

# Clover Lines

## 4-H Presentation Day Shines

Ventura County Presentation Day was held on March 23 at Oak View Park & Resource Center. The following 4-H members participated in the event:



Pictured above: 2013  
County Presentation  
Day participants

Name(s)	Club	Category	Level	Award
Hannah Harvey & Pilar Martinez	Santa Rosa Valley	Illustrated Talk	Int. Team	Gold
Nicole Bellmore	Loma Vista	Interpretive Reading	Int. Ind.	Gold
Malia Miyashiro	Loma Vista	Interpretive Reading	Int. Ind.	Gold
Spencer Wittrock	Loma Vista	Interpretive Reading	Sen. Ind.	Gold
Gracie Morrison	Loma Vista	Interview	Int.	Gold
Ellie Morrison	Loma Vista	Interview	Sen.	Gold
Spencer Wittrock	Loma Vista	Interview	Sen.	Gold
Jason Bellmore	Loma Vista	Interview	Sen.	Blue
Dayle Morris	Santa Rosa Valley	Interview	Sen.	Gold
Bailey Morris	Santa Rosa Valley	Interview	Sen.	Gold
Nicole Bellmore	Loma Vista	Cultural Arts	Int. Ind.	Gold

Additionally Hannah Harvey, Pilar Martinez, Audrey Hargleroad & Bailey Morris from Santa Rosa Valley 4-H performed a club/group Skit and received a gold award.

Committee members included Fern Vacca, Tina Morrison, Heidi Marshall, Nancy Mahon and Tisha Fisher. Event volunteers included Kai Miyashiro, Malia Miyashiro, Bailey Morris, Dayle Morris, Ellie Morrison, Gracie Morrison, Tracy Tenenhouse and Spencer Wittrock. Thank you to the judges for volunteering their time to support the youth of 4-H; Leslie Bellmore, Nancy Mahon, Shelley Miyashiro, Tina Morrison, Gina Mulhern, Fern Vacca, Manuela Walter and Lisa Wittrock.

Gold Medal Winners are eligible to compete at South Section 4-H Field Day on May 18 at Mt. San Antonio College in Walnut.

### South Section Regional Field Day is May 18

Events included at Field Day are:

- Presentations/Public Speaking/Interpretive Reading
- Impromptu Speech Contest
- Fashion Revue
- Judging Contest
- Cultural Arts, Share-the-Fun Skits & Songs

Come join in the fun and support other VC members! It's a blast.

For more information, please visit [http://www.ca4h.org/Resources/Volunteers/Councils/Sectional/South/South\\_Section\\_Field\\_Day/](http://www.ca4h.org/Resources/Volunteers/Councils/Sectional/South/South_Section_Field_Day/)



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*...for the next 100 years*

**University of California**

Agriculture and Natural Resources ■ 4-H Youth Development Program

University of California Cooperative Extension – Ventura County

Website: <http://ceventura.ucdavis.edu>

669 County Square Dr., Suite 100, Ventura CA 93003-5401

Fax: (805) 645-1474 Phone: (805) 645-1464

# Featured Club Happenings!

## Conejo Valley 4-H

*Meets 2nd Monday at 7:00 pm at Cameron Center  
Club Leader: Susan Trockey*

By Raquel Stanton, President

It has been an exciting and wonderful time for Conejo Valley 4-H Club members this year. Since September, members have made lunches and blankets for others, as well as Valentine's Day cards in community service activities.

We have actively studied different countries around the world. CV 4-H's theme for the year is based the 2012 Summer Olympics. Each month we have been learning about the sports and culture of countries that have hosted the Olympics, as well as sampled traditional food from its respective country. There's still so much more for CV 4-H to experience and they'll meet each one with a bright smile, and a mind ready to learn.



Conejo Valley 4-H members made no-sew fleece blankets for donation to Project Linus, a national charity that provides these blankets to local emergency services to give to children and others at times of trauma.

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## Del Norte 4-H

*Meets 3rd Monday at 7:00 pm at Rio Del Valle Gym  
Club Leader: Anita Wilvert*



Del Norte 4-H serves Oxnard and Port Hueneme. We have thirteen members, and projects that include Foods & Nutrition, Horticulture, Photography, Woodworking, Market Sheep and Market Steers.

