyton Miller, & Lucas Winters		Colusa Swine	Demonstration	How To Make Slime		Gold



Presentation Day Results



Alexander Taylor	12	Princeton	Ed. Display	Hunter Safety & The Second Amendment	Blue
Miguel Gutierrez	12	Princeton	Ill. Talk	Meat Cuts of Steer	White
Alex Winn	13	Princeton	Ed. Display	Guinea Pig	Red
Emma Fleming	13	Colusa Swine	Ed. Display	Pig Breeding	White
Helena Harris	17	Colusa Swine	Ed. Display	Five Most Common Pig Diseases	Gold
Macey & Nick Gomes	14, 11	Colusa Swine	Ed. Display	Beef Cattle	White
Rebekah McPeck	14	Arbuckle	Int. Reading	Watership Down	Gold
Luke Miller	14	Arbuckle	Demonstration	How To Make Homemade Applesauce	Gold
Francisco Cruz	15	Colusa Swine	Ed. Display	Solar Plants	White
Leonardo Guzman	17	Colusa Swine	Ed. Display	Pig Parts Poster	White
Lily Woodring &					
Michael Harris	15, 13	Colusa Swine	Ed. Display	Swine Parasite Control	Blue
Alvaro Gutierrez	10	Princeton	Ill. Talk	Meat Cuts Of Lamb	White
Kane Nall	12	Colusa Swine	Ill. Talk	Pitching Strategies For Beginners	Gold
Alyce Joel	11	Arbuckle	Ill. Talk	Choctaw Code Talkers	Gold
Micah Joel	8	Arbuckle	Demonstration	How To Make Fry Bread	Participation
Alejandro Grajeda	16	Colusa Swine	Ed. Display	Swine Parts	White
Addison Lay	11	Colusa Swine	Ill. Talk	Caring For Swine	Gold



Home Ec Review



HOME EC REVIEW

Date: March 9, 2019

Time: 9 am - Registration and Check In

Location: Maxwell Elementary School

Entries are due February 15 by 5 p.m. NO LATE ENTRIES WILL BE ACCEPTED

Home Ec. Review is a day designed to provide members with the opportunity to showcase what they are learning within their project areas. They get public speaking practice while showcasing their projects and the chance to receive awards for their exhibits. We have various project categories you can participate in such as, Arts & Crafts, Cake Decorating, Leathercraft, Photography, Sewing, Quilting, Food/Nutrition, LEGO, Arts & Crafts Expo., etc. There is something for everyone and we encourage all members to participate, even Primary members (5-8 years old)!

Members may enter a table setting and a stand-alone entry in the same category. Members MUST be enrolled in the project to exhibit in the category (no exceptions).

Volunteers are also needed for Home Ec Review. Please call the office at 458-0570 or click [here](#) to sign up online if you are interested in helping us in any of the following! We so appreciate our volunteers!

Registration Table

Tabulation Room

Monitors

Runners

Reason's Judge

Judge for the entries: Arts and Crafts, Cake Decorating, Ceramics, Commodities, Floral Design, Foods & Nutrition, Cooking Craze Competition, Mini Gardens, Photography, Scrapbooking, etc.

Click [here](#) to enter online!



Cooking Craze!



Returning again this year at Home Ec. Review, put those cooking skills to the test for our Cooking Craze challenge! Do you like watching cooking competition shows on TV like Iron Chef or Chopped? Have you ever wondered what it's like to be under time pressure and present a dish to the judges? Well, now you can experience it for yourself! We will be hosting Cooking Craze this year during Home Ec. Revue where you will have 1 hour to plan, prepare and plate a dish for a panel of judges using a secret meat and dairy product. You don't even need to be in a cooking project to participate, so gather a few of your friends and join us for our Cooking Craze competition!

TBD- We may be adding new categories this year! We will email out any updates as they become available.

If you are interested in helping us plan this event please contact Aubrey at aefurukawa@ucanr.edu.

