

4-H

COOPERATION EXTENSION

UNIVERSITY OF CALIFORNIA

CLOVER NOTES

LOS ANGELES COUNTY 4-H YOUTH DEVELOPMENT PROGRAM



January 2006



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Visit our website at <http://celosangeles.ucdavis.edu>

Did You Know?

- 7:2... ratio of the average number of television sets to the number of children (US Census Bureau).
- 28... out of every 100 school children in California are overweight, an increase of 6%... from 2001. (“Fatter Than Ever” San Francisco Chronicle August 25, 2005).
- 100... minimum hours of Basketball required for an 85-pound child to burn off calories from 90 candy bars (Samantha Heller, New York University Medical Center).
- 2.3... number of 12-ounce cans of soda teenage boys drink per day, on average.
- 1.7... number of 12-ounce cans of soda teenage girls drink per day, on average. (New Hampshire Health Professionals for Hathiart School Nutrition, 2003)
- Based on the latest mortality data available, motor vehicle crashes are the leading cause of death for people aged 15 to 20 years old (NHTSA, 2003)
- Traffic crashes are the #1 killer of teens and more than 1/3 of teen traffic deaths are alcohol-related

CLUB NEWS

North San Gabriel 4H Achievement Night

North San Gabriel 4H Achievement Night was held on October 16, 2005 from 5-6pm at Good Shepherd Church in Eagle Rock / Highland Park. We had about 20 people attend. During the awards ceremony members received their awards earned from the 2004-2005 4H year. The members and leaders enjoyed participating in 2 community service projects after the award ceremony. We decorated shirts for the Hurricane Katrina victims and we decorated Halloween activity bags for the children at the Pomona Valley hospital who are sick. The 45 bags were filled with a variety of stickers and crayons. To close our Achievement Night we ended with a pizza fundraiser.

By Tiffany Okamoto, Pomona Valley President

DISTRICT NEWS

Jr. Leadership Conference

"4-H, The Leaders of Tomorrow"

WHO: All 6th, 7th, 8th, and 9th graders who are interested in becoming a future leader. Participation is limited to 50.

WHERE: Griffith Park Boys Camp
Griffith Park Drive and Camp Road, Los Angeles (see map)
323-664-0571

WHEN: Saturday, January 28, 2006

COST: \$40.00 Pre-paid
Non-refundable (unless you find another delegate to take your place).
This fee includes lunch, a snack, and materials received during the conference. Some sessions may have an additional materials fee.

REGISTRATION DEADLINE IS JANUARY 13, 2006

Please complete registration form, medical release form, and code of conduct form and send with registration fee to the address below.

Send Registration Forms to:

Charlene Moore
UCCE 4-H Youth Development
335-A East Avenue k-6
Lancaster, CA 93535

Questions?

If you have additional questions
please call:
Jennifer Heckel 661-269-5155
Charlene Moore 661-723-4477

MAKE CHECKS PAYABLE TO: LA COUNTY 4-H CLUB

Chaperones are needed! Please call for details.

Jr. Leadership Conference

REGISTRATION FORM

If this is a proposal for a team presentation, please include the following information for all team members on the back of this form.

Name: _____ Telephone: (_____) _____

Address: _____

City / State / Zip Code: _____

Club: _____ E-mail: _____

Male: _____ Female: _____ Grade: _____ Age: _____

District: _____

Conference Date:

Saturday, January 28th, 2006

Conference Time:

Registration starts at 9:00 am. Pick-up will be at 5:00 pm.

Registration Deadline:

Friday, January 13th, 2006

Please send registration form to:

Charlene Moore
UCCE 4-H Youth Development
335-A East Avenue K-6,
Lancaster, CA 93535

Note: A medical release form and code of conduct form is required along with the registration fee.

Parent Signature: _____ Date: _____

Jr. Leadership Conference

PRESENTER APPLICATION

If this is a proposal for a team presentation, please include the following information for all team members on the back of this form.

