



Ohio 4-H Cloverbud Connections



Summer 2007 Issue

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

What Do You Mean, My Cloverbud Can't Show a Dog?

Summer is upon us, which means that county fairs and competitive events are not far behind. During the up-coming competitive season, it is important to remember that, according to Cloverbud policy, Cloverbud activities and events are to be non-competitive. Cloverbud activities are age appropriate for the children who are enrolled in the program, which means that activities are designed to be non-competitive and group centered. Participation in these types of activities allows our Cloverbud youth to feel good about themselves and to learn to work with others.



Many other organizations offer competitive activities for Cloverbud-age children. These activities may include pee-wee shows at county fairs or classes for younger youth offered during a horse show. A parent may want their child to participate in these types of activities, and they certainly have the right to do so. However, children participating in these events are not competing under the umbrella of the 4-H Cloverbud program. Under no circumstances should any 4-H program include competitive activities for Cloverbud youth. Likewise, Cloverbud youth should not be training a horse, dog or other animal with project-based, older 4-H youth.

You can include some fun “animal shows” for your Cloverbud youth. These might include making stick horses and having a “horse show.” Or having your Cloverbud members bring their favorite stuffed animal and having a pet parade. The possibilities are endless.

So, the next time a parent asks you, “What do you mean, my Cloverbud can't show a dog?”, explain that the Cloverbud program is age appropriate by being non-competitive, and is helping children to develop a healthy self-esteem.

*Rhonda Williams
Extension Educator, 4-H Youth Development & Community Development
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Click it, Print it, Do it!

www.cloverbudconnections.osu.edu

Are you looking for an activity to help your Cloverbuds learn how to make a scrapbook? Check out the resources provided in the Click it, Print it, Do it activity. Instructions are included for “Making a Mini Scrapbook” that you can do at your next Cloverbud meeting.

Concrete Stepping Stones

Materials:

Bag of Quikrete or Sakrete Concrete Mix **
 Bag of Quikrete or Sakrete Mortar Mix **
 1 cup measuring cups
 Plastic mixing buckets (ice cream buckets work great)
 Paint stirring sticks
 8" round aluminum cake pan or other mold
 Marbles, gems, or other items to decorate the stone
 Latex gloves
 Water

Directions:

1. It is recommended that members wear protective latex gloves when mixing and handling concrete.
2. Measure out 3 cups of concrete mix and 2 cups of mortar mix into a plastic bucket. Make sure the measurements are as accurate as possible.
3. Pour one cup of water into the bucket. Again, measure as accurately as possible.
4. Stir the concrete mixture thoroughly. Make sure all the dry powder is mixed in from the bottom.
5. Scrape the mixture into the aluminum cake pan. Pick the pan up by the edges and gently pound it on the table a few times to settle the mixture until it looks smooth on top.
6. Decorate the stone with marbles, gems, shells, etc... Push the items down into the concrete slightly so they will hold once the stone is dry.
7. Let the stone dry for approximately 24 hours before removing from the pan.

*Cheryl Goodrich, FNP Program Assistant and
 Bruce Zimmer, Extension Educator, 4-H Youth Development
 Ohio State University Extension, Monroe County*



** No product endorsement is intended or implied!

Teaching Cloverbuds Proper Hand Washing

What does the song "Mary Had a Little Lamb" have in common with clean hands? When you wash your hands, you should scrub for as long as it takes to sing this popular children's song (about 20 seconds)! But how many people really wash their hands like this?

A study of 305 school children found that youngsters who washed their hands four times a day had 24% fewer sick days due to respiratory illness and 51% fewer days due to upset stomach.

Teach your Cloverbud members how to wash their hands using a six-step process: 1) Wet hands with warm water, 2) Apply soap, 3) Rub hands for 20 seconds, 4) Don't forget to scrub fingernails, 5) Rinse away soap, and 6) Dry hands with a paper towel or warm hand dryer.

If you have access to the internet, go to this website for great ideas and games to help teach proper hand washing: www.scrubclub.org
 There are lots of interactive options for young children on this site.



