

# The Clover Patch

November 2013

Issue 3



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Abbie 4-H, Pleasanton CA

**COMMUNITY CLUB MEETING**  
**WEDNESDAY, November 13, 2013**  
**Theme: Fall Colors (Red, Yellow, and Orange)**  
**Meeting starts:**  
**7PM Sign-in opens: 6:45PM**  
**MOHR ELEMENTARY SCHOOL,**  
**Multi-purpose Room**  
**3300 Dennis Drive**  
**Pleasanton, CA**



## November Snack Families By Jesse and Austin

November:  
Adam Satariano  
Lauren Satatiano  
Nieves Winslow  
Kaity Crannell  
Ria Patel  
Ross Illingworth



If you would like to submit an article, please send them to Jessie Rhoads and Chloe Gipson at [abbinewsletter@gmail.com](mailto:abbinewsletter@gmail.com) last Friday of each month.

## BIRTHDAY CORNER!

This month we will celebrate the November birthdays. If your birthday falls in November, please go up to the front of the meeting when it is time to sing "Happy Birthday."



## Importance of Drinking Water By Julia Item

Just because the weather is cooling down do not forget to stay hydrated. Here are five benefits of drinking water:

1. Drinking Water Helps Maintain the Balance of Body Fluids. Your body is composed of about 60% water.

When you're low on fluids, the brain triggers the body's thirst mechanism.

2. Water Can Help Control Calories. While water doesn't have any magical effect on weight loss, substituting it for higher calorie beverages can certainly help.

3. Water Helps Energize Muscles. When muscle cells don't have adequate fluids, they don't work as well and performance can suffer.

Drinking enough fluids is important when exercising.

4. Water Helps Keep Skin Looking Good. Your skin contains plenty of water, and functions as a protective barrier to prevent excess fluid loss.

5. Water Helps Your Kidneys. Body fluids transport waste products in and out of cells.

If you chronically drink too little, you may be at higher risk for kidney stones, especially in warm climates.

## Archery By Harrison Carter

For the first meeting for archery on September 29th, my friend Austin and I who are the junior teen leaders of the project discussed the range and bow safety with the group. We also talked about the over all safety and what we will be doing this year. Some fun events that we have planned are playing tic-tac-toe with the group, and also having a tournament for that. We are hoping to be participating in many tournaments.



## Record Book Project By Deirdre Gipson

Hi Everyone.

Are you super organized and detailed oriented?

Do you LOVE doing your record book every year?

If you answered NO to either of those questions, then this project is for you! (If you answered yes, you are welcome too).

The time at the meetings will be spent working on your record book, recording the 4H activities that you have participated in since the beginning of the year. Bring a laptop if you have it, if not then we will start you out on paper forms. Call or email me for more information: [925-461-1214](tel:925-461-1214) or [mdn\\_gipson@yahoo.com](mailto:mdn_gipson@yahoo.com). Next August you will be so happy you did this!

## **Family and Consumer Science Field Day – By Ryan Shipps**

On November 16th, there is a 4-H event that is happening in Stockton that you might want to attend. It is called the North Central Sectional Family and Consumer Science Field Day. I went to it for two years, and had fun `the day is broken up into life skill workshops where you learn stuff like consumer education, sewing, food and nutrition, and health. Each year there are different stations, so this year you can choose from learning how to set a formal dinner table, sewing, duct tape creations, money responsibility, dairy product tasting, sushi making, paper crafts, creating spa beauty products, experience blindness, modeling clinic, or microwave cooking. Registration at the door is \$15.00. FCSFD is taking place in the San Joaquin County Agriculture Center, located at 2101 East Earhart Avenue in Stockton. For more information contact Brandon Jones at (209) 922-8393.

## **Kids To Kids Christmas Party By Jessica Shipps**

It's time for one of the most fun community service projects that our local 4-H clubs get to participate in – the annual Kids-2-Kids Holiday party! It is a special day for underprivileged kids to come and make crafts, have snacks, and choose a present for their parents. They also get to sit on Santa's lap and get a gift from him. There are three ways that you can help make this party a success:

1. Bring a new, unwrapped toy/gift to be donated to the event. A gift for any age child is perfect. Please bring it to the next Abbie community club meeting.
2. Sign up to help wrapping the gifts on Saturday, December 7<sup>th</sup> for teenagers and adults (no children please) to meet at Del Valle High School in Livermore at 10:00am to move the gifts from storage, then start wrapping. It ends about 3:00pm with all the gifts ready for the party!
3. Sign up to help at the holiday party on Saturday, December 14<sup>th</sup> hours shifts from 9:00am until 5:00pm. (9-11am, 11am-1pm, 1-3pm, or 1-5pm) You will work at various stations helping kids make holiday crafts. The last shift will help with cleanup and reload trucks for items that need to be returned to storage. (If you work at the party they are also asking that everyone bring 2 dozen cookies for the snack table to share with the kids.)

