

Clover Lines



CLOVER SAFE

AGRICULTURE AND NATURAL RESOURCES ENVIRONMENTAL HEALTH AND SAFETY



PREVENTING THE SPREAD OF COMMUNICABLE DISEASES



Each year, an average of more than 200,000 people are hospitalized and 36,000 people die from seasonal influenza (flu) complications in the United States. You can help keep yourself, your family, and your fellow 4-H volunteers and members healthy and prevent the spread of seasonal colds, flu, and other communicable diseases by practicing some simple measures at home, work, school, and other social settings. In fall of 2009, there is particular concern over the novel H1N1 influenza virus (also known as swine flu). The precautions to protect yourself from H1N1 are the same as those recommended for seasonal flu or other common communicable illnesses.

The Centers for Disease Control and Prevention (CDC) urges you to take the following actions to protect yourself and others from the flu:

Take time to get vaccinated for seasonal influenza

- CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal influenza. While there are many different flu viruses, the seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common.
- Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease, and people 65 years and older. Seasonal flu vaccine is also important for health care workers, and other people who live with or care for high risk people to prevent giving the flu to those at high risk.
- A seasonal vaccine will not protect you against novel H1N1. A new vaccine against novel H1N1 is being produced and will be available in the coming months as an option for prevention of novel H1N1 infection to those at greatest risk. People at greatest risk for novel H1N1 infection include children, pregnant women, and people with chronic health conditions like asthma, diabetes, or heart and lung disease.

Take everyday preventive actions

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If a tissue is not available, cough or sneeze into your sleeve. An informative and amusing video on covering your sneeze can be viewed at: <http://www.coughsafe.com/>
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible. This is to keep from making others sick.
- Visit the CDC website (<http://www.cdc.gov/h1n1flu/>) to find out what to do if you get sick with the flu and how to care for someone at home who is sick with the flu.



Stay Informed

In addition to the precautions above, it is important that you stay informed, especially during the upcoming flu season. Health officials will provide additional information as it becomes available. UC ANR EH&S has established a website at <http://ucanr.org/h1n1> to provide links to information from CDC, the California Department of Public Health, and County Public Health Departments to help bring you national, state, and local guidance as the flu season progresses. Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures. When planning for camp, consult CDC guidance (<http://www.cdc.gov/h1n1flu/camp>) and local public health officials and develop a plan to respond to an illness outbreak at camp.



Influenza H1N1 (Swine flu)

What we should do in 4-H?

Information and guidance about the H1N1 virus is changing rapidly, but here are some general measures that we can take in 4-H.

1. Make our members and their families aware of the following guidelines from the Centers for Disease Control (CDC).

- **What You Can Do to Stay Healthy** from CDC: <http://www.cdc.gov/h1n1flu/>
Stay informed. This website will be updated regularly as information becomes available.

Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.

Take everyday actions to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

2. Use this information as an educational tool. Discuss prevention methods and everyday safe practices at your General Club Meetings & Project Meetings.

- Discuss the importance of good hygiene in preventing the spread of disease.
- Discuss the importance of staying home from work or school when sick to prevent infecting others.

4-H Cavy Day at Ventura County Fair

by Karen Payne

August 12, 2009 was Cavy Day at Ventura County Fair. Approximately 100 cavies were entered in the Youth Cavy Show. Seven of the thirteen cavy breeds were represented. Best of Show went to a White Crested Cavy named Hoshi, entered by Melissa Marshall of Loma Vista 4-H. Reserve in Show went to an American Cavy named Thlassa, entered by Karen Payne of Loma Vista 4-H.



The Breed Show was followed by Cavy Showmanship. Good work to Keegan Reeder of Mupu 4-H for participating in the Pre-Junior (Primary) Cavy Showmanship!

First Place in Junior Cavy Showmanship went to Joshua Finch of Mupu 4-H.

First Place in Intermediate Cavy Showmanship went to Hannah Finch of Mupu 4-H.

First Place in Senior Cavy Showmanship went to Karen Payne of Loma Vista 4-H.

The final event of the day was the Cavy Costume Contest.

