

# Clover Lines

## I pledge my health...



### 50 Ways to Include Healthy Living in 4-H Service Learning Projects

As the new year begins, we are all reminded of how important it is to make healthy living a priority. Here's a list of ideas to help you incorporate healthy living activities into your citizenship efforts. This list was created by the Revolution of Responsibility, a positive change movement.

- 1 Plan a formal dance for a senior citizen community
- 2 Demonstrate how to pack a healthy lunch at a local school
- 3 Launch a "Rethink Your Drink" campaign
- 4 Lead physical activities for an afterschool program
- 5 Start a youth hiking program for low income children
- 6 Bring fresh fruit and vegetable tasting into a local school
- 7 Launch a bicycle helmet drive and donate helmets to children in need
- 8 Teach others how to manage stress
- 9 Facilitate a peer mentoring program
- 10 Start a gleaning program and donate harvested produce
- 11 Partner with local police to stage a realistic car accident to increase awareness of distracted driving
- 12 Host a movie screening and community forum around bullying
- 13 Build a community garden
- 14 Perform a skit about healthy living during a schoolwide assembly
- 15 Collect and distribute food to those in need
- 16 Help local children achieve the President's Active Lifestyle Award
- 17 Choreograph dance routines and teach them to others
- 18 Map safe routes to local schools and distribute them to students
- 19 Build a safe walking trail
- 20 Teach others how to interact with people who have a physical disability
- 21 Identify places to buy healthy food in the community and provide recommendations to community leaders
- 22 Take children on a visit to a local farm
- 23 Organize a community health night featuring activities, cooking lessons and exhibits
- 24 Host a blood drive
- 25 Teach children the importance of dental care
- 26 Organize a walking school bus
- 27 Facilitate a cooking class that teaches others how to make healthier desserts
- 28 Work with the Parks and Recreation Department to build and install playground equipment
- 29 Organize an anti-smoking campaign for middle school students
- 30 Hold a class at the community center to teach families how to cook on a budget
- 31 Provide a series of bicycle safety clinics
- 32 Develop a reading partners program that uses literature to teach about healthy living
- 33 Host a Relay for Life event
- 34 Plan a presentation to teach children about the MyPlate food icon
- 35 Demonstrate principles of food and kitchen safety
- 36 Research local history and traditions and organize a community celebration
- 37 Create a program to regularly bring pets into nursing homes
- 38 Make a healthy meal and serve it at a homeless shelter
- 39 Research the availability of free drinking water in the community and install a new fountain
- 40 Start a "Plant a Row for the Hungry" campaign and donate produce to a food bank
- 41 Work with a local gym to offer free fitness classes for kids
- 42 Educate others about bullying and how everyone has a role
- 43 Teach a workshop about teen dating violence
- 44 Renovate a poorly maintained soccer field and offer a free soccer clinic
- 45 Work with a local counseling center to launch a suicide prevention campaign
- 46 Develop a toiletry drive for a homeless shelter
- 47 Partner with an afterschool program to offer cultural dance lessons
- 48 Collect donated toys and school supplies to create "Hero Packs" for military children
- 49 Teach first aid and safety basics to a community youth organization
- 50 Offer a free bicycle repair clinic.



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50



# Oh! What a night...Awards Night 2011

More than 65 4-Hers and their families attended this year's Awards Night at DuPars Restaurant in Oxnard on November 7, 2011. Congratulations to all the winners!!!



Medals presented included... **Junior Winners:** Matthew Callahan, Zachary Gorman, Hannah Gregson, Cameron Harber, Audrey Hargelroad, Megan Hassien, Audrey Knight, Katie Koester, Sadie McCormick, Kai Miyashiro, Dan Orosco, Gisele Ortega, Rebecca Paxson, Amanda Penny, Bradley Smith, Evan Tamayo.  
**Intermediate Winners:** Juliette Avalos, Sarah Barnes, Katie Beasley, Nicole Bellmore, Karlie Gill, Rebekah Gorman, Jordan Harber, Hayden Hargleroad, Hannah Hassien, Cassandra Larson, Christiana Mellein, Bailey Morris, Elizabeth Paxson, Morgan Penny, Bronson Smith, Spencer Wittrock, Amanda Wray, Addie Wucherpennig.



**Senior Winners:** Jason Bellmore, Jacob Callahan, Erica Larson, Glenda Marshall, Melissa Marshall, Dayle Morris, Karen Payne. Additionally, the **Lynn Vacca Food Award** winners were; Dayle Morris of Las Posas 4-H and Jordan Harber of Somis 4-H.

## New Adult Leader Certification Orientation Dates

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.

