



CloverLines

University of California Cooperative Extension

Ventura County 4-H

July/August 2016

VC Shines at State Field Day

by Anna Sorensen, Conejo Simi 4-H

State Field Day at UC Davis was very exciting. The main competitions were in Speech and Presentations and Fashion Revue, but one could also compete in other divisions. Our county had a few youth travel to UC Davis for this event, and overall, we did very well. It was also great that there was Life Streaming during the event, so family members that could not come, could still watch the awards



ceremony. Competing in Speech and Presentation or Fashion Revue is not easy at this level. Only the very best advance to the State Level, and this year

Platinum was added to the competition. Platinum was awarded to a presenter that got a perfect score. Congratulations to all the winners in Ventura County for their accomplishments. A Youth from Ventura County, for the second year in a row, also won the Logo Contest. This logo will be the official 4-H State logo for 2017.

Congratulations, way to go Anna Sorensen. For a complete list of Sectional and State Field Day winners, visit <http://ceventura.ucanr.edu/Families> - [Communities/4-H/LocalNews/](http://ceventura.ucanr.edu/Communities/4-H/LocalNews/)



South Sectional Field Day

by Anna Sorensen, Conejo Simi 4-H

South Sectional Field Day was a lot of fun. It was nice to see friends from other counties, and it was great to see what other counties had prepared for their cultural arts performances, and Fashion Revue. Our day started early, mostly because Ventura County hosted the Judges Breakfast, and we delivered the food. Our county was well represented, and we all did very well. For Fashion Revue, the Conejo Simi 4-H Club had two members representing Ventura County, and both, in the Muslin Challenge and the \$40 Challenge, achieved perfect scores and gold seals. Santa Rosa 4-H presented their skit during Cultural Arts, and that was fun to watch, and many of us presented our speeches, interviews, and participated in many other contests.



FEATURED CLUB:

Mira Monte 4-H

4-H Grows Heroes

*By Chance Bowman,
Mira Monte 4-H*

Community Service and Fundraising are two big aspects of Mira Monte 4-H. Along with our animal and creative projects, we focus on our community. It is important for each member to contribute volunteer hours towards club and community events. 4-H is an opportunity to teach youth the value of service and why it is important to serve others and our community.

4-H'ers learn that heroes are taught and trained and it usually takes more than one person with a cape to really make a difference in the world. Service can be in the form of a fundraiser

and preparations for the club, assisting others in the community, to building an animal pen, an older member teaching a younger member, or delivering food boxes to help give others a brighter holiday with a full pantry.

With each service our club performs, there is planning involved. This usually involves a various areas of preparation, set up, take down, and the actual event itself. Following the event there is often a discussion to reflect upon the event and why it was important, what we could do

to improve our service, and what we learned from the experience. The more we do our service projects, the more we develop skills that will benefit us in future endeavors.

Our members learn to interact with the community, develop planning skills, the importance of working as a team to serve others, and most importantly how good it feels! The more we practice our skills in the areas of service and working together towards a positive goal, the more it becomes a natural and important part of our lives.

As 4-H'ers we learn by doing and realize the strength of service in numbers. A hero is made by learning skills that will allow a youth to help, serve, and teach others and develop an appreciation of the value of service. As a 4-H'er we learn that the more we help and serve, the more of an impact we can make in our club, our community, our country and our world.



Community Service project. Help of Ojai with Ojai Presbyterian Church. Preparing and delivering food boxes in Ojai Valley.

*Featured Clubs for October are Piru 4-H & Santa Rosa Valley 4-H – Articles due Sept. 5th.
Featured Club calendar is at <http://ceventura.ucanr.edu/Families> - [Communities/4-H/Newsletter/](http://ceventura.ucanr.edu/Communities/4-H/Newsletter/)*

Club Officers Train to be the Very BEST

Club Officer Training is the best way to start the year for the club. All officers are welcome, but it is mandatory for all new officers and every treasurer. Please R.S.V.P. for each individual planning to attend, so that we will have enough materials and food. Dinner is provided for officers, and club leaders/officer advisors. Additional dinners can be purchased for \$4 each. Please note that the agenda



is different on each night. These trainings will take place at the 4-H Office (HAREC) at 14292 W. Telegraph Road in Santa Paula. Park in the lot on

Briggs Road and walk to the Big Barn.

