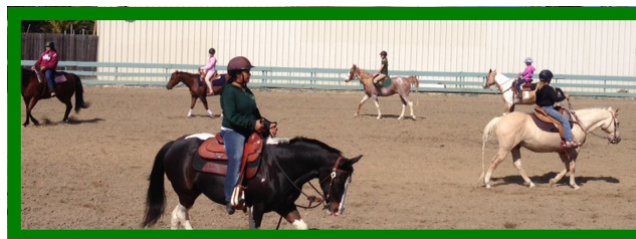


Clover Lines

Equine Drill Team Clinic

By Makayla Cozatt

EPDC Drill Team Clinic at the Ventura County Fair Grounds was held on April 13. Thirteen riders from three clubs participated in the clinic. Courtney Slotar, former member of Santa Rosa Valley 4-H Horse project, planned and organized the whole event.



After warming up, Courtney organized all of the riders in a drill that she made specially for this clinic. The drill consisted of two pinwheels, circles, suicide crosses and pairing. The riders completed the mini drill, first, at a walk and slowly moved up to a trot. It was so much fun to practice patterns with so many riders at once. It was good for the horses too.



After the clinic, the two Santa Rosa drill teams practiced for their exhibition at Horse Fair in the middle of July. On the advanced drill team, coached by Courtney Slotar, the riders, Makayla Cozatt, Caitlan Mongiello, Heather Rhodes, Lexi Janisch, Harrison Hargleroad, Hannah Nandor, and Rebecca Paxson, practiced their difficult drill. On the junior drill team, coached by Makayla Cozatt, the riders, Isabella Loza, Macy Obringer, Hannah Harvey, and Shira Cohen, practiced their drill for the second time. Both drill teams did great and a HUGE thank you to Courtney Slotar for putting on the clinic.



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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!

Las Posas 4-H

Meet the first Tuesday of the month (September-June) at 6:30 pm at Mt. Cross Lutheran Church. Call to confirm date and location (Cynthia cell 805 233-2845).

Club officers: Addie Wucherpfennig (President), Nikki McCarty (Vice President), Ben Schierman (Secretary), Noah Couchman (Treasurer), Evan Tamayo and Derek Drews (Sergeant at Arms), Amanda Drews & Olivia Guthrie (Attendance). Club Leaders: Cynthia Wucherpfennig & Maiya Hutchinson.

Las Posas 4-H club is a moderate-size club based in Camarillo with about 40 members, ranging in age from 8 to 18. Our club officers, while extremely busy with 4-H projects, school, and sports, have done a great job planning and making sure our club goals are reached. Our projects include large livestock species; beef, including mini beef, market and breeding sheep, market swine, market goat, and new this year, market poultry. We also offer rabbit showmanship. Other projects are foods preservation, baking & bread making, cooking, and indoor/mini gardens.

Our club, like most other 4-H clubs, prides itself in teaching members life skills such as leadership, record keeping, communication, working with others and community service. Members learn leadership skills by acting as teen leaders, club officers, and committee members. They learn record keeping skills by keeping project reports; communication skills by sharing project experiences at club meetings, and preparing and presenting educational posters to club members and other audiences. And they learn how to work as a group when they attend and vote on business at meetings, work together on projects and committees, and help each other out at the fair and other 4-H events. Our club was active in several community service projects throughout the year. We collected canned food during "Trick Or Treat So Others Can Eat" for Food Share, participated in the Camarillo Christmas Parade as "pooper scoopers", made and sent cards for "Holiday Mail for Hero's", collected "Toys for Tots", and helped out where needed at several local community events, fundraisers, and 4-H events.



Our club loves to get together. We had a fun BBQ and pool party in July, a post fair pizza party in August, a Presto Pasta Christmas party, and we have plans to have an outdoor movie night.

Check out these pictures of Las Posas members having fun.



*June's Featured Club Happenings! will include an article from Loma Vista 4-H.
Featured Club calendar is at http://ceventura.ucdavis.edu/Youth_Development/4-H/Newsletter/*

LIVE THE SEARCH: 4-H SURF DAY ON JUNE 21ST

Surf, sand, sun and fun. Those will be all the things involved in the 4-H surfing day!

Hi, I'm Bailey Morris, Ventura County All-Star 2013-14, as well as the Healthy Living Officer for Santa Rosa Valley 4-H. I am personally inviting YOU to join me and help me create a unforgettable All-Star Project, Live The Search 4-H Surf Day.

My All-Star project will involve ocean water pollution testing followed by a group surfing lesson for those of you who always wanted to learn how to surf, but never knew anyone to take you. For those of you who already enjoy this energizing sport, bring your surfboard and paddle out. Life guards will be provided. If there is enough interest in surfing, I will be looking into leading a county-wide surfing project next year for intermediate and senior 4-H members.

If surfing isn't your thing feel free to boogie board, build sand castles or even lounge by the water soaking in the sun beams with your 4-H friends! The cost is only \$10 per family! This lovely event will be taking place on Saturday, June 21, 2014,



from noon to 4 pm in Ventura. More details to come.

