

Clover Lines

Being Grateful...



A young person's success in 4-H is not only due to the hard work of the 4-H member, but also because of all the other people/businesses that have helped along the way. It is important that one of the lessons learned in 4-H be gratitude.

So, who should be thanked?

- **Leaders**—4-H members may not realize how many hours leaders contribute to them and their success.
- **Parents** – both by the 4-H members and leaders. Many clubs depend on parents for a wide variety of support and they should be acknowledged.
- **Siblings** – 4-H members may not realize how much their brother/sister helps them with their projects and pitches in when there is work to do.
- **Jr. & Sr. Fairboard** – the individuals on both the junior and senior Fairboards put in a lot of time to prepare for the county fair. They work all year long and they should know how much they are appreciated.
- **Sponsors** – many area businesses, organizations, families, and individuals sponsor awards, programs, etc. throughout the 4-H year. They especially deserve a big thank you!
- **Buyers** – members with livestock projects also need to include the livestock auction buyers. Without those buyers, our 4-H members wouldn't have the luxury of selling their animals in our fair livestock sale.
- **Who else?** Anyone who had a hand in your area of the 4-H program. The 4-H program thrives on the volunteerism of others – for some is time, for others it is monetary donations, for others it is helping out. So, when you're making your thank you's this year, try to remember everyone who had an influence in your 4-H area.

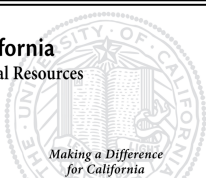
There are many ways to express thanks to someone. Here are a few ideas:

- Pick up the phone and call them. Tell the person specifically what it is you appreciated and why you appreciate it. "Thanks for showing me how to groom my animal. It really helped me prepare for show day". Even if you get their voicemail, be sure to let them know you appreciate their help/support.
- Make a personal visit (you may want to call first) and tell the person first hand how thankful you are for their help.
- Send an email note with a picture of your project work to show your appreciation.
- Mail them a hand-written card or note. These are noteworthy because so few of us take time to hand-write a card.
- Create and present a small certificate. Half-page certificates take up less space if displayed and are as meaningful as full sized certificates. They tend to draw attention because they are different.
- Take the time to bake a batch of cookies or brownies and make personal visit. Nothing says "Thank you" like a homemade batch of goodies!
- Give a single flower from your garden, flowerpot, or florist with a verbal "thank you".
- Invite them to the end-of-the-year picnic and thank them in front of the rest of the club.
- After verbally thanking them, ask if there is anything you can do to help them out.

Happy Thanksgiving



Adapted from the OSU Extension, the trusted resources of The Ohio State University.



Ormond Pointe Path Tour on Nov. 4th

By Dayle Morris and Savanna Stanley, Ventura Co. All-Stars

The community is welcome to join us for tours of the Roma-Jean 4-H Educational Wetland Path at Ormond Pointe on Sunday, Nov. 4, 2012 from 1:00-3:00 p.m. For more information or to reserve a spot on the tours, email us at allstarventura@gmail.com.

The Roma-Jean 4-H Educational Wetland Path is a 1/2 mile walking path with 10 educational posts with native plants, birds and yoga-like exercises located on Perkins Rd. in Oxnard adjacent to the Oxnard Water Treatment Plant. Parking is located on the street in front of the wetland sign or in the beach-front parking lot at the end of Perkins Rd. The completed path is the culmination of the 4-H All-Star Project of Dayle Morris and Savanna Stanley, 2010-12 Ventura County 4-H All-Stars.



Wildflowers by the path at Ormond Pointe

Teen Conf. in January

Teen Involvement Conference (TIC) will be Jan. 18-20, 2013, at Pathfinder Ranch outside Mountain Center, Calif.

The California 4-H South Section TIC is a three day youth leadership conference for high-school aged 4-H members. Youth who attend this conference will have a chance to: gain new leadership techniques, learn teamwork skills, obtain information on opportunities 4-H has to offer at a sectional and state level, meet 4-H members from across the state, participate in community service activities, and more!

TIC is completely put together by the officers of the South Section Teen Council. The registration packet is available at: <http://ss4h.org/>. You can also get up-to-date details about the conference at the TIC facebook page: <https://www.facebook.com/4HTIC>

Please help the Teen Council spread the news about the conference! TIC is celebrating its 20th year! Early Bird Registration will be due December 9, 2012.

Dayle Morris and Savanna Stanley, All-Stars, are planning the event with the rest of the South Section Teen Council and want YOU to come and send your kids.

New Club Happenings! schedule for 2013

We know that clubs and their members are doing great things! We love to share these with other 4-H clubs and families throughout the County. Each *Clover Lines* will include a featured Club.

