



March 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 March 2015

The 4-H Youth Development Program has a responsibility to provide quality out-of-school experiences for youth who participate in activities. Staff, volunteers, youth and partners all have a role in ensuring that the 4-H environment is safe for all, but especially for youth members. All levels of programming regardless of venue should reflect a thorough review of safety procedures and plans for responding in case of an emergency.

In addition to physical safety, staff, members, volunteers and parents should feel emotionally safe during 4-H activities or at events that are 4-H sponsored. This includes camp, Field Day, Judging Day, and others. Moreover, with the exploding access and use of social media (i.e., text messaging, Facebook, Twitter), it is more imperative that we honor our program code of conduct and keep the safety and well-being of our members in mind. For example, when communicating with youth and their families in the name of 4-H, please be sure that the content is directly related to 4-H and is free of political, religious or other propaganda. If you feel that a staff, an adult volunteer or youth member has violated the 4-H Code of Conduct or has made you feel uncomfortable in person or via text, Facebook or other platform, please call the 4-H County Office immediately @ (323) 260-3845 or send an email to kcathaniel@ucdavis.edu. We take all concerns very seriously.

For more information on the 4-H Safe Spaces Policy please visit:
http://groups.ucanr.org/Safe_Spaces/index.cfm.

- **Photography Project**
Macy 4-H Club, Communications Committee

Macy 4-H Photography Club is made up of a dozen boys and girls ranging from 6th to 8th grade with an honorary member in 5th grade. The main objective of the Photography Project to improve their skills in taking photos. During the week, the students are required to take pictures of things that interest them. When the group meets with the instructor, they usually edit photos that have been sent in by the members. An editing tool they have been using is the Wacom tablet.

The Wacom Tablets make editing photos easier than using a mouse or a touchpad. These tablets are flat surfaces with stylists that can control the cursor on the screen. For example, when using the stylist, it makes the changes to the photos more exact. Once the photos have been edited, the students can choose to keep the photo or delete it. Then they can start over with a new picture. While some students are practicing using the editing program and the Wacom tablets, the other 4-H members are outside taking pictures. These students hope that their time and effort will help them become better photographers, or maybe even win a 4-H competition!



DISTRICT

- **Welcome to Beverly Hills Heart Helpers 4-H Club**
Noel Keller, LA County 4-H Leaders' Council, President

The North San Gabriel District has a new club – Beverly Hills Heart Helpers 4-H Club with club leader Barbara Linder. We look forward to this new club participating in our district, county and sectional 4-H events.

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

Happy National Nutrition Month!

While you may have not heard of National Nutrition Month (I hadn't either), you may as well take the opportunity to celebrate with healthy living!

This is the perfect month to start new nutrition habits by eating a diet of fruits, vegetables, lean meats, and more. Here are a few tips to kick start your healthy living in March:

- Avoid skipping meals
- Include three or more whole grain foods in your meals each day
- Eat at least two cups of fruits and vegetables each day (make sure fruits and vegetables vary)
- Limit saturated and trans fats

Although a healthy diet is essential to a healthy life, daily exercise is crucial as well. You don't need to be a marathon runner or a pro-soccer player; simply being active for thirty minutes a day will already make a difference in your health! Choose athletic activities that interest you and keep you motivated to improve, whether it is playing tennis, swimming, or even fencing.



The portion of the brain called the hippocampus is linked to both memory and learning. Aerobic exercise is known to expand the volume of the hippocampus and increase retention, reversing the effects of old age.

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

Dawn Fuller, 4-H Program

Los Angeles County Field Day is a countywide event that provides 4-H'ers with the opportunity to share the skills they have learned with others through presentations, demonstrations and public speaking. Fashion Revue show, Share the Fun skits, Song Leading and Cultural Arts are offered in the afternoon. 4-H'ers will enjoy the day and learn new things whether they are presenters or just watching the many events. Every participant must have an adult volunteer from their club at County Field Day.

