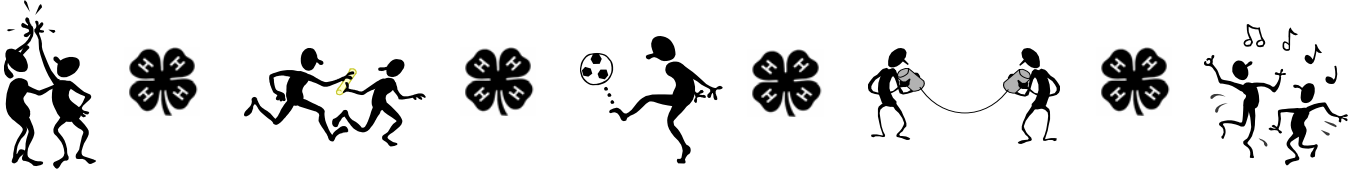




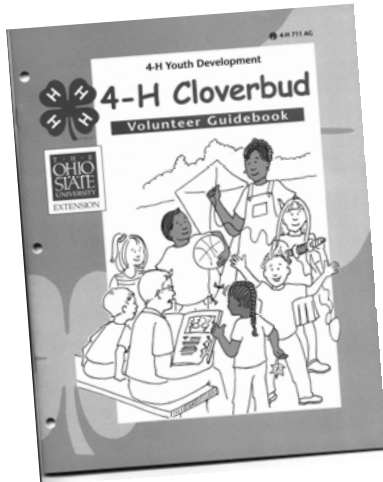
Ohio 4-H Cloverbud Connections



Spring 2005 Issue

For 4-H Cloverbud Volunteers working with grades K-2

4-H Cloverbud Advisor Guidebook



It's new. It's helpful. It's what you've all been waiting for and hot off the press! Introducing the new 4-H Cloverbud Volunteer Guidebook written for current and prospective volunteers.

The guidebook was written to provide 4-H Cloverbud volunteers with accurate, easily available information about the goals and implementation strategies of the 4-H Cloverbud program. It's ideal to use in those situations when someone is interested in starting a 4-H Cloverbud group and needs some direction. Veteran advisors will also find it useful as a good resource for working with young people.

The guide offers an overview of the 4-H Cloverbud program. It provides descriptions of the different types of 4-H Cloverbud clubs and groups, characteristics of young people, application of the eight key elements for positive youth development and an advisor's position description. It also gives tips for organizing the first few meetings of a 4-H Cloverbud club.

For the new advisors, we've even included a page that explains some of our most common 4-H traditions. The section on 4-H Cloverbud program foundations reviews how 4-H Cloverbud activities are developed and conducted to provide healthy outcomes for its participants.

Need help in planning 4-H Cloverbud activities? We've included a section to help with planning activities, as well as a listing of current resources. Ask your county Extension Educator for a copy of the new 4-H Cloverbud Advisor Guidebook. The \$5 cost will be money well spent. Direct ordering information can be received from Janis Cripe with OSU Extension Publications at 614-292-1607.

*Susan Trutner, Co-Author,
4-H Cloverbud Volunteer Guidebook*

Contents of the Guidebook

- ☑ 4-H Traditions
- ☑ What is the 4-H Cloverbud Program?
- ☑ 4-H Cloverbud Volunteer Position Description
- ☑ 4-H Cloverbud Participation
- ☑ Who are these 4-H Cloverbud Children?
- ☑ 4-H Cloverbud Program Foundations
- ☑ Eight Key Elements of a Successful 4-H Cloverbud Program
- ☑ For New Volunteers: Conducting 4-H Cloverbud Sessions
- ☑ Planning Your 4-H Cloverbud Club Activities
- ☑ Resources and References

Patriotic Paver

This activity can be used to supplement the “Our Flag” or “Our Country” lessons in the Cloverbud Curriculum, or, it’s a great activity to use around the 4th of July when talking to Cloverbuds about Independence Day.

