

## March 2010

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.

Contact the [Los Angeles 4-H Youth Development Office](#) or 323-260-3854. For upcoming dates, please visit the [4-H Calendar](#). We look forward to continuing to serve you and your 4-H needs.

### POLICY

#### Policy Highlight of the Month

The 4-H Youth Development Program has a responsibility to provide quality out-of-school experiences for youth who participate in activities. Staff, volunteers, youth and partners all have a role in ensuring that the 4-H environment is safe for all, but especially for youth members. All levels of programming regardless of venue should reflect a thorough review of safety procedures and plans for responding in case of an emergency.

In addition to physical safety, staff, members, volunteers and parents should feel emotionally safe during 4-H activities or at events that are 4-H sponsored. This includes camp, Field Day, Judging Day, and others. Moreover, with the exploding access and use of social media (i.e., text messaging, Facebook, Twitter), it is more imperative that we honor our program code of conduct and keep the safety and well-being of our members in mind. For example, when communicating with youth and their families in the name of 4-H, please be sure that the content is directly related to 4-H and is free of political, religious or other propaganda. If you feel that a staff, an adult volunteer or youth member has violated the 4-H Code of Conduct or has made you feel uncomfortable in person or via text, Facebook or other platform, please call the 4-H County Office immediately @ (323) 260-3845 or send an email to [kcathaniel@ucdavis.edu](mailto:kcathaniel@ucdavis.edu). We take all concerns very seriously.

For more information on the 4-H Safe Spaces Policy please visit: [http://groups.ucanr.org/Safe\\_Spaces/index.cfm](http://groups.ucanr.org/Safe_Spaces/index.cfm).

## CLUB

- Megan & Kristy Okamoto, Julius & Conner Treadwell and Charmain McClain from the Pomona Valley 4-H Club helped the people in need at the First Baptist Church in Pomona on 12/19/09. We helped hand out clothes and served food. The people didn't have much and were in need. We smiled as we gave clothes and helped to spread holiday joy. We helped out the community by doing community service and had a fun day.

Written by Megan & Kristy Okamoto, Julius & Conner Treadwell and Charmain McClain



## COUNTY

- **Field Day/ Fashion Revue**  
Dawn Fuller, 4-H Program Coordinator

County Field Day and Fashion Revue will be held in conjunction on **Saturday, March 27, 2010**, at Mt. San Antonio College (MT SAC). Completed forms and additional pages must be **received by March 20, 2010**. Please remit all of your forms to Dawn Fuller, LA County Fashion Revue, 4800 E. Cesar E. Chavez Ave., Los Angeles, CA, 90022, ph: (323) 260-3859.

The District Fashion Revues are as follows:

### **Antelope Valley District Fashion Revue**

Saturday, March 6, 2010  
Registration begins at 8:30 a.m.  
Be ready to see the judge at 9:00 a.m.  
Old Antelope Valley Inn  
44055 Sierra Hwy  
Lancaster

### **“4-H Rocks” North San Gabriel District Fashion Revue**

Sunday March 7, 2010  
1 p.m.  
Treadwell Home  
624 East Grand Avenue  
Pomona

### **South San Gabriel District Fashion Revue**

Saturday, March 13  
11 a.m.  
Home of Mary Lash  
9497 East Foster Rd.  
Downey

\*As always, anyone who would like to compete in this event can attend another Districts' Fashion Revue. Please contact Dawn Fuller at (323) 260-3859 for more information.

- **52<sup>nd</sup> Annual Monte Farmers' Fair**  
Dawn Fuller, 4-H Program Coordinator

The **52<sup>nd</sup> Annual Monte Farmers' Fair** was held this year on **Saturday, January 23, 2010**, at Good Shepherd Lutheran Church in Eagle Rock. **Johanna Pearson** of Eagle Rock/Highland Park 4-H Club won the Monte Farmer's Fair Cover Contest and twenty-six youth were in attendance at this much-beloved fair. **Julius Treadwell** of Pomona Valley 4-H Club led youth in a "Share the Skills" activity by making Owl Cupcakes and everyone had a ball! Other fun for the day included a Solar Car Race, games, gardening and crafts. Project Leaders **Eric** and **Diana Kaljumagi** of Pomona Valley 4-H Club provided entertaining and fun games for everyone: Counting Steps, Skit Games, Treasure Hunt, Seed Planting a Lima Bean Activity and free playtime. **Misty Iwatsu**, Eagle Rock/Highland Park 4-H Club Project Leader, and **Debbie Treadwell**, Pomona Valley 4-H Community Club Leader, donated all the food for the day, and all attendees were very grateful.