Tuesday, August 23, 2016 5:30 - 8:00 p.m.

R.S.V.P. at <http://ucanr.edu/survey/survey.cfm?surveynumber=13287>

Dinner: 5:30 p.m. - 5:45 p.m.

Club Officer Training: 5:45 p.m. - 7:15 p.m.

Treasurer Training: 7:15 p.m. - 8:00 p.m.

OR

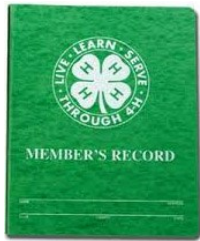
Thurs., August 25, 2014 5:30 - 8:00 p.m.:

R.S.V.P. at <http://ucanr.edu/survey/survey.cfm?surveynumber=13288>

Treasurer Training: 5:30 p.m. - 6:15 p.m.

Dinner: 6:15 p.m. - 6:30 p.m.

Club Officer Training: 6:30 p.m. - 8:00 p.m.



Record Book Corner

All members are encouraged to complete a Record Book. Check with your Club

Leader for Record Book due dates. Use CURRENT Record Book forms which can be found at <http://4-H.ucanr.edu/Resources/Members/RecordBook/RBResources/>

Attention Senior Members Only:

A 4-H Resume is now a component of the Record Book for seniors. Be sure to include a 4-H Resume for a complete Record Book.

Record Book Q & A

Question:

What is an Expression Page?

Answer:

An Expression Page is an additional Page that:

- * Teaches the reader something learned in your project
- * Demonstrates how you built your Sparks through the project
- * This is your opportunity to be creative! You may draw, write or use graphic design elements on your Expression Pages!

Question:

I play the violin and participate in an orchestra year-round. How do I count this on my PDR?

Answer:

You may list your participation under Healthy Lifestyle Activities. You may count one credit per 25 hours of *active*

participation, and this may be counted per quarter, up to four times per year.



Visiting the 4-H Office

Here are some tips for coming to the 4-H Office and meetings:

Parking: Hansen Ag Research & Extension Center's (HAREC) address is 14292 West Telegraph Road, Santa Paula, CA 93060, but the parking lot is actually located on Briggs Road. If the gate isn't already open, please press the call button to reach staff. Park in the lot nearest the gate. It's a short walk to the house where the offices are located. If you need assistance, please let us know when you call ahead so we can make alternate access available. Driving through the farm is limited to farm vehicles.

Call Ahead: Please call ahead to ensure the person or items you need are available.

Check the Calendar: Be sure to check the calendar closely. Frequently meetings and other events take place at the UC Cooperative Extension office in Ventura, especially evening meetings and other special events. Know the location of the event you plan to attend.

UC Cooperative Extension Office: The Extension office is located at 669 County Square Drive, Suite 100, Ventura, CA 93003-9028.

See you soon!



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HEALTHY LIVING:

Take a positive approach – add water!

Water is the best option for rehydration when participating in physical activities, and ensures more stamina to complete events. Water contains no sugar, which helps ensure stable energy levels and reduces fatigue. Water is also caffeine-free, so hyper-activity, loss of concentration, and possible behavioral problems are avoided. Oftentimes water is even free! Choosing water when thirsty is a natural, healthy instinct, and should be encouraged.

In 2014, California introduced an amendment to the 4-H Policy Handbook requiring that: (1) drinkable water, without anything added, must be available at all 4-H meetings, activities and events and (2) 4-H fundraisers that include the sale of beverages must include water as an option. To promote this policy change and encourage the consumption of water educational materials and resources are available [here](#).

