## Suffer Puffes 4=H

# Newsletter

I pledge my head to clearer thinking, my heart to greater loyalty, my hands to greater service, and my health to better living for my club, my community, my country, and my world.

Happy Thanksgiving November 2025

By: Lane Collier

## Welcome to Sutter

## **Buttes 4-H**

From the 4-H fmaily, we hope you & you're family have a very happy holiday season.

#### Upcoming Events

- November 6-4-H Council Meeting
- November 11th Veteran's Day Parade (Bi-County Event)
- November 15th- 4-H Craft Day (Bi-County Event)
- December 6th- Christmas Parade (Bi-County Event)
- December 9th- Club Meeting



#### Canned Food Drive

Together we can help feed our community. Our group will be running a canned food drive in conjunction with the Sutter Lions Club. How can you help?

- Please fill a bag with nonperishable items
- No glass items please
- All items must have an expiration date after January 1, 2026
- On December 7th before 10 AM, place your bag on your doorstep or where it can easily be seen & someone will retrieve it.
- There will also be a drop box labeled "Food Drive" in front of South Butte Market until December 8th Thank you for your support & Happy





#### Healthy Living Report

By: Autumn Rogers- Healthy Living Officer

Taking a break from your phone can lead to a healthier life because it allows your body and mind to rest and recharge. Think of it like giving your eyes a break from starring at a bright screen, which can help you sleep better at night. It also frees up time for you to move your body more, like going for a walk, instead of just sitting around. Plus, you'll have more opportunities to connect with people faceto-face, which is great for your happiness and overall well-being.





# Bi-County Events

Bi-County events are extremely important if you plan on showing at the Yuba-Sutter Fair. Each member is required to attend at least 2 Bi-County events in order to exhibit at fair. This is an abundance of opportunity to complete these. We encourage you to get these events done as early as possible to avoid confusion or stress as fair approaches. We are happy to help find a Bi-County event that interests you.



Enrollment 2025-2026



Family Involvement 2025-2026

If you would like to add anything to the newsletter, contact me. Lane Collier-Reporter



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