Date: March 9, 2019, During Home Ec. Review

Time: TBD

Teams: Up to 2 teams per Colusa County 4-H Club, with 2 to 4 members and 1 adult supervisor.

Secret Food Item: Each time will be provided with 1 secret meat product and 1 secret vegetable with drawing of a bonus dairy item. (Advice will be provided if the teams are unfamiliar with the preparation of the food item)

Judging: There will be 3 independent judges. With one being a celebrity judge from a local restaurant here in Colusa!

Entries due by: February 15, 2019 by 5 p.m. NO LATE ENTRIES ACCEPTED

Cooking with be indoors, with outdoor space available if needed for outdoor cooking equipment (BBQ's, etc.)

Additional items provided to each team include: Electric cooking pan, food preparation gloves, trash cans and bags, ice, fire extinguisher, basic seasonings (shared amongst all teams), preparation table and a first aid kit.

Recommended time schedule: (example)

15 min – Introduction and Instructions

Timer starts

5 min—Plan dish

15 min-Prep meat for cooking

20 min-Cook meat

15 min – Finish dish

5 min – Plating dish for judging

Judging starts



The score card will be as follows:

Taste/Flavor 50%

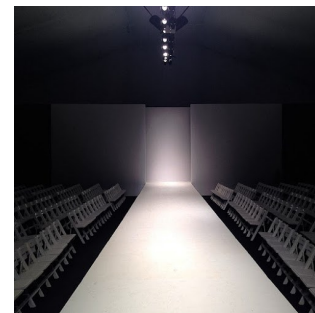
Originality 25%

Presentation 15%

Cleanliness 10%



Fashion Review



The theme is “Fashion My Way”

Date: March 23, 2019

Location: CIP Conference Room

Time: 9:00 a.m.-1:00pm, Awards ceremony to follow fashion runway

Participants: Members DO NOT have to be in a clothing project to enter Fashion Revue, but will need to enroll in the county-wide fashion review project in 4-H Online. Each member may enter up to 2 outfits.

Judging: Participants will be judged on the craftsmanship of their outfit according to the Fashion Revue guidelines. Modeling is an integral part of the Fashion Revue and participants will be judged on their modeling. They are expected to participate in the fashion runway event. The full category guidelines can be found at: http://4h.ucanr.edu/4-H_Events/SFD/SFR/

Entries due online by: March 8, 2019 by 5pm (**No late entries accepted!**) Paper Entry forms are available at the 4-H Office. Paper entry forms need to be turned in by 5pm at the office on March 8th. Enter online here

The outfit must be produced and modeled by the individual member during judging and the fashion show (not created for someone else). All outfits must meet the 4-H Dress Guidelines, found at <http://4h.ucanr.edu/files/210170.pdf>.

The 5 categories for 2019 State Fashion Revue are Traditional, Consumer Science Purchased \$40 limit, and the 3 challenges: The Box Challenge, Make It Mine Challenge and Retro/Historical Challenge. Only these 5 categories are included for 2019 at the state event. All entries in the state event must conform to the State Fashion Revue category rules.

Community Service opportunity – Pet Play Toys <http://4h.ucanr.edu/files/287220.pdf>

Event Schedule

9:00 – outfits will be judged flat on tables

10:00 – Showmanship with members and outfits

11:00 – Fashion runway starts

12:00 – Refreshments/Tabulations

12:30 – Awards ceremony

Traditional category

Participants in this category will construct garment(s), showcasing sewing skills and the ability to coordinate an outfit. The outfit must contain at least one constructed garment; participants are encouraged to construct additional garments to complete the outfit. The garment(s) in this category must be sewn by the member as part of the Clothing & Textiles/Sewing Project.

Consumer Science Purchased, \$40.00 Limit

Participants in this category will shop for an entire outfit with the total cost not to exceed \$40.00, including shoes but not sales tax. Receipts from the current 4-H year are required for any item that is visible. Gifts, prior purchases, and items without receipts are not eligible for this category. Receipts from yard sales, etc. may be hand written. The member should consider value vs. cost, versatility, the shopping experience, and coordination of the outfit within the cost limit. There is no 4-H project requirement; any 4-H member may enter this category.





