

## Clover Lines

# I pledge my hands...



### 10 Steps for Performing a Successful Community Service

Community service plays an important role in 4-H Clubs. A community service project can take many forms depending on your club. Whatever is decided, the community as well as 4-H members benefit. Following are some hints in making your 4-H Club community service project both successful and fun.

1. **Fill a need.** Determine what is needed in your community/county. Ask members, other community groups and community officials to get some good ideas.
2. Determine what types of activities your members have **interest** in and abilities to do. Consider the size of your club and the ages of your members as well as their special skills. Determine how much time your club would like to devote to community service activities. (Would members rather do a long-term, ongoing community service project or a short-term one-time activity?)
3. **Brainstorm** ideas that meet community and member needs.
4. **To the masses.** Let the club determine their community service project(s) through voting and developing committees to work on the various endeavors.
5. After your club has decided upon their community service project, **develop a plan.** Your members will learn organizational skills in developing such a plan. A plan doesn't have to be overly detailed and formal, but should include: overall goal, tasks involved, time commitment, budget, insurance, equipment and supplies, risk management analysis, volunteers and duties, publicity, and evaluation.
6. **Get it done!** Carry out the project as planned.
7. **Catch it on film!** Document your club's efforts with photos, videotape, or written notes.
8. **Making it better.** As you work on this project, monitor the activities taking place and make adjustments as needed. Especially when the project has been completed, allow time for your club to discuss the successes and shortcomings of the project and ideas for improvement. This reinforces the learning experience.



Article continued on page 4.



# Featured Club Happenings!

## Tapo-Simi 4-H

*Meets first Tuesday of every month at 7:15 p.m. at Simi Country Estates*

Club Officers include President, Sarah D'Atri; Vice-President, Danielle Pistone; Secretary, Emili Priyatmo; Treasurer, Julianne Eggerman

The Tapo-Simi 4-H club is looking forward to another great year, as we roll into the 2011-2012 year. Their small group of students has big plans for the year, including their traditional events, Valentines for Vets and Trick-or-Treat So Others Can Eat, to help the community. In the past, they have also brought cookies to the local firefighters to thank them for their service, and plan to do it again this year. In addition, the club has been in charge of the Food Faire and Fashion Revue for 4-H members.

Some projects the club has taken on this year include Cooking, where members try to make a new cuisine each meeting, and Consumers Education, where students are taught how to be thrifty shoppers and learn shopping and planning skills they can use in life.

The club also has an Arts & Crafts project, where they make practical crafts such as jewelry and tie dye, in addition to fun trinkets they can enter in the fair. Last year, the club created a Photography project too, where they learn about scenery and motion work, proper placement, and cropping of photos. They even took a field trip to the Getty to observe all the beautiful artwork.

In the future, the club hopes to start a primary group to continue 4-H through the generations, since almost all of its members will be graduating this year. Although the club is small, they help in their community often, and have a lot of close friendships thanks to 4-H.



SNAP SHOT - Bardsdale 4-H Fair Winners  
Display proudly at local hardware store.

## Upcoming 4-H Conferences

### **2012 Teen Involvement Conference – Leadership Island**

January 20-22, 2012 at Pathfinder Ranch in Mountain Center, CA  
Sessions will include Ventura County 4-H All-Stars, Dayle Morris and Savanna Stanley. Early bird registration deadline is Dec. 11<sup>th</sup>.  
[http://www.ca4h.org/Resources/Volunteers/Councils/Sectional/South/Teen Involvement Conference/](http://www.ca4h.org/Resources/Volunteers/Councils/Sectional/South/Teen%20Involvement%20Conference/)

### **2012 California 4-H Camping Conference**

March 23 – 25, 2012 at Camp Campbell in Boulder Creek, CA  
Please look for updates on the California 4-H website for this conference as they are released in the coming months.

### **2012 Citizenship Focus**

See government in action as part of the California (12+) or Washington (16+) Focus Experiences. Registration for both is open now through January 16th. For more information, contact the 4-H Office. Registration is online at  
<http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=7401>.

# Wired For Wind Science Night

By: Monica Stanley

Fans blowing, turbines spinning and voltage spurts was how the night went. The 4-H members that participated in the science night on October 13th at Somis Elementary were creative and determined to create the most electricity possible.

