



October 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: 4-H Record Book

I am sure most of you are familiar with the 4-H record book. It is one of the most important products a 4-H member produces in 4-H. It documents and highlights the positive youth development experiences that youth in 4-H have, demonstrating the personal, intellectual, problem solving and critical thinking skills youth master. It also calls attention to the civic and community focused activities a 4-H member has been engaged with. Other reasons for completing a 4-H record book include:

4-H record books give members an opportunity to reflect on their yearly work. Members document their skill development and learning experiences in a written report. 4-H members measure their achievements and growth.

- 4-H record books encourage members to set goals and develop plans to meet those goals. Completion of the Personal Development Report awards 4-H members for participation in 4-H activities, which provides an incentive for participation, learning, and achievement.
- 4-H record books teach members records management skills. Records management (RM) is an industry-standard practice of identifying, creating, classifying, archiving, and preserving records.

I want to encourage each project leader to discuss record keeping with 4-H youth and to encourage them to think seriously about completing a record book. In the coming weeks and months, you will start to hear phrases (i.e., Step it Up to Thrive) and words (i.e., caring, competence, contribution) that will become commonplace expressions for describing how youth are doing in the program. The 4-H record book will be one way to examine how successful young people are progressing through the program and if we are in fact helping youth reach their full potential.

Please take a look at the record book website (<http://www.ca4h.org/Resources/Members/RecordBook/>) for more information on submitting a 4-H record book. If you haven't already, start documenting and creating your legacy by completing a 4-H record book.

For more information contact me at kcnathaniel@ucdavis.edu.

CLUB

- Palos Verdes Peninsula
By Zella Roth

Some of the families in the Wildlife and Poultry Project participated in raising and releasing Ring-necked Pheasants. They released the pheasants on Sunday, September 12, 2012. Five different families met at Mrs. Keese house and hiked into a nearby canyon with their lovely birds. Mrs. Keese led the group to a perfect spot for the flock's new home. Surrounded by millions of wild blackberries and a flowing stream, on the count of three the 4-H'ers let go of their bird. The pheasants are free at last! Hopefully, they will re-populate.



Pictured above: (left to right) Megan Tahbaz, Zella Roth (front), Morgan Gerand, Rachel Klose, and Rebecca Klose.

COUNTY

- **2010 4-H Golden Clover Award Recipient**
Dawn Fuller, 4-H Program Coordinator

The University of California 4-H Youth Development Program recognizes outstanding adult volunteers with an esteemed honor known as the “Golden Clover Award.” This year, **Dee Keese** of the *Palos Verdes Peninsula 4-H Club*, is the recipient of this award. You might recall, in May, she was also the recipient of the *Los Angeles County 4-H Lifetime Achievement Award* as well! Dee has been a club leader for the PVP 4-H Club for 32 years and for 35 years has been a 4-H leader in every project imaginable. After raising 5 kids who were all involved in 4-H in their youth, Dee decided to make it her life’s mission to selflessly mentor other youth in Palos Verdes through her 4-H Club. The largest 4-H club in Los Angeles, PVP 4-H Club boasts 37 adult volunteers, 147 youth members and 33 projects!



Each year, Dee coordinates the *Junior All Star Program* for Los Angeles County 4-H, and now the *Junior Leadership Conference*, which will be held on **January 15, 2011**, at the UC Cooperative Extension (4800 East Cesar E. Chavez Avenue, LA 90022). The *Junior Leadership Conference* will follow the County Council Meeting. To find out more about the *Junior All Star Program* click here: <http://pvp4hclub.com/jrallstars.aspx>

Dee will be presented with a special medallion and honored in a slide show at the **State Leaders' Forum** in Asilomar on the weekend of **November 5-7, 2010** <http://www.ca4h.org/Programs/Conferences/SLF/>. We are thankful to have Dee as a volunteer and look forward to many more wonderful years of “learning by doing” with Dee!



