



## December 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](mailto:rhillstock@ucdavis.edu). We welcome submissions, especially for Club News. Please submit articles by the 15th of the month to be posted in the following months' edition.

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

### POLICY

#### Policy Highlight of the Month

As we approach the new year and reflect on the current year's accomplishments let us remember the value of the 4-H program has to the lives of 4-H members all throughout Los Angeles County. Through the 4-H program leaders have given amazing gifts to youth. They have given friendship, guidance, support, wisdom and yes, love. Taken together, these gifts represent providing a sense of belonging (one of the 4-H Essential Elements).

Researchers have determined that youth learn best when given the supports and opportunities to learn in a safe place and space. That is, the emotional and physical environment has to be a place where the well-being of youth matters and is validated by caring adults (belonging). The language used, the arrangement of the physical space and the activities offered validate youth (belonging). Belonging suggests that youth feel welcomed and that they are a part of something meaningful, supportive and safe. Belonging gives youth a sense of mutual commitment to an ideal of community that 4-H fosters.

Think about Belonging each time you engage a 4-H member in a project activity, help a youth prepare a speech or demonstration or welcome a new family to the program. Going forward into the new year, give special consideration to the essential element of belonging. Continue to make belonging an important part of the 4-H experience and give youth that sense of connection to something greater than themselves

# CLUB

- **Palos Verdes Peninsula 4-H Club Hike**

Jenny O'Daniel, Palos Verdes Peninsula 4-H Club Youth Member



On Sunday, November 20, 2011, Palos Verdes Peninsula 4-H Club members went on a “Breakfast Hike.” The Breakfast Hike was lots of fun! It was raining, so instead of going to Chantry Flats, the group hiked along the horse trails of PV, while Mrs. Keese told them about the flora and fauna along the way. The group went about 4 miles in the rain. They were troopers! Everyone learned a lot and had a great time in spite of the weather. After the hike they all had a warm breakfast back at Mrs. Keese’ house. The real Chantry Flats hike will be rescheduled sometime in the spring.

- **Packages for Patriots**

Candace Corrales, Palos Verdes Peninsula 4-H Club Youth Member

The Palos Verdes Peninsula 4-H Club had Mike Walker, President of San Pedro Packages for Patriots, as a guest speaker at the November Community Meeting. Packages for Patriots dedicates itself to supporting the U.S. troops overseas by sending care packages and letters of thanks. Mr. Walker discussed the aims of his organization, some of the responses he received, and the resulting lifelong friendships. As a retired Marine himself, Mike Walker founded this organization because it is a passionate subject close to his heart. The audience greatly enjoyed his talk and has a new appreciation for our troops. Mr. Walker shared some of the tokens of thanks he had received back from some of the troops. These gifts included flags, pictures, letters, and certificates. He showed us a gratitude blanket his wife made for some of the troops, which has inspired me as well as many other members of the PVP 4-H Club to put some of these blankets together. If you are interested in starting this project in your area and need more information, please feel free to contact me at 1-310-378-6702. I will also be attending many county events where I will be more than happy to collect and deliver these blankets, thank you cards, or treats for the troops.

- **4-H State Ambassador Speaks at Local School**  
Catherine Nunley, Palos Verdes Peninsula 4-H Club Youth Member



Palos Verdes Peninsula 4-H Club's president, Candace Corrales, spoke at Rolling Hills Country Day School as a State Ambassador on Monday, September 26, 2011. She educated the students about the opportunities that 4-H has to offer. Her topics included community service, life skill projects (ranging from Surfing to Electricity to Pigeons), county and state events (Pet Symposium, Judging Day, Presentation Day, etc.), summer camp, and different conferences (State Leadership Conference, Junior Leadership Conference, Teen Involvement Conference). I am happy to say that several of the students she spoke to decided to join our club. They are having a ton of fun.

## COUNTY

- **Andrea Donnellan - "4-H Scientist"**  
Dawn Fuller, 4-H Program Coordinator



*Alta-Pasa 4-H Squad Club* Community Club Leader, **Andrea Donnellan** is no stranger to 4-H! Andrea started the Alta-Pasa 4-H Squad Club in Altadena with Co-Community Club Leader, **Traude Gomez** in 2007. Andrea grew up in Arlington Heights, Illinois (a suburb of Chicago). Andrea was already very familiar when she started the club as she was a member of the “Clever Clovers 4-H Club,” which her family started in 1974. The Clever Clovers 4-H Club is still going strong today!

