

# Clover Lines

## VC 4-H Makes its Mark on State Field Day

### CALIFORNIA STATE 4-H FIELD DAY WRAP-UP

By Bailey Morris, Las Posas 4-H

On May 26, 2012, my family and I went to California State 4-H Field Day at UC Davis because my sister and I qualified for the State Mock Interview Contest, after winning gold medals at South Section Field Day. During State Field Day there were many activities including Presentations, State Fashion Review, judging contests, knowledge events, State Photography Contest, State Video Contest, and exhibits by other counties. There were many cool entries such as a girl who did a presentation on the history of Irish Dancing. While the presentations were being judged, there was a fashion show of all the county winners from Fashion Revue, as well as some crafts.

The campus of UC Davis is a very peaceful place with lots of trees. And, the town of Davis is right next to it. Davis is a really green town, people ride bikes and there are a lot of organic food restaurants with really good food. One of the highlights of my trip was turning in the seven pillowcases my sister, Dayle and I made for the State 4-H Million Pillowcase Project. Along with the three pillow cases from Nicole Bellmore, Shawna Finnerty, and Courtney Finnerty from Loma Vista 4-H. All together, we met the county 10 pillowcase quota that the State 4-H requested. State 4-H collected more than 1,000 pillowcases which will be given to kids in hospitals and foster care.



The biggest highlight of my trip was winning the State 4-H Intermediate Photography Division with a picture I took of my math teacher during our 8th grade trip to Washington D.C. in April. I would recommend going to State 4-H Field Day to other 4-Hers because it was a lot of fun, and it was really cool to see what kids in other counties do in 4-H.

#### California State 4-H Awards:

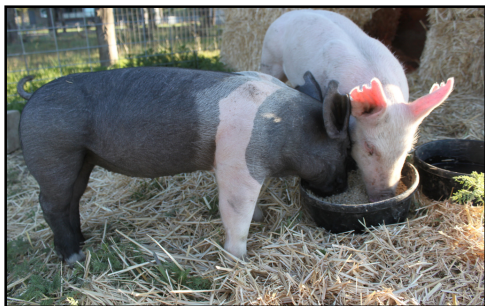
Bailey Morris: Intermediate Photography, 2 gold, and 1 best of division;  
Intermediate Judging Contest: Gold, Intermediate Mock Interview: Red.  
Dayle Morris: Senior Photography 1 gold, 1 blue; Senior Mock Interview: Blue; Senior Judging Contest: Red.

# Featured Club Happenings!

## Mupu 4-H

*Meets on the 2nd Monday, September—May at 7p.m.  
at the church on the corner of Steckle Dr. & Harvard Blvd.*

This has been a great year for Mupu 4-H. Our club president was Nolan Woodruff, Vice President was Dylan Byrum, Treasurer was Leandra Mijares and the Secretary duties were split between Charles Clendening and Sydney Anderson. Incoming officers are Nolan Woodruff, Charles Clendening, Joey Moreno and Kyle Weinell. Carole Butler is the Community Leader. Mupu 4-H is based in Santa Paula, but has members from Ventura, Simi and Fillmore too.



Mupu's project with the most members in the pig project — 39 members are raising a pig this year. The pigs are doing great, gaining weight quickly. Members are busy teaching their pigs all about showing and carefully calculating the correct amount of feed each pig needs. The pig project members have done two fundraisers, and just finished working on a very successful BBQ organized to benefit a 4-H family battling cancer.

The Mupu sheep project is also gearing up for the fair with new and returning members busy working with their animals, turning heads as they walk them around town. Be sure to come see all of the Mupu 4-H animals at the fair this year.

The cavy project has been to many shows this year and won many awards. The members have worked hard on showmanship skills, and have many ribbons and medals to show for their efforts.

The hiking project has taken some fun hikes this year, when the weather cooperated. The last hike to the Punch Bowls in Santa Paula Canyon was also a trash collecting hike. There were 8 bags of trash collected and carried out of the canyon, a record amount for our club.

