



# CloverLines

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

## Science Night was Incredible

By Livia and Adeline Vertucci, Loma Vista 4-H

Did you take ten thousand steps today? Do you know how many miles you walked or ran today, or how many flights of stairs you walked up?

If you answered, 'I don't know,' you probably did not have on a wearable!

Wearables are small devices that you can wear on your body that can track your pulse, how many steps you take, how many flights of stairs you climb, where you are, and how much you move when you sleep. Wearables can be programmed to remind you to stand up from your desk. People can even read their text messages and emails on wearables.



On Wednesday, October 4<sup>th</sup> youths and adults across the country, around the world, and in Ventura County, attended or participated in the 4-H National Youth Science Day activities, where they learned about and made pretend wearables. Twelve 4-H members from Bardsdale, Chief Peak, Loma Vista and Somis clubs took part.



Science night was held at the Ventura Cooperative Extension office. Monica Bednar-Stanley, a teacher at El Camino High School in Ventura and Diana Enos, a Somis 4-H Club parent who works at CSUCI, taught us what wearables are and what they do. Wearables are placed on the body, usually the wrist, where the pulse can be felt. The wearable uses the body's pulse and the Global Positioning System (GPS) to track and record information.

Our main activity was to make a sample wearable that could be worn on any part of the body where there is a pulse, except the wrist. We used recycled materials like scarves, fabric, ribbon, dresses and shirts, wire, Velcro, and tape to make the cases that could hold a small box of mints that we were using as the imaginary computer part of the wearable.

The wearables that we created were all different. Some kids put their wearable cases around their chests with a strap around the neck and chest. Other kids put theirs around the ankle, around the head like a hat, and around the heart area inside a dress. Then, we each had to test our wearable to see if it could stay on when we used a hula hoop and jumped rope. Some wearables stayed on but others did not. Each wearable was unique, some were strong but not pretty. Others were pretty but not strong. The winners of the best designs got to take home a science kit as a prize. It was a fun night and we learned a lot about wearables and design.

### Why Science Matters to Me Photo Contest

Submit a photo showing how life science is behind the food you eat, benefits your health or helps your animals, and write a caption telling us why science matters to you! You could have the chance to win a trip for three (3) to the National Youth Summit on Agri-Science, January 12 -15, 2018. Hurry! You only have until 11:59PM ET on November 26th, 2017 to submit.

<https://4-h.org/get-involved/partners/4-h-and-bayer/science-matters/>

# Record Keeping Success



By Aurora McLean,

Loma Vista 4-H

I would like to share with you my experience writing a 4-H Record Book. Keeping record of all the events I go to, all the community service I do,

and all the projects that I am in every year.

My Record Book helped me

get a scholarship last year for

a special STEM summer camp, I got to spend a whole week living in the dorms at UCSB. I took it to the interview and was able to show them all the things I do and what my sparks are.

This year I also won some very special 4-H awards from Ventura County 4-H. I got a Record Book interview this year and I won the \$50.00 Record Book interview award. I won a special cooking award and a new cook book! That was the Lynn Vacca Foods Award. I participated in every food project offered in my 4-H club last year and I loved them all!! And I am so grateful to earn this award because learning about food and how to cook is very personal to me.

There were only about 40 Record Books turned in from the whole county this year. There are different types of forms for different age groups. For instance, this year is my first year as a Senior 4-H'er so I'm learning how to add a resume to my record book. And I would love to share how great it is writing and keeping a Record Book. My mom says it's like a middle childhood "baby book" or scrape book too, because when I'm older we can look back on it and see all the cool stuff I did as a kid. Learning how to write a Record Book can seem overwhelming, but my mom helps me and she is willing to help everyone else! If you don't have a record keeping or Record Book project in your club you are welcome to cross

club and come to our Record Book meetings. At Loma Vista we have two co-leaders for our Record Book project. Also, I talked to my mom and asked her to help other kids too, so she said anyone can call my mom and meet for coffee and she will help you. Or best yet I could help some younger kids too! We want to help more kids to write them, because once you get the hang of it, it's fun and then you have something special that not every kid has and it shows you all the things you do in your 4-H career.

**A quick tip:** We learned it's easier to write in your PDR once a month to help you remember all the dates you did things, and once you start writing your PDR you will find you want to become more involved in our counties events and it's amazing if you just ask how many leadership opportunities your club will have for you! *Happy record keeping!*

## SAVE THE DATE

## Record BookWorkshop

Come learn all about Record Books, meet new friends, and win prizes too!

All 4-Hers, parents and leaders are invited to this fun, interactive workshop to teach you how to do a Record Book and give you tips for how to make them great.

Find out how to earn your achievement stars and win Record Book medals and awards!

RSVP at <http://ucanr.edu/survey/survey.cfm?surveynumber=22165> by Jan. 8th.

**Date:** Saturday, January 20, 2108  
**Time:** 9:00 am to 12:00 pm  
**Where:** Santa Rosa Valley Clubhouse  
 11701 E. Las Posas Rd., Camarillo





# Two Events Focus on Leadership

## Achievement Night

was October 5th, with members receiving Record Book medals, as well as Club Gold Seal Awards, Emerald Stars and several other achievement awards. The event was at



Program Development Committee (PDC) Chairs followed by a larger session for any project leaders. The morning was rich with information, following the [Steps to Success in 4-H](#).