The winners were: Lucas Hoyt and Brenna Swaffar (Citrus Valley), Cade Sauer (Mira Monte), Bronson and Bradley Smith (Somis), Anna and William Enos (Somis), Shane Morony (Santa Rosa Valley), Dayle Morris (Las Posas), Hayden and Audrey Hargleroad (Santa Rosa)



Everyone had fun and learned about wind power, a renewable energy source that will be very important for the future of California. Do you know a city in California that would be right for wind turbines? Ask some of these winners and I'm sure they will be able to help you select a good location.

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## Relationship Building

Relationship building is the development of caring, supportive relationships between adults and young people, and among young people and their peers. Research tells us that the presence of supportive and caring adults in a young person's life is the leading indicator of his/her future success. Relationship building means that young people:

- Experience emotional and practical support from adults and peers
- Experience guidance from adults
- Build knowledge of adults and peers

Here are five things you can do now to encourage relationship building:

1. Make sure that each young person has one adult who knows him/her well.
2. Begin each meeting with a check-in circle and let each person speak briefly.
3. Develop group agreements.
4. Hold a conflict resolution training for young people.
5. Participate in a training that focuses on group process and collaborative learning.



How do you know if you are creating a supportive environment for building relationships? Here are a few indicators:

- All youth are greeted by adults.
- Youth are asked about their interests, skills, and passions (sparks!).
- During activities, adults generally smile, use friendly gestures, and make eye contact.
- Youth exhibit inclusive relationships with everyone in the program, including newcomers.
- To help youth understand and resolve conflicts and negative behavior, they are encouraged to examine the relationship between their actions and consequences.
- Youth have structured opportunities to get to know each other.

All youth seek to learn and grow but they have needs that must be met – building relationships is one of those needs.

*-Adapted from Shannon Dogan, Associate Director of California 4-H Program and Policy*

## EXPLORING YOUR ENVIRONMENT

### New Curriculum Training

November 19<sup>th</sup> ■ Santa Maria

Each section of the curriculum focuses on an environmental question or issue and has a corresponding activity that allows youth to jump right into real-world issues that affect their lives. The Earth's Capacity curriculum guide focuses on environmental stewardship and issues such as transportation choices, waste management, composting, recycling, and natural resources. While the Ecosystems Service curriculum guide provides youth the opportunity to focus on our ecosystems, climate change, life cycles, ecological footprints, and living a sustainable life.

Drs. Cynthia Barnett and Keith Nathaniel, 4-H Youth Develop Advisors for San Bernardino and Los Angeles counties, respectively, will provide the training. This event is sponsored by Toyota.

If you'd like to reserve your spot, please call the 4-H office at 893-3409 or email Hannah Grossman at [hmgrossman@ucdavis.edu](mailto:hmgrossman@ucdavis.edu).

### Ormond Pointe Walking Path All-Star Project

We would like to invite all 4-H families out to a workday on **Sunday, November 13<sup>th</sup> 1-4 p.m.** at the Roma-Jean 4-H Educational Wetland Path at Ormond Pointe.

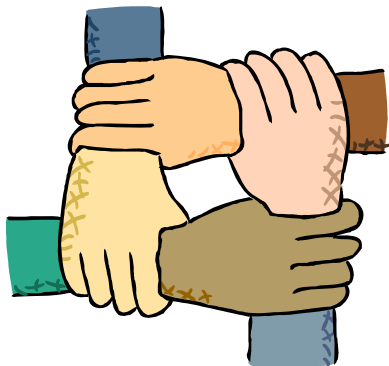
In order to reach this location, drive south on Ventura Rd. in Oxnard from the 101 freeway, turn left on Port Hueneme Rd. then make a right on Perkins Rd. The site is located on the right (opposite the International Paper plant).

It is a beautiful location with many native plants and birds. Bring your binoculars, sunscreen and water. We hope to see you there. For more information, contact the All-Stars at [allstarventura@gmail.com](mailto:allstarventura@gmail.com).

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*Article continued from front page*

9. **Share the news.** Develop a summary report of your club's experience when the project has been completed. Share it with media outlets and the 4-H office.
10. **Celebrate!** Feel good about your club's contribution to the community and members' positive learning experience. Be sure to take time to process your club's experience. Do this by asking participants to share their thoughts and feelings as well as helping them to think about how they might relate this experience to other situations in the future. This is a part of the experiential learning process.



