

March 2012

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

4-H Policy and Information Update

There are several curricula that are currently available to you as volunteers to take advantage of and use. Each curriculum is unique, but offers a range of learning experiences for youth across the various age ranges. I am willing and able to train those of you that are interested in these units and to give you the curriculum and some materials to support use of the curriculum. Below is a summary of some of the curricula we have:

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

- **Palos Verdes Peninsula 4-H Club In The Community**
Jenny O'Daniel, Palos Verdes Peninsula 4-H Club

On February 11th, bright and early, the PVP 4hers helped deliver Palos Verdes Directories for the monthly Community Service. We divided into groups and received our books and list of addresses. Then we got into the different cars and delivered the books. There were so many volunteers, that we got the job done quickly and easily. Despite the gloomy weather, we all had a good time serving our community.



- **County Judging Day Road Trip**
Katherine Cao, Kristy Okamoto, Megan Okamoto and Julius Treadwell, Pomona Valley 4-H Club



We took a road trip with our club leader Debbie to the County Judging Day in Littlerock, CA on February 25, 2012. Each of us participated in judging different classes with other 4-H members. Julius liked judging in Creative Arts. The Junior All Stars helped in the Primary Room and all of us helped clean up at the end of the day. Katherine liked the judging posters and helping in the primary room. We finished up the day very timely. Kristy liked all the different representation of the 4-H clubs at Judging Day.

After Judging Day, we went on a road trip to Charlie Brown Farms. It is the city's largest gift shop and it had everything! Megan liked going to the Charlie Brown Farms. We enjoyed the food and all the sightseeing on our road trip.



- **Practice Judging Day**
Katie O'Daniel, Palos Verdes Peninsula 4-H club

How was PVP's 4-H Practice Judging day?

- * Great Practice!
- * An interesting learning experience!
- * Super fun!
- * All of the above

If you answered "all of the above", you are definitely right! This Practice Judging Day took place at Rolling Hills Estates City Hall on February 15, at 7pm. Now we are prepared for the real judging day on February 25! It was a great learning experience, and we all learned a lot from the fantastic posters put together by the Jr. leaders. It was super fun, because not only did we get to learn things we might have not known before, but we got to do it with our friends!



COUNTY

- **2012 County Judging Day results**

Los Angeles County 2012 4-H Judging Day was held Saturday, February 25 at Littlerock High School in Littlerock. 90 members, representing 15 clubs, participated in the event. We thank the Antelope Valley 4-H district for organizing and running the event. We thank the LA County 4-H All-Stars and Junior All-Stars for all their help with event, including helping with the Primary Members, the introduction to judging and the awards ceremony. We thank all the leaders, youth and staff who also helped make the event a big success.

Participation certificates were given to all 4-H members who attended. Medals were given to the top three judging scores in each category for each age level. Special certificates were given to those who placed in the top 20% below the medalists. Special Achievement Award ribbons were given to all the Primary members who participated in the Primary judging program.

Congratulations to the following members for their medal accomplishments!

For the listings below, the following abbreviations are used:

PVP = Palos Verdes Peninsula 4-H Club

SFV = San Fernando Valley 4-H Club

ERHP = Eagle Rock Highland Park 4-H Club

Racketteers = Leona Valley Racketteers 4-H Club

Eastside = Eastside Antelopes

Large Livestock

Junior – GOLD MEDAL – Alexa Sutter, PVP
Junior – Silver medal – Hannah Clark, Racketteers
Junior – Bronze medal – Aly Mottram, PVP
Intermediate – GOLD MEDAL – Rebekah Conrad, Quartz Hill
Intermediate – Silver medal – Daniel Getter, Encino Oaks
Intermediate – Bronze medal – Kami McCormick, Quartz Hill
Senior – GOLD MEDAL – Samantha Sadowsky, Rosamond
Senior – Silver medal – Amanda Bowman, Racketteers
Senior – Bronze medal – Jenna Carter, Racketteers
Senior – Bronze medal – Christa Conrad, Quartz Hill

Horses and Ponies

Junior – GOLD MEDAL – Katherine Shannon, Canyon Coyotes
Junior – Silver medal – Karlie Hults, Racketteers
Junior – Bronze medal – Viviane-Lee Reed, Eastside
Intermediate – GOLD MEDAL – Holly Whipple, Westside
Intermediate – GOLD MEDAL – Laura Griffin, PVP
Intermediate – Silver medal – Meg Carter, Racketteers
Intermediate – Bronze medal – Kevin Tavangari, Encino Oaks
Senior – GOLD MEDAL – Samantha Sadowsky, Rosamond
Senior – Silver medal – Christa Conrad, Quartz Hill
Senior – Bronze medal – Katie Biggerstaff, Rosamond

Small Livestock

Junior – GOLD MEDAL – Sienna Hicks, PVP
Junior – Silver medal – Rachel Conrad, Quartz Hill
Junior – Bronze medal – Lucia Brown, PVP
Intermediate – GOLD MEDAL – Rebekah Conrad, Quartz Hill
Intermediate – Silver medal – Laura Griffin, PVP
Intermediate – Bronze medal – Holly Whipple, Westside
Senior – GOLD MEDAL – Serena Hull, Racketteers
Senior – Silver medal – Adiva Gonzalez, ERHP
Senior – Bronze medal – Jenna Carter, Racketteers

Plant Science

Junior – GOLD MEDAL – Alexa Sutter, PVP
Junior – Silver medal – Katherine Shannon, Canyon Coyotes
Junior – Bronze medal – Andrea Wall, SFV
Intermediate – GOLD MEDAL – Ellen Malham, SFV
Intermediate – Silver medal – Laura Griffin, PVP
Intermediate – Bronze medal – Holly Whipple, Westside
Senior – GOLD MEDAL – Rachel Ward, Eastside
Senior – Silver medal – Serena Hull, Racketteers
Senior – Bronze medal – Deanna Nichelson, Eastside

Dog Care and Obedience/Service Dogs and Animal

Junior – GOLD MEDAL – Catherine Nunley, PVP
Junior – Silver medal – Rebecca Klose, PVP
Junior – Silver medal – Makenna Mottran, PVP
Junior – Bronze medal – Sienna Hicks, PVP
Junior – Bronze medal – Claudia Novczyk, Greenleaf
Intermediate – GOLD MEDAL – Ava Shipley, Westside
Intermediate – Silver medal – Camille Norczyk, Greenleaf
Intermediate – Bronze medal – Daniel Metter, Encino Oaks
Senior – GOLD MEDAL – Katie Biggerstaff, Rosamond
Senior – Silver medal – Christa Conrad, Quartz Hill
Senior – Silver medal – Baylea Hults, Racketteers
Senior – Bronze medal – Adiva Gonzalez, ERHP
Senior – Bronze medal – Jenna Carter, Racketteers

