



March 2013

If you have any questions or suggestions about the Clover Notes, please don't hesitate to call Roy Hillstock at (626) 586-1972 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 (626) 586-1972. For upcoming dates, please visit the [4-H Calendar](#). We look forward to continuing to serve you and your 4-H needs.

POLICY

4-H Policy and Information Update March, 2013

The 4-H Youth Development Program in Los Angeles County is made up of people who play various roles. I want to briefly highlight the various roles within the program.

First, our youth: They make up the foundation of the program and centerpiece of our program. They are the reason 4-H exists. All of the programmatic and policy efforts are derived with a keen understanding and awareness of youth needs and our knowledge of positive youth development. Youth provide the passion, interests, skills, wisdom and foresight and represent the beacon of the program.

Second, our volunteer leaders: Volunteers are the heart and soul of the 4-H program and are essential to facilitating the healthy development of 4-H members. They provide the direct contact and meaningful engagement to members and are the face of the program in the local communities where 4-H is present. In our system, volunteers are governed by University of California policies, a constitution and by-laws. Volunteer plan local events, facilitate project meetings, work with parents, engage with the community and advocate for the overall 4-H program experience. They help to build the reputation of the program with these amazing efforts.

Finally, our 4-H staff: The staff provides the guidance, vision and direction for the program. The staff ensures that programmatic policies are followed, verify that positive youth development experiences are provided in all 4-H project meetings, events and other learning opportunities and monitor all efforts to protect the integrity of the program. In addition, the staff conducts applied research (i.e., an examination of social capital in the 4-H program) as a way to continue to enhance the 4-H experience for youth. Staff, conducts periodic risk assessments, programmatic audits, needs assessments and a host of other strategies to be sure the integrity and wholeness of the program remain intact.

Each of us has an awesome role to play. Each role is important and necessary. Each roll needs the other to be successful and we all need to pull in the same direction to make it work.

- **4-Hers at the Pasadena Rose Parade**

"I don't ride a buffalo to school, but I know someone who does," wrote a pen pal from Montana. This was just one of the interesting tidbits that we, the PVP 4-H pen pal group, learned from one of our pen pals. Currently, we have two dozen 4-H pen pals from Alaska, Montana, and Idaho. Writing to these diverse states, we learn about different lifestyles. We handwrite our letters, which allows us to elaborate with our pen pals and connect with them on a more personal level. Writing letters by hand and sending them by mail helps teach penmanship and patience, respectively. As far as we know, this is the first year that pen pals is a 4-H project in the state of California.

Written by the PVP 4-H Pen Pal Project members, at their last Pen Pal meeting: (in alphabetical order) Ru E., Rachel K., Kevin K., Zella R., Julie S., Michelle S., Alek U., Dryden U., LilaRose Y.

- **Palos Verdes Peninsula adopts Abalone Cove Beach**

By Zella Roth, Palos Verdes Peninsula 4-H Club



PVP 4-H has adopted Abalone Cove Beach! We are committed to keeping our beach clean for one year. Our second cleanup was on Saturday, January 19th. We had nine volunteers from our club cleaning this beautiful beach. Our small group got a lot done. We picked up more than 500 pieces of Styrofoam, plastic items, recyclable items, metal, and paper items found littering the beach. We recorded the trash on data cards and sent them to Heal the Bay. It was a lot of fun knowing we were saving sea animals by picking up little pieces of trash. It only takes a few hours to make a big difference!

Special thanks to our dedicated volunteers: Paul, Rachel, and Rebecca Klose, Matthew and John Stetin, Kelly and James Maxwell, Shelly and Zella Roth.

Hopefully you will join us at our next beach cleanup on May 25th!

- **NSG Home Ec and Field Day**

By Giovanna Arena, Pomona Valley 4-H Club

The Field Day on Sunday, March 3 was the best one (in my opinion). Everyone was doing demos, prepared readings and even a music performance. The most interesting part was when we ate the potluck with all kinds of different foods from different cultures. The Home Ec and Field Day was very exciting. And more news to come. Wait, one more thing to say - a wonderful baker (not saying any names) made an easy bake cheese cake pie - It was splendid!

- **Breaking News - Pomona Valley 4-H is a piece of cake!**

By Nicole Arena, Pomona Valley 4-H Club

The Pomona Valley 4-H Club makes cakes and decorates them. It's not boring - it's fun, fun, fun, There were mostly animal cakes like bears, a turtle, a ladybug, a bee, and a frog with much, much more. The cakes looked good and tasted delicious. The cakes had sweets and chewy treats on them.

- **Cool and Easy Cake**

By Julius Treadwell, Pomona Valley 4-H Club

At the NSG Home Ec. and Field Day I did a demo called Cool and Easy Cake. I showed everyone how to make a cherry cheese cake. I started with cream cheese, pudding and milk, and used a mixer to stir everything together. I used a graham cracker crust for the pie. The pie turned out great. Everyone liked eating it. It was fun to do the demo. I like cooking.

COUNTY

- **LA County 4-H Fashion Revue Chair & Field Day Food Booth**

Dawn Fuller, 4-H Program Coordinator

The **LA County 4-H Fashion Revue** will be held in conjunction with LA County Field Day at Mt. SAC on **Saturday, March 16, 2013**. Carrie DeYoung of the San Fernando Valley 4-H Club is assisting in coordinating many aspects of the Fashion Revue, but will not be able to be at the event itself. We need a volunteer to chair Fashion Revue the day of the event. Carrie will assist with the pre-event coordination, but we really need a volunteer who can work at the event – assist and train the judges (you will have guidance on this from several leaders), help judge the event, and coordinate the awards. To find out more information, or to sign-up to chair this event, please contact Carrie DeYoung at csdeyoung@socal.rr.com.

We are also looking for a club to host a food booth at the LA County 4-H Field Day at Mt. Sac on Saturday, March 16, 2013 (same date and location as Fashion Revue). Please contact Noel Keller to sign-up to host a food booth at nkeller91711@gmail.com.

- **Los Angeles County 4-H Field Day**

Noel Keller, Incentives & Recognition Committee Chair

The LA County 4-H Field Day competition will take place on **Saturday, March 16, 2013** at Mt. San Antonio College (Mt. SAC, College Bldg. 28A, 1100 N. Grand Ave., Walnut, 91786. Note that this is a week earlier than usual. All 4-H members are encouraged to attend to display their skills or to watch others perform in the following speaking events:

Demonstrations and Illustrated Talks
Interpretative Reading
Extemporaneous Speaking (Seniors only)
Problem Solving Presentations (Seniors only)
Educational Displays
Cultural Arts performance
Share the Fun skits

Public Speaking
Impromptu Speaking
Slide/Video Presentation
Mock Interviews
Entry by Video
Song Leading

For details about all of these events refer to the **2013 County Field Day Packet** on the county website under **EVENTS AND ACTIVITIES**. Primary members can only perform in the Primary Clinic and Primary Cultural Arts categories, but are welcome to watch the competitions in the other areas. County Field Day is run along with County Fashion Revue. This should be a very informative, fun day. GET READY to compete and mark your calendar for Saturday, March 16.