As a 4-H youth, Andrea particularly enjoyed participating in photography, sewing, cooking and pet projects. She participated in her local fair every year (North Cook County 4-H Fair), took part in public speaking competitions and in the “4-H National Congress.” Andrea was sponsored for her photography work by the Kodak Corporation to attend this esteemed 4-H event, which has been billed as a “premiere experience for 4-Hers.” Attendees were treated to daily banquets, spent time with high-ranking representatives of the company who sponsored them, met other 4-Hers from all over the country, and were presented with special awards. Many attendees were also offered college scholarships.



Andrea turned in a record book every year, and along with her 4-H club, took part in a “State 4-H Exchange” with another club in rural West Virginia. Andrea mentioned that it was quite a different experience for members of both clubs. Andrea now proudly runs the Alta-Pasa 4-H Squad Club and shares all of her 4-H experiences with her club members.





***“For work, 4-H helped me more than school, because it helped me learn how to plan and complete projects.”***



On November 3, 2011, Andrea was a special guest speaker at the Altadena Rotary Club. The rotary club included this bio about Andrea:

*“Andrea Donnellan is a geophysicist at NASA's Jet Propulsion Laboratory, and a research professor at the University of Southern California. Andrea studies earthquakes and crustal deformation by integrating satellite technology with high performance computer models. She is Principal Investigator of NASA's QuakeSim project, as well as supercomputing, earthquake modeling, and UAVSAR projects. Donnellan has also been Deputy Manager of the JPL's Science Division, Pre-Project Scientist of a mission to study natural hazards, ice sheets, and ecosystems, and NASA's Applied Sciences Program Area Co-Lead for Natural Disasters. She has conducted field studies in California, in Antarctica, on the Altiplano of Bolivia, in Mongolia, and on Variegated Glacier in Alaska. She has been a geophysicist at JPL since 1993. She received a bachelor's degree from the Ohio State University in 1986, with a geology major and mathematics minor. She received her master's and Ph.D. in geophysics from Caltech's Seismological Laboratory in 1988 and*

*1991 respectively and held a National Research Council postdoctoral fellowship at NASA's Goddard Space Flight Center. Donnellan received an M.S. in Computer Science from the University of Southern California in 2003. She was a recipient of the Presidential Early Career Award, the MUSES of the California Science Center Woman of the Year Award, three NASA Space Act Awards, the Antarctic Service Medal, and was a finalist in the astronaut selection process three times. Donnellan grew up in 4-H and is now leader of the Alta Pasa 4-H Squad."*

What really made the article and presentation by Andrea even more special was that she attributed her career in science to 4-H! The title of her talk was "How 4-H Influenced a Career in Earthquake Science and a Desire to Inspire the Next Generation."

*"Growing up as a 4-Her Andrea Donnellan participated in photography and rock hound projects. This helped spur her interest in science and ultimately led to a career in geophysics. Recent developments in using remote sensing for studying earthquakes reveal a dynamic earth and new ways of understanding earthquakes. Today in addition to being a scientist Donnellan enjoys inspiring the next generation by giving talks and as a leader of a 4-H club. 4-H is a positive youth development organization that empowers young people to reach their full potential. A vast community of more than 6 million youth and adults working together for positive change, 4-H enables America's youth to emerge as leaders through hands-on learning, research-based 4-H youth programs and adult mentorship, in order to give back to their local communities."*



Many ex 4-hers come back to 4-H to start clubs of their very own, lead projects, or enroll their own children. Andrea's son, **Alexander**, is now a 4-H member, and is reaping many of the same benefits that she did. 4-H leaders are unique...they spend much of their spare time sharing valuable knowledge and experiences with youth in their community, provide life-changing "learning by doing experiences," and often times, shape life paths. We are thankful for all of the leaders in Los Angeles County 4-H, and we hope that one day, the youth members you are now helping to inspire, will come back as adults to 4-H again, in a role that will help mentor future generations.

- **Andrea Wall, San Fernando Valley 4-H Club Health Officer**  
Dawn Fuller, 4-H Program Coordinator



Youth members in the Los Angeles County 4-H Program often hold a variety of important positions for their clubs throughout the course of their 4-H experience. Youth member, **Andrea Wall**, of the *San Fernando Valley 4-H Club*, is the “Health Officer” for her club.

