

## "Children are one third of our population and all of our future." ~Select Panel for the Promotion of Child Health, 1981



### Allow me to introduce myself...

My name is Michael Marzolla. I have served as the 4-H Youth Development Advisor with University of California Cooperative Extension in Santa Barbara County since 1983. I also served as Santa Barbara County's Master Gardener Advisor from 2004 to August 2010. Starting in October, I am looking forward to taking on a new assignment as the 4-H Advisor for Ventura County while continuing to serve as 4-H Advisor for southern Santa Barbara County.

I have a variety of 4-H projects underway here in Santa Barbara, many focusing on science; they include the 4-H Agua Pura (Pure

Water) watershed, salmon and steelhead education project (<a href="http://sns.ucdavis.edu">http://sns.ucdavis.edu</a>). I am eager to help the Ventura 4-H Program expand their 4-H SET (Science Engineering and Technology) projects and to help provide the club program with the resources it needs to expand on its success, and to help the Ventura program thrive.

I have over thirty years of experience in the field of non-formal education in national and international settings, with a focus on environmental and science education. My education includes a Masters in Education, from the Center for International Education at the University of Massachusetts. My undergraduate degree is in fine arts, from Humboldt State University, with course work and special projects in environmental planning and design. I have also served various international consultancies in Bolivia and in Serbia. I have a long history of public service, having served in the Peace Corps in Guatemala from 1973-1977. I served six years in the US Coast Guard Reserve during the Viet Nam era. I am fluent in Spanish, and I have a working knowledge of Italian.

I am looking forward to working with the youth and volunteers of Ventura County 4-H.





# Featured Club Happenings!

### Santa Rosa Valley 4-H

by Terri Hargleroad

Santa Rosa Valley 4-H meets every Wednesday of the month in Santa Rosa Valley.

Club Leaders: Terri Hargleroad and Jodi Slotar President: Cynthia Peterson, VP: Sophia Paden

We are a big club with about 100 members and we have about 30 different projects. We had lots of members participate in the horse fair and the big fair. We also had kids taking backpacking trips, sewing, making jam, making rope, woodworking and many other non-animal projects.

In December we always have a fun potluck meeting with a gift card exchange. In April we have an Easter Egg Hunt. In May we had a mounted Sheriff come and present to our club on his horse. This was a fun meeting to hear



what you can do as an adult and still work with animals.

We also did several community service projects - California Coastal Cleanup, TOTSOCE, Operation Gratitude and Ride On Therapeutic Riding. We plan to have even more fun next year. See you in Santa Rosa Valley!



### Ventura County 4-H Equine Play Day

The Ventura County 4-H Equine Play Day will be held on, Sunday, October 17th, 2010 in the Morgan Arena at the Ventura County Fairgrounds. Registration will begin at 9:00 a.m. Games will start at 9:30 a.m. The purpose of this event is to desensitize the horses and help kids to become more comfortable around groups of horses.

Cost: \$10.00 for all games per Rider with Pre-Registration (e-mail <u>Erica@Ponycreek.com</u> or fax to (805) 646-4102) \$15 to register the Day of the Event.

**Boots & Helmets Required.** Club shirt please. Games on Horseback will include "Creepy Crawl Race - Bobbing for Bones - Goblin Ribbon Race - Ghost Rider Express Relay - Don't Spill the Blood! - Turkey Gobble".

### **DON'T MISS OUT!!**

### New Adult Volunteer Leader Certification <u>Date</u> has 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 <a href="http://www.ca4h.org/Administration/Policies/Chapter6/">http://www.ca4h.org/Administration/Policies/Chapter6/</a>.

Club Leader Position Description <a href="http://www.ca4h.org/files/4771.doc">http://www.ca4h.org/files/4771.doc</a>
Activity or Event Adult Volunteer Position Description <a href="http://www.ca4h.org/files/4772.doc">http://www.ca4h.org/files/4772.doc</a>
Project Adult Volunteer <a href="http://www.ca4h.org/files/4772.doc">http://www.ca4h.org/files/4772.doc</a>
Resource/Key Adult Volunteer <a href="http://www.ca4h.org/files/4772.doc">http://www.ca4h.org/files/4772.doc</a>

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 <a href="http://ceventura.ucdavis.edu/files/79835.doc">http://ceventura.ucdavis.edu/files/79835.doc</a> or in PDF format at <a href="http://ceventura.ucdavis.edu/files/79837.pdf">http://ceventura.ucdavis.edu/files/79837.pdf</a>

