

4-H

UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION

# CLOVER NOTES

LOS ANGELES COUNTY 4-H YOUTH DEVELOPMENT PROGRAM



## April 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](mailto: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

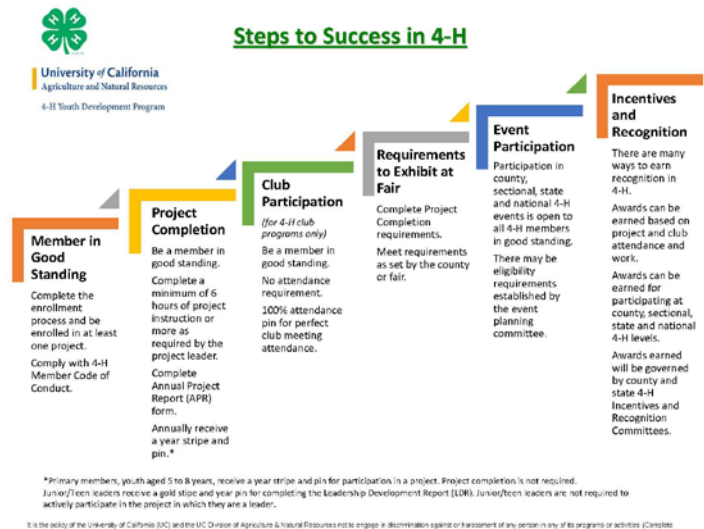
### 4-H Policy and Information Update April 2015

Dear 4-H Community,

What does “member in good standing” mean for you as a 4-H member? What about “project completion”? These and other terms are common in 4-H but there are different requirements across clubs and counties. To help make the 4-H experience fair for every member regardless of which club or county they participate in, the 4-H Policy Advisory Committee which includes 4-H members, adult volunteers, and 4-H YDP staff underwent the task of not only defining these terms but also documenting the [Steps to Success in 4-H](#). This document outlines:

- What member in good standing means,
- What is required for project completion,
- How members earn a year stripe and pin,
- Club participation standards,
- Requirements to exhibit at fair,
- Participation in 4-H events,
- And, ways to earn recognition in 4-H.

As a statewide program delivered locally, we set out to standardize some key aspects of the program while allowing some flexibility at the local level. For example, six hours of project instruction is required but project leaders may require more based on the project and goals. Please review this document for more information so you know the steps to your success in 4-H. The new [Steps to Success in 4-H](#) and associated policy changes are effective July 1. We hope you find the [Steps to Success in 4-H](#) helps make your 4-H experience the best it can be.



Warmly,

Shannon Horrillo  
Associate Director of 4-H Program and Policy



# Steps to Success in 4-H

University of California  
Agriculture and Natural Resources

4-H Youth Development Program

## Member in Good Standing

Complete the enrollment process and be enrolled in at least one project.

Comply with 4-H Member Code of Conduct.

## Project Completion

Be a member in good standing.  
Complete a minimum of 6 hours of project instruction or more as required by the project leader.

Complete Annual Project Report (APR) form.

Annually receive a year stripe and pin.\*

## Club Participation

*(for 4-H club programs only)*

Be a member in good standing.  
No attendance requirement.

100% attendance pin for perfect club meeting attendance.

## Requirements to Exhibit at Fair

Complete Project Completion requirements.

Meet requirements as set by the county or fair.

## Event Participation

Participation in county, sectional, state and national 4-H events is open to all 4-H members in good standing.

There may be eligibility requirements established by the event planning committee.

## Incentives and Recognition

There are many ways to earn recognition in 4-H.

Awards can be earned based on project and club attendance and work.

Awards can be earned for participating at county, sectional, state and national 4-H levels.

Awards earned will be governed by county and state 4-H Incentives and Recognition Committees.

\*Primary members, youth aged 5 to 8 years, receive a year stripe and pin for participation in a project. Project completion is not required. Junior/Teen leaders receive a gold stripe and year pin for completing the Leadership Development Report (LDR). Junior/teen leaders are not required to actively participate in the project in which they are a leader.

- **Davis Contreras – American Racing Pigeon Union (AU) Youth Of The Year**  
Roy Hillstock, Computer Resource Specialist

David Contreras of the Palos Verdes Peninsula 4-H Club has been selected as American Racing Pigeon Union Youth of the Year. David Contreras did his high school science project on Pigeons. The Purpose of the project was to determine which is faster; a car or a pigeon. David's Hypothesis was that the pigeons were faster. Using the scientific method, David was able to determine a car is faster. The Results show there was a tie though the car won out in most instances.



*Congratulations David!!!!*

- **Second Annual Chris Carrol Award**  
Shirley Byrne, Canyon Coyotes 4-H Community Club Leader

At the general meeting for the Canyon Coyotes 4-H Club Rachel Kasperson and Alannah Byrne were presented the Chris Carroll Memorial Award for their extraordinary service to the members and leaders of the club. Chris was passionate about helping others, especially with their steers. This award is especially significant because the recipients are chosen by their peers.