Our members participate in many county events such as Food Faire, Super Saturday, and the Ventura County Fair. One of our popular Easter table decorations is the photo included. You can see why the kids loved it. We invite anyone who would like to join our club to give the 4-H office a call.

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## 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/](http://ceventura.ucdavis.edu/Youth_Development/4-H/MemberOpps/All_Stars/) Applications are due **May 1st**.

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*May's Featured Club Happenings! will include an article from Las Posas 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/)*

# Great 4-H Teen Ops

## Higher Education Scholarships 2013

The Higher Education Scholarship applications are now available online. All applications will be due on May 1, 2013 by 11:59 pm. For more information and to apply: <http://www.ca4h.org/Resources/Members/Scholarships/>

## The Power of Children Awards

The deadline is April 30 for the Power of Children Awards: Making a Difference, an annual event to honor and further empower youth, in grades 6-11, who have made a significant impact on the lives of others, demonstrated selflessness, and exhibited a commitment to service and the betterment of society. Each award recipient will receive a \$2,000 grant to continue his or her extraordinary work, a four-year post-secondary scholarship to a participating institution of higher learning and additional recognition. <http://bit.ly/Yeu5bR>

## South Section Film Production Training

The California 4-H Technology Leadership Team will be holding a 4-H Film Production Training in San Bernardino County on April 27, 2013, from 10:00 am to 3:00 pm at the Vineyard Room, Best Western Inn & Suites, 3400 Shelby St., Ontario, CA. The training will take place concurrently with the California State 4-H Council meeting.



4-H youth ages 13-19, adult volunteers, and staff are invited to attend this free training. Participants will learn the planning process, video equipment, capturing, and editing. The training is free to attend, and lunch will be provided. Pre-registration is required.

Anyone who participates in this training will have the opportunity to check out video equipment from the State 4-H Office to create their very own 4-H film/video. 4-H films are a great way to spread awareness of 4-H events, conferences, camps, projects, county programs, and much more! This will be the only film production training offered for the South Section this year! For more information about the Film Production Training and to register, please visit this web-site: <http://www.ca4h.org/Projects/SET/Tech/CTLT/Film/>

## 4-H State Leadership Conference 2013 – July 25-28 at UC Davis

2013 theme: *There's no place like 4-H*

The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience.

For more information visit:

<http://www.ca4h.org/Programs/Conferences/SLC/>



## History of the 4-H State Leadership Conference

In 1914, 143 4-Hers traveled to the University Farm in Davis to attend the first State 4-H Convention honoring 4-H contest winners. The 4-H members stayed for three days in canvas tents. In 1951, over 1,100 4-H Club members attended the Annual 4-H State Convention at UC Davis. Members saw demonstrations presented by prominent scientists and teachers, the selection of the state dress revue and the talent show winners. Read more about the [1951 State 4-H Convention](#). The conference was changed in 1960 to the current 4-H State Leadership Conference to help to improve leadership skills.

## Support Group

The Support Group is a team of youth who assist the 4-H State Ambassador team, volunteers, and staff in the planning and implementation of



the 4-H State Leadership Conference. The Support Group provides delegates with the opportunity to take on a unique leadership responsibility and see what happens behind the scenes at SLC. This is a great experience for individuals State Ambassadors, or for members looking to get involved beyond the county level. Support group members attend SLC as part of their county delegation and are responsible for all fees associated with the conference. If you would like to apply to be a member of the 2013 SLC Support Group, please read the job description and instructions [2013 SLC Support Group Application Instructions](#) [2013 Support Group Application](#)



# Healthy Living

## New "Smart Snacks in School" proposal

On February 1, USDA announced the opening of the public comment period for proposed new standards to ensure that children have access to healthy food options in school. The Healthy, Hunger-Free Kids Act of 2010 required USDA to establish nutrition standards for all foods sold in schools -- beyond the federally-supported school meals programs. The "Smart Snacks in School" proposed rule is the first step in the process to create national standards. The new proposed standards draw on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace. For more information and to comment on the proposed rule: [http://www.fns.usda.gov/cnd/Governance/Legislation/CNR\\_2010.htm](http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_2010.htm) Source: U.S. Department of Agriculture

## Teens Take On Health Video Competition by Molina Healthcare

**Goal:** Promote 4-H and Molina Healthcare's initiative to get teens to take action by creating solutions for healthy living and a healthier America.