Name: _____ Telephone: (____) _____

Address: _____

City / State / Zip Code: _____

Club: _____ E-mail: _____

Years served as a Junior Leader / Teen Leader? _____

4-H Leadership Experience (please indicate any teaching experience you may have had as a Junior or Teen Leader):

PROPOSAL OF SESSION

Name of Workshop: _____

What do you feel your workshop will teach the delegates of this conference? _____

Will you be charging a fee for your session? (circle one) YES NO

What are the main points of your session? _____

How long will your session be? _____

Comments (additional information you wish to include): _____

Please complete by **January 13, 2006** and send to
Desiree Cramer, P.O. Box 2794, Santa Clarita, CA 91351
Questions? Contact Desiree at 661-993-3150 / cramercrew@aol.com

COUNTY NEWS

Summer Camp 2006

Summer Camp 2006 is approaching. The dates are from July 2 – July 8, 2006 at Camp Seeley. Forms and additional information are available online from Cooperative Extension's website at: <http://celosangeles.ucdavis.edu> under 4-H Coming Events or at: <http://www.4hsummercamp.com>. Let's make this event one to remember!

Summer Camp Staff Training

Summer Camp Staff Training will be held at the Los Angeles County, 4-H Office Saturday, January 7, 2006 from 9am to 4pm. For more information contact Keith Nathaniel at (323) 260-3845.

AV 4-H Livestock Symposium

AV 4-H Livestock Symposium will be held at Rancho Vista Elementary School, 40641 Peonza Lane, Palmdale, CA, 93551 on January 21, 2006 starting at 8:30 AM. Livestock Symposium speakers will be announced at a later date.

For further information contact Charlene Moore at (661) 723-4481 or 723-4477.

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.

ELIGIBILITY REQUIREMENTS

Any 4-H member is eligible to apply for the All-Star award who:

1. Is 15 years of age as of January 1 of the year of application (2006);
2. Has completed two years of 4-H Club work;
3. Has Gold Star Rank and/or demonstrated leadership skills and qualities;
4. Shows strong interest in continuing in the 4-H Youth Development Program and has specific ideas regarding ways in which he/she can give guidance and leadership to some phase of the 4-H Program;
5. Has actively participated beyond the 4-H club level.

Emerald Star Project

If a member has earned Gold Star Rank or will be 16 years old by January 1, 2006, 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 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.

Hints for New 4-H Members

The following are some suggestions for new members to help you get the most out of your 4-H experience.

- ❖ Attend all your club and project meetings, if possible. If you must miss meetings for health and/or family emergency reasons, be sure to let your leader know before the meeting and make arrangements for make-up, if necessary. That's part of learning to be a responsible person.
- ❖ Read newsletters from your club and the county newsletter, "Clover Notes". They let you know about the important dates and activities you can be part of.
- ❖ Ask questions when you don't understand, or need help. Key club and project leaders, teen leaders, county All-Stars, and the 4-H Office are all here to help you. Good luck with your involvement and above all, have fun.

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 to Roy Hillstock at the LA County 4-H Office, 4800 E. Cesar Chavez Ave., Los Angeles, Ca 90022 or email at rhillstock@ucdavis.edu.

Save the date!

Los Angeles County Judging Day is a countywide event where 4-H'ers learn teamwork and cooperation as members of a judging team while developing their decision-making skills. LA County Judging Day is on Saturday, February 25, 2006. Information concerning location and time of Judging Day will come at a later date.

UC Cooperative Extension/4-H Holiday Closures

Due to University and County holidays, both offices will be closed on the following days: *December 23, 26, 29, and 30th, and January 2.* We'll be open for business on Tues. January 3rd.



SUMMER CAMP RESERVATION FORM



<http://www.4hsummercamp.com>

FIRST COME – FIRST SERVED

\$20.00 DEPOSIT PER CHILD

Non-Refundable



NAME: _____

M _____

F _____

BIRTHDATE ____/____/____

AGE _____

ADDRESS: _____

CLUB _____

CITY: _____ ZIP: _____

PHONE (____) _____



NAME: _____

M _____

F _____

BIRTHDATE ____/____/____

AGE _____

ADDRESS: _____

CLUB _____

CITY: _____ ZIP: _____

PHONE (____) _____



NAME: _____

M _____

F _____

BIRTHDATE ____/____/____

AGE _____

ADDRESS: _____

CLUB _____

CITY: _____ ZIP: _____

PHONE (____) _____

PARENT'S SIGNATURE: _____ DATE: _____

PLEASE REMIT THIS FORM TO:
4H OFFICE-UC COOPERATIVE EXTENSION
4800 E. CEASAR E. CHAZEZ AVE.
LOS ANGELES, CA 90022
ATTN: KEITH NATHANIEL
323-260-3845

