



CloverLines

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

ROCK, PAPER, SCISSORS...FUN!

By Claire Boone, Santa Rosa Valley 4-H

The new Kaleidoscope PDC launched a special event that took place on Saturday, April 7. It was a special day full of art activities. There were art projects for 4-H members to complete that were from different parts of the world and represented a variety of cultures. The projects can be entered in the fair.

Members had many choices of art activities and created origami lights, painted on cut palm tree frons with aboriginal dot art, created sugar skulls, made bug art with waxy wings and clay modeled art for necklaces.

I really enjoyed three very special activities at Rock, Paper, and Scissor Day. First, was the photography workshop. Mrs. Bass led the workshop and gave us information to improve our photo composition. Ideas and examples about frames, lines, space and color can make a huge impact on photos. What I found most interesting was the camera angles. We turned our cell-phone cameras upside down and saw a different perspective. Mrs. Bass also talked about the different apps that we could use to make our pictures even better! Waterlog is an app that make a picture look like a watercolor. One of the moms was so excited about what she learned that she could not stop taking pictures. This workshop has certainly made my picture taking skills better!

Another special activity was the Multi-Media art. Adonna Ebrahimi is a real artist and she brought pieces of wood and multi-media materials. There was a variety of papers, ribbon, doilies and other materials to layer and paint. We used Gesso, which is something that I have never used before. It made the surface stiff and dried clear. My art is so colorful and creative that I am going to enter it in the fair.

My final favorite area was led by three wonderful ladies, all family. I embossed a card and painted it, made a necklace with a button maker and then worked with beads. There were many fun machines to help create the art. This was a very popular booth.

The day was so fun that I cannot wait to have another special event!



INSIDE:

**Meet 4-H
Rep, Valerie
Zeko on
page 2.**

MEET OUR NEW 4-H REP

We are pleased to introduce the newest member of the education team. Valerie Zeko, Community Education Specialist II, will oversee the Ventura County 4-H Community Club program. Valerie studied at Cal State Fullerton where she earned a BA in Liberal Arts degree. She continued her education at UCSB earning a Masters of Education.

Valerie began her teaching career at Camarillo High School. When her second child was born, Valerie opted to become a full-time mom. For the next 14 years, she embraced volunteerism by working in her children's schools and at her church. She also started and maintained a website called VenturaParent.com that provided resources for parents. Valerie returned to teaching in 2014 and worked as an English teacher at Buena and Foothill Technology High Schools, both in Ventura.

She became involved in 4-H a few years ago when she was invited to teach a sourdough bread making class for her daughter Emma's Baking Project (Loma Vista Club). She had so much fun that she decided to become a Project Leader and has led the Baking Project ever since. Valerie is inspired by the inclusivity and warmth of 4-H and says she "feels lucky to be able to work in an office with wonderful people at the UC Hansen Agricultural Center where I can look out the window and see strawberry fields and beautiful hills in the distance!"

Her greatest joy in life is learning and feels some of the best to learning comes from reading and traveling. This spring she and her family traveled to Panama to visit her daughter Anneke, who has been working as an intern for the Smithsonian Tropical Research Institute in Gamboa. "I learned so much about Panama and its food, history and culture. I saw howler monkeys and coatis in the jungle and learned about an animal called a "nyeke" which looks like a guinea pig with long legs. I look forward to my next adventure working for 4-H!"

Valerie is a long time Ventura County resident and proud mom to Anneke, 2017 UCLA graduate; Emma, senior at Foothill Technology High School; Ben, 8th grader at DATA middle school. We are excited to bring Valerie on board. Her background as a 4-H project leader, passion for teaching and learning, and appreciation for volunteerism are vital assets for the Ventura County 4-H Youth Development Program.



EMERALD STAR PROJECT:

Help for the Homeless Success

By Alexandra Thompson, Conejo-Simi 4-H

My Emerald Star Project Help for the Homeless was a huge success! I held the last portion of my project on January 7, 2018 with a tie blanket making drive. We had many 4-H volunteers attend from multiple different clubs. We assembled 40 tie blankets to donate to the shelter meal program at Holy Trinity Lutheran Church!