Andrea is a second-year 4-H member of the San Fernando Valley 4-H Club. Her favorite project (so far) is dance, and she really enjoyed participating in the Los Angeles County 4-H Fashion Revue (especially the \$15 Challenge). Andrea also assisted her club with its popular booth at the Los Angeles County 4-H Pet Symposium.

In her spare time, Andrea perfects her roller-skating abilities! Andrea is a competitive artistic roller-skater at Northridge Skateland. She has qualified to compete at the national level for skating, competes many times locally, and when she was eight-years-old she placed sixth in her division at a national competition. Not only does Andrea participate in the 4-H program, but she is also a Girl Scout. If that wasn't enough, Andrea donates her time to help "My Stuffed Bags," an organization that helps put together care packages for physically and emotionally abused children. Andrea will be attending Chaminade Middle School next year.

Andrea was elected as the San Fernando Valley 4-H Club's Health Officer in August, and in her position as Health Officer, she provides a three-minute health-related presentation at each community club meeting. Following her presentation, Andrea and SFV 4-H club members have a lively discussion about the health topic as well as thinking of ways they can implement the tips in their own lives. Andrea also brings to light important health issues at *all* planned club activities.

Here are a few of Andrea's important tips for the last few months:

### **September:**

Introducing Quinoa- it's pronounced Kween-wah! It looks like a grain and cooks like a grain such as rice, however, is actually a seed, and one of the few natural foods that is a complete protein that includes all nine essential amino acids. It's very easy to cook and can easily replace starchy carbs like potatoes and rice at meals, making it a healthy meal choice. Quinoa is also rich in magnesium which relaxes blood vessels and relieves migraine headaches and is good for your heart. Quinoa can be found at Trader Joes, Whole Foods and most grocery stores. (A cup of cooked Quinoa was brought to the meeting for everyone to sample).

### **October:**

Halloween Candy Facts - Most fun-size Halloween treats contain at least 80 calories and anywhere from 7-11 grams of sugar. Consider this when you eat a fun-size candy:  
Eating one peppermint patty or fun-size peanut M & M package is the equivalent of eating 2 sugar cubes. There are 4.2 grams of sugar in 1 sugar cube (or 1 teaspoon of sugar). (Small cutouts of fun-size candy bars were put into a hat and passed around to everyone at the meeting. As each person picked out a "fun-size" candy bar, the backside listed how many calories and grams of sugar that candy contained.) Try to eat candy in moderation, and bring back half of your candy after Halloween to 4-H to redistribute to charity.

### **November:**

Winter Health tips - As the weather changes, many people will become sick ranging from the sniffles to the flu. You can stay healthy by washing your hands often and keeping your hands off your face. Touching money, light switches, computer keyboards, and kitchen sponges are thought to expose a person to the greatest amounts of bacteria. Drink lots of fluids and get plenty of sleep. Many people lack sufficient Vitamin D, also known as the Sunshine Vitamin, in the winter months. Supplementing with Vitamin D3 can help keep sufficient levels up and also reduce depression some people feel in the winter months.

Andrea does a wonderful job of researching all of her topics and is gaining much confidence in presenting in front of a group. Perhaps Andrea will delight us with a health-related speech at the Los Angeles County 4-H Field Day this year!

Andrea is a great example of what a "true and loyal 4-Her" is. She is promoting health as part of fulfilling her 4-H pledge and as a caring friend of her fellow club members. Way to go Andrea!



- **Holiday Heads, Hearts, Hands and Health!**

Dawn Fuller, 4-H Program Coordinator



During the holidays, there are lots of fun 4-H activities to partake in and many opportunities to do something nice for someone else! Being part of 4-H means remembering what the four “H’s” stand for—head, heart, hands and health. Here is a look at how some of the 4-H clubs of Los Angeles County are putting the four “H’s” into action this holiday season:

The *Palos Verdes Peninsula 4-H Club*’s holiday festivities will last all month long, with its main celebration taking place on Wednesday, December 21. PVP 4-H Club members went on a special visit and hike to Camp Radford (where our Los Angeles County 4-H Summer Camp was originally located), and collected mistletoe to distribute to neighbors while caroling (following their holiday party). That’s really using your **heads** and **hearts**! They are also using their **hearts** by spending Christmas Eve and Christmas Day serving the homeless at Banning Soup Kitchen and the Reef Restaurant in Long Beach. As a team they are using their **hands** to build a unique float for the Rose Parade.