To learn more about the new guidelines for beverages in the 4-H Policy Handbook, click here: [CA Healthy Beverage Guidelines](#)

Water Activity

The purpose of this activity is to engage participants in a discussion about why they drink water and why water is important to their health.

1. To start, place the poster on board or wall that is visible to everyone.
2. Explain that the activity is to think about the importance of being hydrated and the importance of water in their daily life.
3. Ask the participants to finish the sentence “I drink water because....”
4. Pass around the water drop post-its and pens so each individual can write their own response and place it on the poster.
5. Encourage participants to take a picture of their post-it response and #4HWaterwed to any social media site.

CLOVER SAFE NOTES:

Clover Safe Notes Spotlight for July/August:

SAFELY TRANSPORTING MEDIUM & LARGE ANIMALS (Note #59)

As part of 4-H projects, Accordingly, careful preparation is needed to assure the safe movement of medium and large animals. This Clover Safe provides information about how to safely transport medium and large animals.

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.

VC Fair Information

Large Livestock 4-H Uniform

Have you seen the change in the 4-H Uniform in the VC Fair Entry Guide? Check it out...

UNIFORM REQUIREMENTS The official 4-H show uniform consists of dark blue, black or white pants, a plain white shirt with collar (any length sleeve, including sleeveless), 4-H tie or scarf (optional), 4-H hat (branded with UC ANR and the 4-H clover logo (new hat is not yet available—current green hat and/or white hats are acceptable), brown, black or white belt, and brown, black or white shoes/boots. Boots are to be worn inside the trouser legs. No sandals allowed. Hat is to be worn on head.

For more VC Fair information, review the fair entry guides at <http://www.venturacountyfair.org/fair/entryguides/>



2016-17 Youth & Leader Enrollment Process

Fees

State: \$38.00 for youth/\$14.00 for adults (no change)

County: \$8.00

Aging-out: \$8.00

Club Transfers: original club collects fees

Cross Club Projects: original club collects fees

Dropping From 4-H: original club determines what part of club fee is refunded.



2016-17 Deadlines for Youth and Adult Volunteers

These are the deadlines for Clubs to have Youth and Adult Volunteer enrollment forms to the County Office. Please note individual club deadlines will be earlier. Club Leaders & Enrollment Specialists should make an appointment before dropping forms to the County Office.

Re-enrollment (including aging-out fair participation): July 31

New youth enrollments: December 1

Cross Clubbing: December 1

Dropping 4-H: December 1

Project Enrollment: December 31

Families enroll youth and adult volunteers online at <https://ca.4honline.com>.

Families also must complete a paper enrollment form (for youth and adults) with all necessary signatures and initials and submit to Club Leader.

New Adult Volunteer Leader Training

Volunteering is not scary when you know what the job entails. Ask your club leader or project leader exactly what you can do to help. For additional information, we invite you to review volunteer job descriptions at <http://4h.ucanr.edu/Resources/Policies/Chapter6/> section VI. For whatever volunteer position you are looking to fill, start with a New Volunteer Training. Once your training is complete, you'll be asked to complete a LiveScan background check and complete the enrollment process through your club.

Please use the link next to the training date below to RSVP.

Tuesday, July 26: 2016 6 – 7:30 pm at HAREC

<http://ucanr.edu/survey/survey.cfm?surveynumber=18388>

Tuesday, August 23, 2016: 6 - 7:30 pm at HAREC

<http://ucanr.edu/survey/survey.cfm?surveynumber=18389>

Tuesday, September 13, 2016: 6 - 7:30 pm at HAREC

<http://ucanr.edu/survey/survey.cfm?surveynumber=18390>



Council Corner

The last meeting was June 22 at 7pm. This meeting included the budget adoption for the 2016-17 program year. Program Development Committees (PDCs) gave reports. The Council will be collecting feedback, positive and constructive during the VC Fair for review at the August Council meeting prior to submitting their feedback to the Fair staff.

