

Clover Lines

STUDY SHOWS: 4-H HELPS YOUNG PEOPLE EXCEL BEYOND THEIR PEERS

Excerpted from: Report Of The Findings from the First Seven Years of the 4-H Study of Positive Youth Development

The structured learning, encouragement and adult mentoring that young people receive through their participation in 4-H plays a vital role in helping them achieve future life successes. For nearly a decade, preeminent youth development scholar, Dr. Richard Lerner, and the team at the Institute for Applied Research in Youth Development at Tufts University have been working with faculty at land-grant universities to conduct The 4-H Study of Positive Youth Development.

This in-depth, longitudinal study has discovered that, when compared to other youth, young people involved in 4-H have higher educational achievement and higher motivation for future education. In addition, youth in 4-H are more civically active and make more civic contributions to their communities than youth in other out-of-school programs.

4-H Youth Make More Healthy Choices

According to the study, 4-H'ers – regardless of their background, socio-economic status, race, and gender – thrive through the health/safety education and experiences they receive through 4-H programming. In fact, young people in 4-H are:

- More likely to have healthy eating and exercise habits,
- Shown to have had significantly lower drug, alcohol and cigarette use than their peers.

4-H'ers Excel in School and the Sciences

The advantages of 4-H participation also include higher educational achievement and higher motivation for future education. Young people in 4-H:

- Report better grades, higher levels of academic competence, and an elevated level of engagement at school,
- Are more likely to pursue future courses or a career in science, engineering, or computer technology.

The study also finds that girls in 4-H are more than twice as likely to participate in science, engineering, or computer technology programs than their peers.



Young people in 4-H Are Committed to Improving Their Communities

A notable trend of the study indicates that 4-H youth are three times more likely to actively contribute to their communities when compared with youth who do not participate in 4-H.

Methodology:

The 4-H Study of Positive Youth Development is a longitudinal study that began in 2002, and continues today, surveying more than 7,000 adolescents from diverse backgrounds across 44 U.S. states. The study is made possible by the contributions of our nation's land-grant universities and National 4-H Council. Report available at <http://www.4-h.org/about/youth-development-research/positive-youth-development-study/>

Featured Club Happenings!

Chief Peak 4-H

Meets 2nd Tuesday of the month, 7:00 p.m. at Summit Elementary

Our club, Chief Peak is located in upper Ojai. We have welcomed many new members this year. Our current club officers are: President, Julia Diaz; Vice President, Jacob Callahan; Secretary, Karli Gill; Sergeant of Arms, Sarah Barnes; Treasurer, Hannah Hassien; and Reporter, Matt Callahan.

Chief Peak has enjoyed participating in many community service projects such as beach clean up, the homeless dinner, Trick or Treat So Others Can Eat, and snack bags for the homeless.

We are so lucky to have many great projects. There is market swine, rabbits, pygmy goats, science, horse & pony, poultry, cooking, shooting sports, arts & crafts, scrapbooking, cooking and our new project camping. Shooting sports participated in its first mail-away statewide competition where several members won medals.

All of our members turned in record books and half of our members went on to compete at the county level.

We look forward to a successful 2012 Ventura County Fair for all of our participating projects!



April Featured Club Happenings! will include an articles from Citrus Valley 4-H & Conejo Valley 4-H.

ORMOND POINTE PATH & ALL-STAR UPDATE

By Savanna Stanley & Dayle Morris, Ventura County 4-H All-Stars

On Presidents Day, we had a work day at the Roma-Jean 4-H Educational Wetland Path at Ormond Pointe in Oxnard. We worked on the back half of the path—weeding the path that had been overgrown. Bailey Morris, of Las Posas 4-H, helped us clean the path along with Sheila Mahon, of Citrus Valley 4-H. A local photographer from the City of Oxnard took pictures of the 4-H members working on the path for the upcoming opening day ceremony. The informational posts are being made. The grand opening sign is being ordered and the final touches on the path are coming along smoothly. We are so excited to finally be able to share this project with the local community after working diligently on this project since October 2010.

We hope that many of you in the 4H community will join us for the grand opening ceremony on Saturday, April 21st at 10 a.m. when Oxnard Mayor Tom Holden cuts the ribbon on the path. We will be having brunch at the site and expect many local dignitaries & politicians to attend our first tours that day.

