

4-H

UNIVERSITY OF CALIFORNIA COOPERATIVE

CLOVER NOTES

LOS ANGELES COUNTY 4-H YOUTH DEVELOPMENT



April 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. 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 been committed to providing a high quality out of school experience for youth for more than 100 years. This commitment has been cemented in the role of the 4-H volunteer leader, and is played out through projects and events throughout the year. Volunteer and teen leaders help youth by offering a place for them to belong, an opportunity for them to master a subject, a chance to become independent and learn compassion through generosity. These elements: belonging, mastery, independence and generosity are essential for positive youth development. They are especially important when thinking about competition (field days, fairs, etc.). They are important because while the competitive aspects of participation may yield some benefits for youth, it's the emphasis and intentionality of the essential elements that makes the biggest difference in youth.

Fairs and other exhibitions are places where youth can apply their skills and can be an important aspect of the experience for some youth. Therefore, it is important to keep in mind that while 4-H does not own or manage a lot of these venues, the quality youth development approach is still critical and very much a part of what the youth should experience. In other words, the important youth development dimensions of 4-H should outweigh any fair competition or show guidelines that contradict positive youth development.

For more information about 4-H and fairs and other exhibitions, please visit the 4-H Policy Manual at <http://www.ca4h.org/policy/chapter7/index.asp>

If you have any questions, please don't hesitate to contact me at (323) 260-3845 or send me an email at kcnathaniel@ucdavis.edu.

COUNTY

- **San Gabriel Valley 4-H Fair** - The **79th Annual San Gabriel Valley 4-H Fair** will be held on **Saturday, April 24**, and **Sunday, April 25**, at the Chino Fairgrounds. The theme this year is **"Under the Sea."** There will be lots of great project and livestock exhibits, loads of other fun activities including a Homing Pigeon Show, a Lads & Ladies Lead competition and even a tasty barbeque on Saturday the 24th, at 5 p.m. There is something for everyone at the San Gabriel Valley 4-H Fair...

Forms to participate in the fair are available at: <http://sgv4hfair.com/fairforms.aspx>

Below is the schedule event link:

<http://sgv4hfair.com/eventschedule.aspx>

The Fair opens each day at 7:30 a.m. and closes at 10 p.m. Admission is free. The **Chino Fairgrounds** are located at **5410 Edison Avenue, Chino, CA, 91710**. Come see how wonderful the San Gabriel Valley 4-H Fair is, and support Los Angeles County 4-H Youth in *Learning by Doing!*

- **New Leaders' Training**

Dawn Fuller, 4-H Program Coordinator

On **Saturday, April 17, 2010**, there will be a **Project Leaders' Training** for new leaders from **10 a.m. to Noon** at the **UC Cooperative Extension LA County 4-H Office** (4800 East Cesar E. Chavez Avenue, Los Angeles, CA 90022). *Only those who have successfully cleared the fingerprinting process and their Community Club Leader has been notified, should sign-up to attend.* We plan to move forward with the training only with a *group* of leaders. Please have the interested leaders individually **R.S.V.P. to Dawn before April 9th** dafuller@ucdavis.edu or (323) 260-3859. You will be contacted if this orientation will be cancelled.

- **AG Day LA**

Dawn Fuller, 4-H Program Coordinator

The week of **April 20-24, 2010**, the *Los Angeles County UC Cooperative Extension* and *LA County 4-H* will be participating in a time-honored tradition-- **AG Day LA** and the **48th District's Agricultural Schools and Nutrition Fair** at the Pomona Fairplex. Students in grades 1st through 6th are given a wonderful opportunity to not only learn all about where their food comes from, but compete with various entries including: birdhouses, school gardens, paintings, posters, quilts, horticulture, hydroponics and participate in an exciting spelling bee! Youth who attend can also see a live cow-milking demonstration, observe bees buzzing about making honey and even watch baby chicks hatch right before their very eyes.



