

February 2013

If you have any questions or suggestions about the Clover Notes, please don't hesitate to call Roy Hillstock at (626) 586-1972 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.

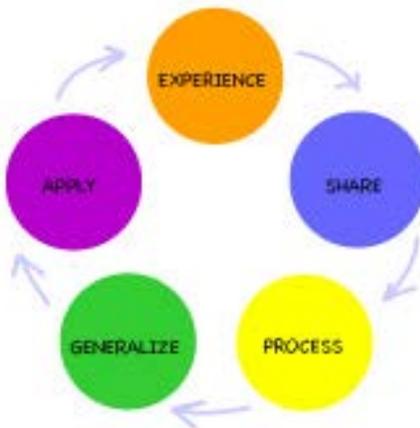
Contact the [Los Angeles 4-H Youth Development Office](#) or (626) 586-1972. For upcoming dates, please visit the [4-H Calendar](#). We look forward to continuing to serve you and your 4-H needs.

POLICY

4-H Policy and Information Update February, 2013

The 4-H Youth Development Program is amazing! The program has impacted youth in so many ways. For example, youth are making healthy life choices, providing leadership to communities, improving their academic profile, developing a deep sense of curiosity about science, learning appropriate animal husbandry. As we continue to evolve as a program let us be reminded of the need to continue to focus like a laser on providing quality experiences for youth. For instance, when engaging youth in projects ~ whether it's on sheep, clothing, science or community service ~ be sure to apply the experiential learning cycle (see diagram below). The learning cycle creates an educational climate through planned learning by exploring, doing and receiving feedback.

Experiential Learning



In the learning model youth experience, share, process, generalize and apply. In other words, participants should:

- experience the activity; perform, do it;
- share reactions, observations publicly;
- process analyze the experience;
- generalize to connect the experience to real world examples;
- apply was learned to a similar or different situation, practice

I encourage each of you to evaluate all of the projects you offer in your club and be sure that you incorporate the experiential learning cycle. In addition, be intentional when applying the learning cycle by asking probing questions throughout the activity (guided inquiry). Encourage youth to also ask questions and possibly journal about their experience in the project.

For more information for ways of strengthening the youth development aspect of your projects please see the Project Leader's Digest at <http://www.ca4h.org/files/4462.pdf>.

CLUB

- **4-Hers at the Pasadena Rose Parade**
Ellen Rosentreter, San Fernando Valley 4-H

Members of the **Palos Verdes Peninsula** and **San Fernando Valley 4-H Clubs** were an exciting part of the historical *2012 Rose Parade in Pasadena*. There were six floats in one hanger: China Air, 2 Disney Cars floats, the Queens' float, the two Bowl teams' floats (big helmets). Youth and adult 4-H volunteers started out stripping eucalyptus and applying glue to each leaf. They spent most of the day bunching up purple status, applying a stapler machine and creating a "spike" to stick into the float. There were signs showing the concept of each float. Palos Verdes 4-H had a great turnout. Members and volunteers met some nice people and had a great time!



- **Our Club's Fall Community Service**

Katherine Cao and Megan Okamoto, Pomona Valley 4-H Club



During the fall, Pomona Valley 4-H Club members made various ornaments and paper chains in their projects. The Leadership Project members, with members from Beginning 4-H and Primary, took the ornaments and paper chains and applied them to the two International Holiday Trees. Our club donated these two trees to the Lanterman Development Center in Pomona, CA. It was delightful to help brighten the lives of the clients at the Lanterman Development Center.

- **National 4-H Week Library Display**

Amber Kaljumagi, Pomona Valley 4-H Club



At the Claremont Library, the Pomona Valley 4-H club members made a display of everything that they had done. Items, which were made in the previous year, in Arts and Crafts, Food Preservation, Rocketry, Leadership, Primary, Beginning 4-H, and Photography projects, the club banner, club pictures, ribbons and trophies were placed in the display. We put it up for National 4-H week and the Claremont Library let our club exhibit it for 4 months total for everyone to see. We can't wait to put up all of our wonderful creations again!

- **We've Moved!**
Dawn Fuller, 4-H Program Coordinator



The Los Angeles County 4-H Office, and the rest of the UCCE Los Angeles Program Staff, has moved! Our new office is located at 700 W. Main Street, Alhambra, CA 91801. Thank you for being patient with us as we are still living out of boxes, as well as trying to get unpacked and settled to serve you in the New Year.

Here is a list of our new phone numbers:

Dr. Keith Nathaniel, County Director, 4-H Youth Development Advisor: 626-586-1970
Dawn Fuller, 4-H Program Coordinator, LA: 626-586-1980
Roy Hillstock, Computer Specialist: 626-586-1972

Email Contact: Our email addresses will remain the same.

Charlene Moore, Program Coordinator for the AV area's address and number will remain the same:

335 East Avenue K-10, Lancaster, CA 93535
661-974-8824

Jennifer Dana, Administrative Assistant for the AV Office, will retain the same address and phone number:

335 East Avenue K-10, Lancaster, CA 93535
661-974-8824

- **LA County 4-H Fashion Revue Chair & Field Day Food Booth**
Dawn Fuller, 4-H Program Coordinator

The **LA County 4-H Fashion Revue** will be held in conjunction with LA County Field Day at Mt. SAC on **Saturday, March 16, 2013**. Carrie DeYoung of the San Fernando Valley 4-H Club is assisting in coordinating many aspects of the Fashion Revue, but will not be able to be at the event itself. We need a volunteer to chair Fashion Revue the day of the event. Carrie will assist with the pre-event coordination, but we really need a volunteer who can work at the event – assist and train the judges (you will have guidance on this from several leaders), help judge the event, and coordinate the awards. To find our more information, or to sign-up to chair this event, please contact Carrie DeYoung at csdeyoung@socal.rr.com.

We are also looking for a club to host a food booth at the LA County 4-H Field Day at Mt. Sac on Saturday, March 16, 2013 (same date and location as Fashion Revue). Please contact Noel Keller to sign-up to host a food booth at nkeller91711@gmail.com.

- **Los Angeles County 4-H Field Day**

Noel Keller, Incentives & Recognition Committee Chair

The LA County 4-H Field Day competition will take place on **Saturday, March 16, 2013** at Mt. San Antonio College (Mt. SAC, College Bldg. 28A, 1100 N. Grand Ave., Walnut, 91786. Note that this a week earlier than usual. All 4-H members are encouraged to attend to display their skills or to watch others perform in the following speaking events:

Demonstrations and Illustrated Talks

Interpretative Reading

Extemporaneous Speaking (Seniors only)

Problem Solving Presentations (Seniors only)

Educational Displays

Cultural Arts performance

Share the Fun skits

Public Speaking

Impromptu Speaking

Slide/Video Presentation

Mock Interviews

Entry by Video

Song Leading

For details about all of these event refer to the **2013 County Field Day Packet** on the county website under **EVENTS AND ACTIVITIES**. Primary members can only perform in the Primary Clinic and Primary Cultural Arts categories, but are welcome to watch the competitions in the other areas. County Field Day is run along with County Fashion Revue. This should be a very informative, fun day. GET READY to compete and mark your calendar for Saturday, March 16.

Member Field Day entry forms should be gathered by the club, reviewed for completeness and sent in as a group. Field Day entry forms are due from clubs to Noel Keller (nkeller91711@gmail.com or 421 E. Juilliard Drive, Claremont, CA 91711) by March 7. We are trying a **new multi-entry member entry form** this year. We will accept the prior individual category entry form, but we encourage members to try the new form, which can be downloaded from the county website. A similar multi-entry entry form is expected for Sectional Field Day this year.

This year California 4-H will offer a thematic recognition pin for youth who participate in State Presentation Day and focus their presentations on one of the following areas: Engineering to Solve the World's Problems, Physical Activity, The Path to Thriving, and C is for Contribute. If you are hoping to compete at the State level this year, you may want to consider doing a presentation in one of these areas. For more information on this, consult the article on **2013 4-H Presentation Themes** at the end of this Clover Notes issue.

This event can only happen with the help of many volunteers. Please contact Diana Kaljumagi at kaljumagi@yahoo.com by March 7th to volunteer to be a judge, a MC, a Room Supervisor or Food Booth assistant. Experienced senior 4-H members are encouraged to apply. If a member of a club wants to participate in the competition, the club must provide at least adult to help with the event. Helping at an event is a good way to gain more knowledge about the details for members to compete in the event. Consult the **2013 County Field Day Packet** on the county website for more information.

