



November 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@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 November, 2013

The University of California 4-H Youth Development Program is open to any and all youth without regard to race, gender, religion or sexual orientation. The Affirmative Action policy outlines and guides our program efforts to be sure the program is open and accessible to all who want to participate. 4-H does not and has never endorsed quotas or programming based on a quota system. However, each club should reflect the community in which it is situated and mirror the families and people who live there. Clubs that do not reflect the community should at least demonstrate *All Reasonable Effort* (ARE) to show earnest and genuine attempts to reach youth and families not reflected in the club. According to the policy, ARE includes:

- Using all appropriate available mass media, including radio, newspaper, and television, to inform potential clientele of the program and of the opportunity to participate.
- Distributing announcements, flyers, and posters, as appropriate.
- Sending circulars and personal letters to individuals who are members of the underserved clientele group, including the dates and places of meetings or other planned activities, and inviting them to participate.
- Making personal visits to a representative number of the underserved potential clientele in a geographically defined area to encourage them to participate.
- While volunteer leaders may be asked to assist in these efforts, ultimate responsibility for compliance rests with 4-H YDP staff.

4-H is committed to diversity and that commitment is evidenced in the ongoing outreach efforts to extend the reach of the program to communities throughout Los Angeles County. For more information on the Affirmative Action policy or All Reasonable Effort please refer to the 4-H Policy handbook at:

<http://www.ca4h.org/policy/chapter3/index.asp#X>

- Los Angeles County Senior Awards of Excellence for 2013**
Healthy Living, Julius Treadwell, Pomona Valley

This 17 year old member has been working on healthy living in all his projects throughout his 4-H career. In his favorite projects of Food Preservation and Foods and Nutrition, he has focused on cooking and preserving with healthy methods and foods. As a teen leader he has worked on helping younger members cook, learn healthy life choices, be safe with knives and around the stove. The vegetables he planted in the garden have become part of his healthy meals. Exercising is a part of healthy living and he has earned a purple belt in Karate. He works out on the treadmill and has participated in the Inland Valley Yearly Buddy Walk to earn money for Downes Syndrome for many years. In awards, he has entered his healthy foods in the North San Gabriel Home Ec. and Field Day for many years. He also enters in the Monte Farmer's Fair, SGV 4-H Fair, Food Fair and L. A. County Fair. This year his food demonstration won gold medals at county, section and state field days. Jr. All Star, summer camp staff are also part of his activities. Despite physical handicaps, this member is always cheerful, helpful and tries everything he can. His goal is to be a chef someday. If you have been fortunate enough to taste his cooking, you know that he will be a good one. Congratulations to this example of working toward healthy living in all his 4-H work, Julius Treadwell, from Pomona Valley 4-H Club.



- **NSG District Awards**

Julius Treadwell, Pomona Valley 4-H Club

ERHP and Pomona Valley 4-H Club members and families went to NSG District Awards on November 3 at Good Shepherd Church. Charmine, Giovanna and I were the master of ceremonies. We got our year pins and star ranks. It was fun to sing the "Bumble Bee" song. We made 30 activity bags for children sick at the Pomona hospital. We put stickers, glue, papers, foam paper, puppet craft and crayons in the bags. We had fun at the cake walk. We tried to win cookies and brownies. We all had fun.



- **Favorite Cookie Contest**

Giovanna Arena, Pomona Valley 4-H Club

The Favorite Cookie contest at the Los Angeles County Fair was fun. Conner, Julius, Nicole, Kaitlyn and I entered our favorite cookie in the contest and won ribbons. I made vanilla cookies with chocolate and won the sweepstakes ribbon. After the contest, we looked at our entries in the American Kids building and visited the animals at the petting zoo.



- **Inland Valley Buddy Walk**

Nicole Arena, Pomona Valley 4-H Club

Pomona Valley 4-H Club got to participate in the Inland Valley Buddy Walk to support children and adults with Down syndrome. We went to the Upland Memorial Park in Upland on October 20th. We wore a special Buddy Walk t-shirt. The 4-H club and other people walked as part of the 19 team members for “Julius Dance Team”. The members of “Julius Dance Team” raised \$951.00 to support the local “Up for Downs” group.

There were about 10 booths and we got to visit each one of them. Some of the booths had demonstrations and some had business cards. There was also food, music, games, a jumper and a really fun park.

The Pomona Valley 4-H club had a booth. We each worked about an hour and talked about 4-H. In our booth, we showed the visitors how to make origami frogs and we had a coloring contest. The children could color a cat, a dog or a turtle.

I felt really warm and tingly in a good way because I was supporting children, teens and adults with Down syndrome.



- **2013 County Awards Day Results**

Noel Keller, Incentives & Recognition Committee Chair

The County Awards Day Program for 2012-2013 was held on Saturday, October 12 after the County Pet Symposium. For the event, SSG district provided the program, NSG district provided the decorations, AV district provided the refreshments and SFV provided the publicity. The county 4-H All Stars were the program MC's and were assisted by members of the Junior All Stars county project. We thank all those who helped make this a special occasion. Congratulations to the following for their accomplishments.

RECORD BOOK AWARDS

Junior

Arts & Crafts

County Winner - Kairi Jimenez-Medina, Pomona Valley

Silver Medalist - Mark Kasperson, Canyon Coyotes

Beginning 4-H

County Winner – Joanna Cao, Pomona Valley

Food Preservation

County Winner – Marina Treadwell, Pomona Valley

Foods and Nutrition

County Winner – Jill Okamoto, Pomona Valley

Horse

County Winner – Liana Martirossian, Westside

Pets and Small Animals

County Winner – Julia Brown, PVP

Poultry

County Winner – Isobel Cook, Canyon Coyotes

Public Speaking

County Winner – Conner Treadwell, Pomona Valley

Rabbits

Silver Medalist – Kayla Shaughnessy, Westside

Rocketry

County Winner – Glenys Rich, PVP

Scrapbooking

Certificate of Achievement – Alyson Mottram

Shooting Sports

County Winner – Sean Brown, Canyon Coyotes

Sports

Silver Medalist – Georgia Pike, PVP

Swine

County Winner – Jason Paul-Gruppie, Canyon Coyotes
Silver Medalist – Jackson Bennett, LV Racketteers

Wildlife

County Winner – Nicole Arena, Pomona Valley

Intermediate

Archery

County Winner – Erin O'Connor, PVP
Silver Medalist – Alex Lee, PVP

Arts and Crafts

County Winner – Anika Whipple, Westside
Silver Medalist – Nathanael Neidhart, Canyon Coyotes

Beginning 4-H

County Winner – Cristian Jimenez, Pomona Valley

Cavies

County Winner - Catherine Nunley, PVP

Clothing and Textiles

County Winner – Sara Conlon, PVP
Silver Medalist – Akzila Neidhart, Canyon Coyotes

Communications

County Winner – Michelle Sylvest, PVP
Silver Medalist – Taylor Anne Brown, Canyon Coyotes

Computers

County Winner – Kiran Ekanayake, PVP

Dogs

County Winner – Kaitlynn Shaughnessy, Westside
Silver Medalist – Makenna Mottram, PVP

Food Preservation

County Winner – Angel Treadwell, Pomona Valley

Foods and Nutrition

County Winner – Liliana Brown, PVP
Silver Medalist – Thomas Del Ponti, PVP
Silver Medalist – Kathleen Hsu, PVP

Horses

County Winner – Alex Sutter, PVP
Silver Medalist – Katherine Shannon, Canyon Coyotes