4-H Youth Development Advisor, **Dr. Keith Nathaniel**, will be providing an enlightening and fun water quality activity. **Carly Marino**, Powerplay Coordinator (UC Cooperative Extension) will get kids going with a great fitness activity, and **Brenda Roche**, Nutrition, Family and Consumer Sciences Advisor (UC Cooperative Extension) will delight youth with an interactive nutrition activity. Stop by and say hello to all your friends from the County Office and learn some new things at the same time! For more information, contact Dawn at dafuller@ucdavis.edu.

- **Leaders' Luncheon- Save the Date**

Dawn Fuller, 4-H Program Coordinator

We are looking forward to our annual **Los Angeles County 4-H Leaders' Luncheon** on **Saturday, May 22, 2010**, at the Odyssey Restaurant in Granada Hills. Leaders are welcome to bring a guest. Please allow us to thank you with this special luncheon for all of your hard work!

- **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 31st. 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 **91 fans!** Please join us, become a fan, and tell all your friends about 4-H. Stay tuned for fun 4-H updates!

Saturday, March 6, 2010, Los Angeles County 4-H participated in a Master Gardener/Common Ground Training and provided an overview of the 4-H Program in Los Angeles. In recent years, the Master Gardeners have been a great resource for Los Angeles County 4-H, and we hope to get some new volunteers who have a passion for working with youth and leading gardening projects.

On **Friday, March 12**, Los Angeles County 4-H participated in a special reading event celebrating the birthday of Theodore Geisel (better known as the beloved Dr. Seuss!) at nearby Hamasaki Middle School. Youth listened to various stories and learned more about the Los Angeles County UC Cooperative Extension. A few months back, Dr. Keith Nathaniel held a "Kids and the Environment" event in which classes participated, and we hope to involve Hamasaki in future 4-H events.

Los Angeles County 4-H will be meeting and speaking with the *La Canada/Flintridge Kiwanis Club* on **Wednesday, April 14, 2010**. With Kiwanis focusing on improving the quality of life for children, building better communities and participating in citizenship activities relevant to youth, we hope to build a great new relationship with this organization.

New clubs in Los Angeles and in Woodland Hills are in the works- - details to come!

- **Veg-Eat-Tables!**

Dawn Fuller, 4-H Program Coordinator

Spring has sprung! There's nothing like planting a new vegetable garden to put you in the mood for longer days, warming sunshine, green hills, renewed energy, ambitious Spring plans and meals filled with your own vegetables. If you haven't tasted the difference between a carrot from the grocery store, and one grown in your own backyard, I say it's high time! Some of us may be old pros at planting vegetable gardens, and for some it may be a new hobby. Here are some basics to get you started.

Whether you are growing in a raised bed, in a pot or in the ground, with enough sunshine and proper care, everybody can grow their own vegetables. You will need to consider the area you have chosen, what you want to grow, the climate, amount of sunshine the area gets, and let the garden planning begin!

Soil

Soil is one of the most important things to consider when growing a vegetable garden. Soil needs to be healthy to produce tasty and vitamin-filled vegetables. You will want to check the existing soil over well before beginning. Is it clay-like? Is there a lot of gravel? Sand? You may need to add some soil, remove gravel and rocks, and remember that soil needs to be well-drained and fed with compost and manure. Existing soil should be comprised of up to ¼ compost-- as deep as you dig. For more information on soil and composting, just look here:



<http://celosangeles.ucdavis.edu/garden/articles/pdf/container-gardening-how-deep-soil.pdf>
<http://ucce.ucdavis.edu/files/filelibrary/1359/31436.pdf>
<http://celosangeles.ucdavis.edu/files/67813.pdf>
<http://ucce.ucdavis.edu/files/filelibrary/1359/31434.pdf>
<http://ucce.ucdavis.edu/files/filelibrary/1359/36624.pdf>

