



CloverLines

University of California Cooperative Extension
Ventura County 4-H January 2017

Ventura County Healthy Living Day

By Audrey Hargleroad, Ventura County All-Star



One of H's in the 4-H Pledge is Health. The 4-H Healthy Living Day was held on December 3rd at the Santa Rosa Valley Clubhouse. This event was my Emerald Star project. There were 3 sessions, the first one was on essential oils, where we learned that essential oils can help with pain, stress before a test, and can even calm our animals before going into a show. We tried it for pain and it worked. The second one was Natural flavored waters we learned that sodas and canned drinks have lots of sugar and artificial flavors. We used fruits and vegetables, like strawberries and cucumbers to make the flavored waters, tasted great. The last one was on natural food coloring by using fruits and vegetables to make the colors, red with pomegranates, orange with carrots, yellow with turmeric, green with spinach, blue with red cabbage, and purple with red cabbage. We also had a display with information about making good choices on drinks and snacks. It was a fun day and I want to thank Tryssa de Ryter, Natalie O'Brien and Regina O'Brien for their presentations, and Aurora and Renya for helping with set up and check-in.

What is an Emerald Star Project?

The Emerald Star is awarded to a 4-H member for planning and implementing an activity. This opportunity is meant to encourage members to develop their leadership skills by planning and executing a goal outside the member's community club as well as giving them an chance to lead on a topic that sparks their interest. This ranking is separate from any other star ranking in 4-H and may be used to qualify to apply for the All-Star Program.

Who may apply to do an Emerald Star?

Any Ventura County 4-H member, at least 12 years old or has completed the 7th grade and has completed one year of 4-H, may apply. This is a great opportunity for 4-H youth members in Ventura County!



Interested? Go to <http://ceventura.ucanr.edu/Families - Communities/4-H/Member Opportunities/Emerald Star Project/>

Club Happenings!



GOT BUGS?

By Lauren Fairall, Bardsdale 4-H Club

During the month of October, Conejo Simi 4-H Club invited the Bardsdale 4-H Entomology group to give a presentation about insects. My brothers, myself, and the group leader were warmly welcomed to an enthusiastic and curious group of kids who were excited to learn about bugs! We met at Conejo Simi 4-H's club building in the evening. Since the club was having their Halloween party, Mrs. Sorenson thought it was a great idea if we came and showed some "creepy crawlies." We brought our bug collections, and many club members were amazed by beautiful exotic butterflies and large beetles. Ever heard of the Atlas Moth or Atlas Beetle? My brothers talked about complete metamorphosis and how you can keep bugs as pets. I explained how we create insect collections by pinning the bugs and categorizing them by certain orders, or groups. Lepidoptera, Odonata, Hemiptera, anyone? My favorite part of our presentation was the live bugs that we brought. Club members were able to hold a live Stink Bug, Madagascar Hissing Cockroach, or Walking Stick. They could also admire a Monarch Caterpillar. This was my first presentation to another club, and it was wonderful to be able to share the love of bugs with other people.



Featured Clubs for February are Briggs and Chief Peak Clubs. Articles are due 1.15.17

Featured Clubs for March are Citrus Valley and Conejo-Simi Club. Articles are due 2.6.17

Featured Club calendar is at <http://ceventura.ucanr.edu/Families - Communities/4-H/Newsletter/>



4-H Library

Don't Forget! There is a library full of resources, books, curriculum, and kits that are available. If you are interested in leading a new project or need help finding more information, please come by HAREC to see what we have in the library. You can check-out material for 4-6 weeks to help you develop your projects or events. If you have any questions, please contact Kate or Annabel at the Ventura County 4-H Office.



2016 Ventura County Farm Day

On Saturday, November 5th, 26 farms across Ventura County opened their doors to the public. Farm Day is a chance for the public to see what goes on during the day in our local farms. One of those farms was the Hansen Agricultural

Research and Extension Center (HAREC) in Santa Paula. Almost 100 farm guests and 30 volunteers and staff attended the event at HAREC. Members from Santa Rosa Valley, Conejo-Simi, Del Norte, Las Posas, and Loma Vista 4-H Clubs participated and presented. The Master Gardeners were also there to talk about their program.

