

4-H

UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION

CLOVER NOTES

LOS ANGELES COUNTY 4-H YOUTH DEVELOPMENT PROGRAM



January 2015

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 January 2014

Happy New Year!! For some, the beginning of the year marks the renewal of ideas, commitments and goals that we've established for ourselves and our families. We also reflect on the contributions we make to the lives of the youth in our 4-H clubs. We reflect on the pathways that we create for youth and the opportunities that we lead them to. We think carefully about the activities we engage them in and the impact they might have on our members.

As we think through how we prepare and interact with our 4-H members, keep in mind that one of the primary goals of creating a positive 4-H experience for youth is to produce a *thriving* young person. We want to help youth connect, become competent, demonstrate confidence and caring, and make a contribution to something greater than themselves.

So, as the new year unfolds, continue to think strategically and purposefully about the ways we engage youth and ensure that the pathway they pursue is helping them to thrive.

CLUB

- **Rainy Days**

Jayce Gomez, Communication Committee, Macy 4-H Club

The rain from the past week has affected our community in several ways. The streets were flooded, trees toppled over, and traffic around our neighborhood was heavier than usual. Our Macy garden was also affected. Many other gardeners have probably noticed these changes as well. In our garden, most of our cement plots were flooded. Some plants were destroyed and others were revived. The weeds that were once slowly dying have started to reestablish their roots.

Although there were some disadvantages to the heavy rains, there were also some positive results. The rain helped to naturally water our plants. As a result, we now have healthy green grass. It also loosened up the soil, so it was easier to weed. The cool weather kept the soil moist. Even though the 4-H members were not able to work in the rain, Mother Nature took care of the garden for us!

COUNTY

- **New Year, New Nutrition**

Meghan Tahbaz, County Council Healthy Living Chair, Palos Verdes Peninsula 4-H Club

Looking for a new way to improve your nutrition this New Year? Studies conducted on Choline, which is grouped with the B-complex vitamins, found that the nutrient is connected to brain health and disease prevention. Though it's prevalent in some commonly eaten foods such as salmon, egg yolks, and wheat germ, experts estimate that 90% of humans are Choline-deficient. If you aren't too keen on eating beef liver to get your Choline intake, try lentils, lima beans, sunflower seeds, almonds and cruciferous vegetables like broccoli, cauliflower or cabbage.

So when you're committing to New Years' resolutions, make sure to add consuming more Choline to the list!



A lack of Choline can lead to impaired brain development, and cognitive decline. The nutrient is essential for healthy nervous system activity and

- **2014 State Record Book Judging Results**

Noel Keller, LA County Incentives and Recognition Committee Chair

Six LA County senior members submitted their 2013-2014 4-H records in the state record book competition this year. The judging at state this year was Danish judging with a high standard. We congratulate these members on their efforts and accomplishments in their 4-H work. The results of the state-level judging was as follows:

Ru Ekanayake - PVP - State Winner

Wesley Rich - PVP - State Medalist

Julius Treadwell - Pomona Valley - State Medalist

Alannah Byrnes - Canyon Coyotes - State Merit

Liliana Brown - PVP - unfortunately used some old forms

Meghan Tahbaz - PVP - unfortunately used some old forms

This year the state was strict with their rule that you need to use the newest, current record book forms which better record your work.

- **Get Some Great Ideas from South Section Leaders – Jan, 10, 2015**

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

The South Section 4-H Leaders Council will meet on Saturday, January 10th at Mt. San Antonio College (Agricultural Sciences Complex) in Walnut. Come and find out what is happening in southern California and state 4-H. Sarah Watkins from the state 4-H office will be attending. Our youth representative to the council Ru Ekanayake will be reporting 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, 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).

- **District Representation on the County Incentives & Recognition Committee**

Noel Keller, LA County Incentives and Recognition Committee Chair

All districts should have two elected representatives on the county Incentives and Recognition Committee. The current county I&R Committee members are Noel Keller and Judylynn Pelling from NSG, Peter Michel and Dee Keese from SSG and Carrie DeYoung from SFV. There are no representatives from AV. The next scheduled I & R committee meeting will be on Wednesday, January 13 at 7:30pm at Good Shepherd Lutheran Church in Los Angeles. Call your I & R district representatives with your I & R comments, suggestions and concerns.