**Idea:** Run a co-branded contest on both the 4-H Facebook page and 4-H.org, open to 4-H youth and youth from the general public.

**Concept:** Create **an online challenge for teens to propose solutions to health challenges** in their community by uploading a 90-second video. Tied closely with the views of the *Join the Revolution of Responsibility* campaign, individuals or groups will describe the health challenge and present ideas for solutions for their community, school, or family. **Submission ends April 12, 2013.** Eligible participants must be between the ages of 13-19. Contact JoAnne Leatherman for more details: [jleatherman@fourhcouncil.edu](mailto:jleatherman@fourhcouncil.edu)

## Golden Clover Applications Open

[Golden Clover Applications](#) must be submitted electronically by May 1, 2013. 11:59 p.m.

The Golden Clover Awards recognize outstanding achievements of members, volunteers, program staff, and groups within the 4-H Youth Development Program. Golden Clover Award winners will be awarded a \$500 cash award, a medallion and lapel pin. Click on the link above to view the award categories and past recipients.



## Celebrations Abound!

4-H in California is celebrating its 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](mailto:gwvanoni@ucanr.edu)

## Clover Safe Notes

**Clover Safe Notes Spotlight for April: NIGHT HIKING SAFETY (Note #79) & CREEK HIKING SAFETY (Note #80).** These are just 2 of the many hiking and outdoor Safe Notes. As the weather warms up, it's a good time to head outside, but remember to ensure that safety is the first part of any plan in the outdoors.

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



At the March 27th County Council meeting, an All-Star report submitted by Elizabeth Paxson was read about the LEaD Conference in Santa Barbara for teens. Additional event reports included Presentation Day, Photography at the Farm and Food Faire/ Fashion Revue. Terri Hargleroad reported on the great success of Super Field Day, including the article that was in The Star newspaper.

Large Livestock PDC Chair, Virginia Reyes, spoke about their first meeting coming up on April 3rd at 7 pm. An Equine PDC report was submitted and read for the Council.

Gwyn Vanoni from the 4-H Office spoke about the likely possibility that member and leader fees would increase this year, but that we were still waiting from the State Office to hear the exact amount. Club Leaders will be contacted as soon as the increase is known. Additionally, she shared the exciting news that Bailey Morris and Grace Van Splinter received a Revolution of Responsibility grant for \$1,000 to make no-sew blankets to donate. This will be an upcoming county-wide opportunity.

The next meeting will be **Wednesday, May 22, 2013 at 7 p.m.** at the 4-H Office in Ventura. The proposed 2013-14 County Budget will be presented for review at the May meeting.

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](mailto: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/](http://ceventura.ucdavis.edu/Youth_Development/4-H/Ventura_County_4-H_Council/)

## LARGE LIVESTOCK FAIR DATES TO SAVE

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

April 13 at 10 am—NEW	May 18 at 10 am
June 8 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)

## 2013-14 4-H State Ambassadors

Applications for the 2013-2014 California 4-H State Ambassadors are now open. Please share with your county! Attached is a document explaining everything that youth need to know about applying. Below are links to the State Ambassador page on the state website and the link to the online application. **Application deadline is April 15!**

State Ambassador Website: <http://www.ca4h.org/Projects/Leadership/SA/>

State Ambassador Online Application: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=10374>

# New Adult Volunteer Leader Certifications in 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>



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/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, April 29, 2013, 6:00 p.m. to 8:00 p.m.** <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=10063>

**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 **MUST** be on time & **MUST** 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—\$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 is available on our county 4-H website calendar at [http://ceventura.ucdavis.edu/Youth\\_Development/4-H/?calitem=172676&q=25349](http://ceventura.ucdavis.edu/Youth_Development/4-H/?calitem=172676&q=25349) and has been emailed to leaders and 4-H families.

Contact Deborah Meyer-Morris at [morrispartyof4@aol.com](mailto:morrispartyof4@aol.com) or Cyndi Hassien at [schassien@verizon.net](mailto:schassien@verizon.net) with questions.