- **Los Angeles County 4-H Pet Symposium**

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 splendid way for the community to see all the great things 4-H youth can learn and do! Youth will learn all there is to know about the care of pigeons, turtles, cats, dogs, bees, Pygmy Goats, rabbits, chickens and even how to become a veterinarian. Award-winning children’s author **Betty G. Birney** (<http://www.bettybirney.com/>) will read from her famous “Humphrey” series and sign books. Green Leaf 4-H Club will host a delightful food booth, and many rescue organizations will provide fun and interesting information for attendees. Click here to watch the video from 2009: http://celosangeles.ucdavis.edu/4H_Youth_Development_Programs/4-H_Pet_Symposium_Video.htm. To RSVP or to find out more information contact **Dawn Fuller** at dafuller@ucdavis.edu or at **(323) 260-3859**. See you there!

- **2010 Los Angeles County Fair**

Dawn Fuller, 4-H Program Coordinator

Los Angeles County 4-H provided a special “Radish Planting Activity” to **92 youth** at the *Los Angeles County Fair* on **Thursday, September 16, 2010**. The **Los Angeles County Farm Bureau** kindly invited 4-H to share its booth at the fair, and the fun youth activity was a well-liked, joint effort. Youth from all over Los Angeles attended the fair with their school classes and stopped by the booth throughout the day to learn all about how to plant a radish, keep it fed, water it and even how to talk to their growing radish! Youth who attended carefully transported their radish seeds home and promised to use them in their salads when fully grown! We thank the Los Angeles County Farm Bureau for being a supportive partner of 4-H in Los Angeles County.



- **Record Books!**

Dawn Fuller, 4-H Program Coordinator

On **Saturday, September 18**, and **Saturday, September 25**, 20 leaders and other volunteers from all over Los Angeles County participated in judging Record Books and Officer Books. **Noel Keller**, Incentives and Recognition Committee Chair and County Council President, coordinated an insightful orientation along with her dedicated committee who received the books, sorted them and made necessary preparations for judging (a lengthy process).

A total of **71** books were turned in (**24** Senior Books, **28** Intermediate Books, **19** Junior Books). Youth did a wonderful job of recording their hard work, and special

recognition will be given to winners at the *Los Angeles County 4-H Awards Day*, following the **Pet Symposium** on **Saturday, October 9, 2010**, from **3 p.m. to 4 p.m.** at the **UC Cooperative Extension** (4800 East Cesar E. Chavez Ave., LA 90022).



For those parents and leaders who may be new to 4-H, judging Record Books and Officer Books is the best way to find out the components of award-winning books. All youth, in all clubs, are encouraged to turn in a Record Book each year. Many standing traditions in 4-H are meant to encourage youth development with an emphasis on important life skills. Keeping a Record Book not only helps youth learn valuable record keeping skills, but also helps remind youth of all they have accomplished, focus on what they hope to accomplish, that they have been an integral part of a team, and that they saw projects and club work through to the very end. If youth in your club haven't participated in this 4-H activity, this is the year to do so! Throughout the year, Record Book Workshops will be provided, and there will be many exciting incentives for youth (some will be a surprise!). To find out more about Record Books, Officer Books, or participate in judging next year, contact Noel Keller at Noel.Keller@hmc.edu.

- **My Hands to Larger Service: Fall Leaves and Such**

Dawn Fuller, 4-H Program Coordinator

Now that our school year has begun, our club meetings have started again and the weather will soon start cooling down, we can not only start thinking about fun Fall activities, but also about how we can serve our community during the next few months.

Community Service is an important part of being a “True 4-Her.” At the beginning of our pledge, we say “My Hands to Larger Service,” this means trying hard to think of ways to serve our community and make a positive impact. Many clubs have annual community service opportunities available for club members, but why not really get into the “Fall Spirit” and create a special community service project of your own?



All of are you are creative, and if you really tried, could come up with new and fun community service ideas. Here are a few to start the wheels turning for you!