Creative Arts

Junior – GOLD MEDAL – Becca Carter, Racketteers
Junior – Silver medal – Evelyn Copeland, Racketteers
Junior – Bronze medal – Sienna Hicks, PVP
Intermediate – GOLD MEDAL – Brendon Bernardo, Encino Oaks
Intermediate – Silver medal – Rebekah Conrad, Quartz Hill
Intermediate – Bronze medal – Liliena Brown, PVP
Senior – GOLD MEDAL – Samantha Sadowsky, Rosamond
Senior – Silver medal – Jenna Carter, Racketteers
Senior – Bronze medal – Kayla Van Dam, Quartz Hill
Senior – Bronze medal – Kristy Okamoto, Pomona Valley
Senior – Bronze medal – Serena Hull, Racketteers
Senior – Bronze medal – Shane Giroux, Racketteers
Senior – Bronze medal – Jessica Lourito, Westside

Natural Science

Junior – GOLD MEDAL – Alexa Sutter, PVP
Junior – Silver medal – Megan Kitcko, Canyon Coyotes
Junior – Silver medal – Katherine Shannon, Canyon Coyotes
Junior – Bronze medal – Leanna Lourito, Westside
Intermediate – GOLD MEDAL – Brendon Bernardo, Encino Oaks
Intermediate – Silver medal – Matthew Dern, SFV
Intermediate – Bronze medal – Laura Griffin, PVP
Intermediate – Bronze medal – Daniel Getter, Encino Oaks
Senior – GOLD MEDAL – Kayla Rohaley, Racketteers
Senior – Silver medal – Donovan Rohaley, Racketteers
Senior – Bronze medal – Rachel Kasperson, Canyon Coyotes

Foods

Junior – GOLD MEDAL – Rachel Conrad, Quartz Hill
Junior – Silver medal – Katherine Shannon, Canyon Coyotes
Junior – Bronze medal – Leanna Lourita, Westside
Intermediate – GOLD MEDAL – Jessica Fint, SFV
Intermediate – Silver medal – Demitri Hull, Racketteers
Intermediate – Bronze medal – Jenny O'Daniel, PVP
Senior – GOLD MEDAL – Kaylie Means, Quartz Hill
Senior – Silver medal – Jenna Carter, Racketteers
Senior – Bronze medal – Kristy Okamoto, Pomona Valley

Clothing and Textiles

Junior – GOLD MEDAL – Makenna Mottram, PVP
Junior – Silver medal – Katie O’Daniel, PVP
Junior – Bronze medal – Katherine Shannon, Canyon Coyotes
Junior – Bronze medal – Catherine Nunley, PVP
Intermediate – GOLD MEDAL – Jessica Fint, SFV
Intermediate – Silver medal – Rebekah Conrad, Quartz Hill
Intermediate – Bronze medal – Holly Whipple, Westside
Intermediate – Bronze medal – Demetri Hull, Racketteers
Senior – GOLD MEDAL – Rachel Kasperson, Canyon Coyotes
Senior – Silver medal – Katie Biggerstaff, Rosamond
Senior – Bronze medal – Jessica Laurito, Westside

Family and Consumer Science

Junior – GOLD MEDAL – Catherine Nunley, PVP
Junior – Silver medal – Aly Mottram, PVP
Junior – Bronze medal – Lucia Brown, PVP
Intermediate – GOLD MEDAL – Ellen Malham, SFV
Intermediate – GOLD MEDAL – Daniel Getter, Encino Oaks
Intermediate – Silver medal – Brendan Bernardo, Encino Oaks
Intermediate – Bronze medal – Jessica Fint, SFV
Intermediate – Bronze medal – Seth Sadowsky, Rosamond
Senior – GOLD MEDAL – Maryann Bentchich, Eastside
Senior – Silver medal – Katie Biggerstaff, Rosamond
Senior – Silver medal – Rachel Kasperson, Canyon Coyotes
Senior – Bronze medal – Kayla Rohaley, Racketteers

Leisure Education

Junior – GOLD MEDAL – Lucia Brown, PVP
Junior – Silver medal – Makenna Mottram, PVP
Junior – Silver medal – Sara Conlon, PVP
Junior – Bronze medal – Becca Carter, Racketteers
Intermediate – GOLD MEDAL – Brendan Bernardo, Encino Oaks
Intermediate – GOLD MEDAL – Ellen Malham, SFV
Intermediate – Silver medal – Seth Sadowsky, Rosamond
Intermediate – Bronze medal – Jessica Fint, SFV
Senior – GOLD MEDAL – Samantha Sadowsky, Rosamond
Senior – Silver medal – Katie Biggerstaff, Rosamond
Senior – Bronze medal – Jenna Carter, Racketteers

Oral Reasons

Junior – GOLD MEDAL – Rebecca Klose, PVP
Junior – Silver medal – Taryn Holzer, Quartz Hill
Junior – Bronze medal – Sara Conlon, PVP
Intermediate – GOLD MEDAL – Ellen Malham, SFV
Intermediate – Silver medal – Jessica Fint, SFV
Intermediate – Bronze medal – Laura Griffin, PVP
Senior – GOLD MEDAL – Jenna Carter, Racketteers
Senior – Silver medal – Samantha Sadowsky, Rosamond
Senior – Bronze medal – Katie Biggerstaff, Rosamond

- **Los Angeles County 4-H Summer Camp**
Dawn Fuller, 4-H Program Coordinator



4-H Summer Camp is scheduled for **July 1-July 7, 2012** 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 the deposit is paid by May 1, 2012. Full or partial camperships may be available for those who need financial assistance to attend. 4-H Camp is limited to the first youth who reserve a spot.

To apply for camperships go to: <http://www.4hsummercamp.com/camperships.html>

For more details or to register online go to: <http://www.4hsummercamp.com/index.html> or contact Dawn Fuller, UCCE/Los Angeles County 4-H at **(323) 260-3859** or by email dafuller@ucdavis.edu or **Kelly Doblado**, Camp Director, **(760) 579-0051** or by email at landshark311@gmail.com.

Early Bird Registration: Send in your *Early Bird Registration* \$75 deposit by May 1, 2012, and total payment by June 12, 2012. Please note: The total cost for camp if mailed by May 1 is \$275.

Regular Camp Registration: Send in your *Regular Camp Registration* \$75 deposit by June 1, 2012, and total payment by June 12, 2012. Please note: The total cost for camp if mailed by June 1 is \$350.

Late Camp Registration: Send in your *Late Camp Registration* any time after June 1, 2012, and please note that the total cost for camp goes up to \$400 if postmarked after 6/1/12. Total payment must be received by June 12, 2012.

All camp registration fees need to be received no later than June 12, 2012.

Registration can be found here: <http://www.4hsummercamp.com/camp-registration.html>.

Mail Registration and Payments to:

UCCE Los Angeles County 4-H Office
4-H Summer Camp
Attn: Dawn Fuller
4800 East Cesar E. Chavez Ave.
Los Angeles, CA 90022

Make checks payable to: Los Angeles County Leaders' Council

For more Los Angeles County 4-H Summer Camp Information, Camp Schedule, and General Forms visit: <http://www.4hsummercamp.com/index.html>

Hope to see you there!