Fashion Review



Box Challenge For 2019: Red, White & Blue

Participants in this challenge will sew one or more garments that contain 3 colors – red, white, and blue. If one garment is sewn it has to contain all 3 colors. If more than one garment is sewn, the sewn garments together must contain the 3 colors. The fabric(s) may contain other colors but the predominant colors must be red, white, and blue.

In addition, choose from the following elements that are in your box. Junior members must include at least one in their sewn garment(s). Intermediate members must include at least two. Senior members must include at least three. The garment(s) must be sewn by the member as part of the Clothing & Textiles/Sewing project.

In the box:

Buttons- must use at least 3 red, white or blue or combination. For Juniors they may be decorative. For Intermediates and Seniors, they must be functional.

Zipper- red, white or blue; functional not just decorative.

Trim – red, white or blue or a combination of colors – for example: rickrack, lace, piping, braid, bias tape binding, etc.

Contrast exposed lining (that shows) – for example: rolled up sleeves or pant legs

Collar, ruffle, or set-in sleeve

Handmade accessory – red, white, or blue, or combination of these colors

Make It Mine Challenge

Participants in this challenge will alter a commercial pattern or make your own pattern to achieve the fit and style you desire in a garment of your choice.

Option 1. Start with a fashion design drawing. Submit a picture of it.

Option 2. Start with an idea of what you want to make. Submit the written description.

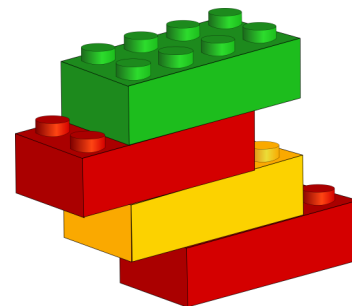
Find a commercial pattern or patterns, or draw your own pattern to create a wearable garment. If you use one or more commercial patterns, submit the pattern number with a picture of the envelope front. Tell which part you used (skirt, sleeve, front with collar, pant leg, etc.). Tell how you modified the pattern to fit you or to create the look you wanted. If you draw your own pattern, tell how you made your pattern and how you figured out the instructions for creating your garment(s). There is no 4-H project requirement; any 4-H member may enter this category.

Retro/Historical Challenge

Participants in this challenge will create an outfit that is inspired by or looks like an old design using new fabric and notions. For this category, the design should be from before the year 2000. The entry must state the year or period of the design and include a drawing, photo, or description of the classic design that is being reproduced or duplicated. Add accessories to complete the outfit that are reminiscent of that time period. The outfit must feature at least one handmade garment made by the member. Other pieces of the outfit must be representational and recognizable as belonging to the same era as the hand made garment. The garment(s) in this challenge must be sewn by the member as part of the Clothing & Textiles/Sewing Project.



LEGO wORkShOp

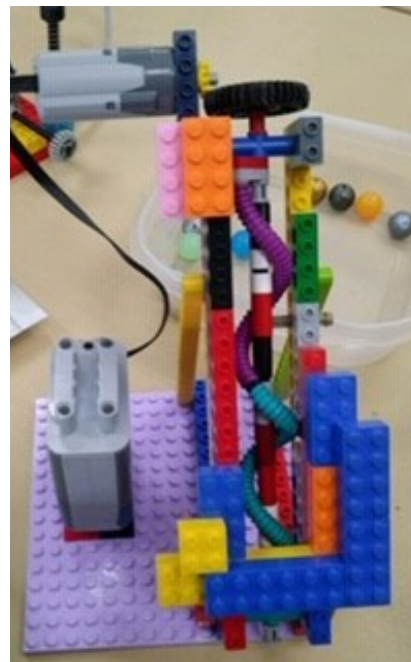


The next LEGO workshop will be on February 16 in the Colusa Industrial Properties Conference Room, 100 Sunrise Boulevard, in Colusa.