Our new project, camping, also had weather issues. There was only one camp out that was not rained out, but it was great fun. There was a walk to a "haunted" house, campfire stories, s'mores, football, and great meals all made for a memorable trip. The weather was cold; wind machines startled the campers in the middle of the night and hot chocolate was welcome in the morning. More campouts are in the planning stages.

The cooking project is very popular. Members have learned all about measuring, knife safety, following directions and cooperation. The best part of cooking is eating everything at the end of the meeting.

Other projects that are popular are gardening, woodworking and pygmy goats. The gardening project has a group garden for members to grow vegetables.



The club did a canned food drive in November for the Rotary Christmas Basket, collecting over 700 pounds of food. Members also participated in the Relay for Life event in May, raising money to fight cancer by selling popcorn and Cup-of-Noodles all night long.

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*September's Featured Club Happenings! will include an articles from Santa Rosa Valley 4-H & Sespe 4-H.  
Featured Club calendar is at [http://ceventura.ucdavis.edu/Youth\\_Development/4-H/Newsletter/](http://ceventura.ucdavis.edu/Youth_Development/4-H/Newsletter/)*

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# Cross Clubbing, 1-2-3's

Many 4-H members are interested in enrolling in projects offered by other clubs during the course of their 4-H career. This is called "cross clubbing". Cross clubbing can provide an opportunity for a youth to participate in a project that his/her club doesn't offer, or to enable two smaller clubs to join together to share leaders and project interests. However, there are some policies and rules about cross clubbing that are vital to know.

- Cross clubbing to another project is not permitted if the member's home club already offers this project.
- Approval of both community club leaders, the project leader AND the 4-H Office is required for cross clubbing.
- The enrollment process for a youth member is not finalized until the completed and signed form has been submitted to the 4-H Office.
- It is the youth and his/her family's responsibility to complete the appropriate form, secure signatures, and get the form into the 4-H Office.

If you're considering cross clubbing, here are the specifics:

1. If it is during the re-enrollment process at the beginning of the new program year (now), please contact the Club Leader of the club you want to do the cross club project with to make sure it is agreeable with them and find out what their club requirements are for this.
2. Also contact the Project Leader of the club you want to do the cross club project with to make sure they are agreeable with this, that they have the room in the project to take another member. Be sure to ask what additional requirements they might have.
3. Contact your Club Leader for their approval
4. Complete your parts of the Cross clubbing for Projects form and have the parent or guardian sign (the form can be found on our website at [http://ceventura.ucdavis.edu/Youth\\_Development/4-H/Enroll/Youth/Cross/](http://ceventura.ucdavis.edu/Youth_Development/4-H/Enroll/Youth/Cross/)), "[Cross clubbing" for Projects.doc](#)" "[Cross clubbing" for Projects.pdf](#)"
5. Take the form to your Club Leader for them to sign acknowledging their approval and knowledge of the Cross clubbing.
6. Take the form to the Club Leader of the Cross Club for them to sign.
7. Take the form to the Cross Club Project Leader for them to sign.
8. During your online enrollment, select and add the name of the club you will be cross clubbing with (your "Home" club will be the one that has the Green dot in the circle).
9. Add this project to your personal project list by first choosing the name of the club that you are cross clubbing with for that project, then select and add the project.
10. Complete the online enrollment process as usual.
11. Turn the form in to your club enrollment person with all of your other enrollment paperwork.

## 2012 4-H National Youth Science Day

**Kits Available, applications due July 31**

Events to be held during October 2012

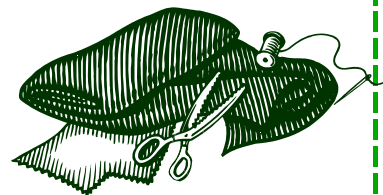
<http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=8670>



With funding made available by Toyota through the National 4-H Council, 4-H staff, volunteers, and members may submit a proposal to host a public 4-H NYSD event. Available resources include experiment kits (each kit serves 10-15 youth and retails for \$23/each). In addition, depending on the number of requests, the quantity of kits provided per county may be limited. To request these resources, 4-H staff, volunteers, or youth must complete the online form by July 31, 2012!

## FABRIC DONATION AVAILABLE

The 4-H Office received a very generous and very large donation of fabric and some Macramé yarn. Interested members and leaders are invited to come to the 4-H Office Monday – Friday 9:00 a.m. to 4:00 p.m. to peruse the boxes and bags of donated materials.