- Read a Fall-themed story to youth at your local library, to a senior or visually impaired community member (with a parent or another adult present).
- Sign-up for an arts & crafts, knitting, sewing or crocheting project and create something to donate to an organization of your choice.
- Get a team of club friends together and visit residents at a convalescent home (ask a leader to help you coordinate this trip).
- Make “get well” cards and deliver them (with the help of a leader) to the cancer ward at your local hospital.
- Get a team of club friends together (with the help of a leader), and find a senior neighbor who needs some “Fall Assistance” raking leaves, weeding in his/her yard or other outdoor assistance.
- Collect old magazines and donate them to senior or care centers.
- Coordinate a “Game Night” and teach the younger children in your club and in your community to play your favorite board games.
- Start a “Sock Drive” for those in need and donate to a local shelter. This drive can be completed before winter, which is the time of the year when EVERYONE should have a good pair of warm socks.
- Talk to your club leader about starting a special Community Service Team in your club with a main focus being to come up with a new idea every month this year.
- Get a team together and spend a Saturday baking pumpkin, banana and zucchini breads and deliver them to a women’s shelter.
- Start a crayon and marker drive and make gift packs to donate to the **Children’s Hospital**.
- Offer to wash a neighbor’s dog (with a parent or another adult present).
- Explore history and set up a time to interview someone at your local senior center about how he/she grew up.
- Offer to read the newspaper to an elderly person whose vision may not be so great.
- Save some of your best Halloween candy, make a small “treat bag” and present it to your favorite custodian at school to say “Thank you for all you do!”
- Decorate a pumpkin with sequins, feathers and other decorative bits and deliver the pumpkin to a neighbor that has been nice to you.
- Take your dog for a walk—right down to your local senior center (after contacting the senior center about your visit in advance) and watch how cheered the seniors will be with you and your pet!

- If you have an apple or other fruit tree that is producing, pick a bag of fruit and make a “mail delivery of your own” by giving it to your mailman or mailwoman to say “thank you” when you are around the house on a Saturday.

Community Service projects make us feel good. They make others feel good. They remind us that we are lucky, and that there are always new ways of helping others. Fall is the perfect time to start serving our communities, and we might even inspire others to do the same. Send in photos of your community service in action and a brief blurb to be included in Clover Notes to Dawn Fuller at dafuller@ucdavis.edu.

For these and more ideas look here:

<http://www.kidactivities.net/post/Community-Service-Ideas-for-Kids.aspx>

<http://lancaster.unl.edu/4h/serviceideas.shtml>

- **Los Angeles County Farm Bureau Junior Livestock Add-on Essay Contest**

Dawn Fuller, 4-H Program Coordinator

Each year, the **Los Angeles County Farm Bureau** holds a writing contest for 4-H, FFA, Grange or Independent youth who are raising livestock to show at the Antelope Valley Fair. Youth are encouraged to share their personal stories (in 500 words or less) about the hard work and benefits of being involved in agriculture. Youth are also asked to submit a copy of their report card (wow!) and two letters of recommendation, one of which is a 4-H Project or Club Leader. The prize for this contest is \$1,000. We are proud to announce that the three winners for the contest are 4-Hers! **Congratulations to Eric Landsgaard, Hannah Landsgaard and Victoria Munz!**

Eric Landsgaard of *Mid-Valley 4-H Club* had this to say:

How did your agricultural interest begin? - "When my older sister began 4-H I was not old enough to show, but I helped her by training her backup animals, which gave me valuable experience."

Why did you chose to raise a particular breed of animal? - "Pigs are my favorite animals because they are extremely smart and besides what everyone else thinks they are considered one of the cleanest animals."

What is your daily agricultural routine? - "Over the years our small farm has grown; we now have chickens, horses, pigs, goats, and a few cats that come out when we milk the goats. We get up at six every morning to work with our fair animals, to feed them and to take care of our other critters."