- **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 or be able to mend your own garments - participating in a **4-H Clothing & Textiles Project** and the **4-H Fashion Revue** will have you on your way!

The 4-H Fashion Revue is a well-loved, long-standing tradition, and not only is it interesting, but important, to know a little bit about its history--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 4-H Fashion Revue 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), Needle Arts, 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 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!

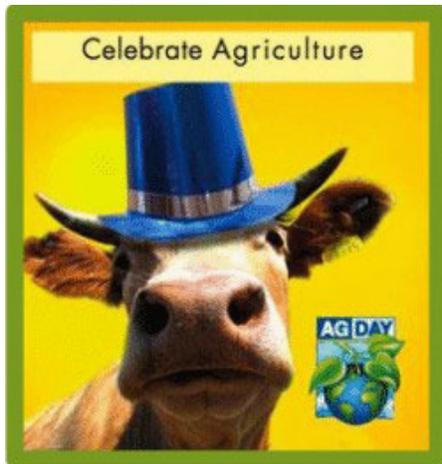
Project Work is the cornerstone of "learning by doing" in 4-H. The in-style fashions may have changed over the years, but the benefits of participating in 4-H Clothing & Textiles Projects and entering your handiwork in the 4-H Fashion Revue remain the same. At some point in all of our lives, there will 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 an understanding of line, color, proportion and balance in expression of personal style.
- Develop skills in planning and selecting suitable, becoming clothing, and about accessories for different occasions.
- Learn price comparison skills in comparing ready-made garments 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.
- Make 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.

In Los Angeles, the 4-H Fashion Revue is held in Coordination with Field Day and will be held on March 24, 2012. 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!

- **National Agriculture Day**
Dawn Fuller, 4-H Program Coordinator



On Thursday, March 8, 2012, 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 the grocery store whenever we like and chose our favorite fruits and vegetables, as well as 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 slices 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 8, 2012, let’s tip our hats to all things “agriculture!”

To find out more about National Agriculture Day look here:

<http://www.agday.org/>

<http://www.agday.org/education/careers.php>

http://www.agday.org/education/fun_facts.php

<http://www.agday.org/education/reading.php>

- **May 2012 County Council Meeting**
Dawn Fuller, 4-H Program Coordinator



The next **County Council Meeting** will be on **Saturday, May 12, 2012**, from **10 a.m.-Noon**. The meeting is being hosted by the **Palos Verdes Peninsula 4-H Club** and Community Club Leader, **Dee Keese**. The meeting will be held at the breathtaking *South Coast Botanic Gardens* in Palos Verdes (26300 Crenshaw Blvd., Palos Verdes Peninsula, 90274, www.southcoastbotanicgarden.org). Starting at 10 a.m. Dee Keese, PVP Community Club Leader *and* South Coast Botanic Gardens Docent, will be providing fun and interesting tours of the gardens for Primary Members (4-H members aged 5 to 8). Any youth attendees younger than 5 years old will need to be accompanied by a parent. Starting at noon, Ms. Keese will also offer tours for adult volunteers. There will be no conference call option at this meeting.

This meeting will be an important one, as elections will be held, and calendar submissions will be collected. Please fill-out the necessary forms in advance, and bring them to the meeting with you:

<http://celosangeles.ucdavis.edu/files/135369.pdf>

<http://celosangeles.ucdavis.edu/files/135368.pdf>

- **Workshops and Trainings**
Dawn Fuller, 4-H Program Coordinator

On **March 10, 2012**, from **10 a.m. to Noon**, there will be **Leaders' Training Event** at the County Office (4800 East Cesar E. Chavez Ave., LA, 90022). *This event is an opportunity for **existing volunteers to brush-up on their skills as leaders and to be part of a special Professional Development Training Series offered by Los Angeles County 4-H.*** Attendees of the training can expect to come away with skills and ideas that would benefit them in leading clubs, projects or working with youth in general. For more information, contact Dr. Keith Nathaniel at kcnathaniel@ucdavis.edu.

For the first time ever, there will be a **Presentation Workshop** held at the County Office on **Tuesday, March 13, 2012**, from **7 p.m. to 9 p.m.** (4800 East Cesar E. Chavez Ave., LA, 90022). At the Presentation Workshop, youth can come and practice their speeches and receive feedback. This is a wonderful opportunity to "fine-tune" your speech and move towards doing your very best at Field Day! Please RSVP to Dawn Fuller by **March 5** at dafuller@ucdavis.edu.

Following the County Council Meeting on **Saturday, May 12, 2012**, there will be a **Record Book Training** from **Noon to 2 p.m.** at the same location as the County Council Meeting that day (South Coast Botanic Gardens, 26300 Crenshaw Blvd., Palos Verdes Peninsula, 90274, www.southcoastbotanicgarden.org). Come and learn all the "ins and outs" of creating an award-winning record book (or just how to do one)! To RSVP or find out more information, contact Charlene Moore at (661) 974-8824. ***The New Leaders' Training (for leaders who would like to become Los Angeles County 4-H volunteers only) following this County Council Meeting has been cancelled. You will be notified of the new date in the future.***

- **State Leaders Forum**
Noel Keller, I&R Chair

The 2011 California State Leaders Forum was held at the Asilomar Conference Center in Pacific Grove on the weekend of November 11-13. Judylynn Pelling and Noel Keller from Los Angeles County 4-H attended. This was a great event to network with leaders from all over California, learn new skills and get new ideas for 4-H activities. The forum location is in the beautiful setting of the pines and dunes of Monterey Bay. Each year we encourage leaders to attend this annual event.



- **New Senior Awards of Excellence - S.E.T. and Healthy Living**
Noel Keller, I&R Chair

This year there will be two additional Senior Awards of Excellence available. In addition to the current Senior Awards of Excellence for Leadership, Community Service and Achievement, there will be one for excellence in S.E.T. work (Science, Engineering and Technology) and one for excellence in Healthy Living work (Foods, Nutrition, Sports, Physical Fitness, Safety, etc.).

Senior 4-H members are encouraged to apply for these special awards during the County Record Book judging. On the Record Book ID form, the Senior member can indicate for which senior award(s) of excellence their records should be considered. A Senior Award of Excellence is only given in a year if there is someone who qualifies that year. The winner of the Award receives an individual engraved plaque and their name added to a large plaque that hangs in the county 4-H office.

- **New County Award Pin**
Noel Keller, I&R Chair

A new county Gold Medal Officer Book pin is being created for the optional Officer Book recognition program. All club and Hi-4-H officers are encouraged to prepare their officer records for award consideration after the end of the program year. Officers should start working on this now. Officers are encouraged to make their office the best it can be and try for a Gold Medal. The evaluation of the officer records is done with the Danish system of judging so all officers have a chance to earn a Gold Medal for their officer work. Look at the county website for details about officer books and the evaluation. For this award, 2011-2012 officer books will be due in September and the awards will be presented in October.

- **Leader Recognition - How Many Years?**

Noel Keller, I&R Chair

How long have you been a 4-H volunteer - one year or twenty? THANK YOU VERY MUCH!! We really appreciate your help, concern, time and efforts.

