



CloverLines

Ventura County 4-H – July/August 2018

4-H Sustainable You! Camp Fun!

4-H Sustainable You! Summer Camp took place at the UC Hansen Agricultural Research and Extension Center (UC HAREC) in Santa Paula in June. About 19 members took part in this camp for ages 9-12. The camp's focus was how to preserve our environment and natural resources. Campers looked at ways they could positively impact their



resource footprint such as reducing water use or recycling. Fun activities and games related to each day's topic: Air, Energy, Food, Water and Land.

Campers began the week by tie-dyeing shirts. Other days, campers made worm farms and rode a "smoothie bike" that powered a blender to make smoothies with freshly-picked fruit.

When asked about their favorite part of camp, Samantha Ellrott and Helen Glauser, members of Santa Rosa Valley 4-H, answered in unison: "Harvesting!" Both girls carried bags of tomatoes they'd just harvested. Samantha added that "interacting with the other kids, learning about the



Earth and spending time on the farm" are the reasons she returned to Sustainable You! Camp for a second year.

4-H Sustainable You! Camp is a collaboration between 4-H, UC Hansen and the City of Ventura. This was the fifth year of the Sustainable You! Camp. Look for information for the 2019 camp next spring.



Club Happenings!

Mupu 4-H

Mupu 4-H is based out of Santa Paula, meeting on the 2nd Monday of the month at 7:00 p.m. at Trinity Lutheran Church. Club Leader is Carole Butler.

Mupu 4-H is very active with many fun projects such as Cooking, Hiking and Swine. Their community service projects include an annual coastal cleanup, collecting and filling backpacks for children of Quilali, Nueva Segovia, Nicaragua, collecting food for Rotary Christmas Gift Baskets, and collecting items for SPARC, a local animal rescue shelter.



Tidepooling at the Butterfly Preserve in Goleta



Pizza party for those who collected the most cans for the canned food drive

Graduating seniors are eligible to apply to the Barbara Wilson Memorial Scholarship. This year, they had 7 recipients!

Mupu 4-H has an excellent Facebook page where you can find even more pictures of this active club!



Hiking Sisar Canyon Road in Ojai



Ice cream after hiking !



Swine bowl winners Peggy, Victoria, Luis and Jon.

Club Happenings!

Mira Monte 4-H

Mira Monte 4-H is based out of Ojai, meeting on the 2nd Tuesday of the month at 6:30 p.m. at the Ojai Valley Grange Hall. Club Leader is Shannon Bowman.

Silver Thread/Mira Monte 4-H Steer Show

By Chance Bowman

Mira Monte 4-H club has diversified over the years in our projects and activities. In recent years, we have been fortunate to have our club steer leader Kelly Brown organize and host the annual Silver Thread Steer Show. The event is part of the local, yearly steer shows in Ventura County that are sponsored by other clubs, organizations and individuals, and it allows the show steer youth of Ventura county an opportunity to compete and show their steers. The Silver Thread/Mira Monte 4-H Steer Show is an opportunity for not only the steer youth, but for all of the Mira Monte 4-H youth to participate and support this community event. Under Kelly Brown's direction and with the efforts of our other



club leaders, parents and youth, it is a club effort to help make this not only a fun event to compete, but an enjoyable day for the youth livestock community. The Silver Thread/ Mira Monte 4-H Steer show takes place at the beautiful Hall Family Ranch, which has long time ties in the Ventura ranching and livestock community. The Hall Family continues to support the next generation of livestock youth of Ventura County by opening their ranch for this annual steer show as well as supporting Mira Monte 4-H.

The Silver Thread/Mira Monte 4-H Steer show is truly a combined effort of many in the community that support

the livestock youth of Ventura County. Feed stores in Ventura, Ojai and Santa Paula all donate prizes and supplies for the event, and other business and individuals help provide more buckles, silent auction items, and food. The smell of BBQ, the supportive family and friends in the bleachers, the red, white and blue decorative banners, the expertise of the judge, and the efforts and excitement of the many steer project youth help set the stage for a unique event that brings livestock families in the community together.



The Silver Thread/ Mira Monte 4-H Steer show is open to all the livestock youth in the community, 4-H, FFA, Grange and Independents. It provides an opportunity for the youth and the families to get together and enjoy new and old friendships and show our support to our young show cattle exhibitors. Kelly Brown has made this possible for Mira Monte 4-H and the livestock community and we are very proud of our Silver Thread/ Mira Monte 4-H Steer show. Yet, it would not be possible without the involvement, efforts, and support of many in the community. What makes this event so positive and unique is that it is not only for the 4-H youth but it is also a rewarding opportunity for all the youth livestock organizations to join together to make a successful day of learning, camaraderie and competition.



