

UNIVERSITY OF CALIFORNIA

4-H Youth Development Program Monterey County

All Star Ambassador Body of Work plan

Applicant Information

Name _____ Violet Lurz _____

Plan of Action Summary **Due by October**

Title of Plan Body of Work _____ The Service Learning Method _____

Proposed start date _____ August 2016 _____

Proposed completion date _____ May 2017 _____

Plan of Action Details and Timeline

On a separate sheet of paper answer the following questions. (In ink or typed) There is no minimum or maximum length, but provide a clear and concise idea of what you are proposing.

1. What is the proposed title of the Body of Work?
The Service Learning Method.
2. List at least 2 goals for your body of work:
I want to educate the county membership on the steps of Service Learning. I also want to research and provide examples on a hand out.
3. Give ideas of where you will present your body of work. This should be done at least 5 times to different audiences. (Could also be web based)
Club meetings, project meetings, council, possible field day or leadership event.
4. Write a short list of what will others do and learn from your activity.

Create an interactive board on which members can place velcro papers with the answers. I want to have lab goggles to pass out to get members excited about the theme. I will have a fun experiment to show “mass” or “impact that service learning has instead of low level community service. Hopefull they will learn the steps of planning, organizing, researching, decision making and re-working to get to the a service learning activity.

5. What resources will you need (money, facilities, equipment, people, etc.)? Make a list
 - poster
 - foam core boards
 - print outs
 - graphics
 - easel
 - hand outs
 - service learning ideas

6. How will you document your plan to show the advisor and staff what you have completed with your goals? (Video, photos, letters, flyers?)

I will provide photos and a wrap up plan.

7. How will you know your project was successful and useful? What will be your measurement of success?

I will base understanding on feedback and participation, as well as response to my questions.

8. What items, if any, do you need to start? List on paper.

- poster boards
- computer clip art
- research hand outs

9. What 4-H ages will benefit, what clubs, and why will the program benefit from you effort?

All ages, all cubs, members will have a better understanding of the difference between community service and service learning.

10. What obstacles will you face?

Not booking places and meetings to present, procrastination, and not being prepared.

11. What things will possibly interfere or prevent you from completing you plan and how will you overcome those obstacles?

Clubs may not need or want me to come, or I may be too busy with other things. I plan to stay organized and on top of my work and deadlines and be persistent on attending meetings.

The Service Learning Method

(modeled after The Scientific Method)

Use these steps in the planning process with your group to determine what will be the right choice.

Find out what the youth members are interested in doing for service.

Ask the non-profit community what their needs are. Ask adult leaders what they think the needs of the community are.

Take the ideas from above and make phone calls, use the internet, visit with the non-profits, interview volunteers or staff. Find out where the “need” is and where your group can make an “impact” with your assistance.

Use your ideas and write out a plan for the ideas presented. Review the type of impact each will have. As a group, prepare a written hypothesis on each idea based upon the steps above. Be sure to show where there will be “learning” for all.

If the plan includes making an item, planting, holding an event, donating items, teaching an activity, going somewhere, or anything that requires coordination – PRACTICE! Find the pros and cons and write them down.

Go over what was discussed above and what was practiced all the way through. Openly discuss the challenges and impacts. If reviewing numerous ideas -narrow down the choices. If there is only one idea, rework the idea until the all the steps can be completed.

Meet with your group and review the final idea(s). Show the written plan that has been developed on what the goals are. Make any final adjustments and then agree on the final plan!

Ask a question



Do background research



Construct a hypothesis



Test your hypothesis by doing an experiment



Analyze the data and draw your conclusions



Report your results

4-H Service Learning Sample

SILVERWINGS

Blossom Trail | Fresno County Status: Completed **Categories:** Animal Science, Citizenship
Youth **Leader:** Tristan | **Age:** 16

Silverwings is a nonprofit horse rescue ranch facility whose mission is to help horses with housing, feed, vet care and adoption placement. They are overwhelmed right now. Due to the downturn in the economy, more people are abandoning their horses. Silverwings has received overflow from the SPCA of two counties that do not have the space for the horses they are taking in. Silverwings is in desperate need of funds to purchase feed and cover vet fees for these animals. This project will raise funds for them as well as bring awareness to their needs.

