



July 2018

For additional 4-H information please see the [Los Angeles County 4-H Youth Development website](#) or contact the Los Angeles County 4-H Office at 626.586.1980 (Alhambra) / 661.974.8826 (Lancaster). Download the [2018-2019 4-H Calendar](#).

POLICY

44-H Policy and Information Update July 2018 (Repost)

Each July 1, the 4-H Youth Development Program transitions to another year of positive youth development opportunities for youth. Youth and volunteers also have a chance to reflect on the past year's challenges and triumphs; projects and events; record books and reports. I want to highlight a few very important considerations as you begin the program year. First, make sure that all youth and adults are enrolled in the program for the current program year before beginning any 4-H activities or participating in any events as a 4-H member (i.e., fairs and exhibitions). It is important because of liability issues. To enroll in the 4-H program in Los Angeles County, please visit

<https://california.4honline.com>

Second, be sure that the activities you are participating in are a part of your club's program plan and include a citizenship component, teaches a life skill and/or offers a leadership opportunity for the member. Having these key components are critical to ensuring that youth who participate in 4-H have a positive youth development experience.

Third, if you have not already, please prepare all of your club's financial records and be ready to submit the Treasurers' Book for auditing in September. The Youth Treasurer - along with the Adult Treasurer - should have all receipts, cancelled checks and invoices and has reconciled the club checking/saving account so that all expenses and income are accounted for. Remember, that money raised in the name of 4-H should be used to support the positive youth develop activities of the youth member so very little if any, should be rolled over to the next program year unless it's a part of a larger budgetary goal (i.e., raising funds for State Leadership Conference, raising funds to purchase a piece of livestock equipment).

All of these considerations can be found in the 4-H policy manual.

If you have any questions, contact me at (626) 586-1970 or kcnathaniel@ucdavis.edu.

- **Way to Get the Most of 24 Hours**

Kaylin Kwan, Macy 4-H Club, L.A. County 4-H Youth Healthy Living Chair

Everyone has 24 hours in a day, which can be used as the individual wishes. Although everyone has the same amount of time, some are more successful than others. Achievement is managed by productivity and efficiency and how people spend their time determines how much is accomplished. So instead of wishing there was more time in a day, start making the most of make the most with the 24 hours given. Some ways to get a lot accomplished is to disconnect from electronics every once in a while, take the occasional walk, wake up earlier, and to not make excuses.

An average person spends 8.5 hours on various types of electronic devices on a day to day basis. If that time is used differently, rather than scrolling through social media or watching shows or movies, a lot more can be gained. Tracking time on electronic devices, setting a limit on usage, keeping the TV off at least every other evening, and deleting gaming apps on the phone can definitely cut back time spent on electronics. Other than wasting time, constant exposure to electronic devices can also lead to poor sleep.

Taking a break and going for a walk can help relieve stress, especially when it is built up from long, frustrating hours at school or work. A walk allows the heart to pump blood faster, circulating more blood and oxygen to muscles and organs, including the brain. Because taking a walk doesn't require brainpower itself, the mind is able to wander, which can result in innovative ideas and insights.

Waking up earlier can lead to more productivity, as seen by some of the most successful people in the world. Waking up two or three hours earlier allows an individual to plan their day and prepare for it. The morning is when one's willpower is the strongest, so developing a routine is best at this time. Although it takes time and getting used to, becoming a morning person is beneficial and worth the effort.

Making excuses is one of the biggest obstructions to being successful. It's never "too early", "too cold", "too dark", or "too early" to do something productive. Time is not something to waste, but how can be controlled with how an individual uses it. Rather than looking for extra time, make it.

COUNTY

- **4-H Enrollment/Re-Enrollment**

July 1, 2018 started the 2018-2019 4-H Program Year. Any member participating in any 4-H activity after July 1, must re-enroll at <https://california.4honline.com>. This is especially important for those youth and adult 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 on the [Los Angeles County 4-H Website](#). The **2018-2019 4-H Enrollment fees have increased to \$54 per youth and \$18 per adult.**

- **County Project Recognition for Members**

Noel Keller, LA County 4-H Incentives and Recognition Committee Chair

LA County Record Book Competition information and forms are available on the [LA County 4-H Website](#). For the County competition, the 4-H Online forms will need to be printed out and submitted as hard copies. Record Books are due September 11 by 4pm to the 4-H Office or by September 12 by 9pm to an [I&R Committee Member](#). The LA County Awards Program will be held in the afternoon Saturday, September 29th after the morning county council meeting in the AV district.