- **Teen Involvement Conference (T.I.C.) – January 16-18, 2015**

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

Attention LA County Senior members – If you haven't already signed up for this fun event, get on the Wait List. Registration is now closed, but a wait list is being created. The theme this year is "Finding the Power Within". Listen to motivational speakers, attend educational sessions, have fun at the dance, play sports and more. The South Section 4-H Teen Council is planning the event and details are available on their teen council webpage. Late registration is \$160. This is a great opportunity to get involved in 4-H above the county level and meet other Southern California 4-Hers. For more information contact Amanda Penicks at pkbackyardfarms@aol.com or John Trammell at techdude4h@gmail.com.

- **Western Regional Leaders' Forum (WRLF) 2015**

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

Each year the 4-H Western Regional Leaders' Forum is held in a different state in the western region of the United States. The forum is a larger version of our State 4-H Leaders' Forum where you learn new skills, get new ideas, share your skills and network with other leaders from at least 13 western states. This year Oregon is running the Forum with e-sessions instead of everyone going to one place for the event. The e-sessions will be offered on the following days in California:

Tuesday, Jan. 27 6:30-8pm – Youth Connect: At Great Meetings

Thursday, Feb. 12 6:30-8pm – Widening the Circle: Special Connections

Monday, March 2 6:30-8pm – Youth connection in Your Community

More information will come out shortly about how you can view any or all of these informative sessions. Some information is available on the event website.

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



The Los Angeles County 4-H Livestock Symposium will be held on **Saturday, January 24, 2015**, at the AV Fairgrounds (2551 W. Avenue H, Lancaster). Registration begins at 8:15 a.m. and the program begins at 9 a.m. The Ethics Course sign-up begins at 8:30 a.m., and the course itself will be held at 1:30 p.m. A dollar donation is recommended. There will be a food booth and Topics for the day will include: Dog Obedience, Rabbit Care, Rabbit Meat Pens, Poultry Basics (health, showmanship and egg production), Champion Beef Fitting, Equine Grooming (braiding for show), Beef, Rabbit, Sheep, Swine, Pygmy Goats and Market Goat Selection, nutrition, production and showmanship. We are also looking forward to having Veterinary Science sessions on animal health and welfare as well as branding and horseshoeing.

A dollar donation is recommended. There will be a food booth and many more expert sessions for youth to attend. If you haven't been to this event, it is a wonderful day of learning in a beautiful setting. To find out more information contact **Charlene** at moore@ucanr.edu or at (661) 974-8826.

- **LA County Leaders' Council Meeting – January 31, 2015**
Noel Keller, LA County 4-H Leaders' Council President

The LA County 4-H Leaders' Council will meet next on Saturday, January 31 at Good Shepherd Lutheran Church/School in Los Angeles. The meeting will be hosted by NSG district. **This will be an important planning meeting for 4-H County activities so each club should try to have a representative at the meeting.** The meeting agenda will be posted on the county website next week. Learn what is happening in LA County 4-H. Don't miss this meeting. All leaders, volunteers, parents and senior members are welcome to attend.

- **State Fashion Revue- Fashion Show Program Cover Design Contest (Entries Due Feb. 15)**
Noel Keller, LA County 4-H Leaders' Council, President

The five entry categories for the 2015 State Fashion Revue were announced as Traditional, Consumer Science Purchased (\$40.00 limit), Upcycled, Jacket Challenge and Costume Challenge. Any 4-H member (regardless of project enrollment) can enter the costume challenge. You can use any technique, material or pattern to create the costume. The costume must be made and not purchased. State Fashion Revue is coordinating two service projects: Fashion It Pillowcases and Hates for the Hopeful. Information and examples for the entry categories, and patterns and instructions for the service projects are on the state website.

Attention Artists! The State Fashion Revue committee is seeking entries for a cover design for the fashion show program. Any 4-H member (regardless of project enrollment) can enter a design in the contest. Entries are due by February 15. See the state website for details on this contest.

