

# Clover Lines

## Don't Tell Me. Show & Tell Me. *Or, Everything I Need to Know in Life I Learned in a 4-H Demonstration*

Kindergarten certainly holds its share of knowledge nuggets, but don't underestimate the wisdom gained by giving and becoming proficient at presenting a demonstration.



- Share what you love and you'll love it even more.
- You don't have to know the answer, just be committed to finding it.
- Simple is usually best.
- Restating the question buys you time.
- Props are cool.
- Start with an idea, any idea.
- Practice to get better.
- Enunciation is the hardest word you'll ever have to say.
- Friends make the best partners.
- There is always a beginning, a middle and an end.
- Getting peoples attention can be fun.
- 7 minutes really isn't that long.
- Butterflies can fly in formation with enough practice.
- Talking is something I already know how to do.
- Smiling makes everybody feel better.

It's time to start thinking about your demonstration, illustrated talk or speech topic. Here are a few online resources to make the process as easy as it is fun and educational.

### Demonstration Ideas

<http://www.extension.umn.edu/county/Waseca/news/DemoIdeas.pdf>

### Tips

[http://www.ohio4h.org/product/files/4H\\_909R.pdf](http://www.ohio4h.org/product/files/4H_909R.pdf)

### Planning Checklist

<http://www.aces.edu/pubs/docs/Y/YEX-0051/YEX-0051.pdf>

### Group Activity for Demonstration Preparation

<http://4h.uwex.edu/pubs/showdoc.cfm?documentid=4751>

### Save These Demonstration Dates:

March 10—Preliminary  
Presentation Day

March 21—County  
Presentation Day

May 3—Super Field Day

Are you willing to judge demonstrations? There is no experience necessary. If interested, please contact the 4-H Office.



**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>

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

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

# Featured Club Happenings!

## **Chief Peak 4-H Club** *Meets 2nd Tuesday of the month, 7:00 p.m. at Summit Elementary*

Chief Peak, is presently a moderately sized club of 34 members and 21 families. It is a very active group that is deeply involved in our community. In October, we hosted a movie night for our members and their friends, hoping to expose them to what 4-H is all about. Also, on Oct 19<sup>th</sup> our club had a booth at Ojai Day (a city event). We displayed posters of all our 'projects', sold dog treats, hand made soap and a variety of other items. In November, we participated in Trick Or Treats So Others Cat Eat and made snack bags for the homeless shelter guests in Ojai. In addition, our December meeting was held at our club leader's home and we baked and decorated cookies for the homeless shelter guests. It's been a busy time for our 4-H group, but we LOVE IT!

*By Hannah Hassien, Club President*

In February, Chief Peak will prepare and serve a meal for the homeless shelter guests at a local church in Ojai. Our members really enjoy serving and participating in the community in this way. I'm proud to say we have several parents in our club who are very involved with 4-H. Two parents and one youth are actively involved in the

Project Development Committee (PDC). Mike Callahan is the Swine Specie Chair, Dawn Matlock is the Horse PDC Treasurer and Sarah Barns is a Horse PDC Committee Member. In addition, Margit Gorman and Cyndi Hassien organize the Fashion Revue for Ventura County. We also have an amazing club leader, Jackie Larson, who is passionate about our 4H club. This is my first year as the club secretary and it's wonderful to have such great adult advisers. I really appreciate what the parents do to make our club successful and a fun place for kids to learn.

*By Megan Hassien, Club Secretary*



Chief Peak 4-Hers cooking up fun!

## 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.

*March's Featured Club Happenings! will include an article from Citrus Valley & Conejo Valley 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/)*

# Funding Resources

## INDIVIDUAL SCHOLARSHIPS

### Local CWA Scholarship

California Women for Agriculture (CWA), Ventura Chapter strives to promote agriculture awareness and education within our community. Scholarship awards are available for High School Seniors and students attending universities, junior colleges and trade schools pursuing agriculture degrees. The entire community of Ventura County benefits when we help our young people realize their dreams. Students may only apply for one award per year. Duplicate applications will not be considered. Remember apply for **ONLY ONE** of the three scholarship awards.

