



CloverLines

University of California Cooperative Extension
Ventura County 4-H January 2018

4-H Shined at Farm Day



On November 4th, Farm Day guests toured UC Hansen Agricultural Research & Extension Center (HAREC), to see many UC programs. The “Big Barn” served as a hub for the 4-H showcase that hosted pumpkin crafts, a meet & greet with 4-H small animals (rabbits, chickens, etc.) and even a table set with examples of 4-H curriculum and information about joining 4-H.



Alexandra Thompson even set up a community service opportunity where people could decorate paper bags that would be used to pack lunches for the homeless as an extension of her Emerald Star project. For more information about this project, see page 3.

Just outside the barn was a selfie station with lots of props and a 4-H #TrueLeaders Frame, where even County Supervisor Kelly Long and her daughters got into the action (picture upper right). One of the other 4-H props was a word bubble that said “Green is my new favorite color” with a giant clover. Guests really enjoyed getting into the spirit of Farm Day.



Other 4-Hers helped with the other activities on the farm, like a cooking demonstration of green bean salad, harvesting veggies from the field, assisting in gardens with Master Gardeners, talking about bees alongside the CalNaturalists, and so much more.

HAREC was just one the 20+ farms participating in Ventura County Farm Day, organized by SeeAg. The goal of the event is to help connect people to their food and the farmers who grow it. In 4-H, we grow leaders, and they really shined through on Farm Day.

Thank you to all the 4-H members, leaders and families who made Farm Day possible.

Healthy Living Fair Came to Life!

By Jessica Poland, Bardsdale 4-H

On November 11, 4-H Southern Area Committee hosted the 2017 4-H Southern California Healthy Living Fair in Camarillo. It was a day of great fun for dozens of local 4-H members and their families. Participants came from as far away as Fountain Valley and Hesperia for this fun event.

The Healthy Living Fair (HLF) was kicked off by a fun Color-Me-Green run which was coordinated by Audrey Hargleroad and a great crew of volunteers from the Santa Rosa Valley club.

We also had some fantastic speaker presentations! Eboni Payne and dancers from the Rivers Dance Arts group taught us some basic dance and ballet moves. Sade Champagne gave a very motivational talk and performance on confidence and self-worth. Physical Therapist Carol Paul gave a great lesson in keeping your body in shape. Last but not least, Andrew Huizar from the Camarillo Boys and Girls Club talked about youth development and the programs they offer for kids of all ages.

HLF also received tremendous support from our community. Vons, Jamba Juice, and Trader Joes donated funds and bottled water to support the event. FOOD Share, Camarillo YMCA, Camarillo Health Care District, the Camarillo Boys and Girls Club, and California Women for Agriculture donated their time and energy with booths sharing their healthy living activities, crafts, and helping kids plant their own Garden In A Glove. At other booths, HLF participants could collect information on a huge variety of Healthy Living topics, color, make bracelets, collect recipes, and view relevant posters.

And to top it all off, Javi's Taco Truck came out and fed us all wonderful tacos. Thank you to all of the volunteers who helped with this event - especially Audrey Hargelroad, Karennia Nelson, Butch, Kate and Kitty Beckmann, Gwyn Vanoni, John Trammel, and Edith and Anna Sorensen and anyone else, whose name I've forgotten to mention (please forgive me).

Next year, the Healthy Living Fair will be hosted by a

different County, but I hope you'll plan to visit.



CloverLines



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



COMMUNITY SERVICE SPOTLIGHT



Building Comfort

by Anna Sorensen

The Conejo Simi 4-H Club collected bears at Build-A-Bear to donate to the Ventura County Sheriffs Department. Sheriffs and Police Departments have a program where they give a stuffed bear to a child that is being removed from unfortunate circumstances. These bears provide great comfort to the children in times of uncertainty. We were also very lucky to have Sheriffs Captain and Assistant Chief of Police for Camarillo, Jeremy Paris, come and support our effort.

Thank you to the VC Sheriffs for all they do.



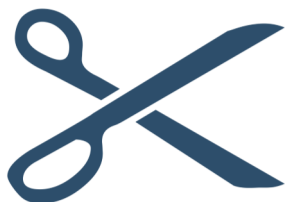
Blanket Makers Needed

By Alexandra Thompson, Conejo-Simi 4-H

I welcome you to participate in the final stage of my Emerald Star Project in which we will be making tie blankets for local homeless people. This will be another opportunity to get community service hours! Parents must be ready to sign photo and press releases as this aspect of my project is funded by Disney YSA grants, because there is a small chance that your child's photo may be used in publicity for Disney's grants program.

