



CloverLines

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

Making the Best Better at Fair 2017

It was a wonderful 2017 Ventura County Fair, with several 4-H firsts! Our first 4-H booth planned as an Emerald Star Project, first Knowledge Bowls and so much more!

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.



Rabbit Knowledge Bowl
Saturday, Aug. 12
at 11:30 am



Hands-On Learning

Club Officer Training is the best way to start the 4-H year. All officers were welcomed and every club treasurer received additional training. The Trainings were August 23 and 29th, complete with a simple dinner. More than 45 members attended along with many club leaders.

The Club Officer Manual was updated just a few years ago and contains new information focused on personal leadership development and goal setting (GPS).

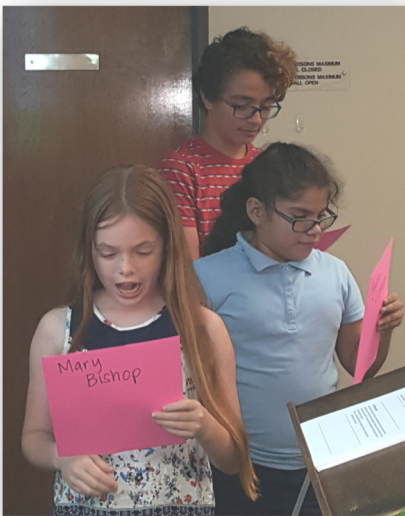
Additionally, members walked through the nitty-gritty of each officer position, the responsibilities and even a quick activity for most. Members practiced “presidential phrases”, taking minutes and even deciphered a monthly financial report.

feeling like I was without having to raise my hand,” said one officer in training.

Club Officer Trainings are held annually in late August/early September. If you are going to be a club officer or interested for future years, look for the announcement in the July CloverLines.



Pictures Top: Officers designed a snack mix using parliamentary procedure. **Bottom:** Officers acted out a meeting scenario for notetaking practice.



One night, we tested a new addition to the training—a live audience polling system. Each member got a “clicker” to answer questions. Graphs appeared in real time on the screen showing how most members answer. “It was fun to see everyone was

Leaders



**Save the Date for the
Project Leader Field Day**

Saturday, Oct. 21st

At UC Hansen Ag Research & Ext. Center

4-H Grown @ Farm Day Save the Date—November 4th!

Over 20 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.



COMMUNITY SERVICE SPOTLIGHT:

My Stuff Bags

By Noah Burr, Santa Rosa Valley 4-H

On Tuesday, July 18, 2017 eleven members and a few leaders from Santa Rosa Valley 4H volunteered at My Stuff Bags Foundation in Westlake Village. My Stuff Bags Foundation provides new belongings, comfort and hope to thousands of children each year who must be rescued from abuse, neglect and abandonments across the USA. After a brief overview from My Stuff Bags Foundation President & CEO, Janeen Holmes we entered the warehouse where we first assembled toiletry bags. Once those bags were ready the real fun began...we started STUFFING BAGS with items such as no sew blankets, toy cars, books, cds, playdough, puppets, crayons and colored pencils. We stuffed 200 bags that were to go out for delivery

to the children the next day. The children will be told that all items were donated and then assembled by children that all care about them!

Our visit was a follow up to our service project of making no sew blanket in the winter to support My Stuff Bags Foundation. We all left knowing we made a difference and are already looking forward to a return trip to help again!



Healthy Living

MINDFULNESS RETREAT—NOV. 3-5

Teens ages 13-19 and adults are welcome to spend the weekend at beautiful Camp Ocean Pines developing their health and well being.

This retreat encompasses the full range of mindfulness:

- Community connection
- Relationship building
- Nutrition
- Health advocacy
- Understanding mindfulness
- Exercise
- Stress management

Registration is now open
and the **deadline is**
October 1st!



Clover Safe Notes

Clover Safe Notes Spotlight for September: TIDAL POOL EXPLORATION (Note #27). A variety of marine plants and animals may be encountered when exploring tidal pools along the California coastline.

Palm kelp, red algae, surf grass, anemones, barnacles, mussels, crabs, limpets, sea urchins, sea stars, and snails are among the types of marine plants and animals that may be observed in California tidal pools.



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.



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 August 30th meeting, the Council reviewed Fair , namely the suggestions being returned to the Fair Staff for continued improvement.

The next meeting will be held Oct. 25, 2017 at 7:00pm at the UCCE Office. Please submit agenda items and suggestions for review to uccev4-H@ucanr.edu two weeks in advance.

For more information, visit <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) 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 leadership are:

- 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 cwrap@verizon.net.

State Field Day

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

I attended State Field Day on Saturday, May 27. I participated in the presentation contest, entomology contest, and consumer science judging contest. I went to attend the event with my sister, Natalie O'Brien and our friend, Brett Bowman.

For my presentation, I competed in the category of Senior Demonstration, doing my presentation, "Cool as a Cucumber" on making healthy infused waters. For the awards ceremony, I got a platinum on my presentation with an average score of 40. I received a blue ribbon for the entomology contest and I got a gold for the judging contest.

Natalie participated in the mock interview contest and judging contest. She received a gold in the mock interview contest and also received gold in the



judging contest. Brett got a gold for his intermediate demonstration on tattooing a rabbit.

