

4-H

UNIVERSITY OF CALIFORNIA - COOPERATIVE EXTENSION

# CLOVER NOTES

LOS ANGELES COUNTY 4-H YOUTH DEVELOPMENT



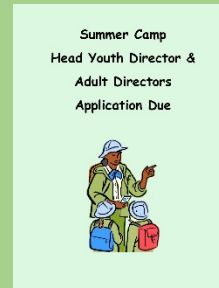
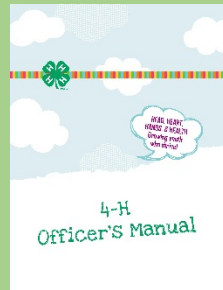
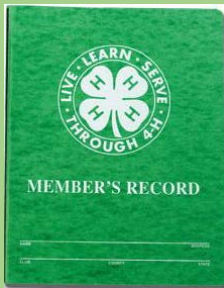
## September 2018

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).

Previous editions of Clover Notes can be found [here](#)

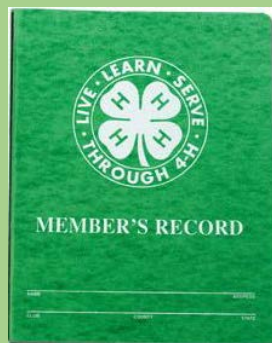
Download the [2018-2019 4-H Calendar](#).

## Hot Topics of the Month



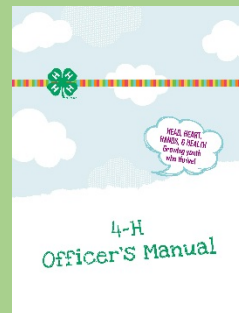
### County Record Book Competition

The 2017-18 Record Books for LA County Competition are due to the LA or the AV 4-H Office by September 11, 2018 by 4pm or to an Incentives & Recognition Committee Member by 9pm on September 12, 2018



### Officer Book Competition

The 2017-2018 Officer books are due to the LA or AV 4-H Office by 4pm on September 11, 2018 or to an Incentives & Recognition Committee Member by 9pm on September 12, 2018.



## Summer Camp Head Youth Director & Adult Director Application Due

Sep. 28th



The 2019 4-H Summer Camp Head Youth Director and Adult Directors applications are due September 28. Go to [www.4hsummercamp.com](http://www.4hsummercamp.com) for more information or

contact your [local 4-H Office](#)

## Junior All-Star Application

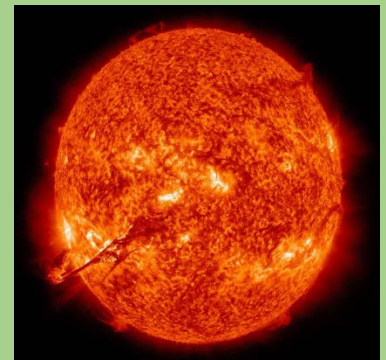
The LA County Junior All-Star Program is a non-competitive leadership program targeting youth in 8<sup>th</sup> through 11<sup>th</sup> grades or 13 and older. Junior All-Star Application is due October 1.



## Space Exploration of the Sun

Evan Lam, Macy 4-H Club, L.A. County 4-H Youth Technology Committee Chair

Technology has allowed scientists and engineers to undertake what has seem to be an impossible endeavor a reality. It allows a forward understanding of the world we live in and its surroundings like the Sun. On August 12, 2018, NASA launched a spacecraft named Parker Solar Probe to explore where no other spacecraft has gone before. This probe will orbit around the sun 24 times during its seven-year mission. Each time sweeping through its' corona, where it is 2,500 degrees Fahrenheit (almost 1,400 degrees Celsius). The probe will help scientists explore regions of the Sun's atmosphere. It will also allow scientists to learn more things on stellar mechanics. Stellar mechanics is the branch of astrophysics which describes in a statistical way the collective motions of stars subject to their mutual gravity.



## Stress and Time Management

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

With the whirlwind of stresses from school, work, and keeping up with everyday responsibilities, everything always seems to be overwhelming. Keeping a balance of what we need to do can be a struggle and take a toll on most people. Although adding a few more hours during the workday or while studying may seem to help manage time more effectively, losing sleep and pushing personal limits too far can lead to burnout. (continue reading [here](#))



Visit the [Healthy Living Information page](#) on the LA County 4-H website.

## 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 22<sup>nd</sup>, 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](mailto:nkeller91711@gmail.com)) or John Trammell ([jwtrammell87@gmail.com](mailto:jwtrammell87@gmail.com)). We need an LA County representative on this planning committee.