Member Field Day entry forms should be gathered by the club, reviewed for completeness and sent in as a group. Field Day entry forms are due from clubs to Noel Keller (nkeller91711@gmail.com or 421 E. Juilliard Drive, Claremont, CA 91711) by March 7. We are trying a **new multi-entry member entry form** this year. We will accept the prior individual category entry form, but we encourage members to try the new form, which can be downloaded from the county website. A similar multi-entry entry form is expected for Sectional Field Day this year.

This year California 4-H will offer a thematic recognition pin for youth who participate in State Presentation Day and focus their presentations on one of the following areas: Engineering to Solve the World's Problems, Physical Activity, The Path to Thriving, and C is for Contribute. If you are hoping to compete at the State level this year, you may want to consider doing a presentation in one of these areas. For more information on this, consult the article on **2013 4-H Presentation Themes** at the end of this Clover Notes issue.

This event can only happen with the help of many volunteers. Please contact Diana Kaljumagi at kaljumagi@yahoo.com by March 7th to volunteer to be a judge, a MC, a Room Supervisor or Food Booth assistant. Experienced senior 4-H members are encouraged to apply. If a member of a club wants to participate in the competition, the club must provide at least adult to help with the event. Helping at an event is a good way to gain more knowledge about the details for members to compete in the event. Consult the **2013 County Field Day Packet** on the county website for more information.

Look for "**The Anatomy of a Speech**" article in this issue of Clover Notes. You will get some great tips on how to prepare and be successful with your speaking. Please consult the county field day competition rules and guidelines for the speaking category that you decide to enter. The county rules are coordinated with the rules for the sectional and state level competitions. The county rules can be found in the 2013 County Field Day Packet.

For more information on this event, contact Noel Keller at nkeller91711@gmail.com or Dawn Fuller at dafuller@ucant.edu. We hope to see you at Mt. SAC on **Saturday, March 16 for County Field Day and Fashion Revue**, and we know you will be terrific!

- **Summer Camp 2013**

Dawn Fuller, 4-H Program Coordinator

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, 2013.

If you aren't already signed-up to receive Summer Camp updates, you can do so by going to the website: <http://www.4hsummercamp.com/contact-us.html>.

On February 1 you can go to the website, download the *Registration Form* and *Medical Release/Health History Forms*, and mail them to Dawn with a deposit check of \$75 (made out to "LA County 4-H Summer Camp").

Before you mail your paperwork and checks to the county office, **make sure you enroll your child online first.**

To enroll your child in 4-H for summer camp, go to the Online Enrollment Website:

<https://california.4honline.com/Login.aspx?40472F4547534E39717170733D>.

Instead of joining a club, you will join "Summer Camp." For any questions regarding enrollment, contact Roy Hillstock at rlhillstock@ucanr.edu or by phone at (626) 586-1972. Following your enrollment, you will need to send a second check for \$28 made out to "LA County 4-H."

Again, here are the steps to follow for signing-up for LA County 4-H Summer Camp:

- Enroll your child online.
- Download the paperwork from the Summer Camp Website.
- Fill out the Summer Camp Registration Form and Accompanying Medical Release/ Medical History Forms.
- Send two checks to Dawn, one for Summer Camp Registration for \$75 made out to "LA County 4-H Summer Camp" and a second check for 4-H enrollment for \$28 made out to "LA County 4-H." In the memo line on the check, please specify what each check is for and the name of the child.
- Mail all paperwork and checks to:

Dawn A. Fuller
LA County 4-H Summer Camp: Registration
UC Cooperative Extension
700 W. Main Street
Alhambra, CA 91801

We have a wonderful camping experience planned for youth who attend the LA County 4-H Summer Camp, and updates will be forthcoming. For more information, check out the Summer Camp Website:
<http://www.4hsummercamp.com/>.

- **2013 County Judging Day results**

By Noel Keller, Incentive & Recognition Committee Chair

Los Angeles County 2013 4-H Judging Day was held Saturday, February 23 at Littlerock High School in Littlerock. 63 members, representing 12 clubs, participated in the event. We thank the Antelope Valley 4-H district for organizing and running the event. We thank the LA County Junior All-Star project members for all their help, including providing a program for the Primary Members and presenting awards in the awards ceremony. We thank all the leaders, parents, youth and staff who also helped make the event a big success.

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

Congratulations to the following members for their medal accomplishments!

For the listings below, the following abbreviations are used:

PVP = Palos Verdes Peninsula 4-H Club
SFV = San Fernando Valley 4-H Club
ERHP = Eagle Rock Highland Park 4-H Club
Racketteers = Leona Valley Racketteers 4-H Club
Eastside = Eastside Antelopes 4H Club

Large Livestock

Junior – GOLD MEDAL – Kayla Shaughnessy, Westside
Junior – Silver medal – Isabel Cook, Canyon Coyotes
Junior – Bronze medal – Arah Snodgrass, Eastside
Intermediate – GOLD MEDAL – Wesley Rich, PVP
Intermediate – Silver medal – Makenna Mottram, PVP
Intermediate – Bronze medal – Zella Roth, PVP
Senior – GOLD MEDAL – Christa Conrad, Quartz Hill
Senior – Silver medal – Samantha Sadowsky, Rosamond
Senior – Bronze medal – Jessica Fint, SFV

Small Livestock

Junior – GOLD MEDAL – Isabel Cook, Canyon Coyotes
Junior – Silver medal – Rachel Conrad, Quartz Hill
Junior – Bronze medal – Evelyne Copeland, Racketteers
Intermediate – GOLD MEDAL – Karleen Hults, Racketteers
Intermediate – Silver medal – Viviane-Lee Reed, Eastside
Intermediate – Bronze medal – Briget McGuire, Westside
Senior – GOLD MEDAL – Rachel Kasperson, Canyon Coyotes
Senior – Silver medal – Maryann Bentchich, Rosamond
Senior – Bronze medal – Madison Cumby, PVP

Plant Science

Junior – GOLD MEDAL – Cody Dykehouse, Westside
Junior – Silver medal – Kara McCormick, Quartz Hill
Junior – Bronze medal – Mark Kasperson, Canyon Coyotes
Intermediate – GOLD MEDAL – Megan Kitchko, Canyon Coyotes
Intermediate – Silver medal – Katherine Cao, Pomona Valley
Intermediate – Bronze medal – Katherine Shannon, Canyon Coyotes
Senior – GOLD MEDAL – Adiva Gonzalez, ERHP
Senior – Silver medal – Meg Carter, Racketteers
Senior – Bronze medal – Dylan Davenport, Racketteers

Dog Care and Obedience/Service Dogs and Animal

Junior – GOLD MEDAL – Amber Stricklen, Racketteers
Junior – Silver medal – Lauren Walsh, Westside
Junior – Bronze medal – Aly Mottram, PVP
Intermediate – GOLD MEDAL – Kaitlynn Shaughnessy, Westside
Intermediate – Silver medal – Katherine Shannon, Canyon Coyotes
Intermediate – Bronze medal – Heaven Cooper, Eastside
Senior – GOLD MEDAL – Meg Carter, Racketteers
Senior – Silver medal – Samantha Sadowsky, Rosamond
Senior – Silver medal – Brian McCormick, Quartz Hill
Senior – Bronze medal – Connor McCormick, Quartz Hill