You will need:

- 🪴 A rectangle-shaped landscape paver (available at home improvement stores, garden centers or a local landscaper)
- 🪴 Acrylic Paint: Red, White & Blue
- 🪴 Paintbrushes
- 🪴 Clear Acrylic Sealer

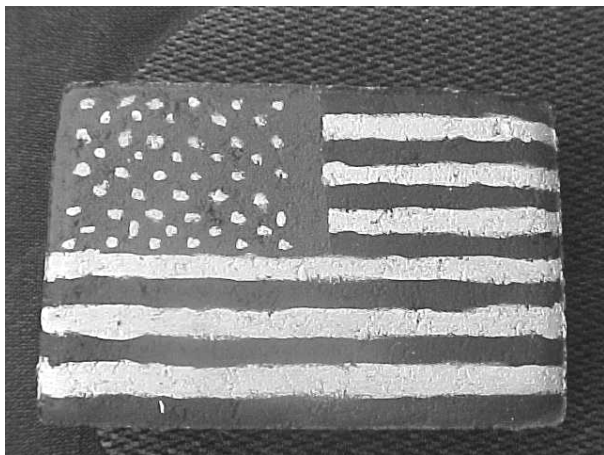
Be sure that pavers are clean and free of dirt. You may need to wash them prior to your meeting (spray them off with a garden hose and let them dry in the sun).

Using a pencil, draw a small rectangle (for the field of blue with stars) in the upper left hand corner of the paver. The size of this space depends on the size of your paper. (Use a proportion that’s pleasing to you.) Depending on the age of your Cloverbuds, you may also want to draw lines for the stripes. They can paint the stripes freehand, as well.

The rectangle in the upper left hand corner should be painted blue. Once the blue background has dried, paint white dots on the blue to represent the stars. Talk to your Cloverbuds about how many stars are on the flag (50) and what each star represents. Have them paint the red and white stripes. Talk to them about what the stripes represent and why there are thirteen.

Once all of the paint has dried, spray it with clear adhesive sealer. Pavers are now ready to be proudly displayed indoors or out.

*Rhonda Williams
Extension Educator, 4-H Youth Development
Ohio State University Extension, Darke County, Ohio*



Safety in the Barns

Cloverbuds are curious and enthusiastic, so it’s natural for them to get excited when they visit the fair. When eager fair goers visit barns filled with frightened animals, accidents can happen.

Although fair animals are usually friendly, they can hurt you. They have been moved out of their quiet barns and taken to a strange, noisy place. If the already frightened animals are spooked or agitated, they may kick, butt, or bite.

Here are some safety tips to share with your 4-H Cloverbud members before the fair, so they will be safe while visiting the animals:



Sudden movements and loud noises scare animals. No running, bicycling, screaming, breaking balloons, etc.



Most animals do not like to be petted on the face. If you want to pet an animal, ask the owner if it is ok. When you pet it, make sure it sees you, and pet its side.



Never slap an animal, pull its hair or tail, or kick dirt at it.



It’s a good idea to stay out of the barns on move-in and show days if your family does not have an animal in the barn. Accidents are more likely to occur during this time because the animals are nervous and the exhibitors are busy preparing for the shows. Find a seat in the show arena; the exhibitors will be glad to see that you support them.



Be careful with baby strollers in barns, especially aisles behind large animals. Beware that strollers can scare animals and they might kick the stroller and the child. On show day, it is best to keep strollers away from aisles that exhibitors and animals are using to reach the show arena.



Do not stare into a large animal’s eyes. If you do, the animal may think you are challenging it to fight. You don’t want to be charged by a big animal.

Follow these simple safety tips to have a fun and safe week at the fair.

*Jenna Shriner
Farm Friends 4-H Club
Hocking County, Ohio*

What's on Your Fridge?



What is it with putting everything on the fridge? I have even seen contests for the most decorated fridge! So let's think about what might be on your 4-H Cloverbud family's fridge. You will probably find photos, art projects, magnets, and ball schedules. What about a 4-H Cloverbud schedule? Do you keep your 4-H Cloverbud families in the loop for the entire 4-H season or do you announce one meeting date at a time?

Here are a few tips to keep your 4-H Cloverbud families focused on 4-H and involved while helping the child and family get the most out of their 4-H experience:

- ⇒ Plan your 4-H Cloverbud Club year from start to finish. Type or write up a schedule that includes the date, time, location, activity, and refreshment assignments. The activities you choose to list might be a 4-H Cloverbud lesson, field trip, tour, community service project, or recognition event. It is always good to include county level events like 4-H Cloverbud day camp or county fair. After you have the schedule completed and families assigned for the refreshments, it is time to make copies for your 4-H Cloverbud families. If you really want to make sure it gets on the family fridge – turn it into an art project at a meeting and let the Cloverbuds add their name, a neat clover border, and peel and stick magnets for the back.
- ⇒ Start your 4-H year with an enrollment meeting to collect dues and get paperwork and permission forms signed by the parents. This a great time to talk about what is expected from the Cloverbud members and parents throughout the year. You can also ask parents to sign-up for refreshments, highlight some events you have planned for the 4-H season, and share pictures of events from previous years.
- ⇒ Increase club-to-home communication by jotting and copying a quick note to parents about what their children learned during the club meeting, ask for items needed for an upcoming meeting, or last minute schedule changes.
- ⇒ You can also involve your parents as chaperones for club outings, give them a list of supplies to donate for meetings, or ask a parent to set up and serve the snack while you are leading an activity. Does your club have an identity? One of the easiest methods to establish a club's identity is with a club tee shirt. Draft your own logo or work with a local shop to design a club logo and incorporate your club name. If you choose to include the 4-H clover make sure you follow the guidelines on using the 4-H name and emblem. These are available from your 4-H Extension Educator or can be found at: <http://www.national4-hheadquarters.gov> and click on "Name & Emblem".