Seeds & Vegetable Seedlings

Seeds can be found a variety of places. You can buy them on-line, at your local nursery, the grocery store, and even find good deals on them at the Dollar Store. Some gardeners even have fun trading their prized seeds. If you buy a seedling (a young plant already growing from a seed), make sure to ruffle the roots a bit before planting, and wait until the soil has warmed before planting (63 degrees). If you can sit comfortably on the soil, then it is okay to plant. For more tips look here:

<http://celosangeles.ucdavis.edu/garden/articles/10steps.html>

Sun

Without the right amount of sunlight, your garden just won't grow! We all feel a little better with some sunlight, right? Wherever you may choose to plant your garden, you must make sure that your seeds get a minimum of 6 hours of direct sunlight (for leafy vegetables you can eat), and more than 8 hours for vegetables and fruits like tomatoes, broccoli and squash.

Water

Too much water, or too little, can ruin your garden. Small gardens can be watered every day or two, but should be watched during really hot spells. It is important not to over-water your garden and conversely, don't wait until your plants are wilted and the garden appears to be bone-dry before doing so. If you stick your finger an inch down in the soil and it feels dry, it's time to water. Well-hydrated plants are like people; they just feel better!

Drainage

Drainage is the natural or artificial removal of excess water from your garden. Excess water sitting in your garden prevents growing roots from getting the air they need to live, develop and function. A very easy way to add extra drainage power to your garden is to add an additional layer of dirt or soil to your garden. You can create small extra hills and slopes or for rocky or clay-like soil, you can add a few inches of quality top soil. For more information look here: http://www.fallgardening.net/garden_drainage/garden_drainage.html

Spacing

Be sure to space things appropriately for each vegetable. Spacing information can be found on your seed packages or more specifically for each vegetable on-line.



Planting Guide

Here is a brief guide for planting in April and May:

April

Beets (and again in June), Cabbage, Carrots (and again in July), Leaf Lettuce, Radishes, Lima Beans, Cantaloupe, Corn, Cucumbers, Eggplant, Herbs, Okra, Parsnips, Peppers, Pumpkins, Squash, Sunflowers, Swiss Chard, Tomatoes, Turnips, Watermelon

For more extensive planting guides check the Los Angeles County Cooperative Extension's *Burpee Planting Guide* in both Spanish and English:

<http://celosangeles.ucdavis.edu/files/63811.pdf>

<http://celosangeles.ucdavis.edu/files/63810.pdf>

Handy Tips

- 🍷 If you are a newbie at growing a vegetable garden, start out small.
- 🍷 Remember, the garden should be weeded weekly.
- 🍷 Regular mulching between your rows of vegetables will keep the soil moist, prevent weed growth and provide you a nice little walkway to get to your growing plants.
- 🍷 The Los Angeles UC Cooperative Extension's Common Ground Garden Program Manager, Yvonne Savio, is one of the most knowledgeable and valuable resources around for starting a school, community or home garden. If you have questions, call! The *Los Angeles County UC Cooperative Extension Master Gardener Helpline* is a sure way to get to the "root" of whatever the problem may be!
http://celosangeles.ucdavis.edu/Common_Ground_Garden_Program/Master_Gardener_Helpline.htm.
- 🍷 For all your gardening needs:
http://celosangeles.ucdavis.edu/Common_Ground_Garden_Program/Gardening_Articles.htm.



For any of the adults who saw the film “It’s Complicated,” then maybe you felt sick to your stomach as I did when you saw Merle Streep’s absolutely perfect vegetable garden. I felt much better when I discovered that all the vegetables in her “make-believe garden” had been grown in a greenhouse with vegetables wired-up to look perky and were planted just moments before shooting that scene. Don’t feel inadequate, look here:

http://latimesblogs.latimes.com/home_blog/2009/12/the-dirt-on-the-its-complicated-vegetable-garden.html

Happy planting!