Leadership

County Winner – Jenny O'Daniel, PVP

Meat Goats

County Winner – Karlenn Hults, LV Racketteers

Photography

County Winner – Zella Roth, PVP

Silver Medalist – Giovanna Arena, Pomona Valley

Pigeons

County Winner – Lucia Brown, PVP

Poultry

County Winner – Michael Kasperson, Canyon Coyotes

Rocketry

County Winner – Wesley Rich, PVP

Sheep

County Winner – Megan Kitcko, Canyon Coyotes

Silver Medalist – Becca Carter, LV Racketteers

Shooting Sports

County Winner – Devin Martirossian, Westside

Sports

County Winner – Katie O’Daniel, PVP

Swine

County Winner – Micko Martirossian, Westside

Senior

Archery

Silver Medalist - Kevin Kosidlak, PVP

Arts and Crafts

County Winner – Rachel Kasperson, Canyon Coyotes

Silver Medalist – Katherine Cao, Pomona Valley

Silver Medalist – Charmine McClain, Pomona Valley

Beef

County Winner – Justin Miller, LV Racketteers

Cake Decorating

Certificate of Achievement – Morgan Bennett, LV Racketteers

Communications

County Winner – Julie Sylvest, PVP

Dairy Goats

County Winner – Holly Whipple, Westside

Drama

Silver Medalist – Connor Gowland, Harbor Lights

Silver Medalist – Paige Jacobsen, Canyon Coyotes

Dogs

County Winner – Nathan McPhaul, PVP

Food Preservation

County Winner – Alannah Byrne, Canyon Coyotes
Silver Medalist – Julius Treadwell, Pomona Valley

Foods and Nutrition

County Winner – Megan Okamoto, Pomona Valley
Silver Medalist – Trudy Del Ponti, PVP

Gardening

County Winner – Nicole Alger, Neenach

Heritage Arts

County Winner – Ru Ekanayake, PVP

Horses

County Winner – Elizabeth Benz, Canyon Coyotes

Leadership

County Winner – Sallie DeYoung, San Fernando Valley
Silver Medalist – Daniel Espinosa, Harbor Lights

Meat Goats

County Winner – Anna Weilbacher, LV Racketteers
Certificate of Participation – Eric Tyler, Neenach

Photography

Silver Medalist – Jessica Fint, San Fernando Valley

Sheep

County Winner – Serena Hull, LV Racketteers
Silver Medalist – Demitri Hull, LV Racketteers
Silver Medalist – Coby Tyler, Neenach

Shooting Sports

County Winner – Meg Carter, LV Racketteers

Swine

County Winner – Baylea Hults, LV Racketteers

Wildlife

County Winner – Meghan Tahbaz, PVP

CLUB OFFICER BOOKS AWARDS

President

Daniel Espinosa, Harbor Lights – Gold Medal
Paige Jacobsen, Canyon Coyotes – Gold Medal

Vice-President

Alyssa Carlton, Canyon Coyotes – Gold Medal

Secretary

Adiva Gonzalez, Eagle Rock Highland Park – Certificate of Participation
Hanna Wineland, Canyon Coyotes – Gold Medal

Treasurer

Kyle Carson, Canyon Coyotes – Gold Medal
Daniel Espinosa, Harbor Lights – Gold Medal

Reporter

Ethan Boeker, Canyon Coyotes – Gold Medal

Historian

Alannah Byrne and Joslyne Parish, Canyon Coyotes - Gold Medal
Wesley Rich, PVP – Gold Medal

Other

Ru Ekanayake, PVP, Special Events – Blue Seal
Zella Roth, PVP, Community Service – Gold Medal
Meghan Tahbaz, 3rd Vice-President – Gold Medal

JUNIOR AND TEEN LEADERSHIP MERIT AWARDS

Junior Leader

Giovanna Arena, Pomona Valley
Kiran Ekanayake, PVP
Katie O'Daniel, PVP
Kaitlynn Shaughnessy, Westside

Teen Leader

Elizabeth Benz, Canyon Coyotes
Alannah Byrne, Canyon Coyotes
Katherine Cao, Pomona Valley
Ru Ekanayake, PVP
Jessica Fint, San Fernando Valley
Rachel Kasperson, Canyon Coyotes
Megan Okamoto, Pomona Valley

- **2013 County Senior Awards of Excellence**
Noel Keller, Incentives & Recognition Committee Chair

Each year Seniors can be asked to have their 4-H records evaluated for a Senior Award of Excellence during the county record book judging. Senior Awards of Excellence are given in the following categories:

Community Service
Healthy Living
S.E.T. (Science, Engineering and Technology)
Leadership
Achievement

There is only one award given in each of these categories in a given year. This year the winners of the 2013 Senior Awards of Excellence are as follows:

Senior Award of Excellence in Healthy Living

Julius Treadwell, Pomona Valley

Senior Award of Excellence in Community Service

Daniel Espinosa – Harbor Lights

Senior Award of Excellence in Leadership

Ru Ekanayake, Palos Verdes Peninsula

Senior Award of Excellence in Achievement

Sallie DeYoung, San Fernando Valley

The Senior Award of Excellence for Science, Engineering and Technology was not awarded this year.



- **2013 4-H Graduate Pins**

Noel Keller, Incentives & Recognition Committee Chair

The congratulate the following 4-H members for graduating at the end of the 2012-2013 4-H program year with at least three years of membership in the 4-H program. Each is receiving an engraved 4-H graduate pin at their district awards event.

Eagle Rock Highland Park 4-H Club

Elora Lewis

Eastside Antelopes 4-H Club

Rachel Ward

Leona Valley Racketteers 4-H Club

Austin Clark
 Hannah Herriott
 Serena Hull
 Dani Nabors
 Hannah Price
 Donovan Rohaley

Neenach 4-H Club

Thomas Nierhoff

Palos Verdes Peninsula 4-H Club

Hayden Hinsch
 Sabrina Will

Quartz Hill 4-H Club

Allison Jackson
 Vincent Clark
 Silas McKim
 Bethany McKim
 Christa Conrad

Westside 4-H Club

Brianna Medal
 Timothy Whitton

- **Open positions on the LA County 4-H Leaders' Council – youth and adults**

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

Now is the time to get involved in planning a fun, educational LA County 4-H program. Join the county leaders' council as an officer. Experience is not necessary, just an interest in having an enriched program of 4-H activities for our youth. The council only meets four times a year and the meeting locations vary around the county. You are not required to attend all the meetings. You can send in your report, if necessary. **Most council positions can be held by youth/adult partnerships.**

At this time, we have the following open council positions:

President

Parliamentarian/Policy Secretary

Science Committee Chair

Shooting Sports Committee Chair

Civics Committee Chair

Representative to the Sectional Leaders' Council (2 adults)

Alternate Rep. to the Sectional Leaders' Council (2 adults and 1 youth)

Reporter/Historian

Agriculture Committee Chair

Leader Support Committee Chair

Technology Committee Chair

Please contact Noel Keller (nkeller91711@gmail.com) if you are interested in any of the above vacant offices on the council. We need all the districts represented on the county council. The AV district does not have a volunteer or youth on the council at this time. Remember that senior youth can hold offices on the council. An adult and a senior youth could share a council office. We need you. How would you like to help? There are only three county council meetings left this 4-H year.

- **Leaders and Members – Take Note - New 4-H Officer’s Manual**

Noel Keller, Incentives and Recognition Committee Chair

A new 4-H Officer’s Manual has been released and is available on the state 4-H website under RESOURCES then LIST of Forms and Program Publications. This manual replaces the 1999 Officer’s Manual. It includes information on many of the club offices including President, Vice-President for programs, Vice-President for membership, secretary, treasurer, recreation leader and healthy living officer. It gives tips for running successful meetings and committees. It discusses what make a good leader great. It includes several forms to help with your meeting planning and records. Check out this new manual. It contains a lot of valuable information and is a good resource for your club officers and leaders.

- **Officer Books for county recognition**

Noel Keller, Incentives and Recognition Committee Chair

Information for the county 2013-2014 Officer Book Recognition Program will soon be up on the county website. Now is the time for your club officers to be planning to create an officer book for their 2013-2014 club officer work. Officer books are evaluated for President, Vice-President, Secretary, Treasurer, Historian/Memory Book, Reporter and Other Officer (all other club officers, such as Facilities Officer, Supplies Officer and Host/Hostess). All the club officers have a chance to earn a gold Officer Book medal for their club officer work. Look for the information about this recognition program on the county 4-H website under APPLICATIONS.

