Clover Lines

A few words from Rose Hayden-Smith

In the last two years, UC ANR has reorganized the Division's work into five strategic initiatives. You can learn more about these initiatives by reading the strategic plan at http://ucanr.org/About_ANR/Strategic_Vision/

In early March, I moved from the position of County Director for Ventura Cooperative Extension to serve as leader for UC ANR's Sustainable Food Systems Initiative. This initiative covers all aspects of agriculture and food systems, and I'm very excited to be involved in this work. This is a half-time statewide position with a multi-year appointment. I'm finding the new assignment challenging and enjoyable.

I'm very excited to be able to tell you that effective September 1st, I'll also be working back with the 4-H community club program. I will spend 50% of my UC assignment in this role, which has most recently been covered by Michael Marzolla, who is retiring June 29th. While Michael's tenure with our program was short (since October) he has made strong impacts, and he will be missed.

I will be on a leave/vacation for much of the summer, finishing up some very important projects and enjoying some time with my family. Between the period of July 11th and the end of August, when I'll be gone, the community club program will be covered by UC funded program representative Susana Bruzzone-Miller (on loan from the Hansen Agricultural Center) and Tisha Fisher, our county funded administrative assistant. I will be available to Tisha and Susana to answer questions, but **any queries/issues you have should be directed to Tisha Fisher at tifisher@ucdavis.edu as a starting point. Please do not direct e-mails or phone calls to me between July 1st and September 1st,** as I will be away from the office on a business trip and then on leave. I will not be able to return your e-mails or phone calls during this time.

While Susana has not worked with the community club program before, she has extensive experience as a UC educator and with youth/volunteers in other UC programs. A registered dietician, Susana is an experienced program representative, and I know that she and Tisha will do a wonderful job with the program over the summer. They will be supported in their work by a new group of Council officers who can provide advice, experience and sage counsel for them.

Fair time brings opportunities for learning, sharing and time to spend with 4-H friends and our families. Unfortunately, however, Fair time can sometimes put pressure on relationships and conflicts erupt. The conflicts can take up much staff and volunteer time during the summer months, time that could be better spent supporting the important work of youth members and volunteers. I would encourage everyone involved in the 4-H program to carefully consider the best ways to live out the 4-Hs, and to make the best attempts to ignore little irritations and to resolve conflicts as they occur. Have a Heart for one another; 4-H is a community composed of diverse people who are joined by common values and educational goals relating to positive youth development. While issues of safety and clear violations of the Code of Conduct(s) should be addressed, many times the complaints that come to the 4-H staff are not violations of the Code, but rather, represent disagreements among adults. Please consider whether the conflict is truly a violation of the Code of Conduct, or whether it represents a difference of opinion. This would be a good time for every 4-H member, 4-H volunteer and 4-H parent to review their respective Code of Conduct(s); these are available at http://www.ca4h.org/Resources/Publications/

Returning to this assignment after several years away is very exciting to me. I hope that I might work closely with volunteers and youth, especially in programs and efforts relating to agriculture, food systems and other aspects of science, engineering and technology. These are areas where 4-H has real strength, and I hope we can continue to improve and grow in these programs.

Have a wonderful summer. See you in September!

Rose Hayden-Smith

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Agriculture and Natural Resources

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Making a Difference for California

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Featured Club Happenings!

Mupu 4-H

Mupu 4-H meets the 2nd Monday of the month, Sept. to May, at Trinity Lutheran Church on the corner of Steckle Drive and Harvard at 7 p.m.
Club Leaders: Carole Butler Club President: Ashleigh Clendening, age 18

Mupu 4-H is based in Santa Paula, but has members from all over the county. Our other club officers include vice president, Robert Dyer; secretary, Charlotte Ellburg; and treasurer, Carly Santana. Mupu's biggest project is the swine project, with over 40 members raising a pig for the fair this year. The swine project members had a field trip to The Old Fashioned Country Butcher to learn how to make sausage. Each member brought 5 pounds of pork and did the sausage making, mixing, stuffing, and wrapping, themselves under the supervision of Kent Short. Mupu also has sheep, market goats, and pygmy goats going to the fair. Mupu has award-winning rabbit and cavies projects. Mupu 4-H'ers have won gold medals with their cavies as well as in showmanship judging.

