



February 2017

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) 586-1980. 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

The 4-H Youth Development Program, like many other programs, is confronting how to address 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@ucanr.edu

- **Welcome Altadena Foothills 4-H Club!**

Dawn Fuller, 4-H Program Coordinator

We are happy to welcome our newest club to LA County 4-H – The Altadena Foothills 4-H Club. Community Club Leader, Lynette Wiebe, already has many fun and interesting projects available including Farm to Table, Clothing and Textiles, Dairy Goats, Equine, and Woodworking. The New Year is off to a great start in LA County and we can't wait for the Altadena Foothills 4-Hers to start attending some of our 4-H County Events in 2017. Welcome Altadena Foothills 4-H! We Grow True Leaders in Los Angeles...



- **LA County 4-H Jr. Leadership Conference**

Katherine Shannon, Quartz Hill 4-H Club, AV District Leader's Council 2nd VP, and LA County All Star Ambassador

Have you ever wanted to improve as a leader, but didn't know where to start? Well, at this year's LA County Junior Leadership Conference, over fifteen Jr. and Sr. 4-H members involved in leadership had the chance to explore and improve on their leadership skills! This year's event, planned and run by LA County All Star Ambassadors Katherine Shannon, Kiran Ekanayake, and Holly Whipple, was held on sunny January 14th, at the Cabrillo Youth Center in San Pedro, from 10:00am to 12:00pm, while the LA County Council Meeting was being held in another room. Members from many different districts and clubs were represented, and all got the chance to learn



about a variety of different topics relating to leadership. The day started off with the flag salute, the 4-H pledge, and introductions, as well as an ice-breaker that got participants on their feet, interacting, and

having fun! The ice-breaker, known as The Blanket Game, was afterwards connected to leadership through communication and immersing leadership roles. After the ice-breaker, led by myself, Kiran Ekanayake led an interactive presentation on Identifying Strengths and Weaknesses as a Leader. This was followed by a presentation by myself on Ten Ways to Improve as a Leader. Kiran then led the participants in The Line Game, which taught them communication skills, and how to work together. Nicole Kwan, representing the Healthy Living Youth Coordinator, gave a humorous and informative presentation on Managing Stress as a Leader, followed by a healthy snack for all. This was followed by the popular ice-breaker game, Entangled, which led into Kiran and Holly's presentation on Good vs. Bad Phone Communication Skills. After this, each 4-H Jr. /Teen Leader got the chance to practice making mock phone call event reminders. Finally, Holly and I gave a presentation on Duties as a Leader, that went into paperwork, expanding a project, helping your leader, planning citizenship/community service/field trip/STEM events for your project, etc. We also explained leadership roles above the club level, including Junior All Stars, All Star Ambassadors, State Ambassadors, and so on. After this, we said our parting words, opened up the floor for questions and comments, and called the event to an end. We had exceptional attendees who are looking forward to ways they can implement what they learned in their projects, clubs, and leadership roles! We hope that more 4-H members will consider attending in the future! Thank you to everyone who attended and/or helped plan this successful event!

- **Canyon Coyotes 4-H Club – A Flair for the “Dramatic!”**

Dawn Fuller, 4-H Program Coordinator

The Los Angeles Canyon Coyotes 4-H Club led by Community Club Leader, Shirley Byrne, is up to amazing things. The Canyon Coyotes 4-H Club Drama Project originally started as an add-on to the club's Communications Project in 2001. In 2005-2006, Project Leader, Wayne Wilson, created the Canyon Coyotes 4-H Drama Project with the idea in the mind that each play he writes for the project would be a spin-off of famous works – writings, plays, movies, historical events, and more. The Canyon Coyotes' first play ever was a clever take on the Knights of the Round Table – 4-H style, of course. The amount of time and care that Mr. Wilson puts into writing each script, working on stage blocking, costume design, instruction and the energy he provides to the players in each production is truly wonderful.

