

Clover Lines

Trick of Treat so Others Can Eat

THE FIFTY POUND CHALLENGE!

By Grace Morrison, TOTSOCE Teen Leader, Loma Vista 4-H

October is nearly here, and you know what that means! Lots of candy, pumpkin carvings, costumes, and fun! But Halloween isn't the only exciting event happening in October! While some kids are out trying to get bags full of candy, we propose a new community service challenge for all you Ventura County 4-H members: collect 50 lbs. of non-perishable food donations for FoodShare and TOTSOCE! This year Trick or Treat so Other's Can Eat (TOTSOCE), the annual Ventura County 4-H food drive that benefits FoodShare, is encouraging 4-Hers to each collect 50 lbs., so this event can be a true success again this year!



This year's collection dates are **October 1st - November 14th**. Also, a Kick Off party at FoodShare will be held on Thursday, October 2nd, so sign up and join us!

Each year we are proud of the amount of food donations our 4-H clubs gather for our local food bank. However, we know that we can grow efforts by making it a personal challenge for each member to bring in 50 lbs of food. With all of our county clubs and each member hitting this goal, we would be able to collect over 15,000 lbs this year! This is why we are introducing the 50 Pound Challenge. This challenges each member to collect over 50 pounds of canned food, and get club recognition for their hard work. Why 50 lbs? Every 5 lbs collected makes a meal for a family of four. 50 pounds represents food for 10 family meals. What a great difference each member can make in the lives of the many families in need in our community.

Please remember this event is open to any young person or youth group. So ask your school, church groups, or team to participate too! Just imagine the impact if they too can take on the 50 lb challenge. We appreciate all youth support and participation, and to sign up any group simply email us at totsoce@gmail.com, so we can track all the donations for this great charity event

ABOUT TOTSOCE:

TOTSOCE (pronounced 'tot-sauce') was established 18 years ago and helps feed people in our county. This food drive is teamed up with Ventura County's food bank, FoodShare. It helps feed over 75,000 people monthly and works with over 150 agencies including TOTSOCE. FoodShare assists these agencies in distributing food among local families in crisis, children, low-income seniors, the homeless, the disabled, and many others that are in need of some extra help. They help many cities near Ventura such as, Thousand Oaks, Simi Valley, Ojai, Oxnard, Santa Paula, Fillmore, and others. Since this year has the 50 Pound Challenge



Continued on page 4



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

State Leadership Conference

FROM THE CHAPERONE'S PERSPECTIVE

By Jeff Hargleroad, Santa Rosa Valley 4-H

In August, I had the wonderful experience of being able to chaperone a number of our Ventura County 4-Hers to the State Leadership Conference at the UC Santa Cruz. Our road-trip crew consisted of my son, Harrison Hargleroad, Elisabeth Doody, Elizabeth Paxson and Caleb Phillips, which was half of delegates from Ventura County with 8 youth from 3 clubs. We had a great road-trip through beautiful Ag country and the young adults were pumped about the conference.



We arrived and the 4-H leadership team was very organized in the check-in and program details. We were assigned dorm rooms, provided campus maps, conference agendas and iPads to do on-line registration for the educational offerings. Each day we ate at the campus dining rooms, had an assembly that included an exciting motivational speaker that was geared towards leadership qualities and personal growth, and choices of two educational seminars.



Above: Some of the VC delegates gather by the big trees.
Below: Delegates are in session.

One of these seminars was conducted by our own two Elizabeths. It was entitled "The Perfect Selfie" and was a hands-on experience that explored social media and its implications with college admissions administrators. The attendees explored two fictitious accounts and their public domain information. Discussions were surrounding what might help and hurt individuals if admission officials reviewed applicants social media accounts. By all accounts, it was very informative and a great eye opener!

The conference had approximately 500 in attendance and most all counties in California were represented. It was a great opportunity to socialize with other chaperones, leaders and kids from all around our large and diverse state. The socialization culminated in a dance for the members which by all measures was a great time for everyone.

The conference closed with the appropriate recognition for the 4-H youth organizers. The torch was passed to the next leadership team who will be preparing for the next conference which will be held at UC Irvine.

You can bet I'm looking to attend that conference as well. Nothing like a long weekend with the youth that will be making their mark on our community, state and nation. As a chaperone, 4-H leader and father of a few 4-H'ers, the future looks bright when you have the opportunity to see our youth participate in the State Leadership Conference.

