



**June 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](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**

### **4-H Policy and Information Update**

Many of you may be aware that we are implementing a new volunteer enrollment system for better management, tracking and efficiency of new volunteers. Several factors were considered before implementing the new system:

1. Too many volunteers did not complete the full enrollment process and started working with youth at the project level before being cleared;
2. Unnecessary risk for the university;
3. A more efficient and accurate new volunteer database;
4. Community Club leaders were not aware of new volunteers in their club;
5. Better control and management of new volunteers;

In addition, we wanted to have a system that better complimented the 4-H online enrollment system and database while giving us more information about volunteers before they become enrolled.

Please see the volunteer enrollment process attached to this edition of Clover Notes. If you have any questions about the new system, please feel free to contact the office.

## CLUB

- **David Greene, Former PVP 4-H Club Member**  
Dee Keese, PVP 4-H Community Club Leader



David Greene was a 4-H member in the Palos Verdes Peninsula 4-H Club from age 8 to 19. David was very involved with 4-H Summer Camp and projects such as Dog Care, Poultry and Horses. After graduating from 4-H, David became our Dog Care Leader for the next 10 years. When David moved, he came back for many years as a judge for Dog Showmanship & Obedience at the San Gabriel Valley 4-H Fair.

Last year, David demonstrated to the dog show participants at the SGV 4-H Fair exactly the competition that he has been involved with for the last 15 years (the Schutzhund Competition, which includes Tracking, Obedience and Protection).

He was hoping to make the United States National Team. David not only made the National team this year, but was recently able to compete at the World Cup Competition in Italy. David made his dream come true by standing on the Podium at the World Cup Competition and by placing third in the World Championships.

David attributes his success to being a 4-H member and having the discipline required to compete on a World Class Level.

I congratulate David Greene.

## COUNTY

- **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](mailto:dafuller@ucdavis.edu) or **Kelly Doblado**, Camp Director, **(760) 579-0051** or by email at [landshark311@gmail.com](mailto: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 4-H Leaders' Council or Los Angeles County 4-H Summer Camp.**

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!

- **Record Books**

Dawn Fuller, 4-H Program Coordinator

Now is the time to really good time to start, or finish, your Record Books. Record Books are a great way for members to reflect on what they have learned in many areas of their 4-H experience. It makes us look back on the year and say, "Hey, look at all I have accomplished!" Over the years, our record books give us an extensive full picture of commitment, achievement and success in a job well done.

This year, many of the 4-H Record Book Forms can be downloaded, filled-out on-line, edited, and saved on your computer for future work! This is an exciting change, and you can visit the new "**Record Books Resources**" website to download the forms you will need:

<http://www.recordbookresources.com/index.html>. The ease of filling out Record Book Forms on-line means there is no reason why all Los Angeles County 4-H members can't turn in a book this year!

Record Books are due to the County Office on **Tuesday, September 11, 2012**, by **4 p.m.** or by **9 p.m.** to an **Incentives & Recognition Committee Member** on **Wednesday, September 12, 2012**.

Record Books may be turned in several places:

The Los Angeles County 4-H Office  
UC Cooperative Extension  
4800 East Cesar E. Chavez Avenue  
Los Angeles, CA 90022  
(323) 260-3859

The Antelope Valley 4-H Office  
UC Cooperative Extension  
335 East Ave K-10 Suite 101  
Lancaster CA, 93535  
(661) 974-8824

Or, arrange to drop your book off with an **Incentives and Recognition Committee Member**:

Judylynn Pelling: [jlpeiling@yahoo.com](mailto:jlpeiling@yahoo.com)

Noel Keller: [nkeller91711@gmail.com](mailto:nkeller91711@gmail.com)

Dee Keese: [swimdude64@earthlink.net](mailto:swimdude64@earthlink.net)

Carrie De Young: [csdeyoung@socal.rr.com](mailto:csdeyoung@socal.rr.com)

If you have any members in your club turning in a Record Book, a club volunteer *must* sign up for one of the following two Record Book Judging Dates with **Noel Keller**, *Incentives & Recognition Committee Chair* at [nkeller91711@gmail.com](mailto:nkeller91711@gmail.com). No more than three volunteers from the same club on any given day please. See judging dates below:

**Saturday, September 15, 2012**

8:45 a.m. to 5 p.m.

