

4-H

UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION

CLOVER NOTES

LOS ANGELES COUNTY 4-H YOUTH DEVELOPMENT PROGRAM



February 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 February 2015

The 4-H Youth Development Program, like many other programs, is confronting how to address new media like Facebook, Twitter and MySpace without compromising its brand and identity. These new media present opportunities and challenges for our program. They can help us to reach new audiences; re-connect 4-H alumni to the program; connect 4-H in California with 4-H anywhere else in the world. These new media can also encroach on personal space and blur the lines of what is permissible and decent. With that, I want to remind youth and adult volunteers that the [Code of Conduct](#) for the 4-H program still applies when engaging with social media in the name of 4-H. I want to highlight a few clauses in the Code of Conduct that are important to remember:

CODE OF CONDUCT:

Upon receiving a 4-H Volunteer Appointment Card signed by the County Director, all 4-H Volunteers shall act in ways that promote positive youth development and are not in conflict with its policies and procedures. The following are prohibited when acting on behalf of the 4-H program:

- Use of abusive, obscene, and discriminatory language at any 4-H activity or event
- Direct personal attack or harassment (visual, verbal, or physical) on another person
- Behavior that is illegal, unsafe, or contrary to the highest standards of ethics

Responsibilities:

- Be committed to the core values, educational goals, and standards of the 4-H Youth Development Program as established at various organizational levels
- Respect and safeguard the individual rights, competencies, safety, and property of program participants

Prohibit discrimination of any policies, procedures, or practices on the basis of race, color, national origin, religion, sex, gender identity, pregnancy, physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran.

If have any questions about how to use social media and 4-H or are unclear about where the boundaries are, please feel free to contact me at (626) 586-1970 or kcnathaniel@ucdavis.edu

- **Canyon Coyotes Compete in the Horse Bowl Quiz**
Alannah Byrne, Canyon Coyotes 4-H Club, Reporter

On Friday, January 9th, the AV Horse Committee kicked off the new year with the first Horse Bowl Quiz. There were 18 participants, representing Canyon Coyotes, Quartz Hill and Eastside Antelopes 4-H Clubs.

In the 11 and under age group, Canyon Coyotes had Barbara Hull, Therese Benz, Carter Boeker, and Maddy Burtner. Ethan Boeker, Nathaniel Boeker, Joslynne Parish and Hope Burtner competed in the 12-13 age category for the Canyon Coyotes, and Katherine Shannon was the lone participant from our club in the 14 and over category.



Judging the event were Brooke McIntosh, former horse shower for English show horses, and Jenny Russell, barrel racer, ETI member and National Barrel Horse Association competitor.

Questions were asked from the Horse and Horsemanship and Horse Science books written by Ray J. Antoniewicz, from the University of Wisconsin. Mr. McIntosh shared that he had taken some classes from Professor Antoniewicz.

Each member was asked a question, given 5 seconds to begin their answer, and 30 seconds to complete the answer. There were three rounds per individual, per age group. Questions were based on the number of years that a member had been in the project. There were questions from charts on the parts of a western saddle, face markings, unsoundness's, parts of an English saddle, and dentals charts, just to name a few.



Some of the questions asked were: "What is a stripe?" "Name three regions of a horse's small intestines." "Name two types of genes."

After the scores were tallied, there were ties in each of the categories. Each of the individuals was asked questions until all the ties were broken. Some of the tie breaker questions were: "What is prolactin?" "Name 4 of the 8 hoof problems."

Placings were: 11 and under 1st Therese Benz, 2nd Carter Boeker, 3rd Barbara Hull and 4th Maddy Burtner.

12-13 category: Hope Burtner placed 1st followed by Ethan Boeker in 3rd, Joslynne Parish in 5th and Nathaniel Boeker in 6th.

14 and over Katherine Shannon was 1st.

A special thanks to the Acton Community Center for allowing us to use the building, Marc and Amber Boeker for redoing all the charts, Eastside Antelopes for bringing delicious snacks, and the leaders and parents who assisted with the event.

If you would like to attend the next Horse Bowl Quiz, it will be held on Feb. 6th at 6 pm, at the Acton Community Center. Come on out and cheer on our local horse members and test your own knowledge.

- **Palos Verdes Peninsula 4H Club**
Glenys Rich, PVP 4H Clover Notes Reporter

Here are some of the things our club was busy doing in December:

On December 6th, our club members walked in the annual Peninsula Holiday Parade. PVP 4H Club has been walking in the parade for 34 years! For the first time ever, our club won the City of Rolling Hills Estates Mayor's Trophy!

