Welcome Gwyn Vanoni, 4-H Program Representative for Ventura County

We are very happy to welcome Gwyn Vanoni to the Ventura County UCCE office. She has recently started as a part-time Program Representative to help coordinate 4-H on the military bases in the area and offer some support to the traditional 4-H Program. As a lifetime 4-Her here in Ventura County, she is well acquainted with the benefits of the program. After graduating as a 4-H'er, she attended college at Northern Arizona University graduating with a BS in Public Relations and a minor in Parks and Recreation Management. Shortly after graduating, she joined Ventura County Credit Union, working within the Marketing and Business Development field. She left the Credit Union in 2008 to start a family. Now, Gwyn is excited to be stepping into this new role.

4-H Healthy Living Updates

For anyone who knows the 4-H pledge, “health” is a cornerstone of our organization. 4-H Healthy Living encompasses a holistic approach including healthy eating habits, physical fitness, the capacity to recognize and direct emotions, and the ability to develop and maintain positive social interactions and relationships. California 4-H is focusing efforts on increasing healthy living opportunities and strengthening the presence of healthy living themes throughout existing programs, activities and curriculum. For more information, visit www.ca4h.org/projects/healthyliving.


Healthy People 2020: Determinants of Health This online video provides a framework for what research supports regarding overall wellness, identifying risk factors while also suggesting interventions that have a positive impact. It is the interrelationships among these factors that determine individual and population health. Determinants of health reach beyond the boundaries of traditional health care and public health sectors; sectors such as education, housing, transportation, agriculture, and environment can be important allies in improving population health. To view, visit www.healthypeople.gov/2020/about/DOHAbout.aspx.

Science Pirates: The Curse of Brownbeard This free, 3D educational computer game is an innovative and engaging way to communicate food safety knowledge in an environment of scientific exploration. Learners will engage in testing variables, understand hypothesis formation, draw conclusions, and make recommendations for hand washing behavior. 4-H members can apply what they learn when preparing food at 4-H activities and events! To play, visit www.sciencepirates.com.

WiredSafety Youth—and adults working with youth—will find a wealth of information about internet safety on this website. Whether you’re looking for tips on social networking safely or learning the risks of identity theft, this site houses countless videos, animations, printable educational materials and curriculum related to cyber safety. For more information, visit www.WiredSafety.org.

ANR Environmental Health and Safety: 4-H Resources Are you confident your 4-H activities, events, retreats or camps are a safe place for youth? The ANR Environmental Health and Safety website hosts Clover Safe Notes listed by project area (with five new additions!), the 4-H Camp Safety Guidebook, 4-H Safety Training Record and more. 4-H youth, volunteers and staff will how to evaluate their environment for potential hazards prior to 4-H activities. Check out the website at groups.ucanr.org/ehs/4H.
Briggs 4-H  
by Tina Thrasher  
Briggs 4-H meets the 3rd Monday of the month at Church of Christ  
Club Leader: Tina & Dean Thrasher & Virginia Reyes  
Club President: Kirsten Brock, age 15  

Briggs 4-H club consists of 75 kids. We have pigs, lambs, goats, pygmy goats, steers & heifer projects in our club. We do our big community service project every year in December. We participate in the Rotary Club Christmas Canned Food Drive for the needy families in our town. We are now getting our 4-H farm ready for our Fair animals, which we will be getting in April. The kids are all very excited and can hardly wait.

Our steer and heifer projects are going well. They all attended a show in Bakersfield a couple of weeks ago. The kids all did a great job at the show.

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Chief Peak 4-H  
by Jackie Larson  
Chief Peak 4-H meets the 1st Tues of the month at Summit School in Upper Ojai  
Club Leader: Jackie Larson  
Club President: Erica Larson, age 16  
Vice President: Mia Baca  

Chief Peak meets in Upper Ojai. We’re located up the mountain on HWY 150 between Ojai and Santa Paula. We have been meeting at Summit School for over 50 years and have been told we’re the oldest club in Ventura County. The little public school we meet at has about 50 kids total. Even some of our parents went to the little school and came to 4-H meetings as kids. The school was a little bigger then with as many as 120 students.