To read the history of the Monte Farmers' Fair click here and read "A Fair to Remember:"  
[http://celosangeles.ucdavis.edu/newsletterfiles/Clover\\_Notes15908.pdf](http://celosangeles.ucdavis.edu/newsletterfiles/Clover_Notes15908.pdf)

- **Make it Safe Leaders' Training Event**  
Dawn Fuller, 4-H Program Coordinator

Following the County Council Meeting on **Saturday, January 30, 2010**, **Brenda Roche**, the Nutrition, Family & Consumer Sciences Advisor for LA County Cooperative Extension, provided a "Make it Safe, Keep it Safe" training for 4-H club volunteers from **12:30 to 2:30 p.m.** Leaders were able to learn some new things, and for some, brush up on what they already knew (Mary Lash!).



Attendees learned more about safe food preparation, serving and storage for 4-H sponsored events and at home. Brenda's presentation also covered foodborne illness, food storage, handling, serving and even proper cleaning and sanitizing techniques. It was shocking for participants to see what their hands looked like under a black light after not washing, washing with only water, washing with soap and just using hand sanitizer.

Wow! It seems many of us are lucky to be alive for as long as we have! Brenda's useful tips will surely help keep both 4-H'ers and the public healthy and safe. This training is one of many for leaders in the future, and we hope to see all of you there!

- **4-H Night with the Clippers**  
Dawn Fuller, 4-H Program Coordinator

On **Saturday, February 6, 2010**, Los Angeles County 4-H Clubs were on display at the Staples Center during a basketball match between the *Los Angeles Clippers* and the *San Antonio Spurs*. We were invited by the Clippers to host informational tables with examples of projects available in various clubs and promote 4-H before the game, and during half-time. The 4-H State Ambassadors joined in the fun: Stephanie Kwan, Ashley and Darren Coates, Holly Rogers and their advisor, Michelle Costamagna, were all in attendance.

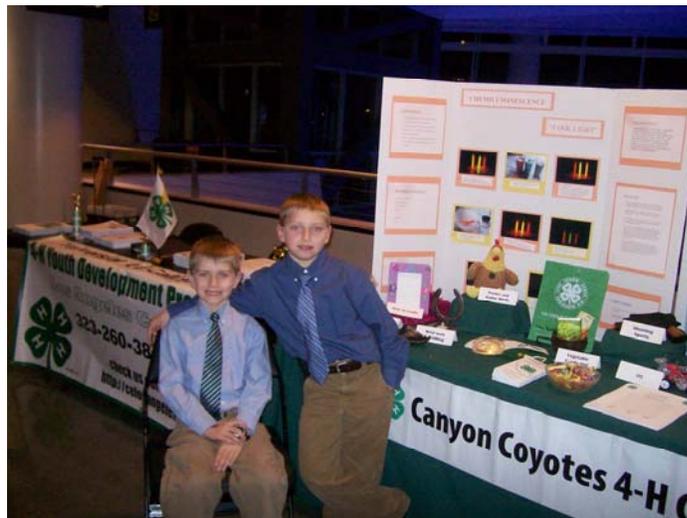


The *Eagle Rock/Highland Park 4-H Club* provided information on many interesting topics: 4-H Judging, Summer Camp, water polo, club artwork, club photos, examples of project work and lovely cookies made by Eagle Rock/ Highland Park 4-H Club members were available for passersby. Community Club Leader, Judylynn Pelling, Project Leader, Misty Iwatsu, and youth members Sumiko Rudisky and Adiva Gonzalez were on-hand to provide club information at the event.

The *San Fernando Valley 4-H Club* displayed both club and project information and even hosted a Los Angeles County 4-H Summer Camp Table. Project Leader Carrie DeYoung, Project Leader Dennis DeYoung, youth members Sallie DeYoung, Crystal Au, Jessica Fint and newly appointed All Star Hannah DeYoung performed camp cheers and greeted game attendees. The table displays showed off their hard work and learning in dog care projects, community service and other interesting areas.



The *Canyon Coyotes 4-H Club* was represented by Amber Boeker, Marc Boeker and youth members, Nathaniel and Ethan Boeker. Canyon Coyotes presented a wonderful display filled with 4-H paraphernalia and project work that impressed everyone who visited their table. 4-H Record Books, Preserving Projects, Poultry Projects, Arts & Crafts Projects, Metal Work and Welding Projects prompted attendees to visit their table and speak with Nathaniel and Ethan, who were more than prepared to practice their public speaking skills. They explained to guests what 4-H is, what their favorite projects are, where their club is located, and how to get in touch with their club.



