

Clover Lines

October Means it's Time for Trick Or Treat So Others Can Eat

IT'S NOT ABOUT CANDY ANYMORE. IT'S ABOUT A CAN DO! ATTITUDE FOR 4-HERS

by Ellie Morrison, Teen Leader for TOTOSOCE, Loma Vista 4-H

It's October again, time for Halloween decorations, costumes and all that candy. But for those of us in 4-H, when October rolls around, it means something quite different. It may seem strange to hear, but many of us begin to think of C-A-N-S. Lots of cans, as in canned foods, and a "Can Do!" attitude. 'Why is that,' you may ask?



October is the month Ventura County 4-Hers will be participating in our county wide community service effort known as Trick Or Treat So Others Can Eat. 2013 marks the 17th year Ventura County 4-H has hosted this community service event, lovingly known by 4-H members as "TOTOSOCE" (Tot-sauce), since the full name can truly be a mouthful. **We welcome all new members and encourage all clubs to participate in this fun and worthwhile community effort to support our local food bank. Official collection dates are 10/1 through 11/1.**

TOTOSOCE is organized through Ventura's Loma Vista 4-H, but is truly a countywide canned food drive to benefit FOODSHARE, Ventura County's food bank. FOODSHARE works with over 150 agencies to feed over 75,000 hungry people each month throughout Ventura County. Through FOODSHARE, these agencies serve children, families in crisis, low income seniors, the homeless, the disabled, and many others who live in our communities and need help. Areas served include Thousand Oaks, Simi Valley, Ojai, Oxnard, Ventura, Camarillo, Santa Paula, Fillmore, Ojai and others.

In 2012, 4-Hers collected over 6,000 lbs of food for Ventura county food banks through the TOTOSOCE program! In addition to Ventura county 4-H clubs, other youth groups participation helped make 2012 such a success, including several Girls and Boys Scout troops, AYSO teams, church youth groups and the students at Cal State Channel Islands University. Due to some new groups joining us this year, we truly anticipate that this could be our best year yet, and that our goal of raising over 7,500 lbs. will easily be met with everyone's help. **Join us this year and help make October 2013 the month Ventura County 4-Hers tackle hunger in our community.**

HOW TO REGISTER YOUR CLUB: Each 4-H club in Ventura County is encouraged to participate in TOTOSOCE, and is asked to assign a junior or teen leader to run the project (this can be your community service officer, or another team member). Leaders can register at http://ceventura.ucanr.edu/Youth_Development/4-H/Trick_or_Treat_So_Others_Can_Eat_TOTOSOCE/ A 2013 "Starter kit" including door hangers, flyers, thank you notes, and instructions will be emailed to you with registration.

MAKE IT FUN!! There are many ways to collect the food donations. The typical door-to-door collection works great, as well as putting a food bin at club meetings through October, your school, church or workplace. Remember, any youth group can register and participate. Again this year, FoodShare can accept online donations for TOTOSOCE (during the Oct 1st through -Nov 1st only). Please share this link for TOTOSOCE Online Donations http://ceventura.ucanr.edu/Youth_Development/4-H/Trick_or_Treat_So_Others_Can_Eat_TOTOSOCE/ and help us get the word out. It's an easy way to get your friends, family and other youth groups involved too!

Thanks for all your efforts to make this our best TOTOSOCE year yet!



A Revolution of Responsibility

...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>

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Featured Club Happenings!

Santa Rosa Valley 4-H

Meets 2nd Wednesday of the Month

President - Harrison Hargleroad Vice Presidents - Grace Van Splinter and Elizabeth Paxson

Santa Rosa Valley 4-H had a great year with active members, several new projects and an army of parent volunteers. This year we had over 100 kids in the club in projects ranging from cake decorating to guinea pigs to mini cattle. Our members took photography field trips, made a pizza from scratch, performed a skit and learned to butcher small livestock.

Our meetings are fun with a presentation, fun activity and traditions. Our kick-off meeting we have lots of show and tell so the kids can get excited about the new projects they will sign up for. One popular meeting tradition is the 4-H Fashion Show with the Do's and Don'ts of the 4-H uniform. We end the year with a club party and potluck.



