



January 2015

If you have any questions or suggestions about the Clover Notes, please call Roy Hillstock at (626) 586-1972 or email at rlhillstock@ucanr.edu. We welcome submissions, especially for Club News. Please submit articles by the 15th of the month to be posted in the following months' edition.

Contact the [Los Angeles 4-H Youth Development Office](#) or (626) 586-1972. For upcoming dates, please visit the [4-H Calendar](#). We look forward to continuing to serve you and your 4-H needs.

POLICY

4-H Policy and Information Update January 2016

Happy New Year!! For some, the beginning of the year marks the renewal of ideas, commitments and goals that we've established for ourselves and our families. We also reflect on the contributions we make to the lives of the youth in our 4-H clubs. We reflect on the pathways that we create for youth and the opportunities that we lead them to. We think carefully about the activities we engage them in and the impact they might have on our members.

As we think through how we prepare and interact with our 4-H members, keep in mind that one of the primary goals of creating a positive 4-H experience for youth is to produce a *thriving* young person. We want to help youth connect, become competent, demonstrate confidence and caring, and make a contribution to something greater than themselves.

So, as the new year unfolds, continue to think strategically and purposefully about the ways we engage youth and ensure that the pathway they pursue is helping them to thrive.

CLUB

- **“Expecting To Fly”**
Macy 4-H Club, Communications Committee



On December 1st, Victoria Morales, a Macy 4-H member, learned that she would be advancing to the next level of competition for the Montebello Unified School District Art Contest. Out of the ten Macy Intermediate students who participated, Victoria is now the only one representing our school. The contest’s theme was “Let Your Imagination Fly.” The Macy 4-H Communications Committee decided to interview her to see what her inspiration was behind her photograph.

Emily: Describe your picture and how does it work with the theme?

Victoria: My picture has shoes that are attempting to fly. This works with the theme “Let Your Imagination Fly” because if you use your imagination, you can picture yourself in the shoes.

Haig: What inspired you to take this picture and name it “Expecting to Fly”?

V: My picture has my shoes. I love my shoes. One day I was doing flips on the grass and I loved how the shoes looked with the sky. It reminded me of shoes flying, so that’s when I got the name.

Arek: Did the picture come out the way you envisioned it?

V: Yes, the picture did come out the way I envisioned it. I just envisioned it a little more centered and the sky more blue and full of clouds.

Ada: What went through your mind when you were taking the photo?

V: When I was taking the photo, I was trying to see if my picture really related to the theme, “Let Your Imagination Fly.” So I was imagining that my feet were flying, and that’s when I knew it went with the theme.

Kaylin: How do you feel about going to the next round?

V: I didn’t expect to go on to the next round. When they announced my name, I was so surprised. I am very excited to move on and I am also very excited to see all of the other artwork and hopefully, I will move on. Yay!

Macy 4-H is very proud of Victoria Morales for completing this round of competition and continuing on to the next level. All the members are hoping that she will move on to the National PTA Art Competition. The photograph she presented shows her shoes “expecting to fly.”

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

Mia Kolkovich, San Fernando Valley 4-H Club Member

On Sunday, November 22, 2015 members of our club meet for our first floriculture meeting at the Kolkovich Home. Our project was to make fresh floral center pieces for Thanksgiving. We used floral oasis foam, soaked in water and taped into a small container. We chose fresh flowers in fall colors to design our center piece and we also used greenery to fill in spaces. We learned to make a florist bow and add that into our arrangement. Each member went home with their own custom designed fresh floral arrangement to place on the Thanksgiving table! Everyone had fun!



