



October 2014

If you have any questions or suggestions about the Clover Notes, please 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

For the last several years, the 4-H program has been at the forefront of increasing science literacy skills for youth, particularly youth who participate in 4-H. The University of California 4-H Youth Development Program's SET initiative (Science, Engineering and Technology) has been integrated into lots of projects, events and other program experiences. One of the ways that youth demonstrate and apply their skills is through fairs, symposia, skill-a-thons and field days. This year, during the 4-H Pet and Science Symposium youth will have a chance to participate in a rocket launch competition. The county office will supply a Rescue Rocket kit to clubs interested in participating in the competition, which will follow the 4-H National Youth Science Day. There will be a distance competition, an accuracy competition and a competition to see which rocket goes the farthest.

From the National Science Experiment

"The 4-H National Youth Science Day brings together thousands of youth, volunteers and educators from the nation's 109 land-grant colleges and universities to simultaneously complete the National Science Experiment. The 2014 National Science Experiment, Rockets to the Rescue, provides young scientists the opportunity to explore how aerospace engineering can be used to solve real world challenges – such as food distribution in emergency situations – to make a positive impact in our world. Rockets to the Rescue captures many of the wonders and issues of modern day engineering. It emphasizes aerospace engineering, as it incorporates lessons related to math, science and physics. While it is a fictional scenario, it has real life parallels."

Please join other 4-H members in this national event at the 2014 4-H Pet and Science Symposium.

- **Macy 4-H Students Making The Best Better**

Jayce Gomez, Macy 4-H Club Communications Junior Project Leader



What is Macy 4-H? The Macy 4-H stands for “Head, Heart, Hands, and Health.” Macy 4-H Club has been at Macy Intermediate for one academic school year. In its first year, Macy 4-H had three branches: Macy 4-H GreenSpace, Macy 4-H Leadership Project and the Macy 4-H Film Crew. In these groups, 4-H members accomplished many achievements such as winning medals in the Judging Day Competition and Field Day Competitions.

Macy 4-H went to its first competition on February 22, 2014. This competition took place at Mt. San Antonio College. Judging Day is when 4-H members from all over the county come together to judge different livestock. Other categories that students participated in were Plant Science, Mechanical Science, and Creative Arts. Even though it was our first year competing, two of our Macy 4-H members won medals. The two members were Mitchell Saisho and Kaylin Kwan. Mitchell Saisho won gold in Natural Science, blue in Small Livestock, and blue in Leisure Education. Kaylin Kwan won silver in Clothing and Textiles. Placing in the competition was a great achievement because two of our members won a total of four medals.

On March 22, 2014, our Macy 4-H Club went to their second competition which was Field Day. We carpoled to Mt. San Antonio College with Mr. Lopez (4-H Community Leader) and Mrs. Lopez (4-H Booster Club President). Field Day is a speech competition where 4-H members speak on a certain topic in front of judges. The students who attended this competition were: Esmeralda Aceituno, Enrique Morales, Victoria Morales, Kaylin Kwan, Nicole Kwan, Xavier Cruz, and Owen Lazaro. In that competition, Esmeralda won gold in Mock Interview, Xavier earned gold in Public Speaking and Impromptu. He also won blue in Presentations. Kaylin and Nicole Kwan earned gold in Educational Display, Enrique Morales placed blue in Public Speaking, Victoria Morales placed blue in Prepared Reading, and Owen Lazaro got blue in Public Speaking.

Xavier Cruz, Victoria Morales, Enrique Morales, Nicole Kwan, Amalia Jimenez, Jayce Gomez, Esmeralda Aceituno, and Kaylin Kwan all participated in the Sectionals Field Day on May 17, 2014. All the students arrived at Mt. San Antonio College with Mr. Lopez, the 4-H leader, and Ms. Margie Lopez. Students participated in this competition because it was an excellent way for them to practice their public speaking. Many kids get anxious speaking in public so being part of this event helped students face their fear. In Sectionals Field Day, everyone was required to present or speak in front of a panel of judges. The judges would then rank them within their categories. Xavier Cruz struck gold in the State Format Impromptu, Amalia Jimenez took blue in Mock Interview, and Victoria Morales won gold in Mock Interview. Enrique Morales earned gold in State Format Impromptu. Nicole and Kaylin Kwan won gold in Educational Display.

