



## July 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 [rhillstock@ucdavis.edu](mailto:rhillstock@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 July, 2013

#### *LA County Volunteer Professional Development Plan*

##### Rationale:

In consultation with the Director of Cooperative Extension and the Statewide Associate Director of 4-H Program and Policy, I will be implementing a volunteer professional development program (VPDP) in Los Angeles County over the next six (6) months.

According to the National Framework for 4-H Volunteerism (2008), a part of the mission of the 4-H program is to "build the capacity of professional staff and volunteers in creating safe, sustainable and vibrant learning environments for young people." The framework further articulates a philosophy that suggest that volunteerism is an integral part of establishing and maintaining a quality out of school experience for youth and that the "active preparation, training and involvement of volunteers enhances the credibility and integrity of 4-H."

Engaging 4-H volunteers in a systematic effort to raise the competence and confidence level of volunteers to not only benefit the 4-H program, but to also provide volunteers with sense of belonging and meaningful contribution should be of paramount concern. The result could be an improved and broad based support from volunteers in a range of 4-H programming including special events and projects. Moreover, we could improve the diversity of program by engaging all volunteers rather than a select few who are seemingly always involved. According to the *Framework*, creating sustainable structures – that includes professional development – leads to more engaged, long term efforts from volunteers.

In LA County, more than 200 adult volunteers are engaged at various levels with youth in the program. However, the vast majority of them are project leaders who work directly with you and very rarely engage at the county level and beyond, and almost never interact with the county office staff. This de-coupled arrangement can cause considerable risk for 4-H members in that the 4-H experience they are getting may not allow for them to reach their full potential.

One way to address this issue is to require professional development and provide access to that training through a variety of mediums (i.e., face-to-face, online).

**Plan:**

Volunteers are an integral part of the 4-H youth development program experience. In many cases, they are the facilitators and program extenders, interfacing with the youth on a regular basis. As a result, the 4-H Youth Development Advisor is responsible for providing opportunities for volunteers to hone their competence and confidence to offer youth quality out of school experiences. The plan offers a reasonable approach to ensuring that each volunteer is provided with a basic 4-H youth development foundation and framework. It calls for a more stringent volunteer professional development requirement for volunteers to meet in order to receive programmatic renewal. If a volunteer has not fulfilled the professional development requirement, he/she will have one program year to do so otherwise lose their volunteer appointment with the 4-H program.

The 4-H Youth Development Advisor will offer at least 12 hours of professional development training each program year. The training could focus on one of the 4-H mission mandates, youth development, content, policy and special projects. Each training will be 1.5-3 hours and offered at the County Office or through Adobe Connect (video training). Volunteers will also be able to participate in professional development and receive credit through other organizations and/or online surveys and experiences.

The 4-H Youth Development Advisor will track and monitor the hours of professional development for each volunteer using the volunteer tracking system developed for tracking Master Gardener volunteer hours or create a comparable system that performs the same function. The advisor will report his/her efforts annually.

The tiered volunteer system allows for more seasoned volunteers to have at least once contact per year with the county office, while expecting newer and less trained volunteers to engage more often with the county office.

In the coming weeks and months, I will unveil the structure and system that will be used as a basis for determining the required number hours.

## COUNTY

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

Dawn Fuller, 4-H Program Coordinator

LA County 4-H Summer was a fun time for all who attended the week of June 23-29, 2013. Youth had the opportunity to see friends they may see only once a year at camp, hike, fish, go birding, swimming, participate in SET Activities, learn about archery, and definitely “learn by doing” for an entire week. It didn’t hurt that the delicious home-cooked recipes belonging to Greenleaf 4-H Club Leader, **Mary Lash**, were served daily or that the cooking staff all went to this very same 4-H Camp in their youth (at a different location, but it was LA County 4-H Summer Camp) and are completely dedicated to making the camp food the best campers have ever had. The food was definitely a big hit!

Youth came from all over to attend camp this year - from San Diego to Georgia. There were 140 youth at camp and 25 adult chaperones. Without adult chaperones, we wouldn’t be able to accommodate as many youth as we do at our camp, so we are very thankful. For a second year in a row, **Kelly Dowlan** was our Head Adult Director and this year, our Youth Directors were **Jake Hetherington** and **Megan Chiatovich**. We are already looking forward to Summer Camp 2014, and we hope you can make it!



- **4-H Enrollment/Re-Enrollment**  
Roy Hillstock, Computer Specialist

July 1, 2013 started the 2013-2014 4-H Program Year. Any member participating in 4-H after July 1, must re-enroll. This is especially important for those members participating in fairs and/or conferences. You **MUST** be enrolled in 4-H to participate in 4-H activities. Instructions on how to enroll/reenroll can be found [here](#). Keep in mind that the 2013-2014 program fees are **\$12.00 per adult** and **\$34.00 per youth**.

