



Loma Vista 4-H Club Newsletter

NOVEMBER 2018

*For more information about Ventura County 4-H Events, please go to:
<http://ceventura.ucanr.edu/Families>
= [Communities/4-H/](#), and scroll down until you see the "4-H Calendar".*

NOVEMBER News

Andrew and Ashley Pylar

Upcoming Events:

4-H Mindfulness Retreat - November 2nd - November 4th at Camp Ocean Pines in Cambria, California.

Rock/Paper/Scissors Holiday Event - November 17th at the HAREC in Santa Paula, California.

Ventura County 4-H Project Leader Field Day - November 17th at the HAREC in Santa Paula, California.

Loma Vista 4-H November Club Meeting - November 13th at Poinsettia Elementary School.

Loma Vista 4-H December Club Meeting/Annual Holiday Potluck Fundraiser - December 11th at Poinsettia Elementary School.

Club Meeting Recap

October Club Meeting - Halloween Party

At the Loma Vista 4-H October Club Meeting on October 9, everyone was having a lot of fun and enjoying the festivities. There were games, candy, and even a costume parade. Some of the games included pumpkin bowling, candy corn spitting, and the touchy-feely box. Overall the meeting was a spooky success!



*Clockwise from bottom left:
Adeline Vertucci and Kelly Quinn;
Olivia Blomquist and Elizabeth Hofer;
Dog dressed up*

*You can be next to win 4-H Record Book Awards! To get started on your 4-H Record Book, please visit the following links:
Link to California 4-H Record Book Forms for Junior, Intermediate, and Senior Members
<http://4h.ucanr.edu/files/218973.doc>*

*Link to Leadership Development Report
<http://4h.ucanr.edu/files/220273.docx>*

Loma Vista 4-H Excels Again at the Record Book Competition

The Loma Vista 4-H Club has a very long and proud history of submitting 4-H Record Books. This year was no different. The club excelled yet again in this program year. Out of 26 Record Books submitted to county, 9 came from the Loma Vista 4-H Club. Congratulations to all of the hard-working 4-H Members that submitted Record Books this year. Every member from Loma Vista 4-H who submitted a 4-H Record Book this year and last year got a Premium Medal Record Book Award. Additionally, the club received a gold seal yet again. The following members earned Premium Medals this year: Reyna Lane, Allen Lane, Ashley Pyler, Andrew Pyler, Kelly Quinn, Sean Quinn, Adler Striegel, Adeline Vertucci, and Livia Vertucci.

Several 4-H Members of the Loma Vista 4-H Club were also selected for 4-H Record Book Interviews this year. Three of these members did outstanding in their interviews, and received 4-H Record Book Interview Awards. They are: Reyna Lane, Ashley Pyler, and Adler Striegel. In addition, there is yet another award called the Lynn Vacca Food Award. This award is presented to two or three outstanding 4-H Members each year who submit a 4-H Record Book, and are heavily involved with one or more food projects in their club. This year, two members received this award in Ventura County. These two members were Adeline Vertucci and Adler Striegel. The club had a great year last year, and earned many achievements, and we hope to keep it up again this year.

Community Service

November - Crops and Critters Project

By Amelia Archer, Community Service Officer

Our community service project for November is a trip to Beverlee McGrath's ranch. Her project is "Crops and Critters." "Crops and Critters" homes animals that are retired from 4-H or impounded animals needing homes from Ventura County Humane Society, Peaceful Valley Donkey Rescue, and The Ventura County Animal Services. We will be helping out by feeding the animals and cleaning out their cages. This will be a great community project for every age group. The event will take place November 16th, from 3:30-5:30.

4-H Club Officer Campout Retreat

By Andrew Pyler



Above: Board members working on the marshmallow tower challenge

On the weekend of September 22-23 the Loma Vista 4-H Club Officers went on a leadership team building campout retreat at McGrath State Beach Campground in Oxnard. During the event, the officers took part in a number of fun, team building exercises to strengthen the working

Don't Miss the Next Club Meeting

***November
13th***

***7:00 PM at
Poinsettia
Elementary
School.***

***Join us for a
fun program
while learning
more about
4-H
Presentations!***

relationship of the board members. Some of these activities included broken telephone, pass the --, and hand unwind. Another activity that they worked on was building a marshmallow tower. For this exercise, the board members worked in teams to be able to build the tallest, free-standing tower out of pasta noodles in a given amount of time with a single marshmallow on the top.