Creative Arts

Junior – GOLD MEDAL – Katie O'Daniel - PVP
Junior – Silver medal – Evelyne Copeland, Racketteers
Junior – Bronze medal - Isabel Cook, Canyon Coyotes
Intermediate – GOLD MEDAL – Makenna Mottram, PVP
Intermediate – Silver medal – Michelle Sylvest, PVP
Intermediate – Bronze medal – Katherine Shannon, Canyon Coyotes
Senior – GOLD MEDAL – Joe Ricketson, Racketteers
Senior – Silver medal – Dylan Davenport, Racketteers
Senior – Bronze medal – Julie Sylvest, PVP

Natural Science

Junior – GOLD MEDAL – Isabel Cook, Canyon Coyotes
Junior – Silver medal – Rachel Conrad, Quartz Hill
Junior – Bronze medal – Katie O'Daniel, PVP
Junior – Bronze medal – Cody Dykehouse, Westside
Intermediate – GOLD MEDAL – Megan Kitcko, Canyon Coyotes
Intermediate – Silver medal – Michelle Sylvest, PVP
Intermediate – Bronze medal – Zella Roth, PVP
Senior – GOLD MEDAL – Samantha Sadowsky, Rosamond
Senior – Silver medal – Demitri Hull, Racketteers
Senior – Bronze medal – Maryann Bentchich, Rosamond

Foods

Junior – GOLD MEDAL – Mark Kasperson, Canyon Coyotes
Junior – Silver medal – Rachel Conrad, Quartz Hill
Junior – Bronze medal – Sara Conlon, PVP
Intermediate – GOLD MEDAL – Katherine Shannon, Canyon Coyotes
Intermediate – Silver medal – Michelle Sylvest, PVP
Intermediate – Bronze medal – Katherine Cao, Pomona Valley
Senior – GOLD MEDAL – Madison Cumby, PVP
Senior – Silver medal – Connor McCormick, Quartz Hill
Senior – Silver medal – Sallie DeYoung, SFV
Senior – Bronze medal – Samantha Sadowsky, Rosamond

Mechanical Science

Junior – GOLD MEDAL – Amber Stricklen, Racketteers
Junior – Silver medal – Katie O'Daniel, PVP
Junior – Bronze medal – Aly Mottram, PVP
Intermediate – GOLD MEDAL – Becca Carter, Racketteers
Intermediate – Silver medal – Michael Kasperson, Canyon Coyotes
Intermediate – Bronze medal – Regina Ricketson, Racketteers
Senior – GOLD MEDAL – Dylan Davenport, Racketteers
Senior – Silver medal – Demitri Hull, Racketteers
Senior – Bronze medal – Joe Rickertson, Racketteers

Family and Consumer Science

Junior – GOLD MEDAL – Taryn Holzer, Quartz Hill
Junior – Silver medal – Rachel Conrad, Quartz Hill
Junior – Bronze medal – Kara McCormick, Quartz Hill
Intermediate – GOLD MEDAL – Briget McGuire, Westside
Intermediate – Silver medal – Liliana Brown, PVP
Intermediate – Bronze medal – Wesley Rich, PVP
Senior – GOLD MEDAL – Rebekah Conrad, Quartz Hill
Senior – Silver medal – Madison Cumby, PVP
Senior – Bronze medal – Julie Sylvest, PVP

Leisure Education

Junior – GOLD MEDAL – Isabel Cook, Canyon Coyotes
Junior – Silver medal – Catherine Nunley, PVP
Junior – Bronze medal – Sara Conlon, PVP
Intermediate – GOLD MEDAL – Kaitlynn Shaughnessy, Westside
Intermediate – Silver medal – Michelle Sylvest, PVP
Intermediate – Bronze medal – Wesley Rich, PVP
Senior – GOLD MEDAL – Rachel Kasperson, Canyon Coyotes
Senior – Silver medal – Madison Cumby, PVP
Senior – Bronze medal – Samantha Sadowsky, Rosamond

Oral Reasons

Junior – GOLD MEDAL – Mark Kasperson, Canyon Coyotes
Junior – Silver medal – Kali McCormick, Quartz Hill
Junior – Bronze medal – Katie O'Daniel, PVP
Intermediate – GOLD MEDAL – Katherine Shannon, Canyon Coyotes
Intermediate – Silver medal – Heaven Cooper, Eastside
Intermediate – Bronze medal – Michael Kasperson, Canyon Coyotes
Intermediate – Bronze medal – Makenna Mottram, PVP
Senior – GOLD MEDAL – Rachel Kasperson, Canyon Coyotes
Senior – GOLD MEDAL – Jessica Fint, SFV
Senior – Silver medal – Sallie DeYoung, SFV
Senior – Bronze medal – Christa Conrad, Quartz Hill

- **Goober-Peas**
Dawn Fuller, 4-H Program Coordinator



***"Man cannot live by bread alone; he must have peanut butter."
James A. Garfield***

Peanuts have a variety of names which include "Pinders," "Earthnuts," "Groundnuts," "Ground Peas," "Goobers" and "Goober-Peas." Did you know a peanut is a legume (pea and bean family), not a nut? Did you know the peanut that we know and love comes from South America? Did you know peanut flowers start out above ground and go back into the ground to grow a peanut? Did you know it takes 540 peanuts to make one jar of peanut butter? I'll bet there are a lot of things about peanuts we don't know, and these wonderful little snacks have a special month of their own – March. Keep reading and the mysteries of the peanut will be revealed...

Peanuts are an interesting crop for a number of reasons. Many people are surprised to find that there is no such thing as a "peanut tree" because peanuts grow in the ground, not on trees. No matter what you call them, peanut plants start out with a delicate yellow flower that wilts in just a day, and a small shoot grows out of the base of the plant, propelling itself back into the ground where peanuts then begin to form underground. It takes approximately five months to grow peanuts. Home grown peanut plants usually yield 20 peanuts whereas commercially grown peanuts can have up to 100 peanuts in a bunch. The peanut clusters are removed from the ground by a special tractor that digs them out and shakes the soil off. The peanuts are then detached from the plant, cleaned, and the drying process begins. During the drying process, peanuts are initially set out under the sun to air dry and are most times eventually moved into a heat controlled "drying wagon" or a trailer at a farm. Once dried, peanuts are sent to peanut plants to be cleaned, cured, shelled, made into peanut butter, roasted or otherwise processed. When peanuts are being prepared for the roasting process, they are blasted with wet sand to clean them up even further. All of the processes depend on what the peanuts are being used for.



The earliest signs of peanuts were detected in fossils dating back to sometime around 3,500 years ago in Brazil and Peru. Portuguese explorers brought their crunchy new friends to Spain and Africa, and they made their way to Central America and North America with African slaves in or around the early 1800s. In 1818, North Carolina produced their first peanut crop. At first peanuts were hard to grow and considered good feed for livestock and a type of food that was meant for the “poor.”

