

April 2013

If you have any questions or suggestions about the Clover Notes, please don't hesitate to call Roy Hillstock at (626) 586-1972 or email at rhillstock@ucdavis.edu. We welcome submissions, especially for Club News. Please submit articles by the 15th of the month to be posted in the following months' edition.

Contact the [Los Angeles 4-H Youth Development Office](#) or (626) 586-1972. For upcoming dates, please visit the [4-H Calendar](#). We look forward to continuing to serve you and your 4-H needs.

POLICY

4-H Policy and Information Update April, 2013

There are several curricula that are currently available to you as volunteers to take advantage of and use. Each curriculum is unique, but offers a range of learning experiences for youth across the various age ranges. I am willing and able to train those of you interested in these units and to give you the curriculum and some materials to support use of it. Below is a summary of some of the curricula we have:

Robotics

The Junk Drawer Robotics track provides youth experiences in science processes, engineering design principles and technology processes working with household items and parts to complete simple design challenges. These robotics activities use science process skills, cross-age instruction, the learning cycle, and the apprentice structure, and then add in the two additional elements of engineering and technology. After the discovery and framing through scientific thinking, the curriculum extends to designing and building using engineering and technology.

Level 1: Give Robots a Hand:

In this level youth will be exploring and learning about robot arms. The arm is one of the most useful and imitated parts of the human body. It is flexible with joints; shoulder, elbow, wrist, that allow it to be placed in many positions to reach and grab. The hand with its fingers and thumb can grab, hold, pick up, and more. Designs for robot arms can allow a robot to be used to grab, lift, move, or position items into a machine, to control a spot welder, or to assemble parts for an item.

Level 2: Robots on the Move:

Mobile robots make up an array of applications allowing robots to go and do things in locations and situations that humans would not like or could not go. Mobile robots can go into dangerous situations, can fly, go under water, traverse remote areas or planets, carry instruments and sensors, and much more. In this level youth will explore legged, wheeled, and underwater robots. We will explore friction, basic electrical power and motors, engineering constraints, gears systems, and buoyancy.

Level 3: Mechatronics:

For greater control and usefulness, robots merge mechanical objects with electronic components. In this level, youth will explore components of electronic devices and basic programming elements. Various sensors will be used to help robots explore the world and react in programmed control.

Transportation

Through modules in this theme, students will explore transportation by air, land, and sea. Transportation has played a crucial role in the development of civilization. The first ships made the discovery of America possible. The transcontinental railroad opened up the western half of the United States for settlement. Cars and highways made suburbs possible, and planes have made it possible to cross an ocean in just a few hours. Students will explore specific modes of transportation and learn how engineers design them for maximum efficiency.

Transportation: Quest for Speed:

In this TechXcite: Discover Engineering module participants will use K'NEX® to construct and evaluate several different kinds of cars that have different sources of power. They will learn how to scientifically measure the performance of the vehicles to study the effects of their design improvements on speed. A wide range of vocabulary terms and engineering concepts are defined in simple language and experimentally explored through exciting hands-on activities.

Solar Energy: Racing with the Sun

This TechXcite: *Discover Engineering!* module introduces kids to ways in which solar panels may be used to generate electricity through the design of a solar car. Ways in which engineers can design more environmentally friendly cars are a very important challenge in engineering today. While it is unlikely that a car would be powered entirely by solar panels, an electric car with batteries combined with solar charging could become popular in the future. In this module, kids explore how solar panels generate electricity in different lights by measuring the maximum voltage they can create. Then, they apply this knowledge in building and optimizing a small solar car.

Wireless Communications

The Wireless Communications theme provides opportunities for students to explore wireless technologies they encounter every day. These technologies include radio frequency (RF) transmission, which is now utilized for a lot more than FM radios. In the initial module from this theme, students explore the types of information that can be delivered via an infrared signal. Your TV Remote offers students a chance to build infrared (IR) transmission and receiving circuits in order to transmit music wirelessly. In the second module, RF Burglar Alarm, students build a burglar alarm that can wirelessly alert them when an intruder has entered a room.

BioMed Tech

Biomedical engineering and technology could prove to be the most exciting field in science and engineering in the 21st century. Sensors and medical devices are making it possible to monitor aspects of our physiology that have never been possible before. Prosthetic devices have been around since well before pirates were known to have peg legs and hooks for hands, but the latest prosthetics can be attached to nerves making it possible for them to provide a sense of touch. Finally, medical imaging has developed ways of looking inside the body that have made possible new levels of certainty in medical diagnostics. All of these areas are explored in the BioMedTech theme.

Power of Wind

Youth are exposed to the use of wind as an alternative energy source. They design various types of vehicles then test them under certain wind conditions. Youth learn important science skills, including observing, questioning, predicting and interpreting. The curriculum is also designed within the context of being SET (Science, Engineering and Technology) ready by intentionally targeting the development of SET abilities, providing experiences based on National Science Education Standards, using inquiry to foster natural creativity and curiosity and improve their essential elements of positive youth development.

Gardening

The second module of the Junior Master Gardener Level 2 curricula is here! This module of this JMG Level Two (grades 6-8) allows students to participate in novel, hands-on activities focusing on *Soil and Water* concepts.

Using Operation W.A.T.E.R.: Dr. Thistle Goes Underground, students in grades six through eight can investigate a new mystery while they learn important concepts about soil and water. Topics include: soil texture, aquifers, watersheds, wetlands, soil nutrients, the water cycle, soil improvement, soil structure, and water & soil conservation.

CLUB

- **My 4-H Experience**

Charmaine McClain, Pomona Valley 4-H Club

I have been in 4-H since I was five years old. 4-H is fun. We do lots of projects. The projects are fun to be in. Now I am a Teen Leader in Arts and Crafts. I help kids with their arts and crafts. I am also in Food Preservation where you cook and make your own stuff. I really like being in 4-H. It can be hard at times, like when we do those record books. That is a lot of work and writing but overall 4-H is fun to be in. I greatly enjoy being in 4-H, and will be sad to turn 20 and not able to participate as a youth member.

- **Clay Dogs**

Cristian Jimenez, Pomona Valley 4-H Club

In Claremont the Pomona Valley 4-H Club went on a field trip on March 23, 2013 to Studio Claremont where we molded dogs and cats out of clay. It was an easy step by step piece of art.



- **Making Center Pieces**

Connor Treadwell, Pomona Valley 4-H Club

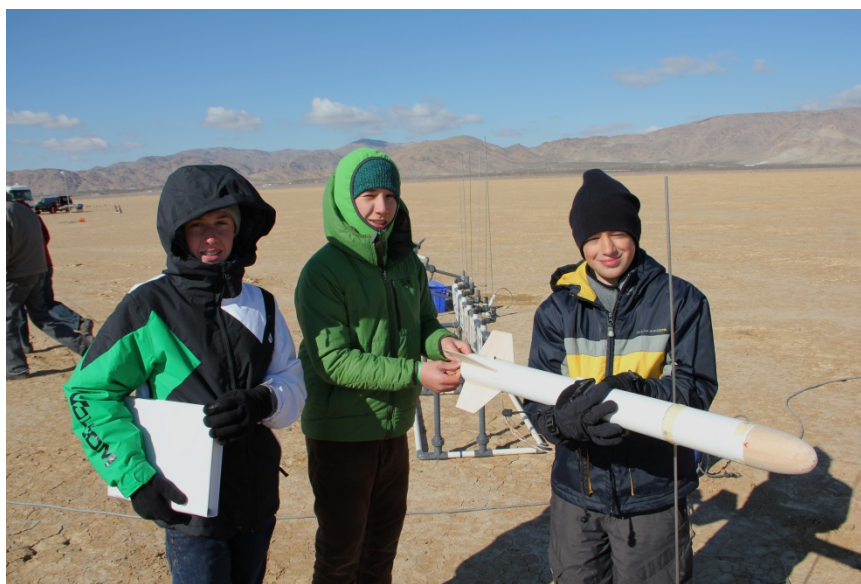
Pomona Valley 4-H Club Members made Flower Centerpieces at the Arts and Crafts meeting. We decorated a recycle jar with duct tape. We learned about arranging flowers. It was fun and challenging.



- **PVP 4-H TARC Team (Team America Rocketry Challenge)**

Wesley Rich, Palos Verdes Peninsula 4-H Club

Team America Rocketry Challenge (TARC) is “an extra-curricular hands-on project-based learning program, that is modeled around the aerospace industry’s design, fabrication and testing processes. All students participate in a team of 3-10 students (7th grade and above) to design, build, and fly a rocket. Like aerospace companies work within specific design parameters, every year the challenge requires teams to achieve the same basic mission-oriented goals of hitting a precise altitude, landing within a specific flight time window, and returning a raw egg (“the astronaut”) without cracking. Each year a unique task is also included; this year we are challenging students to fly their egg horizontally.”



This year the PVP 4-H Rocketry project met the TARC minimum requirement of three seventh-graders. The three TARC team members, along with the 5 other PVP Rocketry project member’s input, designed and built a rocket. We experienced many setbacks, such as the sustainer (part of the rocket with the motor housing) landing in the San Diego Bay and our egg cracking. We rebuilt the sustainer, rebuilt the pod that housed the egg, and finally came out with a great design. On the final day of flight recording, our first flight of the day got a great score of 5pts (in TARC, the less points the better), sadly, that was only a practice run. Our next flight wasn’t as great, however it was good enough that we might make it to the finals! We’ll keep you posted.