Previously, we served two shelter meals at Holy Trinity and assembled/dispersed 50 care packages to the meals program. The volunteers helped serve food to many attendees, made sack lunches, and gave out the care packages. I had the opportunity to teach mini courses on safe hygiene and food handling prior to the meals.

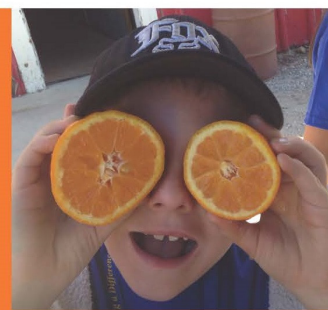
At the blanket drive, we all worked as a team to make the 40 blankets, and we finished in exactly 2 hours. Thank you again to all participants, I hope you had an enjoyable time serving your community and maybe learned something at the same time!



Pictures: 1. Aerial photo of volunteers making blankets. 2. Volunteers at first shelter meal 3. Finished blankets with most of our volunteers.

The 4-H Youth Development Programs at the UC Hansen Agricultural Research & Extension Center in collaboration with the City of Ventura Environmental Sustainability Division & Ventura Water Department **present**

4-H SUSTAINABLE You!



SUMMER CAMP 2018 FOR AGES 9-12

Learn what it means to be sustainable through fun activities based around five major themes: Land, Water, Food, Air, and Energy



Contact: awfaris@ucanr.edu or 805-525-9293 ext 206

June 25-29 • 9 am-12 pm

Where: UC Hansen Agricultural Research & Extension Center located at 14292 W. Telegraph Rd. (corner of Briggs Rd. and Telegraph Rd.) in Santa Paula.

Cost: \$75 Includes five days of camp and a t-shirt. Deadline June 8. Register Online at: <http://harec.ucanr.edu>

Provisions are available to reduce/cover program fees.

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>) Inquiries regarding ANR's nondiscrimination policies may be directed to John I. Sims, Affirmative Action Compliance Officer/Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397



Seeking Emerald Star Committee



VC 4-H Council is looking for volunteers for the Emerald Star committee for the July 2018-June 2019 4-H year.

The Emerald Star is a rank awarded to a 4-H member for planning and implementing a leadership activity. Emerald Star is separate from any other star rank. It has been designed to encourage members to plan and execute a goal outside the member's Community Club. The Emerald Star is for teenagers who have completed at least one year in 4-H.

Committee members are responsible for reviewing applications, setting up application review meetings with the 4 H member and providing feedback, approving the Emerald Star project or asking for revisions or possibly rejecting the application.

At the completion of the approved project the committee is responsible for scheduling an exit interview with the applicant.

Please contact the County 4-H Council Board at venturaco4hcouncil@gmail.com if you would like to volunteer for this committee or need additional information.

Clover Safe Notes

**Clover Safe Notes Spotlight for May:
PROPER MANURE HANDLING AND
DISPOSAL (Note #67).**



All 4-H animal projects involve the management of manure from small to large amounts. For example, a 125 pound sheep produces about 5 pounds (lbs.) of manure/day. No matter how big your manure problem is, this one-page of tips will help you handle it safely.

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.



Building Bridges, Making Connections

Save the date... July 26 - 29, 2018 at UC Davis

The annual California 4-H State Leadership Conference (SLC) brings together youth (ages 13-19) from across California for leadership training, networking, and a memorable learning experience.

- **Advanced leadership training**
- **Network and share ideas** with other 4-H'ers from across the state.
- **Experiential education** on leadership development, civic engagement, college admissions and other 4-H project areas.
- **Experience a slice of college life:** live in the residence halls, eat in the dining commons, and participate in educational sessions, many of which are taught by University of California faculty and staff.

Workshop Presenter Proposals are being accepted now through May 11, 2018.



For more information, visit
4h.ucanr.edu/4-H_Events/SLC/

County funding available for participants—
Register, pay and attend for the conference and commit to assist with at least one County Awards event to receive reimbursement.

Chaperones needed too...

The overnight trips through 4-H provide valuable life and educational experiences for 4-H members. While primarily educational, trips are fun and filled with many memory-making opportunities.

