



UNIVERSITY OF CALIFORNIA

COOPERATIVE EXTENSION

CLOVER NOTES

LOS ANGELES COUNTY 4-H YOUTH DEVELOPMENT PROGRAM



September 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

Policy Highlight of the Month: Healthy Families and Community Initiative Update

The 4-H Youth Development Program has a long history of supporting the lives of youth and families with positive youth development experiences. As you know, the 4-H program in California is a part of the University of California, Division of Agriculture and Natural Resources (UC ANR). [The 4-H program is a part of the land-grant university system in each state. In California, the land grant university is the University of California]. Some of you may have heard or are familiar with the administrative and programmatic changes taking place in ANR. These changes are in response to the development of the UC ANR Strategic Vision (to see the strategic vision, please visit http://ucanr.org/About_ANR/Strategic_Vision/). This document provides a roadmap and sets the direction for the future of ANR, which includes the 4-H Youth Development Program.

As a result of the Strategic Vision, priorities were established to meet the changing and challenging needs of Californians. One of the highest priority areas for UC ANR is to address the needs of youth and families. This priority area, known as the Healthy Families and Communities Initiative (HFC), is well underway. Recently, a conference was convened of specialists, advisors and other campus faculty from across various disciplines to begin refining the framework for the HFC initiative. This framework will become the centerpiece for the future of the 4-H Youth Development Program and will guide the activities and experiences youth and volunteers will have in 4-H.

A thrust for HFC initiative is to support human development systems (i.e., families, school and communities) "to remain or become resilient settings for promoting the positive youth development of the children, youth and adults . . . resilience involves the human capacity to adapt in the face of threats and stressors, to be flexible in the midst of challenge and change and to transfer risk into positive development." So, in the coming weeks and months, youth and volunteers will be asked to join and partner with staff as we embark on new ways to enhance the experiences of youth, families and communities who participate in our programs.

Through the UC ANR HFC initiative, the 4-H program (along with our nutrition and other programs) will become the foundation for shaping policies at the state and possibly national level that affect youth, families and communities.

I will keep you informed – as we move in these new and innovative directions to support youth, families and communities – and engaged in this effort. Your commitment to 4-H is unmatched and unparalleled and I look forward to continuing to work with you.

For more information on the HFC, please feel free to contact me at kcnathaniel@ucdavis.edu.

- **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 the LA and AV offices by 4pm September 14, 2010. Record Books are due to the I&R committee members by 9pm on September 15, 2010. Record Book judging will be September 18 & 25, 2010 with winners announced at County Awards Day, October 9, 2009 after the 4-H Pet Symposium. Remember to enter your 4-H activity information on the “new” state record book forms.
- **2009-2010 Officer Book competition** - Officer books for the 2009-2010 competition will be due to the 4-H Office (LA or AV) on September 14, 2009. The book must be submitted with a completed ID form. The 2010 ID form and guidelines are available online at: http://celosangeles.ucdavis.edu/4H_Youth_Development_Programs/Applications.htm. 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 on September 18 & 25, 2010. 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 held in October.

- **Los Angeles County 4-H Pet Symposium- The Los Angeles County 4-H Pet Symposium and County Awards Day** will take place on **Saturday, October 9, 2010**, from **10 a.m. to 4 p.m.** There will be a lot of fun learning opportunities for youth on this day, and what a wonderful way for the community to see all the great things 4-H youth can learn and do! Each year, the 4-H districts of Los Angeles County rotate responsibilities for putting together the County Awards Day Event. Here is the 2010 listing of district responsibilities:
 - Program: AV
 - Publicity: SSG
 - Decorations & Set-up: SFV
 - Refreshments: NSG
 - Clean Up: ALL

- **New Leader Orientations**
On Thursday, **September 9, 2010, 7 p.m.**, if there is an interest, there will be a New Leader Orientation at the UC Cooperative Extension LA County 4-H Office (4800 East Cesar E. Chavez Avenue, Los Angeles, CA 90022). If there are not enough new leaders signed-up, you will be contacted as to cancellation of this training. This training is only for volunteers who have cleared the fingerprinting process and have been notified by their club leader. Please R.S.V.P. for the training before Friday, September 3, 2010. To sign-up or to find out more information, please contact Dawn Fuller at dafuller@udavis.edu or by phone at (323) 260-3859.