Volunteers are at the heart of the 4-H program. We thank all our wonderful 4-H volunteers for helping to provide a fun, exciting, educational, up-to-date program where our youth are challenged to reach their potential. On March 31, our LA County 4-H volunteers (new and experienced) will be honored at a special luncheon at the Odyssey Restaurant in Granada Hills. Volunteers will be recognized for their years of service at the luncheon. Look for an invitation to arrive soon. So that the recognition can be accurate, please update your "years of service" information on your volunteer service records. Please contact Roy in the LA 4-H office if you have questions about how to do this. A special pin will be presented to all 4-H volunteers who attend the luncheon. Volunteers should contact the AV 4-H office if they do not an invitation by March 9th.

- **4-H Summer Camp**

Dawn Fuller, 4-H Program Coordinator

Los Angeles County 4-H Summer Camp is almost upon us! **4-H Summer Camp** is scheduled for **July 1-July 7, 2012** 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!

Camp Seeley in San Bernardino is the source of many fond memories for a number of 4-H'ers, young and old. Here are a few fun facts about Camp Seeley:

- Camp Seeley was the filming location for the 1998 film remake of "The Parent Trap."
- The camp's name was derived from the Mormon Seeley brothers who established an early sawmill at this location in the 1850s. The ruins are still visible near the creek, and a large saw blade is still located in the camp parking lot.
- There is an interesting rock formation located in Seeley Creek (near Camp Seeley) which has an erosion pattern in the shape of a heart, thus, aptly titled, "Heart Rock."



- In the summer of 1914, Camp Seeley was the first family camp built by the City of Los Angeles Department of Parks and Recreation. The summer camp program that year hosted 95 boys in July and 110 girls in August.
- The Depression in the 1930s seemed to have no affect on attendance at Camp Seeley due to its low cost.
- Lake Gregory (camp attendees fish in this lake) is a manmade lake (named after Arthur Gregory, landowner) created in 1938. Lake Gregory replaced a natural lake, Moon Lake.

For more details or to register online go to: <http://www.4hsummercamp.com/> or contact **Dawn Fuller**, UCCE/Los Angeles County 4-H, at **(323) 260-3859** or by email dafuller@ucdavis.edu or **Kelly Doblado**, Camp Director, **(760) 579-0051** or by email at landshark311@gmail.com.

- **On-line Record Keeping and the County Record Book Competition**

This year there is a new On-line Record Book System available to 4-H members and clubs. If a member is keeping records in this system, the member will need to print out the records for their hardcopy record book, which can be submitted to the 2012 County Record Book competition in September. Judges will not be accessing members records on-line. The record forms will need to be printed out and inserted into the member's official Record Book for judging. Contact the county office or a member of the county I&R committee if you have questions about this.

- **Junior/Teen Leader Merit Awards**

The Junior/Teen Leader Merit Award recognizes outstanding leadership by Junior and Teen Leaders. This is a reminder that 4-H members who want to apply for a Junior Leader or Teen Leader Merit Award need to be enrolled in a Leadership Project and complete a annual project report for that project. Each year some members apply for this award, but do not have a Leadership Project annual report included in their records.

To be considered for a leader merit award, the 4-H member must be enrolled in a Leadership project and complete the Annual Project Report form for the Leadership Project. The member must also complete a Junior and Teen Leadership Development Report for the program year to be considered for the award. Both forms are available on the county website under Record forms.

- **Workshops and Trainings**

Dawn Fuller, 4-H Program Coordinator

On **March 10, 2012**, from **10 a.m. to Noon**, there will be **Leaders' Training Event** at the County Office (4800 East Cesar E. Chavez Ave., LA, 90022). This event is an opportunity for volunteers to be part of a special Professional Development Training Series offered by the Los Angeles County 4-H. Attendees of the training can expect to come away with skills and ideas that would benefit them in leading clubs, projects or working with youth in general. For more information, contact Dr. Keith Nathaniel at kcnathaniel@ucdavis.edu.

For the first time ever, there will be a **Presentation Workshop** held at the County Office on **Tuesday, March 13, 2012**, from **7 p.m. to 9 p.m.** (4800 East Cesar E. Chavez Ave., LA, 90022). At the Presentation Workshop, youth can come and practice their speeches and receive feedback. This is a wonderful opportunity to "fine-tune" your speech and move towards doing your very best at Field Day! Please RSVP to Dawn Fuller by **March 5** at dafuller@ucdavis.edu.

Following the County Council Meeting on **Saturday, May 12, 2012**, there will be a **Record Book Training** from **Noon to 2 p.m.** at the same location as the County Council Meeting that day (South Coast Botanic Gardens, 26300 Crenshaw Blvd., Palos Verdes Peninsula, 90274, www.southcoastbotanicgarden.org). Come and learn all the "ins and outs" of creating an award-winning record book (or just how to do one)! To RSVP or find out more information, contact Charlene Moore at (661) 974-8824.

Also following the County Council Meeting (same location, South Coast Botanic Gardens, 26300 Crenshaw Blvd., Palos Verdes Peninsula, 90274) there will be a **New Leaders' Training** from **Noon to 2 p.m.** *This training is only for leaders who have applied by filling-out the on-line application and RSVP'd to dafuller@ucdavis.edu.* To find out more about the training, or to sign-up by the **deadline of May 8, 2012**, just email Dawn Fuller at dafuller@ucdavis.edu or call at **(323) 260-3859**.

- **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. 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.

- **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/).

- **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.

- The Gurin Company, the producers behind The Singing Bee and Shark Tank, and The CW are now casting **OH SIT!**, a new musical chairs style game show for adults! If you're in the greater Los Angeles area and ready to **COMPETE TO CLAIM THE LAST CHAIR STANDING FOR A LARGE CASH PRIZE, APPLY NOW!**

Oh Sit! is the competition game show in which thrill-seeking daredevils must go head to head through obstacle course style eliminations to be the last contestant left sitting.

Apply online TODAY at www.ohsitcasting.com OR Email: ohsitcasting@gmail.com Include your name, phone number, age, city you reside, why you want to compete on Oh Sit! and a recent photo.

Seeking U.S. citizens, 18+ years, physically able to compete in an obstacle course style game.

Casting February-April 2012. Filming begins Spring 2012 – time commitment 1-2 days (all subject to change) in the Los Angeles area.

- Youth Policy Summit is the only program of its kind that teaches high school students to be effective leaders on critical policy issues. Every YPS program is centered on an energy, environment or health issue. This summer, we are offering 5 programs on college campuses, open to motivated rising juniors and seniors from across the country.
 - YPS on Urban Sustainability at UC Denver (June 24-30, 2012)
 - YPS on Urban Sustainability at Manhattan College (July 8-14, 2012)
 - YPS on Southeast Water Resources at Auburn University (July 15-21)
 - YPS on Great Lakes Water Resources at Aquinas College (July 22-28)
 - **YPS on Energy Innovation at CSU, Dominguez Hills (August 5-11)**

Students in each program will research both the Summit topic as well as an individual stakeholder assignment prior to the start of the program. Once they arrive, they will spend the week doing teambuilding exercises and leadership activities and learning mediation skills. They will meet with a panel of experts from business, nonprofit and government, share knowledge on issues and ultimately come up with their own sustainable policy recommendations for the future.