- **State Leaders Council Meeting – October 26**

Noel Keller, South Section 4-H Leaders’ Council President

The State 4-H Leaders’ Council met in Davis on Saturday, October 26. Noel Keller from Los Angeles County attended the meeting. Plans are moving ahead for the State Leaders Forum to be held in Sacramento November 8-10. Mary Ann Smith from Imperial County was elected as the new state council Vice-President, Richard Schrieber from Orange County was re-elected as the state council Treasurer and Dolores Hemple was elected as the new state council Policy Secretary. It was announced that the State 4-H Office was moving to a new location (2801 Second Street, Davis 95618) in Davis in early November. The phone numbers of the state staff will be changing, but were not available yet. The email addresses for state staff will remain the same. The state council is considering some new council offices for Healthy Living, PR and Technology. A committee was formed to discuss the positions and draft job descriptions for consideration at our next council meeting. For more information about the state leaders’ council meeting, look at the minutes of the October 26, 2013 meeting on the state 4-H website.

The next state council meeting will be Saturday, April 26, 2014 in Ontario, California. This is held in LA County. It is a great opportunity to learn what is happening in the state 4-H program.

- **LA County California 4-H Centennial Celebration – POSTPONED – not Nov. 16**

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

This year the California 4-H program is celebrating its 100th year as an innovative, research-based youth development program. The LA County All Stars are planning an county event to celebrate this centennial occasion. The event was scheduled for Saturday, November 16, but it has now been postponed to later in the program year. The new date has not been set yet. Look for more information to come out about this event. Contact Ru Ekanayake or Sallie DeYoung if you have any questions.

- **NSG Achievement Day – November 3, 2013**

Noel Keller, NSG District Council Secretary

The North San Gabriel District held its 2012-2013 Achievement Day program on Sunday, November 3 at Good Shepherd Lutheran Church in Los Angeles. Along with receiving their club awards and new star ranks and recognizing district members who received awards at County Awards Day, the district members did a community service project for the Pomona Valley Hospital and held a cake walk to raise money for district activities. Elora Lewis from Eagle Rock Highland Park 4-H Club was acknowledged as a 2013 4-H Graduate. The MC's for the event were Julius Treadwell, Charmine McClain and Giovanna Arena.

- **LA County 4-H Science Fair – Saturday, January 4, 2014 - Get your Science Fair entry ready!!**

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

Get ready for the LA County 4-H Science Fair to be held on Saturday, January 4th at Good Shepherd Lutheran Church in Los Angeles (6338 N. Figueroa Street, LA 90042). Plans are being made for this event and details will come out in a few weeks. We are considering having opportunities for entering science posters, exhibits and projects, plus doing science related speeches, demonstrations and presentations. Be thinking about what you might like to do for the science fair. A science project can come out of any project, including Arts & Crafts, Clothing, Foods and Nutrition, Wildlife, Sports and Photography. The fair will also have speakers and some science hands-on activities. Mark your calendar for this fun event.

Please let Noel Keller (nkeller91711@gmail.com) know if you are interested in helping with this event – adults and youth. This is a great leadership opportunity.

- **Teen Involvement Conference – January 17-19, 2014**

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

Attention LA County Senior members – start planning to attend TIC (Teen Involvement Conference) in January. The South Section 4-H Teen Council is planning the event and details will be available on their teen council webpage. This is a great opportunity to get involved in 4-H above the county level and meet other Southern California 4-Hers.

- **County Judging Day – February 22, 2014**

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

The LA County 4-H Judging Day is being planned by the SSG District to be held on Saturday, February 22, 2014 at Mt. San Antonio College in Walnut. Mark your calendar for this event.

- **State Fashion Revue – May 31, 2014**

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

The State Fashion Revue will be held on Saturday, May 31, 2014 in Davis. Note that this year the event will not be held on the Memorial Day weekend. Information about this event with its categories and clothing challenges is available on the State 4-H website. The State Fashion Revue will be held again with the State Field Day.

- **State Leadership Conference – August 14-17, 2014**

The SLC 2014 will be held at UC Santa Cruz on August 14-17. "Raiders of the Lost Leadership" is the theme. This 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking and learning experience. The conference is held at a UC campus and the participants stay in the college dorms. Mark your calendar now for this exciting event.

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

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- **Sandwich Anyone?**
Dawn Fuller, 4-H Program Coordinator



“THE brown bag, of course, had its imperfections. While some kids carried roast beef sandwiches, others had peanut butter. I have no way of knowing if all of those brown bags contained 'nutritionally adequate diets.' But I do know that those brown bags and those lunch pails symbolized parental love and responsibility.” – Charles Mathias

Who made the first sandwich? Why do we call a sandwich, a sandwich? What does a sandwich look like in another country? Why are sandwiches so popular? These burning questions and more will be answered in the words to follow, and the *mysteries of the sandwich* will be revealed!

The name “Sandwich” actually came from the origins of the word “Sanwic,” meaning “Sand Wake,” “Sand Village,” “Place on the Sand” or “Sandy Place.” Believe it or not, on November 3, 1718, (National Sandwich Day) John Montague, the Fourth Earl of Sandwich, was born after a long line of other “sandwiches” (three before him and seven after him). All were Earls of the town of Sandwich, in Kent, South-East England (where England’s most powerful Naval Base of the time was located). John Montague’s Grandfather (Edward, Third Earl of Sandwich) died when he was ten, propelling him into his future as “Lord Sandwich.” Dating back to the 1660s, the Sandwiches have been members of parliament without a break!



At first glance, Lord Sandwich led a spectacular life of nobility in name and rank (Postmaster General, First Lord of Admiralty for the English Navy during the American Revolution, Secretary of the State, and holding a number of political offices). However, Lord Sandwich also had a reputation for frequent late-night cribbage tournaments for money (a card game with pegs placed on a board). He often spent long hours gambling his money away, and was so addicted that he frequently would not even take time out to eat! Late one foggy night in 1762, Lord Sandwich was having such a stint, and he ordered servants to bring him a piece of roast beef between two pieces of bread, so that he wouldn't get grease on his hands. The treat became popular, and was thus named a "Sandwich," after which those around him would order their meals and would request "...the same as Sandwich."

Lord Sandwich is noted in history as a "colorful character" for a number of reasons. Not only was he completely verbal about that fact that he did not care one whit about the general public he was supposed to represent, he has at times been described as "The Most Universally Disliked Man in England," and "As mischievous as a monkey." Lord Sandwich was infamous for using his power to place his friends in high positions after taking bribes, his misdirection of the British Navy time and time again, by prosecuting close personal friends for personal gain, and being an all-around villain. He has, at times, also been referred to in this way: "First Lord of the Admiralty, rebuilt the English Navy, but America was lost 'on his watch.'"



Although Lord Sandwich made the name of the “sandwich” popular, versions of the “sandwich” have been around since the 1st Century in Egypt, and later during the Middle Ages. Early versions of the sandwich in England were sometimes referred to as “Trenchers,” wherein pieces of stale bread drenched in old food particles and left-over sauces were given to dogs and the poor.

At one point, Lord Sandwich decided to finance the expeditions of a young Captain Cook (explorer of New Zealand, Australia, Alaska, and Polynesia), who then named a group of islands after the Lord, calling them “The Sandwich Islands.” In the future, we would come to know them as “Hawaii.” Eleven Earls down the line from John Montague would eventually be referred to publicly as the “Lord of Snack.”



Over the years, sandwiches have been a favorite snack of cultures all over the world. In Mexico, burritos and quesadillas are also known as a form of “sandwich.” In Spain, a “Bocadillo” is considered a sandwich (a special bread or “pan” filled with either chorizo, tuna, cheese, meat or an omelet). In the Northern United Kingdom, they are called “Buttys” and in Australia they are known as a “Sanger.” Natives of India enjoy their version of the sandwich known as a “Double Roti.” The Vietnamese sandwich is a “Bánh-Mì.” Greek “Gyros,” Turkish “Shawarmas,” Japanese “Yakisobas,” Swedish “Smorgastartas,” Finnish “Porilainens,” and Portuguese “Francesinhas” are some other sandwiches from around the globe. The sandwich finally arrived in the United States in the 20th Century, and was initially considered to be a “sophisticated dinner.”



