

# CloverLines

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

## 4-H Mindfulness Retreat

By Piper Snowber, Loma Vista 4-H

From Friday, November 4<sup>th</sup> to Sunday, November 6<sup>th</sup>, I went to Camp Ocean Pines in Cambria, California, with my sister, my dad, and about twenty other 4-H club members from all over the state of California. We were there to participate in a 4-H based Mindfulness Retreat. I would like to tell you about what we did and what we learned. Camp Ocean Pines is a very peaceful setting. It's a lodge on a bluff overlooking the ocean, surrounded by old pines trees. When we arrived, I was a little bit intimidated because I was the youngest participant, but in just a few hours, I made friends. Everyone was very nice and understanding.

We listen to the keynote address which was about the benefits of meditation and how it helps with memory and keeps us from drowning in our emotions. It can also help us to stay focused and positive. The next activity was mindful eating. The point of mindful eating is to recognize and appreciate where your food comes from and the work that went into making it. It's also about physically experiencing the food with all senses: sight, smell, touch, taste, and sound, as well as the feeling while eating the food. For the mindful eating experiment there were wraps, vegetables, hummus, and fruit. It was all healthy food. For me, I noticed the food more, but I don't think I necessarily enjoyed it any more than I normally do.

The next day, we started with a yoga session outdoors overlooking the ocean, and then moved on to art, gratitude cards, or fabric sculpting. I made a lot of gratitude cards for people I love and really enjoyed doing making them. After lunch we spent a couple of hours on a mindful nature challenge. We were outdoors and worked on staying aware of our entire bodies, inside and out, and how we are connect to the outdoors: air, gravity, breath, the sounds around us. We kept a journal of everything we noticed for each of our five senses.

Right before dinner we had solos. This was a time to just sit and NOT think about the past or the future. It was a time to think about the present. Even though it was just a few minutes, it made a huge difference for me. I watched the sun set for the last part and just absorbed all the beauty and light. That was the longest unguided meditation session I've ever done. At dinner, we practiced mindful eating again, and remained in silence for the first 15 minutes so we could focus on our food. Our last big group activity was star gazing, and we could definitely see a lot more stars than we can when we are at home. We learned the names and constellations of the stars.

Before going home on Sunday, we wrote in our journals about what we did and learned. We didn't only learn to be aware of our five senses, we also learned what happens to our brains when we get frustrated or upset, and how to prevent that situation from happening in the future. We learned to be in the moment, not the past or future, but here, now. And how to eat mindfully, enjoying every bite and understanding where it came from.

I would definitely like to come back next year and I hope whoever is reading this comes too. This is not only an opportunity to become a better person, it is also an opportunity to get more points on your record book!



# Club Happenings!



## Chief Peak 4-H 2017

Club Leader: Jackie Larson President: Megan Hassien Vice President: Matt Callahan



Chief Peak meets in Upper Ojai where most of our 36 members live. If you don't know where that is you can find it up in the mountains on HWY 150 between Ojai and Santa Paula. We have been meeting at tiny Summit Elementary School for more than 70 years and we're about as rural as Ventura County gets. The little school we meet in has about 45 kids total and many are 4-Hers. In our community 4-H is a family tradition.

Our biggest project this year is Market Swine with 29 kids expecting to go to fair. This will be our largest swine group ever. Thanks to our swine leaders Stephanie and Mike Callahan the project has been a great success with everyone learning to work as a team. Our Pygmy Goat project is growing and this year there will be bouncing baby goats everywhere. Our cooking project is getting ready to cook for the local homeless shelter. We also have

Arts and Crafts, Dirt Bikes and Rabbits this year.

Community service has always been a very important part of our club. For the past eight years we've worked with the Homeless Shelter Program in Ojai. We cook all the food and deliver it to the church that's serving the dinner and some of the older members stay and help serve. We had a lot of fun making little blankets for the animals at the local Humane Society. We participate each year in TOTSOCE by bringing in our own donations since we don't really have neighborhoods for trick-or-treating December we got together for our annual Holiday Service Party where we decorated cookies and made scarfs for seniors. Matt Callahan led a sports equipment drive this past year for needy children. Trevor and Ivy Gerhard brought animals and treats for "A Place to Grow" preschool in Ojai where many autistic kids were able to interact with miniature horses, goats and rabbits. This has become a favorite club tradition.