- **Beverly Hills Heart Helpers**

Nancy Hunt-Coffey, Beverly Hills Heart Helpers 4-H Club, Assistant Community Leader

This past month the Beverly Hills Heart Helpers started on their quilts for the Painted Turtle, a camp in Lake Hughes, CA for kids and teens with serious illnesses. The Club also partnered with the City of Beverly Hills to conduct an El Nino Preparation Day where the club members helped to pick up trash from the street and storm drain inlets that would otherwise run out to the ocean when the big rains come. Two 4Hers presented at the Beverly Hills City Council about their research on swales and asked the City Council to allow the Heart Helpers to adopt one of the swales that will be created along Santa Monica Boulevard. Heart Helper Sean Coffey received a \$100 grant from the Start a Snowball Foundation to purchase more recycle bins for his Cans for a Cause project which has raised over \$300 to support the LGBT Center on Highland in Hollywood. They also visited the Gentle Barn in Santa Clarita where they brushed cows, fed the horses and learned about the different rescue animals that live there. The Club's visit was funded through a generous donation of Heart Helper friend Skip Zelenka.

DISTRICT

- **District Rotation Chart for County Events for 2015-2016**

Roy Hillstock, 4-H Staff

Need information on an upcoming district or county event? Take a look at our [District Rotation Chart](#) on the 4-H Website to find out which district is in charge.

- **Get some great ideas from South Section Leaders – Jan, 9, 2016**
Meet the state Associate Director of 4-H Program and Policy – Shannon Horrillo
Noel Keller, South Section 4-H Leaders' Council President

The South Section 4-H Leaders Council will meet at 10am on Saturday, January 9th at Mt. San Antonio College (Agricultural Sciences Complex) in Walnut. Come and find out what is happening in southern California and state 4-H. Learn more about the transition to the new State 4-H Management Board system. **Shannon Horrillo** from the state 4-H office and Mary Thieleke Jackson, our South Section representative on the state Implementation Committee, will be attending. Our youth representative to the council Camille Norczyk will be reporting on our Los Angeles County 4-H events. There are so many interesting 4-H events happening in southern California. Some are open to members from other counties. For more information on the South Section Council, go to the council website at: <http://4h.ucanr.edu/Resources/Volunteers/Councils/Sectional/South/> for meeting dates, agendas, minutes and sectional event details. For additional information about south section meetings and activities, contact Noel Keller (nkeller91711@gmail.com).

- **Western Regional Leaders' Forum (WRLF) 2016 – Fairbanks, Alaska- Registration Extended to January 10**

Each year the 4-H Western Regional Leaders' Forum is held in a different state in the western region of the United States. The forum is a larger version of our State 4-H Leaders' Forum where you learn new skills, get new ideas, share your skills and network with other leaders from at least 13 western states. This year Alaska is running the Forum with the theme of "Northern Delights". Great workshops are being offered. Pre-forum tours are available. The forum is being held **March 2-4, 2016 in Fairbanks, Alaska** at the time of the Northern Lights (Aurora Borealis). Early Bird Registration has been extended **until Jan. 10**. Consult the event website for more information: <http://www.alaska2016.com>.

- **Teen Involvement Conference (TIC) – 004H - iSpy - Jan 15-17, 2016**
Noel Keller, South Section 4-H Leaders' Council President

Attention LA County Senior 4-H Members – Have you signed up for TIC? There is still time, but you must act quickly. Don't miss this fun, educational experience to expand your leadership skills and meet other teens from around southern California. The theme this year is "004H iSpy". Listen to motivational speakers, attend educational sessions, have fun at the dance, play sports and more. The South Section teens are planning the event and details are available on their TIC webpage: http://4h.ucanr.edu/Get_Involved/Councils/Sectional/South/Teen_Involvement_Conference. Late registration is \$160. This is a great opportunity to get involved in 4-H above the county level and meet other Southern California 4-Hers. Registration for the event is now open. For more information contact Morgan Ulrich at ilick@yahoo.com or Kelly Dowlan at landshark311@gmail.com.

- **[District Representation on the LA County I&R Committee](#)**
Noel Keller, LA County Incentives and Recognition Committee Chair

All districts should have two elected representatives on the county Incentives and Recognition Committee. The current county I&R Committee members are Noel Keller and Judylynn Pelling from NSG, Peter Michel and Dee Keese from SSG and Carrie DeYoung from SFV. There are no representatives from AV. The next scheduled I & R committee meeting will be on Tuesday, January 26 at 7:30pm at Good Shepherd Lutheran Church in Los Angeles. Contact your I & R district representatives with your I & R comments, suggestions and concerns.