Today, Americans enjoy any variety of sandwich you can imagine! Depending on which part of the country you live in, favorites may vary, but here are a list of the top sandwiches that we have all come to know and love:

- Peanut Butter and Jelly
- BLT (Bacon, Lettuce and Tomato)
- Grilled Cheese
- Pastrami
- Tuna
- The Hamburger
- Ham and Cheese
- Philadelphia Cheese Steak
- Italian Submarine
- Monte Cristo
- Sloppy Joe
- Barbecue
- Meatball

In recent times, sandwiches come in all shapes and forms that we enjoy...wraps, paninis, po' boys, torpedoes and many more. It is funny to think that what many of us eat for lunch on a regular basis, may have come from a cribbage-playing Englishman who simply didn't want to take the time to eat a proper dinner!

On November 3, let's have our own "Sandwich Celebration" by making and eating our favorite sandwich!



*Article facts:

http://www.montaguemillennium.com/familyresearch/h_1792_john.htm

<http://whatscookingamerica.net/History/SandwichHistory.htm>

<http://www.foodtimeline.org/foodsandwiches.html>

<http://www.wordsources.info/words-mod-sandwich.html>

<http://www.britannica.com/EBchecked/topic/522257/John-Montagu-4th-earl-of-Sandwich>

http://www.open-sandwich.co.uk/town_history/sandwich_origin.htm

<http://www.hinchhouse.org.uk/fourth/fourth.html>

- **Thanksgiving Leftover Sandwich**
Dawn Fuller, 4-H Program Coordinator



In honor of **Thanksgiving** and **National Sandwich Day**, here is a really easy recipe for you to try on your family and friends in the days following your sumptuous Thanksgiving meal!

The Ultimate Thanksgiving Leftover Sandwich Recipe

Ingredients

Croissants
Turkey Slices
Cranberry Sauce
Stuffing
Mayonnaise

Procedure

Slice croissants in half (toast them if you want).
Spread jellied cranberry sauce on one side of the croissant and mayonnaise on the other.
Fill sandwich with warmed (or not; it's up to you) turkey slices and stuffing.
Eat. Then make another and another and another.

*Recipe courtesy of <http://www.examiner.com/food-in-orlando/the-ultimate-thanksgiving-leftover-sandwich-recipe>.

- **“Thanks” Giving**

Dawn Fuller, 4-H Program Coordinator



The Thanksgiving Holiday is nearly upon us, and we are reminded to give thanks for all that we have. We are thankful for our friends and family, our health, our pets, the home that we live in, the food on our table, the things that we have and our 4-H club family too. It is a wonderful time to remember the importance of saying “thank you” in variety of ways to those that have done things to make us feel important and loved. Everyone who does something nice for us will appreciate being thanked, and that may make him or her more apt to do something nice for us again!

Our parents, relatives, teachers, family friends, club leaders and project leaders all hold a special place in hearts, and probably do things for us that are extra nice. There are several things we can do to say “thank you” in tasteful and thoughtful ways.

The Thank You Card

When we are the recipient of any kind of present (big or small), or special support-- a Thank You Card is in order. A Thank You Card should be sent within a few days after the gift or the supportive action takes place. Handwritten notes are a really nice way to show someone you took the time out to think about what they have done for you, and besides, everyone likes to get a surprise in the mail! Here are some guidelines to use when writing a Thank You Card:

- 🍎 Greet the giver (Dear...)
- 🍎 Express your gratitude (I really want to thank you for...)
- 🍎 Discuss the use or benefit (I plan to wear my new jacket this winter...)
- 🍎 Mention the past and allude to the future (It was great to see you and I can't wait until the next time we meet again...)
- 🍎 Grace (Thank you again for thinking of me...)
- 🍎 Wrap it up simply (Sincerely...)

Whatever you write, you should have the giver in focus, and try to avoid too many “I” statements. It is nice to buy a few packets of cards throughout the year to have on-hand for occasions such as these. Here are a few more things to remember:

Always send a Thank You Card when:

- 🍊 Someone writes a letter of recommendation for you
 - 🍊 Someone gives you any sort of gift
 - 🍊 Someone provided you with extra help in any area
 - 🍊 Someone made you feel good or appreciated
 - 🍊 Someone calls, sends a card or visits when you are sick
 - 🍊 Anyone who treated you to a meal at their home or otherwise
- * (A good rule of thumb is any time anyone does anything kind that makes your heart smile, you should send a card!)

A Small, Thoughtful Token



In addition to Thank You Cards, you can also say “thank you” with a small season-related token. November is the perfect time to do something nice for someone who has been good to you. The token does not have to be grandiose or expensive. The token is something small that tells someone you put some thought into your “thanks.” Here are a few Fall ideas:

- 🍊 Decorate a small pumpkin and attach a wee thank you note.
- 🍊 Make a pumpkin, zucchini, banana or blueberry bread with a cute ribbon tied around it.
- 🍊 Make a pumpkin or sweet potato pie.
- 🍊 Fill a small Mason Jar with candy corn and tie a ribbon around the lid.
- 🍊 Ask your mom for her favorite bean soup recipe. Fill a small Mason Jar with the dry beans the recipe calls for, type up the recipe and attach to the jar with a bow tied around the lid.
- 🍊 Buy a small bouquet of sunflowers or other brightly colored flowers and tie with your own Fall ribbon.
- 🍊 Tie up a few flavored tea bags with a honey stick and attach a sweet note.
- 🍊 Tie up a few packets of cocoa and attach cinnamon sticks and a small bag of marshmallows.
- 🍊 Pot a small, colorful plant.
- 🍊 Go to a farmer’s market or apple orchard and pick out whatever is in season. Place apples in small paper sack and glue an apple cut-out to the front of the bag with a kind note.
- 🍊 Attach a handwritten note to a bag of Fall potpourri.
- 🍊 Take a picture of your favorite tree with colorful leaves and write a message on the back of the photo.
- 🍊 Make your own caramel apples and decorate with Reese’s Pieces.
- 🍊 Make your own glycerin soap and place a lavender stem in the soap mold.

No matter how you choose to say “thank you,” whatever you do will be very much appreciated. ***Now it is my turn to thank YOU for being a part of Los Angeles County 4-H—youth and adult volunteers are what make this program awesome! Thank You and Happy Thanksgiving!***

*Thank you card guidelines came from: <http://themarketingguy.wordpress.com/2007/12/20/how-to-write-a-thank-you-card/>

- **Our Friend, the Pumpkin**

Dawn Fuller, 4-H Program Coordinator



Many of us include pumpkins in our Fall decorating schemes. Pumpkins are great fun at Halloween and on our Thanksgiving tables. Maybe you are growing pumpkins in your Gardening Project or with your family in your own backyard. Here are a few little-known facts about our friend, the Pumpkin (better known as a Squash!):

- 🍂 Pumpkins originated in Southern Mexico around 8,000 B.C.E.
- 🍂 The name "Pumpkin" comes from the Greek word "Pepon," which means "Large Melon."
- 🍂 The tradition of pumpkin carving was brought to the United States by the Irish, who originally carved turnips. Upon their arrival, they found pumpkins much easier to carve!
- 🍂 Pumpkins grow on every continent-- except Antarctica.
- 🍂 Pumpkin flowers are edible.
- 🍂 Pumpkins are 90 percent water.
- 🍂 Pumpkins were used for removing freckles and curing snakebites in years past.
- 🍂 Early American settlers used pumpkin pulp only to make their piecrust, not for pie filling.
- 🍂 The "Pumpkin Capital of the World" is Morton, Illinois.
- 🍂 In Morton, Illinois, they have a pumpkin throwing competition each year wherein a pumpkin is launched in a massive machine called, what else, a "Pun'kin Chucker!" The winner is then awarded the title of "Pun'kin Chucker Supreme."
- 🍂 Native Americans ate the pumpkin pulp, used the seeds for medicine and made mats out of the rind.
- 🍂 50 Million Pumpkin Pies are consumed each year.
- 🍂 During peak growth, giant pumpkins can grow up to 50 pounds per day with 800 seeds in each.

