

4-H

UNIVERSITY OF CALIFORNIA COOPERATIVE

# CLOVER NOTES

LOS ANGELES COUNTY 4-H YOUTH DEVELOPMENT



## April 2009

If you have any questions or suggestions about the Clover Notes, please don't hesitate to call Roy Hillstock at (323) 260-3854 or email at [rhillstock@ucdavis.edu](mailto: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.

We hope you enjoy the new look and format and we look forward to continuing to serve you and your 4-H needs.

Contact the [Los Angeles 4-H Youth Development Office](#) or 323-260-3854. For upcoming dates, please visit the [4-H Calendar](#).

### CLUB

- **County Field Day by Julius Treadwell, Pomona Valley 4-H Club-** County Field Day was Saturday, March 28. I worked as an MC and door monitor in the Senior Prepared Reading room. I introduced the members and watched the door. Members read from a book. I did an Impromptu Speech on What My Family Does To Celebrate Christmas and got a Blue Seal. I had lots to talk about. I also sang a song "One Last Kiss" in the Share the Fun program. I practiced a lot at drama class and at home. I got a Blue Seal and I am First Alternate to the County Winner. Saturday was a fun day.
- **Gardening by Kristy Okamoto, Pomona Valley 4-H Club-** Our club has a gardening project and we used out leader's front yard for it. We marked a little section of the yard with string and then we planted several vegetable seeds such as carrots, brussel sprouts, zucchinis, pumpkins, tomatoes, and herbs. We all joined in to make holes in the dirt and plant the seeds. With help from our project leader we also made a little side fence to protect the garden from getting run over. Then our leader put up a sprinkling system that's on a timer to water the garden.
- **NSG Home Ec and Field Day by Megan Okamoto, Pomona Valley 4-H Club-** March 8th, 2009 we had the NSG Home Ec and Field Day, a thrilling event. There were lots of entries that looked amazing. First, the judges judged the entries. Second, we judged the Judging posters. After that, we had a science experiment. We had to do fun steps. The Food Faire was after that which was easy to do, even a 5-year could do it. Then, the cake walk was my lucky event. Every time my number was chosen. Then, finally the fun part was eating the food which was delicious. We went home nice and plump like a blueberry and you could sleep like a baby.
- **My Volcano Cake by Julius Treadwell, Pomona Valley 4-H Club-** I made a Volcano Cake for NSG Home Ec Day. I took 3 flat chocolate cakes and make a mountain. I put one cake on the bottom. A smaller cake went on top of it. A smaller cake went on top of that. I put chocolate icing on the mountain. I crushed oreo cookies for dirt. I melted red, orange and yellow candies and made lava and flames. People liked my cake. I got a blue ribbon.

- **Harbor Lights 4-H Club**  
**Daniel Espinosa, Harbor Lights Club Member**

I am a member of Harbor Lights 4-H Club. I have been in 4-H for 7 years. This year a new 4-H club was formed in San Pedro California. I am the Vice President of Harbor Lights 4-H Club. We have several projects available to us through our club. Those projects are Sailing, Communications, Leadership, Photography, Foods & Nutrition, Food Preservation, & Service.

Sailing is my favorite sport. Besides the 4-H sailing project I am part of the Cabrillo Beach Yacht Club, CBYC, Optimist Sailing team. Right now, through the 4-H project we are scraping barnacles, scrubbing, sanding and getting ready to paint the bottom of a boat so that the leaders can take the boat out and watch us kids sail. Everyone is learning the basics of sailing right now. We learned buoyancy, wind direction, how to trim a sail, jibing, tacking, points of sail, safety and much more. This weekend most of the members will be taking a training class at CBYC. Once they pass the safety test they will be able to take a JY or Opti out for recreational sailing. Sailing is a lot of fun.

We combine Communications and Cinematography projects. We learn communications, photography and cinematography skills. We then get to practice those skills in activities at the meetings and at home. The activities are a lot of fun because we get to play with the camcorder and camera. We did an exercise where we formed a grid out of thread and taped it on our cameras and camcorders. The grid let us know where our focal point should be. We split into teams and practiced interviewing, being interviewed and filming the interviews. I had a great time video taping. When viewing the video we all had a great laugh. It was interesting to see what ways we need to improve. I am looking forward to our next project meeting. We always have fun.

Last time we had a foods meeting, we had a fondue party. We did math to see the portion size for each individual. We then prepared the vegetables, fruit, bread and potatoes. Everyone was astonished at the portion size of vegetables and how little starch they should eat in their meal. Everyone wanted more starch and fewer vegetables. It is so simple and fun I think I might make it at home for my family. Everyone always looks forward to the foods meetings because they like preparing and eating the tasty meals they have prepared. We get to sit down together, eat, and talk.

