resentations Build Skills

WHAT IS A 4-H PRESENTATION?

A presentation is a method used to communicate an idea by showing and/or telling. It can be a demonstration or a talk that uses posters and other visual aids. A 4-H presentation helps youth learn to:

- Research a subject
- Organize ideas in a logical order
- Be a teacher and practice public speaking skills.

There are many different types of presentations, ranging from demonstrations to audio-visual to problem solving. Every member is encouraged to give a presentation each year.

WHY ARE PUBLIC SPEAKING SKILLS IMPORTANT?

Public speaking skills are ranked number one among the skill sets of professionals. Other guiding factors for developing public speaking skills include:

- Discovering an important component of leadership development
- Increasing self-esteem, self confidence, and ability to accept feedback
- Expanding skills for planning, preparation and performance

Traditionally, story-telling is used to entertain and pass knowledge on from group to group. Young children begin by telling stories to friends, family, at school, and later as part of formal presentations. As youth collect new knowledge through participation in projects, they share this information with

others; teaching project skills in a presentation takes advanced skills and a deeper understanding of what was learned. Giving presentations develops many life skills, including the ability to speak in front of a group, organize ideas, and create and use graphics to support the spoken word.

How do I START?

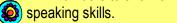
Speakers prepare for presentations by giving talks to project groups and at community club meetings, practicing skills learned in a project, and observing other people giving presentations. Youth can get ideas for presentations from many different sources. The first place to start is with the project leaders and the community club leader. Sources for presentation ideas are project manuals, books, magazines, and brochures from various organizations.

Excerpted from California 4-H Website



Opportunities

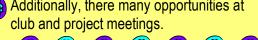
We have a number of upcoming events for 4-H members to show off their presentation/





Regional Presentations at South 5/18 Section Field Day

Additionally, there many opportunities at club and project meetings.







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University of California Cooperative Extension – Ventura County

Featured Club Happenings

Citrus Valley 4-H by Savanna Stanley

Meets 3rd Monday at 6:30 pm at Oak View Resource Center Club officers: Savanna Stanley, President; Wyatt Fuchs, Vice President; Honzek Mikhalek, Secretary; Remington Martin, Sargent of Arms; Mikayla Miles, Treasurer; and Lily Grant, Game Coordinator.

We are off to a great year already. We want to welcome our new assistant leaders Melina Bello and Liz Mikhalek. Thanks for stepping up.

We have been very busy going ice skating, jumping at Sky High and we plan on

going roller skating. Our animal projects have begun with a birthing frenzy. Brenna Swaffar was at Italo De Los Reyes' farm to help deliver 22 piglets. She had the responsibility of recording the sex of each piglet. Ryan Deitz and Billy Maxwell were responsible for rubbing the sows' tummy and then for pulling the slippery, slimy, piglet's umbilical cord and tying it into a knot. After Billy dried them and placed them on the table, Ryan had to clear the mouth and shoot warm wa-



Members gather with leader Italo de los Reyes to ask questions about the steps in helping with the birthing.

ter in to help the piglets start to breathe. Ben De Los Reyes and Angela Cimmarusti cut

Above: Justin Bower holds one of the new piglets. Below: Ryan Dietz, Wyatt Maxwell, Billy Maxwell and Brenna Swaffer embrace the squeals of delight.

the teeth and clipped the tails. At 2 days old, the 22 piglets have an average weight of 3.5 pounds. Most of the piglets will be sold to members of our club.

In addition, the first of 6 ewes in the bunch gave birth to twin lambs. I am not sure if they will be wethers or bucks later on in their life. We hope your animals are just as healthy as ours. See you at fair.

Calling All-Star Applicants...

If you are 14+ and have achieved your Gold or Emerald Star rank, consider applying for All-Star, Ventura County's highest star rank. (Unsure of your star rank? Check with your Club Leader.)