Our All-Star project & being 4-H All-Stars has been an amazing experience for both of us. We knew it would be challenging, but we have gained so many leadership, public speaking, coalition-building and advocacy skills that it was totally worth it. We realize that most teenage 4-H'ers are like us, on school sports teams, active in charities and buried in homework. But, we also realize that being leaders in 4-H has taught us more life skills than all of those things combined. We are looking forward to training the new 4-H All-Stars who will be selected in May 2012 and working with them to try and get more teens active in making Ventura County 4-H even better. If you would like to talk to us about the All-Star commitment, or other 4-H leadership opportunities outside of your club, contact us at allstarsventura@gmail.com



Ventura County 4-H Super Field Day

Saturday, May 12, 2012 ■ 9 to 2 ■ Ventura Co. Fairgrounds



Projects included: Rabbits, Cavies, Dogs, Poultry, Dairy Goats, Pygmy Goats, Lambs, Photography, Cake Decorating, Cooking/Foods

This is your opportunity to learn, practice, lead, show, compete and win medals/ribbons in several projects.

- Bring your rabbit, cavy, poultry or dog and everything you need for the day for showmanship and events. Test your knowledge on breeds & projects. Rabbit hopping demo & training.
- Pygmy goats, dairy goats and lambs will have demonstration animals. No need to bring your animal. There will be showmanship, milking demonstrations, sheep shearing and project knowledge tests.
- Photography projects: bring your entries (5x7 mounted to 8x10), make a poster, and make a presentation.
- Iron Chef Competition is a 4-member team for a 1-hour creative cooking competition. All ingredients will be supplied. Teams need to bring utensils and their imaginations.
- Cupcake Wars: cupcake decorating open to all members. Supplies will be provided.
- Wear your 4-H uniform for showmanship. Wear club shirts to show your club spirit.
- Make an educational poster. Put your name, age and club on the back.
- Speaker's Corner: use this opportunity to make a presentation for your Record Book or proficiency.
- Uniform exchange: bring your outgrown 4-H uniforms to pass along to others.
- Snack bar, coloring, crafts, silent auction, pre-paid lunch or bring your own sack lunch.



If you have questions, please ask your project leader. They can help you prepare to participate in this event.

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:

1. Your First & Last Name.
2. Your phone number.
3. Your 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.

Healthy Living

Healthalicious Cooking Curriculum

Are you a 4-H foods project leader? Are you looking for new, kid-friendly recipes and activities? Want to lead a foods project, but not sure how? This afterschool curriculum teaches food preparation skills while helping kids build good health skills that will last a lifetime. The 6-week, hands-on curriculum is designed to give 9- to 12-year-olds a fun introduction to preparing and eating healthy meals. **FREE** download available from anrcatalog.ucdavis.edu/Search/healthalicious.aspx.

Kick the Can: Giving Sugary Drinks the Boot

Did you know sugar-sweetened beverage consumption is the leading contributor to the obesity epidemic? For each additional soda a child drinks daily, his risk of obesity increases 60 percent! Learn how to become an advocate for change at www.kickthecan.info.



New Recommended Method for CPR

You can lessen the recurring loss from sudden cardiac arrest by learning Continuous Chest Compression CPR, a hands-only CPR method that doubles a person's chance of surviving cardiac arrest. For more information, including a how-to video, visit

<http://medicine.arizona.edu/spotlight/learn-sarver-heart-centers-continuous-chest-compression-cpr>

FASHION REVUE & FOOD FAIRE

Saturday, March 31, 2012

1:30pm - 5:00pm

Ventura County Fairgrounds - McBride Hall

Fashion Revue

Categories:

Traditional

Purchased

Wearable Art - Embellished

\$19.99 Challenge

Tote Bag Challenge

Needle Art

Jewelry



Food Faire

Categories:

Food Showmanship

Cake Decoration Showmanship

Educational Display



All entries are due **March 15th**. For more information, download the packets on our county 4-H website calendar at http://ceventura.ucdavis.edu/Youth_Development/4-H/?calitem=153743&q=25349

Clover Safe Notes

Clover Safe Notes Spotlight for March: THE IMPORTANCE OF WASHING YOUR HANDS (Note #92).

Washing hands is one of the top ways recommended by the Center for Disease Control in stopping the spread of illness causing germs, such as influenza. This Clover Safe Note outlines the necessary steps to ensure that your hand washing is clean and effective.

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



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 venturaco4hcouncil@gmail.com. Agenda items should be received at least 2 weeks prior to the meeting for inclusion.

The next Ventura County 4-H Council meeting will be **Wednesday, March 28th 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!

Resources of All Sorts

4-H State Ambassador Applications Due March 31, 2012

The California 4-H State Ambassador position is one of the highest service opportunities and recognitions attainable for California 4-H. The State Ambassador Program is a working honor that provides members with the opportunity to serve as a representative of the 4-H program, plan the annual CA 4-H State Leadership Conference, and implement a service-learning project during their 14 month term. Youth members ages 16-18 are eligible to apply. Applications for are available online at: www.ca4h.org/Projects/Leadership/SA/.

