



## February 2018

### CLUB

- **LA CO Youth featured in 2018 National 4-H Calendar!**  
**Laura Shannon, Leona Valley Racketteers 4-H Club**

Competing with over 4,000 entries nationwide, LA County's own Katherine Shannon was selected for publication in the 2018 National 4-H Youth Art Calendar! Her coffee painting of a mother and baby Boer goat (yes, instant coffee was the medium!) is featured as the month of March. All the youth art in the calendar is wonderful and the calendar is available for purchase at Shop 4-H. Congratulations to this Leona Valley Racketeer!!!



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

40 PVP 4-H'ers participating in a back tour of Santa Anita Race Track.



- Whale Watching  
Scott Morris, PVP Reporter

39 4Hers from the PVP 4H Club went whale watching on Martin Luther King Holiday. We Sighted many gray whales and lots of dolphins playing in our wake.



- **Importance of Sports**

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

It's known that sports can be a big part of anyone's lives. But has enough thought been given in to consider the purpose of it? It's difficult to pinpoint the core reason, but there are three that can be agreed on: relationships, education, and health.

When playing sports, connections, relationships, and friendships with our peers can be built. We meet new people in the community of sports, bringing athletes together both on and off the field. The inclusive nature of sports also promotes social change and acceptance by acting as a platform for equal access and opportunity.

Sport and play provides education and learning opportunities by encouraging skill and personal development. Athletes learn how to perform better both individually and as teammates while coaches and administrators grow in the educational process with the athletes. In sports, there's room to learn for everyone.

Sports generate physical and mental energy that can be used to live a healthier lifestyle. Studies show that exercise has a positive influence in physical self-worth and self-perception, improving overall self-esteem. The health benefits of playing sports are weight management, controlled diabetes, lower cholesterol levels, improved blood circulation, and efficient functioning of the heart. Consistent exercise tones muscles and strengthen bones, helping our body function more efficiently.

Sport and play facilitates relationships, education, and health. Participation enhances social connection with other players, offers a chance to learn from personal mistakes and from fellow peers, and to improve mental and physical health.

- [LA County 4-H All-Star Ambassador](#)

The application for LA County 4-H 2018-2019 All-Star Ambassador is available 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.

- [Judging Day - Saturday, February 24, 2018](#)

LA County 4-H will be hosting its annual 4-H Judging Day Event on **Saturday, February 24, 2018**, at Mt. San Antonio College (Mt. SAC) in Walnut, CA. Check-in is at 8 am in the Ag. Bldg. 80 (east side of campus). For additional information please see [Judging Day on the LA County 4-H website](#) or contact [Dee Keese](#).

- [Healthy Living Summit - March 17](#)

Kaylin Kwan, Healthy Living Committee Chair

Kaylin Kwan 4-H is holding a LA County Healthy Living Summit on Saturday, March 17 from 10 am - 12 pm. It will be held at 15505 Roscoe Blvd, Van Nuys (Galpin Ford in the San Fernando Valley). Additional information will be available on the [LA county 4-H website- Healthy Living](#). Hope to see you there!

- [LA County Field Day and Fashion Revue - Saturday, Mar. 24](#)

Field Day is one of the most valuable assets of our 4-H program. This is a day where 4-H'ers share the skills, and knowledge they have learned with others through presentations, demonstrations and public speaking. By learning public speaking and demonstration skills 4-H'ers prepare themselves for college and the workplace. Be sure to use the 2016 Presentation Manual (version Oct. 2016) when preparing to participate in the Field Day. [2018 Field Day Packet is available on the LA County 4-H website.](#)

[Fashion Revue](#) is an event that is part of Field Day for those enrolled in clothing & textiles and/or fashion revue 4-H projects to highlight their efforts and to develop self-confidence and poise. Members have an opportunity to model the garments they have made or purchased and to present themselves at their best in personal grooming, posture, modeling, and accessorizing their garment. The day is one of learning, as well as competing. Instruction will be given, especially to the Beginners, on how to model. All entrants will receive written, constructive comments on their outfits. Members must be enrolled in the clothing or fashion revue projects. Garments must not have been shown in a previous Fashion Revue and must have been completed in this current 4-H project year. [2018 Fashion Revue information is available on the LA County, 4-H website.](#)

- [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.

- [County Food Fair -](#)

County Food Fair is March 3, at Assembly of God, 2881 C St., Rosamond, CA 93560. The theme of this year's fair is "Made in America". Food Preservation has been added to this year's fair. Entry forms due Friday Feb. 23. Additional information can be found on the LA County, 4-H website.

- [LA County 4-H Leaders' Council Meeting - March 17](#)

The next meeting of the LA County 4-H Leaders' Council will be on Saturday, March 17 at Galpin Ford in North Hills. We will be discussing plans for the 2018-2019 program year, Friends of 4-H nominations, district dates for 2018-2019 and nominations for 2018-2019 Leaders Council. This meeting will be hosted by the SFV district.

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

- **[Friends of 4-H Award](#)**

Each program year the LA 4-H County Council considers honoring an individual and /or organization that have been particularly helpful to the LA County 4-H program. Each district is encouraged to submit names to the County council at its next meeting on March 17 for a Friend of 4-H award. Up to five such awards can be made for a year by the county council. If the honoree attends the leaders' appreciation luncheon, the award is presented then. If the honoree does not attend the luncheon, then the district nominating the honoree presents the award at a time convenient for the honoree.

Friend of 4-H nomination forms are available on the [LA County 4-H website](#) and should be submitted to the council President Peter Michel by March 17 to [pvp4hclub@gmail.com](mailto:pvp4hclub@gmail.com).

- **[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/>

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**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  
Catherine Nunley, PVP 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**

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