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

***Featured Clubs for April is Del Norte Club. Article is due 3.6.17***

***Featured Club calendar is at [http://ceventura.ucanr.edu/Families - Communities/4-H/Newsletter/](http://ceventura.ucanr.edu/Families_-_Communities/4-H/Newsletter/)***

## New Federal Regulations to Impact Livestock Producers

As of January 1, 2017, all medically-important antibiotics for use in or on feed and in water will require a Veterinary Feed Directive (VFD) or a prescription. This new regulation will affect all livestock producers including 4-H and FFA members.

The State 4-H Office, in coordination with the UC Davis Veterinary Medicine Extension, and the California Department of Food and Agriculture will be presenting a one-hour webinar on multiple dates to further explain the new regulations and their implications.

Webinar Dates:

**February 6—10:00 to 11:00 am**

**February 28—10:00 to 11:00 am**

The webinars will be hosted in Zoom Conferencing. Please join one of these webinar from PC, Mac, Linux, iOS or Andriod at <https://ucanr.zoom.us/j/174735292>. 4-H staff, volunteers, and FFA instructor are encouraged to attend.

## 4-H Lending Library Updated

Did you know that there are over 700 pieces of curriculum, project resources and kits available for check out at no cost? The recently updated library has activity guides for hundreds of projects to help provide leaders with project ideas, information to flesh out existing project and help research new project ideas. Plus, we have science and crafts kits for easy club meeting programs, etc.

Visit <http://ceventura.ucanr.edu/Families - Communities/4-H/Leader/4-H Library/> to review the many library resources available to you. We recommend keeping resources 4-6 weeks. If you want it longer than that, consider purchasing your own copy.

To help keep our 4-H library in tip-top shape, we are looking for a 4-H Library Coordinator. A volunteer, who would spend 2-3 hours per month, keeping the library in shape and deal with curriculum matters. If you are interested, please contact Kate Beckmann at the 4-H Office.



## We Want to Hear What You Are Up To!

Interested in writing a Cloverlines article or buffing up on your communication skills? Submit an article to get published in the Ventura County Cloverlines. It's simple! Tell the county about the amazing things you are learning in 4-H. And don't forget, you can count it in your Record Book!

Things to include when you send in your article:

- Your name and club,
- Title to your article,
- Describe what you did and where you did it,
- Let us know who joined you in the event, if any,
- Send us your article in a word, text-type, format,
- Submit your article to [kbeckmann@ucanr.edu](mailto:kbeckmann@ucanr.edu)!

## Council Corner

The Ventura County 4-H Council is comprised of adult volunteers, and senior 4-H members (14 years old and up) 9th - 12th grade. The Executive Committee is made up of officers; president, vice president, etc. The job of the Executive Committee is to consider and recommend to the County Council, you, 4-H Youth Development Program policies as well as other guidelines governing the county and local 4-H programs.

Council Meetings are held on Wednesdays at 7 pm at UCCE Ventura County

Next meetings will be March 29th, 2017



# #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.

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. 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](mailto:kbeckmann@ucanr.edu)

## Check out this month's 4-H True Leader: Makayla Cozatt

My name is Makayla Cozatt and I am 18 years old. Sadly, this will be my last year in 4-H. Throughout my life I have always loved animals, so when I was old enough my mother enrolled me in 4-H. Because of my experiences raising first chickens, then lambs, and finally horses, I learned that I will always be surrounded by animals. 4-H, through my exposure to the veterinary side of animal raising, has helped me choose my career and figure out what it is that I want to do with my life. Once I realized that my goal in life is to become a large animal veterinarian, I learned that, because of 4-H, I was already ahead of my future classmates. When you are in a animal project, be it large or small, there are certain responsibilities that you have to fulfill. If one of my animals got sick, I was the one who would step up and ask questions to try to learn as much as possible about the situation. This sparked an interest in Veterinary Medicine, specifically large animal.

Not only did 4-H help me figure out what career to strive for, it assisted me in getting a job. Everyone who has raised a large animal for the Ventura County Fair knows Dr. Micheal Giacopuzzi, or Dr. Mike. Due to my experience with 4-H I was able to volunteer at Humphrey and Giacopuzzi Equine Hospital for 10 months. At the end of those 10 months, I asked for a job and was given the job as a Weekend Groom. My job was to clean stalls, rake the property, sweep the barns, prep the rooms, clean up anything that needed to be cleaned, and was overall just an extra pair of hands to hold a horse or assist in a procedure.