As volunteers and educators we can choose to "*just wing-it*" or help our youth "*develop their wings*" by planning for success. Let's remember our ultimate goal is to create safe environments for our youth to grow through positive relationships with caring adults. As caring adults we can make sure their 4-H experiences are even more successful and long lasting than any other youth activity. After all, 4-H might be the only activity they choose, so lets make it count and worthy of recognition on the family fridge.

Bruce P. Zimmer
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Campus Connections

Hello 4-H Cloverbud Volunteers!!!

The lead article by Susan Trutner is a great piece that introduces the new 4-H Cloverbud Volunteer Guidebook. I believe it will better prepare us to work with 4-H Cloverbud kids as caring-adult role models.

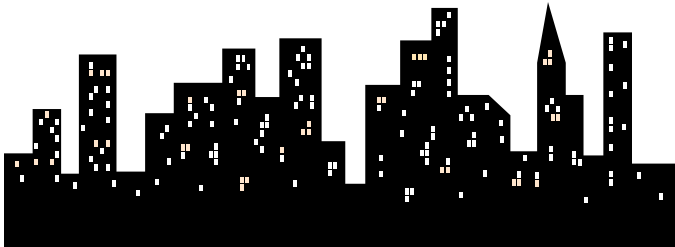
This guidebook is written specifically for volunteers serving young 4-H members (5 to 9 year-olds). The material is structured according to the following outline, A) 4-H traditions, B) What is the 4-H Cloverbud program? C) 4-H Cloverbud volunteer position description, D) 4-H Cloverbud participation, E) Who are these 4-H Cloverbud children? F) 4-H Cloverbud program foundations, G) Eight key elements of a successful 4-H Cloverbud program, H) New volunteers: Conducting 4-H Cloverbud sessions, I) Planning your 4-H Cloverbud club activities, and J) Resources and references.

There are multiple delivery methods for the guidebook. It can be used in a group training setting for new 4-H Cloverbud volunteers, given directly as a reference for more experienced volunteers, or used as a supplement with existing materials. The guidebook can also serve as a marketing tool for potential 4-H Cloverbud advisors who have expressed an interest in learning more about the program and the advisor's responsibilities.

The guidebook was evaluated by key 4-H Cloverbud program volunteers (n = 51) and reviewed by over 15 county Extension educators that have a focus on preadolescent education. In addition, state specialists in volunteerism, educational design, and preadolescent education have either reviewed the guidebook or contributed to it. Qualitative and quantitative evaluations from program volunteers, county educators, and state specialists indicated the guidebook's contents were very useful and needed. They also reported that the information contained in each section was important for their specific roles in 4-H Youth Development. Check with your county 4-H Extension Educator to obtain a copy of the volunteer guidebook.

Until next time, take care and have fun. Thanks for all you do as 4-H Cloverbud Leaders for improving the lives of children throughout Ohio!!

*Scott D. Scheer, Ph.D.
State Extension Specialist, Preadolescent Education
4-H Youth Development, The Ohio State University*



Food Guide Pyramid Dip

- 1 can refried beans
- 1 large container fat-free sour cream, divided
- 1 bag shredded lettuce
- 1 16 oz. jar of mild or medium salsa
- 1 2-cup package of finely shredded cheese
- 1 small can sliced black olives, drained
- 1 large bag of nacho chips

This layered dish makes a nutritious snack for groups or parties.

Stir together refried beans and 1 cup of sour cream. Spread the mixture on the bottom of a 13x9x2 dish. Stir the remaining sour cream and then spread it on top the bean mixture. Place the lettuce on top the sour cream. Pour a layer of salsa on the lettuce and sprinkle it with cheese. Place the olives in a row down the center of the dish. Serve with nacho chips.

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Ohio State University Extension

Cloverbud Connections is published four times annually by OSU Extension in Monroe and Hocking Counties, providing volunteers and teachers working with kindergarten through second grade access to unbiased, research-based information.

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