

CloverLines

University of California Cooperative Extension
Ventura County 4-H October 2016

WELCOME



KATE!

Kate Beckmann is the new Community Education Specialist of UCCE Ventura County. She will organize and manage the 4-H Community Club Program and will provide leadership and guidance to the 4-H Council.

Kate was a member of the Ventura 4-H County Community Club Program for 11 years, holding many positions within her

club and was an active member of the Small Livestock PDC. Her favorite projects included poultry, sheep, horticulture, and various crafts projects, and always looked forward to the county fair. She represented California State multiple times at the National Egg and Poultry National Conference in Louisville, Kentucky, as a member of a California Poultry Judging team and again on the California Avian Bowl team from Ventura County.

Kate graduated from Washington State University in 2014, where she earned a Bachelor of Arts degree in Business Administration-Finance and a Bachelor of Arts degree in Political Science with an emphasis in international politics. She studied abroad in Chiang Mai, Thailand, and would happily talk about traveling any day. Highly involved with student organizations on campus, she held positions such as Finance Vice President, Membership Education Vice President, and Recruitment Specialist.

Kate is very excited and ready give back to the program and county that had such a great impact on her. You can contact Kate at kbeckmann@ucanr.edu or 805-525-9293 ext. 214.



R U Coming?

TOTSOCE Kick-Off Party

October is right around the corner, and we will be launching our door to door collection effort at the next meeting for Trick Or Treat So Other's Can Eat. To get this event started, **please JOIN US Tuesday October 4th, at 5:30 at FOOD Share for our county wide kickoff party!** This is the perfect chance to tour this amazing facility and warehouse and learn how our efforts are distributed to feed those in need in our community. We will also be sorting fruit and having some Halloween themed treats to celebrate. Bring the whole family, or if you are interested in sharing TOTSOCE with a team, class, or other group you are in, this is a great way to get them involved and show them why it's important.

PLEASE RSVP

at totsoc@gmail.com if you can join us (we need a head count). FOODShare is located at 4156 Southbank Road, Oxnard.

Club Happenings!

Santa Rosa Valley 4-H



Meets on the second Wednesday of each month at various locations

By Hannah Nandor, Co-President

Santa Rosa Valley 4-H has grown immensely over the past few years. Now, with over 100 members and 35 adult volunteers, we have grown substantially we continue to add new members. This growth can be attributed to our wide variety of projects, adult volunteers, supportive families, and hard-working members. Projects offered by Santa Rosa Valley 4-H (SRV) include large animal, small animal, and market animal, as well as shooting sports and arts and crafts for the primary members. The diversity in projects offered would not be possible without the adult volunteers who tirelessly work to educate the younger generation in several different areas. Each year, the majority of Santa Rosa Valley 4-H members exhibit their animals and projects at the Ventura County Fair. Our club strives to demonstrate sportsmanship and service while still exhibiting to the best of their ability.

Community Service is at the heart of our club's activities. We are always striving to serve others in our community. From the California Coastal Clean Up and TOTSCOE to the Color Me Fun Run, our members are constantly serving on a daily basis. One of our club's goals is to integrate these principles of service into the hearts and minds of the younger members to show them that they can impact their community.



Farm Day Save the Date!

On November 5, over 30 farms throughout the County will open 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. Email the 4-H Office at uccev4h@ucanr.edu to choose



the best project and time slot. We have multiple shifts and venues, inside and out, to suit your schedule so you can showcase 4-H.

Tractor Supply Company Grand Opening in Moorpark

By Elisa Coccioli and Anna Sorensen of Conejo-Simi 4-H

On September 10, our club went to Tractor Supply Company for their grand opening ceremony in Moorpark. We brought many animals including chickens, guinea pigs, and goats. We also displayed our Bee Booth and other educational material.

It was lots of fun! People showed up throughout the day, and employees were very nice and friendly. One cheerful lady made sure people had what they needed. Everyone was helpful. We got up early and stayed almost the whole day. It was truly something to remember and I think our animals had so much fun that they will remember it too.



Featured Club for November is Sespe 4-H and Somis 4-H. Articles are due 10.03.16

Featured Club calendar is at http://ceventura.ucanr.edu/Families_-_Communities/4-H/Newsletter/

Ventura County “Re-Presents” at the California State Fair

By Natalie O'Brien, Santa Rosa Valley 4-H

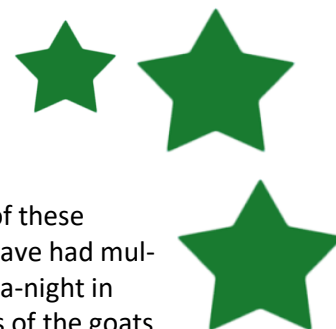


In July, Ventura County 4-H participated in the Presentation Day Showcase at the California State Fair at Cal-Expo in Sacramento. It was non-competitive to educate the public about 4-H and our presentation topics. We were invited because we earned gold medals at California State Field Day at UC Davis in May. Although impromptu and educational displays were not eligible, other presentations were shared.