- **Los Angeles County 4-H Pet Symposium--Save the Date!**

Dawn Fuller, 4-H Program Coordinator

Pet Symposium is back! Save the date for our **Los Angeles County 4-H Pet Symposium** and **County Awards Day** which will take place on **Saturday, October 12, 2013**, from **10 a.m. to 4 p.m.**, at Belvedere Park (4914 East Cesar E. Chavez Ave., LA, 90022.) Belvedere Park is just next door to our old office location. There will be a lot of fun learning opportunities for youth on this day, and what a wonderful way for the community to see all the great things 4-H youth can learn and do!

Each year, the 4-H districts of Los Angeles County rotate responsibilities for putting together the County Awards Day Event. Here is the 2013 listing of district responsibilities:

- Program: SSG
- Publicity: SFV
- Decorations & Set-up: NSG
- Refreshments: AV
- Clean Up: ALL

***The County Awards Day portion of the program will be at the same location from 3 p.m. to 4 p.m.*** We hope to see you and all your friends there!

- **Youth Shout Out!**

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

Do you think a one-page monthly youth newsletter would be helpful? We need to have a fun way to get information out to our club members. It could contain information about deadlines, events and opportunities coming up plus fun, brief articles/artwork by members. It could be located on the county website or one page of the monthly Clover Notes issue. It could be copied and given out at club meetings or included in the club newsletter. It could be written by youth. Are your club members reading Clover Notes each month? Would they read a one-page youth fun newsletter of brief articles with references to information in the Clover Notes and/or on the county/state website?

Good communication is important if you want to know what is happening. The Clover Notes is the newsletter for LA County 4-H events, opportunities and happenings. Now that the Clover Notes are no longer mailed out to all 4-H families, everyone needs to make an effort to check the Clover Notes monthly on their email and on the county website. The Clover Notes contains a lot of information and is a great reference for members, leaders, volunteers and parents. We might get more Clover Notes readership if we have a fun way to announce what is there.

This is just an idea. What do you think? Please email your comments about this to Noel Keller ([nkeller91711@gmail.com](mailto:nkeller91711@gmail.com)). Contact Noel if you would like to be involved in making this happen.

- **Get Those 4-H Record Books Done!**

Noel Keller, Incentive and Recognition Committee Chair

The 2012-2013 4-H program year is over now. Time to finish up your 4-H record book for the 2012-2014 year. If you have been working on it as the year moved along, you just need to finish it up now. If you haven't been working on it, there is still plenty of time to complete a 4-H record for the year. The record books are due to the LA County 4-H Offices by 4pm on September 10 or by 9pm on September 11 to an I&R Committee member. The guidelines and ID form are now available on the county website under APPLICATIONS. If you have any questions about this, contact Noel Keller at [nkeller91711@gmail.com](mailto:nkeller91711@gmail.com).

- **California Diamond Clover Award**  
Noel Keller, Chair of the county I&R Committee

The California Diamond Clover is the highest achievement for which a 4-H youth member is recognized by the State 4-H. All youth member who achieve the requirements are eligible to receive this award. Awardees receive the California Diamond Clover Pin and a recognition letter from the state Associate Director of 4-H Program and Policy. Applications are accepted year-round. Applications are reviewed by the state 4-H I&R Advisory Committee and awarded quarterly. For more information about this opportunity, consult the state 4-H website.

One the requirements for this achievement award is to have been a "Winner of a State 4-H Record Book Competition". Seniors should consider entering the State 4-H Record Book Competition with their 2012-2013 records, if they think that they may want to apply for the California Diamond Clover Award in the future. It could take several tries to become a state record book winner. Plan ahead. We have some very experienced senior 4-H members who could try for state recognition.

- **State Record Book Competition**  
Noel Keller, Incentive 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 members (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. As awards,

- All 4-H members entering a record book at the state competition will receive constructive feedback.
- State participation and merit recognition members receive a certificate.
- State winners and medalists receive a certificate and lapel pin.
- All books submitted using the 4-H Online Record Book (ORB) receive a "Got ORB" T-shirt.

You don't need to enter the county record book competition to be able to enter the state record book competition, but it probably helps. Information about this year's state record book competition is still not available. Watch for information to come out on the state website and on our county website. Your records for the state record book competition will be due to the LA County 4-H office on October 25th, 2013.

- **Club Officer Books**  
Noel Keller, Incentives and Recognition Committee Chair

With the 2012-2013 4-H program year now ended, it is time to complete your club officer book for county recognition. Be the first member in your club to earn one of the new Officer Book Gold Medals. All club officers can enter this optional officer book recognition program - President, Vice-President, Secretary, Treasurer, Reporter, Historian/Memory Book and Other Officer (that includes all the other officers in your club). If you have done a good job as an officer this last year, why not get recognized for your good work! Club officer books are due to the County 4-H offices by September 10 at 4pm or to a member of the I&R Committee by September 11 at 9pm. More information about this opportunity can be found on the APPLICATIONS page of the county 4-H website. If you have questions, contact Noel Keller ([nkeller91711@gmail.com](mailto:nkeller91711@gmail.com)).