Cooking is also a very popular project with 3 different age groups. Members have learned how to make dinners, desserts, and appetizers. Of course the best part is eating everything at the end of each meeting. For outdoor activities, the hiking project has been on many great hikes this year. A hike up to the Punch Bowls is always a great adventure. Parents and dogs are always welcome to join in the fun. The gardening project is in full swing. They have been on field trips, and started their garden a few months ago. The presentation project had many members win gold. Chloe Hilles, Joshua Finch, and Bethaney Valenzuela received gold medals at the county level and at Regionals. *Continued on page 3*

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Piru 4-H

by: Anika Romano, Club Reporter

Piru 4-H meets the first Thursday of the month at 7:00PM at the Fillmore/Piru Memorial Building.
Club Leader: Kristen Dewey Club President: Mary Ortiz, age 16

This year our club had many new members, and we have grown! Thanks to our wonderful leaders, we have been able to enjoy many projects, including: Fishing/Outdoor Adventures, Scrapbooking, Photography, Cake Decorating, Arts & Crafts, Project Budget Runway, Cultural Appreciation, Local Geology and Community Service. Our biggest project is our swine project, with 34 members and six of our members raise beef as a project.

Our club volunteers every other month at "Harbor Community Church" by helping prepare and serve hot meals to those in need. We also participate in their annual Holiday dinner, this was a huge success. We donated a large amount of new socks and warm coats which were handed out at the dinner. We made Christmas baskets for a couple of local families, participated in the Beach Clean-Up Day, did Trick-Or-Treat-So-Others – Can-Eat, and made Valentines for Vets.

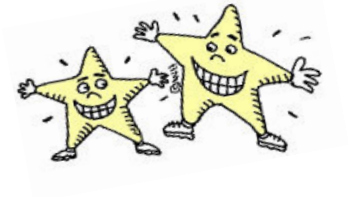
We also scrapbooked, took photographs, decorated cupcakes, shopped at Thrift stores, checked out Dia de los Muertos, and had an overnight camping trip where we fished and played many games.

Our members are currently busy getting ready for the Ventura County Fair in August, either with our animals, entering a table setting, photograph or a cake decorating piece. We look forward to the fair; we always have a great time and learn something new.

Featured Club Happenings (Continued from page 2) Mupu 4-H

Mupu 4-H members also do a lot of community service. Each meeting they collect donations for Heifer International. This year they collected enough money to donate a flock of ducks, a flock of geese, a flock of chicks, a trio of rabbits, and honeybees. Members participate each year in Relay for Life, walking for 24 hours to raise money for cancer research. In September, members work on the Coastal Clean-up, and then go to Joe's Crab Shack for lunch. Santa Paula Beautiful is another clean up day for Mupu where members are active in cleaning up trash in Fagan Park. In October, the club collects canned food for the Rotary Canned Food Drive.

Graduating Mupu 4-H seniors are eligible to apply for the Barbara Wilson-Mupu 4-H Scholarship. This year the winners were Ashleigh Clendening $800, Edward Lopez $700, and Charlotte Ellburg $700. Congratulations!



Ventura County All-Star News

By Dayle Morris, Ventura County All-Star

Hello fellow 4-H members,

On Monday May 23, 2011, we met with William Baker, Jr. Wetland Development Specialist from Gen-On, the natural gas run power plant at Ormond Beach and with two representatives from the City of Oxnard. We walked with them on the Roma-Jean 4-H Educational Wetland Path at Ormond Pointe and explained to them about our dream of turning it in to a family-friendly educational area which would include fun things like identifying plants, birds and yoga. They absolutely loved our ideas and could visualize the outdoor classroom becoming a key beginning point of community involvement and understanding of the values of wetlands in the area.

On June 12th, we held our first workday and filled up one entire large dumpster with non-native plants, like wild radish, invasive grasses and dead coyote bush and other trash from the site. **We need all of your help now, from this point on, to help us make this project a reality. Our next workday is going to be Saturday July 23, 2011, from 1:00 p.m. - 5:00 p.m.**

With the help of Gen-On, we are trying to organize buses to pick up 4-H members and family that do not live in the Oxnard area, and bring them to the August workday. We hope to have more details about this in our next article. All you'll need on these days are long pants, good working shoes, water and sunscreen plus the desire to work as a team with all of the other 4-H county clubs to make this path a reality! **We look forward to seeing you out there at least one day this summer! If you have any questions please don't hesitate to contact us at dayle.morris@gmail.com or allstarventura@gmail.com.**

We are also really looking forward to another year at SLC (4-H State Leadership Conference) at UC Davis from July 28-July 31, 2011. We can't wait to share what we learned with the County when we get back, and look forward to meeting more of you at Fair in August.

