

# Clover Lines

## Equine 4-Hers Play All Day

The Equine Program Development Committee (EPDC) had its first event of the year, the County Play Day at the Ventura County Fairgrounds in October. Chief Peak Equine project (Sarah and Dawn Barnes) hosted the event on October 20<sup>th</sup>. There were relays, bean bag toss, bobbing for apples and a costume contest.

The County Play Day is a great way to get the horses out to the Fairgrounds at a stress-free event. A lot of riders and horses find the train, horse trailers and lots of other horses intimidating. But the Play Day is just a day to have fun with your horse and friends in 4-H. It was a beautiful, sunny day to ride in Ventura.

EPDC is one of the Program Development Committees that serve as standing committees reporting to the Ventura County 4-H Council, specializing in a specific program area. Program offerings, events, project curriculum development and more can be accomplished in these efficient and focused committees. The PDCs include:

- Equine PDC
- Large Livestock PDC
- Small Animal Sciences PDC
- Skills Development PDC
- Family & Consumer Sciences PDC
- Science PDC

The Equine PDC includes all areas of horsemanship. The next meeting of the EPDC will be in January.

For more information about EPDC or any of the other PDCs, please visit [http://ceventura.ucanr.edu/Youth\\_Development/4-H/Ventura\\_County\\_4-H\\_Council/Program\\_Development\\_Committees\\_PDCs/](http://ceventura.ucanr.edu/Youth_Development/4-H/Ventura_County_4-H_Council/Program_Development_Committees_PDCs/)



Pictured here are costumed Equine 4-Hers and their horses.



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# Featured Club Happenings!

## Santa Rosa Valley 4-H Supports Local Park

By Hannah Harvey, Santa Rosa Valley 4-H Reporter

After 20 years of planning, the Santa Rosa County Regional Park finally opened at a Ribbon Cutting event on Oct. 12th with county officials, the public and 4-H. The Santa Rosa Valley 4-H helped coordinate the event and set up several booths with 4-H projects such as horticulture and animals such as pygmy goats, show poultry, dairy goats, as well as show rabbits and cavyes. There were many equestrian presentations and skillful riders including the Santa Rosa Valley 4-H Equine Drill Team who performed their routine as part of the event activities. The Kiwanis club barbequed a free lunch for all who attended.



The event gave a chance for 4-H'ers to show their animals to the public, talk about 4-H and support the local community. And, it coincided with National 4-H Week! With the opening of this new equestrian park the Santa Rosa Valley 4-H will have another venue for horse mounted meetings. The park includes two large arenas, a dressage arena, wash racks and one small round pen. It is located along Santa Rosa Road and has many trailheads for hiking, biking and riding horses. If you want to go hiking, there is a wonderful creek with many wildflowers completing this majestic park.



Pictured here Santa Rosa 4-H members sharing their projects with the public on Oct. 12th. The Equine Drill Team also gave an exciting performance.



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

# Science Night: Exploring Maps and Apps

WEDNESDAY, DECEMBER 4, 2013 AT 6:00 AT THE VENTURA COUNTY 4-H OFFICE

Your challenge will be to build a town on a large vacant lot. Each team will use their knowledge of geography and geographic information to create their town as a place where people can live productive lives, respect nature and make a positive impact on our world.

Teams will be using topographical maps, city planning, recreational design elements and functionality to develop their ideal town. Creativity and insight will be needed in the planning and development stages of the towns. Assertiveness will be needed to explain the benefits of your town to win the prizes.



Come on out for a fun and enjoyable evening. Ages 8 and above.  
Let's make that dream into a MAP!

## MORE INFORMATION ABOUT NATIONAL YOUTH SCIENCE DAY

*Ready. Set. Map it!* Millions of young people are becoming geospatial scientists for the day during the sixth annual 4-H National Youth Science Day (NYSD). This event, taking place in urban, suburban and rural communities all across the nation, seeks to spark an early youth interest and leadership in science, technology, engineering and math (STEM) careers in an effort keep America competitive in those fields.

