



All Star Color Me Green 5k Fun Run

By Audrey Hargleroad & Caleb Phillips, Ventura County 4-H All-Stars

Photos: Kristen McEachron, Santa Rosa Valley 4-H

For our All Star project we organized a Color Me Green Run with the help of our All Star Advisor, Jackie Larson. Color Me Green Run is a California State 4-H

initiative for Healthy Living. The goal of the event is to get kids moving and making good choices in snacks and beverages; and, of course, to have fun.

First we decided on having the run at Santa Rosa County Park because it has lots of flat trails, bathrooms, plenty of parking and it is away from busy streets. Audrey mapped out the course and Caleb set up the community service with Children's Hunger Fund. Next we started asking local businesses for donations of healthy snacks. We received a great response. We made all of the green powder from corn starch and food coloring. We also made the keychain giveaways, contest prizes, signs and labeled the bottled water. We planned the music and the agenda.

We were happy to see more than 120 runners signing in that morning. After some stretches the race started. Thank you to the volunteers who threw green color in four locations on the course. After the run everyone helped themselves to water, oranges, avocados, bananas, strawberries, granola bars, almonds, Halos and much more.

We ended the event with our contests – best tutu, craziest socks, craziest hair, craziest hat, hopping on one foot and best cartwheel. When it was over the 4-H kids and parents helped clean up. It was a successful event and everyone had fun. Thank you to our

Sponsors – Target Simi Valley, Target Moorpark, Costco Simi Valley, Underwood Farms, Mission Produce, The Wonderful Company, Brenda Jarra and the Reiman family.



Food Faire/Fashion Review

By Emma Torres, Del Norte 4-H club

Ventura County 4-H Members participated in Food Faire/ Fashion Review held February 27, 2016 at Sacred Heart Church in Saticoy, California. There were 24 members entered in Food Faire: three in Cake Decorating, two Main Dishes, one Side Dish, one Non Baked, and 18 in Baked Goods.

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Members competed in Food Faire and Posters for Medals - blue, red and white ribbons. Eight Fashion Review participants competed for medals, ribbons, certificates and the big prize – a chance for a trip to state Fashion Review competition.

Food Faire and Fashion Revue Results

Food Faire

Baked Goods

Jazmine Covarrubias, Del Norte, Red, Senior
 Heather Rhodes, Santa Rosa Valley, Red, Senior
 Emma Torres, Del Norte, Blue, Senior
 Kai Miyashiro, Loma Vista, Blue, Senior
 Cassie Larson, Chief Peak, Blue, Senior
 Malia Miyashiro, Loma Vista, Medalist, Senior
 Sarah McGarrahan, Santa Rosa Valley, Medalist, Intermediate
 Cici Cortez, Del Norte, Blue, Intermediate
 Amelia Vaught, Loma Vista, Red, Intermediate
 Trevor Gerhard, Chief Peak, White, Intermediate
 Jahir Covarrubias, Del Norte, Red, Intermediate
 Reece Morency, Del Norte, Medalist, Beginning
 Christian Cortez, Del Norte, Blue, Beginning
 Jael Covarrubias, Del Norte, Red, Beginning
 Samantha Robinson, Conejo-Simi, Certificate, Primary

Jake Robinson, Conejo-Simi, Certificate, Primary
 Liliana Morency, Del Norte, Certificate, Primary
 Ivy Gerhard, Chief Peak, Certificate, Primary

Non Baked

Anna Sorenson, Conejo-Simi, Medalist, Intermediate

Cake Decorating

Jessica Poland, Bardsdale, Medalist, Senior
 Sarah Poland, Bardsdale, Blue, Senior
 Anna Sorenson, Conejo-Simi, Medalist, Intermediate

Main Dish

Travis Smith, Santa Rosa Valley, Medalist, Intermediate
 Talon Smith, Santa Rosa Valley, Medalist, Beginning

Side Dish

Regina O'Brien, Conejo-Simi, Medalist, Intermediate

Knowledge Contest- Silverware Identification:

Reece Morency, Del Norte, Medalist, Beginning
 Cici Cortez, Del Norte, Medalist, Intermediate

Fashion Review

Consumer Science Purchased

Anna Sorenson, Conejo-Simi, Red Intermediate
 Natalie O'Brien, Conejo-Simi, Medalist Intermediate

Upcycled

Anna Linehan, Conejo-Simi, Blue, Beginning

Traditional

Kristen McEachron, Santa Rosa Valley, Blue, Senior
 Heather Rhodes, Santa Rosa Valley, Blue, Senior
 Jessica Nichol, Santa Rosa Valley, Medalist, Senior

Anna Sorenson, Conejo-Simi, Blue, Intermediate
 Amelia Vaught, Loma Vista, Medalist, Intermediate
 Piper Snowber, Loma Vista, Blue, Intermediate