Loma Vista: Summer Fest

By: Spencer Wittrock

We had a great booth at Summer Fest which was held on May 21, 2011 at the Ventura Unified School District facility in Ventura. We decorated the booth with vintage 4-H banners, flowers and pin wheels. We made a garden in a glove which is done by putting a damp cotton ball with vegetable seeds into each finger of a plastic glove. Then you hang the glove in a sunny window until the seeds sprout, then you plant the vegetable sprouts in the ground, which creates a garden. Everyone who stopped by the booth had a really fun time making a garden in a glove. Each glove had 4-H information stapled to it. We talked to people about 4-H and about how much fun it is and encouraged them to join. Hopefully we will have lots of new members in the Fall.

WANTED: Fair Representative

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 or 805.645.1482.

Ventura County Fair Entry Information

Entry guides are not expected to be mailed to participant homes this year. Your best resource for entry information is the Ventura County Fair website at www.venturacountyfair.org

Online entries are available to speed your entry process June 1st through July 17th.
See calendar section of the Clover Lines for the entry date highlights.

Congratulations to the new Ventura County 4-H Council

At the Council meeting on June 22nd, a quorum of Volunteer Leaders and Members voted to accept new Ventura County 4-H Council Bylaws and Constitution along with a new executive board. The new board members include President, Jenean Bass; Vice President, Bonnie Frost of Las Posas 4-H; Vice President of Ways & Means, Vickie Westerling of Santa Rosa Valley 4-H; Treasurer, Darlene Johnston of Santa Rosa Valley 4-H; Secretary, Anita Wilvert of Del Norte 4-H; and Correspondence Secretary, Debbie Meyer-Morris of Las Posas 4-H.

The new Council will be working very hard this year to establish this governing body and lay the foundation for a strong Ventura County 4-H program for years to come. See the calendar section for upcoming Council meeting dates.

Resources of all sorts...

Curriculum

Free Lesson Plans on Energy Efficiency and Renewable Energy
http://energyworksmichigan.org/educational-resources
These free downloadable lesson plans include topics on energy efficiency, solar energy, and wind energy. The hands-on, inquiry-based lessons are targeted for upper elementary, middle school, and high school levels. The lessons challenge students to conduct classroom energy audits, interpret wind maps to assess potential wind turbine sites, power a radio using solar panels, and more!

Catch the Wind, Harness the Sun: 22 Super-Charged Science Projects for Kids
http://www.youtube.com/watch?v=H-yNs0FkiAA
Gives youth, teachers, and parents 22 exciting activities for using sun and wind power to produce and play with renewable energy. Ages 8 to 13 will experience environmental science while fighting global climate change. Projects range from a solar campfire to the Pedal Power bicycle that charges a 12-volt battery for powering electronic devices.

Science Toy Maker
http://www.sciencetoymaker.org/
This non-commercial, teacher-created site is for people who like to roll up their sleeves and make mysterious, kinetic, Do-It-Yourself science projects that entice scientific investigation. Science toy maker is a resource for inspired kids, parents, science fair participants, and citizen scientists everywhere.

Incentives & Recognition

4-H Golden Clover Awards
Due September 30, 2011
http://www.ca4h.org/Resources/Members/GoldenClover/
The Golden Clover Awards recognize outstanding achievements of members, volunteers, program staff, and groups within the 4-H Youth Development Program. Golden Clover Award winners will be awarded $500, a medallion, and lapel pin. One category is the Robert Brownlee Science Award. This category is awarded to a member and volunteer for utilizing science inquiry and experiential learning in 4-H work to help youth increase knowledge, skills, and competencies and improve their attitudes about science.