Along with the projects I just told you a little about we have leadership, service, and food preservation. We always have fun at our club meetings too. If you are interested you can check out our club. You can contact our club leader Kim Espinosa at (310) 548-5470.

## DISTRICT

- **San Gabriel Valley Fair** - The 77th San Gabriel Valley Fair will be held at the Chino Fairgrounds on April 24-26, 2009. The judging will be on April 25th starting at 8:30 a.m. Judges are needed! If you are interested in judging another area, contact Debbie Treadwell and let her know, as other areas are also looking for judges. If you are interested in judging please contact Debbie at [debcam98@ca.rr.com](mailto:debcam98@ca.rr.com) or (909) 374-8342. The fair flyer, entry form and volunteer application can be downloaded from: <http://www.sgv4hfair.com/>. Hope to see you there!

## COUNTY

- **4-H Annual Leader's Luncheon**  
Each year, Cooperative Extension recognizes the contributions of our extraordinary 4-H Leaders at the 4-H Leader's Luncheon. This year's event will be held on **Saturday, April 4, 2009** at the Odyssey Restaurant, 15600 Odyssey Dr., Granada Hills, CA 91344

- **2009 County Judging Day results** - Los Angeles County 2009 4-H Judging Day was held Saturday, February 28 at Antelope Valley High School in Lancaster. 74 members, representing 14 clubs, participated in the event. We thank the North San Gabriel district for organizing and running the event. We thank the LA County 4-H All-Stars and Junior All-Stars for helping with the Primary Members, the field day event demonstrations and the awards ceremony. We thank all the leaders, youth and staff who also helped make the event a big success.

Participation certificates were given to all 4-H members who attended. Medals were given to the top three judging scores in each category for each age level. Special certificates were given to those who placed in the top 20% below the medalists. Special Achievement Award ribbons were given to all who went back to learn the answers for at least five rooms that they judged. Go to: <http://celosangeles.ucdavis.edu/files/64450.pdf>

- **Los Angeles County 4-H Science Fair** - It's not too early to start thinking about 4-H Science Fair. The Science Fair/Symposium will be on April 18th, 2009 at Aero Sports Skypark Corporation, 4171 Knox, Rosamond California 93560 (Rosamond Airport). Click [here](#) to download the tentative schedule and additional information. Science projects are a wonderful "learn by doing" opportunity. Today, with schools so focused on "teaching to the test", and with mandated language arts and math curriculum dominating the school day, science education is often neglected in school. Help make sure that kids develop their analytical thinking skills by getting them involved in hands-on science through 4-H. Many 4-H'ers are already involved in projects that can be presented as science projects. Now is a great time to plan for a project to present in April! Read up on the scientific method and look for science project ideas on the following web sites. All three of these websites are fantastic resources for finding and developing science project ideas, from the easy to the elaborate.

<http://school.discovery.com/sciencefaircentral/>

<http://www.ipl.org/div/kidspace/projectguide/>

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

- **4-H Million Tree Project** - The 4-H Million Tree Project was conceived after a 4Her decided to do something big to help combat climate change. The goal of this project is to mobilize the approximate 7 million 4-H youth across the US and Canada to participate in the project to plant a million trees across the continent to help reduce atmospheric CO<sub>2</sub>. The 4-H Million Tree Project hopes to empower a generation of leaders by teaching the 4Hers they can make a difference both individually and as a group. For more information go to: <http://celosangeles.ucdavis.edu/files/63104.pdf>.
- **Dear Youth Development Professional and 4-H Volunteer,**

My name is Keith Nathaniel and I am the 4-H Youth Development Advisor for Los Angeles County. I am conducting a needs assessment of adolescent youth in Los Angeles County to better understand how they experience after school and out of school time.

I want to establish a profile of youth programs in the county, what they offer and how youth engage in them. The data will be used to inform our efforts in the field and better position us to continue building on the work thus far.

I am asking each of you, your program staff and volunteers to complete the online survey (it should take about 10 minutes) below the yellow line (and questions 3, 4, 5). In addition, I would like for you to have your youth complete the survey above the yellow line. The results will automatically be sent to me at for analysis. The data collected are confidential and will only be seen by me. This survey was approved by the University of California, Davis Human Subjects Review Board.

At the conclusion of the survey, I will conduct follow up focus groups so if you are interested in being a part of the focus groups please contact me at [kcathaniel@ucdavis.edu](mailto:kcathaniel@ucdavis.edu)

Thank you for considering participating and I look forward to sharing the results with you.