*Featured Clubs for October are Piru 4-H & Santa Rosa Valley 4-H
Featured Club calendar is at http://ceventura.ucanr.edu/Families_-_Communities/4-H/Newsletter/*

Horse Fair 2014 Results

Over All High Point

Senior:

Ch: Makayla Cozatt – SRV
Res: Hannah Mitchell – Mira Monte

Junior:

Ch: Hannah Nandor - SRV
Res: Heather Rhodes - SRV

SubTeen:

Ch: Katie Cook - Santa Rosa Valley
Res: Collette Victorino - Agoura

Maiden:

Ch: Megan Arana - Agoura
Res: Hayley Hess - Agoura

Western

Senior:

Ch: Makayla Cozatt - SRV
Res: Hannah Mitchell – Mira Monte



Junior:

Ch: Hannah Nandor - SRV
Res: Heather Rhodes - SRV

SubTeen:

Ch: Collette Victorino – Mira Monte
Res: Katie Cook - Santa Rosa Valley

Maiden:

Ch: Megan Arana - Agoura
Res: Haley Hess - Agoura

English

Senior:

Ch: Kalista Chaffin - Agoura
Res: Emily Wood - Agoura

Junior:

Ch: Kelsie Mordotzky - Agoura
Res: Heather Rhodes - SRV

SubTeen:

Ch: Collette Victorino – Mira Monte
Res: Katie Cook - Santa Rosa Valley

Maiden:

Ch: Megan Arana - Agoura
Res: Hayley Hess - Agoura

Ch= Champion, Res= Reserve



Showman-ship

Ch: Caitlan Mongiello - SRV
Res: Makayla Cozatt - SRV

Gymkhana

Senior:

Ch: Valerie Roser - Agoura
Res: Kalista Chaffin - Agoura

Junior:

Ch: Hannah Nandor - SRV
Res: Hannah Harvey - SRV

SubTeen:

Ch: Makayla Good – Mira Monte
Res: Macy Obringer - SRV

Maiden:

Ch: Hayley Hess - Agoura
Res: Megan Arana - Agoura

4-H Horse Show Barn Judging

1st place: Mira Monte
2nd place: Citrus Valley
3rd place: Agoura

ALL-STAR PROJECT

Trail Horse Clinic & DVD

By Elizabeth Paxson, All-Star 2012-14

My All-Star project involved presenting an equine trail clinic at the California State 4-H Classic Horse show in Elk Grove California. The State Classic, held June 24-28, 2014, is where the winners of classes from their local County Fair have a chance to compete against all the other winners of the same class throughout California. You must qualify in each class you participate in at the Classic.

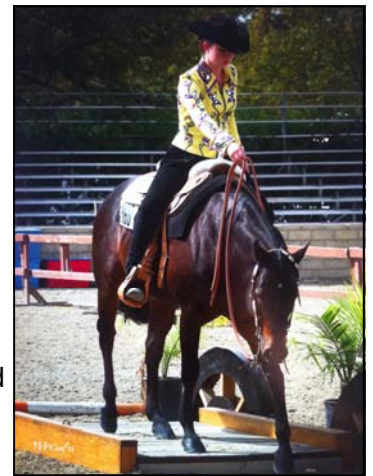
One of my favorite events is trail horse. I won the trail at the State Classic show last year. This year I decided not to show, but just to go up and help — other 4-H members and with the show wherever needed.

My trail-horse clinic was an interactive clinic with horses and rider. There were many different trail obstacles set up to be taken at a walk, jog, lope, and backing. We talked about how to properly approach an obstacle and how to go over it without hitting it. We also talked about

practicing at home and good exercises that should be done to help your horse perform at their best.

Over 17 riders attended and about 30 people watched on the rail. Riders had questions and different problem areas in trail. I discussed what they would have to work on and how they could fix the problems. I did video clips from the presentation and it can be used as an educational tool to see how to help your horse perform trail obstacles.

My video includes clips from my teaching and helping people over the poles. You can get a DVD from me by email: ecpaxson@roadrunner.com. Each DVD is \$3.00 which includes shipping.



New Adult Volunteer Leader Certifications this Fall!

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. Provided minimum reservations are met, Live Scan will be available for 1 hour prior to the training.

Thursday, September 18, 5:30 to 7:00 p.m.

<http://ucanr.edu/survey/survey.cfm?surveynumber=13606>

Monday, September 29, 9:30 to 11:00 a.m.

<http://ucanr.edu/survey/survey.cfm?surveynumber=13607>

Monday, October 6, 6:30 to 8:00 p.m.

<http://ucanr.edu/survey/survey.cfm?surveynumber=13608>



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.

TOTSOCE

continued from page 1

it could be our best year yet, but we can't do it without your help.

Join us this year and help make October 2014 the month Ventura County 4-Hers tackle hunger in our community.