Good Shepherd Lutheran School  
6338 N. Figueroa Ave.  
Los Angeles, CA 90042

**Saturday, September 22, 2012**

8:45 a.m. to 5 p.m.

Good Shepherd Lutheran School  
6338 N. Figueroa Ave.  
Los Angeles, CA 90042

For those youth who are completing an **Online Record Book**, and may have questions along the way, you can contact the LA County 4-H Online Record Book Resource Leader and San Fernando Valley 4-H Co-Community Club Leader, **Teresa Fint**, by email at [teresa@fint.net](mailto:teresa@fint.net).

For any other Record Book questions, you can contact Dawn Fuller at [dafuller@ucdavis.edu](mailto:dafuller@ucdavis.edu) or Charlene Moore at [moore@ucdavis.edu](mailto:moore@ucdavis.edu).

- **State Ambassador Represents 4-H in Washington DC**  
Candace Corrales, LA County 4-H All Star and CA 4-H State Ambassador



I attended the biannual NOYS conference in early May. NOYS, National Organizations for Youth Safety, focused mainly on distracted driving but did address other issues including aviation, train, and traffic safety. I had an amazing time meeting with teen representatives from various organizations including SADD (Students Against Destructive Decisions) and Bacchus. NOYS also presented me with the incredible opportunity to make a capitol visit and meet with Barbara Boxer's representative, Anne Clements, with whom I discussed the 4-H Program, youth safety, education, and her journey to Capitol Hill. In addition, I had the fortune of attending a NOYS press conference and meeting with people from various international organizations including Chariots of Destiny which is located in Nairobi, Kenya. This conference was a wonderful opportunity that gave me many experiences and contacts that I will take with me my entire life.

-Candace Corrales, CA 4-H State Ambassador, PVP 4-H Club

- **Senior Members - Use 2011 Record Book Forms!**  
Noel Keller, I & R Chair

Senior 4-H members (age 14 by Jan. 1, 2012) need to use the 2011 version of the record book forms for their 2011-2012 record books. We had been using the 2008 version of record book forms but in September the 2011 version was released. Senior members should use these new forms. The state record book competition requires the new forms for the state competition. The 2011 record book forms can be found on the state 4-H website and the LA county 4-H website. Junior and Intermediate members can use either the 2008 or the 2011 forms this year for their 2011-2012 records books, but next year they will need to use the new forms for their 2012-2013 records. The on-line record keeping system prints out forms in the 2011 version.

- **Record Book ID Forms**  
Noel Keller, I & R Chair

2011-2012 Record Book ID forms are now on the LA County 4-H website. Look for the information and forms under FORMS or APPLICATIONS. When you submit your 2011-2012 record book for the county competition, this 2011-2012 ID form is needed as the first page in the record book. If you have questions about this, contact Noel Keller ([nkeller91711@gmail.com](mailto:nkeller91711@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.

- **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, [rlhillstock@ucdavis.edu](mailto:rlhillstock@ucdavis.edu).

- **Dates To Remember in**

**June:**

- 2nd- Horse Event makeup date
- 6th- NSG District mtg.
- 9th- Sectional Council & Teen Council mtg.
- 16th- Volunteer Leaders' Training
- 17th- Father's Day
- 21st- SSG District mtg.
- 23rd- AV 4-H Horse Fair
- 24th- 4-H Summer Camp begins
- 25th- AV District mtg.
- 30th- 4-H Summer Camp ends

## STATE

- **State Leadership Conference**

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

**Deadline extended until sessions are filled.**

The 2012 California 4-H State Leadership Conference needs presenters! If you would like to present a session on Friday, August 10<sup>th</sup> or Saturday, August 11<sup>th</sup>, 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/>. For more information, please contact Carolyn Abrams at [cmabrams@ucdavis.edu](mailto:cmabrams@ucdavis.edu) or 530-752-5644.