# Healthy Living

## Weight of the Nation (Free HBO Series)

The Weight of the Nation, a four-part documentary aired on Home Box Office (HBO) and is to be available for viewing free of charge on HBO's site ([www.hbo.com/theweightofthenation](http://www.hbo.com/theweightofthenation)). Another 12 short films about specific topics, such as the stigma society places on people struggling with obesity, workplace wellness, and more, will be available via the above site.

The Weight of the Nation documentary is a springboard for an extensive, long-term public health campaign designed to raise national awareness and engage communities. The films contain critical and useful information we can apply to our own lives and share with our families, members, and communities. The documentary films dramatize the issues and challenges identified in the Institute of Medicine's (IOM) recent evidence-based report, Accelerating Progress in Obesity Prevention. The IOM report identifies key prevention strategies to address the nation's obesity epidemic, which draw upon the work Kaiser Permanente has been doing.

The Weight of the Nation films include case studies; uplifting personal stories of people, families, and community members who are tackling weight issues; and interviews with our nation's leading experts. Episode 3 specifically focuses on the plight of young people faced with obesity.

After watching this series, you will likely want to discuss how you can be involved in the solution.

## HELP YOUTH FIND THEIR SPARK IN SCIENCE, NUTRITION, AND AGRICULTURE!

The **4-H Field Trip & Classroom Outreach** programs expect to reach over 1900 youth in Fall 2012 and we need your help. If you enjoy working with youth, ages 5-9, consider joining the dedicated group of education volunteers at the Hansen Agricultural Center.

Be ready to make an impact in the lives of young children by attending a fun and hands-on workshop. **4-H Field Trip/Classroom Outreach NEW Volunteer Training** Thursday, July 19 from 9 a.m. to 1pm. (includes snacks and lunch)

This workshop is designed to orient new adult volunteers to the engaging lessons and activities used in these two programs.



For questions and registration contact Susana Bruzzone-Miller at [sbmiller@ucdavis.edu](mailto:sbmiller@ucdavis.edu) or 805-525-9293 ext. 214

## Clover Safe Notes

**Clover Safe Notes Spotlight for July/August: FLOAT PREPARATION & PARADE SAFETY (Note #43).** With countless parade opportunities this summer, it is likely that you will want to show your 4-H pride and participate. This Safe Note helps outline some precautions to go over before jumping on the 'band wagon'.

Clover Safe Notes can be reviewed and printed from the UCANR website at [http://safety.ucanr.org/4-H\\_Resources/Clover\\_Safe\\_Notes\\_by\\_Number/](http://safety.ucanr.org/4-H_Resources/Clover_Safe_Notes_by_Number/)

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.





# COUNCIL CORNER

Highlights from the Ventura County 4-H Council



The Ventura County 4-H Council met on Wednesday, June 27th.

Board Reports included the review and approval of the previous meetings minutes and Treasurer's Report.

Ventura County **All-Star**, Savanna Stanley reported that the tours of the Roma-Jean Ormond Pointe Walking Path offered on specific weekends for the remainder of the year will feature a professional naturalist. See the calendar for more details. Additionally, the All-Star Selection Event will be rescheduled for mid-July.

The **Equine PDC** reported the 2012-2013 Chairperson will be Elizabeth Paxton; Treasurer will be Dawn Barnes and Secretary will be Sarah Barnes. Field Day was canceled due to fairgrounds not being finished. Trail Clinic is scheduled for July 8th at Soule Park beginning at 8:30 am. A Playday is being planned for October, but no official date yet. Horse Fair preparations are underway as it is scheduled July 20-22. Entries are being accepted and encouraged now.

Volunteers are needed for a Council Committee to find **4-H-friendly venues** for events and meetings. Interested leaders and senior members should contact the Council or 4-H Office.

Anita Wilvert presented the slate of officers for the **County Council 2012-2014** term. The officers include Jenean Bass, President; Bonnie Frost, Vice President; Debbie Meyer-Morris, Secretary; Rochelle Smith, Treasurer; Darlene Johnston, Ways & Means. The Corresponding Secretary position is currently open. The slate of officers were elected as presented.