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 evaluated 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 or state winners. Seniors interested in submitting their 2017-2018 4-H records to the State Record Book competition, be sure you are:

- Using the forms from the new 2017-2018 Record Book Manual
- Review the guidelines and requirements for the State Record Book Competition on the State website (should be updated soon).
- [Submit the Intent to Submit form](#) by August 31st.
- Complete your record book for the competition. Do not include prior years' records. Number the pages.
- You do not need to take the Quick Start Quiz Contact Noel Keller if you have questions (nkeller91711@gmail.com).
- Scan your completed 2017-2018 record book for the competition and email the scanned version to Dawn Fuller (dafuller@ucanr.edu) or Charlene Moore (moore@ucanr.edu) by October 22, 2018. If you need assistance, please contact your local [4-H Office](#). Contact Noel Keller if you have questions (nkeller91711@gmail.com).

Currently LA County 4-H evaluates member record books with a focus on a member-designated project area. Awards are given out in project areas. At the state record book competition, books are judged for the overall achievement of the member, without regard to just one project area. This year Seniors will be able to select a project area for their record book evaluation at the county level.

- **2017-2018 County Record Book ID Form & Information**

Be sure to use the 2018 Record Book ID Form for the Los Angeles County 4-H Record Book competition. The ID Form will need to be printed out and submitted as hard copy. 2017-2018 4-H Record Books are due by 4pm on Tuesday, September 11th to the 4-H Office or by 9pm on Wednesday, September 12th to an [Incentives and Recognition Committee member](#).

- **Enter Your Record Book In The Correct Project Area**

When you enter your record book in the LA County 4-H Record Book competition, be sure you enter your book in one of the project areas listed in the Record Book ID packet on the county website. The project areas in that packet are the only ones evaluated (judged) in the county competition. Club leaders should check that a valid project area has been indicated on the Record Book ID form before they sign it. If you have a question about this, please contact Noel Keller (nkeller91711@gmail.com).

- **Expression Page in your Record Book**

The Expression Page for your Annual Project Report (APR) should TEACH the reader something that you learned in that project. The Expression Page should not just tell what you learned - it should explain or detail something that you have learned. For example, you shouldn't just state that you learned the parts of a model rocket. You should tell the reader the parts of the rocket and perhaps include a diagram. You are teaching the reader what the parts of a model rocket are. You can be creative on the Expression Page with diagrams, photos, drawings, narratives, etc.

- **[LA County 4-H Officer Book Gold Medal](#)**

Noel Keller, LA County 4-H Incentives and Recognition Committee Chair

Did you do a great job as a Club Officer last year? If so, be sure to submit a 2017-2018 Officer Book for the Officer Book Recognition Program. The information and forms are on the [LA County website](#). The evaluation of the Officer Records is done with the Danish system of evaluating so all officers have a chance to earn a Gold medal for their officer work. 2017-2018 Officer books are due September 11 by 4pm to the 4-H Office or by September 12 by 9pm to an [Incentives and Recognition Committee member](#).

- **County Awards Day - September 29, 2018**

County Awards Day event for 2017-2018 awards will be held after the County Council meeting on September 29, 2018 at Quartz Hill Library (5040 W. Avenue M-2, Quartz Hill, 93536). For this event, AV district will be providing the program, NSG will provide the refreshments, SFV will provide the decorations and SSG district will provide the publicity. Keep a look out for more information to come.

- **[Emerald Star Program](#)**

The Emerald Star program is designed for intermediate and senior 4-H members. In general, the Emerald Star project's purpose includes:

- Providing an opportunity for 4-H members to develop projects in their community or in 4-H beyond the club level
- Improving, creating, and expanding 4-H programs
- Helping individual 4-H members grow and improve in the areas of organization, leadership, and project planning

This program is designed to help youth learn about project planning, organization, and presentation. Typically, youth develop an action plan for some type of multi-county event. They then organize and facilitate this event. After completion and presentation of their project, they are awarded with the Emerald Star ranking.

- **Have Your Club Help Us Collect Data- Win \$100 Worth Of Goods from [Shop 4-H!](#)**

From the CA State 4-H Office and Dr. Nathaniel:

California 4-H recently joined 9 other states in the "Common Measures Challenge Cohort" funded by National 4-H Council. The goal of this challenge is to collect data from our youth to help inform professional development strategies for both staff and volunteers. These data can help us showcase the impact of 4-H!

Data will be collected via the Online Record Book, and also through emails sent via Qualtrics to youth. The survey will come from Dr. Kendra Lewis at the State 4-H Office to all enrolled youth.

We are reaching out to you for help in collecting data in your club. Please have youth in your club complete the survey that will be sent by Dr. Lewis **on June 5th** (check your spam inbox for an email from noreply@gemailserver.com). Or you can log into the Online Record Book <https://4horb.ucanr.edu/> and take the "Grey" survey. Data must be collected by **July 31st**.

As an incentive, the top two clubs in the county that have the highest percentage of youth complete the survey will receive the opportunity to select \$100 worth of goods for the club from Shop 4-H. The breakdown for the prizes will be as follows:

- One \$100 prize for the club with 5 - 29 members who has the largest percentage of members take the survey
- One \$100 prize for the club with 30 plus members who has the largest percentage of members take the survey

The winning clubs will be announced in September after the data are tabulated.