**4-H State Leadership Conference - Registration**

The 2012 4-H State Leadership Conference will be held August 9-12<sup>th</sup> at UC San Diego! Conference registration will be released by the end of May. Early bird registration is \$459 per person and due June 15<sup>th</sup>. Final registration is \$489 per person and due July 15<sup>th</sup>. Online registration will be posted at:

<http://www.ca4h.org/Programs/Conferences/SLC/>. For more information, please contact Carolyn Abrams at [cmabrams@ucdavis.edu](mailto:cmabrams@ucdavis.edu) or 530-752-5644.

- **Workshops at State Leaders Forum**

**Deadline: June 30, 2012**

The clock is ticking toward the deadline to submit a workshop proposal for the 2012 California 4-H State Leaders Forum at Asilomar. Workshop proposals are due June 30, so please take a minute to design a workshop and submit a proposal. The Forum is November 9-11; all workshops will be presented on Saturday, November 10. Workshops may be presented once, repeated during another time period or extended over multiple time periods. The schedule allows free time between sessions. Submit a workshop proposal via online survey at <http://ucanr.org/2012slfworkshop>. A printable version of the form is available at <http://www.ca4h.org/Programs/Conferences/SLF/>. If you have workshop questions, please contact Candy Brown, [candy.brown@gracemodesto.org](mailto:candy.brown@gracemodesto.org) or 209-537-7405.

- **2012 California 4-H State Leaders Forum**

Registration is now open. Wake up to the possibilities at “4-H in a Minute!” Join the South Central Section November 9-11 at Asilomar Conference Center in Pacific Grove. The registration fee is \$60 until September 1st, so get together with your friends and plan to register early.

The forum will include:

- Opportunities to network with 4-H peers from throughout the state.
- Inspirational speakers from far and near.
- Workshops designed to help you be a more effective mentor to 4-H youth.
- “Minute to Win It” competitions between 4-H Sections.
- Opportunities to honor dedicated, long-time leaders.
- Ample time to enjoy the natural beauty of the Asilomar Conference Grounds and adjacent beach.

Conference registration is by survey with paper forms also available. The conference housing and meal package is reserved directly through Asilomar until September 9. For further registration information and to find all forms, go to: <http://www.ca4h.org/Programs/Conferences/SLF/>. SLF 2012 promises to be an exciting conference, focusing on timely issues and having a good time.

“The bad news is time flies. The good news is you’re the pilot.” – Michael Altshuler

- **National 4-H Hall of Fame Ceremony Opportunity**

**Deadline: July 15, 2012**

This year the National 4-H Hall of Fame Task Force of NAE4-HA would like to offer two 4-H youth the opportunity to play a unique role in the 2012 Hall of Fame Ceremony which will be held on October 12, 2012 at the National 4-H Center in Chevy Chase, Maryland. The Task Force will be selecting a Youth Master of Ceremonies and a Youth Entertainer to assist with the National Hall of Fame Ceremony.

Details on how to apply are provided on the respective applications:

- [National 4-H HOF Entertainer Application](#)
- [National 4-H HOF Master of Ceremonies Application](#)

Applications are due to the California State 4-H Office by July 6, 2012. If you have any questions, contact Shannon Dogan at [sjdogan@ucdavis.edu](mailto:sjdogan@ucdavis.edu) or 530-754-8518.

- **4-H Military Partnership Program Camps for Military Youth**

The 4-H Military Partnership Program is offering two camps this summer. Both are free of charge to military youth of any branch or component. There are also travel reimbursement funds available to cover costs to and from the camp sites.

- Rawhide Ranch, located in Bonsall, is a horse lovers’ camp in a replica Old West town. It will provide military youth, ages 14-18, with an opportunity to learn or improve their horseback riding skills, as well as to experience traditional camping fun like skits, songs, arts and crafts, archery and more. The camp will be held July 1-7.
- Camp Ronald McDonald, near Susanville, provides a traditional camping experience for special needs youth ages 8-18. The camp is fully accessible and camp counselors are trained to work with youth with a variety of special needs, from autism to physical limitations. The camp will be held August 7-14.

