

4-H

UNIVERSITY OF CALIFORNIA COOPERATIVE

CLOVER NOTES

LOS ANGELES COUNTY 4-H YOUTH DEVELOPMENT



July 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. 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](#).

COUNTY

- **2009-2010 State 4-H Ambassadors Announced**

We are pleased to announce that **Jessica Ya-Yun Kwan** and **Stephanie Ya-Wen Kwan of Palos Verdes Peninsula 4-H Club** were two of twenty outstanding 4-H youth in California that have been selected to serve as 2009-2010 State 4-H Ambassadors. The 4-H State Ambassador is one of the highest service opportunities and recognition attainable in the 4-H YDP. Over the next 14 months, they will serve the 4-H YDP through both education and service and act as state 4-H representatives to various local, sectional and statewide programs and activities; including providing public presentations, workshops and leadership development opportunities. A major responsibility for the group will be the planning and implementation of the 4-H State Leadership Conference.

- **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 [here](#). 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.

- **Be a 4-H All-Star (due July 30, 2009)**- All-Star is the highest rank that a 4-H member can achieve at the County level. The All-Star award affords 4-H members the opportunity to further develop their leadership skills on a countywide basis. Each year Los Angeles County selects several 4-H members who have applied and are deserving of this rank to become All-Stars. The Los Angeles County 4-H All-Star application is available at: <http://celosangeles.ucdavis.edu/files/67930.pdf>. Take advantage of this great leadership opportunity!

- **Volunteer Opportunities:**

Army Reserves need 4-H's help with some upcoming Yellow Ribbon Reintegration Program (YRRP) Events. The 63rd RSC/RRC is preparing for the upcoming YRRP events that focus on preparing, sustaining, and reintegrating our Soldiers and Families throughout their deployment cycles. If you would like to showcase your 4-H club or volunteer your time by providing fun youth activities for military kids during the event please contact Sylena Wise at 530-752-8585 or smwise@ucdavis.edu. Funding is available to purchase supplies for these events.

- **Los Angeles, CA-- August 8, 2009** from 9:30 am to 4 pm

- **County Record Book Judging** - All LA County 4-H Junior, Intermediate and Senior members are invited to enter their 4-H records (on the state forms) in the county competition. **Record Books due to LA and AV offices by 4pm September 15, 2009. Record Books due to I&R committee members by 10pm on September 16, 2009. Record Book judging will be September 19 & 26, 2009** with winners announced at County Awards Day, October 10, 2009 after the 4-H Pet Symposium. Remember to enter your 4-H activity information on the "new" state record book forms.
- **2008-2009 Officer Book competition** - Officer books for the 2008-2009 competition will be due to the 4-H Office (LA or AV) by 4pm on September 15, 2009. The book must be submitted with a completed ID form. The 2009 ID form and guidelines are available online at: http://celosangeles.ucdavis.edu/4H_Youth_Development_Programs/Applications.htm. Start planning to enter an officer book now. Earn a medal for your officer book. Medals are given for Best in District and Best in County in each of the seven categories of the competition: President, Vice-President, Treasurer, Secretary, Reporter, Historian, and Other Officers.

The books will be judged after the LA County 4-H Leaders' Council meeting on September 19, 2009. Experienced leaders are requested to volunteer as judges. Contact Noel Keller (909-621-2373) to volunteer to judge. The results will be announced in the district Achievement programs, usually in October.

- **2009 4-H Pet Symposium - Save the Date!**
Dawn Fuller, 4-H Program Coordinator

This year, our *4-H Pet Symposium* will be held the same day as our *County Awards Day*, on **Saturday, October 10, 2009** from **10 a.m. to 4 p.m.** I know all of you are very busy, but we really hope that you will be able join us for this informative, fun-filled day. What a wonderful way for the community to see all the great things 4-H youth can learn and do!