We had a few new projects this year that were popular. Our horse group added a drill team who performed at the Youth Horse Fair. They will perform again at ETI's Day of the Horse next month. In the Shooting Sports - Rifle project kids learn safety, cleaning and shooting rifles. The meetings were well organized with lessons to study prior to the meeting. The Tie-dye Project taught kids how to tie-dye t-shirts. We had a Presentation Project this year where our members learned public speaking. And we had a Cooking Project where the kids learned to can pizza sauce, make cheese, make dough and then made a pizza. This group also made a dinner for the homeless in Simi Valley.

This year in community service, we had 26 members who completed more than 10 hours of 4-H community service. Those service hours were spent on California Coastal Clean-up, TOTSOCE, Operation Gratitude, Ride-On, making dinner for homeless and Pierce College Farm Day. One community service event we did as a club was to help a former 4-H family who lost their dad this year. Over 50 of our members and parents helped, hauled and contributed.

Our club is very active at Super Field Day. Most of our members attend to help, make presentations, take knowledge tests, or compete in the Iron Chef competition, swine bowl or other events. It is a great day to come together with other 4-H clubs in the county.

We look forward to another great year of great 4-H fun.

Awards Night 2013

County Record Book Awards, Club Charter Seals and many other accomplishments will be recognized at this year's Ventura County 4-H Awards Night. It will be Thursday, November 7 at 6:45 p.m. at Grinder Deli Restaurant in Moorpark at 1 W. Los Angeles Avenue. Everyone will be able to order off the menu. Preview the menu at <http://www.grinderdeli.com/menu.html> Please RSVP at <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11317> by 11/1 so we can tell the restaurant how many people to expect.



*November's Featured Club Happenings! will include articles from Sespe & Somis 4-H.
Featured Club calendar is at http://ceventura.ucdavis.edu/Youth_Development/4-H/Newsletter/*

Tie Blankets for Foster Youth

A REVOLUTION OF REASONABILITY PROJECT

by Bailey Morris & Grace Van Splinter, Santa Rosa Valley

Our inspiration:

This whole project began because we wanted to create a way to help the community while learning how to lead a community service project. Grace Van Splinter and I were both in the tie blanket project and thought it was really fun. We were also in the leadership development project at our 4-H club. We originally thought we would make blankets for homeless people, but we were not sure how we could give them away and make sure that they were used. Then our project leaders brought up that one of her good friends is very involved at Casa Pacifica, a local group home for foster kids, and that would be a good way for us to distribute our blankets. We figured we could make it into a Revolution of Reasonability project and make the blankets for 100 youth, because making blankets was really easy and kids love to cuddle in blankets when they are cold or sad.

What we did:

We went down to the Los Angeles Fabric Mart in May and shopped for about 3 hours searching for 400 pieces of fabric that we could cut into blankets and use for the foster kids. I bet your wondering, "Well, how did you get 5 people home and 400 two yard pieces of blanket in a normal sized SUV?" Let me just say we were surrounded by people and fleece—next to you, behind you, on top of you, not much moving space for an hour and a half drive. We started publicizing it by sending out emails, going to different meetings and writing an article for CloverLines. We used \$800 of our \$1,000 grant to purchase fleece, at \$2.00 a yard, and then we used \$127 to make note-cards for the 4-H members to sign and attach to the blankets which contained the 4-H pledge and a personal note. We were pretty stoked to realize it was all coming together! We set our work day for June 15th for our final blanket project that ended up being a huge success getting 74 blankets done in 6 hours



Grace, Bailey, Joel, Jamie & Julie drop off the finished Tie Blankets for Foster Youth at Casa Pacifica.

with the help of about 40 people, and having others take home tie blankets because they couldn't attend the project day.

The pay off:

After we successfully finished the project day we waited a little to get all the tie blankets turned back into us. Grace, I and our moms came with one other family that helped tremendously, and we all went to drop the 100 blankets off and take a tour of Casa Pacifica. Unfortunately, we didn't get to see the reactions of the kids since it was early in the morning and they were just waking up but hopefully they enjoyed them a lot! It meant a lot to help out a local charity with a simple thing as a blanket, because warm blankets can make any kid feel more at home. Hopefully those blankets brightened their days and warmed their nights. This project successfully ended July 19, 2013 with our tour and our donation of 100 blankets worth \$10 each for a retail value of \$10,000!! That was the conclusion of our Revolution of Responsibility to help make the world a better place one blanket at a time!