## Earth Day, April 22

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

Earth Day is an annual day on which events are held worldwide to increase awareness and appreciation of the Earth's natural environment.



## World Science Festival

May 29 – June 2 in New York

<http://www.worldsciencefestival.com/>

The World Science Festival's mission is to cultivate a general public informed by science, inspired by its wonder, convinced of its value and prepared to engage with its implications for the future.

## Have you planted a tree recently?



<http://www.4milliontrees.org/>

To date, over 456,034 trees have been planted as part of the 4-H Million Trees project. The BIGGEST days of the year for 4-Hers to plant trees are coming up this April. All 4-H Clubs and Units are encouraged to organize tree planting events this April to celebrate Earth Day (April 22), Arbor Day (April 26), and Global Youth Service Day (April 26-28). Also available at the link above are media templates for clubs and project groups.

## 4-H Library

### **BULLYING: A BIG PROBLEM WITH BIG CONSEQUENCES**

**Teen Talk** — Teen Talk Fact Sheet reviews the research and what can be done about bullying. [English](#) (360 K PDF) | [Spanish](#) (273 K PDF) Go to this link for free downloadable PDF: <http://www.extension.umn.edu/family/families-with-teens/fact-sheets/teen-talk-bullying.pdf>

**Teach CD** (Teen Talk Take and Teach CD) — CD of easy-to-use resources for professionals who work with teens and their parents. Go to this link for ordering information; \$15 for the CD, which includes power point presentation, facilitator guide, handouts/activities, evaluation, resources: <https://shop-secure.extension.umn.edu/PublicationDetail.aspx?ID=1779>

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

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

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

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

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

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## RETURN SERVICES REQUESTED

Official Business  
Penalty for Private Use \$300

# April 2013

## 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@ucanr.edu](mailto:tifisher@ucanr.edu),  
4-HOnline [no-reply@4-HOnline.com](mailto:no-reply@4-HOnline.com), [gwvanoni@ucanr.edu](mailto:gwvanoni@ucanr.edu) and [rmhaydensmith@ucanr.edu](mailto:rmhaydensmith@ucanr.edu)

4/3	Large Livestock PDC Meeting 7 pm @ 4-H Office	6/1	VC Fair Tagging Day—Market Goats, Lambs & Swine 8-11am (assigned times for swine on-site)
4/6	VC Fair Tagging Day—Steers 8-11 am	6/8	South Section Council Meeting 10 – 1 @ Mt. SAC
4/13	South Section Council Meeting 10 – 1 @ Mt. SAC	6/8	Livestock Quality Assurance 10 am @ VC Fairgrounds
4/13	Fashion Revue & Food Faire @ VC Fairgrounds	6/26	<b>4-H Council Meeting</b> @ 4-H Office 7 pm for Leaders and Youth (9 <sup>th</sup> grade+)
4/13	Livestock Quality Assurance 10 am @ VC Fairgrounds	6/26-30	State Horse Classic @ Brookside Equestrian Center
4/16	Equine PDC 6:45 pm @ Marie Callenders in Camarillo	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	7/31-8/11	Ventura County Fair
5/4	VC Fair Tagging Day—Replacement Heifers 8-9:30 am		
5/5	Photography at the Farm 2-4 pm @ HAC		
5/8	New Leader Certification 6 pm @ 4-H Office		
5/15	New Leader Certification 9:30 am @ 4-H Office		
5/18	South Section Field Day 8:30-3 @ Mt. SAC		
5/18	Livestock Quality Assurance 10 am @ VC Fairgrounds		
5/21	Equine PDC 6:45 pm @ Marie Callenders in Camarillo		
5/22	<b>4-H Council Meeting</b> @ 4-H Office 7 pm for Leaders and Youth (9 <sup>th</sup> grade+)		
5/25	State 4-H Field Day @ UC Davis		
5/25	State Fashion Revue @ UC Davis		

### VC 4-H Calendar Online

[http://ceventura.ucdavis.edu/Youth\\_Development/4-H/](http://ceventura.ucdavis.edu/Youth_Development/4-H/)



You can review upcoming 4-H events & meetings, as well as copy information to your personal electronic calendar using iCalendar or email reminders.