



CloverLines

University of California • Cooperative Extension • Ventura County 4-H • October 2015



4-H Grows!

4-H grows confident, capable, and caring kids with the life skills to thrive in today's world and succeed in their boldest dreams for tomorrow. Working in partnership with 110 universities, 4-H programs are research-backed and offer life-changing experiences to youth around the world.

✿ 4-H Week Celebration Checklist ✿

- ☐ Wear a 4-H Shirt to School
- ☐ Give a presentation in your community or school about 4-H
- ☐ Attend the Pathway to the Stars Training Thursday, October 8
- ☐ Share a Ventura County 4-H Facebook 4-H Week Post, or like the page if you haven't yet!
- ☐ Post on your own Facebook about 4-H
- ☐ Follow Ventura County 4-H on Instagram @VC4H #VC4h <https://instagram.com/vc4h/>
- ☐ Follow CA 4-H on Instagram @ca4h <https://instagram.com/ca4h/>
- ☐ Follow the CA 4-H State Ambassador team on Snapchat! Username- ca4hsa [#ca4hsa16](#)
- ☐ Share your 4-H Grows Story <http://www.4-h.org/get-involved/share-story/>
- ☐ Keep the celebration going by attending Science Night on Tuesday, October 13



What are your ideas?

Visit Netfamilynews.org for more tips on online safety, see the clover safe note on page 6 and view UCANR Social Media Guidelines at <http://4h.ucanr.edu/files/133821.pdf>

Share the Grows Story at #4hgrowshere

Join TOTSOCE- <http://form.jotform.us/form/32398818017158>

Trick or Treat So Others Can Eat 2015 Collection dates: October 1st - November 13th. To sign up any group simply email us at totsoce@gmail.com so we can send out starter kits and track donations for this great charity event.





Pathway to the Stars

Do you see stars on 4-H hats and wonder how they were earned? Do you hear about Emerald Stars, All-Stars, State Ambassadors, Leadership Conferences and scholarships and wonder how to apply? Mark your calendar and plan to attend an informational meeting so you can find your own path to the stars.

When: Thursday, October 8, 2015 from 5:00 pm to 6:00 pm

Where: The Cooperative Extension Ventura Office at 669 County Square Drive, Suite 100, Ventura 93003
To attend, RSVP using the link below.

<https://ucanr.edu/survey/survey.cfm?surveynumber=16316>

2015 Science Night - Motion Commotion!

The 2015 National Youth Science Day Experiment, *Motion Commotion*, empowers youth to explore the physics of motion and distracted driving. This exciting activity will combine a speeding car collision and a distracted driving demonstration in a simulated activity that investigates the physical and human factors of motion.

When: Tuesday, October 13, 2015 from 6:00 pm to 7:30 pm

Where: The Cooperative Extension Ventura Office California Room (conference room) at 669 County Square Drive, Suite 100, Ventura 93003

To attend, RSVP using the link below.

<http://ucanr.edu/survey/survey.cfm?surveynumber=16317>

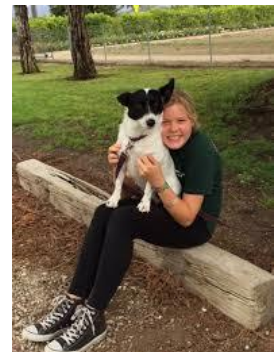


Super Field Day Planning Meeting

Teen leaders and adult volunteers are invited to join the Super Field Day planning meeting. This will be the 5th Annual Super Field Day and we need your help to make it the best. Please join and bring your ideas and suggestions. Teen leaders can help take on leadership in many areas. This is the biggest 4-H county event of the year. Come be part of it!

When: Thursday, October 8, 2015 at 6:00 pm

Where: The Cooperative Extension Ventura Office California Room (conference room) at 669 County Square Drive, Suite 100, Ventura 93003



2015 4-H Super Field Day



Tour Our New 4-H Home

The George Washington Faulkner House, home of the Hansen Agricultural Research and Extension Center, also known as HAREC, was built in 1894. It is a historic Queen Anne style house that was listed on the National Register of Historic Places in 1991. We are delighted to call this beautiful house our new 4-H home. Come take a tour before attending Awards Night in the Big Red Barn.

