



CloverLines

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

VC Teens Hit The Summit

by Anna Sorensen, Conejo-Simi 4-H

The Youth Summit, January 12-14 was full of experiences that are going to stay with me for a lifetime. Myself and the other 6 VC 4-Hers and 3 leaders that attended started out by being put into 4 groups that had kids from all different counties, which gave me the opportunity to make new friends. We did a lot of group-bonding activities staircase planks, created a team chant and team flag — my team won.

We all slept in cabins with about 24 beds to a cabin, and by the end of the trip you were friends with everybody. There were leadership-building activities, a night hike, sport games, and even a shaving cream fight at the end. The day was so fully packed with learning and great lectures. We had a talk and a game about financial planning, and different workshops like leadership building, a personality test to find your areas of strength, and a game to find the true leader inside of you symbolically link to candy such as Red Hots. Red Hots meant that even when things get tough and make you mad, you have to remember to keep your cool as a leader.

Computer programing was another session where you learned how to fix some computer programs, and if you're interested in computers, how to shape your future for it. Weights and fitness games emphasized why it is important to be fit and healthy.

I did a talk about Native Bees, educating everyone about the importance of our solitary and bumble bees, and how to create a bee-friendly habitat. I had everyone make a floating bee island to take home and teach to their clubs. This workshop inspired leaders that were present from Washington Focus, and they took the bee island craft to have it be part of their primary clinic at that event. I also co-lead an impromptu leadership game where you formed groups, drew a project out of a bag, and created a project in details with your group.

At the end, the four groups presented the project to everyone — many did in semi-theatrical productions that created lots of laughs and so many kids said that this was a great learning game and one of the most fun stations. After a day filled with fun and learning, we went on a night hike filled with talks about wildlife and nature, and gazing at an unbelievable number of stars. I do not remember ever seeing so many stars. Part of that night hike was an inner strength experience. We were told that the top fear was to walk alone in the dark when it was silent, and so we had a challenge to walk a short distance, by ourselves, through a dark meadow. Luckily there was a chaperone at the end.

When we got back from the hike we had a big party with music, games, and dancing. Lights out at 11 pm, and during breakfast, lunch, and dinner you could sit with different people and learn about lots of new stuff they do in their clubs. I would highly recommend this Youth Summit to everyone, and I am planning on going again next year.



Club Happenings!

The Ventura County 4-H CloverLines Newsletter is an important communication tool. It contains important information, upcoming events, activities and opportunities. Additionally, each issue contains a featured Club Happenings article written by youth member(s).

Mark your calendars!! This is your club's opportunity to share what you are doing. Look at the schedule to the right and plan ahead.

Write and submit an article, include photo(s) for added impact. Submit articles and photos via e-mail to uccev4H@ucanr.edu

Now, if you've got news, don't wait. Send an article and it will be included as space allows.

Issue	4-H Club	Article Due
January	Bardsdale	First Monday in December
February	Briggs & Chief Peak	First Monday in January
March	Citrus Valley & Conejo Valley	First Monday in February
April	Del Norte	First Monday in March
May	Las Posas	First Monday in April
June	Loma Vista	First Monday in May
July/August	Mira Monte & Mupu	First Monday in June
October	Piru & Santa Rosa Valley	First Monday in September
November	Sespe & Somis	First Monday in October

JOANN



A new partnership between JOANN stores and 4-H has many benefits. Check out these opportunities and share the word...

PAPER CLOVERS IN FEBRUARY

The **whole month of February**, \$1 and \$4 clovers will be sold at the register in JOANN stores nationwide.

- The \$4 clovers include a coupon for \$4 off their next purchase.
- Clovers will not be displayed in-store but include a craft idea for customers to take home.
- California will receive 70% of the funds raised! The [California 4-H Foundation](http://www.california4h.org) will distribute the funds to local counties

JOANN 4-H REWARDS

JOANN is supporting 4-H with a rewards "card" that gives holders 15% off their total in-store and online purchases! A minimum of **2.5% of every eligible transaction is donated to 4-H**.

Sign up online at <http://www.joann.com/4-H/> or use your JOANN's app.