- **LA County 4-H 2013-2014 Calendar of Events**  
Noel Keller, LA County 4-H Leaders' Council Vice-President

The Calendar of Events for the LA County 4-H program year of 2013-2014 was approved at the May council meeting and is now up on the county 4-H website. Refer to the calendar for upcoming events. The calendar will be distributed by email to 4-H families in September.

- **LA County 4-H Leaders' Council**

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

Officers for the 2013-2014 year for the LA County 4-H Leaders' Council were elected at the May council meeting. We still have several positions open so please consider getting involved with the council. All districts should have representatives as officers on the council. Senior youth are also encouraged to consider helping on the council. A youth and an adult volunteer together could be nominated to a council position. Contact Noel Keller ([nkeller91711@gmail.com](mailto:nkeller91711@gmail.com)) if you would consider a council position. The new 2013-2014 council officers are listed on the council page of the county website. Look there to see what position are still open.

- **What Is Your Club Doing Next Year?**

Noel Keller, Incentive and Recognition Committee Chair

July 1 starts the next 4-H program year. It's time to plan the club program for 2013-2014. What are your club goals for the next year? Do you want to offer a new project, try a new community service activity or expand your club membership? What would be really fun for your club to do this next year? Start making your plans now so your year will be filled with exciting activities and opportunities.

Setting goals, planning and following through to reach those goals are important life skills. To assist clubs in their club program planning process, we are offering the Club Planning Challenge. Brainstorm what you want to happen in your club in the 2013-2014 program year. Record your club goals for the year, your monthly program plans, your budget, your community service ideas, and your club recruitment methods. All of these are part of planning a complete, balanced club program. Submit your club plans to the I&R Committee in the fall by November 15. At the end of the program year, evaluate how your club did in meeting its goals and submit a final report to the 4-H office at the time record books are due in September.

This is an optional club Challenge. Those club participating can earn a seal for their club charter for their completed goals for the year and a certificate for their club planning for the year.

Watch for more information about this Challenge in the next issue of Clover Notes and on the county website under APPLICATIONS.

- **Happy Birthday, California 4-H!**

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

2013 is the 100th year birthday of 4-H in California. The California 4-H centennial marks our 100 years as an innovative, research-based youth development program. The centennial offers us the opportunity to celebrate our past and create our future. For 100 years, 4-H youth have brought information and innovation solutions to their families and communities that has served to strengthen agricultural technology and that tradition continues today. For the next 100 years, 4-H youth will be the ones to solve our most complex societal challenges - as obesity, poverty, depletion of natural resources, climate change, unemployment and food insecurity. 4-H youth will be the leaders for change - this is our Revolution of Responsibility!

The LA County 4-H All Stars are planning a LA County 4-H birthday celebration for this coming year. Watch for information about this special event.

- **California 4-H Centennial Pins**

Noel Keller, President of the South Section 4-H Leaders' Council

The State 4-H Leaders' Council is selling California 4-H Centennial Pins as a fundraiser for the State Leaders' Forum in November. The pins are \$3.00 each. Contact Noel Keller ([nkeller91711@gmail.com](mailto:nkeller91711@gmail.com)) if you want to purchase a pin for 100 years of 4-H in California. Noel will have pins for sale available at county events this fall.



- **Junior Leadership Conference**

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

The LA County 4-H All Stars are planning a Junior Leadership Conference for this fall. Saturday, September 29 is the date being considered at this time. Mark your calendar. Watch for information to be coming about the event.

- **Emerald Star**

Noel Keller, Incentives & 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.

## FUNDING UPDATES

- **Healthy Eating Research Releases Call for Proposals**

[Healthy Eating Research: Building Evidence to Prevent Childhood Obesity-Round 8](#)

Proposal Deadline for Round 8 grant: **July 10, 2013 (3:00 p.m. ET)**

- **Global Youth Service Day Lead Agency Grants - \$2,000**

**Deadline: July 17**

YSA and State Farm will support up to 100 Global Youth Service Day Lead Agencies for GYSD 2014 (April 11-13, 2014). GYSD Lead Agencies are local, regional or statewide organizations across the United States, and the Canadian provinces of Alberta, Ontario, and New Brunswick, that increase the scale, visibility, and impact of Global Youth Service Day by leading GYSD activities in their city, region, and/or state. GYSD Lead Agencies receive a \$2,000 grant provided by State Farm, a travel stipend to attend the Youth Service Institute, and ongoing training and technical assistance. More info: [www.YSA.org/grants/leadagency](http://www.YSA.org/grants/leadagency)