- **Los Angeles County 4-H Livestock Symposium**
Roy Hillstock, Computer Resource Specialist

Los Angeles County 4-H Livestock Symposium will be held on January 23, 2016 at the Antelope Valley Fairgrounds ([2551 W. Avenue H, Lancaster, CA](#)). There will be various livestock speakers providing on-hand demonstrations and answering questions. More information available on the [LA County 4-H website](#).

- **Junior Leadership Conference – January 30, 2016**

Roy Hillstock, Computer Resource Specialist

4-H'ers who are interested in becoming the future leaders and who are looking to meet new people, come join us at the 2016 Junior Leadership Conference. Junior Leadership Conference will be held at Cabrillo Youth Center (3000 Shoshonian Drive, San Pedro) Saturday, January 30, 2016. Come sharpen your talents and discover new abilities to share with others. Hosted by the Los Angeles County All Star Ambassadors. RSVP to Meghan Tahbaz (berrychild97@yahoo.com) by January 25, 2016.

- **LA County Leaders' Council meeting – January 30, 2016**

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

The LA County 4-H Leaders' Council will meet next on Saturday, January 30 at Cabrillo Youth Center, 3000 Shoshonean Drive, San Pedro, 90732. The meeting will be hosted by SSG district. **This will be an important planning meeting for 4-H County activities so each club should try to have a representative at the meeting.** The meeting agenda will be posted on the county website next week. Learn what is happening in LA County 4-H. Don't miss this meeting. All leaders, volunteers, parents and Senior 4-H Members are welcome to attend.

- **[State 4-H Ambassador Applications Due February 16, 2016](#)**

Experienced Senior 4-H members are encouraged to apply to be a 2016-2017 State Ambassador, one of the highest service opportunities and recognition attainable in our state 4-H program. Are you ready for more opportunities above the county level? The California 4-H State Ambassador Program is a working honor that provides Senior 4-H members expanded opportunities to serve the University of California 4-H Youth Development Program. Applications and more information are available at:

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

- **[LA County 4-H All Star Ambassador Application Due March 3](#)**

Roy Hillstock, Computer Resource Specialist

The 2016-2017 Los Angeles County 4-H All Star Ambassador Application is available on the on the county website. County All-Star Ambassador is the highest rank that a 4-H member can achieve at the county level. The All-Star Ambassador Award affords 4-H members the opportunity to further develop their leadership skills on a county-wide basis. Applications are due March 3, 2016. Announcement of the new 2016-17 LA County 4-H All Star Ambassadors will be March 19, 2016 at County Field Day. For more information go to:

http://celosangeles.ucanr.edu/4H_Youth_Development_Programs/Applications/.

- **4-H Shooting Sports Western Heritage**

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

Plans are underway to host a 4-H Shooting Sports Western Heritage Workshop in California. It will be held March 13 – 16, 2016 at the Safety First Shooting Association in Winton, CA (Merced County). More information and registration material will be sent out when the details are finalized. Those who pass the certification training will be certified to lead a 4-H Western Heritage project. For more information about the project and the location visit:

Western Heritage Project

<http://www.4-hwesternheritageproject.org/>

Safety First Shooting Association

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

- **County Field Day – March 19**

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

LA County 4-H Field Day and Fashion Revue will occur at Mt. SAC in Walnut on Saturday, March 19th, one week earlier than usual, due to Easter occurring on the fourth Sunday. **Note this date change to March 19th.**

There is a new 2015 Presentation Manual. Be sure to reference this new manual when preparing to participate in the Field Day. There are a few changes in the competition categories. The state 4-H requires that we follow the guidelines in this new presentation manual for our county event. Information about our 2016 County Field Day will be on the county website by the beginning of February.