PVP 4H Rocketry members Matthew Liberson, Wesley Rich & Matthew Milutin at Lucerne Valley Dry Lake readying to launch our TARC rocket , 2/9/13.

- **4-H Salute to Excellence: Western Region Volunteer of the Year Award**

Dawn Fuller, 4-H Program Coordinator

There are many prestigious awards that the California State 4-H Program bestows on special long-time volunteers who have had a major impact on our program and in the lives of the youth that we serve. The *4-H Salute to Excellence: Western Region Volunteer of the Year Award* is one such example, and we are pleased to announce that the winner for 2013 is Greenleaf 4-H Community Club Leader, **Mary Lash**. Mary was selected out of the entire 4-H "Western Region" as the top volunteer for her years of dedicated service, and we are just thrilled to have her honored in this way.

You may recall that Mary was also the recent recipient of the *Keith Barnes 4-H Volunteer*

Lifetime Achievement Award and the *LA County 4-H Volunteer Lifetime Achievement Award*. The list of past awards, commendations, and accolades for Mary is exceptionally long and very impressive. This most recent award is well-deserved and only highlights further what we already know – Mary is amazing!



In receiving this esteemed honor and regional recognition, Mary will be accepting a \$200 cash award, and in true Mary Lash fashion, has decided that it should be donated to the LA County 4-H Leaders' Council to help with 4-H events and activities throughout the course of the year. Recipients of this award are automatically entered into a higher level of competition with volunteers from all over the United States for the much-coveted *National 4-H Salute to Excellence Award*. We are all hoping Mary will be the big winner for this award as well.

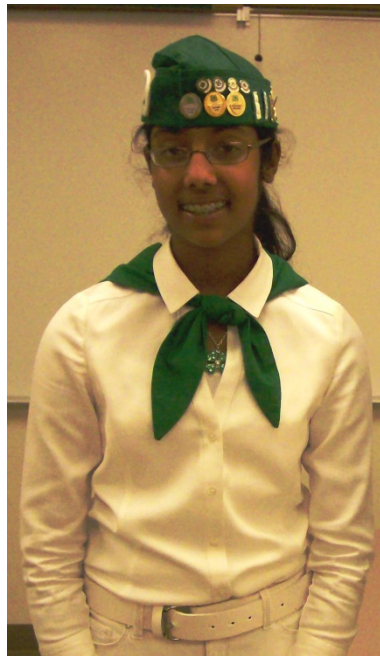
For nearly 68 years Mary has been volunteering for the 4-H Program in Los Angeles. Mary is known for her ability to help kids learn by doing and "make the best better" both at Paramount High School where she teaches, and in the Greenleaf 4-H Club, started by her father. Mary's home is a place where meetings are held, life-long lessons are learned, and youth are encouraged to be the best they can be. Mary is the Greenleaf 4-H Community Club Leader, the LA County Leaders' Council Treasurer, the Clothing and Textiles, Foods & Nutrition and Preserving Leader for her club and an all-around 4-H Super Volunteer! Mary has mentored many fine young people in our community who are now adult leaders in our program. Mary plans and coordinates our 4-H Summer Camp Menu, advises all youth on their Emerald Star Projects, serves as the unofficial LA County 4-H Historian and is beloved and cherished by all who come into contact with her.

Mary, congratulations on winning *4-H Salute to Excellence: Western Region Volunteer of the Year Award*! There are not enough awards to thank you for all you have done for the LA County 4-H Program and we are very glad you are being honored in the fashion in which you deserve.

- **2013-2014 Los Angeles County 4-H All-Stars Announced!!!**

Marjorie Rodriguez, All-Star Arvisor

At County Field Day (Presentation Day) on the 19th of March, the 2013-2014 Los Angeles County All-Stars were officially introduced to the county. The All-Stars are Ru Ekanayake from Palos Verdes Peninsula 4-H Club and Sallie DeYoung from the San Fernando Valley 4-H Club.



Ru Ekanayake



Sallie DeYoung

Ru has been a member of 4-H for 7 years, is currently in the 9th grade and is 15 years old. She has held numerous offices in her club, is an active teen leader and a Youth Director for the San Gabriel Valley 4-H Fair. She is involved with community service projects with her 4-H club, school and on her own. She looks forward to her All-Star year and the opportunities it presents.

Sallie has been a member of 4-H for 8 years, is currently in the 10th grade and is 15 years old. She is currently the president of her 4-H club, is an active teen leader, County Council Youth Vice President and Youth Representative to South Section Leader's Council. She is involved in community service projects with both her club and her school. Sallie is looking forward to her Allstar leadership year and the leadership roles it will give her.

The 4-H program looks forward to the leadership these 2 young women will bring over the next year. We are also looking forward to the next few years that these ladies will be involved in the program and assisting the program and the All-Stars to come.

- **2013 County Field Day Results**

Los Angeles County 2013 4-H Field Day was held Saturday, March 16 at Mount San Antonio College in Walnut. We thank the North San Gabriel 4-H district for organizing and running the event. We thank Ryan Halvorsen LA County 4-H All-Star and our current Junior All-Stars for all their help with the event, including helping with set up, check-in, judging, MC and the awards ceremony. We thank all the leaders, youth and staff who also helped make the event a big success. This was a sunny, great day at Mt. SAC!

Award certificates were given to all 4-H members who participated. Gold medals were given to the County Winners. Gold medal winners are eligible to enter Sectional Field Day, to be held on May 18 at Mt. SAC. You do not need a gold medal at county to try Impromptu and Extemporaneous Speaking, Mock Interviews, Primary Clinic or Educational Displays at Sectional Field Day, but you do need to register for Mock Interviews, Primary Clinic and Educational Displays in advance.

Congratulations to the following members for their accomplishments!

For the listings below, the following abbreviations are used:

PVP = Palos Verdes Peninsula 4-H Club

SFV = San Fernando Valley 4-H Club

Junior Presentations

Jerry Klerman- PVP – GOLD medal

Aly Mottram – PVP – GOLD medal

Intermediate Team Presentations

Ethan and Nathaniel Boeker – Canyon Coyotes -
GOLD medal

Jenny and Katie O’Daniel – PVP – Blue Seal

Intermediate Presentations

Makenna Mottram – PVP – Blue Seal

Catherine Nunley – PVP – Blue Seal

Senior Presentations

Veronica Cubillos – PVP – GOLD medal

Julius Treadwell – Pomona Valley – GOLD medal

Angelica Narvaiz – Harbor Lights – Blue Seal

Senior Problem Solving Presentation

Sallie DeYoung – SFV – GOLD medal

Junior Public Speaking

Conner Treadwell – Pomona Valley – Green Seal

Intermediate Public Speaking

Giovanna Arena – Pomona Valley – Green Seal

Senior Public Speaking - no entries

Junior Prepared Reading

Heidi Kolkovich – SFV – GOLD medal

Nathaniel Boeker – Canyon Coyotes – Blue Seal

Suvi Kaljumagi – Pomona Valley – Blue Seal

Georgia Pike – PVP – Blue Seal

Intermediate Prepared Reading

Ethan Boeker – Canyon Coyotes – GOLD medal

Liliana Brown – PVP - GOLD medal

Kiran Ekanayake – PVP – GOLD medal

Katie O’Daniel – PVP – GOLD medal

Amber Kaljumagi – Pomona Valley – Blue Seal

Jenny O’Daniel – PVP – Blue Seal

Andrea Wall – SFV - Blue Seal

Cristian Jimenez – Pomona Valley – Green Seal

Senior Prepared Reading

Ru Ekanayake – PVP – GOLD medal

Jessica Fint – SFV – GOLD medal

Entry by Video – Prepared Reading

Taylor Anne Brown – Canyon Coyotes – GOLD
medal

Junior Mock Interviews

Julia Brown – PVP – GOLD medal

Intermediate Mock Interviews

Liliana Brown – PVP – GOLD medal

Jenny O’Daniel – PVP – GOLD medal

Katie O’Daniel – PVP – GOLD medal

Lucia Brown – PVP - Blue Seal

Senior Mock Interviews

Sallie DeYoung – SFV – GOLD medal

Ru Ekanayake – PVP – GOLD medal

Daniel Espinosa – Harbor Lights – GOLD medal

Charmine McClain – Pomona Valley – Green Seal

Junior Impromptu Speaking

Aly Mottram – PVP – GOLD medal

Conner Treadwell – Pomona Valley – GOLD medal

Nicole Arena – Pomona Valley – Blue Seal

Jerry Klerman – PVP – Blue Seal

Nathaniel Boeker – Canyon Coyotes – Green Seal

Sean Brown – Canyon Coyotes – Green Seal

Kairi Jimenez – Pomona Valley – Green Seal

Intermediate Impromptu Speaking

Ethan Boeker – Canyon Coyotes – GOLD medal

Jenny O’Daniel – PVP – GOLD medal

Kiran Ekanayake- PVP – GOLD medal

Liliana Brown – PVP – Blue Seal

Sara Conlon – PVP – Blue Seal

Katie O’Daniel – PVP – Blue Seal

Giovanna Arena – Pomona Valley – Green Seal

Lucia Brown – PVP – Green Seal

Amber Kaljumagi – Pomona Valley – Green Seal

Makenna Mottram – PVP – Green Seal

Senior Impromptu Speaking

Ru Ekanayake – PVP – GOLD medal

Madison Cumby – PVP – Blue Seal

Connor Gowland – Harbor Lights – Blue Seal

Charmine McClain – Pomona Valley – Blue Seal

Meghan Tahbaz – PVP – Blue Seal

Extemporaneous Speaking

Madison Cumby – PVP – GOLD medal

Ru Ekanayake – PVP – GOLD medal

Meghan Tahbaz – PVP – GOLD medal

Connor Gowland – Harbor Lights – Blue Seal

State Format Impromptu Speaking

Madison Cumby – PVP – GOLD medal

Ru Ekanayake = PVP – GOLD medal

Meghan Tahbaz – PVP – Blue Seal

Educational Exhibit

Conner Treadwell – Pomona Valley – GOLD medal

Primary Clinic

Aaron Boeker – Canyon Coyotes
Carter Boeker – Canyon Coyotes
Kaitlyn Hanlon – Pomona Valley
Diego Jimenez – Pomona Valley
Mia Kolkovich – SFV

