

4-H

UNIVERSITY OF CALIFORNIA

COOPERATIVE EXTENSION

CLOVER NOTES

LOS ANGELES COUNTY 4-H YOUTH DEVELOPMENT PROGRAM



January 2018

CLUB

- Palos Verdes Peninsula Decorating Air China Float



- Palos Verdes Peninsula In The Kitchen
Dee Keese, Palos Verdes Peninsula, Club Leader

At the Soup Kitchen at the Banning Senior Center this afternoon the PVP 4H Club was honored by Mike Gipson, the Assembly member of the 64th District for our 4H Clubs constant dedication for the last 15 years

serving the Wilmington Community and spreading the love and cheer to the residents of the 64th Assembly. The PVP 4H Club received a Certificate of Recognition.



I want to thank the Teen leaders below, Kiran, Wesley, McKenna, Sara, Kendall and Erin for leading our club today. The Wilmington Rotary Club Members told us that they could not have served 1200 if it were not for our 4Hers.

Not pictured was Julia Brown who was busy handing out the toys. Three up and coming leaders in our 4H also helped for 4 hours: Sean, Emily and Daylin. You were all amazing!!!



- **Palos Verdes Peninsula In The Kitchen**
Dee Keese, Palos Verdes Peninsula, Club Leader

PVP 4-H Large Livestock project members took some of their animals (mini donkeys, mini horse and goats) to a hospital in Orange County for children who can't get out to see them otherwise



COUNTY

- **[2018-2019 State Ambassador Team – Applications Due January 8, 2018](#)**

Apply to become a California 4-H State Ambassador for the 2018-19 year! The California 4-H State Ambassador Program is a working honor that provides 4-H members expanded opportunities to serve the University of California 4-H Youth Development Program. The 4-H State Ambassador position is one of the highest service opportunities and recognition attainable in the University of California 4-H Youth Development Program.

For more information, consult

[http://4h.ucanr.edu/Projects/Leadership/SA/Apply to Become a State Ambassador/](http://4h.ucanr.edu/Projects/Leadership/SA/Apply%20to%20Become%20a%20State%20Ambassador/).

- **[Scholarships Available for Western Regional Leaders Forum \(WRLF\)](#)**

Leaders applying to LA County 4-H Council for Scholarship to WRLF must have forms in by January 15, 2018. Download the Scholarship Application here. Complete the application and send to Mary Lash, 9497 E. Foster Rd., Downey, CA 90242 or email [Mary Lash](mailto:Mary.Lash@lanacounty4h.org).

- **[Junior Leadership Conference – January 20, 2018](#)**

Plans are moving ahead for a fun Junior Leadership Conference to be held on Saturday, January 20 at [Macy Intermediate School](#) (2101 S. Lupine Ave., Monterey Park, 91755). LA County 4-H All Star Ambassadors Kiran Ekanayake and Katherine Shannon are planning this event.

- **[LA County Leaders' Council Meeting – January 20, 2018](#)**

The next LA County 4-H Leaders' Council meeting is 10am, Saturday, January 20, 2018 at Macy Intermediate School. All 4-H Volunteers, Leaders and senior members are welcome. If you are unable to attend but have comments or suggestions that you want shared, please contact Council President Peter Michel (swimdude64@earthlink.net). The agenda for this meeting will be sent out in January and will be available on the [LA County 4-H website](#).

- **[Livestock Symposium – January 27, 2018](#)**

Livestock Symposium will be held on Saturday, January 27th at the Antelope Valley Fairgrounds in Lancaster, CA. Registration begins at 8:15 am with first speaker going on at 9:00 am. Contact [Charlene Moore](#) for more information.

- **[LA County 4-H All-Star Ambassador](#)**

The application for LA County 4-H 2018-2019 All Star Ambassador is up on the county website. County All Star Ambassador is the highest county honor for a member. Consider applying for next year. Applications are due **February 16, 2018**. Watch for more information about this great opportunity for experienced senior members.

- **[Judging Day – Saturday, February 24, 2018](#)**

LA County 4-H will be hosting its annual 4-H Judging Day Event on **Saturday, February 24, 2018**, at Mt. San Antonio College (Mt. SAC) in Walnut, CA. Check-in is at 8 am in the Ag. Bldg. 80 (east side of campus). For additional information please see [Judging Day on the LA County 4-H website](#) or contact [Dee Keese](#).

- **[LA County Field Day and Fashion Revue – Saturday, Mar. 24](#)**

Field Day is one of the most valuable assets of our 4-H program. This is a day where 4-H'ers share the skills, and knowledge they have learned with others through presentations, demonstrations and public speaking. By learning public speaking and demonstration skills 4-H'ers prepare themselves for college and the workplace.

Fashion Revue is an event that is part of Field Day for those enrolled in clothing & textiles and/or fashion revue 4-H projects to highlight their efforts and to develop self-confidence and poise. Members have the opportunity to model the garments they have made or purchased and to present themselves at their best in personal grooming, posture, modeling, and accessorizing their garment. The day is one of learning, as well as competing. Instruction will be given, especially to the Beginners, on how to model. All entrants will receive written, constructive comments on their outfits. Members must be enrolled in the clothing or fashion revue projects. Garments must not have been shown in a previous Fashion Revue and must have been completed in this 4-H project year.

