Clover Lines

Using ORB to Share 4-H Success

NEWS FROM THE CALIFORNIA STATE 4-H OFFICE

As a young person in 4-H, have you ever wondered what the impact of 4-H is on you? As a 4-H adult volunteer, have you ever wondered what the impact of 4-H is on young people? Of course not – because you live it and see it every day. All of us in 4-H see first-hand the value and beauty of the program. Not only is it fun but it helps develop healthy, happy, thriving people who make a positive difference in their communities.

We want to tell this story to everyone and you can help us! We have included surveys in the 4-H Online Record Book (ORB). The surveys ask questions related to sparks (what excites and motivates youth) and goal management in addition to questions about academics, science, healthy living and citizenship.

Help us document and demonstrate the value of 4-H for youth, families and their communities by taking the surveys in the ORB before February 15, 2013 or if you are an adult, by encouraging young people to take the surveys by the deadline. This will help us to continue to secure funding to support the program that we care

deeply about. Survey data can also help us make this program better for youth, and make the program fit their needs. We want to make sure that 4-H is not only fun, but is helping youth find their spark, reach their goals and contribute to their community.

As if that isn't enough of a reason... 4-H Thrive is awarding \$20 gift cards to every 4-H member that completes all SPARKS Score Questions (including the "Bonus" ones) and adult volunteers that complete observation tools in the 4-H Online Record Book (ORB). SPARKS Score Questions appear twice a year; you must complete both time points to be eligible for these gifts. In addition, these same individuals will automatically be entered into a drawing to win a new iPad Mini. The current SPARKS Score Questions and adult observation tools must be completed in ORB no later than February 15, 2013 to be considered. The second set will appear in ORB beginning May 1st, these must be completed by August 31, 2013.

Thanks for helping us tell your story – the story of 4-H!

Shannon J. Dogan, MS, PhD

Youth, Families, & Communities Statewide Program Associate Director of 4-H Program & Policy University of California, Agriculture & Natural Resources California State 4-H Office

Getting Started with Online Record Book (ORB)

The 4-H Online Record Book:

- Has a social connection! It extends opportunities to stay connected to other club members and leaders online.
- Is a fun and interactive way to log 4-H activities and events.
- Is a more efficient way to keep Record Book information. No more worries about lost pages or misplaced work. It exports to hardcopies that can be printed for competition.

Online Record Book

http://www.ca4h.org/4hbook/

Need help logging on?

ORB Log-In Help Sheet

Online Record Book Guide

Online Record Book Guide v1

Enrolled 4-H members and leaders may access the Online Record Book. The system uses 4hOnline data to pre-fill in information.





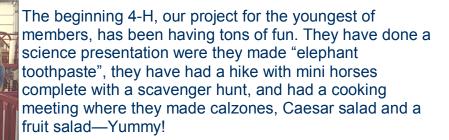
MEMBER'S RECORD

Featured Club Happenings

Chief Peak 4-H by Stephanie Callahan, Matthew Callahan

Meets 2nd Tuesday of the month 7pm at Summit School Club leaders: Jackie Larson, Gina Larson and Stephanie Callahan

Chief Peak is located in upper Ojai. So far we have had a great year. Our club officers have done a great job. Hannah Hassien is our President, Sarah Barnes is our Vice President, Becky VanDavis is our Secretary, Joshua Ellis is our Treasurer, Zachary Gorman is our Sergeant of Arms, and Matthew Callahan is our Editor. Projects are beginning 4-H, cooking, bmx, swine, rifle, dirt bikes (one of the few in California), sewing, horse, pygmy goat, camping, and 7 more.



Chief Peak is getting ready for its upcoming events, such as Super Field Day. We are so excited to get to

participate in the many new categories! We are also preparing an awards dinner to recognize our members' many accomplishments. Last year in swine, we won the Herdsmen Award.

Some community services we have done are snack bags for the homeless, TOTSOCE, we painted Summit Elementary Schools garden fence, and we will also be making food for a homeless dinner.



Four members of the Loma Vista 4-H Club presented impressive speeches at the December 13th Ocean View Toastmasters Club meeting. The speakers were Emma Medina, Payton Henuber, Gracie Morrison and Ellie Morrison, pictured here with Fern Vacca, Ocean View Toastmasters President and 4-H Club Project Leader. The speeches ranged from instructional to motivational, and showcased individual talents as well as a passion for community service. A picture of the 4-H speakers has been featured in the Ocean View Toastmasters online photo gallery.



