



December 2012

If you have any questions or suggestions about the Clover Notes, please don't hesitate to call Roy Hillstock at (323) 260-3854 or email at rlhillstock@ucdavis.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 323-260-3854. 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 December, 2012

As we approach the new year and reflect on the current year's accomplishments let us remember the value of the 4-H program has to the lives of 4-H members all throughout Los Angeles County. Through the 4-H program leaders have given amazing gifts to youth. They have given friendship, guidance, support, wisdom and yes, love. Taken together, these gifts represent providing a sense of belonging (one of the 4-H Essential Elements).

Researchers have determined that youth learn best when given the supports and opportunities to learn in a safe place and space. That is, the emotional and physical environment has to be a place where the well-being of youth matters and is validated by caring adults (belonging). The language used, the arrangement of the physical space and the activities offered validate youth (belonging). Belonging suggests that youth feel welcomed and that they are a part of something meaningful, supportive and safe. Belonging gives youth a sense of mutual commitment to an ideal of community that 4-H fosters.

Think about Belonging each time you engage a 4-H member in a project activity, help a youth prepare a speech or demonstration or welcome a new family to the program. Going forward into the new year, give special consideration to the essential element of belonging. Continue to make belonging an important part of the 4-H experience and give youth that sense of connection to something greater than themselves.

- San Fernando Valley 4-H Club Views Local Bug Collection**
Ellen Malham, San Fernando Valley 4-H Club

On September 29 the San Fernando Valley 4-H Club visited the Fashion Institute of Design and Merchandising (FIDM). Our club's clothing and textile group toured the Art of Television Costume Design Exhibit. This gallery featured costumes from many T.V. shows like *Once Upon A Time*, *New Girl*, *Pretty Little Liars*, and more. We also toured a smaller exhibit dedicated to hats, which showed us how hat styles changed over time. After finishing up in those exhibits our group had the opportunity to visit FIDM's scholarship store. The scholarship store has clothing that was either made by students attending FIDM or was donated. All profits go toward FIDM student scholarships.



The following weekend, on a beautiful Saturday morning, our club's photography group visited The J. Paul Getty Museum. While there our group toured two exhibits, one dedicated to landscape photography the other exhibit was dedicated to photos by Ray K. Metzker. We reviewed techniques used in taking landscape photos, which we were taught at our previous meetings. In the Metzker exhibit our group observed photos which were taken with different lenses and techniques, creating different effects. We then had a discussion about what we saw and what interested us most. Afterwards we took advantage of the opportunity to explore the rest of the museum.

- PVP Surfing Project**
Alexa Sutter, PVP 4-H Club

While 4-H is known for its agriculture and heritage arts, the Palos Verdes Peninsula 4-H club, although we do still work on those things, also focuses on diversity. For example, we have the only surfing group in the country. When I joined 4-H four years ago for the horse project, I never thought that I would be surfing. Because of our location, we can easily access the beach making this project a really nice choice. Our leader, Bill Johnston, is a lifeguard and is teaching us the basics of surfing. I think that surfing is a great way to stay fit and improve balance and coordination while enjoying nature. Overall, I think that this project really makes our club unique.



- **Los Angeles County Council Meeting and County Awards**
Katherine Cao, Pomona Valley 4-H Club

Pomona Valley 4-H members and leaders (Megan, Julius, Amber, Suvi, Mrs. Keller, Mrs. Kajumagi, Debbie, and I) attended the Los Angeles County Council Meeting and County Awards on October 13, 2012 in Ague Dulce. Megan, Julius and I reported on events at the meeting and helped pass out awards during the County Awards. Afterwards Megan, Julius, Debbie and I went to Charlie Browns Farm in Littlerock. We had so much fun!



- **State Leadership 4-H Conference**
by Megan Okamoto, Pomona Valley 4-H Club

Katherine, Julius, Sallie, Debbie, Candice, Amanda, 8 people from Banning High School and I attended the State Leadership 4-H Conference. We attended the event on August 9-12, 2012 at UC San Diego. The scenery was great and the café food was great. We went to the State Leadership 4-H Conference because it's a great learning experience for young leaders to have FUN and learn leadership skills and apply them.