Following the **October 2, 2010** County Council Meeting at Noon, you will have another opportunity to attend a New Leader Orientation at our Antelope Valley 4-H Office (335 East Ave K-10 Suite 101, Lancaster CA, 93535). To sign-up or to find out more information, please contact 4-H Program Coordinator, Charlene Moore, at moore@udavis.edu or by phone at (661) 974-8824.

- **Youth & Adult Officer Training**
On **Saturday, September 11, 2010**, from **10 a.m. to 1 p.m.** (UC Cooperative Extension, 4800 East Cesar E. Chavez Ave., LA 90022), there will be a special opportunity for both youth and adults to learn the ins and outs of holding an office. Youth may have served as “historian” or “secretary” in the past, or have recently been elected, and would like to know what it means to hold an office or be refreshed on what is expected as an officer in a particular role. *San Fernando Valley 4-H Club Leader Emily Mountford* is coordinating this very insightful **Youth Officer Training**, and youth will have a great opportunity to learn the basics of holding an office, gain confidence as an officer, assist their club in new ways and even participate in a “mock meeting.” *To attend this training, please R.S.V.P. to Emily Mountford before September 7 at emilymountford@sbcglobal.net or by phone at (818) 445-0682.*

Also on **Saturday, September 11, 2010**, from **10 a.m. to 1 p.m.** (UC Cooperative Extension, 4800 East Cesar E. Chavez Ave., LA 90022), there will be a **Adult Officer Training** for County Council Officers, District Officers and key appointed positions (i.e. Incentive & Recognition Committee Chair, Livestock Chair, Science Chair, Home Ec. Chair, etc.). Available positions, roles and responsibilities and best practices all-around for adult officers will be covered. **Space is limited, so please R.S.V.P. by September 7 to Dawn Fuller at dafuller@ucdavis.edu or by phone at (323) 260-3859.**

- **Los Angeles County All Stars Project**

Ryan Halvorsen, County All Star

The Los Angeles County All Star project for the 2009-2010 year was to collect and donate care packages to select women's shelters across the greater Los Angeles community. The 2009-2010 All-Star team, Ryan Halvorsen, Hannah DeYoung, and Wesley Ho, chose to donate to 3 shelters: Harbor Interfaith Shelter (San Pedro), the Long Beach Women's Shelter, and Children of the Night (San Fernando Valley). The All-Star team devised this project because of the great need for hygiene items for these shelters, which help over 500 women collectively each month.

The All-Star project has finally come to a close this August. On August 26th, Ryan Halvorsen, one of the three Los Angeles County All Stars, dropped off care packages at the Long Beach Women's Shelter. On August 27th, Halvorsen also delivered care packages to the Harbor Interfaith Shelter. Both shelters were very happy that we decided to donate these care packages to the women at the shelter. Collectively, we received enough items to create over 70 care packages for these two shelters.

Overall, the All-Star team knows that these care packages will go very far with these shelters. The All-Star team would like to thank all of the clubs and 4-H youth members who participated in this countywide community service project. Without your help, this project would not have been the success that it was.

Below: Pictures of Ryan Halvorsen delivering the care packages to the women's shelters.



- **School Days, Rule Days**

Dawn Fuller, 4-H Program Coordinator

Ah, September-- Labor Day, barbecues, sunny days, football season, LA County Fair, new 4-H projects...and SCHOOL! Many of us are headed back to school in September, and some may have already started. We look forward to seeing our old friends and talking about what we did over our summer vacation, making new friends, finding out where our classes are, meeting our teachers and STUDYING—well, maybe not the last part.