March's Featured Club Happenings! will include articles from Citrus Valley 4-H & Conejo Valley 4-H. Featured Club calendar is at http://ceventura.ucdavis.edu/Youth Development/4-H/Newsletter/

FEBRUARY 2013 CLOVER LINES PG. 2



Ventura County 4-H Super Field Day Saturday, March 16, 2013 9 am to 2 pm, Ventura County Fairgrounds

Rabbits, Cavies, Dogs, Poultry, Dairy Goats, Pygmy Goats, Lambs,
Swine, Beef, Photography, Cake Decorating, Cooking

This is your opportunity to learn, practice, lead, show, compete and win medals and ribbons in several projects.

Rabbits – bring your rabbit to practice and compete in showmanship, test your knowledge, train your rabbit in the rabbit hopping course.

Cavy – bring your cavy to practice and compete in showmanship; test your knowledge on cavies and animal ID.

Poultry – bring your poultry to practice and compete in showmanship, test your knowledge on poultry and ID. Also

have fun with your chicken in our new obstacle course.

Dog – leave doggies at home and participate in fun activities and test your knowledge.

Pygmy goats – bring your goats to practice showmanship, test pygmy goat knowledge and watch hoof care demo.
Dairy goats – watch milking demonstrations, showmanship, goat husbandry, make a poster and test your knowledge test.

Lambs – leave your lambs at home, just come to participate in fun activities and test your knowledge.

Swine – please put together teams of 4 and sign up to participate in *Ventura County 4-H's 1st Swine Bowl!*

Beef – don't have a cow, just come down to test your knowledge on beef.

Photography – here's your chance to enter your 5x7 mounted to no larger than 8x10 creations.

Cupcake Wars – who can come up with the most creative cupcake on the spot? Come decorate a cupcake and see who wins! Cupcakes and supplies provided.

Iron Chef – please participate in our lunchtime show – the Iron Chef competition. Teams of 4 will create a meal in less than one hour. Dishes will be judged and awards given – don't miss it! Teams will be contacted with more details.

Speaker's Corner – this is your opportunity to make a presentation for your Record Book or proficiency requirement. No time slots; come over when you are ready.

Uniform exchange – bring outgrown 4-H uniforms to pass along to others. Maybe you will find some for yourself, too! **Record Books** – this counts as a County event.

Club Spirit – please wear club t-shirts and show your club spirit. Must wear uniform for showmanship competitions.

Posters – make an educational poster for any of the above projects to compete for a medal.

Snack bar - open all day - from coffee and donuts to water, drinks and snacks all day.

Prepaid lunch from Subway sandwiches served at 12 noon.

Silent Auction - Come and bid on wonderful items to raise money for the Small Animal belt buckles at the fair.

Passport – Take your "passport" to each section for a stamp.

Schedule (subject to change)

9:00 am - Check-in, submit posters & photos, Cupcake War begins, snack bar, speaker's corner, uniform swap open

9:30 am – Showmanship demonstrations begin and Swine bowl begins

10:00 am - Project poster judging begins, Showmanship begins - Cavy, Rabbits and Poultry, Dairy goat milking

11:00 am – Sheep shearing (outside-front of building), lamb showmanship, Cupcake Wars last call

11:30 am – Dairy goat showmanship demo, rabbit hopping demo, cupcake wars end

12:00 noon – Final call for all showmanship entries, Pre-paid lunch begins

12:30 pm – All showmanship ends, poster judging ends, knowledge tables close, Iron Chef begins

1:30 pm – Iron Chef ends, pre-paid lunch ends, awards ceremony begins, Iron Chef judging begins

2:30 pm - Awards ceremony ends, Clean-up

2:40 pm - Silent Auction ends

If you have questions please ask your project leader or club leader. They can help you prepare to participate in this event.

Event Entry is all online at http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=9981.