- **Forms for Recordkeeping - Making the Best Better** - The State 4-H asked members to make suggestions for improvements to the new recordkeeping forms that were used last year. A few modifications have been made to the forms so be sure to use the newest version when you do your records. The 4-H Record Book Manual, dated February 2008, is the most current. Look for the phrase "California 4-H Record Book Manual 2008" on the most current forms. A summary of the modifications to the forms can be found at: <http://celosangeles.ucdavis.edu/files/65994.pdf>
- **Check that all 4-H forms are completed correctly** - As we start a new 4-H year, we again want to remind leaders and members that it is important that 4-H forms are completed correctly. Remember to have the records reviewed and signed by the appropriate leaders on time. Observe the deadlines when records must be turned in for evaluation and competition. It is not the responsibility of leaders to turn in member records, but as a courtesy to their members, some leaders do turn their members' records in for the competition.
- **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 CO2. 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>.

- **4-H Summer Display**

Dawn Fuller, 4-H Program Coordinator

During the month of July, 4-H will be featured in the **Sierra Madre Public Library Display Case**. Club, volunteer and youth information will be prominently featured. We hope to get some interested youth and volunteers involved over the summer, and this is a great start! If you are in the area, please stop by and visit:

Sierra Madre Public Library

440 West Sierra Madre Blvd.
Sierra Madre, CA
91024

Mon-Fri from 12 p.m.- 9 p.m.

Sat from 10 a.m.-6 p.m.

Sun Closed

- **Melted-Crayon Flowers**

Dawn Fuller, 4-H Program Coordinator



Summer is a fun time of year to spend at the beach, swimming, playing with friends, keeping cool and making your very own summer flowers!

To make *Melted Crayon Flowers*, you will need:

- White construction paper
- Black crayon, marker or chalk
- Crayon shavings in various bright colors (use your old crayons)
- Heat from the sun

Instructions:

- Draw an outline of a flower shape with the black crayon on a piece of construction paper.
- Place the crayon shavings within the lines of the flower shape to make a colorful design.
- Carefully place the picture outside in the sun. Place a rock, or some other heavy object, on the corner of the paper to keep it on the ground. Allow the crayon shavings to melt.
- If possible, leave the picture outside overnight to allow melted crayon to harden.
- Give as a present to someone special in your community. Think about friends who may not be feeling well, or adults who may be in a senior center or convalescent home, that you think would be happy to have your Melted Crayon Flower!

More Ideas:

- Summertime flowers are bright and beautiful, but you may wish to experiment to see what other types of designs you can create with melted crayon shavings.
- Shave your crayons with a vegetable peeler or cheese grater (with your Mom or Dad's permission).
- Make melted-crayon designs on poster board frames for your creations, as well as any other artwork. Ask your friends to guess how you created this masterpiece!

This activity is from one of the many creative and fun books housed in **the UC Cooperative Extension Volunteer Resource Library**. Please feel free to come down and view this book, and many other fantastic resources available to 4-H Leaders! For more information, **call Dawn at (323) 260-3859**.

- **It's Fair Time – A Rich American Tradition**

Dawn Fuller, 4-H Program Coordinator



Starched 4-H whites, showmanship practice, stall duty, Ferris wheels, cotton candy, funnel cakes, Ladies Lead, Pen-of-Five, judges, auctioneer calling, and concerts under the setting sun, always bring to mind fairs of my youth. The anticipation of parading my lamb in a ring before a judge taking notes, the smell of freshly poured sawdust, the feel of a silky rosette in my hand, and quietly sitting next to my lamb in his pen the night before an auction, are fresh in my memories of fair time. Having been raised in both El Centro (Imperial Valley) and San Luis Obispo (Central Coast), California, and having a father who raised steers and was an Ag Appraiser, I spent most summers participating, or just attending, local County Fairs.

