

March 2011

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

In Los Angeles County we offer youth range of learning opportunities. 4-H volunteers are leading extraordinary projects that help youth to master a specific content area (i.e., animal science, science, arts, sewing). Everyday, we get phone calls from families seeking meaningful and engaging activities for children in out of school time and 4-H answers with a rich history of blending youth interests with adult volunteer expertise to create a competent youth. I want to also suggest to you some of the content areas we also have available for you to explore with members. I can provide the necessary training to you and possibly offer you the curriculum that supports the activity.

Here are some of the content areas for you to consider:

Robotics

The Junk Drawer Robotics track provides youth experiences in science processes, engineering design principles and technology processes working with household items and parts to complete simple design challenges. These robotics activities use science process skills, cross-age instruction, the learning cycle, and the apprentice structure, and then add in the two additional elements of engineering and technology. After the discovery and framing through scientific thinking, the curriculum extends to designing and building using engineering and technology.

Level 1: Give Robots a Hand:

In this level youth will be exploring and learning about robot arms. The arm is one of the most useful and imitated parts of the human body. It is flexible with joints; shoulder, elbow, wrist, that allow it to be placed in many positions to reach and grab. The hand with its fingers and thumb can grab, hold, pick up, and more. Designs for robot arms can allow a robot to be used to grab, lift, move, or position items into a machine, to control a spot welder, or to assemble parts for an item.

Level 2: Robots on the Move:

Mobile robots make up an array of applications allowing robots to go and do things in locations and situations that humans would not like or could not go. Mobile robots can go into dangerous situations, can fly, go under water, traverse remote areas or planets, carry instruments and sensors, and much more. In this level youth will explore legged, wheeled, and underwater robots. We will explore friction, basic electrical power and motors, engineering constraints, gears systems, and buoyancy.

Level 3: Mechatronics:

For greater control and usefulness, robots merge mechanical objects with electronic components. In this level, youth will explore components of electronic devices and basic programming elements. Various sensors will be used to help robots explore the world and react in programmed control.

Transportation

Through modules in this theme, students will explore transportation by air, land, and sea. Transportation has played a crucial role in the development of civilization. The first ships made the discovery of America possible. The transcontinental railroad opened up the western half of the United States for settlement. Cars and highways made suburbs possible, and planes have made it possible to cross an ocean in just a few hours. Students will explore specific modes of transportation and learn how engineers design them for maximum efficiency.

Transportation: Quest for Speed:

In this TechXcite: Discover Engineering module participants will use K'NEX® to construct and evaluate several different kinds of cars that have different sources of power. They will learn how to scientifically measure the performance of the vehicles to study the effects of their design improvements on speed. A wide range of vocabulary terms and engineering concepts are defined in simple language and experimentally explored through exciting hands-on activities.

Solar Energy: Racing with the Sun

This TechXcite: Discover Engineering! module introduces kids to ways in which solar panels may be used to generate electricity through the design of a solar car. Ways in which engineers can design more environmentally friendly cars are a very important challenge in engineering today. While it is unlikely that a car would be powered entirely by solar panels, an electric car with batteries combined with solar charging could become popular in the future. In this module, kids explore how solar panels generate electricity in different lights by measuring the maximum voltage they can create. Then, they apply this knowledge in building and optimizing a small solar car.

Wireless Communications

The Wireless Communications theme provides opportunities for students to explore wireless technologies they encounter every day. These technologies include radio frequency (RF) transmission, which is now utilized for a lot more than FM radios. In the initial module from this theme, students explore the types of information that can be delivered via an infrared signal. Your TV Remote offers students a chance to build infrared (IR) transmission and receiving circuits in order to transmit music wirelessly. In the second module, RF Burglar Alarm, students build a burglar alarm that can wirelessly alert them when an intruder has entered a room.

BioMed Tech

Biomedical engineering and technology could prove to be the most exciting field in science and engineering in the 21st century. Sensors and medical devices are making it possible to monitor aspects of our physiology that have never been possible before. Prosthetic devices have been around since well before pirates were known to have peg legs and hooks for hands, but the latest prosthetics can be attached to nerves making it possible for them to provide a sense of touch. Finally, medical imaging has developed ways of looking inside the body that have made possible new levels of certainty in medical diagnostics. All of these areas are explored in the BioMedTech theme.

Power of Wind

Youth are exposed to the use of wind as an alternative energy source. They design various types of vehicles then test them under certain wind conditions. Youth learn important science skills, including observing, questioning, predicting and interpreting. The curriculum is also designed within the context of being SET (Science, Engineering and Technology) ready by intentionally targeting the development of SET abilities, providing experiences based on National Science Education Standards, using inquiry to foster natural creativity and curiosity and improve their essential elements of positive youth development.

Gardening

The second module of the Junior Master Gardener Level 2 curricula is here! This module of this JMG Level Two (grades 6-8) allows students to participate in novel, hands-on activities focusing on Soil and Water concepts. Using Operation W.A.T.E.R.: Dr. Thistle Goes Underground, students in grades six through eight can investigate a new mystery while they learn important concepts about soil and water. Topics include: soil texture, aquifers, watersheds, wetlands, soil nutrients, the water cycle, soil improvement, soil structure, and water & soil conservation.

CLUB

- **Help Make the DREAM a Reality**
Alex Kasperovich, L.A. County All-Star

The 4-H club has always provided its members with many wonderful, meaningful, and engaging community service opportunities. Now, it is about to do so once again: a new AllStar project, organized by Alex Kasperovich from the PVP4H Club, will give 4-Hers an opportunity to gather food for orphans in Haiti and the destitute in the Dominican Republic. At Judging Day, and possibly other upcoming events, 4-H members will have the opportunity to “adopt a box” provided by Operation DREAM (Dominican Republic Emergency Aid Mission) and fill it up, or demonstrate their leadership skills by having others fill it up for them.