4-H members are encouraged to participate in the following categories:

- **PRESENTATIONS/DEMONSTRATIONS/ILLUSTRATED TALKS**
- **PRIMARY CLINIC (ages 5 through 8 by December 31, 2014)**
- **PRIMARY CULTURAL ARTS**
- **PUBLIC SPEAKING**
- **IMPROMPTU SPEAKING**
- **"STATE-FORMAT" IMPROMPTU SPEAKING**
- **EXTEMPORANEOUS SPEAKING**
- **ENTRY BY VIDEO (Presentations/demonstrations & public speaking only)**
- **VIDEO-EXPANDED CATEGORY (See enclosures for more information)**
- **PROBLEM SOLVING PRESENTATIONS**
- **PREPARED (INTERPRETIVE) READING**
- **MOCK INTERVIEW CONTEST**
- **SLIDE/VIDEO PRESENTATIONS**
- **EDUCATIONAL DISPLAYS**
- **SHARE THE FUN SKITS**
- **CULTURAL ARTS**
- **SONG LEADING CONTEST**

Details of time limits and other rules for these entries follow in the event packet. The County Field Day rules and guidelines coordinate with the Sectional and State Field Day rules.

*go to: http://4h.ucanr.edu/4-H_Events/SFD/

Primary members may only participate in the PRIMARY CLINIC and PRIMARY CULTURAL ARTS. Extemporaneous Speaking and Problem Solving Presentations are only for seniors (9th grade and above).

Each club that has at least one youth participant in a Field Day activity must provide at least one adult to help run the event. Senior youth are also encouraged to apply to help. No prior experience is necessary. Submit the names and phone numbers of any 4-H adult or senior youth volunteers to Dee Keese at swimdude64@earthlink.net.

The 2015 topics/jobs for the Problem Solving Presentations, the State Format Impromptu Speaking and the Mock Interviews can be found on the county website under [EVENTS AND ACTIVITIES](#).

This year there will be special recognition opportunities at State Field Day 2015 on May 30 for youth who participate at State 4-H Presentation Day and focus their presentations on one of the following areas: Science, Engineering & Technology, Healthy Living, Thrive or Citizenship. The recognition topics are Aerospace Engineering: Flying Into the Future; Sleep and Stress; The Path to Thriving; and Civic Engagement. All presentation formats are eligible, except impromptu speaking and problem solving categories. Participants may only choose one focus area for their presentations, and the area must be the primary topic of the presentation. Only members who receive a gold seal at a sectional event and compete at the State 4-H Presentation Day are eligible for special recognition. 4-H members must select a focus area when submitting the State Presentation Day Registration to be eligible for special recognition. See http://4h.ucanr.edu/4-H_Events/SFD/ for more information.

Early-bird Registration: Remember there is a \$1.00 fee per 4-H member. This fee covers all events the 4-H member is entering. One club check made out to LA County 4-H for all entering club members along with the 4-H Club Registration Form and member entry forms are **due by March 20th** to Noel Keller (421 E. Juilliard Drive, Claremont, CA 91711-1927) or at nkeller91711@gmail.com.

Late Registration: Registration can be submitted March 21-26, 2015 via E-mail/Fax. The late fee is **\$3.00 fee per 4-H member** entering late for County Field Day. Please submit the late entry form(s) and the 4-H Club Registration Form by email by March 26 to swimdude64@earthlink.net or by FAX to 323-260-5271. **(LATE FEES WILL BE COLLECTED at check-in on 3/28/2015.)**

This event is held in two areas on the campus – buildings 26A and 28A. The morning program of presentations, speeches, interviews, fashion judging, etc. is held in building 26A. The afternoon program is held in building 28A (down the hill from bldg. 26A). You can park near either of these buildings. There is a \$3 parking fee by the campus. Exact change is needed for the parking machine to get your parking slip.

Encourage your club members to participate in the County Field Day activities. The new 2015-2016 LA County 4-H All Star Ambassadors will be announced at the event. **Save the date. Don't miss the fun!**

Schedule of Events:

Registration begins at 8:30 A.M. - All Field Day 4-H participants, judges and room hosts must register at appropriate tables. Video entries must be turned in at the registration table. Room assignments will be given out at time of registration.

Fashion Revue - All 4-H participants, judges, and MC's must check in with Fashion Revue registration table.

Judges Orientation begins at 8:40 A.M. - All judges must attend. You will be directed to the correct location for orientation when you sign in. Separate orientation for Impromptu, Extemporaneous and Mock Interview judges.