The year the state will be holding a Discussion Meet at our county field day at Mt. SAC. All Senior 4-H members are invited to participate. There is a separate manual available on the state website for preparing for this category. Contact Noel Keller (nkeller91711@gmail.com) if you want information about this opportunity.

- **State Fashion Revue – May 28, 2016**

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

The five entry categories for the 2016 State Fashion Revue were announced as Traditional, Consumer Science Purchased (\$40.00 limit), Upcycled, Western Wear Challenge and Muslin Challenge. State Fashion Revue is coordinating two service projects: Reusable Bags and Port Pillows. Information and examples for the entry categories, and patterns and instructions for the service projects are on the state website: http://4h.ucanr.edu/4-H_Events/SFD/SFR. Looking for a club service project? Check out how your club can get involved even if you don't have a sewing project.

- **The Importance of Having a Healthy Living Officer in Your Local 4-H Club**

Meghan Tahbaz, 4-H Youth State Advisor in Healthy Living



The California State 4-H Office is in high-gear trying to incorporate healthy living into programs all throughout the state. Perhaps you've noticed the Color Me Green Runs or the introduction of water as the primary beverage during 4-H events. Hopefully your club has even been a part of encouraging youth members and adults alike to engage in healthy living activities.

But of course, there is always more to be done, and you can be a part of the change in your club! A simple and effective way of introducing healthy living to your local 4-H club is by electing a Healthy Living Officer. There are so many fun and engaging activities that go along with healthy living and a Healthy Living Officer would be the perfect club member to promote said activities. One of the bonuses of having a Healthy Living Officer is the option for creativity that the role furnishes. There are numerous topics that go along with healthy living (nutrition, sleep habits, stress, etc.) and it would be up to the Healthy Living Officer to decide how to approach each topic; the important part is that the topics are simply being addressed.

So if you feel like your club is missing something, it just might be a Healthy Living Officer. Let's make it our goal to introduce the officer position in *all* of our clubs and help to spread healthy living literacy!

- **Emerald Star Program**

Noel Keller, LA County Incentives and Recognition Committee Chair

The Emerald Star program offers an advanced leadership opportunity to 4-H members. Look for more information on the county website. An Emerald Star project can be started at any time during the program year and can extend into the next year. For more information go to the [LA County 4-H website](#).

- **IMPORTANT - Record Book Manual 2015-2016 And Forms**

Noel Keller, LA County Incentives and Recognition Committee Chair

Record Book Manual 2015-2016 is the only record manual and forms that should be used this year. Please discard all previous record book manuals and forms. The Manual is available on the state 4-H website and on our county website. The online record book system uses the forms from this 2015-2016 manual. If you have questions contact a member of the county I&R Committee or Noel Keller (nkeller91711@gmail.com).

The record book information actually exists as three separate manuals: guidelines, forms and adult partner's guide. The California 4-H Record Book Manual: For Junior, Intermediate and Senior 4-H Members gives details on how to complete your records. The California 4-H Record Book Forms: For Junior, Intermediate and Senior 4-H Members includes all the record book forms. The California 4-H Record Book Manual: Adult Partner's Guide gives further information and guidelines on the changes in the new manual.

- **Leadership Development Report (LDR) Replaces Junior and Teen Leadership Development Report (JTLDR)**

Noel Keller, LA County Incentives and Recognition Committee Chair

The Junior and Teen Leadership Development Report of past years has been replaced with the Leadership Development Report. There are four parts to the form: Part 1 (Pre), Part 1 (Post), Part 2 (Pre) and Part 2 (Post). Part 1 asks for your general leadership roles and goals at the start of the 4-H program year and then what you learned by the end of the year. Part 2 is used for specific project or activity goals and results. Complete a Part 2 (Pre) and (Post) for each project or activity where you fill a significant leadership role. You must complete this form for each significant leadership credit on your Personal Development Report (PDR). A member may be completing several Part 2 forms for their records.