In my senior year of high school, I was required to do a senior project and a senior project research paper. My research paper was supposed to be intertwined with my career path so I wrote a seven-page paper on the three major types on injections. My actual project was on training and taming a five month old horse. Another important part of senior year is choosing colleges. I chose to attend a community college for my general education before moving to a four year for my Pre-vet classes. The closest community college is Moorpark College. Instead I chose Pierce College for their Large Animal Vet program. All of the elective classes that I have chosen are animal related in some way. I plan on expanding my knowledge through these classes and I plan to bring my knowledge back to my projects and help them to learn new techniques and to have more information available. Through 4-H I have grown close to the

lamb breeder, Mr. Herb Bunch. As our friendship got closer, I helped him more and more at the lamb ranch. Whether I clean, vaccinate, or even assist ewes with lambing, I enjoy all of my visits and learn something new all the time.

4-H has definitely impacted my life. I have gained so many life skills from being in the program. I learned responsibility, record keeping, money managing, how to talk to

crowds, how to have a successful interview, and how to lead a group of people no matter what the size. Through 4-H I have helped the community through my many community service hours, and have learned the importance of budgeting money correctly. I was able to purchase my own truck without the assistance of my parents because I saved my money and budgeted correctly. Not only has 4-H helped me figure out what to strive for as an adult, it has also taught me needed skills to be a successful adult.





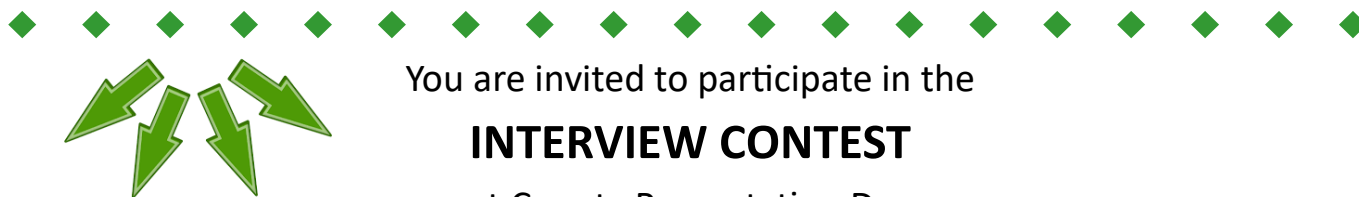
# County Events

**Preliminary Presentation Day — February 27, 2017**

**Presentation Day — March 11, 2017**

**Register by February 16, 2017**

Presentation Day is here. This is a great opportunity to learn to talk in front of other 4-Hers about what interests you. Participate in categories such as 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. Register at <http://ucanr.edu/survey/survey.cfm?surveynumber=17256>



## **What is it?**

The interview contest is where you "pretend" to apply for a job and you get interviewed for it! It's a great way to learn interview skills and showcase your experiences and special qualities. Also, the interview provides an opportunity to win an award and counts as a communication in your Record Book!

## **Who can enter?**

If you are age 9 or older (as of Dec. 31, 2016), you can enter! No experience necessary.

## **How to enter:**

1. Look at the "pretend" job choices at <http://4h.ucanr.edu/files/252253.docx>.  
There are 3 jobs to pick from for each level (junior, intermediate, senior). Decide which job you would like to apply for, based on your skills, experiences and interests.
2. Create a cover letter and resume including your real-life experiences. See the Interview Contest Manual (<http://4h.ucanr.edu/files/51307.pdf>) for information on how to write cover letters and resumes.
3. Register online by February 13, 2017.
4. Print 3 copies of your resume and 3 copies of your cover letter.
5. Bring your resumes and cover letters to County Presentation Day on March 11th and turn them in by 9:30 am. Wear your 4-H uniform or appropriate attire for a job interview.  
Then enjoy a great interview experience with some friendly and supportive interviewers!
6. You can also enter Interview Contests at these other events:  
Southern Area Field Day (April 1, 2017 at Mt. San Antonio College)  
State Field Day (May 27, 2017 at UC Davis)



# 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**

Register by 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**

Register by March 11, 2017

Register at <http://ucanr.edu/survey/survey.cfm?surveynumber=16766>. Please contact Alyssa Sankey at [ajsankey@ucanr.edu](mailto: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.