4-H State Field Day 2018

By Anna Sorensen - Youth Chair Entomology State Field Day

State Field Day at UC Davis was, as always, a lot of fun. Kids from Ventura County competed in many different contests and public speaking categories. Many, if not all of us, won Gold Medals. The event was very well attended, and one could participate in robotics and even egg drop competitions in addition to the standard categories like Plant Science Contest, Entomology Contest, Photo Contest, Judging Contest, Fashion Revue, just to name a few.

There are also great leadership opportunities, and I was asked to lead an educational Bee Booth with arts and crafts for the event. I had lots of information on Native and Bumble Bees that interested many people.

My booth was an inspiration to numerous adult leaders who are now thinking of starting a Native Bee project in their county. That alone was worth the trip. It is important to continue educating the public about the plight of our bees, what each and every one of us can do to help save the bees, and how one can create habitats for them. I am so glad that I was able to have this great leadership experience, and I recommend that every 4-Her, at least once, attend State Field Day during their 4-H career. Hope to see you at UC Davis next June!



Anna Sorensen's Bee Booth at State Field Day at UC Davis

Not all State Field Day contest winners were posted on the State Field Day Event page at the time of this publication. Check for updates here: 4h.ucanr.edu/4-H/Events/SFD/

Congrats to our VC winners at 4-H State Field Day!

State Fashion Revue:

Audrey Hargleroad—Platinum + State Winner
Adeline Vertucci—Platinum

State Presentation Day for Illustrated Talks:

Claire Boone—Platinum
Samantha Robinson—Gold
Adeline Vertucci—Gold
Livia Vertucci—Gold

Interview Contest:

Reyna Lane—Blue
Natalie O'Brian—Gold
Ashley Pyler—Gold



State Fashion Revue Winners

Fair Entry Dates at a Glance

Youth Expo & 4-H

General/Non-Perishable Entries - July 20, 21 & 22, 10am-5pm

Foods – July 29th 10am – 5pm

Table settings – July 29th 10am – 4pm

Email youth@venturacountyfair.org to reserve a table July 17-23, no telephone reservations.

Glue-A-Shoe Contest – August 2 & August 9– 11am – 1pm

Kids, Camera & Crops—July 20, 21 & 22, 10am and 5pm

King Arthur Cupcake Contest—August 9, 11am—1pm

Small Livestock

Entry form deadlines: Costume Contest, Champion of Champions – July 2nd

Agriculture – Check the Entry Guide for specifics

Produce Day 1 – July 31st 7am—5pm

Produce Day 2 – August 8th 6:30am – 11am

Home Dairy Products – August 2nd 1pm – 3pm

Agriculture & Thomas Fire Slide Show & Video Competitions – before Aug. 3rd at 12:30pm. Presentations immediately following.

Floriculture – Check the Entry Guide for specifics

Plants: Sun, July 29th 12pm to 5pm or Monday, July 30th 8am-12pm

Condo Gardens: Completed by July 30th at noon

Don't forget to host at the Fair! Use your down time to represent 4-H while hosting a 2-4 hour shift in the Youth, Ag or Uncle Leo's, as well as answering questions in the "Ask Me Booth" in Small & Large Livestock areas.

The 2018 Ventura County Fair Entry Guide is available on venturacountyfair.org.

Online Entry available June 1-July 16 at venturacountyfair.org



Mark Your Calendar!
4-H Fair Awards Program
Sunday, Aug. 12
Time TBD

4-H Club Officers Train To Be The Best!

Club Officer Training is the best way to start the year for your club! All officers are welcome, but it is mandatory for all new officers and every treasurer. Please RSVP for each person planning to attend, so we will have enough materials and food. Dinner is provided for officers and club leaders/officer advisors. Additional dinners can be purchased for \$4 each. Please note that the agenda is different on each night.

Monday, Aug. 27 @ 5:30pm—8pm @ HAREC: 287 S. Briggs Rd., Santa Paula

5:30pm—5:45pm Dinner

5:45pm-7:15pm Club Officer Training

7:15pm—8pm Treasurer Training

OR

Thursday, Sept. 6 @ 5:30pm—8pm @ the UCCE Office: 669 County Square Dr., Ventura

5:30pm—6:15pm Treasurer Training

6:15pm—6:30pm Dinner

6:30pm—8pm Club Officer Training

Please register at ucanr.edu/survey/survey.cfm?surveynumber=25136



It's Record Book Time!

Be sure to check out the important resources on the Ventura County 4-H website at [ceventura.ucanr.edu/Families - Communities/4-H/Leader/](http://ceventura.ucanr.edu/Families_-_Communities/4-H/Leader/)

1. Record Book Checksheet found at ceventura.ucanr.edu/files/281900.pdf

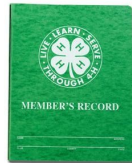
This is a required form which must be included in your Record Book. Complete the form, sign it, and place it in the front of your Record Book.