- **MLK Day Lead Organizer Grants - \$1,000, \$2,000, \$3,000, or \$4,000**

**Deadline: July 17**

Honor Dr. Martin Luther King's legacy by leading your community in service on MLK Day and build your organization's capacity to engage volunteers in high-impact service by applying to be a MLK Day Lead Organizer. YSA and CNCS will provide MLK Day Lead Organizer grants to organizations for Martin Luther King Day of Service (Monday, January 20, 2014) activities. MLK Day Lead Organizers will engage youth and adult volunteers on MLK Day, use service as a strategy to meet important community needs, and build partnerships with other organizations in their community to achieve scale, visibility, and impact on MLK Day 2014. YSA will award between 16 and 64 grants of \$1,000, \$2,000, \$3,000, or \$4,000. MLK Day Lead Organizers will also receive ongoing training and technical assistance. The program is open to organizations from all 50 states and DC. More info: [www.YSA.org/grants/MLKDay](http://www.YSA.org/grants/MLKDay)

- **Open Meadows Foundation Grants**

**Deadline: August 15**

The Open Meadows Foundation offers grants up to \$2,000 to projects that are designed and implemented by women and girls, reflect the diversity of the community served, promote building community power, promote racial, social, economic and environmental justice, and have limited financial access, or have encountered obstacles in their search for funding. Small and start-up organizations are strongly encouraged to apply. (Organizational budget should not exceed \$150,000.) More info: <http://bit.ly/1a99Tk3>

- **World We Want Foundation Grants**

**Deadline: Rolling**

The World We Want Foundation promotes and supports Young Global Citizens making positive social change in their communities and around the world. They work with and through Partner Organizations and Mentors youth applicants provide; help young people design and conduct meaningful Social Action Projects and acquire substantive knowledge and 21st-century skills while creating social value; provide an online Showcase to share their Stories of Social Impact with the world.

More info: <http://bit.ly/11IE94t>



- **DoSomething.org Seed Grants**

**Deadline: Rolling**

A \$500 Do Something Seed Grant is given out every week to help young people just like YOU! These grants can be used towards project ideas and programs that are just getting started, or to jump-start your program and realize your ideas for the first time. These grants can also be used towards projects that are already developed and sustainable, towards the next steps of your project and organization to help you as you look to expand your project and grow your impact.

More info: <http://bit.ly/PQYfTr>

- **Ben & Jerry's Foundation Grant**

**Deadline: Rolling**

The grant seeks to promote social justice, protect the environment and support sustainable food systems. Funds are provided to grassroots, constituent-led organizations that use community organizing strategies to accomplish their goals and to organizations that provide technical support and resources to such groups. Maximum grant: \$15,000. Find out 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:

July 15, 2013

September 15, 2013

November 15, 2013

***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](mailto:aleeland@ucanr.edu)) who will review your application prior to submission to ensure that it is as strong as possible.***

## DATES & DEADLINES

- **To celebrate our centennial we are going big at the CALIFORNIA STATE FAIR! Check out the full list of activities at <http://ucanr.edu/statefair2013>**

**1) July 21, 24-27: Gold Seal Presentations from State 4-H Field Day ([http://ucanr.edu/gold\\_seal/](http://ucanr.edu/gold_seal/))**

4-H members that received a gold seal at the State 4-H Presentation Day are eligible to present, non-competitively, at the California State Fair. 4-H members will present 1-3 times during an hour-long block of time on **July 21, 24, 25, 26, & 27**.

**2) July 16, 20, 23: Present your Science, Technology, Engineering, and Math (STEM) Projects**

(<http://ucanr.edu/stem/>). 4-H members and volunteers are invited for three types of exhibits.

**a) July 16, 2013, 11am - 8pm, July 20 (10-8pm) & July 23 (11-8pm)**

- i. Non-Competitive 4-H Presentations** – 4-H members are invited to present, non-competitively, at the California State Fair on **July 16, 20 & 23**. 4-H members will present 1-3 times during an hour-long block of time on one day. Presentations must be related to 4-H science, engineering, or technology.
- ii. Hands-on, Interactive, 4-H Science, Engineering and Technology Activities** – Groups of 4-H members, volunteers and staff are invited to engage the public in quick hands-on activities. The group will conduct activities with the public for at least an hour block of time on one day.

**3) July 23 & 24: 4-H Cooking Throwdown (<http://ucanr.edu/throwdown/>)**

4-H Cooking Throwdown - 4-H members are invited to participate in the 4-H Throwdown at the California State Fair. Teams will consist of 2 youth members and 1 teen leader. The minimum age is 12 years old, total of 3 members. Each round will have a secret ingredient. Each course must include the secret ingredient. Each team will have 10 minutes to prep and then 50 minutes to cook a three course meal. A judge will taste all courses prepared and the winners of each round will then compete at 4:00pm each day to determine the daily 4-H Throwdown Champion! Each day has a theme: **July 23rd**- International Cuisine; **July 24th**- BBQ Throwdown without the Grill. Facility: California Kitchen at the State Fair.

