

4-H

UNIVERSITY OF CALIFORNIA - COOPERATIVE EXTENSION

CLOVER NOTES

LOS ANGELES COUNTY 4-H YOUTH DEVELOPMENT



May 2019

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](#)

[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

Katherine Shannon - L.V. Racketteers 4-H Club
Kiran Ekanayake, PVP 4-H Club
Shelby Silman, Neenach 4-H Club

Los Angeles County 4-H Junior All-Stars

Brody Susnjar - PVP 4-H Club
Leila Nuryen - PVP 4-H Club Club
Nikki Yunker - PVP 4-H Club -H Club
Sophie Loewner - PVP 4-H Club
Emma Straser - PVP-4H Club

Hot Topics



[Healthy Living Summit](#)



[State Field Day](#)



[4-H Summer Camp](#)

2019 Healthy Living Summit

Come support, learn all while having fun at the 2019 Healthy Living Summit held at Good Shepherd Lutheran School on May 11, 2019.

[Click here](#) for more information



Signup for State Field Day - by May 15

If you are eligible to compete at State Field Day on Saturday, June 1 in Davis, you need to [register online here](#) by Wednesday, May 15.

Don't wait until the last minute to register.

Remember we need to provide Evaluators and Room Hosts for this event. Please volunteer.



4-H Summer Camp - June 16-22

4-H Summer Camp offers a wonderful opportunity for youth to experience a full camping experience of fun, learning and building of a lifetime of memories. Campers will engage in hands on science activities, hike through a local forest, swim,

play, learn archery and develop friendships with other campers and staff. Be a part of the fun and register for 4-H Summer Camp @ [4-H Summer Camp Online Registration](#)



Congratulations to all 4-H'ers who participated in the following events:

[2019 San Gabriel Valley Fair Results](#)

[2019 Judging Day Results](#)

[2019 Field Day Results](#)

[2019 County Fashion Revue Results](#)



Palos Verdes Peninsula 4-H Club - Relocating a beehive with our bee project members
Dee Keese - Palos Verdes Peninsula Club Leader



Lavender

Kaylin Kwan, Macy 4-H Club, LA County 4-H Youth Healthy Living Chair

Lavender is one of the most easily identifiable scents and along with its pleasant aroma, there are many health benefits. Because of its powerful antioxidant, antimicrobial, sedative, calming, and antidepressant properties, lavender products have been used cosmetically and therapeutically for centuries. Lavender oil products are great to reduce anxiety and emotional stress, improve brain function, improve sleep, reduce acne, slow aging, and relieve pain. Because of all its benefits, lavender is one of the most popular essential oils in the world. Continue reading [here](#).

Important Planning Mtg for LA County 4-H - May 11 - 10am-Noon

Noel Keller - LA County 4-H Incentives & Recognition Committee Chair

The LA County 4-H Council will meet on Saturday, May 11 from 10am until noon at [Good Shepherd Lutheran Church/School](#). We will be discussing and finalizing plans for the 2019-2020 program year including the budget, calendar and council officers. We have asked districts for their district dates for 2019-2020, their nominations for 2019-2020 county council offices, their suggestions for the council budget for next year, and their suggestions for a great 2019-2020 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. Everyone is welcome.

Friend of 4-H Award

The 2019 Friend Of 4-H Award recipient is Bert Boeckmann, Owner / CEO Galpin Motors. Bert Boeckmann was nominated by the San Fernando Valley 4-H District. Thank you Bert Boeckman for your support of 4-H.

RAISE YOUR HAND! APRIL 1 - MAY 15, 2019

Only one in three young people say they have the skills to handle what life throws their way. If we don't give our kids the opportunity to succeed, we all fail. That's where 4-H comes in. 4-H programs meet youth and families where they live, serve community needs and build critical life skills kids need to thrive.

As a result, 4-H created the "Raise Your Hand" initiative - a nationwide call-to-action for 4-H alumni, supporters, and friends to vote for their state to win funding to help more kids in their communities benefit from 4-H hands-on learning programs.

The three states with the most hands raised will receive \$20,000, \$10,000 and \$5,000 to bring local 4-H programs to more kids.

But that's not all, the state with the highest increase in hands raised over last year will receive an "Inspire Kids to Do" photo shoot, coordinated and supported by National 4-H Council to help tell the story of their local changemakers!

Please join us and **Raise Your Hand** for California 4-H. You can "Raise Your Hand" by voting now here: <https://4-h.org/raise-your-hand/>



Important Dates:

May 12 - Mother's Day

June 16 - Father's Day

June 16-22 - [4-H Summer Camp](#)

June 30 - End of Program Year

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



100% of your donations to the California 4-H Foundation support 4-H in California

[Donate Today](#)

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



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