Applications & supporting documents must be post-marked by Friday, **March 14, 2014**. Applications are available on our website [www.cwaventura.com](http://www.cwaventura.com)



### Local Young Farmers & Ranchers Scholarship

Young Farmers and Ranchers along with our co-sponsors at the Spanish Hills Country Club are asking all eligible students to apply for the Annual Ag Day Scholarship award. Please find the application attached.

Applications can be requested from Gwyn Vanoni at the 4-H Office at [gwvanoni@ucdavis.edu](mailto:gwvanoni@ucdavis.edu) and are due postmarked by **March 28, 2014**

### Daily Point of Light Award

The power of the individual to spark change and improve the world - that's what the Daily Point of Light Award celebrates. Nominate a local hero for a Daily Point of Light Award. Winners get formally recognized by Points of Light, a media advisory sent to their community, a certificate signed by President George H. W. Bush - and a bit of the world's spotlight. More info: <http://bit.ly/15XKMSI>

### 2014 4-H Honey Bee Essay Contest

Each year the 4-H Foundation sponsors an essay writing contest for active (fees paid) members of 4-H clubs across the country. There are cash prizes for the national winners: 1st Place - \$750; 2nd Place - \$500; 3rd Place - \$250. National and state winners receive a book about honey bees, beekeeping, or honey. All essays must be submitted electronically to Eric Mussen, [ecmussen@ucdavis.edu](mailto:ecmussen@ucdavis.edu), and are due on or before **February 15, 2014**. More info and rules: <http://4h.ucanr.edu/files/176473.pdf>



### Everyday Young Hero Award

The Everyday Young Hero program highlights one outstanding youth a week that is making extraordinary contributions and commitments to service. Nominations must come from a parent, teacher, or other adult mentor. The Everyday Young Hero award is open to those between the ages of 5-25. Winners receive an announcement in Youth Service America's (YSA) weekly National Serving e-Briefing, a certificate and letter from YSA's President and CEO, a customized press release, and publicity on the YSA's website, Twitter and Facebook accounts. More info: [www.YSA.org/awards](http://www.YSA.org/awards)

## GROUP/LOCATION FUNDING

### KaBOOM! Let's Play Engineered Wood Fiber Surfacing Grants and Maintenance Grants

Thanks to generous support from Dr Pepper Snapple Group, KaBOOM! will be awarding grants of \$750 each to communities who wish to top-off their Engineered Wood Fiber safety surfacing or who are working to make their existing playgrounds cleaner, safer and more inviting. The Let's Play Engineered Wood Fiber Surfacing Grant and Let's Play Maintenance Grant are currently available on a monthly basis. More info: <http://bit.ly/12zv3lc>

# Healthy Living

## New 4-H curriculum: *Steps to a Healthy Teen*

*Steps to a Healthy Teen* helps youth develop skills and knowledge in physical education and nutrition. For a curriculum overview please visit:

<https://nationalfourhcouncil.adobeconnect.com/a701077731/p3z93c5muzd/?launcher=false&fcsContent=true&pbMode=normal>

**Skillastics** is a series of oversized board games that develop children's fitness and sports skills. Each game engages up to 100 children at one time in an organized manner. Skillastics nutrition cards, aligned with MyPlate, are a perfect, fun, and innovative solution for integrating nutrition with fitness! To see an overview on Skillastics and the nutrition cards, click on the following links:



Skillastics Overview: <http://www.youtube.com/watch?v=upJFWGC6P8g&feature=youtu.be>

Nutritional Cards: [http://www.skillastics.com/skillastics\\_nutritional\\_cards.html](http://www.skillastics.com/skillastics_nutritional_cards.html)

Website: [www.skillastics.com](http://www.skillastics.com)

## Get Connected and Plugged In to Positive Youth Development!

California 4-H has several ways to connect with us online to get up-to-the-minute updates on information affecting 4-H statewide. Don't rely on urban legend or information to pass through the grapevine—get the information as it happens and from the horse's mouth. Here is a list of the ways you can connect with us:

Website: <http://www.ca4-H.org>

4-H Online Record Book (yes every registered adult volunteer and every youth ages 9 and older has an Online Record Book account): <http://www.ca4-H.org/4-Hbook/>

Facebook: <https://www.facebook.com/california4-H>

Twitter: <https://twitter.com/California4-H>

YouTube: <http://www.youtube.com/user/California4-H>

Pinterest: <http://pinterest.com/california4-H/>

Blog: <http://4-Hvolunteercafe.wordpress.com/>

Instagram: <http://instagram.com/ca4-H>

We will be continuing to provide virtual opportunities for you to connect directly with us at the State Office through these social media outlets.