This year there was a tie and members voted to present this award to both members. Presenting the award this year were Chris's mother, Kathy, and grandmother, Kathy Wilmarth.

Members are asked to give reasons as to why they felt the candidate should receive the Chris Carroll Award. Comments such as, "She exemplifies the ideal 4-Her," "Great leader and role model." "She is kind, encouraging and helpful, always willing to teach others." Chris would be very proud of these young ladies.

Alannah Byrne, 18, has been a member of the Canyon Coyotes since she was 5 years old beginning as a primary member. She is currently the reporter for the club and has held the offices of treasurer, historian, sergeant at arms and recreation leader. She has participated in many projects, focusing mainly on the livestock projects, where she shows sheep, swine and market goats, which she breeds. She enjoys the drama project and the foods and nutrition project. She was the teen leader of a team which competed in the "cooking throw down" at the California State Fair last July. Rachel was also a member of the team. Alannah is currently attending College of the Canyons, where she wants to pursue her interest in culinary arts.

Rachel Kasperson, 18, has been a member of the Canyon Coyotes for four years. She is currently the President and has held the offices of Recording Secretary and Corresponding Secretary. Rachel's favorite project is Clothing and Textiles, where she has competed at the AV Fair, AV Fashion Revue and County Field Day, winning several Best of Shows for her sewing skills as well as commentating. She has also participated in the photography, poultry, food preservation, rabbit and pygmy goat projects. She is currently taking classes at Liberty University where she plans to get a Business Administration: Communications degree.

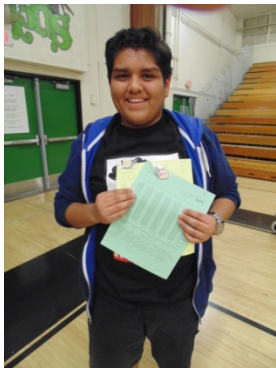
- **Judging Day**

Communications Committee, Macy 4-H Club

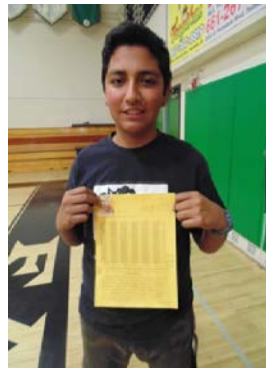
Judging Day is an event where 4-H groups from Los Angeles County meet in a friendly competition. Participants compete with other members in their age group. On this day, members answer questions on a poster board. The questions can be based on categories such as: Foods, Mechanical Science, and Large/ Small Livestock.

At Judging Day, you are given multiple answer sheets on every category. You compare four items that answer the question on the poster board. These boards are used to display the questions and possible answers. Then you place the answers, in order, from best to worse. Next, you record the answers on the sheets given to you. If a poster board has a sign that reads, "Written Reasoning", the participant must write why they placed those items in that specific order.

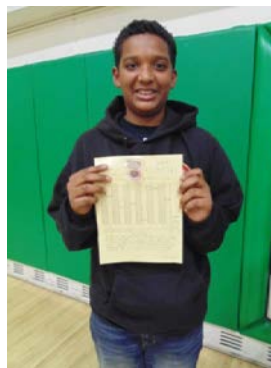
After the allotted time is up, the adult volunteers score all the answer sheets. Volunteers read the written portion and grade it according to criteria developed by the 4-H group. The judges deduct points every time an answer is placed in the wrong order. At the end of the event, awards are given to 4-H members based on how well they answered their questions. The top 20 percent in each category receives a certificate. Participants can win a gold, silver, or bronze pin depending on how well they perform.



Xavier Cruz  
Gold-Small Livestock  
Bronze-Large Livestock



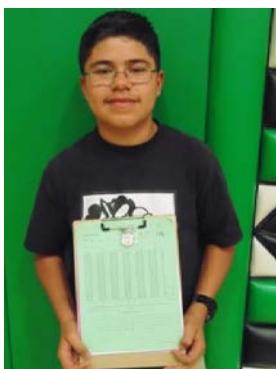
Johnathan Martinez  
Bronze - Oral Reasons



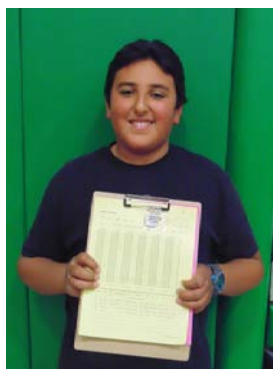
Royce Jones  
Bronze - Natural Science



Keira Ward  
Bronze - Large Livestock  
Gold - Family Consumer Science  
Bronze - Oral Reasons



Enrique Morales  
Silver - Large Livestock



Aidan Gallarzo  
Silver-Small Livestock



Evan Lam  
Gold-Oral Reasons



Sara Casillas  
Bronze-Leisure Education



Kaylin Kwan  
Silver-Oral Reasons  
Silver-Clothing and Textiles  
Gold-Plant Science



Jayce Gomez  
Gold-Foods

- **San Gabriel Valley 4-H Fair**

Katie Hsu, Palos Verdes Peninsula 4-H Club, Teen Leader

The SGV 4-H Fair is one of the biggest annual events in Los Angeles County 4-H. This year's theme is "Building the Future One Step at a Time." The fair will be at the Chino's Grounds on April 25, 2015. When you walk through the main doors, inside the huge auditorium, you will see the projects created by all the hardworking 4H members. Every year, members from all counties get together just for this competition. With so many great works, it is hard task for the judges. The winner will keep the trophy for a year at their club. The members of the local club will keep a tally of the trophies they won. A delicious barbecue dinner will be served before the award ceremony. Please come and celebrate!