This year, the National Science Experiment, **4-H Maps & Apps**, designed by Colorado State University Extension, turns young people into geospatial thinkers as they design and map their ideal park, use GIS mapping to solve community problems and contribute data about their community to the United States Geological Survey.

Currently, more than five million young people across the nation participate in 4-H STEM programming in topics as varied as robotics, agricultural science, rocketry, wind power, environmental science and alternative energy.

For more than 100 years, 4-H has been at the forefront of teaching young people about science, technology, engineering and math (STEM). 4-H National Youth Science Day is the premier national rallying event for year-round 4-H STEM programming, bringing together youth, volunteers and educators from the nation's 109 land-grant colleges and universities to simultaneously complete the National Science Experiment.

## Awards Night 2013

County Record Book Awards, Club Charter Seals, Golden Clover, Emerald Star, Leader Years of Service 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.



# Healthy Living

## 4-H Healthy Beverage Guidelines

Sugar-sweetened beverages are especially harmful to children. Every additional daily serving of soda increases a child's risk for obesity by 60 percent. Young children who drink sugar-sweetened beverages between meals have more than double the risk of overweight compared to those who don't. Additionally, 13 percent of teen calorie intake comes from soda. In support of healthy habits, 4-H events feature healthier beverages for youth and their families, volunteers and staff.

### Suggested

*beverages without added sugars, such as:*

- Juice containing 100% real fruit or vegetable juice
- Water
- "Light" lemonade
- Unsweetened iced tea
- Carbonate fruit juice
- Low-fat or non-fat milk
- Sweetened iced tea

### Discouraged

*beverages that contain added sugar, such as:*

- Regular soft drinks
- Energy drinks
- Vitamin water
- Sports drinks
- Coffee drinks



## Holiday Crafts & Grand Opening of Anna's Reading Room

On December 21, 2013, former All-Stars, Dayle Morris and Savanna Stanley will be hosting holiday crafts at the Grand Opening of Anna's Reading Room Under the Willows at the site of their All-Star Project, Roma-Jean Educational Wetland Path at Ormond Pointe.

Please join them in the reading room under the willows for a fake campfire, s'mores and story time. In order to prepare for this event, there will be a 4-H community wide trail maintenance day (community service opportunity) on November 29, 2013.

Holiday Crafts & Grand Opening of Anna's Reading Room Under the Willows, Roma-Jean Educational Wetland Path Ormond Pointe on Perkins Road in Oxnard (Free) on December 21st 10:00- 1:00. For more information, contact Dayle Morris at [dayle.morris@gmail.com](mailto:dayle.morris@gmail.com)



## Clover Safe Notes

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

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

Clover Safe Notes can be reviewed and printed from the UCANR website at [http://safety.ucanr.org/4-H\\_Resources/Clover\\_Safe\\_Notes\\_by\\_Number/](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 Council met on Wednesday, Oct. 23, 2013 at 7 p.m.

Dr. Chris Smith was recognized as the new Ventura County Director of the University of California Cooperative Extension. He spoke briefly about his role and his 4-H experience, his belief in the strength of 4-H and his hopes of adding support the Cooperative Extension programs.

Jenean Bass reviewed that Harrison Hargleroad of Santa Rosa Valley has completed his Emerald Star Project. Golden Clover is a State Award which Spencer Wittrock of Loma Vista has been selected for. Both **awards** will be handed out at Awards Night. Jenean also announced that Jan. 11<sup>th</sup> will be Leadership Day for Jr/Teen Leaders to build skills. Looking for speakers.

**Super Field Day** committee is hoping for May 3<sup>rd</sup> at the Fairgrounds. Swine Bowl and Knowledge Tests, Iron Chef, lunch, silent auction and more. Looking for volunteers to help coordinate. Equine and Large Livestock PDCs gave reports, but are dark until January.