## Clover Safe Notes

**Clover Safe Notes Spotlight for February: SAFE CARE & HANDLING OF DOGS (Note #9).** Dogs have been the companions of humans for more than 10,000 years. Members in Dog projects can safely share their project work with the public using these great tips. This is also a great starter for public education.



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 last Council meeting was Wednesday, Jan. 22. The Council reviewed the thank yous received from Record Book Award recipients. Grace Morrison gave a wrap-up report on Trick Or Treat So Others Can Eat, which gathered 3,000 pounds of food for Food-Share. The State Record Book winners from Ventura County were announced—Hannah Hassien, Merit and Bailey Morris—Winner. Additionally, the Council approved a donation for the State Fashion Revue awards. Gwyn Vanoni reviewed the new Smoke & Tobacco Free Policy, which can be reviewed at <http://4h.ucanr.edu/files/20109.pdf>

The next meeting will be **Wednesday, March 26, 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 [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/)

## New Adult Volunteer Leader Certification Feb 12 & 24!

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, February 12, 2014:

8:30 a.m. – 9:25 a.m.: with Live Scan Fingerprinting\*. Fingerprinting forms will be given at check-in.

9:30 a.m. – 11:00 a.m.: Training

Full registration details [http://ceventura.ucanr.edu/Families\\_-\\_Communities/4-H/?calitem=230017&q=25349](http://ceventura.ucanr.edu/Families_-_Communities/4-H/?calitem=230017&q=25349)

Live Scan will only be available if we can meet our minimum. Please see registration for details.

### Monday, February 24, 2014:

*On-site Live Scan Fingerprinting is not available for this date. Fingerprinting forms will be mailed.*

7:00 p.m. – 8:30 p.m.

Full registration details [http://ceventura.ucanr.edu/Families\\_-\\_Communities/4-H/?calitem=230018&q=25349](http://ceventura.ucanr.edu/Families_-_Communities/4-H/?calitem=230018&q=25349)

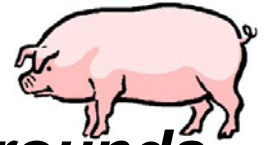
The trainings will be held at the 4-H Office at 669 County Square Dr., Ventura, CA 93003-9028. The trainings will begin PROMPTLY. Due to the large amount of material, participants **MUST** be on time & **MUST** attend the entire training or they will not have completed this important part of the certification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



# Ventura County 4-H Super Field Day

SAVE THE DATE

Saturday, May 3, 2014



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** – 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 1<sup>st</sup> 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.

**Horse** – cantor over and test your equine knowledge.

**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.

**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. Registration information will be available in February.*



## Save the Date: 37<sup>th</sup> Annual Agricultural and Environmental Sciences Field Day

This year's event will take place on **March 7<sup>th</sup> and 8<sup>th</sup>**. 4-H can participate in all 24 different contests! Registration must be completed online by Feb. 7<sup>th</sup> at: <http://calaged.csuchico.edu/registration/>.

After you register, we request that you submit a printed copy of your online registration along with your payment. Checks should be made payable to "UC Regents" and mailed to:

Attn: Courtney Rhodes  
 College of Agricultural & Environmental Sciences  
 One Shields Avenue  
 Davis, CA 95616

Please register as soon as possible to ensure space for your teams. For more information contact: [fieldday@caes.ucdavis.edu](mailto:fieldday@caes.ucdavis.edu), or visit: <http://caes.ucdavis.edu/fieldday>

### 4-H Library

#### Be the "e" Entrepreneurship Project

From exploring potential jobs to starting their own business, this curriculum helps teens develop skills and knowledge in career exploration. Participants experience a variety of learning methods such as developing a business plan, competing in a quiz bowl, creating a portfolio, analyzing case studies, and discussing questions that reflect on their experiences. Nine engaging activities provide a fun structure to help teens learn about their choices, make important connections and plan successful/meaningful careers.