- **California 4-H State Ambassador Program – Applications due February 16, 2015**

Roy Hillstock, Computer Resource Specialist

The California 4-H State Ambassador Program is a working honor that provides 4-H members expanded opportunities to serve the University of California 4-H Youth Development Program. The 4-H State Ambassador position is one of the highest service opportunities and recognition attainable in the University of California 4-H Youth Development Program. 4-H State Ambassadors are youth who have excelled in the areas of leadership and community service. They are selected to serve the 4-H Youth Development Program in roles that promote leadership through education and service. 4-H State Ambassador advisors are adult volunteers who are experienced in working with older youth in a youth-adult partnership atmosphere. For more information, go to the [State 4-H Website](#).

- **LA County 4-H Judging Day**

Dawn Fuller, 4-H Program Coordinator

LA County 4-H will be hosting its annual 4-H Judging Day Event on Saturday, February 28, 2014, at Palmdale High School (2137 E. Avenue R., Palmdale, CA 93550).



There will be large livestock to judge. Check-in is at 8:30 a.m. For more information, contact Charlene Moore at moore@ucanr.edu or (661) 974-8826. Hope to see you there!

We need leaders and parents to volunteer in judging rooms the day of the event. In years past, we have been short room monitors and adults to tally points and correct judging cards. It would be great if every club had at least two representatives. To volunteer for Judging Day, please contact Charlene Moore at moore@ucanr.edu or (661) 974-8826.

- **[Los Angeles County Field Day and Fashion Revue](#)**

Roy Hillstock, 4-H Staff

Field Day is one of the most valuable assets of our 4-H program. This is a day where 4-H'ers share the skills, and knowledge they have learned with others through presentations, demonstrations and public speaking. By learning public speaking and demonstration skills 4-H'ers prepare themselves for college and the workplace. 4-H members may observe and gain knowledge relating to many different 4-H projects. Parents and friends are encouraged to attend. If you have never been to Field Day before you will be surprised at the poise and abilities of these 4-H members.

All members of the LA County 4-H are invited to participate in LA County Field Day scheduled for March 28, 2015. 4-H Presentations are very informative and will certainly enrich individual knowledge. Public Speaking, Prepared Reading, Mock Interviews, Educational Displays, Impromptu Speaking and Extemporaneous Speaking are also interesting. [Fashion Revue](#) showcases our best LA County 4-H clothing projects. Share the Fun Skits, Cultural Arts Presentations, and Song Leading contests are creative and entertaining.

4-H members attend to participate\observe and learn\receive awards, recognizing their individual skills and knowledge. Remember it's a 4-H "Family Affair", and encourages parents and friends of 4-H to attend and support the youth. County Gold Medal winners will be eligible to go on to Sectional Field Day, which is scheduled for Saturday, May 16, 2015. Keep a look out for more Field Day information to come.

- **The Anatomy of a Speech**

Dawn Fuller, 4-H Program Coordinator



With the quick approach of a favorite Los Angeles 4-H Event, Field Day (also known as "Presentation Day") on **Saturday, March 28**, some of us are scrambling to not only figure out what to write a speech about, but HOW to write a good speech.

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

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

Choosing a Topic

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

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

Introduction

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

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

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

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

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

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

Body

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

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

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

Conclusion

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

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

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

Question-and-Answer-Period

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

"Are there any questions?"

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

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

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

Visual Aids

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

- Make sure the poster boards are large enough to be seen at the back of the room (22" x 28"). They can be found at hobby stores, Staples, Office Depot, on-line or anywhere else you choose.
- White poster boards are best, as they show the writing and photos or other items you have displayed much better. Oversized poster boards are hard to use during a speech, and you may not find an easel to hold them up.
- Bring your own easel, and beforehand, practice putting it up, taking it down, and changing posters during your speech.
- Write neatly. If you are not able to write in large print neatly, use stencils with a ruler underneath your words.
- If you use pictures, make sure they are large.