- **LA County Fair Pie Contest**
Conner Treadwell, Pomona Valley 4-H Club

Julius, Debbie and I went to the LA County Fair in September. We entered the pie contest. Julius won First Place for his lemon pie. I won Sweepstakes for my Key Lime Pie. I was so excited about my ribbon that I screamed. I love my ribbon and I had fun cooking.



- **Apples, Apples Contest**
Julius Treadwell, Pomona Valley 4-H Club

The LA County Fair cooking contests in September were fun. Conner and I cooked our recipes at home. I made an apple cake. Conner made an apple crisp. It was fun cooking. We took them to the Fair. There were a lot of entries. Conner got first place. I got Sweepstakes. After we got our awards, we ate some of the apple cake and apple crisp. They were so good.



Happy Holidays – PVP 4-H Club



- **We're Moving!**
Dawn Fuller, 4-H Program Coordinator



The Los Angeles County 4-H Office, and the rest of the UCCE Los Angeles Program Staff, will be moving on December 21. **The 4-H Office will be closed from December 21, 2012, to January 2, 2013.** Please be patient with us in January and February as we will still be living out of boxes, as well as trying to get unpacked and settled to serve you in the New Year.

Here is a list of our new phone numbers:

Dr. Keith Nathaniel, County Director, 4-H Youth Development Advisor: 626-586-1970 **Roy Hillstock**,
Computer Specialist: 626-586-1972
Dawn Fuller, 4-H Program Coordinator, LA: 626-586-1980

Our new office will be located at:

700 W. Main Street
Alhambra, CA 91801

Email Contact: Our email addresses will remain the same.

Charlene Moore, Program Coordinator for the AV area's address and number will remain the same:

335 East Avenue K-10, Lancaster, CA 93535
661-974-8824

Jennifer Dana, Administrative Assistant for the AV Office, will retain the same address and phone number:

335 East Avenue K-10, Lancaster, CA 93535
661-974-8824

- **LA County 4-H Summer Camp**

It may seem early, but can it ever be too early to get excited about the LA County 4-H Summer Camp? The dates for Summer Camp this year will be **June 23-29**. For more information, check out the Summer Camp Website: <http://www.4hsummercamp.com/>. The Summer Camp Website will be updated regularly, and we look forward to seeing you there.

- **State Leaders Forum 2012**

Noel Keller, Incentive & Recognition Committee Chair

"4-H in a Minute, Wake up to the possibilities!" was the theme of this year's California 4-H State Leaders Forum, held the weekend of November 9-11 at the Asilomar Conference Grounds in Pacific Grove, California. The event was hosted by South Central Section. The setting was beautiful. The weather was great. The workshops and assemblies were informative. New friends were made, new skills learned, ideas shared and our 4-H spirit lifted. We learned what was new and happening in 4-H across the state. Los Angeles leaders attending were Rick Herbert, Dee Keese, Noel Keller, Judylynn Pelling, Dennis DeYoung and Carrie DeYoung. We were all pleased to see Dennis honored for his recent state Jack and Robert Clay Outdoor Adventure Award. During the weekend, an informal sectional meeting was held by Noel, the new South Section 4-H Leaders' Council President. On the first evening, all the section Presidents were called up to the front to participate in a contest - trying to wiggle a cookie from your forehead into your mouth without using your hands. Noel tried hard but those cookies just didn't make it into her mouth. Only the South Central Section could do it. Next year the State Leaders Forum will be held in November in Sacramento and will celebrate 100 years of 4-H in California. Mark your calendar now so you don't miss this opportunity to expand your leadership skills and celebrate 4-H in California.



- **Flame-Leaf Flower**

Dawn Fuller, 4-H Program Coordinator



During the holiday season, we have all seen the bright red flowers that seem to be everywhere – poinsettias. As you can probably imagine, like many special flowers, the poinsettia has a long and interesting history reaching all the way back to the ancient Aztec society in Mexico. Poinsettias were actually first brought to the United States by Joel Robert Poinsett in 1825.



Poinsett was the U.S. Ambassador to Mexico, and was so very impressed by the “Flame Flower” that he brought a few cuttings back to the United States, where poinsettias were eventually propagated by a man who worked in a Pennsylvania nursery named Robert Buist.