- **LA Zoo Trip**

Julius Treadwell, Pomona Valley 4-H Club

On Saturday, April 4th the Photography Project went to the LA Zoo to take photos. It was a hot day. I took photos of many animals including elephants, lions, giraffes, crocodiles, alligators, flamingos and snakes. I liked photographing the lion the best. We also had lunch at the zoo.

- **Trip to the American Museum of Ceramic Arts (AMOCA)**

Conner Treadwell, Pomona Valley 4-H Club

We took a tour of the Museum and we saw all the sculptures there. I then made a lion with a snake around his neck (they were friends)!! I made this out of clay. I rolled it and shaped it. They will put it in a furnace so it will dry up. Next time we go there I am going to paint it.

## COUNTY

- **New 2015-2016 LA County 4-H All Star Ambassadors – Jessica, Camille and Meghan**

Noel Keller, Los Angeles County Incentives and Recognition Committee, Chair

**Jessica Fint** of the San Fernando Valley 4-H Club in the San Fernando Valley District, and **Camille Norczyk** of Greenleaf 4-H Club and **Meghan Tahbaz** of Palos Verdes Peninsula 4-H Club in South San Gabriel District were named to be the new 2015-2016 LA County 4-H All-Star Ambassadors at LA County 4-H Field Day on March 28. Congratulations to Jessica, Camille and Meghan! We look forward to their participation, enthusiasm and leadership in our LA County 4-H program for next year.

- **2015 County Field Day Results**

Noel Keller, Incentives and Recognition Committee Chair

Los Angeles County 2015 4-H Field Day was held Saturday, March 28 at Mount San Antonio College in Walnut. We thank the South San Gabriel 4-H district for organizing and running the event. We thank Holly Whipple and Ru Ekanayake LA County 4-H All-Stars, and our current Junior All-Stars project members for all their help with the event, including helping with set up, check-in, the Primary Clinic, room hosting and the awards ceremony. We thank all the leaders, youth, parents, alums, friends, staff and Mt. SAC, who also helped make the event a big success. This was a sunny, great day at Mt. SAC!

Award certificates were given to all 4-H members who participated. Gold Medals were given to the County Winners. Gold Medal winners are eligible to enter Sectional Field Day, to be held on May 16 at Mt. SAC. You do not need a Gold Medal at county to try Impromptu and Extemporaneous Speaking, Mock Interviews, Primary Clinic or Educational Displays at Sectional Field Day, but you do need to register for Mock Interviews, Primary Clinic and Educational Displays in advance with Dee Keese (swimdude64@earthlink.net) by April 2.

***Congratulations to the following members for their accomplishments!***

For the listings below, the following abbreviations are used:

***ERHP = Eagle Rock Highland Park 4-H Club***

***PVP = Palos Verdes Peninsula 4-H Club***

***SFV = San Fernando Valley 4-H Club***

Junior Presentations

***Rebekah Kasperson – Canyon Coyotes – Gold Medal***

Intermediate Team Presentations

***Andrew & Alexander Nunley – PVP – Gold Medal***

***Carter & Nathaniel Boeker – Canyon Coyotes – Gold Medal***

***Diego Aldana & Jayce Gomez – Macy – Blue Seal***

Senior Presentations

***Xavier Cruz – Macy – Gold Medal***

***Michael Kasperson – Canyon Coyotes – Gold Medal***

***Julius Treadwell – Pomona Valley – Blue Seal***

***Holly Whipple – Westside – Green Seal***

Intermediate Scientific Demonstration

***Johnathan Martinez – Macy – Blue Seal***

Intermediate Public Speaking

***Cassidy Dalva – SFV – Gold Medal***

***Evan Lam – Macy – Gold Medal***

***Isabella Mendez – Macy – Gold Medal***

***Erin Murdoch – PVP – Gold Medal***

***Kaylin Kwan – Macy – Blue Seal***

***Enrique Morales – Macy – Blue Seal***

***Conner Treadwell – Pomona Valley – Blue Seal***

Senior Public Speaking

***Liliana Brown – PVP – Gold Medal***

***Xavier Cruz – Macy – Gold Medal***

***Jessica Fint – SFV – Gold Medal***

Intermediate Prepared Reading

**Sara Casillas - Macy - Gold Medal**  
**Kaylin Kwan - Macy - Gold Medal**  
**Evan Lam - Macy - Gold Medal**  
**Alberto Lazaro - Macy - Gold Medal**  
**Isabella Mendez - Macy - Gold Medal**  
**Victoria Morales - Macy - Gold Medal**  
**Akzila Neidhart - Canyon Coyotes - Gold Medal**  
**Nathanael Neidhart - Canyon Coyotes - Gold Medal**  
**Haig Amloyan - Macy - Blue Seal**  
**Alikah Beatty - Pomona Valley - Blue Seal**  
**Jayce Gomez - Macy - Blue Seal**  
**Ada Hsu - Macy - Blue Seal**  
**Heidi Kolkovich - SFV - Blue Seal**  
**Georgia Pike - PVP - Blue Seal**  
**Conner Treadwell - Pomona Valley - Blue Seal**  
**Catherine Nunley - PVP - Green Seal**  
**Jill Okamoto - Pomona Valley - Green Seal**

