

Clover Lines

VC @ Teen Involvement Conference

By Pilar Martinez, Santa Rosa Valley 4-H

This January six teens from Santa Rosa Valley 4-H attended the Teen Involvement Conference (TIC) hosted by the South Section 4-H Teen Council. The South Section 4-H TIC 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!



Every county in the South Section was represented at the Conference, arriving Friday, January 16th at the beautiful Pathfinder Ranch. The Ranch is located in the high desert near Idyllwild, surrounded by big boulders and tall trees. We started the Conference that Friday evening by playing "ice breaker" games and establishing teams made up of members from various counties. Saturday involved more fun team-building activities, including a shaving cream game that provided for some great photo opportunities. We also broke into sessions of our choice teaching about things like animal science, nature, bracelet making, and "win as much as you can" (a trust-building activity where you have to decide whether to work together as a team to maximize your winnings or try to keep it all to yourself).



On Sunday, after a scenic hike through Pathfinder Ranch, we got some great advice about thinking positively from motivational speaker Luci Kelly of Australia. We made many great friends on the trip and it was sad to say goodbye, but all of us learned a great deal about team-building and leadership and we are planning to go again next year. We hope more will join in on the fun!



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University of California Cooperative Extension - Ventura County

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Featured Club Happenings!

Chief Peak 4-H Club

By, Hannah Hassien, President & All-Star Ambassador 2014-2016

Chief Peak is a relatively small group with 25 members and 10 families. We meet the 2nd Tuesday of every month at 7pm at Summit Elementary. As President, I wanted to make our meetings not only enjoyable but educational. With the help of my fellow officers we turned our meetings into 'themed' meetings;

Movie Night, Pajama Night, Valentines and Clever Costume Night. Chief Peak is also deeply involved in our community. Our members assemble snack bags for the homeless shelter, bake and decorate cookies for the shelter, participate in Trick Or Treat So Others Can Eat and we also serve dinner for the homeless shelter guests at a local church. To make this all possible we have an



amazing club leader, Jackie Larson. Our club is very fortunate to have such a devoted leader and because of her we have a variety of projects; Cooking, Arts and Crafts, Motorbikes, Archery, Rifle, Pygmy Goats and Swine. It's been a pleasure serving these past two years as President. My goal this year is to recruit more members and expose our group to all that 4-H has to offer.

Remember...It's not the size of the dog in the fight, but the size of the fight in the dog.
- Mark Twain



Parading with Pride

By Isabella Loza, Santa Rosa Valley 4-H

On December 13, 2014 the Santa Rosa Valley Horse Project rode in the Camarillo Christmas Parade. There were over 120 entries that consisted of Bands, Floats, Equestrian units, Car Clubs, Large Balloons, and of course our VIP's. It took us 2 meetings to prepare our banner and covered wagon. It started off as a very early morning. We unloaded our horses and began our horse decorations. Then prepared ourselves in uniform.

Riders were Fiona Sharpe and Kona, Makayla Cozatt and Buster, Heather Rhodes and Woodey, Shira Sitt and Zip, Isabella Loza and Shelby. We also had Hannah Harvey and her mini Turbo. Parent walkers were Kim Rhodes, Debbie Cohen-Sitt, Wendy Sharpe, Tracy Tennenhouse, Tracy Thomas with P at he's the mini and Debbie McNelly along with our covered wagon puller Gloria Loza. A huge Thank You to our personal pooper scoopers who did a wonderful job from Las Posas 4-H.



Featured Club for March is Citrus Valley 4-H & Conejo Valley 4-H

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

Ventura County 4-H Presentation Days

MARK YOUR CALENDARS



1. **Preliminary (Practice) Presentation Day - *Mon., March 9, 2015***
at the Ventura County 4-H Office (individual times assigned between 2:00 pm and 4:30 pm)
2. **Preliminary (Practice) Presentation Day - *Fri., March 13, 2015***
at the Santa Rosa Clubhouse (individual times assigned between 3:00 pm and 6:00 pm)
3. **County Presentation Day - *Sat., March 21, 2015***
at the Ventura County 4-H Office (9:00 am to 2:30 pm)



Giving a 4-H Presentation is a great learning experience for 4-H members. We encourage all 4-H members to participate this year!

