

4-H

UNIVERSITY OF CALIFORNIA - COOPERATIVE EXTENSION

CLOVER NOTES

LOS ANGELES COUNTY 4-H YOUTH DEVELOPMENT



November 2018

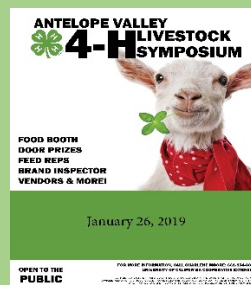
For additional 4-H information please see the [Los Angeles County 4-H Youth Development website](#) or contact the Los Angeles County 4-H Office at 626.586.1980 (Alhambra) / 661.974.8826 (Lancaster).

Previous editions of Clover Notes can be found [here](#)

Download the [2018-2019 4-H Calendar](#).

[4-H Events/Activities](#) [4-H Applications./Awards](#) [Healthy Living](#) [4-H Announcements/Results](#)

Hot Topics



National 4-H Conference

The National 4-H Conference is a working conference in which youth and adults develop recommendations to help guide 4-H Youth Development Programs nationally and in their communities. The application deadline is November 5, 2018. See [website](#) for additional information.



Summer Camp Directors, Kings and Queens Application Due 11/30/18



The 2019 4-H Summer Camp Directors, Queens & Kings applications are due November 30. Go to www.4hsummercamp.com for more information or contact your [local 4-H Office](#)

Livestock Symposium - 1/26/2019

Come join us listen to specialist give advice on best practices on animal care and husbandry. For more information click the link above.



4-H Judging Day-2/26/19

4-H Judging Day is a countywide event where 4-H'ers learn to develop and apply their critical thinking and decision-making skills. Judging Day will be held at [Palmdale High School](#). See [LA County 4-H website](#) for more information.



Agoura 4-H Club Update

Emma Smith, Agoura 4-H Club Reporter

Our club is Agoura 4-H. We meet the second Wednesday of each month. We meet at 7:00 pm at Mae boyar park. We have a variety of fun projects. They are Animal Husbandry, Arts & Crafts, Baking, Dairy Goat, Food Preservation, knitting, Horse, Shooting Sports, and Wood Working. We also have two new projects, Mason Jar Fun, and Outdoor Adventures.

Mason Jar Fun is a great way to get creative with an ordinary object. The leaders Susan Albitre and Joanne Kissling said the members will learn "everything to do with mason jars when not canning." They most recently made oatmeal and painted the inside of jars. Some upcoming projects they may do is make a bird feeder and make pies with jar lids.

Outdoor Adventures is a fun and active project. In Outdoor Adventures you learn to have good communication, and trust in your partners. In Outdoor Adventures you are indoor rock climbing, so you have to learn certain knots. One of the leaders, Vickie Fleming said "We wanted kids to be exposed to something they weren't exposed to before."

We make the Best Better! In Agoura 4-H we learn new life skills like being aware of your surroundings, to have good communication, trust, and to ask for help when needed. In the projects we meet new people and make new friends. We learn and teach each other also. Agoura 4-H inspires and makes others happy. In our new projects Outdoor Adventures and Mason Jar Fun we look forward to learning new skills!

Healthy Living - Transform Your Food with Cauliflower

Kaylin Kwan, Macy 4-H Club, LA County 4-H Youth Healthy Living Chair

November seems to be the month characterized with lots of eating, particularly the week of Thanksgiving. Although home is sometimes where we find delicious, butter, and high-calorie meals or snacks, it does more harm than it does good. The long-term effects of unhealthy eating are not worth the few minutes of pleasure, especially when there can be changes without sacrificing the taste.

The popularity of cauliflower is skyrocketing as it's a great substitute for high-carb dishes. Here are three easy dishes that are packed with vitamins and minerals: [Continue reading here](#)

[Record Book Manual for 2018-2019](#)

Noel Keller, LA County Incentives and Recognition Committee Chair

The State 4-H Office released a new 2018-2019 California 4-H Record Book Manual. Please discard all previous record book manuals. Please use this manual for your 4-H records this program year (2018-2019). The Manual is separated into three parts - instruction, forms and further explanations. Across the top of each form is the phrase "California 4-H Record Book 2018-2019". See the [LA County 4-H website](#) for more information.

[Teach a Workshop at California 4-H Youth Summits](#)

We are looking for 4-H members, adult volunteers, and members of the community interested in presenting an educational workshop at one or more of our 2019 youth summit events. Workshops should be focused on some aspect of social awareness, be engaging to youth through a mixture of instruction and hand-on learning experiences. Open the proposal form to learn more!