HOW HAS 4-H HELPED?

4-Hers participated in a service learning day at the ranch with a class taught by the Silverwings director on its mission, what it takes to run a rescue facility, and how they can continue to help meet this community need. This rescue is important to the community as it prevents horses from being euthanized unnecessarily. Many of these rescue horses are of excellent breed, friendly and adoptable if they can be saved. Tristan, a Fresno County 4-H member organized a Silent Auction to benefit Silverwings. He also developed a curriculum with Silverwings to host the class and plan a day of service at the ranch with local 4-H members. The 4Hers learned from the director about the ranch, its mission, history and place in the community, as well as "learning by doing" through hands on service at the rescue. The goal is to have this project serve Silverwings long term. By using his curriculum model, Silverwings can continue to reach out to 4-H as well as other groups in the community, therefore building upon the effort to provide community-wide support through education at the rescue.

"You cannot do a kindness too soon, because you never know when it will be too late."

- Gina Caglia, Director Silverwings Horse Rescue

THE IMPACT

Tristan worked diligently to get all of the items donated for the auction and service day in order to maximize funds to go directly to Silverwings to pay for food and veterinarian fees for the horses in need. His efforts inspired another 4-H member to raise funds through her club and a 4-H family is now considering adopting a horse from Silverwings. The 4-Hers learned how the economy affects the world around us in all sorts of ways, what it takes to run a non-profit, what it took to get the place running, what is involved in taking in an animal (e.g., legal issues, housing, feed, vet care, and analyzing the horses for temperament) for adoption placement. 4-Hers also worked at the ranch by providing hands-on service and were able to socialize and interact with the horses and those surveyed after the experience reported a new appreciation for non-profits and animal rescue, were inspired to volunteer again at the ranch, and many plan to continue to raise funds and awareness for Silverwings. All reported that they learned confidence, competence, character, caring, contribution and connection from working and learning at the ranch.

4-H Service Learning Sample

HYDRATION NATION

Freshwater 4-H Club | Humboldt County **Status:** Completed **Categories:** Environmental Stewardship, Food and Nutrition **Youth Leader:** Shelby | **Age:** 16

THE ISSUE

The student body and staff of Eureka Senior High School were lacking the option of a suitable place to fill a re-useable container on campus. They lacked access to filtered water at clean fountains and ability to fill a re-useable bottle at those water fountains. There are 15 fountains that have been here for at least 50 years. They are unsightly and deliver unfiltered water for mouth consumption only.

HOW HAS 4-H HELPED?

The 4-H Hydration Nation project committed to fundraising \$16,000 to purchase and install five hydration stations throughout the school. Through our partner CA4Health in Humboldt County, we were gifted 1,500 high quality re-useable water bottles which we gave to every person on campus when the first station was installed.

THE IMPACT

According to the pre- and post-surveys we conducted, there was a significant increase in water consumption after the first station was installed and the bottles were disseminated. There was a significant decrease in the consumption of sugary drinks as well. The impact is visible at the station all day. We predict it will only get better as each station is installed. This has been a wonderful project for many reasons. One of the biggest unintended consequences is that the 6 freshmen club members have become very good fundraisers and public speakers! The work will continue until all 5 stations have been purchased and installed.

Planning tips to consider:

- Keep a log of all phone calls, emails and meetings
- Make reminder phone calls 2 weeks in advance of an event, activity or meeting to confirm
- Have all contact information handy. Use Google docs so everyone can have
- Avoid adding more ideas to one plan. Keep it simple!