Competition Begins at 9:15 A.M. - Presentations/Demonstrations, Primary Clinic, Public Speaking, Educational Displays, Problem Solving Presentations, Impromptu Speaking and Extemporaneous Speaking. Check in with Room Host in the assigned room. **DO NOT ENTER ROOM IF DOOR IS CLOSED AND "PRESENTATION IN PROGRESS" SIGN IS ON THE DOOR.**

Critique Begins at 11:30 A.M. - Participants in Presentation/Demonstrations and Public Speaking may return to the judging room for a general critique by judges. Watch for a sign on the judging room door for start time.

Lunch Break begins at 12:00 P.M. – Lunch will be available for purchase

Afternoon Program begins at 1:00 P.M.

Welcome

Fashion Revue

Share the Fun Skits - Cultural Arts - Song Leading

Announcement of new 2015-2016 LA County 4-H All-Star Ambassadors

Help is needed for judging and room monitoring. Please contact Dee Keese (swimdude64@earthlink.net) to volunteer to help at Fashion Revue. Both adults and senior 4-H are encouraged to help and be part of this fun event.

If you have any questions, contact Dee Keese, (310) 377-9773 or swimdude64@earthlink.net. If a parent, leader or member signed up to help at the event and then cannot attend, please find a replacement and contact Dee Keese with the details.

- [**County Fashion Revue**](#)
Roy Hillstock, Computer Resource Specialist

The LA County 4-H Fashion Revue is held in conjunction with LA County Field Day held on Saturday, March 28, 2015 at Mt. SAC. Fashion Revue, members earning Blue Ribbons at their District Fashion Revues have the opportunity to model the garments they have made or purchased and to present themselves at their best in personal grooming, posture, modeling, and accessorizing their garment. This year's categories are:

Traditional
Consumer Science Purchased
Upcycled

Two Challenges:
Jacket Challenge
Costume Challenge

Please remit all of your forms for County Fashion Revue to Charlene Moore by March 14, 2014 via mail or email to:

Los Angeles County 4-H
Attn: Charlene Moore – Fashion Revue
335 East Avenue K-10
Lancaster, CA 93535
Phone: (661) 974-8826
email: moore@ucanr.edu.

Help is needed for judging and room monitoring. Please contact Charlene Moore (moore@ucdavis.edu) to volunteer to help at Fashion Revue this day. Both adults and senior 4-H are encouraged to help and be part of this fun event.

More County Fashion Revue information can be found [here](#).

- **2015 County Judging Day Results**
Noel Keller, Incentives & Recognition Chair

Los Angeles County 2015 4-H Judging Day was held Saturday, February 28 at Palmdale High School in Palmdale. 112 4-H members representing 14 clubs participated in the event. We thank the Antelope Valley 4-H district for organizing and running the event. We thank the LA County All-Star Holly Whipple and the county Junior All-Stars project members for all their help, including providing a program for the Primary Members and presenting awards in the awards ceremony. We thank all the leaders, parents, friends, youth and staff who also helped make the event a big success.

Participation certificates were given to all 4-H members who attended. Medals were given to the top three judging scores in each category for each age level. Special certificates were given to those who placed in the top 20% below the medalists.

Congratulations to the following members for their medal accomplishments!

For the listings below, the following abbreviations are used:

PVP = Palos Verdes Peninsula 4-H Club

SFV = San Fernando Valley 4-H Club

ERHP = Eagle Rock Highland Park 4-H Club

Racketteers = Leona Valley Racketteers 4-H Club

Eastside = Eastside Antelopes 4H Club

Large Livestock

Junior – GOLD MEDAL – Seamus McCormick, Quartz Hill

Junior – Silver medal – Hannah Larsen, Quartz Hill

Junior – Bronze medal – Keira Ward, Macy

Intermediate – GOLD MEDAL – Kara McCormick, Quartz Hill

Intermediate – Silver medal – Enrigue Morales, Macy

Intermediate – Bronze medal – Andrew Nunley, PVP

Senior – GOLD MEDAL – Viviane-Lee Reed, Eastside

Senior – Silver medal – Shelby Larsen, Quartz Hill

Senior – Bronze medal – Xavier Cruz, Macy

Senior – Bronze medal – Briget McGuire, Westside

Horses

Junior – GOLD MEDAL – Sophie Loewner, PVP

Junior – Silver medal – Avery Gordon, Quartz Hill

Junior – Bronze medal – Christian Cook, Canyon Coyotes

Intermediate – GOLD MEDAL – Isobel Cook, Canyon Coyotes

Intermediate – Silver medal – Julia Brown, PVP

Intermediate – Bronze medal – Kayla Larsen, Quartz Hill

Intermediate – Bronze medal – Heidi Kolkovich, SFV

Senior – GOLD MEDAL – Michelle Sylvest, PVP

Senior – Silver medal – Alexa Sutter, PVP

Senior – Bronze medal – Justin Miller, Racketteers

Small Livestock

Junior – GOLD MEDAL – Christian Cook, Canyon Coyotes

Junior – Silver medal – Sophie Loewner, PVP

Junior – Bronze medal – Avery Gordon, Quartz Hill

Intermediate – GOLD MEDAL – Kara McCormick, Quartz Hill

Intermediate – Silver medal – Aidan Gallarzo, Macy

Intermediate – Bronze medal – Mark Kasperson, Canyon Coyotes

Senior – GOLD MEDAL – Xavier Cruz, Macy

Senior – Silver medal – Justin Miller, Racketteers

Senior – Bronze medal – Kaitlynn Shaughnessy, Westside

Plant Science

Junior – GOLD MEDAL – Keira Ward, Macy
Junior – Silver medal – Christian Cook, Canyon Coyotes
Junior – Bronze medal – Hannah Larsen, Quartz Hill
Intermediate – GOLD MEDAL – Kaylin Kwan, Macy
Intermediate – Silver medal – Kay Larsen, Quartz Hill
Intermediate – Bronze medal – Alexander Nunley, PVP
Senior – GOLD MEDAL – Michael Kasperson, Canyon Coyotes
Senior – Silver medal – Rachel Kasperson, Canyon Coyotes
Senior – Bronze medal – Alexa Sutter, PVP

Dog Care and Obedience/Service Dogs and Animal

Junior – GOLD MEDAL – Kate Sussman, PVP
Junior – Silver medal – Sophie Loewner, PVP
Junior – Bronze medal – Rebekah Kasperson, Canyon Coyotes
Intermediate – GOLD MEDAL – Isobel Cook, Canyon Coyotes
Intermediate – Silver medal – Nicole Arena, Pomona Valley
Intermediate – Silver medal – Rachel Conrad, Quartz Hill
Intermediate – Bronze medal – Sydney Barry, PVP
Intermediate – Bronze medal – Saskia-Shania Reed, Eastside
Senior – GOLD MEDAL – Viviane-Lee Reed, Eastside
Senior – Silver medal – Shelby Larsen, Quartz Hill
Senior – Bronze medal – Jessica Fint, SFV
Senior – Bronze medal – Alannah Byrne, Canyon Coyotes

Clothing & Textiles

Junior – GOLD MEDAL – Rebekah Kasperson, Canyon Coyotes
Junior – Silver medal – Keira Ward, Macy
Junior – Bronze medal – Christian Cook, Canyon Coyotes
Intermediate – GOLD MEDAL – Evelyne Copeland, Racketteers
Intermediate – Silver medal – Kaylin Kwan, Macy
Intermediate – Silver medal – Sophie Loewner, PVP
Intermediate – Bronze medal – Nicole Arena, Pomona Valley
Intermediate – Bronze medal – Isobel Cook, Canyon Coyotes
Senior – GOLD MEDAL – Katherine Shannon, Canyon Coyotes
Senior – Silver medal – Dakotah Gordon, Quartz Hill
Senior – Bronze medal – Zella Roth, PVP

Creative Arts

Junior – GOLD MEDAL – Sophie Loewner, PVP
Junior – Silver medal – Nicholas Hartz, Quartz Hill
Junior – Bronze medal – Kate Sussman, PVP
Intermediate – GOLD MEDAL – Sarah Yeck, PVP
Intermediate – Silver medal – Leanna Lovrito, Roadrunners
Intermediate – Bronze medal – Kayla Shaughnessy, Westside
Senior – GOLD MEDAL – Michael Kasperson, Canyon Coyotes
Senior – Silver medal – Zella Roth, PVP
Senior – Bronze medal – Rebecca Klose, PVP

