



October 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@ucanr.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 September, 2013

The University of California 4-H Youth Development Program is a major effort and central to the mission of the University of California Cooperative Extension. Because of this effort and its position with the University, the Division of Agriculture and Natural Resources has overall responsibility for the development, efficiency and effectiveness of the 4-H Youth Development Program.

4-H units and councils (when authorized by the issuance of a 4-H Charter) are granted certain privileges and responsibilities related to financial activities. All monies raised and managed by 4-H units must be done so in accordance with generally accepted accounting principles and within the policies and procedures specified by the 4-H Handbook (4-H Policy Manual). The policy extends to funds generated in the name of 4-H by the adult volunteers, parents/guardians and members of all 4-H units and councils.

All monies raised under the guise of 4-H and with the use of the name and emblem are to be treated according to these established policies. Council treasurers and 4-H staff are responsible for ensuring that units comply, with the County Director having the final local authority on fundraising and club unit funds.

For more information please review the 4-H financial policies at:

<http://www.ca4h.org/policy/chapter9/index.asp>

If you have any questions, please do not hesitate to contact me at kcnathaniel@ucanr.edu.

- **National 4-H Week: October 6-12**
Dawn Fuller, 4-H Program Coordinator



In Los Angeles County, we celebrate 4-H all year long with our program work, outreach efforts, and events and activities. This year, **National 4-H Week** will be **October 6-12**. Let's really show community members in Los Angeles what 4-H has to offer - all the wonderful projects, unlimited opportunities for learning, new friendships and more.

The National 4-H Website has a special "toolkit page" with promotional materials for you to use, and some great ideas on how to celebrate 4-H in a unique way during this time period.

<http://www.4-h.org/Content/Resource-Library/Promotional-Toolkits/Toolkits/2013-National-4-H-Week-Toolkit/>

The website has fliers available, newspaper ads, bookmarks you can print, press releases, power point presentations, and more.

LA County 4-H will be growing by leaps and bounds in the next year and National 4-H Week (October 6-12) is a perfect time to kick-off outreach events to grow both your youth and adult membership. We already know how wonderful 4-H is, but during this week, and all year long, let's spread the word!

- **HAPPY 100th BIRTHDAY, California 4-H!!**
Noel Keller, LA County 4-H Leaders' Council Vice-President

This year the California 4-H program is celebrating its 100th year as an innovative, research-based youth development program. The county All Stars are planning an event to celebrate this centennial occasion. Mark your calendar for Saturday, November 16th for this 4-H birthday party. Look for more information to come out about this event. Contact Ru Ekanayake or Sallie DeYoung if you have any questions.

- **LA County 4-H Pet Symposium**
Dawn Fuller, 4-H Program Coordinator



Pet Symposium is just a week away! On **Saturday, October 12** from **10 a.m. to 2 p.m.**, attendees from all over the county will be coming to Belvedere Park in East LA to learn all about pet care and we have a wonderful opportunity to show the community what 4-H is all about. Pet Symposium will be held at the main entrance to Belvedere Park (just down the way from our old office location on Cesar Chavez, on the same side of the street) located at 4914 E. Cesar E. Chavez Avenue, Los Angeles, CA 90022. Most clubs in the LA area will be hosting informational tables and you can start setting-up at 9 a.m.

There will be lots of exciting expert speakers on pet care topics such as goats, turtles, tortoises, pigeons, chickens, dogs, cats and even a live cow milking demonstration! At the very least, please stop by and visit us at the Pet Symposium. There will be a great food booth hosted by **Greenleaf 4-H Club** with tasty chili, tamales, cob salads and more.

Even if your club isn't hosting a table, we hope you stop by and support LA County 4-H. To find out more information, contact Dawn at dafuller@ucanr.edu.

- **LA County Awards Day – October 12, 2013**
Noel Keller, Incentives & Recognition Committee Chair

Come to the County Awards program on Saturday, October 12 around 2:30pm, after the Pet Symposium, to hear the results of the county record book competition. We will also be announcing the club Officer Book awards, the Junior and Teen Leadership Merit Awards, and the Senior Awards of Excellence in Achievement, Leadership, Community Service, Healthy Living and S.E.T. for the 2012-2013 4-H year. The event is being held at Belvedere Park (4914 East Cesar E. Chavez Ave., LA, 90022, near the location of the prior LA 4-H office).

For this event, SSG district is doing the program, AV district is doing the refreshments, NSG is doing the decorations and SFV is doing the publicity.

- **2013 LA County Record Book Competition**
Noel Keller, Incentives & Recognition Committee Chair

The county record book competition was run much like last year. We had 77 record books submitted for the competition. The record books (17 Junior, 31 Intermediate and 29 Senior) came from 8 clubs. Leaders and parents from 9 clubs helped judge the record books - THANK YOU!

- **State Record Book Competition for SENIOR MEMBERS**

Noel Keller, Incentives & Recognition Committee Chair

Senior 4-H members (at least 14 years of age by December 31, 2013) are invited to submit their 2012-2013 4-H record books to the 2013 state record book competition. The state competition is focused on selecting 4-H members who have demonstrated outstanding achievement in their 4-H project work. Books are judged against standard criteria. Those books displaying the most outstanding 4-H work, life skills development, and leadership and citizenship development are selected as state medalists and/or state winners. To be eligible for the 2013 State Record Book competition, members must complete the brief California 4-H Quick State Record Book Course by **October 15th, 2013**.

You do not need to submit your record to the county record book competition to be able to submit them to the State Record Book competition.

For the state competition, you only submit your regular 4-H records for 2012-2013, plus three extra pages to summarize your project, leadership and citizenship work and accomplishments over your years in 4-H. Check the State 2012-2013 Record Book Manual for details.

If you plan to submit your records to state this year, please contact Noel Keller (nkeller91711@gmail.com) by **October 13, 2013**.

- **Leaders and Members – Take Note
Record Book Manual for This Program Year**

Noel Keller, Incentives & Recognition Committee Chair

The Record Book Manual 2011-2013 is available on the state 4-H website and our county website. This manual is a compilation of the 2011 State Record Manual and the 2012 Record Book Addendum. The changes from the prior manual have been indicated in blue print. Use this 2011-2013 manual for your records this 2013-2014 4-H year. The online record book system uses the forms from this 2011-2013 manual. Do not use the old forms from the 2008 or 2011 State Record Book Manuals. When we judged the county record books last month, we noticed that several members used the older forms. We did not penalize anyone for using the older forms for the 2012-2013 judging. Please throw away the older forms and use the correct forms for this year. If you have questions contact a member of the county I&R Committee or Noel Keller (nkeller91711@gmail.com). **What's Happening in LA County 4-H**
Noel Keller, LA County 4-H Leaders' Council Vice-President

The LA County 4-H Leaders' Council met on Saturday, September 7. The approved 4-H LA County calendar for 2013-2014 was reviewed and is now up on the county website. Planning is now moving ahead with all our events for this year. Please use the calendar to stay informed about upcoming events. In November there will be a county California 4-H centennial celebration and in early January there will be a county Science Fair. We are still looking for some additional people to hold offices on the council (see the related article). Please look at the minutes of this meeting on the county council webpage for more information.

The next council meeting will be held on Saturday, January 4 at 10am at Good Shepherd Lutheran School/Church in Los Angeles. Watch for the meeting agenda to appear on the county council webpage in December. If you are unable to attend this meeting, but have comments or suggestions that you want shared at this meeting please contact Noel Keller (nkeller91711@gmail.com).