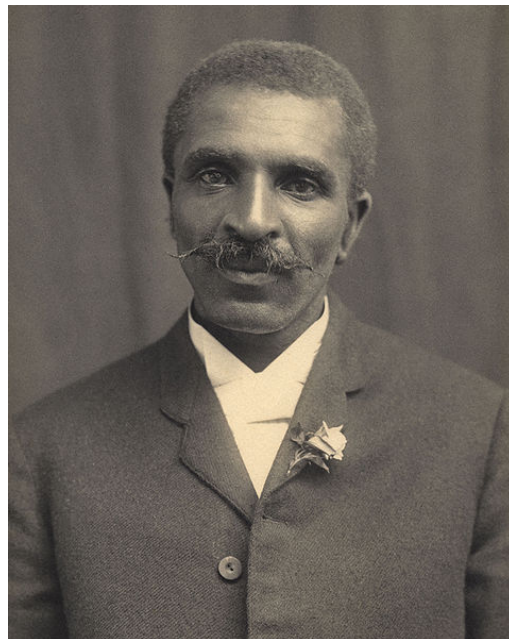
It was in 1860 during the Civil War that the “Goober Peas” image really began to change as everyone involved ate peanuts to keep alive. With a food shortage and soldiers not having many resources for keeping food fresh, they often had just one meal a day – peanuts roasted over an open fire. The soldiers became quite attached to them during the war, brought them home after the war, and some who were industrious started selling roasted bags of peanuts on the roadside. The Vegparadise Website shared this Civil War poem which talked about peanuts:

***Sitting by the roadside, on a summer day,
Chatting with my messmates, passing time away,
Lying in the shadows, underneath the trees,
Goodness how delicious, eating goober peas!
Peas! Peas! Peas! Peas! Eating goober peas!
Goodness how delicious, eating goober peas!***

In 1870, master showman and circus man, P.T. Barnum, served warmed/roasted peanuts for the first time to his circus guests. News of the tasty peanuts spread from town to town, and when people found out that the Ringling Brothers, Barnum and Bailey Circus was coming to town, they were almost more excited about the roasted peanuts than they were about the circus! Circus peanuts became so popular that they made their way to ball parks and movie theaters all over the country. Event goers thought the warmed peanuts were a delightful treat, and their popularity increased tremendously after Mr. Barnum’s introduction of the peanut.



In 1890, a doctor from St. Louis started to make a paste out of peanuts with the intention of helping some of his patients with dental issues (at the rate of six cents per pound). Several others started making peanut paste with steamed and roasted peanuts, which eventually became the peanut butter that we know and love today. It was also in 1890 that George Washington Carver (famous botanist and a great American inventor who would eventually become known as “The Peanut Wizard”) and his pals used peanut crops as a replacement for his cotton crops that had been destroyed by the boll weevil. Over the next few years he came up with over 300 beneficial ways to use peanuts and was instrumental in our country’s love affair with peanuts and peanut butter. Some of these uses included leather dye, insulating boards, wood stains, clothing dyes, shampoo, ice cream, medicine, bleach, ink and a whole host of food and other products too numerous to name.



Believe it or not, India and China are the largest producers of peanuts (with the United States in third place). In the United States, Georgia, Texas and Alabama are the leading growers. Florida, North Carolina, Oklahoma, South Carolina and Virginia are also significant peanut producers. The sale and distribution of peanuts in the US contributes more than 4 billion dollars to our economy each year.

Now, for some fun peanut facts...

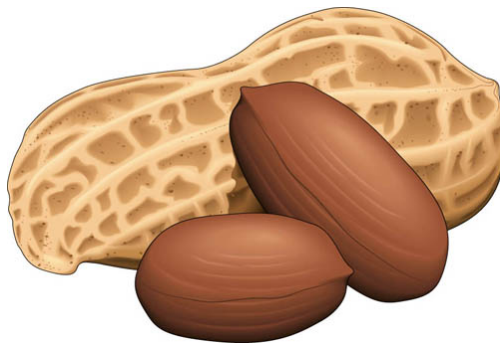
- Americans are the largest consumers in the world of peanut butter (consuming over 700 million pounds per year and three pounds per person!).



- Two of our country's presidents were peanut farmers – Jimmy Carter and Thomas Jefferson.



- The longest peanut ever measured was 4 inches long.



- In 1999, Australian Adrian Finch made it into the Guinness World Book of Records by launching a peanut a remarkable 111 feet, 10 inches.



- There are five main types of peanuts: Spanish, Runner, Virginia, Valencia & Tennessee.



For National Peanut Month, perhaps you could try to grow some peanuts for a 4-H project. Peanuts have come a long way from their humble beginnings, and sometimes there is nothing better than a soft peanut butter and jelly sandwich or a bag of warm roasted peanuts. Here's to you, Goober-Pea!

<http://www.peanutinn.com/peanut-facts/history-of-the-peanut/>

<http://www.nationalpeanutboard.org/classroom-history.php>

<http://www.vegparadise.com/highestperch43.html>

<http://www.todayifoundout.com/index.php/2010/08/george-washington-carver-did-not-invent-peanut-butter/>

<http://www.epa.gov/ttnchie1/ap42/ch09/final/c9s10-2b.pdf>

http://www.polmakgida.com/index.php?option=com_content&view=article&id=93&Itemid=148&lang=en

- **Peanut Butter Fudge**
Dawn Fuller, 4-H Program Coordinator



In honor of **National Peanut Month** in March, why not try your hand at making some Peanut Butter Fudge for your family and friends, or at your Foods Project Meeting?

Ingredients

- 🍪 8 oz. unsalted butter (plus more for greasing pan)
- 🍪 1 cup creamy peanut butter
- 🍪 1 tsp. vanilla extract
- 🍪 16 oz. confectioners' sugar

Directions

- 🍪 Line an 8 x 8-inch baking dish with parchment paper. Lightly grease with butter.
- 🍪 Combine the butter and peanut butter in a microwave safe bowl and cover with plastic wrap. Microwave on full power for 2 minutes.
- 🍪 Remove from the microwave, stir, and microwave on full power for 2 minutes more.
- 🍪 Carefully remove the bowl from the microwave.
- 🍪 Add the vanilla and confectioners' sugar to the bowl.
- 🍪 Stir with a wooden spoon or spatula until evenly combined. (The mixture will become difficult to stir and lose its sheen.)
- 🍪 Transfer the mixture to the prepared pan and spread into an even layer.
- 🍪 Place an additional piece of parchment directly on the surface of the fudge.
- 🍪 Refrigerate until cool, at least 2 hours.
- 🍪 Use a large knife to cut into 1-inch pieces.
- 🍪 Store in an airtight container at room temperature for up to 1 week.

Recipe courtesy of: <http://www.annies-eats.com/2011/12/16/peanut-butter-fudge/>

- **LA County 4-H Leaders' Council Constitution and Bylaws**
By Noel Keller, Incentives & Recognition Committee Chair

A committee of the LA County 4-H Leaders' Council has reviewed the council's Constitution and Bylaws to update them to the new state-required format and to see if any changes or updates are needed. The new proposed updated council Constitution and Bylaws were presented at the March 3 council meeting for discussion. The new drafts of the council Constitution and Bylaws are now available for viewing on the LA County 4-H Leaders' Council webpage. Please send your comments about the drafts to Marjorie Rodrigues at kenward49@aol.com. We will have our final discussion and vote on approving the new drafts of the county council Constitution and Bylaws at the May 11th county council meeting.

