



October Means Trick Or Treat So Others Can Eat

By Grace Morrison, TOTSOCE Teen Leader, Loma Vista 4-H

October is right around the corner...and most 4-H members know that means a lot more than just Halloween. It's TOTSOCE season! For those of you who don't know, TOTSOCE is an acronym for "Trick Or Treat So Others Can Eat", our very own 4-H youth community service project that collects non-perishable food donations for FOODShare, our Ventura County food bank. Last year, 2015, we collected over 8500 lbs of food for the county, and this year, we are hoping to beat that number with everyone's participation. All 4-H members who complete this 50 pound challenge will be awarded an official certificate from the county office acknowledging their great contribution to this worthy event. This is the perfect document to add to your record book, or document community service requirement hours for your school. TOTSOCE is a great way to contribute to your community and gain community service experience. So who's ready to collect their 50 lbs?



It's easy to estimate how much 50 pounds looks like. A full grocery bag holds about 10 pounds, so 50 pounds is about five full grocery bags. Did you know that if each 4-H member in our county collected 50 pounds, we would have over 20,000 pounds for FOODShare this October? Every five pounds provides a local family of four with a meal. FOODShare serves nearly 75,000 people in our county each month, through all of its agencies and partners. In addition, October typically is a month food banks struggle to keep up with demand, as donations are often low this time of year. So if each of us brought in 50 lbs, we would truly be making a huge difference for many families in our community.

IMPORTANT DATES: This year's collection dates are October 1st - November 11th. Please join us at 5:30 PM – 6:30 PM on Tuesday October 4th at FOODShare for the **TOTSOCE KICK-OFF PARTY** for a behind-the-scenes tour of FOODShare and a personal understanding of how our efforts go to help those in our community.

Please remember this TOTSOCE is open to ANY young person or youth group, and is not limited to 4-H members. So ask your school, church groups, or sports team to participate too! Last year Ruby and Piper Snowber involved their entire school in the TOTSOCE effort, and collected over 1200 pounds of food! What other youth groups do you belong to that could help with TOTSOCE? The potential for this event just grows and grows! We appreciate all youth support and participation. To sign up any group simply email us at totsoce@gmail.com, so we can track all the donations for this great charity event and get each group the starter kit. Involving your school or team help spread the word about the community service efforts of 4-H, so let's get others to participate with us!



HOW TO REGISTER YOUR CLUB or GROUP: Each 4-H club in Ventura County is encouraged to participate in TOTSOCE, and is asked to assign a junior or teen leader to run the project (this can be your community service officer, or another team member). Teen leaders should email us at totsoce@gmail.com and include the club name, teen leader's name, phone number and email address, the number of participating members, and a goal for the pounds of food the club intends to collect. A 2016 "Starter kit" including door hangers, flyers, thank you notes, and instructions will be emailed to you with registration.

Club Officers Train To Be The Best

On August 23 & 25, Club Officers from each of the clubs within Ventura County attended the Club Officer Trainings. Trainings included parliamentary procedure overviews, job descriptions, general leadership tips, goal management skills and much more. Along with club officers, club leaders and board advisors were invited to come and learn alongside the officers to gain the skills needed to make the club leadership team strong.

Science Night

OCTOBER 5TH

Drone Discovery was developed by Cornell University Cooperative Extension. It's a hands-on engineering design challenge that explores the science behind drones and how they are being used to solve real world problems. Youth will learn everything from flight dynamics and aircraft types, to safety and regulations, to remote sensing and flight control.

Join Ventura County 4-H on Wednesday, October 5 at 7 pm at CE Ventura Office to do the drone experiment and bond with fellow 4-Hers over science.

RSVP at <http://ucanr.edu/survey/survey.cfm?surveynumber=18727>



4-H Grown @ Farm Day

Save the Date!

On November 5, over 30 farms throughout the County will be opening their gates to the public to share what they do as part of Ventura County Farm Day. The UC Hansen Agriculture Research and Extension Center (HAREC) will be open and serve as the 4-H showcase center. You can be a part of this special event by bringing a project to share and demonstrate. We have multiple venues, inside and out, and multiple shifts to suit your schedule. Email the 4-H Office at uccev4h@ucanr.edu to determine the best project, time slot, etc. for you to showcase all that 4-H is and can be.



Featured Club for October is 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/>

VC 4-H Flies High at Avian Bowl

By Regina O'Brien, Conejo-Simi 4-H

On Saturday, July 16, the Conejo-Simi 4-H Club's junior team and Santa Rosa Valley's senior team went to the Orange County Fair for the last Avian Bowl competition of the season. The Conejo-Simi junior team was comprised of Anna Sorensen, age 12, Natalie O'Brien, age 11, and Regina O'Brien, age 13 with their coach, Kitty Beckman. The Santa Rosa Valley's senior team was made up of Makena, Thorin, and Landon.