The next New Adult Volunteer Leader Certification training has been scheduled for **October 13, 2010, 6:30 p.m. to 9:00 p.m.**; this <u>MIGHT</u> be the last training for this year. Don't miss out, R.S.V.P. today. The training will be held at the 4-H Office:

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

The training will begin PROMPTLY. Due to the large amount of material, participants <u>MUST</u> be on time & <u>MUST</u> 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,

- your First & Last Name.
- 2. your phone number.
- 3. mailing address so we can mail you the fingerprinting forms.
  - As soon as you receive the forms in the mail; contact a fingerprinting facility & schedule your fingerprinting appointment.
- 4. the name of the club you are volunteering for.

### **Record Book Reminders!**

Record Books due to the clubs: this date is determined by each club, check with your club leader.

Record Books *due to the 4-H Office* by 4:30 p.m. Thursday, August 26th. *NO LATE ENTRIES ACCEPTED* 

**Record Book Judging**: Saturday, September 18th; at Elaine Fowell's home.

4-H members interviewed for Special Record Book Awards, Monday, September 27th; **LOCATION TO BE DETERMINED** 

### Cavy Show at the Ventura County Fair

Compiled by Karen Payne

Wednesday, August 11, 2010 was the day of the cavy show at the Ventura County Fair. Over 100 cavies were entered in the fair this year.

Best in Show was won by an American Cavy belonging to Sarah Alamillo of Mupu 4-H.

Reserve in Show was won by a Teddy Cavy belonging to Rebecca Paxson of Santa Rosa Valley 4-H.

### **CAVY SHOWMANSHIP**

**Primary Participants**: Keegan Reeder of Mupu 4-H

Genevieve Valenzuela of Mupu 4-H

Junior Showmanship

First Place: Joshua Finch of Mupu 4-H

Second Place: Elizabeth Paxson of Santa Rosa Valley 4-H

Third Place: Sarah Alamillo of Mupu 4-H
Fourth Place: Bethaney Valenzuela of Mupu 4-H
Fifth Place: Lauren Alamillo of Mupu 4-H

Intermediate Showmanship

First Place: Hayden Hargleroad of Santa Rosa Valley 4-H

### **CAVY COSTUME CONTEST**

Category 1: Cavy in Costume

First Place: Rebecca Paxson of Santa Rosa Valley 4-H

Category 2: Cavy and Owner in Costumes

Second Place: Keegan Reeder of Mupu 4-H
Third Place: Bethaney Valenzuela of Mupu 4-H
Fourth Place: Genevieve Valenzuela of Mupu 4-H



# NATIONAL YOUTH SCIENCE DAY is October 6th Don't miss the upcoming Science, Engineering & Technology event in honor of National Youth Science Day!

Ventura County 4-H is one of sixteen counties that were awarded funds to conduct a public 4-H National Youth Science Experiment in October. Thank you to the sponsors: Toyota, the California 4-H Foundation, and Time Warner Cable. The events will be listed on the California 4-H website at <a href="http://www.ca4h.org/Projects/SET/NYSD/">http://www.ca4h.org/Projects/SET/NYSD/</a>.

Ventura's exciting **S.E.T.** event is being planned for October at Somis School. Each Military Base and all 4-H clubs are invited to come enjoy the fun!

Watch your e-mails for the exact date of the event and for more information!



### 2010 State Leadership Conference

By Savanna Stanley of Citrus Valley 4-H and Dayle Morris of Las Posas 4-H



On July 28 - August 1, 2010, two Ventura County 4-H members went to the State Leadership Conference at UC Davis to learn leadership skills and to meet other high school aged leaders from around the state.

Hi, my name is Savanna Stanley and I am 15 years old. I am President of Citrus Valley 4+H in Ojai. I have been in 4-H for 5 years doing pigs, pygmy goats and leadership projects. This year I decided to go to the 4-H State Leadership Conference to learn new activities and projects to bring back to my club. I had an amazing time and I met many new friends and really bonded with my roommate Dayle, who was the other Ventura County member.

My favorite part of the program was a session that I learned about judging other people and first impressions. I learned that although everyone does judge others within 2.3 seconds, you have to make eye contact and force yourself to learn about the person in order to find out what is behind their face.

