

Clover Lines

Rocket Night was a BLAST!

By Jessica Nichol, Santa Rosa Valley 4-H

On October 15, 2014 several clubs from Ventura County came together for a fun night 4-H Science Night. We gathered into teams and were given 30 minutes to build a rocket out of plastic soda bottles and other various materials such as paper, string, pipe cleaners, straws, and cotton balls. Approximately 50 kids worked in teams of four to build a rocket. Our scenario was that there was an island in need of help with food supplies and our rockets were to be loaded with food (4 raisins) in order for the people on the island to survive!

After the 30 minutes were up we all went outside and shot our rockets, trying to hit the target island. Several of the teams made direct hits! We were given protractors to help us adjust our rocket angles to improve our aim. The winners with the most points received their very own rocket kit to take home and enjoy.



This project, which was created by the University of Arizona, was lead by Monica Stanley and Diana Enos. As stated by Diana Enos, "This activity fits in with the 4-H hands-on approach to learning and the desire to increase interest in science, technology, engineering and math degrees." The kids who attended had a great time and are looking forward to the science night for next year! Thank you to Monica Stanley, Diana Enos, and all the parents who came to help and who volunteered to make this night a success.



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...for the next 100 years

University of California

Agriculture and Natural Resources | 4-H Youth Development Program

University of California Cooperative Extension – Ventura County

Website: <http://ceventura.ucdavis.edu>

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Horse Play Day was FUN!

By Makayla Cozatt; Santa Rosa Valley 4-H

Hannah Nandor and I had the privilege to put on the October PlayDay at the Fairgrounds. We made 5 different games: ride for life, water cups, spider buckets, whipped cream race, and the costume contest.

The best costume went to Shira Cohen-Sitt. She was Hermione and her horse was Harry Potter. Hannah and I really enjoyed setting up the PlayDay and are looking forward to it next year.



TOTSOCE Kicked Off!

The Trick Or Treat So Others Can Eat Kick Off party on Thursday October 2nd, was a big success! Thanks to all the county-wide 4-H members, parents and other youth groups who joined us—it was our largest group yet. Thanks to our FOOD Share host and guide, Karen Jensen, for giving us such a great tour and informational session on all that FOOD Share does in our community. Everyone had a great time sorting pears and oranges, and we hope this is something we can continue to do each year as a fall tradition for years to come. Let's make this our best year yet collecting food for this great community cause!

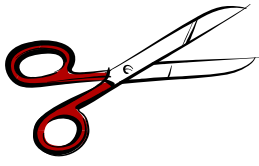
Spark Score Surveys are open!

Surveys opened Sept 15th and close January 31st, 2015! Ever wonder why we ask you to take surveys once or twice a year? Here's why: You are constantly growing and changing, and you may not answer questions the same from one point in time to the next! By doing the surveys once or twice a year, we can see how youth in 4-H are developing and changing. These surveys are our way to find out about you and how the California 4-H Youth Development Program is doing overall! Thank you to everyone who has completed their surveys so far. A list of previous survey winners can be found here: http://4-H.ucanr.edu/Research/Evaluation_Updates/



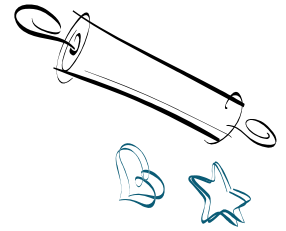
Featured Club for January is Bardsdale 4-H

Featured Club calendar is at http://ceventura.ucanr.edu/Families_-_Communities/4-H/Newsletter/



Food Faire & Fashion Revue

February 28, 2015 1-5 p.m.
Sacred Heart Church, Ventura



Online event registration will be due February 2nd (revised deadline).

