

Clover Lines

It's National 4-H Week!

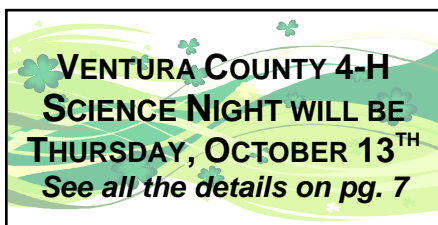


October 2-8 is National 4-H Week, we are ready to celebrate the 4-H youth, like you, who have made an impact on the community, and are stepping up to the challenges of a complex and changing world.

Recent findings from Tufts University's *4-H Study of Positive Youth Development* indicate that young people in 4-H are three times more likely to contribute to their communities than youth not participating in 4-H. Notably, the Tufts research discovered that the structured learning, encouragement and adult mentoring that 4-H'ers receive play a vital role in helping them actively contribute to their communities. In Ventura County, more than 480 4-H members and 150 volunteers are involved in 4-H.

Also during National 4-H Week, hundreds of thousands of youth from all around the nation will complete a single, innovative experiment for *4-H National Youth Science Day*, which will be Wednesday, Oct. 5, 2011. The 2011 National Science Experiment, *Wired for Wind*, will introduce young

people to the possibilities of using wind as a clean, widely available, and low-cost source of renewable energy.



4-H youth are a living, breathing, culture-changing revolution for doing the right thing, breaking through obstacles and pushing our country forward by making a measurable difference right where they live.

A Glimpse of the Fair...

Compliments of photo uploads to Ventura County 4-H page on Facebook.



To help make future Fairs even better, please send your constructive comments to jeneanbass@roadrunner.com



Featured Club Happenings!

Somis 4-H

By Hannah Gregson

In the beginning of the 2011-12 Somis 4-H year, we had about 30 members join our club. As a great kick-off to the year, we started with the Ventura County Fair! A handful of our members entered an animal project, poultry, swine, lamb, and beef! A couple of our members also entered in the horse fair! We all did a fantastic job and one of our members even won Grand Champion Barrow and overall Swine Grand Champion!

Somis 4-H has a variety of projects. Projects range from community service to animal projects. Community service is a big thing to Somis 4-H. Every month we volunteer at the Oxnard Rescue Mission, we have beach clean ups, and we also have a graffiti task force. Some other projects that will be offered this year are cooking, sewing, and gardening.

This year's calendar is full of exciting activities. Some of the activities that we all look forward to are the fair in August, TOTSOCE in October, and December is Christmas Caroling for the elderly. Somis 4-H meets the 3rd Thursday of every month at 6:30 pm at Somis School.



Somis 4-H club on a hiking outing.

Club officers include:

President: Bronson Smith

Vice president: Jorden Harber

Treasure: Chelsea Carmichael

Secrartery: Hannah Gregson

Historian: Makayla Cozatt

Sgt. at Arms: Cameron Harber

Games Chair: Kelly Carmichael & Caitlyn Knutson



Upcoming Conferences

2011 State Leaders' Forum -The Magic of 4-H: Transformation

November 11 13, 2011 at Asilomar Conference Center in Pacific Grove, CA - For 4 H Adult Volunteers

Registration \$85 per person. Conference Center Room and Board \$204 per adult for triple/quad occupancy. Other rooming options available. Registration information and other conference details are available at <http://www.ca4h.org/Programs/Conferences/SLF/>

The State 4 H Leaders Forum provides a weekend retreat for 4 H volunteers across California to gather for networking, education, relaxation and fun. Knowledge & Education make the world go 'round. We all know that our self education is vitally important. The workshops and assemblies at SLF provide an excellent opportunity for each of us to expand our learning and inspire our interests. Every topic brings a revelation to us and ensures that our education extends through our lifetimes.

2012 Teen Involvement Conference – Leadership Island

January 20-22, 2012 at Pathfinder Ranch in Mountain Center, CA - For 4-H Teens

Conference details will be available next month. Sessions will include Ventura County 4-H All-Stars, Dayle Morris and Savanna Stanley.

2012 California 4-H Camping Conference

March 23 – 25, 2012 at Camp Campbell in Boulder Creek, CA

There will be hands on training for adult and teen leaders to plan and administer 4 H camping programs. Please look for updates on the California 4-H website for this conference as they are released in the coming months.