IN-STORE SERVICE PROJECT: VALENTINES FOR VETS

Saturday, February 3, 2018

11am - 2pm

Local 4-H programs will partner with their JOANN's store to hand-make Valentine's Day cards. Supplies and space will be provided by each JOANN store.

Role of 4-H clubs and members:

- Spread the word to friends, family, and neighbors to join in on February 3rd to make cards.
- Participate in the card making on February 3rd in the store.
- Share photos of your event and delivery on social media, and tag us at California 4-H!

To sign up to help at this easy community service, visit <http://www.signupgenius.com/go/508054faea722a5fb6-valentines>



Leaders Training Required

DEADLINE FEBRUARY 28, 2018

If not completed by the deadline you may be required to start the volunteer process from the beginning including applying and being approved through VC 4-H, re-enrolling on 4hOnline, submitting fees, new Livescan, and repeating any training only partially complete. Projects without approved leaders are in danger of being cancelled without an approved leader.

There are two options to completing your adult volunteer online training:

1. Follow the instructions you received via e-mail when you enrolled with 4hOnline. If you need help please contact Annabel Faris, VC 4-H Coordinator, 805.525.9293 x 206 or awfaris@ucanr.edu. Do not wait until the last minute to request help.
2. The State 4-H Office also is offering multiple Zoom-based courses in February using Zoom, an online video conferencing system that will be delivered and administered from the State 4-H Office. Please see below.

Participants need to INDIVIDUALLY pre-register online at least 1 day prior to the desired training date using the following links. Participants must stay on the webinar for the entire session in order to complete the training.

Sunday, February 11, 2018

Start Times:

- 12PM-3PM New Volunteers
- 1PM-3PM Returning Volunteers

Registration URL: ucanr.zoom.us/webinar/register/WN_5T0Mn9uYQiq793F_akb-pw

Saturday, February 24, 2018

Start Times:

- 9AM-12PM New Volunteers
- 10AM-12PM Returning Volunteers

Registration URL: https://ucanr.zoom.us/webinar/register/WN_GldTJfr1R3qKOOfW8UaLoQ

Monday, February 26, 2018

Start Times:

- 6PM-9PM-New Volunteers
- 7PM-9PM Returning Volunteers

Registration URL: <https://ucanr.zoom.us/webinar/register/>



WRLF Coming Here!

CALLING ALL YOUTH AND ADULT VOLUNTEER LEADERS: Don't miss the Western Region Leaders' Forum

California only gets to host WRLF every 13 years. This is your chance to meet, share, and learn with volunteer youth and adult leaders from the entire Western Region: 12 states, plus Alberta, Canada!

2018 Western Region Leaders' Forum (WRLF)

March 1 - 4, 2018

San Diego Mission

Valley Crown Plaza,

San Diego, CA

Registration is now
open



Clover Safe Notes

Clover Safe Notes Spotlight for February:

Biting & Stinging Insects

(Note #25). Spring is just around the corner and along with the flowers and spring rains come biting flies, midges, wasps, etc. Prepare with this quick one-page of tips.



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 January Council meeting was after the print deadline for CloverLines. **The next meeting will be held Mar. 28, 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. *Kaleidoscope, Skills, Small Animal, and Family & Consumer Science PDCs have meetings immediately prior the Council meeting on March 28th. Please see the calendar.*

PDC Update

Program Development Committees (PDCs) are standing committees of the Ventura County 4-H Council that plan and manage events for specific project and program areas.

For project leaders looking to extend their learning opportunities for members or interested in getting more involved, PDC meetings are a great place to start.

If you have any questions, please visit the Council page and click on PDCs, there is an extensive list of PDC chairs, past agendas/minutes, etc. For more information, visit <http://ceventura.ucanr.edu/Families - Communities/4-H/Ventura County 4-H Council/>

Healthy Living

WATER + MORE

Everyone knows water is first for thirst, but does it sometimes feel boring? Not any more — Add some fruit.