Here is a great list of the Canyon Coyotes' 4-H Club Drama Projects productions:

2006 4-H Beginnings (Knights of the Round Table)
2007 4-H in the Emerald City
2008 Pigs and Prejudice (Jane Austin)
2009 Mending Broken Jaw (a western)
2010 Shakespeare in 4-H
2011 4-H in Sherwood Forest
2012 4-H in Gotham City
2013 4-H in Neverland
2014 4-H Dawn (Cavemen)
2015 The Four Ks (Star Trek)
2016 4-H and the Seven Dwarfs

Each year, the LA County 4-H youth members from the Canyon Coyotes' 4-H Drama Project compete at LA County 4-H Field Day, Sectional, and many years, at CA 4-H State Competition. Youth who have been a part of the project frequently come back to help Mr. Wilson and the amazing 4-H team on new productions. We are looking forward to their latest play “The Fours Awakens,” a 4-H Star Wars themed-play which will be performed during the LA County 4-H Field Day Share the Fun Competition on Saturday, March 11th, 2017, at Mount San Antonio College.

The Drama Project is just one of the fantastic opportunities that the Canyon Coyotes 4-H Club provides for Los Angeles County youth. The Canyon Coyotes' 4-H Club Drama Project Players need to take a big bow. Bravo!



- **[LA County 4-H 2016-2017 Calendar](#)**

Dates posted on the LA County 4-H Calendar have changed. Please note the changes:

Southern Area Field Day and Fashion Revue - changed from May 20 to April 1

LA County Field Day and Fashion Revue - changed from Mar 25 to Mar 11

LA County Council meeting - changed from April 1 to Mar 25

SSG Fashion Revue - changed from Mar 11 to Mar 4

Camp Staff Interviews - changed from Mar 25 to April 1

Camp Committee mtg. - changed from May 14 to May 7

Deadline to Apply for Campership - change from May 1 to June 1

4-H Summer Camp - changed from June 18- 24, 2017

Camp Committee mtg. - to July 23

Southern Area Healthy Living Summit - Jan 14

Southern Area Leaders' Retreat - April 7-9

2017 State Leadership Conference - July 20-23, 2017

- **[California 4-H State Ambassador Applications Due February 10, 2017](#)**

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. The deadline for the application has been extended to Friday, Feb. 10. For more information go to:

http://4h.ucanr.edu/Projects/Leadership/SA/Apply_to_Become_a_State_Ambassador/

- **[LA County All-Star Ambassador Program Applications Due Feb. 17, 2017](#)**

LA County 4-H All-Star Ambassador is the highest county rank a member can earn. The applications for 2017-2018 LA County 4-H All-Star Ambassador is due Feb.17, 2017. The application form is available on the [LA County 4-H website](#). Two recommendation letters are required for the application. The All-Star Ambassador interviews will occur at County Judging Day on Feb. 25. The announcement of the new 2017-18 LA County 4-H All-Star Ambassadors will be made at County Field Day on March 11 at Mt. SAC. Expand your leadership skills and experiences – apply to be an LA County 4-H All-Star Ambassador.

- **[California 4-H Management Board Meeting – Feb. 18, 2017](#)**

The California 4-H Management Board will have its next open meeting on Saturday, February 18, 2017 at the state 4-H Office from 8am-5pm. Remote participation in the meeting is available at: <http://4h.ucanr.edu/News/?calitem=347128&g=86993>.

- **[County 4-H Judging Day - February 25](#)**

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 25. A fun day is being planned by the Antelope Valley District. There will be animals for judging. The event packet is now on the LA County 4-H website.

- **[LA County Field Day & Fashion Revue – Saturday, Mar. 11](#)**

LA County 4-H Field Day and Fashion Revue will occur at Mt. San Antonio College in Walnut, CA on Saturday, March 11. County Field Day is being planned by the NSG district (contact [Noel Keller](#) with questions). County Fashion Revue is being planned by [Melinda Kasperson](#), Canyon Coyotes 4-H Club. Parents, leaders and 4-H members can volunteer to be room hosts. Contact Noel Keller (nkeller91711@gmail.com) if you have questions or want to volunteer to help with this event.