Look for "**The Anatomy of a Speech**" article in this issue of Clover Notes. You will get some great tips on how to prepare and be successful with your speaking. Please consult the county field day competition rules and guidelines for the speaking category that you decide to enter. The county rules are coordinated with the rules for the sectional and state level competitions. The county rules can be found in the 2013 County Field Day Packet.

For more information on this event, contact Noel Keller at nkeller91711@gmail.com or Dawn Fuller at dafuller@ucant.edu. We hope to see you at Mt. SAC on **Saturday, March 16 for County Field Day and Fashion Revue**, and we know you will be terrific!

- **The Anatomy of a Speech**
Dawn Fuller, 4-H Program Coordinator



With the quick approach of a favorite Los Angeles 4-H Event, Field Day (also known as “Presentation Day”), on Saturday, March 16, some of us are scrambling to not only figure out what to write a speech about, but HOW to write a good speech.

Public speaking is a skill that we learn and are able to polish in the 4-H Program. Most everything we do in 4-H involves an element of public speaking. When we hold an office for our club, we give reports during Community Club Meetings. When we participate in a project, we often report to our club about our current and upcoming activities. 4-H Judging Day provides an opportunity for presenting “oral reasons” to judges. Showing an animal at a fair often involves answering livestock questions. Representing 4-H in the community is another time when we use our public speaking abilities. Occasions for expanding our public speaking skills are boundless in the 4-H Program!

In every situation in life, whether it be at school, at work, or in interpersonal relationships, being a clear public speaker is an important skill to have. For Field Day, we work towards giving an exciting speech that both the presenter and the audience will be interested in, enjoy, and hopefully, take something useful away with them. All speeches have key elements that must be present. Here are some of the basics...

Choosing a Topic

Choosing a topic for your speech is an essential part of the process. You should choose something that will be interesting to your audience, but mainly to YOU, as you will be the one giving the speech over and over again. Your enthusiasm for your chosen topic will come through in your speech and will excite those listening to it. You will be more apt to enjoy researching and writing a speech if it is about a topic that you are connected with.

Make a list of potential speech topics, and run them by your Mom and Dad or Community Club Leader. The topic should not only be fun, but appropriate for your age and for the speech competition you are entering. Your parents and club leader will be able to help guide you with this. It should be a singular topic rather than multiple (i.e. how to make a particular kind of bread, not how to make breads in general). Sometimes simple is best. It may seem silly or boring to do a speech on something you do every day, or about something that comes easy to you (i.e. working with your rabbit), but others may find it fascinating!

Introduction

A speech should have a clear “**Introduction.**” An introduction should have what is often referred to as a “hook.” A “hook” is considered an opening statement or question for the audience that immediately pulls them in, makes them want to know more about your topic, and invites them to learn about the topic you are presenting. For Field Day, the introduction to a speech should be about three to four sentences long.

You can start your introduction with a question for the audience such as, “Have you ever wanted to know how to make a cake from scratch?” Your opening statement could be dramatic (within reason) such as, “Juliet, O Juliet, wherefore art thou Nigerian Goats?” Your opening could be the line from a poem, a quote from someone famous, or a small passage from a work of literary genius.

You can also start by saying one key word, or a series of three words, and then providing a brief pause (For example: “Bees. Pollination. Farming” (pause)). You can start out with a small funny statement (within reason) such as, “Today I will be talking to you about dog training. This is my dog Sam, and he is a good example of why dogs need training.” You can also start with a shocking statistic (depending on your topic) (i.e. “Did you know that 1 out of every 5 dogs is abandoned in the County of Los Angeles? Shocking, but true.”)

After you make your initial statement, you will want to say your name, your age, and the club you are with.

The next statement should start with, “Today I will be talking to you about...” This statement will be a short bulleted list of the items you will be covering in your speech (if you have poster boards as a visual aid, these bullets should be listed on your poster). This statement should also include a brief reason why you chose to give a speech on this topic (i.e. “I have always wanted to know more about Chinchillas,” or “In my sewing project I wanted to know where ‘patterns’ came from...”).

After you finish with the aforementioned elements of an introduction, you will then move into the body of your speech.

Body

The “**Body**” of a speech refers to the main part of your speech, where the information you wish to impart is encapsulated. Immediately following your Introduction Statement, you will begin. The body of your speech should be fairly concise (usually several paragraphs, or a page, depending on the length of the speech and what type of speech you are giving—check requirements), but at the same time, informational and somewhat exciting.

An example of the body of a speech would be if you were speaking about how to create your own fish tank, you would include what elements you would have to have to create it, why these elements are necessary, and what the result would be (healthy and happy fish in a natural environment that you, friends, and family can enjoy).

The body should be the “meat” of your speech. If you have visual aids, you may choose to show them now or demonstrate an element of what your speech is about. The body should include details or “how to” instructions (if you are doing a demonstration or telling your audience how to go about doing something). It should also include examples and details. It should be specific, and most of all, it should be fun! No one wants to listen to a speaker drone on and on about a topic even the speaker doesn’t care about! People remember speeches that are informational and are at the same time entertaining.

Conclusion

A good speech should have a clear **Conclusion**. The conclusion should be approximately a paragraph long (like the introduction). It should be concise and clear. The conclusion should be so clear that it starts with a statement such as, “In conclusion...” In your Conclusion Statement, you will review the bullets from the introduction of your speech that you have covered (if you are using a poster board as a visual aid, these bullets should be listed under the title “Conclusion”).

A good conclusion should include a “call to action.” A “call to action” means you are asking your audience to do something with the information you have provided them during your speech. This could be anything from completing his/her own birdhouse to volunteering time at a local animal shelter. The “call to action” should sound something like, “After hearing my speech today, I hope that you will....”

Any research that you have done for your speech should be included in the conclusion. Just like writing research papers for school, always cite your sources!

Question-and-Answer-Period

Immediately following your conclusion, you next will conduct a question-and-answer session which is completed in a very particular format. In an effort to conduct clear communication between yourself and the audience, you must always start and finish this way:

“Are there any questions?”

When an audience member says, “Yes, how did you or why did you...”

You will **always** repeat the question back to the audience member by saying, “The question was asked (then repeat the question they asked back to them).” This is a help to you as well. Sometimes the question may be long, and you may not remember all of the parts to it; that’s okay, just ask, “Can you please repeat the question?”

After each question asked say “Are there any other questions?” When it appears there are no further questions, you should say, “If there are no further questions, this concludes my speech. Thank you for coming!”

Visual Aids

Many people are “visual learners.” This is to say, they actively learn when they are able to look at a physical example of what they are learning about. Poster boards are a great way to get your point across, impress your audience, and are fun to make and use during your speech. Here are some tips to remember when using poster boards:

- Make sure the poster boards are large enough to be seen at the back of the room (22” x 28”). They can be found at hobby stores, Staples, Office Depot, on-line or anywhere else you choose.
- White poster boards are best, as they show the writing and photos or other items you have displayed much better. Oversized poster boards are hard to use during a speech, and you may not find an easel to hold them up.
- Bring your own easel, and beforehand, practice putting it up, taking it down, and changing posters during your speech.
- Write neatly. If you are not able to write in large print neatly, use stencils with a ruler underneath your words.
- If you use pictures, make sure they are large.
- Posters should have a starting point and a finishing point. There should be a “Title Page” with the title of your speech, your name and your club name on the first poster. The next poster should be bullet-points about what you will be talking about. The body of the speech will follow. Don’t be too wordy in this section. Try to stick to multiple, one sentence statements on the same board. You don’t want to add so much information that the board isn’t pleasant to look at. Your final board should have a “Conclusion” title with the bullets from the introduction. You may point to items on your poster boards as you are in the process of giving your speech.

Power Point Presentations

If you are using a Power Point Presentation during your speech instead of poster boards, make sure to follow the same rules as above (Title Page, Introduction, Body, Conclusion”). Make sure to bring everything with you that you will need (cord, projector, speakers if needed). Also, check with the person(s) in charge of the event to find out if you can use a Power Point presentation, and if there are electrical outlets.

Foods and Animals

If you are using food for part of your speech or are making a food item, make sure to store your food at the proper temperature if it requires heat or cooling (i.e. bring refrigerated items in a cooler, with ice or insulated bag). If you are cooking during a speech, make sure you have practiced cooking it before giving the speech (check that all equipment is working properly). Check with the room moderator on where the outlet is, and if it works. Be careful when cooking or with food preparation (especially in front of your audience). Bring a sample already made of what you are talking about or have made for the judges (including plates, cups, napkins and plastic silverware if necessary). Following your conclusion and question-and-answer period, you will say, "Now I have some....that I would like you to try. Thank you for coming!" Clean-up after your speech so that the next presenter will have a speaking area that is ready to go.