Natural Science

Junior – GOLD MEDAL – Joshua Cheathan, Canyon Coyotes
Junior – Silver medal – Sophie Loewner, PVP
Junior – Bronze medal – Nicholas Hartz, Quartz Hill
Intermediate – GOLD MEDAL – Sarah Yeck, PVP
Intermediate – Silver medal – Kali McCormick, Quartz Hill
Intermediate – Bronze medal – Royce Jones, Macy
Senior – GOLD MEDAL – Rachel Kasperson, Canyon Coyotes
Senior – Silver medal – Alannah Byrne, Canyon Coyotes
Senior – Bronze medal – Katherine Shannon, Canyon Coyotes

Foods and Nutrition

Junior – GOLD MEDAL – Roman Lovrito, Roadrunners
Junior – Silver medal – Christian Cook, Canyon Coyotes
Junior – Bronze medal – Sophie Loewner, PVP
Intermediate – GOLD MEDAL – Jayce Gomez, Macy
Intermediate – Silver medal – Walker Gordon, Quartz Hill
Intermediate – Bronze medal – Rachel Conrad, Quartz Hill
Senior – GOLD MEDAL – Alannah Byrne, Canyon Coyotes
Senior – GOLD MEDAL – Katherine Cao, Pomona Valley
Senior – Silver medal – Michelle Sylvest, PVP
Senior – Bronze medal – Meg Carter, Racketteers

Mechanical Science

Junior – GOLD MEDAL – Sophie Loewner, PVP
Junior – Silver medal – Kate Sussman, PVP
Junior – Bronze medal – Seamus McCormick, Quartz Hill
Intermediate – GOLD MEDAL – Walker Gordon, Quartz Hill
Intermediate – Silver medal – Amber Stricklen, Racketteers
Intermediate – Bronze medal – Kali McCormick, Quartz Hill
Senior – GOLD MEDAL – Katherine Shannon, Canyon Coyotes
Senior – Silver medal – Alexa Sutter, PVP
Senior – Bronze medal – Viviane-Lee Reed, Eastside

Family and Consumer Science

Junior – GOLD MEDAL – Keira Ward, Macy
Junior – Silver medal – Kate Sussman, PVP
Junior – Bronze medal – Christian Cook, Canyon Coyotes
Intermediate – GOLD MEDAL – Kayla Larsen, Quartz Hill
Intermediate – Silver medal – Kali McCormick, Quartz Hill
Intermediate – Bronze medal – Mark Kasperson, Canyon Coyotes
Senior – GOLD MEDAL – Meg Carter, Racketteers
Senior – GOLD MEDAL – Jessica Fint, SFV
Senior – Silver medal – Katherine Cao, Pomona Valley
Senior – Silver medal – Sallie DeYoung, SFV
Senior – Bronze medal – Megan Okamoto, Pomona Valley

Leisure Education

Junior – GOLD MEDAL – Nicholas Hartz, Quartz Hill
Junior – Silver medal – A J Ferman, Roadrunners
Junior – Bronze medal – Zavien Gonzalez, ERHP
Intermediate – GOLD MEDAL – Rachel Conrad, Quartz Hill
Intermediate – Silver medal – Isobel Cook, Canyon Coyotes
Intermediate – Bronze medal – Sara Casillas, Macy
Intermediate – Bronze medal – Aria Lang, SFV
Senior – GOLD MEDAL – Rebekah Conrad, Quartz Hill
Senior – Silver medal – Rachel Kasperson, Canyon Coyotes
Senior – Bronze medal – Jessica Fint, SFV

Oral Reasons

Junior – GOLD MEDAL – Seamus McCormick, Quartz Hill

Junior – Silver medal – Kassie Shaughnessy, Westside

Junior – Bronze medal – Keira Ward, Macy

Intermediate – GOLD MEDAL – Evan Lam, Macy

Intermediate – Silver medal – Kaylin Kwan, Macy

Intermediate – Bronze medal – Johnathan Martinez, Macy

Senior – GOLD MEDAL – Katherine Shannon, Canyon Coyotes

Senior – Silver medal – Alannah Byrne, Canyon Coyotes

Senior – Bronze medal – Kaitlynn Shaughnessy, Westside

- **Friends of 4-H Nominations from Districts due by March 21**

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 council is encouraged to submit names for a Friend of 4-H award to the County council at its next meeting on March 21. The county council can vote for up to five such awards to be presented in a year.