There are many types of pumpkins. Some are better for cooking or carving than others. We all choose to grow or buy pumpkins dependent on what we like. Some may prefer a traditional orange pumpkin; some may like green or white with stripes! Some may enjoy a funny shape, and some may like a pumpkin that is perfectly round. Here is a list of just some of the pumpkins you may come across:

The Standard Orange Variety:

Grows between 2 to 5 pounds

Baby Bear (small, flattened shape, fine stem)

Baby Pam; Oz (hybrid, very smooth skin, immature yellow color)

Small Sugar or New England Pie (the standard pie type)

Spooktacular (hybrid, bright orange, ribbed)

Sugar Treat (hybrid, bright color)

Winter Luxury (old variety, good for cooking, unique netted skin)

Standard Orange:

Grows between 8 to 15 pounds

Autumn Gold (hybrid, yellow when immature)

Bushkin (hybrid)

Frosty (hybrid, smooth-textured skin)

Funny Face (hybrid)

Harvest Moon (hybrid)

Jack-o-Lantern

Spirit (hybrid, semi-bush)

Young's Beauty

Standard Orange:

Grows between 15 to 25 pounds

Aspen (hybrid, deep orange, uniformly large)

Big Autumn (hybrid, yellow when mature)

Big Tom

Connecticut Field (the old standard)

Ghost Rider (dark orange, very dark green stem)

Happy Jack (uniform, dark orange)

Howden Field (the industry standard for the last 20 years)

Jackpot (hybrid, round)

Jumpin' Jack (large, dark orange, heavy, tall)

Pankow's Field (large, variable pumpkins with exceptionally large, long stems).

Rouge Vif d'Estampes (deep red-orange, flattened, and heavily sutured. It was the prototype for Cinderella's carriage pumpkin and is sometimes sold as "Cinderella" pumpkin.)

Types for canning and cooking:

Buckskin (hybrid)

Chelsey (hybrid)

Dickinson Field

Kentucky Field

Jumbo Pumpkins:

Grows between 50, 100 pounds to much larger

Atlantic Giant (most true giants come from this variety)

Big Max

Big Moon

Mammoth Gold

Prizewinner

White Painting

Casper

Lumina
Snowball
Little Boo
Cushaw Group
Green-Striped Cushaw
Sweet Potato
Tennessee
White Cushaw
Golden Cushaw

Naked-Seeded:

Trick or Treat (hybrid, 10 to 12 pounds, good for carving)
Tricky Jack (hybrid, small)
Triple Treat (thick flesh, 6 to 8 pounds, cooks, carves well)

Miniature Pumpkins:

Baby Boo (white)
Jack-Be-Little (standard orange miniature)
Jack-Be-Quick (taller, darker orange)
Munchkin (uniform, attractive orange)
Sweetie Pie (small, scalloped, medium orange)

Wow! There are so many types of pumpkins. Next time you are picking pumpkin seeds to plant or are at the pumpkin patch picking a pumpkin; just remember this-- whichever pumpkin you pick is just like you – unique and wonderful! Happy picking!

The variety listing above and other fun pumpkin information can be found here:

<http://www.pumpkin-patch.com/facts.html>
<http://www.pumpkin-patch.com/varieties.html>

- **District Responsibilities for County Events**

According to our district rotation chart and our county calendar, districts should be planning county events this year as follows:

County Judging Day – Saturday, Feb. 22 – SSG
County Field Day – Saturday, March 22 – NSG
Leaders' Appreciation event with the county office – Saturday, April 5 – SFV
Lunches for county record book judging – Sept. 20 and Sept. 27, 2014 – AV

- **Don't sit back - STEP UP!!**

4-H has so much to offer youth. There are great sources of information, chances for career exploration, opportunities to work with the latest technology, chances to learn and practice leadership, opportunities to help others and make a difference. All this will not happen if you just sit back and do not become really involved. You have to take ACTION. You have to STEP UP and DO IT! If something is not happening as you had hoped for, perhaps someone needs your help to make it happen or you are not doing your part. With everyone working together, 4-H can really be GREAT! Remember TO MAKE THE BEST BETTER!

- **Hi 4-H**

Each district can have a Hi 4-H program. 4-H members who will be at least 14 years old by January 1, 2014 or who will be in 9th grade and above are eligible for Hi 4-H activities (ROPES, Snow Camp, T.I.C. conference, state leadership conference, etc.). You don't have to attend Hi 4-H meetings to attend the special Hi 4-H events. This year 13 year olds are again invited to attend Hi 4-H activities as guests.

The sectional level Hi 4-H is called the Sectional Teen Council. It meets before sectional 4-H Leaders' Council meetings at Mt. SAC. The Teen Council plans social and educational events, plus runs the T.I.C. conference in January and a food booth at sectional field day in May. Our senior members can be part of the Teen Council. Our senior members can attend their events. Consider being more active on the sectional level. The county level Hi 4-H program will only exist if there is sufficient interest this year. Contact Roy Hillstock at (626) 586-1972 if you are interested in participating in a county level Hi 4-H program.

- **Junior/Teen Leader**

Junior Leaders are 4-H members in the 7th and 8th grade who help lead a 4-H project. Teen Leaders are 4-H members in 9th, 10th, 11th, 12th and above grades who lead a 4-H project. To be a Junior/Teen Leader, the member needs to be enrolled in their club's Leadership Project. They fill out the goals and plans of the first two sections of the Leadership Plan and Report Form, and have the form signed by their Leadership Project Leader and the leader of the project for which they will be a youth leader. While they are a Junior or Teen Leader, they can wear the Junior or Teen Leader patch on their 4-H hat. At the end of the year, they will need to complete the Leadership Plan and Report and have it signed by their Leadership Project Leader and their project leader. They should also complete an Annual Project Report for the Leadership Project.

- **Be a 4-H All-Star**

All-Star is the highest rank that a 4-H member can achieve at the County level. The All-Star award affords 4-H members the opportunity to further develop their leadership skills on a countywide basis. Each year Los Angeles County selects several 4-H members who have applied and are deserving of this rank to become All-Stars. The Los Angeles County 4-H Program expects its All-Stars to contribute to the 4-H Program during the next program year. For more information go to Cooperative Extension's website at:

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

- **Emerald Star Project**

If a member has earned Gold Star Rank or will be 16 years old by January 1, 2014, they can consider doing an advanced leadership project and earn an Emerald Star for their hat. An Emerald Star Project can be started at any time during the year. Do you have an idea for an activity you could plan and run to benefit the county 4-H program or your community?

Call the 4-H office at (626) 586-1972 for a packet of information on the Emerald Star Program. Each 4-H district has an Emerald Star Advisor. You can work with the Advisor from any of the districts.

- **Leadership Merit Award**

Start planning now to earn a Junior or Teen Leadership award. Think of something to make your leadership special this year. Try something new to bring more interest and enjoyment to your project. Try to expand your leadership beyond the club. For this award, you need to be in the Leadership Project in your club. If your club does not have a Leadership Project, talk with your club leader about starting one. If she has questions about this, have your club leader contact Noel Keller (909-621-2373) or someone on the I&R Committee. You will need to fill out a annual project report for your Leadership Project. You will also need to complete a leadership plan report.