Each Summit has an associated program fee, ranging from \$750-\$950, depending on location. The Keystone Center is a nonprofit organization, and we fundraise to keep program fees low, and to provide scholarship funds for students from low-income families. Every year we hear from alumni that they wrote about YPS on their college application or discussed it in an interview. Evaluation results and alumni testimony demonstrate the value of YPS participation for students' futures. We would love to have your students join us this summer at CSU!

For further information, please feel free to contact me by phone or email, or visit our website at <http://www.youthpolicysummit.org/>.

- **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>

- **Corned Beef and Cabbage--an Irish Treat!**
Dawn Fuller, 4-H Program Coordinator



Whether you are Irish or not, most everyone likes to have a wee bit o'craic (jokes and a fun time) with family and friends on Saint Patrick's Day (March 17, 2012). Why not share a hot family meal together in celebration of Saint Patrick's Day this year? In Ireland, corned beef and cabbage on this day is a long-standing tradition that is sure to bring out the Irish in you!

Traditional Irish Corned Beef and Cabbage



Ingredients

Corned Beef (uncooked)
Potatoes
Carrots
Cabbage
Biscuits
*Mustard is optional

Procedure

Place corned beef in pot and cover with water.
Stir in seasoning packet (should be included with corned beef, but some have the spices already on the meat).
Bring to a boil, cover.
Simmer (cook on low heat) for a minimum of 3 hours (4 is better).
At 2 1/2 hours, add carrots and cabbage.
After 10 more minutes, add potatoes (and cook all for twenty more minutes).

Serve with hot biscuits of your choice and mustard if you like.

- **Dates To Remember in**

- **March :**

- 1st - All-Star Application due
- 3rd - AV Food & Fashion Revue
- 4th - NSG Home Ec. and Field Day
- 7th - NSG District mtg.
- 8th - I&R meeting
- 10th- Leaders' Training
1st Gymkhana
- 15th- SSG District meeting
SGV Fair meeting
- 18th- AV Shooting Competition
- 24th- County Field Day & Fashion Revue
New All-Stars Announced
- 26th- AV District meeting

SECTIONAL

- **Western Regional 4H Leaders' Forum**
Dee Keese, Palos Verdes Peninsula 4-H Club

Rick Herbert and Dee Keese recently attended the the Western Regional Leaders Forum in Cheyenne, Wyoming. This is an annual event that is sponsored by one of the 13 States in Western Region. Leaders come together to take full advantage of the wonderful opportunities to learn and to share with others across the west, meet someone new, or try something new to expand our world. There are many presenters on every aspect of 4H such as leadership, community service ideas and on how to make projects more interesting. One of the speakers this year told us that Tufts University did a study of 10,000 young adults and learned that young people in 4H are 3 times more likely to avoid risk behavior than any other youth organization in America. Three reasons for this: their relationship with caring adults, learning life skills that will benefit them for the rest of their lives, and meaningful leadership and community service skills that elevate their self-esteem.

This validates what most leaders are already aware of that are involved in the 4H program. This speaker motivated all 400 delegates at this forum to continue in the 4H program.

Next year **WRLF** will be held in the State of Hawaii at the end of March, and I hope all of our leaders in Los Angeles County will consider joining us there for some fun in the sun!!.

- **South Section 4-H Leaders' Retreat**
Noel Keller, I&R Chair

Leaders, here is your opportunity to attend a Leaders Retreat to get new ideas, learn new skills and network with other leaders in southern California. The South Section Leaders Council is holding a Leaders Retreat on April 13 and 14 at the Planes of Fame Museum at the Chino Airport. So you cannot make it up to the State Leaders Forum - well, a forum is now being held down in our area. The theme of the forum is "FLY the 4-H SKY". This is a great opportunity for our leaders. Each county has been given some scholarship vouchers to help leaders attend. Contact the LA 4-H office for information about the vouchers. Attend Friday evening or Saturday or both. It should be an informative, fun event with a focus on Hands-On activities. For more information and to register, see <http://ss4h.org>. For additional information contact Michele Grainger at craftychelebelle@gmail.com.

4-H youth members 14 years or older are welcome to attend the conference, but must have an accompanying adult chaperone in attendance, 21 years or older. Chaperones must be 4-H Volunteer Leaders.

- **Teen Council meeting changed to March 31**

The next sectional Teen Council meeting has been changed from April 14 to March 31 at 8:30am at Mt. SAC in Walnut. Normally the Teen Council meets on the same day and place as the Sectional Leaders' Council, but the leaders' meeting this April will be held in the afternoon at the Sectional Leaders Retreat in Chino. All Senior 4-H members are welcome to attend the sectional Teen Council meetings. It is a great way to meet and work with other Senior 4-H members in Southern California. Expand your 4-H experience to include sectional-level activities and leadership. The Teen Council usually meets about four times a year and runs the Teen Involvement Conference (TIC) each January. This next Teen Council meeting will include planning to operate the Food Booth at the South Section 4-H Field Day in May. For more information contact John Trammell at techdude4h@gmail.com.

STATE

- **NEW Resource: 4-H Project Sheets**

4-H Project Sheets were designed by 4-H staff and experienced volunteers to help new 4-H project leaders determine meaningful content and lead youth in hands-on activities. Additionally, 4-H youth and their families may use these sheets to decide which project they might be interested in. Visit www.ca4h.org/Projects/Project_Sheets to learn more about bread-making, foods and nutrition, livestock judging, global education, gardening, and many other 4-H projects.

- **NEW Webpage: Funded Revolution of Responsibility Projects**

Get inspired to create change in your community by visiting www.ca4h.org/Support/RofR/FundedProjects to view successfully funded Revolution of Responsibility service learning projects. This webpage highlights the most successful counties (Alameda and Santa Cruz counties are in the lead!) and features summaries of projects currently underway.

- **4-H State Leadership Conference - Workshop Proposals**

Deadline: March 1, 2012

The 2012 California 4-H State Leadership Conference needs presenters! If you would like to present a session on Friday, August 10th or Saturday, August 11th, please submit a workshop proposal form to the State 4-H Office. Workshop applications and additional information can be found at: <http://www.ca4h.org/Programs/Conferences/SLC/>.

- **Revolution of Responsibility \$1,000 for 1,000**

The University of California 4-H Youth Development Program is dedicated to fostering an environment where youth and adults work together as equal partners to gain new skills and create positive community change. 4-H groups can apply for up to \$1,000 to identify, plan, and carry out a service-learning project in their community. Projects will be focused on the three key content areas that form the core of all 4-H programs, Science, Healthy Living, and Citizenship. Visit www.ca4h.org/Support/RofR for more information and to apply online. Application deadlines are **March 15, May 15, and July 15, 2012**.