Articles & Resources

Article: Promising Practices in 4-H Science: Evaluation of 4-H Science Programming
http://n4h.convio.net/site/DocServer/Promising_Practices_-_May_2011_Evaluation_Article_1.pdf?docID=741
This issue of promising practices is to help educators to be more effective in evaluation of the program. Evaluation is vital when analyzing past trends of program implementation to see how effective they were and then be able to demonstrate the importance of the program to others.

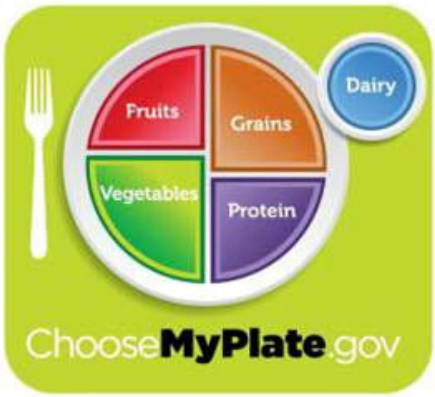
Resources: How To Smile
http://www.howtosmile.org/
SMILE is a national partnership among science and technology centers, museums, community-based organizations, and out-of-school educators. They are dedicated to making science, technology, engineering, and math (STEM) exciting and engaging for all learners. The organizations are resource hubs for educational programs that involve people of all ages and backgrounds.

Webinar Notes: Engaging Girls in 4-H Science
http://n4h.convio.net/site/DocServer/Engaging_Girls_Article.pdf?docID=721
Three national 4-H partners, SciGirls, National Girls Collaborative Project, and Education Equity Center at AED facilitated a webinar on effective ways to engage girls in science. Included in this article are the resources, research, and the contact/website for more information

Article: What's In a Word?
http://www.understandingscience.org/teaching/schwartz_reprint.pdf
This 2007 article by Renee Schwartz (reprinted with permission from Science Scope) describes how careless word choices can unintentionally reinforce misconceptions about how science works and provides strategies for combating these vocabulary mix-ups.

Healthy Living

My Plate



MyPlate is the federal government's new food icon to serve as a reminder to help consumers make healthier food choices. MyPlate is a new generation icon with the intent to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them achieve a healthier meal. The guidelines emphasize fruit, vegetable, grains, protein and dairy food groups. For more information, visit www.ChooseMyPlate.gov.

Healthy, Portable Snacks

With the County Fair just around the corner, here are a few snack ideas to help keep your club choosing healthy snacks over chocolate-covered bacon…

Here are 22 portable and healthy snacks that make the list of dietitian's favorites:

1. Half a peanut butter sandwich on whole-wheat bread
2. Low-sugar, whole-grain granola bars that have at least 3 grams of fiber
3. Whole-grain crackers or whole-wheat tortilla with hummus or nut butter
4. A handful of unsalted or lightly salted dry-roasted nuts
5. Individual unsweetened applesauce with a few dry-roasted walnuts
6. Small apple with 2 teaspoons peanut butter or 1 ounce low-fat cheese
7. Ants on a log -- celery with nut butter, topped with raisins or other dried fruit
8. Half of a single-serving string cheese with a small piece of fruit or a few whole-grain crackers
9. 4-ounces to 6-ounces of low-fat yogurt or yogurt treat
10. High-fiber dry cereal with a few nuts or seeds and dried fruit (put this in a baggie for a make-your-own snack pack)

11. Individual packs of carrots, celery sticks, or apple slices, with a protein source like a tablespoon of nuts, nut butter, or low-fat cheese
12. Pretzels and low-fat cheese
13. Whole-wheat cracker sandwiches made with natural nut butters
14. 1 ounce of lean meat and a few whole-grain crackers
15. 3 ounces low-fat or fat-free cottage cheese and a few whole-grain crackers
16. 1 whole graham cracker and 1 teaspoon nut butter
17. Raw vegetables with 1/4 cup low-fat ranch dressing
18. 100-calorie pack of low-fat popcorn rich in whole grains and fiber
19. Handful of tortilla chips and salsa
20. 100-calorie ice cream treats
21. "Skinny" latte (made with low-fat or skim milk)
22. Small bowl of whole-grain cereal with skim milk or low-fat yogurt

List compliments of webmd.com

Junk Drawer Robotics

http://www.4-h.org/resource-library/curriculum/4-h-robotics/

This program is the first of three Robotics-based project curriculums that will be launched early this fall with curriculum, starter kits and training. This curriculum introduces robotics to youth ages 9 to 18 with beginner, intermediate and advanced skill levels. Young people will develop decision-making and critical thinking skills, and implement an understanding of the scientific and engineering design processes as they build real and virtual robots.