- **Youth News Page**

Noel Keller, LA County 4-H Leaders' Council Vice-President

Still looking for some youth to help with a one-page monthly news sheet for LA County 4-H activities. The Clover Notes is our monthly county 4-H newsletter containing a lot of important information. We are thinking about having a brief one-page youth newsletter which could highlight some of the important activities and opportunities coming up. If you are interested in helping with this, contact Noel Keller (nkeller91711@gmail.com).

- **Open positions on the LA County 4-H Leaders' Council – youth and adults**

Noel Keller, LA County 4-H Leaders' Council Vice-President

Now is the time to get involved in planning a fun, educational LA County 4-H program. Join the county leaders' council as an officer. Experience is not necessary, just an interest in having an enriched program of 4-H activities for our youth. The council only meets four times a year and the meeting locations vary around the county. You are not required to attend all the meetings. You can send in your report, if necessary. **Most council positions can be held by youth/adult partnerships.**

At this time, we have the following open council positions:

President	Reporter/Historian
Parliamentarian/Policy Secretary	Agriculture Committee Chair
Science Committee Chair	Leader Support Committee Chair
Shooting Sports Committee Chair	Technology Committee Chair
Civics Committee Chair	
Representative to the Sectional Leaders' Council (2 adults)	
Alternate Rep. to the Sectional Leaders' Council (2 adults and 1 youth)	

Please contact Noel Keller (nkeller91711@gmail.com) if you are interested in any of the above vacant offices on the council. We need all the districts represented on the county council. The AV district does not have a volunteer or youth on the council at this time. Remember that senior youth can hold offices on the council. An adult and a senior youth could share a council office. We need you. How would you like to help? There are only three county council meetings left this 4-H year.

- **LA County 4-H 2013-2014 Calendar**

Noel Keller, LA County 4-H Leaders' Council Vice-President

Look for the 2013-2014 LA County 4-H calendar on the council web page on the LA County 4-H website. Club leaders will be sent calendars to distribute to their club members soon. Club members should use the calendar to stay informed about the county 4-H events. The 2013-2014 LA County 4-H Calendar is always available on the LA County 4-H website for viewing at any time. Mark your calendar for these major events:

Oct. 12 – 4-H Pet Symposium and County Awards Day
Nov. 16 – LA County California 4-H 100th Birthday Celebration
Jan. 4 – LA County 4-H Science Fair
Jan. 17-19 – Teen Involvement Conference (TIC)
Jan. 25 – 4-H Livestock Symposium
Feb. 22 – County Judging Day
March 22 – County Field Day and County Fashion Revue
March 29 – County Food Faire
April 5 – Leaders' Appreciation event
May 17 – South Section Field Day and Fashion Revue
May 24 – State Field Day and Fashion Revue

Save the day. Plan ahead and be ready for these fun events.

- **Junior Leadership Conference – Saturday, September 28**

Noel Keller, LA County 4-H Leaders' Council Vice-President

The Junior Leadership Conference was held on Saturday, September 28 from 10am until noon at the Good Shepherd Lutheran School/Church in Los Angeles. We thank LA County All Stars Ru Ekanayake and Sallie DeYoung for planning and running this successful fun and educational conference. About 18 4-H members came and enjoyed the leadership activities.

- **Voting at LA County 4-H Council meetings**

Noel Keller, LA County 4-H Leaders' Council Vice-President

Last May the LA County 4-H Leaders' Council approved updates to their Constitution and Bylaws. When these new bylaws come into effect, voting will be done differently at county council meetings. According to the new bylaws, "Voting privileges shall be extended to two (2) votes per club with one vote per active (council) member present at the meeting."

Clubs should decide how they want their club represented at county council meetings. The clubs could elect their representatives or just allow any two attending members vote for their club at the meetings or some other variation. If more than two from a club attend, the club should establish how that situation should be handled so there is no confusion at the meeting.

At this time, the updated LA County 4-H Leaders' Council Constitution and Bylaws has been approved by the county council and the LA County 4-H Office and is awaiting the approval of the state 4-H office.

- **LA County on California 4-H Healthy Living Leadership Team**

Noel Keller, LA County 4-H Leaders' Council Vice-President

LA County is now well represented on the California 4-H Healthy Living Leadership Team. Congratulations to LA County youth **Ru Ekanayake** from Palos Verdes Peninsula 4-H Club for being selected for this state advisory committee. Ru reported at the South Section Leaders' Council meeting on September 14th about the happenings of the committee.

- **LA County 4-H Science Fair – January 4, 2014**

Noel Keller, LA County 4-H Leaders' Council Vice-President

Get ready for the LA County 4-H Science Fair to be held on Saturday, January 4th. Plans are being made for this event and details will come out in a few weeks. We are considering having opportunities for entering science posters and projects, plus doing science related speeches, demonstrations and presentations. Be thinking about what you might like to do for the science fair. The fair will also have some science hands-on activities. Mark your calendar for this fun event.

Please let Noel Keller (nkeller91711@gmail.com) know if you are interested in helping with this event – adults and youth.

- **State Leaders' Forum 2013**

Noel Keller, South Section 4-H Leaders' Council President

Registration is open for the State 4-H Leaders' Forum to be held in Sacramento at the Crowne Plaza Hotel on November 8, 9 and 10. We are celebrating the 100th birthday of California 4-H this year and the Forum will have special activities for the celebration. This is the year to go to the Leaders' Forum. Along with meeting leaders from all over the state, participating in informative workshops, networking with other leaders in your project areas and getting recharged with that 4-H spirit, you will learn more about our 4-H history and plans for the future. Go to the State 4-H Leaders' Forum website to get more information about registration, lodging, sessions and all the special events. We already have several leaders planning to attend this year. Start planning now to be there.

The county council has some scholarships to help leaders attend the State Leaders' Forum, especially if they are attending the Forum for the first time.

Note that the State Leaders' Forum is not being held at the Asilomar Conference Center in Pacific Grove this year. It is being held in Sacramento.

Go to <http://ucanr.edu/slf2013> for more information about the event. The conference registration fee is \$50 until November 1. The conference meal package is \$140 and must be paid for by November 1. The conference rate to stay at the hotel is \$84 per night, plus tax with up to 4 in a room. Don't miss this opportunity to celebrate 100 years of California 4-H, meet 4-H volunteers from all over the state, get some new ideas and spark up that 4-H spirit.

- **South Section Representation on the State FTF Committee**

Noel Keller, South Section 4-H Leaders' Council President

The State 4-H Futures Task Force is meeting to have an open dialogue around what we love about 4-H and what we don't love so much with a goal of strengthening the California 4-H Youth Development Program (YDP) for the next 100+ years. The Task Force is a cross-organizational group of delegates comprised of 4-H youth, adult volunteers, staff, and external partners supporting 4-H's mission. The three representatives from the South Section on the state FTF Committee are leader Paulette Sauln of San Diego County, youth Megan Chiatovich of San Bernardino County and youth Genevieve Mason of San Diego County. They are representatives for our southern California 4-H opinions and suggestions. Contact them with your suggestions, comments, concerns and questions for this review effort. The State FTF Committee is now asking for feedback and have established a Facebook page for gathering comments. Comments can also be sent to our representatives and to the state office. Be part of this California 4-H evaluation. Remember our motto – To Make the Best Better.