- On March 31, 2012, there will be a **4-H Day at the AKC Agility Nationals** held at the Reno-Sparks Livestock Event Center in Reno, Nevada. All 4-H members/groups are invited to participate in a behind-the-scenes tour, observe agility demonstrations, and watch some of the best canine agility teams in the nation. There is no charge to 4-H participants and leaders and parking is free as well. Those who would like to participate can meet at 10 am at the Information Table at the Main Entrance to Reno-Sparks Livestock Event Center for a tour of the show. If you'd like to register for the event, contact Laura Finco, Del Arroyo 4-H Dog Care Leader and AKC Agility Judge at mizfinco@aol.com (preferred) or leave a message at 925-828-8731 by Friday, **March 16th**. Walk-ins are welcome, but there may not be enough handouts for walk-ins. Please note that your own dog is not allowed at this event.

- 4-H Shooting Sports Workshop**
 A Rifle Trainer course will be held Saturday and Sunday, **March 17 & 18, 2012** from 8:00 a.m. to 5:00 p.m. in Lakeport, at the Konocti Rod & Gun Club. Upon successful completion of this course, 4-H leaders will be certified as Trainers in the shooting sports discipline of rifle. They can then lead a club/camp project or certify volunteer leaders. There is a \$25.00 fee for the course. Breakfast and lunch will be provided both days. You must be an appointed 4-H volunteer to attend. Please send the Training Request Form found at, <http://celake.ucdavis.edu/files/135991.pdf>, and fees payable to "Lake County 4-H Council" to UCCE Lake County, 883 Lakeport Blvd., Lakeport, CA 95453. For more registration information contact Julie Frazell at (707) 263-6838 ext. 119 or jfrazell@ucdavis.edu. If you have questions about the course, contact the instructor, Rick Walker at (707) 994-7531. This training is not available to Santa Cruz and Ventura county volunteers.
- The **2012 California Camping Conference**, planned for **March 23-25, 2012** at YMCA Camp Campbell in Boulder Creek, CA, inspires ideas and innovation and helps camp administrators create fun, safe, and rich learning experiences for both campers and camp staff. The weekend conference offers staff, volunteers, and teen leaders the opportunity to learn new practices, acquire new skills, and network with others from all over the state. One of our key presenters will be Dr. Jim Cain, who is an innovator in team building and author of several books including *Raccoon Circles* and *Teamwork & Teamplay*. The fee is \$130 per person and includes meals, lodging, and all conference materials. The conference begins at 7:00 p.m. on Friday and ends after lunch on Sunday. If you plan to take the archery certification there is an additional \$30 fee for class material. Archery is a full twelve hour course. For more information about the conference visit the 4-H Camp website at: <http://www.ca4h.org/Programs/Camps/Conference/> To register online visit: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=7206>. Registration deadline is **March 9, 2012**.
- 4-H Youth Training Babysitting Course**
 The 4-H Military Partnership Program is offering a Babysitting Training course for Youth ages 12-17, at **Beale Air Force Base on March 24, 8:30-5:30**. This training is designed to help youth learn what it takes to be responsible, caring, trustworthy, competent, capable and safe babysitters. Youth will become certified in Infant/Child CPR. They will also receive a Babysitter's Tool Bag filled with essential supplies for babysitters. Bring a doll for fun! For registration information, contact Jeanne Christenson, jpchristenson@ucdavis.edu or 530-219-6608.
- 4-H State Ambassador Applications**
Deadline: March 31, 2012
 The California 4-H State Ambassador position is one of the highest service opportunities and recognitions attainable in the University of California 4-H Youth Development Program. The State Ambassador Program is a working honor that provides members with the opportunity to serve as a representative of the 4-H program, plan the annual CA 4-H State Leadership Conference, and implement a service-learning project during their 14 month term. Youth members ages 16-18 are eligible to apply. Applications for the 2012-2013 State Ambassador team are available online at: <http://www.ca4h.org/Projects/Leadership/SA/>.
- 4-H Shooting Sports Workshop**
 A 4-H shooting sports workshop for the rifle discipline will be held at Rankin Field Range, 20000 Road 140 in Tulare. The workshop will be **April 14 & 15, 2012** from 8am-5pm each day. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course or receive more information, contact John Borba at: jaborba@ucdavis.edu (This course is not open to 4-H leaders from Santa Cruz or Ventura Counties). For information about the facility and a map, please visit the range website at: <http://tcdsa.org/>

- **USA Science and Engineering Festival**

April 28 & 29, 2012

<http://www.usasciencefestival.org/>

The Science Festival is the nation's largest celebration of all things science & engineering and features over 2,000 hands-on activities and over 150 performances. There are satellite events hosted in California! Search for an event near you at <http://www.usasciencefestival.org/satellite-event-directory>.

- **Higher Education Scholarships**

Deadline: April 30, 2012

The California 4-H Youth Development Program, with help from donors, offers statewide scholarships to graduating high school seniors and current college students to cover educational expenses such as tuition, books, room and board. Applicants may apply for multiple scholarships but are only eligible to receive one scholarship per year. Previous scholarship recipients may reapply. For scholarship categories and application details, please visit:

<http://www.ca4h.org/Resources/Members/Scholarships/>.

- The **2012 State Fashion Revue Committee** announces a new Facebook page at:

<https://www.facebook.com/pages/California-4-H-State-Fashion-Revue/370182272997395>. Check back frequently to view updates and information. We invite you to participate in State Fashion Revue. If you are a 4-H Fashion Revue county winner, then you may qualify for SFR. One delegate per county in each category and age group may participate. Registration for State Fashion Revue opens on April 1st at <http://ucanr.org/sfr12>. The final entry deadline is **May 12, 2012**. SFR is sponsoring two community service projects: Quilts for Wounded Warriors and the Million Pillowcase Project. For more information, check out our Facebook page or go to <http://www.ca4h.org/Programs/Events/SFD/SFR/>.

- The **State Fashion Revue** committee has assembled **resources** on the SFR webpage for project leaders and members. For information about sewing, modeling, garment analysis, and community service ideas go to <http://www.ca4h.org/Programs/Events/SFD/SFR/> and scroll down the page. The order form for an educational discount on Gingher scissors is posted with a link to the Gingher website. The discount is available for 4-H project leaders and UCCE county offices. Members of the SFR committee helped write the new 4-H Project Sheet for Clothing and Textiles project, http://www.ca4h.org/Projects/Project_Sheets/.

- **Golden Clover Awards**

Deadline: May 31, 2012

The Golden Clover Awards recognize the outstanding achievements of members, volunteers, program staff, and groups within the 4-H Youth Development Program. Individuals and groups may apply or be nominated in multiple categories. Golden Clover recipients will be awarded a \$500 cash award, a medallion, and a lapel pin. For award categories and application details, please visit:

<http://www.ca4h.org/Resources/Members/GoldenClover/>.

