

4-H

UNIVERSITY OF CALIFORNIA - COOPERATIVE EXTENSION

CLOVER NOTES

LOS ANGELES COUNTY 4-H YOUTH DEVELOPMENT



January 2020

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 626.586.1972 (Alhambra) / 661.974.8826 (Lancaster).

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

[Download the 2019-2020 4-H Calendar](#)

[4-H Events/Activities](#) [4-H Applications/Awards](#) [Healthy Living](#) [4-H Announcements/Results](#)

[Los Angeles County Leaders' Council Information](#)

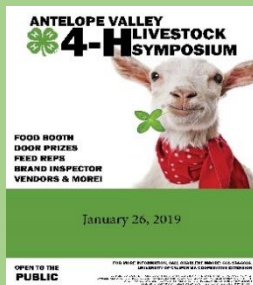
Los Angeles County 4-H All-Star Ambassadors

Anissa Foster - Greenleaf 4-H Club
Enrique Morales - Macy 4-H Club
Nicoleen Yunker - Palos Verdes Penn. 4-H Club

Los Angeles County 4-H Junior All-Stars

The Junior All-Star Program is a non-competitive leadership program targeting youth in 8th through 11th grades or 13 and older.

Hot Topics



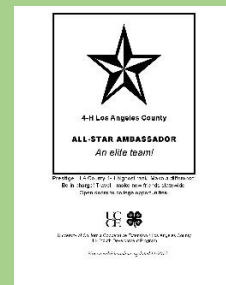
[Livestock Symposium](#)



[Judging Day](#)



[State Ambassador](#)



[County Ambassador](#)

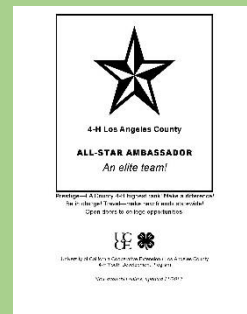
Apply to Become a State Ambassador

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. Applications due by January 6, 2020.



L.A. County All-Star Ambassador

All-Star Ambassador is the highest rank that a 4-H member can achieve at the county level. The All-Star Ambassador award affords 4-H members the opportunity to further develop their leadership skills on a county-wide basis. Applications are due February 14, 2020



Livestock Symposium - 1/26/2019

Come join us listen to specialist give advice on best practices on animal care and husbandry. For more information click the link above.



4-H Judging Day-2/26/19

4-H Judging Day is a countywide event where 4-H'ers learn to develop and apply their critical thinking and decision-making skills. See [LA County 4-H website](#) for more information.



Emergency Preparedness

Enrique Morales, County Ambassador, Macy 4-H Club

Seeing someone injured can be difficult to react to but knowing what to do in a situation where someone is hurt, can save someone's life. This month, we will describe the basics of First Aid. The most common first aid situation we encounter in our daily lives is someone choking. In my experience, when I witness someone choking, I freeze up and just watch. It's important to stay calm, because you don't have much time to react and make a difference.

- First, identify yourself and ask if you can help the victim. Nodding is an acceptable form of communication.
- Second, stand behind the victim.
- Place your fist against the middle of their abdomen and grasp it with your other fist. You should be giving them a hug from behind.
- Give a quick thrust upwards and repeat until the object is coughed up. You should stop and call emergency services if the person becomes unconscious.

Following these steps, you will have a greater chance of success when helping a choking victim.

Remember to keep calm, assess the situation, and identify yourself to the victim, and never be afraid to call for help.

Spark Surveys open until January 31

ALL 4-H members should fill out their Spark Surveys!

Your feedback helps your county and the state office better understand how the 4-H program is helping you grow, and shows us where we need to improve.

You can log in to ORB to do your surveys, or check your emails for a link to do your surveys online.

More questions? [See our FAQ.](#)

Need help getting into ORB? See our [ORB Support Site](#) for step-by-step tutorials and instructions.



The registration for the Central and Southern Youth Summits has been extended to January 5th.

All of the Youth Summits were planned by youth leaders in each area. Read our interview with some of the youth who planned the Bay/Coast Youth Summit. Find out what you can expect:

- Why is the theme "Ripples of Today, Waves of Tomorrow"?
- What is the atmosphere like at the summit?
- What's a Leadership Lab?

Connect, learn, and grow together as young leaders in your community!

[Register for a Youth Summit](#)

Think Outside...No Box Required!
2020 California 4-H Camping Conference
April 3 - 5, 2020
Sly Park Environmental Center

[Registration for the 2020 California 4-H Camping Conference](#)— Think Outside...No Box Required— is now open! The weekend event takes place April 3-5 at Sly Park Environmental Education Center in Pollock Pines, about an hour east of Sacramento. The conference is designed for teens and adults who plan and run camp programs and are eager to learn and connect with others who share a passion for outdoor living and learning.



The conference fee is \$190 and includes workshops and all program materials, lodging, and meals. Archery Certification is an additional \$35. Register by February 14 and receive the early bird discount rate of \$160.

[For more information:](#)

Nate Caeton at nwcaeton@ucanr.edu

Marianne Bird at mbird@ucanr.edu

Emma Smith, Agoura 4-H Club Reporter

Almost 40 years ago Rita Moreno (Academy Award winner for Westside Story who is this years Rose Parade Grand Marshall) made a National 4H Commercial. Judy Kingston, the County Agent from Los Angeles, asked several of our County 4Hers to be in this commercial. In this picture you will see Patrick Kam, who is a leader now in the PVP 4H Club, Greg Keese, 8 years old who is sitting in a tree above Rita Moreno. (they had just changed allowing 8 year olds to join 4H) Maria Luna and Ernestine LaVerne from Greenleaf.



Los Angeles County 4-H Emerald Star Program

The Emerald Star is an award given to a 4H member for planning and implementing an advanced leadership activity. Emerald Star is separate from any star rank. Emerald Star is not a 4-H rank. It has been designed to encourage members to plan and execute a goal outside the member's Community Club. The Emerald Star is for experienced 4-H members who have been in 4-H for at least two years and are at least 13 years old, as of Dec. 31st of the current program year. Each Emerald Star application will be evaluated for its value to the LA County 4-H Program, value to the community, practicality and feasibility.



Diamond Clover Awards -

The California Diamond Clover is the highest achievement for which a 4-H youth member and young adult volunteers are recognized. All youth members and young adult volunteer 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 from the 4-H Statewide Director.

Applications are accepted year-round. Applications are reviewed by the 4-H Incentives and Recognition Advisory Committee and awarded quarterly.

Get to know 4-H



[Definition of common 4-H terms](#)



[Star rankings meaning and how to achieve them](#)



[Guide for developing hands-on activities](#)



[4-H Guide for ALL families in California](#)

Important Dates:

January 10-12 [California 4-H Youth Summit-Bay/Coast](#)

January 17-19 [California 4-H Youth Summit-Southern](#)

January 24-26 [California 4-H Youth Summit-Central](#)

January 25 -

Visit the [LA County 4-H Calendar](#) for additional upcoming events.

Visit the [State's 4H News & Calendar](#) for State 4H information and deadlines.



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(Spanish)



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@ca4H

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