

# CloverLines

University of California Cooperative Extension  
Ventura County 4-H July/August 2017

## Summer Camp Highlights Ways to be Sustainable

By Quinn & Blythe Cammack, Loma Vista

We had a lot of fun at Sustainable You! 4-H Camp held at the UC Hansen Agricultural Research and Extension Center in Santa Paula in June. About 25 members took part in this camp with an emphasis on learning about how to preserve our environment and natural resources.

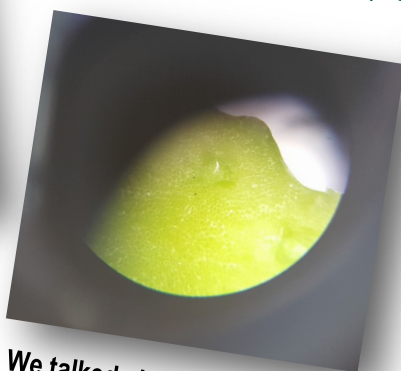
Topics such as Air, Energy, Food, Water and Land were explored. We learned about ways we can make a difference in reducing air pollution such as riding our bikes to school, carpooling and using public transportation when possible. We also talked about strategies to reduce water use, especially since California is in a draught. Shower timers were given out so kids aim for a 5-minute shower and we were also encouraged to turn off the water when brushing our teeth. Other ideas discussed were not to over water plants and lawns and to try to buy energy efficient appliances with the Energy Star logo on them. We also learned about the best way to dispose of waste and recognize if it's trash, recycling, compost or a hazardous waste.

There were fun activities and games planned every day. We got to tie-dye shirts and ride a "smoothie bike" that powered a blender that made

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Getting ready to upcycle this old water jug into a planter for



We talked about how plants use water and even looked at celery through a microscope.



We played a "Predator & Prey" tag game. You had to be fast to keep from becoming the predator's energy source.

# Club Happenings!

## Mira Monte 4-H

By Victoria Bell

As we approach this year's fair, and the new theme "Rooted in Tradition" I fondly look back on my 10 years with Mira Monte 4-H, realizing that is only fitting to remember all the leaders, breeders and parent volunteers that have been there for my club. Are club has been very fortunate to have five amazing leaders / volunteers.

Tom Davidson made sure that we had compassion for our projects along with maintaining a feed regiment. Norm Plott acknowledging that we should have a strong basis for community service and volunteering, noting that, eye contact along with a firm handshake will make a strong impression. Kelly Brown and his 30 plus years with 4-H, showing us what it is to be a true showman in the arena. Shannon Bowman making sure that we maintain organizational skills, and pose strong leadership to new members.

I along with many of our club members, have worked with two breeders, Lenny Cruz and Theresa Pellerino who allowed us to help with shots, clipping and breeding practices, as well as helping the members select the right project. We would like to thank OSO Ranch for their endless support and safe housing for the swine, steer and Equine project. These leaders and many other volunteer parents have guided our club on the principles of the 4-H motto, giving us guidance and growth to continue with Agriculture opportunities.

The traditions that have flowed throughout the 4-H community wouldn't be here without the people carrying them down to the next generation. As my time with my 4-H club comes to an end, I hope that the roots of these tradition stay deep within the club, along with the memory of the amazing people that have pasted it down to us.

**Featured Clubs for October are Piru & Santa Rosa Valley 4-H. Articles due 9.4.17  
No Featured Clubs in September Issue.**

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



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

## Sustainable You! Camp

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smoothies with fruit that we just picked. One of our favorite activities was making a solar oven out of a pizza carton and use it to make smores! It took about an hour—but it worked and tasted great! We had fun getting a tour of the farm, picking fruits and vegetables and met the farm chicken, too. One fun game was about the cycle of water and all the places water can go after a rain.

We think this camp had a lot of great ideas for people to try in their own homes. Our family switched to solar power because we wanted to use the cleanest energy that we could. We would recommend this camp to help kids learn way they can make a difference and help the world be a better place. It's a great and fun camp!

# Important Enrollment News

## RETURNING MEMBERS & LEADERS ENROLL IN JULY FOR THE 2017-18 4-H YEAR!

GET READY TO ENROLL! GIVE YOURSELF ENOUGH TIME TO COMPLETE THE PROCESS! HERE'S WHAT YOU NEED TO DO:

- **Returning Youth Member** enrollments will be complete upon the club receiving:
  1. The on-line enrollment.
  2. Completed and signed 2017-18 "Member Treatment Authorization and Health History" two-sided form (that you will be instructed to download from the 4-H website after July 1, get a hard or e-mailed copy from the County Office, or get a copy from your club leaders).
  3. Club fees (checks are payable to your club – get the exact amount and wording from your club leader).
  4. Any other form that your club specifically requires (like the Code-of-Conduct form). They will let you know if anything else is required.
  5. Please note that aging-out youth or youth not intending to participate in 4-H for the 2017-18 year, but will participate in the 2017 County Fair, do not complete the on-line enrollment. They should only submit the "Member Treatment Authorization & Health History", any other form your club specifically requires, and the aging-out fee of \$8.00 (check payable to your club – get the

exact wording from your club leader).