Senior Prepared Reading

**Ru Ekanayake - PVP - Gold Medal**  
**Jessica Fint - SFV - Gold Medal**  
**Rachel Kaspersen - Canyon Coyotes - Gold Medal**  
**Rebecca Klose - PVP - Gold Medal**  
**Nicole Kwan - Macy - Gold Medal**  
**Kiran Ekanayake - PVP - Blue Seal**  
**Michelle Sylvest - PVP - Blue Seal**  
**Julius Treadwell - Pomona Valley - Blue Seal**  
**Lucia Brown - PVP - Green Seal**  
**Holly Whipple - Westside - Green Seal**

Intermediate Mock Interviews

**Kaylin Kwan - Macy - Gold Medal**  
**Victoria Morales - Macy - Gold Medal**  
**Conner Treadwell - Pomona Valley - Gold Medal**

Senior Mock Interviews

**Liliana Brown - PVP - Gold Medal**  
**Lucia Brown - PVP - Gold Medal**  
**Connor Gowland - PVP - Gold Medal**  
**Rachel Klose - PVP - Gold Medal**  
**Nicole Kwan - Macy - Gold Medal**

Junior Impromptu Speaking

**Carter Boeker - Canyon Coyotes - Blue Seal**

Intermediate Impromptu Speaking

**Cassidy Dalva - SFV - Gold Medal**  
**Jill Okamoto - Pomona Valley - Gold Medal**  
**Conner Treadwell - Pomona Valley - Gold Medal**  
**Grant Alaniz - ERHP - Blue Seal**  
**Diego Aldana - Macy - Blue Seal**  
**Akilah Beatty - Pomona Valley - Blue Seal**  
**Sara Casillas - Macy - Blue Seal**  
**Jayce Gomez - Macy - Blue Seal**  
**Enrique Morales - Macy - Blue Seal**  
**Erin Murdoch - PVP - Blue Seal**