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

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

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

Resource/Key Leader <http://www.ca4h.org/files/4773.doc>

Enrollment Coordinator <http://ceventura.ucdavis.edu/files/79835.doc>

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

**Wednesday, April 25, 2012 6 p.m. to 8 p.m.**

**Thursday, April 26, 2012 10 a.m. to noon**

**Tuesday, May 15, 2012 6 p.m. to 8 p.m.**

Don't miss out -- R.S.V.P. for one of these trainings today!

The training will be held at the 4-H Office. Please use the set of doors that face the condominium complex at 669 County Square Dr. Ste. 100, Ventura, CA 93003-9028. 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 [venturafourhrsvp@ucdavis.edu](mailto:venturafourhrsvp@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.

# Resources Of All Sorts

## Funding

**2012 AmeriCorps Grants** are available to organizations who are working with AmeriCorps members to strengthen their communities. The deadline to apply is: January 18, 2012.  
[http://www.americorps.gov/for\\_organizations/funding/nofa\\_detail.asp?tbl\\_nofa\\_id=91](http://www.americorps.gov/for_organizations/funding/nofa_detail.asp?tbl_nofa_id=91)

**Come Join the Revolution of Responsibility!** Chartered 4-H clubs/units can apply for funding up to \$1,000 to support service-learning projects related to their club or project activities. An on-line application is available at: <http://ucanr.org/join/>. The next application deadline is January 15.

## Contests



**2012 4-H Honey Bee Essay Contest** sponsored by The Foundation for the Preservation of Honey Bees, Inc. is calling for entries. Essays are due electronically and must be received on or before February 17, 2012 <http://www.ca4h.org/files/131259.pdf>

**No BULL Challenge** - Students in sixth through twelfth grade are challenged to start an anti-cyberbullying campaign in their school or community, use video to document their campaign, and then submit their project to the NO BULL Challenge website. Win prizes such as a \$10,000 production deal, a trip to the Sundance Film Festival, scholarships and much more! Visit [nobull.votigo.com](http://nobull.votigo.com) for more information. Entries due March 15, 2012.

## Do Good

**Million Pillowcase Project** is a national community service activity adopted for 2012 by 4-H State Fashion Revue. Design and sew a standard size pillowcase for a foster child, a homeless person, or perhaps a nursing home resident. For ideas and sewing instructions, go to [www.allpeoplequilt.com](http://www.allpeoplequilt.com). Our goal is 500 pillowcases from California 4-H. For more information about State Fashion Revue, go to <http://www.ca4h.org/Programs/Events/SFR/>.



## Free Resources

**YOUTH-Turn Toolkit** provides resources to help youth turn adversity into action and create educational, sustainable, memorable and engaging projects. Find out more about the YOUTH-Turn program and request a free toolkit by visiting [www.noys.org/youthturn.aspx](http://www.noys.org/youthturn.aspx).



**Snack Planet Mobile iPhone and iPad App** The Snack Planet app is a game that promotes the benefits of healthy snacking and exercise. Race the clock as Optimis, the robot, moves through the maze grabbing healthy foods along the way. Visit [ianrhome.unl.edu/mobileapps](http://ianrhome.unl.edu/mobileapps) for more information.

## Online Record Book

Having launched on September 1st, 2011, the 4-H Online Record Book (ORB) continues to grow. Here are the latest statewide statistics: 590 club meetings registered, 2284 Developmental Activities have been entered, 91 Presentations added, 880 Photos uploaded, 245 Comments were made and 388 Promotions received.

The 4-H Online Record Book has built-in reporting systems that will improve staff and volunteer efficiencies. As with anything new, it takes a little time to figure out how a system works. Once a user gets going on ORB, youth, volunteers, and staff will find that the Online Record Book will streamline reports and make approving things so much quicker and easier. Check out the Online Record Book today at <https://ucanr.org/4hbook/login.cfm> and simplify your 4-H life.

## Club Happenings

February Featured Club Happenings! will include an article from Bardsdale 4-H.

A complete schedule can be found at [http://ceventura.ucdavis.edu/Youth\\_Development/4-H/NewsMain/Newsletter/](http://ceventura.ucdavis.edu/Youth_Development/4-H/NewsMain/Newsletter/)



# Healthy Living

Here's a great idea to get everyone thinking about Healthy Living at your next meeting. A word play game at <http://www.ca4h.org/files/88305.pdf>

4-H has a long history of promoting healthy living among youth and their families. 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 relationships. In this activity, youth will broaden their definition of healthy living to include physical, emotional and social wellness.



## UPCOMING CONFERENCES & EVENTS

**36th Annual Agricultural and Environmental Sciences Field Day** on March 3rd, 2011. The UC Davis CA&ES Field Day is the 2012 California 4-H State Qualifier for Poultry, Dairy and Livestock judging. To register, go to <http://www.calaged.org/registration>.

**2012 California 4-H Camping Conference** will be held March 23 – 25th, 2012 at Camp Campbell in Boulder Creek, CA. There will be hands-on training for adult and teen leaders who help plan and administer 4-H camping programs, including new 4-H SET camping curricula!