- Posters should have a starting point and a finishing point. There should be a “Title Page” with the title of your speech, your name and your club name on the first poster. The next poster should be bullet-points about what you will be talking about. The body of the speech will follow. Don’t be too wordy in this section. Try to stick to multiple, one sentence statements on the same board. You don’t want to add so much information that the board isn’t pleasant to look at. Your final board should have a “Conclusion” title with the bullets from the introduction. You may point to items on your poster boards as you are in the process of giving your speech.

Power Point Presentations

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

Foods and Animals

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

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

Other Visual Aids

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

Voice and Eye Contact

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

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

Appearance

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

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

Some Extra Tips

- Memorize your speech. Make brief note cards of your main points to keep with you during your speech. There is nothing worse than a speech that is being read directly off of a piece of paper. It means that you didn't prepare beforehand, or that you don't care if the audience is bored!
- It is inevitable that you will make a mistake. Keep moving! If you make a mistake of any kind, just continue with what you were meant to do next. Many times, no one will even notice! Try not to start laughing and joking around when this happens.
- Be likeable! You already are likeable, and this should come out during your speech. You have a unique personality that should shine through in both your writing and your actual presentation. Be yourself!
- Keep joking and silliness to a minimum. A carefully placed joke here or there in your speech is great; it puts your audience at ease and gives your speech a "fun" feel to it. Try not to go overboard with saying too many jokes, or partaking in all-around silliness.
- Do not address the judges privately before or after giving your speech.
- Moms, Dads, Grandmas and Grandpas: Do not coach your youth member while they are giving a speech. They will do a great job, and, if they forget anything, they will eventually remember it (or not) and it is okay!
- Don't fidget during your speech. Keep your hands at your sides and try not to touch your hair, face, or any visual aids unless it is time to do so. Audience members are easily distracted by your movements at the front of the room as you are the main event!
- When giving a "Team Speech," make sure to provide equal time to both speakers. Try not to start laughing if something goes awry. Work together to give a good presentation and you will be successful.
- Timing of a speech is very important. Many times you will be marked down during a speech if it is too short, or too long. Make note of the time requirements, and absolutely stick to them. When practicing, use a timer and make sure to adjust your speaking if you are speeding up, or going too slow.
- Practice! Practice! Practice! Get anyone you can to listen to your speech. Work on memorizing, timing and using visual aids as many times as you can before giving your speech. The only way to get it right is to practice enough times so that you are calm, cool and collected during your speech, and it will be a lot more fun that way, for you, and your audience.
- Watch some famous speeches on-line. See how the master's do it! Contact your local Toastmaster's Club and ask for any hand-outs or tips they may have for public speaking. Participate with your speech in *several* competitions (at school, Toastmaster's Competition and 4-H Field Day!)

The **Los Angeles County Field Day Competition** will take place on **Saturday, March 28, 2015**, at Mt. San Antonio College (Mt. SAC, College Bldg 28A, 1100 N. Grand Ave., Walnut, 91786). For more information on this event, contact Noel Keller at nkeller91711@gmail.com or Dawn Fuller at dafuller@ucanr.edu. We hope to see all of you there, and we know you will be terrific!

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

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

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

<http://www.youtube.com/watch?v=|V96J1yZEpM&feature=related>

- **Los Angeles County All-Star Ambassador Program**

Noel Keller, LA County Incentives and Recognition Committee Chair

LA County 4-H All-Star Ambassador is the highest county rank a member can earn. The applications for 2015-16 LA County 4-H All-Star will be due March 3, 2015. The application form is available on the UC Cooperative Extension’s website. The announcement of the new 2015-16 LA County 4-H All-Star Ambassadors will be made at County Field Day on March 28. This new timing will allow the new All-Stars time to plan their program for 2015-16 before the program year starts on July 1, 2015. Watch for more information about the All-Star Ambassador program for next year.

There have been some changes made for the All-Star Ambassador program for next year. Notice the name change to All-Star Ambassador to be more in-line with state guidelines. There will be a team project instead of individual All-Star projects. We are planning to have two All-Star Ambassador adult advisors, one from the LA area and the other from AV.