My sister, Regina, gave her illustrated talk on how chicken came to be a major source of food in our diet and I gave mine called “Squeaky Clean: How to Bathe Your Guinea Pig”. I presented in the Fur and Feathers building twice and my sister presented three times. Alyssa Sankey the State 4-H Program Representative coordinated the event and she was very nice and happy to have Ventura County attend. When the presentations were over, we got to enjoy the fair and see many youth entries. We had lots of fun and hope to return next year!



Emerald Star: Rebecca Paxson Shares Dairy Goat Knowledge



My Emerald Star project involved two things. The first was to present a clipping demonstration with my dairy goats at the 2016 Multi-County Super Field Day. I set up and ran the Dairy Goat booth as well as performed three separate clipping demonstrations. There was a lot of interest so I let many of the 4-H kids try clipping my goats while I talked them through it. I thought this Emerald Star project was of value because when I go to dairy

goat shows I see many animals improperly clipped or not clipped at all. I first began with my dairy goats in the Santa Rosa Valley 4-H dairy goat project, and I have had some outstanding mentors over the years. Each has been willing to share what they knew about the Nigerian Dwarf breed and they taught me the ins and outs of showing. As with any breed, there are many small details that an exhibitor must learn in order to do well in the show ring.

I am one of the teen leaders for my goat project and I love seeing the

excitement and enthusiasm of these young kids for their goats! I have had multiple families spending many-a-night in our barn just to see the births of the goats and I involve the 4-H members in the birthing and cleaning process. Many of the kids want to hand feed their own baby goats after seeing the whole progression. Most of the kids in our project show their goats, and as I was teaching them about how to prepare their goats, I thought that this would make a great Emerald Star project and be of benefit to make a video clearly defining all of the steps of showing dairy goats from start to finish.

My “how to prepare your goat” demonstration at Super Field Day was interactive. Most participant had questions about different problem areas of clipping an animal—what size blades, how to get your goat to stand still, where do you buy good clippers, etc. As kids tried clipping my goats, I discussed what they could work on and how to fix the problems. I did video clips of me clipping my goats and my video, available on YouTube, can be used as an educational tool for clipping and preparing these wonderful mini-milkers. My video includes start to finish goat preparation. You can view the video at <https://m.youtube.com/watch?v=2m5gKaS1wCY>

My website, Paxsonkds.weebly.com is also on the link so you can email me questions.



dairy

HEALTHY LIVING

Is Your Child Being Bullied?

Look for changes in the child. However, be aware that not all children who are bullied exhibit warning signs.

Some signs that may point to a bullying problem are:

- ◆ Unexplainable injuries
- ◆ Lost or destroyed clothing, books, electronics, or jewelry
- ◆ Frequent headaches or stomach aches, feeling sick or faking illness
- ◆ Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- ◆ Difficulty sleeping or frequent nightmares
- ◆ Declining grades, loss of interest in schoolwork, or not wanting to go to school
- ◆ Sudden loss of friends or avoidance of social situations
- ◆ Feelings of helplessness or decreased self-esteem
- ◆ Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

If you know someone in serious distress or danger, don't ignore the problem. [Get help right away.](#)

Visit stopbullying.gov for this and other resources.

**STAND UP FOR
THE UNDERDOG (OR CAT)!**



STOP BULLYING.

stopbullying.gov

CLOVER SAFE NOTES

Clover Safe Notes Spotlight for October (Note #20):

General Knife Safety

Thinking about carving up that pumpkin? Here are some great tips to review before you reach for that knife to carve a toothy grin or prep vegetables for a savory winter soup.

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.

First Annual Kickoff

by Audrey Hargleroad

About 50 people attended the 4-H Kickoff event at Hansen Ag Research and Extension Center in Santa Paula to learn more about 4-H. After check-in members divided into four groups; youth, new 4-H parents, returning 4-H parents and 4-H leaders. Each group learned about 4-H and ways to get more involved with club, community, country and world.

After the sessions members from Loma Vista 4-H led an activity of making flower pots out of newspaper. The event ended with a bean bag toss, ice cream and new friends.



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.

Use the link next to the Training date below to RSVP.

Tuesday, October 4, 2016, 5:30-7:00 pm

<http://ucanr.edu/survey/survey.cfm?surveynumber=18992>

Wednesday, October 26, 5:30-7:00 pm

<http://ucanr.edu/survey/survey.cfm?surveynumber=18993>

UC Hansen Agricultural Research and Extension Center (HAREC) at 14292 W. Telegraph Road in Santa Paula, CA 93060. Please park in the lot on Briggs Road and walk to the small barn. Remember no dogs at HAREC.



Council Corner

The next meeting is scheduled for Wednesday, October 26 at the UCCE Office in Ventura and will include elections. Council Board slate of officers having been presented at the August Meeting includes Jenean Bass, President; Heather Wray, Vice Pres.; Heidi Marshall, Treasurer; Kitty Beckmann, Officer-At-Large; Sue Poland, Recording Secretary; and Leslie Bellmore, Corresponding Secretary.

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/

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.