Our biggest project as usual is Market Swine with about 20 kids this year. Our Pygmy Goat project is growing by leaps and bounds and has a Vet coming this week to speak. Rabbit’s have taken off with a leap and everyone is having a great time with their bunnies. We also have Scrapbooking, Arts & Crafts, Horse and Archery. This year there’s a Science Project that members are enjoying. Not only the kids in the project have fun but the whole club gets to watch demonstrations of great experiments. Arts and Crafts will be learning about soap and candle making. Our newest projects are Poultry and Shooting and we’ll let you know how they turn out.

Community service is going strong in our club. In November we collect and bag snacks for the Homeless Shelter Program in Ojai along with sponsoring one of the dinners served at the shelter in February. We cook all the food and deliver it to the church that’s serving the dinner and some of the older members stay and help serve. We participated in TOTOSCE and made cuddle blankets for foster kids this year. In December we got together for our annual Holiday Cookie Baking Party. Covered in flour, we baked dozens and dozens of cookies and gingerbread people for the shelter and ourselves.

We are very proud of all our Chief Peak kids. This last year there were 10 members that medaled in Record Books at the County. A team of members got together and created a garden that they documented and entered in Uncle Leo’s contest. They won $400 for our club!

April Featured Club Happenings! will include an article from Citrus Valley 4-H & Conejo Valley 4-H.
DON’T MISS OUT!!

New Adult Volunteer Leader Certification Dates have been scheduled!

Volunteering is not as scary when you know what the job entails. Ask your club leader or project leader exactly what you can do to help. Attend trainings, and learn more from the job descriptions below. They can also be found on the State 4-H website at http://www.ca4h.org/Administration/Policies/Chapter6/.

- Club Leader Position Description http://www.ca4h.org/files/4771.doc
- Activity or Event Adult Volunteer Position Description http://www.ca4h.org/files/4770.doc
- Project Adult Volunteer http://www.ca4h.org/files/4772.doc
- Resource/Key Adult Volunteer http://www.ca4h.org/files/4772.doc

One volunteer position that currently does not have a position description posted is the Enrollment Specialist (Coordinator). You can view the responsibilities of this position on our website in Word format at http://ceventura.ucdavis.edu/files/79835.doc or in PDF format at http://ceventura.ucdavis.edu/files/79837.pdf

The dates for the New Adult Volunteer Leader Certification Training have been scheduled for:

1. Wednesday, April 27, 2011, 6:30 p.m. to 8:30 p.m.
2. Wednesday, May 18, 2011, 6:30 p.m. to 8:30 p.m.
3. Monday, June 20, 2011, 6:30 p.m. to 8:30 p.m.

Don’t miss out, R.S.V.P. today.

The trainings will be held at the 4-H Office:

669 County Square Dr., Ste 100
Ventura, CA  93003-5401

The trainings will begin PROMPTLY. Due to the large amount of material, participants MUST be on time & MUST attend the entire training or they will not have completed this important part of the certification process.

R.S.V.P. required, please include in an e-mail to tifisher@ucdavis.edu,

1. Your First & Last Name.
2. Your phone number.
3. The date of the training you will be attending.
4. Your mailing address so we can mail you the fingerprinting forms.
   o As soon as you receive the forms in the mail; contact a fingerprinting facility & schedule your fingerprinting appointment.
5. The name of the club you are volunteering for.

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Food Faire & Fashion Revue!

SAVE THE DATE!!

Food Faire & Fashion Review will be on April 30, 2011 at the Ventura County Fairgrounds in the McBride Hall from 2:30 p.m. to 6:00 p.m.

Entry deadline is April 17, 2011. The entry packet will be sent by email March 1st. If interested in volunteering, please contact Deborah Meyer-Morris @ morrispartyof4@aol.com.

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4-H Office Website

We hope that 2011 is off to a wonderful start for everyone.

The website program that our county 4-H website was created on has been replaced by a new program. Our office IT person has been in the process for several months now, switching the Ventura County Cooperative Extension website over to the new program. This process is now complete! With this process, the website has a wonderful whole new look!

Please take the time to become familiar with the updated website at http://ceventura.ucdavis.edu/Youth_Development/ and bookmark your favorite pages, save your favorite links, etc. as ALL of your previous bookmarks, saved links no longer work.

