

# Clover Lines

## Happy New Year from the Ventura County 4-H Office

From Michael Marzolla, 4-H Youth Development Advisor

I want to send our greetings and very best wishes for the 2011 New Year from the 4-H Office! We are looking forward to making 2011 a great year for the 4-H program. I would like to pass on the following message from Sharon Junge, our acting State Director:

### Adult Volunteers the Heart of the 4-H Program

For nearly a hundred years the 4-H Youth Development Program (4-H YDP) has capitalized on the powerful influence of caring adults in the lives of children and youth. Central to the success of 4-H are the talented and dedicated adult volunteers, who are the heart of the 4-H program, providing valuable programmatic leadership and build caring and nurturing relationships with 4-H members. Research over the past three decades continues to show that caring adults can be a protective factor in high-risk situations and provide safe environments for youth to develop independence and confidence. Resilient youth who thrive despite obstacles, typically have one or more caring adults who are active and present in their lives, coaching their perseverance.

Every county in the state is in the process of appointing, highly motivated teams of adult volunteers, older youth, and staff who will attend regional trainings this spring on the 4-H Thriving framework. Each team is committed to extending the training to their county 4-H volunteers to enhance their work in assuring our 4-H members *ignite their spark, flex their brains and reach their goals...Growing Youth Who Thrive!* Watch for more ways to get involved!



Regards,  
Sharon Junge  
Acting Director, Statewide 4-H Youth Development Program

University of California  
Agriculture and Natural Resources

Cooperative Extension  
Ventura County



University of California Cooperative Extension – Ventura County

Website: <http://ceventura.ucdavis.edu>

669 County Square Dr., Suite 100, Ventura CA 93003-5401

Fax: (805) 645-1474 Phone: (805) 645-1464



# New Clover Safe Notes

2 New Clover Safe Notes have been added to 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 2 new Clover Safe Notes include;**  
**Safe Handling and Use of Chemicals**  
**The Importance of Washing Your Hands**

Both of these Clover Safe Notes have an associated activity sheet.

Bookmark the page to easily return back as frequently as you want and view all of the current notes as well as all of the new notes as they are added.

You can choose to view the notes by Number or by Project Area.



## 2011 Ventura County Fair



The 2011 Ventura County Fair (August 3-14, 2011) is just around the corner and for those youth exhibitors planning on raising meat pen turkeys for the Junior Livestock Auction, the following changes will be in effect for the 2011 Ventura County Fair:

- 1) Due to processing and carcass quality issues, only white birds will be accepted as entries;
- 2) Turkeys must be 16 to 20 weeks of age as of the first day of Fair, August 3, 2011; and
- 3) Minimum and maximum weights for turkeys have been established:

Toms:	25 lbs minimum – 35 lbs maximum
Hens:	15 lbs minimum – 25 lbs maximum

Remember to check the Fair Entry Guide for complete details as it becomes available <http://www.venturacountyfair.org/>. Contact the Fairgrounds for more information.

**APPS** FOR  
**HEALTHY**  
**KIDS**

Earlier this year, Michelle Obama challenged software developers and game designers to develop applications that would drive children to eat better and be more physically active. The winning applications have been announced and are available at no cost. Youth and adults will enjoy using tools such as “Pick Chow!” and playing games like “Fitter Critters.” View the winnings apps at [www.appsforhealthykids.com/application-gallery](http://www.appsforhealthykids.com/application-gallery).



## Cruising to 4-H Excellence!

4-H Leaders Forum to Celebrate Volunteers at Sea

All 4-H leaders, their families, and friends are invited to Cruise to 4-H Excellence to recognize 4-H leader's outstanding volunteer efforts.

The 2011 Western Regional Leaders Forum will be held on the Holland America cruise ship, M.S. Westerdam. The ship departs Seattle May 7th and will make stops in Juneau, Hubbard Glacier, Sitka, Ketchikan, and Victoria, B.C. The ship returns May 14th.

Having our 4-H Leaders Forum on the ship will provide a great venue for our many workshops, give people time to socialize, and offer educational opportunities to learn about different ports and local attractions.

Charles Johnson, national speaker and executive director of the National Family Life & Education Center, will speak about the value of mentors in the lives of youth.