4-H Service Learning Sample

KINGS COUNTY HEALTHY LIVING

Grangeville 4-H | Kings County Status: Complete **Categories:** Citizenship, Food and Nutrition **Youth Leader:** Paige | **Age:** 16

THE ISSUE

Kings County has the highest obesity rates in California, therefore increasing disabilities and early deaths. With a greater focus today on chronic disease prevention and the rising rates of obesity among children and adults, it's important that people understand what a nutritious diet includes. We hope this presentation will inspire the children and their parents to make healthier choices at home and prevent bad eating habits. Statistics show that healthy, well-nourished children perform better in school making this a very important project. We will also be helping families below the poverty line by providing an educational lesson and giving them nutritional options from each of the 5 food groups, allowing them to take home a balanced meal. Also, eating many different foods from each food group every day is important to obtain the nutrients that bodies need. Therefore, we will be encouraging our audience to take home our lesson and recipe card as well as groceries to initiate a healthier lifestyle.

HOW WILL 4-H HELP?

Our vision is to educate our community and beginning 4-H and cooking groups by giving a presentation on nutrition education. We will be going to our local St. Vincent de Paul, which is a non-profit organization that provides direct assistance to anyone in need, providing food, clothing and other types of services. We will be giving a presentation on how to make an inexpensive, balanced meal. We hope to educate participants about the startling statistics of Kings County's obesity rate, which is the highest in California at 25.4%. As an incentive for coming to our presentation we will be giving a bag of healthy groceries to inspire healthier choices.

IMPACT

This project helped over fifty struggling families. We were able to educate local residents in our community and explain the importance of eating healthy. Most of the clients were unaware of how accessible eating inexpensive, healthy meals really can be. Giving them healthy groceries was a great opportunity for them to start implementing change in their lives

Tips to consider with food related activities:

- Keep in mind those with food allergies, and give a variety of options.
- Divide the work of finding food donation among the group
- Have the group create a drop box, or google account to stay organized on which businesses are donating food or supplies.

4-H Service Learning Sample

TOWN WELCOME SIGN RESTORATION PROJECT

Ballico-Cressey 4-H | Merced County Status: Completed **Categories:** Citizenship Youth
Leader: Nathann | **Age:** 15

THE ISSUE

The town of Ballico is a small country town with good people, and is a fine community. The Ballico town sign was erected many years ago and is a welcoming for people driving through or visiting our small town. The sign had become weathered and was in dire need of restoration.

HOW HAS 4-H HELPED?

The Ballico-Cressey 4-H club annually rakes, pulls weeds and does general clean up around the sign. However, this year the club members chose to do much, much more. The club created a plan to completely restore the sign with new paint, lettering, restored framing and shingles along with new plants and vegetation.

THE IMPACT

Ballico-Cressey 4-H worked with local partners including The Sign Works, Ballico Cressey Taiko, Neighborhood Watch, and the Ballico Fire Department to restore the town sign. A rectangular 4-H logo was included in the sign.

Tips to consider:

- Plan an interview with a non-profit that your group may want to help. Ask 10 questions about their “needs” to find answers.
- Assign certain members to document and to present all the information that was gathered to the group.
- Ask for help to figure out possible costs and places that can donate supplies.
- Find ways to communicate with younger members who don’t have emails.
- Plan how the item made can be kept up in years to come.
- Take pictures of adults and members participating for the newspaper, 4-H office or club scrapbook.

4-H Service Learning Sample

BICYCLE RECYCLING: GIVING THOSE A SECOND CHANCE

Country Centre 4-H Club and American River 4-H Club | Sacramento County Status: Completed
Categories: Citizenship, Engineering and Technology, Science **Youth Leader:** Julia | **Age:** 15

THE ISSUE

Nearly 20,000 under-privileged families who live at or below the poverty line in the Sacramento area receive food, education, clothing, and other services from the Sacramento Food Bank & Family Services at the Saca Community Learning Center each year. Because transportation is an issue for many of these families, the Country Centre and American River 4-H Clubs will work with 4-H volunteers to repair and update old/lightly used bikes to make them safe and functional and will donate them to individuals served by the Center.