Hi, my name is Dayle Morris and I am 15 years old. I am the Vice President of Las Posas 4-H in Camarillo. This is my third year in 4-H. I do cake decorating, sewing, lambs, arts and crafts projects. I thought that it would be a good idea to attend the 4-H State Leadership Conference at UC Davis to learn more about 4-H and what you can do at your club to make it better.

My favorite session was a session about learning how to put myself in the shoes of someone with a disability. We learned about four different disabilities: cerebral palsy, blindness, deafness and visual impairments. For example, they blind folded us and asked us to read a piece of cardboard with raised dots of clay that spelled a word on it, and then we had to create that word in play dough. It was a lot harder to have these disabilities then you think.

We both enjoyed the leadership conference and are very appreciative that we were able to go to it. We want to encourage more high school 4-H students from Ventura County to go next year.

### "Fresh from the Garden" tips for the gardener

From the UC Food Blog

This time of year, gardeners are benefiting from the fruits of their labor; however, some might be overwhelmed by the sheer volume of vegetables being produced by their gardens. What to do with it all? Below is a "Fresh from the Garden" recipe for a simple summer veggie pasta sauce. Any vegetable can be substituted, and the pasta sauce can conveniently be frozen for later use.

### Summer veggie pasta sauce

3 – 4 large tomatoes, chopped 1 medium small onion, chopped

3 cloves garlic, crushed 1/4—1/2 cup chopped fresh basil

2 medium zucchini, chopped 2 Tablespoons oil

1 small eggplant, chopped Salt and black pepper to taste

1 medium green pepper, chopped

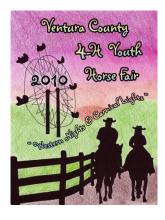
Heat oil in a large pan over medium heat. Add onion, green pepper and garlic. Cook for 3 to 4 minutes, stirring often. Add the zucchini and eggplant. Cook for 5 minutes.

Add the tomatoes and basil. Simmer for about 20 minutes over low heat, uncovered, until slightly thick. Add salt and pepper to taste.

This recipe can be doubled or tripled and frozen in individual or family size servings. If it is not moist enough, just add water.

Interested in accessing "Fresh from the Garden" Resources? The lessons, handouts and recipes are now available on <u>LA County's Cooperative Extension website</u>.

For more information about "Fresh from the Garden," please contact Los Angeles County nutrition, family & consumer sciences advisor Brenda Roche at <a href="mailto:bkroche@ucdavis.edu">bkroche@ucdavis.edu</a>, (323) 260-3299.



### **Ventura County Youth 4-H Horse**

4 Days of Camping - Horses - Dust and Dreams!

By Jackie Larson

The EPDC extends a big thank you to all the people that contributed to making our show such a great success this year. We would also like to thank all the donations that came in for next year's Horse Fair awards. The support was overwhelming with over \$900 being donated for our equine kids. Huge thanks to Bruce and Jodi Slotar for all their hard work in raising this money. We'd also like to thank the sponsors that donated through the programs ads. Our EPDC Senior 4-Hers, Courtney Slotar, Erica Larson and Rosie Givner did a wonderful job organizing and presenting at the Closing



Awards Ceremony. Bonnie Frost was again our awesome show manager making things run smooth and safe. Courtney Slotar of Santa Rosa's beautiful design graced the front cover of this year's Program Book with Joshua Cariste of Agoura's wonderful design highlighted the back cover. Thank you to both for your beautiful hard work.