Ancient Aztecs found the “flame flower” fascinating and found many more uses for it than just marveling at its beauty. Even old King Montezuma liked the flower so much he would have horse-drawn carts by the dozens filled with poinsettias brought into the city to “liven” things up. The sap of the poinsettia was used by Aztecs to treat high fevers and is now used to make what we know as “latex.”

What story about a red flame beauty would be complete without a little Hollywood magic in the shadows? Albert Ecke arrived in Los Angeles from his European home in the 20s where he attempted to grow fruits and vegetables, and raise a few dairy cattle. When Ecke discovered the beautiful red flower, he thought it would be great for landscaping. Poinsettias lined Hollywood roads during that time, and Ecke’s family ranch boomed with their sales. Now, most poinsettias around the world come from California (80%) with over 90% of the flowering poinsettias having originated at the Ecke Ranch. During the holiday season, 65 million are sold nationwide.

The red “flowers” of the poinsettia are actually just red modified leaves called “bracts.” Bracts can come in red, pink, white, yellow, orange, green, ivory, and there are also some that are marbled. There are even breeds called “Jingle Bells” and “Candy Cane.” The true flowers are small, yellow, and mostly insignificant. The flowers and red bracts appear as a result of the shortening days and lengthening nights in the Fall. Poinsettias can be forced to produce flowers and red bracts by artificially manipulating the length of the night (Courtesy of Don Hodel, Environmental Horticulture Advisor, UC Cooperative Extension, Los Angeles).



Poinsettias of days of old used to be grown outdoors, but are now primarily grown in greenhouses. Poinsettia bushes can grow up to ten feet tall in nature, but are mostly grown and sold in pots around the holidays. Poinsettias go up in price depending on how many blooms they have (the more the better). There are now over 100 varieties of poinsettias to choose from.



Here are some tips for keeping your poinsettias happy and healthy:

- ✱ When you first bring home your poinsettia during the holiday season, place your poinsettia indoors where it will get some sun (perhaps a window), but not too much.
- ✱ Do not overwater your poinsettia; wait until the soil feels mostly dry before you water it again.
- ✱ Poinsettias do best in 65-75 degree temperatures.
- ✱ When cutting your poinsettia back, do so in June or July, and do not cut below 4 inches.
- ✱ June or July is also a good time to transplant if you are going to do so.
- ✱ If you are replanting your poinsettia, replant in soil mixed with peat.
- ✱ Poinsettias need room to grow, so plant them with enough space for them to “stretch out.” If you are buying a poinsettia in the store, make sure it is not overcrowded in its pot (or it won’t make it long).
- ✱ Move your poinsettia from indoors to outdoors in June (partial sun).
- ✱ Fertilize and water your plant through the summer.
- ✱ In October, move your plant back inside in a sunny window during the day. Keep it in complete darkness during the evening hours (in order to bloom for the holiday season).
- ✱ You can leave your poinsettia in the sunny window starting in November until the holidays arrive.
- ✱ Enjoy!

December 12 is **National Poinsettia Day**, and so we celebrate this red-flame flower and its beauty on that day, but also throughout the holiday season. Be on the lookout for beautiful and rare poinsettias you may never have seen before. Take a picture to share with your club, or even send in a photo with a caption to us for Clover Notes (send to Dawn at dafuller@ucdavis.edu). We would love to see some Jingle Bells or Candy Cane Poinsettias. Here’s to you, Flame-Flower!

- **January 5, 2013 County Council Meeting**

Dawn Fuller, 4-H Program Coordinator

The next **County Council Meeting** will be on **Saturday, January 5, 2013**, from **10 a.m. to Noon**, at the home of Greenleaf 4-H Community Club Leader, **Mary Lash** (Mary’s address is: 9497 Foster Rd., Downey, CA 90242).

The last County Council Meeting was hosted by the **Canyon Coyotes 4-H Club**, Community Club Leader Shirley Byrne, and the **Antelope Valley District Leaders’ Council**. We thank them for a wonderful meeting and for the delightful treats they so kindly provided us with.

If you haven’t attended a County Council Meeting in a long time, or are new to the program, it would be great to have you attend a meeting with your fellow leaders in Los Angeles County. The “County Council” (also known as the “Leaders’ Council”) is the governing body for Los Angeles County 4-H, and where your input is wanted and needed. To find out more, contact Dawn Fuller with any questions you may have at dafuller@ucdavis.edu.