Food Faire: <http://ucanr.edu/survey/survey.cfm?surveynumber=13775>

- 4-H Foods Showmanship: foods related project members
- Cake-Decorating Showmanship: Cake Decorating project members:
- Educational Poster: For members in any Foods, Consumer Education, Clothing, Arts and Crafts, Cake Decorating or other related home arts projects:
- Food Project Photography: For members in any Foods, Consumer Education, Clothing, Arts and Crafts, Cake Decorating or other related home arts projects:

Fashion Revue: <http://ucanr.edu/survey/survey.cfm?surveynumber=13776>

- Traditional (Sew or Woven from scratch) *
- Consumer Science Purchased; \$40.00 limit, Semi/Formal Attire: clothing or consumer ed project members.
- Upcycled *
- Jacket Challenge *
- Costume Challenge *
- Wearable Arts: clothing, clothing, etc. project members. *Not eligible for State Fashion Revue.*

**for members enrolled in clothing & textile projects.*



Complete registration packets will be emailed to project leaders the first week in November.

State Fashion Revue 2015 NEWS

California State Fashion Revue is **May 30, 2015**. For more information about this year's categories, visit our web site at http://4-H.ucanr.edu/4-H_Events/SFD/SFR/. The SFR community service projects are pillowcases (sewn), which will be donated to children's hospitals and homeless shelters, and hats (knitted, crocheted, or sewn) which will be made for cancer patients. Instructions for the pillowcases and hats can be found on our website. They can be made throughout the year and brought to SFR to be donated or you can donate them in your county. If you can't make the trip to SFR, you can mail them to the committee. This year we will be offering some new workshops and activities at SFR which are open to anyone attending [State Field Day](#).

Don't forget the program cover art contest deadline is **December 15, 2014**. Have your original art published on our SFR program! Contest rules are at <http://ucanr.edu/sfrcovercontest>

Pillowcase Making Open House

Friday, Jan. 2 12-4 pm

Join us to make quick pillowcases that will be collected and donated to children's hospitals and homeless shelters as part of the State Fashion Revue community service project.



This is not limited to clothing members, but open for every member. Thank you to Deborah Meyer-Morris for opening her home for this special opportunity. We hope that most participating members will be able to bring their sewing machines and fabric scissors, but everything else will be provided.

Please rsvp at <http://ucanr.edu/survey/survey.cfm?surveynumber=14084>

Finding the Power Within Teen Involvement Conference January 16-18, 2015

Pathfinder Ranch
35510 Pathfinder Rd., #104
Mountain Center, CA

The South Section 4-H Teen Involvement Conference is a three day youth leadership conference for 4-H member ages 13-18. TIC offers opportunities for 4-H youth to grow through a series of educational workshops, team building activities, motivational speakers, section level youth leadership possibilities, and more! This conference is hosted by the South Section 4-H Teen Council.

For more information, photos from previous years and registration, visit http://4-H.ucanr.edu/Get_Involved/Councils/Sectional/South/Teen_Involvement_Conference/

4-H Beekeeping Essay Contest

2015 Essay Topic:

"Planting for Bees from Backyards and Up" Participate in the 2015 National 4-H Beekeeping Essay Contest and submit a 750 to 1000 word essay with the listed criteria in this document: <http://4-H.ucanr.edu/files/199256.pdf>



This contest is open to active 4-H club members and must adhere to the requirements and designated subject. Entries are due March 1st.

Awards: 1st Prize - \$750, 2nd Prize - \$500, 3rd Prize - \$250 The National winners' essays will appear in an issue of the American Beekeeping Federation's newsletter.

New Adult Volunteer Leader Certification Nov. 18th

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. Livescan is not available to do fingerprinting at this training.

Tuesday, November 18, 6:30 to 8:00 p.m.

<http://ucanr.edu/survey/survey.cfm?surveynumber=14093>

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.





VolunTEENnation.org is committed to supporting and empowering youth in being advocates for social change. Students (ages 13-22) from the United States going abroad to volunteer or study in a developing country are encouraged to apply for an international service-learning mini-grant. Our goal is to enhance the opportunity for youth to develop hands-on projects that meet local needs. Our program gives young Americans the opportunity to apply their knowledge, gain international work experience and develop skills in various sectors. We fund programs that foster good health, education, and economic self-sufficiency in developing countries.