We had a good time and I recommend that more 4-Hrs come next year! Even if you aren't doing a presentation, there are lots of contests you can participate in such as photography, judging, entomology, horticulture and Fashion Revue.

Ventura County's 2nd Annual



HEAD • HEART • HANDS • HEALTH
4-H Youth Development Program

Fall Kick-Off

Saturday, September 30, 2017
UC Hansen Agricultural Research
and Extension Center
9:00 am to noon



Youth, Parents, and Volunteers, come
join us at Ventura County's 4-H Kick-off!
There will be fun activities and various
Information sessions for the new and the returning to
make the best better. And don't forget about the ice cream!

RSVP by September 23rd, 2017 at
<http://ucanr.edu/survey/survey.cfm?surveynumber=21643>

Ventura County 4-H Program | 14292 W. Telegraph Road | Santa Paula | CA | 93060
<http://ceventura.ucanr.edu/>



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University of California
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The 4-H Southern Area Committee presents:

2017 4-H Southern California Healthy Living Fair



Games,
Prizes,
Activities for
all ages!

Saturday, November 11, 2017

8:30-9:00 Color Me Green Run Registration

9-11:00 Color Run • 11:00-3:00 Healthy Living Fair

Food will be available for
purchase, or bring your own
healthy picnic.

Rancho Santa Rosa Community Clubhouse
11701 E. Las Posas Drive, Camarillo, CA 93012



Don't be left behind...

Online Registration will be available soon.

Online registrations prior to November 1: \$5 - \$7 at the gate

- Color Run (additional \$5 entry fee)
 - Educational and Entertaining Speakers, like
 - Sade Champagne, Radio Personality
 - Camarillo YMCA
 - Stress Management, Sleep, Nutrition
 - Rivers Dance Arts
 - Activities - Yoga, Gardening, and more!
 - Bring a Healthy Living Poster
 - Community Service Project
 - Celebrate Veterans Day with our Vets!
 - Check out FOOD Share's Truck Farm
- Questions? Email: jepoland9@gmail.com



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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

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Article Submission

Deadline: first Monday of month for following issue consideration

Email articles to 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.

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Geodes in the Backyard

Want to create some geodes in your backyard? Here is a fun way to learn how geodes are formed using eggshells! In this project, you will learn how natural geodes in rocks are formed and about super-saturated solutions! For a step-by-step tutorial, <https://sciencebob.com/eggshell-geode-crystals/>



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: CALIFORNIA AQUATIC SCIENCE ED. CONSORTIUM

CASEC was established in 1990 with funding from the National Science Foundation as a consortium of some 80 member agencies, organizations, and citizens' groups. Its purpose was to encourage, support, and enhance aquatic (fresh and marine) education programs in the State of California.



CASEC's mission became the promotion of a greater scientific literacy, a more thorough understanding of the value and workings of fresh water and marine ecosystems, and an enhanced awareness of scientific, environmental and policy aspects of California water issues. <http://4h.ucanr.edu/Programs/Projects/SET/EE/CASEC/>

CALENDAR

- | | | | |
|-------|---|---------|--|
| 9/1 | Year-End Reporting Due to 4-H Office | 10/25 | County 4-H Council @ UCCE 7pm |
| 9/16 | Record Book Judging @ UCCE | 11/3-5 | Mindfulness Retreat in Cambria |
| 9/23 | Southern Area Field Day-Livestock @ Mt. Sac | 11/4 | 4-H Showcase for Farm Day @ HAREC 10-3 |
| 9/25 | Record Book Interviews @ UCCE | 11/11 | Healthy Living Fest & Color Me Green Run |
| 9/30 | Fall Kick-Off @ HAREC | 11/18 | County Presentation Project @ UCCE |
| 10/4 | 4-H Science Night | 12/31 | Project Enrollment Deadline |
| 10/5 | Achievement Night @ HAREC | 1/12-14 | Southern Youth Summit @ Pathfinder Ranch |
| 10/21 | Project Leaders Field Day @ HAREC | 1/31 | County 4-H Council @ UCCE 7pm |
| 10/21 | PDC Leadership Orientation Meeting | | |

2017 CALIFORNIA STATE 4-H & FFA LIVESTOCK QUIZ BOWL

Grand National Livestock Exposition, Horse Show and Rodeo
Saturday, October 14, 2017

The California State 4-H Office will be hosting the 2017 California State Livestock Quiz Bowl as part of the Grand National Livestock Exposition, Horse Show and Rodeo on October 14, 2017.

This contest is open to both **FFA** and **4-H** members. The top 4-H team and the top FFA team at this contest will be eligible to compete at the [Western National Round Up](#) in Denver, Colorado in January. For more information, please click [here](#).



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!

- 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. Resources are available at http://4h.ucanr.edu/Resources/Branding_Toolkit/
- The Fall 2017 Tractor Supply **Paper Clover** fundraising campaign is from October 4 to 15. Look for more information coming in next month's CloverLines.
- Reminder! **Adult Volunteer Leaders** cannot be approved without completing the new (or returning volunteer) online training. Club activities and projects may be compromised until this is completed. Please follow the instructions you received in e-mail when you enrolled online. Training is about 90 minutes for returning or about 3 hours for new volunteer. There is no need to do it all at once. You may go in and out as your time allows. But it needs to be done! If you have questions, please contact Annabel Faris at 805.525.9293 x 206 or awfaris@ucanr.edu.