- **Upcoming Events**

Dawn Fuller, 4-H Program Coordinator

The holiday season will be keeping all of us busy. Here are a few dates to remember for the New Year...

Saturday, January 26: Livestock Symposium (AV Fairgrounds)

Saturday, February 2: Monte Farmers' Fair (Good Shepherd Lutheran School, Eagle Rock)

Saturday, February 9: County Food Faire (location still being determined)

Saturday, February 23: County Judging Day (AV)

Saturday, March 9: All Star Interviews (location still being determined)

Saturday, March 16: County Field Day & Fashion Revue (Mt. SAC)

You can view the calendar online here: <http://celosangeles.ucanr.edu/files/155405.pdf>. For event questions, contact Dawn Fuller at dafuller@ucdavis.edu.

- **Planning County Events**

Noel Keller, Incentive & Recognition Committee Chair

Now is the time for planning county events - Livestock Symposium, Food Faire, Judging Day, Field Day, Fashion Revue, Science Symposium, and more. The next LA County Leaders' Council meeting is set for January 5 and information about these events should be available at that time. We are looking forward to some exciting county events this year. If you have suggestions, want to volunteer to help, or have questions, please contact the 4-H office or the County Council President Judylynn Pelling.

- **Changes to the LA County 4-H Calendar**

Noel Keller, Incentive & Recognition Committee Chair

By now, all 4-H families should have received a printed copy of the 2012-2013 Los Angeles County 4-H Calendar. Since the calendar was printed, there are a few changes as follows:

The LA 4-H office will move to its new location on Dec. 21.

The LA 4-H office will be closed for business from Dec. 21 until January 3.

The County Science Fair will not occur January 5 and is being rescheduled later in the year.

The NSG 4-H Leaders' Council is not meeting regularly on the first Monday of the month, but at various other times.

- **South Section 4-H Leaders' Council meeting - Jan. 13**

Noel Keller, Incentive & Recognition Committee Chair

Find out what is happening in southern California 4-H. Come to the next meeting of the South Section Leaders' Council, to be held on Saturday, January 13th at 10am at Mount San Antonio College. We are looking for some leaders to be representatives from our county to the section council. Please contact Noel Keller (nkeller91711@gmail.com) for more information about the Sectional Council meetings and activities.

- **Los Angeles County 4-H 2012-13 Calendar of events**

Noel Keller, Incentive & Recognition Committee Chair

The LA County 4-H 2012-13 Calendar of events was approved at the May county council meeting. It will soon be sent out to 4-H families from the LA 4-H Office and will be posted on the county 4-H website. The Calendar includes the following dates:

County Awards Day - Oct. 13, 2012

Teen Involvement Conference - Jan. 18-20

Livestock Symposium - Jan. 26

County Food Faire - Feb. 9

County Judging Day - Feb. 23

County Field Day and Fashion Revue - March 16

Leaders Appreciation Event - April 6

Sectional Field Day and Fashion Revue - May 18

State Field Day and Fashion Revue - May 25

- **Spread the Word - 4-H is Great**

Noel Keller, Incentive & Recognition Committee Chair

Now is the time to let your friends know about 4-H. This is a great time to have new members join 4-H. Projects are just starting up and club activities are being planned. Tell your friends about all the interesting, fun things you are doing in 4-H. Write an article for your local newspaper. Let your community know what 4-H is doing. Have your club do service work in your community, take some photos and write a news article. Try for a news article each month telling what your 4-H club is doing. Does your club have a Recruitment Officer? Does your club have a Reporter? If not, consider creating the positions in your club.

- **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@ucdavis.edu.

- **Dates To Remember in**

December:

25th – Merry Christmas

31st – New Year's Eve

January:

1st – New Year's Day

2nd – NSG District mtg.

5th – County Council mtg.

11th – AV District Horse Bowl Quiz

12th – Sectional Council mtg. / Teen Council mtg.

17th – SSG District mtg. / SGV Fair mtg.

18th – TIC – Teen Involvement Conference (1/18-20)

21st – Martin Luther King Holiday

24th – Incentives & Recognition mtg.

26th – Livestock

STATE

FUNDING UPDATES

Please note: University policy requires an Advisor or County Director to submit all grant applications and fulfill the requirements of UC ANR Contracts & Grants. If you plan to apply for any of the following opportunities, please notify the California 4-H Foundation (aleeland@ucanr.edu) who will review your application prior to submission to insure that it is as strong as possible.