- **Volunteers are needed for County Fashion Revue and County Field Day**

By Noel Keller, Incentives & Recognition Committee Chair

Successful county events take several people to run. If we want to have county events, we need to volunteer to help with the planning and running of the events. Please consider helping on Saturday, March 16 at Mount San Antonio College at County Field Day or County Fashion Revue. By helping you learn more about the event, so your club members can better participate in the event in the future. You don't need prior experience at the event to be able to help. You will be "trained" on your task. Our 4-H members really appreciate the efforts of the volunteers so they can participate in this event where their speaking skills can be evaluated. We need to have these county events so our members can qualify to go on to compete at the next levels - sectional and state. Leaders, senior 4-H members, parents and friends can help. Please volunteer to help by calling Noel Keller at [909-621-2373](tel:909-621-2373). Thank you.

For members who want to compete, there must be a volunteer to help from their club.

- **Los Angeles County 4-H Banner**

By Noel Keller, Incentives & Recognition Committee Chair

All the counties in the state are being asked to have a felt banner for their county at the South Section 4-H Field Day on May 18th at Mount San Antonio College. The same banner will probably also be needed for the State 4-H Field Day in Davis on May 25th, for the State Leadership Conference in August and then to the State Leaders Forum in November. We need to design a banner for our county. What should we display on our banner to represent LA County? We are asking for ideas for the banner and an individual or group who would actually make the banner (30" by 36"). People attending County Field will be invited to submit their ideas for the banner - watch for design forms at the event and a place to turn them in. The words "Los Angeles County 4-H" must be included in the banner design. Others can submit their ideas by sending them by Saturday, March 23 to Noel Keller (421 E. Juilliard Drive, Claremont, CA 91711, nkeller91711@gmail.com). If you or your group would like to volunteer to make the banner, please also contact Noel.

- **2013-2014 LA County Program Planning**

By Noel Keller, Incentives & Recognition Committee Chair

The LA County Leaders' Council is now planning the 4-H events for the 2013-2014 program year. Look on the Leaders' Council webpage on the county 4-H website for the draft-in-progress of the 2013-2014 LA County 4-H Calendar, the nominations for the 2013-2014 council officers and the 2013-2014 budget. Send your comments, nominations and event dates to Noel Keller (nkeller91711@gmail.com). Send your budget comments to Mary Lash (marylash@verizon.net). At the May 11th LA County Leaders' Council meeting, the 2013-2014 calendar, officers and budget will be voted. Get involved in the planning!

Each district is asked to send in their district event dates for 2013-2014. Each district is asked to have at least one or two officer nominations for positions on the county leaders' council. All districts should be represented on the council and in the program planning. Forms for submitting event dates and officer nominations are available on the county website.

- **Revision to the State Record Book Manual**

Noel Keller, Incentives & Recognition Committee Chair

It was announced that there will be a new version of the State Record Book Manual released around April 2013. The new version will include the revisions from the 2012 Record Book Manual Addendum. Due to the lateness of this information coming out for this program year, LA County record books for 2012-13 work will be allowed to use the 2011 version of the Manual. All members should use the 2011 version of the record book forms for this year. When the new manual comes out more information will be available for Senior members wanting to submit their records to the 2013 State Record Book competition.

- **ALL STAR applications due March 1**

Noel Keller, Incentives & Recognition Committee Chair

Are you ready to be a Los Angeles County 4-H All-Star? This is the highest honor for a member in the county 4-H program. Experienced senior 4-H members should consider applying for this honor. Information and an application are available on the [county website](#). All-Star applications are due March 1, with All-Star Interviews on March 9th. The new 2013-2014 All-Stars will be announced on March 16th at County Field Day

- **Emerald Star**

Noel Keller, Incentive & Recognition Committee Chair

The Emerald Star program is an opportunity for an advanced leadership project above the club level. Take the challenge and plan an activity to benefit your community or the LA County 4-H program. Earn an Emerald Star pin for your hat. An Emerald Star project can be started at any time during the program year. The current district Emerald Star advisers are as follows:

NSG - Judylynn Pelling

SSG - Mary Lash

AV - Shirley Byrne

SFV - TBD

A member can be advised by any of the above for their Emerald Star project. Look on the [county website](#) for more information about this leadership opportunity.

- **Support Group Opportunity for State Leadership Conference**

Noel Keller, Incentive & Recognition Committee Chair

The Support Group is a team of youth who assist the 4-H State Ambassador team, volunteers, and staff in the planning and implementation of the 4-H State Leadership Conference. The Support Group provides delegates with the opportunity to take on a unique leadership responsibility and see what happens behind the scenes at SLC. This is a great experience for individuals State Ambassadors, or for members looking to get involved beyond the county level. Support group members attend SLC as part of their county delegation and are responsible for all fees associated with the conference.

If you would like to apply to be a member of the 2013 SLC Support Group, please read the job description and instructions 2013 SLC Support Group Application Instructions 2013 Support Group Application Call for Educational Sessions Educational Session Application History of the 4-H State Leadership Conference In 1914, 143 4-H'ers traveled to the University Farm in Davis to attend the first State 4-H Convention honoring 4-H contest winners. The 4-H members stayed for three days in canvas tents. In 1951, over 1,100 4-H Club members attended the Annual 4-H State Convention at UC Davis. Members saw demonstrations presented by prominent scientists and teachers, the selection of the state dress revue and the talent show winners. Read more about the 1951 State 4-H Convention. The conference was changed in 1960 to the current 4-H State Leadership Conference to help to improve leadership skills.

- **Senior Awards of Excellence --Leadership, Community Service, Achievement, Healthy Living, S.E.T. (Science, Engineering and Technology)**

Noel Keller, Incentive & Recognition Committee Chair

These are five areas for Senior Awards of Excellence that can be awarded each year in the LA County 4-H program. Senior 4-H members are encouraged to apply for an award of excellence if they have done outstanding work in any of these areas during the year. The recipient of a senior award of excellence receives an individually engraved plaque, plus their name is engraved on a larger plaque that is hung in the county office. Focus your 4-H work in one of these areas this year and apply for one of the awards.

- **State Record Book Competition - Possible Scholarship for State Winners**

Noel Keller, Incentive & Recognition Committee Chair

We encourage our accomplished Senior 4-H members to submit their 4-H records to the State Record Book competition. There are only three additional pages that are required beyond what is submitted to the county record book competition. The state no longer offers a monetary award for State Record Book winners, but the Los Angeles County 4-H program is considering awarding a scholarship to our members who are state record book winners this year. Plan now to do some great 4-H work and complete a 2012-13 record book to submit to the State Record Book competition in October. We have some outstanding Senior 4-H members in Los Angeles County, but they need to submit their records to the state competition if they want state recognition.

March:

1st – **All-Star Applications Due to County Office by 4PM**

2nd – AV Gymkhana

AV District Fashion Revue

3rd – NSG Home Ec & Field Day

SFV District Fashion Revue

6th – NSG District Meeting

9th – All-Star Interviews

16th – **County Field Day & Fashion Revue**

17th – **St. Patrick's Day**

20th – **WRLF in Hawaii (3/20-24)**

STATE

FUNDING UPDATES

- A variety of health-related funding opportunities are featured this month including research grants on childhood obesity, support for camps focused on youth health, and even a great Revolution of Responsibility project opportunity from the American Dermatology Foundation! Learn more [HERE](#).