On May 31, 2014, the State Field Day took place at the University of California Davis. Some of the participants on this Field Day were Xavier Cruz, Victoria Morales, Enrique Morales, Nicole Kwan, and Kaylin Kwan. The Macy 4-H group traveled north to Davis with Mrs. Lopez, the 4-H Booster Club President, and Mr. and Mrs. Lopez. On the day of the competition, everyone in Macy 4-H placed. In Mock Interview, Nicole Kwan and Victoria Morales earned gold. Xavier Cruz and Enrique Morales took home blue in Presentation, and Nicole and Kaylin Kwan won blue in Educational Display. In Entomology, Enrique Morales got red and Xavier Cruz won green. In a judging contest, Nicole Kwan and Enrique Morales took blue while Xavier Cruz and Kaylin Kwan won gold.

4-H is a youth organization whose goal is for children to grow as responsible citizens, develop leadership skills, and gain important life skills. Macy 4-H is encouraging their members to reach their goals by participating in Judging Day and in the various Field Days. This year, Macy 4-H is planning to attend Judging Day and Field Day for its second year in a row. We also plan to sell produce grown in the Macy garden at the Farmer's Market. The Farmer's Market is held by the Environmental Garden Club in Bell Gardens. Next month, some Macy 4-H members will be participating at the Pet Symposium at Belvedere Park. All these events will help prepare our members for the future. 4-H's motto is "To Make the Best Better" and Macy 4-H plans to do just that!

- **CANYON COYOTES GOES TO THE DOGS**

Alannah Byrne, Canyon Coyotes, Reporter



At the October 6 general meeting of the Canyon Coyotes 4-H, dog leader Mrs. Jacobsen, and two project members gave demonstrations on what is involved with showing your dog at the AV Fair.

Megan Kitcko and her dog, Samson, Therese Benz and Allie, and Mrs. Jacobsen and Kaia, a white Gernan Shepherd, demonstrated things that the members work on preparing for fair. There are four classes in which members can participate at fair: showmanship, obedience, tricks and costume. Last year's fair theme was Poultry in Motion so Therese dressed her dog as a peacock and Megan dressed her dog as a chicken.

In showmanship you are asked questions about dog anatomy, your dog's breed and general informational questions about dogs. In showmanship the class is lined up largest to smallest and you walk your dog. In obedience, they are looking to see how well your dog listens to your commands. Two of the commands are the "sit/stay" and "down/stay". Based on how long you have been in the project (sub-novice, novice, etc.) determines whether or not your dog is on or off leash. In the down/stay the dogs have to lay for three minutes without getting up. Everything is very quiet and Mrs. Jacobsen said that can seem like the longest three minutes of your life.

Dogs in the project must like other dogs and people. Since this is a year-round project, it gives you a special bonding time with your dog. The fair is going to try to add an agility class this year, which will give the dogs some fun play time as well.

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- **National 4-H Week, Pet Symposium & Science Fair**

Dawn Fuller, 4-H Program Coordinator



Happy National 4-H Week! It's a great week for all of us to feel proud of 4-H and its long and rich history. The **LA County 4-H Pet Symposium** is this **Saturday, October 11**, and what a great way to celebrate National 4-H Week! The Pet Symposium will be from 10-2 and Belvedere Park (4914 E. Cesar E. Chavez Avenue, Los Angeles, CA 90022).