HOW TO REGISTER YOUR CLUB or GROUP:

Each 4-H club in Ventura County is encouraged to participate in TOTSOCE, 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 should email us at totsoc@gmail.com and include the club name, teen leader name, phone number and email address, the number of participating members, and a goal for the pounds of food the club intends to collect.

A 2014 "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 TOTSOCE (during the Oct 1st through -Nov 14th only). Please share this link for [TOTSOCE Online Donations](#) and help us get the word out. It's an easy way to get your friends, family and other youth groups involved too!

TEEN INVOLVEMENT CONFERENCE

Seeking Presenters

Present an educational workshop at the 2015 Teen Involvement Conference on Saturday, January 17 or Sunday, January 18, 2015. For more information visit http://4h.ucanr.edu/Get_Involved/Councils/Sectional/South/Teen_Involvement_Conference/

Workshops can be presented by 4-H youth members, 4-H Adult Volunteers, and members from the community. We prefer if workshops fall under the following topics: leadership, teamwork, 4-H events/projects, science, engineering, technology, healthy living, or citizenship.

Workshop content should be designed to fit the needs of high school aged teens. A good balance of hands on activities and presentation preferred. Presenters are welcome to teach more than one workshop.

Those presenting a session and staying at the conference must fill out a registration form and submit payment at a later date.

Workshop proposals due September 12th at <https://docs.google.com/forms/d/160RATPBjRsjD035XftcPQ-BPT5Sw0Bxecis1veOz7EY/viewform>

Clover Safe Notes

Clover Safe Notes Spotlight for September: SKATEBOARD SAFETY (Note #23). As school is getting back in session, getting to and from class, project meetings, etc., may involve a bike, walking or a skateboard. If you or other members you know use a skateboard to get around, you will want to review this one-page tip sheet.

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.



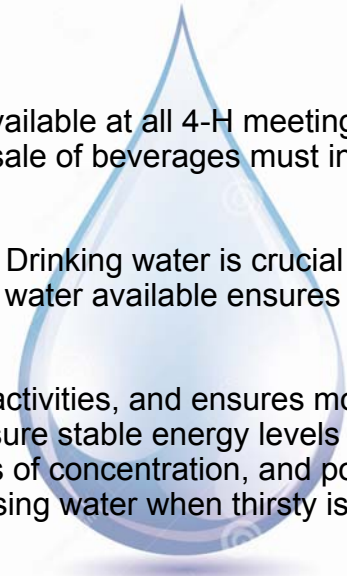
Healthy Living

New Drinking Water Policy

As of July 1, 2014 drinkable water, without anything added, must be available at all 4-H meetings, activities and events. In addition, any 4-H fundraisers that include the sale of beverages must include water as an option.

The health and safety of 4-Hers is a priority at all activities and events. Drinking water is crucial for good health and will help prevent dehydration and heat illness. Having water available ensures a healthy beverage choice.

Water is the best option for rehydration when participating in physical activities, and ensures more stamina to complete events. Water contains no sugar, which helps ensure stable energy levels and reduces fatigue. Water contains no caffeine, so hyper-activity, loss of concentration, and possible behavioral problems are avoided. Water is oftentimes free. Choosing water when thirsty is a natural instinct, and should be encouraged.



COUNCIL CORNER

Highlights from the Ventura County 4-H Council



The Council met August 27th . Board reports included an update from Heidi Marshall, Treasurer, regarding the new financial protocols for the Council. Checks will only be written once a month. In order for a reimbursement to be paid, the completed expense form must be received at the 4-H Office by the 15th of the month. Then the expense will be paid by the end of the month.

The All-Stars and State Leadership Conference delegates gave a report about this year's conference and were excited to look forward to next year's conference.

Jenean Bass walked through the Fair review. Members and leaders provided input. The revised and completed Fair review is available on the Council webpage for reference (link below). Gwyn Vanoni from the 4-H Office announced that the 4-H Office will be completely closed Dec. 19-Jan. 4 for remodeling. Project enrollment deadlines will remain Dec. 31. Additionally, she reminded leaders to be respectful and mindful of the personal, private information contained in the enrollment packets.

The next meeting will be **Wednesday, October 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 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/

COMING SOON...

Science Night in October

4-H National Youth Science Day (NYSD) is an exciting, interactive learning experience that engages thousands of youth across the country in conducting the National Science Experiment.

The University of Arizona developed the 2014 National Science Experiment: *Rockets to the Rescue!* [Learn more](#) about this exciting activity which focuses on aerospace engineering. More details will be available soon.



Shooters Congratulations!