- **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 is to provide an opportunity for 4-H members to develop projects in their community or in 4-H beyond the club level, improve, create, and expand 4-H Programs and to help 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

- **2014-2015 Officer Book Forms**

Noel Keller, LA County Incentives and Recognition Committee Chair

The Officer Book Forms and information for the 2015 Officer Book Recognition program are now available on the county website. All club and Hi-4H officers are encouraged to prepare their officer records for award consideration after the end of the program year. Officers should start working on this now. Officers are encouraged to make their office the best it can be and try for a Gold medal. The evaluation of the officer records is done with the Danish system of judging so all officers have a chance to earn a Gold medal for their officer work.

- **IMPORTANT - Record Book Manual 2011-2014 and Forms**

Noel Keller, LA County Incentives and Recognition Committee Chair

Record Book Manual 2011-2014 is the only record manual and forms that should be used this year. It is available on the state 4-H website and on our county website. The online record book system uses the forms from this 2011-2014 manual. If you have questions contact a member of the county I&R Committee or Noel Keller (nkeller91711@gmail.com).

- **2014-2015 County Record Book Competition and Awards Day**
Noel Keller, LA County Incentives and Recognition Committee Chair

The forms and information for the 2014 LA County Record Book Competition are now available on the county website. We have not been informed by the state about any changes for this year. We are assuming that on-line recordkeeping will be the same as last year. For the county competition the 4-H forms will need to be printed out and submitted as hard copy. The LA County Awards Program will be held Saturday, October 10th after the county 4-H Pet Symposium.

- **State Records Competition**
Noel Keller, LA County Incentives and Recognition Committee Chair

Senior 4-H members are eligible to enter the state record book competition. 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. Senior 4-H member (at least 14 years of age and no older than 19 years old by December 31 of the program year for which the book is being entered) are eligible to enter state competition.

Encourage your experienced Senior members to submit their records for the state competition. Only three additional pages are needed beyond what was submitted to the county competition. Accomplished senior members should be encouraged to start working on their state record book now for the 2014-2015 competition. Set goals and plan ahead to have a great year in a project area so then you will have a lot to report in your record book. Consider having workshops in the project area during the year. Try some new activities. Continue to advance your skills and experiences. Get involved in some 4-H experiences above the county and section levels. Do some community service with your project areas. Be innovative. Try to Make the Best Better. Work in areas where you have high interest. There is a lot of good project work being done in LA County, but it is not being entered in the state competitions.

- **Junior and Teen Leadership Development Report (JTLDR)**
Noel Keller, LA County Incentives and Recognition Committee Chair

The Junior and Teen Leadership Development Report should be filled out by Junior and Teen Leaders in your club. It should also be filled out by your Club Officers and Leadership Project members. The form is also to be used by county All-Star Ambassadors, State Ambassadors, Camp Counselors and Exchange program participants. At the top of the form, you indicate for which leadership position the form is being completed. A member might actually fill out several of these forms during the planning at the start of the 4-H year.

- **Junior/Teen Leader Merit Awards**
Noel Keller, LA County Incentives and Recognition Committee Chair

As part of the county annual record judging, 4-H junior and teen members are invited to have their records evaluated for a Leader Merit Award. This award is to recognize outstanding leadership by Junior and Teen Leaders. A member may request on their ID form for the county record book judging form that their records be evaluated for a merit award. A member may only earn a Junior Leader Merit Award once and a Teen Merit Award once.

To be considered for a leader merit award, the 4-H member must be enrolled in a Leadership project and complete the Annual Project Report form for the Leadership project. If your club does not have a Leadership Project, request that one be set up in your club. The member must also complete a Junior and Teen Leadership Development Report for 2014-2015 to be considered for the award. Both forms are available on the County website under Record Book forms. Remember to complete both of these forms if you request to be considered for the award. Each year almost half of those who request to be considered for the award do not complete both of these forms. If you have any questions about this, please contact a member of the county I&R Committee.

- **Need More Information about Record Keeping and Awards?**
Noel Keller, LA County Incentives and Recognition Committee Chair

For more information about LA County 4-H record keeping and awards, consult the county website, the state website, the California 4-H Record Book Manual 2011-2014, Clover Notes newsletter, the county office and/or members of the County Incentives and Recognition (I&R) Committee ([Noel Keller](#), [Judylynn Pelling](#), [Carrie DeYoung](#) and [Peter Michel](#)).