**Ventura County Youth 4-H Horse Fair Results** (sorry for any missing results)

Age Group	Name	Win	Horse	Club	Discipline
Junior	Hannah Walker	Overall Champion	Strawberry Shortcake	Agoura	Overall
Junior	Elisabeth Doody	Overall Reserve Champion	Sweetly Invested	Santa Rosa	Overall
Junior	Elisabeth Doody	Reserve High Point	Sweetly Invested	Santa Rosa	Western
Junior	Elizabeth Paxson	Champion High Point	Better Kiss Me	Santa Rosa	Western
Junior	Hannah Walker	Champion High Point	Strawberry Shortcake	Agoura	English
Junior		Reserve High Point			English
Junior	Harrison Hargleroad	Champion High Point	Thunder Storm	Santa Rosa	Gymkhana
Junior	Hannah Walker	Reserve High Point	Strawberry Shortcake	Agoura	Gymkhana
Maiden	Janna Bodnar-Hwang	Overall Champion	One Love	Shadow Hills	Overall
Maiden	Maddy Candioty	Reserve Champion	Rocky	Shadow Hills	Overall
Maiden		Champion High Point			Western
Maiden	Janna Bodnar-Hwang	Reserve High Point	One Love	Shadow Hills	Western
Maiden	Maddy Candioty	Champion High Point	Rocky	Shadow Hills	Gymkhana
Maiden		Reserve High Point			Gymkhana
Maiden	Janna Bodnar-Hwang	Champion High Point	One Love	Shadow Hills	English
Maiden		Reserve High Point			English
Senior	Taryn Rogoff	Champion	Cabernet	Agoura	Showmanship
Senior	Rose Givner	Reserve Champion	<b>Ideal Dimension</b>	Chief Peak	Showmanship
Senior	Taryn Rogoff	Champion	Cabernet	Agoura	Equitation
		Reserve Champion			Equitation
		Champion			Equitation
		Reserve Champion			Equitation
Senior	Courtney Slotar	Overall Champion	<b>Bogus Charges</b>	Santa Rosa	Overall
Senior	<b>Emily Pattison</b>	Overall Reserve Champion	Toby	Santa Rosa	Overall
Senior	Rose Givner	Champion High Point	Ideal Dimension	Chief Peak	Western
Senior	Courtney Slotar	Reserve High Point	Bogus Charges	Santa Rosa	Western
Senior	Brooke Schneider	Champion High Point	Miss Lady Mudpie	Agoura	English
Senior	Courtney Slotar	Reserve High Point	Bogus Charges	Santa Rosa	English
Senior	Erica Larson	Champion High Point	Cheyenne	Chief Peak	Gymkhana
Senior	Courtney Slotar	Reserve High Point	Bogus Charges	Santa Rosa	Gymkhana
Sub-Teen	Kinta Schott	Overall Champion	Apollo	Shadow Hills	Overall
Sub-Teen	Hannah Nandor	Overall Reserve Champion	Cowboy	Santa Rosa	Overall
Sub-Teen	Kinta Schott	Champion High Point	Apollo	Shadow Hills	Western
Sub-Teen		Reserve High Point	1		Western
Sub-Teen	Kinta Schott	Champion High Point	Apollo	Shadow Hills	Gymkhana
Sub-Teen	Hannah Nandor	Reserve High Point	Cowboy	Santa Rosa	Gymkhana
Sub-Teen	Kinta Schott	Champion High Point	Apollo	Shadow Hills	English



The American Geological Institute (AGI) is sponsoring three national contests in conjunction with Earth Science Week 2010, celebrating the theme of "Exploring Energy," October 10-16, 2010.

- 1) Photography Contest, "We Depend on Energy" Entrants should submit images that capture the way energy is used in their communities.
- 2) Visual Arts Contest, "Energy on Earth" Students in grades K-5 should submit two-dimensional original pieces of art illustrating, in creative and engaging ways, where energy comes from and how it is used.
- 3) Essay Contest, "How Energy Powers the Planet," Students in grades 6-9 should submit one page essays focusing on how Earth system processes develop energy resources, how human use of energy affects the Earth system, and how people can be responsible stewards of Earth's energy resources.

Entries due October 15, 2010. More information is available at http://www.earthsciweek.org/contests/

### 4-H Library

- 4-H SERIES It Came From Planted Earth provides activities using the scientific process and discussions to gain a better understanding of agriculture. Youth begin to gain knowledge about agriculture and its application in the real world. Each session provides hands on activities for youth to explore agriculture from the beginning seeds to the foods we eat to the importance of water and soil to production. Further exploration is given about current issues in agriculture from biotechnology to integrated pest management to urban-rural interface.
   <a href="http://www.ca4h.org/files/13928.pdf">http://www.ca4h.org/files/13928.pdf</a>
- The Growing Classroom Garden and Nutrition Activity Guide includes topics on soil, plants, cycles, ecology, weather, nutrition, and food systems. Also includes team-building and sensory exploration activities, organic gardening skills, and information on how to create and sustain a successful school garden program. <a href="http://www.lifelab.org/store-curricula.html#tgc">http://www.lifelab.org/store-curricula.html#tgc</a>
- GrowLab Activities for Growing Minds help spark youth curiosity about
  plants and invite them to think and act like scientists. Developed by the
  National Gardening Association and written and field-tested by educators,
  this complete curriculum uses fun, illustrated activities to explore plant
  life cycles, examine plant diversity, and investigate the interdependence of
  plants, humans, and other living and nonliving things.
  <a href="http://www.gardeningwithkids.org/10-4008.html">http://www.gardeningwithkids.org/10-4008.html</a>
- Teams with Intergenerational Support (TWIGS) is an intergenerational hands-on community based educational program and curriculum that focuses on the positive development of children through integration between schools, agencies, and the community. TWIGS is an intergenerational hands-on community-based educational program and curriculum that focuses on the positive development of children through integration between schools, agencies, and the community. <a href="http://cesanmateo.ucdavis.edu/Custom\_Program850/">http://cesanmateo.ucdavis.edu/Custom\_Program850/</a>
- Junior Master Gardener program engages children in novel, "hands-on" group and individual learning experiences that promote a love of gardening, develop an appreciation for the environment, and cultivate the mind. JMG encourages youths to be of service to others through service learning and leadership development projects and rewards them with certification.