**2018 Animal Science Field Day hosted by Southern Area**

Mt. San Antonio College  
Agricultural Science Department  
Walnut, California  
September 22, 2018  
9:00 AM - 3:00 PM  
Registration starts 08:30 AM

**Chairpersons**  
Youth- Anna Sorensen  
Conejo Valley 4-H Club  
Ventura County  
Adult- Edith Sorensen  
Sandra Essinger  
<http://www.uctc.edu/cvcp>  
Agriculture Science Department - Building #10 of Santa Di  
Large Livestock Room Farm Facility #9 - Farm Dr.  
Off-Farm Site \*

**Event is Free!**

**Speakers**  
Amy Murillo  
Caleb Hubbard  
Alexa Caplan  
Tony Dean  
Larry Poncetta  
Devon Bean  
Barbara Crane  
Jack Crane  
Maggie O'Neil  
Laurie McCormick  
Shawn Pepper  
Bruce Welch

**Silent Auction - to feed future Animal Science Events**  
Amylyn Robinson

**Snack Chair**  
Samantha Robinson

**Food**  
Monte Vista Diamonds 4-H Club

**Opportunity Drawing**  
Every child will walk away with a party gift!

**Poster and Photography Contest**  
2 Photo entries per person  
And bring your Animal-related posters  
Judged by John Trammell  
Suzanne Area Management Board,  
Chair

**Lectures on**  
Marine Animals, Veterinary Entomology, Pests afflicting Livestock, Biosecurity, Newcastle Disease, Dairy Cattle lecture, Poultry and Eggs, Hamsters, Chinchillas, Bunny Hopping, Rabbit and Rabbit Showmanship and more...

**Judging clinics on Hogs, Lambs, and Cattle in the Livestock Barn - how to select your best market animal and why**

## 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). Contact the Lancaster 4-H Office for more information (661.947.8826).

## Zoom-assisted 4-H Volunteer Training

Having problems taking the required 4-H Volunteer Trainings on your own? If so, try the **OPTIONAL** State 4-H Office facilitated online 4-H Volunteer trainings in Zoom session. Zoom is an online system that allows the State 4-H Office staff to give the required trainings using video conferencing. Online Participants must INDIVIDUALLY pre-register online at least 1 day prior to the desired training date. Each participant must have their own email address. These 4-H Online webinars are optional. If you have completed or plan on completing the training on your own, you do not have to take these webinars.

Register by September 7<sup>th</sup> for the September 8<sup>th</sup> trainings for [Returning 4-H Volunteers](#) and [New 4-H Volunteers](#)

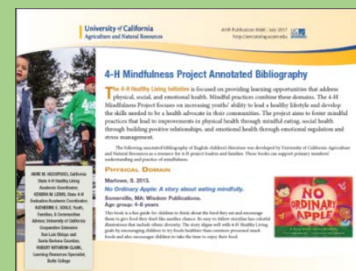
## Mindfulness Retreat - November 2-4, 2018

Feeling overwhelmed? Take a "time-in" with us at the UC 4-H Mindfulness Retreat in Cambria, CA. Teens 13-19 and adults are invited to spend the weekend at beautiful Camp Ocean Pines developing their health and well-being. Participants will not only increase their personal skills in leading a healthy lifestyle, but will also gain skills needed to be a health advocate in their communities. The retreat will focus on stress management, relationship building, nutrition, and a general understanding of mindfulness.

<http://4h.ucanr.edu/Projects/HealthyLiving/Mindfulness/>

Registration Deadline September 15, 2018

<https://ucanr.edu/survey/survey.cfm?surveynumber=25135>



University of California  
Agriculture and Natural Resources

4-H Mindfulness Project Annotated Bibliography

The 4-H Mindfulness Project focuses on increasing youth's ability to lead a healthy lifestyle and develop the skills needed to be a health advocate in their communities. The project aims to foster essential practices that lead to improvements in physical health through mindful eating, social health through building positive relationships, and emotional health through emotional regulation and stress management.

**Physical, Emotional**

**November 8, 2018**

**4-H Mindfulness Project: A story about eating mindfully.**

**NO ORDINARY APPLE**

## New Mexico 4-H Adult Forum

**4-H: EXPLORING our PAST while BUILDING our FUTURE in New Mexico**

Come Network, attend workshops and meet new 4-H Volunteers at The New Mexico 4-H Adult Forum. Participants from other states are welcome to join us this year. Due to the Forum location selected there are only **50** slots available for out-of-state participation so register early!

Registration fee (prior to October 15) \$40.

Late registration fee (October 16-October 31) \$50.



Check out Los Angeles County 4-H's Social Media Sites



## Los Angeles County, 4-H Youth Development Staff:

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Los Angeles County 4-H Office, 700 W. Main St., Alhambra, CA 91801, (626.568.1980)