- Participate in one or more categories, such as Demonstrations, Interpretive Readings, and Speeches
- Attend one of the Preliminary (Practice) Presentation Days to help you prepare for County Presentation Day
- Compete to win medals and ribbons
- Take part in a Share-The-Fun Skit or Song Leading
- Learn interview skills
- Compete in Cultural Arts by playing your musical instrument or dancing
- Get the communication credits you need to earn your 4-H stars!
- Learn about impromptus in the workshop (new this year!) at County Presentation Day
- Volunteer to help with set-up, check-in, or clean-up, and get credit in your Record Book
- Presentation Day counts as an event in your Record Book
- Opportunities to be an emcee or room supervisor
- Prepaid lunches (Subway sandwiches) will be available at County Presentation Day
- Come and observe at County Presentation Day to learn all about presentations!

For information about all presentation categories, see the 4-H Presentation Manual at:
<http://www.ca4h.org/Projects/Leadership/PublicSpeaking>

Online registration at <http://ucanr.edu/survey/survey.cfm?surveynumber=12461>

If you're unfamiliar with 4-H Presentations or have any questions, please contact Fern Vacca (805) 642-2531 (vaccaf@earthlink.net) or Heidi Marshall (805) 658-2070 (marshfam6@gmail.com) and we will provide you with more detailed information so you can participate in these fun events!

Healthy Living

Make Good Health Your Resolution

- Eat healthy and in moderation. Not everything delicious has to be sugar-packed and full of fat. Make sure to eat your food in MyPlate proportions to keep healthy.
- Stay Active. Keep up your morning jog or your evening walk. Or if you can't get out of the house, turn on some music and get dancing!
- Prepare food safely. Keep raw meats, seafood and eggs away from eating surfaces and foods that are ready to eat to avoid cross-contamination.
- Try and manage your stress. Stress can lead to a low immune system making you vulnerable and more likely to get sick. Also, don't forget to get proper sleep!
- Wash your hands. Washing your hands often and well can help you avoid getting sick.
- Last but not least, don't forget to have fun.

Wishing you a happy, healthy 2015!

2015

4-H State Animal Sci. Ed. Committee

by Harrison Hargleroad

Last month, I had the opportunity to present an educational session at the 4-H TIC (Teen Involvement Conference) as part of my duties as a member of the 4-H State Animal Science Education Advisory Committee. 4-H members, adult volunteers, and county and state 4-H staff make up Statewide 4-H Advisory



Siena Rassumuen, Sarah Watkins and Harrison Hargleroad

Committees. Statewide 4-H Youth Development Program Committees help with ideas and suggestions for the operation and management of the statewide 4-H program. Committees meet in person a few times during the year at UC Davis or other parts of the state and have conference calls to keep the committee work going.

One of the things I have worked on is the Program Project Sheets for Poultry and Market Poultry. You can check it out on the state website here - http://4h.ucanr.edu/Programs/Projects/Project_Sheets/ The committee hopes to complete the project sheets this year and work on the project proficiencies for next year. My next Advisory Committee meeting will be in Santa Barbara in March.

Clover Safe Notes

Clover Safe Notes Spotlight for February: GENERAL KNIFE SAFETY (Note #20). In honor of Food Faire just around the corner, it's a good time to review knife safety. Keep your fingers and hands uncut and review this one page before your next foods or other project meetings.

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.



VENTURA COUNTY 4-H PRESENTS:

Super Field Day

Saturday, April 25, 2015 ■ 9 am to 2 pm

Hansen Ag. Research Ext. Center—287 S. Briggs Road, Santa Paula

\$15 to participate in one or more events / youth spectators only \$5 / Adults Free

SHOWMANSHIP COMPETITIONS—(4-H UNIFORM)

Cavy—bring your cavy to compete in showmanship; test your knowledge on cavies and animal ID. Learn to play Cavy-opoly.

Poultry—bring your poultry to compete in showmanship, test your knowledge on poultry and ID. Also have fun with your chicken in our obstacle course.

Pygmy goats—bring your goats to compete in showmanship and test your knowledge.

Rabbits—bring your rabbit to practice and compete in showmanship, test your knowledge, compete with your trained rabbit on the hopping course. Stay for the hopping workshop.

TEAM COMPETITIONS —(TEAMS OF 4)

Iron Chef: BBQ Style—it's our lunchtime show—for members in foods/cooking projects. Teams will create a meal in less than one hour. Dishes will be judged and awarded. Teams will be contacted with details. Space is limited, first registered, first served.