To apply for a VolunTEEN Nation Grant, visit <http://www.volunteennation.org/blog/categories/latest-news/372-apply-for-an-international-service-project-grant?sf17720015=1>

Clover Safe Notes

Clover Safe Notes Spotlight for November/December: MODEL ROCK-ETRY SAFETY (Note #73). If Science Night has inspired you, here's a safe note to make rocketry safe for all. If you are planning to check out the *Rockets to the Rescue* Science Kit from the 4-H Office, this would be a good reminder for the whole group.

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

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.



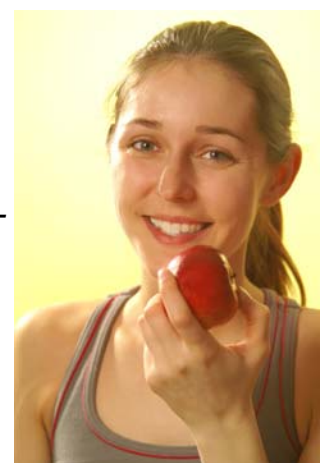
Healthy Living

4-H Healthy Living Outlined

A recent needs assessment of 4-H Healthy Living Programs revealed the need to incorporate healthy living throughout all 4-H programs. To assist in this goal, the following recommendations were outlined:

1. Offer healthy snack
2. Provide fruit as an alternative to sugary foods
3. Offer water in place of soda
4. Limit salty foods
5. Encourage physical activity breaks throughout program meetings and activities
6. Utilize peer leaders to mitigate bullying
7. Provide resources to families that address behavioral and emotional struggles
8. Select fundraising activities that are consistent with the healthy living program goals
9. Elect a Healthy Living Club Officer!

Full article: <http://www.joe.org/joe/2014august/comm2.php>



COUNCIL CORNER

Highlights from the Ventura County 4-H Council



During the October 22 Council meeting, All-Stars reported on Awards Night and ice cream social on November 6th. Reports for Large Livestock and Equine PDCs. Council reported receiving a \$400 Limoneira grant.

A Super Field Day update included a confirmation that the event will be April 25, 2015. This event is now a Multi County Event. Super Filed Day is looking for a chair for the Silent Auction. The money earned during Silent Auction, is what pays for the belt buckles at Fair. In the past about 150 children signed up, and teen involvement to help judge posters and showmanship would be greatly appreciated. This can be entered into record book. Food and Fashion Revue will be February 28, 2015. Registration Deadline is February 2, 2015, and leaders can expect entry packet information the first week of November.

The 4-H office has new office hours, and they are: Monday – Thursday from 8 a.m. – 5 p.m. The office is closed on Friday. Due to restructuring, the staff in the office may not always be 4-H staff, so please be patient. Please contact Gwyn Vanoni for help. The office is closed from December 19 – January 04, 2015. Project Enrollment Deadline will remain December 31, 2014.

A Clean up Day at the Fairgrounds is being organized by Terri Hargleroad. Notifications will sent for this great opportunity for earning community service hours.

The next meeting will be Wednesday, January 28, 2015 at 7 p.m. at the 4-H Office in Ventura.

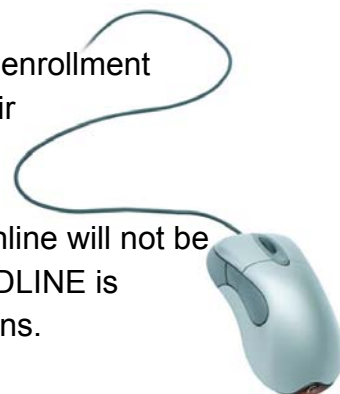
If you would like to join a committee, serve as a council board member or add an agenda item, please contact Jenean Bass, Council President, by email at venturaco4-Hcouncil@gmail.com. Agenda items should be received at least 2 weeks prior to the meeting for inclusion. All leaders, parents and members 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/

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 4-HOnline 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 4-HOnline will not be able to go to Fair. The DEADLINE is December 31st. No exceptions.