We hope that everyone has a wonderful 2011 year!

All the best,
The Ventura County 4-H Office
2011 Ventura County Fair Livestock and Equestrian

MARK YOUR CALENDARS!!

REMINDER: Check the Fair Entry Guide for all information and details.

**Ear Tagging Dates:**
- Market Steer – April 9, 2011, 8 a.m. – 11 a.m.
- Replacement Heifers – May 7, 2011, 8 a.m. – 10 a.m.
- Market; Goats, Lambs and Swine – June 4, 2011, 8 a.m. – 11 a.m.

**Entry Deadlines:**
- Large Livestock Breeding Animal: July 8, 2011
- Market Meat Pens – June 4, 2011, 9 a.m. – 11 a.m.

**Meat Pen Turkey Projects:**

After reviewing the changes for the 2011 meat pen turkeys, the Ventura County Fair has decided to allow both white and bronze turkeys for youth market meat pen projects.

Buyers are responsible for arranging for the processing of their bird, this includes live pick-up from the Fair and transportation to and from the processor of their choice.

A list of processors will be available at the small livestock office, silent auction bid table, and auction office.

Age Requirement: Turkeys must be 16 to 20 weeks of age as of the first day of Fair, August 3, 2011.

Weight Requirement: Minimum and maximum weights for turkeys have been established:
- Toms: 25 lbs minimum – 35 lbs maximum
- Hens: 15 lbs minimum – 25 lbs maximum

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**4-H Science, Engineering, and Technology**

4-H science, engineering, and technology projects encompass a wide variety of subjects and topics.

- **Animal Science**
- **Biological Science** including embryology, entomology, marine biology, and veterinary science
- **Consumer and Family Science** including textiles, fiber science, and kitchen science
- **Earth Science** including astronomy, climatology, forestry, outdoor adventure, and water education
- **Physical Science** including energy management, sustainability, and geology
- **Plant Science** including agriculture and gardening
- **Environmental Education**
- **Engineering and Technology** including website design, computers, gis/gps, and video production, aerospace, electricity, electronics, robotics, engines, and woodworking

However, all 4-H SET projects should contain these elements:

- Activities follow the **Experiential Learning Cycle**: After the activity, the facilitator leads youth through a period of reflection where the learner shares and processes the experience and applies new learning in authentic situations.
- Activities promote **Inquiry Learning using Effective Questioning**: Through learning experiences, youth are encouraged to think, explore, question, and make decisions. Youth build understanding through active exploration and questioning.
- Provides opportunities to improve **Science, Engineering, and Technology Abilities (Processes)**: Engages youth in science, engineering and technology through one or more of the thirty most important science, engineering, and technology processes.
- Anchored in a **Positive Youth Development Context**: Positive youth development occurs from an intentional process that provides youth opportunities to learn new skills, experience independence and develop concern for others in a positive learning environment. Contextualizing SET learning experiences within a positive youth development framework is critical in helping youth learn, grow, and contribute to their communities.
- Facilitated and delivered with **Adult Mentors who Partner with Youth**: Learning experiences are led by trained, caring adult staff and volunteers acting as mentors, coaches, facilitators and co-learners who operate from a perspective that youth as partners and resources in their own development.
- Programs offer **Extended Learning Opportunities**: Projects offer long-term experiences to significantly increase youth knowledge, skills and attitudes. Experiences are designed for extended frequency and duration that serve to build learning over time.
- Based on **National Science Education Standards**: SET activities delivered through inquiry-based learning focusing on concepts of physical science, life science, earth and space science, science and technology, science in personal and social perspectives, history and nature of science.

Additional resources, handouts, and links are available at [http://www.ca4h.org/Projects/SET/Initiative/](http://www.ca4h.org/Projects/SET/Initiative/)
Ventura County 4-H Small Animal Science PDC’s

SUPER FIELD DAY

A Multi-County Invitational with Medaling Events

Saturday April 30, 2011
9:00 a.m. – 2:30 p.m. Ventura County Fairgrounds

Featured activities and workshops include:

❖ Knowledge Bowl, Judging, Educational Posters medaling events.
❖ Live Breed ID
  • Be ready to test your knowledge of anatomy, illnesses, husbandry, and breed id. for rabbit, cavy, poultry, and dogs.
  • Enter an educational poster explaining care or species knowledge.