- **Teen Involvement Conference – January 17-19**

Noel Keller, South Section 4-H Leaders' Council President

Attention LA County Senior members – start planning to attend TIC (Teen Involvement Conference) in January. The South Section 4-H Teen Council is planning the event and details will be available on their teen council webpage. This is a great opportunity to get involved in 4-H above the county level and meet other Southern California 4-Hers.

- **Get some great ideas from South Section Leaders**

Noel Keller, LA County 4-H Leaders' Council Vice-President

The South Section 4-H Leaders Council met on Saturday, September 14th. Sarah Watkins from the state 4-H office attended the meeting and talked about what was happening in the state 4-H. Our youth representative to the council Sallie DeYoung reported on our Los Angeles County 4-H events. There are so many interesting 4-H events happening in southern California. Some are open to members from other counties. For more information on the South Section Council and southern California 4-H opportunities, go to the council website at : <http://4h.ucanr.edu/Resources/Volunteers/Councils/Sectional/South/> for meeting dates, agendas, minutes and sectional event details. In the meeting minutes, you'll find information about event opportunities in neighboring counties. For additional information about south section information, contact Noel Keller (nkeller91711@gmail.com).

The next meeting of the South Section 4-H Leaders' Council is Saturday, January 11 at Mt. SAC at 10am.

- **Come Back, Chestnut!**
Dawn Fuller, 4-H Program Coordinator



“Chestnuts roasting on an open fire....” is a line in one of our beloved holiday songs, but have you ever actually had a chestnut? We are reminded of them during the holidays, but what are they and where do they come from? In honor of **National Chestnut Week (October 13-19)**, we delve into the secret world of the chestnut...

Chestnuts are meaty nuts that are usually available from October to March. Chestnuts have twice the starch content as potatoes and are often times used to make special breads - having earned themselves the nickname of “Bread Tree” for this very reason. Chestnuts in the United States are mainly enjoyed as a snack, especially around the holidays, and are often candied. They can also be used to make flour, turkey stuffing, in soups, salads, stir fries, cereals and in ice cream. In some European countries, they are used as a potato substitute.

Dating back to prehistoric times, the Greeks introduced Europe to this tasty little nut, and it has been said that the Greek Army even survived on chestnuts alone for a long period of time in 401 B.C.E.! Starting about or around 1700 (from Maine to Georgia, and in many sections of Appalachia), it was discovered that Native Americans had already been using their own variety of chestnuts as a staple in their diets long before Europeans introduced their version to the United States. Historically, the chestnut has been named one of the “most important nut crops in the temperate zone,” second to the coconut and peanut (Paul Vossen, Farm Advisor, Sonoma County, University of California, <http://ucanr.org/freepubs/docs/8010.pdf>).

The American Chestnut Tree was for a very long time, a dominant tree in the U.S. (with chestnut forests once covering large areas in the Eastern United States) and a popular nut among many for a number of reasons. Chestnut forests once flourished, and chestnuts were used as an important food source (used to create flour and make bread). The timber from the trees was used for tannin, fence posts, railway ties, house-framing, barns and fuel. Believe it or not, Early Americans were quite dependent on this meaty little nut and its by-products, and, let’s not forget the wildlife population was also sustained by our little friend, the chestnut.



During the Gold Rush, European settlers brought their version of the chestnut to California where it became a popular food item for Native Americans and settlers. Some small patches of these chestnuts can still be found in the foothills of the Sierras, on the North Coast and in the Central Valley.

Today, unfortunately, the American Chestnut Tree only remains in a handful of areas (California and the Pacific Northwest). In 1904, a chestnut tree imported from Asia was planted in Long Island, and carried a deadly fungus (deadly to chestnut trees). By the 1950s, this dastardly fungus spread to much of the chestnut population here in the U.S., killing off almost all of the American Chestnut population. Many are making concerted efforts to bring back the American Chestnut Tree population and protect the few remaining trees that are left.

“What had been the most important tree in our Eastern forest was reduced to insignificance’ in the early 1900s, says the American Chestnut Cooperators’ Foundation.”

(<http://www.familydoctormag.com/health-holiday-recipes/1506-chestnut-facts-nutrition-storage-history-roasting-tips.html>)

Chestnuts in the United States are now primarily imported from Japan, China, Spain, Turkey, Korea and Italy. Asia is currently in the lead for being the largest producer of chestnuts (producing anywhere from 110,000 to 265,000 tons a year). Even though many of us may have only heard about “chestnuts roasting on an open fire,” and haven’t actually tasted a chestnut, the U.S. imports 10 to 20 million pounds a year!

After all these years, who knew the little chestnut was almost extinct! If you get the chance, there are several chestnut farms that you can contact and visit in California. Here are a few for you to check out:

<http://www.chestnuts.us/>

http://www.chestnutranch.com/Green_Valley_Chestnut_Ranch/Home.html

http://www.chestnutsforsale.com/about_chestnut.htm

<http://skylinechestnuts.com/about2.html>

At the very least, ask your Mom and Dad to get a few this fall and try your hand at roasting some on an open fire. When heated through, they will pop open like popcorn! You can sample the tasty little nut and think about how valuable it was to many years ago.

I leave you with a poem written about the beloved chestnut:

**American Chestnut Cooperators' Creed
by S. Lucille Griffin**

The native American chestnut tree
gave our grandparents many gifts:
wood that was good for making homes,
framing, siding, shingles, panels, trim;
wood the craftsmen love to work,
light but strong, dark grained, forever-lasting;
wood that offered folks a living,
splitting rails, cutting and hauling
tan bark, posts, utility poles and ties.

Although the trees were cut, the roots survived.

New trees sprung up from them and grew
like yellow poplar, fast and straight.

Along the ancient Appalachian range,
one of every four trees was a chestnut.

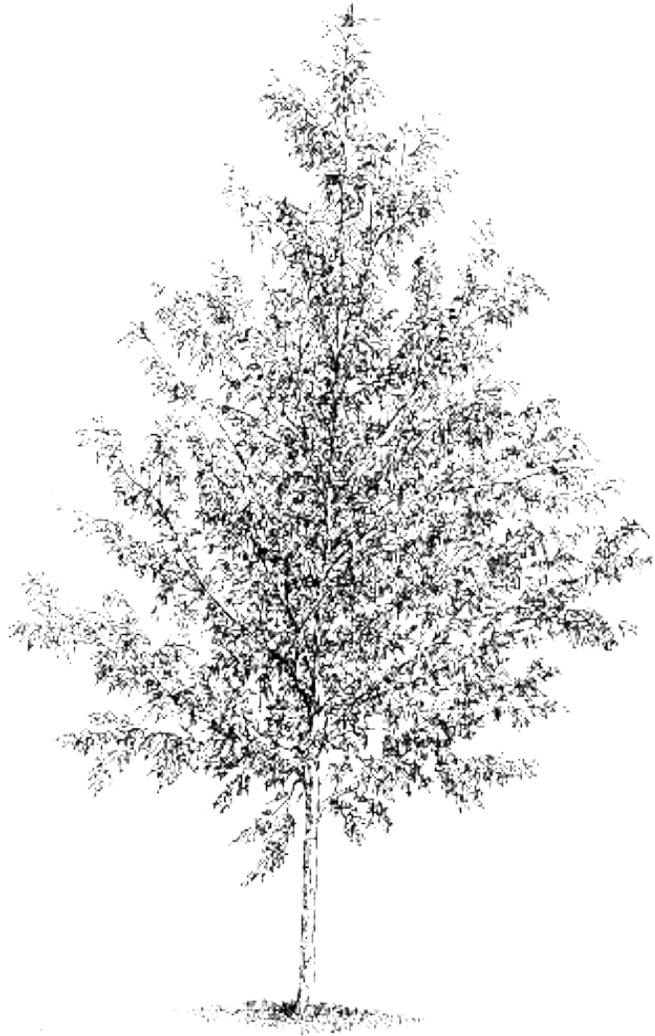
Late in June or early in July,
cream-colored blossoms crowned the
mountainsides.