As mentioned previously, the boxes will go to aid hunger relief in the Dominican Republic and Haiti. Among those who will receive help is an orphanage that is home to more than fifty children that are between two and twelve years of age. That orphanage is dependent on Operation DREAM, and by extension, the collected boxes, for survival. Moreover, Operation DREAM box contents are guaranteed to reach their destination in the hands of hungry people; there is no need to worry about bureaucracy or lost boxes.

A DREAM box costs about \$200 to fill up and \$25 to ship, can feed a hungry family for a few months. The box should weigh around a hundred pounds and can be filled with non-perishable goods, such as rice, dry beans, oatmeal, pasta, peanut butter, cooking oil, and more. So far, Operation DREAM has sent 270 boxes to fight hunger in Haiti and the Dominican Republic; that is 27,000 pounds of food have been sent to those who can't get it by themselves. Help increase that number by adopting a box at the next opportunity!

For more information, please go to www.allaboutthedream.org, or contact Alex at akasperovich@gmail.com or Karin at karin@allaboutthedream.org.



- **San Fernando Valley 4-H: Goings-on!**

Dawn Fuller, 4-H Program Coordinator

The **San Fernando Valley 4-H Club** has been quite busy recently and even were featured in the American Kennel Club's Newsletter with a photo!

<http://www.akc.org/enewsletter/jrnews/2011/january/gallery.y.cfm>.

On December 4-5, 2010, members of the **San Fernando Valley 4-H Dog Project** volunteered to work as "official ring stewards" where they assisted in setting necessary equipment and run leashes for the *American Kennel Club Agility Invitational*. Over 3,000 dogs participated in this popular event (specifically 500 in the agility event), where project members assisted for two days at the Long Beach Convention Center. SFV 4-H Club Dog Project members **Sallie DeYoung, Hannah DeYoung, Jessica Fint** and **Ellen Malham** were a welcome addition to this combined event with *Eukanuba Championship*, where they represented Los Angeles County 4-H and saw over 150 dog breeds. The dogs represented the cream of the crop not only for the United States, but internationally.



On Saturday, February 12, 2011, **SFV 4-H Arts and Crafts Project** members created unique Valentine's cards for family and friends, and members of the **SFV 4-H Fun Foods Project** made delicate chocolates from scratch! Youth members made turtles, peanut butter cups, lollipops, various molded chocolates, and even learned how to color chocolates.

Also on Saturday, February 12, 2011, members of the new and exciting **SFV 4-H Wildlife Project** joined members of the **San Fernando Valley Audubon Society** for a sprightly morning nature walk in the *Sepulveda Basin Wildlife Preserve*. Youth who went on the fun walk through the reserve learned about bird identification, behavior and habitat, and were also treated to sightings of finches and other birds who visit the area in wintertime. SFV 4-H Community Club Leader, **Emily Mountford**, notes that the second Saturday of the month (from October through March), 4-H youth are invited to take this lively nature walk, learn from experts, are provided with binoculars, and may peak their interest in Birding by doing so. To find out more information, or take a 4-H Project Group on the walk, visit this website: <http://sepulvedabasinwildlife.org/>

San Fernando Valley 4-H has many new projects and opportunities for youth to "learn by doing." If you would like to find out more about some of their club projects or even "cross-project" between clubs, contact **San Fernando Valley 4-H Community Club Leader, Emily Mountford**, at emilymountford@sbcglobal.net or by phone at **(818)738-0836**. Great job San Fernando Valley 4-H!

- **Field Day & Fashion Revue**

Field Day is one of the most valuable assets of our 4-H program. This is a day where 4-H'ers share the skills and knowledge they have acquired in their 4-H projects with others through presentations, demonstrations and compete in a variety of categories. By learning public speaking and demonstration skills, 4-H'ers prepare themselves for college and the workplace. 4-H members may observe and gain knowledge relating to many different 4-H projects. Parents and friends are encouraged to attend. If you have never been to Field Day before you will be surprised at the poise and abilities of these 4-H members.

All members of the LA County 4-H are invited to participate in LA County Field Day on March 26, 2011. 4-H Presentations are very informative and will certainly enrich individual knowledge. Public Speaking, Impromptu Speaking and Extemporaneous Speaking are also interesting. Fashion Revue showcases our best LA County 4-H clothing projects. Share the Fun Skits, Cultural Arts Presentations, and Song Leading contests are creative and entertaining.

4-H members attend to participate\observe and learn\receive awards, recognizing their individual skills and knowledge. Remember it's a 4-H "Family Affair", and encourages parents and friends of 4-H to attend and support the youth. Medal winners will be eligible to go on to Sectional Field Day, which is tentatively scheduled for Saturday, May 21, 2011. Keep a look out for more Field Day information to come.

The District Fashion Revues are as follows:

- **South San Gabriel District Home Ec. Day**
Saturday, March 12, 9 a.m.
Mary Lash's Home
9497 East Foster Rd.
Downey, CA 90242
- **North San Gabriel District Home Ec. Day**
Sunday March 6, 2011, 1 p.m.
Treadwell Home
624 East Grand Avenue
Pomona, CA
- **Antelope Valley District Fashion Revue**
Saturday, March 5, 2011
Registration begins at 9:00
Be ready to see the judge at 9:30
Wayside Community Church
2584 Felsite Ave
Rosemond, Ca 92560

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4-H- Still in Fashion!

Dawn Fuller, 4-H Program Coordinator



There comes a time in people's lives when they would like to present their best selves; in their personal lives, at school, or in business. Whether you are a Fashionista, want to improve your daily look, accessorize properly, know more about how the retail industry works, design your own outfit, challenge yourself to make a pattern and compete with your peers, improve poise and just be able to mend your own garments, the ***Clothing & Textiles Project*** and participation in the popular ***4-H Fashion Revue*** will help you gain the necessary skills.