Gwyn Vanoni from the 4-H Office reviewed the next **New Leader Volunteer Training** will be Nov. 20<sup>th</sup> with Livescan at the same time if we can secure enough commitments from potential leaders. Gwyn additionally spoke about strengthening the 4-H program through increasing our volunteer to member ratios, allowing clubs to offer more, and more diverse projects. Additional Trainings will be offered before the year-end as long as we keep filling the Trainings. Additionally, she encouraged leaders to talk with their membership about **project diversification**. There are still a significant number of members who are only enrolled in one project; swine, sheep or goats. Since these projects are expected to be limited this year by the Ventura County Fair, it is encouraged that they either enroll in an additional project or look at other events with which to finish their project. Gwyn was asked to clarify the 4-H policy on **independents** working with 4-H projects. She confirmed that non-4-Hers should not be attending 4-H meetings or using 4-H equipment. It is a liability to the 4-H program and could potentially put the 4-H leaders/youth also in attendance in a position of not being covered by insurance.

The next meeting will be **Wednesday, Jan. 22, 2014 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 [ventura-co4-Hcouncil@gmail.com](mailto:ventura-co4-Hcouncil@gmail.com). Agenda items should be received at least 2 weeks prior to the meeting for inclusion. All leaders, parents and members 14+ 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/)

## Food Faire & Fashion Revue



February 1st, 1:00-5:00 pm  
Ventura County Fairgrounds

California State 4-H Fashion Revue has been completely redesigned for 2014 in all categories except traditional sewing project. The 2014 competition categories are: Traditional, Consumer Science Purchased, Upcycled, Denim Challenge and Apron Challenge. Please visit <http://4h.ucanr.edu/Programs/Events/SFD/SFR/> for specific details and instructions on the requirements for each category. Registration forms for Ventura County Food Faire & Fashion Revue will be available 12/1/13.

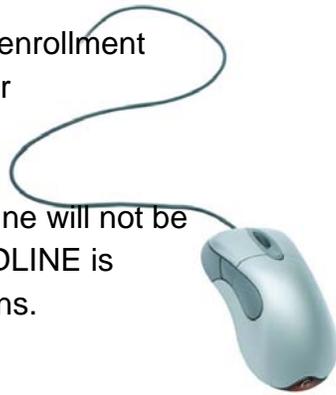


For more info contact Deborah Meyer-Morris  
[morrispartyof4@aol.com](mailto:morrispartyof4@aol.com).

## PROJECT ENROLLMENT REMINDER

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

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



## 2013 State Horse Field Day



November 16, 2013 at Rancho de Felicidad, 2927 English Place, Chino Hills, CA

Pre—Registration: \$10, Walk-ins Welcome: \$15 Registration is open until Nov 11th

Register here: <http://ucanr.edu/2013horsefieldday>

Confirmed trainers/tour/demos:

- Ted Lange – Driving, Rancho de Felicidad
- Amy Miller – Dressage, the importance of cross training, Rancho de Felicidad
- Chino Valley Equine Hospital – tour
- Amber Horst – Arabian Sport Horse Demonstration, and Premier Performance Horse Tour
- Red Bucket Ranch – rescue facility, tour
- Suzi Vlietstra – Show ring success, hints and tips for the western rider
- Ron Kennedy – Hunter/Equitation over fences – demo on the difference between hunters

San Bernardino County Citizenship Project will have continental breakfast items available for purchase and full lunch for \$6.00 per person.

## New Adult Volunteer Leader Certification Nov. 20<sup>th</sup>!

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.

**Wednesday, Nov. 20, 2013, 9:30 to 11:00 a.m.** [http://ceventura.ucanr.edu/Youth\\_Development/4-H/?calitem=217807&q=25349](http://ceventura.ucanr.edu/Youth_Development/4-H/?calitem=217807&q=25349)

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.