There are many things you can do to make valuable use of studying time so that you can learn and retain the information you need to excel in your classes, as well as in life. Here are a few tips to remember when doing homework or trying to concentrate on your studies:

Turn off the TV, radio and put away your cell phone. Turning off the TV, radio and cell phone really does help you to concentrate on what you are studying. This way you won't be distracted and thinking things like, "Hey! I missed that show last week. I will just watch for a minute!" or "Man, I sure do like that song." Before you know it we have forgotten all we have worked on and have to go back to the very beginning. Incoming calls and texts to discuss the topics of the day are a huge no-no when trying to work on your studies. Turn your phone off, or even put it on silent mode when doing homework. Put it out of sight.

Set a certain time every day for studies/homework.

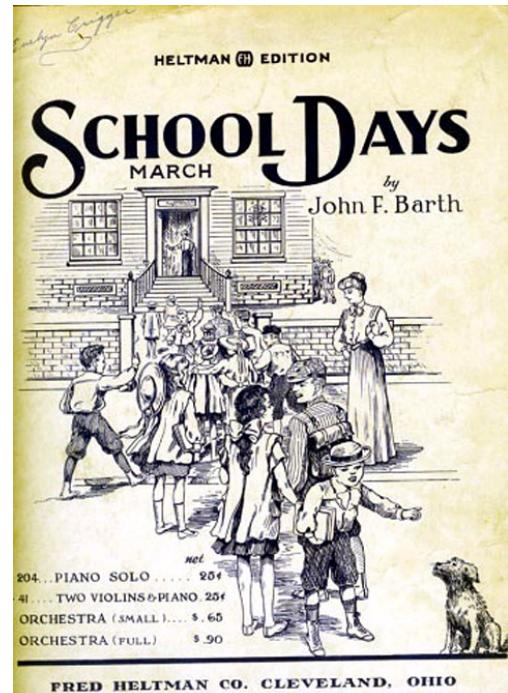
Routines are useful to everyone, but especially when trying to complete your homework. If you set a time every day, for example, right after school, then you know that you will be free in the early evening to catch up with friends, help Mom and Dad with dinner, or even get your school clothes ready for the morning. Each day you will get better at managing that special time you have selected, get more accomplished and be able to look forward to your free time, rather than having to stop and start assignments throughout the course of the entire night (it makes it seem much longer!). Regularity in studying is the key to success!

Pick a special “study area.”

Sometimes there are certain areas where we are more able to focus on our schoolwork than others. If we select a place that may be quiet, with a desk, not too much traffic from the family and keep our school supplies near us, we can accomplish quite a lot! Many of us study in our bedrooms. This is great, as long as you don't start an assignment and then go off into space looking around the room at pictures of your friends, posters of musicians or movies (*Twilight!*), pleasure reading books & magazines, and various fun do-dads. If you are guilty of this, then you really won't concentrate! If your bedroom doesn't work, maybe try the dining room table, or even the family room (as long as the TV isn't on. Remember Tip #1)! Keep whichever area you choose neat and tidy. Keep your pencils and pens and papers well organized, and you will be able to more fully concentrate on your work.

Keep a dictionary handy at all times.

There are probably 10 or more times when we are doing our homework for any given subject and come across a word that we don't know the meaning of, or maybe even the proper spelling. A dictionary can become your best friend when doing many assignments. Nothing can hurt your grade more on an essay than when you have written about something you really care about, and the idea is really good, and your paper is fraught with spelling errors (now look up *fraught!*). It is a really great practice to learn a new word every day. Impress your friends and family by inserting the new word you learned into a conversation, and they will sure be impressed by your lexicon! (Look that one up!)



Keep a calendar of assignments.

Print out a calendar for the whole year with ample space under each day of the month. Keep it in your binder and you can add to it all the due dates for assignments. This way, it will always be with you to add new dates to. You won't forget when to turn things in and it will help you to stay current with upcoming assignments, as well as manage your time and efforts for the school year (and upcoming vacation days!).

Excel on your tests by doing a few simple things.

Almost everyone gets nervous when taking a test, sometimes, no matter how much we have studied and prepared beforehand. There are a couple of things we can do to prepare for a test that don't only have to do with studying.