Intermediate Impromptu Speaking cont'd

**Kaylin Kwan – Macy – Blue Seal**

**Haig Amloyan – Macy – Green Seal**

**Joanna Cao – Pomona Valley – Green Seal**

**Mark Kasperson – Canyon Coyotes – Green Seal**

**Johnathan Martinez – Macy – Green Seal**

**Victoria Morales – Macy – Green Seal**

Senior Impromptu Speaking

**Ru Ekanayake – PVP – Gold Medal**

**Rebecca Klose – PVP – Gold Medal**

**Liliana Brown – PVP – Blue Seal**

**Xavier Cruz – Macy – Blue Seal**

**Kiran Ekanayake – PVP – Blue Seal**

**Michelle Sylvest – PVP – Blue Seal**

**Lucia Brown – PVP – Green Seal**

**Julius Treadwell – Pomona Valley – Green Seal**

Extemporaneous Speaking

**Ru Ekanayake – PVP – Gold Medal**

**Liliana Brown – PVP – Blue Seal**

**Lucia Brown – PVP – Blue Seal**

State Format Impromptu Speaking

**Ru Ekanayake – PVP – Gold Medal**

Educational Exhibit

**Victoria Morales & Jayce Gomez – Macy – Gold Medal**

**Aidan Gallarzo & Enrique Morales – Macy – Gold Medal**

**Nicole & Kaylin Kwan – Macy – Gold Medal**

Primary Clinic

**Tzeitel Agbayan – ERHP**

**Aaron Boeker – Canyon Coyotes**

**Aigneas Gowland – PVP**

**Mia Kolkovich – SFV**

Cultural Arts – Individual

**Georgia Pike – PVP – Violin Solo – Gold Medal**

**Katherine Shannon – Canyon Coyotes – Sign Language Performance – Gold Medal**

**Celeste Tamayo – Macy – Hawaiian Dance – Gold Medal**

**Carter Boeker – Canyon Coyotes – Piano Solo – Blue Seal**

**Sara Casillas – Macy – Vocal Solo – Blue Seal**

**Xavier Cruz – Macy – Flute Solo – Blue Seal**

**Ada Hsu – Macy – Flute Solo – Blue Seal**

**Mark Kasperson – Canyon Coyotes – Clarinet Solo – Blue Seal**

**Rebecca Kasperson – Violin Solo – Blue Seal**

**Rebecca Klose – PVP – Singing With Piano – Blue Seal**

**Victoria Morales – Vocal Solo – Blue Seal**

Cultural Arts – Group

**Ethan & Nathaniel Boeker – Canyon Coyotes – Vocal and Guitar Duet – Gold Medal**

**Isabella Mendez & Enrique Morales – Macy – Scene from Romeo & Juliet – Gold Medal**

**Diego Aldana & Jayce Gomez – Macy – Trumpet & Tuba duet – Blue Seal**



Share the Fun Skit

**Canyon Coyotes – “The Four K’s” – Gold Medal**

**Carter Boeker**

**Nathaniel Boeker**

**Alannah Byrne**

**Jadelyn Cristalin**

**Christian Cook**

**Isobel Cook**

**Seth DiPaola**

**Mark Kasperson**

**Michael Kasperson**

**Rebekah Kasperson**

**Dailee Mattice**

**Anna Mattice**

**Akzila Neidhart**

**Nathaniel Neidhart**

**Chloe Phillips**

**Katherine Shannon**

- **2015 Los Angeles County Fashion Revue Results**  
**Roy Hillstock, Computer Resource Specialist**

Los Angeles County Fashion Revue was held in conjunction with 4-H County Field Day on Saturday, March 28 at Mount San Antonio College. 4-H Youth who won at their district fashion revue were able to model their outfits and compete in the revue. We thank San Fernando Valley 4-H Club members Carrie DeYoung, Sallie DeYoung, and Teresa Fint for organizing and running the event. We thank all the leaders and youth, who also helped make the event successful.

***Congratulations to the following members for their accomplishments!***

For the listings below, the following abbreviations are used

PVP = Palos Verdes Peninsula 4-H Club

SFV = San Fernando Valley 4-H Club

Junior Traditional

**Rebekah Kasperson, Canyon Coyotes – County Winner**

Intermediate Traditional

**Mark Kasperson, Canyon Coyotes – County Winner**

**Erin Murdoch, PVP – Gold Alternate**

**Georgia Pike, PVP – Gold**

**Erin Murdoch, PVP – Gold**

Senior Traditional

**Rachel Kasperson, Canyon Coyotes – County Gold**

**Camille Norczyk, Greenleaf – Gold Alternate**

Senior Purchased

**County Winner – Jessica Fint, SFV**

Fashion Review Commentator

**Jessica Fint, SFV – County Winner**

**Camille Norczyk, Greenleaf – Gold Alternate**

- **San Gabriel Valley 4-H Fair – Saturday, April 25**  
Rick Herbert, San Gabriel Valley Fair Committee, Director

It's time again for the annual San Gabriel Valley 4-H Fair. The fair will be held at the Chino Fairgrounds on Saturday the 25<sup>th</sup> of April, 2015, 8:00am to 6:00pm. Besides the usual entries to be judged, there will be an Archery competition, a dog show, Small & Large livestock show as well as a horse exhibition. At the end of the day there will be a family bbq. If you are interested in joining in for the bbq please contact [Marylash@verizon.net](mailto:Marylash@verizon.net). Hope to see you all there and join in for the bbq. A great time will be had by all. For more information go to: <http://www.sgv4hfair.com/>.

- **Sectional Leaders' Council Meeting – April 11**  
Noel Keller, South Section 4-H Leaders' Council President

The next meeting of the South Section 4-H Leaders' Council will be Saturday, April 11<sup>th</sup> at 10am at the Ag Science Complex at Mt. San College in Walnut. Come learn about what is happening in Southern California 4-H. Network with other leaders in our area. 4-H leaders, volunteers, Senior members and parents are all welcome to attend. Our elected representatives from LA County are Noel Keller, Judylynn Pelling, Carrie DeYoung, Dee Keese, Ru Ekanayake and Rick Herbert.

- **Sectional Teen Council Meeting – April 11 (Teen Involvement Conference (TIC) Planning Committee)**  
Noel Keller, South Section 4-H Leaders' Council President

The South Section Teen Council requested and has been repurposed into a Teen Involvement Conference (TIC) Planning Committee of the South Section 4-H Leaders' Council. The next meeting of teen TIC Planning Committee will be Saturday, April 11<sup>th</sup> at 8:30am at the Ag Science Complex at Mt. San College in Walnut. All Senior members are encouraged to attend and get involved in 4-H above the county level. Contact Noel Keller ([nkeller91711@gmail.com](mailto:nkeller91711@gmail.com)) if you have any questions about this.

Planning will now be starting for TIC 2016 to be held on January 15-17. Get involved now with the planning a youth sectional event. The TIC committee is looking for senior youth for the following positions:

Education Chair  
Community Service Chair  
Guest Speaker Chair  
Fundraising Chair  
General Committee Members

- **State 4-H Leaders' Council – April 25<sup>th</sup>**  
Noel Keller, South Section 4-H Leaders' Council President

The next State 4-H Leaders' Council meeting will be Saturday, April 25 in Ontario at Holiday Inn Express Hotel & Suites, 2280 S. Haven Ave. This is a great opportunity for our members and leaders to learn about 4-H at the state level. Please consider attending the meeting and representing our county. This is an important time for the comments and opinions of LA County 4-H members and leaders to be heard. For more information about the agenda of this important meeting, consult the State 4-H Leaders' Council website.