**USA Science & Engineering Festival** will be April 27-29, 2012 in Washington, DC. This 2nd Festival will inspire the next generation of scientists and engineers with school programs and nationwide contests throughout the 2011/2012 school year and a finale Expo in Washington DC in April. The Expo is the nation's largest celebration of all things science & engineering and features over 1,500 hands-on activities and over 75 performances. <http://www.usasciencefestival.org/#>

**State Shooting Sports Leader Meeting** will be held April 28 & 29, 2012 at the Oakdale Sportsman's Club in Stanislaus County.

**2012 California State 4-H Field Day** will be held on May 26, 2012 at UC Davis. The event is composed of the State 4-H Presentation Day, State 4-H Fashion Revue, Plant Science Contest, Film Festival, Photography Contest, Interview Contest, Judging Contest, and many others! Information on the event will be available in January 2012 at <http://www.ca4h.org/Programs/Events/SFD/>.

## Clover Safe Notes



**Clover Safe Notes Spotlight for January: CLOVER SAFE NOTES AS A TRAINING TOOL (Note #54).** Adding safety to every project, event and other group gatherings is important. Here's a Safe Note that will help you utilize these tools and incorporate safety tidbits in a meaningful way.

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/>

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.

# Council Corner



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

The next Ventura County 4-H Council meeting will be **Wednesday, Jan. 25<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!

Here are some highlights from the November meeting:

- County Calendar – a general calendar of county events is being assembled. If you'd like to have an event included, please contact Debbie Meyer-Morris.
- Science Night was a great success and now there is a kit available for check-out to do the Wind-Powered experiments. Contact Monica Stanley to use the kit.
- 2011 Fair critique was well received by the Fair Board. The Fairgrounds will not be available for use for next few months due to construction of new livestock area. The Fair Expo committee is working with Fair Superintendents to best improve 4-H entries throughout the Fair in 2012.
- The Ventura County Fair announced that the Miniature Market Steer class has been added for 2012. The guidelines are as follows: Hip Height maximum at 48", Weight requirement is 600 lbs. - 999 lbs., Must be a recognized breed, Same entry day as the Standard Market Steer (120 days), The breed papers must be presented at tagging as well as weigh-in at the Ventura County Fair.
- Proficiencies will be reviewed in the coming months by leaders working with the specific project.

Committees are currently working on 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.

## Out With the Old and in with the New

By Jenna Kelton

The Ground Breaking Ceremony for the William P. Clark Livestock Center was held on Thursday November 10, 2011 at 11 am. The existing facility is 75 years old and is being replaced with a 38,000 square foot building that will be there for many years to come. The building will take about four months to build and will be ready for the 2012 Ventura County Fair.



Pictured from left to right: Travis Tucker, Chase Bowen, Jenna Kelton, and Ventura County Fair CEO Barbara Quaid

# All-Stars Get Noticed for Great Deeds

## All-Stars Bring a Golden Clover Award to Ventura County

Dayle Morris and Savanna Stanley were awarded a 2011 4-H Golden Clover Award in Collaboration and Outreach for their work as Ventura County All-Stars and their project the Roma-Jean 4-H Educational Walking Path at Ormond Pointe. The recognition is awarded by the California State 4-H Office and includes a \$500 stipend, a pin and a golden medallion. They were recognized at the State Leaders Forum at Asilomar. They will also be recognized at the State Leadership Conference next summer. Congratulations to two girls who really deserve it.

## All-Stars Receive Donation for Ormond Pointe

At the Oxnard City Council meeting on December 6th Santa was not the only one bearing gifts. Bill Baker, representing Gen-On Power Plant, generously donated \$7,000 to the Ventura 4-H All Stars, Savanna Stanley and Dayle Morris. These hard-working girls have spent the last year pulling together resources and environmental groups to create the Roma-Jean Educational 4-H Wetlands Nature Path at Ormond Pointe in Oxnard. The donation will help pay for educational signs identifying native plants and animals. It will also help advertise the new Nature Path that will be completed sometime early next year. All community members are welcome to come down Perkins Road and help with the development of the project. It will be a place for children and adults to learn and explore the wetlands of Ormond Pointe.



## NEW Emerald Star Project Guidelines



In November, the County 4-H Council approved the recently revised Emerald Star Guidelines and Application. In addition to some general updates, the process was given an e-friendly upgrade with an interactive PDF application and streamlined electronic/face-to-face process. See the new Emerald Star application package at [http://ceventura.ucdavis.edu/Youth\\_Development/4-H/MemberOpps/Emerald\\_Star\\_Project/](http://ceventura.ucdavis.edu/Youth_Development/4-H/MemberOpps/Emerald_Star_Project/)

The Emerald Star is a rank awarded to a 4-H member for planning and implementing a leadership activity. Emerald Star is separate from any other star rank. It has been designed to encourage members to plan and execute a goal outside the member's Club. The Emerald Star is for teenagers who have completed at least one year in 4-H.

