

-Suisun Valley 4-H Newsletter-

-September 2023-



➤ Next Meeting: October 16, 2023

Flag salute & 4-H Flag:

- Announcer:
- American Flag:
- 4-H Flag:
- Follow American:
- Follow 4-H:

-Meeting dates-

(Save the date)

- Registration night: August 21
- Meeting #1: September 18, 2023
- Meeting #2: October 16, 2023
- Meeting #3: November 13, 2023
- Meeting #4: December 11, 2023
(Holiday party!)
- Meeting #5: January 22, 2024
- Meeting #6: February 12, 2024
- Meeting #7: March 18, 2024
- Meeting #8: April 15, 2024
- Meeting #9: May 20, 2024

-Other important dates-

- National 4-H Week: October 1-7, 2023
- Paper Clover: October 4 -15, 2023
- Achievement Night: October 5, 2023
- Coastal Cleanup: September 23, 2023

-Community Pride-



The George Family will be collecting new, packaged toys and books for October's Community Pride. Please bring donations to the next club meeting! Thank you!

-National 4-H Week-

- The celebration of National 4-H Week starts the first week of October 1-7, 2023! Celebrate by sharing the love of 4-h with each other and your community!



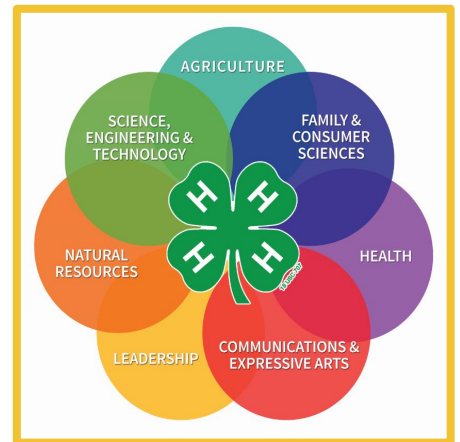
-Fall Tractor Supply Paper Clover-

- The Fall Tractor Supply Clover is October 4th-15th at the Dixon Tractor Supply Company store. They are looking for volunteers for shifts. You can make a picture board, bring in ribbons, and other things you've made. When there, you get to tell people about 4-H and ask them to donate to help raise money for 4-H at the register.



-Achievement Night-

- Achievement Night is October 5, 2022 at the Solano County Fairgrounds at 6pm.



-California Coastal Clean Up Day-

- This is a great community service opportunity! It will be held at Green Valley Creek on September 23, from 9:00-12:00. There we will be cleaning trash, having fun, etc. This event is being held by the Fairfield Suisun Sewer District. If interested please RSVP to Grace Kemble through the email: skyswimmer19@gmail.com



September Healthy Living

(By Finley Eustice)

SEPTEMBER HEALTHY LIVING CHALLENGE PARK WORKOUT STATIONS

Click [HERE](#) to see the Healthy Living Challenge video for this month!

Each month is a new chance to get healthy and win a gift card to help you make healthy choices all year long. Here's how it works, each month I will give you a new Healthy Living Challenge. As you complete the challenge, snap a photo, and then send that photo to: eusticehome@gmail.com along with your name.

Your photo will be featured in the following month's flier as a *Healthy Living Challenger* **and** you'll be entered in the monthly drawing for a \$10 gift card to a business that has healthy choices! The September winner will be announced at the October club meeting. The more monthly fitness challenges you complete through the year, the more chances you have to win and to keep making healthy choices every day!

Photos are due by October 9th



September Healthy Living Recipe

Have you ever wanted a breakfast that would give you just what you needed to get through the day? Well, let me tell you about custom homemade oatmeal!

Custom Homemade Oatmeal

½ cup rolled oats

1 cup hot water

Custom toppings

Put dry rolled oats in a bowl. Heat water to boiling, pour over rolled oats until they are just covered. Put a plate over the bowl to keep the steam in. Wait five minutes. Remove the plate and add in your custom toppings!

Banana- Have P.E. today? Bananas help your muscles recover after exercise!

Peanut Butter- Have a test today? Peanut butter helps improve memory and concentration!

Apples- Don't want to go to the doctor? Apples help your immune system!

Raisins- Got a stomach ache? Raisins aid digestion!

Cinnamon- Feeling nervous about something? Cinnamon reduces anxiety!

Dark Chocolate- Want an excuse to eat chocolate? Chocolate keeps your heart healthy!

Chia Seed- Cold and Flu season? Chia Seeds help your body fight viruses off!

Blueberries- Want to be stronger? Blueberries give your muscles strength!

Honey- Having bad allergies? Local Honey to the rescue!