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

State Fashion Revue 2017 "The Road to Fashion"

Returning categories are Traditional and Upcycled for members in the Clothing & Textiles project (no change in rules). Consumer Science Purchased, \$40 limit, open to all 4-H members; the category criteria have been updated. The first challenge is the Knit Challenge, open to any 4-H member to make a garment out of knit fabric. The second is the Stripe/Print/Plaid Challenge, open to members in the Clothing & Textiles project. Choose 2 of the 3 designs to include in a sewn garment or outfit. Look for the 2017 service project announcement next month and event details as finalized. Please see the SFR website for information on the categories and joining the committee at http://4h.ucanr.edu/4-H_Events/SFD/SFR/



DRONE DISCOVERY

The 2016 National Science Challenge, Drone Discovery, explores the engineering design and flight principles of drones. The activities demonstrate how drones and remote sensing can be used to solve real-world problems.

Ventura County 4-H Science Night
October 5th at 7pm

Cooperative Extension Office at 669 County Square Dr. in Ventura
RSVP at <http://ucanr.edu/survey/survey.cfm?surveynumber=18727>



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Learn more online at: www.4-H.org



#4HNYSD

The 4-H Name and Emblem are protected by 18 USC 707 | www.4-H.org is maintained by National 4-H Council.
4-H is the youth development program of our nation's Cooperative Extension System and USDA.

LIBRARY



Considering a Primary Program?

Start here: Primary Member Project Leaders can check out Primary 4-H Member Adult Volunteer Guide, the Fact Sheet, and the Frequently Asked Questions found on the California 4-H website <http://www.ca4h.org/Administration/Policies/Chapter5/#>. Be sure to check the website regularly for updates.

Keep Going: California 4-H Primary Leaders Handbook <http://4h.ucanr.edu/files/14646.pdf>

Look to other States:

- Ohio has a Cloverbud program which is the same as our Primary group. The whole program is outstanding <http://web.extension.illinois.edu/state4h/cloverbuds/volunteers.cfm>
- Nebraska has Clover Kids which has some very good, free resources online <http://4h.unl.edu/joinclover>
- Michigan's site for 5-8 year old programming, including curriculum and activity resources http://4h.msue.msu.edu/4h/cloverbuds_ages_5-8
- Purdue Kid's Corner with downloadable activity sheets in several different subject matter areas <http://www.four-h.purdue.edu/kids/index.cfm#>

Primary Friendly Projects can be ordered on the 4-H Mall: <http://www.4-hmall.org/Category/cloverbud-activities.aspx>



Ever wonder why 4-H has a science focus?

For Economic Prosperity and National Security

Scientific literacy positively impacts our nation's economic prosperity and national security. American has a shortage of scientists and engineers to meet future demand.

For a Functioning Democracy

Young people in the United States are the future leaders and voting public who will help shape the state of public policy in the 21st century. In order to take on this role effectively, youth need scientific knowledge, skills, and opportunities to use these in authentic participation to address important societal issues, including public health, water quality, agriculture, transportation, communication, and energy conservation.

As Preparation for Life

As the world grows ever more complex and reliant on science and technology, young people will need to be scientifically literate in preparation for the 21st century workforce and in order to be critical consumer of information (and the media).

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.

4-H Calendar

- 10/4 TOTSOC Kick-Off at FOODShare in Oxnard
- 10/1-11/13 TOTSOC Collections
- 10/3 Sespe & Somis 4-H Featured Club Articles Due
- 10/2-8 National 4-H Week
- 10/5 4-H Science Night at UCCE 7 pm
- 10/5 Large Livestock PDC at UCCE 7pm
- 10/7 Livestock Quiz Bowl Entry Deadline
- 10/8 Gymkhana at Santa Rosa Valley Bridle Path
- 10/15 Healthy Living Day
- 10/15 Livestock Quiz Bowl (State 4-H Event)
- 10/23 Equine Play Day @ Conejo Cr. Equestrian Park
- 10/24 Record Book Workshop
- 10/26 County 4-H Council Meeting UCCE 7pm
- 11/7 Awards Night
- 12/1 Transfer & Cross-Club Deadline
- 12/31 Project Enrollment Deadline
- 1/20-22 Teen Involvement Conf. in Mountain Center

UCCE — University of California Cooperative Extension, Ventura County — 669 County Square Drive, Suite 100, Ventura CA 93003

HAREC — UC Hansen Agricultural Research & Ext. 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.

Visit <http://4h.ucanr.edu/files/246276.pdf> for an outline of statewide activities, ideas and hashtags.

Be on the lookout on social media to support 4-H, in all its many forms as we celebrate across the country this week.



Tractor Supply Company is now open in Moorpark.

It's that time of year ...

- ◆ Make sure you've registered your club for Trick Or Treat So Others Can Eat (TOTSOC), our county-wide community service project feeding the many hungry in Ventura County through FOODShare.
- ◆ Celebrate National 4-H Week, October 2-8, 2016. Visit <http://4h.ucanr.edu/files/246276.pdf> for the outline of activities for California 4-H.
- ◆ Project Leaders: looking for innovation. Start a conversation with other project leaders. Share your ideas and get new ideas on managing projects, working with junior/teen leaders and much more.