  NOTE: Only SAS project members may enter medaling/trophy events.

❖ Rally-O. Dogs need to be crated and on leash when not in crate.

Showmanship workshops for rabbits, cavies, and poultry
  • Bring your showmanship animals in cages w/water & food
  • Bring your showmanship tools, ie: walking stick, etc...

Uniform exchange-Bring your outgrown 4-H uniforms to pass along to others

❖ Coloring, crafts, and word games, door prizes and more........

Please wear your 4-H uniform. You do not have to be in a SAS project, or entering a fair to attend. All are welcome, and please R.S.V.P. soon.

Please bring a picnic lunch!

Please mail the entry form, code of conduct, medical form & check to:
Elaine Fowell
952 Via Ondulando, Ventura, CA 93003  Please mail by: April 1, 2011

805-644-9448, cpkpsmom@roadrunner.com

Make check payable to “Ventura County 4H” for $10.00 ea. child.
Note: SAS PDC Super Field Day on check memo line. Thank You!

VC SAS PDC SUPER FIELD DAY #5 entry form:

Name: ______________________ Age (as of Jan 1, 2011) _______ Grade ______
Address: _____________________ City _____________ Zip Code _______
Phone: ______________________ E-mail: __________________________
4H Club: ____________________ County: ___________________________
Project(s) enrolled, CIRCLE those that apply: Rabbit Cavy Dog Poultry NONE
Will you be participating in the Knowledge Events? Rabbit Cavy Dog Poultry NO
(Remember, you must be enrolled in the project: Please CIRCLE all that apply)
Will you be submitting a poster for judging? YES NO (CIRCLE one)
If yes, please list: Specie _______ Title: _________________ Are you entering:
Specie _______ Title: _________________ Rally-O? YES NO (circle one)
Specie _______ Title: _________________ Rabbit Hopping? YES NO (circle one)

Before mailing: Is Entry Form Completed? ______ Have you included: Code of Conduct? ___
Medical Release Form? ____ Check made out to Ventura County 4H? ______ THANK YOU!!
Purpose: The State 4-H Policy Advisory Committee is currently reviewing the literature and best practices on the use of social media by youth audiences. Based on this review the State 4-H Policy will develop policies regarding the use of social media sites such as Facebook, for review and approval by the State 4-H Director. These policies are being created to protect our 4-H youth, families and adult volunteers. Although the policies are not yet available, the following processes and practices should be adhered to by any 4-H club or council who wishes to have its own Facebook page, or any other social networking site.

If a 4-H club, council or project group has a Facebook page, it should be used to provide educational/informational posts about 4-H activities. The guidelines below will allow you to provide information to your “Fans” while limiting their ability to randomly post to everyone’s accounts. If something inappropriate is posted to your wall, the administrators should have the ability to delete the post and/or block the person posting, if necessary.

1. Who has administrator access:
   a. Only 4-H members who are 13 years of age and older or an adult 4-H volunteer shall have the authority to maintain a 4-H related Facebook page. We recommend youth members work in partnership with a 4-H adult volunteer or older teen mentor.
   b. A 4-H member, officer or adult volunteer should be designated to regularly update the Facebook Page. The Community 4-H Club volunteer (or other adult volunteer) must be added as administrators (see below).

2. What are roles & responsibilities
   a. A designated 4-H adult volunteer, such as the Community 4-H Club Leader, must monitor the page regularly (recommended weekly).

3. Guidelines
   a. Do not use the names of 4-H members when posting 4-H photos (e.g., no tagging).
   b. Please follow all policies regarding the use of the 4-H name and emblem and be sure to use a proper 4-H logo.
   c. Do not post copyrighted material. This includes videos with copyrighted music (e.g., event “afterglows” with copyrighted music).