Voting for the 2016-18 County Council positions of President, Vice-President, Secretary, Corresponding Secretary, and Ways and Means will take place at the August 31 County Council meeting. You may nominate someone (or yourself) for these positions. Candidate must be a current adult volunteer member in good standing. Please include the name of the person and the position for which they are being nominated to Susana Bruzzone-Miller, sbmiller@ucanr.edu by 5 p.m. August 30.

For further information, please contact Jenean Bass, Council President, by email at uccev4h@ucanr.edu. All leaders, parents and members are welcome to attend. Leaders and members 14+ vote on business at the meeting. The Council's page on the VC 4-H website is http://ceventura.ucdavis.edu/Youth_Development/4-H/Ventura_County_4-H_Council/



4-H SET Activity Guide

<http://4h.ucanr.edu/Resources/Curriculum/FREE/ActivityGuide/>

Struggling to find fun, fast and inexpensive ways to share Science, Engineering & Technology –minded activities with your club? Search no more. Download the California 4-H SET Activity Guide. It's free and easy to use.

This guide has 6 complete activities to share with any size group. Most activities use 5 materials or less, many of which can be found around the house. Activities are easy so new Jr & Teen leaders can jump present them with little or no subject background. In 2009, the guide contains timeless activities to stimulate minds and conversation.

Did You Know About?

Travel Stipend

BACKGROUND

The Ventura County 4-H Council Board has been eager to support out-of-county travel to attend conferences, camps, etc. for the enrichment of our county's 4-H program. Doing so in an equitable way, that respects the Council's budget and the interests of the membership-at-large has proven challenging.



PROGRAM

Members and leaders attending learning opportunities outside of Ventura County can apply for stipends in increments of \$100 for in-state and \$200 for out-of-state travel.

Requests would be reviewed only when submitted prior to the date of travel, on a first-come, first-reviewed priority, **one per person in each program year** and only as long as funds are available.

Requests need to include:

- Name and club of traveling participant
- Name, dates and location of learning opportunity – estimates accepted
- Expected learning opportunity – why are you going?
- How you will enrich our County 4-H program with what you have learned? This could include, but is not limited to: presenting a workshop or other presentation available at the County level, enhancing an existing program in some way, taking on an additional responsibility at the County level, etc. This may be negotiated as part of the request process.
- Any additional information...

Receiving scholarships or other travel support would not exclude members/leaders from this opportunity. Requests will be reviewed and awarded by the County Council Board. Send requests to uccev4h@ucanr.edu.

Upcoming events

State 4-H Leadership Conference in Arcata, CA

Thursday, July 28 to Sunday, July 31, 2016

http://4-H.ucanr.edu/4-H_Events/SLC/

The annual 4-H State Leadership Conference brings together youth from across California for a four-day leadership training, networking, and learning experience. (Age 13-19)

[Register Online](#)

Late Registration (June 1 - June 30) - Add \$50 to base fees

Busing: Go green and [register for a spot on one of the buses by June 17](#). Bus fees need to be added to the total conference fees at the bottom of registration. All buses arrive on Thursday and return on Sunday.



4-H Mindfulness Retreat

Cambria, CA

November 4, 2016 - November 6, 2016

<http://4-H.ucanr.edu/?calitem=298738>

Teens ages 13-19 and adults are welcome to spend the weekend at beautiful Camp Ocean Pines developing their health and well being.



to

South Section: Teen Involvement Conference (TIC)

http://4-H.ucanr.edu/Get_Involved/Councils/Sectional/South/Teen_Involvement_Conference/

January 15-17, 2016

Pathfinder Ranch

35510 Pathfinder Rd., #104

Mountain Center, CA ([View on Map](#))

The Southern Area 4-H Teen Involvement Conference 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! This conference is hosted by the Southern Area 4-P Program Development Committee of the CA 4-H Management Board. Interested in helping plan & run the conference? Visit the Teen Involvement Conference Committee page ([link](#)) to learn how!



4-H Office Information

Office Hours by Appointment Only

Closed on UC Holidays

at Hansen Ag Research & Extension Center

14292 W Telegraph Road

Santa Paula CA 93060

General Email: uccev4h@ucanr.edu

Office Fax: 805-525-5475

Currently Vacant

4-H Representative

805-525-9293 ext. 214

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

Email articles to gwvanoni@ucanr.edu.