- **California 4-H \$1,000 for 1,000 Service Learning Projects**

2013 Revolution of Responsibility - <http://www.ca4h.org/Support/RofR/>

2013 Application Deadlines:

March 15, 2013

May 15, 2013

July 15, 2013

September 15, 2013

November 15, 2013

- **State Farm Neighborhood Assist**

Deadline: March 6

Have you ever wanted to help your community with a problem but didn't know where to start? Maybe it's a run-down park or to help the impoverished in your community. Now, YOU have the power to fix it. State Farm Neighborhood Assist, a crowd-sourced philanthropic initiative, lets communities determine where grant funding is awarded, exclusively through Facebook. The submission phase is open from February 13 - March 6 and each Facebook user who downloads the free application can submit up to three causes. Anyone living in Canada or the United States with a Facebook account is eligible to submit a cause. It's better to submit early - a maximum of 3,000 submissions will be accepted.

<http://bit.ly/12PFTTrb>

- The **Friends of the California State Fair** announced that they will continue their scholarship program for the 2013-2014 academic years. California college students and graduating high school students are eligible and must submit an application by **Friday, March 8, 2013**. The scholarship applications are available now at www.bigfun.org. For more information contact Jake Rowe at jrowe@calexpo.com.
- **Get Ur Good On Grants**
Deadline: March 10
It's Time to Get Ur Good On™! Get Ur Good On Grants offer young people around the world an opportunity to help make a lasting positive change. With \$500 Get Ur Good On Grants, you'll have the inspiration, project support, and necessary funding to turn your idea into a reality. Youth, ages 5-25 worldwide are eligible to apply for a \$500 Get Ur Good On Grant to support youth-led projects. Projects must address a demonstrated community need or issue. Service projects will be held in conjunction with Global Youth Service Day-the largest service event in the world, on April 26-28, 2013. www.GYSD.org/gysd_grants
- **Do Something Awards**
Deadline: April 15
Since 1996, DoSomething.org has honored the nation's best young world-changers, 25 and under. Do Something Award nominees and winners represent the pivotal "do-ers" in their field, cause, or issue. In 2013 five finalists will appear on the Do Something Awards on Vh1 and be rewarded a minimum of \$10,000 in community grants, media coverage and continued support from DoSomething.org. The grand prize winner will receive \$100,000 during the broadcast. <http://dsorg.us/YdWhea>
- **Healthy Eating Research Releases Call for Proposals**
[Healthy Eating Research: Building Evidence to Prevent Childhood Obesity-Round 8](#)
[Healthy Eating Research: Building Evidence to Prevent Childhood Obesity-RWJF New Connections](#)

Proposal Deadlines:

*Round 8 grants: **July 10, 2013 (3:00 p.m. ET)***

*RWJF New Connections grants awarded through HER: **Mar 27, 2013 (3:00 p.m. ET)***

Healthy Eating Research: Building Evidence to Prevent Childhood Obesity is a national program of the Robert Wood Johnson Foundation (RWJF). The program supports research on environmental and policy strategies with strong potential to promote healthy eating among children to prevent childhood obesity, especially among lower-income and racial and ethnic populations at highest risk for obesity. Findings are expected to advance RWJF's efforts to reverse the childhood obesity epidemic by 2015.

This call for proposals is for two types of awards aimed at providing advocates, decision-makers, and policy-makers with evidence to reverse the childhood obesity epidemic. The award types are: Round 8 grants and RWJF *New Connections* grants awarded through the *Healthy Eating Research* program.

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 ensure that it is as strong as possible.

DATES & DEADLINES

- **Shooting Sports Project Leader Course
Rifle Discipline**

Pajaro Valley Rod & Gun Club
557 ½ Lakeview Road
Watsonville, CA

Saturday, March 9, 2013 – 8:30 a.m. – 5:00 p.m.

Sunday, March 10, 2013 – 8:30 a.m. – 4:00 p.m.

Upon successful completion of this course, the participant will be certified as rifle trainer and can lead a rifle project at the club or county level or serve as county trainer to certify project leaders in the shooting sports discipline of rifle. This course is also open to 4-H teen leaders (high school aged youth). For more information, or to register for the class, contact Randy Turnquist at randy@randyt.com or phone 831-566-2590. Please discuss the course fee with the instructor which could be up to \$25 depending on if you wish to print your own course material or have him do it. (Please note that the rifle discipline is not an approved project in Santa Cruz County). For more information about the class facility visit this website: www.pajarovalleyrodandgun.org.

- **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 Hotel room rate of \$179 is February 21, 2013 - \$425

- **Shooting Sports Workshop
Muzzle Loading Discipline**

5 Dogs Range - Bakersfield, CA

Saturday, March 23, 2013 – 8:00 a.m. – 6:00 p.m.

Sunday, March 24, 2013 – 8:00 a.m. – 4:00 p.m.

Upon successful completion of this course, 4-H leaders will be certified in the shooting sports discipline of muzzle loading. They will be certified as leader trainers and are eligible to serve as shooting sports leaders for clubs or counties and they may also instruct and certify shooting sports volunteers. Class size is limited. There is no fee for the course. However, if you wish to receive National Muzzle Loading Rifle Association instructor certification there is a fee of \$40. To get more information or register for the class contact John Borba at: jaborba@ucdavis.edu or telephone 661-868-6216.

- **State Field Day**

May 25, 2013

- **State 4-H Field Day Educational Exhibits**

<http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=9588>

Applications due **April 1, 2013**

Educational exhibits and displays constitute a unique aspect of the State 4-H Field Day. These exhibits are a great opportunity to share knowledge, interact with youth and adults and engage people in new activities. Possibilities for displays include hands-on activities, community service crafts, informative booths, etc.

- **Host an exhibit/display booth at the 2013 Field Day on May 25, 2013!**

The Exhibit and Display Application for State Field Day is now located online this year! Apply here: http://ucanr.edu/exhibit/display_application! **Applications are Due April 1st, 2013**

Educational exhibits and displays constitute a unique aspect of the State 4-H Field Day. These exhibits are a great opportunity to share knowledge, interact with youth and adults, and engage people in new activities. Possibilities for displays include hands-on activities, community service crafts, informative booths, etc. More information is available on the application. Contact Megan Oats at msoats@ucdavis.edu for more information.

- **State Fashion Revue** is May 25 as part of State Field Day at UC Davis. Information is online at <http://www.ca4h.org/Programs/Events/SFD/SFR/>. Recently posted documents include Guide for Judges, Rubric Scorecards and Information Forms. Adults interested in volunteering as Judges or Room Monitors may register at <http://ucanr.edu/sfr2013judges>. We hope all counties are actively engaged in the SFR service projects: Drawstring bags, A Zoo of Hugs (softy animals), and Little Dresses & Shorts for Africa. See the flyers on the website for details. SFR is still accepting monetary donations to sponsor garment bag awards, as well as small items for welcome bags; contact Lorita Sutton at loritas@sbcglobal.net. Counties, please let Jillian Milam Barden know the names of your qualifying members, jmmilambarden@ucanr.edu. Registration of youth participants opens April 1 to May 12. Contact Sue Moore, Registrar with questions about categories, qualifying or entering, 2moores@mlode.com.