4. Creating a fan page
   a. You must notify the county 4-H office if your 4-H club has or wishes to establish a Facebook page.
   b. DO NOT create a “personal profile” for your club. Instead create an “Official Page”. There is a link to “create a page” when you first go to set up a profile. This protects the 4-H member or adult volunteer maintaining the page, as well as the people who choose to become “Fans” of your page. The main difference is that people will not become “Friends” of your page, they will become “Fans”. This allows you to set up more restrictions on the page regarding how others can comment or post to your page. Fans will also not have access to the profiles of other fans if they are not already one of their “friends”.
   c. Instructions:
      i. Click on “Create a page”.
      ii. Under “Official Page” select “Brand, product or organization”. Select “Non-Profit” in the drop down menu.
      iii. Enter your page name (name of 4-H club) and check appropriate boxes. Select “Create Official Page”
      iv. In the left hand column of your page, select “Edit Page”.
      v. In the left hand column, select “Manage Permissions”. Please UNCHECK the boxes that say: “Users can write or post content on the wall,” “Users can add photos”, “Users can add videos”. Select “Save Changes”.
      vi. In the left hand column, select “Manage Admins”. Please add all members or adults who have been designated to maintain the page. Select “Save Changes”.

If your club currently has a page set up as a “personal profile,” please delete it and set up an “official page”. You can go to your own personal profile and invite specific people to become fans of the page once it has been created.

The above directives are effective February 1, 2011 and are to be followed until the official policies are available from the State 4-H Office. Once the official policies are in place, they will replace these temporary directives.

Issued: February 1, 2011, Sharon K. Junge, Interim Director, Statewide 4-H Youth Development Program

Thank you to Megan Osbourn, Sutter/Yuba 4-H Program Representative and the 4-H Technology Leadership Team for their assistance in developing these guidelines.
The California Regional Environmental Education Community (CREEC)'s mission is to link all educators to Environmental Education activities and resources throughout California. Together we can teach all Californians to care for our planet. The CREEC Network collaborates with Environmental Education Providers, Businesses, Government Agencies, and Community Organizations to support environmental education programs for students and families.

Project Learning Tree (PLT) GreenSchools
http://pltgreenschools.org/

PLT's GreenSchools! program, in partnership with the US Forest Service, and the Corporation for National and Community Service, provides a blueprint for educators, students, parents and interested community members to teach, learn, and engage together in creating a more green and healthy learning environment at their school. It combines environmental education, service learning, and leadership opportunities for students to help turn their school into a model green school.

Partnership for Biotechnology and Genomics Education (Univ of Calif, Davis)
http://pbge.ucdavis.edu/

The Partnership for Biotechnology and Genomics Education (PBGE) project on the UC Davis campus involves two related components of secondary education focused on Science, Technology, Engineering, and Mathematics (STEM) concepts. The components include the development and distribution of innovative 3D virtual reality software and a highly successful laboratory equipment loan program with associated curricula for hands-on instruction in biotechnology for secondary schools.

The Nation's Report Card: Science 2009

This report presents results of the 2009 National Assessment of Educational Progress (NAEP) in science at grades 4, 8, and 12. Highlights of the national results show that 34% of fourth-graders, 30% of eighth-graders, and 21% of twelfth-graders performed at or above the Proficient level. 72% of fourth-graders, 63% of eighth-graders, and 60% of twelfth-graders performed at or above the Basic level. At 8th grade, California had the second to lowest average science scale score, barely surpassing Mississippi (National Center for Education Statistics, 2011).

Report from the National Science Foundation
Science Learning Easier When Students Put Down Textbooks and Actively Recall Information

Put down those science textbooks and work at recalling information from memory. That's the shorthand take away message of new research from Purdue University that says practicing memory retrieval boosts science learning far better than elaborate study methods. The researchers showed retrieval practice was superior to elaborative studying in all comparisons.

A new free downloadable English/Spanish dictionary for garden-based learning, A Garden of Words/Un jardín de palabras (ANR Publication 8423), has now been posted to the ANR CS Web site at http://anrcatalog.ucdavis.edu/pdf/8423.pdf.

To view the catalog listing for this title, go to this URL: http://anrcatalog.ucdavis.edu/Items/8423.aspx.
March

4-H Calendar

http://calendar.ucanr.org/ (change “Location” to Ventura County & “Category” to 4-H/Youth Programs, Click “Go!”)