Beginning in January, there will be a new schedule: http://ceventura.ucanr.edu/Youth_Development/4-H/Newsletter/. Clubs are encouraged to mark their calendar with their clubs due date and month that they are being featured. To make writing your club article easier, we've created a [Clover Lines Featured Club Happenings form](#), which can be submitted as is, or used as a jumping off point for an article. Please submit by the 1st Monday of the month prior to the club's assigned month. As an example, clubs featured in March would need to submit their article by Monday, Feb. 2, 2013. Earlier is great too!!

Along with the story, we'd love to share any photos showing what your club does best!

Please submit articles by email to cloverlines@ucdavis.edu, with photos attached.

*January's Featured Club Happenings! will include an article from Bardsdale 4-H.
Featured Club calendar is at http://ceventura.ucdavis.edu/Youth_Development/4-H/Newsletter/*

4-H Science Night “Making Robots”

Thursday, November 29, 2012

4-H County Office 6:30-8:00 pm

In this year's experiment, the *4-H RoBot Challenge*, youth will enhance their engineering skills by assembling their own RoBot and surface controls to manage an environmental clean-up. Youth will then test the interaction between the RoBot's design features and various surface control configurations to determine the most effective clean-up solution for the simulated spill.

What this means is that you will be:

1. Building your own RoBot Brush with your engineering skills (using battery, brush, and motor supplied). No experience needed.
2. Designing a toxic spill area (bring bird seed, beans, rice, pennies, small noodles, confetti, sprinkles, flakes, shredded cheese, etc. Liquid is not a good idea).
3. Using your RoBot to clean the toxic spill area (At least push the toxic materials to the side).
4. You will measure the effectiveness of your RoBot by recording how much of the spill is "swept up".

Tin Can Robot Kits, produced by Green Science Inc., will be awarded to the best RoBot Brush designers in several categories.

Event Chairs are Monica Stanley and Diana Enos. RSVP to venturafourhrsyp@ucdavis.edu
Call Monica at (805) 657-8654 with questions.

Why robotics and 4-H?

4-H has developed a comprehensive robotics program to inspire young people and develop an early interest in robotics engineering and technology. This new program is part of 4-H's bold goal to engage one million new young people in science by the year 2013 and to address a declining trend in our nation's science, engineering, mathematics, and technology workforce.

4-H Robotics is delivered through 4-H clubs, camps, school enrichment, and after-school programs nationwide. Young people will engage in service learning and community service projects, develop leadership and citizenship skills, and develop numerous life skills taught in 4-H clubs nationwide.

Since this program began in 2009, 43 registered 4-H Robotics clubs have already launched with plans for hundreds more.



4-H Robotics:
ENGINEERING FOR TODAY & TOMORROW

www.4-H.org/curriculum/robotics

For more information about 4-H robotics curriculums,
visit www.4-H.org/curriculum/robotics

Healthy Living

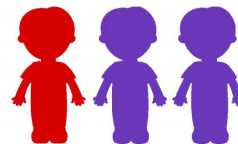
New Project Supports Let's Move! Cities, Towns, & Counties

A new project—developed by the National League of Cities, in collaboration with non-profits and national government—aims to help local elected officials address policy and environmental factors that influence childhood obesity by enhancing the work of Let's Move! Cities, Towns, and Counties, a key component of First Lady Michelle Obama's Let's Move! initiative.

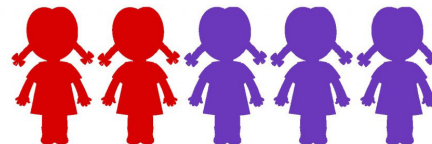
Healthy environments are essential to reversing the childhood obesity epidemic. When children have safe places to walk, bike and play in their communities—like parks, playgrounds and afterschool programs—they are more likely to be active and less likely to be obese. When communities have access to healthy, affordable foods, families eat better.

Everyone has a role to play to increase opportunities for healthy living and to reduce childhood obesity, including youth, parents, leaders from all levels of government, schools, health care professionals, community-based organizations, and private sector companies. Your involvement in building healthy communities will ensure a healthy future for our children.

Estimated number of children born in the United States in 2000 who will develop Type 2 Diabetes in their lifetime²



One - third of boys will develop type 2 diabetes in their lifetime

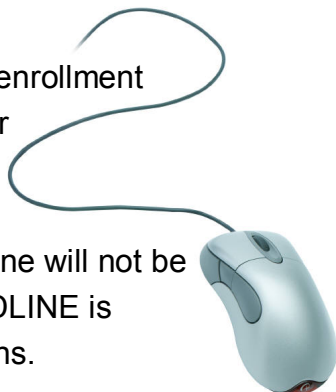


Two out of five girls will develop type 2 diabetes in their lifetime

PROJECT ENROLLMENT REMINDER

All members should access their online record to review all information for accuracy/completeness, paying *EXTRA SPECIAL* attention to what projects they have listed in their personal project list (they most likely need to scroll down on that page to see the list). "Enrolling" in projects is having the projects listed in their personal project list on the member's 4hOnline record. It's not enough to just write their name on a piece of paper at the club or project meeting.