If you are bringing a live animal as a visual aid for your speech, make sure that he/she is clean and well-groomed, and also bring the items you will need to clean-up after it with you. Remember, animals, much like people, have good days and bad days, and should your animal not do what you want it to do, or acts differently than you had hoped—the judges understand this. You cannot control an animal who is in a different setting from what it is used to and may not do well in a group of people, or even indoors. Clean-up after your animal before leaving the room.

Other Visual Aids

Other visual aids may be used--such as bringing an example for the audience to touch and feel (i.e. a woolen item you knitted, a rock from your science project, etc.). Visual aids that are to be handled are usually distributed to the first audience member in the first row during the middle of the body of your speech.

Voice and Eye Contact

Sometimes you will be nervous when giving a speech in front of a group, so be very conscious of slowing down. Speak slowly, clearly, and loud enough for those audience members in the back of the room to hear you.

Eye contact during a speech is very important. Look up and all around the room at audience members (and judges) while giving your speech. Scan the room from time to time, and even smile a time or two; it will make the audience feel good, and you too!

Appearance

Your appearance is very important when giving a speech. What this means is, your clothes should be neat and clean (and ironed if necessary). If you need a belt to hold up your pants, put one on! Tuck in your shirt. Dress for success. Boys, wear a tie if you have one! You should be wearing properly-fitted clothing (no over-sized clothing such as giant shirts or pants that hang down).

Good hygiene is important. Nails should be clean, hair combed (and even tied back if you feel like it). No extreme make-up or jewelry should be worn. The audience is meant to listen to you, learn from you, and not notice your new glittery eye shadow or nose piercing.

Some Extra Tips

- Memorize your speech. Make brief note cards of your main points to keep with you during your speech. There is nothing worse than a speech that is being read directly off of a piece of paper. It means that you didn't prepare beforehand, or that you don't care if the audience is bored!
- It is inevitable that you will make a mistake. Keep moving! If you make a mistake of any kind, just continue with what you were meant to do next. Many times, no one will even notice! Try not to start laughing and joking around when this happens.
- Be likeable! You already are likeable, and this should come out during your speech. You have a unique personality that should shine through in both your writing and your actual presentation. Be yourself!

- Keep joking and silliness to a minimum. A carefully placed joke here or there in your speech is great; it puts your audience at ease and gives your speech a “fun” feel to it. Try not to go overboard with saying too many jokes, or partaking in all-around silliness.
- Do not address the judges privately before or after giving your speech.
- Moms, Dads, Grandmas and Grandpas: Do not coach your youth member while they are giving a speech. They will do a great job, and, if they forget anything, they will eventually remember it (or not) and it is okay!
- Don’t fidget during your speech. Keep your hands at your sides and try not to touch your hair, face, or any visual aids unless it is time to do so. Audience members are easily distracted by your movements at the front of the room as you are the main event!
- When giving a “Team Speech,” make sure to provide equal time to both speakers. Try not to start laughing if something goes awry. Work together to give a good presentation and you will be successful.
- Timing of a speech is very important. Many times you will be marked down during a speech if it is too short, or too long. Make note of the time requirements, and absolutely stick to them. When practicing, use a timer and make sure to adjust your speaking if you are speeding up, or going too slow.
- Practice! Practice! Practice! Get anyone you can to listen to your speech. Work on memorizing, timing and using visual aids as many times as you can before giving your speech. The only way to get it right is to practice enough times so that you are calm, cool and collected during your speech, and it will be a lot more fun that way, for you, and your audience.
- Watch some famous speeches on-line. See how the master’s do it! Contact your local Toastmaster’s Club and ask for any hand-outs or tips they may have for public speaking. Participate with your speech in *several* competitions (at school, Toastmaster’s Competition and 4-H Field Day!)

The **Los Angeles County Field Day Competition** will take place on **Saturday, March 16, 2013**, at Mt. San Antonio College (Mt. SAC, College Bldg 28A, 1100 N. Grand Ave., Walnut, 91786). For more information on this event, contact Noel Keller at nkeller91711@gmail.com or Dawn Fuller at dafuller@ucanr.edu. We hope to see all of you there, and we know you will be terrific!

There will be a **Presentation Workshop** for youth to practice their speeches and receive feedback (date and location still being determined). This is a wonderful opportunity to “fine-tune” your speech and move towards doing your very best at Field Day! To sign-up or find out more information, contact Dawn at dafuller@ucanr.edu.

“Be sincere; be brief; be seated.” ~ Franklin D. Roosevelt, on speechmaking (1882-1945, 32nd President of the United States)

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

<http://www.optimist.org/e/member/scholarships4.cfm>

[http://www.youtube.com/watch?v=\[V96\]1yZEpM&feature=related](http://www.youtube.com/watch?v=[V96]1yZEpM&feature=related)

- **Planning for the 2013-2014 LA County 4-H Program Year**
Noel Keller, Incentives & Recognition Committee Chair

We are starting to plan the event dates and county leaders' council officers for the next program. It may seem early, but we need to approve our 2013-2014 Los Angeles County 4-H Calendar at our May council meeting so we are ready for the next program year on July 1, 2013. We are gathering the 2013-2014 tentative dates and officer nominations now so the council can discuss them at their March 2 county council meeting and then approve them at their May 11 council meeting. County committees and districts should send their 2013-2014

dates to Roy Hillstock (rhillstock@ucanr.edu) in the LA 4-H office by Feb. 27th. Nominations for 2013-14 county council officer positions should be sent to Noel Keller (nkeller91711@gmail.com) by Feb. 27th. Suggestions for 2013-2014 council budget changes should be sent to Mary Lash (marylash@verison.net) by Feb. 27th.

Get involved with the program planning. Volunteer to help with an event or be an officer on the county council. If we want a great LA County 4-H program, we all need to pitch in and help. Attend the March 2 county council meeting to discuss the 2013-2014 county 4-H plans. We will also discuss the first drafts of the LA County 4-H Leaders' Council 2013-2014 calendar, budget and officer nominations which will also go for a final approval vote at the May 11th council meeting. Have your opinions be heard. Plan to attend this meeting.

- **LA County 4-H Bylaws Revision Committee**

Dawn Fuller, 4-H Program Coordinator

The LA County 4-H Leaders' Council is forming a special committee that will be revising the LA County 4-H Constitution and Bylaws. The committee will be comprised of two representatives from each district, from two different clubs, if possible. The task at hand is an important one, as it governs much of the way we do things in our program. Part of the revisions will be to match our Constitution and Bylaws to the new state template, and to review and change voting rights for the council and events. The committee will be led by **Marjorie Rodriguez**, and to be a part of the committee, you must be approved by your district. Districts may notify Marjorie by February 8, 2013, of their selections via email at kenward49@aol.com. We are aiming to have the draft of the Constitution and Bylaws revised, presented and discussed, at the next County Council Meeting (March 2, 2013). It will be approved by vote at the May 11, 2013 County Council Meeting. The first committee meeting will be held on February 9, 2013, 10 a.m., at the home of Greenleaf Community Club Leader, Mary Lash (9497 E. Foster Road, Downey, CA 90242). The bulk of the committee work will be done via email, not in person. We hope to have representatives and input from ALL districts on this committee.

- **County Council Meeting, March 2, 2013**

Dawn Fuller, 4-H Program Coordinator

The next County Council Meeting will be held on **Saturday, March 2, 2013**, from 10 a.m. to Noon, at Good Shepherd Lutheran School (6338 N Figueroa St., LA, 90042). We are aiming to have the draft of the LA County 4-H Leaders' Council Constitution and Bylaws revised, presented, and discussed, at this meeting. It will be approved by vote at the May 11, 2013, County Council Meeting.

- **Summer Camp 2013**

Dawn Fuller, 4-H Program Coordinator

It may seem early, but can it ever be too early to get excited about the LA County 4-H Summer Camp? The dates for Summer Camp this year will be June 23-29, 2013.

If you aren't already signed-up to receive Summer Camp updates, you can do so by going to the website: <http://www.4hsummercamp.com/contact-us.html>.

On February 1 you can go to the website, download the *Registration Form* and *Medical Release/Health History Forms*, and mail them to Dawn with a deposit check of \$75 (made out to "LA County 4-H Summer Camp").

Before you mail your paperwork and checks to the county office, **make sure you enroll your child online first.**

To enroll your child in 4-H for summer camp, go to the Online Enrollment Website: <https://california.4honline.com/Login.aspx?40472F4547534E39717170733D>.

Instead of joining a club, you will join "Summer Camp." For any questions regarding enrollment, contact Roy Hillstock at rhillstock@ucanr.edu or by phone at (626) 586-1972. Following your enrollment, you will need to send a second check for \$28 made out to "LA County 4-H."