Peace and solace dwelt there, where
the deep, cool shade of summer daydreams
promised the same sweet harvest every year.

At frost, in late September or
October's first, the burs released their bounty:
chestnuts for roasting, chestnuts for stuffing,
chestnuts to sell to the city folks,
all the nuts a family could gather,
and plenty left over to feed the wild game.

All this we miss and would reclaim
for our descendants' legacy.

Bring back the American chestnut tree!



- **Pumpkin Apple Soup with Chestnuts**
Dawn Fuller, 4-H Program Coordinator



Now that you learned all about the wee chestnut, here is a fall recipe for you to try out on your family and friends.

Pumpkin Apple Soup with Chestnuts

Ingredients

2 tablespoons unsalted butter
1 medium onion, chopped
2 Golden Delicious apples (about 1 pound), peeled, cored and cut into eighths
2 cans (15 ounces each) pure pumpkin
4 cups (1 carton, 32 ounces) chicken broth
1 bay leaf
1 teaspoon ground coriander
1/2 teaspoon salt
1/8 to 1/4 teaspoon crushed red pepper flakes
1/2 cup heavy cream
5 tablespoons drained 2 percent Greek yogurt, for garnish
10 fresh chestnuts, roasted, peeled and coarsely chopped, for garnish (if you can't find fresh you can use dry-packed)
2 tablespoons chopped fresh chives, for garnish
10 mini sugar pumpkins
Olive oil, for brushing

Directions

In small stock pot over medium heat, melt butter.

Add onion and apples; cook, stirring occasionally until softened, about 10 minutes.

Stir in pumpkin, broth, 1 1/2 cups water, bay leaf, coriander, salt and red pepper flakes. Bring to a simmer; reduce heat to medium-low.

Cook covered, stirring occasionally, until apples are soft, about 30 minutes.

Remove from heat; discard bay leaf.

Using an immersion blender, puree soup in pot until smooth.

Stir in cream and return to stove.

Cook over medium heat until heated through, about 4 minutes.

To make pumpkin shells

While soup is cooking, preheat oven to 375°.

Cut top third off pumpkins, making sure to keep matching tops and shells together. (If necessary, trim a thin layer off bottoms of pumpkins so they sit level.)

Using a large spoon, scoop out seeds and strings; discard.

Place pumpkin shells and tops on foil-lined baking sheet; brush all cut edges with oil. Bake until warmed, 6 to 8 minutes.

Serve soup

Ladle soup into pumpkin shells, if using (if not, serve in warm bowls).

Garnish each serving with 1/2 tablespoon dollop of yogurt and a sprinkling of chestnuts and chives.

(Serves 10)

Enjoy!

*Recipe Courtesy of Oprah Magazine: <http://www.oprah.com/food/Pumpkin-and-Apple-Soup-with-Chestnuts#ixzz1ZkvxWzIP>

- **District Responsibilities for County Events**

According to our district rotation chart and our county calendar, districts should be planning county events this year as follows:

County Judging Day – Saturday, Feb. 22 – SSG

County Field Day – Saturday, March 22 – NSG

Leaders' Appreciation event with the county office – Saturday, April 5 – SFV

Lunches for county record book judging – Sept. 20 and Sept. 27, 2014 - AV

- **Youth Shout Out!**

Noel Keller, Vice-President 4-H Leaders' Council

Do you think a one-page monthly youth newsletter would be helpful? We need to have a fun way to get information out to our club members. It could contain information about deadlines, events and opportunities coming up plus fun, brief articles/artwork by members. It could be located on the county website or one page of the monthly Clover Notes issue. It could be copied and given out at club meetings or included in the club newsletter. It could be written by youth. Are your club members reading Clover Notes each month? Would they read a one-page youth fun newsletter of brief articles with references to information in the Clover Notes and/or on the county/state website?

Good communication is important if you want to know what is happening. The Clover Notes is the newsletter for LA County 4-H events, opportunities and happenings. Now that the Clover Notes are no longer mailed out to all 4-H families, everyone needs to make an effort to check the Clover Notes monthly on their email and on the county website. The Clover Notes contains a lot of information and is a great reference for members, leaders, volunteers and parents. We might get more Clover Notes readership if we have a fun way to announce what is there.

This is just an idea. What do you think? Please email your comments about this to Noel Keller (nkeller91711@gmail.com). Contact Noel if you would like to be involved in making this happen.

- **Don't sit back - STEP UP!!**

4-H has so much to offer youth. There are great sources of information, chances for career exploration, opportunities to work with the latest technology, chances to learn and practice leadership, opportunities to help others and make a difference. All this will not happen if you just sit back and do not become really involved. You have to take ACTION. You have to STEP UP and DO IT! If something is not happening as you had hoped for, perhaps someone needs your help to make it happen or you are not doing your part. With everyone working together, 4-H can really be GREAT! Remember TO MAKE THE BEST BETTER!

- **Hi 4-H**

Each district can have a Hi 4-H program. 4-H members who will be at least 14 years old by January 1, 2014 or who will be in 9th grade and above are eligible for Hi 4-H activities (ROPES, Snow Camp, T.I.C. conference, state leadership conference, etc.). You don't have to attend Hi 4-H meetings to attend the special Hi 4-H events. This year 13 year olds are again invited to attend Hi 4-H activities as guests.

The sectional level Hi 4-H is called the Sectional Teen Council. It meets before sectional 4-H Leaders' Council meetings at Mt. SAC. The Teen Council plans social and educational events, plus runs the T.I.C. conference in January and a food booth at sectional field day in May. Our senior members can be part of the Teen Council. Our senior members can attend their events. Consider being more active on the sectional level. The county level Hi 4-H program will only exist if there is sufficient interest this year. Contact Roy Hillstock at (626) 586-1972 if you are interested in participating in a county level Hi 4-H program.

- **Junior/Teen Leader**

Junior Leaders are 4-H members in the 7th and 8th grade who help lead a 4-H project. Teen Leaders are 4-H members in 9th, 10th, 11th, 12th and above grades who lead a 4-H project. To be a Junior/Teen Leader, the member needs to be enrolled in their club's Leadership Project. They fill out the goals and plans of the first two sections of the Leadership Plan and Report Form, and have the form signed by their Leadership Project Leader and the leader of the project for which they will be a youth leader. While they are a Junior or Teen Leader, they can wear the Junior or Teen Leader patch on their 4-H hat. At the end of the year, they will need to complete the Leadership Plan and Report and have it signed by their Leadership Project Leader and their project leader. They should also complete an Annual Project Report for the Leadership Project.

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

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

[http://celosangeles.ucanr.edu/4H Youth Development Programs/Applications/](http://celosangeles.ucanr.edu/4H%20Youth%20Development%20Programs/Applications/)

- **Emerald Star Project**

If a member has earned Gold Star Rank or will be 16 years old by January 1, 2014, they can consider doing an advanced leadership project and earn an Emerald Star for their hat. An Emerald Star Project can be started at any time during the year. Do you have an idea for an activity you could plan and run to benefit the county 4-H program or your community?

