

# *Clover Lines*

## **Seeking Nominations for Interim Ventura County 4-H Council Executive Committee Officers**

By A. Michael Marzolla, 4-H Youth Development Advisor

The Ventura County 4-H Volunteer Management Organization is seeking nominations for interim officers of the Ventura County 4-H Council. Upon election, these officers will be expected to serve a one-year term and assist with the establishment of a formal Ventura County 4-H Council that is expected to be re-established during the 2011-'12 4-H program year. Please keep in mind:

- Candidates need to be 18 years or older and enrolled as a certified 4-H volunteer to be eligible for office.
- If elected they will serve a one-year term and they will be eligible to run for a two-year term in the next-year's election.

Please review the position descriptions for council officer below. Share your nominations with your 4-H Club community leader.

NOTE: qualified individual are welcome to self-nominate. We expect to have a full slate of candidates for the May Volunteer Management Organization meeting.

### **Ventura County 4-H Council Officers Position Descriptions**

A. **President**: It shall be the duty of the president to:

- Preside over all regular and special meetings of the County 4-H Council.
- Serve as ex officio member of all committees of the County 4-H Council and appoint the members of such committees.
- Call special meetings when necessary and in concurrence with the county 4-H YDP staff.
- Prepare Executive Committee and 4-H Council meeting agendas in consultation with the county 4-H YDP staff.
- Have signature authority on the 4-H Council checking account and savings account.
- Have voting rights when a motion is on the floor and results in a tie vote.
- Convene a complaint review committee in conjunction with 4-H staff

Appoint committees

B. **Vice-President**: It shall be the duty of the vice president to:

- Preside at all meetings in the absence of the president.
- To succeed to the office of President if that office should become vacant between elections.
- Serve as chairman of the 4-H Council Program Committee.

Have signature authority on the 4-H Council checking account and savings account.

C. **Secretary**: It shall be the duty of the secretary to:

- Record the full and complete minutes of all meetings of the 4-H Council, and assist with any and all correspondence as directed by the president. Motions made during the meeting and the result thereof should be accurately documented and recorded.
- Provide a set of all 4-H Council minutes to the county 4-H YDP staff the week following each council meeting. These minutes will be made available to the membership at large with no exceptions.
- Keep a record of those present at the 4-H Council meeting (units and other individuals).
- Have signature authority on the 4-H Council checking account and savings account

D. **Treasurer**: It shall be the duty of the treasurer to:

- Keep accurate financial records, copies of invoices bills, etc., relating to the funds and property of the 4-H Council, accounting fully for all receipts and expenditures.
- Receive, record and deposit all funds in a regulated bank or similar financial institution to the account established for the 4-H Council.
- Pay bills and make other authorized expenditures provided for in the budget or otherwise approved by the 4-H Council.
- Secure authorization by the 4-H Council for disbursement of all funds.
- Comply with all University of California financial policies and procedures as outlined in the 4-H YDP Policy Handbook.

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University of California  
Agriculture and Natural Resources

Cooperative Extension  
Ventura County



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# Featured Club Happenings!

## Citrus Valley 4-H

by Savanna Stanley

Club Leader: Monica Bednar-Stanley

Club President: Savanna Stanley, age 15

Many exciting projects are taking place at Citrus Valley 4H. We have large and small animal projects, leadership, and arts-n-crafts. Last month we were able to go to the Ojai Foundation Council Based Ropes Course. There we learned to trust each other and to push past our fears. Here are some of the comments by the club members.