First Prize for both Cavy and 4-H member being in costume went to Amanda Penny of Loma Vista 4-H

First Prize for Cavy only being in costume went to Elizabeth Paxson of Santa Rosa Valley 4-H

Many thanks to all of the 4-H volunteers who got there at 8:30 am and stayed all day to help with Catch and Carry, clerking and general assistance!

Featured Club Happenings!

Santa Rosa Valley 4-H

Club Leaders: Terri Hargleroad and Jodi Slotar

by Terri Hargleroad

President: Nicole Peterson, age 17

Santa Rosa Valley club is excited to start a new 4-H year. We are a large and growing club of nearly 100 members. We have projects ranging from cake decorating to pygmy goats to motorcycles to horses.

Our Horse project had a great time at the horse fair and won the barn awards this year. They competed in Western, English and Gymkhana events.

We just returned from the big fair where our members showed their years work in such projects as Photography, Jewelry, Cavies, Lambs, Poultry and much more.

Our quietest meeting of the year was when we had Officer Alvarez from the Ventura County K9 Unit visit us with his dog, Fibi. The kids and adults listened to every word, asked great questions and were allowed to pet Fibi. Fibi did tricks!

We also participate in several community service events throughout the year as a club. We work at Underwood Farms, Operation Gratitude and TOTSOCE. Our kids who are too young to help out with some of the community service help write letters to the troops at Christmas and Valentine's Day. We also fill the year with fun activities like potlucks, a Halloween event, an Easter Egg Hunt and a swim party. The end of the year pool party was a blast with swimming, potluck, awards and our send-off to the kids moving on to college.

This year we are adding many more projects - like Fashion Revue, Bicycles, Canning and Interior Design. There are a lot of new skills to learn for each of us.

Happy New 4-H Year. It is going to be great!



2009 California 4-H Leaders' Forum November 6 - 8, 2009 North Section 4-H Leaders' Council "4-H Past, Present, Future"



For Packet Forms and information can be found at:

- Web Site <http://clubs.ca4h.org/nsection/SLF09/index.htm>
- Richard Meade, Registrar
13030 Hosler Ave, Chico, CA 95973 (530) 342-6585
remade@csuchico.edu

A tentative session matrix and descriptions are posted on the website above. Additional information can be found at <http://www.ca4h.org/conference/slf/>

Mark your calendars and don't forget;

Applications are still being accepted by the Registrar until October 1, 2009.

Room Reservations are due to Asilomar A.S.A.P. No guarantee room will be located near other Forum delegates.



JUNIOR AND TEEN LEADERS

The following information was extracted from <http://www.ca4h.org/policy/chapter5/index.asp>

IV. JUNIOR AND TEEN LEADERS

- A. The junior and teen leadership experience is designed to provide members with the opportunity to learn about the qualities and competencies needed to be a leader. Leadership is not doing things for the group, it is helping the group decide what needs to be done and how. Junior leaders provide assistance while teen leaders assume more challenging leadership roles. Junior and teen leaders complete a Junior and Teen Leadership Development Report. The major duties of a junior or teen leader are (varies by age, experience, and other):
1. Work collaboratively with the adult volunteer to set goals, develop lesson plans, teach skills, and evaluate the activity.
 2. Coordinate logistical details such as meeting times, locations, materials and supplies, and expenses with the adult leader.
 3. Communicate with the adult leader and members about group expectations, responsibilities and expected outcomes.
- B. Criteria
1. Junior leaders (intermediate members): To become a junior leader, member must be in grades 6-8, or if home-schooled, must be at least 11 and no more than 13 years old as of December 31 of the program year.
 2. Teen leaders (senior members): To become a teen leader, member must be in the ninth grade or above, or if home-schooled, must be at least 14 years old as of December 31 of the program year.
- C. Liability Coverage for Junior and Teen Leaders
1. Junior and teen leaders are not covered by UC's liability insurance, which applies only to adult volunteers. UC's liability insurance does not cover 4-H members at any time. As junior and teen leaders, members have sufficient knowledge and experience to function in teaching and administrative roles, but they are unable to assume the responsibilities of adult volunteers. See General Liability and Automobile Insurance FAQ.
 2. Members under the age of 18 may not drive other members on 4-H business at any time.