Please join me **January 7, 2018 at 1:30 pm** until approximately 3:30 pm at Holy Trinity Lutheran Church. The address is 1 West Avenida De Los Arboles, Thousand Oaks, CA. Please RSVP at [Help For The Homeless - Emerald Star Project](#). Questions? Email alexthompsonat@outlook.com.

Also, if you have fabric scissors, please bring them as we will be in need of many pairs! Remember to indicate how many pairs you have when you RSVP.



Holiday Bookmarks & More

By Anna Sorensen, Conejo-Simi 4-H

Conejo-Simi 4-H Holiday Community Service was at the Simi Valley Library. We provided bookmarks that could be decorated for about 150 young children at the Winter Wonderland Holiday Celebration.

Additionally, we had a card making table for Meals on Wheels Simi Valley. The cards will be distributed to about 150 senior citizens in program.

We also collected blankets and bedding for our Animal Shelter to help with all the displaced animals because of the Thomas Fire. The shelter was so happy to see this, and stated 'that it is so important for these animals to have a blanket to cuddle into during these uncertain times'.

We also collected water and snacks for police employees and officers. Some club members baked cookies and delivered a big bag to the shelter for the employees and officers working there around the clock.



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 Jan. 31, 2018 at 7:00pm at the UCCE Office. The meeting will include PDC and Event updates as well other reports pertaining to County, Area and Statewide programs. Please submit agenda items to 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.

Healthy Living

2018 HEALTHY LIVING RESOLUTIONS

Make 2018 your healthiest year yet! Add these tips from the Center for Disease Control (CDC) to your resolution list to boost your health and well-being!

1. **Make an appointment for a check-up,** vaccination, or screening. Regular oral and medical exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better.
2. **Wash your hands** often with soap and water to prevent the spread of infection and illness. Handwashing involves five simple and effective steps – wet, lather, scrub, rinse, and dry. Learn more about when and how to wash your hands.
3. **Make healthy food choices.** A healthy eating plan emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. It also includes lean meats, poultry, fish, beans, eggs, and nuts, and is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
4. **Get active!** Start small – try taking the stairs instead of the elevator, or parking further from your destination. Consider mall walking if the weather is cold or icy. Adults should get at least 2½ hours a week of moderate-intensity physical activity.
5. **Be smokefree.** For most 4-Hers, this means making a resolution not to start any tobacco products, including “vaping”. If your resolution is to help someone you care for become smokefree, the CDC has tips and help available.
6. **Get enough sleep.** Insufficient sleep is associated with a number of chronic diseases and conditions—such as type 2 diabetes, cardiovascular disease, obesity, and depression. Adults need seven or more hours per night. 4-H youth may need as many as 10 hours depending upon their age and activity level.

For more information about these healthy living tips, visit the CDC website at <https://www.cdc.gov/features/healthynewyear/index.html>



Ventura County Presentation Day



Start planning for your 4-H presentation now! Presentations help 4-H members:

- Develop strong communication skills
- Foster creativity, self-confidence, and leadership
- Provide an opportunity for members to share what they have learned

Who

- All Ventura County 4-H members
- Primary members are eligible to participate (excluding share the fun skits, cultural arts, and interview contest)

When

Saturday, Feb. 10, 2018,
9 a.m. to 1:30 p.m.

Where

Ventura County UCCE Office
669 County Square Dr. # 100
Ventura, CA 93003

Presentation

Categories

Demonstration
 Illustrated Talk
 Science or Engineering Presentation
 Educational Talk Display
 Informative Prepared Speech
 Persuasive Prepared Speech
 Interpretive Reading
 Impromptu Speech
 Share The Fun Skit
 Cultural Arts

For information about all the categories, see the 4-H Presentation Manual at: <http://4h.ucanr.edu/files/220608.pdf>

How to Register

Sign up by Jan. 19, 2018 at this link: [Ventura County 4-H Presentation Day](#)

NOTE: Members are responsible for bringing any needed easels, equipment and instruments to presentation day. Digital equipment will be available for members to use.

* Interview Contest: See other flyer for information about this category. *

Ventura County Interview Contest

What

4-H members can apply for a mock job and get interviewed for it. Learn interview skills and showcase your experience. You can win an award and it counts as a communication activity in your Record Book.

Who

4-H members, age 9 and older (as of Dec. 31, 2017)

When

Presentation Day, Saturday,
Feb. 10, 2018, 9 a.m. to 1:30 p.m.

Where

Ventura County UCCE Office
669 County Square Dr. # 100
Ventura, CA 93003

How to Enter

1. Choose a job from the categories provided.
2. Develop a resume and cover letter* based on the job you chose.
3. Sign up by Jan. 19, 2018, at this link: [Ventura County 4-H Presentation Day](#)
4. Print 3 copies of your resume and 3 copies of your cover letter and bring them to Presentation Day. Wear your 4-H uniform or appropriate attire for a job interview. *

* See the Interview Contest Manual at <http://4h.ucanr.edu/files/51307.pdf> for information on how to write a cover letter and resume and what to wear.