2011 National Youth Science Day (NYSD): Wired For Wind

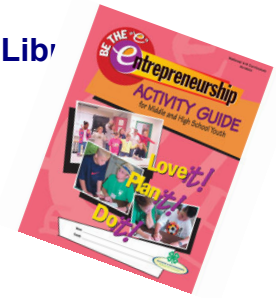
October 5, 2011

http://www.4-h.org/4-h-national-youth-science-day/nysdhome.aspx

4-H National Youth Science Day is the premiere national rallying event for year-round 4-H Science programming, bringing together youth, volunteers and educators from the nation's 109 land-grant colleges and universities and the Cooperative Extension System to simultaneously complete the National Science Experiment.

4-H Library

Great Summer projects are here in the 4-H Lib



In going with the Economic situation:

Be the "e" Entrepreneurship - Learn business types, products & pricing, marketing, partnerships, agreements & contracts. Go through process of creating a business plan & starting a business. Do market surveys, budget forecasts, exit strategies, ethics & more.

Something fun about families:

Family History Treasure Hunt - Discover your family history as you go on a treasure hunt to learn jewels of information from interesting relatives, special events, and curious stories of days gone by.

4-H Office

The 4-H Office is open (except for County designated Holidays) Monday through Friday, 8a.m. to 5p.m.

Phone (805) 645-1464 ▪ Fax (805) 645-1474

Tisha Fisher (805) 645-1464
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

Gwyn Vanoni (805) 645-1482
4-H Program Representative - Military 4-H Liaison
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Rose Hayden-Smith (805) 645-1466
Strategic Initiative Leader, Sustainable Food Systems; 4-H Youth, Family and Community Development Advisor; Food and Society Policy Fellow
E-mail: rmhaydensmith@ucdavis.edu

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

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

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July/August

4-H Calendar

http://ceventura.ucdavis.edu/Youth_Development/4-H/NewsMain/

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

7/1/2011-6/30/2012	2011-12 4-H Program Year begins!
7/1	Entry Deadline for 4-H & Grange Youth Horse Show
7/6	Fair Entry Deadline for Academic Rodeo
7/8	Fair Entry Deadline for Large Livestock Breeding Animal
7/11	Fair Entry Deadline for Rabbit, Cavy & Poultry
7/12	Record Book Open House Workshop @ the 4-H Office, 669 County Square Dr, Ventura, 2:00 p.m. – 5:00 p.m.
7/15-17	4-H & Grange Youth Horse Show
7/16	Large Livestock Quality Assurance @ Ventura County Fairgrounds.
7/22-24	Non-perishable Youth Building Entry Days for Fair
7/23	4-H All-Star project, Roma-Jean 4-H Educational Wetland Path @ Ormond Pointe, workday, 1:00 p.m. to 5:00 p.m.
7/28-31	4-H State Leadership Conference @ UC Davis.
7/31	Ag, Foods & Tablesetting Entry Day for Youth Building & Uncle Leo's Ag Contest Entry Day at the Fair.
8/1	Santa Rosa Valley 4-H & Sespe 4-H Featured Club Happenings! articles due to the 4-H Office.
8/3-14	Ventura County Fair @ the Ventura County Fairgrounds.
8/15	Fair Entry Pick-up Day
9/5	Somis 4-H Featured Club Happenings! articles due to the 4-H Office.
9/10	So. Section Council Meeting @ Mt. San Antonio College
9/19	Club Officer Training @ 4-H Office 5:30-8p.m.
9/28	Club Officer Training @ 4-H Office 5:30-8p.m.
9/30	Golden Clover Entries Due
10/3	Tapo Simi 4-H & Tierra Rejada 4-H Featured Club Happenings! articles due to the 4-H Office.
10/5	National Youth Science Day
10/15	SET Grant Requests for Funding Due
11/11-13	State 4-H Leaders' Forum @ Asilomar Conference Center in Pacific Grove, CA.