Although the Los Angeles Clippers may have lost the game, Los Angeles County 4-H certainly didn't! We were thankful that both the Clippers Basketball Team and Lauren Kimball, Clippers Group Events Coordinator, invited us to participate in this fun event. We were glad for the attendance and well-wishes of our 4-H family, friends, volunteer and supporters for attending the game as well. Our thanks also to *GoCountry 105.1 Radio Station* for helping us promote the event. New and exciting 4-H team outreach strategies combined with increased visibility of 4-H in our local community are helping to make 4-H a household name, and we look very forward to new members, new leaders and new projects for all to enjoy!

- **Los Angeles County 4-H Science Fair** - It's not too early to start thinking about 4-H Science Fair on May 8, 2010! 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 web sites 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 Summer Camp**  
Dawn Fuller, 4-H Program Coordinator

Before you know it, it will be time for Los Angeles County 4-H Summer Camp! **4-H Summer Camp** is scheduled for **June 27-July 3, 2010** at Camp Seeley in San Bernardino. 4-H Summer Camp is a week filled with fun "learning by doing" activities and the best food at any camp around! The cost to attend the camp is \$275 per person. Full or partial camperships may be available for those who need financial assistance to attend. 4-H Camp is limited to the first 200 youth who reserve a spot. Summer camp sold out last year, so send in the \$50 deposit today! If you are interested in being a Cabin Counselor, the deadline to apply is March 31<sup>st</sup>. Please see attached flier and go to the link to sign-up to be a Cabin Counselor:

<http://4hsummercamp.com/staffapplications.aspx>

For more details or to register online go to: <http://4hsummercamp.com/> or call Dr. Keith Nathaniel, UCCE/Los Angeles County 4-H at (323) 260-3845 or Carrie DeYoung, Camp Director at (818) 886-8028.

- **Outreach Round-Up**

Dawn Fuller, 4-H Program Coordinator

Los Angeles County 4-H now has a *You Tube Channel* of its very own! Check it out and become a friend: <http://www.youtube.com/user/LosAngelesCounty4H>. We are also on **Facebook** and have **77 fans!** Please join us, become a fan and tell all your friends about 4-H. Stay tuned for fun 4-H updates! Antelope Valley 4-H Clubs now have their own networking page on Facebook. This is a page for Antelope Valley Area 4-Hers and their families to share information about events, projects and enthusiasm. Click here to view the page and join: <http://www.facebook.com/#!/pages/Antelope-Valley-Area-4-H-Network/322240676590?ref=mf>

**Harbor Lights 4-H Club** in San Pedro and **Eagle Rock/Highland Park 4-H Club** need your help! Both clubs are looking for new members and new leaders. If you know anyone in either area that may have interested youth or potential leaders, please contact Community Club Leader, **Kim Espinosa**, for Harbor Lights 4-H Club at (310) 987-0785 or [klarae@sbcglobal.net](mailto:klarae@sbcglobal.net) or Community Club Leader, **Judylynn Pelling** for Eagle Rock/Highland Park 4-H Club Judylynn Pelling at (323)255-9870 or [jpelling@yahoo.com](mailto:jpelling@yahoo.com).

In an effort to reach out to the local community, Los Angeles County 4-H provided an outreach presentation to Hamasaki Elementary School (a block away from the County office). Hamasaki would be a wonderful school to start a 4-H Club at, but their focus is elsewhere at this time.

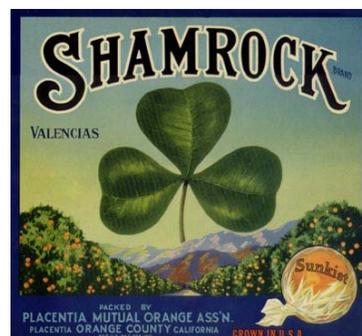
Los Angeles County 4-H and Palos Verdes Peninsula 4-H Club have been networking with local Kiwanis and Rotary Clubs. Community Club Leader, Dee Keese, has made presentations to both Kiwanis and Rotary Clubs. These long-time service clubs support positive youth development and the leaders of tomorrow, so we look forward to building further relationships with their committed members.

- **Shamrocks, Four-leaf and 4-H Clovers**

Dawn Fuller, 4-H Program Coordinator

This March, many will celebrate Saint Patrick's Day. Saint Patrick's Day celebrations remind us of how much America really has become "The Great Melting Pot," as this Irish tradition was started here by immigrants many years ago. Widely celebrated, not only in the U.S. but the world over, on this day some of us don our best green attire and pin a Shamrock to our lapel. Little green Shamrocks are seen everywhere, and when we have one-- we may feel very lucky! The Irish/Gaelic term "Shamrock" derives from *Seamrog*, meaning "little clover." Truth be told, "Shamrock," really means a clover that only has three leaves!