- **South Section Field Day – May 16**  
Noel Keller, South Section 4-H Leaders' Council President

The South Section 4-H Field Day and Fashion Revue will be held at Mt. SAC on Saturday, May 16<sup>th</sup>. Everyone is invited to attend this event. You do not need to have competed at or attended County Field Day to attend. Here is your chance to attend a sectional event in our own county. You can watch the competitions, participate in the judging contests, try impromptu speaking, enter an educational display, participate in a mock interview for a job and/or watch the fashion revue and the share the fun performances. Save the day! Plan to attend. Additional information can be found at:

[http://4h.ucanr.edu/Get\\_Involved/Councils/Sectional/South/South\\_Section\\_Field\\_Day/](http://4h.ucanr.edu/Get_Involved/Councils/Sectional/South/South_Section_Field_Day/)

#### **Judges and Room Hosts needed for Sectional Field Day on May 16<sup>th</sup>**

So that our LA County 4-H members can compete at Sectional Field Day, we need to provide a proportionate number of judges and room hosts. The judges need to have judged before, at least at the county level. If you are available to judge or room host on Saturday, May 16<sup>th</sup> at Mt. SAC in Walnut, please contact Dee Keese, ([swimdude64@earthlink.net](mailto:swimdude64@earthlink.net)) as soon as possible. Thank you.

- **LA County 4-H Leaders' Luncheon – June 6**  
Noel Keller, LA County 4-H Leaders' Council President

The San Fernando Valley 4-H District is hosting a special luncheon for 4-H Leaders and 4-H Volunteers to be held on Saturday, June 6<sup>th</sup> to thank you for all your support and efforts during the year. Please save the date. More information to come.

- **South Section Small Animal Field Day – September 26, 2015 (Youth Needed Now For Planning)**  
Noel Keller, South Section 4-H Leaders' Council President

Last September San Bernardino County held a Small Animal Field Day at Mt. SAC and invited 4-H members in southern California to participate. Those who attended really enjoyed the event. Now South Section will be planning a South Section Small Animal Field Day for next September 26 at Mt. SAC. Planning is starting now. Each of the South Section counties is asked to have at least one youth and one adult on the planning committee. Please contact Noel Keller ([nkeller91711@gmail.com](mailto:nkeller91711@gmail.com)) if you are interested in participating on this planning committee. This is a great leadership opportunity for senior youth working with small livestock.

- **County Record Book Judges Professional Development**  
State Incentives and Recognition Advisory Committee

The I & R Advisory Committee will host a webinar series to orient and calibrate county evaluators (judges) to use the state approved Record Book Evaluation Form for County. The series has two, 1-hour sessions. The first session, Orientation, will cover basic record book evaluation process information, how to use the form and how to write comments. There will be a homework assignment to read and score a book using the approved form. In the second session, Calibration, evaluator scores will be compared with discussion on how to narrow the gap between individual evaluator (judges) scores.

Orientation Dates:  
April 20<sup>th</sup> or 28<sup>th</sup> or  
May 13<sup>th</sup> or 21<sup>st</sup>

Calibration Dates:  
May 25<sup>th</sup>, 26<sup>th</sup>, 27<sup>th</sup> or 28<sup>th</sup>

All sessions are from 6:30 – 7:30 pm. Pre-registration is required and the link is on the state website. **If you think that you might be a judge for county record books this year, please sign up for this course (orientation and calibration dates).**

- **State Record Book Competition 2015 Important Dates:**  
State Incentives and Recognition Advisory Committee

This is important information for Senior 4-H members.

June 30<sup>th</sup>: Members must complete an Intent to Submit Form to their county office if they are planning to or thinking about submitting their book to State Competition. Completing this form does not obligate the member to submit, rather it is intended to alert county volunteers and staff working with record books so that they might be prepared to provide support to members.

June 30<sup>th</sup>: Members must complete the 2015 Record Book Quick Start Course if they plan to submit their book to State Competition. This is earlier than the past two years so that members have ample time to review and prepare their record books.

**October 16<sup>th</sup>:** State Record Book Evaluators (judges) applications are due.

**November 2<sup>nd</sup>:** Record Books for State Competition must ARRIVE to State Office.

**November 13<sup>th</sup> -15<sup>th</sup>:** State Record Book Competition

- **Record Book Pilot Forms – Leadership Development Report and Past Years Summary**  
State Incentives and Recognition Advisory Committee

The State I & R advisory committee has been working to streamline some of the forms and content of the Record Book Manual in preparation for revisions to the 2015-16 edition, which will launch July 1, 2015. They have released two forms as pilots that may be used this year, 2014-15, if members choose to. The Leadership Development Report is an alternate of the Junior/Teen Leadership Development Report and can be especially helpful for members who have multiple leadership roles in their club, county, section and state involvement. They have also provided an example of the Summary Pages that are used for State Competition to document previous years' experiences. For 2014-15, this is only an example and members may choose to use the template provided or complete the Summary pages as they wish according to the guidelines in the Record Book Manual. Evaluators (judges) at club, county and state competitions should accept, treat and score these new forms in the same way as they would the current forms. Both forms may be found as separate items on the State website.