**Keith C. Nathaniel, Ed.D.**

**4-H Youth Development Program**

**UCCE/4-H Youth Development Program**

Please take 5 - 10 minutes to answer the following questions. All answers are confidential and will be used to better understand the youth development landscape in Los Angeles County.

For Youth Development Professionals (i.e., 4-H Volunteers, Program Coordinators, Program Directors), please answer questions **BELOW THE YELLOW BAR** in addition to the other questions.

<http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=2092>

- **Monet Talks Curriculum** - The purpose of the Money Talks curriculum is to create a multi-cultural curriculum that provides teens with accurate, non-biased information and hands on experiences in financial management. The curriculum consists of upbeat and colorful newsletters; a video on savings, "Making Your Dreams Come True"; and a bi-lingual website. The website contains downloadable versions of all the newsletters, interactive games, simple exercises, the savings video and links to other financial sites. Teens can send questions and our in-house financial adviser will post answers to the website.

Try out this website and let us know what you think. There are lots of incentives for participating so have fun!!!

Money Talks: Financial Literacy Program for Teens: [www.moneytalks4teens.org](http://www.moneytalks4teens.org)

- **Teens for Planet Earth Invites Entries for Service Awards Deadline: April 15, 2009**  
The Wildlife Conservation Society ( <http://www.wcs.org/> ) invites Teens for Planet Earth (<http://teens4planetearth.com/teenshome>) teams to submit applications for its 2009 Teens for Planet Earth Service Awards. The awards recognize teenagers around the world for service-learning projects that demonstrate their commitment to the environment.

The awards are open to groups of one or more individuals. All team members must be between the ages of 13 and 19 as of April 15, 2009. Teams whose projects are deemed to be of exceptional quality are given awards at three levels: Bronze Award winners receive a Certificate of Merit from the Wildlife Conservation Society for their achievements; Silver Award winners receive a Certificate of Distinction from the WCS as well as a Web page devoted to showcasing their team's service-learning project and a profile in the Teens for Planet Earth Service Awards Report; and Gold Award winners receive a Certificate of Excellence from the WCS, a Web page devoted to showcasing their team's service-learning project, a profile in the Teens for Planet Earth Service Awards Report, and \$1,000 to further enhance their project or education.

Visit the Teens for Planet Earth Web site for complete program information.

RFP Link: <http://fconline.foundationcenter.org/pnd/15017251/planetearth>

- **Emerald Star Project** - The Emerald Star program is an expanded Leadership opportunity. If a member has earned a Gold Star Rank or will be 16 by January 1, 2009, they can consider doing an advanced leadership project and earn an Emerald Star for their hat. What activity could they plan and run to benefit the county 4-H program or their community? **An Emerald Star Project can be started at any time during the year.** Call the 4-H office for a packet of information on the Emerald Star Program. Each 4-H district has an Emerald Star Advisor. You can work with the Advisor from any of the districts.

This is a great opportunity to do some service for the 4-H program or your community. Examples of successful Emerald Star projects include 4-H being in an entry for the Rose Parade, organizing a community effort to “fix up” a women’s shelter, setting up the Entry by Video option for county field day. Can you think of something that you would like added to the LA County 4-H program? Consider working on setting up these types of activities as an Emerald Star Project.

- **Summer Camp 2009 Leadership Team**

**Head Hi-4-H Director** Jason Franco, Foothill 4-H, NSG

**Head Adult Director** Peter Michel, PVP 4-H, SSG

Summer Camp, as always, promises to be lots of fun. The Hi 4-H and adult staff have planned an eventful week from June 21 – June 27, 2009, including handicrafts, swimming, nature hikes, skits and much more.

### **Summer Camp Location**

Camp Seeley is the site of the 2009 4-H Summer Camp. Camp Seeley is located near Crestline, in the San Bernardino Mountains. Camp Seeley is owned and operated by the City of Los Angeles Recreation and Parks Department. The Los Angeles County 4-H Youth Development Program leases the facility for the week. Our 4-H Camp Program is accredited by the American Camping Association (ACA).

### **Who Will Be There?**

4-H Members ages 8 to 19 (as of January 1 of 2009) are eligible to attend Summer Camp.

For more 4-H Summer Camp information go to: <http://www.4hsummercamp.com/>

- **A Picture is Worth a Thousand Words...**

Dawn Fuller, 4-H Program Coordinator

We would love to see all the fun activities your club has been involved in throughout the year. Please send in any photos of your club activities/events that you would like to be included in the slideshow for the Leaders’ Luncheon and special newsletter features. You can email them to: [dafuller@ucdavis.edu](mailto:dafuller@ucdavis.edu). Here’s looking at you!