There were many interesting booths and presentations including how to fold a seedling planter out of newspaper and plant a seed in the planters. One 4-H member brought her prize winning rabbit. At the bee booth, visitors learned about bees and how they need a safe place to drink so that their wings don't get wet. The activity at this booth was making "bee islands". There were also interactive booths like a corn maze and a healthy cooking demonstration where persimmon apple salad was made. Other activities included pumpkin identification, a selfie station, Master Gardener help Line demonstration and kale and pumpkin picking.

This year's farm day was a great success every participant left knowing something new. We are looking forward to having an even better time next year!



Council Corner

We hope that everyone had a wonderful holiday season and are excited for 2017!

Don't forget, the January Ventura County Council Meeting will be held on January 25, 2017 at 7:00pm at the UCCE Conference Room. Council meetings are for all 4-H members to attend, including youth, leaders, and parents!

#GrowTrueLeaders

4-H established the roots for growing leaders decades ago and continues to inspire and develop youth to be leaders in their clubs, communities, country, and world. In 4-H, we strive to develop confidence and strength among our members, we teach the importance of humility and living up to your word, and promote curiosity with the ability to find answers. These characteristics and life skills not only help youth become leaders, but prepare them for the life challenges from our own backyards to the global stage.

This is the time to help us share the stories of the true leaders here in Ventura County! We have countless youth leaders who are making an impact in their communities today. They have become leaders both inside and outside of 4-H because of the skills and relationships gained in our positive youth development organization. Let's celebrate the Ventura County 4-H youth and what they have accomplished. Adult volunteers and youth please submit articles telling us what true leaders have grown in our community. And always remember, you do not need to hold a position to be a leader.

If you have any questions please contact: kbeckmann@ucanr.edu

Check out one of our Ventura County True Leaders - Aurora McLean!

Creating a Sibling Committee

By Aurora McLean, Sargent of Arms, Loma Vista 4-H

As students in the 4H program we work hard at problem solving and making our communities a better place to live for our animal population, our child population and our adult population. A huge part of becoming a leader is to learn and practice problem solving skills.

At the beginning of this new year, the adult project leaders of my 4-H Loma Vista branch had a brief welcome back meeting. Some concerns about under age 5 siblings and the length of our monthly general meetings came up. After, this meeting my mom came to me to ask if I had any ideas about problem solving ways to include the littlest of siblings who will soon become 4h'er's themselves. Now, I'm an only child, but I have a toddler cousin and I've spent time, in the past, working in the kindergarten classrooms at Pierpont school in Ventura.

I came up with the idea to create a Sibling Committee that would organize volunteer's and activities to supervise all the youngest of us during the more grown-up business type portions of the monthly meetings! This committee has been a huge success at Loma Vista monthly meetings. It allows parents to be focused and help out with announcements and information and I found I love planning the activities for the youngest of our soon-to-be members. I feel like this has brought together families and made our meetings more accessible to all our families. I'm so proud of how it's going this year, and I plan to continue it next year. The Sibling Committee is a prime example of how 4-H has given me opportunities to become a problem solver and to make a difference in my community.

Creating a Sibling Committee for your own general meetings is a great way to focus on inclusion for all, learn to plan age appropriate activities in advance and practice the skill of organizing volunteers to supervise each activity.



County Events



Food Fair — January 28, 2017 from 12:00 - 3:00pm

Come check it out and participate in educational and competitive events like photography & poster contest, knowledge bowl, caked decorating, baking, cooking, crafts, table setting, and community service. Open to all 4-H youth members. If you have any questions, please contact Edith Sorensen at kesorensen@yahoo.com.

Register by January 16, 2017 at <http://ucanr.edu/survey/survey.cfm?surveynumber=19382>

Fashion Revue — February 11, 2017

Fashion Revue is just around the corner! This year's categories include Traditional, Upcycled, Stipe/Print/Plaid Challenge, Knit Challenge, Photo and Poster Contest, and many more. There will also be a Speakers Corner and community service opportunities. Come out and enjoy the fun! Question? Please contact Edith Sorensen at kesorensen@yahoo.com.

State Events

State Avian Bowl Qualifier — February 25, 2017

Register by February 13, 2017

The 2017 State Qualifier will take place at the Big Fresno Fairgrounds. If interested, Avian Bowl covers the topic of poultry from embryology to husbandry to political influences. This event is a State Qualifier and the winning senior team will represent California at the National Egg and Poultry Conference. For entry forms, go to <http://www.gcspf.com/show/avian-bowl>.