- **Returning Adult Volunteer Leader** enrollments will be complete upon the club receiving:

1. The same 1-4 items described above for youth enrollments.
2. With the addition this year of the first annual on-line volunteer training (connected to your on-line enrollment) required of all continuing volunteers.

*Youth and Adult Volunteer Member enrollments will first be approved by the club. Club enrollments are then submitted to the County Office before being accepted and made "Active" members for the 2017-18 4-H year. If all requirements have been met, youth will be approved prior to the County Fair. Adult Volunteers will be approved upon review in September.*

### Please Remember:

- Do not enroll on-line before July 5.
- Do not download any of the now obsolete 2016-17 forms.
- You will get a 'green-light' from your 4-H Club after July 5 – most likely in the form of an e-mail stating "NOW IS THE TIME TO ENROLL ON-LINE".
- Because Ventura County 4-H is almost completely 'paperless', on-line enrollment is essential.
- If you are unable to enroll on-line, your 4-H club or the County Office will provide you with paper forms. Please request them in time to meet all the deadlines.



## Healthy Living Fair in Nov.

The 4-H Southern California Healthy Living Fair is coming to Ventura County on Saturday, November 11. Yes, it's a few months away, but that time will go quickly!

4-H Healthy Living encompasses everything from healthy eating habits, physical fitness, and handling our emotions, to developing and maintaining positive relationships. With speakers, activities, good food and lots of fun, this Healthy Living Fair will share lots of great ways for 4-Hers to enjoy a healthy lifestyle in all those areas and more.

Would you like to be a part of making this fun event happen? If so, please email Jessica Poland, [jepoland9@gmail.com](mailto:jepoland9@gmail.com) right away. We're collecting lots of great ideas, and will plan a big organizational meeting in early July.

It's going to be fun!

When you get the 'green-light' to enroll on-line, all returning 4-H members and leaders should follow and complete the instructions above by Thursday, July 27 (unless your club gives you a different deadline).

The Re-enrollment process is always a challenge – especially when there are changes to that process! We are so appreciative of club members helping to make it as smooth as possible for the Club Leaders, Fair, and the County 4-H Office. If you have questions about this process please direct them to Annabel Faris.

([awfaris@ucanr.edu](mailto:awfaris@ucanr.edu)).



# Council Corner

The Ventura County 4-H Council is comprised of all adult volunteers, and senior 4-H members (14 years old and up) 9th - 12th grade.

At the June meeting, the election for Council Board voted in the following slate of officers:

President, Heather Wray  
Vice President, Kitty Beckman  
Secretary, Sue Pollard  
Treasurer, Leslie Bellmore  
Corresponding Secretary, Jenean Bass  
Representative-At-Large, Heidi Marsh

**The next meeting will be held Aug. 22, 2017 at 7:00pm at the UCCE Office.** The VC Fair Review will take place at this meeting. Please submit your comments and suggestions for review to [uccev4-H@ucanr.edu](mailto:uccev4-H@ucanr.edu) by Wednesday, Aug. so that they can be reviewed and incorporated into 4-H Council's letter to the Fair.

For more information, visit [http://ceventura.ucanr.edu/Families - Communities/4-H/Ventura County 4-H Council/](http://ceventura.ucanr.edu/Families_-_Communities/4-H/Ventura_County_4-H_Council/)

## We need your help!

We are looking for volunteers who are willing to serve as Program Development Committee, PDC 's, officers. Program Development Committees serve as standing committees reporting to the Ventura County 4-H Council, specializing in a specific program area. Program offerings, events, project curriculum development and more can be accomplished in these efficient and focused committees. The PDCs needing new leadership are the Following:

- Equine
- Small Animal Science
- Leadership
- Kaleidoscope (working title for a new PDC)

If you are interested in being an Officer on a PDC or have questions, please contact Heather Wray at [cwrayh@verizon.net](mailto:cwrayh@verizon.net).



## MARK YOUR CALENDAR

# Club Officers Train To Be The 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.

The Club Officer Manual has been updated recently and new material focused on personal leadership development and goal setting has been added and will be covered in the training.