Animal Projects: Laws for Keeping Animals at Home



Each City has its own zoning regulations and policies governing animals. Unincorporated areas fall under the purview of the County of Ventura government. It is the responsibility of the 4-H member and his/her family to determine whether their community permits animal projects and what limitations and/or requirements may be. You will need to contact your City of residence or the County of Ventura Resource Management Agency if you live in an unincorporated area.

Healthy Living

Healthy Living Definitions & Goals...

As we start this year, it's good time to familiarize ourselves with basic points of 4-H Healthy Living.

Physical well-being involves the functioning of an individual in terms of all health-related components of the individual's lifestyle including: fitness, nutrition, safety, avoidance of risky behavior (drug or alcohol abuse), sexual responsibility, general hygiene, and adequate sleep.

Social/Emotional well-being involves the functioning of an individual in terms of all social, mental, and psychological aspects of the individual's lifestyle. The social components of well-being include: forming and maintaining satisfying relationships, sense of self, autonomy, social competence, being able to take another perspective, and being able to resolve interpersonal conflict. The psychological components include: feeling capable and complete, being able to express emotions, being able to handle normal levels of stress, having supportive relationships, and lead an independent life.

Here's the goal: By 2014, 4-H—a recognized leader in providing hands-on, non-formal learning experiences—will expand participation from 2.5 million to 2.75 million youth and their families in a dynamic process of healthy living opportunities so they are physically, socially, and emotionally prepared to meet the challenges of the 21st century. 4-H Healthy Living encompasses a holistic approach including healthy eating habits, physical fitness, the capacity to recognize and direct emotions, and the ability to develop and maintain positive social interactions and relationships. Youth and their families engaged in 4-H Healthy Living will develop an awareness and positive attitude about healthy living while increasing their knowledge, skills, and competencies in physical, social, and emotional well-being.

State Record Book Competition

It's that time of year again! Youth who are planning to submit a 2013-14 Record Book to state competition must complete the Record Book Quick Start Course by **October 15, 2013**. All of the information needed is found at: <http://4h.ucanr.edu/Resources/Members/RecordBook/RBCompetition/> The course is completed online and takes about 25 minutes to view. After the course members take a short quiz which will take about another 7 minutes to complete. In addition to helping youth prepare to submit a Record Book to state competition, the course is open to anyone who would like some additional guidance on completing a record book.

Record Books for competition are due at the 4-H Office on **November 4th by 4:30 p.m.**

State Record Book Competition Judges Wanted

Have you judged Record Books at the County level? Do you really enjoy reading about how young people are growing through their 4-H involvement?

If you answered "Yes!", consider applying to be a judge for State Record Book Competition. State Competition will be held on **December 6-8** at the San Joaquin UCCE Offices.

Applications are available at:

<http://4h.ucanr.edu/Resources/Members/RecordBook/RBCompetition/>



Clover Safe Notes

Clover Safe Notes Spotlight for October: PREVENTING INJURIES AND ILLNESSES (#14). This is a general reminder of safety practices that can be reviewed with nearly any 4-H group.



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%20Safe%20Notes%20by%20Number/)

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 Council met on Wednesday, Sept. 11, 2013 at 7 p.m.

Event reports included Trick or Treat So Others Can Eat by Gracie and Ellie Morrison and the upcoming State Leaders Forum. The All-Star report included information about their recent trip to State Leadership Conference, a recap of the 4-H Fair Awards and the announcement of Awards Night in November.

A review of the constructive critique given to the Fair on behalf of the 4-H program was given. Additionally, Equine PDC and Large Livestock PDC provided updates on their activities. The Centennial Committee announced that will continue working on celebration plans to continue into 2014.

The updated **Animal Project Commitment** letter was presented and discussed. The updated letter has since been emailed to all Animal Project Leaders and loaded to the VC 4-H website.