Share the Fun Skit

Canyon Coyotes – 4-H in Neverland – GOLD
County Winner

Cultural Arts – individual

Georgia Pike – PVP - violin solo –GOLD County
Winner
Suvi Kaljumagi – Pomona Valley - singing – Blue
Seal – First Alternate
Jill Okamoto – Pomona Valley - clarinet solo –
Blue Seal
Conner Treadwell – Pomona Valley – clarinet solo
– Blue Seal

- **2013 Fashion Revue “Wrap-Up”**
Kim Espinosa, Fashion Revue Chair

Once again we had some great outfits for Fashion Revue. I was hoping to see what the kids did in the challenge categories; there was a 2 yard single cut of fabric and a duct tape challenge. We did not have any entries in either of the challenge categories from LA County, but we did have entries in both traditional and purchased. This year we only had seven entries for LA County Fashion Revue but that just gave them more of an opportunity to shine. For the past twelve years I have had the opportunity to see the kids in Fashion Revue grow up, mature and solidify their own personal styles. For the past seven years I have had the pleasure of working with kids in Fashion Revue and not just as an observer. I missed seeing some the older kids who were too busy this year to participate, but on the other hand I was pleased to meet some kids new to Fashion Revue. I hope to see you all again next year. Do not feel discouraged if you did not earn a gold medal this year. 4-H is all about learning and having fun while you learn. Take a close look at the comments and think about what you have learned this year that you can use to improve yourself and your skills next year. Each of you will have more experience sewing, shopping and creating your own personal style. Try something new and challenging. Remember to read the manual and see what you can do that will help you to grow.

The Gold Medal Fashion Revue winners of this year are:

Junior Purchased – Andrea Wall,
Senior Purchase – Jessica Fint,
Junior Traditional – Claudia Norczyk,
Senior Traditional – Rachel Kasperian

Fashion Revue Alternates:

Junior Traditional - Sara Conlon
Senior Tradition - Camille Norczyk

- **Special Leaders' Appreciation Luncheon – You're Invited!**
Dawn Fuller, 4-H Program Coordinator

In even years the LA County 4-H Office hosts a luncheon that many of you have attended at the Odyssey Restaurant in Granada Hills. This year, the South District will be hosting a luncheon for ALL volunteers (*not* to replace the County Office sponsored Leaders' Luncheon, but in addition to) on **Saturday, April 13, at Noon**. Everyone is invited! Lunch and a special program will be provided at the home of Palos Verdes Peninsula 4-H Community Club Leader, Dee Keese (26750 Eastvale Road, Palos Verdes Peninsula, 90274). For questions or to RSVP by April 10, please call Dee at (310) 377-9773 or email her at swimdude64@earthlink.net. The guest speaker will be Sandy Cohen, California State 4-H Council President. Please mark your calendar and plan to come to this district hosted Leaders' Appreciation Luncheon.

- **2013 San Gabriel Valley Fair**
The 82nd, “100 Years and Thriving”, San Gabriel Valley 4-H Fair will be held on Saturday, April 27, 2013, at the

Chino Fairgrounds located at Central and Edison Streets in Chino, CA. Admission is **FREE**. Food will be available. 4-H project work will be on display. For more information, call (323) 255-9870 or email: sgv4hfair2@gmail.com.

On Saturday there will be judging of small & large livestock, such as rabbits, poultry, sheep, goats, dogs, and swine. These animals are raised by 4-H members. There will be showmanship contests, home economics, arts & crafts, photography, graphic arts, wildlife, beekeeping, entomology, camping, rocketry, computers, electricity, ornamental horticulture, and many other exhibits will be displayed. There will also be a food auction, Cat show, fun games, 4-H Alumni activities, a Dog Show, Fashion Show by 4-H members, a Primary Hobby Horse, silent auction, and awards ceremony.

Come and join the fun and learn about 4-H. Bring the kids – **FREE** admission. The best time for public viewing is from 9:00 am to 6:00 pm on Saturday. Snacks and meals are available for purchase. 4-H is Sponsored by the University of California Cooperative Extension. Programs are offered to all interested persons without discrimination.

For more information go to: <http://www.sgv4hfair.com/>.

- **The California Poppy**
Dawn Fuller, 4-H Program Coordinator



The rolling hills of California can be a breathtaking sight to behold when our State Flower is in bloom - the California Poppy. Often times known as "The Flame Flower," the California Poppy - from February through September - covers many of our hills like a glowing beautiful orange and gold blanket. In 1890, the California State Floral Society selected the California Poppy as our State Flower, but it was not officially designated as such until 1903. **April 6** is **California Poppy Day**.



Pulling up to the California shore in the 1800s, naturalists aboard Russian expedition boats must have been awestruck to see waves of these delightful colored four-petaled flowers waving hello when they arrived after their long and arduous journey. One of these scientific visitors was German surgeon and naturalist, Johann Friedrich von Eschscholtz and his pal Adelbert von Chamisso. Following their visit to California on the Russian ship named the “Rurik” (sometime between 1816 and 1824), Chamisso named this brightly colored treasure after Eschscholtz, calling it “*Eschscholzia californica*.”



Of course, these orange and gold treasures were not new to California land, as they were already well in use by the tribes of local Native Americans. They used them for medicinal purposes, hair tonics and cooking. Native Americans laid poppies in the beds of children to help them sleep, as a treatment for tuberculosis, and to dull a toothache. Native American women used poppies in hair tonics they created and the pollen as a form of early make-up. Early Spanish explorers thought so highly of the flowers that they named them “Copa de Oro” (cup of gold).

The California Poppy is native to North America and can be found not only in California, but in Oregon, Washington, Nevada, Arizona and New Mexico. Now poppies can also be found in Mexico, India, Chile, Argentina, Australia, parts of Europe and South Africa. The poppies that we are familiar with are normally orange or gold, but can run the gambit from light yellow to scarlet and shades of pink and red as well.

Here are some fun facts about our State Flower:

- 🌸 The poppy is considered an herb.
- 🌸 There are 200 species of poppies.
- 🌸 Poppies were originally pollinated by beetles, but are now pollinated by honey bees.
- 🌸 A song was written about the California Poppy in 1902 called “Golden Poppies Goodnight.”
- 🌸 You must not pick California Poppies because we honor them as our State Flower.
- 🌸 Poppies thrive in poor soil and will not grow if the ground is fertile or enriched in any way.
- 🌸 Poppies can grow in sand dunes.
- 🌸 Poppy blooms close when the sun goes down or if the skies are cloudy.
- 🌸 In some areas and countries, poppies are considered an invasive and sometimes even pesky weed!
- 🌸 The pollen of various poppies can be different colors – even blue and gray.
- 🌸 Poppies are also famous movie stars. In the film “The Wizard of Oz,” a field of poppies suddenly appears making all of the characters fall asleep, and almost prevents them from seeing the wizard!
- 🌸 Some varieties of poppy seeds are used for seasoning and in baked goods (not California Poppy Seeds though).



Poppies are a beautiful flower, and since they are our State Flower, we can celebrate **California Poppy Day** on **April 6** by visiting areas where they can be viewed. You will be able to find most poppies in bloom from February through September, depending on the area.

You can find poppies many places in the State of California, and here are a few places close to home where you can enjoy these brilliant little flowers:

- 🌸 Along the California Interstate 5 Freeway (Grapevine, North Los Angeles)
- 🌸 The Antelope Valley California Poppy Reserve (15101 Lancaster Road, Lancaster, 93536)
- 🌸 The Antelope Valley Poppy Festival in Antelope Valley on April 20 and 21 at the Lancaster City Park (43011 N. 10th Street West, Lancaster, 93534): <http://www.poppyfestival.com/generalinformation.php>
- 🌸 Laguna Coast Wilderness Park (18751 Laguna Canyon Road, Laguna Beach, 92651)
- 🌸 Anza-Borrego Desert State Park (200 Palm Canyon Drive, San Diego, 92004)
- 🌸 Montaña De Oro State Park (Morro Bay): http://www.slostateparks.com/montana_de_oro/default.asp

- **Summer Camp 2013**

Dawn Fuller, 4-H Program Coordinator

It may seem early, but can it ever be too early to get excited about the LA County 4-H Summer Camp? The dates for Summer Camp this year will be June 23-29, 2013.