## GIS/GPS Skills Are in Demand

With the development of sophisticated spatial technologies – including geographic information systems (GIS) and global positioning systems (GPS) – we now view our world in exciting new ways. This growing field is driving demand for critical thinkers who can harness technology to examine how all things around us relate. In fact, according to the U.S. Department of Labor, GIS/GPS is ranked among the fastest growing occupational fields in the nation. The market is growing at an annual rate of almost 35 percent, with the commercial subsection of the market expanding at the rate of 100 percent each year.

## 4-H Library

### Get To Know Your Community

Every community has businesses such as the pharmacy, grocery store, video store and public places such as a hospital, police station or library. These public places provide a service to the people who live in the community. It is important for children to know where these places are located.

This free, one-page activity brings together the ideals of citizenship and basic mapping skills, which can lead to GIS/GPS technology understanding.

It can easily be taught by Jr/Teen Leaders at club meetings or at other club/community events.



[www.4-h.org/WorkArea/DownloadAsset.aspx?id=5065&libID=5060](http://www.4-h.org/WorkArea/DownloadAsset.aspx?id=5065&libID=5060)

## 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: [gwwanoni@ucanr.edu](mailto:gwwanoni@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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# November/December 2013

It's that time of year...

## Getting projects underway

Now is the time to get projects off on the right foot.

- **Project Sheets**—4-H project sheets are designed to help 4-H volunteers determine meaningful content and lead youth in hands-on activities. 4-H youth and their families may use these sheets to decide which project they might be interested in. [http://4h.ucanr.edu/Projects/Project\\_Sheets/](http://4h.ucanr.edu/Projects/Project_Sheets/)
- **New Adult Volunteer Leader**—There is still time to become a volunteer leader this year. See page 6.
- **Animal Projects**—Now is the time to have initial meetings where expectations, responsibilities and true costs are reviewed. Project leaders should also review their plan for the project year to ensure that it includes sportsmanship, husbandry and ethics.  
Animal Project Commitment Letter <http://ceventura.ucanr.edu/files/173596.pdf>
- **Jr/Teen Leaders**—Get started by meeting with the project leader to determine your responsibilities and goals for the project year. Use the report to help work through these steps. <http://4h.ucanr.edu/Programs/Clubs/JuniorTeenLeaders/>  
Plan to attend **Leadership Day** on January 11th to hone your skills!
- **Record keeping**—Start the year with your records in order. Use the ORB or print forms so that they are handy for recording each meeting/activity. ORB at <https://4horb.ucanr.edu/login.cfm>

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

11/1	RSVPs due for Awards Night	1/11	Leadership Day @ 4-H Office 9-2
11/4	Record Books for State Competition Due @ 4-H Office	1/17-19	Teen Involvement Conference @ Pathfinder Ranch
11/7	Awards Night @ 6:45 p.m. Grinder Restaurant Moorpark	1/20	4-H Office Closed for Holiday
11/8-10	4-H State Leaders Forum in Sacramento	1/22	<b>4-H Council Meeting</b> @ 4-H Office 7 pm for Leaders and Youth (9 <sup>th</sup> grade+)
11/16	State Horse Field Day in Chino Hills	2/1	Food Faire & Fashion Revue @ Fairgrounds 1-5pm
11/20	New Volunteer Leader Training @ 4-H Office 9:30am	2/17	4-H Office Closed for Holiday
11/28	4-H Office Closed for Holiday		
11/29	Ormond Pointe Work Day		
12/2	Bardsdale 4-H <i>Featured Club</i> Article Due		
12/4	Science Night @ 4-H Office 6pm		
12/21	Holiday Crafts & Grand Opening of Anna's Reading Room, Roma-Jean Educational Wetland Path Ormond Pointe 10:00- 1:00		
12/25	4-H Office Closed for Holiday		
12/31	Project Enrollment Deadlines		
1/1	4-H Office Closed for Holiday		
1/8	Large Livestock PDC @ 4-H Office 7pm		

## 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.