There is a new [2016 Presentation Manual \(version Oct. 2016\)](#). Be sure to reference this new manual when preparing to participate in the Field Day.

Additional information about 2017 LA County Field Day will be available online soon.

Entry forms are due **March 2** (not a postmark). There will be no late entries this year. Clubs should gather the entries for their members and send them in as a group. Following the guidelines of Area Field Day, there will be a fee of \$1.00 per member per entry. Therefore, if a member wants to entry three categories, their fee will be \$3.00.

[2017 Field Day Information](#)

[2017 Fashion Revue “The Road to Fashion” Information](#)

- **[Entry by Video – 2017 LA County 4-H Field Day](#)**

We are expanding the LA County Field Day category of Entry by Video this year to include such categories as Informative Prepared Speech, Persuasive Prepared Speech, Demonstration, Illustrated Talk, Scientific Demonstration, Interpretative Reading, Educational Display, Share the 4-H Fun skit and cultural arts. If you are unable to attend County Field Day on March 11, you are able to submit your entry by **Entry By Video** for the above categories. The entry would be viewed by the evaluators once and then scored. Any ENTRY BY VIDEO earning a Gold Medal at County Field Day would be eligible to go on in-person (live) to compete at Southern Area Field Day on Saturday, April 1. If you attend County Field Day on March 11th, the ENTRY BY VIDEO option is not available to you. The entry form for Entry By Video is due by March 2 to Noel Keller. The video for the entry is due by March 10 to Noel. Look at the County Field Day event packet on the county website for more details about this option. Contact Noel Keller (nkeller91711@gmail.com) if you have questions.

- **State Record Book Competition 2016**

LA County 4-H had four senior members submit their records to the State 4-H Record Book Competition. Congratulations to these members for their accomplishments:

Dakotah Gordon – Quartz Hill 4-H Club - Medalist

Liliana Brown – Palos Verdes Peninsula 4-H Club - Merit

Lucia Brown – Palos Verdes Peninsula 4-H Club - Merit

Kiran Ekanayake – Palos Verdes Peninsula 4-H Club - Merit

- **LA County 4-H Leaders' Council Meeting – March 25**

The next LA County 4-H Leaders' Council meeting will be on Saturday, March 25. 4-H volunteers and senior members are encouraged to attend. We will be discussing plans for the 2017-2018 program year. Districts are asked to bring Friends of 4-H nominations, district dates for 2017-2018 4-H Calendar, nominations for 2017-2018 County Council Officers and suggestions for a great 2017-2018 program year. This meeting will be hosted by the SFV district.

- **Friends of 4-H Award**

Each program year the LA 4-H County Council considers honoring an individual and /or organizations that have been particularly helpful to the LA County 4-H program. Each district is encouraged to submit names to the County council at its next meeting on March 25 for a Friend of 4-H award. Up to five such awards can be made for a year by the county council. If the honoree attends the leaders' appreciation luncheon, the award is presented then. If the honoree does not attend the luncheon, then the district nominating the honoree presents the award at a time convenient for the honoree.

- **Southern Area Leaders' Retreat 2017**

Looking for some new ideas for 4-H activities? Want to meet leaders from all over Southern California? Here is an opportunity for 4-H volunteers to expand their skills thorough educational workshops, guest speakers, networking and more. The retreat will be held at The Lodge at Big Bear Lake in the San Bernardino Mountains on the weekend of **April 7-9, 2017**. Julie Kelley of San Bernardino County is the event chair. Contact Julie if you want to give a workshop at the event. For more information see the event page on the state website. Don't miss this opportunity to network with other 4-H leaders, learn some new skills and share your 4-H experiences in the beautiful setting of Big Bear Lake. Registration is now open.