Include your name, council name, the name of your activity, and if you are submitting images, please identify those pictured. Remember to hyphenate 4-H and use copyrights where appropriate. 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.

For Your Information

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/215244.pdf>). Inquiries regarding ANR's nondiscrimination policies may be directed to John I. Sims, Affirmative Action Compliance Officer/Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.

4-H Calendar

- | 7/6 Large Livestock PDC Meeting 7:00 pm
- | 7/13 Club Leader's Record Book List Due for Judges
- | 7/13 RSVP for Record Book Judging Orientation
- | 7/15-17 VC Fair Youth Horse Show
- | 7/20 Record Book Judges' Orientation: Option 1
9 to 10:30 am at UCCE
- | 7/25 Record Book Judges' Orientation: Option 2
6:30 to 8 pm at Ventura Home
- | 7/26 New Volunteer Training 6 to 7:30 pm at HAREC
- | 7/28-31 State Leadership Conference in Arcata, CA
- | 8/3-14 Ventura County Fair
- | 8/14 Ventura County Fair 4-H Awards at 2 pm
- | 8/18 Record Books due at UCCE by 4 pm
- | 8/23 New Volunteer Training 6 to 7:30 pm
HAREC (small barn)
- | 8/23 Club Officer Training 5:30 pm in
HAREC (big barn)
- | 8/24 4-H Council Meeting at UCCE at 7:00 pm
- | 8/25 Club Officer Training 5:30 pm in
HAREC (big barn)
- | 9/1 Year-End Reporting Due
- | 9/9 County Record Book Judging
- | 9/13 New Volunteer Training 6 to 7:30 pm at HAREC
- | 9/19 County Record Book Interviews
- | 10/8 Gymkhana Event

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

| **HAREC** – UC Hansen Agricultural Research and

For more information on these and other upcoming events, please visit

<http://ceventura.ucanr.edu/Families - Communities/4-H/NewsMain/>

It's that time of year ...

- Look for last year's **educational poster** to enter into the Youth Building at the Fair this year.
- **Plan and schedule your Fair entries.** Work together to carpool or bring a friends entries. Project leaders: check in with your project members to ensure the work done in the project will be showcased at the VC Fair.
- **Transition** the jobs between outgoing officers and the incoming officers in your club. This summer might also be a good time for doing some club planning. Make plans and set goals with the assistance of the Program Planning Guide <http://www.ca4h.org/files/76544.doc>
- **Recruit new leaders!!** Talk to parents and other potential volunteers about becoming a 4-H leader. They can get their feet wet with the lighter schedule during the summer, experience their first Fair as part of the group and then get certified at the first New Leader Training of the year on August 25 or the other trainings soon to be scheduled in September.
- Start on your **Year-End Reporting**. Getting this done early in the summer saves you from the last minute headache that it can become at the end of summer.
- **Reminder: Provisional Leader Appointments Until Sept.** Adult 4-H Leader Volunteer appointments will be provisional through the Ventura County Fair. Leaders positively representing the 4-H program will receive their official appointment in early September. Please review the Adult Volunteer Code of Conduct prior to fair <http://4h.ucanr.edu/files/16404.pdf> Enroll for the coming program year as you had already planned to do. If you have any questions about the enrollment process, please contact your club enrollment specialist.

Library:

BIOSECURITY FOR ANIMAL SCIENCE PROJECTS

UC Cooperative Extension personnel in collaboration with scientists in the UC School of Veterinary Medicine and Veterinary Medicine Extension developed the *Bio-Security in 4-H Animal Science* curriculum.

The **FREE** curriculum is available at <http://anrcatalog.ucdavis.edu/Search/biosecurity.aspx>. The Bio-Security Proficiencies Project teaches 4-H youth about animal health, disease transmission, risk analysis, risk reduction and disease prevention.