Price for each class is \$20 if paid by February 3. On February 4, it will be \$25. Fee needs to be paid in advance at the UCCE Colusa County 4-H Office, 100 Sunrise Boulevard, Suite E, in Colusa. Call us if you have any questions!



If you have a friend or neighbor that likes LEGO, tell them about it and have them join you!



Five to eight year olds will be making the Batman Tumbler, and help Batman save the city! This class will be from 10 a.m. to noon.

Nine year olds and up will be making the Archimedes Screw that carries marbles up! It will be fun to put them all together and watch the marbles race around! This class will be from 1 p.m. to 3 p.m.

Warm up for both groups will be a mosaic, because we added a new category to the fair book for LEGO, self portrait! It will give you one idea for how you can build it and display at fair!





4-H Council Meetings & Colusa 4-H Swine Meeting Report



4-H COUNCIL

The 4-H Council assists the University of California Cooperative Extension in planning, promoting, and carrying out 4-H youth development work, by operating in compliance with UC policies and the Mission, Core Values, and Framework of the 4-H Youth Development Program.

Council members are encouraged to participate in the decision making for program operations, and the Council raises funds to support 4-H at the County level.

Council develops mechanisms for providing training and support of adult volunteers and youth.

Is your Club represented at Council meetings?

Club	July	Sept	Nov.	Jan.
Arbuckle	X	X	X	X
Colusa Community	X	X	X	X
Colusa Swine	X	X	X	X
Maxwell	X			
Princeton	X	X	X	X
Williams		X	X	X



The next Council meeting is Wednesday, March 20, at 6:30 p.m. in the CIP Conference Room. Please contact your Community Club Leader if you are interested in being involved with your 4-H Council. We encourage participation of all leaders, members, and parents.

COLUSA 4-H SWINE CLUB MEETING REPORT

In our November Swine Club meeting, our President Lucas Winters led us into our flag salute and 4-H pledge. During the meeting, we went over the craft expo. and got some feedback from members that attended.

Before our business meeting was over, we went into our Icebreaker. Our Icebreaker activity was a toilet paper mystery. Our Leader Devin Kelley told us to rip pieces of toilet paper without telling us why or how many pieces to get. After we all had our pieces of toilet paper, we were told that every piece of toilet paper that we got was how many things that we had to tell about ourselves. And that concluded our 4-H Swine club meeting. Our next Swine meeting is on Monday, January 28, 2019.

This article was written by Peyton Miller



Committee Help Needed & School Enrichment



HELP OUT ON ONE OF OUR COMMITTEES!

The Colusa County 4-H Council has designed committees open to any and all **youth and adults** who participate in the 4-H Program. The goal of the committees is to provide leadership by developing and implementing new ideas and events. All the committees work in partnership with the 4-H Council and 4-H Youth Development staff, the bulk of the decision making, planning and implementation lies in the hands of the committee. This structure allows for input from both adults and members in crafting the programs and managements strategies to best serve the needs of the 4-H community. When possible, senior members should be appointed committee co-chairs. Sign up for one or more [here!](#)

Family & Consumer Science – Helps with Craft Expo, Home Ec Review/Cooking Craze, Fashion Review and the Colusa County Fair Still Exhibits. The committee plans where events will be held and makes changes to information given to members and evaluators at the event. After each event the committee meets to review evaluations to see if changes need to be made, and help incorporate new ideas.

Leadership – Helps with County Presentation Day, County Ambassador Program, Scholarships for Higher Education, Record Book judging, and Community Service Learning Projects. The committee helps design applications, plan out various events and helps provide feedback and input about the events.

Animal Science – Helps with Small Animal Field Days, Colusa County Fair Livestock Barn Duties, Horse/Dog Shows, and other animal related events. Members help with the planning of events and help develop new ideas for future events.

SCHOOL ENRICHMENT

This year we are launching some of our new STEM school enrichment kits available to all teachers in Colusa County!