Speaker David Remson will focus on how multi-generational volunteers can best work creatively and effectively together.

Participants will be able to choose from over 50 workshops, enjoy gourmet food, and take advantage of the ships amenities including the culinary arts center, spa, digital workshop, nightly entertainment, and clubrooms for youth and teens.

To learn more about the cruise visit <http://4h.wsu.edu/conferences/2011wrlf/index.html>

## ***Chicago Youth Say No to Dating Violence***

The National Clearinghouse on Families and Youth provides a variety of resources for individuals who work with at-risk youth and families. Their latest "Youth Speak Out" podcast features two young women, Gina and Ariana, who discuss their attempts to understand dating violence in their Chicago neighborhood and what they and other teens are doing about the problem. To listen to this podcast and others, visit: [drupal.ncfy.com/tools/podcasts/2010/09/chicago-youth-say](http://drupal.ncfy.com/tools/podcasts/2010/09/chicago-youth-say).

## **In the Mix**

*In the Mix* is a national award-winning TV series produced by teens and aired weekly on PBS. Teens investigate issues that are prevalent and important in their lives. Recent topics include substance abuse, dealing with death, self-image, depression, divorce, school violence and more. Visit [www.inthemix.org](http://www.inthemix.org) for transcripts, discussion guides and videos.

# DON'T MISS OUT!!

## New Adult Volunteer Leader Certification Dates have been scheduled!

Volunteering is not as scary when you know what the job entails. Ask your club leader or project leader exactly what you can do to help. Attend trainings, and learn more from the job descriptions below. They can also be found on the State 4-H website at

<http://www.ca4h.org/Administration/Policies/Chapter6/>.

Club Leader Position Description <http://www.ca4h.org/files/4771.doc>

Activity or Event Adult Volunteer Position Description <http://www.ca4h.org/files/4770.doc>

Project Adult Volunteer <http://www.ca4h.org/files/4772.doc>

Resource/Key Adult Volunteer <http://www.ca4h.org/files/4772.doc>

One volunteer position that currently does not have a position description posted is the Enrollment Specialist (Coordinator). You can view the responsibilities of this position on our website in Word format at <http://ceventura.ucdavis.edu/files/79835.doc> or in PDF format at

<http://ceventura.ucdavis.edu/files/79837.pdf>

The dates for the New Adult Volunteer Leader Certification Training have been scheduled for;

1. **Wednesday, April 27, 2011, 6:30 p.m. to 8:30 p.m.**
2. **Wednesday, May 18, 2011, 6:30 p.m. to 8:30 p.m.**
3. **Monday, June 20, 2011, 6:30 p.m. to 8:30 p.m.**

Don't miss out, R.S.V.P. today.

The trainings will be held at the 4-H Office:

669 County Square Dr., Ste 100  
Ventura, CA 93003-5401

The trainings will begin PROMPTLY. Due to the large amount of material, participants **MUST** be on time & **MUST** attend the entire training or they will not have completed this important part of the certification process.

R.S.V.P. required, please include in an e-mail to [tifisher@ucdavis.edu](mailto:tifisher@ucdavis.edu) ,

1. Your First & Last Name.
2. Your phone number.
3. The date of the training you will be attending.
4. Your mailing address so we can mail you the fingerprinting forms.
  - o As soon as you receive the forms in the mail; contact a fingerprinting facility & schedule your fingerprinting appointment.
5. The name of the club you are volunteering for.

<http://www.PreventObesity.net/>

The Robert Wood Johnson Foundation has just released a new website to assist leaders across the country in engaging local communities in the prevention of childhood obesity. Website visitor will discover leaders, allies and peers in your towns, states and on your issue to help you impact your work on policy, media, projects, research and organizing events. Visit [www.preventobesity.net](http://www.preventobesity.net) to add your club, projects, and obesity prevention resources to a national map and locate resources near you.

# Trick Or Treat So Others Can Eat We Did It Again!

By: Kimberly Coverly; Teen Leader TOTSOC

Trick or Treat So Others Can Eat (TOTSOC) was a huge success this year, despite the hardships of the bad economy. We had numerous 4-H clubs and other youth organizations such as AYSO, helping the cause and coming up with new and creative ways to collect as much canned food for Ventura County FOOD Share as possible.