Adult volunteers are key to making this a safe and memorable activity. Having dedicated adult chaperones who commit themselves to the safety and well-being of the youth participants during the entire trip (24 hours a day!) is a HUGE commitment. Thank you for considering serving in this capacity.

Adult Chaperones:

1. Are part of the California 4-H delegation.
2. Experience all of the special sites and activities with the youth.
3. Practice positive youth-adult partnerships with the youth as they chaperone them through the activities.

Chaperones must apply to be selected prior to registration. See the SLC webpage for all the details.

PLAN NOW FOR 2018-19 ENROLLMENT

We made it through a year of some challenging changes to the annual 4-H enrollment process! Thank you all 4-H Volunteers for making this transition with us!

2018-19 Enrollment procedure:

- Re-enrolling youth members and adult volunteer project leaders/helpers may enter their new enrollment info in 4hOnline when we get the green light from the State Office, sometime after July 4. Do not enter anything into 4hOnline before receiving email instructions from the State or County 4-H Office.
- Deadline for re-enrolling youth members and adult volunteer project leaders/helpers: Friday, July 27.
- Deadline for new youth members: Dec. 1, 2018.
- Deadline for choosing a project: Dec. 31, 2018

Club Leaders/Enrollment Specialists who wish to review the enrollment procedure, please contact Annabel Faris, VC 4-H County Office ASAP to set up a May or June meeting.

- Topics that Club Leaders/Enrollment Specialists to review:
 - Online Enrollment Procedures, including Club Approvals
 - Fees & Club Invoicing
 - Forms requiring hard copies from youth members and adult volunteers.
 - New Adult Volunteer Application Process & Online Training Requirements
 - Deadlines (see left)
 - Club administration regarding Year-End Reporting, Fundraising Plans, Project Leader Lists
 - Facility Agreements (Club, Project, & special meetings)
 - Update club information for the VC 4-H Website and available projects for 4hOnline.

We look forward to another successful 4-H year!

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 May 30, 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.

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

SLEEP FOR BETTER LIVING...

[Sleepless in America](#) is a documentary about the importance of sleep, what is causing this lack of sleep, and the consequences of sleeplessness. Here are some facts from the documentary about what sleeplessness:

- 70% of teens do not get the recommended amount of sleep and there is up to a 40% reduction in school performance when a child is sleep deprived.
- Decision-making skills, reaction time, situational awareness, memory, communication all decrease by 20-50% (Mark Rosekind, National Transportation Safety Board).
- There is evidence that chronic lack of sleep can lead to increased risk for obesity, diabetes, cardiovascular disease and even Alzheimer's disease.



For more information about the importance for sleep for youth and even some fun activities you can do at your club meeting to start the conversation of sleep, visit [http://4h.ucanr.edu/Projects/HealthyLiving/Sleep for Better Living/](http://4h.ucanr.edu/Projects/HealthyLiving/Sleep_for_Better_Living/)

2018 Ventura County 4-H



Small Animal Field Day

New Date:

May 12, 2018

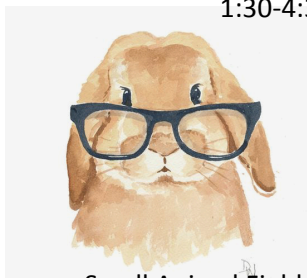
1:30-4:30 pm (after Large Animal Field Day)

Location:

Santa Rosa Club House

11701 E. Las Posas Rd.

Santa Rosa Valley, CA 93012



Small Animal Field Day will include Cavies, Rabbits, Poultry, Pygmy Goats, Entomology, Dogs, Pocket Pets and Reptiles.