- **Stephen J. Brady STOP Hunger Scholarships**

Deadline: December 5

Sodexo Foundation is accepting applications through December 5 for the Stephen J. Brady STOP Hunger Scholarships. These scholarships recognize students (kindergarten-graduate school) working to end domestic hunger with \$5,000 for college and \$5,000 to help those in need. <http://bit.ly/Rc7meR>

- **The People, Prosperity and the Planet grant**

Deadline: December 11

EPA's P3 – People, Prosperity, and the Planet—Program is a unique college competition for designing solutions for a sustainable future. P3 offers students quality hands-on experience that brings their classroom learning to life. The competition has two phases. For the first phase of the competition, teams are awarded a \$15,000 grant to develop their idea. They bring the design in April to the National Sustainable Design Expo in Washington DC to compete for the P3 Award and a grant of \$90,000 to take their design to real world application. For general information visit: www.epa.gov/ncer/rfa/2013/2013_p3.html

- **Champions for Healthy Kids Program**

- General Mills Foundation**

- Deadline: December 3, 2012**

- Through the Champions for Healthy Kids program, the General Mills Foundation will award grants to nonprofit organizations working to improve nutrition and physical fitness behaviors for youth ages 2-18. Fifty grants of \$10,000 are available to select applicants. Nonprofit organizations are eligible to apply. For more information visit:

- http://content.generalmills.com/en/Responsibility/community_engagement/Grants/Champions_for_healthy_kids.aspx

- **Sodexo Foundation Youth Grants**

- Deadline: January 31**

- More than 16 million children live in food insecure homes, not always sure where their next meal will come from. That's why YSA and Sodexo Foundation are calling on young people to "take hunger personally" and join the fight to end childhood hunger. Sodexo Foundation Youth Grants of \$500 grants are available for youth-led service projects that bring together young people, families, Sodexo employees and other community members to address childhood hunger. U.S. young people, ages 5-25, are eligible to apply. Projects will take place on or around Global Youth Service Day, April 26-28, 2013.

- www.YSA.org/grants/sodexoyouth

DATES & DEADLINES

- **Leadership Conference of Regional Teens (LCORT):**

- Applications for LCORT 2014 Youth Chair are due by 5:00 p.m., Friday, Dec. 14, 2013. Applicants must:

- Be a minimum of 16 years old and a maximum of 18 years old by December 31, 2013.
 - Be members in good standing of a 4-H program within the South Central Section.
 - Have achieved at least Gold Star rank.
 - Have attended LCORT as a delegate.
 - Have excellent public speaking skills.
 - Have the ability to communicate and work with people of various ages and backgrounds.

- Complete information and application forms are available at:

- http://www.ca4h.org/Resources/Volunteers/Councils/Sectional/South_Central/LCORT/

- **How Kids Learn II**

- January 9, 2013**, San Francisco

- <http://www.howkidslearn.org/>

- The purpose of this TED-like, one-day conference is to inform and energize youth program leaders, educators and afterschool stakeholders regarding our current knowledge on how kids learn and to share innovative approaches to promote learning outside of the classroom.

- **4-H Shooting Sports Workshop**

- A 4-H shooting sports workshop for the rifle discipline will be held at UC Cooperative Extension Office, 1031 S. Mt. Vernon Avenue in Bakersfield. The workshop will be **January 12, 2013** 8am-6pm and **January 13, 2013** 8am-4pm. 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. To register for the course or receive more information, contact John Borba at: jaborba@ucdavis.edu (This course is not open to 4-H leaders from Santa Cruz County).

- **4-H Shooting Sports Workshop**

A 4-H Archery Certification Training for volunteers and junior/teen leaders will be offered Saturday, January 19th, 9 AM – 5 PM, and Sunday, January 20th, 8 AM- 12 noon, at the Livermore-Pleasanton Rod & Gun Club, 4000 Dagnino Road, Livermore, CA 94551 in Alameda County. You must be an enrolled 4-H leader or member and attend both days to receive certification to teach archery at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The cost is \$50 per person to include a resource binder, range fees, and Saturday lunch. Overnight RV parking, water & power only, is available for an additional fee.