Bins were placed at several new locations including Cross Fit Ventura and Foothill Technology High School. Each of these locations proved to be a prime spot for the bins and each collected about 100 pounds of canned goods or other non-perishable food items.

AYSO also joined the TOTSOC team when they decided to hold a Region 39 food collection contest at their soccer games. Each team was encouraged to collect and donate as much as possible and all together the 2,100 soccer players collected over 4,000 cans of food.

Most food was directly donated to FOOD Share, Ventura County's food bank; however some clubs were able to donate their collected items to other food banks in their communities, including HELP food bank in Ojai and a local food pantry in Fillmore.

Overall, Trick or Treat So Others Can Eat was able to donate over 5,000 pounds of non-perishable food items to food banks throughout Ventura County.

It is great to know that lots of families will be able to enjoy a Thanksgiving and Christmas dinner because of all of the hard work put in by many Ventura County children.



## *4-H Healthy Living*

4-H has a long history of promoting healthy living among youth and their families. The 4-H Healthy Living Mission Mandate is intended to reposition health to its important and appropriate place within the 4-H Program. 4-H Healthy Living encompasses a holistic approach including healthy eating habits, physical fitness, the capacity to recognize and direct emotions, and the ability to develop and maintain positive social interactions and relationships. California 4-H is focusing efforts on increasing healthy living opportunities and strengthening the presence of healthy living themes throughout existing programs, activities and curriculum. For more information, visit <http://www.ca4h.org/projects/healthyliving>.

## ***Fruit and Vegetable Consumption on the Rise in Young Children***

The Produce for Better Health Foundation released new data last month showing children under the age of 12 have been eating more fruits and vegetables since 2004. Teen consumption of fruit and vegetables has declined, however, with a 6 percent decrease in vegetable consumption and a 2 percent decrease in fruit consumption since 2004. Even with positive findings, youth have a long way to go to get consumption up to recommended levels. For details about the research, visit [http://www.pbhfoundation.org/pbh\\_direct\\_new/sep17\\_2010/KidsSlides.pdf](http://www.pbhfoundation.org/pbh_direct_new/sep17_2010/KidsSlides.pdf).

## ***Positive Social Traits Trump Bad Health Habits***

A new study suggests that things fall into place with good psychological health. Many studies have documented the dangers of the traditional negative physical risk factors on health—far less research has focused on the role of positive psychological and social supports. The research identified physical exercise, social support and control beliefs as significant predictors of change in functional health, above and beyond the negative effects of the traditional risk factors such as excessive smoking, drinking and being overweight. To view the entire article, visit [www.plosone.org](http://www.plosone.org) and search "Promoting Functional Health."

## ***2010 California County Scorecard of Children's Well-Being***

Measuring 26 indicators of children's well-being across California's 58 counties, this year's scorecard illustrates no two places are alike in terms of the condition of their children. Indicators measure everything from "adolescents who feel connected to an adult" to "children who are safe on and around roads." Check out the results for your community by visiting:

[http://www.childrennow.org/index.php/learn/reports\\_and\\_research/article/726](http://www.childrennow.org/index.php/learn/reports_and_research/article/726).

## **Feeding Your Kids**

This free, 42-day internet-based program is designed to teach strategies and provide tips and advice that will create better eating habits for children. The program provides parents and caregivers with practical and simple daily communications that engage and inspire users to incorporate incremental changes, pushing participants to rethink food choices. Communication options include emails, daily text messages and an iPhone app. Visit:

<http://www.habitchanger.com/programdetail/feedingyourkids>.



### 3rd Annual

## 4-H Science, Engineering, and Technology 2011 Winter Workshops

February 5, 2011 from 9:00am - 4:00pm Locations around California

**Registration due January 24, 2011**

Counties are invited to send a team of 4-H teen leaders (age 12 and older), 4-H volunteers, 4-H staff, and afterschool partners to the 2011 4-H SET Winter Workshops.

This professional volunteer development opportunity will help prepare 4-H volunteers, teens and staff to incorporate science, engineering, and technology into 4-H projects. The workshops emphasize experiential and inquiry-based learning, providing practical examples of incorporating hands-on activities that invite youth exploration, promote active questioning, and application to the real world.