FINAL LEADER CERTIFICATION DATES OF THE YEAR, R.S.V.P. TODAY!

The last dates of the year for New Volunteer Leader Certification Orientation are quickly approaching.

Tuesday, September 22, 2009 6-9

Saturday, October 3, 2009 9:30-12:30

All New Volunteer Leader Certification Orientations are held at the 4-H Office:

669 County Square Dr 100, Ventura, CA 93003

Don't miss out! R.S.V.P. today! Please submit your R.S.V.P. at tifisher@ucdavis.edu and include the date above that you wish to attend, the club you are joining, your contact phone number & your mailing address so that we can send you the fingerprinting forms so you can get that done prior to the orientation.

4hOnline Enrollment System

The 4hOnline Enrollment System is up & running in its 2nd program year. This year is the 1st year that Ventura County 4-H Members & Volunteers are enrolling themselves online & will be responsible for keeping their records current within the system. Every family must keep track of the e-mail address & password that gives them access to the system; this information must be kept in a safe & secure location.

There were several members/volunteers that added volunteer types/roles, etc that they really are not doing; for example, some added that they are an "Executive Board/Officer Advisor", though they are not; this is a Club Officer Advisor position, or they've added that they are a Club Leader though they are not. We need the information in your records to be accurate; they "Edit" ability has been fixed, we need everyone to sign in & make sure their records are correct & make corrections to all errors found. Thank you.

Small Animal Livestock and the Fair

By Jenean Bass, Ventura County Small Animal Science VMO Representative

Ventura County Small Animal Science was well represented at this year's Ventura County Fair. On opening day I saw members from Somis 4-H, Conejo Valley 4-H, Tierra Rejada 4-H, volunteering at catch and carry, Uncle Leo's Barn, at the Ask Me booth and hosting in the small animal barn. I saw Tierra Rejada 4-H on set up day, Mupu 4-H on coop out night, helping with feed and water cans and clean up. I know there were others who helped throughout the week and I thank you all. The Fair is a great place for our project members to demonstrate leadership, participate in community service, exhibit their animals and learn, learn, learn!

Another great opportunity for our members will be coming up in January. Fur and Feathers, the all breed invitational show our county puts on for cavy, rabbit and poultry 4-H'ers. Usually held in November, the show has been moved to January 16, 2010, due to scheduling conflicts at the fairgrounds. We will be gearing up on planning soon. 4-H small animal project members can help put this on. They can clerk, exhibit posters, exhibit their animals and participate in showmanship. We will need lots of help from youth and parents to put this on. If you are interested e-mail me at Jeneanbass@roadrunner.com.

And now, what you have been waiting for, the 2009 Ventura County Fair Small Animal Livestock results.

Cavy Breed show: Best in Show White Crested Cavy, Melissa Marshall, Loma Vista 4-H
Reserve in Show American Cavy, Karen Payne, Loma Vista 4-H

Cavy Showmanship:

Pre-Junior: Keegan Reeder, Mupu 4-H

Junior Showmanship: 1st: Joshua Finch, Mupu 4-H 3rd: Spencer Wittrock, Loma Vista 4-H
2nd: Elizabeth Paxson, Santa Rosa Valley 4-H 4th: Hayden Hargleroad, Santa Rosa Valley 4-H

Intermediate Showmanship: 1st: Hanna Finch, Mupu 4-H

Senior Showmanship: 1st: Karen Payne, Loma Vista 4-H

Rabbit Breed show: Best in Show Broken Mini Lop Doe, Molly Turner, Conejo Valley 4-H
Reserve in show Netherland Dwarf, Sarah Bobardt, Tierra Rejada 4-H

Rabbit Showmanship:

Pre-Junior: Annabelle Sanders, Conejo Valley 4-H

Junior Showmanship: 1st: Spencer Wittrock, Loma Vista 4-H 2nd: Tyler Van Unen, Santa Rosa Valley 4-H

Intermediate Showmanship: 1st: Sarah Bobardt, Tierra Rejada 4-H 4th: Meghan Woodard, Conejo Valley 4-H
2nd: Mikaylee Collins, Tierra Rejada 4-H 5th: Daniel Van Unen, Santa Rosa Valley 4-H
3rd: Lauren Graziano, Tierra Rejada 4-H 6th: Katie Pratt, Tierra Rejada 4-H