Higher Education Scholarships Due April 30, 2012

The California 4-H Youth Development Program, with help from donors, offers statewide scholarships to graduating high school seniors and current college students to cover educational expenses. Applicants may apply for multiple scholarships but are only eligible to receive one scholarship per year. Previous scholarship recipients may reapply. For scholarship categories and application details, please visit: <http://www.ca4h.org/Resources/Members/Scholarships/>.

State 4-H Photography Contest

www.ca4h.org/Programs/Events/SFD/Photo/

Do you enjoy photography? The California 4-H Photography Contest is designed to provide an opportunity for regular 4-H members (ages 9-19) to showcase their best photographs taken within the past 4-H year. The event will be held on May 26,

2012 at UC Davis. Photographs must be submitted by May 4, 2012.



State 4-H Film Festival on May 26, 2012

Submit a film for the State 4-H Film Festival by May 4, 2012! The 4-H Film Festival theme for 2012 is "4-H Revolution of Responsibility." Are you or a 4-Her you know making a difference in the community? Share your story of leading positive change through multimedia. The Festival will be held on May 26, 2012 at UC Davis. www.ca4h.org/Programs/Events/SFD/State_4-H_Film_Festival/6

Statewide 4-H Advisory Committees

The statewide 4-H Youth Development Program (YDP) Advisory Committees are accepting applications. If you are a 4-Her, recent alumni, or 4-H adult volunteer and have a desire to work in a collaborative team setting, we encourage you to apply. Statewide 4-H YDP Committees offer insight, review and input for the operation and management of the statewide 4-H YDP to the Associate Director of 4-H Program and Policy. Applications are due to the State 4-H YDP Office by May 31, 2012. For more information, go to: http://www.ca4h.org/Administration/Advisory_Committees/.

Registration for the 2012 California Focus Conference has been extended to March 12! For registration details and conference information, visit: <http://www.ca4h.org/Projects/Citizenship/Focus/GeneralInfo/>.

Gloria Barron Prize for Young Heroes

The Barron Prize celebrates outstanding young leaders 8- 18, who have made a significant positive difference to people and our planet. Ten winners each receive \$2,500 . Nomination deadline is April 30. For more information and to nominate, visit <http://bit.ly/edhitj>

Looking ahead to Fair 2012

August 1-12, 2012



- **Academic Rodeo Teams** could win as much as \$1,500. The competition which runs in the Youth Expo during the Ventura County Fair includes timed quizzes, toss up questions, vocabulary definitions and a spelling bee. For details about forming your own club team, visit <http://venturacountyfair.org/academicrodeo>
- In Youth Expo, you will now be able to enter **cool desserts** such as cheesecake and cream pies.
- **Table Settings** will be making a change this year from a single setting, to a table of four and will be entered as a club or project group.
- Create a **Fantasy Pet** that fits in a 18x18" pen, then write its bio with feed, special abilities and needs. Enter your Fantasy Pet in Small Livestock. You do not need to be enrolled in a small livestock project to participate.
- New **Small Livestock Champion of Champions** Divisions have been added for Cavy, Rabbit and Poultry. Members earn points for participating in a variety of educational and outreach activities during and before the fair as part of the competition.
- New **Small Livestock Feature Display Division** for clubs, projects or individuals. Premiums up to \$130 for an 8x8' space with livestock and educational information. Pre-entry due on June 2nd.
- New **Egg Laying Contest** for clubs, projects or individuals. Enter your best 4 layers.
- **Hand Decorated Eggs** are a new way to enter the Small Livestock Barn. Enter 3 to 6 eggs, blown out and creatively decorated, presented in/on a hand decorated holder. This is a new division and open to all youth 5-18.

The fair theme this year will be *Rides, Ribbons and Rodeos*. Details for all of these activities and entry opportunities will be in the entry guide, which will be online. You will be able to submit entry paperwork online. Good luck to all of the Fair participants!

Ready for Demonstration Day?

March 13—Preliminary Presentation Day

March 24—County Presentation Day

Are you willing to judge demonstrations? There is no experience necessary. If interested, please contact the 4-H Office.

Demonstration Ideas

www.extension.umn.edu/county/Waseca/news/DemoIdeas.pdf

Tips

www.ohio4h.org/product/files/4H_909R.pdf

Planning Checklist

www.aces.edu/pubs/docs/Y/YEX-0051/YEX-0051.pdf

Group Activity for Demonstration Preparation

4h.uwex.edu/pubs/showdoc.cfm?documentid=4751

ONLINE RECORD BOOK NEWS

ORB Team— A Statewide Team of youth and adults is being created to help design and deliver practical, hands-on trainings of the ORB system. This team will also create help menus, update and expand the 4-H Online Record Book User Manual. If you would like more information about this team or know of youth who would be interested, please check out the position description at <http://www.ca4h.org/files/134533.pdf>. Youth who participate on this team can use their involvement toward their Emerald Star rank.