The *Canyon Coyotes 4-H Club* will hold their holiday party on Monday, December 5, and have been working on special Christmas cards that will be sent to patients at St. Jude’s Children’s Hospital. Using their **hearts** and **hands**, club members brightened the holidays of many by collecting various Christmas gifts, placing them in shoe boxes, and shipping them to needy children abroad.

The *Eagle Rock/Highland Park 4-H Club* will be having their holiday party on Monday, December 12, and all members will be going caroling and warming the **hearts** of residents at nearby Amberwood Convalescent Hospital.

The *Quartz Hill 4-H Club* has been busy using their **heads**, **hearts** and **hands** to do good deeds for others since November! Club members kicked-off the season with a potluck where they started collecting canned food and winter coats for community members in need. In December, members will collect warm woolen socks for the elderly at Mayflower Gardens Senior Living Facility and fill baskets of toys for the *Toys for Tots Program*.

The *Eastside Antelopes 4-H Club* held their holiday celebration in November, and all club members put their **heads** and **hearts** to good use in composing and sending cards to men and women serving in the military. They really spent time using their **heads** to design their individual cards (and **hands**) in decorating all of them.



The *San Fernando Valley 4-H Club* will be hosting its holiday party on Sunday, December 11, and the Foods Project will be preparing a tasty and **healthy** meal for all partygoers to enjoy. The San Fernando Valley 4-H Club has adopted a family in their community and is collecting a variety of items to present to the family during the holidays (household goods, school supplies, clothing, first aid kits and other gift items). Club members used their **hearts** and **hands** to participate in this special program. Health Officer for the club, **Andrea Wall**, presents a health tip at each club meeting, and for November it was this:

*“Winter Health tips - As the weather changes, many people will become sick ranging from the sniffles to the flu. You can stay healthy by washing your hands often and keeping your hands off your face. Touching money, light switches, computer keyboards, and kitchen sponges are thought to expose a person to the greatest amounts of bacteria. Drink lots of fluids and get plenty of sleep. Many people lack sufficient Vitamin D, also known as the Sunshine Vitamin, in the winter months. Supplementing with Vitamin D3 can help keep sufficient levels up and also reduce depression some people feel in the winter months.”*

The *Rosamond Red Racers 4-H Club* is holding its holiday get-together on Tuesday, December 13, and will be working beforehand to set-up, and work on, floats for Rosamond’s Annual Light Parade. They will also be distributing free popcorn and cotton candy at the event. Rosamond Red Racers club members are using their **heads** and **hands** in their work on the float for the parade (and **hearts**) in distributing goodies at the fun event!

The *Agoura Hills 4-H Club* will host their holiday party on Thursday, December 8, and members have been using their **heads** by thinking ahead to what members of their community may need year-round. During the month of November, club members have been collecting instant oatmeal, laundry soap, books and magazines for charities and veteran’s groups. Way to use your **hearts** Agoura Hills 4-H members!

The *Littlerockers 4-H Club* had their holiday celebration in November, and they collected healthy (and fun) food items to fill gift baskets for a local church. They will do the same at Christmas and have really used their **hearts** to make local families’ holidays nice.

The *Greenleaf 4-H Club* has been fundraising with a cookie sale and hosted a wonderful food booth at the Pet Symposium. During the holidays, club members will open their **hearts** by donating the proceeds of these fundraisers to the Paramount High School Corsairs and the Rio Hondo Home for mothers and children. Additionally, Greenleaf members will be putting together special treats and delivering them to local convalescent hospitals. The Greenleaf 4-H Club will hold their holiday party on Tuesday, December 6.

The *Neenach 4-H Club* will be ringing-in the holiday season with a club celebration on Saturday, December 10. Club members will be collecting canned goods and donating them to a local church. On Saturday, December 17, Neenach club members will spend ALL DAY caroling throughout the Neenach community—that *really* shows **heart!**

As you can see, “heart” seems quite prevalent in our 4-H Program! One of the great things about being part of 4-H is that our pledge (“As a true and loyal 4-Her, I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service and my health to better living, for my club, my community, my country and my world.”) is acted upon not only during this warm holiday season, but year-round. The 4-H clubs of Los Angeles County are always thinking of others, as well as finding ways to serve their community. Happy holidays to all of you, and thank you for showing our community members what 4-H is all about!