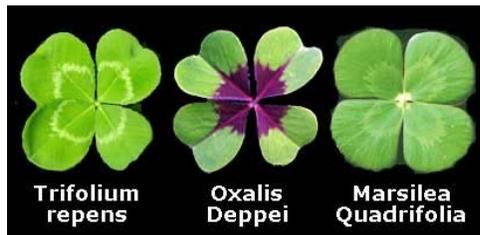
The Shamrock is a symbol we often associate with Ireland and with the Irish patron saint, Saint Patrick. It has been said that the Shamrock was used by Saint Patrick in his adventures, and also represented the Irish rebellion against Queen Victoria and the British Empire. During that time, if one was found to have a Shamrock, the punishment was death! The Shamrock has been used for medicinal purposes over the years, and is said at times to bring magic to the finder or recipient of the small green three-leafed plant.



What we are all really looking for, is a four-leaf clover, as a four-leaf clover is said to be a symbol of good luck and prosperity. If you find a find a four-leaf clover, you really ARE lucky, as only 1 in 10,000 plants produce four leaves. The *Trifolium repens* or "white clover" (a dark green vine with white flowers) is the only plant of its kind that can produce a four-leaf clover.



There are several imposter plants masquerading as our beloved, and much sought after, four-leaf clovers. Don't be fooled by the Water Clover (*Oxalis deppei* or *Oxalis tetraphylla*) or the Pepperwort (*Marsilea Quadrifolia*)! These cheap imitations won't bring you any luck! The way to determine a true four-leaf clover is if all three leaves are the same size, and a fourth is just a tad smaller than the rest. On and around Saint Patrick's Day, Oxalis (that tricky little plant), is often sold to unknowing luck-seekers the world over as a "Shamrock."



The four-leaf clover has a long and interesting history. In the Middle Ages, patches of four-leaf clovers were said to point to nearby fairies and sprites, and assisted in warding off evil spirits. According to another legend, Eve carried a four-leaf clover in the Garden of Eden. Rock and Roll legend Elvis even mentions the lucky plant in his song “Good Luck Charm.” In 1948, musician Art Mooney helped bring to popularity a 1927 song called “I’m Looking Over a Four Leaf Clover.” The four leaves are said to represent fame, wealth, love and health.

If the differences between Shamrocks (three leaves) and the *Trifolium repens* or “white clover” (four leaves with one smaller leaf than the rest) isn’t enough to confuse you, well then, keep your eyes peeled for the five-leaf clover! This plant is the rarest of all, and is said to provide double the luck of the four-leaf clover. The five-leaf clover is a mutated four-leaf clover plant, but anyone who finds one will probably be met with wishes similar to a genie in a bottle!

So, this brings us to the lucky 4-H four-leaf clover! The 4-H Clover represents Head, Heart, Hands and Health. It is held in a similar category as the Presidential Seal and the Olympic Emblem, and is protected by the federal government. Many of us are familiar with the four H’s, but we may not know where our own special four-leaf clover comes from.

Between 1907 and 1908, O.H. Benson (Wright County School Superintendent) designed the 4-H Emblem, with three leaves- head, heart and hands. Upon visiting a school in Clarion, Iowa, Benson was presented with the idea for the symbol we associate with 4-H today. Students were so excited by his visit that they placed in his hand the seven clovers they had plucked during recess, and the rest is history!

In 1911, a fourth leaf was included representing “hustle.” This symbol was adopted by Congress and a law was passed to protect the emblem in 1939 and in 1948, the fourth “H” (hustle) was changed to Health. The green in the clover stands for youth, life and growth and also represent nature’s color. The white in the “H’s” stand for purity and high ideals.

The 4-H Pledge reminds us of the importance of the representative leaves when we say:



*I pledge my Head to clear thinking  
 My Heart to greater loyalty  
 My Hands to larger service  
 And  
 My Health to better living  
 For my club, my community, my country and my world.*

In 4-H, we are lucky to have the four-leaf clover represent all that it does. While Shamrocks are fun during the month of March, four-leaf clovers such as ours can be worn with pride in all that we do year-round, and *maybe*, bring us a wee bit ‘o luck too!

This March, we wish you:

Good luck in you projects!  
 Good luck in your community service endeavors!  
 Good luck in representing 4-H proudly!

