



# CloverLines

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

## FOOD FAIRE:

# MORE THAN JUST DELICIOUS

*By Amylynn and Samantha Robinson, Conejo-Simi 4-H*

Food Faire 2018 was full of opportunities for 4-Hers to learn about food nutrition and compete in various food contests. We had 36 4-H members register for this event from 5 different clubs. The Large Decorated Cookie category was the most entered category. Among the entries were cookies inspired by Harry Potter, The Warriors Series, Game Knight 999 Series, as well as Boss Baby, Jumanji, Wonder, and The Beetles Movie. One highlight of the event was the new Impromptu Food Challenge where participants competed in teams to prepare a dish on the spot (see below).

The educational stations included stations where participants learned about

Rethinking their Drink choices based on sugar content, a Nutrition Label Scavenger Hunt, Spice identification, Vegetable judging, Napkin folding and a science station where participants got to use microscopes to identify salt and sugar crystals. The Cloverbuds (primary 4-H) had their own station with crafts, kitchen science and their own Brown Bag Food challenge. This year we had a community service station where participants made stamped Valentine's Day cards and Valentine's crafts for Meals on Wheels who will distribute them to recipients during Valentine's week. Thank you to the MANY volunteers who helped make this year's Food Faire Possible.



Including the volunteers that came out to judge our event. We were fortunate to have judges from the community who are professionals in the culinary arts and food services industry. Gweneeah and Robert from Oxnard College's Culinary school volunteered their time to judge the food entries and Rose George from IrROSEistible cakes and community member Dawn judged our Decorated cookie and Decorated Cake categories.

Community members, Kevin and Katherine judged the photos, posters and the Impromptu Food Challenge Contest. Thank you to the Lane family for helping to set up, run and clean up the Impromptu Food Challenge, and our vegetable judging station. Thank you to the Consumer Science PDC youth board who helped to plan the event, and ran the many educational stations.

*Photos by Edith and Anna Sorrensen, Conejo-Simi 4-H*



## Impromptu?

*By Anna Sorensen, Conejo-Simi 4-H*

Food Faire Impromptu Cooking competition was so much fun. It was like Iron Chef, but on a smaller scale. We had a few ingredients, and were asked to cook something with these ingredients. We had kids from different clubs in my group, and applied our 4-H knowledge of teamwork, by dividing tasks and working together efficiently to produce a great meal. We had a set amount of time to do that, and it was surprising that every team presented a different version. It was fun to have kids you did not know as team mates, and it was also a lot of fun to just apply skills learned throughout the years. I would definitely come back for just that event.

# Club Happenings!

## Conejo-Simi 4-H

By Anna Sorensen



The Conejo Simi 4-H Club is now celebrating its third year, and going strong. We are still growing and currently have many great projects involving Cooking, Poultry, Sewing, Dairy Goats, Rabbits, Speech and Presentation, and Arts and Crafts just to name a few.

Community service is an integral part of our club. This year the club decided, that when the Thomas fire hit, to help out the animal shelter right away. We engaged collaboration, just before Christmas, from the Sheriff's department, the school district, the Bridle Path Community in Simi, and the Kiwanee's, for our blanket, livestock bedding, and animal feed collection. The club decided to bring a little Holiday Spirit to all the hard-working animal shelter employees and police officers assigned to protect the shelter animals, by baking a very large bag full of Holiday Cookies. During the month of December, we also held our annual Build a Bear fundraiser, and collected bears for the Ventura Sheriff's Department. They have a program that gives bears to children to hold on to while being removed from unfortunate circumstances. These bears provide great comfort to these young children. These two events were just very thoughtful way to give during the Holiday Season.

Our club has also been very involved in outreach. We had some wonderful opportunities to promote 4h in our city, and expose young children to our great organization. We hosted workshops for youth, and are involved with local organizations throughout the year, providing cards, crafts, personal hygiene supplies, and blankets for elderly members of our community. Our year is not over yet, and we have planned many more community service and outreach projects. We are very excited to participated in this year's Fair as well, and hope to see you there.