**4) Represent California 4-H by exhibiting at the Fair**

We are working on a 4-H Day - **July 20th!**

Share your memories of the State Fair <http://www.bigfun.org/memories/>

- **Joint Reserve Component Teen Leadership Summit**

Wahsega 4-H Center

Dahlongega, Georgia

**July 7-12, 2013**

Now in its third year, the Joint Reserve Component Teen Leadership Summit is a week-long camp for 14-18 year old dependent teens of current reserve component family members. Teens will focus on leadership development and self-confidence, learn about programs and services available to Air Force dependents, and build a community. Information is now available for the 2013 Joint Reserve Component Teen Leadership Summits at: <http://t.uga.edu/cR>

- **“Made by Me” Challenge Contest**

Office of National Drug Control Policy’s “Above the Influence” (ATI) youth campaign has launched a national challenge that calls on teens to share their ideas for the next ATI commercial. The “Made by Me” challenge allows teens (ages 13-18) to submit 60 second video entries that capture their commercial ideas. Please see the link below for more information. **Contest deadline is July 10th.**

More info: <http://partners.atipartnerships.com/partner-resources/made-by-me-national-psa-challenge/>

- **Teen Distracted Driving Summit**

The 2013 Teen Distracted Driving Summit will be held in Washington, D.C. on Friday **September 20th**. All are welcome to attend this year's National Teen Distracted Driving Prevention Summit! Through sponsors' support, NOYS will provide travel scholarships to select teams of youth leaders to attend the Teen Distracted Driving Summit. **The deadline to apply is July 15th**. We also encourage youth leaders to apply to be Peer Mentors for this year's Summit. For more information on the 2013 Teen Distracted Driving Summit or to learn how YOU can become involved, email [info@noys.org](mailto:info@noys.org).

- **Registration Open: NYLC's National Youth Leadership Training**

This is an opportunity for high school students to build leadership skills to make a real change in their communities. The event is **July 20-27, 2013** at the National Center for Service and Innovative Leadership. Registration is now open and space is limited for the NYLT this summer. The Registration Packet is available for download at [www.nylc.org/nylt](http://www.nylc.org/nylt) - turn in your packet ASAP to secure your spot!

- **4-H State Leadership Conference 2013: Celebrating 100 years of California 4-H**

**July 25-28, 2013** at UC Davis

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/>

- **Win a FREE Dutch Oven & Curriculum!** – For all 4-H Camp Programs. Have your adult camp director, youth camp director, and one other camp adult fill out the 13 short camp surveys at the link below (under Assessment Areas) **before August 31, 2013**. Once 3 complete surveys of all the assessment areas are entered, your county will be on the list to receive a Dutch Oven with Curriculum, compliments of the State 4-H Camping Advisory Committee. Ovens will be awarded at the State 4-H Camping Conference in the spring of 2014. If you have any questions contact John Borba, [jaborba@ucdavis.edu](mailto:jaborba@ucdavis.edu). Access the survey here: <http://www.ca4h.org/Programs/Camps/CampToolkit/>

- **What Heifer Inspires You?**

Oh yes, this was on a billboard for Clover milk and it seemed to fit our theme this month. The California State 4-H Leaders' Forum 2013 offers both information and inspiration, sometimes in an unconventional way. This is a unique opportunity for networking and weaving more tightly the fabric of our 4-H program. Volunteer leaders who have inspired youth and adults through the years, from first year leaders to the more experienced, will be honored for their service.

Scintillating and thought provoking workshop proposals are arriving. Be inspired to make a contribution to the educational program at SLF. There is still time for you to submit yours (**due by June 30**):

[www.ucanr.edu/slf2013workshop](http://www.ucanr.edu/slf2013workshop)

SLF will be held on **Nov. 8 – 10, 2013** at the Crowne Plaza Hotel in Sacramento. Early bird registration ends Sept. 1, so get registered soon and use your saved pennies to spend at the silent auction. Should you be inspired to contribute items for the silent auction or the live auction, please let us know, at your earliest convenience, so we can arrange to pick up the items. We would gratefully accept monetary donations, as well. Please contact Louise Silacci, [moolu@unwiredbb.com](mailto:moolu@unwiredbb.com), Chair of the Silent Auction.

For registration information and forms see [www.ucanr.edu/slf2013](http://www.ucanr.edu/slf2013).

- **Twelfth Biennial Coalition for Education in the Outdoors Research Symposium**  
**January 10-12, 2014**  
Indiana University's Bradford Woods

The call for abstracts is attached and will also be posted at <http://www.outdooredcoalition.org/>. **Abstracts are due by September 12, 2013.**

## PROGRAM UPDATES

### **POSTIVE YOUTH DEVELOPMENT**

- **2013 Thrive Professional Development Opportunities – Save-the-Date:**
  - **4-H Thrive Master Trainer, Train-the-Trainer Workshops**  
This year we will be offering 3 professional development opportunities for Thrive Leadership development Projects. The full details and registration information will be coming shortly. The travel and development expenses are fully covered for each county to send up to five (5) people. Each county will determine the best configuration of the team. For example, it may be that County XYZ decides that their local program is best served by sending one Program Representative and one Key Leader. At the same time County ABC may decide that one Key Leader plus another volunteer and two youth are the best team.
    1. August 24-25, 2013                      Davis, CA
    2. September 7-8, 2013                    Visalia, CA
    3. September 14-15, 2013                Anaheim, CA