Contact club leaders or club enrollment specialist for assistance. Fair Animal and/or Equine projects not listed in the personal project list in 4hOnline will not be able to go to Fair. The DEADLINE is December 31st. No exceptions.



Clover Safe Notes

Clover Safe Notes Spotlight for November/December: FOOD SAFETY AT 4-H CLUB MEETINGS (Note #66).

Refreshments at meetings are a delight, but reviewing these tips can help keep it safe and delicious.



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/

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 next meeting will be **Wednesday, November 28, 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 join a committee, serve as a council member or add an agenda item, please contact Jenean Bass, Council President, by email at 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/

New Leader Certification Orientation — Nov. 13th

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.

Club Leader <http://www.ca4h.org/files/4771.doc>

Activity/Event Volunteer <http://www.ca4h.org/files/4770.doc>

Project Leader <http://www.ca4h.org/files/4772.doc>

Resource/Key Leader <http://www.ca4h.org/files/4773.doc>

Enrollment Coord. <http://ceventura.ucdavis.edu/files/79835.doc>

A New Adult Volunteer Leader Certification Training has been scheduled for: **Tues. Nov. 13, 2012 6-8 p.m.** Don't miss out -- R.S.V.P. today!

The training will be held at the 4-H Office. Please use the set of doors that face the condominium complex at 669 County Square Dr. Ste. 100, Ventura, CA 93003-9028.

The trainings will begin promptly at 6 p.m. Please follow the signs to the appropriate room.

Participants must attend the entire training in order to complete this portion of the certification process.

R.S.V.P. required. Please include in an e-mail to venturafourhrsyp@ucdavis.edu:

1. Your First & Last Name.
2. Your phone number.
3. Your mailing address

As soon as you receive the forms in the mail; contact a fingerprinting facility & schedule your appointment.

4. The name of the club you are volunteering for.

Fundraising:

VENTURA CO. 4-H FUNDRAISING POLICY

In March 2012, Council adopted the following fundraising policy, inline with state 4-H policy and the ideals of the program:

4-H fundraisers must be done for the good of the total group (not an individual or small group of individuals). Fundraising cannot be the main focus of group activities nor may it exclude any individual from participating in 4-H activities. Groups are expected to support the financial needs of the total group, and when possible, to assist with participation costs in county, state, national, and international programs. All funds for goods and services are to be paid to the club/council, not to an individual. An educational component must be a part of all fundraising activities.

When planning a fundraiser, you must notify the 4-H office two weeks prior to the event and results of the fundraiser immediately following the event. If the fundraiser will last more than one day, daily reporting is required.

These forms, along with fundraising ideas and a group fundraiser planning activity are available in a downloadable pdf on our website Fundraising page. http://ceventura.ucanr.edu/Youth_Development/4-H/BasicInfo/Fundraising/



Funding Resources

Local Giving Program

The Walmart Foundation

Deadline: December 1, 2012

The Walmart Foundation supports programs and initiatives that address education, workforce development, economic sustainability, and health and wellness. Multiple awards ranging from \$250–\$5,000 are available. Nonprofit organizations are eligible to apply. Please contact [The Walmart Foundation](http://www.walmartfoundation.org) for more information.

Applications for the **2012 President's Environmental Youth Award** are due **December 31**.

The PEYA program promotes awareness of our nation's natural resources and encourages



positive community involvement. One outstanding project from each region is selected for national recognition. Visit www.epa.gov/peya for more information.

SCHOLARSHIPS

2013 Prudential Spirit Community Awards

The Prudential Spirit of Community Awards program, recognizes individuals in grades 5-12 solely on the basis of their volunteer activities. 4-H'ers can apply online at <http://spirit.prudential.com> or www.nassp.org/spirit. Applications must be submitted to a county 4-H agent by **November 6, 2012**.

Ventura County Community Foundation

The VCCF opens the doors of education to Ventura County students of all ages, experience and opportunity. The Scholarship page will open in November with the list of the 2013 award opportunities. Additionally, they have numerous resources available for students applying for college or other financial aid.

<http://www.vccf.org/scholarship/index.shtml>



Trick or Treat So Others Can Eat Deliver by Nov. 9th



TRICK OR TREAT SO OTHERS CAN EAT (TOTOCE) is a community service project organized by Ventura County 4-H to benefit our local food bank, [FOOD Share](http://www.foodshare.org). Youth volunteers collect canned foods and other non-perishable food items for four weeks to benefit over 38,000 monthly FOOD Share clients in Ventura County.

2012 marks the 16th year Trick Or Treat So Others Can Eat has been in action. Now, is the time for volunteers to deliver their collections to FOOD Share no later than Friday, November 9th at: FOOD Share in Oxnard at 4156 Southbank Road.