Again, here are the steps to follow for signing-up for LA County 4-H Summer Camp:

1. Enroll your child online.
2. Download the paperwork from the Summer Camp Website.
3. Fill out the Summer Camp Registration Form and Accompanying Medical Release/ Medical History Forms.
4. Send two checks to Dawn, one for Summer Camp Registration for \$75 made out to "LA County 4-H Summer Camp" and a second check for 4-H enrollment for \$28 made out to "LA County 4-H." In the memo line on the check, please specify what each check is for and the name of the child.
5. Mail all paperwork and checks to:

Dawn A. Fuller
LA County 4-H Summer Camp: Registration
UC Cooperative Extension
700 W. Main Street
Alhambra, CA 91801

We have a wonderful camping experience planned for youth who attend the LA County 4-H Summer Camp, and updates will be forthcoming. For more information, check out the Summer Camp Website:

<http://www.4hsummercamp.com/>.

- **Highlights from the January County Council Meeting**

Noel Keller, Incentives & Recognition Committee Chair

- A county council meeting was set for Saturday, March 2 at Good Shepherd Lutheran Church in Eagle Rock

- The July 2013 county council meeting was canceled

- To fill some open county council positions, the following were elected:

Vice-President - Noel Keller
Secretary - Diana Kaljumagi
Representative to Sectional Council - Carrie DeYoung
Alternate Representative to Sectional Council - Dennis DeYoung

- Each district is requested to have two representatives on a committee to update/revise the county council Constitution/Bylaws. The committee will meet for the first time on Feb. 9th at 10am. Marjorie Rodriguez volunteered to chair the committee. Contact Marjorie with the representative names and for details for the meeting.

- The Leaders Appreciation event was moved from April 6 to April 13. The State 4-H Council President Sandy Cohen will be attending this celebration.

- There were no nominations for Friends of 4-H awards from districts this year. A district can still send a nomination to County Council President Judylynn Pelling by March 1.

- There will be no Junior Leadership Conference this year, but September 28, 2013 was the date suggested for a Junior Leadership Conference for next fall.

- Plans are moving ahead for County Judging Day on Feb. 23

- **Countywide Primary Flower Arranging Project**
Dawn Fuller, 4-H Program Coordinator

San Fernando Valley 4-H Club is holding an open meeting for Primary Members (5-8 years of age) which will be held at the Kolkovitch Home (23408 Hamlin St. West Hills, CA 91357, 818-399-4317) on Sunday, February 10, from 1 p.m.-2:30 p.m. Older siblings/friends are welcome too. This is the second meeting for the **Primary Flower Arranging Project**. In January, Primary Members had a wonderful field trip to the Flower Mart in downtown Los Angeles. This is the first meeting where youth will actually be making something with flowers. The SFV 4-H Club invites all interested Primary Members and their families to attend this fun meeting, no matter what their club.

Please RSVP to Natalie Kolkovich at kolkovic@pacbell.net if able to attend so that she will have enough materials on hand.



- **Calling All Ex- 4-Hers!**
Dawn Fuller, 4-H Program Coordinator



This year, the Youth Development Program in the State of California is celebrating its 100 year anniversary. We know that many of the volunteers in the Los Angeles County 4-H Program were 4-H members in their youth, and we would be thrilled to see old photos, record books (with the "My 4-H Story" included), ribbons, medals, uniforms or other sentimental memorabilia you may have saved. If you were in the 4-H program in your youth, please contact Dawn Fuller at dafuller@ucanr.edu. We would like to celebrate you and your experiences by creating a special historical display and featuring fun stories in Clover Notes.

- **For the Birds...**
Dawn Fuller, 4-H Program Coordinator



**“When a group of people sing together, we make up a chorus.
When birds do, it’s more like a whole symphony orchestra.”**

— Laura Erickson, *The Bird Watching Answer Book: Everything You Need to Know to Enjoy Birds in Your Backyard and Beyond*

Days and nights have been cold and sometimes long, and we may start to notice that as the daylight stays with us longer and there is a slight touch of warmth in the air, no matter what the season, we can almost always hear the joyful chirping of birds around us. Tweets, chirps, peeps, coos, whines, buzzes, calls, songs, squeaks and squawks sometimes wake us from deep sleeps, tell us when birds are hungry, and myth has it, provide a special warning chirp when rain is on the way.

What are some of the birds in your area? Have you noticed the birds around you? Are they small? Are they large? Are they loud? Are they colorful? Do they feed on the ground or in trees? There are often birds all around us, and we may not have paid much attention, but they are beautiful and interesting, and many times – hungry! February is **National Bird Feeding Month**, and it is a great time to take notice of the beautiful winged friends in our neighborhoods.



February is an especially tough month for many birds to survive in the elements and find shelter, enough water, or food. During **National Bird Feeding Month**, we are asked to be kind to our fine feathered friends. We can celebrate this special month by learning something new and help our local birds by doing several things...

Take Notice & Catalogue Your Birds

- ✿ Take some time out to watch the birds that may come in or around your yard or neighborhood.
- ✿ Check out a book at your local library or search the internet for brief descriptions and photos of birds.
- ✿ Try to start identifying the birds in your area, take photos, and make some brief notes to yourself on bird behavior you may notice (i.e. songs, ground feeders or tree feeders, insect eaters, if they arrive in groups, in pairs or on their own, etc.).
- ✿ Make a list of the birds you have seen, and use your local library or search the internet for resources on what they eat and where they eat (i.e. ground feeders or tree feeders).

Bird Seed

- ✚ Different types of bird feed attract different birds; your research will point you in the right direction for purchasing feed.
- ✚ Save your allowance money, or ask your folks, if in the month of February you can help your feathered friends out for **National Bird Feeding Month**.
- ✚ Take your list of birds you have seen and what food they eat, and head to a local garden shop, grocery, pet or feed store. Check out prices for the bird seed you will need at a few different stores, and keep a list of where you found the best bird seed for the price.
- ✚ Black-oil sunflower seeds come in bulk and are widely enjoyed by many birds.
- ✚ Other popular bird seed for attracting specific kinds of birds are: safflower, peanuts, white proso millet, shelled and cracked corn, milo, flax and canary seed to name a few.

Bird Feeders

- ✚ Once you have determined what sort of birds are visiting and what sort of feed you will need for them, you will have to decide on a bird feeder. Simple bird feeders are best and you can choose from "Tube," "Hopper," "Platform," "Suet," "Nectar" and more. Again, the local library and the internet are great resources for finding out what the shape, size and the purpose is of all of the different bird feeders available.
- ✚ Start simple; you can even just start with something as simple as hanging a hummingbird feeder outside your kitchen window.
- ✚ It may take as little as a few short hours for birds to discover your feeder - and it could take as long as a few weeks. Be patient; before you know it, your backyard is going to be "Bird Central!"
- ✚ Place feed out of the reach of cats and other predators if possible.
- ✚ Fashion your own bird feeder for a special project of your own.

Bird Houses

- ✚ In your club's woodworking project (or on your own) fashion a simple bird house for your own backyard.
- ✚ Do some research on building your own bird house at your local library or on the internet.
- ✚ Make sure your birdhouse has a roof, a floor (for nests), holes for drainage in the floor, small holes in the roof for ventilation and a small opening at the front for the birds to enter.
- ✚ Bird houses are safest and healthiest for the birds if they are made out of wood.
- ✚ Check your bird house often for uninvited guests...like wasps. You wouldn't want the birds that enter their new home to have a dreadful surprise guest waiting in their living room!
- ✚ Place your bird house up high to keep cats and other predators from attacking your handiwork, or the birds.
- ✚ Do not paint the inside of your bird house - it is toxic for birds.
- ✚ It is not necessary to add a perch to your bird house.

Bird Baths

- ✚ Birds love to have a bath - make a bird bath available in your backyard.
- ✚ Fashion your own bird bath for a special project of your own. You don't have to buy one - you can even set a metal trashcan lid upside down on top of the metal trashcan. You can place one of your mom's old platters on top of a bucket or tall sturdy tree stump.
- ✚ Make sure to change the water frequently.
- ✚ Place feeder and bird bath out of the range of cats and other predators if possible (higher up or on thin tree branches).

Best Practices

- ✚ Record all your observations in a special notebook.
- ✚ Safety first! Do not touch or handle birds.
- ✚ If a bird seems injured - do not handle the bird. Tell an adult right away.
- ✚ Wash your hands before and after handling birdseed. Do not touch your face.
- ✚ Birds are wild animals. Show them respect and they will delight you just by being in your yard for a long time to come...