2018 Job Categories

Junior (9-10): Design Member, Recycling Assistant, Park Ranger

Intermediate (11-13): Sports Assistant, Freelance Reporter, Pottery Maker

Senior (14-19): Sales Associate, After-School Program Assistant, Nutrition Educator

More details on the job descriptions: <http://4h.ucanr.edu/files/271451.pdf>

Questions?

Email: melissa.lalum@gmail.com

University of California

Agriculture and Natural Resources



Ventura County Food Faire

A Multi County Event

January 27th, 2018

10am – 3pm

UCCE Ventura 4-H Office
669 County Square Dr. #100
Ventura, CA 93003



**An Event for
Everyone!**

- Food Faire has many different categories 4-Hers can participate in (Even if you're not enrolled in a food related project).
- Traditional categories (You MUST be enrolled in a cooking or cake decorating project): Cake decorating, Main dish, Side dish, Baked and Non-Baked Desserts, Bread, Appetizers/Dips Poster, etc.
- New this year (Open to everyone) Snacks, Large Decorated Cookie, Food preparation contests, Knowledge bowl (Nutrition and Safe Food handling) <https://texas4-h.tamu.edu/projects/food-nutrition/>
- Other Categories: Photo, Single Table Setting, educational workshops, community service, and more
- New this year "Cloverbud Corner" educational activities just for Cloverbud/primary members including kitchen science, food preparation contest, prizes for participation and much more.
- Click to Register: [Food Faire Registration](#)
- \$7.00 Per child (\$8.00 for those wishing to participate in the food preparation contests)



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New this year:

- Cloverbud Corner -activities just for primary members
- Impromptu Food Preparation Contest
- New food entry categories- Snack * and Large Decorated Cookie*
- Knowledge Bowl- Team Competition
- Single Table Place Setting*

Returning favorites:

- Traditional Food Categories +
- Cake Decorating*+
- Photo Contest
- Poster Contest+
- Judging contest
- Educational Workshops
- Community Service Opportunities

***This year's theme: "Inspired by ... (a book or a movie)"**

+ Must be enrolled in a food/ cake decorating project to participate

Registration due by Jan. 19th, 2018



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
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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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Sustainable Saturday

Saturday, February 24th 10-2

There will be a sustainable showcase filled with activities and speakers as well as a recycling drive. For more information, visit <https://www.oakparkusd.org/Page/10266>. Oak Park High School is at 899 North Kanan Road, Oak Park, CA 91377.

Science Fridays

Friday afternoons, the Goleta Library offers science programs for youth. Topics range from understanding simple machines to diving into physics with Newton's antics. For more details, visit <https://www.santabarbaraca.gov/gov/depts/lib/events/default.asp>

Get 4-H Stem in your Inbox

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. [Click here to subscribe today!](#)



CA 4-H Animal Science Page Updated



If you haven't visited http://4h.ucanr.edu/Projects/STEM/SET_Projects/Animal/ recently, you probably haven't seen the newly added resources, including Antimicrobial Use & Stewardship. Information about this new law, effective on January 2, 2018, is available 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/.

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

- 1/6 County Presentation Project @ UCCE 9am
- 1/8 Record Book Workshop Registration Due
- 1/12-14 Southern Youth Summit @ Pathfinder Ranch
- 1/19 Food Faire Registration Due
- 1/20 Record Book Workshop @ SRV Clubhouse 9 am
- 1/27 Food Faire @ UCCE 10-3
- 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
- 4/6-8 4-H Camping Conference
- 6/2 State 4-H Field Day @ UC Davis
- 6/16-26 Citizenship Washington Focus

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/>

Clover Safe Notes

Clover Safe Notes Spotlight for January:

SAFE CARE AND HANDLING OF RABBITS

(Note #1). Discussing the instincts of rabbits and how to work with the animals for the member and rabbits safety are topics in this useful one-page handout.



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.



It's That Time of Year!

- **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!

- Read about the newly effective **Antimicrobial Use Law** on the CA 4-H Animal Science page at http://4h.ucanr.edu/Projects/STEM/SET_Projects/Animal/
- Have broken or unwanted supplies on **4-H Club inventory list**. January is the month to start reviewing what to do with these items with your club. Review inventory in the 4-H Treasurers Manual. <http://4h.ucanr.edu/files/14647.pdf>, page 23.
- Do a mid-year Record Book update, the **Record Book Workshop** can help. See page 2.

