

4-H

UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION

CLOVER NOTES

LOS ANGELES COUNTY 4-H YOUTH DEVELOPMENT PROGRAM



May 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) or 661.974.8826 (Lancaster).

Download the [2017-2018 4-H Calendar 4-H Calendar](#).

CLUB

- Palos Verdes Peninsula 4-H Members Giving Manicures, Pedicures And Haircuts!
Dee Keese, Palos Verdes Peninsula, Club Leader

in April, youth members had the experience of trimming animals' hooves and shearing their coats' for the Summer. Erin Ryan, our Renaissance woman, instructed the project members how best to help some of the more difficult animals while trimming. A great learning experience.



COUNTY

- **[Managing Stress Through Exercise](#)**

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

May is one of the most beautiful months of the year. The feeling of spring is in full height, flowers are blooming, and the trees have regained their green leaves. Although nature may seem cheerful and in its best shape, high school students consider May as a month of stress and panic. The pressing matters that might be consuming their thoughts are prom, AP testing, the approach of finals, and ultimately, for high school seniors, the college commitment day.

As the days for each of these events approach, students can feel the stress weighing heavier down on them. This makes it important to learn how to cope with the stress in our lives and find ways to simply manage it healthfully. Aerobic exercise, such as jogging, swimming, or bicycling, is one of the easiest ways to help gather inner strength and reduce stress.

Aerobic exercise is sustained exercise that increases heart and lung fitness all while strengthening the body. Many studies suggest that the people who partake in aerobic exercise manage stressful events better, exhibit more self-confidence, feel more vigor, and feel less depressed or fatigued than those who do not. Aerobic exercise can alleviate negative emotions because it:

1. brings up mood-boosting chemicals, such as norepinephrine and the endorphins, from our body's internal pharmacy,
2. modestly enhances cognitive abilities, like memory,
3. and promotes the growth of new brain cells.

Exercise also strengthens the heart, increases blood flow, keeps blood vessels open, and lowers both blood pressure and the blood pressure reaction to stress.

May is not the only month where students and adults experience stress; everyday problems can lead individuals to feel pressure and tension. However, one easy way to lower our negative feelings is to get out and participate in some exercise.

- **2018 San Gabriel Valley 4-H Fair Results**

The 87th annual SGV 4-H Fair was held April 27-29 at the Ernie Howlett Park and Valmonte Elementary School in the Palos Verdes Estates area. Special thanks to our fair executive directors Ashlyn Spaziano and Betty Mullen, our assistant executive directors Michelle Sylvest and Dee Keese, and all the other directors, chairs, assistants, leaders, alum, parents, friends and members who helped make this a fun, successful fair.

[Click here to see results.](#)

- **Record Book Workshop – May 12 from 9-10am**

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

This year we are using the state Record Book Manual for 4-H records (2017-2018, revised June 9, 2017). You should be using forms from this manual and not from any prior manuals. Do you know all the latest information about completing your 4-H records for this year? Get some tips on how to improve your 4-H record keeping. A record book workshop is being held on Saturday, May 12 from 9-10am before the LA County Council meeting at Good Shepherd Lutheran Church/School (6338 N. Figueroa St., LA 90042).

For planning purposes, please RSVP by Wednesday, May 9th to Noel Keller (nkeller91711@gmail.com) if you plan to attend so handouts will be available for you. Please also indicate if you are new or experienced in doing a 4-H record book. Please also indicate if you are planning to submit your record book to the State Record Book competition this year. If there are no RSVP's, the workshop will not be held.

- **Important Planning Meeting - May 12 (10am-Noon)**
Noel Keller, LA County 4-H Council Vice-President

The LA County 4-H Council will meet on Saturday, May 12 from **10am until noon** at Good Shepherd Lutheran Church/School at 6338 N. Figueroa St., LA, 90042. Please see the meeting agenda including meeting notes and location directions on the county 4-H website. We thank the NSG district for hosting this meeting. We will be discussing and finalizing plans for the 2018-2019 program year including the budget, calendar and council officers. We have asked districts for their district dates for 2018-2019, their nominations for 2018-2019 county council offices, their suggestions for the council budget for next year, and their suggestions for a great 2018-2019 LA County 4-H year. Please forward additional information, dates and [nominations](#) to Noel Keller (nkeller91711@gmail.com). We need to get everyone involved with the planning for the LA County 4-H program for next year. All clubs and districts should have a representative at this meeting. All are welcome.