To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at <http://www.ca4h.org/files/2123.pdf>, and an adult or youth 4-H medical release form and a \$50 check payable to “De Arroyo 4-H Club” to Jennifer Siders, 4967 Erica Way, Livermore, CA 94550. Registration is due Monday, January 7th and space is limited. For more information call Jenny at 925-321-6009 or email her at jsiders@gmail.com.

- The **2013 4-H Honey Bee Essay Contest** sponsored by the Foundation for the Preservation for Honey Bees, Inc., has made the essay criteria and application information available for those interested. The deadline for application submission is on or before **February 15, 2013**. Click [here](#) for full essay application details.
- The University of California, Davis College of Agricultural and Environmental Sciences will hold its **37th Annual Agricultural and Environmental Sciences Field Day on March 1st and 2nd**. The UC Davis CA&ES Field Day is the 2013 California 4-H State Qualifier for Poultry, Dairy and Livestock judging. Visit <http://www.ca4h.org/Projects/SET/Animal/SLJC/> for state qualifying guidelines.

To register, go to: <<http://calaged.csuchico.edu/registration/>>

Select the event (2013 U.C. Davis Agricultural & Environmental Sciences Field Day). Choose the link “Get Access Code”. Complete the information on the form and click the register button. Please include 4-H next to your club name on the registration form. On the following page save the registration code and register later or simply continue with the registration at this point. Note that you may only register once so be prepared to complete the registration or contact us if you have any changes. After your club is registered, we request that you submit a printed copy of your online registration along with your payment. Checks should be made payable to “UC Regents” and mailed to:

Attn: Francesca Ross
College of Agricultural & Environmental Sciences
One Shields Avenue
Davis, CA 95616

Deadlines:

November 14: Registration opened

February 10: AgriScience Fair and Job Interview materials due

February 10: Registration closed

February 17: Payments must be postmarked – We are now enforcing a \$25 late fee for payments postmarked after the 17th.

For questions email fieldday@ucdavis.edu or visit <http://caes.ucdavis.edu/fieldday>

- Calling all camp professionals! The **Tri-State Camp Conference**, held in Atlantic City, NJ from March 12-15, 2013, gives like-minded individuals the chance to come together and share experiences, ideas, and tips about the camp industry. With over 3000 professionals, more than 180 educational sessions, and our 300+ booth exhibit hall, the Tri-State Camp Conference is something you don’t want to miss out on.
- **Western Region Leader Forum – March 21 – 24, 2013 in Hawaii**
Hawaii 4-H members, volunteers, faculty and staff are looking forward to seeing you in Hawaii March 21 – 24, 2013 for the Western Region Leader Forum. The conference site is the Waikiki Beach Marriott and Resort (800-848-8100). Refer to code, WR4A, to the person taking your reservation. Registration for the forum may be completed by going to: <http://www.ctahr.hawaii.edu/wrlf/>
Deadline for Regular Registration is December 31, 2012 - \$375
Deadline for Hotel room Rate of \$179 is February 21, 2013 - \$425

- Applications for the **2012 President's Environmental Youth Award** are **due December 31**. The PEYA program promotes awareness of our nation's natural resources and encourages positive community involvement. Projects are developed by young individuals, school classes (K-12), summer camps and youth organizations to promote environmental stewardship. Visit www.epa.gov/peya for more information. Submit your Revolution of Responsibility project!!!
- **Save the Date: State 4-H Field Day 2013 – May 25 at UC Davis**
<http://www.ca4h.org/Programs/Events/SFD/>
The State Fashion Revue committee is taking a walk down memory lane. Youth members from throughout the state will celebrate the 2013 California 4-H Centennial at “Timeless Fashions,” the 2013 SFR at UC Davis, on May 25. The 2013 categories are: Traditional, Consumer Science Purchased \$19.99, Wearable Art Embellished, 2 Yard Wonder, and the Duct Tape Challenge. State winners receive an SFR garment bag. The committee is looking for donors to cover the \$50 cost per garment bag, or two donations of \$25 together per bag. Is your county or club interested in contributing? The committee is no longer accepting Quilts for Wounded Warriors, but is finishing and sending the ones donated this summer. SFR is coordinating three big service projects for 2013: Little Dresses and Shorts for Africa, A Zoo of Hugs (stuffed animals for foster children), and drawstring bags for foster care shelters. Information is on the State Fashion Revue website at <http://www.ca4h.org/Programs/Events/SFR/>. Sewing project meetings have started, so encourage your counties and clubs to follow the SFR category guidelines and start creating!
- **4-H Citizenship WA Focus** registration and financial assistance deadline submission is December 15, 2012. For questions, contact Jenna Colburn, jcolburn@ucanr.edu.
- **Save the Date: 4-H CA Focus** will be June 14-18, 2013. Registration will be available on December 30, 2012. For questions, contact Jenna Colburn, jcolburn@ucanr.edu.
- **4-H State Leadership Conference 2013 – July 25-28, 2013 at UC Davis**
<http://www.ca4h.org/Programs/Conferences/SLC/>
The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. More information will be released in January 2013.
- **SAVE the Date!**
November 8-10, 2013
State Leaders Forum “100 years and Thriving,” is at the Crowne Plaza, Sacramento, hosted by the State 4-H Council. Sandy Cohen president of the council can be contacted at state4council@yahoo.com. Attend your Sectional Council meeting to find out more information. Friend us on Facebook, and follow us on twitter to keep up with updates. More information will be provided as it become available.