Remember that planning, conducting, and evaluating a community service project is a great opportunity for 4-H members to **learn by doing**. Therefore, encourage members to get involved in all phases of the project, including planning. 4-Hers learn from their mistakes as well as their successes.

Last, but certainly not least, **Make It Fun!**

*-- Adapted from materials by Keith G. Diem, Somerset County, New Jersey.*

# Healthy Living

By Serena Dennis, 4-H Healthy Living Advisory Committee

**Bike Safety:** Information made available by the United States Consumer Product Safety Commission indicates that more than 200,000 youth members ages 8-19 have been treated in hospitals for bicycle-related injuries. Many of these injuries could have been prevented by taking several simple precautions when bicycling. 4-H volunteers should make youth aware of consequences when bicycling in unsafe conditions. Bicycling in a safe environment is essential to preserve physical health. As per California law, Helmet Standards should be met. Here are some tips to avoid physical injury:

- A well maintained and adjusted bicycle with emphasis on adequate brakes and tires.
- Make sure bicycles have good light and reflectors when traveling in darkness.
- In the dark, wear bright clothing so that oncoming traffic can see you.
- A rear view mirror attached to the helmet, glasses or handlebars is important to permit evasive action without doing it blindly.
- Ride your bicycle in the same direction as traffic and not against it.

The most common serious injury suffered by bicyclists is head injuries. Therefore, wearing a helmet to protect against these injuries is the most important precaution one can take. Always wear a properly fitted and approved bicycle helmet with the chin strap securely fastened. 4-H volunteers and members can not only follow this 4-H policy at club meetings, projects, camps and field trips, but also incorporate this policy as a 4-H service learning project.



A service learning project can include bicycle safety by launching a helmet drive to donate them to children in need. For a list of 50 different ideas for service learning projects, visit [www.ca4h.org/files/117240.pdf](http://www.ca4h.org/files/117240.pdf). In California, 4-H members are already making a difference by teaching bicycle safety. For a full story on the impact they have made, visit [www.4-h.org/stories-of-responsibility/Submitted-Stories/Our-wheels-started-a-revolution/](http://www.4-h.org/stories-of-responsibility/Submitted-Stories/Our-wheels-started-a-revolution/).

*Policy Reference - Chapter 11: Health and Safety  
Section XVI BICYCLE HELMETS*

## Clover Safe Notes

Clover Safe Notes can be reviewed and printed from the UCANR website at <http://safety.ucanr.org/4-H Resources/Clover Safe Notes by Number/>

**Clover Safe Notes Spotlight for November: Bicycling Safety (Note #42).** Learn about safely preparing your bike for a ride as well as the rules that will keep you safe while riding.

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

## MyPlate Fruits & Veggies Video Challenge

**Deadline: November 15, 2011**



What does YOUR MyPlate look like? Create a short video (approximately 30 seconds) showing how you build a healthy plate with fruits and veggies on a budget. It can be a song, skit or a how-to in action, as long as it includes the message "Make half your plate fruits and vegetables." Winners will receive cash prizes. To learn more, visit [FruitsAndVeggies.challenge.gov](http://FruitsAndVeggies.challenge.gov).

# Council Corner



## *Highlights from the Ventura County 4-H Council*

The next Ventura County 4-H Council meeting will be **Wednesday, Nov. 16<sup>th</sup> at 7p.m.** at the 4-H Office. All leaders, parents and members are welcome to attend. Leaders and members 14+ vote on business at the meeting. We hope that you will join us!

Committees are currently working on Updating Emerald Star Project, Primary Pygmy Goat Project Policy, Fair Entries and Program Development Committees. If you would like to work on a committee or add an agenda item for discussion by the Ventura County 4-H Council, please contact Jenean Bass, Council President by email at [jeneanbass@roadrunner.com](mailto:jeneanbass@roadrunner.com). Agenda items should be received at least 2 weeks prior to the meeting for inclusion.

## Leader Certification Orientation

The last New Adult Volunteer Leader Certification Orientation until the Spring of 2012 has been scheduled for: **Monday, November 14<sup>th</sup> 6:00 p.m. – 8:00 p.m.** Don't miss out, R.S.V.P. today - *space is limited to 15 people.*

Not only is this orientation a requirement for volunteer leaders, it provides you with the skills you need to help members shine.