On the heels of the *Monte Farmers Fair* (January 24, 2009), the *Schools' Agriculture & Nutrition Fair/Ag Day LA* (April 22, 2009 - April 26, 2009), the upcoming *Antelope Valley Fair* (August 20, 2009 – August 30, 2009), and the *Los Angeles County Fair* (September 5, 2009 - October 4, 2009), I started thinking about what wonderful opportunities fairs are for youth to show off their workmanship, learn about agriculture and livestock, and just have an all-around fun time throughout the year.

The history of “fairs” dates back to as early as 588 B.C. throughout Europe, the Mediterranean, and closer to home in Boston and Halifax. Fairs are referred to in historical text, dating back to the time of Christ, commonly associated with religious festivals, trading and sales. The word “fair” derives from the Latin word “feira,” and in 1765, the first North American Fair was conducted in Windsor, Nova Scotia, hosted by the Niagra Agricultural Society.

In 1807, “The Father of U.S. Agricultural Fairs,” Elkanah Watson, a resident of New England, proudly exhibited several of his sheep under a Massachusetts elm tree. With a strong desire to show off the fleece of his sheep for fine wool-making, Watson was quoted as saying, “Many farmers, and even women, were excited by curiosity to attend this first novel, and humble exhibition.” In the years to follow, Watson increased the size of his fair to include 386 sheep, 109 oxen, 9 cows, 3 heifers, 2 calves and a boar.

It's hard to imagine the event we now know as the *L.A. County Fair* had its roots in a 1922 Pomona beet field. Some of the main events of the fledgling fair were airplane wing walking, chariot and harness races. Early paperwork states that the purpose of the event was “primarily for the promotion of the agricultural, horticultural and animal husbandry interests of the great Southwest.” In 1925, the Los Angeles County Fair already had 100,00 attendees, and in 1928, was touted as one of the best fairs in the world, according to

newspapers in Sweden, France, England, Mexico, and South America. For a six year period during World War II, the fairgrounds were used as a military operating base, and as a Japanese internment camp. In 1948, the fairgrounds returned to their original purpose, and attendance reached a new high of over one million! Although the L.A. County Fair is most noticed during traditional fair time, it is now used year-round as an educational training center.

The *Antelope Valley Fair* had its early beginnings in 1895, and moved on to harvest festivals and celebrations for ranchers and farmers on the Lancaster High School Football Field. Some of these early fairs included cow-milking competitions, hay-loading, and various “Field Day” competitions for ranchers, cowboys and cowgirls alike. An early Fair Board was formed, and 80 acres of land was chosen for the Antelope Valley Fair. A lack of funds only strengthened the resolve of hard-working ranchers, truckers and other local merchants to chip in all they had for the purchase (many ranchers donated bales of hay for auction to the highest bidders, and local truckers hauling the hay for auction as far as need-be). Although the fair grounds are now located on Avenue H, the fair retains a rich history of dedication to an exemplary fair for all, and a common goal of “getting the job done” as a united community. Some of the best livestock in Southern California can be viewed, or even purchased at the Antelope Valley Fair.

The Antelope Valley Fair is a unique and “home-town” experience (even if this isn’t your home-town, you are made to feel like it is!). This fair is also the only fair to host a special day for the “Rural Olympics” each year. Some of the original Rural Olympics events include: Hay Baling, Potato Race, Youth Tug-of-War, Hay Loading, Farmer’s Handicap, Antique Tractor Race, Tractor and a Gravel Truck Transfer.

To date, over 3,200 fairs are conducted all over North America every year. Fairs have become a fantastic opportunity for youth development, with a real focus on horticulture, agriculture, livestock, and showmanship competitions in many areas. 4-H and the Farm Bureau have been an integral part of the “fair experience,” and the rich tradition of engaging youth to their fullest potential through showmanship in all its important aspects. I hope that you plan to join 4-H and the Farm Bureau in celebrating this rich tradition in your community. I know I will be there dreaming of fairs of my youth, and I can almost smell the corn dogs now!