My favorite part was the V because it was super sketchy but I'm coming back and gonna get farther on the V. - Wyatt Fuchs age 13

My favorite one was the Dragon Challenge because it took teamwork and skills. - Layne Bell age 13

I liked how I was able to conquer my fear of heights. Also it doesn't take long to trust someone. - Kyle Hoyt age 14

My favorite part of the Ojai Ropes Course was the High V. I hope to come back soon. - Lucas Hoyt age 11

I loved jumping into the V. It was awesome. - Sam Hoyt age 8

Witnessing the club's extraordinary teamwork was awesome. - Meghan, our facilitator

The team building experience was unbelievable. We were all pushed out of our comfort zones and excelled. - Monica Stanley, club leader

I liked jumping off the High V. - Lily Grant age 9

I really trusted other people to really help me get off the course. I gained trust. - Brenna Swaffar age 10

I loved the new adventure. Trying something new always excites me. - Savanna Stanley age 15

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## Conejo Valley 4-H

by Katie Trockey

Club Leader: Mrs. Toole and Mrs. Trockey

Club President: Kate Trockey, age 17

Secretary: Meghan Woodard, Vice President: Emma Trockey, Treasurer: Kyla Vinson

This year, in the Conejo Valley 4-H Club, our theme is **4-H In Motion!** And we are sure moving quickly throughout the year from Ice Skating in January to building and racing Gutter Derby Cars in March and April.

But that's not all we are doing! Over the holiday season, we made seventeen Stockings overflowing with goodies for the soldiers, donated two huge bags of dog and cat supplies and toys to the Agoura Animal Shelter, cut and tied fourteen No-Sew Fleece Blankets for Project Linus and hand-created beautiful cards for Veterans and soldiers over seas.

With the 4-H year ending in just four months, we hope to have all our members complete a Record Book for at least club level. So to help with our goal, before each meeting we write down everything we did over the past month in our Record Book Row. This way we can help each other to add to our Record Books over the months instead of at the end of the year.

But for now, we are focusing on Presentation Day. At our February meeting, we had eight different Demonstrations in a Bag for the members to present as impromptu speeches. We had presentations from many projects including how to bathe a dog, how to make a bracelet, how to make cookies, and how to change a baby's diaper.

The Conejo Valley 4-H Club meets the 2nd Monday of the month in the Cameron Center, Thousand Oaks at 7pm. So come join us at our April meeting as we give Thanks to our wonderful Leaders, make People-to-People Lunches, and race our awesome Gutter Derby Cars!



May Featured Club Happenings! will include an article from Del Norte 4-H & Las Posas 4-H.

**CONTINUED FROM PAGE 1.**

- Furnish financial reports annually at year-end and at such times as required by the 4-H Council and the county director. Financial reports should include a Statement of Financial Position (balance sheet), a Statement of Revenues and Expenses (income statement), and a list of tax identification numbers used in the county 4-H Council system/program.
- Act as custodian of all funds and personal property of the 4-H Council, and keep a current list of all such property.
- Prepare all financial records for an annual audit or peer review in accordance with University of California procedures.
- Prepare and file all reports required by federal, state and local governmental agencies, including the Internal Revenue Service (990), California State Franchise Tax Board, and the State Board of Equalization, where and when applicable.
- Forward annual financial reports to the county director or designee at the close of the 4-H program year and no later than September 15th.

Have signature authority on the 4-H Council checking account and savings account.

A. Reporter/Historian: It shall be the duty of the reporter/historian to:

- Provide external communications with media, i.e., radio, newspapers, etc.
- Provide internal communications via a county 4-H newsletter with members, participants, 4-H adult volunteers and 4-H YDP staff, regarding 4-H Council activities.

Provide training, support and assistance to 4-H unit reporters and historians in the visibility and public relations area.

Information about the **Second Annual California 4-H Photography Contest** is now available on the State 4-H Website at <http://www.ca4h.org/Programs/Events/SFD/Photo/>. The photography contest will be held during the 2011 CA 4-H State Field Day at UC Davis on May 28, 2011, from 8:30a.m.- 6:00p.m. The online registration is now open, and the deadline is May 6, 2011. Please help the California 4-H Technology Leadership Team by spreading the news of the photography contest throughout your counties. We had a great turnout last year, and hoping the same this year!

## Fair Rep Wanted

Ventura County needs someone like you, a leader who can represent the needs and opinions of our 4-H program at the Ventura County Fair. The job requirements include:

- Attending approximately 2 Fair Board/Committee meetings per month, year-round.
- Preparing a brief report on the happenings of the Fair meetings. This report will be presented to the Council and used to create timely updates for leaders and the Clover Lines.
- Presenting the needs and opinions of the 4-H Council to the Fair Board as needed and appropriate.