2. Personal Development Report Guide at ceventura.ucanr.edu/files/281856.pdf

This guide gives helpful information about how to count activities and events in your Record Book. Record Book due dates vary by club, so check with your club leader to find out when they are due.

Questions? Feel free to contact us!

Fern Vacca vaccaf@earthlink.net or Heidi Marshall marshfam6@gmail.com

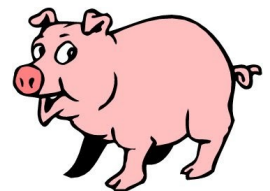


Clover Safe Notes

Clover Safe Notes Spotlight for July/ August:

SAFELY TRANSPORTING MEDIUM AND LARGE ANIMALS (Note #59). No, you can't put your pig in the back seat of your SUV! She needs TLC!

Accordingly, careful preparation is needed to assure the safe movement of medium and large animals. This Clover Safe Note provides information about how to safely transport medium and large animals.



Clover Safe Notes can be reviewed and printed here:

[safety.ucanr.org/4-H Resources/ Clover Safe Notes by Number/](http://safety.ucanr.org/4-H_Resources/Clover_Safe_Notes_by_Number/)

This website page has safety training and safety coordinator resources. Clover Safe Notes are useful when incorporated into appropriate projects or shared with the club during monthly meetings.



Enrollment fees for the 2018-19 year are due now! Get the amount from your club leaders and make your checks payable to your club. You will not be approved for Fair or for 4-H participation until your fees are paid.

On or about July 5 (after we've closed the books for the previous year) you will get a 'green light' from your club leader to enroll online. Unless your club has communicated a need for printed forms, it's all paperless! It takes minutes to re-enroll. Use your e-mail and password to enter the system and submit an enrollment for the new year. Please do not create a new account for any re-enrolling child or adult volunteer. **Please don't go online until you get the 'green light' in July.** You have 3 weeks to complete online enrollment and pay fees by the July 27 due date. You will not be approved for Fair or for 4-H participation until fees are paid and the online enrollment is completed.

Please Note:

- Aging out (or dropping after Fair) youth do not re-enroll online; however, there is a form and \$8 fee to submit – obtain form from your club leader or the County Office. Please submit completed and signed form with check payable to your club ASAP.
- Re-enrolling adult volunteers will receive a confirmation e-mail upon completing the online enrollment after July 5 with instructions and links to online training—only 30 minutes this year! Please complete by July 28!
- Club leaders who need access to their club data online (in order to approve returning members in time for Fair) must complete the online training before that access is given.

Enrollment Questions? Don't hesitate to contact Annabel Faris, 805.525.9293 x206 awfaris@ucanr.edu



Food Forward-Ventura County Fair Essay Contest

Open to K-12 students in Ventura County

Write a 300 word essay on topics listed below:

- What does food justice mean to you?
- How can we reduce food waste?
- Research about food justice, food waste and food insecurity in our region and then give us some ideas on how to increase everyone's access to fresh, abundant, wholesome produce grown in Ventura County.

Submit to jill@foodforward.org by July 20, 2018.

Winners are given tickets to the Ventura County Fair (1st, 2nd & 3rd). The top 3 essays will be invited to present at the Fair and will be featured on Food Forward's online blog.

Food Forward is a non-profit organization that recovers fresh produce from backyards, orchards, farmers markets and wholesale distributors that otherwise go to waste and donates it to local hunger relief and community support organizations. Visit their blog at foodforward.org



2018 4-H Higher Education Scholarship Applications DUE August 5, 2018

The UC 4-H Youth Development Program is committed to promoting higher education. With help from donors, statewide scholarships are available for graduating high school seniors and college-attending students.

7 Scholarships Available through UC 4-H!

- Award notification is typically sent out late October with award money dispersed in January
- Applicants may apply for multiple scholarships but are only eligible to receive one scholarship per year. Previous scholarship recipients may reapply
- Gather your materials and read the essay prompts BEFORE starting the online application.

For more information, please visit the 4-H Scholarship web page: [4h.ucanr.edu/Resources/Member_Resources/Scholarships - Awards/Scholarships/](http://4h.ucanr.edu/Resources/Member_Resources/Scholarships_-_Awards/Scholarships/)

4-H Council Corner



The Ventura County 4-H Council is comprised of all adult volunteers and senior 4-H members (14 years old & up) in 9th—12th grade. You are invited to attend and let your voice be heard! Next Meeting:

Wednesday, August 22 @ 7pm

The UCCE office @ 669 County Square Dr, Ventura.

The VC Fair Review will take place at this meeting. Please submit your comments and suggestions for review to uccev4-H@ucanr.edu by Wednesday, August 15 so they can be reviewed and incorporated into 4-H Council's letter to the Fair.