When: Thursday, November 5, 2015 from 5:30 pm to 6:30 pm

Where: Hansen Agricultural Research and Extension Center, 14292 West Telegraph Road, Santa Paula CA 93060

Awards Night

County Record Book Awards, Club Charter Seals and many other accomplishments will be recognized at this year's Ventura County 4-H Awards Night.

Deserts will be served.

Be sure to dress warmly as the event is being held in a barn which can get chilly.

When: Thursday, November 5, 2015 from 6:30 pm to 7:30 pm

Where: The Big Red Barn at the Hansen Agricultural Research and Extension Center, 14292 West Telegraph Road, Santa Paula CA 93060 **Please enter through the Briggs Road entrance.**

RSVP: log on to <http://ucanr.edu/survey/survey.cfm?surveynumber=16318> by November 1st so we may provide adequate seating and dessert.



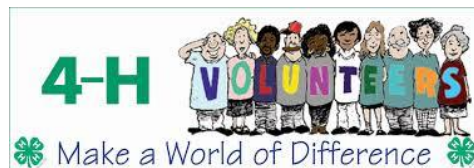
New Adult Volunteer Leader Certifications

Volunteer positions with 4-H range from Community Club Leader, Project Leader, Other Key Leader, General 4-H Volunteer and/or Enrollment Specialist. Each club's needs are different, so ask your club leader or 4-H staff exactly what you can do to help. Whatever the position, volunteering is more rewarding when you're confident and know what the job entails. One way is to ask your club or project leader exactly what you can do to help and then learn more from the job descriptions on the State 4-H website at <http://www.ca4H.org/Administration/Policies/Chapter6/>. Attending training is also very important. Two training sessions are currently available. Once you decide on a date, use the adjoining link to register. Provided minimum reservations are met, Live Scan will be available for 30 minutes prior to the training.

Wednesday, October 14, 2015 from 6:00 pm to 7:30 pm: <http://ucanr.edu/survey/survey.cfm?surveynumber=16315>

Monday, November 2, 2015 from 6:00 pm to 7:30 pm: <http://ucanr.edu/survey/survey.cfm?surveynumber=16314>

Where: The Cooperative Extension Ventura 4-H Office at 669 County Square Drive, Suite 100, Ventura 93003. Due to the amount of information, training will begin promptly at 6:00 pm. You must attend the entire training to receive your certification, so plan your time accordingly.



Food Faire/Fashion Revue

Save the Date: Saturday, February 6, 2016

A message from the current Food Faire/Fashion Revue coordinators regarding their positions

Greeting Fellow 4-Hers, Leaders and Parents:

Margit, Debbie and I are assisting our children as they prepare for college. Anita and Laurel Wilbert from Del Norte 4-H have graciously offered to replace us as Food Faire/Fashion Revue coordinators in 2017. We will be mentoring them for this upcoming Food Faire/Fashion Revue, however we are looking for a team to assist them with this transition. Please call me, Cyndi Hassien, at 805-794-5730 if interested.

Thank You,

Cyndi Hassien - Fashion Co-Coordinator

Debbie Meyer-Morris - Food Coordinator

Margit Gorman - Fashion Co-Coordinator

Featured Club

Santa Rosa Valley 4-H

By Caleb Phillips, Santa Rosa Valley 4-H Club President

Santa Rosa Valley 4-H has approximately 100 participating members and we are continually growing thanks, in large part, to our amazing leadership and supportive families. Our club is distinct because we have an incredibly diverse array of projects offered, including raising livestock, beekeeping, photography, and rifle safety. We even offer some arts and crafts for primary members. The wide

range of projects is only possible because we have more than 30 certified volunteer leaders that diligently work to make every project a success. A majority of our members participate in livestock projects which just concluded at the Ventura County Fair where many won awards for both showmanship and market.

Also throughout the year our club had many opportunities to give back to our community through various service projects, such as Coastal Clean-up, Ride On, and Operation Gratitude. At many of these events members were able to bring their animals to show and demonstrate to the public. This was very rewarding because so much learning takes place when the animal is exhibited to the public. For example, a hands-on milking demonstration is extremely educational because some people have never seen the actual process of where the milk they drink comes from.