It was the junior team's first ever time competing in the Avian Bowl. They were up against a much more experienced 4-H team from Orange County. In the end, the junior team dubbed the "Daffy Ducklings", took first place against the team from Orange County for the junior Avian Bowl category. After the competition, I said "I was not expecting us to win this competition considering that the team we were up against was much more experienced and we only had 2 weeks of practice before this competition."

After the junior category ended, the senior team from Santa Rosa Valley, dubbed the "Quick Quacks" went up against the Orange County 4-H senior team. They won against the 4-H senior team qualifying them to go up against the previous year's State Champions. Even though they won the first round against OC, they unfortunately lost to the State Champs and wound up taking home second place. Both team's next competition is in February up in Fresno. So Good Luck to both the seniors and the juniors from Ventura County, I know you'll do well at Fresno.



4-H Shines at Ventura County Fair!

It was a wonderful 2016 Ventura County Fair! Thank you to all the wonderful volunteers, hard-working members, fair staff, buyers, families, friends and fair patrons that made it great! It's not too early to start planning for next year. So many wonderful pictures were shared on Facebook, but here are a few more that really capture the spirit of VC 4-H at the Fair.



Healthy Living Day

Ventura County 4-H Healthy Living Day on Saturday, Oct. 15 from 9 am to 1 pm at the 4-H Offices at Hansen Ag Research & Extension Center.

Learn more about how to live a healthy life with sessions on how to make natural food color, flavored waters, yoga and more.

If you would like to volunteer or lead a session please contact Audrey Hargleroad at aahargleroad@gmail.com



HEALTHY LIVING

NEW 4-H Yoga Project!

The Yoga for Kids Project combines physical movement with breathing and focused concentration. Youth and Volunteers will:

- Increase physical fitness.
- Learn strategies for stress management.
- Explore the benefits of concentrated focus & attention.
- Practice movements that improve flexibility & balance.

If you are an enrolled 4-H Project Leader and are interested in leading a 4-H Yoga for Kids Project please register for a training session below. CA 4-H will provide 6.5 hours of on-site training by a Registered Yoga Teacher; program guides; and technical support following the training. Trainings are offered at five locations throughout California:

September 22 ■ 2801 2nd St., Davis, 8:30am-3:00pm

September 24 ■ San Luis Obispo, CA
9:00am-3:30pm (location TBD)

October 1 ■ 208 Fairground Road, Quincy,
9:00am-3:30pm

October 8 ■ 21150 Box Springs Road, Ste 202
Moreno Valley 9:00am -3:30pm

October 8 ■ 890 N. Bush Street, Ukiah
9:00am -3:30pm

Contact Anne Iacopucci at amiaccopucci@ucanr.edu with questions.

Register: <https://ucanr.edu/survey/survey.cfm?surveynumber=18337>



CLOVER SAFE NOTES

Clover Safe Notes Spotlight for September (Note #19):

HEAT ILLNESS AWARENESS

While summer may be officially wrapping up, here in Ventura County that could mean that some of our hottest days may still be ahead of us. Review this one page of tips to keep everyone safe. <http://safety.ucanr.edu/files/3071.pdf> Remember to use sun protection and drink water!



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.



Retreat, Revive

Teens and adults are welcomed to come spend a restful weekend at Camp Ocean Pines while developing

their health and well-being. Teens will not only increase their skill in leading a healthy lifestyle, but learn about becoming a health advocate for their communities. Registration is now open <https://ucanr.edu/survey/survey.cfm?surveynumber=18271>

2016 State Leaders Forum ■ Nov. 11-13, 2016

CONNECT THE DOTS

The conference will focus on building the capacity of our adult volunteers to be even more competent in helping our 4-H youth thrive. The goal is to provide quality education sessions with take-home strategies and be able to invigorate all attendees for the program year(s) ahead.

Register at <http://ucanr.edu/survey/survey.cfm?surveynumber=17619>

In Memory Of...

At its core, 4-H is about giving of our head, hands, health and heart. It's with a heavy heart and deepest gratitude that we have received donations in memory of Joe Gimlin:

Michael Conroy of Camarillo

Rancho Gemelos, Craig & Denise Held of Santa Paula

Hiji Bros., Inc. of Oxnard

Charles & Laurie Vanoni of Somis

Joe Gimlin was a longtime supporter of 4-H, youth and the agricultural community in Ventura County.

#4H Grown Alumni

National 4-H is asking that alumni share stories of how the 4-H pledge is pertinent to their lives and their success using the hashtag 4-H Grown on social media. Or, submit their story on the National 4-H website at 4-H.org.

National 4-H is reporting that the **Grow True Leaders** campaign was an astounding success with 2.6 million reached through the Thunderclap and 188,000 #TrueLeaders shout outs and a total 685 million overall reached.

Council Corner

The last meeting was August 31 at 7pm. This meeting was after the deadline of CloverLines, so detail has not been included here. The next meeting is scheduled for Wednesday, October 26 at the UCCE Office in Ventura and will include Council Board elections.

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.

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](http://4h.ucanr.edu/Resources/Policies/Chapter6/sectionVI). 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 the enrollment process through your club.