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

- **Dates To Remember in**

- **November:**

- 2nd- South Sectional 4-H Show
- 6th- NSG District mtg.
- 8th- State Leaders' Forum 11/8-10
- 20th- Incentives & Recognition mtg.
- 21st- SSG District mtg / SGV Fair mtg.
- 25th- AV District mtg.
- 28th- Thanksgiving
- 29th- Office Closed

- **December:**

- 4th- NSG District mtg.
- 6th- Deadline to apply for Camp Youth Directors, Kings and Queens
- 8th- Camp Committee mtg.
Interviews for Camp Youth Directors, Kings and Queens
- 25th- Merry Christmas
- 31st- New Year's Eve

STATE

FUNDING UPDATES

- **Jumpstart Youth-Led Intergenerational Program Grants**

- **Deadline: October 30**

Generations United and Mentor Up, a new way to make a difference from AARP Foundation, are partnering to award \$1,000 Youth Jumpstart grants (along with technical assistance) to organizations to develop creative, youth-led intergenerational programs to address the needs of vulnerable adults aged 50 and over. Initiatives must be youth-led and engage youth and older adults. Submit your application in writing or via a short video or other multi-media presentation. Grantees will also have the opportunity to participate in a convening in Washington, DC this winter. More info: <http://bit.ly/18VxP89>

- **GenerationOn "Catch the Spirit" Clubs Start-Up Grants**

- **Deadline: October 31**

Generation On is pleased to offer "Catch the Spirit" GenerationOn Clubs Start-Up Grants of \$500 to support newly registered GenerationOn Service Clubs serving middle school-age youth in the following cities: Hartford, CT; Jacksonville, FL; Newark, NJ; Minneapolis, MN and Dallas, TX. Adult facilitators or youth members can apply. More info: <http://bit.ly/1c5xwdH>

- **Samsung Solve for Tomorrow Contest**

- **Deadline: October 31**

Are you and your students innovative? Do you think you can use STEM (Science, Technology, Engineering, Math) to help solve an environmental challenge in your local community? Apply for Samsung's Solve for Tomorrow contest. More info: <http://bit.ly/1fMxxrO>

- **Lights On Afterschool Facebook Photo Contest**

- **Deadline: October 31**

Your program could win up to \$2,000 in the Lights On Afterschool Facebook Photo Contest! Submit a photo that creatively shines a light on your program and the afterschool activities and staff that enrich and inspire the students and families in your community. Be as creative as possible - the four photos with the highest number of likes will win cash prizes for their afterschool program! More info: <http://bit.ly/1hFTHru>

- **Whole Kids Foundation School Garden Grant Program**

Deadline: October 31

The Whole Kids Foundation School Garden Grant Program provides support to K-12 schools and nonprofit organizations in the U.S. and Canada that are developing or currently maintaining a school garden project that will help children engage with fresh fruits and vegetables. Grants of \$2,000 are provided for garden projects at any stage of development - planning, construction, or operation. More info:

<http://bit.ly/18UjHM8>

- **CVS Caremark Community Grants**

Deadline: October 31

CVS provides financial assistance to nonprofit organizations that are providing much-needed access to health care for underserved populations; wellness and prevention programs that are aimed at helping people achieve their best health; and health education and awareness programs that are helping people on their path to better health. Qualifying organizations are eligible for grants of up to \$5,000. More info:

<http://bit.ly/19lq7Fx>

- **Funds for Fuel Up to Play 60**

Deadline: November 1

Up to \$4,000 per year is available to any qualifying K-12 school enrolled in Fuel Up to Play 60. The competitive, nationwide funding program can help your school jumpstart and sustain healthy nutrition and physical activity improvements. More info: <http://bit.ly/13Na8uP>

- **Sodexo Foundation Youth Grants**

Deadline: January 31

Do you know where your next meal is coming from? One in five children in America don't. But this is a problem that can be solved, and kids are a part of the solution. Funding of up to \$500 is available for youth that live in the U.S. to lead projects focused on ending childhood hunger in their communities. Find out how you can help end childhood hunger: www.YSA.org/grants/sodexoyouth

- **THE UNION BANK FOUNDATION** supports nonprofit organizations in the communities in which the bank has operations in California. The Foundation's areas of interest include affordable housing, community economic development, education and the environment. The bank also offers a corporate sponsorship program for nonprofit organizations addressing additional areas such as arts and culture, health and human services and emergency services. Requests to both of the bank's charitable contributions programs may be submitted throughout the year. Click [here](#) for more information.

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.

SCHOLARSHIPS & AWARDS

- **MetLife Foundation Afterschool Innovator Awards**

<http://www.afterschoolalliance.org/metLife.cfm>

Due October 21, 2013

Nominate an exemplary afterschool program serving middle school youth for their chance to win \$10,000, receive media recognition as an Afterschool Innovator, present at national conferences and be featured in our 2013-2014 series of issue briefs and our Afterschool in Action Compendium.

- **National Security Language Initiative for Youth Scholarship**

Deadline: November 5

The National Security Language Initiative for Youth (NSLI-Y), sponsored by the U.S. Department of State, provides merit-based scholarships for eligible high school students and recent high school graduates to learn less commonly taught languages in summer and academic-year overseas immersion programs. Previous language study is not required, and language learners of all levels are encouraged to apply. More info" <http://bit.ly/18T2gNB>

- **2014 Prudential Spirit of Community Awards**

Deadline: November 5

Students in grades 5-12 who have volunteered in the past 12 months are invited to apply. Applications must be submitted to a middle level or high school principal or the head of a local Girl Scout council, county 4-H group, American Red Cross chapter, YMCA or HandsOn Network affiliate. State Honorees will each receive \$1,000, a silver medallion and an all-expense-paid trip with a parent to the nation's capital. Ten National Honorees will receive \$5,000, gold medallions, crystal trophies for display at their schools or service organizations and \$5,000 grants for nonprofit charitable organizations of their choice. More info: <http://bit.ly/Qkoqh8>

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

Deadline: December 5

Through scholarship awards, Sodexo Foundation recognizes and rewards students, ages 5-25, who are driving awareness and mobilizing youth to be catalysts for innovative models and solutions to eliminate hunger across the country. The scholarship recipients each receive \$5,000 for their education as well as a \$5,000 grant for the hunger-related charity of their choice. Learn more and apply at www.SodexoFoundation.org.

DATES & DEADLINES

- **The Magic is Sweet!**

"It's all a matter of paying attention, being awake in the present moment, and not expecting a huge payoff. The magic in this world seems to work in whispers and small kindnesses."

— Charles de Lint

The **State Leaders' Forum** Committee is ready to welcome you to a very distinctive event on **Nov. 8 – 10, 2013**. The guest speakers are in place. The workshops are scheduled. The decorations are monumental. The silent auction tables await your donations. Your fellow 4-H colleagues are registered. The recognition is unique. The Gala Celebration is glamorous. Put these all together and you have the marvelous, memorable 2013 State Leaders' Forum to be held in Sacramento.

Existing approaches are not solving our most pressing social problems. Many organizations work hard but in isolation, disconnected from the expertise and resources of their peers in the community. Collective Impact is a new approach where organizations from across sectors come together to address complex social problems at scale. Matt Wilka from FSG will describe how coalitions around the country use collective impact to tackle a range of social issues, and how collective impact might strengthen approaches to youth development in our communities in California.

Time is short for registering but there is still room, so please come to SLF! We can assure you of a grand experience and many magical moments. Info: www.ucanr.edu/slf2013

- **2013 State Horse Field Day, November 16th** in the Chino Hills

9:00am-4:00pm

Registration is due November 11.

Register here: http://4h.ucanr.edu/Programs/Events/State_Horse_Field_Day/

This year's field day will be filled with workshops, demonstrations and tours as we travel to multiple ranches in the Chino Hills. Chino Hills is filled with equestrian centers that are side by side and within walking distance of each other.

- **4-H Shooting Sports Workshop - Rifle Discipline**

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

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

1031 S. Mt. Vernon Avenue Bakersfield, CA

A 4-H shooting sports workshop for the rifle discipline will be held at UC Cooperative Extension Office, 1031 S. Mt. Vernon Avenue in Bakersfield. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a rifle trainer and can lead a rifle project at the club level or serve as county trainer to certify other leaders. There is no cost for the course. To register for the course or receive more information, contact John Borba at: jaborba@ucdavis.edu (This course is not open to 4-H leaders from Santa Cruz County).

- **4-H Shooting Sports Workshop - Pistol Discipline**

Saturday, January 4, 2014 – 8:00 a.m. – 4:00 p.m.

Sunday, January 5, 2014 – 8:00 a.m. – 12:00 p.m.

Fresno County Peace Officer Range

7633 N. Weber, Fresno, Ca.

A 4-H shooting sports workshop for the pistol discipline will be held at the Fresno County Peace Officer Range, 7633 N. Weber, Fresno, Ca. Participants must attend both days of training to receive certification. Upon successful completion of the course, the participant will be certified as a level 1 pistol instructor and can lead a pistol project. The cost for this course is \$30.00 to cover the instruction binder each participant will receive. Participants will need to bring their own eye and ear protection and are encouraged to bring their own .22 rim fire pistol and/or own air pistols if they have them. To register for the course or receive more information, contact Sammy Ashworth at sdashworth@gmail.com or (559) 707-0755. (This course is not open to 4-H leaders from Santa Cruz County). Please fill out and bring the document listed below.