4-H Office Reports included present a Thank You from Club Officers at the second of three **Officer Trainings** held in August & September. Additionally **Event Scheduling Protocols** were reviewed so that 4-H can continue to take advantage of the beneficial relationship and favorable pricing at the Fairgrounds. Additionally, the 4-H Office is asking all Event Chairs to set the following year's event date and provide an inventory of materials that are expected for the coming year, including pins and ribbons. This will allow us to make the most of the budget by taking advantage of periodic sales. The **Year-End Reporting** was going very smoothly this year.

The next meeting will be **Wednesday, Oct. 23, 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/

PLEASE READ & DISCUSS Social Media & 4-H

The increased use of social media – including texting, FaceBook, Twitter, YouTube and Instagram – has created new issues in the 4-H program. There have been complaints about bullying and inappropriate use of language via these technologies among both youth members and adults affiliated with the program.

This is a serious issue and we encourage leaders to speak to youth about proper online behaviors and boundaries, and the increasing legal consequences relating to inappropriate use of technology enacted by the State of California.



The 4-H Code of Conduct applies to online technologies. 4-H members and adult volunteers will be held accountable for failure to adhere to the 4-H Code of Conduct.

FAIR CHAMPIONS

continued from September's CloverLines

While this list is not complete, with so many 4-Hers showing their best at the 2013 Ventura County Fair, we will try to highlight some of the winners again this month

Large Livestock Champions

- Lamb—Cody Moore, Citrus Valley
- Breeding Ewe—Francesca Cerri, Las Posas
- Ram—Rebecca Paxson, Santa Rosa Valley
- Pygmy Goat Sr—Hannah Harvey, Santa Rosa Valley
- Dairy Goat AOB—Brogan McReynolds, Santa Rosa Valley
- Goat—Laura Fernandez, Briggs
- Steer—Erin Berrington, Piru
- Replacement Heifer—Phillip Theising, Bardsdale
- Swine—Silver Perez, Sespe

Large Livestock Showmanship

- Dairy Goat Jr—Rebecca Paxson, Santa Rosa Valley
- Dairy Goat Sr—Elizabeth Doody, Santa Rosa Valley

Small Livestock

- Best in Show Rabbit, Breed—Patrick Ziegler, Chief Peak
- Best in Show Poultry—Scarlett James, Santa Rosa Valley
- Best in Show Cavy—Rebecca Paxson, Santa Rosa Valley
- Market Rabbit Champion: Rachel Sager, Santa Rosa Valley * Corrected from 9/13



Cavy Costume Contest 2013

Youth Building (Best of Class, unless otherwise noted)

- Natural Sci, Best of Div. Int: Luke Larson, Bardsdale
- Entomology, Jr: Luke Larson, Bardsdale
- Entomology, Int: Timmy Klittich, Bardsdale
- Photo, Color 1 Int: Kai Miyashiro, Loma Vista
- Photo, Color 1 Sr: Emmaline Trockey, Conejo Valley
- Photo, Color 1 Jr: Jared Fairall, Bardsdale
- Photo, Color 2 Jr: Anna Bello, Santa Rosa Valley
- Photo, B&W Int: Lauren Fairall, Bardsdale
- Photo, Color 2 Sr: Samantha Manginelli, Bardsdale
- Photo, Other Sr: Elaina Crenshaw, Loma Vista

New Adult Volunteer Leader Certification Oct. 8th!

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.ca4-H.org/Administration/Policies/Chapter6/>.

Club Leader Position Description <http://www.ca4-H.org/files/4771.doc>

Activity or Event Adult Volunteer Position Description <http://www.ca4-H.org/files/4770.doc>

Project Adult Volunteer <http://www.ca4-H.org/files/4772.doc>

Resource/Key Adult Volunteer <http://www.ca4-H.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>



Please use the link next to the Training date below to RSVP.

Tuesday, October 8, 2013, 9:30 to 11:00 a.m. <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=10795>

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 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.



Play the 4-H Maps & Apps Game

For the first time in the history of *4-H National Youth Science Day*, the 2013 National Science Experiment is available for online play! [Click here](#) to experience *4-H Maps & Apps* from the comfort of your personal computer or tablet, and explore how geography and geographic information systems (GIS) make a positive impact on the world.



Bay Area Science Festival

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

Discovery Days at..