2013 State Fashion Revue

The five categories announced for **2013 State Fashion Revue** are generating interest in 4-H sewing and crafts projects, and in counties planning their local events. Check out the descriptions at <http://www.ca4h.org/Programs/Events/SFR/> and plan to participate in your County Fashion Revue.



SFR is coordinating three service projects: little dresses and shorts for Africa, stuffed animals, and drawstring bags. Projects and counties are encouraged to download the patterns and instructions and make the most of all the fabric scraps in your "stash." The dresses and bags take about a yard of fabric plus bias tape or cording. The shorts are sewn from a new or like-new purchased t-shirt. The stuffed animals are cute and cuddly, made from scraps of fuzzy fabric. Brighten the life of a child close to home or in an impoverished country by donating fabric or your time and have fun at the same time.



4-H SET Resources

<http://www.ca4h.org/Projects/SET/SETResources/>

Check out the 4-H SET Resources webpage for 4-H volunteers and staff. It contains links to online sessions, promising practices in 4-H Science, marketing materials, presentations, and research.

Take the National Rocketry Challenge!

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

Registration is now open for the 2013 Team America Rocketry Challenge (TARC), the world's largest rocket contest where students compete for \$60,000 in prizes and scholarships. Participation is open to the first 1000 teams who register by **November 30, 2012**. The 2013 challenge is to design, build and fly a model rocket containing a raw egg that reaches an altitude of 750 feet, stays aloft for 45 to 50 seconds, and returns the egg unbroken on a parachute.

4-H Junk Drawer Robotics Leaders/Teen Leaders Workshops

Register at <https://ucanr.edu/survey/survey.cfm?surveynumber=9315>. The Junk Drawer Robotics curriculum engages middle school youth (ages 10-13) in understanding scientific concepts and processes, the engineering design process cycle, and technology creation and building. There is no cost to attend and lunch will be provided.

- **Saturday, November 17, 2012**, 9:30am - 4:00pm, LA County Building & Safety and Fire Dept. in Lancaster.
- **Saturday, December 1, 2012**, 9:30am - 4:00pm, SCU Robotics Systems Lab, NASA AMES, Mountain View, CA (Santa Clara County).

4-H₂O Water Conservation in the Bathroom



Here are a few tips for saving water in your home...

- Install low-flow shower heads. Save: 2.5 Gallons
- Take five minute showers instead of 10 minutes. Save: 25 gallons with a standard 5.0 gallon per minute showerhead.
- Fill the bathtub halfway or less. Save: 12 Gallons
- Install a high-efficiency toilet. Save: 19 Gallons Per Person/Day
- Install aerators on faucets. Save: 1.2 Gallons Per Person/Day
- Turn water off when brushing teeth or shaving. Save: Approximately 10 Gallons/Day
- Don't use the toilet as a wastebasket.

4-H Library

Check out the Robotics Curriculum Information on page 3.

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, Council & Leader Support

Email: 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

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

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

November/December

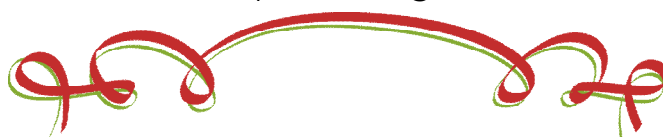
4-H Calendar

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

11/1	4-H Awards Night @ Ottavios in Camarillo 7 pm
11/4	Ormond Pointe Path Tours with All-Stars 1-3 pm
11/9	TOTSOCE last day for delivery to FOOD Share
11/9-11	State Leaders Forum
11/13	New Leader Training & Certification 6-8 pm @ 4-H Office
11/17	Robotics Seminar in Lancaster 9:30 am-4 pm
11/22	4-H Office Closed for Holiday
11/28	4-H Council Meeting @ 4-H Office 7 pm for Leaders and Youth (9 th grade+)
11/29	Science Night @ 4-H Office 6:30 pm
12/9	TIC Early Bird Registration Deadline
12/25	4-H Office Closed for Holiday
12/31	Animal Project for Fair Enrollment Registration Deadline
1/1	4-H Office Closed for Holiday
1/18-20	Teen Involvement Conf. in Mountain Center
February	Animal Project Leader Meetings

3/21-24	Western Reg. Leaders Forum in Hawaii
5/25	State 4-H Field Day @ UC Davis
5/25	State Fashion Revue as part of Field Day @ UC Davis
7/25-28	State Leadership Conference @ UC Davis



NEW AT THE 4-H OFFICE...

Luminary Kit

These tin-can luminaries are a great craft project, using recycled materials. The kit at the 4-H office includes instructions, hammers, wood blocks, etc. You supply the cans, decorating materials and "candles". The kit can be checked out of the library. Call ahead to see if it's in at 645-1464.