ORB Webinars—A 4-part webinar series on using ORB, with audio recordings and PowerPoint Presentations are available at <http://www.ca4h.org/Resources/Members/RecordBook/ORB/>.



Visit the Revamped 4-H SET Website

<http://www.ca4h.org/Projects/SET/>
 The 4-H SET website offers information, free curricula, and resources for 4-H leaders and members.

San Mateo Co. Satellite of the USA Science & Engineering Festival

<http://ucanr.org/sites/smsf4h/>
 On Saturday, April 28, 2012 San Mateo/San Francisco County 4-H is hosting the 4-H2O WOW - World of Water Seminar. This free seminar will be held at the San Mateo County Event Center featuring hands-on, experiential learning activities and models about water conservation and water quality, hydrology, and the effects of radiation on water and more. This is listed as a satellite event for the USA Science and Engineering Festival.



Join the 4-H Technology Leadership Team

Applications due **May 31, 2012**
<http://www.ca4h.org/Projects/SET/Tech/CTLT/>
 Do you have an interest and experience in technology? Think about joining the 4-H Technology Leadership Team! 4-H members age 16 and older and 4-H volunteers may apply. Candidates must have some type of technology experience where he/she could lead an hour workshop. Technologies could include photography, video, website design, social media, hardware, GPS/GIS, computer support, graphic design, 3D imaging, smartphones, programming, bio-tech, engineering, technology & society.

4-H Library

Rabbits: From the Animal's Point of View

This curriculum is well researched and unique in its approach from the animals perspective. The 5 units include: What does it mean to be a rabbit, Rabbit housing, Rabbit nutrition, Rabbit disease, and Rabbit care/responsibility. Each section is complete with activities that will liven up every Rabbit project meeting. The publication was produced in 2009 through UC ANR Peer Reviewed Publications and is free for 4-H Leaders and members.



http://www.ca4h.org/Projects/Curriculum/FREE/Rabbits_From_the_Animals_Point_of_View_Modules_1_through_5/

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
 E-mail: tifisher@ucdavis.edu

Gwyn Vanoni (805) 645-1482
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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
 E-mail: rmhaydensmith@ucdavis.edu

CLOVER LINES 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

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

March

4-H Calendar

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,
4-HOnline [\[mailto:no-reply@4-HOnline.com\]](mailto:no-reply@4-HOnline.com), gwanoni@ucdavis.edu and rmhaydensmith@ucdavis.edu

3/1	ORB Webinar: Leader Functions 7pm	4/25	New Volunteer Leader Orientation @ 4-H Office 6:00 pm
3/5	Citrus Valley & Conejo Valley 4-H Featured Club Happenings! articles due to 4-H Office.	4/26	New Volunteer Leader Orientation @ 4-H Office 10 am
3/5	Presentation Day Entries Due	5/1	All-Star Applications Due
3/7	Large Livestock PDC @ Camarillo Marie Callenders 6:30pm	5/2	Large Livestock PDC @ Camarillo Marie Callenders 6:30pm
3/13	Preliminary Presentation Day @ 4-H Office	5/12	Super Field Day @ V.C. Fairgrounds 9-2
3/15	Food Faire/Fashion Revue Entries Due	5/15	New Volunteer Leader Orientation @ 4-H Office 6:00 pm
3/16	Share-the-Fun Entries Due	5/15	Equine PDC Meeting @ Camarillo Marie Callenders 6:45pm
3/20	Equine PDC Meeting @ Camarillo Marie Callenders 6:45pm	5/16	All-Star Interviews
3/24	4-H County Presentation Day @ Oak View Park 9-2	5/19	Sectional Field Day @ Mt. San Antonio College
3/28	4-H Council Meeting @ 4-H Office 7 pm for Leaders and Youth (9 th grade+)	6/2	Tagging Day @ V.C. Fairgrounds
3/31	Fashion Revue/Food Faire @ V.C. Fairgrounds	6/9	So. Section Council Meeting @ Mt. San Antonio College
4/4	Large Livestock PDC @ Camarillo Marie Callenders 6:30pm	7/20-22	Horse Fair
4/13-14	So. Section Leaders Retreat	8/1-12	Ventura County Fair
4/14	So. Section Council Meeting	8/23	Record Books Due to County
4/17	Equine PDC Meeting @ Camarillo Marie Callenders 6:45pm	9/8	So. Section Council Meeting @ Mt. San Antonio College
4/23	Super Field Day Entries Due	9/15	County Record Book Judging
		11/9-11	State Leaders Forum