HOW HAS 4-H HELPED?

In this project, we take old/lightly used bikes or new bikes and we fix them up with scavenged parts. When they are fixed, we make sure that they have all of the safety requirements. Then when we are finished fixing the bikes, we do a safety check on all the bikes, making sure that all of them have reflectors and that the brakes are in perfect condition. After the safety check, we then polish and wash them so that they look as good as new and ready to hit the road. We have a good partnership with Sacramento's Safetyville and they help provide us with the helmets that we need to provide our bicycle recipients at our donation day, and In return, we assist them in two of their annual youth events at Safetyville USA. The helmets that we give away are DOT approved and free to our project in any amount that we need. By having this kind of resource, we save a lot of money for the project so that we can use the money for the bike parts that are needed, reflectors, brakes and bike chains. Then we clean and polish them so that they look nice. Once they are all cleaned up, we donate them to the SACA Food Bank and Learning Center to give to those who need them for transportation if they can't afford a car or if they use the bike for exercise or even just for fun. Our goals are not only to teach our project members about bike safety, but also to teach these safety tips to our community.

THE IMPACT

This project has made a big impact on our community because we are giving people a second chance with transportation so that they get to and from places like the store or work. At one of our donation days, we were told by a family that this was the first time that their children had bikes and that they are now able to ride their bikes for leisure and to go to the store to buy food. For the members of the project, we learn the basic mechanical skills needed to repair a bike, like fix a flat tire, how to properly fill a tire with air, how to adjust a bike for its user, chain repair and replacement, and how to make sure that a bike is in proper working condition.

Tips to consider:

- Remember to ask adults and older leaders for input on the planning ideas
- Send press release to local paper for community to read and review.
- Create social media accounts to get the word out about your activity.

4-H Service Learning Sample

LITTLE DRESSES FOR AFRICA

Belmont 4-H | San Mateo County Status: Completed **Categories:** Citizenship, Social and Emotional Health
Youth Leader: Alyssa | **Age:** 11

THE ISSUE

Children in Africa don't have everything that children in the United States have. Over one million children in Malawi alone have been orphaned to HIV/AIDS. Because girl orphans are among the most devalued and abused in their culture, and face such oppression, it is the mission of Little Dresses for Africa to plant in the hearts of these little girls that they are worthy. We are not just sending little dresses, we are sending HOPE! These dresses are sent to orphanages and churches that would have to choose to provide food or clothing but cannot fund both.

HOW HAS 4-H HELPED?

This project made dresses and shorts to help children in Africa. 70 dresses and 36 shorts were made. More dresses than shorts were made because the girls are less valued in Africa than boys, so project members wanted to also send the girls hope to let them know they are valued too. There were four working sessions where a total of 53 people from the 4-H and local communities participated. In the working sessions, people learned new things. They learned how to pin, sew, tear fabric, string elastic, hem, use a sewing machine, and use a serger. There were a lot of nice people at the workshops that helped where ever they could, and if there was any extra help needed at one station or any complications, the Project Leader and the Junior Project Leader were there to help.

After all the dresses and shorts were made, the project team sorted the dresses and shorts by their various sizes. The Project Leader then packaged them in boxes and took them to a shipping company for shipment to the Little Dresses for Africa receiving location.

THE IMPACT

This project brought the San Mateo/San Francisco Counties 4-H community and our local communities together to help the children in Africa. It helped people to understand that even if a person feels they don't know how they can contribute in their community, there is always a way for someone to help make a difference in our community and world. This project also helped build further connections and friendships between 4-H members and members of the community. An **Article and photos** of the project and 4-H's involvement were posted in the local online newspaper. The project and 4-H was also discussed among friends and family in the communities, as well as published in the San Mateo / San Francisco Counties 4-H Newsletter, Belmont 4-H Club newsletter, and promoted at the various San Mateo County 4-H clubs by the project's Junior Leader.