Entry deadline: Friday, March 1, 2013

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Two New Ways to Incorporate Healthy Living

New Healthy Living Officer Position

Are you looking for ways to integrate healthy living practices into your 4-H club? Starting in the 2013-2014 program year California 4-H will be adding a Healthy Living officer position to the 4-H Officer Manual. By choosing to elect a Healthy Living officer your club is taking an active role in promoting healthy lifestyles. The Healthy Living officer will be the leadership for all health activities including: providing ideas on how to incorporate physical activities and healthy eating into club meetings, write Healthy Living articles for the club newsletter and adopting and promoting a club Wellness Plan. Please help ensure that the health "H" of 4-H is at the forefront of all our meetings - consider electing a Healthy Living officer! The 4-H Choose Health Officer Guide developed by Cornell University Extension can be found at: http://www.ca4h.org/Programs/Clubs/Officers/

Special Recognition at 2013 State Presentation Day

A special recognition pin will be awarded for youth who participate in State Presentation Day and focus their presentations on healthy living. This year's focus area is physical activity. Potential topics may include muscle strengthening, heart rate importance, workout wear, Zumba, activity log, exercise trends, fitness apps, stretching, benefits of exercise, fun ways to work out, 'exergaming', recreational sports, types of activity, making time for fitness, safe places in your community to be active and more. For details visit: http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities/

Super Field Day Silent Auction

The Super Field Day Committee and Small Animal Sciences PDC are looking for donations for the silent auction. Proceeds fund belt buckles for the Small Livestock at the Ventura County Fair. Items that are in high demand are unused holiday gifts, crafts, things in your attic, donations from your feed store, donations from your book store, gift certificates from your favorite eatery, and anything else that you'd like to bid on.



And, please attend Super Field Day to see 4-H in action and bid on an item in the Silent Auction! Items are being collected at the 4-H office.

Swine Bowl at Super Field Day

Calling all Ventura County 4-H Swine projects

Super Field Day will include Swine Bowl. We are looking for teams of four from each club. You can send more than one team from your club. Teams will compete in a 2-round elimination. Start studying your swine facts.

Come and do your best - have fun with your swine knowledge!

Clover Safe Notes

Clover Safe Notes Spotlight for February: PROPER MANURE HANDLING AND DISPOSAL (Note #67). Having livestock means dealing with manure. This Clover Safe Note discusses what, when and how much manure is to be dealt with.

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.

FEBRUARY 2013 CLOVER LINES PG. 4

COUNCIL CORNER

Highlights from the Ventura County 4-H Council

At the February meeting, reports were heard from Equine PDC, Science Night and Super Field Day. Food Faire & Fashion Revue announced that they are looking for volunteers, especially youth for the event committee. All-Star Dayle Morris reported on the recent TIC conference and their additional plans for Ormond Pointe.

Chris Garmon from Large Livestock at the VC Fair reported on new tagging procedures with swine onsite for tagging days (see calendar) and new events planned for this year, a club banner contest and exhibitor knowledge tests (feed, anatomy, breed, etc.).

The Council voted to support the State 4-H Fashion Revue with a \$100 donation for awards due to a lost sponsor. State Field Day on May 25 at Davis will include County banners, as well as many other events.



A Centennial Celebration Committee is being formed. Leaders and members who would like to volunteer should email Gwyn Vanoni at gwvanoni@ucanr.edu.

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 venturaco4-Hcouncil@gmail.com. Agenda items should be received at least 2 weeks prior to the meeting for inclusion. The next meeting will be Wednesday, March 27, 2013 at 7 p.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 you will join us!

The Council's page on the VC 4-H website is http://ceventura.ucdavis.edu/Youth_Development/4-H/

New Adult Volunteer Leader Certifications in March, April & May!

Volunteering is not as scary when you know what the job entails. Ask your club leader or project leader exactly what you can do to help. Attend trainings, and learn more from the job descriptions below. They can also be found on the State 4-H website at http://www.ca4h.org/Administration/Policies/Chapter6/.

Club Leader Position Description http://www.ca4h.org/files/4771.doc
Activity or Event Adult Volunteer Position Description http://www.ca4h.org/files/4772.doc
Project Adult Volunteer http://www.ca4h.org/files/4772.doc
Resource/Key Adult Volunteer http://www.ca4h.org/files/4772.doc

One volunteer position that currently does not have a position description posted is the Enrollment Specialist (Coordinator). You can view the responsibilities of this position on our website in Word format at http://ceventura.ucdavis.edu/files/79835.doc or in PDF format at http://ceventura.ucdavis.edu/files/79835.doc or in PDF format at http://ceventura.ucdavis.edu/files/79837.pdf