This position is vitally important in supporting the traditional 4-H program. If you are interested in serving as the Ventura County 4-H Fair Representative, or would just like more information, please contact Gwyn Vanoni at [gwvanoni@ucdavis.edu](mailto:gwvanoni@ucdavis.edu) or 805.645.1482.

## 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/4773.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](mailto: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.
  - 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.



## All-Stars News By: Savanna Stanley & Dayle Morris, Ventura County All-Stars

Our first goal as All-Stars was to visit all 16 4-H clubs in Ventura County. So far we have visited Mupu, Conejo, Bardsdale, Somis, Chief Peak, Las Posas, Tapo-Simi, Loma Vista, and Citrus Valley. During our visit to Conejo 4-H, we had a lot of fun sharing our disability awareness game with Conejo 4-H members. We have dates set for visits to Mira Monte and Santa Rosa, so we still need to get dates from the five remaining clubs so we can come out and meet you too. If you do not see your club name on this list, please e-mail Dayle @ [dayle.morris@gmail.com](mailto:dayle.morris@gmail.com) to schedule a date for us to come introduce ourselves and discuss our All-Star Project.

We have also been spending a lot of time working on our 4-H County Wide All-Star Project, which is designing and building a nature-walking path through the Ormond Beach Outdoor Classroom in Oxnard. Dayle went to the City of Oxnard and spoke to the Mayor and the City Council at a City Council Meeting. The Mayor was very excited about our project and gave us permission to do it. We had to ask permission because the City of Oxnard owns the land where the Outdoor Classroom is located.

We also wrote a Healthy Living Grant, and just heard that our project has been funded for \$1,000. **Yeehaw!!** We are so excited!! On March 13, 2011, we met with Dale Dean of the Ventura County Master Gardeners, Nancy Pedersen, Director of the Outdoor Classroom, and members of Oxnard City Corps to begin laying out the trail, which will be named the Roma-Jean 4-H Educational Wetland Path. The path is being named in honor of Jean Harris and Roma Armbrust, two (now deceased) Oxnard teachers who fought for over 30 years to protect the wetlands from being developed, and to clean up the toxic waste left at the nearby Halaco metal processing site.

The Roma-Jean nature walking tour at Ormond Beach, will include, at each of the 10 posts, information regarding exercises children and adults can do. The information on the posts will focus on flexibility, strength building and proper posture. We will try to have the exercises correlate to the movements of birds as much as possible to make the movements fun for all. We will also be identifying ten native plants and birds that you can look for as you walk through the wetlands, including the resident hummingbird that has followed visitors to Ormond Beach for the last five years.

If you have any connections to building supplies, a wood chipper, mulch or know any one who can help us make waterproof boxes or signs for our project, please let us know as we can use help and donations. We hope to finish identifying plants and birds by next month, so that we can begin having work days at Ormond Beach in May. Please call Savanna at (805) 657-5016 or Dayle at (805) 701-2001, if you or your club would like to help or want more information about this project. You can also follow our progress on Ventura County 4-H's Facebook page, and we hope to meet more of you on April 30th at the Small Animal Science Field Day, Fashion Review & Food Faire at the Ventura Fairgrounds.

## Ventura County 4-H Food Faire and Fashion Revue 2011

The event will be held Saturday, April 30th from 2:30 p.m. to 6:00 p.m. at the Ventura County Fairgrounds. On our website [http://ceventura.ucdavis.edu/Youth\\_Development/4-H/](http://ceventura.ucdavis.edu/Youth_Development/4-H/), you will find entry forms for the Ventura County 4-H Food Faire & Fashion Review. A completed Code of Conduct Form and a completed Medical Release Form must be submitted with entry forms for each entrant.