It's time for "Trick or Treat So Others Can Eat"

Let's Collect Food...not just candy...During Halloween

"Trick or Treat So Others Can Eat" lives on! We are pleased to announce that this county-wide program, which has been in existence in Ventura County for 14 years will continue again this year with the help of a fairly new 4-H family. The Morrisons joined Loma Vista 4-H club last year and have agreed to take on Trick or Treat So Others Can Eat this year. Former teen leader, Kimberly Coverly is completing her final year in 4-H and so it seems a good time to pass the baton to ensure this program continues for years to come. We are so excited that the Morrison family is diving right in to help us with one of the largest countywide events of the year. Thank you Morrisons!

Now, let's all give them our support!

So what is *Trick or Treat So Others Can Eat* and how do you get involved? Known by many 4-H'ers as TOTOSOCE (*sounds like: "tot-sauce"*) it is a community service project organized by Loma Vista 4-H to benefit FOOD Share, Ventura County's food bank. TOTOSOCE is simply a canned food drive to benefit the over 38,000 monthly clients of FOOD Share, the only regional food bank that distributes collected food through a network of 240 certified charitable agencies. These agencies serve children, families in crisis, low-income seniors, the homeless, disabled and many others living within the cities and communities of Ventura County, from Thousand Oaks and Simi Valley to Ojai, Oxnard, Ventura and more.

IT'S EASY TO GET YOUR CLUB INVOLVED – Each 4-H club in Ventura County is encouraged to participate in TOTOSOCE and is asked to assign a junior or teen leader to run the project. **All TOTOSOCE junior or teen leaders should immediately register their club by sending an email to totsoce@gmail.com.** Please provide:

- Club name
- Junior Leader name, telephone number, and email address
- Approx. number of club participants
- Establish a goal for pounds of food collected



TOTOSOCE has an official collection period of October 17th through November 7th. Please ensure you conduct your TOTOSOCE collection within this date range.

To begin, volunteers use a "Starter Kit" that is available at the Ventura County 4-H website (http://ceventura.ucdavis.edu/Youth_Development/4-H/). The Kit includes door hangers and thank you notes that members copy onto bright orange paper. Volunteers are asked to hang the door hangers stating which day they will return to actually collect the cans, typically 2-3 days later.

Upon collecting the food the volunteers then leave a thank you note behind so the donator knows they've been there. All collected food should be taken directly to Food Share. (*If there is more than 200 pounds of food in one place a food share truck can be called to pick up the food*). It is best if groups/clubs have a centralized location to drop their collection, such as the junior leader's home, and then Food Share can make one pick-up.

WE'RE ON FACEBOOK! Check out our new Facebook page: <http://www.facebook.com/pages/Trick-or-Treat-So-Others-Can-Eat/123672287688368>. Please post photos of your club/group participating in this event. Post comments and suggestions. Let's keep this page lively!

GET OTHER YOUTH GROUPS INVOLVE! TOTOSOCE is a great community service project for other youth groups and organizations as well, such as, churches, boy/girl scouts, schools, individuals, sports teams, and clubs of any kind. So help us get the word out with your friends. Post a link from the TOTOSOCE site on your FaceBook, etc. Send emails and help get involvement beyond Ventura County. Any organizations that participate in other communities or states can simply contact their local food bank as the beneficiary.

Remember, all clubs and participating youth groups/organizations are to register for TOTOSOCE by emailing us at totsoce@gmail.com and then downloading the Starter Kit at (4-H website url here).

For further questions please don't hesitate to email us. Happy collecting!

California Coastal Clean-up Day

by Dayle Morris and Savanna Stanley, All-Stars

What an amazing day we had today, Saturday, September 17th! We were enjoying the beautiful outdoors of Ormond Beach in Oxnard. Guess what we were involved in? California Coastal Clean-up Day. Ten people from the 4-H community, joined us, the Ventura County All-Stars, in helping GenOn power plant, to clean the beach. There were more than 400 people involved in this coastal clean-up. This event went on all day and local schools and community groups were there to help out.



The 4-H members that helped us today were from the Las Posas 4-H Club located in Camarillo; John Paul, Evan and Lucas Tamayo, Emily and Amanda Wray and Bailey Morris. Everyone helped pick up trash along the dunes and the beach. Fifty-five pounds of trash and recyclables were picked up in the two hours of work just by our small group. We picked up pipes, metal scraps, balloons, plates and a bunch of other trash. We walked around the primrose and all the native plant species on the dunes.

We had a great turn out of volunteers to come help clean the beaches of Ventura County! We, Dayle and Savanna, are so fortunate to have such fantastic workers around us who strive to make our environment a clean and beautiful place to live. In the short and long term, our doings today will make our world perfect.