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 UCCE Office at 669 County Square Drive in Ventura. Please use the front doors, facing the condominiums.

### Wednesday, August 23rd 5:30 - 8:00 p.m.

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

### Tuesday, August 29th 5:30 - 8:00 p.m.

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.

Please register at <http://ucanr.edu/survey/survey.cfm?surveynumber=21206>



# Fair Entry Dates at a Glance

## Youth Expo & 4-H

General/Non-Perishable Entries - July 21, 22 & 23, 10:00 AM - 5:00 PM

Kids, Camera & Crops—July 21, 22 & 23, 10:00 AM - 5:00 PM

Foods – July 30, 2017 – 10:00 AM – 5:00 PM

Tablesettings – July 30, 2017 – 10:00 AM – 4:00 PM

*Email [youth@venturacountyfair.org](mailto:youth@venturacountyfair.org) to reserve a table July 17-23, no telephone reservations.*

Glue-A-Shoe Contest – August 2 & August 9, 2017 – 11:00 AM – 1:00 PM

Kids, Camera & Crops—July 18, 19 & 20, 2014 between 10:00 AM and 5:00 PM



## Small Livestock

Entry form deadlines Adult & Youth Shows, Costume Contest, Champion of Champions – July 2

## Agriculture – Check the Entry Guide for specifics

Produce Day 1 – August 1, 2017 – 7:00 AM – 5:00 PM

Produce Day 2 – August 9, 2017 – 6:30 AM – 11:00 AM

Home Dairy Products – August 3, 2017 – 1:00 PM – 3:00 PM

Agriculture Feeds Ventura County Slide Show & Video Competitions – Aug. 4, 2017 11 AM-12 PM; presentations – 12:30 PM

## Floriculture – Check the Entry Guide for specifics

Junior/4-H & Grange Potted Plants – July 30, 12 PM–5 PM  
& July 31, 2017 – 8 AM-12 PM

***Don't forget to host at the Fair!*** Use your down time to represent 4-H while hosting a 2-4 hour shift in the Youth, Ag or Uncle Leo's Departments, as well as answering questions in the "Ask Me Booth" in Small & Large Livestock areas.

The 2017 Ventura County Fair Entry Guide available on website at [www.venturacountyfair.org](http://www.venturacountyfair.org).

Online Entry available June 1-July 17 at [www.venturacountyfair.org](http://www.venturacountyfair.org)

Mark Your Calendar!  
4-H Fair Awards Program  
Sunday, Aug. 13  
Time TBD

# Healthy Living

## ANIMAL SCIENCE IS HEALTHY LIVING!

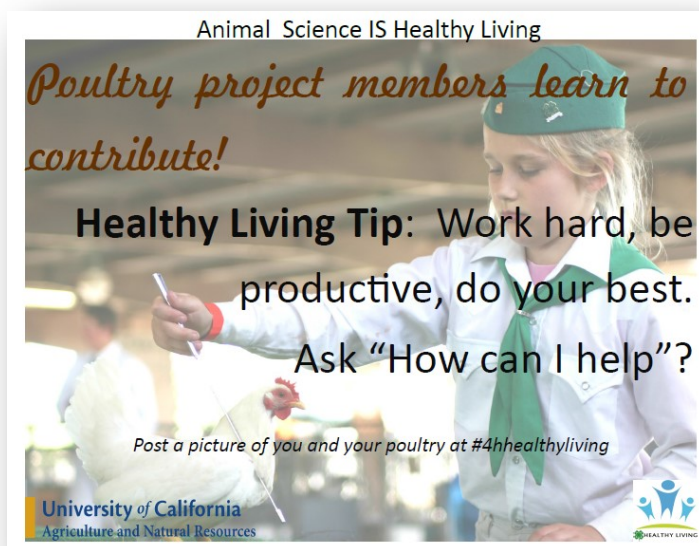
Have you ever thought about how your projects might be related to 4-H Healthy Living? The State 4-H Office has developed a collection of posters designed to remind us that all of our 4-H projects include concepts of health, science, and leadership. Several of these



focused on Animal Science will be featured on the Ventura County 4-H Facebook page this summer.

You can see the whole collection by visiting

<http://4h.ucanr.edu/files/213591.pdf>.



## Spark Surveys are Open

### Did you know...

Out of our 4-H Club youth aged 9-19:

**87%** are interested in science

**80%** report having a “spark” or passion

**91%** appreciate the cultural diversity of their peers

**88%** have a positive attitude towards physical activity

**81%** make positive choices

Without the **Sparks Surveys**, we wouldn't know this!  
What are the “Sparks Surveys”?