HEALTHY LIVING

- **USDA Provides Tips to Establish a School Garden and Integrating it into School Operations**
From three by four foot raised beds to multi-acre mini-farms, school gardens across the country are sprouting, growing, and thriving. Both research and anecdotal evidence show that kids are more likely to try and like foods that they’ve been exposed to through garden-based learning, and school gardens provide the opportunity for instructors to present academic lessons and teach important life skills. In addition to being integrated into health, science, math, and even English curricula, many school gardens are incorporated into afterschool and culinary learning programs, and some even supply food to the school cafeteria. So how do you establish a school garden, integrate it into school operations, and use the harvest?
- In 2009, USDA launched The People's Garden Initiative, a collaborative of local and national organizations working together to establish community and school gardens across the country. [The People's Garden website](#) offers links to how-to webinars, garden-based curricula, and financial and technical resources, as well as [a map](#) that plots school and community gardens across the country. Also worth checking out is [this list](#) of resources from the organization Life Lab; the [Kids Gardening website](#) from the National Gardening Association; [The Edible Schoolyard Project's resource search tool](#) for teachers, parents, and advocates; and [this toolkit](#) from the Alliance for a Healthier Generation.

- Finding the staff time to keep school gardens productive and in use is often one of the biggest challenges. Luckily, there are lots of people and organizations eager to help. [FoodCorps](#), a service organization supported by the Corporation for National and Community Service, deploys AmeriCorps volunteers to schools to help build gardens, teach children about food and nutrition, and source local ingredients for school meals; [click here](#) to see whether there are service members in your state. Local organizations and local chapters of national organizations like [Future Farmers of America](#), [4-H](#), the [Cooperative Extension Master Gardener Program](#), the [National Gardening Association](#), and [Slow Food USA](#) can also be a great resource.
- To learn more about serving foods produced in school gardens through the Federal Child Nutrition Programs, and about purchasing school gardening supplies using school food service account funds, see [this memo](#) published by USDA's Food and Nutrition Service in 2009.
- How can you be sure that food produced in the garden is safe for kids to eat? [This page](#) from the National Agricultural Library and Team Nutrition and [this fact sheet](#) from the National Food Service Management Institute provide links and tips for keeping garden foods safe from soil to plate.
- ***The Physical Activity Guidelines for Americans Mid-Course Report: Strategies for Increasing Physical Activity Among Youth*** summarizes evidence-based intervention strategies for increasing physical activity in youth age 3 to 17. The report describes interventions for increasing activity in several key settings where youth live, play, and learn, including:
 - School
 - Preschool and Childcare
 - Community
 - Family and Home
 - Primary Care

For more information and to download the draft report: Health.gov/PAGuidelines/Midcourse