Ventura County 4-Hers, specifically 24 shooting sports project members, participated along with hundreds of others in the 30th Annual California 4-H Statewide Shooting Sports Match hosted by Siskiyou County.

In this fierce competition, 4 members received participation ribbons:

- Montgomery McCabe, Advanced
- Kristen McEachron, Advanced
- Elizabeth Paxson, Advanced
- Michael Paxson, Junior

These members are all in the Santa Rosa Valley 4-H Club.

A Bugsalicious Adventure: Insect BioBlitz at Elkus Ranch

<http://cesanmateo.ucanr.edu/Centennial>

September 13, 2014, 10AM – 4PM,
 Elkus Ranch, Half Moon Bay, CA

Time flies by when you're trying to collect and record as many insects as possible. A BioBlitz is a great hands-on learning event that engages the public about the life that lives in your backyard.



We're looking for volunteers! At Elkus Ranch in Half Moon Bay, come help collect and identify your six legged friends at our mini Insect BioBlitz. We will have experts on hand helping with the process, so no experience is needed. There are rumors that there may be bug-related crafts and snacks as well! We'll also have a celebration of past, present, and future contributors to the UC Cooperative Extension, highlighting Hank Sciaroni.

4-H Library

CALIFORNIA AQUATIC SCIENCE ED. CONSORTIUM

<http://4h.ucanr.edu/Programs/Projects/SET/EE/CASEC/>

CASEC was established in 1990 with funding from the National Science Foundation as a statewide consortium of some 80 member agencies, organizations, and citizens' groups. Its purpose was to encourage, support, and enhance aquatic (fresh and marine) education programs in the State of California.

CASEC's mission became the promotion of a greater scientific literacy, a more thorough understanding of the value and workings of fresh water and marine ecosystems, and an enhanced awareness of scientific, environmental and policy aspects of California water issues.

CASEC's legacy includes five thematic water resource educational activity manuals available both in English and in Spanish and a compendium of the Spanish language worksheets from each of the manuals.



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: gwanoni@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.

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.

September 2014

It's that time of year...

State Record Book Competition

To be eligible for 2014 State Competition, members must complete the [California 4-H Quick Start Record Book Course](#) by **October 1, 2014**. Following the brief presentation, members must take a quiz to verify understanding. 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. The quiz is how we will verify that a member took the course—it is important that they don't skip that step! 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.

Club Youth Board Planning

If your club's youth board hasn't already begun planning the calendar of activities for the year, now is the time.

Event Chairs

Facility arrangements need to be set several months before the event, get your facility applications completed and turned into Tisha Fisher at the 4-H Office so that they can go through the approval channels in a timely manner. Complete the application with ALL event details BUT do not sign anything, the organization name is "Regents of the University of California/UCCE – Ventura County 4-H". The events page has full requirements [http://ceventura.ucanr.edu/Families - Communities/4-H/Cal_Event/](http://ceventura.ucanr.edu/Families_-_Communities/4-H/Cal_Event/).

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

VC 4-H Calendar Online

http://ceventura.ucdavis.edu/Youth_Development/4-H/
Make reservations or use the iCalendar reminder option with all the information on the online 4-H Calendar

- 9/1 Year-End Reporting Due
- 9/1 4-H Office Closed for Holiday
- 9/3 Club Officer Training @ 4-H Office at 5:30 pm
- 9/12 Record Book Judging @ 4-H Office
- 9/12 TIC Presenters Proposal Due Online
- 9/13 So. Section Meeting at Mt. San Antonio College
- 9/15 Revolution of Responsibility Mini Grant Applications Due
- 9/18 New Leader Training Certification @ 4-H Office 5:30 pm
- 9/22 Record Book Special Award Interviews @ 4-H Office
- 9/29 New Leader Training Certification @ 4-H Office 9:30 am
- 10/1 Quick Record Book Online Course Completion Deadline for State Record Book Competition
- 10/6 New Leader Training Certification @ 4-H Office 6:30 pm

- 10/5-11 National 4-H Week
- 10/22 4-H Council Meeting @ 4-H Office 7 pm for Leaders and Youth (9th grade+)
- 11/11 4-H Office Closed for Holiday
- 11/14-16 State Leaders Forum in Sacramento
- 11/27-28 4-H Office Closed for Holiday
- 12/20-1/4 4-H Office Closed for Holidays & Remodel
- 12/31 Project Enrollment Deadlines
- 1/16-18 Teen Involvement Conference @ Pathfinder Ranch
- 1/28 4-H Council Meeting @ 4-H Office 7 pm for Leaders and Youth (9th grade+)



Celebrate Ventura County 4-H

National 4-H Week

October 5-11, 2014