If you aren't already signed-up to receive Summer Camp updates, you can do so by going to the website:
<http://www.4hsummercamp.com/contact-us.html>.

On February 1 you can go to the website, download the *Registration Form* and *Medical Release/Health History Forms*, and mail them to Dawn with a deposit check of \$75 (made out to "LA County 4-H Summer Camp").

Before you mail your paperwork and checks to the county office, **make sure you enroll your child online first**.

To enroll your child in 4-H for summer camp, go to the Online Enrollment Website:

<https://california.4honline.com/Login.aspx?40472F4547534E39717170733D>.

Instead of joining a club, you will join "Summer Camp." For any questions regarding enrollment, contact Roy Hillstock at rhillstock@ucanr.edu or by phone at (626) 586-1972. Following your enrollment, you will need to send a second check for \$28 made out to "LA County 4-H."

Again, here are the steps to follow for signing-up for LA County 4-H Summer Camp:

- Enroll your child online.
- Download the paperwork from the Summer Camp Website.
- Fill out the Summer Camp Registration Form and Accompanying Medical Release/ Medical History Forms.
- Send two checks to Dawn, one for Summer Camp Registration for \$75 made out to "LA County 4-H Summer Camp" and a second check for 4-H enrollment for \$28 made out to "LA County 4-H." In the memo line on the check, please specify what each check is for and the name of the child.
- Mail all paperwork and checks to:

Dawn A. Fuller
LA County 4-H Summer Camp: Registration
UC Cooperative Extension
700 W. Main Street
Alhambra, CA 91801

We have a wonderful camping experience planned for youth who attend the LA County 4-H Summer Camp, and updates will be forthcoming. For more information, check out the Summer Camp Website:
<http://www.4hsummercamp.com/>.

- **Frosted Lemon Poppy Seed Cookies**

Dawn Fuller, 4-H Program Coordinator



On **April 6**, another great way to celebrate **California Poppy Day** is by making some heavenly ***Frosted Lemon Poppy Seed Cookies*** to take with you on your trip to see the poppies at the Antelope Valley Poppy Reserve....

Frosted Lemon Poppy Seed Cookies

Cookie Ingredients

1/2 cup butter, softened
2/3 cup sugar
2 tbsp lemon zest
1 large egg
1 1/2 cups all purpose flour
1/2 tsp baking powder
1/4 tsp salt
1 tbsp poppy seeds

Procedure

Preheat oven to 350 degrees.

Line a baking sheet with parchment paper.

In a large bowl, cream together butter, sugar and lemon zest until light and fluffy.

Beat in egg.

In a small bowl, whisk together flour, baking powder and salt. Add to wet ingredients and mix until just combined.

Stir in poppy seeds.

Drop by 1-inch balls onto prepared baking sheet.

Bake for 9-11 minutes, until cookies are set and just begin to brown at the edges (the bottoms may be lightly browned, but not the top of the cookies).

Cool for 1-2 minutes on the baking sheet.

Remove to a wire rack to cool before glazing.

Lemon Glaze Ingredients

1/2 cup confectioners' sugar
2-3 tbsp lemon juice

Procedure

Whisk together juice and sugar until icing is a smooth, pourable consistency.
Add additional juice if yours is too thick to drizzle easily or additional sugar if it is too thick.
Drizzle over cookies.

*Cookies should not be hot, but it is okay if they are not completely at room temperature before frosting.
Cookies must be cooled to room temperature before being stored.

Makes 2 dozen.

Enjoy!

Recipe Courtesy Of: <http://bakingbites.com/2009/08/frosted-lemon-poppysseed-cookies/>

- **Increase in 4-H Annual Fees**

Dear 4-H Families, and Volunteers,

The economic climate has continued to sustain fiscal challenges facing 4-H programmatic support. Last year we shared that UC Cooperative Extension and 4-H at the state level is no longer able to absorb all costs and that fee increases were necessary to support our local programming. The 2013-2014 program fees are \$12.00 per adult and \$34.00 per youth.

These program fees will be used to provide partial funding for direct local program support including critical 4-H staff that supports our local programs.

We continue to encourage everyone to strategize together around the development of a local funding plan to keep 4-H strong and growing. The California 4-H Foundation is a valuable resource with whom to partner in developing such a plan.

Many counties have been successful in developing and moving forward with local funding plans. They have worked to provide program fee scholarships, partial and full fee waivers and provide other support. Thank you for your work and dedication to provide our future leaders with a strong 4-H program. Sincerely,

Connie Schneider
Youth, Families and Communities Director
State 4-H Office
Agriculture and Natural Resources
University of California

- **Sectional Field Day - May 18th - Help needed**
Noel Keller, Incentives & Recognition Committee Chair

Mark your calendar for Sectional Field Day on Saturday, **May 18th at Mount San Antonio College**. LA County is so fortunate to have the Sectional Field Day Event in our own county. Don't miss this great opportunity to see 4-H members from Southern California participating in speaking competitions. To compete in presentations, speeches and prepared reading, you need to have received a Gold medal at our county competition. To compete in Mock Interviews, Educational Displays and Primary Clinic you need to complete an entry form for sectional. To compete in Impromptu Speaking, Extemporaneous Speaking and the three judging contests, you can just go to the event because there is no pre-registration required for these. Of course, everyone is invited to watch the competitions. **Contact Noel Keller (nkeller91711@gmail.com) by April 5th if you want to enter Sectional Field Day Events** and you have not already contacted her.

LA County member entry forms and judges/MC/room supervisors' lists are due to sectional by April 13th. We still need some judges, MCs and room supervisors so our LA County members can compete. Please contact Noel Keller (nkeller91711@gmail.com or [909-621-2373](tel:909-621-2373)) to volunteer to help.

- **Teen Council meeting - April 13th**
Noel Keller, Incentives & Recognition Committee Chair

Attention 4-H teens! Get involved beyond the county level in 4-H. Meet 4-H teens from the nine Southern California counties. South Section has a Teen Council that meets before the South Section 4-H Leaders' Council at Mount San Antonio College. The Teen Council activities include organizing and running an annual Teen Involvement Conference (TIC) and running the food booth at sectional field day. The next meeting of the Teen Council will be on Saturday, April 13th at 8:30am at Mt. SAC, Agriculture Science Complex (Bldg. 80). Look at their website for more information about the South Section Teen Council.

- **South Section 4-H Leaders' Council meeting - April 13th**
Noel Keller, Incentives & Recognition Committee Chair

The next meeting of the South Section 4-H Leaders' Council will be on Saturday, April 13th at 10am at Mount San Antonio College, Agriculture Science Complex (Bldg. 80). Our LA County representatives to this meeting are Noel Keller, Judylynn Pelling, Sallie DeYoung and Carrie DeYoung, with Alternate Dennis DeYoung. All 4-H Leaders and senior members are invited to attend. Come and find out what is happening in southern California 4-H. Sandy Cohen, the State 4-H Leaders' Council President, will be attending. Our section is made up of the following counties: Los Angeles, San Bernardino, Orange, Ventura, San Diego, Imperial, Riverside, Santa Barbara and San Luis Obispo. We still need two more adult representatives from our county. Please contact Noel Keller (nkeller91711@gmail.com) to volunteer to be a representative so we can fully be represented at the sectional 4-H level. The council four times a year (September, January, April and June on the second Saturday at Mount San Antonio College at 10am).

- **State 4-H Leaders' Council meeting - April 27 in Ontario**
Noel Keller, Incentives & Recognition Committee Chair

The State 4-H Leaders' Council meets twice a year - October in Davis and April in Ontario. Here is your chance to learn what is happening in California 4-H. The next State Council meeting will be held on Saturday, April 27 at 9:30am at the Best Western Inn Suites (3400 Shelby St., Ontario, CA 91764). Shannon Dogan will be speaking about the California 4-H Futures Task Force. As South Section 4-H Leaders' Council President, our LA County Noel Keller will be attending the meeting. All 4-H volunteers, parents and senior members are invited to attend. If you are unable to attend the meeting in person, you can still participate as follows:

Web site: <http://uc-d.adobeconnect.com/r6gxb54j50n/>
Conference Call Dial in number [\(641\) 715-3635](tel:641-715-3635), Access Code: 218484#
Conference Call Play Back: [\(641\) 715-3494](tel:641-715-3494), Access Code: 218484#

- **Club Officers - Earn a medal**

Noel Keller, Incentives & Recognition Committee Chair

All club officers are eligible to earn a special Gold medal for their officer work. To apply for 2012-2013 club officer recognition, the officer must complete an Officer Book and submit it to the county office by September 10 or to an I&R Committee member by September 11, 2013. Club officers now have three more months to make their offices the best they can be. Don't wait until the last minute to work on your officer records. More information about the Officer Book program and the entry form are available on the county website under Applications.