You can view the event details here:

<http://celosangeles.ucanr.edu/?calitem=247038&g=35535>

We have some new and exciting animals and activities added to the agenda this year – a heifer, sheep shearing and trap door spiders. There will be a food both sponsored by Greenleaf 4-H, a pet rock activity, goats galore, and something fun for everyone.

It would be a great help if you would promote the Pet Symposium to family and friends by word of mouth and on your social media outlets. Hope to see you there!

- **County Awards Day – October 11**

Noel Keller, Incentives and Recognition Committee Chair

The annual County Awards Day Program will again be held after the Pet Symposium. This year the event will be held on Saturday, October 11 at Belvedere Park in East LA (4914 East Cesar E. Chavez Ave., LA, 09922). The Park is next door to our old LA 4-H Office. The event will begin after the Pet Symposium at approximately 2:30pm. Come for the Pet Symposium fun and stay for the awards ceremony. County record books and officer book awards will be announced, along with special awards for Senior Awards of Excellence and Junior/Teen Leadership. According to our district rotation assignments, for this event, SFV district will be doing decorations, AV district will be the program, SSG district is in charge of publicity and NSG district will be doing the refreshments.

- **2014 LA County Record Book Competition**

Noel Keller, LA County 4-H Incentives and Recognition Committee Chair

The county record book judging was held Saturday, Sept. 20 and 27. We thank all the leaders who helped with the judging. We thank the AV district (Neenach and Canyon Coyotes 4-H clubs) for providing lunches for the judges. We congratulate all the 4-H members who turned in their record books and for their accomplishments. 72 4-H members (17 Juniors, 27 Intermediates and 28 Seniors) turned in their 2013-2014 4-H records for judging. All senior books were evaluated for Senior Awards of Excellence in Leadership, Community Service, Achievement, S.E.T. and Healthy Living. 13 officer books were turned for recognition. 13 Junior and Teen Leaders asked to have their records evaluated for a Junior/Teen Leader Merit Award.

The results of the judging will be announced at the County Awards program on Oct. 11 at Belvedere Park around 2:30pm, after the county Pet Symposium, and will be listed in the November issue of Clover Notes.

Contact Noel Keller (nkeller91711@gmail.com) if you have questions about record books.

- **State Record Book Competition**

Noel Keller, LA County 4-H Incentives and Recognition Committee Chair

State Record Book competition is focused on selecting senior 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, goal management skills, and leadership and citizenship development are selected as state medalists and/or state winners. To be eligible for 2014 State Competition, senior members must have completed the [California 4-H Quick Start Record Book Course](#) between January 1, 2014 and October 1, 2014. Seniors intending to submit their records this year are asked to notify Noel Keller by Oct. 15, 2014. **Seniors need to turn in their records for the state competition and recognition to the LA County 4-H office by Oct. 20, 2014.** State record book judging will occur November 7-9. Contact Noel (nkeller91711@gmail.com) if you have any questions and/or plan to submit your records.

- **Junior Leadership Conference – moved to Saturday, January 31, 2015**

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

The LA County 4-H All Star Holly Whipple is now planning a Junior Leadership Conference for Saturday, January 31, 2015 at the Good Shepherd Lutheran School/Church (6338 N. Figueroa St., Los Angeles, 90042). This event was moved from Saturday, Sept. 27th to Jan. 31. Don't miss this fun opportunity to expand your leadership skills. Watch for more details to come out. Contact Holly if you would be interested in running one of the workshops at the conference. This is a great leadership opportunity for our senior members.

- **LA County 4-H Food Fair**

Roy Hillstock, 4-H Staff

The Los Angeles County 4-H Food Fair will take place **November 8, 2014** (Location TBD). The 4-H Food Fair is an opportunity for youth to try their hands at cooking in a competitive setting. Youth members (aged 9 and older) compete with food entries such as: baked goods, canned & preserved goods, cake decorating, food preparation, and they may also participate in a judging contest and chili cook-off. Primary Members (aged 5 to 8) are encouraged to participate in the "Picnic Basket" portion of the event. Expert speakers in the areas of food and nutrition provide sessions on a variety of fun and interesting topics.