UC Davis, College of Agriculture and Environmental Sciences Field Day — March 3-4, 2017

Registration Deadline is February 3, 2017

This event takes place at UC Davis – This field day is open to both FFA and 4-H members. Please note that the Livestock Judging, Poultry Judging and Dairy Judging contests are State Qualifiers to attend the National events. For more information, please go to <http://www.caes.ucdavis.edu/connect/events/field-day>

Equine Field Day — March 11, 2017

Registration deadline March 11, 2017

Register at <http://ucanr.edu/survey/survey.cfm?surveynumber=16766>. Please contact Alyssa Sankey at ajsankey@ucanr.edu at the State Office with any questions.

Southern Area Field Day and Fashion Revue — April 1, 2017

Event to be held at Mt. San Antonio College. Registration materials for Southern Area Field Day will most likely be due Sunday, April 26, 2017.

Ventura County Presentation Days

MARK YOUR CALENDARS!

Preliminary Presentation Day - Monday, February 27, 2017

(this is an optional practice event)

Ventura County 4-H Office, 669 County Square Dr., Ventura

Individual times assigned between 2:30 pm and 6:30 pm

County Presentation Day - Saturday, March 11, 2017

Ventura County 4-H Office, 669 County Square Dr., Ventura

Event is from 9:00 am to 2:30 pm



Giving a 4-H Presentation is a great learning experience for 4-H members. We encourage all 4-H members to participate this year!



- Participate in **one or more** presentation categories:

Demonstration, Illustrated Talk, Science or Engineering Presentation, Educational Talk Display, Informative Prepared Speech, Persuasive Prepared Speech, Interpretive Reading, Share the Fun Skit, and Cultural Arts

For information about all presentation categories, see the 4-H Presentation Manual at: <http://4h.ucanr.edu/files/220608.pdf>

- Attend Preliminary (Practice) Presentation Day to help you prepare for County Presentation Day
- County Presentation Day counts as an event in your Record Book
- Compete to win medals and ribbons
- Get the communication credits you need to earn your 4-H stars!
- Learn interviewing skills in the Interview Contest

For information about mock interviews and job descriptions, see manual at: <http://4h.ucanr.edu/files/51307.pdf>

For 2017 mock interview job list, go to http://4h.ucanr.edu/4-H_Events/SFD/Interview_Contest/

- Opportunities to be a Room Host
- Volunteer to help with set-up, check-in, or clean-up and get credit in your Record Book
- Participate in the Presentation Day community service activity
- Prepaid lunches will be available at County Presentation Day
- Even if you aren't giving a 4-H presentation this year, come and observe at County Presentation Day to learn all about presentations!

Online registration for Presentation Days will be available soon!

If you're unfamiliar with 4-H Presentations or have any questions, please contact Heidi Marshall (marshfam6@gmail.com) to get more detailed information so you can participate in these fun events!

Volunteers

New Adult Volunteer 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, January 17, 2017 at 5:30-7:00 pm at UCCE
<http://ucanr.edu/survey/survey.cfm?surveynumber=19385>

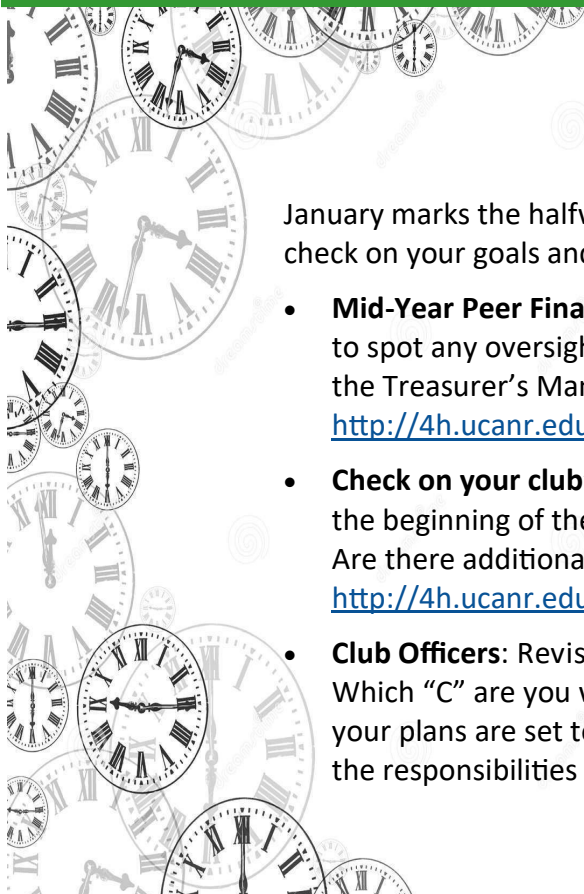
Tuesday, February 7, 2017 at 5:30-7:00 pm at UCCE
<http://ucanr.edu/survey/survey.cfm?surveynumber=19650>