- **Corned Beef and Cabbage- an Irish Treat!**

Dawn Fuller, 4-H Program Coordinator



Whether you are Irish or not, most everyone likes to have a wee bit o' craic (jokes and a fun time) with family and friends on Saint Patrick's Day (March 17, 2010). Why not share a hot family meal together in celebration of Saint Patrick's Day this year? In Ireland, corned beef and cabbage on this day is a long-standing tradition that is sure to bring out the Irish in you!

### **Traditional Irish Corned Beef and Cabbage**



### **Ingredients**

Corned Beef (uncooked)

Potatoes

Carrots

Cabbage

Biscuits

\*Mustard is optional

### **Procedure**

Place corned beef in pot and cover with water.

Stir in seasoning packet (should be included with corned beef, but some have the spices already on the meat).

Bring to a boil, cover.

Simmer (cook on low heat) for a minimum of 3 hours (4 is better).

At 2 1/2 hours, add carrots and cabbage.

After 10 more minutes, add potatoes (and cook all for twenty more minutes).

Serve with hot biscuits of your choice and mustard if you like. Available for download at:

<http://celosangeles.ucdavis.edu/files/76707.pdf>.

- **Online Enrollment** – Los Angeles County 4-H has transitioned to the Online Enrollment System. 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 (create your own user name and password). You can do this anytime from now until December 31 (to compete at fair). Remember, you must be currently enrolled to participate in 4-H and 4-H activities. The fees are \$12 for youth and \$6 for adults. If you have any questions please call Roy Hillstock at (323) 260-3854.

- **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, [rhillstock@ucdavis.edu](mailto:rhillstock@ucdavis.edu).

- **Dates To Remember:**

- 3/3 NSG Council & 4-H mtg.
- 3/6 AV Food & Fashion Revue
- 3/7 NSG Home Ec. & Field Day  
AV Shhoting Competition
- 3/11 I&R mtg.
- 3/13 SSG Fashion Revue  
1<sup>st</sup> Gymkhana
- 3/14 Camp Committee mtg. (Mary Lash's Home)
- 3/17 St. Patrick's Day
- 3/18 SSG Leaders Council & Hi 4-H mtg.
- 3/20 County Council mtg. (SFV)
- 3/22 AV Leaders' Council mtg.
- 3/27 County Field Day & Fashion Revue
- 4/4 Easter
- 4/7 NSG Council & 4-H mtg.
- 4/8 I&R mtg.
- 4/10 Sectional Council & Teen Council mtg.
- 4/15 SSG Leaders Council & Hi 4-H mtg.
- 4/17 Camp Staff Training  
2<sup>nd</sup> Gymkhana (AV)
- 4/18 AV Shooting Competition
- 4/19 AV Leaders' Council mtg.
- 4/23 SGV Fair (4/23-25)
- 4/24 State Council mtg.
- Leaders Training Event

## SECTIONAL

- Start making your plans NOW! Talk with the 4-H leaders and parents in your club and county, form a group and all come to experience “Upgrade, S.E.T. Your System, GO!” at the 2010 California State 4-H Leaders’ Forum. The South Section Forum Committee has been working hard to create a forum that will be a fun, stimulating and educational event. Come enjoy a weekend at the beautiful California State Park at the Asilomar Conference Center in Pacific Grove, CA in Monterey County.



The 2010 California State 4-H Leaders’ Forum that will have something for everyone; new leaders, experienced leaders, befuddled leaders, staff and parents. Come share your 4-H community service, outreach, fundraising, new projects, and any other ideas/activities with the 4-H leaders, staff and parents throughout the state of California and at the same time you can learn some new ideas to take back with you to your club and/or county.

This year the Forum Committee decided it's time to change our mind S.E.T., focusing on sharing ideas about the various ways that the 4-H Youth Development Program educates its members in the S.E.T. initiative, facilitated by volunteers, and staff. S.E.T. can be integrated into any existing project and into county events. There will be opportunities to listen to speakers, attend a wide selection of workshops, and enjoy entertainment. There will be additional activities to fit the needs and interest of every 4-H Leader, Staff or Parent, including friendly competition at the Silent Auction.

There is time to plan on presenting a workshop that will be interesting and helpful to 4-H leaders, parents, and staff, especially if it fits our target topic, but certainly not limited to the target topic. See the application form included in this information packet for full details.

Please note there may be a few Craft Workshops that will have a fee for materials, presenters will collect these fees at the time of the workshops. These workshops will be limited to 15 to 25 participants, and will be on a first come, first serve basis. More information will be published on all of the workshops about 6 to 8 weeks before the forum. Information will be included at that time on the limit and cost of each workshop and a schedule of all other workshops.