Registration for both camps is now open at

[http://www.ca4h.org/Programs/MilitaryPartnership/Adventure\\_Camps/](http://www.ca4h.org/Programs/MilitaryPartnership/Adventure_Camps/). For more information, contact Crystal O’Hara, 4-H Military Partnership Program Representative, at [crohara@ucdavis.edu](mailto:crohara@ucdavis.edu) or 530-757-8968.

- **4-H Shooting Sports Workshop (Rifle Discipline)**  
**Dates: Saturday, July 28, 2012 – 8:00 a.m. – 6:00 p.m.**  
**Sunday, July 29, 2012 – 8:00 a.m. – 4:00 p.m.**

A 4-H shooting sports workshop for the rifle discipline will be held at the Concord Police Association Range, 5060 Avila Road in Concord. 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](mailto:jaborba@ucdavis.edu). (This course is not open to 4-H leaders from Santa Cruz County).

For information about the facility and a map, please visit the range website at:  
<http://concordpoa.org/contactus.php>

- **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:

- Central: August 25-26, 2012, Granlibakken Conference Center & Lodge Tahoe City, CA
- Southern Valley: September 8-9, 2012, Visalia Marriott at the Convention Center, Visalia, CA
- Southern: September 22-23, 2012, Doubletree Hotel (pending contract approval), Ontario, CA
- Far Northern: September 29-30, 2012, Holiday Inn Hotel and Convention Center, Redding, CA

A website with conference information and registration is being created and will be available shortly. All conferences are sponsored by 4-H Thrive and will cover the cost of conference, travel and lodging. Please contact Scott Mautte at [scmautte@ucdavis.edu](mailto:scmautte@ucdavis.edu) for additional questions.

- **Learn about the World - Host An International Exchange Student**

The U.S. Department of State's Bureau of Educational and Cultural Affairs (ECA) invites you to make a difference by hosting an ECA sponsored international high school exchange student this fall. Approximately 2,000 exchange students from over 50 countries, all of whom have undergone an extensive and competitive merit-based selection process, will spend the 2012-13 academic year in communities across the United States. Hosting an ECA international exchange student is an enriching experience for the entire family and allows you to have a real connection to the world without leaving home. If you are willing to open yourself to new experiences, to share your life with a fascinating teenager from a foreign land, and if you can provide a student with guidance, support, and a welcoming home, hosting may be just right for you. For more information, go to [exchanges.state.gov/hosting](http://exchanges.state.gov/hosting).

- **North American Association for Environmental Education**  
**October 10-13, 2012, Oakland, CA**

Environmental education (EE) teaches children and adults how to learn about and investigate their environment, and to make intelligent, informed decisions about how they can take care of it. Registration will open on June 1, 2012. For more information, go to: <http://www.naaee.net/conference>.



- **4-H SET at the State 4-H Field Day**

May 26, 2012, 9:00am – 6:00pm, UC Davis Wellman Hall

<http://www.ca4h.org/Programs/Events/SFD/>

The State 4-H Field Day takes place annually on the Saturday of Memorial Day weekend at the UC Davis campus. This year, there will be ample opportunities for 4-H members and adults to see 4-H Science, Engineering, and Technology in action!

- State 4-H Photography Contest
- State 4-H Film Festival, featuring Revolution of Responsibility films
- Collections from the UC Davis Bohart Museum of Entomology
- Entomology Contest (open to all 4-H members; no pre-qualification or pre-registration necessary)
- Plant Science Contest (open to all 4-H members; no pre-qualification or pre-registration necessary)
- Special recognition for Presentations that emphasize renewable energy!

- **4-H Represented at the 2012 San Diego Festival of Science & Engineering**

<http://scienceafterschool.blogspot.com/2012/04/2012-san-diego-festival-of-science.html>

Each year, San Diego hosts a Festival for science and engineering. In 2012, over 50,000 people attended the event. 4-H partnered with the Coalition for Science Afterschool and Time Warner Cable to showcase 4-H projects in science, engineering, and technology!