In addition to all of the fun games and exercises, the officers also went on some hikes around the campsite where they learned more about nature and how to be good stewards of the natural environment. These hikes were lead by Mike and Alexis, two staff members from the US Fish & Wildlife Management Service. In summary, the 4-H'ers had a lot of fun during the retreat, learning how to be good, effective leaders, work well with each other as members on the board, and act responsibly to protect our natural environment.

*Right: Club officers at the
Loma Vista 4-H Club Officer
Retreat; Below: Ruby
Snowber holding a snake*



2018 "Code Your World" Ventura County 4-H Science Night

By Ashley Pylar

On October 10th, 2018, the Ventura County 4-H Office hosted a fun and educational event at the UCCE Office in Ventura, California. This event was called the 2018 "Code Your World" Ventura County 4-H Science Night. At the event, the 4-H members who attended were exposed to all kinds of new things in the STEM field. The main focus for this event was on coding, and how specifically it must be done.

Members began their long but enjoyable night with learning how scientists discover the odds of an experiment by tossing a coin a certain number of times, and recording each outcome. The members at the end of each experiment then had to explain if the following scientific test that they



*Above: Winners from 4-H Science Night, left to right,
Jase Anger, Mira Dudinsks, Ashley Pylar*

*Please
Consider
Joining us for
the
Rock/Paper/
Scissors
Holiday Event.
Here is the
link to register
for the event:
[https://ucanr.
edu/survey/su
rvey.cfm?surv
eynumber=25
783](https://ucanr.edu/survey/survey.cfm?surveynumber=25783)*

had just conducted was fair or not.

The 4-H kids at Science Night were also taught what an algorithm is, and why it's important to the artificial intelligence world. The group then participated in the chicken dance. After that, they wrote an algorithm for the chicken dance, and all of the adults at the event had to dance based on how that algorithm explained the chicken dance, not how they remember the dance. At the end of that activity, the event's participants had a discussion to figure out what worked well with the algorithm's instructions, and what didn't work well. This exercise taught the 4-H members that when you are doing coding, it is vitally important that you are extremely specific.



*Above: Valerie Zeko doing
the "Chicken Dance"*

The last activity for the night started off with a "field trip" to the office's library. In this room, there was a table, some chairs, and a pretty sizable television screen. The members then pulled out their smart phones, and hooked them up to the TV screen. It was then time for the true test. The test was to see how much the members were learning during the night's activities.

The test the members took was called the "The Kahoot!.It Challenge". In this activity, 4-H members were digitally asked questions on their smart phones, and then were given a short amount of time to answer. Whoever answered the questions correctly and fast enough, won the game once all the questions were asked. The winners received a board game about coding.

This event was very informational and fun. The lessons that were learned by the participants of the event are important to know, and are even more beneficial if you are looking at a career path in the STEM Field. I strongly encourage that all 4-H members attend the next Science Night Event.

Upcoming Rock/Paper/Scissors Holiday Event

By Reyna Lane

Adults love it when their kids make them a holiday gift, no matter what it is. That's why at the 4-H Rock, Paper, Scissors Holiday Event, there will be fun holiday activities to make your own special Christmas gifts. On Sat. Nov. 17th at the Hansen Agricultural Center (287 S. Briggs Rd., Santa Paula) you'll be provided with materials and instructions to make some great things!

My family is hosting a station to make potpourri gifts with dried flowers, spices, and decorations including beautiful photos from our Photography Project. I'm going to give my creation to my Grandma, who I'm sure will appreciate it.

If you want to submit an article to the newsletter, then you can send it to:

newsletter@lomavista4h.com

We'll gladly take any articles you write about your 4-H experience, and don't forget, it counts as a Communication point in your Record Book!

There will be other gifts to make like candles, necklaces, and custom soaps. There's something for everyone! The cost is only \$25, which covers all of the supplies and gift wrap. It's requested that you bring your own lunch to the event. Water will be provided. We hope to see you there!