- **Vegetables- Did You Know?**

Dawn Fuller, 4-H Program Coordinator

1. Of all vegetables, only two can reproduce on their own for several growing seasons. All other vegetables must be re-planted each year. What are the only two perennial vegetables?
2. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked or in any other form, except fresh.
3. In the United States in the 1930s, what vegetable was slang for a dollar?
4. What color do all sweet peppers start off?
5. What are the two most popular vegetables in the U.S.?
6. What vegetable can be up to 20% cooler inside than the surrounding air?
7. Why is it not wise to tell secrets in a cornfield?
8. What is small, red and whispers?
9. How do you fix a broken tomato?
10. Why do potatoes make good detectives?



1. ***Only two vegetables that can live to produce on their own for several growing season: Asparagus and Rhubarb.***
2. ***Lettuce.***
3. ***In the United States in the 1930s, a “cucumber” was slang for a dollar.***
4. ***All sweet peppers start off green, and then change color based on the variety.***
5. ***Potatoes and lettuce are the two most popular vegetables in the US. Americans eat about 145 lbs. of potato per person per year and 30 lbs of lettuce per year.***
6. ***Cucumbers can be up to 20% cooler inside than the surrounding air.***
7. ***There are too many ears.***
8. ***A hoarse radish!***
9. ***Tomato Paste.***
10. ***Because they keep their eyes peeled.***

- **Greek Vegetable Stew**
Dawn Fuller, 4-H Program Coordinator



Once we have a grown a few of our own vegetables-- let's cook! How about:

Greek Vegetable Stew

Ingredients:

2 tablespoons olive oil
1 large onion, chopped
2 large potatoes, peeled and cut into chunks
2 medium zucchinis, sliced into chunks
1 pound green beans,
3 finely chopped tomatoes
1/2 teaspoon oregano
1/2 cup fresh parsley, chopped
Salt and pepper to taste
8 ounces of feta cheese
1/2 cup water or vegetable stock

Procedure:

In a large pot heat the oil, add onion and sauté until it is translucent. Add the potatoes and 1/2 cup of water. Simmer with the pot covered until the potato chunks begin to soften.

Add the zucchini, green beans, tomatoes, and oregano. Continue to simmer until the vegetables are tender. Stir in the parsley and season with salt and pepper. Cut the feta into chunks and crumble them over the stew.

Serve with fresh crusty bread.

Stinygiasou!

*Recipe courtesy of about.com

- **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. 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, rhillstock@ucdavis.edu.

- **Dates To Remember:**

- 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 2nd Gymkhana
- 4/17-18 Camp Staff Training
- 4/18 AV Shooting Competition
- 4/19 AV Leaders' Council mtg.
- 4/23-25 San Gabriel Valley Fair
- 4/24 Leaders Training Event
State Council mtg.
- 5/1 1st Trail Trial
- 5/2 Camp Committee mtg.
- 5/5 Cinco de Mayo
- 5/8 Science Fair
- 5/9 Mothers Day
- 5/13 I&R mtg.
- 5/15 Sectional Field Day & Fashion Revue
- 5/16 AV Shooting make-up
- 5/20 SSG Leaders Council & Hi 4-H mtg.
- 5/22 Leaders' Luncheon
- 5/24 AV Leaders' Council
- 5/29 2nd Trail Trial
- 5/31 Memorial Day

SECTIONAL

- **South Section Field Day** - Mt. SAC is also the home of South Section Field Day, May 15, 2010. Parking is available in white Lot G and white Lot D. 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 10, 2010. All forms must be submitted by each County Representative, with one county check for the entry fees.

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 29, 2010, 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!