- Eat a good dinner. This means try not to eat junk before a test (candy, chips, sugary snacks). Eat your vegetables. Drink your water.
- Get to bed at a reasonable time. Forgo your favorite TV show or computer game. Do some light reading before bed and drift off to sleep as early as you can. A good night's sleep can do wonders for you when taking an exam!
- Prepare your clothes, school bag and lunch the night before so you won't have to rush around in the morning. Pack an extra sharpened pencil for math tests-- it helps.
- Take many deep breaths before the test. Try and relax. You will do great!

Here are a few more things that will help you during study time:

- Take good notes in class for reviewing later. Write neatly so you can understand them when you get home.
- Read the entire chapter. Take your own notes. Even if it wasn't assigned, try and answer the questions at the end of each chapter.
- Ask your parents to quiz you on certain subject areas (this is great right before a vocabulary test).
- Make flash cards. Review them as often as possible.
- Get to class early. Sit in the front. Studies find students who sit in the front retain more information presented in class and may have to study LESS!
- Most importantly, when you don't understand something, ask about it. Ask a teacher. Ask your Mom and Dad or an older brother and sister, a tutor at school-- even ask the Librarian if you want to! Don't be shy. This will help you do better overall and especially help you understand what you are actually trying to study in the first place.
- Hi-4hers may want to consider using some of these skills to start a "Study Skills Project" and mentor youth in good study practices. You may find while helping others, it will help you do better too!

Good luck, and remember "Education is not preparation for life; education is life itself"- John Dewey (look him up!).

- **Historical Lanterman House Garden Project**

Dawn Fuller, 4-H Program Coordinator



Youth in the Los Angeles County 4-H Program are invited to participate in a very special pilot gardening project with the La Canada Kiwanis A.M. Club. The historical Lanterman House (located at 4420 Encinas Drive, La Cañada Flintridge) contains all the historic documents related to La Cañada dating back to the late 19th century. It was the home of brothers Frank and Ray Lanterman. During their residence, the brothers had a lovely and unique kitchen garden. When the brothers passed away, the kitchen garden was neglected for many years. Twelve years ago, the La Canada Kiwanis-AM took over the kitchen garden consisting of twelve vegetable beds which include: tomatoes, beans, carrots, lettuce, onions, beets, herbs and much more.



4-H Youth are invited to participate in this wonderful gardening project with the seniors of the La Canada Kiwanis A.M. Club. The Kiwanis Club members will meet with 4-H youth in the garden one Saturday a month for two hours, from April until September/October. Youth will work alongside seniors and learn to fertilize, water, plant, seed, weed, and harvest produce, which will be given away to food-banks. This is a great opportunity to learn gardening basics, spend time with seniors who would appreciate spending time with youth, help preserve a Los Angeles Historical Landmark and provide food to those in need. Several youth from Alta-Pasa 4-H Club, Harbor Lights 4-H Club and Greenleaf 4-H Clubs have signed up. We hope to have many more interested youth involved in the Historical Lanterman Garden Project. It would be just lovely to have a youth member from each club participate. The La Canada Kiwanis AM Club has been very kind to us, and we look forward to bringing the Historical Lanterman Garden back to its former glory! To sign-up for this project or to find out more information, please contact Dawn Fuller at dafuller@ucdavis.edu or by phone at (323) 260-3859.

- **September-- Did You Know?**

Dawn Fuller, 4-H Program Coordinator

We know several things about September. The two main things we know are: 1. We usually go back to school and 2. We celebrate Labor Day. Lots of interesting things have happened in the month of September through the course of time and there are certainly some special days to remember. Test yourself to see if you know a few of these little-known facts!

Did you know?

...**September 1, 1985**, the remains of the **Titanic** were located by ocean researchers? (She sank in 1912 after striking an iceberg in the North Atlantic during her maiden voyage.)

...**September 5** is *National Cheese Pizza Day*?

...**September 8, 1883**, the Northern Pacific Railroad across the United States was completed?

