



If you have any questions or suggestions about the Clover Notes, please don't hesitate to call the LA County 4-H Office at 626.586.1980, dafuller@ucanr.edu / 661.974.8826, moore@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. For upcoming dates, please visit the [4-H Calendar](#). We look forward to continuing to serve you and your 4-H needs.

December 2017

POLICY

4-H Policy and Information Update

December 2017

As we approach the new year and reflect on the current year's accomplishments let us remember the value of the 4-H program has to the lives of 4-H members all throughout Los Angeles County. Through the 4-H program leaders have given amazing gifts to youth. They have given friendship, guidance, support, wisdom and yes, love. Taken together, these gifts represent providing a sense of belonging (one of the 4-H Essential Elements).

Researchers have determined that youth learn best when given the supports and opportunities to learn in a safe place and space. That is, the emotional and physical environment has to be a place where the well-being of youth matters and is validated by caring adults (belonging). The language used, the arrangement of the physical space and the activities offered validate youth (belonging). Belonging suggests that youth feel welcomed and that they are a part of something meaningful, supportive and safe. Belonging gives youth a sense of mutual commitment to an ideal of community that 4-H fosters.

Think about Belonging each time you engage a 4-H member in a project activity, help a youth prepare a speech or demonstration or welcome a new family to the program. Going forward into the new year, give special consideration to the essential element of belonging. Continue to make belonging an important part of the 4-H experience and give youth that sense of connection to something greater than themselves

Keith C. Nathaniel, 4-H Advisor

CLUB

- **Palos Verdes Peninsula 4-H Club**
Scarlett Mayger Morris, PVP 4-H Reporter

At the recent PVP 4H Community Meeting, we had a guest speaker who was a female pilot. She gave us great information on how to become a pilot and some of her most unusual experiences. Her and her daughter brought in some flight wings for each of us. And some Hershey kisses too!! We learned a lot.



- **Palos Verdes Peninsula 4-H Club**
Dee Keese, PVP 4-H Club Leader

PVP 4-H'ers helping out at Rolling Hills City, Snow Days



- **[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/.

- **[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](#). LA County 4-H All Star Ambassadors Kiran Ekanayake and Katherine Shannon are planning this event. Watch for more information.

- **[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 in the AV district. Watch for more information to come out about this event soon. SAVE THE DAY!

- **[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.

- **[Golden Clover Award](#)**

Take the Challenge! Set you goal on earning a Gold Clover Award, which is the highest achievement for which a 4-H youth member is recognized. All youth members who achieve the requirements are eligible to receive this award. Awardees receive the California Diamond Clover Pin or Necklace Charm, a certificate and a recognition letter. Applications are accepted year-round. Applications are reviewed by the State 4-H Incentives and Recognition Advisory Committee and awarded quarterly. More information about this award can be found on the state 4-H website

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

- **Attention: Event Planners**

Getting information about events out to members is very important. People need at least a month's notice for an event, but two months is even better. Please write articles for Clover Notes about upcoming events and post the event details on the county website as soon as possible. Please send your event information to Dawn Fuller in the 4-H Office (dafuller@ucanr.edu) so it can be approved and posted.

- **Cancer**

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

Cancer is a disease where abnormal cells divide uncontrollably and invade nearby tissues.

Healthy cells grow and divide to form new cells as the body needs them. When they become old or damaged, they die and new cells take their place. Cancer develops when the old or damaged cells do not die, yet new ones still continue to form even though they are not needed. These extra cells can divide without stopping and eventually form tumors.

According to the American Cancer Society, there will be an estimated 1,688,780 new cancer cases diagnosed and a total of 600,920 cancer deaths in the US in 2017. Ranking as #2 in the leading causes of death in America, many people are taking steps to ensure they are taking preventative measures from developing this disease. But when risk seems to be everywhere, it can be hard to identify what you actually need to do to protect yourself.

By far, lung cancer is the deadliest cancer in the US. Luckily for us, smoking is the single most preventable cause. That's why so many people are giving up the habit, says Dr. Graham Colditz, a cancer prevention expert at Washington University School of Medicine in St. Louis. By the most recent count, only 15% of Americans smoke, which is down from the 42% in the 1960s.

Body fat encourages inflammation, promotes oxidation of cells, weakens the immune system, and too much can raise the risk of at least 13 different types of cancer. A nutritionist and cancer prevention expert at the University of Arizona in Tucson, Cynthia Thomson, says, "Even if your weight is normal, you can be at risk for colon cancer if you have abdominal fat," she says. This can be prevented with a regular workout, which reduces the risk of more than a dozen different types of cancer.

The Center for Disease Control and Prevention states that cases of skin cancer are becoming more common. Indoor tanning should be avoided at all times and try to use sunscreen whenever you're spending long periods of time outside.

Alcohol damages cells in the esophagus, digestive tract, and liver, setting the pace for cancer. It also raises levels of estrogen, which can encourage breast cancer. According to the American Cancer Society, men should consume no more than two alcoholic drinks a day and women should limit to no more than one.

Although cancer can be a very frightening illness, there are definitely ways to prevent it. Becoming educated on what cancer is, what can cause some of the different types, and knowing ways to lower your chances of developing it will help you live a healthier life.

- **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](#).
- **HAPPY HOLIDAYS!!! - From the LA County 4-H Leaders' Council**

Southern Area

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

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