- **Statewide 4-H Advisory Committees**

The statewide 4-H Youth Development Program (YDP) Advisory Committees are accepting applications for recruitment. If you are a 4-H member, recent alumni, 4-H adult volunteer, 4-H YDP staff, or County 4-H YDP staff and have a desire to work in a collaborative team setting, we encourage you to apply. Statewide 4-H YDP Committees offer insight, review and input for the operation and management of the statewide 4-H YDP to the Associate Director of 4-H Program and Policy. Applications are due to the State 4-H YDP Office postmarked by **May 31, 2012**. For more information, go to:

http://www.ca4h.org/Administration/Advisory_Committees/.

- Save-the-date! **Regional 4-H Thrive Master Trainer Trainings** and Updates are scheduled for 2012. The Master Trainer Training is for volunteers who wish to become part of their county's training team. Current Master Trainers who wish to extend their service an additional year will attend a one-day update training on Saturday. New Master Trainers will attend the whole weekend. All conferences are sponsored by 4-H Thrive and will cover the cost of conference, travel, and lodging. The Regional Training Dates are:
 - o Central: August 25-26, 2012
 - o Southern Valley: September 8-9, 2012
 - o Southern: September 22-23, 2012
 - o Far Northern: September 29-30, 2012

Registration information and more details are to come. Please contact Gemma Miner, scmautte@ucdavis.edu for additional questions.

- Can you make time for an adventure? The **2012 State Leaders Forum** awaits! The South Central Section invites you to save the weekend of November 9-11 to attend "4-H in a Minute – Wake up to the Possibilities!" Your investment of 2,520 minutes brings dynamic speakers, a full slate of workshops, time to enjoy the beauty of Asilomar Conference Center, and opportunities to create or renew relationships with 4-H volunteers and staff from throughout the state. For more information, go to <http://www.ca4h.org/Programs/Conferences/SLF/>. "I recommend to you to take care of the minutes; for hours will take care of themselves." – Lord Chesterfield

SCIENCE, ENGINEERING, and TECHNOLOGY (SET)

- **Visit the Revamped 4-H SET Website** <http://www.ca4h.org/Projects/SET/>The 4-H SET website offers information, free curricula, and resources for 4-H staff and members.
- **Participate in a San Mateo County Satellite Festival for the USA Science and Engineering Festival April 28, 2012** at the San Mateo County Event Center <http://ucanr.org/sites/smsf4h/>. On Saturday, April 28, 2012 San Mateo/San Francisco County 4-H is hosting the 4-H2O WOW - World of Water Seminar. This free seminar will be held at the San Mateo County Event Center featuring hands-on, experiential learning activities and models about water conservation and water quality, hydrology, and the effects of radiation on water and more. This is listed as a satellite event for the [USA Science and Engineering Festival](#).
- **Join the 4-H Technology Leadership Team**
Applications due **May 31, 2012**
<http://www.ca4h.org/Projects/SET/Tech/CTLT/>
Do you have an interest and experience in technology? Think about joining the 4-H Technology Leadership Team! 4-H members age 16 and older and 4-H volunteers may apply. Candidates must have some type of technology experience where he/she could lead an hour workshop. Technologies could include photography, video, website design, social media, hardware, GPS/GIS, computer support, graphic design, 3D imaging, smartphones, programming, biotech, engineering, technology & society.
- **State 4-H Film Festival**
May 26, 2012
<http://www.ca4h.org/Programs/Events/SFD/State 4-H Film Festival/>
Submit a film for the State 4-H Film Festival by May 4, 2012! The 4-H Film Festival theme for 2012 is "4-H Revolution of Responsibility." Are you or a 4-Her you know making a difference in the community? Share your story of leading positive change through multimedia. The Festival will be held on May 26, 2012 at UC Davis.

- **State 4-H Photography Contest**
 May 26, 2012
<http://www.ca4h.org/Programs/Events/SFD/Photo/>
 Do you enjoy photography? The California 4-H Photography Contest is designed to provide an opportunity for regular 4-H members (ages 9-19) to showcase their best photographs taken within the past 4-H year. The event will be held on May 26, 2012 at UC Davis. Photographs must be submitted by **May 4, 2012**.
- **Robert Brownlee Science Award for 4-H members and volunteers**
 4-H Golden Clover Awards due **May 31, 2012**
<http://www.ca4h.org/Resources/Members/GoldenClover/>
 Robert Brownlee (1942-1991) was a visionary, whose practical inventions were elegant solutions to complicated technical problems, and whose generosity continues to extend that vision to science education for young people. This category is awarded to a member and volunteer for utilizing science inquiry and experiential learning in 4-H work to help youth increase knowledge, skills and competencies and improve their attitudes about science. This category includes increasing science awareness and use in 4-H projects by testing predictions and making sense of observations.
- **Google Science Fair 2012**
<http://www.google.com/events/sciencefair/>
 The Google Science Fair is an online science competition seeking curious minds from the four corners of the globe. Anybody and everybody between 13 and 18 can enter. All you need is an idea. Geniuses are not always A-grade students. We welcome all mavericks, square-pegs and everybody who likes to ask questions. Simply upload your project here to win some life changing prizes. Everyone has a question. What's yours?
- **4-H Science Professional Development Promising Practices: 4-H Science Abilities**
<http://www.ca4h.org/files/131248.pdf>
 An essential component of improving youth scientific literacy is offering opportunities for youth to develop and deepen their understanding of science process skills.
- **4-H Professional Development Mini-Site**
<http://www.4-h.org/resource-library/professional-development-learning/>
 New 4-H Professional Development Mini-Site launched that was designed to highlight the resources of the three mission mandates and overall youth development. The Science section has been designed to help you find resources within the major headers of building understanding, implementation, and evaluation.
- **My4-H.org for 4-H volunteers and staff**
<https://www.my4-h.org/>
 my4-H.org allows professionals to connect, collaborate and learn from other professionals and volunteers (coming soon) across the country. Tools include ones for productivity, professional development, and collaboration. There is also a Science community to connect with colleagues doing the same type of work.
- **4-H Science Professional Development Connection newsletters**
<http://www.4-h.org/resource-library/professional-development-learning/connections-newsletter/>
 The 4-H Science Professional Development Connection is a newsletter provided by National 4-H Council to connect land grant university professionals to training and resources available to increase skills and knowledge to deliver 4-H Science to youth.

HEALTHY LIVING

- **Special Recognition at 2012 State Presentation Day**

A special recognition pin will be awarded for youth who participate in State Presentation Day and focus their presentations on healthy living. This year's focus area is healthy food. Potential topics may include USDA's MyPlate, serving sizes, sugar-sweetened beverages, nutrition facts labels, food groups, nutrients, and more. Visit www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities for details.

- **4-H MyPlate Challenge at 2012 State Field Day**

The USDA recently unveiled the federal government's new food icon, MyPlate, to serve as a reminder to help consumers make healthier food choices. 4-H is challenging you to show how you're making YOUR plate MyPlate. We invite 4-H members to submit a photograph illustrating how they're creating healthy meals using MyPlate as a guide. Visit www.ca4h.org/Programs/Events/SFD/4-H_MyPlate_Challenge for details.