Swine—teams will participate in Ventura County 4-H's 3rd Annual Swine Bowl! Teams will be contacted with additional information and questions.

THERE'S MORE

Beef—don't have a cow, just come down to test your knowledge on beef.

Bees—learn and test your knowledge about our favorite pollinators.

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.

Dairy goats—make a poster and test your knowledge.

Dog—bring your dog and crate. Show your favorite dog trick. Earn your CGC.

Horse—cantor over, test your equine knowledge and learn to rope.

Lambs—leave your lambs at home, come participate in fun activities & test your knowledge.

Plant Science—Stroll through the garden and identify plants.

Posters—compete with your educational poster for any of the above projects.

Speaker's Corner—Make a presentation for your Record Book or proficiency requirement. No competition; no time slots; come over when you are ready.

Table settings—How fast can you set a good table? Can you name all the items in a perfect place setting?

EXTRAS

Lunch—Bring a blanket & enjoy a picnic lunch on the grass. Prepaid Subway lunch available \$6.

Passport—Take your "passport" to each section for a stamp. Collect them all—get a prize.

Silent Auction—Come and bid on wonderful items to raise money for the Small Animal belt buckles at the Ventura County Fair.

Uniform Exchange—bring outgrown 4-H uniforms to pass along to others—Find some for yourself, too! Free!



Registration at <http://ucanr.edu/survey/survey.cfm?surveynumber=14448>

See registration form for all the details. Please register by April 13, 2015.

COUNCIL CORNER

Highlights from the Ventura County 4-H Council



The Ventura County 4-H Council met on January 28th at the 4-H Office. Reports began with the Ventura County delegation for the Teen Involvement Conference, All-Stars and Trick or Treat So Others Can Eat. Committee Reports included Family Consumer Science PDC, Small Animal Sciences PDC with newly appointed chairs, Equine PDC and Large Livestock PDC. Event reports included Food Faire & Fashion Revue, Presentation Days and Super Field Day. Heidi Marshall reviewed the changes to the Record Book judging at the County level to better align with the State judging. Gwyn Vanoni from the 4-H Office announced that additional 4-H staff will be starting in February and briefly reviewed how the staffing changes will affect the 4-H program. A video of the Loma Vista 4-H teen members who demonstrated what they learned at State Leadership Conference was shown.

The next meeting is Wednesday, March 25 at 7 pm 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/

Sew Happy to Help

by Audrey Hargleroad

On January 2, I went to the Ventura County 4-H Pillowcase Making Day with members of the Loma Vista and Santa Rosa Valley 4-H.

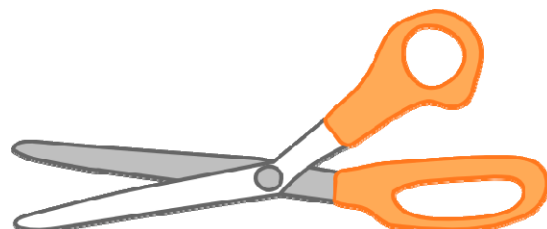
This event was hosted by our county's Family Consumer Science PDC as part of the 2015 State 4-H Fashion Revue Community Service .

I brought my sewing machine, sewing box, iron and ironing board. I wanted to make a lot of pillowcases because they are going to be donated to people who need them. There was a lot of cute fabric that was donated to 4-H. There was Christmas material, material with sheep and a few with horses, some were flannel and others cotton. We had a lot to choose from. One challenge was we didn't have a pattern. So we had to measure and figure out how to put on the end sleeve for each case. All of the pillowcases we made had two or three different material patterns. So they all turned out cute. My favorite one I made had two different types of material with horses.

We had 15 kids and 8 adults and we made 23 cases. Loma Vista 4-H made an additional 9 cases and Santa Rosa Valley 4-H made an additional 10 cases in their sewing projects. The total from Ventura County so far is 42.

There will be another opportunity to make pillowcases at the Food Fair & Fashion Revue coming up on Feb 28. Please bring your sewing machine and materials to make pillowcases at the event OR make them ahead and bring them to the event to donate. Directions are available at http://4h.ucanr.edu/4-H_Events/SFD/SFR/

The state goal is 500 pillowcases which will be donated to charitable organizations throughout California. All of the pillowcases made and donated by Ventura County 4-H will be delivered at the State Field Day at UC Davis on May 30.