## **State Field Day — May 27, 2017**

This event takes place at UC Davis – check it out and make plans to come [http://4h.ucanr.edu/4-H\\_Events/SFD/](http://4h.ucanr.edu/4-H_Events/SFD/)

## **Clover Safe Notes**

Clover Safe Notes Spotlight for February:

Spring is full of baby animals and time for us to think about keeping the public and animals safe. This safety note describes controls for the prevention of disease transmission or physical injuries at petting zoos. This is helpful for any time we bring our animals in contact with people.

### **#17 - Organizing and Operating a Safe Petting Zoo Event**

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/](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.



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

**Monday, March 13, 2017 at 5:30-7:00 pm at UCCE**  
<http://ucanr.edu/survey/survey.cfm?surveynumber=19885>

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

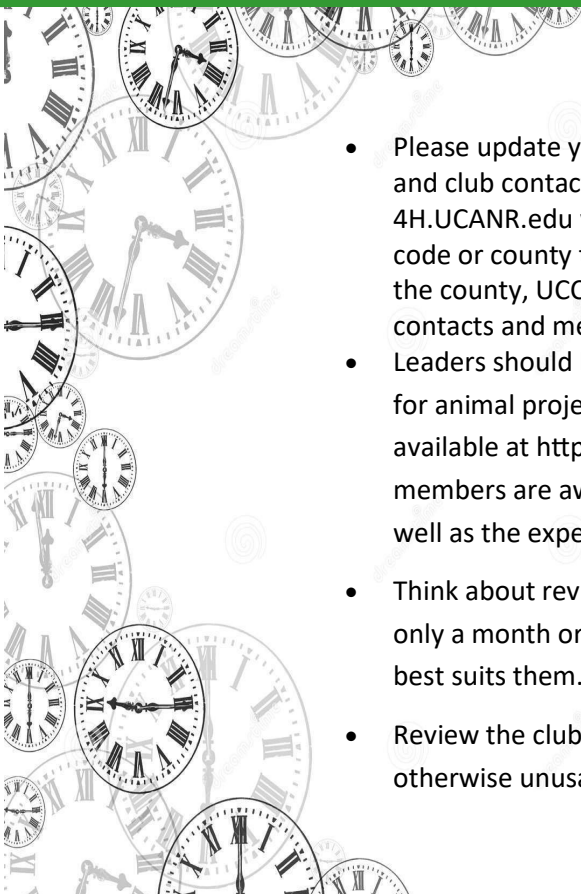
## **Southern Area 4-H Leaders' Retreat**

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**

- Please update your club information in 4-H Online, including address, meeting times, and club contact information. The information from 4-H Online is shared on the 4H.UCANR.edu website, on the County 4-H Offices webpage. Users can enter their zip code or county to find the nearest 4-H clubs. The system will come up with a map of the county, UCCE county 4-H office contact information, and a list of clubs with contacts and meeting times.
- Leaders should have collected all of their members' signed Animal Commitment Letters for animal projects. The Animal Commitment Letter approved by the Council is available at <http://ceventura.ucanr.edu/files/173596.pdf> These letters ensure that members are aware of the commitments involved in taking on an animal project as well as the expectations of the leader and this particular project.
- Think about reviewing the club officer positions at the next meeting. Nominations are only a month or two away and it helps to get everyone thinking about the position that best suits them.
- Review the club's inventory. Is there property on the inventory that is damaged, lost or otherwise unusable? Now is the best time to make the appropriate changes

**Club leaders: Order year pins by Feb. 15<sup>th</sup>.**





- 2/7 (week of) SLC Registration Opens
- 2/3 UC Davis CA&ES Field Day Registration Deadline
- 2/7 New Adult Volunteer Training at UCCE at 5:30 pm
- 2/11 Ventura County Fashion Revue
- 2/13 2017 State Avian Bowl Qualifier Registration Deadline
- 2/16 Presentation 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
- 3/13 New Adult Volunteer Training at UCCE at 5:30 pm
- 3/25-30 National 4-H Conference
- 3/29 County Council Meeting at UCCE at 7:00 pm
- 4/1 Southern Area Field Day and Fashion Revue
- 4/7-9 Southern Area Leaders' Retreat
- 4/22 Ventura County Small Animal Field Day
- 4/30 Open Invitation: CA 4-H State Management Board Meeting
- 5/14 State Fashion Revue Registration Deadline
- 5/27 State Field Day/Fashion Revue

**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

Office Hours by Appointment Only  
 Closed on UC Holidays  
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## ARTICLE SUBMISSION

Email articles to [kbeckmann@ucanr.edu](mailto: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.**

## 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.