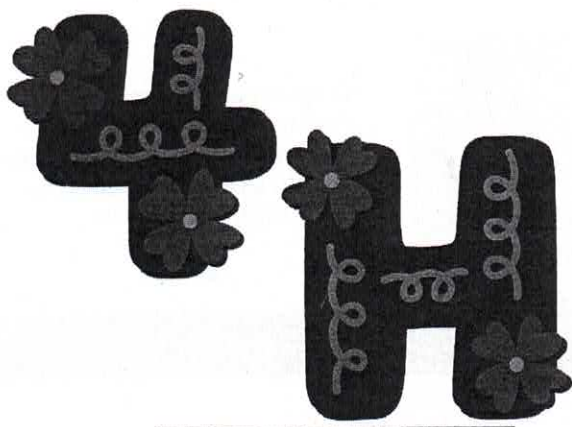
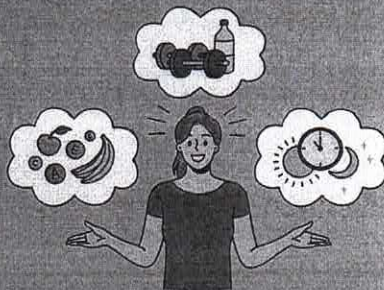




Healthy Living Report

By: Autumn Rogers- Healthy
Living Officer

Living healthy is all about making smart choices every day. It starts with eating a balanced diet full of fruits, veggies, lean proteins, and whole grains. Don't forget to stay hydrated by drinking plenty of water throughout the day. Regular exercise is key, even if it's just a brisk walk. Prioritizing sleep and managing stress also play huge roles in your overall well-being. Small, consistent steps can lead to big improvements in your health!



Registration & Getting Involved

We are so glad to see new and returning faces. Make sure you complete your registration promptly to ensure you can participate in all of the fun this 4-H year is sure to bring. The QR code to the online registration portal can be found below. Sutter Buttes 4-H is a very large club. Every year we urge families to be involved. Along with Bi-County events, fair, and project meetings, our club offers many fun events throughout the year that are exclusive to our club. In order to make these events run smoothly, it requires a high amount of parent volunteer involvement. We urge you to sign-up for even just one event. The QR code for family involvement registration can also be found below. We look forward to a great 4-H together!



Enrollment 2025-2026



Family Involvement 2025-2026

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



kquigg2012@yahoo.com



530-552-7981

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.

Welcome Back!

September 2025

By: Lane Collier

Welcome to Sutter

Buttes 4-H

We are so glad you are here. Whether you are returning or just joining us, we can't wait to see what you will accomplish this year!

Upcoming Events

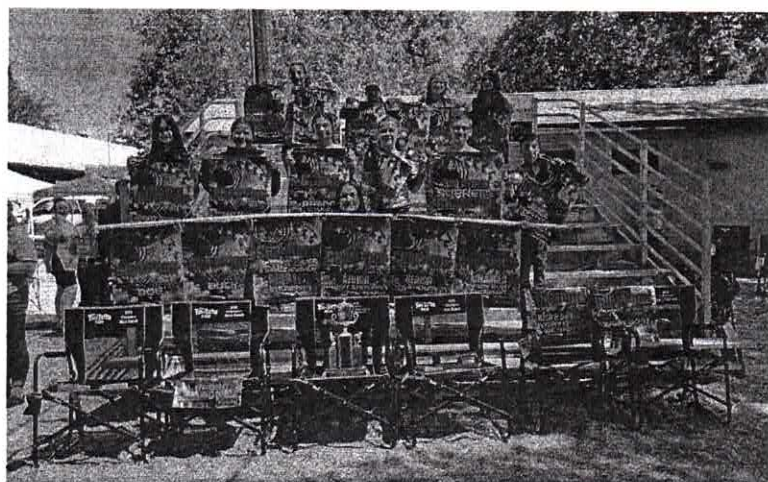
- September 10th - Marysville Cattle Drive
- September 13th & 14th - Marysville Stampede Kids Area Booth
- September 27th - Farm to Fork Dinner
- October 2-8 - National 4-H Week
- October 14th - Club Meeting



WE WANT YOU!

Leader Spotlight

New this year! We want to hear from you! Each month we would like to put a new project leader in the spotlight. We want to hear all about your plans for your group, your successes as a group, and anything you want to share about your project!



Fair Time!

Sutter Buttes 4-H had a tremendous amount of success at the Yuba-Sutter Fair. The members have all been invited to bring their banners, buckles, and other awards to showcase during the first meeting.