Registration is open at

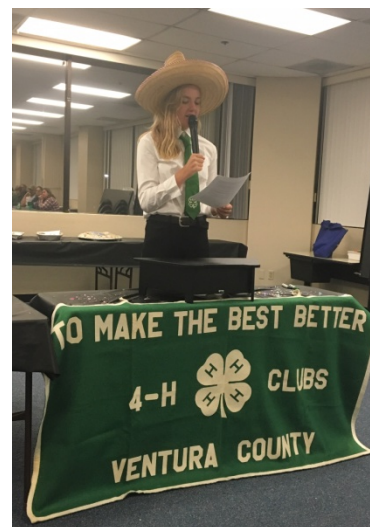
<http://ucanr.edu/survey/survey.cfm?surveynumber=25783>

Please register early so we know how much supplies to buy. After you register, don't forget to send a check for \$25 made out to "UC VC 4-H" along with medical form and Code of Conduct to the organizer: Kitty Beckmann, 2853 N. Los Cedros Circle, Santa Rosa Valley, CA 93012. The deadline to register is November 10.

2018 Ventura County 4-H Achievement Night

By Ashley Pyler

On October 11th, 2018, 4-H'ers of Ventura County walked into the doors of the UCCE Office in Ventura, California. They were here because they were attending the 2018 Ventura County 4-H Achievement Night. The vast majority of these 4-H'ers had submitted 4-H Record Books to the county to be judged against the other 4-H Record Books of Ventura County 4-H. A lot of these 4-H'ers had submitted their Record Books in the summer, so they have waited several weeks to find out how they did in the Ventura County 4-H Record Book Competition. Finally, after several weeks of waiting, these hardworking Ventura County 4-H Members would find out how they did in the Ventura County 4-H Record Book Competition on this very night.



Above: Adler Striegel announcing winners at achievement night

The decorations at the event were truly amazing. Many 4-H Banners were hung to make the event look more official, and to add to the festivities of the event. On the tables, there were fancy black table cloths, 4-H gift bags for members to take home, beautiful center pieces, and multi-colored confetti to celebrate everything that the members have accomplished in the previous 4-H Program Year.

The night started off with the members playing a game of Pictionary. The event's participants were divided up into four teams. The teams played four rounds of Pictionary. After all four rounds had concluded, the scorekeeper for the game had revealed that there had indeed had been a four-way tie. After

For more information about the projects the club offers, go to:
<http://www.lomavista4h.com/projects/>

this was revealed, members playing the game then played an incredibly competitive tiebreaker.



Above: Loma Vista 4-H'ers at Ventura County 4-H Achievement Night

After the Pictionary Game, it was then time to announce what the members have been waiting for. After weeks of waiting, it was then finally time to announce the awards. Members who won awards proudly walked up to the front area of the room to receive them. The audience clapped, people cheered, and the members smiled. The atmosphere of the event was incredible. Whether the members were competing against one another,

were from different clubs, or were best friends, they all applauded each other. This showed how truly humble the 4-H members are.

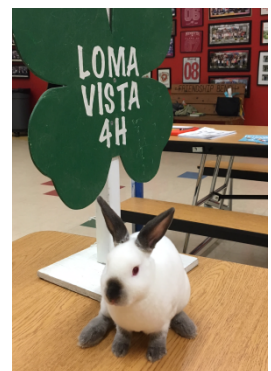
After the awards were announced, refreshments and desserts were served to the members while they were congratulating each other on their amazing accomplishments. Everyone went home with a smile on their face. If you didn't attend the 2018 Ventura County 4-H Achievement Night, I strongly recommend that you attend next year's achievement night.

Project Spotlight

Project Spotlight: Rabbits Project

By Ashley Pyler,
Rabbits Project Junior Leader

If you are stilling looking at joining more 4-H projects, then please consider joining the Rabbits Project. The project is still open, and has had only one project meeting so far. Also, for this project, owning a rabbit is completely optional, and there are no obligations that you have to get a rabbit. In this project, you learn about basic rabbit care, and how to take care of pet rabbits. The project also discusses information about how to keep your rabbit healthy, and what to do if your rabbit gets diseases. It also goes into detail about different diseases, and prevention for them.