- **The Institute of Medicine published “Fitness Measures and Health Outcomes in Youth”**
This report assesses the relationship between youth fitness test items and health outcomes, recommends the best fitness test items, provides guidance for interpreting fitness scores, and provides an agenda for needed research. <http://www.iom.edu/Reports/2012/Fitness-Measures-and-Health-Outcomes-in-Youth.aspx>
- **FREE copies of Eat Healthy*Be Active Community Workshops Guidebooks**
Copies may be ordered online at www.fda.gov/downloads/Food/ResourcesForYou/UCM222258.pdf. Check out this website for more information and for electronic versions of the materials: <http://www.health.gov/dietaryguidelines/workshops/>.
- **2013 Priester National Extension Health Conference**
Supporting Community Change Through Health Education
April 16-17, Corvallis, OR
The Conference is co-sponsored by NIFA/USDA, the OSU College of Public Health and Human Sciences and the OSU Extension Service. This year, the conference will focus on the role that higher education can play in supporting community change aimed at influencing the social and environmental determinants of health. This theme is designed to further explore the role that the academic institutions can play in improving community health through work in neighborhoods, workplaces, schools, towns, and cities. Lodging will be at the [Hilton Garden inn Corvallis](#) at a rate of \$119.00 per night. Learn more at <http://priesterconference.org>. Workshop proposals are being accepted NOW!!!

SCIENCE, ENGINEERING, and TECHNOLOGY (SET)

- **How do you make an insect collection?**
http://entomology.ucdavis.edu/News/howtomakeinsectcollection_647/
Short, informative and fast-paced video clips on “How to Make an Insect Collection,” produced by UC Davis students are available free on the UC Davis Entomology web site.

- **RAFT: Educational Kits and Supplies in the Bay Area and Sacramento**

<http://www.raftstore.net/>

Since 1995, Resource Area For Teaching (RAFT), an innovative non-profit organization, has been providing educational kits, supplies, and educational publications to educators. RAFT's mission is to help educators transform a child's learning experience through hands-on education to one that inspires the joy and discovery of learning. To provide kits and materials at low cost, the organization has developed an innovative supply chain process that converts commonly found or discarded materials from the business community into hands-on Activity Kits.

- **The Coalition for Science After School**

<http://afterschoolscience.org/>

Established in 2004, the Coalition for Science After School strives to make science, technology, engineering and math integral components of afterschool and summer programming by bringing together the experience and commitment of thousands of individuals and organizations across the country.

- **Need hands-on activities? SMILE!**

<http://www.howtosmile.org/>

SMILE is collecting the best educational materials on the web and creating learning activities, tools, and services – all designed especially for those who teach school-aged kids in non-classroom settings.

- **Coming in December 2012 - The Next Generation of my4-H!**

Tired of looking in too many places to find the 4-H resources you need? Searching for new ideas or possible solutions to a 4-H related issue? Want to make your resources easily accessible for others? Get ready for the next generation of my4-H! The new my4-H will be found on 4-H.org in December and will focus on resource sharing and discussion forums. The interactive site will be a one-stop-shop for more of the 4-H resources you want - including the National 4-H Directory of Materials. Share, download, rate or comment on resources with 4-H professionals, volunteers and youth leaders, anywhere. Participate in user-generated discussion forums. Users will even be able to create tags on their own uploaded resources for others to easily find.

4-H All Stars:

Jr. All-Stars:

Daniel Espinosa, Harbor Lights 4-H Club
Lilliana Brown, PVP 4-H Club
Jessica Fint, San Fernando Valley 4-H Club
Candace Choi, PVP 4-H Club
Ivory MacCracken, PVP 4-H Club
Julius Treadwell, Pomona Valley 4-H Club
Katherine Cho, Pomona Valley 4-H Club
Laura Griffin, PVP 4-H Club
Madison Cumby, PVP 4-H Club
Megan Okamoto, Pomona Valley 4-H Club
Rachel Klose, PVP 4-H Club
Ru Ekanayake, PVP 4-H Club
Sallie DeYoung, San Fernando Valley Club
Meghan Tahbaz, PVP 4-H Club
Wesley Rich, PVP 4-H Club

Los Angeles County, 4-H Youth Development Staff:

Dr. Keith C. Nathaniel, County Director, (323) 260-3845, kcnathaniel@ucdavis.edu

Dawn Fuller, Los Angeles 4-H Coordinator, (323) 260-3859, dafuller@ucdavis.edu

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

Jennifer Dana, Antelope Valley Administrative Assistant, (661) 974-8824, jrdana@ucdavis.edu

Roy Hillstock, Computer Specialist, (323) 260-3854, 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