This work will greatly help us in understanding the impact of our program and informing professional development in our state. We appreciate your willingness to help us collect data!

- [2018-2019 LA County 4-H Leaders' Council Officers](#)
Noel Keller, LA County 4-H Leaders' Council Vice-President

President: Peter Michel

Vice President:

2nd Vice President (youth position): Shelby Silman

Secretary: Judylynn Pelling

Treasurer: Mary Lash and Johanna Stewart

Reporter/Historian: Nicoleene Yunker (youth)

I&R Committee Chair: Noel Keller

Agriculture Committee Chair: Katherine Shannon (youth)

Science Committee Chair: Greg Yunker and Kenneth Yunker (youth)

Home Economics Committee Chair: Melinda Kasperson

Healthy Living Committee Chair: Kaylin Kwan (youth)

Parliamentarian/Policy Secretary:

Leader Support Committee Chair: Laura Shannon

Shooting Sports Committee Chair: Dee Keese

Civics Committee Chair:

Technology Committee Chair: Evan Lam (youth)

Please send [nominations](#) for any open offices to Noel Keller (nkeller91711@gmail.com). You can nominate yourself. All LA County 4-H District members should be represented on the council as officers. How can you help this next year? More than one person can be nominated for a position. A position can be held by two people, as perhaps Co-Chairs. A position can be held by a youth and adult in a youth-adult partnership as Co-Chairs. Some council positions can be held by a Senior youth member.

- **2018-2019 Youth Technology Committee Chair**

Evan Lam,

Hi my name is Evan Lam and I am looking forward to being your Youth Technology Committee Chair for the upcoming year. I will be covering STEM and technology related subjects in my articles. I'll also be reviewing how technology relates to the latest trends.

August 21st will be the 1-year anniversary of the Great American Eclipse. There are two types of eclipses a Lunar Eclipse and a Solar Eclipse.

- Lunar Eclipse - When the Earth's shadow covers part of the moon
- Solar Eclipse - When the Moon's shadow covers part of the Earth

When you want to look at the eclipse there is a special type of glasses that allow you to look at the sun without damaging your eyes.

- **LA Adult & Youth Needed- S.A. Program Development Committee**

Noel Keller, Southern Area Program Development Committee, L.A. Representative

The planning of activities for the Southern Area is done by the Southern Area Program Development Committee of the California 4-H Management Board. Each of the seven counties of Southern California should have two representatives on the Committee - one youth and one adult. For LA County, Noel Keller has been the adult representative and Katherine Shannon has been the youth. The youth term is for one year, so each year the youth representative is reappointed. The adult term is for two years. Both the adult and youth positions are now available. If you are interested in being the LA County youth 2018-2019 representative to this area planning committee, apply as soon as possible or at least by August 26th. If you are interested in being the LA County adult 2018-2020 representative to this area planning committee, apply as soon as possible or at least by August 26th. The applications are on the [State 4-H Website](#). The Southern Area Director John Trammell is hoping to have these positions on the committee filled as soon as possible.

- **LA County 2019 Fashion Revue**

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

At the May LA County Council meeting, it was voted that you will not be required to earn a Blue Ribbon at a District Fashion Revue to be eligible to compete at the LA County Fashion Revue on March 23, 2019. It is not required that you participate in a district fashion revue, but you are encouraged to do so for practice and to receive some evaluating comments for improving your entry for the County Fashion Revue. The County Fashion Revue will still be the qualifying event for the State Fashion Revue.

- **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@ucanr.edu

Southern Area

- **Southern 4-H Animal Field Day - Sept. 22, 2018**
Noel Keller, Southern Area Program Development Committee, L.A. Representative

Save the date of Saturday, September 22nd, 2018 for a fun and educational Southern 4-H Animal Field Day at Mt. SAC. If you are interested in helping with the planning for this Southern area event, please contact Noel Keller (nkeller91711@gmail.com) or John Trammell (jwtrammell87@gmail.com). We need an LA County representative on this planning committee.

STATE

- **State 4-H Upcoming Events and Deadlines:** <http://4h.ucanr.edu/News/>

4-H All-Stars:

Katherine Shannon, LV Racketteers 4-H Club
Kiran Ekanayake, PVP 4-H Club

Jr. All-Stars:

Los Angeles County, 4-H Youth Development Staff:

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

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

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

Roy Hillstock, Computer Specialist, (626) 586-1972, rhillstock@ucdavis.edu

Copyright © 2009 The Regents of the University of California.

The 4-H name and 4-H logo are service marks protected under 18 U.S.C. 707.

[Non-Discrimination Statement](#)

To unsubscribe from the LA County Clover Notes:

Send an email to Roy Hillstock requesting to "unsubscribe from the LA County Clover Notes".

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