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.

Amylynn Robinson is the newest PDC Chair for Small Animal Sciences and **Rachel McClanahan** is the newest PDC Chair for Family & Consumer Sciences. Welcome Amylynn and Rachel!

For more about PDCs, visit the Council page and click on PDCs: [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

Tips for Summer Sun Protection

Sunscreen is the easiest way to protect your skin from harmful UVA and UVB rays.

1. Purchase sunscreen that is SPF 30 or above.
2. Apply sunscreen at home 30 minutes before going outside.
3. Apply 1 oz. (2 tablespoons) of sunscreen to your whole body.
4. Reapply sunscreen every 2 hours—more often if you are actively sweating.

In addition to wearing sunscreen:

1. Wear a wide brim hat to protect scalp and face.
2. Wear sunglasses to protect eyes from UVA and UVB rays.
3. Seek shade.
4. Wear protective clothing: long sleeves, long pants, and shoes (not flip-flops)
5. Try to avoid sun exposure between 10 a.m. and 4 p.m.



The above tips are from the John Wayne Cancer Foundation (JWCF), a Southern California non-profit dedicated to skin cancer prevention. Funded by JWCF, "Block the Blaze" provides skin cancer education to California junior lifeguards, including our own Ventura County Junior Lifeguards. johnwayne.org/blocktheblaze/



Congrats to our 4-H Graduating Seniors!



Congrats to graduating seniors from Mupu 4-H: **Mia Robles, Colleen Clow, Adree Jenkins, Robert Alamillo, Mark Cortez, Jorge Lopez, & Amanda Payne** (not in pic)!

Congratulations to **Amanda Drews of Las Posas 4-H** who just graduated from Oaks Christian! Amanda has been in 4-H for six years. She loves how 4-H encourages its members to succeed and opens up an abundance of opportunities so that everyone can fit in and find what they love. Her proudest accomplishment in 4-H was earning her Emerald Star and serving as President of her club. Amanda will be going to college at South Dakota State University to pursue a career in nursing.



Congrats to **Grace Morrison and Emma Zeko**, co-presidents of Loma Vista 4-H, who graduated from Foothill Technology High School as co-valedictorians! They are heading to UC Berkeley in the fall.

4-H Office Information

Office Hours by Appointment Only
Closed on UC Holidays

Hansen Ag Research and Extension Center
287 S. Briggs Rd .
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: 1st 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.

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 Fox, Affirmative Action Compliance Officer/Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1343.



Remember to "Like" Ventura
County 4-H on Facebook!



4-H Events Calendar

7/13-15 4-H Horse Fair @ VC Fairgrounds

7/13-29 CA State Fair in Sacramento

7/15 Last day of VC Fair Presale Savings

7/16-17 4-H Presentation Showcase at the CA State Fair

7/26-29 4-H State Leadership Conference @ UC Davis

7/27 4-H Re-enrollment deadline

8/1-12 Ventura County Fair!!!

8/5 Due: Golden Clover Nominations

8/5 Due: 4-H Scholarship Applications

8/12 4-H Fair Awards Program

8/24 Due: Record Books & Club Summary Sheets

8/27 4-H Club Officer Training @ HAREC

8/22 County 4-H Council Meeting @ UCCE 7pm

9/6 4-H Club Officer Training @ UCCE

9/8 County Record Book Evaluation Day

9/17 Record Book Interviews

9/22 4-H Animal Science Field Day @ Mt SAC

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 (new address!)

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/)

Remember to...

- Look for last year's **educational poster(s)** to enter into the Youth Building at the Fair this year.
- **Plan and schedule your Fair entries.** Work together to carpool or bring a friend's entries. Project leaders: check in with your project members to ensure the work done in the project will be showcased at the VC Fair. See page 5 for entry date highlights.
- **Transition** the jobs between outgoing officers and the incoming officers in your club. This summer might also be a good time for doing some club planning. Make plans and set goals with the assistance of the Program Planning Guide <http://4h.ucanr.edu/files/167444.pdf>
- Mark your calendar for **club officer trainings**. See page 6.
- Start on your **Year-End Reporting**. Getting this done early in the summer saves you from the last-minute headache that it can become at the end of summer!
- Don't forget to **re-enroll** online during July. See page 7.



2018 Golden Clover Nominations Due August 5, 2018

The Golden Clover Awards recognize outstanding achievements of members, volunteers, program staff, and groups within the 4-H Youth Development Program. For information on Eligibility, Application and Nomination Process, visit the 4-H Golden Clover section of the California 4-H website: [4h.ucanr.edu/Resources/
Member Resources/Scholarships - Awards/GCAwards/](http://4h.ucanr.edu/Resources/MemberResources/Scholarships-Awards/GCAwards/)