...**September 13, 1992**, the highest temperature on Earth ever recorded was 136° Fahrenheit in Azizia, Libya?

...**September 16** is actually Mexican Independence Day, not Cinco de Mayo, which is actually a celebration of the Mexican Army's victory over the French at the Battle of Puebla (in Puebla, Mexico)?

...**September 19, 1893**, New Zealand became the first country to grant women the right to vote?

...**September 19** is *National Talk like a Pirate Day*?

...**September 28, 1542**, California was discovered by Portuguese navigator Juan Rodriguez Cabrillo upon his arrival at San Diego Bay?

...That the traditional German Harvest Celebration known as *Oktoberfest* is actually celebrated near the end of September, not October?

...September birth flowers are Forget-me-nots, Morning Glories and Asters? (Birth flowers are symbols for the month of someone's births similar to gemstones.)

...September is *National Chicken Month*?

...September is *Children's Good Manners Month*?

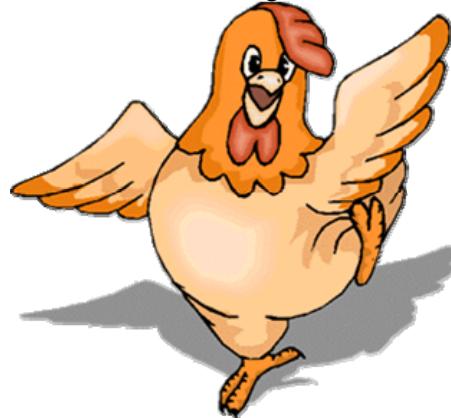
...September is *Classical Music Month*?

...September is *Hispanic Heritage Month*?

Wow, September is filled with so many celebrations! If all of these days and remembrances aren't enough, September is also host to *National Grandparents' Day* (**September 12**), *International Day of Peace* (**September 21**), *National Farm Animals Awareness Week* (third week), *National Dog Week* (fourth week) and September is *National Read-a-New-Book Month*.

- **Crock Pot Chicken & Stuffing**

Dawn Fuller, 4-H Program Coordinator



In honor of September being **National Chicken Month**, here is an easy and fun recipe to try out for your family and friends. It is almost like having a mini-Thanksgiving dinner! Follow the recipe below for this easy **Crock Pot Chicken & Stuffing Recipe**:

Ingredients

1 package boneless skinless chicken breasts
1 can cream of chicken soup
Salt
Pepper
1 package Stove Top Stuffing

Procedure

Rinse chicken.
Place in crock pot.
Shake some salt and pepper over chicken.
Pour soup over chicken. Spoon soup over all chicken pieces.
Cook for 6-8 hours on low.
Stir chicken and soup at least twice. Make sure chicken is still covered by soup.
An hour before chicken is done, cook stuffing on stove. Follow directions on stuffing box.
Spoon stuffing over chicken in crock pot.
Cook for remaining hour.
Serve with whole cranberry sauce, black olives, green salad and dinner rolls.
Enjoy!

- **Outreach Round-Up**

Dawn Fuller, 4-H Program Coordinator

On **Wednesday, August 25, 2010**, Los Angeles County 4-H provided an informational presentation to 70 community-based organizations and school representatives during the “*Planting the Seeds of Success for Your School or Community Garden*” at the Network for a Healthy California Los Angeles Region Sharing Forum. The event was held at the lovely Huntington Botanic Gardens. This Symposium was a collaborative effort between the Cooperative Extension and the Network for a Healthy California, Los Angeles Region.