STATE

- **Are you looking for a service project?** Check out <http://www.allpeoplequilt.com/> and click on the links to the **Million Pillowcase Project**. The project lasts through December 2010. The basic pattern is the easiest and is suitable for beginning sewers. Look at the link for a store near you that is accepting the pillowcases. They are donated to the homeless, foster children, cancer patients and others so they can be designed for boys, girls, and adults. In Tuolumne County, 4-H leaders donated leftover fabric and members sewed the pillowcases at their "Everything but Animals" Field Day.
- 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 at jpchristenson@ucdavis.edu or 530-219-6608. The following are dates and locations of upcoming youth trainings: **Beale AFB April 8 & 9, 9:30-4:30**
- Start a renewable energy project in your 4-H Club or group! The **Power of the Wind Curriculum**, from the National 4-H Council, is designed for middle-school-aged youth to learn about the wind and its uses. Youth work with members of a team to design, create, build, and test a wind powered devices and are given opportunities to explore wind as a potential energy source in their community. A professional volunteer development workshop is available for county teams of volunteers, staff and teens to receive hands-on training in the curriculum, **April 10, 2010 in San Diego County** from 8:00am to 6:00pm. For more information or to register, please contact Ruby Rodriguez at rerodriguez@ucdavis.edu.
- **New California State Regulations for Overnight Camps - Webinar** - Last year the State of California released a number of regulations governing overnight camps, including the need to prepare and submit written plans prior to operating a camp. Many of our 4-H camps fall under these regulations. Brian Oatman and Richard Smith, UC ANR EH&S, in conjunction with the 4-H Camping Advisory Committee and the State 4-H Policy Advisory Committee have developed a **4-H Camp Safety Guide Book** to cover all aspects of camp safety. The guide also includes template plans for use by counties. County Directors and 4-H Staff are responsible for assuring that all 4-H camps are in compliance with all aspects of these new regulations. The 2010 California Camping Conference, **April 23-25, 2010**, will provide training and assistance in the development of these plans. The due date for registration is **April 1, 2010**. Additionally a statewide **4-H Camp Safety Webinar** will be held in April, dates to be announced on the [4-H webpage](#) - check back soon! All County Directors and 4-H staff who hold camps are encouraged to attend this webinar. More information about the webinar and the posting of the guide book will occur in late March.
- 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.
- 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.

- 4-H Train-the-Trainer Babysitting** courses are offered. 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:
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 at jpchristenson@ucdavis.edu or 530-219-6608.
- The **2010 Statewide 4-H Higher Education Scholarships** are available for application and due to the State 4-H Office postmarked by **April 30, 2010**. To view the full list and description requirements of the scholarships available, visit: <http://www.ca4h.org/4hresource/ir/scholarship/>.
- It's time for **Fashion Revue** so be sure to let your county winners know where to register for State Fashion Revue. Online registration is being accepted at <http://ucanr.org/sfr2010> until **May 12**. In order to ensure a smooth event, adult judges are needed who have experience in fashion, sewing, consumer education or related fields. Adults, parents of participants, or older teen volunteers may serve as door monitors. We need 40 judges and 12 room monitors. If you can help or have questions about State Fashion Revue, please contact Karli Draxler, SFR Registrar at chat2kd@unwiredbb.com or Sue Moore, staff liaison at samoore@ucdavis.edu. Can't wait to see you there!
- 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.
- 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.
- Do you enjoy the art of photography or capturing moments on film? The **2010 CA 4-H State Field Day on May 29th** has added two new contests, the California 4-H Photography Contest and the California 4-H Film Festival to the event opportunities available. [Online registration](#) for the Photography contest is due by May 7th as well as the video submissions for the Film Festival. Films created need to address the topic, "What does 4-H mean to you?". Photo entries can be dropped off on the 29th. Please click [here](#) for photo contest rules and entry information and [here](#) for Film Festival rules and information.
- The **Golden Clover Awards** recognize outstanding achievement of 4-H members, volunteers, 4-H program staff, and groups within the 4-H YDP. Applications are due postmarked by **May 31, 2010**. The 2010 applications are now available on the state website at: <http://www.ca4h.org/4hresource/ir/goldenclover>. Please nominate a worthy candidate that you believe is deserving of this great honor. Please direct questions to Quang "Hogan" Tong at 530-752-5644 or email at qtong@ucdavis.edu.
- National Service Briefing, a feature of Youth Service America's weekly updates offers an **Everyday Young Heroes Awards program**. This is an ongoing recognition effort to spotlight the work of youth committed to and performing outstanding community service. If you know a young person deserving of this nomination, please visit: <http://www.YSA.org/awards/hero>.
- 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 **May 31, 2010**. More information is available at <http://www.ca4h.org/compcorps/>.