<http://4h.ucanr.edu/files/2123.pdf>

<https://www.facebook.com/pages/Fresno-County-Peace-Officers-Association/101825493227619>

<https://www.facebook.com/pages/California-4-H-Shooting-Sports/359716147438695>

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

January 24-26, 2014

LCORT is the South Central Section's Leadership Conference for members in grades 7-9. The heart of the conference is a series of workshops presented by high school-age members from the leadership teams in the 12 member counties. This year's event will be held on **January 24-26, 2014** at Wonder Valley Conference Center in Sanger (Fresno County), CA. Workshop application materials have been sent to county staff and are available on the LCORT web page of the CA 4-H website. Registration packets, LCORT 2015 Youth Chair applications, and other materials are also available on the web. Please direct questions or comments to LCORT Coordinator Pauline Smoke at lcort.coordinator@yahoo.com.

- **4-H Archery Leader Certification**

February 1, 2014 – 9am-5pm

February 2, 2014 – 9am-12pm

33 Browns Valley Road Corralitos, CA

If you have an interest in sharing your archery skills with youth, how about becoming a 4-H Archery adult volunteer or teen leader. There will be a 4-H archery leader certification training held February 1st & 2nd in Corralitos, CA (near Watsonville). The class will be offered Saturday, February 1st, 9 AM – 5 PM, and Sunday, February 2nd, 9 AM- 12 noon, at the Corralitos Community Center, 33 Browns Valley Road, Corralitos, in Santa Cruz County. This class is being hosted by Santa Cruz County 4-H. You must become a 4-H adult volunteer or member and attend both days to receive certification to teach archery at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching and a written test. The cost is \$35 per person to include a resource binder, and Saturday breakfast & lunch and Sunday breakfast. Junior and teen leaders are invited but must attend with an adult. If you are already a certified volunteer archery leader and would like to become a trainer, contact Jeanne at 530-524-7278 or email mtlassenlover@gmail.com to discuss options.

To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at <http://4h.ucanr.edu/files/2123.pdf> and an adult or youth 4-H medical release form and a \$35 check payable to “Santa Cruz County 4-H Council” and mail to UCCE, 1432 Freedom Blvd., Watsonville, CA 95076. **Registration is due Friday, January 17th and space is limited.** For more information call Stephanie at 831-763-8015 (Mondays & Wednesdays only) or email her at sfontana@ucanr.edu or contact Jeanne at the contact information above.

- **Save the Date! California Camping Conference**

March 21-23, 2014

The next California Camping Conference will be held **March 21 – 23, 2014**, at the YMCA's Camp Campbell the in Santa Cruz Mountains. The Camping Conference provides 4-H teen leaders and adult camp administrators the opportunity to network and attend sessions to develop their local camp program. The early bird registration fee will be \$140 by **February 1st** and \$150 after that date. More information will follow.

- **Western Region Leaders' Forum**

March 27-30 at the Crowne Plaza located in downtown **Billings, MT.**

Join Montana 4-H as they welcome the Western Region Leaders' Forum to Billings in March 2014. Agents, staff and volunteers are hard at work planning a conference that will help you to “Discover the Past. Present. Possibilities of 4-H”. Participants will enjoy a first class conference facility and hotel accommodations, national speakers, local entertainment and over 60 informational workshops.

WRLF is an exciting time to network with peers from across the region sharing ideas and building relationships to carry 4-H into the future. **Registration starts November 1!** More info:

<http://4h.ucanr.edu/files/175016.pdf>

- **2014 State Field Day, May 31, 2014**

Want to help plan and implement the 2014 State Field Day?

Sign up here to join the 2014 State Field Day planning committee. More info: <http://ucanr.edu/sfdpt2014>

Committee members will help plan the overall event and can specialize and help with one main contest. The committee will be 50% youth or more. This is a chance for youth to be involved in the biggest California 4-H event in the State!

We will have monthly conference calls/Adobe Connect meetings to plan the 2014 State Field Day.

Conference Calls are set for the 2nd Wednesday of over month from 7:00pm-8:00pm.

Applications are due by October 31, 2013

Committee members will be notified by November 7, 2013

- **State Fashion Revue Cover Contest**

The State Fashion Revue committee is seeking entries to design the program cover for the event. Your design should reflect the theme: California Grown, California Sewn. Contest rules are:

- One design per member. Any 4-H youth member may participate, regardless of projects.
- The design can be digital or hand drawn.
- It should be no larger than 4.5" wide x 7.5" tall, to fit on a folded letter size page.
- You may use any medium (colored pencil, marker, paint, digital) you wish.
- Be sure to include the words "2014 State Fashion Revue" and the date "May 31, 2014".
- Use the 4-H clover appropriately in your design.
- Please keep your original artwork and go to this link to submit your entry.

Entries are due by January 15, 2014. <http://ucanr.edu/sfrcovercontest>

For more information email mvemails@yahoo.com.

We look forward to receiving your designs! Have fun and good luck!

- **Hosting a Qualifying show for the 2014 California Horse Classic?**

Register your show here: <http://ucanr.edu/qualifying-shows> for it to be considered a qualifying show for the 2014 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

Please submit results on this form: [Classic Qualifying Show Results Sheet](#)

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!

PROGRAM UPDATES

POSITIVE YOUTH DEVELOPMENT

- **California 4-H Youth Development**

Get Connected and Plugged In to Positive Youth Development!

California 4-H has several ways to connect with us online to get up-to-the-minute updates on information affecting 4-H statewide. Don't rely on urban legend or information to pass through the grapevine—get the information as it happens and from the horse's mouth. Here is a list of the ways you can connect with us online:

- **Website:** <http://4h.ucanr.edu>
- **4-H Online Record Book** (yes every registered adult volunteer and every youth ages 9 and older has an Online Record Book account): <http://4h.ucanr.edu/4hbook/>
- **Facebook:** <https://www.facebook.com/california4H>
- **Twitter:** <https://twitter.com/California4H>

- **YouTube:** <http://www.youtube.com/user/California4h>
- **Pinterest:** <http://pinterest.com/california4h/>
- **Blog:** <http://4hvolunteercafe.wordpress.com/>
- **Instagram:** <http://instagram.com/ca4h>
- **California 4-H Future's Task Force Facebook page:**
<https://www.facebook.com/groups/148321398700801/>
- **Webpage:** [http://4h.ucanr.edu/Administration/4-H Futures Task Force/](http://4h.ucanr.edu/Administration/4-H_Futures_Task_Force/)

We will be continuing to provide virtual opportunities for you to connect directly with us at the State Office through these social media outlets.

- **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/>.

- **4-H Online Record Book (ORB) Opportunities**

ORB Internet Café

The ORB Internet Café is provided to give staff and volunteers both individualized and group instruction on using California 4-H's Online Record Book System. The café is designed as a 3-hour workshop that combines presentation, hands-on practice and group discussion. Participants will need to bring a laptop or tablet with them to the café. The following topics will be covered:

- ❖ Overview of the Features & Functions in the Online Record Book (Record Book, Social Media, Evaluation)
- ❖ Navigating the forms in the Online Record Book (PDR, APR, 4-H Story)
- ❖ Project & Club Leader Functions and Approving Forms
- ❖ Maximizing your ORB experience—How to use ORB to be efficient and save time (Print Feature, Expression Pages, Collection of 4-H Works etc.)

To bring this training to your county, please fill out the following request form.

<http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=9591>. Counties are responsible for covering the travel and lodging cost of the trainer for this event.

Logging into the Online Record Book will not be covered in this training, please work with your county office prior to the training to secure your login information for the Online Record Book if you currently have not accessed the system.

HEALTHY LIVING

- **Welcome New Healthy Living Officers!**

Congratulations! California has nearly 50 newly elected Healthy Living Officers!