http://67.59.137.247/index.cfm?did=6019&sectionID=6019

### 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

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, Family & Community Development Advisor E-mail: 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

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

Pose Hayden-Smith

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

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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

# September

## 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, tifisher@ucdavis.edu, 4hOnline [mailto:no-reply@4hOnline.com], and sagriffin@ucdavis.edu

	9/6	The 4-H	Office will	be closed.
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- 9/7 Port Hueneme Naval Base & Somis 4-H Featured Club Happenings! articles due to the 4-H Office
- 9/15 EPDC Meeting, 6:45 p.m. @ Marie Callender's in Camarillo
- 9/18 Record Book Judging 8:30 a.m. 2:00 p.m.
- 9/25 Saturday @ the Farm; UC Hansen Agricultural Center. REGISTER @ 805-525-9293 ext. 214 or sbmiller@ ucdavis.edu
- 9/27 4-H members interviewed for Special Record Book Awards; LOCATION TO BE DETERMINED.
- 10/4 Tapo Simi 4-H & Tierra Rejada 4-H Featured Club Happenings! articles due to the 4-H Office
- 10/6 National Youth Science Day
- 10/10-16 Earth Science Week 2010
- 10/15 Earth Science Week Contests; entries DUE
- 10/13 New Adult Volunteer Certification Orientation, 6:30 p.m. 9:00 p.m. @ the 4-H Office.
- 10/20 EPDC Meeting, 6:45 p.m. @ Marie Callender's in Camarillo
- 11/5-7 2010 California State 4-H Leaders' Forum @ Asilomar
- 11/6 Saturday @ the Farm; UC Hansen Agricultural Center. REGISTER @ 805-525-9293 ext. 214 or sbmiller@ ucdavis.edu
- 11/17 EPDC Meeting, 6:45 p.m. @ Marie Callender's in Camarillo

- 1/3/2011 Point Mugu Naval Base & Sespe 4-H Featured Club Happenings! articles due to the 4-H Office
- 1/19/2011 EPDC Meeting, 6:45 p.m. @ Marie Callender's in Camarillo
- 2/7/<u>2011</u> Briggs 4-H & Chief Peak 4-H Featured Club Happenings! articles due to the 4-H Office
- 2/16/<u>2011</u> EPDC Meeting, 6:45 p.m. @ Marie Callender's in Camarillo
- 3/7/<u>2011</u> Citrus Valley 4-H & Conejo Valley 4-H Featured Club Happenings! articles due to the 4-H Office
- 3/16/<u>2011</u> EPDC Meeting, 6:45 p.m. @ Marie Callender's in Camarillo
- 4/4/2011 Del Norte 4-H & Las Posas 4-H Featured Club Happenings! articles due to the 4-H Office
- 4/20/<u>2011</u> EPDC Meeting, 6:45 p.m. @ Marie Callender's in Camarillo
- 5/2/<u>2011</u> Loma Vista 4-H & Mira Monte 4-H Featured Club Happenings! articles due to the 4-H Office
- 5/18/<u>2011</u> EPDC Meeting, 6:45 p.m. @ Marie Callender's in Camarillo
- 6/6/<u>2011</u> Mupu 4-H & Piru 4-H Featured Club Happenings! articles due to the 4-H Office
- 6/15/2011 EPDC Meeting, 6:45 p.m. @ Marie Callender's in