The next winner is **Hannah Landsgaard**, also of *Mid-Valley 4-H*. Here is how she answered the questions:

How did your agricultural interest begin? - "My interest in agriculture began when I was a little kid. Actually I have always loved animals but it was when my older brother and sister joined 4-H and started showing that I got really interested. I thought it was so exciting to own your own animal and to care for and work with it."

Why did you chose to raise a particular breed of animal? - "This year I am taking a Yorkshire Hampshire Cross Barrow to the fair where I will compete in the market and showmanship classes. I chose this pig breed because that is the breed of pigs we have. You see my brother has a pig breeding project and we buy his stock. Also this breed has never let us down when it comes to showmanship. I am also taking a Boer Whether Goat to the fair where I will be competing with him too. I chose this breed for my goat as it is the most common meat breed and because I breed them for my projects".

What is your daily agricultural routine? - "We work our animals by exercising them and practicing showmanship. We weigh them once a week to monitor their rate of gain so as to keep them within the fair's weight limits. Some other things we do to care for our animals are worming, clipping, washing, and feeding. My goal this year is to better the meat quality of my animals and to do my best and be a good sport."

Victoria Munz of *Westside 4-H Club* had the following to say:

How did your agricultural interest begin? - "Growing up on a ranch I have been surrounded by agriculture all of my life. It wasn't until I was about five years old when agriculture actually started to interest me. I've learned how much dedication is involved in agriculture by watching my father farm and grow hay. Whenever my siblings had a 4-H meeting I would tag along and anxiously wait until I was old enough to join 4-H and raise an animal myself."

Why did you chose to raise a particular breed of animal? - "Once I joined 4-H I decided to raise a pig because my siblings were and honestly I thought they were one of the cutest animals. Since we raise Hereford Cattle on our ranch, I wanted to take one of those too, but I was a little timid at first, once I considered their huge size. When I was about thirteen I decided that I was brave enough to handle a steer, so I took one to the fair."

What is your daily agricultural routine? - "Raising these animals I soon found out that it was not as easy as I once thought it to be. I am not really a morning person, but with my animals my routine soon changed. I usually wake up pretty early in the morning and go feed my pig, put sunscreen on him, and make him a mud hole, all while he chews on my boots. Then I go over to the steer pen and make sure he has enough water. In the afternoon when the temperature is the hottest I check on my pig again to make sure he is doing okay. Later around 5 pm I feed my pig his dinner and then go out and work with my steer. This consists of brushing him and walking with him, and after I am done with that I feed him enough hay to last him through the night and the next morning."

All three youth worked very hard on their essay entries, and we are very proud of their accomplishments, not only in winning the *Los Angeles County Farm Bureau Junior Livestock Add-on Contest*, but for working hard in their project work and for being a special part of Los Angeles County 4-H. **Way to go Eric, Hannah and Victoria!** To find out more about the Los Angeles County Farm Bureau, or to enter the contest next year, visit their website at: <http://www.lacfb.org/index.html>

- **Don't sit back - STEP UP!!** - 4-H has so much to offer youth. There are great sources of information, chances for career exploration, opportunities to work with the latest technology, chances to learn and practice leadership, opportunities to help others and make a difference. All this will not happen if you just sit back and do not become really involved. You have to take ACTION. You have to STEP UP and DO IT! If something is not happening as you had hoped for, perhaps someone needs your help to make it happen or you are not doing your part. With everyone working together, 4-H can really be GREAT! Remember TO MAKE THE BEST BETTER!
- **Hi 4-H** - Each district can have a Hi 4-H program. 4-H members who will be at least 14 years old by January 1, 2011 or who will be in 9th grade and above are eligible for Hi 4-H activities (ROPES, Snow Camp, T.I.C. conference, state leadership conference, etc.). You don't have to attend Hi 4-H meetings to attend the special Hi 4-H events. This year 13 year olds are again invited to attend Hi 4-H activities as guests.