- **ANOTHER REMINDER - Record Book Manual 2011-2014 and Forms**  
Noel Keller, Incentives and Recognition Committee Chair

Record Book Manual 2011-2014 is the only record manual and forms that should be used this year with the exception of the two pilot forms that are mentioned in the prior article – Leadership Development Report and the Past Years Summary for the state record book competition. Record Book Manual 2011-2014 is available on the state 4-H website and on our county website. If you have questions contact a member of the county I&R Committee or Noel Keller (nkeller91711@gmail.com).

- **CLUB OFFICERS, CAMP COUNSELORS – Junior and Teen Leadership Development Report (JTLDR)**  
Noel Keller, 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 Stars, 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. At the end of the year, remember to complete the forms and include them in your record book.

A new form is being piloted this year which would replace the JTLDR being filled out multiple times. This year you can use this pilot form or fill out multiple JTLDR forms for your leadership positions.

- **New Uniform Update:**  
State Incentives and Recognition Advisory Committee

New uniform guidelines have been recommended to the Associate Director of 4-H Program & Policy and the Policy Advisory Committee (PAC). The Statewide Incentives and Recognition Committee will review the comments from PAC at the April 18<sup>th</sup> meeting of the State I & R Advisory Committee. I & R will submit a secondary report to PAC during the week of April 20<sup>th</sup> for a final review.

- **2015 National 4-H Shooting Sports Youth Leadership Institute**

Applications for the 2015 National 4-H Shooting Sports Youth Leadership Institute which will be held August 4 – 8, 2015 at California State University, Fresno have been sent to all county 4-H staff. The conference is open to 4-H members who are enrolled in at least one of the six 4-H shooting sport project disciplines. Applicants must be at least 15 years of age by January 1, 2015 to apply. It is recommended that the candidates also have at least one year left in 4-H. All lodging (including linens), meals, transportation during the event and materials will be provided by generous donations from the National 4-H Shooting Sports Steering Committee General Fund. The cost and arrangement of transportation to the event will be the responsibility of the participant.

The purpose of this conference is strictly leadership development; there is no shooting involved. Participants will receive hands-on experiences in team building, communication, etiquette, and other important topics. At the conclusion of the event, teens are expected to return to their home state and support and promote their county and state 4-H programs through active leadership roles. The applications are physically due to me (not post marked) by May 15<sup>th</sup>. The applications will be reviewed by a panel from the State Shooting Sports Committee and the successful candidate selected and notified. Each state program is guaranteed one slot at the conference.

**We are looking for youth who have exhibited exemplary leadership skills and maturity in the county program, someone who will represent the California State 4-H program among outstanding teens from across the country. In short, we are looking for first rate 4-H members who happen to shoot, not first rate shooters who happened to be 4-H members. Applications must be secured from county 4-H staff. A letter of recommendation from the county 4-H staff is also due along with the application packet.**

John Borba  
4-H Youth Development Advisor  
Kern County, (661) 868-6216

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

The LA County 4-H Leaders' Council met on Saturday, March 21. We thank the SFV district for hosting the meeting. We discussed plans for the 2015-2016 program year including the budget, calendar and council officers. We approved Cristiano Bollini and Jack F. Macy Intermediate School as Friends of 4-H. We asked districts for their district dates for 2015-2016, their nominations for 2015-2016 county council officers, their suggestions for the council budget for next year, and their suggestions for a great 2015-2016 LA County 4-H year. We need to get everyone involved with the planning for the LA County 4-H program for next year.

The next county council meeting will be **Saturday, May 9, 2015**. This meeting will be hosted by the SSG district and held at the Jack Cramer Club. At this important meeting, we will discuss and vote on the 2015-2016 county council officers, budget and calendar. We need your input and support. Please plan to attend.

- **Super Field Day – April 25**

Ventura County is hosting a Super Field Day on Saturday, April 25<sup>th</sup> and inviting 4-H members in southern California to participate. The event is being held at Hansen Ag Research Ext. Center, 2875 Briggs Road, Santa Paula. There is a \$15 fee to participate in one or more events with youth spectators only \$5 and adults free. Consult the South Section 4-H Leaders' Council website at [http://4h.ucanr.edu/Get\\_Involved/Councils/Sectional/South/](http://4h.ucanr.edu/Get_Involved/Councils/Sectional/South/) for more information. The event includes the following:

Showmanship Competitions in Cavy, Poultry, Pygmy Goats and Rabbits  
Team Competitions in Iron Chef: BBQ Style and in Swine  
and Much More, including a uniform exchange, cupcake wars, silent auction, knowledge challenges and table setting.

- **Music to My Ears**

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

Have you ever been in the car, possibly in a sour mood, when your favorite song comes on? If you have, you've probably noticed that you suddenly feel uplifted or more energetic. You may even feel the need to turn up the volume and belt out the song lyrics like you're Mariah Carey!