These workshops will assist in increasing the knowledge, skills, competencies, and confidence levels of adult volunteers, teens and staff to provide engaging 4-H SET learning experiences.

**Cost to Attend: FREE! Snacks and lunch provided! Travel & Lodging:** Travel expenses are not covered. We encourage carpooling!

#### Locations

- Humboldt County (Eureka)
- Butte County (Oroville)
- Santa Cruz County (Watsonville)
- Los Angeles County (Mt. San Antonio College)
- Tehama County (Red Bluff)
- Kern County (Bakersfield)
- Yolo County (UC Davis)
- Merced County

#### Curriculum Offerings

- Junk Drawer Robotics Curriculum (*Level 1: Give Robots a Hand*)
  - Merced County (*led by Richard Mahacek*), max 40
  - Humboldt County (*led by Jessica Paine*), max 25
- TechXcite: Discover Engineering Curriculum (*Quest for Speed*)
  - Santa Cruz County (*led by Lynn Schmitt-McQuitty*), max 30
  - Los Angeles County (*led by Keith Nathaniel*), max 30
  - Butte County (*led by Matthew Portillo*), max 40
- Youth Experiences in Science Curriculum
  - Yolo County (*led by Marianne Bird*), max 24
  - Tehama County (*led by Rita Boyes*), max 24
- Exploring Your Environment Curriculum
  - Los Angeles County (*led by Cynthia Barnett*), max 30
- There's No New Water! Curriculum
  - Yolo County (*led by Steven Worker*), max 35
  - Kern County (*led by John Borba*), max 30
- Biosecurity in 4-H Animal Science Curriculum
  - Humboldt County (*led by Sandy Sathrum*), max 30
  - Yolo County (*led by Martin Smith*), max 30
  - Los Angeles County (*led by Steve Dasher*), max 30

For more information, please contact Steven Worker at [smworker@ucdavis.edu](mailto:smworker@ucdavis.edu) or (530) 754-8519.

**Support for the workshops provided by the Thomas and Dorothy Leavey Foundation.**

## 4-H Library

### The Price is Right! Download FREE Online Curricula

A wide variety of curricula materials exist for the 4-H mission areas of citizenship, healthy living, and science, engineering, and technology. View a list of these curricula at: <http://www.ca4h.org/Projects/Curriculum/SETCurriculum/>

## 4-H Office

The 4-H Office is open (except for County designated Holidays) Monday through Friday, 8a.m. to 5p.m. Please call the 4-H Office at (805) 645-1464 for more information. Our fax number is (805) 645-1474.

#### Staff Hours & Program Responsibilities

**Michael Marzolla** (805) 662-6943  
4-H Program Advisor – Community Club Program, Policy and Procedure, New Unit Organization, Club Leader Advice, Training (Youth/Volunteer).  
E-mail: [ammarzolla@ucdavis.edu](mailto:ammarzolla@ucdavis.edu)

**Tisha Fisher** (805) 645-1464  
Monday – Thursday  
4-H Assistant – Enrollment, Mailings, Pins, Equipment Check Out, 4-H Calendar, Event Support, 4-H Library, General Information, *Clover Lines* Editor.  
E-mail: [tifisher@ucdavis.edu](mailto:tifisher@ucdavis.edu)

**Rose Hayden-Smith** (805) 645-1466  
County Director,  
4-H Youth, Family & Community Development Advisor  
E-mail: [rmhaydensmith@ucdavis.edu](mailto:rmhaydensmith@ucdavis.edu)

It is best to e-mail articles about your Group's activities and events to the 4-H Office. Please e-mail your articles to [tifisher@ucdavis.edu](mailto:tifisher@ucdavis.edu)

**DEADLINE FOR SUBMISSIONS IS THE 1st MONDAY OF EACH MONTH FOR THE FOLLOWING MONTH'S ISSUE.**

*Rose Hayden-Smith*

Rose Hayden-Smith  
4-H Youth, Family & Community Development Advisor

The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (covered veterans are special disabled veterans, recently separated veterans, Vietnam era veterans, or any other veterans who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized) in any of its programs or activities. University policy is intended to be consistent with the provisions of applicable State and Federal Laws. Inquiries regarding the University's Nondiscrimination Policies may be directed to the Affirmative Action/Equal Opportunity Director, University of California, Agriculture and Natural Resources, 1111 Franklin St., 6th Floor, Oakland, CA 94607, (510) 987-0096.