- **Governors Urged to Tap Into 'Informal' Science Education**

[http://blogs.edweek.org/edweek/curriculum/2012/04/governors\\_urged\\_to\\_tap\\_into\\_in.html](http://blogs.edweek.org/edweek/curriculum/2012/04/governors_urged_to_tap_into_in.html)

The National Governors Association identifies science learning outside the classroom—often called "informal science education"—as a frequently overlooked vehicle for helping states advance their STEM goals. The brief encourages school districts to support more project-based STEM learning in after-school environments.

Foundations, Inc. is pleased to introduce **STEM GraffitiWall**, an anywhere, anytime way to bring Science, Technology, Engineering and Math into your program. STEM GraffitiWall, coming this summer, will offer fun and challenging on-the-wall activities targeted to developing the knowledge and skills that today's youth need to succeed in STEM fields and solve tomorrow's global problems.

[www.facebook.com/foundationsinc](http://www.facebook.com/foundationsinc).

### **Find SET Activities at...**

#### **National Directory of 4-H Materials**

<http://www.4hdirectory.org/>

The 4-H National Directory of Materials is a searchable database of educational materials currently available throughout the Cooperative Extension System. Here you will find 4-H individual and group project materials, volunteer and professional development materials, as well as many other resources.

#### **How to Smile (Lawrence Hall of Science, Exploratorium, New York Hall of Science, and others)**

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

SMILE is collecting the best educational materials on the web and creating learning activities, tools, and services – all designed especially for those who teach school-aged kids in non-classroom settings. SMILE is a national partnership among science and technology centers, museums, community-based organizations, and out-of-school educators. We are dedicated to making science, technology, engineering, and math (STEM) exciting and engaging for all learners. Our organizations are resource hubs for educational programs that involve people of all ages and backgrounds.

### **TeachEngineering (5 Universities and the American Society for Engineering Education)**

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

TeachEngineering is a free digital library with more than 650 hands-on, teacher-tested engineering activities for K-12 students. Educators will find curriculum units as well as individual activities mapped to educational content standards. Founded by the National Science Foundation, Duke University, University of Colorado and others, TeachEngineering's activities were conceptualized to nurture the design process and be achieved on a shoestring budget.

### **Community Science Workshop Network (based in San Francisco)**

<http://cswnetwork.org/>

The CSW Network's mission is to create community-based science centers with open-door, open-structure programming. Here educators will discover over 100 free science and engineering activities that are student centered, have a list of inexpensive materials, printable activity sheets, and age of the intended audience.

### **Design Squad (PBS)**

<http://pbskids.org/designsquad/>

The DESIGN SQUAD NATION Web site is the online companion to the television series airing on PBS Kids. The site targets kids ages 8 and older and features interactive games, engaging video and creative activities.

### **Science Buddies (nonprofit based in California)**

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

The award-winning, non-profit Science Buddies empowers K-12 students, parents, and teachers to quickly and easily find free project ideas and help in all areas of science from physics to food science and music to microbiology.

### **EGFI (American Society for Engineering Education)**

<http://www.egfi-k12.org>

We are committed to promoting and enhancing efforts to improve K-12 STEM and engineering education. EGFI has an interactive website, a magazine, teacher and student e-newsletters, and poster, flash cards and kids' book.

- **2012 National Science Experiment - Get ready to take the 4-H Eco-Bot Challenge!**

The 2012 National Science Experiment for *4-H National Youth Science Day* is here! *The 4-H Eco-Bot Challenge* will introduce youth to engineering concepts as they program a self-directed robot to clean up a simulated environmental spill. Developed by The Ohio State University and Ohio State Extension, this unique experiment will engage young people in finding a solution to an environmental challenge, using engineering design skills.

This annual youth science event will be held on **Wednesday, Oct. 10, 2012**, and will bring 4-H'ers together from all around the nation to complete this single, innovative experiment. Participation in *4-H National Youth Science Day* is meant to help spark an early passion for science, engineering and math and to encourage young people to consider these paths of study and future careers.

To visit the new 4-H NYSD website and download the 2012 Youth and Facilitator Guides as well as other key resources, visit [www.4-H.org/NYSD](http://www.4-H.org/NYSD).