Join us for

Showmanship Workshops
Informational Displays
Demonstrations

2018 Medaling Events

Species Specific Knowledge Tests
Educational Posters (Standard 2' x 3')
Small Animals Art (Max Size 2' x 2')

Please mark your calendars and complete the survey online to register for Small Animal Field Day

Survey Link:

<http://ucanr.edu/survey/survey.cfm?surveynumber=24513>



University of California

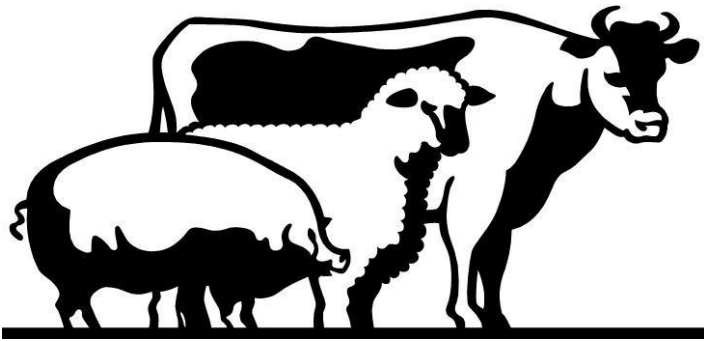
Agriculture and Natural Resources

■ 4-H Youth Development Program

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Large Livestock Super Field Day

May 12, 2018 9am to 3pm



**at the: Rancho Santa Rosa
Club House
11701 East Los Posas Road,
Camarillo, CA**

Activities include:

- Swine Bowl
- Goat & Lamb Showmanship
- Beef (Ask Me Booth)
- Poster Competition
- Table Setting
- Uniform Exchange

**Optional Lunch Purchase
(\$7.50 for sandwich, chips,
drink)**

\$7.50 Participation Fee

**Registrants will receive e-mail
with information regarding fees,
links to mandatory forms, and
where to submit them.**

Questions: Virginia Reyes

**Large Livestock Project Development
Committee Chair,**

**vergereyes24@gmail.com,
805.814.7223**

Registration Link: <http://ucanr.edu/survey/survey.cfm?surveynumber=24605>



University of California

Agriculture and Natural Resources

4-H Youth Development Program

ceventura.ucanr.edu/Families_-_Communities/4-H/ 805.525.9293 x.206

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Ventura County 4-H Equine Project Development Committee presents

Gymkhana Play Day

June 23, 2018

at the Fillmore Equestrian Center-Main Arena

308 Chambersburg Road, Fillmore CA 93015

Come work on your gymkhana events!

Bring your own horse & tack

**8:00 a.m. mandatory equine
leaders meeting**

**9:00 a.m. be saddled and ready
to ride**

**Bring a picnic lunch
(no food or drink is provided for rider or horse)**

\$30 fee for the day

(\$25.00 4-H fee; \$5.00 Fillmore Equestrian Center Fee)

Cash only

**Please complete the online registration
and submit fees and forms in advance
or at the door. Online registration link
provides details.**

**Registrants will receive e-mail with
links to forms, where to submit, and
information about fees.**

Register Here: <http://ucanr.edu/survey/survey.cfm?surveynumber=24610>

Questions: Rhonda West, 4-H VC Equine Project Development Chair-805-798-1713



University of California

Agriculture and Natural Resources

4-H Youth Development Program



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4-H Science Core Competencies

4-H Science is, above all, informal science programming in the context of positive youth development. 4-H Science core competencies identify how staff/volunteers can be competent and caring resources to youth, organizations, and communities. 4-H youth development professionals and volunteers implement 4-H Science programs that offer the eight *Essential Elements*:

- **Caring Adult:** Understands that each young person benefits from a positive relationship with a caring adult.
- **Safe Environment:** Creates an emotionally and physically safe learning environment.
- **Inclusive Environment** (belonging): Designs inclusive learning environments.
- **See Oneself in the Future** (sense of hope): Nurtures an atmosphere of optimism and a positive belief in the future.
- **Values and Practices Service to Others:** Encourages an ethic of caring and civic responsibility.
- **Opportunities for Self-Determination:** Encourages and supports independence in youth.
- **Opportunities for Mastery:** Provides opportunities for youth to develop skills, competence, and expertise.
- **Engagement in Learning:** Encourages youth to direct and manage their own learning.