Project Leaders toured the 4-H Lending Library and finished up with one-on-one questions and a little pie and coffee. Project Leaders who attended were asked to complete an event eval-



UC HAREC in the big barn with games and dessert with a “glowing” theme.

## Project Leader Field Day

was October 21st at UC HAREC. There was an early morning session for

uation so that the 4-H Council Board can make this event even better next year.



## 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

For those who are interested in volunteering: Monday, 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](mailto: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 November/December:**

**FLOAT PREPARATION AND PARADE SAFETY (Note #43).** Preparing floats and participating in parades can be fun and educational experiences. However, participants should be aware that there are inherent hazards associated with these activities and take appropriate precautions to prevent injuries to themselves and others.

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.



# 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 October 25th meeting of Council including PDC and Event updates as well other reports pertaining to County, Area and Statewide programs.

**The next meeting will be held Jan. 31, 2018 at 7:00pm at the UCCE Office.** Please submit agenda items to [venturaco4hcouncil@gmail.com](mailto:venturaco4hcouncil@gmail.com) and suggestions for review to two weeks in advance.

For more information, visit <http://ceventura.ucanr.edu/Families - Communities/4-H/Ventura County 4-H Council/>

## PDC Leadership Update

We are pleased to share that all of the Program Development Committees (PDCs) have chairs who are scheduling meetings and planning events. These leaders are:

- Consumer Science—Edith Sorensen
- Equine—Rhonda West, Jessie West & Catherine Good
- Kaleidoscope—Kitty Beckmann
- Large Livestock—Virginia Reyes
- Leadership—Rachel McClanahan
- Skills Development—Heidi Marshall
- Small Animal Sciences—Crystal McClean

Please watch the 4-H calendar for exact dates and times.



# Western Region Volunteer Opportunity

*By Gemma M Miner, California 4-H Academic Coordinator for Volunteer Engagement*

In order to meet the changing needs of 4-H volunteers, the Western Region Program Leaders, have charged the Western Region Volunteer Specialists (WRVS) the task of seeking input and making recommendations about 4-H volunteer learning opportunities in the west.

The goals of this effort throughout the Western Region are to:

1. Increase volunteer participation in professional development opportunities.
2. Improve the access to learning opportunities for diverse populations of volunteers.
3. Improve intentional focus on positive youth development.
4. Ensure that learning opportunities are high quality, relevant, innovative, accessible and fun.

The reason for this work is that if 4-H volunteers increase participation in 4-H learning opportunities over time then positive youth development and program quality will increase for 4-H youth.

Volunteers throughout the Western Region will have opportunities to provide input toward volunteer learning

strategies.

The timeline is:

Fall/Winter: Develop, distribute and administer tools to gather input from 4-H professionals and volunteers

March WRLF: Conduct focus groups in San Diego

March - April: Conduct region-wide online focus groups

March - May: Analyze data

June: Make recommendations to WR Program Leaders for future volunteer development endeavors.

August: WR Program Leaders determine course of action for future volunteer development endeavors.

To accomplish this work, the WRLF 2019 scheduled to be held in Utah is cancelled while the recommendations are developed. Every effort will be made to provide 4-H volunteers with relevant and useful regional professional development opportunities as quickly as possible depending on the results of the listening tools.

We look forward to your participation in one or more of the listening opportunities to provide feedback to this important work. To participate face-to-face, be sure to register for WRLF 2018 in San Diego. Watch for other ways to provide input.

# Healthy Living

## Don't Shake Off the Shake Out

On October 19th, millions of Californians participated in the Great Shake Out. Drills and activities designed to prepare and highlight safe practices before, during and after an earthquake. If you missed it, don't worry, there is still a lot you can do to prepare and help prepare fellow club members.



- First, start the **conversation with compassion**. Not everyone has the same level of comfort in discussing earthquakes (any potential natural disaster). Don't force anyone to participate in the conversation and approach it with the idea that practicing is a good way to help everyone stay safe.
- Next, **plan a drill** for your club. Remember to keep the tone calm. Enlist volunteers to help everyone stay relaxed, but involved in the activity. Shake Out has prepared a manual just for organizations like ours. [https://www.shakeout.org/downloads/ShakeOutDrillManualNonProfitOrgs\\_v2.pdf](https://www.shakeout.org/downloads/ShakeOutDrillManualNonProfitOrgs_v2.pdf)
- Last, encourage your club members to take the **preparation** home. Prepare or update kits for cars and homes, so that supplies are ready - just in case. Remember to include food for pets, medicines, etc. [Ready.gov](http://Ready.gov) has a great checklist to help you get everything you need.

## SFR Service Projects Announced

The service projects for 2018 State Fashion Revue are pillowcases for Ryan's Case for Smiles and blankets for Project Linus.



### Project ♥ Linus



Ryan's Case for Smiles distributes pillowcases to children with life-changing illnesses. Project Linus provides handmade blankets to seriously ill and traumatized children. For more information, visit the SFR website and scroll down to the section for Service Projects.