Keep a look out for more information to come.

- **LA County Leaders' Council – September 6 Meeting**

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

The LA County 4-H Leaders' Council met on Saturday, September 6 at the Leona Valley Community Center. We thank the AV district and the Leona Valley Racketteers 4-H Club for hosting the meeting. We were pleased to have representatives from all four 4-H districts present. Representatives from nine clubs, including five youth, attended. Thank you for participating in this important planning meeting. Attending the county council meetings is a great to find out what is happening in LA County 4-H and its upcoming opportunities. The minutes of the meeting will be up on the county website soon.

The council has four meetings during the year, one held in each of our 4-H districts. Our next county council meeting is scheduled for January 31, 2015 at Good Shepherd Lutheran Church in LA and hosted by NSG district.

- **South Section Leaders – September 13 meeting**
Noel Keller, South Section 4-H Leaders' Council President

The South Section 4-H Leaders Council met on Saturday, September 13th at Mount San Antonio College. Those in attendance from LA County were Noel Keller, Judylynn Pelling, and Dee Keese. Our youth representative to the council Ru Ekanayake sent in a report on our Los Angeles County 4-H events. Noel Keller from LA County was re-elected as the President of the sectional council. The following were also re-elected to their positions: John Trammell from San Bernardino County as council Secretary, Barbara Crane from San Bernardino County as Rep. to the State council, Stephanie Barrett from Riverside County as Rep. to the State Council and Jody Birks from San Luis Obispo County as Alternate Rep. to the State Council. For more information on the South Section Council, go to the council website at <http://4h.ucanr.edu/Resources/Volunteers/Councils/Sectional/South/> for meeting dates, agendas, minutes and sectional event details. For additional information about south section information, contact Noel Keller (nkeller91711@gmail.com).

- **State Leaders' Forum 2014 – "101 Ways 4-H Thrives"**
Noel Keller, South Section 4-H Leaders' Council President

Registration is now open for the State 4-H Leaders' Forum to be held in Sacramento at the Crowne Plaza Hotel on November 14, 15 and 16, 2014. The theme this year is "101 Ways 4-H Thrives". The 2014 California State Leaders' Forum aims to rekindle our capacity for inspiration and innovation. 4-H volunteers and staff from throughout the state, involved in all parts of 4-H, are invited to be inspired and strengthen our vision for the future of 4-H. State Leaders' Forum is a networking opportunity and a fun weekend too. Join us to refresh your 4-H commitment! 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 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. Start planning now to be there.

The LA 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 again in Sacramento at the Crowne Plaza Hotel.

- **State 4-H Leaders' Council Meeting – October 25, 2014**
Noel Keller, LA County 4-H Leaders' Council President

The State 4-H Leaders' Council will be held at the state 4-H office in Davis on Saturday, October 25th. Noel Keller and Sallie DeYoung from LA County are planning to attend. All leaders and senior members are welcome to attend. Please contact Noel Keller if you have questions about this meeting or have comments you would like presented at the meeting.

- **Youth Leadership**
Noel Keller, LA County 4-H Leaders' Council President

The 4-H Program promotes and offers opportunities for our youth to develop and expand their leadership skills. Members should look for these opportunities and volunteer to get involved. Don't wait to be asked, VOLUNTEER. If a member would like to part of the planning of an event, contact those in charge, indicate your interest and volunteer to help. This year we want to encourage our youth to step up to the leadership challenge. Let the youth voice be heard. Let the youth skills be developed and shown. Along with this, we want to offer some training for adults and youth on youth/adult partnerships. Together we can plan a great 4-H program for Los Angeles County.

Senior youth can be officers on the council. Volunteer for a position on the council. A position could be shared with an adult. If you would like an opportunity to be a council officer, you could try to find an adult that you would be comfortable working with and ask them to volunteer with you for the office. You could also volunteer to be on a committee of the council. If you have any questions about this, contact Noel Keller (nkeller91711@gmail.com).