This tradition in 4-H is well-loved and long-standing, and not only is it interesting, but important, to know a little bit about the history of the Fashion Revue, why we do it, and what skills can be learned from participating in this fun and exciting event.



Florida 4-H Fashion Revue of years past

At the turn of the century what we now know as 4-H was just getting its start in towns across America. School Principals, teachers, parents, farmers and other concerned citizens, with the help of the USDA, newly formed Farmer's Institutes, and countless others, inspired individuals to form Boys' and Girls' Clubs. We see the fruits of these forward-thinkers in the wonderful organization we now know today as "4-H."

Nebraska resident, E.C. Bishop, is credited with starting Boys' and Girls' Clubs during this period, with the goal of kids and their families having a "hands-on" experience in many areas, the main two being agriculture

and home economics.

Bishop began working with small groups in Nebraska and focused on corn growing, sewing and baking projects. This was the birth of the *Nebraska Girls' Domestic Science Association*, and when one of the first Fashion Revues (of sorts) was held. This Girls' Association began to exhibit garments that were sewn, held a competition and judged the sewing and handiwork of those eager participants from near and far.

The early Fashion Competitions & Revues extended to County Fair Competitions, and eventually to State Fair Competitions and Style Shows.



Nebraska State Fair 4-H Style Show, 1940

Part of the competition each year has been for contestants to sew the same pattern, and compete with their finished products. The patterns have ranged from tops and dresses, to jackets and aprons, and most recently, vests. *McCall's*, *Vogue*, *Butterick*, *Simplicity* and *Advance* have been popular sewing patterns used in 4-H Fashion Revue Competitions across the United States, and often, reflected modest, but modern dress of various eras.



On the day of the event, youth submit entries based on the following categories: Traditional, Purchased, Recycled, Wearable Art (Embellished), and a challenge of sewing the same pattern, which results in a fierce and fun competition. Participants' entries are judged based on several criteria and differ for each group, but usually include: total cost of outfit, pattern company and number, accessories used, a fabric swatch, photo of the contestant in the outfit they created, and a their commentary about the piece. 4-H Youth compete first within their own District, and winners normally go on to the County Fashion Revue, Sectional Fashion Revue, and then on to the State Fashion Revue if they do well enough. The awards range from ribbons to medals, and, of course, the envy of friends and family when you parade around in a fierce new outfit YOU created.

Project Work is the cornerstone of "learning by doing" in 4-H. The in-style fashions may have changed over the years, but the benefits of participating in 4-H Clothing & Textiles Projects and entering your handiwork in the 4-H Fashion Revue remain the same. At some point in all of our lives, there will come a time when we *may* need to do something as simple as hem pants or a skirt, or sew a wayward button back on our shirt. If you haven't been a part of a Clothing and Textiles Project, you really owe it to yourself to try it at least once, if for no other reason than to save yourself some money someday by mending your own garments rather than spending it on a costly tailor.

Here are some of the skills youth can learn from participating in a Clothing & Textiles Project and from being a part of the 4-H Fashion Revue:

- Build self confidence by developing and understanding of line, color, proportion and balance in expression of personal style
- Develop skills in planning and selecting suitable, becoming clothing and accessories for different occasions
- Price comparison of ready-made to the garments that the contestant has made
- Learn about care of fabrics and of various wardrobe items
- Learn the basics of modeling and presenting oneself in the most positive manner
- Gain an understanding of fashion styles
- Making use of unwanted or unused materials and supplies to create modern and fun accessories
- Develop good posture and grooming habits
- Explore personal style in hair, make-up and colors
- Acquire knowledge and skills in planning, presenting and participating in Fashion Revue
- Learn important critical thinking skills through participating in the Judging Process
- Learn to accept constructive criticism and develop good listening skills
- Learn how to make a good oral presentation by observing and even participating in Commentating

Clubs in Los Angeles County with Clothing & Textiles Projects:

Agoura Hills 4-H Club

Project Leader: Joy Harrison joyanddavid@sbcglobal.net

Alta-Pasa Squad 4-H Club

Project Leaders: Andrea Donnellan, andrea@andreadonnellan.com

Project Leader: Traude Gomez, traudegomez@pacbell.net

Canyon Coyotes 4-H Club

Project Leader: Kelly Collette, Kelfish01@roadrunner.com

Greenleaf 4-H Club

Project Leaders: Mary Lash, marylash@verizon.net

Project Leader: Cleone Hatwan, johastew@hotmail.com

Project Leader: Barbara Hales, johastew@hotmail.com

Neenach 4-H Club

Project Leaders: May Tong, jamectong@msn.com

Project Leader: Betty Larsen, momlarsen@peoplepc.com

San Fernando Valley 4-H Club

Project Leader: Carrie DeYoung, csdeyoung@socal.rr.com

Westside 4-H Club

Project Leader: Linda Colleen Schiller, darksky@qnet.com

In the Los Angeles County 4-H Program, each year, officers are selected to represent various areas of our program. For the *Home Economics Category*, the chair is **Harbor Lights 4-H** Community Club Leader, **Kim Espinosa**. She is in charge of coordinating youth involvement in the **Los Angeles County 4-H Fashion Revue**. Questions regarding participation in the Los Angeles County 4-H Fashion Revue can be directed to Kim at klarae@sbcglobal.net or by contacting **Dawn Fuller** at the County Office at dafuller@ucdavis.edu.