December 16th, We had our club's annual Christmas caroling instead of our regular community meeting. We went to our leader, Mrs. Keese's neighborhood and sang Christmas carols to everyone. Then when we came back, we had a cookie exchange!

December 24th, Our club served tamale dinner to families at the Banning Community Center soup kitchen in Wilmington. After dinner the families could pick toys that our club donated. I didn't attend it, but my brother said it was very well attended and all of the families enjoyed their Christmas Eve dinners!

Also, on December 25th at 7am at The Reef Restaurant in Long Beach, our club served food to the homeless. PVP Club has been doing this for many years now.

December 26th, Our club enjoyed an Ice Skating Party at our local ice skating center. Some 4-h members came to this wonderful ice skating expedition and had a very fun time skating!

December 29th, Our club participated in Rose Parade Float Decorating. Our club helped with decorating with the Festival of Artists float.

December 30th. Our leader, Mrs. Keese, hosted the Jr. Allstar Luncheon at her house.



City of Rolling Hills Estates Mayor's Trophy won by the PVP 4H Club at the Peninsula Holiday Parade on December 6th!



PVP 4-H Club Members at the Ice Skating Party

- **Our 4-H “Treeologist”**
Macy 4-H Communications Committee

During the Montebello Unified School District Winter Break, some 4-H members helped take care of the Macy garden. They cut the ivy, watered the plumerias, and some new trees were planted. Our 4-H advisor, Mr. Lopez, offered the position of being the “treeologist” to Owen Lazaro. As the school’s “treeologist” his responsibilities are to take care of the trees and to gain as much knowledge about them as he can. Some trees that he will need to watch over are: the Eureka Lemon, the Ultra Dwarf Weeping Santa Rosa Plum, the Washington Naval Orange , and the Ultra Dwarf Tilton Apricot Tree. In the future, he hopes to plant a Pink Guava Tree so that other 4-H members can try the fruit. He also thinks that people would be interested in buying it if it was sold at the Farmer’s Market.



COUNTY

- **New Year, New Nutrition**
Meghan Tahbaz, Palos Verdes Peninsula 4-H Club, County Council Healthy Living Chair

Valentine’s Day. Just hearing the name of this deliciously sweet holiday sparks a craving for candy, candy, and more candy.

Although candy may seem like a rewarding snack or dessert, the sugar content can wreak havoc on the body. Some effects of candy consumption include reductions in nutrient intake, tooth decay, and an increase in diseases such as osteoporosis, heart disease, and obesity.

Regularly replacing your sugar craving with refreshing fruits such as blackberries and blueberries is a healthful idea in the long-run. If you really crave chocolate, a serving of Nutella with a banana or strawberries is also a slightly healthier alternative. However, indulging in a little chocolate on Valentine’s Day isn’t a fault, as long as it doesn’t become an unhealthy habit!



Dopamine is a neurotransmitter that is naturally released in our brain when we enjoy something, like our favorite activities or a good meal. (Dopamine levels also increase in your body when you see a crush!) Sweet treats are really addictive because the sugar content causes a larger release of dopamine, often followed by a low that coerces you into eating another cookie or candy to bring you back to the “feel-good” level of dopamine.

- **Junior Leadership Conference – Jan. 31**
Noel Keller, LA County 4-H Leaders’ Council President

The Junior Leadership Conference was held Saturday, Jan. 31 at Good Shepherd Lutheran Church/School. LA County 4-H All Star Holly Whipple planned and ran the event. Fifteen youth participated in this fun, educational activity. We thank all those who helped make this conference a success.

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

The LA County 4-H Leaders' Council met on Saturday, January 31 at Good Shepherd Lutheran Church/School in LA. We were pleased to have the new Beverly Hills 4-H Club represented at the meeting. We discussed the plans for our upcoming county events this spring. Mike Lopez was elected as the council's Technology Chair. Dee Keese was elected as the council's Shooting Sports Chair. The call was given for the dates, nominations for council officers and budget items for the 2015-2016 4-H program year., which will be discussed at the next council meeting on March 21 and voted on at the May council meeting. For more information about this meeting, look for the minutes of this meeting on the county 4-H website under the 4-H Leaders' Council.

- **Western Region Leaders Forum 2015 – Online February 12, 2015**
Be inspired and Share 4H Program Ideas
Noel Keller, LA County 4-H Leaders' Council President

This year the Western Region Leaders Forum (WRLF) 2015 is being run by the Oregon State 4-H program. Instead of leaders and volunteers going to Oregon for the event, Oregon decided to send the sessions out to the leaders by webinars and online recordings. This is the first time this kind of format is being used for this Forum. The purpose of the Forum is to bring together leaders to learn and share new ideas for the 4-H program activities, plus to provide an opportunity for leaders to network. Be inspired, share ideas, and interact with many, diverse 4-H volunteers and staff near your home and receive resources from multiple states to use in your clubs now.

