

January 2025 SUTTER BUTTES 4-H CHATTER



DEAR PARENTS,

4-H is an organization that is run by families. We are asking each family to get involved by chairing an event or helping with a club activity. Please sign up on-line or used this QR code for the link.



Healthy Living Tip

It's a new year, let's try to get up and stretch.

Fun fact about

stretching it can help you be more flexible.

Some stretches you can do while watching tv or having down time, are quad and arm stretches.

Try making this a daily habit by stretching 2 x a day.

-Ellie Fresquez

FAIR REQUIREMENTS

-MEMBERS MUST PARTICIPATE IN AT LEAST TWO BI-COUNTY EVENTS
-MEMBERS MUST GIVE ONE VERBAL PRESENTATION AT THE APPROPRIATE CLUB OR COUNTY LEVEL
-MEMBERS MUST ATTEND 80% OF CLUB PROJECT MEETINGS FOR THE PROJECT EXHIBITED AT THE FAIR

ALL MEMBERS PARTICIPATING IN FAIR NEED TO DO A PRESENTATION

Primary Presentation Workshop

January 28th

Primary members, 1st & 2nd year regular members can participate and receive presentation credit

County Presentation Day February 8th

All members can participate and receive presentation credit

UPCOMING EVENTS

Project Presentation Workshop
1/28

Club Leadership Meeting
2/2

*County Presentation Day
2/8

Club Meeting
2/11

*Bok Kai Parade
3/1

Club Leadership Meeting
3/2

*4-H Council Meeting
3/6

*Color Me Green Run
3/15

Club Meeting/Dinner Auction
3/11

Club Meeting
4/8

*Bi County Event

March Dinner Auction March 11th

Doors open at 5:00 pm for silent bidding and preview of live auction items. Club meeting will begin at 6:00 pm. Dinner and auction will follow.

Visit our website:

www.sutterbuttes4h.com

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Reminder: You must attend at least half of the meeting (whichever is less) for it to count as attended.

Editor: Brock Moody



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