The Healthy Living Officer serves 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 FREE Healthy Living Officer pin please email the name of your officer and club to Anne Iaccopucci at amiaccopucci@ucanr.edu

- **DRINK UP: LAUNCHING A CAMPAIGN TO DRINK MORE WATER**

This September the First Lady, Partnership for a Healthier America, and actress Eva Longoria teamed up to launch a new campaign to drink more water. Drinking water is one of the easiest ways to improve overall health! Check out the interactive link:

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

- **[Building Safe and Supportive Learning Environments](#)**

The National Center on Safe Supportive Learning Environments, an effort of the U.S. Department of Education and the Substance Abuse and Mental Health Services Administration, just launched a new and improved website. It provides new products and resources to state administrators and all working to improve schools' conditions for learning (including those in early learning and higher education).

<http://safesupportivelearning.ed.gov/>

- **[Preventing Bullying Against Students with Disabilities](#)**

The U.S. Department of Education issued a policy letter that provides guidance to educators and stakeholders about how to address the bullying of students with disabilities. Learn more in the "Dear Colleague" letter and enclosure linked to at the end of the Homeroom blog.

<http://www.ed.gov/blog/2013/08/keeping-students-with-disabilities-safe-from-bullying/>

- **3 Bold Steps: A Interactive Process to Create Safe Schools and Healthy Communities**

For over ten years the National Center for Mental Health Promotion and Youth Violence Prevention at Education Development Center has been working with communities and schools across the United States to implement systemic change for children, youth and families. Lessons learned through the Safe Schools Healthy Students Initiative led to the creation of the 3 Bold Steps toolkit, a collaborative and easy to understand three-step process that offers proven strategies for creating safe schools and healthy communities. For more information please go to <http://3boldsteps.promoteprevent.org>.

CITIZENSHIP/LEADERSHIP

- **National 4-H Conference**

April 5 -10, 2014

Applications will be available **August 31, 2013**. Deadline for Applications will be **October 31, 2013**. For more information on National 4-H Conference <http://4h.ucanr.edu/Programs/Conferences/N4-HC/>

- **Save the date! California Focus is June 13-17, 2014**

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.

- **Citizenship Washington Focus**

June 22-28, 2014

Citizenship Washington Focus (CWF) is a week-long 4-H citizenship program for youth ages 14-19 that takes place at the [National 4-H Youth Conference Center](#), just 1 mile from the Washington, DC border.

Every summer, thousands of young people participate in the program, which provides opportunities for them to:

- Strengthen their communication, leadership, and citizenship skills on a national level
- Understand the importance of civic and social responsibilities as they relate to the development of better citizens and leaders
- Exchange ideas, practice respect, and form friendships with other youth from diverse backgrounds
- Experience hands-on learning using the historical backdrop of Washington, DC.

For more Information <http://www.4hcenter.org/youth-conference-center-overview/educational-programs/citizenship-washington-focus/about/>

Additional optional travel dates:

- **June 29-July 3, 2014 –Destinations to include Historical Gettysburg, PA, Philadelphia, PA and more!**
Registration will be open December 1, 2013.
- **New for 2014- Leadership Washington Focus**
Leadership Washington Focus (LWF) is a 4-H leadership program for youth entering grades 7 through 9. The program will take place at the National 4-H Youth Conference Center, just 1 mile from the Washington, D.C. border. For more than 50 years, thousands of 4-H'ers have participated in our high school program, Citizenship Washington Focus and now we are happy to introduce its precursor for middle school 4-H'ers. For more information visit <http://www.4hcenter.org/youth-conference-center-overview/educational-programs/leadership-washington-focus/about/>. If your county has members interested in participating contact Jenna Colburn at jcolburn@ucanr.edu.
- **State Leadership Conference August 14-17, 2014** U.C. Santa Cruz
"Raiders of the Lost Leadership"
The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience. **Check our website, Facebook, Twitter & Instagram for updates and exciting announcements!**
- **California 4-H \$1,000 for 1,000 Service Learning Projects**
2013/2014 *Revolution of Responsibility* Application Deadlines:
November 15, 2013
January 15, 2014
March 15, 2014
May 15, 2014
July 15, 2014
September 15, 2014
November 15, 2014

<http://4h.ucanr.edu/Support/RofR/>

SCIENCE, ENGINEERING, and TECHNOLOGY (SET)

- **4-H Science Promising Practices**
<http://4h.ucanr.edu/Projects/SET/SETResources/PP/>
A series of promising practices in 4-H science education are available to assist staff and volunteers. Topics include:
 - 4-H Science in Urban Communities
 - Lessons from Promising 4-H Science Programs
 - Experiential Learning
 - Evaluation
 - Professional Development
 - Curriculum
 - SET Abilities
 - Collaborative Partnerships
 - Fund Development
 - Teens-as-Teachers

- **Caring for our Watersheds (CFW)**
<http://caringforourwatersheds.com>
 Entry deadline: January 31, 2014
 The CFW program is an environmental contest *and* project funding opportunity for high school youth. CFW asks youth to submit a proposal that answers the question, "What can you do to improve your watershed?" Youth research their local watershed, identify an environmental concern, and come up with a realistic solution. Ten finalists will present their ideas and win up to \$1,000 cash rewards for themselves and matching rewards for their 4-H clubs or schools. In addition to cash rewards, there is **also \$10,000 (\$1000 per project) available for students to implement their projects** (if they choose to do so). All participants are eligible for these "mini-grant" implementation funds. NOTE: This program is open to 9th-12th grade students in Yolo, Solano, Sacramento, Colusa, Yuba, Sutter, Glenn, El Dorado, Placer and San Joaquin counties. If you are interested, please contact beth@landbasedlearning.org (530) 795-1544.
- **1st Annual STEM Symposium**
 Nov. 18-19, 2013, Sacramento
<http://cdefoundation.org/stemconference/>
 The 1st annual STEM Symposium will bring together 2,000 teachers, administrators, students, higher education representatives, program providers, philanthropic representatives and industry representatives to engage them in STEM education by providing strategies and resources for program implementation. Presentations on curriculum and instruction, professional learning, partnerships and resources will be featured.
- **National Science Board releases STEM education data and trends tool**
http://www.nsf.gov/news/news_summ.jsp?cntn_id=129236&WT.mc_id=USNSF_51&WT.mc_ev=click
 The National Science Board (NSB) released the STEM Education Data and Trendstool, a rich resource for anyone searching for answers to those and many other questions. The online statistical tool provides key information on the current state of science, technology, engineering and mathematics (STEM) in the United States through an easy-to-use interface. Organized as a "timeline" spanning prekindergarten through employment, the tool provides useful insights for all with a stake in STEM education: Parents, students, guidance counselors, teachers, policymakers and others.
- **Autodesk Pixlr Contest**
 For youth ages 13-24. Contest closes **October 25, 2013**
<http://www.autodeskdsgncompetitions.com/>
 Do you like taking cool photos and sharing them with friends? If so, you can make your photos even better, more stylish and unique with the Pixlr® Express app, Autodesk's free*,fun and easy photo editing app. Enter the "Snap, Style & Share" design competition with this powerful and addictive photo editing tool and give your photos a special effects treatment. Showcase your skill and creativity with hundreds of features from the Pixlr® Express app.
- **Autodesk 123D Design Contest**
 For youth ages 13-18. Contest closes **October 21, 2013**
www.autodesk.com/123ddesignchallenge
 Know of any youth (ages 13-18) who might design the next amazing product? Inspire them to enter the Autodesk® 123D® Design Challenge and win cool prizes! Youth will need to reimagine an existing product or design a new one that can take the world by storm. Using the powerful Autodesk® 123D® Design app, they can model their innovation, then show off their skills by creating an Instructables® project.

4-H All Stars:

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

Jr. All-Stars:

Katherine Cao, Pomona Valley 4-H Club
Kiran Ekanayake, PVP 4-H Club
Daniel Espinosa, Harbor Lights 4-H Club
Jessica Fint, SFV 4-H Club
Rachel Klose, PVP 4-H Club
Ivory MacCracken, 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
Megan Tahbaz, PVP 4-H Club
Julius Treadwell, Pomona Valley 4-H Club
Dryden Unszusz, PVP 4-H Club
Shannon Chen, PVP 4-H Club
Julie Sylvest, PVP 4-H Club
Michelle Sylvest, PVP 4-H Club
Charmine McClain, Pomona Valley 4-H Club

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