## Bardsdale 4-H

By Jessica Poland

Like so much of Ventura and Santa Barbara Counties, the Thomas Fire took a toll on Bardsdale 4-H's activity as we stepped into this new year and many things have gone on temporary hiatus or have just recently restarted. However, just like anything in life, we roll on...

With projects including farm mechanics, market animals, entomology, cake decorating and scrapbooking, Bardsdale is off to another fun and busy year. Many projects have already had multiple meetings and are gearing up for another fun year in Fillmore!

The year started with fun themed meetings and events a Halloween party, a Christmas gift exchange, a Healthy Living Fair. Bardsdale tries to make club gatherings both fun and educational. Bardsdale members also helped at Farm Day on November 4 assisting visitors with pulling carrots, choosing persimmons, and so much



more. The Entomology project presented a fun bug display at the Otto & Sons Nursery site too. We're looking forward to helping with Farm Day again next year!

The Christmas Party included a gift-wrapping relay race and a marshmallow Christmas tree craft. The club also made Christmas decorations and decorated one of the community Christmas trees in downtown Fillmore.

The club wrote thank you cards to First Responders, sent cards of best wishes and prayers to those affected by the Thomas Fire, and wrote Happy Valentines notes to the Grandma's and Grandpa's at a senior home in Fillmore.

Three of our kids: Ana, Jennifer, and Joshua Olvera ably represented the club at Food Faire on January 27. They entered a decorated cakes and did very well!

For February's meeting, we look forward to hearing from Mr. Bryan Bray of Ventura County Animal Services. He'll be speaking on "Disaster Preparedness for Livestock". Meanwhile, the pigs, goats and lambs that we'll be taking to Fair are being born, and Fair will be here before we know it.





# Supporting Families Affected by Fire

By Addie Striegel, Loma Vista 4-H

Like many people in Ventura and Santa Barbara counties, the members of the Loma Vista 4-H club were affected by the Thomas Fire. The club officers decided to do something meaningful to help the two

Loma Vista 4-H families who lost their homes. Acting quickly, they turned the annual Holiday Auction Fundraiser into a fundraiser for the Bloomquist and Lipscomb families.

On Dec. 19, the Ventura County Museum graciously opened its doors and a fun, festive evening was had by all. The

decoration committee did a beautiful job making the space festive, the pizza was provided by the club and members contributed dessert and side dishes. About 100 people attended the event and participated in a silent and live auction, which, among other items, included donations from Underwood Family Farm, Fit Buddha, Center Salon and Pet Barn. There were also items available to purchase made by each project. The Sewing project made lavender eye pillows, the Roots and Shoots project made driftwood succulent centerpieces, the photography project sold beautiful note cards and much more!

During the night, club members were able to write thank you notes to first responders and assemble "Grab and Go" kits for firefighters from donated items. The



Grab and Go kits included lip gloss, crew socks, wipes and gum. Loma Vista 4-H donated 88 "Grab and Go" kits to firefighters based out of the Ventura County Fairgrounds.

At the end of the night, more than \$2500 in cash and gift cards was raised! It felt good to come together as a community and support the families that lost everything. It reminded us all that 4-H is a strong community and that we truly come together and help one another when we need it most.



## Clover Safe Notes

**Clover Safe Notes Spotlight for March: Hantavirus Awareness (Note #75).**



Spring cleaning is here, which could mean exposure to Hantavirus Pulmonary Syndrome (HPS) is possible through contact with wild mice droppings. This one page of information has prevention information and other awareness 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/](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.



## **SAVE THE DATE:**

# **South Section Field Day April 21, 2018 @ Mt. SAC**

Big changes are coming to Southern Area Field Day:

- New Events
- All Online Registration  
(link will be sent by email—  
expected deadline 3/31/18)
- **All FREE**—No charge to participate
- Primary Clinic—lots for 5-8 year olds
- Judges Needed

South Section includes several counties, and each is assigned a portion of the responsibilities to make the event go smoothly. Ventura County 4-H is responsible for the Judges hospitality, which includes bringing snacks and breakfast items to say thank you to judges giving their time.