- **Special Recognition at 2013 State Presentation Day**

A special recognition pin will be awarded for youth who participate in State Presentation Day and focus their presentations on healthy living. This year's focus area is physical activity. Potential topics may include potential topics may include muscle strengthening, heart rate importance, workout wear, Zumba, activity log, exercise trends, fitness apps, stretching, benefits of exercise, fun ways to workout, exergaming, recreational sports, types of activity, making time for fitness, safe places in your community to be active, and more. For details visit:

<http://www.ca4h.org/Programs/Events/SFD/PD/Recognition Opportunities/>

- **4-H MyPlate Challenge at 2013 State Field Day**

In 2011 the U.S. Department of Agriculture (USDA) unveiled the federal government's new food icon, MyPlate, to serve as a reminder to help consumers make healthier food choices. 4-H is challenging YOU to show how you're making YOUR plate MyPlate. We invite you to submit a photograph illustrating how you're creating healthy meals using MyPlate as a guide. 4-H members do not need to pre-qualify at a county event. More details about this contest can be found at:

<http://www.ca4h.org/Programs/Events/SFD/4-H MyPlate Challenge/>

- **2013 Milano Scholarship**

Applications for up to five \$5,000 college scholarships are now available at the Modoc County 4-H Office located at 202 West 4th Street in Alturas. The scholarships have been made possible thanks to a \$75,000 donation from Mark and Jessie Milano and the Milano Foundation. The Milano Scholarship is intended to benefit youth enrolled in the Lassen, Modoc or Siskiyou County 4-H Youth Development Programs for a minimum of four years. Youth with less than four years of 4-H membership may apply but will not be given full consideration. Click [here](#) for the application. Completed applications are due in the 4-H Office by 5:00 p.m. on April 12, 2013. Contact Susan Stokke, ststokke@ucanr.edu for questions.

- **Golden Clover Awards 2013**

The call for Golden Clover Award nominations will be available online this year in early March. All nominations will be due on May 1, 2013 by 11:59 pm.

- **Higher Education Scholarships 2013**

The Higher Education Scholarship applications will be available online this year in early March. All applications will be due on May 1, 2013 by 11:59 pm.

- **National 4-H Hall of Fame Ceremony Opportunity**
Due to the State 4-H Office by: May 17, 2013

This year the National 4-H Hall of Fame Task Force of NAE4-HA would like to offer two 4-H youth the opportunity to play a unique role in the 2013 Hall of Fame Ceremony which will be held on October 11, 2013 at the National 4-H Center in Chevy Chase, Maryland. The Task Force will be selecting a Youth Master/Mistress of Ceremonies and a Youth Entertainer to assist with the National Hall of Fame Ceremony. Details on how to apply are provided on the respective applications:

[National 4-H HOF Entertainer Application](#)

[National 4-H HOF Master/Mistress of Ceremonies Application](#)

Applications are due to the California State 4-H Office by **May 17, 2013** so applications can be reviewed and nominations from California selected and submitted by the deadline. If you have any questions, contact Shannon Dogan at sjdogan@ucdavis.edu or 530-754-8518.

- We are now accepting statewide **4-H Advisory Committee applications for the 2013-14** program year. The statewide 4-H Youth Development Program (YDP) Advisory Committees are a representative group of 4-H members, adult volunteers and county and state 4-H YDP staff. The committees offer insight, review and input for the operation and management of the statewide 4-H YDP. Please note that there is now an [online](#) option to apply. We advise applicants to read the [advisory committee descriptions](#) for additional materials that may be required depending on the committee. **Applications are due to the CA State 4-H Office postmarked by May 31, 2013 or online by 11:59pm on May 31, 2013.** For more information, see: http://www.ca4h.org/Administration/Advisory_Committees/
- **California Focus**
June 14-18, 2013
California Focus is a unique citizenship educational experience that combines hands-on participation in workshops, debates, and simulations with speakers, tours, fun activities, and new friends from across California. <http://ucanr.org/sites/UC4-H/Projects/Citizenship/Focus/CF/>. **Online Registration Deadline is March 15, 2013**
- *Save the Date:* June 26-30, 2013
The **California 4-H Horse Classic** at Brookside Equestrian Park in Elk Grove (20mins south of Sacramento)
We are offering Tenderfoot classes and Miniature Horse Classes this year. Tenderfoot classes are for those whom were unable to participate in a qualifying horse show. Also don't forget about our educational contests: Hippology, Horse Bowl, Horse Judging, Public Speaking, and demonstrations.

Hosting a Qualifying show for the 2013 California Horse Classic?

Register your show here: <http://ucanr.edu/qualifying-shows> for it to be considered a qualifying show for the 2013 California Horse Classic.

Criteria for a Qualifying Show:

- Show verified by County
- Up to 3 shows per county
- If your county has 3 horse shows 1 show must be associated with a county fair
- Each horse show must be registered
- The Horse Show must offer the same classes that are offered at the State 4-H Classic (they may offer more if they choose too)
- Show must be before June 3rd, 2013
- Management of each show is required to send show results to Sarah Watkins at the State 4-H Office

Results can be sent via email to spwatkins@ucanr.edu or faxed to (530) 754-8541 or mailed to: Sarah Watkins, CA State 4-H Office, 1 Shields Ave, DANR Building, Davis, CA 95616

Looking for a Qualifying Horse show for the 2013 California 4-H Horse Classic?

Visit <http://ucanr.edu/classic-qualifiers> to find a Horse Show near you!

New Horse Classic Blog

Visit <http://ucanr.edu/blogs/HorseClassic/index.cfm> for updates on 2013 California 4-H Horse Classic!

Don't forget to subscribe to receives updates straight into your inbox!

- **4-H State Leadership Conference 2013 – July 25-28, 2013 at UC Davis**

Celebrating 100 years of California 4-H. This year's theme: *There's no place like 4-H*

The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. For more information visit:

<http://www.ca4h.org/Programs/Conferences/SLC/>

- **Awesome Time**

Awe! When was the last time you felt awe over anything? Awe is a hard thing to revive. Things become so familiar, even a lightning bolt, or a sunset, or a 4-H project meeting. Which is why in this Centennial Year of 4-H in California – “100 Years and Thriving,” we aim to rekindle our capacity for awe, for experiencing the awe of what we do in 4-H, for relishing the awe-inspiring people we know in 4-H, for the awe of strengthening our vision of the future for 4-H. Join your fellow 4-H leaders and staff for an awesome experience, a networking opportunity, and a celebration of your 4-H commitment. Come to the State Leaders Forum in Sacramento on Nov. 8 – 10, 2013. Check out the web page <http://ucanr.edu/slf2013> for information.

- The SLF Workshop Request for Proposal Form is ready for you to fill out and submit. It is due by **June 30, 2013**. <http://ucanr.edu/slf2013workshop>
- Each year for the SLF Silent Auction we find that items made by 4-Hers bring in the most money. If you know of youth who are clever and wish to donate a hand-made article that is worth \$10 or more, please contact Louise Silacci moolu@unwiredbb.com
- The Tech Team wishes to have a head/shoulder picture of each and every 4-H volunteer in California. Please submit to John Trammel techdude4h@gmail.com. Pictures should be good quality, at least 600 KB in size. Title each photo with the name and county of the person pictured.