During the year our club held nine meetings filled with featured project presentations from our club's horse drill team, a pygmy goat costume parade, and a chicken showmanship demonstration. We also had guest speakers such as a mounted police officer that demonstrated different safety procedures, and a fireman who taught us practical things we can do at home in the event of a fire. Our meetings also included lively activities like shearing demonstrations, a water balloon toss, and scavenger hunts. We look forward to this upcoming 2015-2016 4-H year which will create new opportunities for our members to serve the community and learn together as a club.

Next: November Featured Clubs are Sespe and Somis. Remember, the articles are due the first Monday in October.



Santa Rosa Valley 4-H Youth Board



California Coastal Clean-up 2015

By Katie Cook, Santa Rosa Valley 4-H

On Saturday, September 26, 2015, Santa Rosa Valley 4-H participated in the California Coastal Clean-up at the Arroyo in Moorpark. The group met at Villa Campesina Park. This is a great community service event for all ages. The Arroyo was one of several inland sights available for this community event. There were many volunteers that participated in the clean-up activities. This event is fun and rewarding for the whole family and all members of the community benefit. Some unique items we found on the clean-up this year include a horse shoe, BBQ grate and lots of plastic and glass bottles.

Santa Rosa Valley 4-H

Rides in Simi Valley Parade

By Heather Rhodes, Santa Rosa Valley 4-H

On Saturday September 19, 2015 the Santa Rosa Valley 4-H Horse group participated in the Simi Valley Days Parade held at the Simi Town Center Plaza. There were many wonderful participants including Mexican dancers, the Royal High marching band and color guard and, of course, our wonderful 4-Hers from Santa Rosa both riding horses and walking. We had 11 children ranging from 11-17 years old with us as well as adults to supervise.

The group was led by Cheylee Bradbury and Hannah Nandor walking miniature horses Daisy and Patches along with Dane Rhodes carrying the club banner. Two columns of horses followed. The left column was Makayla Cozatt riding Buster, Rachel Pena riding Cody, Katie Bradbury, and Bella Loza riding Tootsie. The right column consisted of Heather Rhodes riding Oliver, Nicole Vasello riding Phoenix, Emily Harrison riding Dobbin, and Shira Cohen-Sitt riding Zip.

There were a few performance spots where the group recited the 4-H pledge followed by a loud “Go 4-H!!!” and lots of cheering. The Santa Rosa Valley 4-H won the trophy for best equestrian performance after performing in front of the judges and a large crowd.

After the parade I talked with one of the teen leaders of the Santa Rosa Valley 4-H Horse Project, Makayla Cozatt. I asked her what the best thing she took away from the event. Her response was “I improved my ability to handle stressful situations and still keep my horse calm.” We had celebratory smoothies with the group.



4-H Parade participants



Best equestrian performance trophy

Education



Jill Lujan and Monika James from Santa Rosa Valley 4-H at the UC Davis Train the Trainers seminar



Congratulations to Orange County Avian Knowledge Bowl winners Landon Lujan and Thorin Rosten from Santa Rosa Valley 4-H

Spotlight

Clover Safe Notes

Clover Safe Notes Spotlight for October: Internet Safety and Social Networking

The internet makes information very available and when used improperly, it has the ability to educate, enrich and entertain. This month's Clover Safe Notes provide information about how to maximize positive internet experiences and prevent negative or dangerous experiences.



#72 Internet Safety

<http://safety.ucanr.edu/files/3352.pdf>

#83 Computer Social Networking Safety Tips

<http://safety.ucanr.edu/files/3453.pdf>



Council Corner

Join us for a special presentation by University of California Cooperative Extension, Ventura County Director and 4-H Advisor Christopher Smith as he discusses policy updates and a focus on education. Refreshments will be provided for this special presentation.

When: Wednesday, October 28, 2015 at 7:00 pm

Where: The Cooperative Extension Ventura Office at 669 County Square Drive, Suite 100, Ventura 93003

It's That Time of Year ...

As the 2014-15 4-H year gets underway, there are a few resources to review to ensure a wonderful year for all members, leaders, parents and other volunteers.