- **Share your 4-H experiences** - 4-H’ers, share your 4-H experiences by submitting articles to be published in Clover Notes. Articles may include club news, photos, community service projects, and/or anything you or your club would like to share. Submit your articles by the 15<sup>th</sup> of the month to be published in the following month’s edition of Clover Notes to Roy Hillstock, [rlhillstock@ucdavis.edu](mailto:rlhillstock@ucdavis.edu).
- **Online Enrollment** – Los Angeles County 4-H is transitioning to the Online Enrollment System starting July 1, 2009. Each family will need to create a family profile and enroll each 4-H member separately under that profile. We have a cheat sheet that will provide you step by step instructions to enroll and add projects. You can access this sheet by clicking the link below. The 4-H Online Enrollment website is: <https://california.4honline.com/>. Create your profile and re-enroll now for the next program year. You can do this anytime from now until December 31st (to compete at fair). Remember, you must be currently enrolled to participate in 4-H and 4-H activities. If you have any questions please call Roy Hillstock at (323) 260-3854.
- **Dates To Remember:**
  - **4/4 Leaders Luncheon**
  - 4/9 I&R mtg.
  - 4/11 AV 4-H Gymkhana / Sectional Council & Teen Council mtg.
  - **4/12 Easter**
  - 4/16 SSG Leaders Council & Hi 4-H mtg. / SGV 4-H Fair mtg.
  - 4/18 LA County 4-H Science Fair/Symposium
  - 4/24-26 San Gabriel Valley Fair

- 4/25 State Leaders Council mtg.
- 4/27 AV Council & Hi 4-H mtg.
- 5/2 Camp Committee mtg. / AV Trail Trial
- 5/2-3 Summer Camp Staff Training
- 5/6 NSG Council & Hi 4-H mtg.
- **5/9 County Council mtg.**
- 5/14 I&R mtg.
- 5/16 Sectional Field Day
- 5/18 AV Council mtg. / Hi 4-H mtg. / Horse mtg.
- 5/21 SSG Leaders Council & Hi 4-H mtg. / SGV 4-H Fair mtg.
- **5/25 Memorial Day - Office Closed**
- 5/30 AV Trail Trial / State Field Day

## SECTIONAL

- **Sectional Field Day and Fashion Revue will be held at Mt. San Antonio College**, 1100 N. Grand Avenue, Walnut, CA 91789 on May 16, 2009. Breakfast and lunch will be available onsite from the South Section Teen Council, so please support their efforts! Proceeds benefit the Teen Council and TIC (Teen Involvement Conference). Entry forms for South Section Field Day are due by Saturday, April 11, 2009. All forms must be submitted by each County Representative, with one county check for the entry fees. Go to: <http://clubs.ca4h.org/southcouncil/index.htm>.

## STATE

- **4-H You See Davis Days** - The Collegiate 4-H Club at UC Davis is pleased to present the 58th annual "4-H You See Davis Days" for high school students, April 16-18, 2009. This three day, activity-filled event is an opportunity for participants to experience safe college life at UC Davis. Registrations are due postmarked by March 16. More information is available at <http://www.ca4h.org/collegiate4h/#ysdd>
- **4-H State Ambassador** - The 2009-2010 4-H State Ambassador applications are now available! Candidates need to be at least 16 years old by July 1, 2009, have leadership and event planning experience, and ability to represent the 4-H YDP. 4-H State Ambassadors plan the 4-H State Leadership Conference, represent the California 4-H YDP, and conduct team projects. Applications are due March 31, 2009 and available at <http://www.ca4h.org/leadership/ambassador/>.
- High school seniors & college students who were in 4-H during high school are eligible to apply for a **2009 California Statewide 4-H Scholarship for Higher Education**. Scholarships are available in many categories and may help fund educational expenses. Applications are **due postmarked by April 30, 2009**. Information and applications are available at <http://www.ca4h.org/4hresource/ir/scholarship/>
- Mark your calendars now to attend the **2009 State 4-H Field Day on May 30, 2009** at UC Davis! The 8th annual State 4-H Field Day will be an event for the entire family, with both competitive and fun activities! Present a demonstration, participate in the fashion revue, take the plant science test or draw a logo for 2010! Bring a new or used stuffed animal to help us reach our goal of 250 teddy bears to donate to local children's hospitals! Learn more about the State 4-H Field Day at <http://www.ca4h.org/projresource/fieldday/>.
- **4-H Members: Are you ready to conduct a 4-H Presentation?** Many types of presentations await you: demonstrations, science demonstrations, displays, speeches, readings, and more! The 4-H Presentation Manual, 2009 Impromptu categories and list of 2009 Sectional 4-H Presentation Days is now available online at <http://www.ca4h.org/leadership/spd/>. If you receive a gold at your county and sectional 4-H presentation days, plan to present at the **2009 State 4-H Presentation Day on May 30, 2009** at UC Davis!