There are four “districts” in the Los Angeles County 4-H Program. The districts are:

North San Gabriel

South San Gabriel

San Fernando Valley

Antelope Valley

As mentioned, 4-H Youth compete first within their own District, and winners normally go on to the County Fashion Revue, Sectional Fashion Revue, and then on to the State Fashion Revue if they do well enough. Each district has a Home Economics Chair specific to that district. Here is a listing of District Chairs in your area:

North San Gabriel: Judylynn Pelling, jlpelling@yahoo.com

South San Gabriel: Johanna Stewart, johastew@hotmail.com

San Fernando Valley: None

Antelope Valley: Kelly Collette, Kelfish01@roadrunner.com

At any point in preparing for entries in the Los Angeles County 4-H Fashion Revue Event, you may contact either your project leader, your District Home Economics Chair, the Los Angeles County Home Economics Chair, Kim Espinosa or the County Office, Dawn Fuller at dafuller@ucdavis.edu.

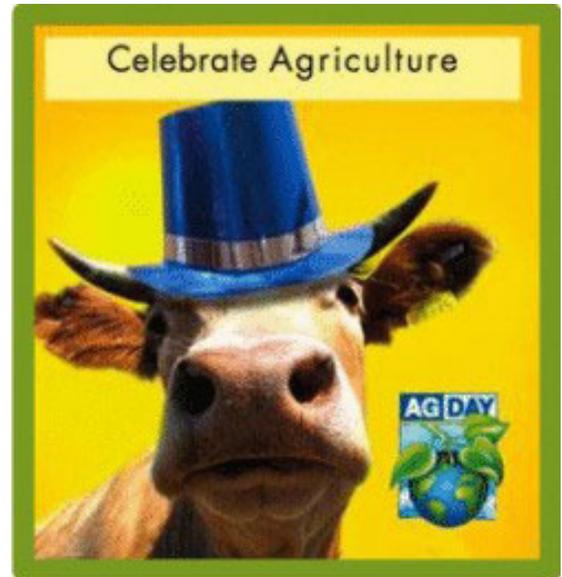
In Los Angeles, the 4-H Fashion Revue is held in Coordination with Field Day and is usually held in March. To find out more about participating in this wonderful event, contact **Dawn Fuller** at your local 4-H Office (323.260.3859 or dafuller@ucdavis.edu). Someone once said “It doesn’t matter what you do, it only matters how you *look* doing it,” and in this case, I would have to agree! See you at the 4-H Field Day/Fashion Revue!

*Many thanks to Mary Lash for her guidance on this article!

- **National Agriculture Day**

Dawn Fuller, 4-H Program Coordinator

On **Tuesday, March 15, 2011**, we celebrate a little known holiday—**National Agriculture Day**. **National Agriculture Day** is a celebration of the bounty of food that comes from farms to our table, with much planning, hard work and dedication along the way. Farmers give us the opportunity to go to the grocery store whenever we like and chose our favorite fruits and vegetables, and fill our bellies with foods year round that are good for us, fun to prepare, and are often the centerpiece for family fun and important events. What would a hot summer day be without a brimming bowl of sweet watermelon or a crisp, crunchy green salad? What would a frosty winter’s night be without a bowl of steaming vegetable soup and a soft, warm piece of bread, or a family Thanksgiving dinner without the Green Bean Casserole?



On this special day, we also celebrate Agriculture education and the wonderful teachers who show us what good agriculture practices are all about; whether it is in the area of production, technology or science. Along with our farmers, we are thankful for the water to irrigate our crops. We are thankful for the feed suppliers who help grow our livestock and for the veterinarians who help us raise healthy animals. We are thankful for the 4-H Project and Club Leaders who work with us year round. We are thankful that we can participate in an organization with a long, rich history and love of agriculture - **4-H!** All year long we can celebrate agriculture, but on March 15, 2011, let’s tip our hats to all things “agriculture!”

To find out more about **National Agriculture Day** look here:

- <http://www.agday.org/education/index.php>
- <http://www.agday.org/education/careers.php>
- http://www.agday.org/education/fun_facts.php
- <http://www.agday.org/education/reading.php>

- **Large Livestock Knowledge Bowl**

Dawn Fuller, 4-H Program Coordinator



For those of us who may not know, a Knowledge Bowl is a high-spirited team competition/quiz where groups of four to six youth answer questions on a variety of topics both written and orally. Having originated in Colorado, “Knowledge Bowls” have become increasingly popular at fairs and other events, and especially in 4-H. 4-H Knowledge Bowl Competitions are designed to teach good decision-making skills (just like 4-H Judging Day!), improve overall critical thinking, and afford the chance to be an important part of a “well-oiled” team. Knowledge Bowls can be focused on specific singular topics such as horses, dairy, and poultry, or they can cover a topic as expansive as large livestock.

This year, at the **4-H Sectional Field Day** (Presentation Day), **Saturday, May 21, 2011** (Mt. San Antonio College, Bldg 28 A, 1100 N. Grand Ave., Walnut, 91789), 4-H youth have an opportunity to participate in just such a competition—the **4-H Large Livestock Knowledge Bowl!** The 4-H Large Livestock Knowledge Bowl Teams will have four (or less) members, and each club can have more than one team compete (but one per grade/age category). Youth from various clubs may comprise their very own team! The categories for the 4-H Large Livestock Knowledge Bowl at the **Sectional Field Day** are **swine, market & dairy goats, sheep, beef/cattle & horse**. Winning teams will receive rare and coveted Knowledge Bowl Medals.