- **iThrive for Jr. & Teen Leaders**

Are you looking for ways to continue to develop your Jr. & Teen Leaders in effective leadership skills? iThrive takes the principles of positive youth development and organizes them in a fun and engaging way to develop the leadership skills of our 4-H youth. The accompanying iChampion Adult Volunteer Leader Guide, provides an easy to follow resource to make project leaders successful in using this curriculum. Using the experiential learning cycle, iThrive provides opportunities for youth to realize their true and full potential and shows them how they can help their peers do the same. The curriculum is free and available to any project leader of a Jr. & Teen Leadership Project. To find out more about Thrive, check out the state website at <http://www.ca4h.org/About/Thrive/>. If you are interested in bringing Thrive into your Jr. & Teen Leadership Project for the 2013-2014 program year, contact your county office to find out how you can get started.

- **iDevelop**

iDevelop is our virtual platform for professional development. The purpose of iDevelop is to provide deeper learning around the principles of positive youth development and to assist 4-H staff and volunteers in creating and sustaining healthy environments for our 4-H members to reach their full potential. For a description of the trainings offered and access to them, click on the following link:

<http://www.ca4h.org/Resources/Volunteers/4-H Thrive Resources/4-H Thrive Virtual Trainings/>.

- **4-H Volunteer Café**

Are you a club or project leader who is tired of doing the same old activities month after month? Maybe you need something designed just for you to be encouraged and encourage your own personal growth. The 4-H Volunteer Café is a place designed just for you providing encouraging and thought-provoking articles of how the principles of positive youth development translate into your 4-H experience, it offers tons of resources for you as a 4-H volunteer that you can use immediately in your meetings and gives you a place where you can contribute your own experiences and challenges. To check out the 4-H Volunteer Café, use the following link: <http://4hvolunteercafe.wordpress.com/>.

- ***Because* toolkit released**

The Campaign for Disability Employment, funded by the U.S. Department of Labor's Office of Disability Employment Policy (ODEP), is pleased to announce that the *Because* toolkit, including public service announcements (PSAs) and inspirational posters, is now available to download and order free of charge. The *Because* PSA features seven people — not actors — with disabilities who are pursuing and realizing their goals and passions as a result of the support and encouragement they received from everyday people in their lives. The full-size posters, like the examples attached, are available for each participant in the PSA. Order the free posters for your organization and learn more about the Campaign for Disability Employment at [Because toolkit](http://www.because.org/toolkit).

## **HEALTHY LIVING**

- **Welcome New Healthy Living Officers!**

Congratulations to all our newly elected Healthy Living Officers!

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/Resources/Publications/>

\*To receive your Healthy Living Officer pin please email the name of your Officer and club to Anne Iaccopucci at [amiaccopucci@ucanr.edu](mailto:amiaccopucci@ucanr.edu).

- **Teens Take on Health**

We are excited to announce that 4-H has partnered with Molina Healthcare to bring a national campaign Teens Take on Health to California. As part of this campaign, 4-H California youth will host a Town Hall event for teens and other stakeholders to discuss their solutions to the current health issues of our nation. The Teens Take on Health Town Hall Meeting will be on **October 12<sup>th</sup>, 2013** in Sacramento. We are currently soliciting teen leaders to participate in the planning of the Town Hall. If you are an interested teen please contact Renata Atayeva at [renata.atayeva@gmail.com](mailto:renata.atayeva@gmail.com). Additionally, we will be holding a Teens Take on Health session at the State Leadership Conference in July.

- **Be SAFE Curriculum and Training Are Now Available!**

Announcing the release of Be SAFE: Safe, Affirming and Fair Environments! Be SAFE is now available and is designed specifically for use in out-of-school time settings such as 4-H, after-school programs, scouts and Boys and Girls Clubs. Follow the link to download a free PDF of the Introduction of Be SAFE – and/or to order the full curriculum. MSU Extension Bookstore:

<http://web2.msue.msu.edu/bulletins2/product/be-safe-safe-affirming-and-fair-environments-1363.cfm>

We are also excited to announce that a day-long workshop Be SAFE: Addressing Bullying in Out-of-School Settings will take place on August 8, 2013, at the Hannah Community Center in East Lansing, Michigan. The cost of the workshop is \$175 and includes a copy of the curriculum, refreshments and lunch, and seven continuing education units. (This course is approved by the Michigan Social Work Continuing Education Collaborative.) Registration information is available at: <http://events.anr.msu.edu/BeSAFEAugust8/>.

- **Courage to Care™**

Developed by the University of New Hampshire, Courage to Care is an evidence-based curriculum for middle school students, designed to increase care for others, and reduce bullying. The program teaches empathy, civility, and attacks school meanness by increasing students' social and emotional skills. View a sample Courage to Care lesson by going to: <http://bit.ly/CtoCSample5>.