UC Cooperative Extension  
U.S. Department of Agriculture  
University of California  
800 S. Victoria Ave., L#4941  
Ventura, CA 93009

## RETURN SERVICES REQUESTED

Official Business  
Penalty for Private Use \$300

# January

## 4-H Calendar

<http://calendar.ucanr.org/> (change "Location" to Ventura County & "Category" to 4-H/Youth Programs, Click "Go!")

To help ensure you receive e-mails from us, be sure to add to your Safe/Green/Accept e-mails lists: [ammarzolla@ucdavis.edu](mailto:ammarzolla@ucdavis.edu), [tifisher@ucdavis.edu](mailto:tifisher@ucdavis.edu), 4hOnline [<mailto:no-reply@4hOnline.com>], and [sagriffin@ucdavis.edu](mailto:sagriffin@ucdavis.edu)

### HAPPY NEW YEAR!

- |           |   |        |   |
|-----------|---|--------|---|
| 1/3       | Bardsdale 4-H Featured Club Happenings! articles due to the 4-H Office.                         | 4/20   | Fairgrounds Morgan Arena.<br>EPDC Meeting, 6:45 p.m. @ Marie Callender's in Camarillo.    |
| 1/8       | Fur & Feathers Show; Cavy, Poultry & Rabbit @ the Ventura County Fairgrounds.                   | 4/27   | New Adult Volunteer Certification Orientation, 6:30 p.m. – 8:30 p.m. @ the 4-H Office.    |
| 1/14 – 16 | Teen Involvement Conference.  | 4/30   | Small Animal Science Field Day @ the Ventura County Fairgrounds.                          |
| 1/19      | EPDC Meeting, 6:45 p.m. @ Marie Callender's in Camarillo.                                       | 5/2    | Loma Vista 4-H & Mira Monte 4-H Featured Club Happenings! articles due to the 4-H Office. |
| 1/31      | Coastal Art & Poetry Contest entries DUE.   | 5/7-14 | 2011 Western Regional Leaders Forum; "Cruising to 4-H Excellence!"                        |
| 2/5       | 3rd Annual 4-H Science, Engineering, and Technology 2011 Winter Workshops                       | 5/15   | Ventura County 4-H Gymkhana Clinic 8-1 @ the Ventura County Fairgrounds Morgan Arena.     |
| 2/7       | Briggs 4-H & Chief Peak 4-H Featured Club Happenings! articles due to the 4-H Office.           | 5/18   | EPDC Meeting, 6:45 p.m. @ Marie Callender's in Camarillo.                                 |
| 2/16      | EPDC Meeting, 6:45 p.m. @ Marie Callender's in Camarillo.                                       | 5/18   | New Adult Volunteer Certification Orientation, 6:30 p.m. – 8:30 p.m. @ the 4-H Office.    |
| 3/7       | Citrus Valley 4-H & Conejo Valley 4-H Featured Club Happenings! articles due to the 4-H Office. | 6/6    | Mupu 4-H & Piru 4-H Featured Club Happenings! articles due to the 4-H Office.             |
| 3/8       | Preliminary Presentation Day @ 4-H Office 2-5 p.m.  | 6/12   | Ventura County 4-H Equine Field Day 8-2 @ the Ventura County Fairgrounds Morgan Arena.    |
| 3/13      | Ventura County 4-H Mini Rodeo 8-1 @ the Ventura County Fairgrounds Morgan Arena.                | 6/15   | EPDC Meeting, 6:45 p.m. @ Marie Callender's in Camarillo.                                 |
| 3/16      | EPDC Meeting, 6:45 p.m. @ Marie Callender's in Camarillo.                                       |        |   |
| 3/26      | County Presentation Day – Location to be announced.   |        |   |
| 4/4       | Del Norte 4-H & Las Posas 4-H Featured Club Happenings! articles due to the 4-H Office.         |        |   |
| 4/17      | Ventura County 4-H Trail Clinic 8-1 @ the Ventura County  |        |   |