FORMS ARE AVAILABLE ON THE WEB:

<http://celosangeles.ucdavis.edu> or <http://www.4hsummercamp.com>

SOUTHERN SECTIONAL NEWS

TIC 2006 Registration Form "Shaping Your World Through Leadership" 13th Annual Teen Involvement Conference January 20-22, 2006

- Registration Fee: *Early Bird:* Application postmarked by December 16, 2005:
 Registration Fee - \$95.00
- Deadline:* Application postmarked between December 17, 2005
 and January 3, 2006: Registration Fee - \$105.00
- Late Registration:* Application postmarked after January 3, 2006 or
 handed to the check-in table at the conference:
 Registration Fee - \$125.00

Conference Information:

- ✿ The Teen Involvement Conference is open to all South Section 4-H members aged 13-19 years old. Members must be 13 and not older than 19 by January 1, 2006.
- ✿ Ages must be verified by the local club leader with a signature located on this application form.
- ✿ All members must agree to the 4-H Code of Conduct and any rules set forth anytime during the conference by planning staff or chaperons.

Chaperon Information:

- ✿ For every 8 youth attending, one Chaperon is required or the youth will not be able to attend. **If there are male youth attending the conference it is required that there is a male chaperon from the youth's county.**
- ✿ To be a chaperon at TIC you must be an enrolled 4-H leader and over the age of 21.
- ✿ Chaperons who are driving: You will not be allowed to leave before the early check out which is Sunday at 10:00 AM. If this is a problem, please contact Tony Burkhardt, (909) 685-0569, prior to the conference.
- ✿ **NO ONE CAN LEAVE EARLY FROM TIC WITHOUT PRIOR PERMISSION!!!**

***TIC REGISTRATION IS ON A FIRST COME, FIRST SERVE BASIS,
SO GET YOUR APPLICATIONS IN AS SOON AS POSSIBLE.***

Applications are required to have the following: signed application, signed code of conduct, signed medical release form, signed dress code sheet, and registration fee in the form of a check or money order made out to the South Section Leaders Council. Please mail completed application package to:

**South Sectional President
John Trammell
28808 Beattie St.
Highland, CA 92346
j4hdude@yahoo.com, (909) 844-1747**

TIC Application

Name: _____ Age: _____

Address: _____

City: _____ Zip Code: _____

County: _____ Phone #: _____

Email Address: _____

Member's Signature: _____

Parent's Signature: _____

Emergency Contact: _____

Phone #: _____ Relation: _____

Local Club Leader's Signature: _____

Phone # _____

County Staff Signature: _____

Phone # _____

Please Attach, Completed: Code of Conduct
Medical Release

Note: Driving directions to Pathfinder Ranch and other information will be mailed to you once we receive your application!

TIC Conference 2006 "Shaping your world through leadership"

Pathfinder Ranch, Idyllwild - January 20-22, 2006

Workshop Proposal Form

Send Workshop Proposal form to: Holly Hart, P.O. Box 2261, Valley Center, CA 92082

Thank you for taking an interest in presenting a workshop at the 2006 TIC Conference. We have had many people express interest and unfortunately not many openings for workshops. Please help us in our selection process by completing this form. If you have any questions, please call Holly Hart at (760) 749-5276 or e-mail at vcleelee@yahoo.com. You may e-mail the proposal. Thank you for your time!

Name: _____

Organization/Club: _____

Address: _____

Phone Number: _____

Name of Session: _____

1. Give a brief description of your proposed session.

2. Do you need any special equipment in your session? (Ex: computer access, electrical outlet, etc.)

3. What kind of room does your session require? (Table with chairs, seating only, etc.)

4. Do you need additional helpers in presenting your session?

5. What is the maximum and minimum time constraints for your session?

6. What is the maximum number of participants in your session?

7. Will you have any special traveling requirements?

8. Is your session youth oriented or adult orientated? Both?



Western Regional 4-H Volunteer Leaders Forum 2006

March 1-5, 2006 - Sheraton City Centre - Salt Lake City, Utah

Join over 500 volunteers from the 13 western states in a FUN, learning environment. Western Regional Leaders Forum is a great opportunity to meet others and share ideas which can be implemented in your local youth program.