- **LA County 4-H Leaders' Council Constitution and Bylaws**

Noel Keller, Incentives & Recognition Committee Chair

A committee of the LA County 4-H Leaders' Council has reviewed the council's Constitution and Bylaws to update them to the new state-required format and to see if any changes or updates are needed. The new proposed updated council Constitution and Bylaws were presented at the March 3 council meeting for discussion. The new drafts of the council Constitution and Bylaws are now available for viewing on the LA County 4-H Leaders' Council webpage. Please send your comments about the drafts to Marjorie Rodrigues at kenward49@aol.com. We will have our final discussion and vote on approving the new drafts of the county council Constitution and Bylaws at the May 11th county council meeting.

- **Los Angeles County 4-H Banner**

Noel Keller, Incentives & Recognition Committee Chair

All the counties in the state are being asked to have a felt banner for their county at the South Section 4-H Field Day on May 18th at Mount San Antonio College. The same banner will probably also be needed for the State 4-H Field Day in Davis on May 25th, for the State Leadership Conference in August and then to the State Leaders Forum in November. We need to design a banner for our county. What should we display on our banner to represent LA County? We are asking for ideas for the banner and an individual or group who would actually make the banner (30" by 36"). People attending County Field will be invited to submit their ideas for the banner - watch for design forms at the event and a place to turn them in. The words "Los Angeles County 4-H" must be included in the banner design. Others can submit their ideas by sending them by Saturday, March 23 to Noel Keller (421 E. Juilliard Drive, Claremont, CA 91711, nkeller91711@gmail.com). If you or your group would like to volunteer to make the banner, please also contact Noel.

- **2013-2014 LA County Program Planning**

Noel Keller, Incentives & Recognition Committee Chair

The LA County Leaders' Council is now planning the 4-H events for the 2013-2014 program year. Look on the Leaders' Council webpage on the county 4-H website for the draft-in-progress of the 2013-2014 LA County 4-H Calendar, the nominations for the 2013-2014 council officers and the 2013-2014 budget. Send your comments, nominations and event dates to Noel Keller (nkeller91711@gmail.com). Send your budget comments to Mary Lash (marylash@verizon.net). At the May 11th LA County Leaders' Council meeting, the 2013-2014 calendar, officers and budget will be voted. Get involved in the planning!

Each district is asked to send in their district event dates for 2013-2014. Each district is asked to have at least one or two officer nominations for positions on the county leaders' council. All districts should be represented on the council and in the program planning. Forms for submitting event dates and officer nominations are available on the county website.

- **Revision to the State Record Book Manual**
Noel Keller, Incentives & Recognition Committee Chair

It was announced that there will be a new version of the State Record Book Manual released around April 2013. The new version will include the revisions from the 2012 Record Book Manual Addendum. Due to the lateness of this information coming out for this program year, LA County record books for 2012-13 work will be allowed to use the 2011 version of the Manual. All members should use the 2011 version of the record book forms for this year. When the new manual comes out more information will be available for Senior members wanting to submit their records to the 2013 State Record Book competition.

- **Emerald Star**
Noel Keller, Incentive & Recognition Committee Chair

The Emerald Star program is an opportunity for an advanced leadership project above the club level. Take the challenge and plan an activity to benefit your community or the LA County 4-H program. Earn an Emerald Star pin for your hat. An Emerald Star project can be started at any time during the program year. The current district Emerald Star advisers are as follows:

NSG - Judylynn Pelling
SSG - Mary Lash
AV - Shirley Byrne
SFV - TBD

A member can be advised by any of the above for their Emerald Star project. Look on the [county website](#) for more information about this leadership opportunity.

- **Senior Awards of Excellence --Leadership, Community Service, Achievement, Healthy Living, S.E.T. (Science, Engineering and Technology)**
Noel Keller, Incentive & Recognition Committee Chair

These are five areas for Senior Awards of Excellence that can be awarded each year in the LA County 4-H program. Senior 4-H members are encouraged to apply for an award of excellence if they have done outstanding work in any of these areas during the year. The recipient of a senior award of excellence receives an individually engraved plaque, plus their name is engraved on a larger plaque that is hung in the county office. Focus your 4-H work in one of these areas this year and apply for one of the awards.

- **State Record Book Competition - Possible Scholarship for State Winners**
Noel Keller, Incentive & Recognition Committee Chair

We encourage our accomplished Senior 4-H members to submit their 4-H records to the State Record Book competition. There are only three additional pages that are required beyond what is submitted to the county record book competition. The state no longer offers a monetary award for State Record Book winners, but the Los Angeles County 4-H program is considering awarding a scholarship to our members who are state record book winners this year. Plan now to do some great 4-H work and complete a 2012-13 record book to submit to the State Record Book competition in October. We have some outstanding Senior 4-H members in Los Angeles County, but they need to submit their records to the state competition if they want state recognition.

April:

3rd – NSG District mtg.
11th – I&R mtg.
13th – Leaders Appreciation Event (Host-SSG District)
AV Gymkhana
Sectional Council mtg. / Sectional Teen Council mtg.
18th – SSG District mtg. / SGV Fair mtg.
26-27 – [San Gabriel Valley 4-H Fair](#)

FUNDING UPDATES

- **California 4-H \$1,000 for 1,000 Service Learning Projects**

2013 Revolution of Responsibility - <http://www.ca4h.org/Support/RofR/>

2013 Application Deadlines:

May 15, 2013

July 15, 2013

September 15, 2013

November 15, 2013

- **Do Something Awards**

Deadline: April 15

Since 1996, DoSomething.org has honored the nation's best young world-changers, 25 and under. Do Something Award nominees and winners represent the pivotal "do-ers" in their field, cause, or issue. In 2013 five finalists will appear on the Do Something Awards on Vh1 and be rewarded a minimum of \$10,000 in community grants, media coverage and continued support from DoSomething.org. The grand prize winner will receive \$100,000 during the broadcast. <http://dsorg.us/YdWhea>

- **Ben & Jerry's Foundation Grant**

Deadline: Rolling

The grant seeks to promote social justice, protect the environment and support sustainable food systems. Funds are provided to grassroots, constituent-led organizations that use community organizing strategies to accomplish their goals and to organizations that provide technical support and resources to such groups. Maximum grant: \$15,000. Find out more [here](#).

- **OJJDP Announces Mentoring Funding Opportunities**

Deadline: By April 30, 2013

The Office of Juvenile Justice and Delinquency Prevention (OJJDP) has announced the following fiscal year 2013 funding opportunities:

- [National Mentoring Programs](#). This program supports the implementation, delivery, and enhancement of mentoring services to improve outcomes for at-risk, high-risk, or underserved youth.
- [Multi-State Mentoring Initiative](#). This solicitation will support qualified, established mentoring programs as they expand services for underserved at-risk and high-risk youth and enhance services to implement additional research- and evidence-based mentoring practices.

- **Children Exposed to Violence (CEV)**

Deadline: May 20, 2013

The National Institute of Justice, U.S. Department of Justice, is seeking applications for research and evaluation related to childhood exposure to violence, including bullying/harassment in home, school, community, and on-line. The solicitation is available here: <https://ncjrs.gov/pdffiles1/nij/sl001042.pdf>.

- **Healthy Eating Research Releases Call for Proposals**
[Healthy Eating Research: Building Evidence to Prevent Childhood Obesity-Round 8](#)
[Healthy Eating Research: Building Evidence to Prevent Childhood Obesity-RWJF New Connections](#)

Proposal Deadlines:

*Round 8 grants: **July 10, 2013 (3:00 p.m. ET)***

*RWJF New Connections grants awarded through HER: **Mar 27, 2013 (3:00 p.m. ET)***

Healthy Eating Research: Building Evidence to Prevent Childhood Obesity is a national program of the Robert Wood Johnson Foundation (RWJF). The program supports research on environmental and policy strategies with strong potential to promote healthy eating among children to prevent childhood obesity, especially among lower-income and racial and ethnic populations at highest risk for obesity. Findings are expected to advance RWJF's efforts to reverse the childhood obesity epidemic by 2015. This call for proposals is for two types of awards aimed at providing advocates, decision-makers and policy-makers with evidence to reverse the childhood obesity epidemic. The award types are: Round 8 grants and RWJF *New Connections* grants awarded through the *Healthy Eating Research* program.

Please note: University policy requires an Advisor or County Director to submit all grant applications and fulfill the requirements of UC ANR Contracts & Grants. If you plan to apply for any of the following opportunities, please notify the California 4-H Foundation (aleeland@ucanr.edu) who will review your application prior to submission to ensure that it is as strong as possible.