- **Online Re-Enrollment** – The time is coming for current 4-H members and leaders to re-enroll. After July 1, 2010, each 4-H member and leader will need to log in to their family profile and re-enroll. To assist in this process, download the "How to Re-Enroll" form from the LA County website. You can access this sheet by clicking [here](#). The 4-H Online Enrollment website is: <https://california.4honline.com/>. You can do this between July 1, 2010 and December 31 (to compete at fair). Remember, you must be currently enrolled to participate in 4-H and 4-H activities. The fees are \$15 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:**

- 9/1 NSG Council & Hi 4-H mtg.
- 9/4 LA County Fair (9/4-10/3)
- 9/6 Labor Day (Office Closed)
- 9/9 New Leaders' Orientation (LA Office 7-9pm)
- 9/11 Adult & Youth Officer Training (LA)
- 9/11 4-H Sectional Council & Teen Council mtg.
- 9/14 Record Books & Officer Books due to 4-H County Office by 4pm
- 9/15 Record Books due to I&R Committee by 9pm
- 9/18 Record Book & Officer Book Judging
- 9/19 SSG Project Fair & Achievement Night
- 9/22 Summer Camp Directors Application due
- 9/23 SSG Council mtg. / SGV Fair mtg.
- 9/25 Record Book & Officer Book Judging
- 9/25 AV Showmanship Clinic
- 9/26 Summer Camp Directors Interviews & Selections
- 9/27 AV Leaders' Council mtg.
- 9/29 Judges Applications due for State Judging
- 10/2 County Council mtg. (AV Office), New Leaders' Orientation (AV Office)
- 10/2 AV 4-H Horse Show
- 10/9 4-H Pet Symposium (10am-3pm) / County Awards Day

STATE

- Looking for a way to **enhance your leadership and citizenship skills?** Delegates who participate in California and Washington Focus say they enhance these very skills as they engage in one of the citizenship study/travel programs and carry out a plan of action to address an issue in their school or community. The 2011 programs are planned for:
 - June 17 – 21, 2011, **California Focus** in Sacramento Late June 2011, Washington Focus #1 - Washington, D.C.; Williamsburg Jamestown/ Yorktown (dates to be finalized soon)
 - July 10 – 19, 2011, **Washington Focus #2** – Washington, D.C.; Philadelphia & New York. More information is available at: <http://www.ca4h.org/Projects/Citizenship/Focus/> or with Pat English, pnenglish@ucdavis.edu.
- **California's 4-H International Exchange Program** will host students from Costa Rica, Finland, and Japan as well as send delegates outbound to Australia. The hosting programs are all about sharing your regular summer life with a teen from another culture. There is no expectation that students tour California. Find out more by contacting Pat English at pnenglish@ucdavis.edu or check on the web at: <http://www.ca4h.org/Projects/Citizenship/International/>.
- **PBS Kids** is hosting the **2010 Trash to Treasure Competition**, an opportunity for **youth ages 5 through 19 to display their talent and creativity**. The competition requires that applicants take old trash and recycle, reuse, or reengineer their everyday items into a new invention that can either protect the environment, move things or people, or be used for play. The competition **deadline is September 5, 2010 at 12:00 noon (ET)**. For more details, complete rules, and online registration, visit <http://pbskids.org/designsquad/contest/index.html>.