Call the 4-H office at (626) 586-1972 for a packet of information on the Emerald Star Program. Each 4-H district has an Emerald Star Advisor. You can work with the Advisor from any of the districts.

- **Leadership Merit Award**

Start planning now to earn a Junior or Teen Leadership award. Think of something to make your leadership special this year. Try something new to bring more interest and enjoyment to your project. Try to expand your leadership beyond the club. For this award, you need to be in the Leadership Project in your club. If your club does not have a Leadership Project, talk with your club leader about starting one. If she has questions about this, have your club leader contact Noel Keller (909-621-2373) or someone on the I&R Committee. You will need to fill out a annual project report for your Leadership Project. You will also need to complete a leadership plan report.

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

- **Dates To Remember in**

October:

- 2nd- NSG District mtg.
- 4th- Deadline to Apply for Head Youth Director and Adult Directors
- 5th- 1st AV 4-H Horse Show
- 6th- Camp Committee mtg./ Interview & Selection of Head Youth & Adult Camp Directors
- 12th- Pet Symposium / County Awards Day
- 17th- SSG District mtg / SGV Fair mtg.
- 20th- NSG Achievement Event
- 25th- Record Books for State Competition due to LA Office by 4 P.M. / AV Awards Night
- 26th- State Council mtg. (Davis, CA)
- 28th- AV District mtg.
- 31st- Happy Halloween



Happy Fall Harvest Season from the LA County 4-H Staff--

Keith, Charlene, Roy, Jennifer & Dawn

STATE

- **Lowe's Toolbox for Education**
Deadline: October 15
Priority will be given to meeting basic necessities, with a preference for funding requests that have a permanent impact, such as facility enhancement as well as landscaping/cleanup projects. Any individual public K-12 school or non-profit parent group associated with that public K-12 school is eligible to apply. The requested grant amount must be between \$2,000 and \$5,000. More info: <http://bit.ly/195qDKm>
- **Spirit of Innovation Challenge**
Deadline: October 24
Provides an opportunity for students ages 13-18 to create commercially viable products or services to address issues of global sustainability for the benefit of humanity. More info: <http://bit.ly/15281qt>
- **CVS Caremark Community Grants**
Deadline: October 31
Provides financial assistance to nonprofit organizations that provide much-needed access to health care for underserved populations; wellness and prevention programs that are aimed at helping people achieve their best health. Qualifying organizations are eligible for grants of up to \$5,000. More info: <http://bit.ly/19lq7Fx>
- **Build a Bear Workshop Grants**
Deadline: October 31
Grants are available to 501(c)(3) public charities or registered Canadian charities that support beary special causes, such as children's health and wellness, animals, and literacy and education. More info: <http://bit.ly/1dbyLsW>
- **Whole Kids Foundation School Garden Grant Program**
Deadline: October 31
Provides support to K-12 schools and nonprofit that are developing or currently maintaining a school garden project that will help children engage with fresh fruits and vegetables. Grants of \$2,000 are provided for garden projects at any stage of development - planning, construction, or operation. More info: <http://bit.ly/18UjHM8>
- **Funds for Fuel Up to Play 60**
Deadline: November 1
Up to \$4,000 per year is available to any qualifying K-12 school enrolled in Fuel Up to Play 60. The competitive, nationwide funding program can help your school jumpstart and sustain healthy nutrition and physical activity improvements. More info: <http://bit.ly/13Na8uP>
- **California 4-H \$1,000 for 1,000 Service Learning Projects**
2013 Revolution of Responsibility - <http://4h.ucanr.edu/Support/RofR/> 2013 Application Deadline:
November 15, 2013

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.

SCHOLARSHIPS & AWARDS

- **American Legacy Foundation Youth Activism Fellowship Program**

Deadline: October 9

This 18-month leadership program nurtures and develops young adult leaders committed to making their communities healthier through tobacco control. The fellowship includes training, mentorship and technical assistance that helps advance local projects and national initiatives. They also provide annual opportunities for youth to educate lawmakers about tobacco control efforts in their communities. Take your leadership to the next level! Apply for the 2014-2015 Youth Activism Fellowship: <http://bit.ly/19MmVm0>

- **MetLife Foundation Afterschool Innovator Awards**

Deadline: October 14

Nominations for exemplary afterschool programs serving middle school youth are now open! Nominate a program for a chance to win \$10,000, receive media recognition as an Afterschool Innovator, present at national conferences, and be featured in Afterschool Alliance's 2013-2014 series of issue briefs and Afterschool in Action Compendium. More info: <http://bit.ly/18UjpVB>

- **2014 Prudential Spirit of Community Awards**

Deadline: November 5

Students in grades 5-12 who have volunteered in the past 12 months are invited to apply. Applications must be submitted to a middle level or high school principal or the head of a local Girl Scout council, county 4-H group, American Red Cross chapter, YMCA or HandsOn Network affiliate. State Honorees will each receive \$1,000, a silver medallion, and an all-expense-paid trip with a parent to the nation's capital. Ten National Honorees will receive \$5,000, gold medallions, crystal trophies for display at their schools or service organizations, and \$5,000 grants from The Prudential Foundation for nonprofit charitable organizations of their choice. More info: <http://bit.ly/Qkoqh8>

DATES & DEADLINES

- The **2014 State 4-H Fashion Revue** committee is meeting **Saturday, October 5** and you're invited! The meeting is 10-2 or 3 at the San Joaquin County UCCE office. The committee is a partnership of youth members, adult leaders and staff. Join us to plan and put on one of California 4-H's premier events.

We are excited to announce the five entry categories for 2014: Traditional, Consumer Science Purchased, Upcycled, Denim Challenge, and Apron Challenge. All categories except Traditional are either new or changed.

- Consumer Science Purchased has a \$40 limit for everything showing including shoes, but not sales tax. Receipts are required, with purchases made during the 2013-2014 4-H year.
- Upcycled category involves taking at least one existing garment and turning it into a completely new, different, and usable garment. The outfit must also include an accessory made from something that wasn't originally an accessory.
- Denim Challenge: Sew a wearable garment out of woven cotton denim, any type or color. Sew or purchase additional garments to complete the outfit.
- Apron Challenge: Create an apron from McCalls 6132 or 6476. Use of one of these patterns is required. The member may make the pattern larger or smaller to fit and embellish the apron but not change the basic design. Sew or purchase additional garments to compliment the apron.
- Traditional, Upcycled and Denim Challenge entries must be sewn as part of the member's Clothing & Textiles project (aka Sewing). For all entries, the outfit must be produced and modeled by the individual member. All outfits must meet SFR modesty guidelines. New for 2014: all shorts, skirts, dresses, etc. must be at least fingertip length.
- For all categories, see the [SFR website](#) for complete rules, details, and examples.
- Counties may offer additional categories but all outfits qualifying to advance to SFR must meet SFR guidelines. A member may only enter one outfit in SFR.

State Fashion Revue is coordinating two service projects: drawstring bags for foster children and walker bags for seniors. Patterns and instructions are on the SFR website. If you, your project, or your county would like more information about SFR or would like to join the committee, please visit <http://4h.ucanr.edu/Programs/Events/SFD/SFR/>. SFR is **May 31, 2014** as part of State Field Day at UC Davis.