SCHOLARSHIPS & AWARDS

- **2013 Milano Scholarship**
 Applications for up to five \$5,000 college scholarships are now available at the Modoc County 4-H Office located at 202 West 4th Street in Alturas. The scholarships have been made possible thanks to a \$75,000 donation from Mark and Jessie Milano and the Milano Foundation. The Milano Scholarship is intended to benefit youth enrolled in the [Lassen, Modoc or Siskiyou County](#) 4-H Youth Development Programs for a minimum of four years. Youth with less than four years of 4-H membership may apply but will not be given full consideration. Click [here](#) for the application. Completed applications are due in the 4-H Office by **5:00 p.m. on April 12, 2013**. Contact Susan Stokke, ststokke@ucanr.edu for questions.
- **America's Farmers Mom of the Year**
Deadline is April 23, 2013
 The 2013 Farm Mom of the Year program sponsored by Monsanto is underway. Do you know an outstanding mom who contributes to her family, farm, community and agriculture? Nominate your favorite farm mom and give her a chance to win \$10,000! Check out [America's Farmers](#) for the contest details.
- **The Great American No Bull Challenge - 4-H'ers Can Enter NOW!**
 The Great American NO BULL Challenge is the first, student-led National video contest and Teen Video Awards show dedicated to bullying prevention and promoting empathy, respect and inclusive communities using the power of music and the magic of filmmaking. Middle and high school students will submit their video to the NO BULL Challenge no later than **April 30, 2013 at 11:59 PM (PST)**. Check out the [Digital Responsibility 411 toolkits](#) to learn everything you need to know in order to create your video.
- **Gloria Barron Prize for Young Heroes**
Deadline: April 30
 The Gloria Barron Prize for Young Heroes honors outstanding young leaders who have made a significant positive difference to people and our planet. Nominees, who may range in age from 8 to 18 years old, must have been the prime mover of a service activity, and demonstrated positive spirit and high moral purpose in accomplishing their goals. Winners of the Barron Prize receive \$2,500 to be applied to their higher education or to their service project and several other benefits. <http://bit.ly/edhitj>

- **The Power of Children Awards**

- **Deadline: April 30**

- The Power of Children Awards: Making a Difference is an annual event to honor and further empower youth, in grades 6-11, who have made a significant impact on the lives of others, demonstrated selflessness, and exhibited a commitment to service and the betterment of society. Each award recipient will receive a \$2,000 grant to continue his or her extraordinary work, a four-year post-secondary scholarship to a participating institution of higher learning, recognition in the museum's The Power of Children exhibit for at least one year, and honor and recognition during a special awards event on Nov. 1, 2013, at The Children's Museum.

- <http://bit.ly/Yeu5bR>

- **Golden Clover Applications** must be completed online and are due by **11:59 p.m. on May 1, 2013**. The application link is available on the 4-H state website at:

- <http://www.ca4h.org/Resources/Members/GoldenClover/>

- **Higher Education Scholarships 2013**

- The Higher Education Scholarship applications are now available online. All applications will be due on **May 1, 2013 by 11:59 pm**. For more information and to apply:

- <http://www.ca4h.org/Resources/Members/Scholarships/>

- **Paper Clover Fundraiser, May 8th -19th** in all Tractor Supply Company/Del's stores. There are several exciting features that have been added to this spring's promotion

- TSC will be offering a \$5 Paper Clover available for purchase in addition to the \$1 option;
 - a Purina coupon will be attached to each Paper Clover;
 - a new incentive program for counties to receive additional funds; and
 - a regional 4-H award winner, which will award \$1,000 to the top performing state in each 4-H region

The online Paper Clover toolkit is now available! You will find promotional resources like ads and web banners to help you spread the word in your community. You will also find information and planning resources to help answer any questions you may have such as an FAQ, tip sheet for in store activities, and planning calendar of all upcoming TSC events. [Click here to access the toolkit](#): user name: paperclover@4-H.org; password: paperclover

DATES & DEADLINES

- **State Field Day – *Applications due April 1st!***

- UC Davis Campus

- May 25, 2013

- **State 4-H Field Day Educational Exhibits**

- <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=9588>

- Applications due **April 1, 2013**

- Educational exhibits and displays constitute a unique aspect of the State 4-H Field Day. These exhibits are a great opportunity to share knowledge, interact with youth and adults and engage people in new activities. Possibilities for displays include hands-on activities, community service crafts, informative booths, etc.

- **Host an exhibit/display booth at the 2013 Field Day on May 25, 2013!**
The Exhibit and Display Application for State Field Day is now located online this year! Apply here: http://ucanr.edu/exhibit/display_application. **Applications are Due April 1st, 2013**
Educational exhibits and displays constitute a unique aspect of the State 4-H Field Day. These exhibits are a great opportunity to share knowledge, interact with youth and adults, and engage people in new activities. Possibilities for displays include hands-on activities, community service crafts, informative booths, etc. More information is available on the application. Contact Megan Oats at msoats@ucdavis.edu for more information.

- **State Fashion Revue is May 25, 2013** at UC Davis, as part of State Field Day. If you were selected as the County winner for Fashion Revue in Traditional, Consumer Science-Purchased \$19.99 limit, Wearable Art-Embellished, 2 Yard Wonder, or the Duct Tape Challenge then you are eligible to participate in SFR. Each county may send one delegate per category and age group. **SFR registration is open April 1 – May 11 at** <http://ucanr.edu/sfr2013register>. Counties, please register your judges (ratio 1:5) and room monitors at <http://ucanr.edu/sfr2013judges>. Thank you to the counties and businesses who have donated funds to support SFR! If you have completed service projects please bring them with you to Olson Hall: Little dresses and shorts for Africa, Drawstring bags, and A Zoo of Hugs softie animals. For the Pattern Exchange, bring some and take some, limit 5. For complete information about SFR, go to <http://www.ca4h.org/Programs/Events/SFD/SFR/>.

- **4-H MyPlate Challenge at 2013 State Field Day**
 In 2011 the U.S. Department of Agriculture (USDA) unveiled the federal government's new food icon, MyPlate, to serve as a reminder to help consumers make healthier food choices. 4-H is challenging YOU to show how you're making YOUR plate MyPlate. We invite you to submit a photograph illustrating how you're creating healthy meals using MyPlate as a guide. 4-H members do not need to pre-qualify at a county event. More details about this contest can be found at:
http://www.ca4h.org/Programs/Events/SFD/4-H_MyPlate_Challenge/

- **County Centennial Banners!**
 How is your County "Joining the Revolution to 4-H's next 100 years?"
 Bring your felt 30" X 36" County Banner to Field Day!
<http://www.ca4h.org/Programs/Events/SFD/>
 Contact Sarah Watkins at spwatkins@ucanr.edu for more information.

- **Special Recognition Opportunities at State Field Day**
http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities/
 California 4-H is offering a thematic recognition pin for youth who participate in State Presentation Day and focus their presentations on one of the following areas: Engineering to Solve the World's Problems, Physical Activity, The Path to Thriving and C is for Contribute. Participants may only choose one focus area for their presentation. What will be your focus area?

- **California State Fair's Youth Art & Design Expo**
Entry Deadline Friday, April 19, 2013

This competition is open to all California youth, ages 5-18. Areas for entry include fine art, fashion & textile, crafts & hobbies, and media. Winning entries will be exhibited during the California State Fair at the Cal Expo in Sacramento, July 12th-28th. Prizes include ribbons, cash and donated prizes. Enter online by uploading a digital image of your entry. The entry fee is \$8. To get more information, or to enter, visit www.bigfun.org or contact Michelle Johnson at mejohanson@calexpo.com or by phone at 916.263.3189.

- **2013 State 4-H Shooting Sports ARCHERY Match**

Entries for the 1st Annual State 4-H Archery Match in partnership with the state 4-H shooting sports program and Mendocino County 4-H Council must be postmarked by **May 1, 2013** and returned by **June 17, 2013**. Read the official rules: [State Archery Match Rules and State Archery Match Entry Form](#)

- **Field Workshop**

UC Sierra Foothill Research & Extension Center

8:30am-4:00pm, May 7th, Browns Valley

The Field Workshop is a hands on workshop about adaptive grazing, foothill abortions, soil health, pinkeye and eye cancer treatment, medusahead management, and rangeland wildfire impacts. Limited class size!

Register online: <http://ucanr.org/sites/sfrec/>

- **Spring Conference “Camp Works”**

Mt. Hermon Conference Center

May 17-19, 2013

The event will be held at Mt. Hermon Conference Center from May 17th to 19th and will feature a welcome by Bob Ditter, a variety of breakout sessions and skills trainings and many opportunities for networking. In addition to his welcome, Bob Ditter will also be presenting Camp “STEP” (Specific Training for Emerging Professionals). This track is designed to ratchet up the child behavior management skill level of young directors and/or mid-level staff. For more information, visit <http://www.acacamps.org/norcal/events/spring-conference-2013>

- **National 4-H Hall of Fame Ceremony Opportunity**

Due to the State 4-H Office by May 17, 2013

This year the National 4-H Hall of Fame Task Force of NAE4-HA would like to offer two 4-H youth the opportunity to play a unique role in the 2013 Hall of Fame Ceremony which will be held on **October 11, 2013** at the National 4-H Center in Chevy Chase, Maryland. The Task Force will be selecting a Youth Master/Mistress of Ceremonies and a Youth Entertainer to assist with the National Hall of Fame Ceremony. Details on how to apply are provided on the respective applications: [National 4-H HOF Entertainer Application](#) and [National 4-H HOF Master/Mistress of Ceremonies Application](#)

Applications are due to the California State 4-H Office by **May 17, 2013** so applications can be reviewed and nominations from California selected and submitted by the deadline. If you have any questions, contact Shannon Dogan at sjdogan@ucdavis.edu or 530-754-8518.