Senior Showmanship: 1st: Kathy Bass, Conejo Valley 4-H

Novice: 1st: Raquel Stanton, Conejo Valley 4-H 2nd: Victoria Stanton, Conejo Valley 4-H

Poultry Breed show (results are incomplete): Best in Show Katelyn Beckmann, Santa Rosa Valley 4-H
Reserve in show Katelyn Beckmann, Santa Rosa Valley 4-H

Poultry Showmanship:

Pre-Juniors: Madison Stephenson, Somis 4-H Cameron Harber, Somis 4-H Chloe Harber, Somis 4-H

Junior Showmanship: 1st: Bronson Smith, Somis 4-H 3rd: Juliette Avalos, Somis 4-H
2nd: Jordan Harber, Somis 4-H 6th: Makayla Cozatt, Somis 4-H

Intermediate showmanship: 1st: Casey Cannon, Santa Rosa Valley 4-H

Senior Showmanship: 1st: Katelyn Beckmann, Santa Rosa Valley 4-H

State 4-H Equine Field Day

Mark your calendars!! The State 4-H Equine Field Day at UC Davis on Saturday, October 24, 2009, 9:45 a.m. to 3:30 p.m. has just been confirmed! There will be speakers from UCD and surrounding areas.

Early registration will be due Friday, October 16th.

More information will be available soon on the web site at: <http://ca4h.org/projresource/horse/>.

Somis 4-H Volunteers at the Rescue Mission and so can YOU!

by: Jorden Harber, Somis 4-H, Age 10

The Ventura County Rescue Mission located in Oxnard, is a great place to volunteer. Kids and their parents from the Somis 4-H club, volunteer on the second Tuesday of every month. My sisters, 4H friends, and I are always eager to go!

On the second Tuesday of each month everyone meets at the Rescue Mission at 4:30p.m. and stays until about 7:00p.m.

Volunteering at the Rescue Mission is super fun and it is an especially fun experience when you're volunteering with friends and family. Volunteers set tables, serve food, and clean tables. It might not sound that fun, but believe me it is! Also, you feel really great when people say thank you and when people smile at you. You know your making a difference in their lives. I look forward to going every time.

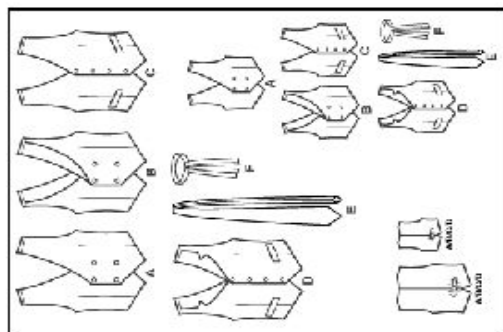
When you go to volunteer you usually serve two groups, the men who are in the Rescue Mission program who are recovering from hard things in their lives, and the homeless.

You can volunteer at the Rescue Mission any time. Just contact the volunteer coordinator, Jonathan, at the Rescue Mission to sign-up for a time to volunteer. Who knows, Somis 4-H may see you there; so volunteer today. I promise you won't regret it!



2010 STATE 4-H FASHION REVUE CHALLENGE PATTERN

SIMPLICITY VEST # 4762



Make an INVESTment in your future wardrobe with this year's challenge. Sew a lined vest, but don't forget to spice it up. It could be reversible, have pockets, frills or whatever fits your style.

Start with Simplicity pattern #4762. You must use this pattern; no substitutions. The possibilities for personalization are endless! You can make it shorter or longer, add trim or appliques, and experiment with fabrics, colors or details. To alter the pattern for girls, move the buttons to the left side. If needed, add back darts or use the cinch and enlarge the front darts. Purchase or sew an outfit to coordinate with your vest.

For more information about State 4-H Fashion Revue, go to
<http://www.ca4h.org/projectsource/fashion>



PBSKids FETCH 2010 Challenge Packs are now available! The 2010 Challenge Pack contains new activities that explore sound, light, and energy - and require inexpensive materials that won't break your budget! Use these challenges to create a fun, engaging event for kids and families or to provide additional challenges for your 4-H meeting. 2009 activities are available at <http://pbskids.org/fetch/parentsteachers/activities/challengepack.html>. To obtain the 2010 activities, please email fetchnews@wgbh.org. Be sure to include your name, organization, and mailing address (please indicate work or home).