Recommended Reading & Websites

Stokes Beginners Guide to Birds, West: Lillian Stokes

Backyard Bird Watching for Kids: George Harrison

Young Birders Network: <http://ebird.org/content/ybn>

Take a Backyard Bird Walk: <http://store.birdwatching.net/Store/Detail.bok?&no=334>

Here are a few of the birds you are likely to find and around Los Angeles:

- ✿ House Sparrow
- ✿ Black Phoebe
- ✿ House Finch
- ✿ Red-tailed Hawk
- ✿ Mourning Dove
- ✿ Hummingbirds
- ✿ American Crow
- ✿ Northern Mockingbird
- ✿ Western Scrub-Jay
- ✿ European Starling
- ✿ Lesser Goldfinch

(List courtesy of www.birdsoflosangeles.com)

For Junior and Teen Leaders, consider finding an interested adult to lead a “Birding Project” for your club, or even a county-wide project. You can help teach younger members in your club all about what you have learned. Project ideas can include bird watching, bird cataloging, feeding birds, building a bird feeder, bird watching field trips and other fun bird-related activities. If you need help planning a bird watching project, contact Dawn Fuller at dafuller@ucanr.edu.

<http://www.birdfeeding.org/nbfm/history-of-national-bird-feeding-month.html>

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

<http://www.allaboutbirds.org/page.aspx?pid=1179>

http://web4.audubon.org/bird/at_home/bird_feeding/index.html

<http://umaine.edu/publications/7117e/>

- **Bird's Nest Cupcakes**

Dawn Fuller, 4-H Program Coordinator



Ingredients

For the cupcakes:

2 3/4 cups cake flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 (8-ounce) carton sour cream
1/3 cup orange juice
1 tablespoon finely shredded lemon peel
2 tablespoons lemon juice
1 cup butter, at room temperature
4 eggs, at room temperature
1 1/4 cups sugar

Frosting:

1/2 cup butter, at room temperature
2 cups powdered sugar
1-2 tablespoons milk
1/2 teaspoon lemon extract coloring, if desired

For the nests:

6 ounces vanilla candy melts
4 cups chow mein noodles
Egg shaped candies or jelly beans

Instructions:

Preheat the oven to 350F.

Line 28 cupcake tins with paper liners.

In a bowl, mix together the flour, baking powder, baking soda and salt. Set aside.

In another bowl, mix together the sour cream, orange juice, lemon zest and lemon juice.

In a large bowl, or the bowl of a stand mixer, beat the butter until smooth, about 30 seconds. Add in the sugar and beat until light and fluffy, about 3 minutes. Beat in the eggs, one at a time, scraping the sides of the bowl in between additions.

Add in the flour mixture and the sour cream mixture alternately, beating on low, just until combined.

Spoon the batter into the cups, filling each about 3/4 full.

Bake in the preheated oven for 15-17 minutes, or until a tester inserted in the center comes out clean.

Cool completely.

Make the frosting:

In the bowl of a stand mixer, beat the butter until smooth and fluffy. Add in the powdered sugar, a little at a time, until incorporated completely. Add in the milk, 1/2 tablespoon at a time, until the consistency you want is reached. Beat in the extract, and any coloring, if desired. Frost each cooled cupcake with a layer of the frosting.

Make the nests:

In a small microwave safe bowl, melt the candy melts for 30 seconds at a time, stirring well, until melted. Stir into the chow mein noodles, and stir to coat. Shape noodles into nest shapes to top the cupcakes. If the mixture starts to set up before you are done, return the bowl to the microwave for a few seconds.

Top each cupcake with a noodle nest, and place a few candies in the center of each nest. If you want the candy to stick, use a small amount of the frosting as glue.

* Recipe courtesy of: <http://www.tasteandtellblog.com>

- **Upcoming Events**

Dawn Fuller, 4-H Program Coordinator

The holiday season will be keeping all of us busy. Here are a few dates to remember for the New Year...

Saturday, February 2: Monte Farmers' Fair (Good Shepherd Lutheran School, Eagle Rock)

Saturday, February 9: County Food Faire (location still being determined)

Saturday, February 23: County Judging Day (AV)

Saturday, March 9: All Star Interviews (location still being determined)

Saturday, March 16: County Field Day & Fashion Revue (Mt. SAC)

You can view the calendar online here: <http://celosangeles.ucanr.edu/files/155405.pdf>. For event questions, contact Dawn Fuller at dafuller@ucdavis.edu.

- **Club Planned Goals for 2012-13**

Noel Keller, Incentives & Recognition Committee Chair

When clubs are doing their planning at the start of the program year, we encourage clubs to set up goals for the year. At the end of the year, the county council recognizes those clubs that have worked on their goals. Due to a possible confusion on where to submit club planned goals, we are now asking clubs to resubmit their 2012-13 goals to the I&R committee Chair Noel Keller (nkeller91711@gmail.com or 421 E. Juilliard Drive, Claremont, CA 91711) by March 1. At the end of the year in June, the clubs should then report which of their goals have been achieved.

- **Revision to the State Record Book Manual**

Noel Keller, Incentives & Recognition Committee Chair

It was announced that there will be a new version of the State Record Book Manual released around April 2013. The new version will include the revisions from the 2012 Record Book Manual Addendum. Due to the lateness of this information coming out for this program year, LA County record books for 2012-13 work will be allowed to use the 2011 version of the Manual. All members should use the 2011 version of the record book forms for this year. When the new manual comes out more information will be available for Senior members wanting to submit their records to the 2013 State Record Book competition.

- **ALL STAR applications due March 1**

Noel Keller, Incentives & Recognition Committee Chair

Are you ready to be a Los Angeles County 4-H All-Star? This is the highest honor for a member in the county 4-H program. Experienced senior 4-H members should consider applying for this honor. Information and an application are available on the [county website](#). All-Star applications are due March 1, with All-Star Interviews on March 9th. The new 2013-2014 All-Stars will be announced on March 16th at County Field Day

- **Emerald Star**

Noel Keller, Incentive & Recognition Committee Chair

The Emerald Star program is an opportunity for an advanced leadership project above the club level. Take the challenge and plan an activity to benefit your community or the LA County 4-H program. Earn an Emerald Star pin for your hat. An Emerald Star project can be started at any time during the program year. The current district Emerald Star advisers are as follows:

NSG - Judylynn Pelling

SSG - Mary Lash

AV - Shirley Byrne

SFV - TBD

A member can be advised by any of the above for their Emerald Star project. Look on the [county website](#) for more information about this leadership opportunity.

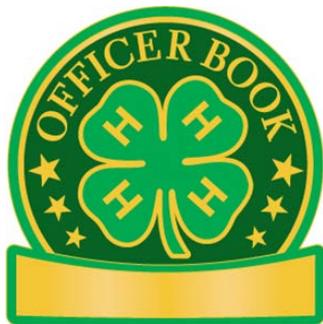
- **Senior Awards of Excellence --Leadership, Community Service, Achievement, Healthy Living, S.E.T. (Science, Engineering and Technology)**
Noel Keller, Incentive & Recognition Committee Chair

These are five areas for Senior Awards of Excellence that can be awarded each year in the LA County 4-H program. Senior 4-H members are encouraged to apply for an award of excellence if they have done outstanding work in any of these areas during the year. The recipient of a senior award of excellence receives an individually engraved plaque, plus their name is engraved on a larger plaque that is hung in the county office. Focus your 4-H work in one of these areas this year and apply for one of the awards.

- **State Record Book Competition - Possible Scholarship for State Winners**
Noel Keller, Incentive & Recognition Committee Chair

We encourage our accomplished Senior 4-H members to submit their 4-H records to the State Record Book competition. There are only three additional pages that are required beyond what is submitted to the county record book competition. The state no longer offers a monetary award for State Record Book winners, but the Los Angeles County 4-H program is considering awarding a scholarship to our members who are state record book winners this year. Plan now to do some great 4-H work and complete a 2012-13 record book to submit to the State Record Book competition in October. We have some outstanding Senior 4-H members in Los Angeles County, but they need to submit their records to the state competition if they want state recognition.

- **Officer Book Medal**
Noel Keller, Incentive & Recognition Committee Chair



Each club officer has an opportunity to earn a gold Officer Book medal for their officer work and records. Submit a club officer book at the end of the year and earn a gold medal. The judging on the officer book is Danish so everyone has a chance for the medal. The information and guidelines for this opportunity are available on the county website.

- **100 Years of California 4-H Commemorative Pin**
Noel Keller, Incentive & Recognition Committee Chair



The state is celebrating 100 years of 4-H in California this year. Several events will be using this theme of "California 4-H: 100 years and Thriving" as we celebrate our past and look forward to the future. The State Leaders Council is selling a California 4-H centennial commemorative pin for \$3.00 as a fund raiser for the special State Leaders Forum 2013 this year which will be held in Sacramento in November. Contact Noel Keller (nkeller91711@gmail.com) to purchase a pin. She will have them available at 4-H events during the year.