For more information on these fairs, Los Angeles County 4-H and the Los Angeles County Farm Bureau, please check out the following links:

<http://www.lacountyfair.com/2009/>

<http://www.avfair.com/index.asp>

<http://www.lacfb.org/index.html>

http://celosangeles.ucdavis.edu/4H_Youth_Development_Programs/

- **Who is Uncle Sam?**

Dawn Fuller, 4-H Program Coordinator

Each 4th of July, and many times throughout the year, we may hear people talking about our country, and mentioning someone named “Uncle Sam.” Who is Uncle Sam? Uncle Sam was actually a cartoon character featured in the newspaper from the early 19th century, who represents the United States government. Uncle Sam was patterned after Samuel Wilson, an army meat supplier during the War of 1812. Wilson would mark his meat products with “U.S.,” which stood for Uncle Sam, but has since come to stand for United States. Uncle Sam’s image has been transformed over the years into a tall, thin bearded man with a hat, blue tailcoat and red and white striped pants.



Why not try making *Uncle Sam’s Fruitful Sundae* for your family and friends, or even show your fellow club members how to make this tasty 4th of July treat?

Uncle Sam's Fruitful Sundae

(4-6 Servings)

Three cheers for the red, white and blue! This bright berry sauce is quite a sight when drizzled over a bowl of wonderful honey or maple-sweetened vanilla ice cream. It will create many smiles on a summer night.

Ingredients:

½ cup natural strawberry preserves
½ cup natural berry juice (choose the brightest red bottle on the shelf)
1 pint natural vanilla ice cream
½ cup fresh blueberries (washed)
½ cup sliced strawberries (washed and sliced)

0. In a small bowl, mix preserves and juice until well combined.
1. Divide ice cream among serving bowls.
2. Pour on berry sauce.
3. Add blueberries and strawberries.
4. Salute your sundae before it disappears!

This recipe was excerpted from *Once Upon a Recipe*, which can be found in **the UC Cooperative Extension Volunteer Resource Library**. We have many exciting books at your disposal in our Library! For more information, **call Dawn at (323) 260-3859**.

- **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. 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 15th of the month to be published in the following month's edition of Clover Notes to Roy Hillstock, rlhillstock@ucdavis.edu.

- **Dates To Remember:**

- 7/4 Independence Day
- **7/11 County Council mtg. (LA Office)**
- 7/14 AV Horse Committee mtg.
- 7/19 Camp Committee mtg.
- 7/25 Summer Camp Staff Beach Party
- 7/26 AV District Awards Banquet
- 7/27 AV Council mtg. / Hi 4-H mtg. / Horse mtg.
- 8/9 Horse Awards Banquet
- 8/17 AV Leaders' Council mtg.
- 8/20-30 Antelope Valley Fair
- 8/24 AV Council mtg. / Hi 4-H mtg. / Horse mtg.

SECTIONAL

- The **South Section Teen Council** has released the 2010 Teen Involvement Conference Workshop Proposal Forms, due **July 13, 2009** in preparation for participation in the 2010 Conference, scheduled for January 13-17, 2010 at Pathfinder Ranch in Mountain Center, CA. 4-H members from across California are encouraged to attend! Proposal forms and more information can be found at: <http://ss4h.org/teen>.