- **4-H Re-Enrollment (Youth fee increase)**

July 1, 2011 was the beginning of the 2010-2011 4-H program year. Each 4-H member and leader continuing in 4-H will need to log in to their family profile and re-enroll. To assist in this process, please download the "How to Re-Enroll" form from the [LA County 4-H website](http://LA County 4-H website). 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 including fair. The enrollment fee for youth has changed. **The new fee is \$20 for youth and \$6 for adults.** If you have any questions please call Roy Hillstock at (323) 260-3854.

- **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](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/](http://celosangeles.ucdavis.edu/Los_Angeles_4-H_Leaders_Council/).

- **A Picture is Worth a Thousand Words**

Dawn Fuller, 4-H Program Coordinator

We would love to see all the fun activities your club has been involved in throughout the year. Please send in any photos of your club activities/events that you would like to be included in the slideshow for the Leaders' Luncheon and special newsletter features. You can email them to:

[dafuller@ucdavis.edu](mailto:dafuller@ucdavis.edu). Here's looking at you!

- **Share your 4-H experiences** - 4-H'ers, share your 4-H experiences by submitting articles to be published in Clover Notes. Articles may include club news, photos, community service projects, and/or anything you or your club would like to share. Submit your articles by the 15<sup>th</sup> of the month to be published in the following month's edition of Clover Notes to Roy Hillstock, [rhillstock@ucdavis.edu](mailto:rhillstock@ucdavis.edu).

- **Dates To Remember in**

**January :**

- 1st- Happy New Year!!!
- 4th- NSG District mtg.
- 7th- County Council mtg.  
New Leaders' Training  
Training for Summer Camp Directors
- 12th- Western regional Leaders' Forum (Montana)  
Incentive & Recognition Committee mtg.
- 13th- First Horse Bowl Quiz
- 14th- Sectional Council & Teen Council mtg.  
Volunteer Leaders' Training
- 19th- SSG District mtg.  
SGV Far mtg.
- 20th- Teen Involvement Conference (TIC) 1/20-22
- 23rd- AV District mtg.
- 28th- Livestock Symposium

## February:

- 1st- Summer Camp Staff application deadline  
NSG District mtg.
- 4th- Monte Farmers Fair
- 9th- Incentive & Recognition Committee mtg.
- 10th- Second Horse Bowl Quiz
- 11th- Los Angeles County Food Fair
- 14th- Valentines Day
- 16th- SSG District mtg.  
San Gabriel Valley Fair mtg.
- 18th- AV Shooting Competition
- 20th- President's Day
- 25th- Judging Day
- 26th- Summer Camp Staff Interviews
- 27th- AV District mtg.



**Happy Holidays from the Los Angeles County 4-H Staff,**

Dr. Rachel Surls, Dr. Keith Nathaniel, Roy Hillstock, Charlene Moore, Jennifer Dana & Dawn Fuller

## SECTIONAL

- **TIC – Teen Involvement Conference**

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. Click [here](#) for more information.