Above: Baby Himalayan Rabbit with a 4-H Sign

*Coming soon:
Spring 2019.
Join us for our
Annual Small
Animal Field
Day Event.
There will be
rabbit
hopping,
rabbit
showmanship,
and other fun
events with
small animals.*

The Rabbits Project has a very unique opportunity available to its members. Members can take part in something called rabbit hopping. Rabbits hopping is an obstacle course for rabbits with several small jumps arranged with poles for the rabbit to jump over. The rabbit is then put on a gentle harness leash, and the goal is to have the rabbit jump over the jumps as quickly as possible without knocking any poles or jumps over, and the person handling the rabbit must not pull on the leash.



Above: Matthew Ziegler with his Netherland Dwarf Rabbit "Chewy" dressed as a couch potato

The project also encourages its members to take part in various competitions. Members in the Rabbits Project can do showmanship with their rabbits at the Santa Barbara Fair, Ventura County Fair, Small Animal Field Day, and other rabbit shows. At some of these same events, they can also participate in rabbit hopping competitions.



Above: Adult Tan rabbit participating in rabbit hopping

Members of this project can also create informational posters about topics they have learned about rabbits. These posters can be used at project meetings to share information, and they can also be submitted to fairs, field days, and rabbits shows to be eligible to win special awards.

Another great opportunity for members in the project to participate in is Knowledge Bowls. A Knowledge Bowl is basically like a test given to members to test their knowledge about rabbits. The Rabbit Knowledge Bowl can be taken at Small Animal Field Day, and if the member does well, they can win ribbons and pins for their 4-H hat.

Please consider joining the Loma Vista 4-H Rabbits Project. The project has had only one project meeting so far, would gladly accept new members to the project, and the project leader can quickly get you up to speed on everything that the project has learned so far. The Rabbits Project holds its project meetings once a month on every first Tuesday of the month from 6:30 p.m. to 7:30 p.m. at Poinsettia Elementary School in Ventura (the same location the club meetings are held). Also, if you decide you would like to adopt a rabbit, the project leader currently has some baby Netherland Dwarf and Holland Lop Rabbits that will soon be ready to be re-homed. If you are interested in joining

Loma Vista 4-H Club Officers

President:

Kai Miyashiro

VP Ways and Means:

Livia Vertucci

Treasurer:

Adler Striegler

Secretary:

Ruby Snowber

VP Programs:

Sean Quinn

Kelly Quinn

Webmaster:

Lucas Malone

Communications:

Ashley Pylar

Andrew Pylar

Community Service:

Amelia Archer

Healthy Living:

Piper Snowber

Historian:

Reyna Lane

Alexander Blomquist

Refreshments:

Allen Lane

Sergeant at Arms:

Olivia Blomquist

Supplies:

Adeline Vertucci

the Rabbits Project, please contact the Rabbits Project Leader Melissa Ziegler at sarahziegler713@yahoo.com.

Club Officers' Corner

In the Club Officers' Corner you can get to know what our Club Officers do, as well as get to know more about them. Enjoy learning about our club's officers with the articles below!

Sean Quinn - Vice President of Programs

The Vice President of Programs decides what the program will be at each club meeting, writes "thank you notes" for all of the speakers at club meetings. Our club's Vice President of Programs is Sean Quinn. Sean is a 9th grader at Foothill Technology High School. He has been in 4-H for 5 years, and his favorite project has been Roots and Shoots. Outside of 4-H he also is part of a Speech and Debate Club, and a Drama Club. Sean enjoys writing poetry, traveling, and reading and studying modernist literature such as Virginia Woolf or Sylvia Plath. He is hoping to pursue a career as a writer or a journalist.



Kelly Quinn - Vice President of Programs

Sometimes, a lot of 4-H members in the club want club officer positions, so certain positions are then run by two 4-H kids. Our club's other Vice President of Programs is Kelly Quinn. Kelly is a 7th grader at Deta Middle School. He has been in 4-H for 4 years, and his favorite project has been Roots and Shoots. Outside of 4-H he also plays sports and participates in dance. Kelly enjoys building legos and playing video games. He is hoping to pursue a career as a marine biologist.