R.S.V.P. required. Find the date below that you can attend and R.S.V.P. through the link for that date. The dates for the New Adult Volunteer Leader Certification Training have been scheduled for;

Monday, March 11, 2013, 6:00 p.m. to 8:00 p.m. http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=10061
Wednesday, March 13, 2013, 9:30 a.m. to 11:30 a.m. http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=10062
Wednesday, May 8, 2013, 6:00 p.m. to 8:00 p.m. http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=10064
Wednesday, May 15, 2013, 9:30 a.m. to 11:30 a.m. http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=10065

The Live Scan fingerprinting form will be mailed to you after your R.S.V.P. is received. We recommend you schedule your appointment as soon as you receive the forms to help diminish delays with the D.O.J.

The trainings will be held at the 4-H Office Conference Rooms at 669 County Square Dr., Ventura, CA 93003-9028. The trainings will begin PROMPTLY. Due to the large amount of material, participants <u>MUST</u> be on time & <u>MUST</u> attend the entire training or they will not have completed this important part of the certification process.

Flashback to Leadership (TIC) 2013

By Dayle Morris, Santa Rosa Valley 4-H; Savanna Stanley, Citrus Valley 4-H; & Bailey Morris, Santa Rosa Valley 4-H

The weekend of January 18-20, 2013, we attended the 20th Annual South Section 4-H Teen Involvement Conference (TIC) with over 70 other 4-Hers in Mountain Center, California. During the conference, many teenagers gathered to learn about becoming better leaders, while making new 4-H connections.

The participants were offered many different workshops including Creative Cupcakes presented by Bailey, and Team Building presented by Dayle & Savanna. In another session, teens learned leadership skills through building various parts of an ice cream sundae in a workshop called "The Cherry On Top." Each part of the sundae was a different skill you needed in order to be an effective leader. For example, the cup represented openness, the spoon represented motivation and the cherry on top was communication.

One of the highlights of the weekend was the motivational speaker, Michael Hingson and his guide, Africa. Mr. Hingson used humor to tell the story of being a blind man overcoming many obstacles to become the regional sales manager of a company with an office on the 78th floor of World Trader Center One on 9-11. Mr. Hingson challenged us to set aside our preconceived ideas that blind people are less capable than "light-challenged" sighted people, while retelling



the story of his escape from the World Trade Center with wit and unique perspective. His story is also a best selling book, *Thunder Dog, The True Story of A Blind Man, His Guide Dog and The Triumph of Trust at Ground Zero.*

Since this was the 20th anniversary of TIC, Teen Staff who planned the event, brought back the traditional TIC Olympics, and the Saturday night dance was a 70's disco party. During the weekend we also collected items for "My Stuff Bags," and dropped off the donations received from the clubs in our county. Thank you to all clubs who donated items, we couldn't have done the service project without you. We hope that more of you will come next year, as Dayle & Savanna are leaving for college in August, and Bailey doesn't want to be the only Ventura County 4-H teen there – January 17-19, 2014.

FASHION REVUE & FOOD FAIRE

Saturday, April 13th ■ 1pm - 5 pm Ventura County Fairgrounds - McBride Hall

Fashion Revue Categories:

Traditional
Duct Tape Challenge
Wearable Art - Embellished
2-Yard Wonder Challenge



Consumer Science Purchased—\$19.99 Challenge



Food Faire Categories:

Food Showmanship Cake Decoration Showmanship Educational Display

More information will be available on our county 4-H website calendar at http://ceventura.ucdavis.edu/ Youth_Development/4-H/?calitem=172676&g=25349 and emailed to leaders.

Livestock Leaders Meetings

Project leaders for all livestock animal projects plan to attend one of the meetings (dates/times) listed below. Attending one of these meetings is a requirement for any leader signing for a livestock project being entered in the Ventura County Fair this year. The meetings will review project requirements for entering the fair, teaching ethics through livestock project work, VC Fair Livestock changes for this year, issue management protocols, etc.

3:30 pm Thursday, Feb. 21st 9:30 am Tuesday, Feb. 26th 7 pm Wednesday, Feb. 27th 9 am Saturday, March 2nd 7 pm Monday, March 4th

All of the meetings will be held at the 4-H Office in the large conference room.



nities for Public Participation in Scientific

Opportunities for Public Participation in Scientific Research (PPSR) (also known as Citizen Science)

PPSR are intentional collaborations in which members of the public engage in the process of research to generate new science-based knowledge. Read more about PPSR.