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

Each program year the County Council considers honoring an individual and /or organizations that have been particularly helpful to the LA County 4-H program. Each district is encouraged to submit names to the County council at its meeting in March for a Friend of 4-H award. Up to five such awards can be made for a year by the county council.

- **State Fashion Revue – May 30, 2015**
Noel Keller, South Section 4-H Leaders’ Council President

The State Fashion Revue will be held on Saturday, May 30, 2015 in Davis. Note that this year the event will not be held on the Memorial Day weekend. This year there will be categories of traditional, jacket challenge, upcycled, costume challenge and Consumer Science-Purchased with \$40 limit, plus service projects Fashion It Pillowcases and Hats for Hospital. Information about this event with its categories and challenges is now available on the State 4-H website. The State Fashion Revue will be held again with the State Field Day.

- **Dates To Remember in**

January:

- 1st- Happy New Year
- 3rd- Camp Staff Director Training
- 7th- North San Gabriel District mtg.
- 9th- Horse Bowl Quiz #1
- 10th- Shooting Sports Competition #1
Adult Sectional Council mtg.
Youth Sectional Council mtg.
- 15th- South San Gabriel District mtg.
San Gabriel Valley Fair mtg.
- 16th- TIC – Teen Involvement Conference (1/16-18)
- 19th- Dr. Martin Luther King Day
- 24th- Livestock Symposium
- 26th- Antelope Valley District mtg.
- 27th- Incentives & Recognition mtg.
- 31st- County Council mtg. (NSG)
Junior Leadership Conference

February:

- 4th- North San Gabriel District mtg.
- 5th- Horse Bowl Quiz #2
- 7th- Shooting Sports Competition #2
Monte Farmers Fair
- 14th- Valentines Day
- 16th- Presidents Day
- 19th- South San Gabriel District mtg.
San Gabriel Valley Fair mtg.
- 23rd- Incentives & Recognition mtg.
- 24th- Antelope Valey District mtg.
- 28th- County Judging Day

SCHOLARSHIPS & AWARDS

- **VolunTEEN Nation International Service Project Grants**
Deadline: Rolling
More [info](#).
- **YSA - Sodexo Foundation Youth Grants**
Deadline: January 15
More [info](#).
- **Captain Planet Foundation Grants**
Deadline: January 31
More [info](#).
- **2015 Clean Tech Competition—NEW Entry**
Deadline: February 20
Paper Submission Deadline: March 6
1st Place: \$10,000
Finalists: \$1,000 for school or organization
More [info](#).
- **FAFSA Completion Commencement Video Challenge**
Deadline: March 16
More [info](#).
- **The Paradigm Challenge**
Deadline: May 1
More [info](#).
- **VolunTEEN Nation International Service Project Grants**
Deadline: Rolling
More [info](#).

DATES & DEADLINES

January

1/5/2015	2015 State 4-H Horse Classic Planning Team
1/4/2015	Small Animal Science Field Day
1/15/2015	WRLF Registration DUE
1/16-18/2015	South Section – TIC Conference
1/17-18/2015	4-H Archery Certification Training
1/17-18/2015	Shooting Sports - Shot Gun Discipline
1/23-25/2015	North Central Section - CAL Conference
1/23-25/2015	South Central Section – LCORT Conference
1/27/2015	WRLF 2015 Session 1
1/31/2015	Spark Score Surveys Close
1/31/2015	Master Trainer Incentive Deadline

February

2/6/2015	2015 National 4-H Beekeeping Essay Contest
2/12/2015	WRLF 2015 Session 2
2/16/2015	State Ambassador Apps Due
2/17-18/2015	IDI Statewide Staff Conference (Davis)
2/25-26/2015	IDI Statewide Staff Conference (Eureka)
2/28/2015	4-H Equine Field Day
12/6/2014	Shooting Sports Workshop – Rifle Discipline
12/6/2014	Leader Certification Training - Shotgun
12/7/2014	State Leadership Conference Program
	Assistant Apps Open
12/15/2014	CWF & LWF Registration Due
12/13/2014	4-H Shooting Sports Archery Certification
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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