Please note this year judging will be done pursuant to the new California State 4-H Fashion Review rubric. Please refer to the link in the entry form packet for specific criteria. However, Food Faire will continue to follow the previous judging rubric, and sample score sheets are available in the attached packets.

On page 21 of the SFR Fashion Review Booklet are specific suggestions for record book activities relating to this event. The FF/FR committee is specifically looking for participants in Arts & Crafts projects to help design site decorations for the fashion show, gifts bags for judges, as well as to set up and facilitate crafts for the events. In addition, we are looking for participants in various club Leadership projects to work with the Ventura County All-Stars to help plan the event, make signs and provide information and assemble packets for the registrants to use on the day of the event, as well as to organize and facilitate some of the educational games. We are also in need of participants in the Photography projects to take photos of the event for Clover Lines and the Ventura County 4-H Facebook page.

In addition, we are also in need of an adult volunteer to assist with administrative tasks both before the date of the event and on the date of the event. We will also need adults to monitor the changing areas and provide a hospitality area for participants and their families, as well to solicit donations for the day of the event. Lastly, please note that for record book purposes, participation in Food Faire and participation in Fashion Review are each counted separately.

Please contact Debbie Meyer-Morris @ [morrispartyof4@aol.com](mailto:morrispartyof4@aol.com) if you or your 4-H'ers or 4-H project group would like to be a part of the FF/FR Planning Committee or if you have any questions about the event. This is a great opportunity to get valuable leadership and community service hours, as well as a chance to refine your project skills. If you would like to be a judge or have judged before and would like to do it again, please contact Jennifer D'Atri @ [jenniferdatri@yahoo.com](mailto:jenniferdatri@yahoo.com) to add your name to our judging list.

Sincerely, Debbie Meyer-Morris, 2011 FF/FR Committee

## Funding Opportunities from the March 2011 issue of *Healthy Living Monthly Updates*

**4-H Scholarships for Higher Education: Deadline: May 31, 2011.** Have you considered pursuing a career in nutrition, fitness, or other health-related fields? The California 4-H Youth Development Program is committed to promoting higher education, in part through offering financial assistance for youth pursuing college after high school. Scholarships are available for graduating high school seniors and college-attending students between the ages of 16 and 25. If candidates were 4-H members in high school they may apply for funds to cover tuition, books, and room and board. For more information, visit [www.ca4h.org/Resources/Members/Scholarships](http://www.ca4h.org/Resources/Members/Scholarships).

**Financial Aid for 4-H State Leadership Conference: Deadline: May 13, 2011.** Want to participate in a variety of healthy living opportunities with some of your friends from across the state? This year's 4-H State Leadership Conference will feature sessions, speakers and activities that will inspire you to make winning choices about your health! Through a grant from Wells Fargo and assistance from the California 4-H Foundation, financial aid is available to delegates wishing to attend the 2011 4-H State Leadership Conference. Learn more at [www.ca4h.org/files/53496.doc](http://www.ca4h.org/files/53496.doc).

## Cheese Making Class at UC Hansen Agricultural Center February 26, 2011

By Brenna Swaffar, Age 10, Citrus Valley 4-H



I went to the cheese making class given by Dr. Rafael Jimenez, a professor of Dairy Science at Cal Poly-San Luis Obispo. I learned that cheese comes from cow milk and that every cow makes a different type of milk. I also learned that cheese needs bacteria to grow. Some cheeses take 3 years until it is ready to eat like hard parmesan cheese. I looked into a microscope and the bacteria looked like eyelashes.

In the gardens, we saw a cat chasing a rabbit. Luckily, the rabbit escaped from the cat who eagerly wanted some food. I wanted to eat cheese for lunch.

Pictured: Brenna Swaffar & Savanna Stanley

## *4-H Fur and Feathers Event Jan 8, 2011* By Karen Payne, Youth Cavy Chair

The 4-H Fur and Feathers event held on January 8, 2011 was a busy fun-filled day! Sixty-three 4-H members from Ventura, Santa Barbara, Los Angeles, Orange, San Luis Obispo and Kern Counties pre-registered and attended the event, however over 150 people were present at the event.