HEALTHY LIVING

- **New Healthy Living Officer Position**

Are you looking for ways to integrate healthy living practices into your 4-H club? Starting in the 2013-2014 program year California 4-H will be adding a Healthy Living officer position to the 4-H Officer Manual. The Healthy Living officer will serve as the club's ambassador for health! By choosing to elect a Healthy Living officer your club is taking an active role in promoting healthy lifestyles. The Healthy Living officer will be the leadership for all health activities including: Providing ideas on how to incorporate physical activities and healthy eating into each club meeting, write Healthy Living articles for the club newsletter and adopting and promoting a club Wellness Plan. Please help ensure that the health “H” of 4-H is at the forefront of all our meetings - consider electing a Healthy Living officer! The Choose Health Officer Guide developed by Cornell University Extension can be found at:

<http://www.ca4h.org/Programs/Clubs/Officers/>

- **A Guide to Bullying Prevention Programs**

This guide to bully prevention is a resource for youth development professional from any youth-serving organization.

The purpose of this publication is to help youth professionals better understand how to create safe and fully inclusive environments within the organizations they serve. Here, you'll find a comprehensive overview of the latest bullying research and a guide for selecting evidence-based bully prevention curricula and resources. The guide is \$3.95. To order go to <http://www.4-hmall.org/Product/newitems/a-guide-to-bully-prevention-programs/08450>.

- **The Supreme Court ACA Decision**

A brief, *The Supreme Court ACA Decision: What Happens Now for Adolescents and Young Adults?*, developed by the National Adolescent and Young Adult Health Information Center, was funded in part through the Maternal and Child Health Bureau, Health Resources and Services Administration.

<http://www.healthcare.gov/> is a federal government website managed by the [U.S. Department of Health & Human Services](http://www.healthcare.gov/) with information about the health insurance options and factsheets with key features of the Health Care Law <http://www.healthcare.gov/news/factsheets/2011/08/families.html>. An overview of

CMS Consumer Research related to Audience Segmentation for the emerging health insurance marketplace: <http://www.cms.gov/Outreach-and-Education/Outreach/HIMarketplace/Social-Marketing-Research-for-the-Health-Insurance-Marketplace.pdf>

- **Youth Physical Activity Guidelines Toolkit**

The Physical Activity Guidelines for Americans, issued by the U.S. Department of Health and Human Services, recommend that children and adolescents aged 6-17 years should have 60 minutes (1 hour) or more of physical activity each day. <http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines.htm>

- **Health Insurance Marketplaces**

HHS has released consumer education materials to inform uninsured persons about the value of health insurance and how the on-line health insurance marketplaces (insurance exchanges) will work. Beginning on October 1, 2013 health insurance, with policy start dates effective **January 1, 2014**, can be purchased on the marketplace websites. [Healthcare.gov](http://www.healthcare.gov) has a short video and information on how a health insurance marketplace works.

- **The Great American No Bull Challenge - 4-H'ers Can Enter NOW!**

The Great American NO BULL Challenge is the first, student-led National video contest and Teen Video Awards show dedicated to bullying prevention and promoting empathy, respect and inclusive communities using the power of music and the magic of filmmaking. Middle and high school students between the ages of 13 – 18 will have 4+ months to create a 2-5 minute video or 30-60 second PSA with a digital responsibility or a bullying prevention theme. Students will submit their video to the NO BULL Challenge no later than **April 30, 2013 at 11:59 PM (PST)**. Check out the [Digital Responsibility 411 toolkits](#) to learn everything you need to know in order to create your video.

- **Eating Healthy from Farm to Fork Curricula**

Content revisions and updated formatting on the Eating Healthy from Farm to Fork grade-base (Kindergarten, Grade 1 and Grade 2) curricula are nearly complete! The revisions include:

- Updates to 2010 Dietary Guidelines and MyPlate
- Alignment with the CA Department of Education's 2009 Health Education Content Standards for Nutrition & Physical Activity and Growth & Development
- Alignment with the California Department of Education's 2010 Nutrition Competencies
- Update correlations to the new California Common Core Standards for English & Language Arts and Mathematics
- Updates to nutrition education and related research in the field of Farm to School

Updated training and delivery support materials for these three curricula (Power Point presentations, poster templates, flyers, name tags, etc.) will also be available. Contact Anne Iaccopucci at amiaccopucci@ucanr.edu for questions.

CITIZENSHIP

- [Civic Reflection for Educators Facilitation Training](#)

Interested in learning about and gaining hands-on experience of facilitating reflective discussions, in and outside the classroom? The Center for Civic Reflection will be holding a "Civic Reflection for Educators" Facilitation Training workshop at Francis Parker School on February 22-23. Click [here](#) for more information and to learn how to register.

- [We the People](#)

In an attempt to help Americans make their voices heard by President Obama and his administration, the White House has created an online petition site that invites Americans to start their own petitions (browse/sign those started by others). If petitions meet a threshold number of signatures, the White House will respond. Click [here](#) to access the site.

- February's 4-H History Newsletter is jam-packed with significant activities, memories, new approaches

and exciting training. Enjoy the February newsletter [here](#).

SCIENCE, ENGINEERING, and TECHNOLOGY (SET)

- An online workshop for those who would like to learn more about how to use the Internet to reach parents for parent education are encourage to register for the workshop offered by University of Minnesota Extension. Registration is open until **April 20, 2013**. For more information, visit: <http://www.extension.umn.edu/family/families-with-teens/research-updates-for-professionals/>
- **2013 4-H Film Making Statewide Project, supported by BestBuy**
Workshops in February and March!
Register at <http://www.ca4h.org/Projects/SET/Tech/CTLT/Film/>
For 4-H members (age 13-19), volunteers, and staff to learn how to produce films. The goal of the 4-H Film Making Project is to enhance technological literacy of 4-H members by helping them learn the basics of film production including storyboarding, filming, and editing. Our goal is to have 4-H members produce films that feature how 4-H is impacting their community (for example, 4-H Revolution of Responsibility projects) and recording 4-H alumni and creating films featuring the "Voices of 4-H History" for the CA 4-H Centennial.
- **2013 World Water Day**
March 22, 2013
<http://www.unwater.org/watercooperation2013/>
Do you know how much water you actually consume every day? How can you change your diet and reduce your water footprint? Join the World Water Day 2013 campaign "Water Cooperation."
- **Apply to the California 4-H Technology Leadership Team**
Applications due May 31, 2013
<http://www.ca4h.org/Projects/SET/Tech/CTLT/>

For those 4-H members and volunteers with an interest in technology! Candidates must have some type of technology experience which could include photography, video, website design, social media, hardware, GPS/GIS, computer support, graphic design, 3D imaging, smartphones, programming, biotech, engineering, technology & society. The California 4-H Technology Leadership Team is composed of 8-15 4-H members, volunteers and staff who serve a 14 month term starting July 1. Candidates must be 16 years of age.

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, (626) 586-1970, kcnathaniel@ucdavis.edu

Dawn Fuller, Los Angeles 4-H Coordinator, (626) 568-1980, 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, (626) 586-1972, rlhillstock@ucdavis.edu

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[Non-Discrimination Statement](#)

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Send an email to [Roy Hillstock](mailto:Roy.Hillstock) requesting to "unsubscribe from the LA County Clover Notes".

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