



CloverLines

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

VC 4-Hers Celebrate National 4-H Week

For the 75th consecutive year, millions of youth, parents, volunteers and alumni across the country will celebrate National 4-H Week during the first full week of October. Ventura County 4-H will showcase the incredible experiences that 4-H offers young people, and will highlight the remarkable 4-H youth in our community who work to make a positive impact on those around them.

4-H alumni around the country are always the first to acknowledge the significant positive impact 4-H made on their lives. The opportunities and experiences 4-H provides, empowers youth to become true leaders. In fact, research has shows 4-H youth are almost four times as likely to contribute to their communities, and twice as likely to engage in Science, Technology, Engineering and Math (STEM) programs in their free time.



One of the most anticipated events of National 4-H Week every year is 4-H National Youth Science Day. Nationwide hundreds of thousands of youth take part in the world's largest youth-led science challenge. This year's exciting theme is Incredible Wearables. On Wednesday, Oct. 4, youth will use the engineering design process to build prototype wearable technology. They will gather data to help solve a real-world problem. From education and sport, to health, fashion, entertainment, transportation and communication, industries use wearable technologies worldwide.

This week...

10/4 4-H Science Night—Incredible Wearables
UCCE Office Ventura at 7 pm
Join in the experiment and the fun!



10/5 Achievement Night
HAREC at 6 pm
Record Book Awards, State Field Day Awards, Club Seal Awards and other recognitions happen on this beautiful Fall Night.

COMMUNITY SERVICE SPOTLIGHT:

Backpacks For Kids

By Adler Striegel

It is Backpacks For Kids season again!! This is my third year coordinating the, Backpacks For Kids community service project which collects new or gently used backpacks filled with school supplies and shoes. I then ship them to be distributed to impoverished kids in Quilali, Nicaragua. This year in addition to backpacks we are collecting monetary donations to go towards buying computers for the high school in Quilali. Last December, I was fortunate to travel to Quilali and took time to tour the local high school and met the principal and teachers (see picture). There I learned that students have almost no working computers and what they do have are very, very old. It has made it so students can't learn about computer technology or programs.

If you would like to have your club participate in this wonderful project email me at adlerstriegel@gmail.com or call me at (818)-437-1847. I will provide you with a tool-kit that includes a guide on how to present this community service project to your club as well as an information flyer for your club members. I am also



available to give a slideshow presentation at your club meeting to share pictures and stories from my trip to Nicaragua.

Last year Backpacks For Kids was able to collect 65 backpacks from Loma Vista, Las Posas, and Agoura Hills 4-H clubs. This year my goal is to get 100% participation from all of the clubs in Ventura County! This is a vital project that helps so many people in need. Thank you for making Backpack For Kids so successful.

EMERALD STAR PROJECT:

4-H Feature at the Fair

By Amanda Drews, Las Posas 4-H

My Emerald Star Project began late in May, when I volunteered to plan and assemble a 4-H booth in the Agriculture Building at the Fair. My goal was to develop a booth that both informed the public about all of the opportunities that 4-H offers and include



several member's 4-H projects to show people what 4-H'ers are doing. Once my project was approved I began using resources such

as Pinterest boards and pictures of previous 4-H booths as inspiration for my project. My final design for the booth featured a barn as the background with the 4-H livestock animals inside, a couple posters that described what 4-H is and projects from some 4-Hers. I spent the week before the fair setting the booth up and arranging all the different elements. I was shocked when I saw the booth won first place!

From this project I learned a lot about setting a timeline for my work to be completed and holding myself accountable to these deadlines. I am grateful for the opportunity I got to put this booth together while putting something together that represents Ventura County 4-H. I am thankful for those that offered their pictures and projects for the booth as well as the support I received from so many people.

Join the Countywide Presentation Project

By Sean and Kelly Quinn, Loma Vista 4-H

Get the chance to meet 4-Hers from throughout Ventura County as you improve your public speaking skills and create a dynamic presentation that you can showcase at County Presentation Day on Feb. 10, 2018. Join a countywide presentation project for the 2017-18 year.

We will hold two sessions at the UCCE office, 669 County Square Dr. #100, Ventura, CA 93003. Here are the details on the sessions:

• **Project Meeting I: Nov. 18, 2017, 9 a.m. to 12 p.m.** Learn about the different types of presentations you can do at County Presentation Day and watch 4-H members present examples. Work on your public

speaking skills through fun games and impromptu speaking exercises.