Also, check with your local Extension office to see if they have a "Glo-Germ" box and kit that helps kids see how well they scrub their hands. The kit contains a special lotion with water-based fluorescent paint which they rub on their hands. Hands are checked under a fluorescent light to see where germs can congregate. Next, kids wash their hands with soap and water, and then check their hands under the light again. They can see just how well they scrubbed by how much paint they washed away.

*Source: NSF: The Public Health and Safety Company's
 "Scrub Club".*

*Beth D. Gaydos, MS, CFCS, Extension Educator,
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.....And So It Grows.....Keeping Food Safe

1, 2, 4, 8, 16, 32, 64.....what do these numbers represent? They show how quickly microorganisms can grow and multiply in our food if the food isn't properly cooked or handled (they double every 15 to 20 minutes). And these microorganisms can make people sick!

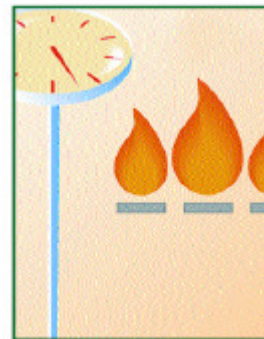
According to public health and food safety experts, each year millions of illnesses in this country can be traced to foodborne bacteria. While the likelihood of serious complications is unknown, the Food and Drug Administration estimates that two to three percent of all foodborne illnesses lead to secondary long-term illnesses. For example, certain strains of *E.coli* can cause kidney failure in young children and infants; *Salmonella* can lead to reactive arthritis and serious infections; *Listeria* can cause meningitis and stillbirths; and *Campylobacter* may be the most common precipitating factor for Guillain-Barre syndrome.

Right now, there may be an invisible enemy waiting to strike your food. He's called BAC (bacteria) and he can make people sick. In fact, even though you can't see BAC (or smell him, or feel him), he and millions more like him may already be invading food products, kitchen surfaces, knives and other utensils.

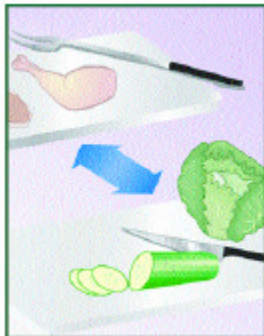
But you have the power to Fight BAC![®] and to keep food safe from harmful bacteria. It's as easy as following these four simple steps:



CLEAN:
Wash hands and surfaces often



COOK:
Cook to proper temperature



SEPARATE:
Don't cross-contaminate



CHILL:
Refrigerate promptly

Be sure to follow these steps when you prepare food at home, for 4-H club meetings and events, and anywhere. Foodborne illness isn't fun and everyone can help fight it by doing these four things.

For more information, go to www.fightbac.org You can access lots of information from this site including information and activities for kids.

Source: *Partnership for Food Safety Education's FightBac Campaign.*
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Ohio State University Extension, Noble and Monroe Counties

Campus Connections

Hello Ohio CloverBudders! It feels good to make another 4-H Cloverbud Connection with you!

Let's talk about time, "time flies," "time to go," "time is money," "time stood still." You have heard all of these sayings or slogans before. Obviously time is important. In our 4-H Cloverbud Curriculum Series I and II, we indicate about how long an activity is supposed to take. The activities are usually short-termed to keep the children's interest due to their short attention span.



I believe we sometimes get caught up in fitting so many activities in a 4-H Cloverbud get-together that we stop activities when the children are actively engaged in them. If the children are constructively in the current activity, let them continue in an unhurried manner. 4-H Cloverbud activities are not meant to be on a production schedule. The only time frame for the group should be when the get-together first starts and ends.

Studies have shown that when a rigid time schedule is kept, it undercuts children's creativity, decision making, and ownership of that activity. So let the time fly and have fun!

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.
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Watermelon Slush

1 cup seedless watermelon, cubed
7 ice cubes
artificial sweetener, to taste

Place ice and watermelon cubes in a blender. Process until well blended. Add artificial sweetener to taste. Serve immediately. Makes two small servings.

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