- **Share your 4-H Experiences** - 4-H'ers, share your 4-H experiences by submitting articles to be published in Clover Notes. Articles may include club news, photos, community service projects, and/or anything you or your club would like to share. Submit your articles by the 15th of the month to be published in the following month's edition of Clover Notes to Roy Hillstock, rhillstock@ucdavis.edu.
- **County Food Faire - not Feb. 9**
The County Food Faire has been moved from Saturday, February 9th to later in the spring. A new date has not been set yet.
- **County Science Fair - not Jan. 5**
The County Science Fair was not held on Saturday, January 5. A new date for the event has not been set yet.
- **Dates To Remember**
February:
 - 6th – NSG District Meeting
 - 8th – AV District Horse Bowl Quiz
 - 9th – County Food Faire – POSTPONED- date TBD
 - 14th – Valentine's Day
 - 18th – Presidents Day – Office Closed
 - 21st – SSG District Meeting / SGV Fair Meeting
 - 23rd – **County Judging Day**
 - 25th – AV District Meeting
 - 28th – Incentives & Recognition Meeting

March:

- 1st – **All-Star Applications Due to County Office by 4PM**
- 2nd – AV Gymkhana
AV District Fashion Revue
- 3rd – NSG Home Ec & Field Day
SFV District Fashion Revue
- 6th – NSG District Meeting
- 9th – All-Star Interviews
- 16th – **County Field Day & Fashion Revue**
- 17th – **St. Patrick's Day**
- 20th – **WRLF in Hawaii (3/20-24)**

STATE

FUNDING UPDATES

Please note: University policy requires an Advisor or County Director to submit all grant applications and fulfill the requirements of UC ANR Contracts & Grants. If you plan to apply for any of the following opportunities, please notify the California 4-H Foundation (aleeland@ucanr.edu) who will review your application prior to submission to ensure that it is as strong as possible.

- **California 4-H \$1,000 for 1,000 Service Learning Projects**
2013 Revolution of Responsibility - <http://www.ca4h.org/Support/RofR/>

2013 Application Deadlines:

March 15, 2013
 May 15, 2013
 July 15, 2013
 September 15, 2013
 November 15, 2013

- Applying for a Revolution of Responsibility grant is not the only way to support your service learning efforts. Click on this [link](#) to see a listing of upcoming grant opportunities that can provide local support for service learning projects.
- The **Friends of the California State Fair** announced that they will continue their scholarship program for the 2013-2014 academic years. California college students and graduating high school students are eligible and must submit an application by **Friday, March 8, 2013**. The scholarship applications are available now at www.bigfun.org. For more information contact Jake Rowe at jrowe@calexpo.com.

DATES & DEADLINES

- **Can You Top This?**

The Centennial of 4-H in California will be celebrated in 2013 in many ways, including traditional events and special programs. Culminating the activities is the State 4-H Leaders' Forum, Nov. 8 - 10, 2013 in Sacramento. As part of the celebration, the SLF committee is searching for the family with the most generations involved in the 4-H program. How about yours? Another search is looking for the oldest living 4-Her. Do you know someone who was in 4-H in the early days (1930s, 40s, 50s) of 4-H? Please contact Charlean Andes at teacherc2@gmail.com for more information or to register your family or old-time 4-Her.

If you have memorabilia from your 4-H experience which you are willing to share with others we would like to hear from you, too. There is room for several displays to document the progression of traditions, projects, hair styles, fashions, experiences, etc. Please contact Stephanie Barrett mom4a2g@yahoo.com.

We are taking suggestions and applications for educational workshops. Please contact Mary Engebret at maryengebret@comcast.net.

- **Hosting a Qualifying show for the 2013 California Horse Classic?**

Register your show here: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=9834> for it to be considered a qualifying show for the 2013 California Horse Classic.

Criteria for a Qualifying Show:

- Show verified by County
- Up to 3 shows per county
 - If your county has 3 horse shows 1 show must be associated with a county fair
- Each horse show must be registered
- The Horse Show must offer the same classes that are offered at the State 4-H Classic (they may offer more if they choose too)
- Management of each show is required to send show results to Sarah Watkins at the State 4-H Office

Results can be sent via email to spwatkins@ucanr.edu or faxed to (530)754-8541 or mailed to: Sarah Watkins, CA State 4-H Office, 1 Shields Ave, DANR Building, Davis, CA 95616

- The University of California, Davis College of Agricultural and Environmental Sciences will hold its **37th Annual Agricultural and Environmental Sciences Field Day on March 1st and 2nd**.

The UC Davis CA&ES Field Day is the 2013 California 4-H State Qualifier for Poultry, Dairy and Livestock judging. Visit <http://www.ca4h.org/Projects/SET/Animal/SLJC/> for state qualifying guidelines.

To register, go to: <http://calaged.csuchico.edu/registration/>

Select the event (2013 UC Davis Agricultural & Environmental Sciences Field Day). Choose the link "Get Access Code". Complete the information on the form and click the register button. **Please include 4-H next to your club name on the registration form.** On the following page save the registration code and register later or simply continue with the registration at this point. Note that you may only register once so be prepared to complete the registration or contact us if you have any changes. After your club is registered, we request that you submit a printed copy of your online registration along with your payment. Checks should be made payable to "UC Regents" and mailed to:

Attn: Courtney Rhodes, College of Agricultural & Environmental Sciences, One Shields Avenue, Davis, CA 95616

Deadlines:

February 8: Agriscience Fair and Job Interview materials due

February 8: Online Registration closed

February 15: Payments must be postmarked – We are now enforcing a **\$25 late fee** for payments postmarked after the 15th

For questions email fieldday@ucdavis.edu or visit <http://caes.ucdavis.edu/fieldday>

- **4-H Honey Bee Essay Contest**

For 4-H members, due February 15, 2013

2013 Topic: "Reducing the Usage of Bee-Killing Pesticides in My Community."

<http://www.ca4h.org/files/156350.pdf>

The Foundation for the Preservation of Honey Bees, Inc. sponsors this essay contest for 4-H members. 1st place national winner receives \$750, 2nd place \$500 and 3rd place \$250. Each state will select a winner and then a national winner will be selected from the pool of state winners.

- **Shooting Sports Project Leader Course**

Rifle Discipline

Pajaro Valley Rod & Gun Club

557 ½ Lakeview Road

Watsonville, CA

Saturday, March 9, 2013 – 8:30 a.m. – 5:00 p.m.

Sunday, March 10, 2013 – 8:30 a.m. – 4:00 p.m.

Upon successful completion of this course, the participant will be certified as rifle trainer and can lead a rifle project at the club or county level or serve as county trainer to certify project leaders in the shooting sports discipline of rifle. This course is also open to 4-H teen leaders (high school aged youth). For more information, or to register for the class, contact Randy Turnquist at randy@randyt.com or phone 831-566-2590. Please discuss the course fee with the instructor which could be up to \$25 depending on if you wish to print your own course material or have him do it. (Please note that the rifle discipline is not an approved project in Santa Cruz County). For more information about the class facility visit this website:

www.pajarovalleyrodandgun.org

- **Shooting Sports Workshop**

Muzzle Loading Discipline

5 Dogs Range - Bakersfield, CA

Saturday, March 23, 2013 – 8:00 a.m. – 6:00 p.m.

Sunday, March 24, 2013 – 8:00 a.m. – 4:00 p.m.

Upon successful completion of this course, 4-H leaders will be certified in the shooting sports discipline of muzzle loading. They will be certified as leader trainers and are eligible to serve as shooting sports leaders for clubs or counties and they may also instruct and certify shooting sports volunteers. Class size is limited. There is no fee for the course. However, if you wish to receive National Muzzle Loading Rifle Association instructor certification there is a fee of \$40. To get more information or register for the class contact John Borba at:

jaborba@ucdavis.edu or telephone 661-868-6216.

- The Humboldt County 4-H Horse Show will be held March 24, 2013 in Ferndale, CA. Youth from all counties are welcome to register for this event. The registration packet and all event details are available [here](#).
- The Northcoast Youth Summit will be held on March 16, 2013 in Eureka, CA. All youth grades 7-12 and adults who work with youth are welcome to participate. Please see the event flyer for additional details [here](#).
- Calling all camp professionals! The [Tri-State Camp Conference](#), held in Atlantic City, NJ from March 12-15, 2013, gives like-minded individuals the chance to come together and share experiences, ideas and tips about the camp industry.