It's an easy way to add a little more flavor to your water, without adding white sugar or other unhealthy ingredients. Here are some fun flavor combinations, add to a pitcher of water:

- **All Citrus**—1 orange, 1 lemon, 1 lime, all sliced
- **Strawberry Mint**—6-8 strawberries & 6 mint leaves
- **Cinnamon Apple**—1 stick of cinnamon & 1 green apple slices and cored
- **Spa Water**—1 lemon sliced, 10 cucumber slices and 10 mint leaves
- **Watermelon Rosemary**—2 sprigs rosemary and 8-10 cubes of watermelon
- **Blackberry Ginger**—1 cup blackberry, 1 t. grated ginger & 1 lemon sliced

Place fruit in the pitcher or large mason jar and fill with water. Refrigerate over night. Then enjoy the water. You add new water 2-3 times. There's no need for a special pitcher or other equipment.

Need another idea? Freeze the fruit into an ice cube tray and toss it in your water.

Some fruit combinations are believed to have detoxification, blood-sugar lowering, or weight loss properties, but very little research has been done to confirm these claims.





2018 VENTURA COUNTY'S ROCK, PAPER, SCISSORS!

The new Kaleidoscope PDC is kicking off their first event Rock, Paper, Scissors! It will be a fun filled day focused around Art, Culture, and Creativity. Come on out if you want to learn how to do Origami, paint like Australian Aborigine, or learn the skills to capture images like a Pro in a photography workshop!

Entry Fee per child: \$5.00

Date:

April 7, 2018 from 10:00- 3:00pm

Location:

Santa Rosa Club House

11701 E Las Posas Road

Santa Rosa Valley, CA 93012

Questions? Contact Kaleidoscope PDC Chair: Kitty Beckmann at avianaddict@hotmail.com

Registration Deadline: March 24, 2018—Look for link in March's Cloverlines

California State Field Day Updates

2018 State Field Day ■ June 2, 2018 ■ UC Davis campus



The annual California 4-H State Field Day is the largest and most comprehensive educational event for 4-H youth members and 4-H volunteer educators. Since 2002, 4-H'ers from throughout the state have come together to compete at the state level for various competitions. This family-friendly event is for all ages to participate.

Each contest and activity is coordinated by 4-H volunteers and youth. Event coordination and facility support is provided by the State 4-H Office.

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.

Contest Updates

State Presentation Day

[2018 Impromptu topics](#)

[2018 Special Recognition Focus Areas](#)

Interview Contest - [2018 Job Descriptions](#)

New Competitions!

We have 3 new contests this year:

STEM Egg Drop Challenge (see below)

STEM Robotics

Promotional Advertising

For more information on all contests and schedules, visit http://4h.ucanr.edu/4-H_Events/SFD/



University of California
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2018 Ventura County Fashion Revue

“Fashion Through the Ages”

March 9, 2018 ■ Dinner Party from 5:00pm - 8:00 pm

At the UC Cooperative Extension Offices, 669 County Square Drive, Ventura

**Experience a fun-filled evening of fashion and fine dining.
Participants are asked to bring a food dish to share and place setting.
Fee per child: \$3**

<http://ucanr.edu/survey/survey.cfm?surveynumber=23915>

State Fashion Revue Qualifiers:

In order to compete in the State Fashion Revue at the State Field Day, individual must earn highest place in following categories for Junior, Intermediate, and Senior. No qualifications are needed to compete at the County Level, unless noted below.

- **Traditional ***
- **Consumer Science Purchased, \$40.00 Limit**
- **Upcycled ***
- **See It, Sew It Challenge ***
- **Retro/Vintage Inspired Challenge**

** Required to be in a 4-H Clothing or Textile Project to Compete in category.*

Please review the California 4h State Fashion Revue Rules at: http://4h.ucanr.edu/4-H_Events/SFD/SFR/

Open Competitions: These categories are specific to Ventura County and do not advance individuals to Southern Area or State Field Days. These opportunities are open to all Ventura County 4-H members including primaries, and do not have any qualifications to compete.

Jewelry Contest – limit 2 entries- handmade

Accessories Contest - limit 2 entries of handmade items such as crocheted items, leather items, etc.
just to name a few

Fashion Photo Contest – limit 2 entries matted and no smaller than 5x7 - and a small description of what fashion magazine you think your photo is intended for and why

Age Divisions (As of 12/31/2017):

Junior (9-10)

Intermediate (11-13)

Senior (14-18)

Questions?