More info: <http://www.courage2care.com/>

- **4-H Healthy Living Programs of Distinction:**

- **4-H Eco-Stewardship Program**

The 4-H Eco-Stewardship Program is an educational program offered to students residing in Chelan County, Washington State. The unique quality of the program is the nature of the collaborations with schools and natural resource management agencies. The primary purpose is to develop life skills and engage local youth in "Outdoor Classrooms" where they are presented with learning opportunities related to the environment and natural resources surrounding their communities. Through this program, students develop a deeper understanding of the relationship between healthy forests and healthy communities. The experiential education model (4-H Challenge) is infused throughout all activities to focus on the development of critical life skills. This nationally recognized 4-H Eco Stewardship Program successfully provides young people the skills they need to become self-directing, positive, contributing members of society.

- **4-H Health Jam**

The 4-H Health Jam engages elementary-age youth in exploration of health careers, daily physical activity, and experiential study of body systems. During the 9-week program, youth participate in a 2-day overnight camp and an 8-week follow-up. Youth complete the "Walk across Illinois" to achieve 30 minutes of daily physical activity. At the end of 8 weeks, each team has "walked" 448 miles. Participants keep a daily log of exercise, meet weekly to chart progress, and participate in Get Up and Move activities. The 4-H Health Jam uses an experiential approach to learning. Research has shown that learning and memory are increased and improved through physically and mentally engaging activities that stimulate attention and emotions. The 4-H Health Jam looks to the Surgeon General's reports (1996, 2000) for guidance on motivating youth to participate in and sustain daily physical activity. Through Health Jam, youth engage in physical activity and identify exercise that appeals to their personal preferences. Youth develop confidence in their ability to perform and enjoyment of the exercise. Youth eliminate perceived barriers to being physically active. The 8-week "Walk across Illinois" program provides on-going support from peers and caring adults to complete the walk and sustain daily exercise.

- **4-H Summer Science Camp at Oregon State University**

The Oregon State University Department of 4-H Youth Development partnered with the Science Math Investigative Learning Experiences (SMILE) program, and the Colleges of Engineering and Science to deliver a 2-week resident science, technology, engineering and mathematics (STEM) camp on the OSU campus. Sixty middle school campers, entering grades 6-8, from diverse ethnic and geographic backgrounds were selected from 500 applicants. An \$80,000 grant from the ExxonMobil Bernard Harris Foundation provided full scholarships to the campers. The camp included 30 hours of classroom and field activities with pre-service teachers, 10 hours of mechanical and chemical engineering, and field trips to science centers, the beach, a research forest and the local watershed. With guidance from their teacher/mentors, campers worked in teams to select a research question, carry out a scientific investigation and analyze the results. Each camper produced a poster on their contribution to the team. Each team provided an oral summary of their research accompanied by PowerPoint slides to over 200 parents, faculty and guests at the closing program. Through participation in the Summer Science Camp- 4-H Mission 2007, campers increased their abilities to use science process skills and their connection domain on a positive youth development scale.

- **4-H Urban-Rural Exchange for a Sustainable Future**

As the effects of urbanization accelerate in many parts of the world, relationships between urban and rural communities are also changing. The results of these rapidly changing relationships impact mankind's desire to create a more sustainable world. It is increasingly clear that sustainability is complex and entails an array of interacting socioeconomic and ecological factors. As the building blocks of society, communities play an essential role in addressing the challenge of sustainability. Yet communities are complex and diverse systems with multiple stakeholders, and there are often many interpretations of sustainability and very different ideas about how best to achieve it. Oregon is no exception. Oregon is a state of great economic, social and geographic diversity. While this diversity brings strength, it also challenges Oregonians to meet the needs of all communities. Nowhere is this divide more deeply felt than in the area of natural resource management. The divide is especially pronounced in regards to how Oregonians feel their natural resources should be managed. The 4-H Urban-Rural Exchange program is bridging this divide. Outcome evaluations indicated significant changes in urban and rural participants' attitude, knowledge and understanding of lifestyles and environmental management practices from both sides of the divide.

## **CITIZENSHIP**

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

The 2012-2013 California State Ambassadors are looking for your help! In order to celebrate the 100th year of California 4-H we will be having a birthday bash at this year's State Leadership Conference to celebrate the past one hundred years along with the next. We will be putting together a slide show of photos that date back as far as we can go. If your county has photos they would like to send in for the video you can send the directly to Samantha Wadstein at [samanthawadstein94@gmail.com](mailto:samanthawadstein94@gmail.com). If all photos could be into Samantha by **July 1, 2013** it would be greatly appreciated.

SLC registration is open until **July 8<sup>th</sup>**! Register online [here](#).

**Congratulations to Ashley Hautala for winning the video contest!**

*Check our [website](#), [Facebook](#), [Twitter](#) & [Instagram](#) for updates and exciting announcements!*

Application Deadlines:

July 15, 2013

September 15, 2013

November 15, 2013

## **SCIENCE, ENGINEERING, and TECHNOLOGY (SET)**

- **Represent 4-H Science, Engineering, and Technology @ The California State Fair!**

<http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=10555>

4-H members and volunteers are invited to showcase their 4-H science, engineering, and technology projects and activities on **July 16** (11am - 8pm), **July 20** (10-8pm) & **July 23** (11-8pm).