If you are able to help with Judging or Judges Hospitality, please contact the 4-H Office and we will put you in touch with our County's coordinators.

## **Record Book Workshop**

*By Sonnie Brecunier, Santa Rosa Valley 4-H*

The record book workshop, on January 20 2018, was a very fun and informative event! It was memorable for people of all ages.

The county hosted a meeting that had all local 4-H clubs (if they wished to) participate in this event. Record books are a fun project to participate in. They are also great for keeping track of all of your 4-H memories as well as to be used as a resume in the future. One of the most important topics was our expression page. An expression page is a page that is done for each 4-H project to express lessons that were learned.

This meeting also conducted games such as bingo and memorization games. If you won a game you got an awesome 4-H prize! All in all it was educational for all 21 guests in attendance. Everyone was especially grateful to our hosts, Heidi Marshall and Lisa Wittrock, who made the workshop a great success.



# **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/](http://4h.ucanr.edu/4-H%20Events/SFD/)



# 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 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](mailto: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/](http://ceventura.ucanr.edu/Families_-_Communities/4-H/Ventura_County_4-H_Council/)

# Healthy Living

**PRIMARY 4-H:**

## BECAUSE GOOD HABITS START YOUNG

Primary 4-H members are those age 5-8. This is a great time to start with projects that develop a love of learning and exploring. Here are some resources to start some healthy eating and fitness habits, especially with the very young.

### Super Healthy Kids

Cost: Free download Available from: <https://www.superhealthykids.com/tools-for-teaching/>

This website has gathered a variety of thoughtful, tested lesson plans for a variety of ages, but several that are specifically for our Primary-aged members.

### Empowering to Choose—MyPlate

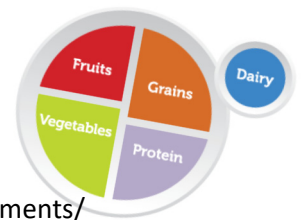
Cost: Free download Available from: <https://www.learningzonexpress.com/media/wysiwyg/documents/EnergyEverydayforEveryone/MyPlateLessonPlans.pdf>

MyPlate is a recognizable way for youth to organize their healthy food choices and master portion-sizes. This lesson puts the choices in their hands as they learn about healthy foods.

### Educator's Guide to Fun with the Plant Nutrient Team

Cost: Free download Available from: [https://learnaboutag.org/resources/learn\\_plant.cfm](https://learnaboutag.org/resources/learn_plant.cfm)

From Ag in the Classroom, This booklet is a support piece to the activity book for **grades K-3** from the Nutrients for Life Foundation and the International Plant Nutrition Institute. The extension lessons build upon topics in the Fun With the Plant Nutrient Team activity book, which was written to help children better understand what the soil needs to be healthy in order to provide us with healthy foods. Right now, Ag in the Classroom is offering a free hardcopy and totebag, when you order at their website.





**NEW  
Event!**

2018 Ventura County 4-H

# Rock, Paper, Scissors!

## Workshops Include

LED Origami Lightning Bugs  
Simplified Sugar Skulls  
Pollinator Gardening Mono Print  
Painted paper Insects and Rubbings  
Mini Buttons and Key Rings  
Metal Embossed Cards  
Alcohol Inked Ceramic tiles  
OP Art  
Zentangle  
Aboriginal Dot Art  
Cell Phone photography \*  
Multi-Media Collage \*

**Register by March 24th at**

<http://ucanr.edu/survey/survey.cfm?surveynumber=24198>

*\* Must be age 9+, and limited space available*

[ceventura.ucanr.edu/Families\\_-\\_Communities/4-H/](http://ceventura.ucanr.edu/Families_-_Communities/4-H/) ■ 805.525.9293 x.206