Also, changing subjects a little, we are back to work on our All-Star project at Ormond Pointe. We invite you to come down and help us once again make our dream of having a beautiful wetland path be complete! Our next work day at **Ormond Pointe is Saturday, October 16th 1-4 p.m.** For more information, contact the All-Stars at allstarventura@gmail.com.

Clover Safe Notes

Two new Clover Safe Notes have been added to the UCANR website at http://safety.ucanr.org/4-H_Resources/Clover_Safe_Notes_by_Number/

The new Clover Safe Notes are;

- SUPERVISION OF 4-H SWIMMING ACTIVITIES
- WOOD LATHE SAFETY

Each of these Clover Safe Notes has an associated activity sheet.

Bookmark the page to easily return back as frequently as you want and view all of the Clover Safe Notes. You can choose to view the notes by Number or by Project Area.

Clover Safe Notes Spotlight for October: Emergency Preparation & Response Guidelines (Note #13). Learn about emergency preparedness and how to determine the severity of an injury. Additionally, the incident reporting information is included in the same Clover Safe Note.

The website has safety training and safety coordinator resources on this page. Clover Safe Notes are useful when incorporated into appropriate projects or shared with the club during monthly meetings.



Photograph Courtesy of Mendocino and Lake Counties 4-H Camp

Online Record Book is Now Available

The 4-H Record Book has undergone transformations over the years to ensure that it meets the needs of our 4-H members. On September 1, 2011, the new 4-H Online Record Book was unveiled. This newest transformation will re-engage young people in this process through a new, fun, interactive format that offers social networking opportunities for members and volunteers within clubs.

What this means for 4-H Volunteer Leaders - The 4-H Online Record Book:

- provides an accessible platform for data collection which is fun, engaging and standardized.
- provides opportunities for volunteers to mentor youth daily in a protected social networking site.
- has built-in reporting systems that will improve staff and volunteer efficiencies.
- has intentional measures of success that will demonstrate the impact that 4-H youth and adults make locally and statewide.

What this means for 4-H Youth Members - The 4-H Online Record Book:

- has extended opportunities to stay connected to other club members and leaders online.
- is a fun and interactive way to log 4-H activities and events and to stay connected to the 4-H program.
- is a more efficient way to keep Record Book information. No more worries about lost pages or misplaced work.
- provides effective 21st century skills. Citizens and workers must be able to exhibit a range of functional and critical thinking skills related to information, media and technology.
- assists in Star Rankings calculation to minimize any errors and maximize points.



Access the Online Record Book at <http://www.ca4h.org/4hbook/> For additional information, tutorials and an update record book manual visit www.ca4h.org/Resources/Members/RecordBook/RBResources/ or search “record books” on the California 4-H website.

Healthy Living

By Terri Spezzano, 4-H Healthy Living Advisory Committee Member

Brownies, cookies and fruit “drink”—oh my! Does your club need a healthy snack makeover? Although this month’s article is not an official 4-H policy, counties and clubs are encouraged to offer healthier snacks at 4-H events and activities to promote healthy living.

What determines food as healthy or unhealthy? Often there are mixed messages that come from media and other reputable sources. Eating healthy should not be this hard! Here are a few tips from www.ChooseMyPlate.gov.

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains.
- Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
- Drink water instead of sugary drinks.



Still stumped? Ask your club members to suggest a few of their favorite healthy snacks!

Council Corner



Highlights from the Ventura County 4-H Council

- **Fair 2011** – A council-appointed committee is working to increase 4-H entries in the Ventura County Fair. To better understand your experience at this year's fair, they'd like your constructive comments. These can be regarding the Fair or how 4-H participates in the Fair. In order to review these comments and make formal recommendations to the Fair, these comments should be received by October 15th. Please email your comments to jeneanbass@roadrunner.com
- **Attendance Policy** – Members must have attended 80% of the club meetings and 80% of project meetings to be eligible to go to the fair. Make-up sessions may be offered with equal opportunity for all members in the club/project. Project year pins shall be awarded according to the community club policy.
- **Market Animal Sign-Up Deadline** – This policy has been updated with a new deadline of December 31st for market animal project sign-ups. This change is effective this year.
- **Key Positions Filled** – 4-H Fair Representative, Jack McCormick of Las Posas 4-H, will be representing the views of the County Council at Fair Board and sub-committee meetings. Travis Tucker of Bardsdale 4-H will be working to establish the Large Livestock PDC as chair this year.
- **Primary Pygmy Goat Policy** – Pygmy, Dwarf and Nigerian Goats is being removed from the list of projects restricted to primary members in Ventura County. Clarification on the primary members in these projects participation at the Fair is still being requested.