The first e-session was held on Tuesday, Jan. 27 with a theme of "Youth Connect: At Great Meetings". Noel Keller participated in this session at a site in Orange County. Ideas were presented on helping youth have fun at club meetings while learning, conducting business and practicing leadership.

The other two e-sessions will be as follows:

Thursday, Feb. 12 6:30-8pm with a theme of "Widening the Circle: Special Connections"
Practice skills and gain confidence in working beside 4-H youth who have special needs.

Monday, Mar. 2 6:30-8pm with a theme of "Youth Connecting: In Your Community"
Gain ideas about how to include citizenship and community service in every 4-H club meeting.

Recordings of these sessions will be available on the Oregon 4-H website after the event.

If you want to participate in the next sessions, consider having your computer designated as an official site to receive the webinar by contacting the Oregon WRLF 2015 website for registration information, or contact Noel Keller (nkeller91711@gmail.com). As this time, the two closest official sites for the webinars are in Santa Ana and in San Diego.

- **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.

- **4-H State Ambassador Applications Due February 16**

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

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. See the state 4-H website for more information on the State Ambassador opportunity and an application. A reference letter is needed for the application so don't delay in working on your application requirements. The application and references are due by Monday, Feb. 16.

- **Los Angeles County 4-H Science Fair Canceled**

Roy Hilstock, Computer Specialist

The Los Angeles County 4-H Science Fair scheduled for February 21, 2015 has been postponed to a later TBD date. Continue working on your science projects and activities. Keep a lookout for information and the new date.

- **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, 2015**, at Palmdale High School (2137 E. Avenue R, Palmdale, 93550). To sign-up or find out more information, contact Charlene Moore at moore@ucanr.edu or at (661) 974-8826.

For new clubs or new club members, **PVP 4-H Club** will be hosting a Practice Judging Day Session following their club meeting on Wednesday, February 18, at 7 p.m., at the Rolling Hills City Hall (corner of Crenshaw and PV Dr. North). The address is 4045 PV Dr. North, Rolling Hills Estates, 90274. Please sign up in advance of the practice with club leader, Dee Keese, at swimdude64@earthlink.net.

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.

- **Be the Judge – February 28, 2015 – County Judging Day**
Noel Keller, Incentives and Recognition Committee Chair

Are you ready to BE THE JUDGE? This year LA County 4-H Judging Day will be held at **Palmdale High School (2137 E. Avenue R, Palmdale, 93550)** on Saturday, February 28. **NOTE THE LOCATION.** A fun day is being planned by the AV district. There will be animals for judging. See the county website under EVENTS AND ACTIVITIES for more information. The event will run much the same as it has the last several years. Event packets will be going out to clubs soon.

- **Los Angeles County 4-H All-Star Ambassador Applications Due March 3, 2015**
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. Following state guidelines, our county All Stars will be called county All Star Ambassadors. The applications for 2015-16 LA County 4-H All-Star Ambassador will be due **March 3, 2015**. The application form is available on the [County 4-H Website](#). For next year, the Incentive & Recognition Committee is recommending that there be at least two advisors with at least one in the AV district area, that the new All Star Ambassadors attend the State Leadership Conference in the summer and have at least one summer retreat for their planning. 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 will allow the new All-Star Ambassadors 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.

- **LA County 4-H Leaders' Council Meeting – March 21**
Noel Keller, LA County 4-H Leaders' Council, President

The next meeting of the LA County 4-H Leaders' Council will be on Saturday, March 21. 4-H volunteers and senior members are invited and encouraged to attend. We will be discussing plans for the 2015-2016 program year. Districts are asked to bring Friends of 4-H nominations, their district dates for 2015-2016, their nominations for 2015-2016 county council offices and their suggestions for a great 2015-2016 LA County 4-H year. This meeting will be hosted by the SFV district at Galpin Ford (15505 Roscoe Blvd.) in Van Nuys.

- **[Los Angeles County Field Day and Fashion Revue](#)**
Roy Hillstock, Computer Specialist

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 for March 28, 2015 at Mt. SAC. 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.

- **[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.

- **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 Nominations From Districts**

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 for a Friend of 4-H award to the County council at its next meeting on March 21. 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**

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

STATE

SCHOLARSHIPS & AWARDS

- **VolunTEEN Nation International Service Project Grants**
Deadline: Rolling
More [info](#).
- **2015 Disney Friends for Change Grants**
Deadline: February 18
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](#).

DATES & DEADLINES

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](#)

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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