The 2018 SFR categories are Traditional, Upcycled, Consumer Science Purchased \$40, See it, Sew it Challenge, and Retro/Vintage Inspired Challenge. For complete information, see the SFR website [http://4h.ucanr.edu/4-H Events/SFD/SFR/](http://4h.ucanr.edu/4-H%20Events/SFD/SFR/)

## SAVE THE DATE

## 2018 State Field Day

The 2018 California State 4-H Field Day will be held on Saturday, June 2, 2018 at UC Davis.

This is largest and most comprehensive educational event for 4-H youth members (age 9-19) and 4-H volunteer educators, California State 4-H Field Day has more than 1,500 participants annually. Since 2002, 4-H'ers from throughout the state have come together to connect and compete in this statewide event, held annually on the campus of the University of California, Davis. The goal of the event is to provide a culminating experience for 4-H members in their year-long 4-H education in public speaking, textiles, plant sciences, photography, interview skills, and entomology.



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**

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

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!**



**Don't be left behind...**

**Online Registration:**

**<http://ucanr.edu/survey/survey.cfm?surveynumber=22035>**

**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
  - Camarillo Health Care District
- 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



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**University of California**

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**4-H Youth Development Program**





## 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 [gwvanoni@ucanr.edu](mailto: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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## Fun in Fall

### Project Learning Tree Fall Leaf Activities

Project Learning Tree, an environmental education resource, has created a wonderful list of Fall Leaf for young learners. These are perfectly designed at Primary 4-H ages. And, the instructions are well written giving any leader, or junior/teen leader the easy task of leading the project. Projects range from leaf pounding to scavenger hunts to graphing. This and many other activities can be found at <https://www.plt.org/educator-tips/>



## Google + 4-H

### Computer Science Pathway

The story of how Google and 4-H are working together to create a first of its kind, Computer Science Pathway is featured on this month's 4-H Grows Here blog. This and other articles can be found at <http://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=25210>

## 4-H STEM Updates

**Do you want to learn more about Science, Technology, Engineering, and Math (STEM)?** Subscribe to receive CA 4-H STEM updates! This is a great way to stay informed on upcoming STEM events in California and opportunities for 4-H'ers and volunteers. [Subscribe here.](#)



## **4-H Library: 4-H THRIVE SERIES AT YOUR PACE**

The Thrive Educational Series is available for download from the state 4-H website at [http://4h.ucanr.edu/About/Framework/PYD/Thrive/4-H Thrive Educational Series Resources/](http://4h.ucanr.edu/About/Framework/PYD/Thrive/4-H%20Thrive%20Educational%20Series%20Resources/).

Included on this page is each of the age-appropriate curricula in the series (iSprout, iGrow, and iThrive). The page has links to the videos used in the curricula, an order form for supplemental supplies that cannot be purchased in the store, and links to the short online courses for those leaders that wish to gain a deeper knowledge and understanding of the principles of thriving without having to travel to statewide training.

**No registration or certification is required!**



# CALENDAR

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  
 1/12-14 Southern Youth Summit @ Pathfinder Ranch

1/12-15 National Youth Summit on Agri-Science  
 1/27 Food Faire  
 1/31 County 4-H Council Meeting @ UCCE 7pm  
 2/10 Presentation Day  
 3/10 Fashion Revue  
 3/28 County 4-H Council Meeting @ UCCE 7pm

**For more information on these and other upcoming events, please visit**

[http://ceventura.ucanr.edu/Families - Communities/4-H/NewsMain/](http://ceventura.ucanr.edu/Families-Communities/4-H/NewsMain/)

**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

## 4-H will be at Farm Day

Visit a Farm on Nov. 4th in celebration of Farm Day! Refer your friends and family to UC Hansen REC to see 4-Hers sharing their best with visitors on Farm Day.



## 4-H Yard Signs are for Sale

The Management Board is selling 4-H Spirit and 4-H Directional yard signs to raise funds for 2017-2018 area events and conferences. Here is the [order form](#).



## It's That Time of Year!

- Reminder! **Adult Volunteer Leaders** cannot be approved without completing the new (or returning volunteer) online training. We are quickly approaching the time when you will not be able to continue as a leader if you have not completed this online training. The **enrollment deadline is December 1st**. 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 or problems, please contact Annabel Faris at 805.525.9293 x 206 or [awfaris@ucanr.edu](mailto:awfaris@ucanr.edu).
- Spark Surveys are open!** Help us learn more about what 4-H does for you! There is a \$10 Target gift card for the first 50 youth that complete all their Sparks Surveys in the Online Record Book. Surveys open Oct. 1, 2017 and close Jan. 31, 2018. Without Sparks Surveys, we wouldn't know that 4-Hers:
  - 85% are interested in science
  - 86% have a positive attitude towards physical activity
  - 83% are involved in their community

To access the surveys, use this link: <https://4horb.ucanr.edu/login.cfm> Your 4hOnline login email is the same to login to ORB. Surveys you need to take will all be listed – it's easy to take them!