Committees are currently working on Updating Emerald Star Project, Primary Pygmy Goat Project Policy, Fair Entries and Program Development Committees. If you would like to work on a committee or add an agenda item for discussion by the Ventura County 4-H Council, please contact Jenean Bass, Council President by email at jeneanbass@roadrunner.com. Agenda items should be received at least 2 weeks prior to the meeting for inclusion.

The next Ventura County 4-H Council meeting will be **Wednesday, Nov. 16th at 7p.m.** at the 4-H Office. All leaders, parents and members are welcome to attend. Leaders and members 14+ vote on business at the meeting. We hope that you will join us!

4-H Delivers

Has your club or project done something extraordinary? Has your group or activity made a difference in the community? Then share your experience with 4 Hers across the state by writing your own 4 H Delivers story. Fill out the 4 H Delivers Survey to submit your story to the State 4 H Office and have it featured on our website.

Do you know a 4-H member or volunteer who continually represents 4-H in a positive way, who gives back to their community, or who has done something exceptional? Fill out the Member/Volunteer Spotlight Survey to submit your story to the State 4-H Office.

<http://www.ca4h.org/News/Impacts/>



Power of the Wind

<http://4hmall.org/Product/4hcurriculum/windenergy/08385.aspx>

Youth work with members of a team to design, create, build, and test a wind powered device and are given opportunities to explore wind as a potential energy source in their community.

Science Night – October 13th

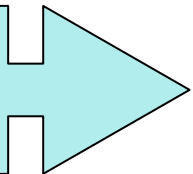
Learn more about the power of the wind, with our very own National Youth Science Day event on Thursday, Oct. 13th at Somis School, 6:30-8:30 p.m. Somis School is located at 5268 North Street in Somis. Members will be working to create their very own wind-energy collection devices and testing them. Space is limited. Teen and adult volunteers are needed to assist at the event. Please RSVP to VC4HRSVPs@ucdavis.edu.

The Biofuels Teaching Game "Biofuels: The Race to the Pump!"

<http://nesungrant.cornell.edu/cals/sungrant/education/index.cfm>

A new board game developed designed to teach K-12 students the concepts and steps involved in converting various biological starting materials into biobased transportation fuels from the farm to the fuel pump.

Please note: new Clover Lines email address. Send your articles, pictures and information via email to this new address. We look forward to hearing from you!



4-H Library

Keep Your Kids Safe Online Deliver comprehensive online safety education for elementary and middle school students with an easy to use kit. As a program of the National Center for Missing and Exploited Children, NetSmartz focuses on educating parents and children about online and personal safety.

Teen leaders may also use this kit to teach younger

children or create classroom presentations. Try the safety kits at www.netsmartz.org/kit. For more information, visit www.netsmartz.org/Parents.



4-H Office

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

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

ARTICLE SUBMISSIONS:

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 CloverLines@ucdavis.edu

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

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UC Cooperative Extension
U.S. Department of Agriculture
University of California
800 S. Victoria Ave., L#4941
Ventura, CA 93009

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October

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 [\[mailto:no-reply@4hOnline.com\]](mailto:no-reply@4hOnline.com), gwvanoni@ucdavis.edu and rmhaydensmith@ucdavis.edu

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
10/13 Science Night at Somis School 6:30-8:00 pm
10/15 SET Grant Requests for Funding Due
10/15 Fair Critiques Due to County 4-H Council
10/16 Ormond Pointe Workday for All-Star project 1-4 p.m.
10/18 Equine PDC Meeting at Marie Callenders Camarillo 6:45 pm
11/3 Awards Night - Save the Date!
11/5 Equine 4-H Field Day @ Cal Poly Pomona
11/11-13 State 4-H Leaders' Forum @ Asilomar Conference Center in Pacific Grove, CA.
11/15 Equine PDC Meeting at Marie Callenders Camarillo 6:45 pm
11/16 **Ventura County Council Meeting @ 4-H Office 7 pm**

1/14 So. Section Council Meeting @ Mt. San Antonio College
1/17 Equine PDC Mtg at Marie Callenders Camarillo 6:45 pm
1/20-22 Teen Involvement Conference @ Mountain Center
4/14 So. Section Council Meeting @ Mt. San Antonio College

Need more information about an upcoming 4-H event?

http://ceventura.ucdavis.edu/Youth_Development/4-H/
Visit the Ventura County 4-H website to view the calendar of upcoming events. Each event/meeting in the calendar is clickable and contains details such as directions, event registration information, contact information for event coordinators and much more.