Sparks Surveys help us learn about youth experiences in 4-H. We want to share how 4-Her's are doing and also learn where we can make 4-H even better.

*Surveys are **private** and **confidential**.*

Online surveys are in ORB 2 times a year: Oct-Jan and May-Aug. Your 4-H Online login email is the same to login to ORB. Surveys you need to take will all be listed – it's easy!

## Clover Safe Notes

**Clover Safe Notes Spotlight for July/ August: SAFELY TRANSPORTING MEDIUM AND LARGE ANIMALS (Note #59).** As part of 4-H projects, these animals are often transported to competitions.



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/](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.





## **4-H Office Information**

*Office Hours by Appointment Only*  
Closed on UC Holidays

**Hansen Ag Research and Extension Center**  
14292 West Telegraph Road  
Santa Paula CA 93060

**General Email:** [uccev4-H@ucanr.edu](mailto:uccev4-H@ucanr.edu)  
**Office Fax:** 805-525-5475

**Annabel Faris**  
YFC Program Coordinator  
805-525-9293 ext. 206  
[awfaris@ucanr.edu](mailto:awfaris@ucanr.edu)

**Susana Bruzzone-Miller**  
YFC Program Manager  
805-525-9293 ext. 212  
[sbmiller@ucanr.edu](mailto:sbmiller@ucanr.edu)

## **Article Submission**

**Deadline: first Monday of month for following issue consideration**

Email articles to [gwwanoni@ucanr.edu](mailto:gwwanoni@ucanr.edu).

Include your name, club, name of activity, and if 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 per editorial discretion.

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.

## **Texas 4-H Project = Science Match Up**

Texas 4-H is working to incorporate SET Abilities and the vocabulary of science, engineering, and technology into the existing project work of the 4-H members. A collection of one-page addendums outlining 4-H project materials that give the SET Ability and an example of how the project leader could address an associated experiential learning experience to the SET Ability are available to give you a great start to incorporating SET into your project work. Check them out: [http://texas4-h.tamu.edu/wp-content/uploads/projects/science/SET\\_abilities\\_11.pdf](http://texas4-h.tamu.edu/wp-content/uploads/projects/science/SET_abilities_11.pdf)

## **NYSD 2017—Incredible Wearables!**

The 2017 4-H National Youth Science Day challenge will be Incredible Wearables.

Developed by the University of Nebraska - Lincoln, the Incredible Wearables kit is a fun way for kids to build wearable fitness trackers.

The kit is perfect for classrooms, clubs and at-home use. The 70 to 90-minute hands-on project is suitable for 4th to 12th graders. Each low-cost kit can serve up to 10 kids at a time and is reusable.

After Ventura County's 4-H Science Night in October, these kits will be available for check out from the 4-H Office.

For more fun, check out the video online <http://4-h.org/parents/national-youth-science-day/>



## ***4-H 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.





# CALENDAR

7/5 Large Livestock PDC Meeting, 7pm @ HAREC  
7/14-16 Horse Fair @ Fairgrounds  
7/20-23 State Leadership Conference @ Davis  
JULY Re-enrollment Time  
8/2-13 Ventura County Fair  
8/23 Club Officer Training @ 5:30 UCCE  
8/24 Record Book County Judging Submission  
Deadline @ 4pm UCCE  
8/29 Club Officer Training @ 5:30 UCCE  
8/30 County Council Mtg @ 7 UCCE  
9/1 Year-End Reporting Due to 4-H Office  
9/9 Fall Kick-Off @ HAREC  
9/16 Record Book Judging @ UCCE

9/23 Southern Area Field Day-Livestock @ Mt. Sac  
9/25 Record Book Interviews @ UCCE  
10/4 4-H Science Night  
10/5 Achievement Night @ HAREC  
11/11 Healthy Living Fest & Color Me Green Run

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

**HAREC** – Hansen Ag Research and Extension Center, 14292  
West 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/>

## It's That Time of Year!

- Look for last year's **educational poster(s)** 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. See page 4 for entry date highlights.
- **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.ca4-H.org/files/76544.doc>
- Mark your calendar for **club officer trainings**... see page 4.
- Think about **National 4-H Week**, October 5-11th. This is a great time to do some recruitment, talk to the community about the amazing things you've learned and skills you've gained in 4-H.
- We are looking for **youth office volunteers**. Arrange a time with your 4-H friends or come by yourself to the Farm in Santa Paula to help get additional 4-H programs ready for the more than 1,000 kids each season who will visit the farm or have the farm brought to their classroom. Contact Annabel Faris. See page 7.
- 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.
- Don't forget to **re-enroll** online during July. See page 3.