2018 information will be available on the LA County 4-H website soon.

- **The Weather and Our Skin**

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

The skin is an important organ because of its different functions. Acting as the protective layer of the body, it regulates body temperature and prevents germs from entering and damaging internal organs. As the body part responsible for the sense of touch, the skin works with the nervous system to alert the body of potential dangers by detecting pressure, pain, heat, and cold. Maintaining healthy skin should definitely be a part of everyone's hygiene, but an area's climate can affect the health of it. Extremes in weather, both hot and cold, can worsen existing skin conditions or sometimes even cause new ones.

Colder climates can be tough on skin. The winter time means low humidity and cold winds, stripping necessary moisture on the skin. Throughout the winter months, many people find their skin to be rough, red, tightened, cracked, or peeling because of the dryness. Especially because of current weather conditions, skin should be taken well care of. Easy ways to treat dry skin at home is to avoid taking long, hot showers and apply a moisturizer daily.

For many, nothing is more relaxing than a long, hot shower. During the colder months, many people enjoy the hot water to warm up and shake off the chill. Although it may be relaxing, showers that are too long with water too hot can damage skin by drying it out. Hot showers can inflame the skin and interrupt the skin's natural balance of moisture. The hot water washes off natural oils, fats, and proteins that keep skin healthy. Dry skin can increase your chances of infection and actually lead to an over-production of oils in an effort to compensate for the lack of moisture.

Lotion is beneficial in all seasons and is one of the most inexpensive ways to nourish dry skin. Keeping skin hydrated is especially important in the winter and if one has sensitive skin. Applying body lotion on regular intervals will protect skin from being chapped or dried. Even those with normal to oily skin can suffer roughness in joints such as knees and elbows, but can be prevented if moisturizer is applied. Lotion also soothes calluses, which can sometimes be painful. Applying body lotion can soften the calluses and make it easier to remove the dead skin. Even though skin may be in a good shape and does not require moisturizer, a gentle massage with body lotion will surely relax nerves and reduce stress from tired limbs.

During the cold winter months, one can easily enjoy a hot shower or forget to moisturize. However, it is especially during this time when it is most important to remember the easy ways to take care of our skin.

- **2017-2018 County [Record Book ID Packet](#) and [Officer Book ID Form & Score Sheets](#) are now on the LA County 4-H website.**

- **[4-H Enrollment/Re-Enrollment](#)**

Having problems re-enrolling using the <https://california.4honline.com> website? Not sure of the procedure for completing the required 4-H Volunteer Online Training? If so, please contact [Roy Hillstock](#) in the 4-H Office (626.586.1972). Instructions on how to enroll/reenroll can be found on the [Los Angeles County 4-H Website](#). All new and continuing Adult 4-H'ers must complete the required online trainings before being accepted in the program. The **2017-2018 4-H Enrollment fees have increased to \$46 per youth and \$16 per adult.** These fees will be collected by your club leader.

- 2017-2018 4-H Calendar is available on the [Los Angeles County 4-H website](#).

SECTIONAL

- **Southern Youth Summit (formerly TIC) - Jan. 12-14, 2018**

by Noel Keller, Southern Area Program Dev. Committee, LA County Representative

The event will be held at Pathfinder Ranch (35510 Pathfinder Road in Mountain Center). Ages 11-19 are welcome to attend. Registration is \$150 by Dec. 31 with late registration of \$160 thereafter. Tiffany Marino (realtuffy@yahoo.com) is the Youth Director and Kelly Dowlan (landshark311@gmail.com) is the Adult Director. Here is the url: http://4h.ucanr.edu/4-H_Events/Summits/

Mark your calendar. Register now! **DON'T MISS THE FUN!!!**

STATE

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

4-H All-Stars:

***Katherine Shannon, Quartz Hill 4-H Club
Kiran Ekanayake, PVP 4-H Club***

Jr. All-Stars:

***Ada Hsu, Macy 4-H Club
Alexa Sutter, PVP 4-H Club
Alexander Nunley, PVP 4-H Club
Andrew Nunley, PVP 4-H Club
Ashlyn Spaziano, Greenleaf 4-H Club
Catherine Nunley, PVP 4-H Club
Jayce Gomez, Macy 4-H Club
Leilani Hung, Macy 4-H Club
Julius Treadwell, Pomona Valley 4-H Club
Leila Nuryen, PVP 4-H Club
Sarah Yeck, PVP 4-H Club
Ryan Hamm, PVP 4-H Club
Enrique Morales, Macy 4-H Club
Kaylin Kwan, Macy 4-H Club
Michelle Sylvest, PVP 4-H Club
Nicole Kwan, Macy 4-H Club
Rebecca Klose, PVP 4-H Club
Sara Conlon, PVP 4-H Club
Victoria Morales, Macy 4-H Club
Wesley Rich, PVP 4-H Club***

Los Angeles County, 4-H Youth Development Staff:

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