Interactive workshops, sewing lab, computer lab and much more await you in learning the newest and coolest techniques in working with youth. There is also time built in for educational tours and time to visit with new and old friends.

4-H volunteers and community partners come together once a year for this event and 2006 is Utah's turn to host. You need not be a 4-H volunteer to participate; there is much to share between those working in a myriad of youth serving organizations. For Utahns, what a perfect opportunity to participate in a regional event and not have to travel far from home.

For a complete packet go to <http://www.utah4h.org> and select the WRLF 2006 link or contact Roy Hillstock at (323) 260-3854.

For questions about WRLF 2006 contact Deb Jones at debj@ext.usu.edu



STATE NEWS

2006-2007 California 4-H State Ambassador Application

Due March 31, 2006

The California 4-H State Ambassador Program is a working honor that provides 4-H members expanded opportunities to serve the California 4-H Youth Development Program. 4-H State Ambassador is one of the highest service opportunities and recognition attainable in the California 4-H Youth Development Program. 4-H State Ambassadors and 4-H State Ambassador Advisors will be selected in order to:

- Support the Mission and Direction of the University of California 4-H YD Program
- Support various local, sectional and statewide programs and activities; including public presentations, leadership development opportunities and community service
- Assist in the introduction of innovative programming through a Service Project
- Provide leadership in the development of the 4-H State Leadership Conference
- Recognize and reward outstanding accomplishments within the area of leadership

4-H State Ambassador are youth who have excelled in the areas of leadership and community service, and have been selected to serve the California State 4-H Youth Development Program in roles that promote leadership through education and service. 4-H State Ambassador Advisors are adult volunteers who are experienced in working with older youth in the areas of leadership and community service.

Term:

4-H State Ambassadors are expected to make a 14-month commitment to the program beginning at the Orientation, July 7-9, 2006 and ending August 31, 2007. 4-H State Ambassadors may only serve one term.

Eligibility Requirements:

Youth: 4-H State Ambassador candidates must have completed at least one year as a California 4-H Youth Development Program member, and be at least 16 years of age as of January 1, 2006, yet no older than 18 as of December 31, 2006.

Adult: 4-H State Ambassador Advisor candidates must be a 4-H volunteer leader with at least one year of experience in facilitating and challenging teens in the duties associated with being a 4-H State Ambassador. Adult advisors must be at least 21 years of age. Preference will be given to those not related to any current 4-H State Ambassador youth candidate.

Sponsorship of the 4-H State Ambassador Program:

The Thomas and Dorothy Leavey Foundation provide financial sponsorship of the California 4-H State Ambassador Program, which includes ambassador travel and other expenses, through The California 4-H Foundation.

For a complete packet go to: <http://ca4h.org/leadership/ambassador/index.asp>

4-H Citizenship/Service Learning Study Travel Program

California Focus is a unique 4-H Citizenship educational experience that combines hands-on participation in workshops, debates, and simulations with outstanding speakers and visits to historical, cultural, and governmental sites. California's capital city, Sacramento, becomes a "living classroom" for this five-day, action packed adventure.

Washington Focus is a 4-H leadership program for high school youth. For seven weeks of the summer, delegations of 14-19 year-olds from across the country attend this 6 day program at the National 4-H Youth Conference Center, located just outside Washington, D.C. The program is aimed at enriching young people's lives by broadening their appreciation and respect for themselves and others in the world. Participants attend workshops, committees, field trips and social events, giving them hands-on opportunities to learn and grow. Participants learn and practice skills that will make them better citizens and more successful individuals.

California Focus: June 23-27, 2006

- Washington Focus #1 / Road to Democracy: June 24-July 3, 2006
- Washington Focus #1 / Heritage Trail: June 24-July 1, 2006
- Washington Focus #2 / Global Journey: July 8-19, 2006
- Washington Focus #2 / Heritage Trail II: July 8-15, 2006

For a complete application contact Roy Hillstock at (323) 260-3854 or email at rhillstock@ucdavis.edu.

4-H Japanese Exchange

In 2006, California will be participating in the outbound month-long program. California 4-H members and leaders can travel to Japan for a month-long stay with host families from July 12 to August 10, 2006.