The American Geological Institute (AGI) invites 4-H to take part in **Earth Science Week 2009**! Being held October 11-17, Earth Science Week 2009 will encourage people everywhere to explore the natural world and learn about the geosciences. "Understanding Climate," the theme of Earth Science Week 2009, will promote scientific understanding of a timely, vital topic: Earth's climate. More information is available at <http://www.earthsciweek.org/>

4-H members can help to collect soil samples to give a much clearer assessment of the health of the Nation's soils. Northeastern University is conducting the **National Soil Research Project** where students are measuring the humic (HA) and fulvic acid (FA) contents of the nation's agricultural top soils. HA and FA are vital organic components of healthy soils. They retain water, act as pH buffers, improve soil texture/porosity and regulate many other soil functions. We need to double the number of samples to be analyzed. We can do that with your help! We're asking 4-H members to collect and mail a one-pound, dry soil sample to Northeastern University for analysis. For more information or to participate, please contact Geoffrey Davies at g.davies@neu.edu.

Watch videos of 4-H activities, events and projects on the **California 4-H YouTube channel**. Videos highlight 4-H SET projects, 4-H clubs, presentations and statewide conferences. YouTube: <http://www.youtube.com/user/California4H>

4-H Library

SERIES - Pond Mapping

Topic Area: Environmental Education | **Audience:** Teens lead activities with youth grades 3-6.

The activities in Pond Mapping are designed to be led by teens with youth as participants that are interested in exploring and learning more about their natural environment. Working together, teens and youth learn to make and use simple surveying equipment to map the bottom contours of a small body of water. Participants exercise their presentation skills by creating a product of their own design to share their research findings with local community groups.

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.

Staff Hours & Program Responsibilities

Susan Gloeckler (805) 662-6943
Monday through Wednesday, 10a.m. to 5p.m.
4-H Program Supervisor – Community Club Program, Policy and Procedure, New Unit Organization, Club Leader Advice, Training (Youth/Volunteer).
E-mail: sygloeckler@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

Rose Hayden-Smith (805) 645-1466
County Director,
4-H Youth Development Advisor
E-mail: rmhaydensmith@ucdavis.edu

Please feel free to mail, fax or e-mail articles about your Group's activities and events to the 4-H Office. **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 Development Advisor

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September

4-H Calendar

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

- 9/19 Record Book Judging; location TBD
- 9/19 3rd Annual Kids Culinary Convention and Conference
- 9/22 2009/2010 Program Year New Leader Certification Orientation
6:00 p.m. – 9:00 p.m. @ 4-H Office
- 10/1 Applications deadline for California 4-H Leaders Forum
- 10/3 2009/2010 Program Year New Leader Certification Orientation
9:30 a.m. – 12:30 p.m. @ 4-H Office
- 10/11-17 Earth Science Week
- 10/16 Early Registration for State 4-H Equine Field Day
- 10/21 EPDC meeting @ Camarillo Marie Callender's 6:45 p.m.
- 10/24 State 4-H Equine Field Day 9:45-3:30
- 10/24 Make a Difference Day
- 11/6-8 California 4-H Leaders Forum
- 11/13 Achievement Night
- 11/18 EPDC meeting @ Camarillo Marie Callender's 6:45 p.m.
- 12/16 EPDC meeting @ Camarillo Marie Callender's 6:45 p.m.
- 6/30 Program Year ENDS
- 7/1 New Program Year BEGINS

ACHIEVEMENT NIGHT

Mark your calendars for Friday Night
November 13th, 7:00 - 8:30 p.m.

To be held at Poinsettia Elementary School
cafeteria in Ventura,
350 North Victoria Ave.

MAKE A DIFFERENCE DAY 2009

Be part of the action Saturday, October 24, 2009.
Sponsored by USA WEEKEND Magazine in
partnership with HandsOn Network. Supported by
Newman's Own.

For more information, visit makeadifferenceday.com or
call 800-416-3824.