• **Project Meeting II: Jan. 6, 2018, 9 a.m. to 12 p.m.** Bring your idea or a draft of your presentation and get hands-on help. You will work on all aspects of your presentation including the speech, poster, digital slides, props and more. You can also practice with your peers.

If you would like to join, please fill out this online form: <http://ucanr.edu/survey/survey.cfm?surveynumber=21519>.

Do you have questions? Please email project leader Melissa Lalum at: melissa.lalum@gmail.com.

Help for the Homeless

By Alexandra Thompson, Conejo-Simi 4-H

I am currently searching for VC 4-Hers interested in being involved in my Emerald Star Project. My project will entail the volunteers learning the importance of:

- safe food handling
- personal hygiene
- making care packages including toiletries to pass out to some of the homeless population
- serving a shelter meal to the homeless, and
- making brown bag lunches for the needy at the meal

I have two dates available, both Monday nights, for those who are interested in volunteering: October 16 and November 20, at 5 pm, at Holy Trinity Lutheran Church in Thousand Oaks. There are limited spots, so please contact me at alexthompsonat@outlook.com soon.

Remember, those who participate will get community service hours for their record book!

Clover Safe Notes

Clover Safe Notes Spotlight for October:

SAFE CANNING PRACTICES (Note #48).

If you are 'putting up' a bountiful harvest of summer fruits, this is a good place to start. Canning can be a great way to enjoy your harvest all year long, but safe practices must be followed.



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.

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/](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 cwrayh@verizon.net.

Healthy Living

Just as 4-H experiences should include components that support the “head, heart and hands” of youth, all 4-H experiences should also include aspects that promote “health”. 4-H Healthy Living is a national initiative to promote ways to make a child’s experience in the program optimal, which includes social, emotional, and physical supports. By implementing the tips provided below, you can ensure that you are doing everything possible to help your 4-Hers grow up able to form lasting relationships, deal with stress and their emotions, make healthful dietary choices, engage in physical activity to promote optimal growth of minds and bodies, and avoid unnecessary risks. These areas are found to be some of the most important for success in life.

Download the Meeting/Event Healthy Checklist at <https://nifa.usda.gov/sites/default/files/resource/Club-Event-Checklist.pdf>

4-H Grown @ Farm Day 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.

This is a great time to show off the Farm to family & friends too. See the flyer on the next page.



Farm Day with UC

Saturday, Nov. 4th 10-3

Join Us!

Farm Day with the University of California will be at the Hansen Agricultural Research and Extension Center! The Farm opens at 10am.

Enjoy a cooking demonstration, harvest veggies from the field, see ag research, wander gardens with Master Gardeners, run through the grain maze, visit CalNaturalists, get to know garden pests with Integrated Pest Management, hands-on and 4-H activities, plus so much more.

Bring a lunch to enjoy our comfortable picnic areas.

Get a list of the farms open on Farm Day at venturacountyfarmday.com/farms.php



University of California

Hansen Agricultural Research & Extension Center

At Briggs & Telegraph in Santa Paula

Enter free, plentiful parking area from Briggs Rd.

University of California
Agriculture and Natural Resources
ceventura.ucanr.edu ■ 805.645.1451

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We are UC ANR!



The 4-H Southern Area Committee presents:

2017 4-H Southern California Healthy Living Fair

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

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



4-HERS ARE **2 TIMES** MORE LIKELY
TO REPORT HEALTHIER LIVING.

Don't be left behind...

Online Registration will be available soon.

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



Food will be available for purchase from **Javi's Tacos**, or bring your own healthy picnic.

Please bring a canned food donation for FOOD Share!

- **Color Run (additional \$5 entry fee)**
- **Educational and Entertaining Speakers,**
 - ⇒ **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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University of California
Agriculture and Natural Resources



4-H Office Information

Office Hours by Appointment Only
Closed on UC Holidays

UC Hansen Ag Research & Extension Center
14292 West Telegraph Road
Santa Paula CA 93060

General Email: uccev4-H@ucanr.edu
Office Fax: 805-525-5475

Annabel Faris
YFC Program Coordinator
805-525-9293 ext. 206
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Susana Bruzzone-Miller
YFC Program Manager
805-525-9293 ext. 212
sbmiller@ucanr.edu

Article Submission

Deadline: first Monday of month for following issue consideration

Email articles to gwvanoni@ucanr.edu.