- The California King Tides Initiative http://www.californiakingtides.org/
 The Initiative encourages the public to document the highest seasonal tides (or king tides) that occur along the coast. These photographs help us visualize the impact of rising waters on the California coast.
- Cornell Lab of Ornithology FeederWatch http://www.birds.comell.edu/pfw/
 Project FeederWatch is a winter-long survey of birds that visit feeders at backyards, nature centers, community areas, and other locales in North America. FeederWatchers periodically count the birds they see from November to April and send their counts to FeederWatch.
- Coastbuster http://oceannetworks.ca/coastbuster
 You can help keep our Coast clean and safe by reporting debris via Coastbuster for Android. Use this app to report large, unusual and potentially hazardous marine debris—especially items that may have been swept into the sea by Japan's devastating March 2011 tsunami.
- CoCoRaHS http://www.cocorahs.org/
 CoCoRaHS is a unique, non-profit, community-based network of volunteers of all ages and backgrounds working together to measure and map precipitation (rain, hail and snow). By using low-cost measurement tools, stressing training and education, and utilizing an interactive website, our aim is to provide the highest quality data for natural resource, education and research applications.
- Project BudBurst http://neoninc.org/budburst/aboutus.php
 BudBurst is a network of people across the United States who monitor plants as the seasons change. They are a national field campaign designed to engage the public in the collection of important ecological data based on the timing of leafing, flowering, and fruiting of plants.
- Long-term Monitoring Program and Experiential Training for Students (LiMPETS) - http://limpetsmonitoring.org/
 This hands-on program was developed to monitor the ocean and coastal ecosystems of California's National Marine Sanctuaries to increase awareness and stewardship of these important areas.

4-H Library

"STEER" TOWARD STEM: CAREERS IN ANIMAL AG.

This five-lesson unit promotes the development of STEM abilities and critical thinking skills, while fostering an appreciation for the people involved in livestock production. The curriculum, from Ag in the Classroom, includes real-life challenges for students to investigate, inquiry-based labs, and opportunities to plan and

construct models. Featured careers include animal physiologist, agricultural engineer, range manager, animal nutritionist, and animal geneticist. The FREE curriculum is ready for download at http://learnaboutag.org/lessonplans/pdf/414.pdf

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: gwyanoni@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 <u>1st MONDAY OF EACH MONTH</u> 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

February 2013

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], gwvanoni@ucdavis.edu and rmhaydensmith@ucdavis.edu

 4-H Office Closed for Holiday Equine PDC 6:45 pm @ Marie Callenders in Camarillo Livestock Leaders Meeting 3:30 pm @ 4-H Office Livestock Leaders Meeting 9:30 am @ 4-H Office Livestock Leaders Meeting 7 pm @ 4-H Office Sciences Field Day @ UC Davis Super Field Day Entry Deadline—Register Online Livestock Leaders Meeting 9 am @ 4-H Office Livestock Leaders Meeting 7 pm @ 4-H Office New Leader Certification 6 pm @ 4-H Office New Leader Certification 9:30 am @ 4-H Office New Leader Certification 9:30 am @ 4-H Office Super Field Day @ VC Fairgrounds Equine PDC 6:45 pm @ Marie Callenders in Camarillo 4-H Council Meeting @ 4-H Office 7 pm for Leaders and Youth (9th grade+) VC Fair Tagging Day—Steers 8-11 am Equine PDC 6:45 pm @ Marie Callenders in Camarillo 	7/25-28	Fashion Revue & Food Faire @ VC Fairgrounds New Leader Certification 6 pm @ 4-H Office All-Star Applications Due VC Fair Tagging Day—Replacement Heifers 8-9:30 am New Leader Certification 6 pm @ 4-H Office New Leader Certification 9:30 am @ 4-H Office Equine PDC 6:45 pm @ Marie Callenders in Camarillo 4-H Council Meeting @ 4-H Office 7 pm for Leaders and Youth (9th grade+) State 4-H Field Day @ UC Davis State Fashion Revue @ UC Davis VC Fair Tagging Day—Market Goats, Lambs & Swine 8-11am (assigned times for swine on-site) 4-H Council Meeting @ 4-H Office 7 pm for Leaders and Youth (9th grade+) State Horse Classic @ Brookside Equestrian Center State Leadership Conference @ UC Davis
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