- **Mt. SAC is also the home of South Section Field Day, May 16, 2009.** Breakfast and lunch are available on site from the South Section Teen Council; please support their efforts! Proceeds benefit the South Section 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. **Please mail all registration information directly to Fern Vacca to arrive no later than April 11, 2009. If ready and mailed earlier, that is even better!**

**Sectional Field Day gold medalists and parents:** Please be prepared to decide that day, after the awards presentation, whether you can attend **State Field Day, held on Saturday, May 30, 2009, at UC Davis.** Registration information will be available following the awards presentation.

It is the responsibility of the member or parent to register on the [State website](#). Also, please be prepared to volunteer for judge or room host duties. Everyone should help in order for the event to run smoothly! For more information go to:  
<http://clubs.ca4h.org/southcouncil/Field%20Day/index.htm>.

- **Speak Out For Military Kids (SOMK)**, the California 4-H Military Partnership would like to invite 4-H staff, volunteers and members to participate in SOMK workshops. The workshops are designed to teach the community about military youth needs in support of the Month of the Military Child. Opportunities will be provided at these workshops to design community support posters that will be posted in your local community during the month of April. SOMK workshops will be held at **Davis, 4-H State Office-** Saturday, **March 6th**, 10am-4pm. Contact John Trammell at (909)844-1747 ([jwtrammell@ucdavis.edu](mailto:jwtrammell@ucdavis.edu)) or visit: <http://www.operationmilitarykids.org/public/statePOCHome.aspx?state=California> for more information about these workshops. Please contact Sylena Wise if you are not able to participate in these workshops, but are interested in supporting the Month of the Military Child at the local level.- Sylena Wise 530-752-8585 email: [smwise@ucdavis.edu](mailto:smwise@ucdavis.edu)
- The State 4-H office and the **Citizenship Service-Learning Advisory Council** will be sponsoring a spring orientation program during **March** for all California and Washington Focus delegates. Each delegate must attend an orientation to begin their preparation for the program. The schedule for orientations is available at: <http://ca4h.org/citizenship/focus/>.
- The **26th Annual State 4-H Shooting Sports Match** has been planned and those interested in participating will need to contact their county 4-H staff members to submit registration forms. On or before the postmark date of **March 5, 2010**, UCCE 4-H offices must submit registration forms to the Siskiyou County Leaders Council. For more event information, please click here for [Procedures and Rules](#), [Registration Form](#), and [Categories & Awards](#) details. Contact Jacki Zediker, [jkzediker@ucdavis.edu](mailto:jkzediker@ucdavis.edu).
- **4-H Youth Babysitter Training Courses** - The Operation: Military Kids (OMK) Program is offering free *Babysitting Training courses for Youth 12-18*. This training is designed to help youth learn what it takes to be responsible, caring, trustworthy, competent, capable and safe babysitters. The youth will receive Child/Infant CPR training on the second day of the training. They will also receive a Babysitter's Tool Bag filled with essential supplies for babysitters. Bring a doll for fun! For more information, contact Jeanne Christenson, [jpchristenson@ucdavis.edu](mailto:jpchristenson@ucdavis.edu) or 530-219-6608. The following are dates and locations of upcoming youth trainings:
  - Yuba/Sutter 4-H Office March 13 & 14, 9:30-4:30**
  - Beale AFB April 8 & 9, 9:30-4:30**
- **4-H Train-the-Trainer Babysitting Courses** - The 4-H Military Partnership Program is offering professional development training opportunities to all 4-H Staff, 4-H Volunteers, and Military and Community Partner Agency personnel on the 4-H Military Babysitting Curriculum at the following locations:
  - Kern County National Guard facility, March 27th, 9:30-4:30**
  - Monterey County Stilwell Community Center, April 17th, 9:30-4:30**
  - UC Davis State 4-H Office, June 5th, 9:30-4:30**

The Babysitting Curriculum is designed to help middle school and teenage youth to learn what it takes to be responsible, caring, trustworthy, competent, capable and safe babysitters. This course can be beneficial in training youth in your 4-H clubs and military afterschool sites. Participants will receive a Babysitter's Tool Bag, an Instructor's Guide and Student Handbook. Bring a doll! For more information, contact Jeanne Christenson, [jpchristenson@ucdavis.edu](mailto:jpchristenson@ucdavis.edu) or 530-219-6608.

- Again, this year, the State 4-H **Equine Education Advisory Committee** will be conducting an **Art Design Contest** for the State 4-H Horse Classic logo. The winning design will be used on the programs and souvenirs at the State Championship 4-H Horse Show in June. Entries are due **March 31st**. More information is available at <http://ca4h.org/projresource/horse/Artwork%20contest.pdf>.