Wednesday, January 25, 2017 at 5:30-7:00 pm at UCCE
<http://ucanr.edu/survey/survey.cfm?surveynumber=19386>

Wednesday, February 22, 2017 at 5:30-7:00 pm at UCCE
<http://ucanr.edu/survey/survey.cfm?surveynumber=19651>

Southern Area 4-H Leaders' Retreat

April 7-9, 2017, there will be an opportunity for 4-H volunteers to expand their skills through educational workshops, guest speakers, networking, and more! The retreat will be held at The Lodge at Big Bear Lake in the San Bernardino Mountains. Stay tuned for more information to come!



It's that time of year ... Half-way There!

January marks the halfway point for the 4-H year. Now is a good time to do a progress check on your goals and the goals of your club.

- **Mid-Year Peer Financial Review**—This is a completely optional mid-year opportunity to spot any oversights or issues before they become overwhelming. Form 5.2 from the Treasurer's Manual can help guide you through the process.
<http://4h.ucanr.edu/files/23112.pdf>
- **Check on your club's goals.** Review the Planning Guide that your club prepared at the beginning of the year. Are you on track for achieving the goals that you have set? Are there additional action steps that need to happen to get to your end-goal?
<http://4h.ucanr.edu/files/167444.pdf>
- **Club Officers:** Revisit your personal goals set during the Club Officer Training. Which "C" are you working on? <http://4h.ucanr.edu/files/167443.pdf> Make sure your plans are set to meet the requirements of your office. If you are unclear what the responsibilities of your position, meet with your club leader to clarify.



- 1/3 4-H Teen Involvement Conference Registration Due
- 1/9 2017/2018 State 4-H Ambassador Applications Due
- 1/11 Consumer Science PDC Meeting at UCCE at 5:00 pm
- 1/11 Small Animal Science PDC Meeting at UCCE at 5:00 pm
- 1/14 Southern Area 4-H Healthy Living Summit
- 1/16 Ventura County Food Faire Registration Deadline
- 1/17 New Adult Volunteer Training at UCCE at 5:30 pm
- 1/19 Equine PDC Meeting at UCCE at 6:30 pm
- 1/20-22 Teen Involvement Conference (TIC)
- 1/25 New Adult Volunteer Training at UCCE at 5:30 pm
- 1/25 Presentation Committee Meeting at UCCE at 6:00 pm
- 1/25 County Council Meeting at UCCE at 7:00 pm
- 1/27-29 2017 Leadership Conference of Regional Teens (LCORT)
- 1/28 Ventura County Food Faire at Wood Ranch Elementary
- 2/7 (week of) SLC Registration Opens
- 2/3 UC Davis CA&ES Field Day Registration Due
- 2/7 New Adult Volunteer Training at UCCE at 5:30 pm
- 2/11 Ventura County Fashion Revue at Wood Ranch Elementary
- 2/13 2017 State Avian Bowl Qualifier Registration Deadline
- 2/22 New Adult Volunteer Training at UCCE at 5:30 pm
- 2/25 2017 State Avian Bowl Qualifier
- 2/27 Preliminary Presentation Day at UCCE
- 3/11 Presentation Day at UCCE
- 3/11 Equine Field Day Regular Registration Deadline
- 3/25-30 National 4-H Conference
- 3/29 County Council Meeting at UCCE at 7:00 pm
- 4/1 Southern Area Field Day
- 4/7-9 Southern Area Leaders' Retreat
- 4/22 Ventura County Small Animal Field Day

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/>

4-H Office Information

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ARTICLE SUBMISSION

Email articles to kbeckmann@ucanr.edu. Include your name, club 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.

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