Contact Consumer Science PDC Chair, Edith Sorensen at kesorensen@yahoo.com or Youth Chair Fashion Revue Anna Sorensen



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4-H Office Information

Office Hours by Appointment Only
Closed on UC Holidays

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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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Growing the Maker Movement

Read the post by the teen leaders of the Computer Science Pathway project (sponsored by Google). They recently attended the National Youth Maker Summit and look forward to sharing what they learned! [California 4-H Grown blog](#)

Project Butterfly Wings

Project Butterfly WINGS (Winning Investigative Network for Great Science) is a partnership between 4-H youth and professional scientists. It is a great project to run in conjunction with an entomology project. Participating youth are "citizen scientists" who collect data on butterflies to help professional scientists determine:

- The presence or absence of specific butterfly species
- The abundance of butterfly species by state and county throughout the country



Fluids & Surface Movement



Check out this fascinating article, accompanying video and partner experiments on Science Buddies to introduce members to physics.
<https://www.sciencebuddies.org/blog/fascinating-physics-of-fluids-and-surface-movement>

4-H Library: WOODWORKING WONDERS—A CUT ABOVE

Youth will develop skills that woodworkers use, such as measuring, squaring & cutting a board, driving nails, and using clamps and screws in the beginning level, with successively more complex projects in each level of this curriculum series. The guides are available in the VC 4-H Lending Library at UC HAREC or for purchase at shop4-h.org.

For additional help, the California 4-H website has a Project Sheet on woodworking at <http://4h.ucanr.edu/files/160008.pdf>





CALENDAR

2/10 Presentation Day
 2/15 Leadership PDC @ UCCE 6pm
 3/2-4 Western Region Leaders Forum
 3/10 Fashion Revue
 3/28 Family Consumer Science PDC @ UCCE 5:30pm
 3/28 Small Animal PDC @ UCCE 6pm
 3/28 Skills PDC @ UCCE 6pm
 3/28 Small Animal PDC @ UCCE 6pm
 3/28 **County 4-H Council Meeting @ UCCE 7pm**
 4/6-8 4-H Camping Conference
 4/21 Southern Area Field Day @ Mt. SAC
 4/28 Small Animal Field Day

5/2 Large Livestock PDC @ HAREC 7pm
 5/5 Leader Appreciation Day @ HAREC 3pm
 5/12 Large Animal Field Day
 5/30 **County 4-H Council Meeting @ UCCE 7pm**
 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/>

It's That Time of Year!

- Don't forget to check out **Presentation Day** on Feb. 10, even if you aren't presenting this year. It's a good idea to get ideas for next year. 64% of 4-H Alumni credit giving presentation in 4-H as 'major contributor of their success in the careers.'
- 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/
- **State 4-H Equine Field Day** is Feb. 10 at Modesto Junior College. Equine Field Day is an educational event planned by volunteers in the 4-H Equine Committee. It features workshops and speakers covering topics related to 4-H Equine projects. Youth and adults are encouraged to attend. You do not need to own a horse or be in 4-H to attend- all horse enthusiasts are welcome! Early registration is open now through Feb. 3, http://4h.ucanr.edu/4-H_Events/?calitem=396978&g=96644
- Plan now to attend **State Field Day** on June 2 in Davis Ca. There are so many opportunities for 4-Hers of all ages to enjoy. For more details http://4h.ucanr.edu/4-H_Events/SFD/
- **National 4-H Conference** in Chevy Chase, Maryland will be April 7-14. This for members 16+ and a sponsored conference. The purpose of the National 4-H Conference:
 1. Provide opportunities for California youth and adults to participate in and contribute to 4-H on the national level.
 2. Assist California 4-H Youth Development in strengthening youth-adult partnerships and involving youth, volunteers, and staff in 4-H decision-making.
 3. Provide a system for an exchange of 4-H Youth Development programming ideas among states.
 4. Visit Congress and make legislators aware of the tremendous impact of the 4-H program.

For more information, visit http://4h.ucanr.edu/4-H_Events/?calitem=376142&g=96644