- **State Record Book Competition**

It's that time of year again! Youth who are planning to submit a 2013-14 Record Book to state competition must complete the Record Book Quick Start Course by **October 15, 2013** (The cover sheet says October 1st; we are granting a 15 grace period this first year). All of the information needed to submit a Record Book to state competition, including the Quick Start Course, is found at:

<http://4h.ucanr.edu/Resources/Members/RecordBook/RBCompetition/>

The course is completed online and takes about 25 minutes to view. After the course members take a short quiz which will take about another 7 minutes to complete. The quiz is how we will verify that a member took the course—it is important that they don't skip that step!

In addition to helping youth prepare to submit a Record Book to state competition, the course is open to anyone who would like some additional guidance on completing a record book.

- **Applications Now Being Accepted for State Record Book Competition**

Have you judged Record Books at the County level? Do you really enjoy reading about how young people are growing through their 4-H involvement? If you answered "Yes!" to both questions, then consider applying to be a judge for State Record Book Competition. State Competition will be held on **December 6-8** at the San Joaquin UCCE Offices. Applications are available at:

<http://4h.ucanr.edu/Resources/Members/RecordBook/RBCompetition/>

Application deadline has been extended to October 15, 11:59 pm. Judges will be notified of their selection by November 1, 2013. For more information on the requirements or responsibilities of being a judge, contact Gemma Miner at gmminer@ucanr.edu.

- **4-H Archery Certification Training 2013**

Ukiah Gun club, Mendocino County
Saturday, October 12th - 9am-5pm
Sunday, October 13th 9am-12pm

A 4-H Archery Certification Training for volunteers and junior/teen leaders will be offered Saturday, October 12th, 9 a.m. – 5 p.m., and Sunday, October 13th, 9 a.m. - 12 noon, at the Ukiah Gun Club 2300 Vichy Springs Road, Ukiah in Mendocino County. You must be an enrolled 4-H leader or member and attend both days to receive certification to teach archery at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is \$20 per person to include a resource binder and lunch on Saturday.

To register, please complete and mail the "CA 4-H Shooting Sports Training Request and Registration Form" available at <http://4h.ucanr.edu/files/2123.pdf>, and an adult or youth 4-H medical release form with a \$20 check payable to "Mendocino County 4-H Council" and mail to Linda Edgington, 890 N. Bush St. Ukiah, CA 95482. **Registration is due Friday October 4th and space is limited.** For more information contact Linda Edgington at 707-463-4495 or lgedgington@ucanr.edu.

- **Applications Now Being Accepted for State Record Book Competition**

Have you judged Record Books at the County level? Do you really enjoy reading about how young people are growing through their 4-H involvement? If you answered "Yes!" to both questions, then consider applying to be a judge for State Record Book Competition. State Competition will be held on **December 6-8** at the San Joaquin UCCE Offices. Applications are available at:

<http://4h.ucanr.edu/Resources/Members/RecordBook/RBCompetition/>

- **2014 Salute to Excellence 4-H Volunteer Awards**

Due to the State 4-H Office October 25th

The National 4-H Salute to Excellence Volunteer Recognition Award recognizes 4-H volunteers who demonstrate exemplary service to 4-H. Volunteers are the heart and soul of 4-H. In an age when time is at a premium, 4-H *Salute to Excellence* Awards are an opportunity to acknowledge our volunteers' unwavering dedication to the 4-H Youth Development Movement.

The categories are as follows:

1. The ***Volunteer of the Year Award*** is for individuals who have served as 4-H adult volunteers for **less than 10 years**.
2. The ***Outstanding Lifetime Volunteer Award*** is for individuals who have served **10 or more years** volunteering for 4-H.

Please take the time to nominate outstanding individual volunteers using the [Nomination Application](#) and [Resume Template](#). Additional information is available at: <http://www.4-h.org/resource-library/grants-awards/opportunities/salute-to-excellence-awards/>

Mail completed nomination packet(s) to the State 4-H Office, Attn: Shannon Horrillo, University of California, Davis, One Shields Ave., DANR Bldg., Davis, CA 95616. If you FED EX the packet please send it to the State 4-H Office, Attn: Shannon Dogan, DANR Building, 225 Hopkins Road, Davis, CA 95616. Nominations should be received **by October 25, 2013** to be considered. The State 4-H Office will verify with county 4-H staff that the volunteer is enrolled and in good standing. If multiple nomination packets are received they will be reviewed by the 4-H Incentives and Recognition Advisory Committee who will recommend one nominee for each category to the Associate Director of 4-H Program and Policy for final approval. Please note there is no limitation on the number of nominees from each county.

- **What Inspires You?**

The **2013 California State 4-H Leaders' Forum, November 8 – 10, 2013**, is on track to be your 'go to' place to acquire information and involve yourself in activities chosen to inspire and motivate. Registration is open for the whole Forum, or for specific parts of it. The registration fee increase is effective on **Oct. 1**. See the [SLF website](#) for the forms needed. Also, on the website is the description of the workshops. Please remember that SLF is self-supporting and we request that you bring items for the Silent Auction to help us cover costs. Each county is asked to donate a basket of local goodies. 4-H members are encouraged to donate something they have made. Please bring your county banner from State Field Day to participate in the County Banner Parade. We will hang them for display throughout the Forum. If you are inspired by mementos from the past, you will be impressed with the collections that will be on display. If you have historic items that you would like to exhibit please contact Stephanie mom4a2g@yahoo.com. Project displays or other sharing items are also welcome but we need to know so there is room for yours. The Centennial Gala is a not-to-be-missed celebration. Wear your glad rags and join your 4-H friends for an evening of reminisces, festivities, fine food. Enjoy the display booths with their historical artifacts. Sip flavored CA milk products. Absorb the information and techniques shared in the educational workshops. Share your own best practices. If you are looking for 4-H centennial items, that includes pins, blankets, shirts, magnets, check out the order form on the website. Website: <http://4h.ucanr.edu/Programs/Conferences/SLF/>

- **Shooting Sports Leader Trainer Course - Shotgun Discipline**

Saturday, November 16, 2013 – 8:00 a.m. – 4:30 p.m.

Sunday, November 17, 2013 – 8:00 a.m. – Noon

Modoc County 4-H Program, 202 West 4th Street, Alturas, CA 96101, Telephone: (530) 233-6400

Upon successful completion of this course, 4-H leaders will be certified in the shooting sports discipline of shotgun. 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. There is a \$30.00 fee for the course. To get more information or register for the class, please contact Susie Stokke at ststokke@ucdavis.edu or telephone (530) 233-6400. Read full press release: [Press Release Training Announcement](#)

- **Save the Date for the 2013 State Horse Field Day, November 16th in the Chino Hills**

9:00am-4:00pm

The event is \$10 and registration will be available soon!

This year's field day will be filled with workshops, demonstrations and tours as we travel to multiple ranches in the Chino Hills. Chino Hills is filled with equestrian centers that are side by side and within walking distance of each other. San Bernardino is the host county and is taking the lead in planning this event.

- **LCORT: Leadership Conference of Regional Teens**

January 24-26, 2014

LCORT is the South Central Section's Leadership Conference for members in grades 7-9. The heart of the conference is a series of workshops presented by high school-age members from the leadership teams in the 12 member counties. This year's event will be held on **January 24-26, 2014** at Wonder Valley Conference Center in Sanger (Fresno County), CA. Workshop application materials have been sent to county staff and are available on the LCORT web page of the CA 4-H website. Registration packets, LCORT 2015 Youth Chair applications, and other materials are also available on the web. Please direct questions or comments to LCORT Coordinator Pauline Smoke at lcort.coordinator@yahoo.com.