- **Junior/Teen Leader Merit Awards**

Noel Keller, LA County Incentives and Recognition Committee Chair

As part of the county annual record judging, 4-H junior and teen members are invited to have their records evaluated for a Leader Merit Award. This award is to recognize outstanding leadership by Junior and Teen Leaders. A member may request on their ID form for the county record book judging form that their records be evaluated for a merit award. A member may only earn a Junior Leader Merit Award once and a Teen Merit Award once.

To be considered for a leader merit award, the 4-H member must be enrolled in a Leadership project and complete the Annual Project Report form for the Leadership project. If your club does not have a Leadership Project, request that one be set up in your club. The member must also complete the new Leadership Development Report (LDR) for 2015-2016 to be considered for the award. Both forms are available on the County website under Record Book forms. Remember to complete both of these forms if you request to be considered for the award. Each year almost half of those who request to be considered for the award do not complete both of these forms. If you have any questions about this, please contact a member of the county I&R Committee.

- **State Records Competition**

Noel Keller, LA County Incentives and Recognition Committee Chair

Senior 4-H members are eligible to enter the state record book competition. State competition is focused on selecting 4-H members who have demonstrated outstanding achievement in their 4-H project work. Books are judged against standard criteria. Those books displaying the most outstanding 4-H work, life skills development, and leadership and citizenship development are selected as state medalists and/or state winners. Senior 4-H member (at least 14 years of age and no older than 19 years old by December 31 of the program year for which the book is being entered) are eligible to enter state competition. Use the new 2015-2016 Record Book Manual forms for your records.

Encourage your experienced Senior 4-H Members to submit their records for the state competition. Instead of the three additional summary pages, this year seniors are asked to submit a resume, even at the county level. No additional pages are needed for a record book to be sent to the state competition. Accomplished Senior 4-H Members should be encouraged to start working on their state record book now for the 2015-2016 competition. Set goals and plan ahead to have a great year in a project area so you will learn a lot and grow in your project skills. Consider having workshops in the project area during the year. Try some new activities. Continue to advance your skills and experiences. Get involved in some 4-H experiences above the county and section levels. Do some community service with your project areas. Be innovative. Try to Make the Best Better. Work in areas where you have high interest. There is a lot of good project work being done in LA County, but it is not being entered in the state competitions.

- **Friends Of 4-H**

Noel Keller, LA County Incentives and Recognition Committee Chair

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

- **[LA County 4-H 2015-2016 Calendar](#)**

Roy Hillstock, 4-H Staff

LA County Field Day has been changed to March 19, 2016. The original date conflicted with Easter weekend. Please mark your calendars accordingly. We apologize for any inconvenience.

- **2015-2016 4-H Program Year**

Roy Hillstock, 4-H Staff

The 2015-2016 Program Year started July 1, 2015. All 4-H members must re-enroll to participate in 4-H. This is especially important for those 4-H members participating in fairs and other summer months activities. For members graduating out of the program that will be finishing up their projects and/or going to fair need not re-enroll. The 4-H Fees have increased for the coming 2015-2016 program year. **The fees are \$38 per youth and \$14 per adult.** The 4-H Online Enrollment Website is: <https://california.4honline.com>. If you have any problems enrolling, please contact me at (626) 586-1972.

- **Share your 4-H Experiences**

Roy Hillstock, 4-H Staff

4-H'ers, share your 4-H experiences by submitting articles to be published in Clover Notes. Articles may include club news, photos, community service projects, and/or anything you or your club would like to share. Submit your articles by the 15th of the month to be published in the following month's edition of Clover Notes to Roy Hillstock, rlhillstock@ucanr.edu.