All-Stars act as visible 4-H members - role models for their fellow 4-H members, their county, and their community. The All-Star rank recognizes members' leadership abilities, but it is also a working honor. Besides their regular projects and activities. All Stars assist with county events, develop a plan of action. and perform service projects.

For more information and application, visit http://ceventura.ucdavis.edu/Youth Development/4-H/MemberOpps/ All Stars/ Applications are due May 1st.

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

MARCH 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.

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 to 8x10 mounted 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—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.

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 <u>all online</u> at http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=9981. Entry deadline: Friday, March 1, 2013 For a detailed schedule, visit the online 4-H Calendar http://ceventura.ucdavis.edu/ Youth Development/4-H/

LARGE LIVESTOCK FAIR DATES TO SAVE

Large Livestock Quality Assurance (Steers, Replacement Heifers, Swine, Lambs and Goats) - All in Barn 100

April 27 at 10 am June 8 at 10 am May 18 at 10 am

July 9 at 6 pm

These classes for Large Livestock exhibitors are good for 5 years. Please contact your club leader or 4-H office for exhibitor records. The instructor is State Fair qualified.

Tagging Dates:

April 6 for Steers 8-11 am
May 4 for Replacement Heifers 8-9:30 am
June 1 for Market Goats, Lambs & Swine 8-11am
(assigned times for swine at fairgrounds)

Livestock Leaders Meetings

Project leaders for all livestock animal projects plan to attend one of these meetings (last 2 meetings) 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. 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.

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.



The Great American No Bull Challenge - 4-H'ers Can Enter NOW!

The Great American NO BULL Challenge is the first, student-led National video contest and Teen Video Awards show dedicated to bullying prevention and promoting empathy, respect and inclusive communities



using the power of music and the magic of filmmaking. Middle and high school students between the ages of 13 – 18 will have 4+ months to create a 2-5 minute video or 30-60 second PSA with a digital responsibility or a bullying prevention theme. Students will submit their video to the NO BULL Challenge no later than April 30, 2013 at 11:59 PM (PST). Check out the Digital Responsibility 411 toolkits to learn everything you need to know in order to create your video. http://nobullgreatamerican.votigo.com/ nobullgreatamerican

Youth Physical Activity Guidelines Toolkit

The Physical Activity Guidelines for Americans, issued by the U.S. Department of Health and Human Services, recommend that children and adolescents aged 6-17 years should have 60 minutes (1 hour) or more of physical activity each day. This toolkit includes materials for talking to groups about getting and staying active as well as some real-life scenarios of youth activities. http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines.htm Secondarily, there is a new Adult Activity Guideline Toolkit called, "Be Active Your Way."



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.



Celebrations Abound!

4-H in California is celebrating it's centennial this year. To join in the planning committee for the our Ventura County celebrations, please email Gwyn Vanoni at the 4-H office at gwvanoni@ucanr.edu

Clover Safe Notes

Clover Safe Notes Spotlight for February: SEWING MACHINE SAFETY (Note #2). In preparation for Fashion Revue, it's a good idea to review sewing machine safety and avoid all puncture wounds and finger cuts—most common injuries associated with sewing.

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**, **March 27**, **2013 at 7 p.m.** at the 4-H Office in Ventura.



If you would like to join a committee, serve as a council board 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. 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/ Ventura County 4-H Council/

Everything is Happening at State Field Day—5/25

The State 4-H Field Day takes place annually on the Saturday of Memorial Day weekend at the UC Davis campus from 8:00am until 6:00pm. The event is open to all 4-H members, volunteers, staff, and parents. More than 1,000 people attend the event. The event has a "picnic" feel as people bring chairs and socialize for the day on the Wellman Hall east lawn.

STATE FASHION REVUE

http://www.ca4h.org/Programs/Events/SFD/SFR/

Recently posted documents include Guide for Judges, Rubric Scorecards and Information Forms. Hopes are that projects around the state are actively engaged in



the SFR service projects: Drawstring bags, A Zoo of Hugs (softy animals), and Little Dresses & Shorts for Africa. See the flyers on the website for details and patterns. Registration of youth participants April 1—May 12.