- **4-H Graduate Certificate and Pins**

Noel Keller, Incentives and Recognition Committee Chair

As 4-H members graduate out of the LA County 4-H program each year, they are recognized at their district Achievement Day programs. Club leaders should notify Charlene Moore in the AV 4-H Office with the names and years of 4-H experience of their 4-H graduate so that certificates and pins can be prepared in time for their district achievement events. Please contact Charlene if you have any questions about this.

For 2014, 4-H Graduates who have been in 4-H three years or more are:

Canyon Coyotes 4-H Club
Hanna Wineland

Palos Verdes Peninsula 4-H Club

Rachel Klose
Madison Cumby
Veronica Cubillos
Mei Matsuo

Quartz Hill 4-H Club

Kenny Moody
Chase Carroll
Lia Conrad
Kaylie Means

- **What Does Healthy Living Mean To You?**

Meghan Tahbaz, LA County Healthy Living Chair



The phrase healthy living may appear to be simple, but in fact, health literacy, or a lack of, is a growing issue in the United States. Healthy living is not limited to consuming nutritional foods, as commonly thought, but encompasses a lifestyle of exercising daily, getting enough sleep, etc. Here are some tips to improve on the healthiness of your lifestyle:

1. Drink about 1.9 liters of water per day (eight 8-ounce glasses)
2. Eat a variety of vegetables, fruits, and grains
3. Be active for at least 30 minutes per day; a simple walk around the neighborhood would suffice!
4. Get the required amount of sleep per day (about 9 hours for children 11 to 17 years of age)
5. Take some time to unwind from the day's affairs; stress is known as the silent killer

By following the previous tips, you are on your way to a healthier life.

- **2015-2016 All-Star Application** (Due March 3, 2015)

Roy Hillstock, 4-H Staff

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 county-wide 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.

- **Emerald Star Program**

Roy Hillstock, 4-H Staff

The Emerald Star Program is designed for intermediate and Senior 4-H members. In general, the Emerald Star project's purpose includes:

- Providing an opportunity for 4-H members to develop projects in their community or in 4-H beyond the club level
- Improving, creating, and expanding 4-H programs
- Helping individual 4-H members grow and improve in the areas of organization, leadership, and project planning

This program is designed to help youth learn about project planning, organization, and presentation. Typically, youth develop an action plan for some type of multi-county event. They then organize and facilitate this event. After completion and presentation of their project, they are awarded with the Emerald Star ranking

- **4-H Uniform Update**

Noel Keller, Chair of the county I&R Committee

The polls closed on June 30, 2014. The 4-H State Recognition and Incentives Committee will analyze and evaluate the results and make recommendations to the Associate Director of 4-H Program and Policy in early 2015. The new uniform selection is a process and will take time to implement. We anticipate that there will be a transition period to the new uniform and an implementation process will be developed in the coming months.

The California 4-H policy that states that the uniform is not required for participation will remain in place, regardless of the options chosen.

- **LA County 4-H 2014-2015 Calendar**

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

The 2014-2015 LA County 4-H Calendar of events was approved at the May council meeting. The dates on the calendar were reviewed at the September 6th council meeting.

The plan this year is to have the 2014-2015 LA County 4-H Calendar printed and sent to club leaders to distribute to their club members during October. Members should contact their club leaders for a copy of the calendar so they can stay informed about the county events. The 2014-2015 LA County 4-H Calendar is also available on the LA County 4-H website for viewing at any time.

If during the year, dates on the calendar need to be changed or added, please notify Noel Keller.

