

Clover Lines

A Members Guide to Making the Most of 4-H

A 4-H club is a group of kids working with an adult volunteer leader toward common goals. These goals are chosen and accomplished by the entire club working together. The officers and leaders can't do it alone. This means that every member of the club needs to pitch in and do his or her part! Below are some reminders to help you help your club be successful.

1. Attend meetings. You can't be an active member if you're not around. Arrive on time, and plan to stay until the meeting ends. Remember that, 4-H meetings are held to:

- Get things done
- Bring up new ideas
- Build leadership skills of all members
- Be a change of pace from everyday activities
- Get to know other members
- Learn and have fun

2. Participate during meetings. Go to meetings with your ideas and share them with others. Follow the agenda to avoid getting off the subject.

3. Be respectful! Get recognized and have only one person talk at a time.

4. Listen to what others have to say. Even if they don't agree with your opinions, it lets you hear other points of view. No matter what, you should respect their freedom of speech.

5. Be a friend. Get to know other members. Help out when needed. Not all members are the same, but no one is more important than another. Be a friend and you'll have a friend!

6. Tell your parents about important dates in advance so they can get you to the meeting or event.

7. Try something new. Volunteer to help or take on a new activity. You'll never know what skills you have until you give it a try. Join a committee, organize an event, hold an office...

8. Read your county 4-H newsletter! It is written for you. There is news about other 4-H clubs and upcoming 4-H events. Keep your newsletter and other 4-H materials in a safe place. This will help you be a better member.

9. Give a club and county public presentation. Are you afraid to speak in front of a group? Don't worry — 4-H is a great place to practice and learn. Public speaking skills will not only help your club, but also help you succeed in everything else you do. Anyone can do it with a bit of practice.

10. Enjoy your 4-H club. Have fun, make friends and learn at the same time!



Reprinted from Hawaii 4-H



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Agriculture and Natural Resources | 4-H Youth Development Program

University of California Cooperative Extension - Ventura County

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EMERALD STAR PROJECT:

Visiting With Seniors

By Spencer Wittrock, Loma Vista 4-H

For my emerald star project, I have been coordinating visitations to the Palms Senior Home in Ventura. My project included not only rabbit and cavy visitations, but also rabbit hopping demonstrations, and creating an informational sheet to submit to the Clover Safe Notes and the 4-H Library. I, along with volunteers from our rabbit and cavy project would bring our animals around to the seniors at the Palms Senior Home. Our conversations ranged from stories about their kids, the animals they used to raise and their own kids being in 4-H. So many of the seniors loved our monthly visits, one of the staff told us how this man never left his room unless he absolutely had to, but he came down to the lobby voluntarily to see and hold the rabbits. Another lady always looked forward to our visits, even though she told me the same story 6 months in a row, she was always very enthusiastic about petting the rabbits and it was clear to see that holding and petting them really made her day.



These visitations were good for everyone, not just the residents of the home. One young girl in our 4-H visitation group was really shy, as her dad later told us, but we never would have known it by the way she got up in front of everyone and told us about her rabbit's favorite foods and activities. The other part of my visitation effort was the rabbit hopping demonstration. We would put our rabbits in their harnesses and leashes, then took them over a course of low jumps, even though the pace was slow at times the elderly crowd enjoyed seeing the rabbits run through the course. I have a feeling that they weren't particularly interested in the history of rabbit hopping, or how our rabbit hopping project was established, but I could see that they liked watching the rabbits and listening to the kids.



This visitation project has been a large success and our 4-H group plans on continuing it throughout the rest of the year.

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/ Applications are due May 1st.

Featured Club for April is Del Norte 4-H

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

Ventura County 4-H Presentation Days

COME SEE & SUPPORT YOUR FELLOW 4-HERS !

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!

Demonstrations, Illustrated Talks, Song Leading, Share-the-Fun, Cultural Arts, Mock Interviews and much, much more!

4-H IN THE SPOTLIGHT

Bears for a Cause

By Anna Sorensen, Santa Rosa Valley 4-H

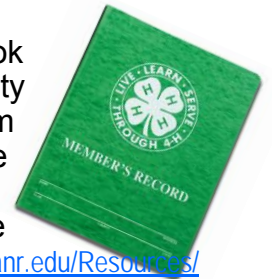
At a charitable fundraiser at Build-a-Bear Workshop, close to \$1,000 was raised in December, and given as Christmas gifts to children residing in Battered Woman's Shelter throughout Ventura County. We all had a great time collecting for a worthwhile cause.



MARK YOUR CALENDAR

Record Book Dates

There will be a new Record Book Judging form this year for County Record Book Judging. The form has been approved by the State Incentives and Recognition Committee and is posted on the State I & R website at <http://4h.ucanr.edu/Resources/Members/RecordBook/RBCompetition/>



Record Book Leader Information Meeting will be Wednesday, April 1 at 6:30 p.m. at the 4-H Office. Please register to attend this meeting by March 26th at <http://ucanr.edu/survey/survey.cfm?surveynumber=14998>

Record Book Workshop will be May 13 at 6:30 p.m. at the 4-H Office for members, parents and leaders. Please register to attend this meeting by May 7th at <http://ucanr.edu/survey/survey.cfm?surveynumber=14997>

Record Books will be due for **County Judging** on August 20, 2015.