4-H Science 101 Training Guide

<http://www.4-h.org/resource-library/professional-development-learning/science-training-guides-resources/>

Outstanding science programs start with a strong understanding of the infrastructure needed for success. Science Competencies are the "demonstrated capacities" that are integral for facilitating high-quality learning environments with meaningful educational outcomes. All of the 4-H Science core competency tools are designed to be flexible.

The 4-H Science 101 Training Guide is loaded with great activities that can be a great introduction to youth and adults in tackling and integrating science in the 4-H program.

This guide is published by the National 4-H program.

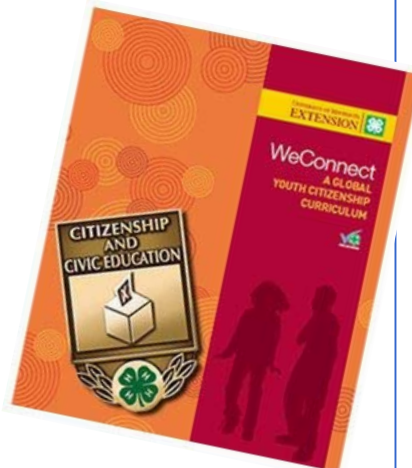


4-H Library

NEW NATIONAL 4-H WECONNECT CURRICULUM

<http://www.4-hmall.org/Product/educationalkits/weconnect-curriculum-10-pins-bundle/01501C.aspx>

WeConnect is a brand new Global Citizenship Curriculum that prepares youth to thrive in our culturally diverse world! *WeConnect* is a program model designed to show youth that they are participants in a global society, inspiring a sense of understanding and confidence in relating and connecting to other people. The curriculum is for middle school youth (grades 6-8), but can be adapted to suit both younger and older age groups.



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

NEWS 4-H program email:
UCCEV4H@ucanr.edu

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

Office Volunteers Welcome

If you are interested in assisting the 4-H Office with preparations for events, light office work and the occasional "check-out" project, please

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

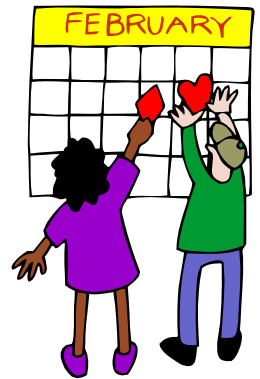
DEADLINE FOR SUBMISSIONS IS THE 1st MONDAY OF EACH MONTH FOR THE FOLLOWING MONTH'S ISSUE.

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February 2015

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. 27th.
- 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.



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

- 2/2 Food Faire/Fashion Revue Entry Deadline
- 2/21 Small Livestock QA @ Fair 11 am
- 2/26 Presentation Day Entry Deadline
- 2/27 Year Pin Orders Due
- 2/28 Food Faire/Fashion Revue @ Sacred Heart Ventura 1-5
- 2/28 State 4-H Equine Field Day near Fresno
- 2/28 Large Livestock QA @ Fair 10 am
- 3/1 Bee Keeping Essay Due
- 3/7 Small Livestock QA @ Fair
- 3/9 Preliminary Presentation Day - West County
- 3/13 Preliminary Presentation Day - East County
- 3/14 Large Livestock QA @ Fair 10 am
- 3/21 County Presentation Day
- 3/25 **4-H Council Meeting** @ 4-H Office 7 pm for Leaders and Youth (9th grade+)
- 4/1 Large Livestock PDC meeting @ 4-H Office 7pm
- 4/11 Steer Tagging Day @ Fair 8-11 am
- 4/25 Super Field Day @ Hansen Ag Center in Santa Paula

Super Field Day

SILENT AUCTION

To raise funds for belt buckles for small animal science projects at Ventura County Fair.

Help us collect great items for this event from the merchants you use. Donated items can be dropped at the 4-H Office.

See the Super Field Day flyer on page 5.

IRON CHEF: BBQ

Jeff Morris, Co-Chair Iron Chef, and master griller, will be conducting a propane BBQ demonstration at Food Faire & Fashion Revue on Feb. 28 along with technique Q&A at 3:p.m.

All potential Iron Chef participants wanting to learn and/or improve their BBQ skills are encouraged to attend. There is no charge to attend the demonstration.