Dates To Remember in

October:

- 1st- NSG District mtg.
- 3rd- De3adline to apply for Summer Camp Adult Director
- 5th- Summer Camp mtg.
- 8th- 4-H National Science Day
- 11th- LA County 4-H Pet and Science Symposium ([Belvedere Park](#))
- 16th- SSG District mtg./SGV Fair mtg.
- 18th- Horse Show
- 20th- Record Books going to State Competition due to LA 4-H Office by 4P.M.
- 24th- AV Awards Event
- 25th- State Council mtg.
- 27th- AV District mtg.
- 29th- Incentives & Recognition Committee mtg.
- 31st- Happy Halloween!!!

November:

- 8th- LA County Food Fair – Location TBD
AV Turkey Shoot
- 9th- NSG Achievement Event
- 14th- State Leaders Forum (11/14-16)
- 27th- Thanksgiving Day

STATE

SCHOLARSHIPS & AWARDS

- **Prudential Spirit of Community Awards**
Deadline: November 4
More [info](#).
Send certification pages to ca4h@ucanr.edu.
- **NYLC Service-Learning Practitioner Leadership Award**
Deadline: November 7
More [info](#).
- **NYLC Youth Leadership for Service-Learning Excellence Award**
Deadline: November 7
More [info](#).
- **America's Farmers Grant Opportunity**
Deadline: November 30
More [info](#).
- **Sports-For-All Clinic Grants**
Deadline: Rolling
More [info](#).
- **VolunTEEN Nation International Service Project Grants **NEW****
Deadline: Rolling
More [info](#).

- Check out more grant & award opportunities on the Youth Services America website: <http://www.ysa.org>
More [info](#).

DATES & DEADLINES

October

- 10/1/2014 [CA 4-H Quick Start Record Book Course](#) DUE
- 10/4/2014 [Archery Certification Workshop](#)
- 10/4/2014 [2015 State Fashion Revue Committee Meeting](#)
- 10/8/2014 [4-H National Youth Science Day](#)
- 10/18/2014 [Shooting Sports Leaders Meeting](#)
- 10/25/2014 [State 4-H Leaders' Council Meeting](#)
- 10/25/2014 [State Leaders' Council Officer Nominations](#)

November

- 11/3/2014 [Record Books for State Competition Due](#)
- 11/3/2014 [National 4-H Conference Applications DUE](#)
- 11/7-9/2014 [North Section – WHY Conference](#)
- 11/8/2014 [North Central Sectional Skills Day](#)
- 11/14/2014 [Save the date: 2014 State Leaders Forum](#)

December

- 12/6/2014 [Shooting Sports Workshop - Rifle Discipline](#)
- 12/21/2014 [4-H Day at the Oakland Raiders](#)

4-H All Stars:

Holly Whipple, Westside 4-H Club
Ru Ekanayake, PVP 4-H Club
Sallie DeYoung, San Fernando Valley 4-H Club

Jr. All-Stars:

Katherine Cao, Pomona Valley 4-H Club
Kiran Ekanayake, PVP 4-H Club
Daniel Espinosa, Harbor Lights 4-H Club
Jessica Fint, SFV 4-H Club
Rachel Klose, PVP 4-H Club
Megan Okamoto, Pomona Valley 4-H Club
Zella Roth, PVP 4-H Club
Wesley Rich, PVP 4-H Club
Alexa Sutter, PVP 4-H Club
Meghan Tahbaz, PVP 4-H Club
Julius Treadwell, Pomona Valley 4-H Club
Shannon Chen, PVP 4-H Club
Julie Sylvest, PVP 4-H Club
Michelle Sylvest, PVP 4-H Club
Charmine McClain, Pomona Valley 4-H Club
Connor Gowland, PVP 4H Club
Rebecca Klose, PVP 4H Club
Sara Conlon, PVP 4H Club
Catherine Nunley, PVP 4H Club
Lilliana Brown, PVP 4H Club
Sean Pickman, PVP 4H Club
Nathan McPhaul, PVP 4H Club
Ashlyn Spaziano, Greenleaf 4-H Club
Camille Norczyk, Greenleaf 4-H Club

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