*A) Non-Competitive 4-H Presentations* – 4-H members are invited to present, non-competitively, at the California State Fair on **July 20** and **23**. 4-H members will present 1-3 times during an hour-long block of time on one day. Presentations must be related to 4-H science, engineering, or technology.

*B) Hands-on, Interactive, Activities* – Groups of 4-H members, volunteers and staff are invited to engage the public in quick hands-on activities. The group will conduct activities with the public for at least an hour block of time on one day.

- **PBS Design Squad Hands-on Challenges: Solar System**

[http://pbskids.org/designsquad/parentseducators/guides/mission\\_solar\\_system.html](http://pbskids.org/designsquad/parentseducators/guides/mission_solar_system.html)

Launch your kids into space exploration with these space-based, hands-on engineering challenges. They are designed for kids in school and afterschool programs, grades 4 to 8. Engage kids in engineering and in NASA's exploration of the solar system. Let kids think like NASA engineers and apply their creative problem-solving skills. Spark kids' interest in engineering and space-science careers.

- **Science 360: The Knowledge Network**

<http://science360.gov>

Science360 Knowledge Network immerses visitors in the latest wonders of science, engineering, technology and math. We gather the latest science videos provided by scientists, colleges and universities, science and engineering centers, the National Science Foundation and more.

- **Energy Education Resources**

- **Department of Energy Office of Energy Efficiency and Renewable Energy**

<http://www1.eere.energy.gov/education/lessonplans/default.aspx>

Searchable library of K-12 Lesson Plans & Activities.

- **EERE Wind Office:** Energy Basics/how wind turbines works with a really great widget/animation.  
[http://www1.eere.energy.gov/wind/wind\\_animation.html](http://www1.eere.energy.gov/wind/wind_animation.html).
- **EERE Solar Office:** Great resources for teaching about solar including videos, graphics and animations.  
<https://www.eeremultimedia.energy.gov/solar/>

- **PBS NOVA Labs: The Energy Lab**

<http://www.pbs.org/wgbh/nova/labs/lab/energy/>

The second lab in this new digital platform is where “citizen scientists” can actively participate in the scientific process. This Lab investigates what energy is, how it can be converted into useful forms, and why some sources are running low. In the Research Challenge, you'll use scientific data to design renewable energy systems for cities across the U.S.—and compete with others to see whose designs can produce the most power.

- **NEED (National Energy Education Development) Project**

[www.need.org](http://www.need.org)

This site has a large library of energy curriculum on a wide range of energy topics and is differentiated between primary, elementary, intermediate and secondary levels.

- **Climate Literacy & Energy Awareness Network (CLEAN)**

<http://cleanet.org/>

This site houses a reviewed collection of K-20 educational resources meant to help students' understand the core ideas in climate and energy science. These resources have been linked to the essential climate and energy literacy principles and are searchable in a variety of ways.

- **Science NetLinks from the American Association for the Advancement of Science (AAAS)**

<http://sciencenetlinks.com/>

This site provides K-12 teachers, students, and families with quality resources for teaching and learning science. All of the resources are Internet based and free to everyone. They have a collection of resources called The Science of Energy (<http://sciencenetlinks.com/collections/science-energy/>) which shines a light on the types of lessons, tools, and interactives available to help students understand energy.

- **2013 President's Environmental Youth Award  
Due December 31, 2013**

<http://www.epa.gov/peya/>

The PEYA program promotes awareness of our nation's natural resources and encourages positive community involvement. Since 1971, the President of the United States has joined with EPA to recognize young people across the U.S. for protecting our nation's air, water, land, and ecology. One outstanding project from each region is selected for national recognition. Projects are developed by young individuals, school classes (K-12), summer camps, and youth organizations to promote environmental stewardship.



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**4-H All Stars:**

*Ru Ekanayake, PVP 4-H Club*  
*Sallie DeYoung, San Fernando Valley 4-H club*

**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 4-H Club*  
*Meghan Tahbaz, PVP 4-H Club*  
*Wesley Rich, PVP 4-H Club*

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**Los Angeles County, 4-H Youth Development Staff:**

Dr. Keith C. Nathaniel, County Director, (626) 586-1970, [kcnathaniel@ucdavis.edu](mailto:kcnathaniel@ucdavis.edu)

Dawn Fuller, Los Angeles 4-H Coordinator, (626) 568-1980, [dafuller@ucdavis.edu](mailto:dafuller@ucdavis.edu)

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

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

Roy Hillstock, Computer Specialist, (626) 586-1972, [rlhillstock@ucdavis.edu](mailto:rlhillstock@ucdavis.edu)

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Los Angeles County 4-H Office, 700 W. Main St., Alhambra, CA 91801, (626) 586-1972