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 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 workout, exergaming, recreational sports, types of activity, making time for fitness, safe places in your community to be active, and more. http://www.ca4h.org/Programs/Events/SFD/PD/Recognition Opportunities/

STATE 4-H FIELD DAY EDUCATIONAL EXHIBITS

http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=9588

Applications due April 1, 2013

Educational exhibits and displays constitute a unique aspect of the State 4-H Field Day. These exhibits are a great opportunity to share knowledge, interact with youth and adults and engage people in new activities.

4-H MYPLATE CHALLENGE

In 2011 the U.S. Department of Agriculture (USDA) unveiled the federal government's new food icon, MyPlate, to serve as a re-

minder to help consumers make healthier food choices. 4-H is challenging YOU to show how you're making YOUR plate MyPlate. We invite you to submit a photograph illustrating how you're creating healthy meals using MyPlate as a guide. 4-H members do not need to pre-qualify at a county event. More details about this contest can be

found at: http://www.ca4h.org/Programs/Events/ SFD/4-H MyPlate Challenge/

PHOTOGRAPHY COMPETITION

Detailed on page 7 of the Clover Lines.

There are many other events and activities, including County Banner Presentation, judging contest, logo contest, film festival, just to name a few. All of the details are online at http://www.ca4h.org/Programs/Events/SFD/

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/4770.doc

Project Adult Volunteer http://www.ca4h.org/files/4772.doc

Resource/Key Adult Volunteer http://www.ca4h.org/files/4772.doc



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=10061 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.

FASHION REVUE & FOOD FAIRE

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

Howdy 4-H Partners! This year Food Faire and Fashion Revue has gone western—with traditional chili cook-off and all!

Fashion Revue Categories:

Traditional
Duct Tape Challenge
Wearable Art - Embellished
2-Yard Wonder Challenge
Consumer Science Purchased—S



Consumer Science Purchased—\$19.99 Challenge \$100 Cowgirl or Cowboy Chic Dressing Challenge

Food Faire Categories:

Food Showmanship—Chili cook-off, corn bread cook-off, baked desert, non-baked desert...

Cake Decoration Showmanship - "Boots, Barns & Banjos"

Educational Display open to Foods, Textiles, Arts & Crafts and Consumer Science projects members

Other contests: Judging contest, knowledge contest and decorate a boot (on-site) - you just bring the boot!

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. Contact Deborah Meyer-Morris at morrispartyof4@aol.com or Cyndi Hassien at schassien@verizon.net with questions.

California Focus: June 14-18

A unique citizenship educational experience for youth 13-19.

Witness California's government in action by participating in the legislative, political, and judicial processes. As a conference delegate you will:

- Register to vote, conduct a primary election, and develop a political campaign through a two party system.
- Elect constitutional offices.
- Analyze the needs and issues of your district and enact legislation with the goal of securing the governor's signature to make your bill a law.
- Meet California law makers.
- Tour the State Capitol, Governor's office and 3rd Court of Appeal.
- Participate in fun recreational activities, tours and cultural events.
- Make new friends.

Registration deadline is **March 15th**. Financial assistance is available.

http://ucanr.org/sites/UC4-H/Projects/ Citizenship/Focus/CF/





California 4-H Photography Competition—May 25, 2013

Enjoy photography? Looking for opportunities to showcase your photographs to fellow 4-H members from around California? Enter in the California 4-H Photography Competition to showcase your work and for a chance to win awards such as Best of Show! Any 4-H member aged 9-19 can participate.

Does **NOT** have to be enrolled in the photography

project to enter! Held in Hart Hall at UC Davis from 8:00 am - 5:00 pm, as part of State Field Day. Hosted by the California 4-H Technology Leadership Team.

2013 World Water Day

March 22, 2013

http://www.unwater.org/watercooperation2013/
Do you know how much water you actually consume every day?
How can you change your diet and reduce your water footprint?
Join the World Water Day 2013 campaign "Water Cooperation."