- The **2011 State Ambassador Application** has been posted on the CA State 4-H website. All interested members who qualify should fill out an application form, <http://www.ca4h.org/leadership/ambassador/>. Applications are due by **March 31, 2010**. The State 4-H Office is also looking for qualified volunteers who are interested in being advisors for the 2011 State Ambassador Team. 4-H State Ambassadors are expected to make a 14-month commitment to the program beginning on July 1, 2010 and ending August 31, 2011. 4-H State Ambassadors may only serve one term. Please contact Quang "Hogan" Tong, [qtong@ucdavis.edu](mailto:qtong@ucdavis.edu) for more information.
- An upcoming professional development opportunity for 4-H Camp enthusiasts is the **4-H National Camping Institute**, planned for **March 16-20, 2010** at the Oregon 4-H Center in Salem, OR. This gathering will feature over 50 sessions to participate in and learn from the best 4-H camping resources from across the country. If you would like to attend, register at: <http://oregon.4h.oregonstate.edu/nci>
- A **4-H shooting sports workshop** for the **archery discipline** will be held in Red Bluff, CA on Saturday, **April 10, 2010** from 9 am - 5 pm and Sunday, **April 11, 2010** from 9 am - 1:00 pm. Participants must attend both days of the training to receive certification. Upon successful completion of the course, participants will be certified as archery volunteers and can instruct archery club projects and camp programs. Cost for the course will be \$35 and includes morning refreshments, Saturday lunch and class materials. Dry camping is available at the range. To register, please access the "Training Request Forms" at <http://ca4h.org/projresource/shootingsports/index.asp> or contact your county 4-H office. For more information, contact Leland George at 530-527-4200 or e-mail: [ljgeorge@clearwire.net](mailto:ljgeorge@clearwire.net). Please send registration forms and fees to Leland George, 21075 Hwy 36 West, Red Bluff, CA 96080. Make checks payable to "Tehama County 4-H Council". Pre-registration is due **April 2nd**.
- The **2010 State 4-H Field Day** is planned for May 29, 2010. The event will include a variety of interests including presentation day, state fashion revue, a plant science contest and interview contest amongst many others. If you are interested in exhibiting at this annual event, click here <http://www.ca4h.org/projresource/fieldday/SFD-App-Form2010.pdf> for an application. Applications are due by **April 2, 2010**.
- The **2010 California Camping Conference** will be held at the Nevada State 4-H Camp near Stateline, Nevada (at Lake Tahoe) from **April 23 - 25, 2010**. The conference serves as a valuable resource for camp administrators, camp staff (youth and adult), and Extension Staff in planning and implementing all types of camp programs. Important conference topics include the new Camp Safety Manual addressing California Health and Safety Code requirements for camps; engaging fun activities for your camps; archery certification; and camp staff training. Registration fees range from \$120-125 depending on payment method. For registration and event information, please go to [http://groups.ucanr.org/\\_4Hbaseca/files/75357.pdf](http://groups.ucanr.org/_4Hbaseca/files/75357.pdf). For additional questions, please contact Marianne Bird at [mbird@ucdavis.edu](mailto:mbird@ucdavis.edu).
- A training course for the **4-H Archery Discipline** will be offered as a workshop at the 2010 California Camping Conference, **April 23-25, 2010**. Upon successful completion of the course, participants will be certified as archery volunteers and can instruct archery club projects and camp programs. For more information about registering for this course contact John Borba at (661) 868-6216 or email: [jaborba@ucdavis.edu](mailto:jaborba@ucdavis.edu)
- The **2010 State 4-H Horse Classic** - Educational Contests Information, Rules and Entry Forms are now posted online at <http://ca4h.org/projresource/horse/classic.asp>. The event will be held on **April 24 & 25** at Reedley College, Reedley, CA. Entries are due **April 1st**. If you have any questions, please contact Jeanne George at 530-527-3101 or e-mail her at [jlgeorge@ucdavis.edu](mailto:jlgeorge@ucdavis.edu).
- Are you a 4-H member or volunteer with experience and interest in technology? Apply to the **2010-2011 California 4-H Technology Leadership Team (CTLT)**! The CTLT increases the use and awareness of technology in the 4-H program through workshops, providing IT support, assistance to 4-H Clubs, and at statewide events. Candidates must be at least 16 years of age or older. Membership is a fourteen-month commitment, July 2010 through August 2011. The deadline to apply is **April 30, 2010**. More information is available at <http://www.ca4h.org/comp corps/>