Muslin Challenge

Anna Sorenson, Conejo-Simi, Medalist, Intermediate

Posters

Ivy Gerhard, Chief Peak, Certificate Primary
 Sarah McGarrahan, Santa Rosa Valley, White, Intermediate
 Anna Sorenson, Conejo-Simi, Blue, Intermediate
 Trevor Gerhard, Chief Peak, Medalist, Intermediate



4-H Library – Nutrition and Fitness



Healthalicious Cooking

Developed by the University of California for Grades 4-6

Available From: <http://anrcatalog.ucdavis.edu/Search/healthalicious.aspx>

Cost: **Free**

Perfect for promoting a healthy lifestyle that includes good foods and plenty of physical activity. The focus is

on helping kids build good health skills that will last a lifetime. The 6-week, hands-on curriculum is designed to give 9- to 12-year-olds a fun introduction to preparing and eating healthy meals.



4-H STEM

The 4-H STEM Career Readiness tool is a 4-step pathway that helps kids explore different careers that interest them and ultimately prepare them for career success. Developed in partnership with Lockheed Martin, the pathway gives kids the opportunity to discover potential career paths, learn the needed skills, practice through hands-on projects and experience a career through real-world professional activities.

Take the STEM Type quiz to find a career where you can #DoWhatYouLove through our partners at STEMJobs.

Visit stemtype.stemjobs.com or click here:

TAKE THE STEM TYPE QUIZ



State Leadership Conference

"Leadership is U" #SLC16



The annual 4-H State Leadership Conference brings together high school youth from across California for a four-day leadership training, networking, and learning experience.

When

Thursday, July 28 to Sunday, July 31, 2016

Where

Humboldt State University, <https://www.humboldt.edu/>
[Information about traveling by air and car](#)

Who can attend?

- High school youth ages 13 - 19
- Adults are invited [apply to chaperone](#)
- **For more information**
- Contact the 4-H Office vgrant@ucanr.edu.
- Visit: http://4h.ucanr.edu/4-H_Events/SLC/

What you will learn and do

- Advanced leadership training.
- Network and share ideas with other 4-H'ers from across the state.
- Experiential education on leadership development, civic engagement, college admissions and other 4-H project areas.
- Experience a slice of college life: live in the residence halls, eat in the dining commons, and participate in educational sessions, many of which are taught by University of California faculty and staff.

Council Corner

Council Meetings for 2015-16 Program Year

5/25 Budget Presentation/Slate of Officers

6/22 Budget Adoption/Elections

Council Meetings are held on Wednesdays at 7 pm at UCCE Ventura County, 669 County Square Drive, Suite 100.

Many volunteer opportunities available through the PDC and County Council. Contact: vgrant@ucanr.edu

Healthy Living

Take the Healthy Living Pledge to drink more water!

Each Wednesday take a picture of yourself drinking water and post it to Facebook, Twitter, and Instagram. Be sure to use #4hwaterwed to show your commitment to healthy living. For more information on the importance of hydration and ideas for your club visit:

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





Ventura County 4-H Presents



2016 Super Field Day **Saturday, April 23 • 9:00 to 2:00**

Hansen Ag Research Ext. Center • 287 Briggs Road, Santa Paula
\$15 to participate in one or more events / youth spectators only \$5 / Adults Free

Showmanship Competitions (in 4-H Uniform) – Must be enrolled in the animal project. Bring your animal, compete in showmanship, and test your knowledge on your species and breeds.

- Cavy – Join the fun learning to play Guineaopoly.
- Poultry – Have fun with your chicken on the obstacle course.
- Pygmy Goats – We love to see these cute little goats!
- Rabbits – The rabbit hopping course is great fun!

Team Competition (Team of 4) – Participants must be enrolled in 4-H swine project.

- Swine Bowl – Take part in the coveted 4th Annual Ventura County Swine Bowl.

And There's More! (Participants must be enrolled in related 4-H project.)

- Archery – Bull's-eye! Just how well do you know archery?
- Beef – Don't have a cow, just mooove on down to test your knowledge on beef.
- Dairy Goats – Test your knowledge and check out the dairy goat prep clinic.
- Dogs – Bring your dog and its crate to compete in the dog trick course
- Horse – Canter over, test your equine knowledge and learn to rope.
- Riflery – Aim high and take this knowledge test.

Try something new – Open to all 4-H members:

- Livestock Judging – You be the judge! Judge large livestock conformation from photos.
- Plant Science – Stroll through the Farm's garden, and check your plant expertise.
- Vegetable Judging – If you can tell a radish from a rutabaga you can win this one!