- We are now accepting statewide **4-H Advisory Committee applications for the 2013-14** program year. The statewide 4-H Youth Development Program (YDP) Advisory Committees are a representative group of 4-H members, adult volunteers and county and state 4-H YDP staff. The committees offer insight, review and input for the operation and management of the statewide 4-H YDP. Please note that there is now an [online](#) option to apply. We advise applicants to read the [advisory committee descriptions](#) for additional materials that may be required depending on the committee. **Applications are due to the CA State 4-H Office postmarked by May 31, 2013 or online by 11:59pm on May 31, 2013.** For more information, see: http://www.ca4h.org/Administration/Advisory_Committees/

- ***Save the Date: June 26-30, 2013***

The **California 4-H Horse Classic** at Brookside Equestrian Park in Elk Grove (20mins south of Sacramento)

We are offering Tenderfoot classes and Miniature Horse Classes this year. Tenderfoot classes are for those whom were unable to participate in a qualifying horse show. Also don't forget about our educational contests: Hippology, Horse Bowl, Horse Judging, Public Speaking, and demonstrations.

Hosting a Qualifying show for the 2013 California Horse Classic?

Register your show here: <http://ucanr.edu/qualifying-shows> for it to be considered a qualifying show for the 2013 California Horse Classic.

Criteria for a Qualifying Show:

- Show verified by County
- Up to 3 shows per county
- If your county has 3 horse shows 1 show must be associated with a county fair
- Each horse show must be registered
- The Horse Show must offer the same classes that are offered at the State 4-H Classic (they may offer more if they choose too)
- Show must be before June 3rd, 2013
- Management of each show is required to send show results to Sarah Watkins at the State 4-H Office
- Please submit results on this form-[Classic Qualifying Show Results Sheet](#)
- Results can be sent via email to spwatkins@ucanr.edu or faxed to (530) 754-8541 or mailed to:
Sarah Watkins, CA State 4-H Office, 1 Shields Ave, DANR Building, Davis, CA 95616

The **2013 Premium for the State 4-H Horse Classic** is now published!

<http://www.ca4h.org/files/163210.pdf>

Register today! Early Bird runs through **May 1st!**

New this year: Online registration

For Educational Contest: <http://ucanr.edu/classic-educational-contest-registration>

For the Horse Classic Horse Show: <http://ucanr.edu/classic-horse-show-registration>

Looking for a Qualifying Horse show for the 2013 California 4-H Horse Classic?

Visit <http://ucanr.edu/classic-qualifiers> to find a Horse Show near you!

New Horse Classic Social Media's

Visit <http://ucanr.edu/blogs/HorseClassic/index.cfm> for updates on 2013 State 4-H Horse Classic.

Also find us and join us on Facebook- <https://www.facebook.com/events/222083951263098/>

• **Awesome Time**

Awe! When was the last time you felt awe over anything? Awe is a hard thing to revive. Things become so familiar, even a lightning bolt, or a sunset, or a 4-H project meeting. Which is why in this Centennial Year of 4-H in California – “100 Years and Thriving,” we aim to rekindle our capacity for awe, for experiencing the awe of what we do in 4-H, for relishing the awe-inspiring people we know in 4-H, for the awe of strengthening our vision of the future for 4-H. Join your fellow 4-H leaders and staff for an awesome experience, a networking opportunity, and a celebration of your 4-H commitment. Come to the State Leaders Forum in Sacramento on Nov. 8 – 10, 2013. Check out the web page <http://ucanr.edu/slf2013> for information.

- **The SLF Workshop Request for Proposal Form is ready for you to fill out and submit. It is due by June 30, 2013.** <http://ucanr.edu/slf2013workshop>
- Each year for the SLF Silent Auction we find that items made by 4-Hers bring in the most money. If you know of youth who are clever and wish to donate a hand-made article that is worth \$10 or more, please contact Louise Silacci moolu@unwireddb.com

The Tech Team wishes to have a head/shoulder picture of each and every 4-H volunteer in California. Please submit to John Trammel techdude4h@gmail.com. Pictures should be good quality, at least 600 KB in size. Title each photo with the name and county of the person pictured.

- **4-H State Leadership Conference 2013 – July 25-28, 2013 at UC Davis**
Celebrating 100 years of California 4-H. This year's theme: *There's no place like 4-H*
 The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. For more information visit:
<http://www.ca4h.org/Programs/Conferences/SLC/>
- **How Do You Speak 4-H?**
 Need some help deciphering these items - ORB, CAL, TLT, LCORT, WHY, UCCE, NCSCSFD, TIC, UCANR, PDR, SA, R of R, APR, SFR, SLC, L.E.A.D.? Find the interpretations of 4-H 'slanguage' as you join with your 4-H colleagues for a weekend of celebration, a day of stimulating workshops, and an opportunity for networking with like-minded people. Come to the **State 4-H Leaders' Forum (SLF)** on **Nov. 8 – 10, 2013** at the Crowne Plaza in Sacramento for translations with a fun crowd and a thesaurus to help.
 On the SLF Website: <http://ucanr.edu/slf2013>
 - Workshop proposal forms are available and starting to come in. The online survey is at <http://ucanr.edu/slf2013workshop>
 - Registration is open on line. Be an early bird to save money. <http://ucanr.edu/slf2013register> Paper forms are also available
 - Be sure to complete the Recognition Committee's questionnaire to help us recognize the best of the best.
 - SLF centennial pins are available from the Sectional Council presidents. The cost is \$3.00 per pin. To purchase pins in bulk please contact Noel Keller nkeller91711@gmail.com.
 - Please start collecting items for the Silent Auction. Contact Louise Silacci, moolu@unwiredbb.com.

PROGRAM UPDATES

POSTIVE YOUTH DEVELOPMENT

- **Creating Spaces to Enhance Intergenerational Relationships**
 Tuesday, April 9, 12:00 - 1:30 p.m. Eastern
 What does it take to set the stage for an effective intergenerational program? Did you know that the physical environment of an intergenerational program can stimulate or stifle elder and child interactions? And what can you do to conduct an effective program in a space that was designed without children or older adults in mind? Learn how to accommodate the developmental needs of both groups through Creating Spaces to Enhance Intergenerational Relationships with Karen DeBord, Shannon Jarrott and Matt Kaplan. Register for this free webinar at: <http://cyfernet.ces.ncsu.edu/mn/training/user.php?r=162>. If you have any questions about this webinar, please contact: June Mead, CYFERnet Parent/Family Editor, jm62@cornell.edu.
- **California 4-H Youth Development**
Get Connected and Plugged In to Positive Youth Development!
 California 4-H has several ways to connect with us online to get up-to-the-minute updates on information affecting 4-H statewide. Don't rely on urban legend or information to pass through the grapevine—get the information as it happens and from the horse's mouth. Here is a list of the ways you can connect with us online:
 - **Website:** <http://www.ca4h.org>
 - **4-H Online Record Book** (yes every registered adult volunteer and every youth ages 9 and older has an Online Record Book account): <http://www.ca4h.org/4hbook/>
 - **Facebook:** <https://www.facebook.com/california4H>
 - **Twitter:** <https://twitter.com/California4H>

- **YouTube:** <http://www.youtube.com/user/California4h>
- **Pintrest:** <http://pinterest.com/california4h/>
- **Blog:** <http://4hvolunteercafe.wordpress.com/>
- **Instagram:** <http://instagram.com/ca4h>

We will be continuing to provide virtual opportunities for you to connect directly with us at the State Office though these social media outlets.

- **Thrive Update:** *Celebrating Niki Chiunti of San Joaquin County*

We know that the work that you are doing around Thrive is both important and hard work! Many of you have hit challenges along the way as you have been rolling out the Thrive Leadership Project in your counties. Today we want to send a special shout out to Niki Chiunti of San Joaquin County who has consistently shown persistent effort and creative resourcefulness in making Thrive successful in her county. Niki has lead San Joaquin County in developing 12 Thrive Leadership Projects across 15 Clubs and has the highest percentage of youth and adults who have completed their Spark Score Survey's in ORB. She has provided extended training around ORB to help staff, adult volunteers and members better utilize the tool and has utilized the Thrive Virtual Trainings in conjunction with live trainings to better equip Thrive Project Leaders. If your county has had some challenges in implementing Thrive, we encourage you to talk with her.

- The March 4-H History Preservation Newsletter can be found [here](#).

HEALTHY LIVING

- **New Healthy Living Officer Position**

Are you looking for ways to integrate healthy living practices into your 4-H club? Starting in the 2013-2014 program year California 4-H will be adding a Healthy Living officer position to the 4-H Officer Manual. The Healthy Living officer will serve as the club's ambassador for health! By choosing to elect a Healthy Living officer your club is taking an active role in promoting healthy lifestyles. The Healthy Living officer will be the leadership for all health activities including: providing ideas on how to incorporate physical activities and healthy eating into each club meeting, write Healthy Living articles for the club newsletter, and adopting and promoting a club Wellness Plan. Please help ensure that the health "H" of 4-H is at the forefront of all our meetings, consider electing a Healthy Living officer!