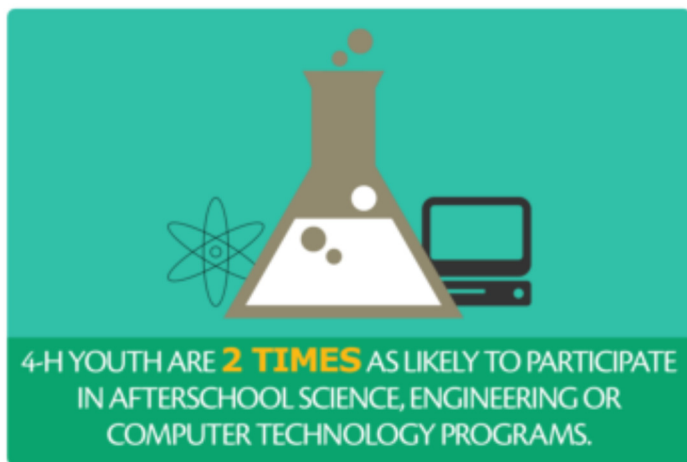
Include your name, club, name of activity, and if submitting images, please identify those pictured. Remember to hyphenate 4-H and use copyrights where appropriate. All submitted articles and images become the property of 4-H to be used in print and/or online per editorial discretion.

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Science Buddies

Top Crops Hiding in Your Food

It's the bottom of the ninth, and you've spent a great afternoon at the ball game with a hotdog, a soda, and an ice cream in hand, but I'll bet you're not thinking about how many crops went into those classic baseball snacks. Sure, the bun contains wheat, but did you know that the hotdog might contain wheat, too? And soybeans may have been used to give that ice cream its perfectly smooth texture, while corn was likely used to sweeten the entire meal! Crops can be changed and added to processed foods to improve their taste and texture. In this cooking and food science fair project, you'll find out which crops are used most often in processed foods. Get ready to discover some sweet and savory secrets. This activity and many others can be found at the Science Buddies: 4-H Projects page at <https://www.sciencebuddies.org/parent-resources/projects-for-4-h>



4-H Library: HEALTHY CHOICES MADE EVERY DAY

Make it Safe, Keep it Safe—The Make it Safe, Keep it Safe (MISKIS) training has been designed for UC ANR staff and volunteers with food safety information to minimize the risk of the foodborne illness. This training can be accessed at <http://ucanr.edu/sites/MISKIS/>

Health - It's Your Choice—This curriculum is designed to assist youth in making informed lifestyle choices. The projects are designed around six wellness factors: body motion, circle of friends, brainpower, express yourself, dream on, and my world. Wellness deals with the total person—mind, body, and spirit—and all parts of his or her life. The National Health Education Standards are supported through the activities and information in these projects. This curricula is available for check-out in the 4-H Library at Hansen Ag Research & Extension Center.



CALENDAR

10/1-7 National 4-H Week

- 10/4 4-H Science Night @ UCCE 7pm
- 10/5 Achievement Night @ HAREC 6pm
- 10/11 Record Book Workshop @ UCCE 6:30pm
- 10/11 Large Livestock PDC @ HAREC 7pm
- 10/21 Project Leaders Field Day @ HAREC
- 10/21 PDC Leadership Orientation Meeting
- 10/25 County 4-H Council @ UCCE 7pm
- 10/25 Kaleidoscope PDC @ UCCE 6pm

- 10/25 Skills Development PDC @ UCCE 6pm
- 11/3-5 Mindfulness Retreat in Cambria
- 11/4 4-H Showcase for Farm Day @ HAREC 10-3
- 11/11 Healthy Living Fest & Color Me Green Run
- 11/18 County Presentation Project @ UCCE
- 11/23-24 Thanksgiving—Office Closed
- 12/1 Enrollment Deadline
- 12/22-1/1 Winter Holidays—Office Closed
- 12/31 Project Enrollment Deadline

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 – UC 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!

- **Record Book Workshop**—Members come learn all about record books. It will be at the UCCE Office in Ventura on Wednesday Oct 11th at 6:30 pm. Start the year off right, with a Record Book plan.
- **Check out a PDC!** These Program Development Committees serve as Council committees serving a specific project area. Before the next Council meeting on Oct. 25th several of these PDCs are meeting. Curious? Try a PDC and then stay for Council.
- Time to get your ducks in a row? **Project Leader Field Day** will be Saturday, Oct. 21st at UC Hansen Ag Research & Ext. Center. This day is filled with information, tips and specialized topics that can really help make your best better.
- Invite your friends and family to **Farm Day with UC** on Nov. 4th at HAREC, home of the VC 4-H Office. The flyer is on page 5 of CloverLines. It's a fun-filled day with lots of activities for everyone to enjoy.