AT&T Park, November 2, 11am – 4pm

Cal State East Bay, October 26, 11am – 4pm, Science Bld.,
25800 Carlos Bee Blvd, Hayward, CA

North Bay, October 26, 11am – 4pm, Sonoma Co. Fairgrounds

This ambitious collaborative public education initiative brings together our leading academic, scientific, corporate, and non-profit institutions to showcase the region as an international leader in innovation. Young people will understand that science is fun, exciting and important, encouraging them to pursue careers in science; parents will feel more confident about supporting their kids' interests in science.

4-H Library

Be SAFE: Safe, Affirming and Fair Environments

is a Michigan State University (MSU) Extension curriculum designed to help young people aged 11 to 14 and adults work in partnership to create environments that are physically and emotionally safe. While the primary audiences for Be SAFE are young people and adults involved in out-of-school time settings (such as after-school programs, 4-H, Boys and Girls Clubs, Scouts, Y's, sports programs and faith-based programs), it also applies to middle school settings.

The overall Be SAFE goals are to:

- Promote social and emotional learning and development.
- Address and reduce bullying.
- Prevent bullying behaviors by tapping the wisdom and assets of youth and adults.
- Develop positive relationships with peers and adults.

Be SAFE info flyer: <http://4h.ucanr.edu/files/173352.pdf>

Be SAFE webinar series: <http://4h.ucanr.edu/files/173353.pdf>

Be SAFE curriculum: <http://web2.msue.msu.edu/bulletins2/product/be-safe-safe-affirming-and-fair-environments-1363.cfm>

4-H Office

The 4-H Office is open (except for County designated Holidays) Monday through Friday, 8 a.m. to 5 p.m.

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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.

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October 2013

It's that time of year...

As the 2013-14 4-H year gets underway, there are a few resources to review to ensure a wonderful year for all members, leaders, parents and other volunteers.

- Code of Conducts
 - Adult <http://www.ca4h.org/files/16404.pdf>
 - Youth <http://www.ca4h.org/files/4715.pdf>
- Liability Insurance Q&A
<http://ucanr.org/sites/risk/files/23991.pdf>
- Project Leaders Digest
<http://www.ca4h.org/files/4462.pdf>
- Jr/Teen Leaders
<http://www.ca4h.org/Programs/Clubs/JuniorTeenLeaders/>
- 4-H Volunteer Café—Blog to make the most of leadership role
<http://4hvolunteercafe.wordpress.com/>
- VC 4-H Calendar—Use iCalendar or email reminders to keep track of events
http://ceventura.ucdavis.edu/Youth_Development/4-H/NewsMain/




Star Ranks—Please email Tisha at 4-H Office, tifisher@ucanr.edu with any members names that have earned a gold or platinum star this past year. Here's a form to make it easier to track: http://ceventura.ucanr.edu/Youth_Development/4-H/Member_Opportunities/http_wwwca4horg_Resources_Members_Stars/

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

10/1	Trick Or Treat So Others Can Eat Begins	 NATIONAL OCTOBER 6-12, 2013 4-H WEEK
10/3	TOTSOCE Kick-Off Event @ FoodShare 5pm	
10/6-12	National 4-H Week	Online Promotional Toolkit is available for outreach efforts during National 4-H Week at http://www.4-h.org/resource-library/promotional-toolkits/
10/8	New Leader Certification @ 4-H Office 9:30 am	
10/12	Teens take on Health Town Hall Meeting Online 1-4 pm	The toolkit includes: <ul style="list-style-type: none">• Press release templates• Ads• Logos• Flyers• Bookmarks and much more to help make the most of local impact for this national week of celebration and awareness.
10/15	State Record Book Online Course Deadline	
10/20	Equine Play Day @ VC Fairgrounds	
10/23	4-H Council Meeting @ 4-H Office 7 pm for Leaders and Youth (9 th grade+)	
11/4	Record Books for State Competition Due @ 4-H Office	
11/8-10	4-H State Leaders Forum in Sacramento	
11/16	State Horse Field Day in Chino Hills	
11/28	4-H Office Closed for Holiday	
12/25	4-H Office Closed for Holiday	
12/31	Project Enrollment Deadlines	
1/1	4-H Office Closed for Holiday	
1/17-19	Teen Involvement Conference @ Pathfinder Ranch	