- **Communities on the Move Video Challenge**

The *Let's Move! Communities on the Move Video Challenge* invites faith-based, community, and other non-profit organizations working with children to create short videos (one to three minutes long) highlighting their efforts to reverse the trend of childhood obesity. Videos should focus on at least one Let's Move Faith and Communities focus area of activity, including efforts to promote healthy eating, physical activity, and access to healthy, affordable food for children. Visit communities.challenge.gov for more information.

- **SuperTracker Online Tool**

The United State Department of Agriculture's (USDA) SuperTracker online tools allows visitors to get a personalized nutrition and physical activity plan, track their food and activity to see how it all adds up, and receive support to make healthier choices! For more information visit: www.choosemyplate.gov/SuperTracker/default.aspx.

- **Healthalicious Cooking Curriculum**

Are you a 4-H foods project leader? Are you looking for new, kid-friendly recipes and activities? Want to lead a foods project, but not sure how? This afterschool curriculum teaches food preparation skills while helping kids build good health skills that will last a lifetime. The 6-week, hands-on curriculum is designed to give 9- to 12-year-olds a fun introduction to preparing and eating healthy meals. **FREE** download available from anrcatalog.ucdavis.edu/Search/healthalicious.aspx.

- **Kick the Can: Giving Sugary Drinks the Boot**

Did you know sugar-sweetened beverage consumption is the leading contributor to the obesity epidemic? For each additional soda a child drinks daily, his risk of obesity increases 60 percent! 4-H staff, volunteers and youth will find information about sugar-sweetened beverages—from portion sizes to marketing maneuvers—and learn how to become an advocate for change at www.kickthecan.info.

- **Teens Positively Respond to Beverage Labels**

A new study published in the American Journal of Public Health found that teens reduced their consumption of sugary beverages when calorie information was posted alongside the beverages. Researchers compared the effects of posting total calorie count, percentage of total recommended daily intake, and physical activity equivalent. Compared to the cases where no calorie information was provided, all three strategies caused a reduction in sugary beverage purchases. Posting the physical activity equivalent was the most effective strategy tested. Read the abstract online at <http://bit.ly/xjamel>

- **New Recommended Method for CPR**

Every three days, more Americans die from sudden cardiac arrest than the number who died in the 9-11 attacks. You can lessen this recurring loss by learning Continuous Chest Compression CPR, a hands-only CPR method that doubles a person's chance of surviving cardiac arrest. For more information, including a how-to video, visit <http://medicine.arizona.edu/spotlight/learn-sarver-heart-centers-continuous-chest-compression-cpr>

CITIZENSHIP

- The registration deadline for the **2012 California Focus Conference** has been extended to **March 12!** For registration details and conference information, visit: <http://www.ca4h.org/Projects/Citizenship/Focus/GeneralInfo/>. Please contact Carolyn Abrams at cmabrams@ucdavis.edu or 530-752-5644 if you have any questions.

CALIFORNIA 4-H FOUNDATION

- **4-H Day at the Sacramento Kings game!**
The CA 4-H Foundation Alumni program is sponsoring a day at the Sacramento Kings game on Sunday, March 11. It is the Kings vs. Atlanta Hawks starting at 6pm. Discount tickets are available at \$9, \$17.50 and \$29. 4-H youth will be featured in activities before, after, and throughout the game. It is a great way to show support for 4-H, enjoy a great family activity at a reduced price. Tickets are limited. Contact Amy McGuire at almcguire@ucdavis.edu with questions or to purchase tickets.

FUNDING OPPORTUNITIES

- **2012 GEAR-Tech-21 Camp mini-grants** are now available! Participants at GEAR-Tech-21 camps learn about science, engineering, and cooperation through hands-on LEGO NXT robotics, GPS, and digital mapping activities. Mini-grants range from \$500 to \$2,000, depending upon the size of the camp program. Applications will be accepted until all funding has been awarded. <http://4hset.unl.edu/4hdrupal/node/165>.
- **Gloria Barron Prize for Young Heroes**
The Gloria Barron Prize for Young Heroes invites nominations for its 2012 awards. The Barron Prize, founded by author T.A. Barron in honor of his mother, celebrates outstanding young leaders ages 8 to 18. Each year, the Barron Prize honors inspiring young people who have made a significant positive difference to people and our planet. Ten winners each receive \$2,500 to support their service work or higher education. Nomination **deadline is April 30**. For more information and to nominate, visit <http://bit.ly/edhitj>
- **State Farm Youth Advisory Board Grants**
If your work and involvement in 4-H has contributed to service-learning that helps increase student achievement in your community, consider applying a State Farm YAB National Grant. The State Farm Youth Advisory Board is currently accepting applications for service-learning projects between \$25,000 and \$100,000 that address the root cause of the following issue areas: Access to Higher Education / Closing the Achievement Gap; Financial Literacy; Community Safety and Natural Disaster Preparedness; Social Health & Wellness Issues; and Environmental Responsibility. The application deadline is **May 4, 2012**. More information is available at: <http://bit.ly/yMI7gZ>
- **Special Olympics Project Unify Grants**
The goal of Project UNIFY is to activate youth around the country to develop school communities where all young people are agents of change - fostering respect, dignity, and advocacy with and for people with intellectual disabilities by utilizing the programs and initiatives of Special Olympics. To be eligible, you must be between the ages of 12 to 20, or a current undergraduate student in college. A Special Olympics North America program is required to be your main partner organization. Projects must demonstrate the core essence of service-learning. Budgets for projects can range from \$100 to \$5,000. Submission deadline is through **May 31, 2012**. <http://bit.ly/wQUgIV>
- Are you between the ages of 5-25 (or know someone who is) and have demonstrated your commitment to service projects in your community? **The Everyday Young Hero Awards** are given out weekly to a young person who exemplifies commitment to service. The nominations for these awards are ongoing and there is no deadline. Visit <http://www.ysa.org/awards/hero> for more information on nominating a youth today!

4-H All Stars:

Amanda Ho, PVP 4H Club
Alex Kasperovich, PVP 4H Club
Candace Corrales, PVP 4H Club
Hannah De Young, San Fernando Valley
Kristy Okamoto, Pomona Valley 4H Club

Jr. All-Stars:

Ali Ryan-Phasil, PVP 4H Club
Anna Wheeler, PVP 4H Club
Brendan Bernardo, Encino Oaks 4H Club
Candace Choi, PVP 4H Club
Courtney Calleja, PVP 4H Club
Ivory MacCracken, PVP 4H Club
Julius Treadwell, Pomona Valley 4H Club
Katherine Cho, Pomona Valley 4H Club
Laura Griffin, PVP 4H Club
Madison Cumby, PVP 4H Club
Megan Okamoto, Pomona Valley 4H Club
Rachel Klose, PVP 4H Club
Ru Ekanayake, PVP 4H Club
Sallie DeYoung, San Fernando Valley Club

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