Tips to consider:

- Assign members to get out and ask the community where the needs are. Look for a global activity.
- Ask for experienced adults to become involved as instructors.
- Create photo sharing site during the Service Learning process
- Find a place that is accessible to all to work on the activity.

4-H Service Learning Sample

“GOAL DAY”

Santa Cruz County All Stars | Santa Cruz County Status: In Progress **Categories:** Citizenship Youth
Leader: Edee

THE ISSUE

The project was the product of my own learning curve in my High School career. My freshman and sophomore years in high school, I had less than stellar grades, however in the summer between my sophomore and junior year I took a trip to Iowa State University, and I began to meet people of all different professions. While I was at the university I found a profession I truly wanted to pursue. The next month, I began school again as a junior, knowing exactly what I wanted to do with my life, I had a goal. Ever since that summer, my High School GPA has never been below a 4.33. I did not analyze the cause for my grade spike until just a few months ago, and that is when I got this idea. If all it took for me to raise my grades and become motivated was to find myself a goal for my future, why couldn't I do this for others? I believe that by immersing others in numerous interesting careers it is possible for them to attain the same inspiration I have myself.

If all it took for me to raise my grades and become motivated was to find myself a goal for my future, why couldn't I do this for others?

-Edee

HOW 4-H WILL HELP?

GOAL Day is a large scale career day designed to encourage youth of the Santa Cruz, San Benito, Monterey and possibly Santa Clara areas to make attainable goals. The goal is to motivate youth from all backgrounds to discover career interests and make specific attainable goals. They will briefly meet 30-40 professionals, then be offered the chance to revisit the professionals of their interest and dig deeper into their own interests. Our goal is that by becoming interested, these youth will attempt to pursue a career, or many careers, with specific attainable goals they create for themselves.

Tips to consider:

- Give talks at other clubs/ counties/ council to explain what you are doing.
- Make sure everyone in the group is included and works on examples.
- If planning an event, find a date that give reasonable planning time.
- Be sure the plan is not one person's idea. If needed, make other ideas into smaller *Community Service* plans that can grow over time.

4-H Service Learning Sample

HOOT TO SAVE AN OWL

Willow Oak 4-H | Yolo County Status: In Progress **Categories:** Agriculture, Animal Science, Citizenship, Environmental Stewardship, Science **Youth Leader:** Katie | **Age:** 18

THE ISSUE

There are many different species of barn owls found around the world, and many of them are experiencing severe population declines due to the use of agricultural poisons and pesticides and the building houses, stores, and factories. It has even gotten so bad in some places that they are considered a threatened or endangered species. Yolo County is one of the largest agriculture production places in California. With rodents being the biggest threats to the farmers, it is important that we get the overpopulation under control for the betterment of the crops and the farms. The infestation causes millions of crops to be lost every year and rodents are also high carriers of diseases that can be transferred to livestock, people, or other animals.

A single pair of barn owls can consume up to 2,000 rodents a year. When feeding babies that number drastically increases. Farmers have to spend more money on pest resistance, resulting in the amount for crops being more expensive. If the pests or poisons devastate the crop and make the production lower, there will be a higher demand and the prices will go up. With this owl living at in the boxes, the crop will continue to grow naturally, there will be fewer rodents, and there will be no harm to anyone or anything. Owls are something that I am passionate about and would love the opportunity to help them thrive in our local community. Because the increase in rodent population and the decrease in owls lately, there is a possibility that this can spread and become a state-wide problem. This action would be more of prevention action for Yolo Country, to make sure that this issue does not come into what I consider home.

HOW WILL 4-H HELP?