Newly Revised 4-H SET Checklist

<http://4-H.ucanr.edu/files/199672.pdf>

“Check-Out” the newly revised 4-H Science, Engineering, and Technology Program checklist. The checklist is designed for use in the planning, development, and evaluation of new and existing 4-H science programs, curriculum materials, and professional development of staff and volunteers.



The Go-To Guide for Engineering Curricula, PreK-5, 6-8th, and 9-12

<http://www.corwin.com/productSearch.nav?q=engineering>

With the implementation of the Next Generation Science Standards, youth won't just be scientists—they'll be engineers. These three volumes collect time-tested curriculum materials to seamlessly weave engineering and technology concepts into science. Check out PreK-5th, Chapter 12: Engineering for Everyone: 4-H's Junk Drawer Robotics Curriculum!

Understanding Science's Image Library

<http://undsci.berkeley.edu/search/imagelibrary.php>

Looking for the perfect image about the nature or process of science to include in a presentation or illustrate a handout? Look no further than Understanding Science's image library. All of the cartoons and graphics that we've developed for the site are now freely available for you to download and reproduce for non-commercial projects.

4-H Library

FOODS & FABRICS

Getting ready for Food Faire and Fashion Revue? Explore the fantastic collection of foods, health, clothing/sewing, consumer education and crafts curriculums available in the 4-H Office curriculum lending library.

Call/email ahead to ensure that someone will be available to assist you or to ensure that a specific title is available for you to borrow.

Check here for a detailed list of curriculum: http://ceventura.ucanr.edu/Families_-_Communities/4-H/Leader/4-H_Library/Family_-_Consumer_Science/

4-H Office

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

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

Vacant

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

Gwyn Vanoni (805) 645-1482

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

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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November/December 2014

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://4-H.ucanr.edu/Projects/Project_Sheets/
- **New Adult Volunteer Leader**—There is still time to become a volunteer leader this year. See page 4.
- **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://4-H.ucanr.edu/Programs/Clubs/JuniorTeenLeaders/>
- **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://4-Horb.ucanr.edu/login.cfm>

4-H Calendar

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

11/1	Sustainable YOU! Train-the-Trainer Workshop
11/3	Sespe & Somis 4-H <i>Featured Happenings</i> Articles Due
11/6	Awards Night @ Wright Center Ventura 6:30 pm
11/11	4-H Office Closed for Holiday
11/14	Last TOTSOCE Collection Day
11/14-16	State Leaders Forum in Sacramento
11/27-28	4-H Office Closed for Holiday
12/1	Bardsdale 4-H <i>Featured Happenings</i> Article Due
12/15	State Fashion Revue Cover Art Entries Due
12/19	Equine PDC @ Marie Callendars Camarillo 5 pm
12/20-1/4	4-H Office Closed for Holidays & Remodel
12/21	4-H Day at Oakland Raiders
12/31	Project Enrollment Deadlines
1/2	Pillowcase Making Open House 12-4 pm Ventura
1/16-18	Teen Involvement Conference @ Pathfinder Ranch

1/28	4-H Council Meeting @ 4-H Office 7 pm for Leaders and Youth (9 th grade+)
1/31	State 4-H Equine Field Day near Fresno
2/2	Food Faire/Fashion Revue Entry Deadline
2/26	Presentation Day Entry Deadline
2/28	Food Faire/Fashion Revue @ Sacred Heart Ventura 1-5
3/1	Bee Keeping Essay Due



Helpful 4-H Links

Ventura County 4-H

http://ceventura.ucdavis.edu/Youth_Development/4-H/

VC 4-H Curriculum Library

http://ceventura.ucdavis.edu/Youth_Development/4-H/Leader/4-H_Library/

4-H Online Enrollment System

<https://california.4-Honline.com/>

VC 4-H Announcements & Calendar

http://ceventura.ucanr.edu/Youth_Development/4-H/

Online Record Book

<https://4-Horb.ucanr.edu/login.cfm>