4-H Library

SERVICE LEARNING PROJECT CURRICULUM

Service learning is an educational method where students learn and develop by engaging in active service that meets the needs of a community. It includes structured time for youth to reflect on their service experience, and influences lifelong learning.

This service learning project is designed to help middle school and high school aged youth plan their own service learning projects. A four-stage process – preparation, action, reflection and celebration - helps guide youth through the project. The possibilities for project topics are endless and only limited by your imagination.

The curriculum has:

- Level 1: Agents of Change
- Level 2: Raise Your Voice
- Helpers Guide
- Bonus Online Activity at http://new.4-hcurriculum.org/projects/servicelearning/resources/

Additionally, a set of the curriculum has been added to the 4-H Library kept at the 4-H Office and can be checked out by members and volunteers. For more details, visit http://ceventura.ucanr.edu/Youth Development/4-H/Leader/4-H Library/

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@ucanr.edu

Gwyn Vanoni (805) 645-1482 4-H Program Representative - Military 4-H Liaison, Council & Leader Support Email: gwyanoni@ucanr.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@ucanr.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.

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RETURN SERVICES REQUESTED

Official Business Penalty for Private Use \$300

March 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@ucanr.edu, 4-HOnline [mailto:no-reply@4-HOnline.com], gwvanoni@ucanr.edu and rmhaydensmith@ucanr.edu

3/1	Super Field Day Entry Deadline—Register Online	5/4	VC Fair Tagging Day—Replacement Heifers 8-9:30 am
3/2	Livestock Leaders Meeting 9 am @ 4-H Office	5/8	New Leader Certification 6 pm @ 4-H Office
3/4	Presentation Day Committee Mtg 9 am @ 4-H Office	5/15	New Leader Certification 9:30 am @ 4-H Office
3/4	Livestock Leaders Meeting 7 pm @ 4-H Office	5/18	South Section Field Day 8:30-3 @ Mt. SAC
3/11	New Leader Certification 6 pm @ 4-H Office	5/18	Livestock Quality Assurance 10 am @ VC Fairgrounds
3/13	New Leader Certification 9:30 am @ 4-H Office	5/21	Equine PDC 6:45 pm @ Marie Callenders in Camarillo
3/15	California Focus Registration Deadline	5/22	4-H Council Meeting @ 4-H Office 7 pm for Leaders
3/16	Super Field Day @ VC Fairgrounds		and Youth (9th grade+)
3/19	Equine PDC 6:45 pm @ Marie Callenders in Camarillo	5/25	State 4-H Field Day @ UC Davis
3/21-24	Western Reg. Leaders Forum in Hawaii	5/25	State Fashion Revue @ UC Davis
3/23	County Presentation Day	6/1	VC Fair Tagging Day—Market Goats, Lambs & Swine
3/27	4-H Council Meeting @ 4-H Office 7 pm for Leaders		8-11am (assigned times for swine on-site)
	and Youth (9th grade+)	6/8	South Section Council Meeting 10 – 1 @ Mt. SAC
4/6	VC Fair Tagging Day—Steers 8-11 am	6/8	Livestock Quality Assurance 10 am @ VC Fairgrounds
4/16	Equine PDC 6:45 pm @ Marie Callenders in Camarillo	6/26	4-H Council Meeting @ 4-H Office 7 pm for Leaders
4/13	South Section Council Meeting 10 – 1 @ Mt. SAC		and Youth (9th grade+)
4/13	Fashion Revue & Food Faire @ VC Fairgrounds	6/26-30	State Horse Classic @ Brookside Equestrian Center
4/27	Livestock Quality Assurance 10 am @ VC Fairgrounds	7/9	Livestock Quality Assurance 10 am @ VC Fairgrounds
4/29	New Leader Certification 6 pm @ 4-H Office	7/25-28	State Leadership Conference @ UC Davis
5/1	All Star Applications Due	7/31-8/1	1 Ventura County Fair