Healthy Living

Food Safety Tips for Your Edible Home Garden

Garden and Harvest Sanitation

- Any surface, container, or tool that comes in contact with fresh produce could be a source or transfer point of pathogens. Well-planned food handling practices in the garden and home can reduce the likelihood of cross contamination.
- Before use, clean and sanitize all surfaces that will contact food, including harvest equipment (bins, totes, gloves, boxes, buckets, bushel baskets). Consider maintaining separate pruners that are used only for your edible plants.
- Surfaces can be cleaned with hot soapy water.
- Clean surfaces can be sanitized a number of ways. Bleach is an inexpensive and widely available sanitizer: make a solution with 1 teaspoon unscented liquid bleach per quart (4 cups) of water.
- Flood the surface with the bleach solution and allow it to stand for several minutes, then rinse thoroughly with clean water and dry with a paper towel or clean cloth.



Super Field Day

SILENT AUCTION HELP NEEDED

This silent auction is designed 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. Great donations include feed, livestock accessories, games, unused gifts, gift certificates from restaurants and other places

you'd like to go. Donated items can be dropped at the 4-H Office.

Don't forget to register for Super Field Day and help recruit donations.

See the Super Field Day flyer on page 5.



Clover Safe Notes

Clover Safe Notes Spotlight for March: COMPUTER ERGONOMICS AWARENESS (Note #40). Along with showers and flowers, Spring brings school projects and other activities that put you at the keyboard. Review this one-page tip sheet to keep your productivity high and health strong.

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 next meeting will be Wednesday, March 25 at 7 pm at the 4-H Office in Ventura. Check the 4-H Calendar for Program Development Committee meetings. Program Development Committees (PDCs) serve as standing committees reporting to the Ventura County 4-H Council, specializing in specific program areas. Program offerings, events, project curriculum development and more can be accomplished in these efficient and focused committees.

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/

New Adult Volunteer Leader Certifications this Spring

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 30 minutes prior to the training.

Monday, March 9, 6:30 to 8:00 p.m.

<http://ucanr.edu/survey/survey.cfm?surveynumber=14978>

Wednesday, April 15, 10 to 11:30 a.m.

<http://ucanr.edu/survey/survey.cfm?surveynumber=14983>



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.

Wildlife Habitat Evaluation Program (WHEP)

<http://www.whep.org/>

The goal of California 4-H WHEP is to help participants develop an awareness of the environment and its associated problems. WHEP aims to engage those with knowledge, skills, attitudes, motivations, and commitment to work individually and collectively toward solutions of current problems and the prevention of new ones.

The objectives of California 4-H WHEP are:

- To explore wildlife management practices through experiential application
- To initiate the development of life skills in order to promote beneficial wildlife and environmental practices
- To develop active leaders who model positive environmental behavior

Students in WHEP have a greater understanding of the value of land and how it can be managed to benefit wildlife and fish species. Participants also test their wildlife knowledge in state- and nationwide contests.

4-H Library

CALIFORNIA 4-H PROJECT SHEETS

http://4h.ucanr.edu/Programs/Projects/Project_Sheets/

Project Sheets can be a great way for any leader to tackle a new project. The one-page project sheets provide a basic idea of the subject, key ideas to include, how to segment the project for different learning levels and a library of good, reviewed resources.

There are more than 50 project sheets ready to go with more being added all the time. Recently added is the 4-H Market Poultry project sheet, which includes pictures of our Ventura County 4-Hers.



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

4-H program email:

UCCEV4H@ucanr.edu

Annabel Faris (805) 645-1464

Enrollment, Pins, Equipment Check Out, 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 contact Gwyn Vanoni above.

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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March 2015

It's that time of year...

- If you are 14+ and have achieved your Gold or Emerald Star rank, consider applying for **All-Star**, Ventura County's highest star rank. For more information and application, visit http://ceventura.ucdavis.edu/Youth_Development/4-H/MemberOpps/All_Stars/ Applications are due **May 1st**.
- Start looking for **Silent Auction Items** for the Small Livestock Fair Buckle Fundraiser at Super Field Day. Look for things in your home you might donate and talk to your local merchants (feed stores, restaurants, etc.) to see if they might provide a donation.
- Consider joining the **Super Field Day Committee**. This amazing event needs volunteers to help put it together, this year and next. Contact Terri Hargleroad at thargleroad@aol.com for volunteer openings/needs.
- **Teens** are needed to assist with project areas at Super Field Day. Count it in your Record Book and help younger members learn from your experience.
- **Project Leaders**: Look at the tangible items produced in your project. Are these going to be entries at the **Ventura County Fair**? Talk to members about showcasing their project learning at the Fair by entering in as many categories as eligible.

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

3/7	Small Livestock QA @ Fair
3/9	Preliminary Presentation Day - West County
3/9	<i>CloverLines</i> Submission Deadlines
3/9	New Leader Training Certification @ 4-H Office 6:30 pm
3/12	Equine PDC Meeting @ Marie Callenders Camarillo 6:30
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 (9 th grade+)
4/1	Record Book Leaders Info Mtg. @ 4-H Office 6:30 pm
4/1	Large Livestock PDC meeting @ 4-H Office 7pm
4/11	Steer Tagging Day @ Fair 8-11 am
4/15	New Leader Training Certification @ 4-H Office 10 am
4/25	Super Field Day @ Hansen Ag Center in Santa Paula
5/13	4-H Record Keeping Workshop @ 4-H Office 6:30 pm
8/20	Record Books Due for County Judging

Join Equine PDC

The Equine Program Development Committee is focused on all areas of horsemanship.

If this interests you, please join us at the next meeting:



**Thursday,
March 12, 2015
at 6:30pm**

At Marie Callenders Restaurant - 185 E. Daily Drive in Camarillo

Meeting agenda and other useful resources are available at [http://ceventura.ucanr.edu/Families - Communities/4-H/Ventura County 4-H Council/Program Development Committees PDCs/](http://ceventura.ucanr.edu/Families_-_Communities/4-H/Ventura_County_4-H_Council/Program_Development_Committees_PDCs/)