The **2012-13 Council Budget** draft was presented at the May meeting with a month allowed for input by email. The budget passed as presented.

The next meeting will be **Wednesday, September 26, 2012 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!



If you would like to work on a committee, serving as a council member or add an agenda item for discussion by the Ventura County 4-H Council, please contact Jenean Bass, Council President by email at [venturaco4hcouncil@gmail.com](mailto:venturaco4hcouncil@gmail.com). Agenda items should be received at least 2 weeks prior to the meeting for inclusion.

The Council's page on the VC 4-H website is [http://ceventura.ucdavis.edu/Youth\\_Development/4-H/Ventura\\_County\\_4-H\\_Council/](http://ceventura.ucdavis.edu/Youth_Development/4-H/Ventura_County_4-H_Council/)

# HOT OFF THE GEORGE FORMAN GRILL

## Iron Chef of 4-H Recap

BY: Dayle Morris, Ventura County All-Star

As the three mystery ingredients, boneless chicken, carrots and hot McDonald's Apple Pies were unveiled the energy at Field Day was electric as the 32 contestants on 8 teams from Las Posas, Loma Vista, Santa Rosa Valley and Somis 4-H clubs vied to win the Iron Chef of 4-H 2012 title at Super Field Day.

All of the teams used a lot of creativity and team work to come up with original recipes for main dishes and desserts in one hour. Each team had four members from different age groups, chopping, cooking and creating original dishes, while blowing out several circuit breakers as they powered up multiple electric appliances, food processors and a George Forman Grill during the competition.



There were many spectators cheering on the teams, all very interested to watch the team members come up with dishes that many never thought they could ever make, much less in one hour. Some of these amazing creations were homemade tortilla chips, homemade accidental caramel sauce, cake, and the winning dish of chicken parmesan with blackberry apple pie. Congrats to the winning Iron Chef Team from Las Posas 4-H of junior Audrey Knight, intermediates Bailey Morris and Amanda Wray and senior Jackie Carlton.

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## Facilities Use for Meetings and Events

When planning meetings and events, be sure to plan as far in advanced as possible to give plenty of time for all the necessary paperwork to be completed and forwarded to the required parties. Be sure to decide on alternate dates and alternate facility possibilities.

The 4-H Office requires at least a month prior to the first meeting or event date to process the paperwork as it has to go to several people before it is completed. We need to accommodate for furloughs/vacations/sick days/away meetings/etc; these can slow the process down.

1. Contact the facility of choice and ask for all information for using their facility; fees, deposits, contracts, insurance, etc. If after receiving this information, it's decided that the facility would work out for your meeting(s)/event(s);

1. Ask if the date(s) you prefer are available (be prepared with alternate dates).

1. If yes, ask if they could mark you on the calendar pending the application process.

2. If no, ask what dates they have available to accommodate your meeting/event.

2. Ask for a current application and all pertinent forms they need completed or the web address that the form(s) can be completed and downloaded

1. Read all forms completely

2. Fill out **ALL** the information that pertains to your meeting(s) / event(s).

3. **DO NOT SIGN THE FORM(S), ONLY THE COUNTY DIRECTOR MAY SIGN.**

3. Submit all required paperwork to the 4-H Office **ATTN: 4-H Facilities Use**, no less than 30 days before your meeting or event (60 days or more is best).

1. Once the paperwork has been processed, you and the facility will receive a copy.

4. Once you receive the completed paperwork from the 4-H Office keep it on file & calendar the expiration date so that your club can re-submit new paperwork a minimum of a month prior (the more time longer than a month, the better) to the current paperwork expiring.



## How to Smile

<http://www.howtosmile.org/>



SMILE is collecting the best educational materials on the web and creating learning activities, tools, and services – all designed especially for those who teach school-aged kids in non-classroom settings. SMILE is a national partnership among science and technology centers, museums, community-based organizations, and out-of-school educators. We are dedicated to making science, technology, engineering, and math (STEM) exciting and engaging for all learners. Our organizations are resource hubs for educational programs that involve people of all ages and backgrounds. Sponsored by Lawrence Hall of Science, Exploratorium, New York Hall of Science, and others.