Judging teams will sign-up according to the following grade/age categories:

- 1-Basic (4th – 5th grade) (9 & 10 yrs. old)
- 1-Junior/Intermediate (6th, 7th, and 8th grade) (11, 12 & 13 yrs. old)
- 1-Senior – (9th grade and above) (14 yrs.-19yrs. old)
- 1- Any of the above categories

If you are a parent bringing a youth member to the 4-H Sectional Field Day or the 4-H Large Livestock Knowledge Bowl, we could use your help in judging (even if you don't have a youth member in the Knowledge Bowl). It doesn't matter if this will be your first experience in judging this event-- we need your help! Assisting and participating in this special event may even inspire us to host our own Los Angeles County 4-H Knowledge Bowl.

Sign-ups to compete will be accepted now through **Friday, March, 19, 2011, at 5:00 p.m.** You may sign-up or find out more information by contacting Palos Verdes Peninsula 4-H Community Club Leader, **Dee Keese** at swimdude64@earthlink.net or **(310) 377-9773**.

Click here to go to application:

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

Please fill out and mail to:

Ms. Dee Keese
26750 Eastvale Rd.
Palos Verdes Peninsula, CA 90274
Tel: 310.377.9773

We hope to see you there. Let's get our craniums crackin'!

- **4-H All Star Project: Packages for Patriots!**
Candace Corrales, L.A. County All-Star

The United States has men and women serving overseas; men and women who, unlike you and me, are away from their friends, families, and homes, and are unable to enjoy simple pleasures that we at home take for granted. The greatest joy comes to these service men and women when they get a letter and a small taste of home from someone in America—from a friend, a family member, or even a stranger with kind and encouraging words. Our brave and strong service men and women deserve this joy, and that is why Packages for Patriots and 4-H have joined together to provide letters and a small taste of home to these true, American patriots.

Cards and letters are our first priority, as this is what the service men and women treasure the most. There are two options for the cards and letters. Blank, standard, thank-you cards are available at the Dollar Tree for only one dollar! Please read the guidelines below for writing the letter portion. The other option is to make the cards by taking a piece of construction paper, folding it down so you get a "hamburger" not a "hotdog", drawing a picture on the front, and taping a piece of lined paper to the inside. Feel free to be creative with decorating the cards (add stickers, etc.)!

Guidelines for the letters...

Please remember that our mission is to say “thank you”, and our goal is to show that we care. Below is a basic outline.

Dear Hero/Soldier/Service Member/etc. ,

Introduce yourself

- first name only
- age or grade level
- something you like to do
 - swimming
 - walking on the beach
 - playing with pets
 - watching movies
 - playing sports (be specific: soccer, lacrosse, etc.)

Why you are thankful for your freedom

- Thank them for their service

Sincerely/Much love/Love/etc.,

Your First Name

(State You Are Living In)

After you finish writing, ask yourself: Would this letter put a smile on someone’s face?

You can also donate any of the following items to help out.

Snacks: Heat resistant candy (Twirlers, licorice, etc) Chips Cookies Crackers Dried Fruit Fruit Snacks Granola Bars Gum Nuts Popcorn Ramen (hot sauce & chili flakes) Little cereal boxes Pop-top ready to eat meals (Chef-boy-ar-dee, etc)	Toiletries: Toothpaste Toothbrush Dental Floss Soap (liquid as bar soap collects sand) Shampoo Q Tips Hand Lotion Baby Wipes Powder/Foot powder Socks Boxer shorts 32-36 Mouthwash Disposable razors Feminine products	Drinks: Pre-sweetened Kool-Aid Pre-sweetened Powdered drink mixes, tea, Gatorade, Coco, Instant coffee/creamer Misc: Black sunglasses (no brand names) Harmonica's CD's DVD's, music, games, etc.
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This is a great community service opportunity, and the organization Packages for Patriots delivers the donations and the letters to the troops and service members overseas. You help out even more by taking this project to your classes at school, your church group, your friends, or any other group who might be interested in putting a smile on someone’s face. My All-Star project can become your community service project. Thank you so much for your participation.

How to Get the Letters and Donations to Me:

You can deliver these to me at County Field Day and Sectional Field Day. I will have a booth at County Field Day, so if you want, you can bring the letters and donations then. Also, if you do not plan to attend any of these events, you can give the letters and donations to your club leader, who can give them to me. Any of these items can be turned in at the County Council meetings. If you are delivering many cards, please make sure to bundle them together and write your name, club, and the amount of cards you are turning in. Thank

you for your participation!

If you have any questions, concerns, or ideas please feel free to contact me at macmom14@verizon.net or call 310-378-6702.

- **March Means Asparagus!**
Dawn Fuller, 4-H Program Coordinator



Apart from all of you who are involved in the numerous Food and Nutrition Projects in Los Angeles County 4-H, almost every last one of us takes an interest in, and simply loves, planning and preparing a fresh meal which includes tasty fruits and vegetables! There are many benefits to living in California apart from the laid-back lifestyle and the near-perfect weather-- including award-winning fruits and vegetables. If you are like many, apart from the obvious summer culprits (berries, grapes, and others of this ilk), you may not know when a lot of our fruits and vegetables are actually harvested.

If you have ever wondered when your favorite fruits and vegetables are harvested in California, just have a look at the table below:

Typical Crop / Harvest Availability Dates for
South and Central California

CROP	MONTH
Asparagus	March -April
Strawberries	Apr.10 - June 30
Blackberries	June 1 - July 30
Blueberries	May 15 - June 30
Boysenberries	May 10 - July 5
Cherries	May 5 - June 30
Apricots	May 10 to August 15
Peaches	May 20 - September 5
Nectarines	May 20 - September 15
Olallieberries	June 1 to July 31
Plums	June 1 - September 5
Pears	August 10 - September 10
Green Beans	June 15 - September 15
Peas	June 15 - September 15
Corn	June 25 - September 30

Raspberries	July 1 - September 15
Grapes	July 10 - October 15
Apples	July 15 (early apples) - September 25
Tomatoes	July 15 - September 15
Okra	July 15 - September 15
Almonds	August 20 - December 13
Figs	September 05 - October 31
Persimmons	September 20 - October 31
Walnuts	September 25 - Jan. 10
Oranges	All year round, depends on the variety

In South and Central California, March is the month when we can expect to get really yummy asparagus!