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## Date

April 7, 2018  
10 am—3 pm

## Location

Santa Rosa Club House  
11701 E. Las Posas Rd.  
Santa Rosa Valley, CA  
93012

## Cost

\$5 per member

*Bring your own sack  
lunch. Water available.*

## Questions?

Kaleidoscope PDC Chair,  
Kitty Beckman at  
[avianaddict@hotmail.com](mailto:avianaddict@hotmail.com)





## **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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## **Computer Sciences Pathway**

On April 7th in Mountain View, there will be a statewide training for youth and adult leaders interested in starting a computer science project or activity. Whether you can join the training or not, join the interest group for computer science learning in 4-H. [Join now!](#)

## **C-STEM 1-Day Workshop on Physical Computing with Arduino and Robotics**

**Saturday, March 10, 2018 at UC ANR in Davis**

This C-STEM 1-Day Workshop will provide 4-H coordinators and volunteers with hands-on experience on how to use freely available C-STEM Studio and RoboBlockly, as well as C-STEM Linkbot, LEGO Mindstorm, and Physical Computing with Arduino Expanded Learning curriculum. Participants will learn physical computing using general purpose input/output (GPIO) pins with Arduino, control of Mindstorms NXT/EV3 and Linkbot robots, and how to bring physical computing and free C-STEM resources into their teaching of STEM, computer science, making, and robotics in the after school program. Whether or not you have previous coding, making or robotics experience, you will enjoy the workshop enormously.

[Click here to register](#)



## ***4-H Library: READY, SET, GROW***

Help kids learn about garden planning, planting, care, harvesting, storage, and careers! Perfect for school garden programs or out-of-school time activities at home. The activity books are divided into six major units. Each unit contains some general background information and two different activities.

This set includes Gardening Books 1-4, the Helper's Guide, and the Exhibit Guide. These guides and other gardening curriculum are available in the VC 4-H Lending Library at UC HAREC or for purchase at [shop4-h.org](http://shop4-h.org). For additional help, the California 4-H website has a Project Sheet on Vegetable Gardening at <http://4h.ucanr.edu/files/134436.pdf>





# CALENDAR

3/9 Fashion Revue  
 3/28 Family Consumer Science PDC @ UCCE 5:30pm  
 3/28 Small Animal PDC @ UCCE 6pm  
 3/28 **County 4-H Council Meeting @ UCCE 7pm**  
 3/31 4-H Office Closed for Holiday Observance  
 4/6-8 4-H Camping Conference  
 4/7 Rock, Paper, Scissors Event @ SRV Clubhouse  
 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  
 6/18-22 Sustainable YOU Summer Day Camp @ HAREC  
 6/27 **County 4-H Council Meeting @ UCCE 7pm**

**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!

- 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/](http://4h.ucanr.edu/4-H_Events/SFD/)
- **Fashion Revue** is March 9th. Come see the fashion parade and join in the fun for this year's Friday night event.
- It might seem early, but it's time to start thinking about club elections. Start by forming a **nominating committee** at the next club meeting. The nominating committee is responsible for explaining what each officer's responsibilities are and ask members to help fill each position with the best member for the job. If you are interested in a position, ask the current officer what they do to see if you would be a good fit. Elections are typically held in May, so that the new officers can start strong at the beginning of the 4-H year. Each club is different, so if you have questions, ask your club leader.
- Policy Reminder: **Social Media**

The increased use of social media – including texting, FaceBook, Twitter, YouTube and Instagram – has created new issues in the 4-H program. While a valuable tool in communication, there is an unexpected opportunity for bullying and inappropriate use of language via these technologies among both youth members and adults affiliated with the program. This is a serious issue and we encourage leaders and youth to discuss online behaviors and boundaries, and the increasing legal consequences relating to inappropriate use of technology enacted by the State of California. The 4-H Code of Conduct applies to online technologies. 4-H members and adult volunteers will be held accountable for failure to adhere to the 4-H Code of Conduct. For further resources, visit <http://4h.ucanr.edu/files/133821.pdf>