Extras

- Posters – Compete with your educational poster for any of the above projects. Please laminate your poster and add grommets on all four corners for display. You can also enter your poster at Ventura County Fair, so do your best!
- Speakers Corner – This is your opportunity to make a presentation for your Record Book or proficiency. No competition; no time slots; come on over whenever you're ready.
- Medals and Ribbons will be awarded to junior, intermediate, and senior winners. All primary entrants will receive ribbons.
- Passport – Take your passport to each station for a stamp. Collect them all to win a prize!
- Food – Drinks and snacks are available for sale. Bring your blanket and your own picnic lunch, or pre-purchase a Subway lunch for \$6. Proceeds to benefit the Equine PDC.
- Demonstrations – Demonstrations of goat milking, animal care, and more throughout the day.
- Silent Auction – Come and bid on wonderful items of all kinds to help the Small Animal Sciences PDC raise funds for Fair belt buckles. (Your donations to the Silent Auction would be appreciated.)
- Uniform Exchange – Bring your outgrown 4-H uniforms to pass along to others, and find something new for yourself – for free!

Details for your events will be sent to you when we receive your registration.

Register online by April 15 at <https://ucanr.edu/survey/survey.cfm?surveynumber=16744>

Apply Today to Represent Ventura County on the Southern Area Committee

One Youth (14+) and 1 adult volunteer from each County will be selected to representatives on the Southern Area Committee, part of the new State 4-H Management Board structure.

If selected, you will help bring information from the State and Southern Area to our County!

Please read the Selection Process and the Committee descriptions link below for details on the requirements for applying to each committee.

Link: http://4h.ucanr.edu/Get_Involved/Management_Board/

Southern Area Committee Description: <http://4h.ucanr.edu/files/233325.pdf>

1. Send an email to ygrant@ucanr.edu to let us know you have applied.
2. [Apply Online](#) by **May 31** at 11:59 pm. Select: Southern Area Committee

OR

Fill out the [PDF application](#) and mail to the State 4-H Management Board Committees at the California State 4-H office, 2801 Second Street, Davis, CA 95618. Applications must be postmarked by May 31, 2016.

Committee Member Responsibilities include:

- Represent the interests of the Southern Area throughout the State
- Enhance the effectiveness of the 4-H YDP educational deliveries and opportunities in the Southern Area
- Gather input on area programing, events, and educational opportunities
- Establish the direction for area programing
- Develop and implement a recruitment strategy to attract new youth in the area to 4-H
- Seek collaborative opportunities with other groups or organizations as appropriate
- Role-model positive conflict resolution techniques and teamwork skills
- Possess a willingness to support, at all times, the State 4-H Management Board Structure



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. Applications are due May 1st.

For more information and application, visit

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



4-H Project at the Park!

Every Kid in a Park Pass

A new White House youth initiative is designed to get all 4th graders and their families to experience the places that are home to our country's natural treasures, rich history, and vibrant culture **FREE OF CHARGE!** The Every Kid in a Park pass is good for the 2015-2016 school year, until August 31, 2016. For information obtaining a pass, visit

www.everykidinapark.gov.

Upcoming Featured Clubs



May	Las Posas
June	Loma Vista
July	Mira Monte and Mupu

CloverLine article and photo submissions due on the first Monday of the month. They will be printed the **following** month's issue. For example, if yours is the featured club for May, your article and pictures are due April fourth.



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4-H GROWS HERE

Calendar

4/23 Super Field Day at HAREC
5/1 All Star Application Due
5/4 Large Livestock 7 pm at UCCE Ventura
5/21 Sectional Presentation Day
5/25 Council Meeting Budget Presentation/Slate of Officers
5/28 State Field Day at UC Davis
6/2 Small Livestock PDC, 6:30 pm at UCCE Ventura
6/20-24 Sustainable You! Camp at HAREC
6/22 Council Meeting Budget Adoption/Elections
7/6 Large Livestock 7 pm at UCCE Ventura
7/28-31 State Leadership Conference at Arcata, CA
8/3-8/14 Ventura County Fair

**UCCE – University of California Cooperative Extension,
Ventura County – 669 County Square Drive, Suite 100,
Ventura CA 93003-9028**

**HAREC – UC Hansen Agricultural Research and Extension
Center – 14292 W Telegraph Road, Santa Paula, CA 93060**

4-H Office Information

Office Hours by Appointment Only
Closed on UC Holidays
14292 W Telegraph Road
Santa Paula CA 93060

General Email: uccev4h@ucanr.edu
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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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Clover Safe Notes

Clover Safe Notes (#31)

Gardening Hand-Tool Safety



Remember: Wear personal protective equipment (PPE) appropriate for the gardening task and weather conditions, including items such as a hat with brim, long-sleeved shirt, long pants, gloves, sunglasses, closed-toed shoes, and

sunscreen. For more information about garden hand-tool safety and to see additional Clover Safe Notes, visit http://safety.ucanr.edu/4-H_Resources/Clover_Safe_Notes_by_Project_Area/.
Clover Safe Notes are a great addition to projects and club meetings.