[2019 Workshop Proposal Form](#)

Deadline: November 5, 2018

Education Platform: Social Awareness

Audience: Intermediate 4-H Members (ages 11-13)

Workshop Length: 50-60 minutes

[Zoom-assisted 4-H Volunteer Training](#)

Having problems taking the required 4-H Volunteer Trainings on your own? If so, try the **OPTIONAL** State 4-H Office facilitated online 4-H Volunteer trainings in Zoom session. Zoom is an online system that allows the State 4-H Office staff to give the required trainings using video conferencing. Online Participants must INDIVIDUALLY pre-register online at least 1 day prior to the desired training date. Each participant must have their own email address. These 4-H Online webinars are optional. If you have completed or plan on completing the training on your own, you do not have to take these webinars.

Register by November 9, 2018 for [New 4-H Volunteers Training November 10 \(10:00-12:30 pm\)](#) or for [Returning 4-H Volunteers Training November 10 \(9:00-9:30 am\)](#).

[4-H Archery, Rifle and Shotgun Workshop - November 10-11](#)

Workshops to certify 4-H Adult Volunteers as Shooting Sports Leaders or Trainers in the Shooting Sports disciplines of "Archery Project Leader", and "Rifle Leader", and "Shotgun Project Leader", presented in Merced County on the weekend of November 10th and 11th. You may only attend one workshop for a specific shooting sports discipline and you must attend both days to be certified. If you have backgrounds in one of these shooting sports disciplines and have a desire to teach youth, why not step up and share your expertise! [Click here for more information.](#)

[JOANN 4-H Project Grants](#)

JOANN 4-H Mini Grant Applications are now open. Thanks to your support of the JOANN 4-H Clover Campaign last year, California 4-H raised over \$9,500. These funds will support the State Fashion Revue and mini grants to support 4-H projects from the [Qualifying Project List](#). See the [JOANN 4-H Project Grants webpage](#) for more information, including FAQs.

[4-H Shooting Sports Workshop - Rifle December 1-2](#)

A 4-H shooting sports workshop for the rifle discipline will be held at the Dale Wimp Rifle Range, 7398 Avenue 328 in Visalia. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. Complimentary lunches will be provided. To register for the course or receive more information, contact John Borba at: jaborba@ucanr.edu

[2019 Citizenship Washington Focus](#)

Citizenship Washington Focus is an educational conference for youth ages 15 to 19. Hosted at the National 4-H Center near Washington, D.C, it gives youth the opportunity to explore, develop, and refine the civic engagement skills they need in order to become outstanding leaders. Online registration and deposit due December 16. For more information go to the [State 4-H website](#).



[Leadership Washington Focus](#)

Leadership Washington Focus (LWF) is a National 4-H leadership conference for **youth ages 12-14**. Youth can exchange ideas, practice respect, and form friendships with other 4-H'ers from across the nation. This 5-day trip is packed with educational adventure as participants tour our nation's Capital and learn life-changing leadership skills in a conference setting. The program will take place at the National 4-H Youth Conference Center, just one mile from the Washington, D.C. border



[4-H Southern Youth Summit - January 18-20, 2019](#)

Southern Youth Summit is a leadership development event for ages 11-19, with content focused on those beginning their leadership journey (ages 11-13). The planning team of youth and adults are putting together educational content focusing on social awareness, with the theme "Bee the Change!" Youth will have their choice of multiple workshops to attend within this educational theme.

Pre-registration is required by December 3, 2018. Early bird pricing is available with registration by Nov. 5, 2018. Learn more and get updates on the [4-H Youth Summits event page](#).

[4-H and FFA Wool Judging Contest](#)

The National Western Stock Show is happy to announce it now has a **4-H and FFA Wool Judging Contest** and your teams are invited!

The Contest will take place on Friday, January 18, 2019 outside of Denver, CO. Please feel free to send this information to anyone you think it might be of interest to. For more information and to register, please visit <https://nationalwestern.com/judging-contest/>.

If you have any questions, please contact [Jessica Bautista](#).

Los Angeles County 4-H Emerald Star Program

The Emerald Star is an award given to a 4H member for planning and implementing an advanced leadership activity. Emerald Star is separate from any star rank. Emerald Star is not a 4-H rank. It has been designed to encourage members to plan and execute a goal outside the member's Community Club. The Emerald Star is for experienced 4-H members who have been in 4-H for at least two years and are at least 13 years old, as of Dec. 31st of the current program year. Each Emerald Star application will be evaluated for its value to the LA County 4-H Program, value to the community, practicality and feasibility.



100% of your donations to the California 4-H Foundation support 4-H in California

[Donate Today](#)

Check out Los Angeles County 4-H's Social Media Sites



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