Along with having high antioxidant properties, asparagus is a good source of fiber filled with vitamin B6, calcium, magnesium, zinc, thiamin, Vitamins A, C, E & K, and asparagus is cousin to both onions and garlic! Asparagus is just one of the delightful vegetables you could highlight with a special meal in the month of March. Here is a Creamy Asparagus Soup recipe for you to try out on your family and friends:

Creamy Asparagus Soup



Ingredients:

- 2 tablespoons butter
- 1 leek, thinly sliced, or ½ cup diced onion
- 2 tablespoons flour
- 2 cups chicken broth
- 1 pound asparagus, trimmed, chopped
- 2 tablespoons fresh chopped parsley
- 1 cup heavy cream
- Salt and pepper to taste
- Fresh chopped parsley for garnish, optional

Procedure:

In a medium saucepan, cook leek or onions in butter over medium-low heat until tender. Add flour and stir until well incorporated.
 Add chicken broth, chopped asparagus, and parsley. Bring to a boil, stirring constantly. Reduce heat to low, cover, and simmer for about 15 minutes, or until asparagus is tender.
 Carefully, working with about 1 to 2 cups at a time, blend or process until smooth; return to the saucepan and add cream.
 Heat through. Add a dash of pepper and ½ to 1 teaspoon salt, or to taste.
 Garnish with fresh chopped parsley, if desired.

Serves 4

*Recipe is courtesy of <http://southernfood.about.com/od/soupandstew/r/bl60910c.htm>

- **Los Angeles County 4-H Science Fair**

It's not too early to start thinking about 4-H Science Fair tentatively scheduled for April 2, 2011! 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

4-H Summer Camp is scheduled for **June 26-July 2, 2011** 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 if deposit is paid by May 1, 2011. 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 \$75 deposit today

To apply for camperships go to: [2011 Robert P. Amman Memorial Campership Application Download](#)

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.



Late Camp Registration: \$400.00 postmarked after 6/2/11 to 6/10/11.

All camp registration fees need to be received no later than June 15, 2011

- **Outreach Round-Up**

Dawn Fuller, 4-H Program Coordinator

On **Thursday, February 17, 2011**, Los Angeles County 4-H Staff met with a prospective leader from Los Angeles (Westside).

Los Angeles County 4-H will provide the following outreach presentations:

Saturday, March 5, 2011, Los Angeles County UCCE Master Gardeners

Monday, March 28, 2011, Los Angeles County UCCE Master Preservers

Wednesday, March 30, 2011, Los Angeles Breakfast Club (Community Group & Volunteers).

Don't forget to check us out on Facebook and YouTube:

<http://www.facebook.com/#!/pages/Los-Angeles-County-4-H/61556419670>

<http://www.facebook.com/#!/pages/Antelope-Valley-Area-4-H-Network/322240676590>

<http://www.youtube.com/user/LosAngelesCounty4H>

- **Triple B Shotgun Sports Park**

Triple B Shotgun Sports Park centrally located in Los Angeles, California offers a variety of shotgun sports including trap, skeet, sporting clays, Olympic trap, and five stand shooters of every level. Private and group instruction is available by one of our certified, experienced instructors daily. Additionally, our full service facility includes an onsite pro shop and restaurant. Triple B would like to invite 4-H members to shoot at a reduced rate. For more information please contact Jeff Maiorino at 626.579.5201, jeff@triplebclays.com. Visit us @ www.triplebclays.com

- **4-H Volunteer Resource Library**

Dawn Fuller, 4-H Program Coordinator

The **4-H Volunteer Resource Library** at the Los Angeles *UC Cooperative Extension* houses many useful and informative curriculum tools for 4-H Club and Project Leaders new and old. If you haven't spent some time browsing the wonderful resources available to leaders, you owe it to yourself to have a look! The library houses books in almost all project areas including: Small Pets & Animals, Cooking, Sewing, Gardening, Science, Engineering & Technology, Mathematics, Theatre, Cultural Studies and many more.

The **Volunteer Resource Library** is open for use by appointment **Monday through Friday from 8:30 a.m. to 5 p.m.**, at the *Los Angeles County UC Cooperative Extension*, 4800 E. Cesar E. Chavez Avenue, Los Angeles, CA 90022. Please feel free to call **Dawn Fuller, 4-H Program Coordinator**, & find out what is available at **(323) 260-3859**.

- **Be a 4-H All-Star**

All-Star is the highest rank that a 4-H member can achieve at the County level. The All-Star award affords 4-H members the opportunity to further develop their leadership skills on a countywide basis. Each year Los Angeles County selects several 4-H members who have applied and are deserving of this rank to become All-Stars. The Los Angeles County 4-H Program expects its All-Stars to contribute to the 4-H Program during the next program year. For more information go to:

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

- **Los Angeles County, 4-H Leaders' Council**

The Los Angeles County, 4-H Leaders' Council is a group of 4-H Leaders that meets bi-monthly and organizes many 4-H activities for Los Angeles County. Find out who hold what seat, read past minutes and agendas for future meetings at: http://celosangeles.ucdavis.edu/Los_Angeles_4-H_Leaders_Council/. The next Leader's Council meeting will be January 15, 2011 from 10-noon, at the LA Office.

- **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, rlhillstock@ucdavis.edu.