STATE

- **4-H Stories from 4-H Record Books** submitted to the State Office on or before **July 31, 2009** will be entered for a chance to win a \$25 certificate. Click [here](#) for more information on submission guidelines and to upload and submit your story on-line. Please contact the State 4-H Office, 530-754-8518 for questions.
- **Volunteer Opportunities:**
The Army Reserve is requesting 4-H's help with some upcoming Yellow Ribbon Reintegration Program (YRRP) Events. Several units in California are preparing for the upcoming YRRP events that focus on preparing, sustaining, and reintegrating our Soldiers and Families throughout their deployment cycles. If you would like to showcase your 4-H club or volunteer your time by providing fun youth activities for military kids during the event please contact Sylena Wise at 530-752-8585 or smwise@ucdavis.edu. Funding is available to purchase supplies for these events.
Los Angeles, CA-- August 8, 2009 from 9:30 am to 4 pm.
- 4-H members, volunteers and staff are invited to volunteer and lead hands-on **Science, Engineering, and Technology (SET)** activities at the California State Fair. The dates will be August 21-23, 2009. The deadline to sign-up is June 15. Please contact Michelle Johnson at 916-263-7914 for more information.
- **Help Staff 4-H Booth at California State Fair**
Once again The California 4-H Foundation is recruiting 4-H members and leaders to help staff the 4-H booth at the California State Fair (**August 21 - September 7**). This is a great opportunity for 4-H members and volunteers to share with the public their 4-H experiences, as well as, the wide range of projects and leadership opportunities that are available to youth through participation in the California 4-H Youth Development Program. Small 4-H projects are welcome to accompany you (robots, rabbits, arts/crafts, service dogs, etc.) to give the public a "feel" for what types of projects are available. Examples of service projects also make for good stories to share with the public. Please feel free to bring photo albums or record books with you to show anyone who may be interested in learning even more about your 4-H project.
Parking passes and fair admission tickets will be provided to 4-H members and adults who sign up for a 2-hour shift. A maximum of 4 youth and 2 adults per shift will be allowed. Further, each shift must have an adult or older teen in the booth at all times. To sign-up, please visit <http://www.ca4h.org/wrp/statefair/>.
- Are you planning a service-learning project for next year? Each year the California State 4-H Office provides funds to members and volunteer leaders for service-learning projects through the **California 4-H Service Learning RFP**. Groups can request up to \$5,000 to fund activities that address significant environmental, economic and/or social issues affecting California's youth, families, and communities. The Service Learning RFP application and information is available on the web at: <http://www.ca4h.org/citizenship/funding/index.asp>. Examples of past projects are also listed. The application is due **September 15, 2009**.
- 4-H club support funding is available through the **Bob and Pat Dean Memorial Legacy Fund** for California 4-H members or volunteers. Funding is intended for activities that meet the following criteria: 1) enable youth to develop citizenship, leadership, or life skills; 2) support the development of new and innovative 4-H projects benefiting 4-H members; 3) increase public awareness of the 4-H Youth Development Program; 4) expand the reach of the 4-H Youth Development Program (new youth, new audiences); 5) provide continuing benefit to the applicant's local 4-H Club or project. Application information is available at: <http://www.ca4h.org/citizenship/funding/>. Applications are due **September 15, 2009**.

- Youth ages 10-15 are invited to attend the **3rd Annual Kids Culinary Convention and Conference, September 19, 2009** in Sacramento, CA. Youth and parents may register starting Aug. 15. The conference is an opportunity for youth to experience and learn about food, from preparation, hands-on cooking to the benefits of healthy eating habits. Visit: <http://www.jrchefcentral.com> for more information.
- **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.
- **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 penglish@ucdavis.edu.
- The **2009 California State 4-H Leader's Forum** will be held November 6-8, 2009. This year's theme is "4-H Past, Present, and Future". If you are interested in hosting a workshop, proposals are due by June 25, 2009. The registration packet is now available at <http://clubs.ca4h.org/nsection/SLF09/index.htm>. For any questions, you may contact Richard Meade at rmeade@csuchico.edu or Tammy McFarland at 530-268-4665.

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
 Taylor Presley
 Aleandra Ryan-Plasil
 Caroline Seymour
 Alexandra Von Bergman

Los Angeles County, 4-H Youth Development Staff:

Dr. Keith C. Nathaniel, 4-H Youth Development Advisor, (323) 260-3845, kcnathaniel@ucdavis.edu

Dawn Fuller, Los Angeles 4-H Coordinator, (323) 260-3859, dafuller@ucdavis.edu

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

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

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

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