



Presentation Day

By Adler Striegel and Livia Vertucci, Loma Vista 4-H Club

Twenty-one 4-H members from the Conejo-Simi, Loma Vista, and Santa Rosa Valley 4-H clubs gathered at the Ventura County 4-H office for County Presentation day on March 12, 2016. There were 28 presentations - everything from illustrated talks and demonstrations to mock interviews. One of the highlights of the day was the Share the Fun skit performed by members of the Santa Rosa Valley 4-H club. Another memorable moment was a demonstration of how to make goat milk soap. It was very interesting and informative. The day was exciting, fun-filled, very busy and we hope even more 4-H'ers will sign up next year. It is a great opportunity for 4-H members to gain experience in public speaking. Many of the participants are looking forward to going to Sectionals on May 21, 2016, we look forward to hearing of their success!



Anna Sorensen, Conejo-Simi 4-H



Diego Martinez,
Santa Rosa Valley
4-H



Noah Burr and Allison Reiman, Santa
Rosa Valley 4-H, present *This Little
Piggy Goes to Market*



Natalie
O'Brien and
Anna
Sorensen,
Conejo-Simi
4-H



4-H GROWS HERE

Emerald Star Project Completed

By Nicole Bellmore, Loma Vista 4-H

In Ventura County there are approximately 6,000 homeless children from ages up to five. My Emerald Star project I just completed focused on this. Working with Step Up Ventura, a new organization working to prevent the cycle of homelessness and to help homeless children, volunteer 4-H'ers and I made bags for homeless children. Also, thanks to the many generous people's contributions, effort, and time. We only used donated fabric and materials to make the bags, and many 4-H'ers volunteered their time to sew bags for the project. These tote bags can carry books, and other things, back and forth from school. Many of the children benefitting from this project don't have backpacks. Having a reusable bag allows children to carry books with them to share and enjoy with parents. I also held a toy drive so the bags could have a toy inside. Thank you to everyone who donated. Your contributions are much appreciated.



Nicole proudly shows off her bags

State Events

State Leadership Conference
Register by May 31st

"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/

A poster for a Mindfulness Retreat. It features a green four-leaf clover logo with '4H' on it. Text includes 'California 4H presents', 'MINDFULNESS RETREAT', 'NOVEMBER 4-6, 2016', 'CAMP OCEAN PINES', 'CAMBRIA, CA', and 'Save the date!' in a handwritten style.

Save the date for the Mindfulness Retreat! Participants will increase their personal skills in leading a healthy lifestyle, and also gain skills needed to be a health advocate in their community. The retreat will address topics such as understanding mindfulness, exercise, stress management, community connection, relationship building, nutrition, and health advocacy! Designed for teens ages 13-19 and adults. For more information, go to <http://4h.ucanr.edu/Projects/HealthyLiving/Mindfulness/>

Join a Sectional or State 4-H Management Committee

Job Descriptions:

Each Management Board committee is led by a Director. Committees will meet periodically, as determined by the Director leading the committee.

- [Communications Committee](#)
- [Finance Committee](#)
- [Resource Development Committee](#)
- [Marketing and Public Relations Committee](#)
- [Southern Area Program Development Committee](#)

At least 50% of committee members should be youth. All committees are open to youth (ages 14-19) and adults. In the case of vacancies, the Director and/or Associate Director of 4-H Program and Policy may recruit members outside the open recruitment pool for candidates.

Please consider joining 4-H as a volunteer and apply for one of these positions!

[Apply Online](#) by May 31 at 11:59PM



California



2016

State 4-H Field Day

2016 California State 4-H Field Day
Saturday, May 28, 2016
8:00 am - 6:00 pm
University of California, Davis
West Quad

Learn More at http://4h.ucanr.edu/4-H_Events/SFD/

Designed by Anna Sorensen,
Conejo-Simi 4-H Club, Ventura County

At State Field Day

Come join members from **Collegiate 4-H** at UC Davis on **April 30th**, 2016, for a peek into college life and how you can still be involved in 4-H once you age out of the youth program!