We hope that you will sign up to help with this great event. You can either email Jessica Shipps at [patty\\_shipps@yahoo.com](mailto:patty_shipps@yahoo.com) or signup at the community club meeting. Thanks

## **“Title-Less” By The Fluffy Bunny**

Hello friendly 4-Hers...



At this CCM my editors will be doing a raffle for a Jamba Juice Gift Card. All you have to do is answer one easy question about 4-H. What are the 4 “H’s”? Please email the answer to [abbienewsletter@gmail.com](mailto:abbienewsletter@gmail.com) along with your name. Thank you!

A Fluffy Bunny

### **Camp Work Weekend By Jessica Bennett**

On November 2, I and 17 other camp academy 4hers went up to 4H Camp in Angwin California for a leadership/work weekend. We started off by just cleaning up the camp by picking up trash and fallen wood to clean the paths. Once our chores were done, it was time for team building and leadership activities. The game was “What Would You Do”. We were put into groups and given real life situations that possibly could happen at camp. As a group, we had to solve the problem, and figure out our solution to the other groups. One example of the situations was: Your out on a hike and one of the counselors fell and couldn’t walk anymore. What would you do? Once we presented to the larger group, the other members and adults gave us feedback. After the team building, we went on hikes around camp, and had a delicious tri-tip dinner. That evening we went star gazing. Sunday morning we played hide and seek and finished cleaning up camp. Along with learning a lot about keeping campers safe at camp, I had tons of fun with my county camp friends. Camp Academy is a county-wide project for teens 14-19 years of age (as of Dec. 31 of the program year.) The goal of the project is to teach leadership skills and train teen leaders to prepare them for camp staff roles.

### **Alviso Adobe By Anika Nicholas**

Hi, my name is Anika Nicolas and on Saturday, October 5th three other kids and I showed up at Alviso Adobe to show off our chickens to the public. It was Alviso Adobe's 5th year anniversary celebration and it was all old fashion. There was butter making, soap carving, apple cider making, rope making, and lots other activities that you could participate in. There was a passport that every kid got and they went to each station to get a stamp. One of the stations was 4-H. We had a little petting zoo set up for the kids. They could pet the bunnies or the chickens. They asked lots of questions about 4-h and we answered all of them. It was a lot of fun and I hope to go again for the 10-year anniversary.

### **UC Davis Horse Day By Elise Lester**

On October 26, Josie Carter and I went to Horse Day at UC Davis. We attended different sessions on horse leg adaptations, pre-purchase exams, and reproduction. We even got to see how they do artificial insemination on a horse. We also got to see a mule pack scramble, where they have teams of pack mules and they let the mules loose, without their equipment on, in the arena. Then they snap a whip and fire blanks with a gun to rile up the mules. And the when they say “Go!” the teams of people have to Catch their mules and put on all their equipment too. The team that gets all their equipment on and gets around they barrel at the end of the arena first wins. It was very fun to watch. At the end we saw

## Baking Project By Elise Lester

We had our first baking project meeting on October 7<sup>th</sup>. We learned about baking safety and basic kitchen hygiene. We also made really good iced pumpkin raisin cookies. These cookies would definitely be good for Thanksgiving! For our November meeting, we made cornbread with honey butter. If you would like to have some recipes we have made in the past, please contact Elise Lester at [eliseluvscupcakes@aol.com](mailto:eliseluvscupcakes@aol.com).



## Sheep Meeting By Josie Carter

Try something new!!!!!! On October 1st I went to my very first sheep meeting. Everyone was so nice and welcoming to me even though I didn't know much about sheep I learned a lot about breeds of sheep. I thought the "evil" little sheep were very cute. I hope you try a new project.

## Alden Lane By Amy Asmussen

4-h was invited to participate in Alden Lane's fall festival in October. Alden Lane has a really pretty scenery and many different activities at their festival every year. They have apple tasting, music, crafts, bobbing for apples, and livestock. Different 4-h members went out every weekend with their small animals to talk to people about our club and the different projects. Alden Lane loves having 4-h out there and hopefully more people can participate next year. Thank you to all the 4-h families that participated in this great community service activity and we hope to see you all next year.