- The **2009 State 4-H Fashion Revue** committee needs your input and help! There are many opportunities for committee positions for both teens and adults. You don't even need to know how to sew! 2009 State 4-H Fashion Revue is returning **Saturday, May 30** as part of State Field Day at UC Davis. Divisions and classes will remain the same as previous years except the Challenge class which is an apron made from Simplicity pattern #9565. All counties are encouraged to hold qualifying events or publicize alternate methods for delegate selection. Complete details will be posted in December to the state 4-H website at <http://www.ca4h.org/projresource/fashion>. Please contact Sue Moore, 4-H staff liaison, at [samoore@ucdavis.edu](mailto:samoore@ucdavis.edu) to be part of the state committee.
- **Teddy Bear Challenge-** Donate a teddy bear at the **State 4-H Field Day on May 30, 2009!** Help us reach our goal of 250 bears! The 2008-2009 4-H State Ambassador Team asks everyone to bring your new, handcrafted or gently used teddy bears and stuffed animals which will be donated after the event to either the Sacramento Mercy Hospital, UC Davis Children's Hospital or Sacramento Children's Home. This will count in your 4-H Record Book as a Citizenship/Community Service credit! For more information, <http://www.ca4h.org/projresource/fieldday/>.
- Bring your **County Banner** to the **State 4-H Field Day on May 30, 2009!** Each county is being asked to create a banner to be presented at the 2009 State 4-H Field Day! The banner will be presented by two members from your county during the opening assembly at the 2009 State 4-H Field Day. For banner specifications and guidelines, visit <http://www.ca4h.org/projresource/fieldday/> For more information, contact: Austyn Smith, Merced Co., [avsmith09@yahoo.com](mailto:avsmith09@yahoo.com).
- Nominate a 4-H member, volunteer, group or staff for a **2009 4-H Golden Clover Award!** Awards recognize outstanding 4-H achievement! Recipients receive \$500, a medallion, pin, and statewide recognition. Applications are due by **May 31, 2009**. Information is available at <http://www.ca4h.org/4hresource/ir/goldenclover/>
- **Domestic exchange with a 4-H Club** - Is your club looking for an opportunity to participate in a domestic exchange with a 4-H club in another part of the U.S? Lancaster County, PA 4-H is hoping to establish a domestic exchange for 2009-10 or 2010-11 with an interested California 4-H group. Scenic Lancaster County includes Amish country and is centrally located close to Gettysburg, Philadelphia, Harrisburg, Washington DC and Hershey. For those interested, please contact Sharon Sherick at [ssherick@dejazzd.com](mailto:ssherick@dejazzd.com).
- **California 4-H International Exchange** - Looking for an amazing 4-H opportunity? Then consider the California 4-H International Exchange. Curious about other cultures but can't find the time or money to travel? Interested in anime or manga? Want to improve your language and communication skills? Bring the world home by hosting a summer month-long international exchange student from Costa Rica, Finland, or Japan this coming summer. Welcome a student from another country and share an incredible experience with your whole family. Information is available at: <http://www.ca4h.org/exchange/> or by contacting Pat English at 530-754-8520 or [pnenglish@ucdavis.edu](mailto:pnenglish@ucdavis.edu).

**2008 4-H All Stars:**

Felicia Byrne  
 Heather Ealy  
 Terra Chapman  
 Christopher Choi  
 Amanda Ho  
 Jessica Kwan  
 Stephanie Kwan  
 Kirsten Landsgaard  
 Brian Otto  
 Erin Power-Fardy  
 Kelsey Schott  
 Camille Sheardown

**2008 Jr. All-Stars:**

Wesley Ho  
 Kristy Okamoto  
 Aleandra Ryan-Plasil  
 Caroline Seymour  
 Alexandra Von Bergman

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**Los Angeles County, 4-H Youth Development Staff:**

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Antonette Pavia, 4-H Administrative Assistant, (323) 260-3850, [ampavia@ucdavis.edu](mailto:ampavia@ucdavis.edu)

Charlene Moore, Antelope Valley 4-H Coordinator, (661) 723-4477, [moore@ucdavis.edu](mailto:moore@ucdavis.edu)

Jennifer Dana, Antelope Valley Administrative Assistant, (661) 723-4477, [jrdana@ucdavis.edu](mailto:jrdana@ucdavis.edu)

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