- **4-H Archery Leader Certification**

February 1, 2014 – 9am-5pm

February 2, 2014 – 9am-12pm

33 Browns Valley Road Corralitos, CA

If you have an interest in sharing your archery skills with youth, how about becoming a 4-H Archery adult volunteer or teen leader. There will be a 4-H archery leader certification training held February 1st & 2nd in Corralitos, CA (near Watsonville). The class will be offered Saturday, February 1st, 9 AM – 5 PM, and Sunday, February 2nd, 9 AM- 12 noon, at the Corralitos Community Center, 33 Browns Valley Road, Corralitos, in Santa Cruz County. This class is being hosted by Santa Cruz County 4-H. You must become a 4-H leader or member and attend both days to receive certification to teach archery at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is \$35 per person to include a resource binder, and Saturday breakfast & lunch and Sunday breakfast. Junior and teen leaders are invited but must attend with an adult. If you are already a certified volunteer archery leader and would like to become a trainer, contact Jeanne at 530-524-7278 or email mtlassenlover@gmail.com to discuss options.

To register, please complete and mail the "CA 4-H Shooting Sports Training Request and Registration Form" available at <http://4h.ucanr.edu/files/2123.pdf> and an adult or youth 4-H medical release form and a \$35 check payable to "Santa Cruz County 4-H Council" and mail to UCCE, 1432 Freedom Blvd., Watsonville, CA 95076. **Registration is due Friday, January 17th and space is limited.** For more information call Stephanie at 831-763-8015 (Mondays & Wednesdays only) or email her at sfontana@ucanr.edu or contact Jeanne at the contact information above.

- **Save the Date! California Camping Conference**

March 21-23, 2014

The next California Camping Conference will be held **March 21 - 23, 2014**, at the YMCA's Camp Campbell the in Santa Cruz Mountains. The Camping Conference provides 4-H teen leaders and adult camp administrators the opportunity to network and attend sessions to develop their local camp program. The early bird registration fee will be \$140 by **February 1st** and \$150 after that date. More information will follow.

- **2014 State Field Day, May 31, 2014**

Want to help plan and implement the 2014 State Field Day?

Sign up here to join the 2014 State Field Day planning committee.

<http://ucanr.edu/sfdpt2014>

Committee members will help plan the overall event and can specialize and help with one main contest. The committee will be 50% youth or more. This is a chance for youth to be involved in the biggest California 4-H event in the State!

We will be having monthly conference calls/Adobe Connect meetings to plan the 2014 State Field Day. Conference Calls are set for the 2nd Wednesday of over month from 7:00pm-8:00pm.

Applications are due by October 31, 2013

Committee members will be notified by November 7, 2013



- **South Central Section 4-H Council** is selling their inventory of medals for only \$1 each! Any California county may order them at this bargain price until the supply is used up. For more information, go to http://4h.ucanr.edu/Resources/Volunteers/Councils/Sectional/South_Central/Medal_Orders/. Before ordering, please contact Sue Moore, SCS Treasurer, at 2moores@mlode.com to make sure the ones you want are still available. Order using the form provided, include a County Council check payable to the South Central Section 4-H Council, and allow at least two weeks for shipping. The shipping fee is waived if pick up can be arranged.

PROGRAM UPDATES

POSITIVE YOUTH DEVELOPMENT

- **Golden Clover Awards**

We are pleased to announce and congratulate the recipients of the 2013 Golden Clover Awards. The selection committee was impressed with the depth and breadth of contributions of all of the nominees. It is an honor for us to recognize the following awardees.

Member:

Fundraising: David Lewis, Los Angeles

Innovative Ideas: Spencer Wittrock, Ventura

Spirit of Citizenship: Clay Ferguson, Alameda

Collaboration & Outreach: Arielle Silvas, Alameda

Member Mentoring Award: Sara Aarestad, Alameda

4-H Member of Excellence: Justina Sharp, Sacramento

Ironstone Concours Service Dog: Andrew Wood, Placer

Robert Brownlee Science: Jessica Choi, Alameda and Anthony Cannon, Contra Costa

Volunteers:

Innovative Ideas: Kathy Thompson, Santa Barbara

Spirit of Citizenship: Carole Piddock, Alameda

Special Events: John Trammel, San Bernardino

Volunteer Mentoring Award: Laura Hoff, Alameda

Robert Brownlee Science: Kathy Foltz, Santa Barbara

Emerging Leader: Ron Viera, Santa Barbara

Barnes Volunteer Lifetime: JoAnn Overbey, San Luis Obispo

Group:

Fundraising: Siskiyou Hi 4-H
Innovative Ideas: Santa Barbara Youth Leadership
Spirit of Citizenship: Sausal Creek Project, Alameda
Special Events: Small Animal Field Day, Alameda

Staff:

Engaging Youth in Reaching their Fullest Potential: Melanie Curtis, Fresno (now of Tuolumne)

- **Higher Education Scholarships**

We congratulate all of our Higher Education Scholarship awardees who demonstrated strong vocational, college and career goals as a result of their 4-H experiences. You are on the path to thriving adulthood!

Mabel Jack's Scholarship:

Colleen Bohannon, Solano
Jason Colombini, San Joaquin
Jordyn Ellorin, Siskiyou
Kathryn Busk, Contra Costa
Sierra E. Scholzen, Tehama

Dean Memorial Scholarship:

Emily Sarale, San Joaquin
Hannah Knowles, Shasta
Natalie Massa, Glenn

LA-CO:

Keelyn Hanlon, Sonoma County

Samarin Family:

Kyle Caires, Calaveras County
Dominique Germann, Stanislaus

David Steele:

Suzanna Garcia, Stanislaus

- **California 4-H Youth Development**

Get Connected and Plugged In to Positive Youth Development!

California 4-H has several ways to connect with us online to get up-to-the-minute updates on information affecting 4-H statewide. Don't rely on urban legend or information to pass through the grapevine—get the information as it happens and from the horse's mouth. Here is a list of the ways you can connect with us online:

- **Website:** <http://4h.ucanr.edu>
- **4-H Online Record Book** (yes every registered adult volunteer and every youth ages 9 and older has an Online Record Book account): <http://4h.ucanr.edu/4hbook/>
- **Facebook:** <https://www.facebook.com/california4H>
- **Twitter:** <https://twitter.com/California4H>
- **YouTube:** <http://www.youtube.com/user/California4h>
- **Pinterest:** <http://pinterest.com/california4h/>
- **Blog:** <http://4hvolunteercafe.wordpress.com/>
- **Instagram:** <http://instagram.com/ca4h>

We will be continuing to provide virtual opportunities for you to connect directly with us at the State Office though these social media outlets.

- **iThrive Leadership Project Curriculum has a SET Focus for the 2013-14 Program Year**

Are you looking for ways to continue to develop 4-H members ages 12 and up in effective leadership skills? iThrive takes the principles of positive youth development and organizes them in a fun and engaging way to develop the leadership skills of our 4-H youth. Each module of this year's curriculum links one or more scientific and engineering practices to a Thrive concept. These eight essential practices are those used every day by scientists and engineers in their work.

The accompanying iChampion Adult Volunteer Leader Guide provides an easy to follow resource to make project leaders successful in using this curriculum. Using the experiential learning cycle, iThrive provides opportunities for youth to realize their true and full potential and shows them how they can help their peers do the same. The curriculum is free and available to any project leader of a leadership project. To find out more about Thrive, check out the state website at <http://4h.ucanr.edu/About/Thrive/>. If you are interested in bringing Thrive into your leadership project for the 2013-2014 program year, contact your county office to find out how you can get started.