4-H links with a youth development organization in Japan called Labo. Participants, ages 14 to 19, live with a family and see Japan through the everyday experiences. This is an opportunity to experience life in Japan from the inside - not as a tourist. Host families eagerly introduce California teens to life in Japan. Teens may request a specific host family or a family with a teen the same gender and close in age, with similar interests and hobbies, will be selected by Labo.

Through this program, participants can:

- Share cultures, customs, and heritage with Japanese youth.
- Learn to value diversity and show respect and understanding for others.
- Increase their language and communication skills
- Increase their compassion for people new to our culture.
- Develop understanding of issues related to living in a global society.
- Improve self understanding.

For a complete application packet call or email Roy Hillstock at (323) 260-3854 or email at: rhillstock@ucdavis.edu.

2006 4-H Community Tree Planting Grants Available

2006 4-H Community Tree Planting Grants from \$500-\$1,750 each Funding provided by Deft, Inc.

The 2006 4-H Community Tree Planting Grant Program offers a limited number of youth grants in the amount of \$500 to \$1,750 to 4-H/Extension groups in local communities, in counties and at the state level. This program provides opportunities for young people and adults to take action with ongoing community tree planting and/or reforestation projects or to stimulate new and creative youth-led projects. Youth are empowered to lead the planning, implementation, and evaluation process with minimal mentorship from adults. Youth will learn how their leadership can result in community collaborations that amplify the impact of their project.

Grants are offered only to 4-H/Extension Programs in the United States and its territories. If you are not a part of 4-H, we encourage you to contact your local Cooperative Extension Office and become a project collaborator!

The application can be found at the [National 4-H Council grants page](#) on the bottom of the page under "Related Links." Completed applications are due on **Wednesday, February 1, 2006**. If you have any questions, email schaconas@fourhcouncil.edu.

2006 State Leadership Conference

The conference- "*Take A Risk: Leaders, Heroes, and You*" -will provide high school aged youth and adult 4-H volunteers with an opportunity to engage in hands on learning experiences, while developing leadership and social skills. Delegates will have an opportunity to learn the challenges and responsibilities of being a leader, and the importance of leadership in every day life. Along with social development and the university experience, the educational workshops form an integral part of this conference. Workshops address many subject areas, but all embody the University of California 4-H Youth Development Program mission of providing education in the areas of citizenship, leadership, and life skills

For an application to attend or present a workshop contact Roy Hillstock at (323) 260-3854 or email at: rhillstock@ucdavis.edu.



California State Fair

WHO: California youth who have reached the age of 14 as of January 1, 2005, and want to have BIG FUN.

WHAT: The 2005 California State Fair Youth Task Force duties may include: assisting judges, exhibit check in/out, clerking and coordinating demonstrations, exhibit tag display, ribbon mailing and judging programs.

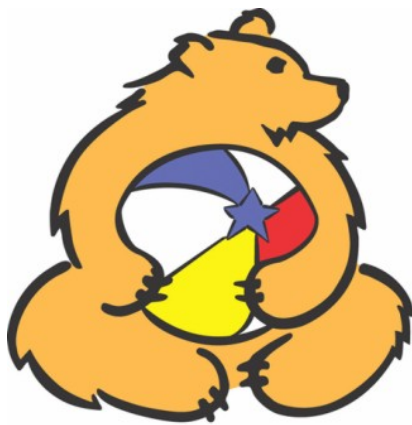
WHERE: Either in the Livestock Pavilion, Small Animal Expo or in Youth Exhibits, at the California State Fair, 1600 Exposition Blvd., Sacramento, California.

WHEN: 2005 California State Fair, August 12 to September 5. Please check application for dates of specific programs.

WHY: Not only is it a fun way to participate in the California State Fair, each Task Force member receives a certificate of participation, volunteer hours good toward High School graduation requirements and is invited to the Task Force social.

HOW: Just complete the application and return it by June 1, 2005.

For a complete packet contact Roy Hillstock at (323) 260-3854 or email at rhillstock@ucdavis.edu



**California
State Fair**

AUG. 12 - SEPT. 5, 2005

BIG FUN!

National News

2006 4-H Beekeeping Essay Contest

The Foundation for the Preservation of Honey Bees, Inc. has announced the essay topic and rules for the 2006 4-H Beekeeping Essay Contest. There will be three cash prizes for the national winners: 1st Place, \$250; 2nd Place, \$100; and 3rd Place, \$50. Each state winner, including the national winners, will receive an appropriate book about honey bees, beekeeping, or honey.