- Code of Conduct Adult Volunteer <http://4h.ucanr.edu/files/16404.pdf>
- Code of Conduct Youth <http://4h.ucanr.edu/files/16404.pdf>
- Code of Conduct Parent/Guardian <http://4h.ucanr.edu/files/187920.pdf>
- Liability Insurance FAQ <http://4h.ucanr.edu/files/4712.doc>
- Animal Project Commitment <http://ceventura.ucanr.edu/files/173596.pdf>
- Project Leaders Digest <http://www.ca4h.org/files/4462.pdf>
- Jr/Teen Leaders <http://4h.ucanr.edu/Programs/Clubs/JuniorTeenLeaders/>



Ventura County Farm Day 2015

4-H Shines at Hansen Agriculture Research and Extension Center

By Anna Sorensen Conejo Simi 4-H

UC Hansen Agricultural Research and Extension Center in Santa Paula participated in the Ventura County Farm Days. It was buzzing with visitors. 4-H had the chance to showcase our projects, and many children volunteered. We had a card making project where people could make a card for a sick child, a bee booth, show chickens, a rabbit and a lunch bag decoration station for the homeless shelter and soup kitchens in the country. Trick or Treat So Others Can Eat (TOTSOCCE) was there with a



demonstration of what 50 pounds of food looks like for the 50 Pound challenge. 4-Hers helped with beet picking and had a 4-H information booth. There were also many other vendors and we got to taste honey, olive oil, and smell great soap products. We all ran through the corn maze, enjoyed going on a tractor ride around the farm and seeing the worm farm and composting. We even got to pick veggies! It was a lot of fun.



Teens ages 13 – 19 and adults are welcome to spend the weekend at beautiful Camp Ocean Pines developing their health and well-being. Teens will not only increase their personal skills in leading a healthy lifestyle, but will also gain skills needed to be a health advocate in their communities.

For more information contact
Anne Iaccopucci
(aniaccopucci@ucanr.edu)
or Jenna Colburn
(jcolburn@ucanr.edu)

<http://4h.ucanr.edu/Projects/HealthyLiving/Mindfulness/>



University of California
Agriculture and Natural Resources

4-H Youth Development Program

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/anrstaff/files/169224.pdf>. Inquiries regarding ANR's nondiscrimination policies may be directed to Linda Maria Martin, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1318.



Calendar

- 10/4-10 National 4-H Week
- 10/6 Beginning Lace Making CLU Thousand Oaks, 5:30-8 pm
- 10/7 Large Animal PDC Meeting, UCCE Office, 7 pm
- 10/8 Pathway to the Stars, UCCE Office, 5-6 pm
- 10/8 Super Field Day Planning Meeting, UCCE Office, 6-7 pm
- 10/16 Record Books for State Competition due, 4-H Office
- 10/13 4-H Science Night, UCCE Office 6-7:30 pm
- 10/14 New Leader Certification, UCCE Office, 6-7:30 pm
- 10/28 4-H Council Meeting , UCCE Ventura, 7 pm. Leaders and Youth (9th Grade+)
- 11/2 New Leader Certification, UCCE Office, 6-7:30 pm
- 11/5 4-H New Office Open House, HAREC, 5:30-6:30 pm
- 11/5 4-H Awards Night, HAREC 6:30 pm
- 11/11 Offices Closed for Veterans Day (UCCE & HAREC)
- 11/13 TOTSOCE Collection Ends
- 11/27-28 Offices Closed for Thanksgiving (UCCE & HAREC)
- 12/23-1/4- 4-H Office Closed for Holidays
- 12/31 Project Enrollment Deadlines To ensure timely processing please turn into 4-H Office by **December 1.**

4-H Office Information

Office Hours by Appointment Only
Closed on UC Holidays
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ARTICLE SUBMISSION

E-mail articles to vgrant@ucanr.edu.
Include your name, council name, the name of your activity, and if you are submitting images, please identify those pictured. All submitted articles and images become the property of 4-H to be used in print and/or online at the editorial committee's discretion.

Submission Deadline is the first Monday of the month for consideration in the following issue.

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