Hope to see everyone show up!! Please sign up at <http://ucanr.edu/survey/survey.cfm?surveynumber=12707>

Register by 6/7/14. I need to know how many life guards are needed. If you have any questions, please email me at bailey.morris277@yahoo.com

New Adult Volunteer Leader Certifications in May

Volunteering is not 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.

Monday, May 12, 2014 6 - 7:30 pm*

[http://ceventura.ucanr.edu/Families - Communities/4-H/?calitem=232648&q=25349](http://ceventura.ucanr.edu/Families%20-%20Communities/4-H/?calitem=232648&q=25349)

**Live Scan Fingerprinting has been arranged for this training but we need to have a minimum of 12 people committing to having their Live Scan Fingerprinting done on-site.*

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.

4-H State Leadership Conference

August 14-17, 2014
U.C. Santa Cruz



The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. The conference provides advanced leadership training and is an opportunity for 4-H members to network and share ideas with other 4-Hers from across the state. The conference focuses on providing high school youth with experiential education on leadership development, civic engagement, college admissions and other 4-H project areas.

Youth delegates gain exposure to the campus by living in the residence halls, eating in the dining commons, and participating in educational sessions, many of which are taught by UC faculty and staff.

The conference is planned by a team of high school 4-H members and adult advisors. Working in strong youth-adult partnership, the team designs the educational, recreational and logistical components of the conference.

Participants must have graduated 8th grade in order to attend (ages 13-19). Registration will open in May. Presenter proposals are being accepted now.
<http://www.ca4h.org/Programs/Conferences/SLC/>

So. Section Field Day May 17

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/

Clover Safe Notes

Clover Safe Notes Spotlight for May: PROPER MANURE HANDLING AND DISPOSAL (Note #67). If you have an animal project or a pet, handling and disposing of waste is part of the responsibility. This sheet contains great information and tidbits.



Clover Safe Notes can be reviewed and printed from the UCANR website at http://safety.ucanr.org/4-H_Resources/Clover_Safe_Notes_by_Number/



The website has safety training and safety coordinator resources on this page. Clover Safe Notes are useful when incorporated into appropriate projects or shared with the club during monthly meetings.

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.

UCCE Ventura County & Hansen REC

A Celebration of Science & Service

Join us at a special event to celebrate Cooperative Extension's 100 year Anniversary.

Be a scientist for a day—enjoy fun hands-on activities at the Hansen REC.

Date: Thursday, May 8, 2014

Time: 9 a.m. to 5 p.m.

Location: UC Hansen Agricultural Research &
Extension Center
14292 W. Telegraph Rd.
Santa Paula, CA 93060
(corner of Briggs Rd. & Telegraph Rd.)

Registration: http://ceventura.ucanr.edu/ANR_Centennial/
or call 805-645-1464

Cost: **Event and parking are free**
(parking accessed from Briggs Road)

Food is not available for purchase. Participants may bring a snack from home to enjoy on picnic tables.



A Day of Science and Fun:

Age appropriate hands-on youth activities will spark interests in water, food, and pollinators at the farm and at home.

Preschool Open House 9–11 a.m.

School-age Youth Open House 11 a.m.- 2 p.m.

Community Welcome 2 -5 p.m.

Tour the gardens and see the UC Hansen Agricultural Research and Extension Center

Citizen Science all day

Youth and adults are encouraged to participate in a state-wide scientific research opportunity.

Seeking 4-H volunteers (adults & youth) to help make this day amazing. Please visit <http://ucanr.edu/survey/survey.cfm?surveynumber=12474>



University of California
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It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities. (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/ans/files/183099.pdf>) Inquiries regarding ANR's nondiscrimination policies may be directed to Linda Marie Marlon, Affirmative Action Contact, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1318.

Highlights from the Ventura County 4-H Council



If you would like to join a committee, serve as a council board member or add an agenda item, please contact Jenae 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/

Healthy Living

For the first time in 20 years, the Food and Drug Administration (FDA) has proposed an updated version of the Nutrition Facts label. The label is being updated to reflect new dietary recommendations and the most current scientific information on nutrition. The proposed label aims to provide consumers with easily accessible nutrition information on the foods they choose. The FDA has proposed the following changes:

- The amount of “added sugars” will be identified on the label.
- Serving sizes will be updated to more accurately reflect what consumers are actually eating.
- For products that could be consumed in one sitting, an additional column will indicate nutrition information for both “per serving” and “per package.”
- Vitamins A and D will no longer be a required declaration, however vitamin D and potassium will be required.
- Daily Values for a variety of nutrients will be revised.

"Calories from fat" will be removed, but type of fat (Saturated, Trans) will continue to be present.

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving	
Calories 230	Calories from Fat 40
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily value may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per 2/3 cup
Calories 230

% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g

10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

Formatting changes will emphasize elements such as: calories, serving sizes, and Percent Daily Value.

To read more, visit: <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm387418.htm>

Be a Scientist This May!