The training will be held at the 4-H Office. The training will begin promptly at 6 p.m. Participants must attend the entire training in order to complete this portion of the certification process.

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

1. Your First & Last Name.
2. Your phone number.
3. 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.
4. The name of the club you are volunteering for.

The training information has also been posted to the county 4-H website calendar at [http://ceventura.ucdavis.edu/Youth\\_Development/4-H/?calitem=143441&g=25349](http://ceventura.ucdavis.edu/Youth_Development/4-H/?calitem=143441&g=25349)

*Spring training dates are not yet scheduled.*



### Promising Practices in 4-H Science Education

<http://www.ca4h.org/Projects/SET/Initiative/PP/>

These promising practice articles are published by the National 4 H Council every other month in their 4 H Science Professional Development Connection e newsletter. Each article focuses on a new aspect of program development and improvement with a greater emphasis on how to make the 4 H program more marketable.

### The Coalition for Science After School

<http://www.afterschoolscience.org/>

The Coalition is a strategic alliance of individuals and organizations from STEM education, youth development, and programs held outside of school time. Their mission is to coordinate and mobilize community stakeholders to strengthen and expand opportunities that engage young people in science after school.

### Videogames in the Classroom

<http://www.edweek.org/dd/articles/2011/06/15/03science.h04.html>

A new article in *Digital Directions* looks at how video games are being used in the educational setting. By utilizing more digital forms of instruction as compared to the traditional textbook approach, youth are more engaged.

## 4-H Library

**KidsHealth** is a website designed to give information about health, behavior and development from birth through teen years. The website has sections for parents, kids and teens which include more than just facts about health. Additionally, there is an educators section with activities that can be modified for project use or as healthy activities during club meetings.

KidsHealth provides families with perspective, advice and comfort about a wide range of physical, emotional and behavioral issues that affect children and teenagers. For more details, visit <http://kidshealth.org/classroom/>



## 4-H Office

The 4-H Office is open (except for County designated Holidays) Monday through Friday, 8 a.m. to 5 p.m.

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

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Strategic Initiative Leader, Sustainable Food Systems; 4-H Youth, Family and Community Development Advisor; Food and Society Policy Fellow

E-mail: [rmhaydensmith@ucdavis.edu](mailto:rmhaydensmith@ucdavis.edu)

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### ARTICLE SUBMISSIONS:

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

[CloverLines@ucdavis.edu](mailto:CloverLines@ucdavis.edu)

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

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## RETURN SERVICES REQUESTED

Official Business  
Penalty for Private Use \$300

# November/December

## 4-H Calendar

[http://ceventura.ucdavis.edu/Youth\\_Development/4-H/NewsMain/](http://ceventura.ucdavis.edu/Youth_Development/4-H/NewsMain/)

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

11/3	Awards Night @ DuPars in Oxnard 7 pm	1/2	4-H Office Closed for Holiday
11/5	Equine 4-H Field Day @ Cal Poly Pomona	1/14	So. Section Council Meeting @ Mt. San Antonio College
11/11-13	State 4-H Leaders' Forum @ Asilomar Conference Center in Pacific Grove, CA.	1/16	Citizenship Focus Registration Deadline
11/13	Ormond Pointe Workday for All-Star Project 1-4 pm	1/17	Equine PDC Mtg at Marie Callenders Camarillo 6:45 pm
11/14	Leader Certification Orientation @ 4-H Office 6 pm	1/20-22	Teen Involvement Conference @ Mountain Center
11/15	Equine PDC Meeting at Marie Callenders Camarillo 6:45 pm	4/14	So. Section Council Meeting @ Mt. San Antonio College
11/16	<b>Ventura County Council Meeting @ 4-H Office 7 pm</b>	6/9	So. Section Council Meeting @ Mt. San Antonio College
11/19	Exploring Your Environment New Curriculum Training @ Santa Maria 10am - 3 pm	8/1-12	Ventura County Fair
11/24-25	4-H Office Closed for Holiday	9/8	So. Section Council Meeting @ Mt. San Antonio College
12/11	Teen Involvement Conference Early Registration Deadline		
12/26	4-H Office Closed for Holiday		

The 4-H Calendar Online is only a click away...

[http://ceventura.ucdavis.edu/Youth\\_Development/4-H/](http://ceventura.ucdavis.edu/Youth_Development/4-H/)