## **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](http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities) for details.

- **Weight of the Nation (Free HBO Series)**

The Weight of the Nation, a four-part documentary aired on Home Box Office (HBO) and is to be available for viewing free of charge on [HBO's site \(www.hbo.com/theweightofthenation\)](http://www.hbo.com/theweightofthenation). Another 12 short films about specific topics, such as the stigma society places on people struggling with obesity, workplace wellness, and more, will be available via the above site.

The Weight of the Nation documentary is a springboard for an extensive, long-term public health campaign designed to raise national awareness and engage communities. The films contain critical and useful information we can apply to our own lives and share with our families, members, and communities. The documentary films dramatize the issues and challenges identified in the Institute of Medicine's (IOM) recent evidence-based report, [Accelerating Progress in Obesity Prevention](#). The IOM report identifies key prevention strategies to address the nation's obesity epidemic, which draw upon the work Kaiser Permanente has been doing.

The Weight of the Nation films include case studies; uplifting personal stories of people, families, and community members who are tackling weight issues; and interviews with our nation's leading experts.

- **Episode 1 — Consequences:** Examines the scope of the obesity epidemic and explores the serious health consequences of being overweight or obese.
- **Episode 2 — Choices:** Shares scientific insights into how to lose weight and explores what needs to change in people's lives, including where they work, eat, learn and play, while spotlighting individuals who are waging the battle successfully.
- **Episode 3 — Children in Crisis:** Tells the heart-wrenching stories of young people struggling with excess weight and facing serious medical complications at an early age, and examines how marketing shapes food choices.
- **Episode 4 — Challenges:** Examines the driving forces behind the obesity epidemic, including agriculture, economics, evolutionary biology, racial and socioeconomic disparities, and physical inactivity.

Please see the films and talk about the issues with your family, your colleagues in the workplace, and your neighbors. See what you can do and how you can get involved.

- **Online Course on Bullying Prevention Available**

The National Center for School Engagement, in collaboration with the Partnership for Families and Children, has released the online course, "[Getting Serious: A Best Practice Approach to Bullying Prevention](#)." The course provides an overview of bullying concepts and trends, highlights the links between school climate and bullying, and introduces best practices in bullying prevention. To register, go to [partnershipuniversity.org/where-begin-click-here-start-your-online-learning](http://partnershipuniversity.org/where-begin-click-here-start-your-online-learning). For more information about the course, go to [partnershipuniversity.org/new-course-getting-serious-best-practice-approach-bullying-prevention-0](http://partnershipuniversity.org/new-course-getting-serious-best-practice-approach-bullying-prevention-0).

- **Relaunching of StopBullying.Gov!**

Building on the momentum started a year ago by the Obama Administration and relaunched in partnership with the Department of Education, the new site [www.stopbullying.gov](http://www.stopbullying.gov) emphasizes action steps individuals can take to prevent and stop bullying in their schools and communities. It also features easy-to-use tools and resources for community leaders, young people and families, including:

- How to recognize the [warning signs](#) and when to take action
- Tips to [prevent bullying](#) before it starts
- How to implement [strategies for intervention](#)
- Ways to share your community's [resources](#), policies or strategies to prevent and address bullying

Information on bullying [laws](#) in your state

---

**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*

---

**Los Angeles County, 4-H Youth Development Staff:**

Dr. Keith C. Nathaniel, County Director, (323) 260-3845, [kcnathaniel@ucdavis.edu](mailto:kcnathaniel@ucdavis.edu)

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

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

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

Roy Hillstock, Computer Specialist, (323) 260-3854, [rhillstock@ucdavis.edu](mailto:rhillstock@ucdavis.edu)

---

Copyright © 2009 The Regents of the University of California.

The 4-H name and 4-H logo are service marks protected under 18 U.S.C. 707.

[Non-Discrimination Statement](#)

To unsubscribe from the LA County Clover Notes:

Send an email to [Roy.Hillstock](mailto:Roy.Hillstock) requesting to "unsubscribe from the LA County Clover Notes".

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