Well, your reaction may not be totally unusual; studies have shown that music has several positive effects, both on mood and other body-related functions.

In terms of psychological impact, music has been shown to effectively reduce stress while also allowing for better management of anxiety. It has the ability to stimulate brain activity which better cognitive functions and retention rates, both of which steadily degenerate with old age. The elevation in mood that music allows for also produces an increased amount of blood flow through vessels which further sharpens the mind. Simultaneously, music frequently acts as a motivator during physical activities, such as running, and helps to build endurance.

Music provides an abundance of benefits! While you should not replace your studies or other duties with an influx of tunes, you can indulge in some good music to help deal with the anxieties of the day. 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.



Alzheimer's disease has been known for damaging the cerebral cortex, a part of the brain that plays a key role in memory retention. However, recent studies have examined music's positive effects in patients with Alzheimer's disease; music has been able to reverse some memory damage, even for patients where the disease has developed further.

- **[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.

- **THANK YOU TO 4-H VOLUNTEERS AND PARENTS**

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

A huge THANK YOU goes out to all the 4-H leaders, volunteers, parents, alums, staff and friends for their support, concern, efforts and enthusiasm. We could not have a 4-H Program without you. THANK YOU, THANK YOU!!!! The members really appreciate what you do for them.

- **Dates To Remember in**

**April:**

- 1st- North San Gabriel District Meeting
- 5th- Happy Easter
- 11th- Sectional Council Meetings (youth and adult)
- 12th- Shooting Sports Competition #3
- 16th- South San Gabriel District Meeting  
San Gabriel Valley Fair Meeting
- 18th- Trail Trial
- 24th- San Gabriel Valley Fair (4/24-25) Chino Fairgrounds
- 25th- State Council Meeting
- 27th- AV District Meeting
- 28th- Incentives and Recognition Meeting

**May**

- 1st- Summer Camp "Early Bird" Camp Fee (\$275) \$75 Deposit and Campership Application Due
- 2nd- Summer Camp Staff Training
- 3rd- Shooting Sports Make Up Day
- 6th- North San Gabriel District Meeting
- 9th- County Council Meeting  
AV Trial Trials
- 10th- Mothers Day
- 16th- Sectional Field Day & Fashion Revue
- 17th- Summer Camp Meeting
- 21st- South San Gabriel District Meeting  
San Gabriel Valley Fair Meeting
- 25th- Memorial Day
- 26th- Incentives and Recognition Committee Meeting
- 27th- 4-H Animal Science Symposium 5/27-29
- 30th State Field Day and Fashion Revue

## STATE

### DATES & DEADLINES

- April 15, 2015 - [Deadline: National 4-H Hall of Fame Apps Due](#)
- April 18, 2015 - [South Central Section Presentation Day \(Coastal Region - Hosted by Santa Cruz County\)](#)
- April 18, 2015 - [South Central Section Presentation Day \(Northern Region - Hosted by Merced County\)](#)
- April 25, 2015 - [South Central Section Presentation Day \(Southern Region - Hosted by Kern County\)](#)
- April 27, 2015 - [Webinar: Managing Camper Behavior: Set for Success and Dealing with Difficulties](#)
- May 16, 2015 - [South Section Presentation Day](#)
- May 16, 2015 - [South Central Section Leaders Meeting](#)
- May 27, 2015 to  
May 29, 2015 - [4-H Animal Science Symposium](#)
- May 30, 2015 - [4-H State Field Day](#)

- May 30, 2015 - [State 4-H Fashion Revue](#)
- May 31, 2015 - [Deadline: Statewide 4-H Advisory Committee Applications](#)
- June 1, 2015 - [Deadline: Higher Education Scholarships](#)
- June 19, 2015 to  
June 23, 2015 - [California Focus](#)
- June 24, 2015 to  
June 28, 2015 - [2015 Horse Classic](#)
- June 28, 2015 to  
July 7, 2015 - [Citizenship Washington Focus](#)
- June 30, 2015 - [Deadline: Intent to Submit Record Book Form to County Office](#)
- June 30, 2015 - [Deadline: Complete Record Book Quick Start Course](#)
- July 14, 2015 to  
July 18, 2015 - [Leadership Washington Focus](#)

**Additional State Updates can be found at:** <http://4h.ucanr.edu/News/Calendar>

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**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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**Los Angeles County, 4-H Youth Development Staff:**

Dr. Keith C. Nathaniel, County Director, (626) 586-1970, [kcnathaniel@ucdavis.edu](mailto:kcnathaniel@ucdavis.edu)

Dawn Fuller, Los Angeles 4-H Coordinator, (626) 568-1980, [dafuller@ucdavis.edu](mailto:dafuller@ucdavis.edu)

Charlene Moore, Antelope Valley 4-H Coordinator, (661) 974-8826, [moore@ucdavis.edu](mailto:moore@ucdavis.edu)

Roy Hillstock, Computer Specialist, (626) 586-1972, [rlhillstock@ucdavis.edu](mailto:rlhillstock@ucdavis.edu)

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