Now
Available!

Entomology in the Classroom (recommended grade range 3-6th) – This 6 part series teaching youth about the fascinating world of insects through learning about their different parts and stages of life through a hands on live lifecycle in your classroom! The series includes, Painted Lady Butterflies, Ladybugs, Silkworms, Praying Mantids and Ants. You can choose to have all of the kits or just one if you like, each kit is \$20 to cover the costs of the live animals and refilling the kit.

Junk Drawer Robotics (recommended grade range 6-9th) – Teach youth how to build robotics with items you can find around your house! In Junk Drawer Robotics: Robots on the Move, you will design and build machines that roll, slide, draw or move underwater and explore robot mobility – movement, power transfer and locomotion. Each kit is \$25 to refill the kit with required supplies.

Chicks in the Classroom – Youth learn about the reproductive process of chickens as they study the development of chicks through their 21 day incubation process. Watch the chicks enter the world as they hatch right in front of your students eyes! Everything needed is included in this kit, teacher is responsible for supplying their own fertilized eggs, resources will be provided.

Check out our website to learn more about these exciting new kits!

School Enrichment website: http://cecolusa.ucanr.edu/4-H_Program/School_Enrichment/





February Birthdays & Volunteering Opportunities

Happy Birthday To You!

♣ Alejandra Garcia ♣ Alejandro Grajeda ♣ Angelique Fuentes ♣

♣ Ashley Jansen ♣ Audrey Washburn ♣ Baylee Guizar ♣ Brady Wayman ♣

♣ CJ Roland ♣ Danica Hagle ♣ Daniel Wilderman ♣ Elizabeth Krug ♣

♣ Evan Mathis ♣ Isaac Jauregui ♣ Jahlani Cayton ♣ Jane Silva ♣

♣ Jasmin Navarro ♣ Jeremiah Vann ♣ Jocelyn Navarro ♣ Jocelyn Ramos ♣

♣ Julius Deniz ♣ Kimberly Garrison ♣ Levi Delepierre ♣ Loreenna Kromis ♣

♣ Maddi Hansen ♣ Nathan Garofalo ♣ Parker Goodman ♣ Raylan Taylor ♣

♣ Rebecca Felix ♣ Ryann Dennis ♣ Wes La Grande ♣

COMMUNITY SERVICE OPPORTUNITIES!

Sacred Heart Catholic Church in Maxwell is having their Card Party on Saturday, February 2 at 11 a.m. at the Maxwell Elementary School Multipurpose Room. They are wanting 4-H members to come and help them serve lunch and help get ladies things that they need to play the card games. Karen Riordan would like any volunteer to be there by 10:30 a.m., and she will let you know where to go from there! Please let Karen Riordan know if you are available to help her at riordan@frontiernet.net

The Colusa County Farm Bureau is having their annual Local Bounty Fundraiser on March 7 at the Main Exhibit Building at the Fairgrounds. They would like some 4-H members to come dressed in their 4-H uniform and help serve hors d'oeuvres. If you would like to help out, you would need to be at the Main Exhibit Hall by 5:10 on March 7, as the event starts at 5:30, and they would like to get everyone organized before it starts.

The Farm Bureau will also accept any donations of homemade cookies for the event. If you wish to provide cookies, please have them at the Main Exhibit Hall by 4 p.m. on March 7.

Please let them know at the number or email below if you plan to participate. And, if you have questions about the event, please contact Melody Johnson or Monica Sankey at 458-5130, or email melody@colusafarmbureau.com





THE 4-H PLEDGE

Every day I use what I
learned and practiced in 4-H.
It was the best activity of my
youth and life!
-4-H Member

I pledge my...

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

Yo prometo

mi mente para pensar claro,
Mi corazón para ser leal,
Mis manos para servir mejor,
y **mi salud** para vivir mejor,
en mi club,
mi comunidad,
mi nación,
y mi mundo



University of California
Agriculture and Natural Resources

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