**4-H connects
kids with RUTGERS**
www.RUinto4H.org

This list was adapted from Rutgers University's 4-H Science in Urban Communities program design checklist. For more information, 4-H Science 101 and additional related resources, visit urban4hscience.rutgers.edu/practices/4h-science/science-checklist.html

4-H Office Information

Office Hours by Appointment Only
Closed on UC Holidays

Hansen Ag Research and Extension Center
287 S. Briggs Road * new offices
Santa Paula CA 93060

General Email: uccev4-H@ucanr.edu

Office Phone: 805-525-9293

Office Fax: 805-525-5475

Valerie Zeko ext. 204
4-H Program Representative
vizeko@ucanr.edu

Annabel Faris ext. 206
YFC Program Coordinator
awfaris@ucanr.edu

Susana Bruzzone-Miller ext. 212
YFC Program Manager
sbmiller@ucanr.edu

Article Submission

Deadline: first Monday of month for following issue consideration

Email articles to uccev4-h@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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4-H Library: GARDENING—NEW MATERIALS

In the VC 4-H Lending Library, there are more than 30 gardening-related curriculum titles, including several new additions. It's a great way to get started with gardening as the weather turns warmer. There's a project sheet for [vegetable gardening](#), authored right here in Ventura County. Once you grow, your delicious delights, you can use the nearly 100 titles in the foods and nutrition to help prepare them. If you have visited the library in it's new location at UC HAREC, plan a visit soon. The bookcases are full and ready help you make your projects even better.



For a list of curriculum titles, visit <http://ceventura.ucanr.edu/Families - Communities/4-H/Leader/>. As staffing is limited, it's always a good idea to call ahead before coming to the 4-H Office, but there are so many good ideas in one room, it's hard to not make the library a habit.



CALENDAR

5/2 Large Livestock PDC @ HAREC 7pm
5/5 Leader Appreciation Tea @ HAREC 2-4pm
5/8 VC Fair Livestock QA Training 6:30pm
5/11 SLC Presenters Proposals Due
5/12 Large Animal Field Day 9-3
5/12 Small Animal Field Day 1-4:30
5/30 **County 4-H Council Meeting @ UCCE 7pm**
5/30 Leadership PDC Meeting @ UCCE 6pm
5/30 Small Animal PDC Meeting @ UCCE 6pm
6/2 State 4-H Field Day @ UC Davis
6/16-26 Citizenship Washington Focus
6/23 Gymkhana Equestrian Event 8am
6/25-29 Sustainable YOU Summer Day Camp @ HAREC

6/27 **County 4-H Council Meeting @ UCCE 7pm**
7/13-15 4-H Horse Fair @ Fairgrounds
7/27 Re-enrollment deadline
8/1-12 Ventura County Fair



UCCE – University of California Cooperative Extension County,
669 County Square Drive, Suite 100, Ventura CA 93003

HAREC – Hansen Ag Research and Extension Center,
287 S. Briggs 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 to attend **4-H State Field Day** on June 2 at Davis. 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. The goal of the event is to provide a culminating experience for 4-Hers in their year-long 4-H education in public speaking, textiles, plant sciences, photography, interview skills, and entomology. For more details http://4h.ucanr.edu/4-H_Events/SFD/
- **Appreciate your volunteer leaders** by taking a moment to say thank you. If saying the words isn't your style, write a note, send a text, or share a picture of the two of you working together. Volunteers make this program work!
- **Is your club nominating committee ready?** Club elections are coming up. Take some time to get organized to help it go smoothly.
- Project Leaders: Plan now to **coordinate entries** for the Ventura County Fair. Online entries begin June 1. Visit <http://www.venturacountyfair.org/fair/entryguides/> for Fair entry guides, dates and details.
- **Policy Reminder—Primary Member Projects:** Primary members (age 5 - 8 years old) may participate in the following approved animal projects: dogs, rabbits, rats, cats, poultry, cavies, mice, embryology, bees, entomology, marine science, pygmy, Nigerian and dwarf goats and therapeutic animal projects. Other projects may be prohibited for primary members due to animal size or equipment needed to participate in the project. A complete list of these projects is available at <http://4-H.ucanr.edu/files/14270.pdf> Counties are permitted to have stricter policies than the baseline established by State 4-H, without being in violation of the State 4-H Policy as stated Chapter 5, Section II, Member Policy.