- **Health Today and Risk Factors**

Kaylin Kwan, Macy 4-H Club, Healthy Living Officer

What does being healthy mean to you? Most people feel that it symbolizes not having diseases and to avoid being sick. In the past, this was true. The leading causes of death during the 1800s and early 1900s in the United States were caused by pathogens, such as bacteria. Infectious diseases were a constant threat because they can be passed from one person to another. Fortunately, through the years, there has been a focus on better living conditions and medical advancements. Bringing the once contagious and possibly even deadly viruses under control, we have found ways to make them curable or preventable. Most health problems in modern day United States are related to our lifestyles. Lifestyle diseases are caused partly because of unhealthy behavior. These diseases are often influenced by the decisions you make with your health.

All health problems have risk factors, which is anything that increases your chances of injury or sickness. Controllable risk factors are variables you can make a difference about and can be controlled by your actions. Some examples are exercising regularly, avoid smoking, manage a healthy weight, and eat nutritious meals. However, not all risk factors are controllable. Examples are age, race, gender, and heredity. Although you can't change these aspects, you focus on what you can control, which are the decisions you make to protect your health.

- **Cal Focus – June 16-20, 2017**
Get involved in your community. The 2017 California Focus will be held June 16-20, 2017 at the Holiday Inn Capitol Plaza in Sacramento. At Cal Focus youth ages 14-19 will experience California’s legislative, political, and judicial processes in action. Check out the [California Focus](#) webpage for more information.
- **State Leadership Conference – July 20-23, 2017**
Seniors, mark your calendar for the State Leadership Conference to be held on July 20-23, 2017. Early bird registration starts February 7th. For more information see the SLC event page on the [California State 4-H website](#).
- **Be Sure To Use The 2016-2017 Record Keeping Forms**
4-H members should be recording their 4-H activities on the forms from the new 2016-2017 Record Book Manual or using online 4-H record keeping. Be sure not to use old forms and instructions from previous years. Check that printed forms have **2016-2017** across the top of the form. Don’t wait until July to start your 4-H record keeping for this year.
- If you are planning to participate in Field Days this year, be sure to check out the guidelines in this new version of the 4-H Presentation Manual.
- **Share Your 4-H Experiences**
4-H’ers, share your 4-H experiences by submitting articles to be published in Clover Notes. Articles may include club news, photos, community service projects, and/or anything you or your club would like to share. Submit your articles by the 15th of the month to be published in the following month’s edition of Clover Notes to Roy Hillstock, rlhillstock@ucanr.edu.
- **4-H Dates and Deadlines are available on the [Los Angeles County, 4-H Calendar](#).**
- **California State 4-H Updates can be found at: <http://4h.ucanr.edu/News/Calendar>**

4-H All-Stars:

Abigail Wright, Greenleaf 4-H Club
Camille Norczyk, Greenleaf 4-H Club
Holly Whipple, Westside 4-H Club
Katherine Shannon, Quartz Hill 4-H Club
Kiran Ekanayake, PVP 4-H Club

Jr. All-Stars:

Ada Hsu, Macy 4-H Club
Alexa Sutter, PVP 4-H Club
Alexander Nunley, PVP 4-H Club
Andrew Nunley, PVP 4-H Club
Ashlyn Spaziano, Greenleaf 4-H Club
Catherine Nunley, PVP 4-H Club
Jayce Gomez, Macy 4-H Club
Leilani Hung, Macy 4-H Club
Julius Treadwell, Pomona Valley 4-H Club
Katherine Cao, Pomona Valley 4-H Club
Katie Hsu, PVP 4-H Club
Leila Nuryen, PVP 4-H Club
Sarah Yeck, PVP 4-H Club
Ryan Hamm, PVP 4-H Club
Enrique Morales, Macy 4-H Club
Kaylin Kwan, Macy 4-H Club
Lilliana Brown, PVP 4-H Club
Megan Okamoto, Pomona Valley 4-H Club
Michelle Sylvest, PVP 4-H Club
Nicole Kwan, Macy 4-H Club
Rebecca Klose, PVP 4-H Club
Sara Conlon, PVP 4-H Club
Victoria Morales, Macy 4-H Club
Wesley Rich, PVP 4-H Club

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