Learn About 4-H

4-H Presentations

By Ashley Pylar,

4-H Record Books and Presentations Project Junior Leader

Most of us believe that we are very well-rounded people, and there is only one thing that we cannot do well. That one skill is public speaking. When a lot of us try public speaking, we just become overwhelmed that all eyes are on us, and that we are the center of attention. However, despite your possible fears, anyone can perform well while speaking in public, and being involved in 4-H can help you conquer those fears.

In the California 4-H program, there are many times when you can perform 4-H Presentations in front of an audience. There is an annual event each year

For more information on 4-H Presentations in general, please feel free to visit:
<http://www.ca4h.org/files/2193.pdf>

For more information on California State 4-H Field Day, visit:
http://4h.ucanr.edu/4-H_Events/State_Field_Day/Presentation/

in Ventura County called Ventura County 4-H Presentation Day (the upcoming one is February 9th, 2019). Each county has its own county presentation event. At this event, 4-H members come with different presentations ready, and present in front of a group of people. There are usually three judges, and they will judge the member on how well they presented their presentation. If they get a really good score, this is known as a gold medal. This means that they are one of the best presenters in the entire county, and they can present at a regional presentation competition for all of Southern California. If the member again scores a gold medal at the regional presentation competition, they can advance to the state competition for all of California 4-H (California State 4-H Field Day).



Above: Andrew Pyler giving an Illustrated Talk Presentation at Ventura County 4-H Presentation Day, 2018.

There are many different types of 4-H Presentations that are available for 4-H members to present. The most common type of presentation is called an Illustrated Talk. An Illustrated Talk is when a member presents information about something they learned (preferably something in 4-H, but it doesn't have to be) with a visual aide supporting them.

This visual aide can be posters or digital slides in a PowerPoint Presentation. The judges then ask the presenter questions at the end of the presentation. Another very common type of 4-H Presentation is called a Demonstration. In a Demonstration, the member must demonstrate a skill that they have learned, and use a visual aide such as posters or digital slides in a PowerPoint Presentation. The judges then ask the presenter questions at the end of the presentation.

Yet another type of 4-H Presentation that members can perform only requires a book. This type of 4-H Presentation is called Interpretive Reading. In this type of 4-H Presentation, the member reads a short literature selection and has a basic introduction and conclusion. The judges then ask the presenter questions at the end of the presentation. One less common, but fun presentation is called Cultural Arts. In a Cultural Arts Presentation, the presenter talks about a cultural art skills that they have learned, and then performs. The performance could be singing, playing an instrument, or dancing. After they finish performing, they give a short conclusion and are done with their presentation. No questions are asked in a Cultural Arts Presentation.

If you have any questions about this month's Healthy Living Challenge, please feel free to contact the club's Healthy Living Officer Piper Snowber at piper.snowber@gmail.com

The presentations mentioned above are just a few of the presentations you can perform in the California 4-H Program. Although it may seem daunting at first, anyone can succeed with presentations in 4-H. For more information about 4-H Presentations, feel free to visit the California 4-H Presentation Manual at: <http://www.ca4h.org/files/2193.pdf>. Also, the 4-H Record Books and Presentations Practice Project is still accepting new members. The project is unlimited, and meets at the Poinsettia Elementary School one hour before each club meeting at 6 p.m. on the second Tuesday of each



*Above: Group Photo of Loma Vista
4-H Club Members at Southern
Area 4-H Field Day, 2017.*

The project gives time to its members to practice their presentations in front of the whole project for extra practice prior to competitions. If you are interested in joining the 4-H Record Books and Presentations Practice Project, then please contact Project Leader Elaine Pyler at pyler@mac.com, or show up to the next project meeting (November 13th at 6 p.m.).

Healthy Living Challenge

November's Challenge

By Piper Snowber, Healthy Living Officer

Hello, I am Piper Snowber, your Healthy Living Officer. This month's challenge is to try to walk/run/bike or any other type of transportation that involves exercise to places that are in fit/appropriate distances. This is not only good for your health, but it is also good for your community's health in reducing carbon dioxide in our atmosphere. There is also some polls for you to fill out for last month's challenge of eating less processed/packaged foods on the 4-H website and Facebook. Have fun!

I pledge...

my *head* to clearer thinking,
my *heart* to greater loyalty,
my *hands* to larger service, and
my *health* to better living for
my *club*, my *community*,
my *country*, and my *world*.