- **Dates To Remember:**

- 3/2 NSG Council & Hi 4-H mtg.
- 3/5 AV District Fashion Revue
- 3/6 NSG Home Ec. Day / AV Shooting Competition
- 3/12 SSG Home Ec. Day / AV Gymkhana
- 3/17 St. Patrick's Day / SSG Council & Hi 4-H mtg.
- 3/19 County Council mtg. (AV) / New Leaders' Orientation
- 3/26 County Field Day & Fashion Revue
- 3/28 AV Council & Hi 4-H mtg.

SECTIONAL

- **Southern Sectional Field Day**

Los Angeles County will host this year's Southern Sectional Field Day. County Field Day winners from Imperial, Los Angeles, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, and Ventura Counties are eligible to compete at the 2011 Sectional Field Day held at Mt. San Antonio College, 1100 N. Grand Avenue, Walnut, CA 91789 ([Campus Map, Get Directions](#)), May 21, 2011, from 8:00 AM-4:00 PM.

The Main Objectives of the Southern Sectional 4-H Field day are to:

- Provide an opportunity for interaction among multi-county participants.
- Stimulate excitement and motivation for involvement in county and multi-county events.
- Demonstrate 4-H Skills of healthy competition.
- Provide a broader range of competition for local competition.
- Provide opportunity to participate in games and sports events in a sportsmanlike manner.
- Provide educational training opportunities for volunteers and parents.

For more information go to the [Southern Sectional Field Day website](#).

STATE

- **State 4-H Fashion Revue registration** will be open **March 1 through May 16** at <http://ucanr.org/sfr2011>. SFR is part of State Field Day on May 28 at UC Davis. Delegates must qualify at the county level before registering. The \$15 Challenge category has generated much interest! Everyone is invited to participate in the pattern exchange and our two service projects: Operation Cover Up and Quilts for Wounded Warriors. Complete details are at <http://www.ca4h.org/Programs/Events/SFD/SFR/>. You can also contact Karli Draxler, Youth Chair, at chat2kd@unwiredbb.com or Jillian Milam, Staff Liaison, at jmbedel@ucdavis.edu. For information about your county qualifier, please contact your county office.
- **Attention Quilters and Sewers:** CA 4-H **State Fashion Revue 2011** would appreciate your help. Make a quilt square, a quilt top, or a complete quilt for a wounded soldier. Special size for stretchers and gurneys, approximately 45 x 81 inches, are needed. Red, white and blue fabrics are preferred. If you make 12 ½" x 12 ½" squares then they can be combined with squares made by other people for a whole quilt. Bring or send your squares, quilt tops and quilts to State Fashion Revue at Olson Hall, UC Davis during State Field Day, May 28, 2011. Youth are invited to sew squares together and quilt during the morning SFR workshop. Please contact Lisa Kuntz, SFR youth co-chair, creulgirl101@yahoo.com or Mary Engebret, committee volunteer, at maryengebret@comcast.net with questions or suggestions.
- **National Ag Day Essay Contest**
The Agriculture Council of America has announced the National Ag Day Essay Contest for 2011. This year's theme is "American Agriculture: Your Food. Your Farmer." Students (grades 9-12) are invited to submit an original, 450-word essay or a two-minute video essay about the importance of agriculture. The national written essay winner and video essay winner receive a \$1,000 prize and round-trip ticket to Washington, D.C., for recognition during the Celebration of Ag Dinner held March 15 at the USDA. The deadline to apply is February 4, 2011. Visit www.agday.org or www.hpj.com/agdayessay to read official contest rules and for more details regarding entry applications.

- UC Davis CA&ES Field Day**
 UC Davis CA&ES Field Day March 5, 2011, 7:15am - 6:00pm <http://www.ca4h.org/files/66944.pdf> UC Davis College of Agriculture and Environmental Sciences are hosting the 35th annual CA&ES Field Day on March 5, 2011. Over 3,000 FFA and 4-H members (age 14 and older) will participate in 26 contests. High school aged 4-H members are invited to participate and/or observe the contests held on the UC Davis campus. This event will also serve as the California 4-H State Qualifier for the National 4-H Livestock Judging, Dairy Cattle Judging, and Poultry Judging contests.
- Twenty-Seventh Annual State 4-H Shooting Sports Match**
 It's time to sharpen up your shooting skills and start preparing for the Twenty-Seventh Annual State 4-H Shooting Sports Match, sponsored by the Siskiyou County 4-H Council. Entries for the State 4-H Shooting Sports Match must be postmarked by March 7, 2011. For more information, please visit <http://www.ca4h.org/Projects/SET/ShootingSports/>
- 4-H State Ambassador Team**
 Applications are now available for the 2011-2012 4-H State Ambassador Team. The 4-H State Ambassador position is one of the highest service opportunities and recognition attainable in the University of California 4-H Youth Development Program. 4-H State Ambassadors are youth who have excelled in the areas of leadership and community service, and have been selected to serve the 4-H Youth Development Program in roles that promote leadership through education and service. The deadline to apply is March 25, 2011. Interviews will be held in Fresno, Davis, and San Diego. Following the interviews there will be an information session for members and parents who would like to apply to be a State Ambassador starting at 5 PM. This is open to any future applicants. Please RSVP with Quang "Hogan" Tong at qtong@ucdavis.edu. For more information please see our website at: <http://www.ca4h.org/Projects/Leadership/SA/>
- The **First Tech Challenge (FTC)** is an exciting robotics competition designed for high school students from grades 9-12. **There are grants available for Northern California FTC teams of \$600 and \$1,200 dollars.** To learn more, please click [here](#).
- 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.
- Thacher Environmental Research Contest, Due April 11, 2011**
 Sponsored by the Institute for Global Environmental Strategies, the Thacher Environmental Research Contest challenges high school students (grades 9-12) to conduct innovative research on our changing planet using the latest geospatial tools and data. Cash awards are presented for top project entries.
www.strategies.org/ThacherContest
- 2011 Range Camp Applications now Available**
 April 22nd is the application deadline for "Range Camp", a week-long camp experience for students ages 15-18 who have an interest in the science and management of natural resources in California. Range Camp runs from June 19th-24th at the University of California's Elkus Youth Ranch just south of Half Moon Bay. More information and application forms can be downloaded from <http://casrm.rangelands.org/HTML/rangecamps.html> (bottom of page). Cost is \$400. Camp scholarships are available from agriculture and conservation organizations in many counties. Contact Marc Horney at Cal Poly, SLO for more information: (805) 756-7543; mhorney@calpoly.edu.