Event planning for You See Davis Day is currently underway, so make sure to check our website at http://4h.ucanr.edu/Programs/Collegiate/Collegiate_4-H_at_UC_Davis/

See our Facebook page at: <https://www.facebook.com/Collegiate4HatUCD/> for more details.

We hope to see you there future Aggies!

Clover Safe Notes

Clover Safe Notes Spotlight for April: IMPORTANCE OF WASHING HANDS (Note #92). Unfortunately, the flu season is not over here in California according to the Center for Disease Control. This makes frequent and thorough hand washing critically important. 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.

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/Administration/Policies/Chapter6/.Club_Leader_Position_Description)
<http://www.ca4-H.org/files/4771.doc>

Tuesday, May 17 at 6:30 pm at the Hansen Agricultural Research and Extension Center in Santa Paula

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.

Higher Education Scholarships

The 2015 call for scholarship applications are released!

http://4h.ucanr.edu/Resources/Members/Scholarships_-_Awards/Scholarships/

What are California 4-H Scholarships for Higher Education?

The California 4-H Youth Development Program is committed to promoting higher education, in part, through offering financial assistance in the form of scholarships. With help from donors, statewide scholarships are available for graduating high school seniors and college-attending students. Candidates must have been 4-H members in high school and may now apply for funds to cover educational expenses such as tuition, books, and room and board.

What types of scholarships are available?

The available scholarships vary each year. Visit the scholarships categories page to get a complete list and description of this year's 4-H scholarships. Find additional scholarship opportunities on State 4-H site.

[APPLY NOW](#)

Council Corner

The next meeting will be on Wednesday, May 25, 2016 at 7 pm

University of California Cooperative Extension Ventura Office

669 County Square Drive

Suite 100

Ventura CA 93003



This meeting will include a presentation of the proposed budget for the coming program year. 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 uccev4h@ucanr.edu. 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/



Special Presentation by Agricultural Commissioner- Henry Gonzales on the possible rooster ordinance.

Join us at 5:45 pm at the UCCE office before the council meeting for a Super Field Day wrap up meeting.

4-H Alumni and Their Projects

Vice President Al Gore raised Angus cattle as his main 4-H project. Cowboy star Roy Rogers had a pig project... so did First Lady Patricia Nixon, while First Lady Jacqueline Kennedy had a horse. Author John Updike raised strawberries and Popcorn King Orville Redenbacher had poultry.

Featured Clubs

Somis 4-H

By Annie Thunell, Somis 4-H Club

Our Somis 4-H Club consists of a close-knit, dedicated group of individuals. While small, our numbers continue to grow year by year. The members in our club are close and feel that they are surrounded by friends in a comfortable environment. We are able to become closer as a club especially as we hold different club activities, including an annual Christmas Party. The Somis 4-H members, from older teens to the younger children, receive numerous opportunities to accumulate leadership skills. At each monthly meeting, every individual reports to the club how their project is coming along. They are able to step outside their comfort zone and receive practice for real world situations where they might be speaking in front of a group of people. Our club offers the perfect practice for this because it is a comfortable transition being in front of a smaller group of people holding their best interest.

Annually, our club participates in Ventura County's Food Share TOTSCE. This is where we collect canned food and other non-perishable food items. We then pass on the food to Food Share in order to help feed hungry individuals within our county. A main focus in our club is raising animals to participate in Ventura County Fair's livestock program. Throughout the year, beginning in February, we prepare to show our animals. Participants are involved in raising animals such as swine, lambs, chickens, steer, and pigmy goats. The Somis 4-H Club is truly a club that works to emulate the qualities shown in the 4-H motto, using our heads, hearts, hands, and health to make a positive difference.

Las Posas Club Update

By Amanda Drews, Las Posas 4-H

Lots has been happening in Las Posas Club this year. We were excited to welcome lots of new members and expand all of our projects.