- The **Championship 4-H Horse Show** information and rules are online at <http://ca4h.org/projresource/horse/classic.asp>. The dates are **June 25-27, 2010** at Santa Cruz County Fair, Watsonville, CA. Entries are due June 1st with an Early Bird Special by **May 15th**. There are new classes being offered such as gymkhana walk/trot, versatility and elite showmanship.
- **State 4-H Field Day** is looking to partner with a 4-H group willing to serve lunch at the 2010 State Field Day on **May 29, 2010**. Interested clubs should contact Quang "Hogan" Tong - 530-752-5644 or [qtong@ucdavis.edu](mailto:qtong@ucdavis.edu).
- The **State Leadership Conference 2010 "Operation 4-H"** is now online at <http://www.ca4h.org/conference/slc/>. Financial assistance will be allotted on an "as needed and available" basis and is not transferable. Applications are due **May 15th**. Delegates may request up to \$330 of financial aid. Please direct questions to Quang "Hogan" Tong at 530-752-5644 or email at [qtong@ucdavis.edu](mailto:qtong@ucdavis.edu).
- **State Fashion Revue** wants to see "What's in YOUR Closet" on **May 29, 2010**. Delegates selected at County Fashion Revues may register from March 1 - May 12. The committee is also hosting activities during State Field Day for other youth, adults and families who are not State Fashion Revue delegates. Hats Off For Kindness - everyone is invited to make a soft cancer cap, model and donate it. County Corner - counties are encouraged to bring a sewing/fashion/textiles display to share. Judging classes - test your knowledge of sewing, fashion and textiles. A Make it - take it workshop will be in Olson Hall. And the newest addition is First Year Showcase - an interactive workshop planned just for first-year sewers who are not State Fashion Revue delegates. You are invited to model your Fashion Revue outfits in a relaxed non-competitive setting; all categories welcome. For more information, please check out the website at <http://www.ca4h.org/projresource/fashion/>.
- A **4-H shooting sports workshop for the rifle discipline** will be held at Border Tactical Range, 925 North Imperial Avenue, in El Centro, CA (Imperial County). The workshop will be held on Saturday, **June 12, 2010** - 8:00 a.m. - 6:00 p.m. and Sunday, **June 13, 2010** - 8:00 a.m. - 4:00 p.m. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course and receive more information contact John Borba at: [jaborba@ucdavis.edu](mailto:jaborba@ucdavis.edu). For information about the facility and a map, please visit the range website at: <http://bordertactical.com>.
- The State Office is organizing a **Field Day South** and is looking for interested members and Leaders to volunteer to organize the event. All interested should contact Quang "Hogan" Tong 530-752-5644 or [qtong@ucdavis.edu](mailto:qtong@ucdavis.edu).
- Just a reminder to all 4-H staff and horse leaders and members if you are sponsoring an equine educational event or horse show for two or more counties, you are welcome to post the event information on the **statewide 4-H equine calendar**. You can send information directly to me or your county 4-H office staff can post the date and link the entry information to the county or club web site. Go to <http://www.ca4h.org/4hinfo/calendar/?Filter=Equine> for the current listing of equine events.
- **4-H Shooting Sports Workshop  
Rifle Discipline  
Bakersfield, CA**

**Saturday, July 31, 2010 – 8:00 a.m. – 6:00 p.m.**

**Sunday, August 1, 2010 – 8:00 a.m. – 4:00 p.m.**

A 4-H shooting sports workshop for the rifle discipline will be held at Five Dogs Shooting Range, 20238 Woody Road in Bakersfield. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course and receive more information contact John Borba at: [jaborba@ucdavis.edu](mailto:jaborba@ucdavis.edu)

For information about the facility and a map, please visit the range website at: <http://www.5dogsrange.com>

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**2009 4-H All Stars:**

Christopher Choi  
Hannah DeYoung\*  
Ryan Halvorsen\*  
Amanda Ho  
Wesley Ho\*  
Jessica Kwan  
Stephanie Kwan  
Kirsten Landsgaard  
Kelsey Schott

**2009 Jr. All-Stars:**

Candace Corrales\*  
Veronica Cubillos\*  
Madison Cumby\*  
Alex Kasperovich\*  
Rachel Klose\*  
Kristy Okamoto  
Taylor Presley  
Aleandra Ryan-Plasil  
Caroline Seymour

\* - new selectee

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

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Dr. Keith C. Nathaniel, 4-H Youth Development Advisor, (323) 260-3845, [kcathaniel@ucdavis.edu](mailto:kcathaniel@ucdavis.edu)

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Roy Hillstock, Computer Specialist, (323) 260-3854, [rlhillstock@ucdavis.edu](mailto:rlhillstock@ucdavis.edu)

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