In the Cavy Breed Show there were 33 Cavies entered, representing 12 of the 13 Cavy Breeds.

Best of Breed for Abyssinians, Abyssinian Satins, American Satins, Coronets, Peruvians, Peruvian Satins, Silkies, Teddies, and Teddy Satins were all won by Rebecca Paxson of Santa Rosa Valley 4-H. Best of Breed for Americans was won by Sarah Alamillo of Mupu 4-H. Best of Breed for White Cresteds was won by Melissa Marshall of Loma Vista 4-H. Best in Show was won by Rebecca Paxson of Santa Rosa Valley 4-H with her Broken Color Teddy Cavy. Reserve in Show was won by Sarah Alamillo of Mupu 4-H with her Golden Agouti American Cavy.

In Cavy Showmanship the placement was as follows:

Juniors: Gold Medal: Lauren Alamillo, Mupu 4-H

2nd Place: Bethaney Valenzuela, Mupu 4-H

3rd Place: Rebecca Paxson, Santa Rosa Valley 4-H

4th Place: Ben Voorhees, Cinco Companas 4-H

5th Place: Sarah Alamillo, Mupu 4-H

6th Place: Audrey Hargleroad, Santa Rosa Valley 4-H

Intermediates: Gold Medal: Joshua Finch, Mupu 4-H

2nd Place: Eryn McKinney, Magunden 4-H

3rd Place: Hayden Hargleroad, Santa Rosa Valley 4-H

Seniors: Gold Medal: Caitlin Voorhees, Cinco Companas 4-H

2nd Place: BJ Bender, Trabuco Trailblazers 4-H

3rd Place: Glenda Marshall, Loma Vista 4-H

Novice: 1st Place: Chloe Hilles, Mupu 4-H

Our Primary Cavy Showmanship Participant was Genevieve Valenzuela, Mupu 4-H

In the Cavy Poster Event, Best Senior Poster: Caitlin Voorhees, Cinco Companas 4-H

Best Intermediate Poster: Joshua Finch, Mupu 4-H

Best Junior Poster: Sarah Alamillo, Mupu 4-H

## *Rabbit Show Results By Spencer Wittrock*

There were 70 rabbits entered representing 12 different breeds.

**Best In Show** - Sarah Bobardt, Tierra Rejada 4-H with her Netherland Dwarf senior buck.

**Best Reserve in Show** - Nikki McCarty, Las Posas 4-H with her Mini Lop senior buck.

Best of Breed winners:

American: Ciel Kozlowski, Palos Verdes Peninsula 4-H

Britannia Petite: Meghan Martin, Agoura 4-H

Dutch: Enzo Suprinski, El Camino 4-H

Himalayan: Caitlin Voorhees, Cinco Companas 4-H

Holland Lop: Kayla Erath, Lucky Clover 4-H

Lilac: Gillian Robasciotti, El Camino 4-H

Rabbit Showmanship: 22 Showmen participated

Senior: 1. Caitlin Voorhees, Cinco Companas 4-H – Gold

2. BJ Bender, Trabuco Trailblazers 4-H

3. Sarah Bobardt, Tierra Rejada 4-H

Intermediate: 1. Spencer Wittrock, Loma Vista 4-H - Gold

2. Eryn McKinney, Magunden 4-H

3. Unknown

Mini Lop: Nikki McCarty, Las Posas 4-H

Mini Rex: Stephen Ziegler, Chief Peak 4-H

Netherland Dwarf: Sarah Bobardt, Tierra Rejada 4-H

Polish: Spencer Wittrock, Loma Vista 4-H

Standard Chinchilla: Ben Voorhees, Cinco Companas 4-H

Tan: Spencer Wittrock, Loma Vista 4-H

Junior: 1. Ben Voorhees, Cinco Companas 4-H – Gold

2. Zachary Gorman, Chief Peak 4-H

Novice: 1. Stephen Ziegler, Chief Peak 4-H

2. Patrick Ziegler, Chief Peak 4-H

*Poultry Show Results were not received.*

# Livestock-Poisoning Plants of California

By Chris Webb

UC ANR has recently released a fantastic publication to help livestock owners reduce the risk of animal poisoning caused by the ingestion of poisonous plants. This 44-page publication is full of photographs to help with the identification of over 30 hazardous ornamental and range plants found throughout California.