## Safeway Food Drive By Jessica Shipps

Hello Abbie club members,

The Alameda County Community Food Bank is asking for our help at their annual "Help Us End Hunger" food drive at local Safeway grocery stores on Saturday, November 23rd. Abbie 4-H Club has volunteered to help from 1:00pm to 4:00pm at the Safeway located at 6790 Bernal Avenue in Pleasanton, just off the Hwy 680 Bernal exit. You may sign up for either of the following shifts:

Saturday, November 23rd from 1:00pm to 2:30pm

Saturday, November 23rd from 2:30pm to 4:00pm

Volunteers will greet shoppers by handing out fliers and asking for their participation in the food drive inside the store. Last year, 58% of the food collected was sold on this day, the "Safeway Kick Off" event, so your participation is vital to the success of this great community service event. Because we will be representing the Abbie 4-H Club, please wear your 4-H uniform to this event. If you are available to volunteer, please email me, Jessica Shipps, at [patty\\_shipps@yahoo.com](mailto:patty_shipps@yahoo.com) or call me at (925) 230-8360 to sign up. I will also have a sign up sheet at the November club meeting.

If you are not able to attend this day, but would like to contribute, please bring any canned goods or non-perishable items to the club meeting. We will make sure it gets in the hands of a needy family. Thanks for your help!

## Abbie 4-H

### 2013-14 Club

#### Officers:

##### President-

Tim Jannisse

[timjannisse@yahoo.com](mailto:timjannisse@yahoo.com)

##### Co-Vice Presidents-

Kamryn Brown & Cheyenne Harper

[brown\\_fam@comcast.net](mailto:brown_fam@comcast.net)

[cacheymom@comcast.net](mailto:cacheymom@comcast.net)

##### Treasurer-

Sarah Woodall

[heiditiger@gmail.com](mailto:heiditiger@gmail.com)

##### Sales Treasurer-

Nate McMillin

[Nmcmillin1996@gmail.com](mailto:Nmcmillin1996@gmail.com)

##### Recording Secretary-

Austin Munro

[Munro821@aol.com](mailto:Munro821@aol.com)

##### Corresponding Secretary-

Krystal Jacobsen

[jakeattheranch@comcast.net](mailto:jakeattheranch@comcast.net)

##### Historian-

OPEN

##### Co-Hospitality-

Austin Nicholas

Jesse McMillin

[lura@cscglobal.net](mailto:lura@cscglobal.net)

##### Recycling Magazines-

Prashansa Ravi

[purnimars@yahoo.com](mailto:purnimars@yahoo.com)

##### Project Liaison-

Sarah Roberts

Alex Roberts

[lisa@drwob.com](mailto:lisa@drwob.com)

##### Sergeant at Arms-

Harrison Carter

[snecarter@yahoo.com](mailto:snecarter@yahoo.com)

##### Recreation-

Anika Nicholas

Sydney Fluker

[lura@sbcglobal.net](mailto:lura@sbcglobal.net)

[fluufy36@gmail.com](mailto:fluufy36@gmail.com)

##### Community Service-

Elise Lester

Josie Carter

[snecarter@yahoo.com](mailto:snecarter@yahoo.com)

##### Telephone Chair-

OPEN

##### Newsletter

Jessie Rhoads

Chloe Gipson

## County Event Calendar

Month: November

Event	Date	Location
Registration	ONGOING	

## Upcoming Events

Dates –

November 17<sup>th</sup> Cavy Project Meeting at 2 PM

November 17<sup>th</sup> Swine Talk Event at 6:45 PM

November 19<sup>th</sup> Rabbit Meeting at 7 PM

November 20<sup>th</sup> Poultry Meeting at 6 PM

November 20<sup>th</sup> Swine Meeting at 7 PM

November 23<sup>rd</sup> Safeway Food Drive at 1 PM

### *About Our Organization...*

Abbie 4-H is part of a nationwide network of 4-H Clubs, which promote the learning of leadership, citizenship, and life skills. It is a place to make friends and share interests, as well as to build confidence and learn responsibility.

Though the various activities offered, 4-H members have opportunities to learn new things and to have experiences that they may not have had otherwise. Among the list of possibilities are the opportunity to experiment, go to camp, go on trips, learn how to care for an animal, and how to preserve food, and much more.

Check out these  
websites for further 4-H  
help!

<http://www.abbie4h.org/>

<http://alamedacounty4h.org/>

<http://www.ca4h.org/>