- Western Region Leader Forum – March 21 – 24, 2013 in Hawaii**
 Hawaii 4-H members, volunteers, faculty and staff are looking forward to seeing you in Hawaii March 21 – 24, 2013 for the Western Region Leader Forum. The conference site is the Waikiki Beach Marriott and Resort (800-848-8100). Refer to code, WR4A, to the person taking your reservation. Registration for the forum may be completed by going to: <http://www.ctahr.hawaii.edu/wrlf/>
 Deadline for Hotel room rate of \$179 is February 21, 2013 - \$425
- American Youth Leadership Program with Samoa**
 Applications due **April 1, 2013**
 The [American Youth Leadership Program \(AYLP\) with Samoa](#) will offer 18 youth and 2 adults the opportunity to explore the vast historical and cultural traditions of Samoa. The program will include a pre-trip orientation on the campus of the University of Wyoming (July, 2013), three week cultural trip to Samoa (December 13, 2013 – January 4, 2014) and a follow-on project that will be carried out in each participant's local community following the exchange trip. For more information visit: <http://www.uwyo.edu/4-h/youth/travel/samoa/index.html> or applications visit: <http://www.uwyo.edu/4-h/youth/travel/samoa/samoa-applications.html>. Please note: There is no program fee and out of pocket expenses will be minimal.
- State Fashion Revue**
 The State Fashion Revue committee is hard at work planning our event for State Field Day on May 25th. You can help to make SFR a success by volunteering to be a judge or a room monitor. We are now actively recruiting for both jobs! State Fashion Revue judges are adults who have an interest in fashion, current fashion trends, arts and crafts techniques, consumerism and garment construction. Room Monitors are willing adult workers who will help with logistics in the judging rooms. We are also recruiting judges for the presentations that will take place in Olson Hall by members who are dually entered in both State Fashion Revue and State Presentation Day. These adults must have previous experience in judging presentations at the county or sectional level. Counties are responsible for providing 1 judge for every 5 entries into State Fashion Revue. If you have any questions regarding judges, please contact Sharon Payne, SFR Judge Coordinator, at royalayne6@yahoo.com or call 707-332-3049. To register to be a judge or room monitor, please complete the online survey at <http://ucanr.edu/sfr2013judges>.
- State 4-H Field Day Educational Exhibits**
<http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=9588>
 Applications due **April 1, 2013**
 Educational exhibits and displays constitute a unique aspect of the State 4-H Field Day. These exhibits are a great opportunity to share knowledge, interact with youth and adults and engage people in new activities. Possibilities for displays include hands-on activities, community service crafts, informative booths, etc.
- 4-H MyPlate Challenge at 2013 State Field Day**
 In 2011 the U.S. Department of Agriculture (USDA) 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 you to submit a photograph illustrating how you're creating healthy meals using MyPlate as a guide. 4-H members do not need to pre-qualify at a county event. More details about this contest can be found at: <http://www.ca4h.org/Programs/Events/SFD/4-H MyPlate Challenge/>
- 2013 Milano Scholarship**
 Applications for up to five \$5,000 college scholarships are now available at the Modoc County 4-H Office located at 202 West 4th Street in Alturas. The scholarships have been made possible thanks to a \$75,000 donation from Mark and Jessie Milano and the Milano Foundation. The Milano Scholarship is intended to benefit youth enrolled in the Lassen, Modoc or Siskiyou County 4-H Youth Development Programs for a minimum of four years. Youth with less than four years of 4-H membership may apply but will not be given full consideration. Click [here](#) for the application. Completed applications are due in the 4-H Office by 5:00 p.m. on April 12, 2013. Contact Susan Stokke, ststokke@ucanr.edu for questions.

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

Due to the State 4-H Office by: May 17, 2013

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 2013 Hall of Fame Ceremony which will be held on October 11, 2013 at the National 4-H Center in Chevy Chase, Maryland. The Task Force will be selecting a Youth Master/Mistress 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/Mistress of Ceremonies Application](#)

Applications are due to the California State 4-H Office by May 17, 2013 so applications can be reviewed and nominations from California selected and submitted by the deadline. If you have any questions, contact Shannon Dogan at sjdogan@ucdavis.edu or 530-754-8518.

- **Save the Date: State 4-H Field Day 2013 – May 25 at UC Davis**

Come help celebrate the centennial and participate in numerous activities and competitions for the entire family. The Event packet is now posted online <http://www.ca4h.org/files/158809.pdf> and more information is available here: <http://www.ca4h.org/Programs/Events/SFD/> Check it out! Any questions contact Sarah Watkins, spwatkins@ucanr.edu.

- **California Focus**

June 14-18, 2013

California Focus is a unique citizenship educational experience that combines hands-on participation in workshops, debates and simulations with speakers, tours, fun activities and new friends from across California. <http://ucanr.org/sites/UC4-H/Projects/Citizenship/Focus/CF/>. **Online Registration will be available February 1, 2013**

- **Citizenship Washington Focus**

June 23-July 2, 2013

Delegations can look for orientation dates and locations in February.

Washington Focus, an educational conference offered at the National 4-H Center near Washington, D.C, gives youth the opportunity to explore, develop, and refine the civic engagement skills they need in order to become outstanding leaders. Additional travel days include visits to Gettysburg, Philadelphia and New York City. For more information visit: <http://www.ca4h.org/Projects/Citizenship/Focus/WF/>

- **4-H State Leadership Conference 2013 – July 25-28, 2013 at UC Davis**

Celebrating 100 years of California 4-H. This year's theme: *There's no place like 4-H*

The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. For more information visit:

<http://www.ca4h.org/Programs/Conferences/SLC/>

- **Feeding a Hungry Planet**

Global 4-H Youth Ag Summit

August 19-25, 2013, Calgary, Alberta, Canada

This is an opportunity for 10 U.S. applicants (ages 18-25) to be selected to participate in an expense-paid international conference. Selected applicants will be based on essays or videos submitted online to a Canadian-hosted website. The application deadline is **Feb. 15, 2013**. There will also be a need to select two adult mentors to accompany the 10 U.S. winners and participate in the Summit. The submission form found at www.youthagsummit.com must be filled out in order to upload an essay/video application. For questions contact: Ms. Nadica Koskarovska, 301-961-2866 or nkoskarovska@fourhcouncil.edu

HEALTHY LIVING

- **New Healthy Living Officer Position**

Are you looking for ways to integrate healthy living practices into your 4-H club? Starting in the 2013-2014 program year California 4-H will be adding a Healthy Living officer position to the 4-H Officer Manual. The Healthy Living officer will serve as the club's ambassador for health! By choosing to elect a Healthy Living officer your club is taking an active role in promoting healthy lifestyles. The Healthy Living officer will be the leadership for all health activities including: providing ideas on how to incorporate physical activities and healthy eating into each club meeting, write Healthy Living articles for the club newsletter and adopting and promoting a club Wellness Plan. Please help ensure that the health "H" of 4-H is at the forefront of all our meetings - consider electing a Healthy Living officer! The Choose Health Officer Guide developed by Cornell University Extension can be found at: <http://www.ca4h.org/Programs/Clubs/Officers/>

- **Special Recognition at 2013 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 physical activity. Potential topics may include muscle strengthening, heart rate importance, workout wear, Zumba, activity log, exercise trends, fitness apps, stretching, benefits of exercise, fun ways to work out, 'exergaming', recreational sports, types of activity, making time for fitness, safe places in your community to be active and more. For details visit: http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities/

- **A Guide to Bully Prevention Programs**

This guide to bully prevention is a resource for youth development professionals from any youth-serving organization. The purpose of this publication is to help youth professionals better understand how to create safe and fully inclusive environments within the organizations they serve. To access the guide visit: <http://www.4-hmall.org/Product/newitems/a-guide-to-bully-prevention-programs/08450.aspx>

- **4-Keeping out of reach - UGA GreenWay**

From laundry pods to medicines and makeup, poisonous items show up throughout our homes. Keep them out of reach and out of sight from children.