Tables throughout will assist owners to assess risk, recognize signs of animal poisoning and more. To access this free resource, please click here <http://anrcatalog.ucdavis.edu/pdf/8398.pdf>.

## **Livestock & Equestrian Committee, Ventura County Fair Board, March 3, 2011**

### Notes Pertinent to 4-H

- **Breeding Heifers Registration Papers** – Registered breeding heifers will now need to have a copy of their registration papers to turn in at Tagging Day. This change will be noted in the Competition Guide. This will allow the buyers at auction to get the registration information more quickly.
- **Market Turkey Update** – All market (meat) turkey breeds will be allowed to go to auction beginning this year. This change allows for heritage breeds, bronze-breasted and white-breasted turkeys. The Fair staff are still reviewing meat processor options for poultry.
- **Small Livestock Superintendent** – Elzie Daniels will be filling the Small Livestock Superintendent position beginning this year. Elzie was a long-time volunteer with Small Livestock at the Fair. He is currently reviewing the competition guide and preparing for this year's fair.

### Agenda items for May

- Judging Independents Separately
- Introducing a "Champion of Champions" Award similar to Santa Barbara Fair

### Other Fair Notes

- Clark Pavilion construction is proceeding. The project will be awarded this month. Camping will be dependent on the construction. The Fair is researching alternative options. The phase of the Clark Pavilion construction during the Fair is yet to be determined, although the Fair has guaranteed a functioning, covered area to provide for events during the Fair.

From the March 2011 issue of *Healthy Living Monthly Updates*

**If you could improve the health in your 4-H club, where would YOU start?** The 4-H Healthy Living Initiative Advisory Committee wants to hear about what is currently taking place within your county and club programming, and how the healthy living components and practices of California 4-H can be strengthened. To put it simply, we want to know how we can BEST provide the desired programs, resources, and activities that will benefit your 4-H community. To represent Ventura County and have your voice heard, visit <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=5768>.

**How Much do Fruits and Vegetables Really Cost?** A new study released by the U.S. Department of Agriculture's (USDA) Economic Research Service shows just how affordable fruits and vegetables really are. Getting the recommended amount costs only \$2-\$2.50 per day. Researchers also found no significant difference between the average prices of fresh and processed fruits and vegetables. For an array of tips for eating healthy on a budget and advice for eating more fruits and vegetables while limiting sodium, added sugars, and solid fats, visit [www.FruitsAndVeggiesMoreMatters.org](http://www.FruitsAndVeggiesMoreMatters.org). To view the full USDA report, visit [www.ers.usda.gov/publications/eib71](http://www.ers.usda.gov/publications/eib71).

**Healthy Living Curriculum: 50 Activities to Build Healthy Habits** Get middle and high school students involved in learning using *Activities That Teach*, by Tom Jackson. Each book contains 50, 15- to 30-minute learning activities to introduce, reinforce, or complement a variety of health topics. Students practice and apply these skills to various scenarios dealing with drug, alcohol and tobacco-use prevention, anger management, conflict resolution, and other life skills. Buy online, or check out materials for free from the California Healthy Kids Resource Center, [www.californiahealthykids.org](http://www.californiahealthykids.org).

**CYFERnet Cyberbullying Resources:** Adults who work with young people are concerned about the dangers of cyberbullying. In response to the national focus on these issues, CYFERnet continues to focus on cyberbullying and sexting—what parents and educators need to know and what they can do to help young people in their families, schools, and communities. To browse the recommended resources, visit [www1.cyfernet.org/hotnew/12-10-bully.html](http://www1.cyfernet.org/hotnew/12-10-bully.html).