- A **4-H shooting sports workshop** (Saturday, **December 3, 2011** 8AM-6PM & Sunday, **December 4, 2011**, 8AM-4PM) for the rifle discipline will be held at Rankin Field Range, 20000 Road 140 in Tulare. Participants **must attend both days** of training to receive certification. Upon successful completion of the course, the participant will be certified as rifle trainer and to lead a rifle project. There is no cost for the course. Bring your own beverages and lunch each day. To register for the course and receive more information contact Leah Harrelson at 559-684-3322. For information about the facility and a map, please visit the range website at: [http://www.tcdsa.org/documents/rankin\\_field.htm](http://www.tcdsa.org/documents/rankin_field.htm).
- The **2012 Western Regional Leader's Forum** is planned for **January 12-15**, in Cheyenne Wyoming. This will be an opportunity to meet and share with other Extension professionals what innovative ideas are happening in youth development programming. Online registration is now available [here](#). Registration will close on **December 15, 2011**. More information can be found [here](#).
- **Burpee Home Gardens "I Can Grow" Youth Garden Awards**  
Deadline: **December 23, 2011**  
Burpee Home Gardens is accepting funding applications to support urban school and community gardens. Awards will be presented to gardens that demonstrate well-developed plans for a youth-centered educational program, with an emphasis on nutrition and food production, environmental awareness, social responsibility and scholastic integration. Visit [www.burpeehomegardens.com/ICanGrow/YouthGardenAward.aspx](http://www.burpeehomegardens.com/ICanGrow/YouthGardenAward.aspx) for more info.
- **Activity: No BULL Challenge**  
Deadline: March 15, 2012  
Students in sixth through twelfth grade are challenged to start an anti-cyberbullying campaign in their school or community, use video to document their campaign, and then submit their project to the NO BULL Challenge website. Win prizes such as a \$10,000 production deal, a trip to the Sundance Film Festival, scholarships and much more! Visit [nobull.votigo.com](http://nobull.votigo.com) for more information.
- Are you ready for California or Washington Focus?  
Enrollment for the 2011 summer programs is due January 10. To learn more go on-line to: <http://www.ca4h.org/Projects/Citizenship/Focus/>. Check with your county 4-H office to see if staff will be entering your registration or if you will be doing it from your own computer. Get ready for a fun, active way to enhance your leadership and civic engagement skills while you meet other 4-H members from across the state and nation? Financial assistance is available. Contact Pat English at: [pnenglish@ucdavis.edu](mailto:pnenglish@ucdavis.edu).
- **California Focus**, June 17 – 21 in Sacramento  
**Washington Focus #1**  
June 26 – July 4, Road to Democracy - Washington, D.C.; Williamsburg, Jamestown/ Yorktown or June 26 – July 2, Heritage Trail I – Washington, D.C.  
**Washington Focus #2**  
July 10 – 19, Global Journey - Washington, D.C, Philadelphia, & New York or July 10 – 16, Heritage Trail II – Washington, D.C.
- The **Kennedy-Lugar Youth Exchange and Study (YES) Abroad Program** offers scholarships to American high school students to spend a semester or an academic year in Bosnia & Herzegovina, Egypt, Ghana, India, Indonesia, Malaysia, Mali, Morocco, Oman, Thailand, and Turkey. The application deadline is **January 11, 2012**. Visit the [YES Program's website](#) for more information.

- The American Youth Leadership Program with Mongolia will offer 28 youth and 5 adults the opportunity to explore the vast historical and cultural traditions of Mongolia. The four week exchange program will begin mid June and complete mid July, 2012. The educational theme during the exchange will focus on environmental issues that are common to the western U.S. and Mongolia. Youth and adult participants will be selected from Washington, Oregon, California, Idaho, Utah, Nevada, Arizona, New Mexico, Colorado, Montana, Hawaii, Alaska and Wyoming. Youth participants must be at least 15 years old and not older than 17 years old by the trip departure date and must have at least one semester of high school left following the trip. There is no program fee and out of pocket expenses will be minimal. Additional information and application materials are available on the Wyoming 4-H web site: <http://www.uwyo.edu/4-h/>. Applications are due **January 15, 2012**.
- Applications for the District Leader Intern position with the California Focus Program will be available by November 10. Look for the application on line at: <http://www.ca4h.org/Projects/Citizenship/Focus/CF/>. Please let young adults, ages 18 – 25, know about this great leadership experience planning and carrying out California Focus. The dates of the conference are June 17-21, 2011. There will be two training weekends in the spring for staff to come together as a team and develop this year's education program.
- The University of California, Davis College of Agricultural and Environmental Sciences will hold its **36th Annual Agricultural and Environmental Sciences Field Day on March 3<sup>rd</sup>, 2011**. The UC Davis CA&ES Field Day is the 2012 California 4-H State Qualifier for Poultry, Dairy and Livestock judging. To register, go to <http://www.calaged.org/registration>. Select the event (2012 U.C. Davis Agricultural & Environmental Sciences Field Day). Choose the link "Get Access Code". Complete the information on the form and click the register button. Please include 4-H next to your club name on the registration form. On the following page save the registration code and register later or simply continue with the registration at this point. Note that you may only register once so be prepared to complete the registration or contact us if you have any changes. After your chapter is registered, we request that you submit a printed copy of your online registration along with your payment. Checks should be made payable to "UC Regents" and mailed to:

Attn: Francesca Ross  
 College of Agricultural & Environmental Sciences  
 One Shields Avenue  
 Davis, CA 95616

**Deadlines:**

**November 14:** Registration opened

**February 10:** Agriscience Fair and Job Interview materials due

**February 10:** Registration closed

**February 17:** Payments must be postmarked – We are now enforcing a \$25 late fee for payments postmarked after the 17th. For questions email [fieldday@ucdavis.edu](mailto:fieldday@ucdavis.edu) or visit <http://caes.ucdavis.edu/fieldday>.