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

- **September 13, 2016. 6-7:30 p.m. at HAREC (see address below)** <http://ucanr.edu/survey/survey.cfm?surveynumber=18390>
- **September 23, 2016, 10 – 11:30 a.m. at HAREC (see address below)** <http://ucanr.edu/survey/survey.cfm?surveynumber=18653>

UC Hansen Agricultural Research and Extension Center at 14292 W. Telegraph Road in Santa Paula, CA 93060. Please park in the lot on Briggs Road and walk to the small barn.

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 uccev4-H@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/



San Bernardino County Sponsored South Section Small Animal 4-H Field Day

Come join us on Saturday, September 27th

9:00am-1:00pm

Registration starts at 8am

Sessions Start at 9am Promptly

Fun filled day of awesome learning opportunities!

This event will be held at Mt. San Antonio College Agriculture Department
Located in the City of Walnut, CA.

Come learn about rabbits, poultry, dogs, exotic birds, goats, Cavies, fish, and
even reptiles!

Breakfast (8-10am) and lunch (10:30-12:30pm)

Available for purchase!

Great Speakers and Informative Sessions Include:

Showmanship

Care

Nutrition

Choosing a Show Animal or Pet

Silent Auction

(Proceeds go toward next year's field day)

Photo and Poster Contest!

Bring photos and/or an educational poster (22x28) of your pets/small livestock
for the Contest.

(4-H – by age Categories)

Please bring items for the silent auction and bring your old whites so you can exchange
them for a better fitting pair! \$3.00 Mt. Sac fee for parking.



LIBRARY

Make it Safe, Keep it Safe

The Make it Safe, Keep it Safe (MISKIS) training has been designed for UC ANR staff and volunteers with food safety information to minimize the risk of the foodborne illness. This training can be accessed at

<http://ucanr.edu/sites/MISKIS/>

Health - It's Your Choice

This curriculum is designed to assist youth in making informed lifestyle choices. The projects are designed around six wellness factors: body motion, circle of friends, brainpower, express yourself, dream on, and my world. Wellness deals with the total person—mind, body, and spirit—and all parts of his or her life. The National Health Education Standards are supported through the activities and information in these projects.

This curricula is available for check-out in the 4-H Library at Hansen Ag Research & Extension Center.



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

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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.



REMEMBER ROCKETS TO THE RESCUE OR MAPS & APPS?

Science day experiments from the past few years are available as kits to check out from the 4-H Office.

Need to add some quick science to an upcoming club meeting? Check out one of these kits and you'll be ready to go. Each one contains a leaders guide and most, if not all the materials needed to lead 20+ members through the activity.



4-H Calendar

- | 9/1 Year-End Reporting Due
- | 9/5 4-H Office Closed for Holiday
- | 9/9 County Record Book Judging
- | 9/13 New Volunteer Training 6-7:30 pm at HAREC
- | 9/15 Equine PDC Meeting Location TBD
- | 9/17 Kick-Off at HAREC 9-12
- | 9/19 County Record Book Interviews
- | 10/4 TOTSOCE Kick-Off at FOODShare in Oxnard
- | 10/1-11/13 TOTSOCE Collections
- | 10/2-8 National 4-H Week
- | 10/5 4-H Science Night at UCCE 7 pm
- | 10/5 Large Livestock PDC at 7 pm
- | 10/23 Equine PlayDay in Thousand Oaks
- | 10/15 Healthy Living Day at HAREC 9-1
- | 12/1 Transfer & Cross-Club Deadline
- | 12/31 Project Deadline
- | 1/20-22 Teen Involvement Conf. in Mountain Center
- | **UCCE** – University of California Cooperative Extension, Ventura County – 669 County Square Dr., # 100, Ventura CA 93003
- | **HAREC** – UC Hansen Agricultural Research and Extension Center – (Parking on Briggs Rd.) 14292 W Telegraph Road, Santa Paula, CA 93060

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

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



National 4-H Week is October 2-8, 2016 and this year's theme is "#4HGrown." 4-H Week is a rallying point and opportunity to build on the national marketing campaign, promote the 4-H brand, recruit youth and volunteers, and engage with alumni.

1st Annual

4-H KICK-OFF

Activities, information meetings and ice cream—Join us! All 4-H families welcome. Please RSVP to uccev4h@ucanr.edu so that we can have enough treat s for everyone.

Saturday, Sept. 17, 9-noon

At HAREC in Santa Paula

It's that time of year ...

- ◆ Start planning for National 4-H Week, October 2-8, 2016. See the outline of activities for California 4-H at <http://4h.ucanr.edu/files/246276.pdf> .
- ◆ Club Officers: Use what you've learned in club officer training to plan the coming year with your club leadership team and make the most your opportunity.
- ◆ Consider an Emerald Star Project...The Emerald Star is a rank awarded to a 4-H member for planning and implementing a leadership activity. Emerald Star is separate from any other star rank. It has been designed to encourage members to plan and execute a goal outside the member's Community Club. The Emerald Star is for teenagers who have completed at least one year in 4-H.