## National Youth Science Day Kits

See page 3 of Clover Lines for details on applying for your free NYSD kit.

### 4-H Library

#### TeachEngineering

<http://www.teachengineering.org/>

TeachEngineering is a free digital library with more than 650 hands-on, teacher-tested engineering activities for K-12 students. Educators and leaders will find curriculum units as well as individual activities mapped to educational content standards. Founded by the National Science Foundation, Duke University, University of Colorado and others, TeachEngineering's activities were conceptualized to nurture the design process and be achieved on a shoestring budget.



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

**Gwyn Vanoni** (805) 645-1482

4-H Program Representative - Military 4-H Liaison, Council & Leader Support

Email: [gwvanoni@ucdavis.edu](mailto:gwvanoni@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](mailto:rmhaydensmith@ucdavis.edu)

### CLOVER LINES 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](mailto:CloverLines@ucdavis.edu)

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

The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (covered veterans are special disabled veterans, recently separated veterans, Vietnam era veterans, or any other veterans who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized) in any of its programs or activities. University policy is intended to be consistent with the provisions of applicable State and Federal Laws. Inquiries regarding the University's Nondiscrimination Policies may be directed to the Affirmative Action/Equal Opportunity Director, University of California, Agriculture and Natural Resources, 1111 Franklin St., 6th Floor, Oakland, CA 94607, (510) 987-0096.



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

## RETURN SERVICES REQUESTED


Official Business  
Penalty for Private Use \$300

# July/August

## 4-H Calendar

[http://ceventura.ucdavis.edu/Youth\\_Development/4-H/NewsMain/](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](mailto:tifisher@ucdavis.edu),  
4-HOnline [\[mailto:no-reply@4-HOnline.com\]](mailto:no-reply@4-HOnline.com), [gwvanoni@ucdavis.edu](mailto:gwvanoni@ucdavis.edu) and [rmhaydensmith@ucdavis.edu](mailto:rmhaydensmith@ucdavis.edu)

7/1	Ormond Pointe Path Tours with All-Stars 1-3 pm	8/9-12	State Leadership Conference @ UCSD
7/4	4-H Office Closed for Holiday	8/23	Record Books Due to County
7/10	Livestock Quality Assurance @ V.C. Fairground 6:30 pm	9/2	Ormond Pointe Path Tours with All-Stars 1-3 pm
7/11	Large Livestock PDC 6:30 pm @ 4-H Office	9/3	4-H Office Closed for Holiday
7/11	Fair Small Livestock Non-Market Entries Due	9/10	Somis 4-H <i>Featured Club Happenings!</i> article due
7/14	Small Animal Quality Assurance @ V.C. Fairgrounds	9/8	So. Section Council Meeting @ Mt. San Antonio College
7/19	4-H Field Trip/Classroom Outreach NEW Volunteer Training 9-1 @ Hansen Agricultural Center	9/12	New 4-H Leader Orientation/Certification 6-8 pm
7/20-22	Horse Fair	9/15	County Record Book Judging
7/20-22	Fair Youth Non-Perishable Entries Due	9/22-23	Thrive Master Training in Ontario
7/29	Fair Youth Ag, Foods & Tablesetting Entries Due	9/26	<b>4-H Council Meeting</b> @ 4-H Office 7 pm for Leaders and Youth (9 <sup>th</sup> grade+)
7/29	Fair Floriculture Plant Entries Due	11/4	Ormond Pointe Path Tours with All-Stars 1-3 pm
8/1-12	Ventura County Fair	11/9-11	State Leaders Forum
8/4	Fair Floriculture Cut Flower Entries Due	<hr/> <div>For Fair Online Entries &amp; Details, visit the Ventura County Fair website at <a href="http://www.venturacountyfair.org/pages/3455/">http://www.venturacountyfair.org/pages/3455/</a></div> 	
8/6	Fair Lrg Livestock Champion of Champions Entries Due		
8/6	Santa Rosa Valley 4-H & Sespe 4-H <i>Featured Club Happenings!</i> articles due to 4-H Office.		