- **iDevelop**

iDevelop is our virtual platform for professional development. The purpose of iDevelop is to provide deeper learning around the principles of positive youth development and to assist 4-H staff and volunteers in creating and sustaining healthy environments for our 4-H members to reach their full potential. For a description of the trainings offered and access to them, click on the following link:

http://4h.ucanr.edu/Resources/Volunteers/4-H_Thrive_Resources/4-H_Thrive_Virtual_Trainings/

- **4-H Volunteer Café**

Are you a club or project leader who is tired of doing the same old activities month after month? Maybe you need something designed just for you to be encouraged and encourage your own personal growth. The 4-H Volunteer Café is a place designed just for you providing encouraging and thought-provoking articles of how the principles of positive youth development translate into your 4-H experience, it offers tons of resources for you as a 4-H volunteer that you can use immediately in your meetings and gives you a place where you can contribute your own experiences and challenges. To check out the 4-H Volunteer Café, use the following link: <http://4hvolunteercafe.wordpress.com/>.

- **4-H Online Record Book (ORB) Opportunities**
ORB Internet Café

The ORB Internet Café is provided to give staff and volunteers both individualized and group instruction on using California 4-H's Online Record Book System. The café is designed as a 3-hour workshop that combines presentation, hands-on practice and group discussion. Participants will need to bring a laptop or tablet with them to the café. The following topics will be covered:

- ❖ Overview of the Features & Functions in the Online Record Book (Record Book, Social Media, Evaluation)
- ❖ Navigating the forms in the Online Record Book (PDR, APR, 4-H Story)
- ❖ Project & Club Leader Functions and Approving Forms
- ❖ Maximizing your ORB experience—How to use ORB to be efficient and save time (Print Feature, Expression Pages, Collection of 4-H Works etc.)

To bring this training to your county, please fill out the following request form.

<http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=9591>. Counties are responsible for covering the travel and lodging cost of the trainer for this event.

Logging into the Online Record Book will not be covered in this training, please work with your county office prior to the training to secure your login information for the Online Record Book if you currently have not accessed the system.

HEALTHY LIVING

- **Welcome New Healthy Living Officers!**

Congratulations! California Has 38 newly elected Healthy Living Officers!

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://4h.ucanr.edu/Resources/Publications/>

*To receive your FREE Healthy Living Officer pin please email the name of your officer and club to Anne Iaccopucci at amiaccopucci@ucanr.edu

- **Teens take on Health**

We are excited to announce that 4-H has partnered with Molina Healthcare to bring a national campaign Teens take on Health to California. As part of this campaign, 4-H California youth will host a Town Hall event for teens and other stakeholders to discuss their solutions to the current health issues of our nation. The Teens take on Health Town Hall Meeting will be on October 12th 2013 in Sacramento. If you cannot make it to Sacramento, you can still participate via on-line streaming.

We are currently soliciting teen leaders to participate in the planning of the Town Hall. If you are an interested teen please contact Renata Atayeva at renata.atayeva@gmail.com.

Registration is now open! www.ucanr.edu/ttoh

- **National Youth Summit on Healthy Living**

<http://www.nationalyouthsummit.org/healthy-living-conference/>

National 4-H Council and National 4-H Youth Conference Center have partnered together with professionals in family consumer science and healthy living to host the National Youth Summit on Healthy Living. Youth attending this summit will gain knowledge and skills to address issues surrounding nutrition, physical fitness, and emotional well-being. This opportunity is available for high school students who are passionate about healthy living and improving community health. Youth can participate individually or as a team with at least one adult mentor/chaperone. There should be at least one chaperone for every eight youth participants.

- **Be SAFE: Safe, Affirming and Fair Environments** is a Michigan State University (MSU) Extension curriculum designed to help young people aged 11 to 14 and adults work in partnership to create environments that are physically and emotionally safe. While the primary audiences for Be SAFE are young people and adults involved in out-of-school time settings (such as after-school programs, 4-H, Boys and Girls Clubs, Scouts, Y's, sports programs and faith-based programs), it also applies to middle school settings.

The overall Be SAFE goals are to:

- Promote social and emotional learning and development.
- Address and reduce bullying.
- Prevent bullying behaviors by tapping the wisdom and assets of youth and adults.
- Develop positive relationships with peers and adults.

Be SAFE info flyer: <http://4h.ucanr.edu/files/173352.pdf>

Be SAFE webinar series: <http://4h.ucanr.edu/files/173353.pdf>

Be SAFE curriculum: <http://web2.msue.msu.edu/bulletins2/product/be-safe-safe-affirming-and-fair-environments-1363.cfm>

CITIZENSHIP/LEADERSHIP

- **National 4-H Conference**

April 5 -10, 2014

Applications will be available August 31, 2013. Deadline for Applications will be **October 31, 2013**. For more information on National 4-H Conference <http://4h.ucanr.edu/Programs/Conferences/N4-HC/>

- **Collegiate 4-H**

Are you a college student interested in continuing your 4-H involvement? Join Collegiate 4-H. For more information contact Jenna Colburn, jcolburn@ucanr.edu.

SCIENCE, ENGINEERING, and TECHNOLOGY (SET)

- **Adopted: Next Generation Science Standards**

<http://www.classroomscience.org/category/ngss>

At approximately 4:00 pm on Wednesday, September 4, 2013 the California State Board of Education (SBE) voted unanimously to adopt the Next Generation Science Standards (NGSS) for California. Learn about the NGSS at <http://www.nextgenscience.org/next-generation-science-standards>

- **2013 4-H National Youth Science Experiment**

Maps & Apps

www.4-H.org/NYSD

4-H Maps & Apps will introduce youth to the power of geospatial technologies and their unique ability to help us understand and improve our communities. Participation in 4-H National Youth Science Day is meant to help spark an early passion for STEM education and to encourage young people to consider these paths of study and future careers. The 2013 National Science Experiment kit are available for pre-sale on the 4-H Mall website: www.4-HMall.org.

- **Bay Area Science Festival - <http://www.bayareascience.org/>**

Discovery Days at: AT&T Park, November 2, 11am – 4pm

Cal State East Bay, October 26, 11am – 4pm, Science Buildings, 25800 Carlos Bee Blvd, Hayward, CA

North Bay, October 26, 11am – 4pm, Sonoma County Fairgrounds

This ambitious collaborative public education initiative brings together our leading academic, scientific, corporate, and non-profit institutions to showcase the region as an international leader in innovation. Young people will understand that science is fun, exciting and important, encouraging them to pursue careers in science; parents will feel more confident about supporting their kids' interests in science.

- **CREEC Network (California Regional Environmental Education Community)**

<http://creec.org/>

The California Department of Education is proud to introduce a new and improved way for teachers to connect to exploratory, place-based, and environmental education instruction for students pre-K through high school!

4-H All Stars:

Ru Ekanayake, PVP 4-H Club
Sallie DeYoung, San Fernando Valley 4-H club

Jr. All-Stars:

Catherine Cao, Pomona Valley
Kirran Ekanayake, PVP
Daniel Espinosa, Harbor Lights
Jessica Fint, SFV 4-H Club
Rachel Klose, PVP
Ivory MacCracken, PVP
Megan Okamoto, Pomona Valley
Megan Okamoto, Pomona Valley
Zella Roth, PVP
Wesley Rich, PVP
Alexa Sutter, PVP
Megan Tahbez, PVP
Julius Treadwell, Pomona Valley
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