- Are you interested in participating on a **4-H Statewide Advisory Committee**? 4-H Youth, Adult Volunteers, County Staff and Administration are all encouraged to apply for this opportunity. The committees you may apply for are:
Policy Advisory Committee, Incentives and Recognition Advisory Committee, Citizenship/Service Learning Council, International Exchange Support Advisory Committee, Equine Education Advisory Committee, Animal Science Education Advisory Committee, Camping Advisory Committee, CA 4-H Technology Leadership Team, and Healthy Living Advisory Committee. Applications for the 2010-2011 Statewide Advisory Committees are due postmarked by **May 31, 2010**. Please click [here](#) to download an application today. You may contact the State 4-H Office for any questions, 530-754-8518.
- 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.
- **4-H Equine Advisory Committee chair person** is sought. Jeanne George, 4-H YD Advisor for Tehama and Glenn counties has very ably served for a number of years as the 4-H Equine Advisory Committee chair and guided the statewide educational efforts of this group. Jeanne will retire this June, after nearly four decades of service to 4-H and the University. We all know her "boots" will be hard to fill, especially as chair of this important advisory committee. If you have any interest in leading or co-leading this committee, please contact the State 4-H Office, 530-754-8518 or Jeanne George, jlgeorge@ucdavis.edu.
- 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. For information about the facility and a map, please visit the range website at: <http://bordertactical.co!m>
- The EPA has announced the **4th Annual Rachel Carson Contest** and is seeking entries for creative projects in the areas of poetry, photography, essays and dance. Entries need to be from a team of two or more. Entry deadline is **June 16, 2010**. For more information, visit: <http://www.epa.gov/aging/resources/thesenseofwonder/index.htm>.
- 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
- **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

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

- **Shooting Sports Ldr Trainer Course, Muzzle Loading Discipline, 5 Dogs Range - Bakersfield, CA**

Saturday, August 21, 2010 – 8:00 a.m. – 6:00 p.m.

Sunday, August 22, 2010 – 8:00 a.m. – 4:00 p.m.

Upon successful completion of this course, 4-H leaders will be certified in the shooting sports discipline of muzzle loading. They will be certified as leader trainers and are eligible to serve as shooting sports leaders for clubs or counties and they may also instruct and certify shooting sports volunteers. Class size is limited. There is no fee for the course. However, if you wish to receive National Muzzle Loading Rifle Association instructor certification there is a fee of \$40. To get more information or register for the class contact John Borba at: jaborba@ucdavis.edu or telephone 661-868-6216.

- The **2010 4-H State Leadership Conference** will be held July 29 - August 1, 2010 at UC Davis. The conference - "Operation 4-H" - will provide over 500 high school aged youth and adult 4-H volunteers with an opportunity to engage in hands on learning experiences while developing citizenship and leadership skills. During the conference, participants can select a number of 4-H SET sessions focusing on animal science, engineering and technology, environmental education, and agriculture. Registration for the Conference will begin in April. More information will be posted at <http://www.ca4h.org/conference/slc/>
- The **2010 State 4-H Leaders' Forum**, with the theme of, "Upgrade! S.E.T. your system! Go!", will be held November 5-7, 2010 at the Asilomar Conference Center. Portions of the forum will focus on sharing ideas about the various ways that 4-H educates its members in the Science, Engineering, and Technology initiative, facilitated by volunteers and staff. Workshop proposals are due July 1 and forum registration is due September 1. More information is available at <http://www.ca4h.org/conference/slf>.

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

Los Angeles County, 4-H Youth Development Staff:

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

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