This curriculum is available in the 4-H Library at the County 4-H Office. Please call ahead to see if it is available for checkout at 805-645-1464.

### 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)

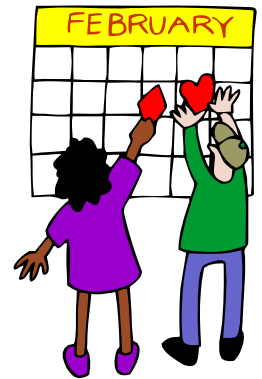
#### DEADLINE FOR SUBMISSIONS IS THE 1<sup>st</sup> MONDAY OF EACH MONTH FOR THE FOLLOWING MONTH'S ISSUE.

The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (covered veterans are special disabled veterans, recently separated veterans, Vietnam era veterans, or any other veterans who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized) in any of its programs or activities. University policy is intended to be consistent with the provisions of applicable State and Federal Laws. Inquiries regarding the University's Nondiscrimination Policies may be directed to the Affirmative Action/Equal Opportunity Director, University of California, Agriculture and Natural Resources, 1111 Franklin St., 6th Floor, Oakland, CA 94607, (510) 987-0096.

# February 2014

It's that time of year...

- Leaders should have collected all of their members' signed **Animal Commitment Letters** for animal projects. The Animal Commitment Letter approved by the Council is available at <http://ceventura.ucanr.edu/files/173596.pdf> These letters ensure that members are aware of the commitments involved in taking on an animal project as well as the expectations of the leader and this particular project.
- Think about reviewing the **club officer** positions at the next meeting. Nominations are only a month or two away and it helps to get everyone thinking about the position that best suits them.
- Consider asking your club how everyone might help **save water** to ease the effects of the drought. Some helpful tips are below.
- Club leaders: Order **year pins** by Feb. 10th.
- Review the **club's inventory**. Is there property on the inventory that is damaged, lost or otherwise unusable? Now is the best time to make the appropriate changes. See the most recent post on the Club Leadership Blog for detailed instructions for inventory changes. [http://ceventura.ucanr.edu/Families\\_-\\_Communities/4-H/Member\\_Opportunities/Youth\\_Lead/](http://ceventura.ucanr.edu/Families_-_Communities/4-H/Member_Opportunities/Youth_Lead/)



## 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), [gwvanoni@ucanr.edu](mailto:gwvanoni@ucanr.edu) and [rmhaydensmith@ucanr.edu](mailto:rmhaydensmith@ucanr.edu)

2/1	Food Faire & Fashion Revue CANCELLED
2/3	Citrus Valley & Conejo Valley <i>Club Happenings</i> Due
2/12	New Leader Certification—Live Scan 8:30, Training 9:30
2/17-18	4-H Office Closed for Holiday
2/24	New Leader Certification @ 4-H Office 7pm
2/27	Presentation Days Entry Deadline
3/5	Large Livestock PDC Meeting @ 4-H Office 7pm
3/10	Preliminary Presentation Day @ 4-H Office 2pm
3/14	Equine PDC Meeting @ Marie Callendars Camarillo 6pm
3/21	County Presentation Day @ 4-H Office 4 pm
3/21-23	California 4-H Camping Conference
3/26	<b>4-H Council Meeting</b> @ 4-H Office 7 pm for Leaders and Youth (9 <sup>th</sup> grade+)
3/27-30	Western Regional Leaders Forum in Montana
5/1	All-Star Applications Due to 4-H Office
5/28	<b>4-H Council Meeting</b> @ 4-H Office 7 pm for Leaders and Youth (9 <sup>th</sup> grade+)

### 4-H<sub>2</sub>O ... in the Bathroom



Here are a few tips for saving water in your home...

- Install low-flow shower heads. Save: 2.5 Gallons
- Take five minute showers instead of 10 minutes. Save: 25 gallons with a standard 5.0 gallon per minute showerhead.
- Fill the bathtub halfway or less. Save: 12 Gallons
- Install a high-efficiency toilet. Save: 19 Gallons Per Person/Day
- Install aerators on faucets. Save: 1.2 Gallons Per Person/Day
- Turn water off when brushing teeth or shaving. Save: Approximately 10 Gallons/Day
- Don't use the toilet as a wastebasket.