- The **National 4-H Conference** is a working conference in which youth and adults develop 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. Applications are now available at: <http://www.ca4h.org/Programs/Conferences/N4-HC/>. For more information please contact Steven Worker at [smworker@ucdavis.edu](mailto:smworker@ucdavis.edu)

**Important dates to remember:**

2012 National 4-H Conference

March 24 – March 29, 2012

December 10, Team Meeting State Office

February 11, Team Meeting State Office

- “Save the Date!” - The **2012 California 4-H Camping Conference** will be held **March 23 – 25<sup>th</sup>, 2012** at Camp Campbell in Boulder Creek, CA. There will be hands-on training for adult and teen leaders who help plan and administer 4-H camping programs, including new 4-H SET camping curricula!
- **USA Science & Engineering Festival**  
**April 27-29, 2012** in Washington, DC, <http://www.usasciencefestival.org/#>  
This 2nd Festival will inspire the next generation of scientists and engineers with school programs and nationwide contests throughout the 2011/2012 school year and a finale Expo in Washington DC in April. The Expo is the nation’s largest celebration of all things science & engineering and features over 1,500 hands-on activities and over 75 performances.
- “Shooting Sports Leaders - Mark Your Calendars!” – A **State Shooting Sports Leader Meeting** will be held **April 28 & 29, 2012** at the Oakdale Sportsman’s Club in Stanislaus County. There will be hands-on sampler sessions for adult and teen leaders as well as updates on policies and programs. More details will be provided in the next edition of Updates.
- The **2012 California State 4-H Field Day** will be held on May 26, 2012 at UC Davis. The State 4-H Field Day is a fun-filled event for the whole family, with a day of 4-H contests, activities, picnics, and meeting others. The event is composed of the State 4-H Presentation Day, State 4-H Fashion Revue, Plant Science Contest, Film Festival, Photography Contest, Interview Contest, Judging Contest, and many others! Information on the event will be available in January 2012 at <http://www.ca4h.org/Programs/Events/SFD/>. If you want to host an educational exhibit, display, or hands-on activity, complete the form by April 2, 2012 at <http://www.ca4h.org/files/59519.pdf>. These exhibits are a great opportunity to share knowledge, interact with youth and adults, and engage people in new activities.
- Preparing for your **county and sectional/regional 2012 4-H Presentation Day**? The 2012 impromptu topics are available at <http://www.ca4h.org/files/72298.pdf>. The 2012 Senior and Intermediate problem solving presentation fact sets are available at <http://www.ca4h.org/Programs/Events/SFD/PD/>. Problem Solving presentations allow the member to select a position on an issue and develop a presentation to defend that position. There is NOT pre-qualification required to enter this category at the State 4-H Presentation Day (i.e., a gold medal at a sectional competition is not required to enter the Problem Solving category). The 2012 special recognition opportunities available at [http://www.ca4h.org/Programs/Events/SFD/PD/Recognition\\_Opportunities/](http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities/). Members focusing their presentation on one of these themes will earn a special pin at the State 4-H Presentation Day! The SET theme is **renewable energy**, the healthy living theme is **healthy foods**, and the citizenship theme is **speak out for military kids**. For questions, contact Steven Worker at [smworker@ucdavis.edu](mailto:smworker@ucdavis.edu).
- The **Million Pillowcase Project** is a national community service activity adopted for 2012 by 4-H State Fashion Revue. To participate, sew a standard-size pillow case, 20” x 30”. Bring it to State Fashion Revue on May 26 at UC Davis or have a delegate from your county deliver it. The SFR committee will collect the pillowcases and donate them to charitable organizations throughout California. Get creative with your pillowcase fabric! Add a decorative border! Design a pillowcase for a foster child, a homeless person, or perhaps a nursing home resident. For ideas and sewing instructions, go to [www.allpeoplequilt.com](http://www.allpeoplequilt.com) and click on Million Pillowcase Challenge. Our goal is 500 pillowcases from California 4-H. Contact [ashleyandtara@gmail.com](mailto:ashleyandtara@gmail.com) with pillowcase questions. For more information about State Fashion Revue, go to <http://www.ca4h.org/Programs/Events/SFR/>.
- **Free Online 4-H Curricula Library**  
<http://www.ca4h.org/Projects/Curriculum/SETCurriculum/> Download PDF files for Veterinary Science, Rabbits, Exploring Salmon and Steelhead, Water Quality, Pollinators, Pond Mapping, Engineering, Agriculture, or DNA!
- **4-H Success Story:** In the **2011 National 4-H Horticulture Contest** California 4-H members, Merrie Bedford, Jesse Hazeltine, Sara Aarestad, Isabelle West placed well! One of