- **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.
- **California 4-H Photography Contest and Film Festival**
Start thinking now about the photography contest and film festival being planned for the 2011 State 4-H Field Day on May 28, 2011 at UC Davis. The California 4-H Technology Leadership Team will release the themes for both events in January 2011. Both are open to all 4-H members (age 9 through 19). For more information, please contact: Photography Contest, John Trammell at techdude4h@gmail.com and Film Festival, Ashlyn Aiu at singthislouder@gmail.com. Go to: <http://www.ca4h.org/Programs/Events/SFD/> for more information.
- **Financial Aid for State Leadership Conference**
Through a grant from Wells Fargo and assistance from the California 4-H Foundation, **financial aid is available to delegates wishing to attend the 2011 State Leadership Conference**. Applications are **due by May 13, 2011** and can be downloaded here: <http://www.ca4h.org/files/53496.doc>
- **State 4-H Field Day May 28, 2011 at UC Davis, 9:00am – 6:00pm.**
Since 2002, the State 4-H Field Day takes place annually on the Saturday of Memorial Day weekend at the UC Davis campus from 8:00am until 6:00pm. The event is open to all 4-H members, volunteers, staff, and parents. During the event, 4-H members may participate in a variety of contests and educational activities. Go to: <http://www.ca4h.org/Programs/Events/SFD/> for more information.

State Fashion Revue will be May 28, 2011 as part of State Field Day at UC Davis. We hope counties will be including the \$15 Challenge category in their county events; see the flyer at the same website. For information about SFR or to join the committee, contact Karli Draxler, Youth Chair, at chat2kd@unwiredbb.com.

State Field Day - May 28th Excepting proposals for fundraiser food booth - Lunch and/or snacks Since 2002, the State 4-H Field Day takes place annually on the Saturday of Memorial Day weekend at the UC Davis campus from 8:00am until 6:00pm. The event is open to all 4-H members, volunteers, staff, and parents. Between 1,000 and 1,400 people attend the event. The event has a 'picnic' feel as people bring chairs and socialize for the day on the Wellman Hall east lawn. The State 4-H Office provides coordination and facility support. Each contest and activity is coordinated by a group of 4-H staff, volunteers, and youth. Please contact Quang "Hogan" Tong at qtong@ucdavis.edu.

State Field Day: State Presentation Day Signups All members who have qualified for State Field Day Presentation and other events may register at: <http://ucanr.org/statefdr>. During the event, 4-H members may participate in a variety of contests. Some contests require pre-qualification and/or pre-registration. Some are open to all during the event. Please see <http://www.ca4h.org/Programs/Events/SFD/> for more information or contact Quang "Hogan" Tong at qtong@ucdavis.edu.

Special Recognition at the 2011 State 4-H Presentation Day, May 28, 2011

http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities/

A special recognition pin will be awarded for youth who participate in State Presentation Day and focus their presentations on science, engineering and technology! This year's focus is on the natural properties and the human interactions with water. Potential topics include water quality, conservation, water cycle, effects on plants and organisms, water in cultural contexts, human impacts on water, phases and/or properties of water, storage and transportation

- **Festival of Science**
Curious about how things work? Want to know more about something? At the **2011 California State 4-H Field Day, University scientists will answer your questions!** Provide your question ahead of the event and we will find the right scientists to provide an answer.
<http://www.ca4h.org/Projects/SET/Initiative/Questions/>

- **Tech Trek Camp, Summer 2011**

Tech Trek is a summer math/science camp designed to develop interest, excitement, and self-confidence in young women who will enter eighth grade in the fall. It features hands-on activities in math, science and related fields. All sleeping, eating, instructional, and recreational facilities are located on a university campus where camps are held. <http://www.aauw-techtrek.org/>

- **California's 4-H International Exchange Program**

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/>.

- **New Fashion Revue Event Manual**

The State 4-H Fashion Revue committee has a new event manual for counties, participants, families and judges. You can access it at <http://www.ca4h.org/Programs/Events/SFR/>. The manual explains what SFR is, who may enter, the age divisions and outfit categories, and introduces the rubric scorecards which will be used at the state event in 2011. It is not required for this manual to be adopted by county or sectional competitions, but it is recommended that it be used as the state-wide standard for 4-H Fashion Revues.

4-H All Stars:

Alex Kasperovich, Palos Verdes Peninsula 4-H Club
Amanda Ho, Palos Verdes Peninsula 4-H Club
Wesley Ho, Palos Verdes Peninsula 4-H Club
Candace Corrales, Palos Verdes Peninsula 4-H Club
Hannah DeYoung, San Fernando Valley 4-H Club
Ryan Halvorsen, Palos Verdes Peninsula 4-H Club

Jr. All-Stars:

Caroline Seymour, Greenleaf 4-H Club
Kristy Okamoto, Pomona Valley 4-H Club
Madison Cumby, Palos Verdes Peninsula 4-H Club
Rachel Klose, Palos Verdes Peninsula 4-H Club
Sallie De Young, San Fernando Valley 4-H Club
Taylor Presley, Greenleaf 4-H Club
Veronica Cubillos, Palos Verdes Peninsula 4-H Club

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