- The **American Association of Museums**, in conjunction with the **National Endowment for the Arts** is offering free admission to various museums across the United States this summer to active duty military personnel and their immediate families. Although not all museums are participating, the link below is to provide you with the museums participating. Blue Star Museums is a partnership among Blue Star Families, the National Endowment for the Arts (NEA), and more than 700 museums in all 50 states to offer **free admission to active duty military personnel and their families from Memorial Day, May 31, 2010, through Labor Day, September 6, 2010**. The link to the website:
<http://www.nea.gov/national/bluestarmuseums/index.php>.
- **Are you addressing a current issue in your community?** Do you have a new idea that will help solve a local problem? If you have the ideas and the manpower and **need some money to make your project happen**, submit an application through the Service-Learning RFP Program. You could receive financial assistance up to **\$5,000** for your service-learning project. Funds are awarded on a competitive basis and applications are due **September 15, 2010**. Apply for funding to support your community. Applications are on-line at: <http://www.ca4h.org/Projects/Citizenship/> at the bottom of the page in either Word or PDF Format.
- **4-H Record Book Judging applications** are **due** to the California State 4-H office by **September 30, 2010**. Please contact Quang "Hogan" Tong, qtong@ucdavis.edu for questions. Applications can be found at <http://www.ca4h.org>.
- Applications are currently being accepted for the **2011 National 4-H Conference**, to be held on April 2-9th. **Applications are due by October 1, 2010**. The National 4-H Conference is a working conference in which youth and adults--at the invitation of the Secretary of Agriculture--assist in the development of recommendations to help guide 4-H Youth Development Programs nationally and in their communities. This event brings together youth, volunteer leaders, and state and county Extension staff members from across the United States, the U.S. Territories, and the Canadian Provinces. Applicants should be at least 15 years old. More information can be found at: <http://www.ca4h.org/Programs/Conferences/N4-HC/> or please contact Quang "Hogan" Tong: 530-752-5644.
- The **first annual Big Tent Conference** will be held **November 18-20, 2010** in Houston, Texas. This year's conference theme is "**Connected Communities-Thriving Youth.**" The conference will host keynote speakers, sessions, art, music, and entertainment. Each day will be packed with learning opportunities to encourage collaboration between participants and stimulate creative thinking focused on helping youth thrive. Register online at <http://www.bigtentconference.com/register-now> and take advantage of the early bird registration now through **October 1, 2010**.
- **All youth and adults, involved in camp** education programs are invited to a hands-on workshop which will generate new ideas, enthusiasm and energy into any 4-H camp. Experience the new Wildlife Habitat Evaluation Program (WHEP) Camp Activity Manual, "Clues All Around Us". The workshop will help you make active learning fun and meaningful for campers. **Mark your calendars to attend the training October 16 from 9:30 to 3:00 at the Cache Creek Nature Preserve in Woodland**. For your \$20 registration fee you will garner a bag of resource material, a copy of the activity manual, many neat ideas, and the opportunity to exchange ideas with others. Lunch is included. Please contact Mary Engebreth, maryengebreth@comcast.net or (707) 996-2981 for registration materials. **Registration deadline is October 6, 2010.**
- **A shooting sports volunteer training course** in the **shotgun discipline** will be offered at 2300 Vichey Springs Rd Ukiah, CA 95482 on **Saturday October 23, 2010** 8:00 a.m. – 5:00 p.m. and Sunday, October 24, 2010 – 8:00 a.m. – 5:00 p.m. Upon successful completion of this course, 4-H leaders will be certified Trainers in the shooting sports discipline of Shotgun. They will be certified as Trainers and be eligible to serve as a Trainer for other shooting sports leaders in Shotgun. There is a \$30 fee for the course. To get more information or register for the class contact Linda Edgington at lgedginton@ucdavis.edu or call 707-463-4495.

- 4-H members with an **interest in clothing and textile projects** may be interested in entering the California **Make it With Wool contest**. The program has provided scholarships and prizes to sewing and knitting enthusiasts since the 1940's. If you would like to enter, visit <http://www.sheepusa.org>. The **entry deadline for the District Photo Contest is October 15**, and the Direct entries to the **State contest deadline is October 31, 2010**. You may contact Julie Castillo at Calif.wool@gmail.com for more questions.
 - 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, 4 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/sl>. For any questions, contact Registrar, Richard Schrieber, dickschriber@netzero.com.
 - 4-H members involved in sheep projects may be interested to plan ahead and attend the **2011 National ASI Convention**, planned for **January 19-22, 2011** in Reno, NV. You may visit the American Sheep Industry site, http://www.sheepusa.org/Future_Convention_Dates for more information. Please note: There is currently no CA funding available to assistance with attendance.
 - **The 2011 Western Regional Leaders' Forum**, "Cruise to 4-H Excellence!", is planned for **May 7-14, 2011**, and will be held aboard a cruise ship and will be visiting Alaskan and Canadian ports as attendees participate and learn at the many workshops being offered. You can visit: <http://4h.wsu.edu/conferences/2011wrlf/index.html> for more information and registration details.
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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

Los Angeles County, 4-H Youth Development Staff:

Dr Rachel Surls, County Director, (323) 260-3886, ramabie@ucdavis.edu

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