The main goals for this project are to encourage population growth; increase the amount of rodent control; teach 4-H members about the owls, their habitat, and their relationship to the farmers; produce hands on nesting boxes that are entertaining and fun; and lastly, adding a beautiful addition to one's garden or field. With the help of the delegates at state leadership conference, we will be able to produce the 15-20 owl nesting boxes. I will provide them with the materials and supplies they will need along with the instructions on how to properly construct the nesting boxes. With the two hour time period, we should be learning teamwork within the teams of 5, listening to the instructions, and the willingness to work for the good of the cause. The box will provide the owls a home close to areas that serve to their greatest needs. We are giving these owls a chance to repopulate by providing them a location to breed and grow as a group. This is with the idea that once the owl makes a home, the family can stay and continue to help the farmer and his land. These boxes are an ideal way to enjoy these creatures and provide them a suitable habitat for growth and life. make sure that a bike is in proper working condition.

Tips to consider:

- Remember to ask adults and older leaders for input on the planning ideas
- Send press release to local paper for community to read and review.

All Star Body of Work

Evaluation and Completion Worksheet 2016-2017

Violet Lurz

Body of Work name: The Service Learning Method

1. How did you complete your plan? (What happened, what did you do, list dates of presentations)

I completed my body of work with the help of the County Director, my all star advisor, and the input of my fellow all stars. When I began the process of my body of work, I found multiple examples of previous service learning projects completed by other 4-H members in the state. I modified these and used them as my handouts for my presentations. When the time came for me to write out my presentation, I realized there was a strong correlation between the steps of the scientific method, and the steps you take to complete a service learning activity. This allowed me to add an entertaining scientific aspect to my presentation. I had a foam core board with the steps that I created, and I also incorporated a science experiment that gave a visual of the impact the service learning activity would have. I gave my presentation 5 times on January 21st at the Leadership Extravaganza, February 4th 2 times at Field day, February 8th at Lockwood, and April 3rd at the Hilltown meeting.

2. What did you learn from tis project or plan and what do you know others learned?

I learned that service learning is much more than community service, as many people don't realize. When you complete a service learning activity, you have created a long term or permanent impact on your community, while incorporating a learning aspect into it. From member involvement and participation, I am confident that those who saw my presentation learned about service learning and were excited to completes an activity themselves.

3. What were the strengths and weaknesses of your plan/project? What unexpected things, good or bad happened and how did you handle them/ What things would you have changed or done differently?

During my presentation I had a point at which a member would come up and share their idea for a charity or non-profit they wanted to help. This point was always challenging and a little nerve racking because I couldn't prepare for what they were going to say. But with practice I became much more confident at the impromptu portion of the presentation. If I could have done anything differently, I would have gone to more south county meetings.

4. How many 4-H members, clubs, organizations or people did you reach with your plan?

Through my presentation I reached a wide variety of members and adults who all had great input. But to me it seems that I reached more of a younger audience ranging from 9 to 11.

5. Do you feel that your plan was successful overall? Why or why not? (Write at least 2 paragraphs)

Overall I feel that my plan was very successful. I was able to reach a wide variety of members and adults who took my presentation seriously and left with a handful of new ideas. I did hit some rough patches with preparation and communication with clubs, but for the most part they worked out. I met my deadlines for paperwork, and I completed my required presentations. My all star year was very memorable. I made many new friends and I got to be a role model for all members in the county. I had a great time at LCORT and learned many useful skills that will be helpful for a lifetime.

6. If you could tell us anything about your plan and how you completed it that has not already been answered, what would you tell us?

Another challenge that I found during my presentation was when I did my experiment. My experiment consisted of mixing together hydrogen peroxide with yeast and water. The reaction would cause the mixture to overflow and expand. I used this to explain the impact the member's service learning ideas would make on the community. Because this made such a mess, I would need a sink to clean it up, but if I didn't plan ahead I wouldn't have a sink to clean all of my tools. With the occasions I learned the importance of preparation.

7. What things would you change about the All Star Body of Work? What things helped you the most in completing your plan?

I can't say that I would change anything about the All Star program. I really enjoy that we only have a few things areas that we can complete our body of work in. This keeps people from making a body of work on something random. The things that helped me the most while completing my body of work was the opinions and ideas from my fellow all stars and my all star advisor.