**4-H Event Nutrition Standards:** Research suggests that youth who consume soft drinks get 10 to 11 percent of their daily calorie intake from sweetened beverages. Not surprisingly, sugar-sweetened drinks are the leading source of added sugars in the diets of adolescents. For a free fact sheet highlighting strategies to promote healthy beverages at 4-H club and county events, visit [www.ca4h.org/files/77942.pdf](http://www.ca4h.org/files/77942.pdf).

**Let's Eat Smart & Play Hard Together! Curriculum:** Let's Eat Smart & Play Hard Together is a 6-lesson nutrition and physical activity curriculum for primary 4-H members and the adults in their lives. Participants learn how healthy snacks and fun physical activities contribute to their health. Available for purchase through ANR Publications for \$50.00, [anrcatalog.ucdavis.edu/items/3520.aspx](http://anrcatalog.ucdavis.edu/items/3520.aspx).



### Cool the Earth

<http://www.cooltheearth.org/our-program/>

Cool The Earth is a free, ready-to-run program that educates K-8 students and their families about climate change and inspires them to take simple actions to reduce their carbon emissions. The program is successful because it's fun and empowering for the kids, and their enthusiasm is contagious!

### Understanding Science: Age dating star clusters

[http://undsci.berkeley.edu/lessons/age\\_dating\\_star\\_clusters.html](http://undsci.berkeley.edu/lessons/age_dating_star_clusters.html)

This lesson outlines how to teach participants on techniques used to date the age of star clusters by astronomers. In the process, participants learn about the role of visual representations of data in science and how to explore potential relationships among variables.

### Explore Nano Sunblock

<http://teachers.egfi-k12.org/lesson-explore-nano-in-sunblock/>

Sunblocks containing nanoparticles are one of the most common applications of nanotechnology. In this quick, hands-on lesson using everyday materials, students in grades K-12 compare sunblock containing nanoparticles to those that do not and learn how nanoparticles are used to help block harmful rays from the sun.

## 4-H Library

### National Directory of 4-H Materials

*Combination of free and for sale materials*

<http://www.4-hdirectory.org/>

The 4-H National Directory of Materials is a searchable database of educational materials currently available throughout the Cooperative Extension System. You will find group project materials, volunteer and professional development materials, as well as many other resources. You can search by topic area or keyword, then click on the links to the resources.

### Free Online 4-H Curricula Library

<http://www.ca4h.org/Projects/Curriculum/SETCurriculum/>

Download PDF files for Veterinary Science, Rabbits, Exploring Salmon and Steelhead, Water Quality, Pollinators, Pond Mapping, Engineering, Agriculture, or DNA.

## 4-H Office

The 4-H Office is open (except for County designated Holidays) Monday through Friday, 8a.m. to 5p.m. Please call the 4-H Office at (805) 645-1464 for more information. Our fax number is (805) 645-1474.

### Staff Hours & Program Responsibilities

**Michael Marzolla** (805) 662-6943

4-H Program Advisor – Community Club Program, Policy and Procedure, New Unit Organization, Club Leader Advice, Training (Youth/Volunteer).

E-mail: [ammarzolla@ucdavis.edu](mailto:ammarzolla@ucdavis.edu)

**Tisha Fisher** (805) 645-1464

Monday – Thursday

4-H Assistant – Enrollment, Mailings, Pins, Equipment Check Out, 4-H Calendar, Event Support, 4-H Library, General Information, *Clover Lines* Editor.

E-mail: [tifisher@ucdavis.edu](mailto:tifisher@ucdavis.edu)

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County Director,

4-H Youth, Family & Community Development Advisor

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It is best to e-mail articles about your Group's activities and events to the 4-H Office.