Lately we have been serving our community by helping set up for events. A group of us helped set up the Camarillo Ranch house for Adolfo Camarillo's birthday. We were also given the chance to serve at the VCCA's Valentines dinner again.

For State Super Field day we have been working hard on making port pillows for cancer patients with ports. Port pillows go around the seat belt to prevent the seatbelt from rubbing against the patients ports. These will be sent up to Super Field Day where they will be distributed to cancer patients.

So far we have had a great year and we are looking forward to showing all our hard work at fair.

July Featured Clubs (due June 6):

- Mira Monte and Mupu



2015 Ventura County Fair



Secretary Amanda Drews demonstrates pillow making



Adolfo Camarillo's birthday

How to Turn Foes into Friends

Tips for modeling conflict resolution and helping youth resolve conflict

By Adam Galinsky, Columbia Business School & Maurice Schweitzer, Wharton School of the University of Pennsylvania

(Adapted from Friend & Foe: When to Cooperate, When to Compete, and How to Succeed at Both— September 29, 2015)



Identify a common goal. Common Goals help bring people together. 4-H Goals are described in the 4-H Motto's "Make the Best Better" positive youth development, "Learn by Doing" -value of educational content and experience.

Apologize. Sometimes the words "I'm sorry" are all that someone needs to transform a sour relationship sweet. Try to not let pride, or aversion to take responsibility

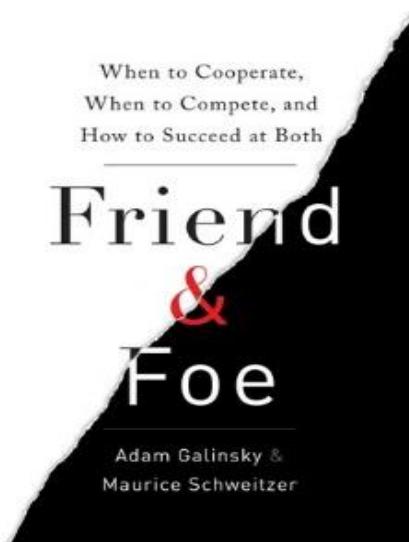
Build trust. By showing or sharing a shortcoming or failure we can build relationships and trust. For example ask for advice, it flatters people. Try an emoticon to express some vulnerability and show warmth. 😊

Use a mediator. A club leader, project leader or other 4-H volunteer can help bridge the differences between two foes and repair relationships. This can reduce conflict.

Try out these solutions as conflicts arise. It is okay to ask the 4-H office for help!

For more see: [Teaching Children to Resolve Conflict](#)

and [Try this Conflict Resolution Activity:](#)



That was wrong of me.
I sincerely apologize.
I take full responsibility.
I'm sorry for my behavior.
I'm sorry for my actions.
Pardon me.
Excuse me.
I'd like to apologize.
I want to apologize.
I owe you an apology.
I hope you can forgive me.
I was wrong on that.
I'm sorry for any problems I caused.



Whoops! Sorry!
Oh! Sorry!
Sorry 'bout that.
Oh, my bad.
My fault, bro.
SRY
I'm so sorry.
I apologize
My mistake.
I had that wrong.
My apologies.
I wanted to tell you I'm sorry.

Calendar

- 5/25** Super Field Day Wrap Up Meeting
UCCE Office, Ventura 5:45 pm.
- 5/25** Council Meeting Budget Presentation
UCCE Office, Ventura 7:00 pm
- 6/2** Small Livestock PDC Meeting
6:30 pm
- 6/22** Council Meeting Budget Adoption
7:00 pm
- 7/6** Large Livestock PDC Meeting
7:00 pm
- 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**

**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
Office Fax: 805-525-5475

Annabel Faris
Program Coordinator
805-525-9293 ext. 206
awfaris@ucanr.edu

Susana Bruzzone-Miller
YFC Program Manager
805-525-9293 ext. 214
sbmiller@ucanr.edu

ARTICLE SUBMISSION

E-mail articles to UCCEV4h@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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