The Emerald Star is not a prerequisite to any other star rank, but it may be used to qualify to apply for the All-Star program. The Emerald Star pin and hat patch are awarded after the project has been completed, evaluated and approved by the Emerald Star Advisor and Emerald Star Committee.

## Ormond Pointe Walking Path

### ALL-STAR PROJECT WORK DAY

We would like to invite all 4-H families out to a workday on **Sunday, Jan. 29<sup>th</sup> 1-4 p.m.** at the Roma-Jean 4-H Educational Wetland Path at Ormond Pointe.

View the YouTube video at [http://www.youtube.com/watch?feature=player\\_detailpage&v=4a-AkDPF\\_rQ](http://www.youtube.com/watch?feature=player_detailpage&v=4a-AkDPF_rQ)

In order to reach this location, drive south on Ventura Rd. in Oxnard from 101, turn left on 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).





As we begin 2012, it's a good time to get a quick refresher on the 4-H SET Initiative...

Started in 2008, the goal of the 4-H Science, Engineering, and Technology (SET) initiative is to address America's critical need for more scientists and engineers by engaging 150,000 youth by 2013.

The U.S. is at pivotal point in its history. Despite our country's rich legacy of innovation and global contributions, we face declining proficiencies and workforce shortages in science, engineering, and technology fields. Nationwide, only 18% of high school seniors are considered proficient in science, while only approximately 15% of today's college graduates earn degrees in science and engineering.

4-H SET activities and projects combine the strengths of the 4-H Youth Development program's non-formal experiential-based delivery modes and strong youth-adult partnerships to address SET content as defined by the National Science Education Standards.

The 4-H SET approach is used in many settings, with many youth, and with many project topics. 4-H SET includes using current 4-H projects presented in a different way, adding new project subject matter, and focusing on certain abilities or skills not covered before.

Read more about the 4-H SET Initiative at <http://www.ca4h.org/Projects/SET/Initiative/>

## 4-H Library

### **FREE Curriculum - DNA for Dinner**

**Topic Area:** DNA & Biotechnology

**Audience:** Middle School

**Published:** 2010

[http://www.ca4h.org/Projects/Curriculum/FREE/DNA\\_for\\_Dinner\\_2010/](http://www.ca4h.org/Projects/Curriculum/FREE/DNA_for_Dinner_2010/)

The five lessons in this curriculum are: Dare to Be Different (organisms, genetic diversity); Language of Life (genomes, genetic code); DNA for Dinner (genes, DNA, reproduction); Building Blocks to Organisms (amino acids, proteins, enzymes); and From Bread to Biotech (classical breeding, genetic engineering, restriction enzymes). Each lesson has background, discussion questions, math puzzles, and three to five activities to demonstrate key points of the lesson. More information is available at <http://ucbiotech.org/dnafordinner/>



## 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

**Tisha Fisher** (805) 645-1464

4-H Assistant – Enrollment, Mailings, Pins, Equipment Check Out, 4-H Calendar, Event Support, 4-H Library, General Information, *Clover Lines* Editor

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**Rose Hayden-Smith** (805) 645-1466

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

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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

# January

## 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)

1/2	4-H Office Closed for Holiday	3/24	4-H Presentation Day
1/9	Bardsdale 4-H Featured Club Happenings! article due to 4-H Office.	4/14	So. Section Council Meeting @ Mt. San Antonio College
1/14	So. Section Council Meeting @ Mt. San Antonio College	4/25	New Volunteer Leader Orientation @ 4-H Office 6:00 pm
1/16	Citizenship Focus Registration Deadline	4/26	New Volunteer Leader Orientation @ 4-H Office 10 am
1/17	Equine PDC Mtg at Marie Callenders Camarillo 6:45 pm	5/15	New Volunteer Leader Orientation @ 4-H Office 6:00 pm
1/20-22	Teen Involvement Conference @ Mountain Center	5/26	State 4-H Field Day @ UC Davis
1/25	<b>4-H Council Meeting</b> @ 4-H Office 7 pm for Leaders and Youth (9 <sup>th</sup> grade+)	6/9	So. Section Council Meeting @ Mt. San Antonio College
1/29	All-Star Project at Ormond Pointe Work Day 1-4 pm	8/1-12	Ventura County Fair
2/1	Club Leader Roundtable @ 4-H Office 7pm	9/8	So. Section Council Meeting @ Mt. San Antonio College
2/6	Briggs & Chief Peak 4-H Featured Club Happenings! articles due to 4-H Office.		
3/3	Ag & Environmental Science State Field Day		

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/)