The Choose Health Officer Guide developed by Cornell University Extension can be found at: <http://www.ca4h.org/Resources/Publications/>

- **Why Summer Food Is So Important**

The USDA provides free or reduced price lunches to 22 million children during the school year through the National School Lunch Program (NSLP). However, during summer break only 3 million of those students participate in a USDA summer feeding program. You can be a game-changer by feeding more children nutritious meals during the summer and lowering the risk of hunger. The Summer Food Service Program (SFSP) is a federally funded program administered by the States that helps fill the summer meal gap for low-income children by reimbursing organizations that serve children meals at feeding sites during summer months. To learn more about the Summer Food Service Program, please [register here](#) to participate in the next webinar **April 3, 2013**- Addressing the Summer Food Transportation Challenge 11:00am - 12:00pm PST

- **Molina Healthcare-Teens Take On Health Video Competition**

Goal: Promote 4-H and Molina Healthcare's initiative to get teens to take action by creating solutions for healthy living and a healthier America.

Idea: Run a co-branded contest on both the 4-H Facebook page and 4-H.org, open to 4-H youth and youth from the general public.

Concept: Create **an online challenge for teens to propose solutions to health challenges** in their community by uploading a 90-second video. Tied closely with the views of the *Join the Revolution of Responsibility* campaign, individuals or groups will describe the health challenge and present ideas for solutions for their community, school, or family.

Submission ends April 12, 2013. Eligible participants must be between the ages of 13-19. Contact JoAnne Leatherman for more details: jleatherman@fourhcouncil.edu

- **New "Smart Snacks in School" proposal to ensure vending machines and snack bars include healthy choices**

On February 1, USDA announced the opening of the public comment period for proposed new standards to ensure that children have access to healthy food options in school. The Healthy, Hunger-Free Kids Act of 2010 required USDA to establish nutrition standards for all foods sold in schools -- beyond the federally-supported school meals programs. The "Smart Snacks in School" proposed rule is the first step in the process to create national standards. The new proposed standards draw on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

For more information and to comment on the proposed rule:

http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_2010.htm

Source: U.S. Department of Agriculture

- **Bullying: A Big Problem with Big Consequences**— Teen Talk Fact Sheet reviews the research and what can be done about bullying. [English](#) (360 K PDF) | [Spanish](#) (273 K PDF) Go to this link for free downloadable PDF: <http://www.extension.umn.edu/family/families-with-teens/fact-sheets/teen-talk-bullying.pdf>

- **Bullying: A Big Problem with Big Consequences** (Teen Talk Take and Teach CD) — CD of easy-to-use resources for professionals who work with teens and their parents. Go to this link for ordering information; \$15 for the CD, which includes power point presentation, facilitator guide, handouts/activities, evaluation, resources: <https://shop-secure.extension.umn.edu/PublicationDetail.aspx?ID=1779>

- **California Focus (June 14-18)**

California Focus is a unique citizenship educational experience that combines hands-on participation in workshops, debates, and simulations with speakers, tours, fun activities, and new friends from across California.

County Delegations should be working on their *Plans of Action*

For details: <http://www.ca4h.org/Projects/Citizenship/Focus/PlanAction/>

Orientations will be announced soon and will be held in April via Webinars. Check the website for updates on dates for orientations.

- **State Leadership Conference**

July 25-28, 2013

UC Davis

Celebrating 100 years of California 4-H - *"There's no place like 4-H"*

The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking and learning experience.

Video Contest now being held! Winners will receive discounted registration fees to 2013 State Leadership Conference. For details visit <http://www.ca4h.org/Programs/Conferences/SLC/>.

Check our [website](#), [Facebook](#), [Twitter](#) & [Instagram](#) for updates and exciting announcements!

- **California 4-H \$1,000 for 1,000 Service Learning Projects**

<http://www.ca4h.org/Support/RofR/>

2013 Revolution Of Responsibility

Application Deadlines:

May 15, 2013

July 15, 2013

September 15, 2013

November 15, 2013

- **State Ambassador Applications**

State Ambassador Applications are due April 15, 2013.

The application can be found at:

<http://www.ca4h.org/Projects/Leadership/SA/>.

SCIENCE, ENGINEERING, and TECHNOLOGY (SET)

- **Earth Day, April 22**

<http://www.earthday.org/>

Earth Day is an annual day on which events are held worldwide to increase awareness and appreciation of the Earth's natural environment.

- **Have you planted a tree recently?**

<http://www.4hmilliontrees.org/>

To date, over 456,034 trees have been planted as part of the 4-H Million Trees project. The BIGGEST days of the year for 4-Hers to plant trees are coming up this April. All 4-H Clubs and Units are encouraged to organize tree planting events this April to celebrate Earth Day (April 22), Arbor Day (April 26), and Global Youth Service Day (April 26-28).

- **World Science Festival**

May 29 – June 2 in New York

<http://www.worldsciencefestival.com/>

The World Science Festival's mission is to cultivate a general public informed by science, inspired by its wonder, convinced of its value and prepared to engage with its implications for the future.

- **North American Association for Environmental Education**

October 9-12, 2013 in Baltimore, MD

<http://www.naaee.net/conference>

The deadline for submitting proposals for the 42nd Annual NAAEE Conference and 10th Annual Research Symposium is March 31, 2013. Take this opportunity to share your research, your programs, your ideas and your discoveries with the EE professionals from around the world.

- **Next Generation of my4-H**

<https://www.my4-h.org/>

The new site will focus on sharing, discussion and learning among 4-H professionals, volunteers and youth leaders anywhere. It will be accessible on 4-H.org and serve as a one-stop shop for more of the resources you want –including the addition of the National Directory of 4-H Materials to the resource library.

4-H MILITARY PARTNERSHIP

- April marks the nation’s “Month of the Military Child,” a time to honor our community youth impacted by deployment. In celebration, you are invited to join us in showing your support by being part of **Purple Up for Military Kids Day**. You are encouraged to wear something purple on **Friday, April 12, 2013**. This will be a visible way to show support and thank military children for their strength and sacrifices. Purple is the color that symbolizes all branches of the military, as it is the combination of Army green, Coast Guard blue, Air Force blue, Marine red and Navy blue. Be creative! The goal is for the military youth to witness a sea of “purple” on that day in order to visually witness the support of their community. Pictures are greatly accepted!

Please send any pictures you may have to Jeanne Christenson, 4-H Military Program Representative, jpchristenson@ucanr.edu

RESEARCH UPDATES

- **American Educational Research Association Annual Conference**

April 27 – May 1, 2013 in San Francisco, CA

<http://www.aera.net/tabid/10208/Default.aspx>

The American Educational Research Association (AERA), a national research society, strives to advance knowledge about education, to encourage scholarly inquiry related to education, and to promote the use of research to improve education and serve the public good. Registration for the conference is \$400 for non-members / \$195 for members.

- **Report from National 4-H Council**

4-H Science Initiative from Inception to Impact: Methodologies, Lessons Learned, Best Practices and Recommendations

<http://www.4-h.org/Programs/Science/4-H-Science-Comprehensive-Report-February-2013.dwn>

This report highlights the development, expansion and sustainability of the national 4-H Science system. The highlights of the work—intended to show how the 4-H Science Initiative was conceived, designed, implemented and sustained—are included in this report.

- **Longer Meals Linked to Improvement in Health of Kids from Low-Income Families**

A new study looked at the impact of family dinners on elementary-age children, particularly the correlation between the time spent at the dinner table and the weight of children from low-income families. Study results showed that "children whose families engaged with each other over a 20-minute meal four times a week weighed significantly less than kids who left the table after 15 to 17 minutes." Read more at:

<http://news.aces.illinois.edu/news/minutes-day-low-income-families-can-improve-their-kids-health/>

- **Dating Violence Linked to Family Violence, Says Study**

From Michigan State University: Researchers surveyed 180 female high school students in a poor Chicago community. The survey showed that 85% of students saw domestic abuse at home, 72% experienced violence personally and 29% were sexually abused. Researchers found a strong association between dating violence and severe levels of these types of family violence. Researchers believe that experiencing violence in the home can normalize this behavior, making it more likely that students will experience it in other situations. Read more about these findings here: <http://msutoday.msu.edu/news/2013/severe-abuse-at-home-linked-to-dating-violence>

- **Graphic Warning Labels on Cigarette Packages Shown Effective across Demographic Level**
A new study examined the impact of graphic labels and found that pictorial warnings were effective across all demographic groups, regardless of minority status. Text-based warnings on cigarette labels have been shown to be less effective for racial/ethnic minorities than they are for non-minorities. This is believed to be due to the fact that disadvantaged groups have less ability to access, process, and act on health information. Read more at:
<http://www.hsph.harvard.edu/news/press-releases/graphic-warnings-on-cigarettes-effective-across-demographic-groups/>
-

4-H All Stars:

Ru Ekanayake, PVP 4-H Club
Sallie DeYoung, San Fernando Valley 4-H club

Jr. All-Stars:

Daniel Espinosa, Harbor Lights 4-H Club
Lilliana Brown, PVP 4-H Club
Jessica Fint, San Fernando Valley 4-H Club
Candace Choi, PVP 4-H Club
Ivory MacCracken, PVP 4-H Club
Julius Treadwell, Pomona Valley 4-H Club
Katherine Cho, Pomona Valley 4-H Club
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