the highlights was California sweeping the top three places in the honors contest. See more at [http://www.njha.org/pdfs/convention2011\\_winners.pdf](http://www.njha.org/pdfs/convention2011_winners.pdf). If you want to participate in the 2012 National 4-H Horticulture Contest, plan to participate in the state qualifier at the State 4-H Field Day on May 26, 2012 at UC Davis.

- **President's Active Lifestyle Award**

Congratulations California 4-H! With 146 members participating in the President's Active Lifestyle Award (PALA) Challenge, California 4-H represented the largest group of 4-H members nationwide! Did you miss out? It's not too late to start the challenge! Visit [www.presidentschallenge.org/natl4-H](http://www.presidentschallenge.org/natl4-H) to join.

- A grant opportunity is being offered by **Katie's Kroops**, and is available to youth ages 9-16 who are interested in starting a vegetable garden to help feed members of their communities. The deadline to apply is **December 5, 2011**. Visit [here](#) for more information.
- The **Stephen J. Brady STOP Hunger Scholarships** are available to recognize students who have worked and have demonstrated an on-going commitment to fight hunger in the United States in the last 12 months. The deadline to apply is **December 5, 2011**. Visit [here](#) for more information.
- The **2012 President's Higher Education Community Service Honor Roll** is accepting applications for community service performed during the 2010-2011 academic year. The deadline to apply is **December 9, 2011**. Visit [here](#) for more information.
- The **2012 boating and fishing education grant information** from the Recreational Boating & Fishing Foundation (RBFF) is now available. Youth-focused boating, fishing and conservation organizations are encouraged to apply by the **December 30, 2011** deadline. For more information regarding the grant guidelines, visit RBFF.org - <http://www.rbff.org/page.cfm?pageID=376>.
- **2011 Promise Neighborhoods Program** – Through the U.S. Department of Education, grant opportunities for this program and applications have recently been made available. Grant recipients will be selected no later than **December 31, 2011**. For more information, visit: <http://www2.ed.gov/programs/promiseneighborhoods/index.html>.
- The **Whole Kids Foundation & FoodCorps School Garden Grants** are available to schools and garden-related non-profit organizations to apply. The grants will help support engaging youth with fresh fruits, vegetables and launching school gardens. The deadline to apply is **December 31, 2011**. Visit [here](#) for more information.
- The **2012 AmeriCorps Grants** are available to organizations who are working with AmeriCorps members to strengthen their communities in the following areas: Disaster Services, Economic Opportunity, Education, Environmental Stewardship, Healthy Futures, and Veterans and Military Families. The deadline to apply is: **January 18, 2012**. Visit [here](#) for more information.
- **Come Join the Revolution of Responsibility!** 2013 marks the centennial for 4-H in California and the 4-H Program will celebrate by giving back to their communities with youth-designed, youth-led projects where participants learn leadership by actually leading, collaboration by forming relationships with other groups and agencies, and citizenship skills by actively seeking opportunities to make a difference in their communities. In support of this community development work, the CA State 4-H Office has consolidated the Requests for Funding (RFP) for Service-Learning, Healthy Living, SET, and Legacy into one application. Chartered 4-H clubs/units can apply for funding up to \$1,000 to support service-learning projects related to their club or project activities by submitting the proposal. An on-line application is available at: <http://ucanr.org/join/>. The next application deadline is **January 15**. **Applications will also be accepted for a third submission round until April 15, 2012**. For more information check out the web site at: <http://www.ca4h.org/Support/RofR/> or contact Pat English at: [pnenglish@ucdavis.edu](mailto:pnenglish@ucdavis.edu).

- The Foundation for the Preservation of Honey Bees, Inc. is sponsoring the **2012 4-H Honey Bee Essay Contest**. Entries are due electronically and must be received **on or before February 17, 2012** to Eric Mussen, [ecmussen@ucdavis.edu](mailto:ecmussen@ucdavis.edu). Please click [here](#) for contest rules and essay topic.

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**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

**Jr. All-Stars:**

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  
Veronica Cubillos, Palos Verdes Peninsula 4-H Club

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