Please e-mail your articles to

[tifisher@ucdavis.edu](mailto:tifisher@ucdavis.edu)

**DEADLINE FOR SUBMISSIONS IS THE 1st MONDAY OF EACH MONTH FOR THE FOLLOWING MONTH'S ISSUE.**

*Rose Hayden-Smith*

Rose Hayden-Smith

4-H Youth, Family & Community Development Advisor

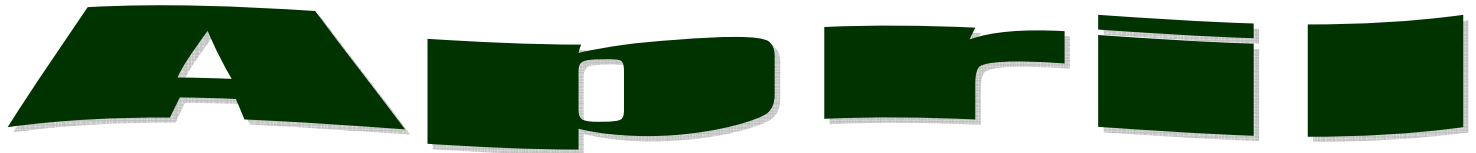
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# 4-H Calendar

<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](mailto:ammarzolla@ucdavis.edu), [tifisher@ucdavis.edu](mailto:tifisher@ucdavis.edu), 4hOnline [\[mailto:no-reply@4hOnline.com\]](mailto:no-reply@4hOnline.com), and [sagriffin@ucdavis.edu](mailto:sagriffin@ucdavis.edu)

4/4	Del Norte 4-H & Las Posas 4-H Featured Club Happenings! articles due to the 4-H Office.	5/18	New Adult Volunteer Certification Orientation, 6:30 p.m. – 8:30 p.m. @ the 4-H Office.
4/9	<b>TAGGING DATE:</b> Market Steer, 8:00 a.m. – 11:00 a.m.	5/28	2011 CA 4-H State Field Day at UC Davis, from 8:30a.m.-6:00p.m.
4/17	Ventura County 4-H Trail Clinic 8-1 @ the Ventura County Fairgrounds Morgan Arena.	5/31	4-H Higher Education Scholarship DEADLINE.
4/20	EPDC Meeting, 6:45 p.m. @ Marie Callender's in Camarillo.	5/31	4-H State Leadership Conference Financial Aid DEADLINE.
4/27	New Adult Volunteer Certification Orientation, 6:30 p.m. – 8:30 p.m. @ the 4-H Office.	6/4	<b>TAGGING DATE:</b> Market Goats, Lambs & Swine, 8:00 a.m. – 11:00 a.m.
4/30	Small Animal Science Field Day @ the Ventura County Fairgrounds.	6/4	Fair Entry Deadline for Market Meat Pens 9 a.m. – 11 a.m.
4/30	Fashion Revue & Food Faire @ the Ventura County Fairgrounds, 2:30 p.m.-6:00 p.m.	6/6	Mupu 4-H & Piru 4-H Featured Club Happenings! articles due to the 4-H Office.
5/2	Loma Vista 4-H & Mira Monte 4-H Featured Club Happenings! articles due to the 4-H Office.	6/12	Ventura County 4-H Equine Field Day 8-2 @ the Ventura County Fairgrounds Morgan Arena.
5/6	2nd Annual CA4-H Photography Contest registration DEADLINE.	6/15	EPDC Meeting, 6:45 p.m. @ Marie Callender's in Camarillo.
5/7	<b>TAGGING DATE:</b> Replacement Heifers, 8:00 a.m. – 10:00 a.m.	6/20	New Adult Volunteer Certification Orientation, 6:30 p.m. – 8:30 p.m. @ the 4-H Office.
5/7-14	2011 Western Regional Leaders Forum; "Cruising to 4-H Excellence!"	7/1	Entry DEADLINE for 4-H & Grange Youth Horse Show
5/15	Ventura County 4-H Gymkhana Clinic 8-1 @ the Ventura County Fairgrounds Morgan Arena.	7/8	Fair Entry Deadline for Large Livestock Breeding Animal
5/18	EPDC Meeting, 6:45 p.m. @ Marie Callender's in Camarillo.	7/11	Fair Entry Deadline for Rabbit, Cavy & Poultry
		7/15-17	4-H & Grange Youth Horse Show