The sectional level Hi 4-H is called the Sectional Teen Council. It meets before sectional 4-H Leaders' Council meetings at Mt. SAC. The Teen Council plans social and educational events, plus runs the T.I.C. conference in January and a food booth at sectional field day in May. Our senior members can be part of the Teen Council. Our senior members can attend their events. Consider being more active on the sectional level. The county level Hi 4-H program will only exist if there is sufficient interest this year. Contact Roy Hillstock at (323) 260-3854 if you are interested in participating in a county level Hi 4-H program.

- **Goals for new 4-H year**

The 2010-2011 4-H year has started. Encourage your members to start making their 4-H plans. What projects will they take? What community service projects will they support? What activities could they plan and organize for their club? Are they ready to be a Junior or Teen Leader next year? Do they have a good idea for an Emerald Star project? Do they want to go to 4H summer camp this year? Could they be on the Camp Staff?

Now is the time to plan your 4-H year. Do you want to focus in one project area? Plan a presentation, a speech, a leadership and community service for that project area. Do you want to try for the next 4-H star rank? What do you need to earn that next rank?

Experienced seniors should be considering doing a state application for project recognition and a chance to be state winner. Now is the time to start working on the application for next year. If you start now, you'll see where your experiences are lacking and still have time to add items into your records. Make this a great project year and go for STATE WINNER. If you would be interested in attending a workshop on completing a sectional project application, please contact Noel Keller at 909-621-2373 or noel_keller@hmc.edu.

If you have questions about the opportunities available to you, contact your Community Club Leader for details about deadlines, eligibility and requirements.

- **Clubs - where are you?**

No Billy, 4-H does not happen by MAGIC! County events are planned and run by our seniors, leaders, office staff and sometimes friends. The LA County 4-H Leaders Council helps plan, coordinate, run and evaluate the county events. Each club should have someone at the council meetings to represent the club members and leaders. Do you know who attends from your club? Make sure someone is coming. Big decisions that affect clubs are made at county council meetings. Is your club part of the decision? Is your club represented?

The next LA County 4-H Leaders' Council meeting is Saturday, **October 2nd** at the AV 4-H Office in Lancaster. Find out what is going on. Be part of the planning. Leaders, parents and youth members are welcome and encouraged to attend.

- **Outreach Round-Up**

Dawn Fuller, 4-H Program Coordinator

On **Thursday, September 16, 2010**, Los Angeles County 4-H provided a special "Radish Planting Activity" to 92 youth at the Los Angeles County Fair in coordination with the Los Angeles County Farm Bureau.

The **Los Angeles County 4-H Pet Symposium** was promoted in the Los Angeles Times "LA Unleashed Blog" <http://latimesblogs.latimes.com/unleashed/2010/09/animal-lovers-calendar.html> and on 105.1 Go Country Radio Station's website <http://www.gocountry105.com/calendars/community/>.

On **Friday, October 8, 2010**, from **3:15 p.m.-6 p.m.**, Lanai Road Elementary School (4241 Lanai Road, Encino, 91436), Encino Oaks 4-H Club, Los Angeles County 4-H and San Bernardino County 4-H will be hosting the 3rd Annual **National Youth Science Day Experiment**. Youth will conduct fascinating water experiments and participate in "learning by doing activities" that will acquaint them with many spellbinding aspects of water and excite youth in science. Thank you to Lanai Road Elementary School, Encino Oaks 4-H Club and San Bernardino County 4-H!

- **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/>. 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:**

- 10/2 County Council mtg. (AV Office), New Leaders' Orientation (AV Office)
- 10/2 AV 4-H Horse Show
- 10/3-9 National 4-H Week
- 10/6 NSG Council & Hi 4-H meeting
- 10/9 4-H Pet Symposium (10am-3pm) / County Awards Day
- 10/10 NSG Achievement Night
- 10/14 I&R mtg.
- 10/21 SSG Council & Hi 4-H mtg. / SGV 4-H Fair mtg.
- 10/25 AV Council meeting
- 10/29 Senior Entries (Record Books) due to LA Office for State Competition
- 10/31 Happy Halloween
- 11/3 NSG Council & Hi 4-H mtg.
- 11/5-7 State Leaders' Forum
- 11/6 Regional 4-H Horse Show
- 11/9 I&R mtg.
- 11/11 Veterans Day (Office Closed)
- 11/13 Fun Shoot (Turkey Shoot)
- 11/20 County Council mtg. (10-12pm) & New Leader Orientation 12-2pm (Lanai Rd Elementary School)