Visit: <http://www.youtube.com/watch?v=gQG9m1MPkIQ&list=UUm9HxQoldnM0uOzR7nONUxg>

- **4-H ATV Safety**

ATVs are popular among youth and adults for recreation and for utility use. Understanding the right way to safely ride the right-sized ATV for you is important before you ride. This website is a place where you can learn about ATVs, watch videos about ATVs, find out what size ATV you should ride, and play games and take quizzes to help you find out how much you know about ATV safety: <http://www.atv-youth.org/>

Farm Safety for Just Kids is offering free ATV resources available at:

http://www.farmsafetyforjustkids.org/?page_id=413

- **Underage drinking**

Nationwide underage drinking continues to be a serious problem. According to a recent Substance Abuse and Mental Health Services Administration (SAMHSA) survey, 26.6 percent of 12- to 20-year-olds reported drinking in the past month, with 8.7 percent saying they bought their own alcohol. Underage drinking can have devastating effects on youth and communities. SAMHSA Administrator Pamela S. Hyde states "Even though drinking is often glamorized, the truth is that underage drinking can lead to poor academic performance, sexual assault, injury, and even death." Read the news release at:

<http://www.samhsa.gov/newsroom/advisories/1211193154.aspx>. Resources on the risks and prevention of underage alcohol abuse:

<http://shop.channing-bete.com/onlinestore/store.html?cid=130749>

- **Diabetes rates continue to rise**

The Centers for Disease Control and Prevention (CDC) recently reported that in the last 15 years the prevalence of diagnosed diabetes has increased by at least 50 percent in 42 states and by 100 percent or more in 18 states. 90-95% of all diabetes diagnosed in the United States is preventable, Type 2 diabetes. "These rates will continue to increase until effective interventions and policies are implemented to prevent both diabetes and obesity," noted the CDC's Ann Albright. Read the news release at:

http://www.cdc.gov/media/releases/2012/p11_15_diagnosed_diabetes.html. Resources for diabetes risk, its management and prevention here:
<http://shop.channing-bete.com/onlinestore/store.html?cid=130440>

CITIZENSHIP

- **2013 National 4-H Conference April 6-11, 2013**

The Thomas and Dorothy Leavey Foundation support the California National 4-H Conference delegation through the California 4-H Foundation. This includes travel to and from the pre-conference orientations; travels to and from the National 4-H Conference and National 4-H Conference registration fees.

<http://www.ca4h.org/Programs/Conferences/N4-HC/>. The 2013 National 4-H Conference Delegates are:

- Dominique Germann – Stanislaus County
- Ben Hampton – Sonoma County
- Kenny McDevitt – Santa Clara County
- Amber Meek – San Bernardino County
- Nicole Milligan – Stanislaus County

SCIENCE, ENGINEERING, and TECHNOLOGY (SET)

- **Save the Date for SET-related events:**

- U.S. Dept. of Energy Solar Decathlon, October 3-13, 2013, Orange County Great Park, Irvine, CA, <http://www.solardecathlon.gov/>
- CSTA Science Education Conference, October 25-27, 2013, Palm Springs, CA, <http://www.cascience.org/csta/conferences.asp>
- California STEM Conference, Sacramento, November 18-19, 2013, hosted by the California Department of Education.

- **Farm Safety**

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

Check out the free PDF materials on four safety topics: ATV, chemical, tractor, and livestock safety. Each topic includes background information, lesson plans, activities, a Power Point presentation, and more. The ATV and chemical resources are available for download in both English and Spanish.

- **Bay Area Young Makers**

<http://youngmakers.org/bay-area-2013-registration/>

The 2013 season of the Young Makers program is expanding to three host organizations ("Hubs" for short) in three regions: the Lawrence Hall of Science for clubs in the East Bay, The Tech Museum of Innovation for clubs in the South Bay, and The Bay School of San Francisco for clubs in San Francisco and the North Bay. The Young Makers Program is different in several ways from other activities such as robotics competitions and science fairs. In particular, there are no winners and losers, and the projects are cross-disciplinary and youth-driven. And, just like Maker Faire, anything that's cool is fair game.

- **Opportunities for Public Participation in Scientific Research (PPSR) (also known as Citizen Science)**

PPSR are intentional collaborations in which members of the public engage in the process of research to generate new science-based knowledge. Read more about [PPSR](#).

- **The California King Tides Initiative** - <http://www.californiakingtides.org/>

The Initiative encourages members of the public to document the highest seasonal tides (or king tides) that occur along the state's coast. These photographs help us visualize the impact of rising waters on the

California coast.

- **Cornell Lab of Ornithology Project FeederWatch** - <http://www.birds.cornell.edu/pfw/>
Project FeederWatch is a winter-long survey of birds that visit feeders at backyards, nature centers, community areas, and other locales in North America. FeederWatchers periodically count the birds they see at their feeders from November through early April and send their counts to Project FeederWatch.
- **Coastbuster** - <http://oceannetworks.ca/coastbuster>
You can help keep our West Coast clean and safe by reporting marine debris via Coastbuster for Android. Use this app to report large, unusual and potentially hazardous marine debris—especially items that may have been swept into the sea by Japan’s devastating March 2011 tsunami.
- **CoCoRaHS** - <http://www.cocorahs.org/>
CoCoRaHS is a unique, non-profit, community-based network of volunteers of all ages and backgrounds working together to measure and map precipitation (rain, hail and snow). By using low-cost measurement tools, stressing training and education, and utilizing an interactive Web-site, our aim is to provide the highest quality data for natural resource, education and research applications.
- **Project BudBurst** - <http://neoninc.org/budburst/aboutus.php>
BudBurst is a network of people across the United States who monitor plants as the seasons change. They are a national field campaign designed to engage the public in the collection of important ecological data based on the timing of leafing, flowering, and fruiting of plants.
- **Long-term Monitoring Program and Experiential Training for Students (LiMPETS)** - <http://limpetsmonitoring.org/>
LiMPETS is an environmental monitoring and education program for students, educators, and volunteer groups. This hands-on program was developed to monitor the ocean and coastal ecosystems of California’s National Marine Sanctuaries to increase awareness and stewardship of these important areas.
- **2013 4-H Film Making Statewide Project, supported by BestBuy**
Register at <http://www.ca4h.org/Projects/SET/Tech/CTLT/Film/>
For 4-H members (age 13-19), volunteers and staff learn how to produce films. The goal of the 4-H Film Making Project is to enhance technological literacy of 4-H members by helping them learn the basics of film production including storyboarding, filming, and editing. Our goal is to have 4-H members produce films that feature how 4-H is impacting their community (for example, 4-H Revolution of Responsibility projects) and recording 4-H alumni and creating films featuring the "Voices of 4-H History" for the CA 4-H Centennial. The project is coordinated by the 4-H Technology Leadership Team:
 - Hosting four-hour video production workshops around California using the National 4-H Film Making Curriculum (workshops limited to 30 people)
 - Lending video equipment kits to counties
 - Showcasing completed videos at the State 4-H Film Festival and on various websites
- **2013 4-H Presentation Themes**
http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities/
California 4-H will offer a thematic recognition pin for youth who participate in State Presentation Day and focus their presentations on one of the following areas: Engineering to Solve the World's Problems, Physical Activity, The Path to Thriving and C is for Contribute. Specific to Science, Engineering and Technology (SET): Engineering is the application of science to solve human issues by constructing technologies, structures, machines, devices, and systems. Scientists may ask why and develop an experiment to answer the question while engineers identify a need and then create a solution to meet the need. How can you use the engineering design process and the practices of engineering to solve California, the nation, and the world’s social, economic and environmental problems? How do you use engineering practices in your 4-H projects – animals, foods, health, plants, leadership, and others?
- **InvenTeams - Introducing Students to the World of Invention**
Due April 5, 2013
<http://web.mit.edu/inventeams/>
The InvenTeam initiative, created by the Lemelson-MIT Program, offers an unparalleled opportunity for high school age youth to cultivate their creativity and experience invention. InvenTeams are teams of high school youth/students, teachers, and mentors that receive grants up to \$10,000 each to invent technological

solutions to real-world problems. Each InvenTeam chooses its own problem to solve.

- **Save the Date: 2014 USA Science & Engineering Festival, April 26 & 27, 2014**

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

We are thrilled to announce that planning for the 3rd USA Science & Engineering Festival is well underway! The 3rd Festival will kick into high gear in 2013, with expanded school programs and year-round activities, culminating with the largest celebration of science and engineering in the U.S. on April 26-27, 2014.

4-H All Stars:

Jr. All-Stars:

*Daniel Espinosa, Harbor Lights 4-H Club
Lilliana Brown, PVP 4-H Club
Jessica Fint, San Fernando Valley 4-H Club
Candace Choi, PVP 4-H Club
Ivory MacCracken, PVP 4-H Club
Julius Treadwell, Pomona Valley 4-H Club
Katherine Cho, Pomona Valley 4-H Club
Laura Griffin, PVP 4-H Club
Madison Cumby, PVP 4-H Club
Megan Okamoto, Pomona Valley 4-H Club
Rachel Klose, PVP 4-H Club
Ru Ekanayake, PVP 4-H Club
Sallie DeYoung, San Fernando Valley Club
Meghan Tahbaz, PVP 4-H Club
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