- **Leadership Positions Available - The LA County 4-H Council**
Noel Keller, LA County 4-H Council Vice-President

Now is the time to get involved in planning a fun, educational 4-H program. Join the county 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 senior youth or youth/adult partnerships.

[At this time, we will be electing the following council positions.](#) Additional nominations can be made before the election on May 12th.

Please contact Noel Keller (nkeller91711@gmail.com) if you are interested in any of the above offices on the council. We need all the districts represented on the county council. Remember that senior youth can hold offices on the council. An adult and a senior youth could share a council office.

- **Districts, Clubs & Committees - Need your 2018-2019 Event Dates NOW**
Noel Keller, LA County 4-H Leaders' Council Vice-President

The LA County 4-H calendar will be discussed and approved on May 12th at the County council meeting at Good Shepherd Lutheran Church/School at 10 am. We need the event dates of all committees and districts for the calendar. After the calendar is approved, events will need to fit around the already approved event dates on the calendar. Get your event date on the calendar NOW. Please send your event date information to Noel Keller at nkeller91711@gmail.com by May 9th so it can be added to the calendar draft for approval on May 12th. Decisions about conflicting dates will be made on May 12th. Plan to be at the council meeting for the discussion on the calendar dates.

Please look at the proposed LA County 4-H 2018-2019 Calendar on the County 4-H website and email your comments to Noel.

- **Great Leadership Opportunity For Senior Youth**
Noel Keller, LA County 4-H Leaders' Council Vice-President

The LA County 4-H Council is looking for youth to participate in the council. We encourage senior 4-H youth to consider taking an office on the county council, which plans and runs county activities during the year. Offices can be held by a youth and an adult in a Youth and Adult Partnership. Please also consider volunteering for an event committee. Try to seek out leadership opportunities above the club level. Grow in your leadership skills by participating in the planning and running of county events.

- **[State Field Day Registration - Due May 14](#)**

If you are eligible to compete at State Field Day on June 2 in Davis, you need to register online on the state website by 3pm on Monday, May 14. Remember we need to provide Evaluators and Room Hosts for this state event. Please volunteer.

- **[2018-2019 State 4-H Advisory Committees - Applications Due May 31st](#)**

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

We want the Los Angeles County 4-H voice heard in the state 4-H planning. All 4-H members, adult volunteers, county and state 4-H YDP staff, as well as community partners are encouraged to apply. The committees offer insight, review and input for the operation and management of the statewide 4-H YDP. Please consider applying for a position on one of the following state advisory committees:

STEM (Science, Technology, Engineering and Mathematics) Education

Incentives and Recognition

Civic Engagement

Animal Science Education

Camping

Policy

Multicultural & Community Engagement

Healthy Living

Educational Technology

Shooting Sports

Volunteer Development

Positive Youth Development

Applications can be submitted online. Applications are due by Thursday, May 31st. For more information, see: <http://4h.ucanr.edu/Administration/AdvisoryCommittees/>. Please consider getting involved with this important planning function of the state 4-H program.

- **[Cal Focus - June 22-26, 2018](#)**

Get involved in your community. The 2018 California Focus will be held June 22-26, 2018 at the Holiday Inn Capitol Plaza in Sacramento. At Cal Focus youth ages 14-19 will experience California's legislative, political, and judicial processes in action. Check out the [California Focus](#) webpage for more information.

- **[87th Annual 4-H Summer Camp - June 17-23, 2018](#)**

Historic Camp Seely in Crestline, California will be the site for the latest chapter in a Summer Camp program rich with history and tradition that dates back to the 1930's. 4-H Summer Camp offers a great Camp program that is well organized and includes room and board for six nights and seven days.

4-H Summer Camp offers many activities including: nature, handicrafts, ping pong, archery, basketball, soccer, swimming, hiking, volleyball, horseshoes, camp crafts, tie dye and more. There are camp fires every night in the fire circle, we sing traditional camp songs and are entertained by a different event each night

such as Carnival Night, Talent Show, Movie Night, Graduation Ceremony, Dance and much more.

The meals are healthy, well-balanced and prepared by a kitchen staff anchored by Head Chef, David Lewis (with over 40 years of 4-H camp experience). The meals are a highlight among the camp participants and include a salad bar for every lunch and dinner and many options for vegetarians.

With so many activities and a full schedule the week at 4-H Camp goes by quickly. 4-H Camp has sold out and many on the waiting list have not been able to attend. Sign-ups are on a first-come, first-served basis. Reserve your spot today. For more information go to the [4-H Summer Camp website](#).

- **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](#).

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:

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

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:

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

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

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

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

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