- **LA County 4-H Leaders' Council Meeting – March 21**

The next meeting of the LA County 4-H Leaders' Council will be on Saturday, March 21 from 10:00am until noon at Galpin Ford (15505 Roscoe Blvd., Van Nuys, CA 91343). 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. **Please have your club represented at this important planning meeting.**

- **[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](#)).

- **Western Region Leaders Forum 2015 – Session Online**
Noel Keller, LA County 4-H Leaders' Council, President

This year the Western Region Leaders Forum (WRLF) 2015 was 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. The WRLF 2015 was run as three sessions.

The first e-session was held on Tuesday, Jan. 27 with a theme of “Youth Connect: At Great Meetings”. Ideas were presented on helping youth have fun at club meetings while learning, conducting business and practicing leadership.

The second e-session has held on Thursday, Feb. 12 with a theme of “Widening the Circle: Special Connections” Practice skills and gain confidence in working beside 4-H youth who have special needs.

The third e-session was held on Monday, Mar. 2 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 and additional resources are available on the Oregon 4-H website, <http://oregon.4h.oregonstate.edu/wrlf2015>. (The recording of the March 2nd e-session should be up on the website in a few days.)

- **Western Region Leaders Forum 2015 Service Project**
Noel Keller, LA County 4-H Leaders' Council, President

Volunteers, 4-H members, their friends, and staff are invited to participate in a Western Region 4-H community service project. This project starts March 2 and will end on Sunday, October 10, the end of National 4-H Week. Consider doing the project during a particular month or during an event like National Volunteer Week (April 12-18, 2015), or during your county or state fair, or prior to school starting in the fall. Together we can make a difference in our communities. Be creative! Have fun!

Here's how:

- 1) Talk with 4-H members and other leaders in our area. Invite them to join in this effort.
- 2) Identify a need in your community (e.g., food bank, youth shelter, etc.)
- 3) Ask them what items they need
- 4) Develop a plan to collect the needed items
- 5) Market the plan to your community.
- 6) Order bags to fill
- 7) Fill and deliver the bags of collected items.
- 8) Take photos and post them on social Media using: #4Hservice

For information about this opportunity, look at the Oregon 4-H WRLF 2015 website: <http://oregon.4h.oregonstate.edu/wrlf2015> and go to the handouts of session #3.

- **Dates To Remember in**

March:

- 1st- North San Gabriel Home Economics & Field Day
- 3rd- All-Star Applications Due
- 4th- North San Gabriel District Meeting
- 7th- AV Food and Fashion Revue
- 13th- Summer Camp Staff Applications Deadline
- 14th- South San Gabriel Fashion Revue
Gymkhana
- 15th- Shooting Sports Competition #3
- 19th- South San Gabriel District mtg.
San Gabriel Valley Fair mtg.
- 21st- County Council Meeting
- 23rd- Antelope Valley District Meeting
- 24th- Incentives & Recognition mtg.
- 28th- LA County Field Day & Fashion Revue
Summer Camp Interviews

STATE

SCHOLARSHIPS & AWARDS

- **FAFSA Completion Commencement Video Challenge**
Deadline: March 16
More [info.](#)
- **The Great American NO BULL Challenge**
Deadline: April 19
More [info.](#)
- **Carton 2 Garden Contest**
Deadline: April 22
More [info.](#)
- **The Paradigm Challenge**
Deadline: May 1
More [info.](#)
- **VolunTEEN Nation International Service Project**
Grants Deadline: Rolling
More [info.](#)

DATES & DEADLINES

Additional State Updates can be found at: <http://4h.ucanr.edu/files/207746.pdf>

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

Los Angeles County, 4-H Youth Development Staff:

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Los Angeles County 4-H Office, 4800 E. Cesar E. Chavez, Los Angeles, CA 90022, (323) 260-3854