- **Dates To Remember in**

January

- 2nd Summer Camp Staff Training Day for Directors, Kings & Queens
- 6th NSG District Meeting
- 8th Howse Bowl Quiz #1
- 9th Shoot Competition #1
Adult & Youth Sectional Meeting
- 15th Teen Involvement Conference (TIC)
- 18th Martin Luther King Holiday
- 21st SSG District Meeting
[SGV Fair Meeting](#)
- 23rd Livestock Symposium
- 25th AV District Meeting
- 26th [Incentives & Recognition Meeting](#)
- 30th Junior Leadership Conference State Leaders' Forum – 11/6-8
County Council Meeting

STATE

DATES & DEADLINES

- 2/13/2016 [South Central Section Leaders Council Meeting](#)
- 2/20/2016 [North Central Section Council Meeting](#)
- 2/20/2016 [2016 Leadership- Education and Development \(LEaD\) Conference](#)
- 2/20/2016 [4-H Equine Field Day](#)
- 3/19/2016 [4-H Small Animal Science Showmanship & Field Day](#)
- 4/1/2016 [2016 4-H Camping Conference](#)
- 5/21/2016 [South Central Section Leaders Council Meeting](#)
- 5/28/2016 [California 4-H State Field Day](#)
- 7/10/2016 [2016 Citizen Washington Focus-Heritage Trail](#)
- 7/11/2016 [2016 Leadership Washington Focus](#)
- 7/16/2016 [2016 Citizenship Washington Focus-Global Journey](#)
- 11/4/2016 [Mindfulness Retreat](#)

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

4-H All-Stars:
Holly Whipple, Westside 4-H Club
Ru Ekanayake, PVP 4-H Club
Camille Norczyk, Greenleaf 4-H Club
Jessica Fint, SFV 4-H Club
Meghan Tahbaz, PVP 4-H Club
Abigail Wright, Greenleaf 4-H Club

Jr. All-Stars:
Katherine Cao, Pomona Valley 4-H Club
Kiran Ekanayake, PVP 4-H Club
Rebecca Klose, PVP 4-H Club
Megan Okamoto, Pomona Valley 4-H Club
Zella Roth, PVP 4-H Club
Wesley Rich, PVP 4-H Club
Alexa Sutter, PVP 4-H Club
Julius Treadwell, Pomona Valley 4-H Club
Shannon Chen, PVP 4-H Club
Julie Sylvest, PVP 4-H Club
Michelle Sylvest, PVP 4-H Club
Rebecca Klose, PVP 4H Club
Sara Conlon, PVP 4H Club
Catherine Nunley, PVP 4H Club
Lilliana Brown, PVP 4H Club
Ashlyn Spaziano, Greenleaf 4-H Club
Elizabeth Wright, Greenleaf 4-H Club
Katie Hsu, PVP 4-H Club
Leila Nuryen, PVP 4H Club
Sarah Yeck, PVP 4H Club
Ryan Hamm, PVP 4H Club

2015-2016 LA County 4-H Leaders' Council Officers:

President: Dee Keese
Vice President: Noel Keller
2nd Vice President (youth position): Camille Norczyk
Secretary: Judylynn Pelling
Treasurer: Mary Lash and Johanna Stewart
Reporter/Historian:
I&R Committee Chair: Noel Keller
Agriculture Committee Chair:
Science Committee Chair:
Home Economics Committee Chair: Carrie DeYoung
Healthy Living Committee Chair: Meghan Tahbaz (youth)
Parliamentarian/Policy Secretary:
Leader Support Committee Chair:
Shooting Sports Committee Chair: Dee Keese
Publicity Chair (proposed new office): Peter Michel
Fundraising Committee Chair (proposed new office):
Civics Committee Chair: Ru Ekanayake (youth)
Technology Committee Chair: Mike Lopez
Representative to the Sectional Council (adult): Judylynn Pelling
Representative to the Sectional Council (adult): Carrie DeYoung
Representative to the Sectional Council (adult): Dee Keese
Representative to the Sectional Council (adult): Rick Herbert
Representative to the Sectional Council (youth): Camille Norczyk
Alternate Rep to the Sectional Council (adult): Dennis DeYoung

Los Angeles County, 4-H Youth Development Staff:

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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

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