Completed California essays must be mailed in order to be received on or before Friday, February 17th, 2006 by Dr. Eric Mussen, Entomology Department, University of California, One Shields Avenue, Davis, CA 95616. The winning state essay will be forwarded to the national competition and the results should be made available on May 1st, 2006. All national entries become the property of the Foundation for the Preservation of Honey Bees, Inc. and may be published or used as it sees fit. No essay will be returned (save a copy for your Record Book before you submit the final text).

For a complete application packet call or email Roy Hillstock at (323) 260-3854 or email at: rlhillstock@ucdavis.edu.

2006 National 4-H Camping Institute

South Dakota is excited to be the host for the next National 4-H Camping Institute. Plans are underway to make sure all attendees have a Monumental Experience. The National 4-H Camping Institute will be held February 17-21, 2006, at the Cedar Canyon Wesleyan Camp in the heart of the beautiful Black Hills home of Mt. Rushmore, the shrine of democracy.

Workshop proposals are still being accepted (deadline has been extended) from anyone interested in sharing your camping knowledge with the rest of the camping enthusiasts attending. Please take the time to visit and fill out the Call For Proposal Form and return it to the address on the form to be considered as a presenter during the 2006 NCI.

Visit the SD 4-H website at <http://4h.sdstate.edu> to find the workshop proposal form and the registration information. For more information, visit the NCI Booth at the NAE4-HA Conference in Seattle, Wash.

Ambassador to Australia Program

The **Ambassador to Australia Program** will take place from mid-June to mid-July in 2006. This is an agricultural exchange giving 4-H members an opportunity to live on a ranch or farm in Victoria, Australia during their winter season. Delegates must be 16-18 years of age at the time of the exchange. An adult advisor travels with the team and applications are available for volunteer leaders or staff. Applications and information can be requested from the county 4-H offices and at: <http://ca4h.org/exchange/index.asp>. Applications and a \$1,000 deposit are due **January 2, 2006**. An interview is required.

CALENDAR OF EVENTS

January

4	NSG Council & Hi 4-H Meeting
7	Camp Staff Training Day
9	SFV Council meeting
10	SSG Council & Hi 4-H Meeting
12	I&R Meeting
14	Southern Sectional Ldr's and Teen Councils Meeting
16	Dr. Martin Luther King Holiday – Office Closed
19	SGV 4-H Fair Meeting
20-22	TIC – Teen Involvement Conference
21	AV Livestock Symposium
23	AV Council, Hi 4-H & Horse Meeting.
28	Jr. Leadership Conf / County Council Meeting

February

1	NSG Council & Hi 4-H Meeting
9	I&R Meeting
11	Monte Farmers Fair & Skills Day
13	SFV Council Meeting
14	Valentines Day / SSG Council & Hi 4-H meeting
16	SGV 4-H Fair Meeting
20	Presidents Day – County 4-H Offices Closed
25	County Judging Day (SSG)
27	AV Council, Hi 4-H & Horse Meeting

4-H Staff

Los Angeles Office

General Information/Resources (323) 260-3854
4-H Fax (323) 260-5271

Lancaster Office

General Information/Resources (661) 723-4477

County Director:

Rachel Surls ramabie@ucdavis.edu (323) 260-3886

4-HYD Advisor:

John Pusey jcpusey@ucdavis.edu (323) 260-3844

Academic Coordinator:

Keith Nathaniel kcnathaniel@ucdavis.edu (323) 260-3845

Staff:

Charlene Moore moore@ucdavis.edu (661) 723-4481
Roy Hillstock rlhillstock@ucdavis.edu (323) 260-3854

4-H All Stars

The 2005-2006 All-Star Candidate(s):

- **Vanessa Cramer**
- **Felicia Byrne**
- **Heather Ealy**

The All-Star Advisor is

- **Elizabeth Cramer**

The County Leadership Team consists of all the prior years' County 4-H All-Stars that are still active 4-H members. This year the team includes:

- **Desiree Cramer**
- **Jennifer Heckel**

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Cooperative Extension Service - - USDA
DANR - - University of California
Los Angeles County Cooperative Extension
PO Box 22255
Los Angeles, CA 90022

More Than You Ever
Imagined!