Beascientist.ucanr.edu

This May 8, UC Cooperative Extension invites everyone to be a scientist for a day by participating in our celebration, a Day of Science and Service (see pg. 5). But, if you aren't able to join us, we'd like to have you participate by visiting beascientist.ucanr.edu. It's as simple as answering a question or two about the environment around your home or workplace.



This year, the University of California is celebrating the 100th anniversary of Cooperative Extension. Part of the UC Division of Agriculture and Natural Resources, UC Cooperative Extension is made up of advisors, staff and specialists who, like their counterparts in other states nationwide, bring university knowledge to farmers and families to enhance their health, their business and the environment. 4-H is one of the programs of Cooperative Extension.

4-H Library

California 4-H 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. Check out the entire collect at http://4h.ucanr.edu/Projects/Project_Sheets/

Two new Project Sheets have just been released:

Engineering: <http://4h.ucanr.edu/files/183847.pdf>

Computers: <http://4h.ucanr.edu/files/183846.pdf>

Write a Project Sheet!

The State 4-H Office is looking for people to help write project sheets! These project sheets are intended for 4-H volunteers; especially new volunteers who may want to know what types of topics a 4-H project may cover. The sheets can be used as recruitment tools for volunteer leaders or as descriptors and guides for parents and youth in project selection. We are seeking help in developing the content for the project sheets. If you are interested in helping develop a project sheet, contact Gwyn Vanoni at the 4-H Office.

4-H Office

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

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

Tisha Fisher (805) 645-1464

4-H Assistant – Enrollment, Mailings, Pins, Equipment Check Out, 4-H Calendar, Event Support, 4-H Library, General Information, Clover Lines Editor

E-mail: tifisher@ucanr.edu

Gwyn Vanoni (805) 645-1482

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

Email: 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

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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May 2014

It's that time of year...

- Get prepared for **Super Field Day on May 3rd**. It's a great opportunity to build gain experience and bulk up your Record Book.
- Help spread the word about UCCE's **Centennial Event: Day of Service & Science** on May 8th. The day when everyone can be a scientist. See page 5 & 7 or visit http://ceventura.ucanr.edu/ANR_Centennial_/
- Reconnect with 4-H on **Facebook**. Forward interesting pictures and stories to either Gwyn Vanoni at the 4-H Office gwvanoni@ucanr.edu or Jenean Bass, Council President at venturaco4-Hcouncil@gmail.com
- **Appreciate your volunteer leaders** by taking a moment to say thank you. If saying the words isn't your style, write a note, send a text, or share a picture of the two of you working together. Volunteers make this program work.
- Please help your Club Leaders and Club Enrollment Specialists with the **enrollment process** by getting your completed 4-H Application/Enrollment packet back to them right away; follow all the instructions they provide to you. As soon as the CA 4-H office dispatches the packets the Counties, we will disseminate them to the Club Leaders and Enrollment Specialists. Then be sure to have internet access the first week of July wherever you travel so that you can watch for the important systems go e-mail and complete your online enrollment well before the deadline set by your Club Leader and Enrollment Specialist. *A mighty Thank You in advance for all of your assistance for a smooth enrollment for the 2014-15 Program Year.*

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

5/1	All-Star Applications Due to 4-H Office
5/3	Fair Tagging Day—Replacement Heifer
5/3	Quality Assurance Meeting @ VC Fairgrounds 11am
5/3	Super Field Day @ VC Fairgrounds
5/8	UCCE-VC: A Day of Service & Science @ Hansen Ag
5/8	4-H Office Closed for Centennial Celebration
5/12	New Leader Training Certification @ 4-H Office 6pm
5/17	Quality Assurance Meeting @ VC Fairgrounds 10am
5/17	Sectional Field Day @ Mt. SAC in Walnut
5/18	Equine Gymkhana Clinic @ VC Fairgrounds 8-1
5/26	4-H Office Closed for Holiday
5/28	4-H Council Meeting @ 4-H Office 7 pm for Leaders and Youth (9 th grade+)
5/31	State Field Day @ UC Davis
5/31	Fair Tagging Day—Goat, Lamb
5/31	Fair Tagging Day—Swine DNA Pick-up
6/7	Quality Assurance Meeting @ VC Fairgrounds 9am
6/8	Equine Field Day @ VC Fairgrounds 8-1
6/21	All-Star Live The Search Surf Day in Ventura

6/25	4-H Council Meeting @ 4-H Office 7 pm for Leaders and Youth (9 th grade+)
6/25-30	State Equine Classic in Elk Grove
7/4	4-H Office Closed for Holiday
7/7	Quality Assurance Meeting @ VC Fairgrounds 9am
7/30-8/10	Ventura County Fair
9/1	Year-End Reporting Due

JOIN US AT...

UCCE –Ventura County:
A Celebration of Science & Service
Thursday, May 8th
At Hansen Ag Research Ext Center
in Santa Paula



4-H Volunteers Wanted—
<http://ucanr.edu/survey/survey.cfm?surveynumber=12474>