SECTIONAL

- The California 4-H South Section **Teen Involvement Conference (TIC)** is a three day youth leadership conference for high school aged 4-H members of the south section. Youth who attend this conference will have a chance to: gain new leadership techniques, learn teamwork skills, obtain information on opportunities 4-H has to offer at a sectional and state wide level, meet 4-H members from across the state, participate in community service activities, and much more! The conference is completely planned and ran by the youth officers, teen council members, and volunteers. For more information click [here](#).

STATE

- **2010 State Leaders' Forum: Upgrade, S.E.T. Your System, GO!** 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 all aspects of the 4-H Youth Development Program, facilitated by volunteers and staff. Priority Registration due October 1, 2010. \$45 per person before Oct 1. \$50 per person after Oct 1. Talk with the 4-H leaders, staff and parents in your club and county, form a group, and 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 an event that will be a fun, stimulating, and educational. For information, registration forms and list of workshops, visit: <http://www.ca4h.org/Programs/Conferences/SLF>.

- 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/>.
- 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.
- **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 Engebret, maryengebret@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 lgedgington@ucdavis.edu or call 707-463-4495.
- **Fashion cents, the 2011 Challenge category will be the \$15 Challenge.** Members are challenged to coordinate and purchase an entire outfit for \$15 or less, not counting shoes. Additional categories for 2011 will be Traditional, Consumer Science-Purchased, Recycled, and Wearable Art-Embellished. In CS-Purchased, the limit has been reduced to \$100 for everything showing. The Recycled rules have been rewritten to differentiate between recycling an old garment into a new one and alterations. In WA-Embellished, the rules clarify that the original garment must be purchased. The SFR committee welcomes your participation in planning and presenting this state event. To join the committee, contact Karli Draxler, Youth Chair, at chat2kd@unwiredbb.com. For event information, the Challenge flyer, and 2010 photos, see the SFR website at <http://www.ca4h.org/Programs/Events/SFR/>. The committee is looking for historic photos and stories about 4-H Dress Revue and SFR when it was part of State Leadership Conference. If you have any to share, please contact Sue Moore at samoore@ucdavis.edu.

- 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/slf>. For any questions, contact Registrar, Richard Schrieber, dickschriber@netzero.com.
- A **shooting sports training workshop to train volunteers in the rifle discipline** will be held in **Ukiah, CA on November 6 & 7, from 8am-5pm both days**. Upon successful completion of this course, 4-H leaders will be certified in the rifle shooting sports discipline. They will be certified as Volunteer Leaders and be eligible to serve a club or camp rifle project leader. There is a \$20 fee for the course. To get more information contact Linda Edgington at lgedgington@ucdavis.edu or call 707-463-4495. To register for the class you must complete the Training Request and Registration Form found at: <http://www.ca4h.org/files/4785.doc> and have it signed by your county 4-H staff person. Mail this form along with a check for \$20 made payable to Mendocino County 4-H to: Rifle Class 890 N. Bush Street, Ukiah, CA 95482. This class is not open to leaders from Santa Cruz County or Ventura County.
- 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.

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

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

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

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

Charlene Moore, Antelope Valley 4-H Coordinator, (661) 974-8826, moore@ucdavis.edu

Jennifer Dana, Antelope Valley Administrative Assistant, (661) 974-8824, jrdana@ucdavis.edu

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

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Los Angeles County 4-H Office, 4800 E. Cesar E. Chavez, Los Angeles, CA 90022, (323) 260-3854