To help ensure you receive e-mails from us, be sure to add to your Safe/Green/Accept e-mails lists: ammarzolla@ucdavis.edu, tifisher@ucdavis.edu, 4hOnline [mailto:no-reply@4hOnline.com], and sagriffin@ucdavis.edu

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>3/7</td>
<td>Citrus Valley 4-H &amp; Conejo Valley 4-H Featured Club Happenings! articles due to the 4-H Office.</td>
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<tr>
<td>3/8</td>
<td>Preliminary Presentation Day @ 4-H Office 2-5 p.m.</td>
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<td>3/13</td>
<td>Ventura County 4-H Mini Rodeo 8-1 @ the Ventura County Fairgrounds Morgan Arena.</td>
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<td>3/16</td>
<td>EPDC Meeting, 6:45 p.m. @ Marie Callender’s in Camarillo.</td>
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<tr>
<td>3/26</td>
<td>County Presentation Day – Location to be announced.</td>
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<td>4/4</td>
<td>Del Norte 4-H &amp; Las Posas 4-H Featured Club Happenings! articles due to the 4-H Office.</td>
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<tr>
<td>4/9</td>
<td>TAGGING DATE: Market Steer, 8:00 a.m. – 11:00 a.m.</td>
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<td>4/17</td>
<td>Ventura County 4-H Trail Clinic 8-1 @ the Ventura County Fairgrounds Morgan Arena.</td>
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<tr>
<td>4/20</td>
<td>EPDC Meeting, 6:45 p.m. @ Marie Callender’s in Camarillo.</td>
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<td>4/27</td>
<td>New Adult Volunteer Certification Orientation, 6:30 p.m. – 8:30 p.m. @ the 4-H Office.</td>
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<td>4/30</td>
<td>Small Animal Science Field Day @ the Ventura County Fairgrounds.</td>
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<td>5/2</td>
<td>Loma Vista 4-H &amp; Mira Monte 4-H Featured Club Happenings! articles due to the 4-H Office.</td>
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<td>5/7</td>
<td>TAGGING DATE: Replacement Heifers, 8:00 a.m. – 10:00 a.m.</td>
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<td>5/7-14</td>
<td>2011 Western Regional Leaders Forum; “Cruising to 4-H Excellence!”</td>
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<td>5/15</td>
<td>Ventura County 4-H Gymkhana Clinic 8-1 @ the Ventura County Fairgrounds Morgan Arena.</td>
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<td>5/18</td>
<td>EPDC Meeting, 6:45 p.m. @ Marie Callender’s in Camarillo.</td>
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<td>5/18</td>
<td>New Adult Volunteer Certification Orientation, 6:30 p.m. – 8:30 p.m. @ the 4-H Office.</td>
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<td>6/4</td>
<td>TAGGING DATE: Market Goats, Lambs &amp; Swine, 8:00 a.m. – 11:00 a.m.</td>
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<td>6/4</td>
<td>Fair Entry Deadline for Market Meat Pens 9 a.m. – 11 a.m.</td>
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<td>6/6</td>
<td>Mupu 4-H &amp; Piru 4-H Featured Club Happenings! articles due to the 4-H Office.</td>
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<td>6/12</td>
<td>Ventura County 4-H Equine Field Day 8-2 @ the Ventura County Fairgrounds Morgan Arena.</td>
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<td>6/15</td>
<td>EPDC Meeting, 6:45 p.m. @ Marie Callender’s in Camarillo.</td>
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<td>6/20</td>
<td>New Adult Volunteer Certification Orientation, 6:30 p.m. – 8:30 p.m. @ the 4-H Office.</td>
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<td>7/1</td>
<td>Entry DEADLINE for 4-H &amp; Grange Youth Horse Show</td>
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<tr>
<td>7/8</td>
<td>Fair Entry Deadline for Large Livestock Breeding Animal</td>
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<td>7/11</td>
<td>Fair Entry Deadline for Rabbit, Cavy &amp; Poultry</td>
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<td>7/15-17</td>
<td>4-H &amp; Grange Youth Horse Show</td>
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<tr>
<td>8/1</td>
<td>Santa Rosa Valley 4-H &amp; Sespe 4-H Featured Club Happenings! articles due to the 4-H Office.</td>
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