

4-H	UNIVERSITY OF CALIFORNIA	COOPERATIVE EXTENSION	
	CLOVER NOTES		
	LOS ANGELES COUNTY 4-H YOUTH DEVELOPMENT PROGRAM		

April 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

- **Timothy Reilly - Marine Biology Project Teen Leader - Palos Verdes Peninsula 4-H Club**
Dee Keese, Palos Verdes Peninsula 4-H Club Leader

Timothy Reilly, our teen leader for Marine Biology, led the Marine Biology Project and others from the PVP 4H Club on an adventure to watch these unusual fish, the Grunion, come onto the sandy beaches at Cabrillo Beach and lay their eggs with the high tide. They have less than an hour to mate, lay their eggs and take the next wave back into the ocean. We watched thousands of these fish do just that. We were the only ones on the beach watching this miracle of nature except for a few seals that were waiting for a delicious meal as the fish returned to the ocean.



- **Kiran Ekanayake - New 2018-2019 State Ambassador**

Kiran Ekanayake, our LA County 4-H All Star Ambassador from the PVP 4-H Club, has been selected to be a State Ambassador for California for the upcoming 2018-2019 program year. This is the highest state youth honor you can receive in 4H and you must go through a rigorous interview process up at UC Davis against the Best of the Best County 4-H All-Star Ambassadors throughout the State. We are all proud and pleased for Kiran.

- **Shelby Silman - New 2018-2019 LA County All-Star Ambassador**

At LA County Field Day on March 24th at Mt. SAC, it was announced that Shelby Silman from the Neenach 4-H Club is our new 2018-2019 LA County All Star Ambassador. We look forward to Shelby representing LA County and helping with our county 4-H activities.

- **[San Gabriel Valley Fair](#)**

The 88th annual San Gabriel Valley Fair is April 27-29 at Ernie Howlett Park (Rolling Hills Estates) and Valmonte Elementary School (Palos Verdes Estates). The Theme of this years Fair is *Grow With The Green*. There will be project exhibits, livestock activities, a dog show, archery competition, STEM Rocketry demonstrations, horse demonstrations, baked goods auction and fun activities for members. Admission is free. [Entry form](#) deadline is April 19 (not postmarked). If you are interested in participating in the San Gabriel Valley Fair, you need to act quickly!

Fair Executive Directors are [Betty Mullen \(Adult\)](#) AND Ashlyn Spaziano (Youth). Please see www.sg4hfair.com for complete details and forms needed to participate. If you have any questions, please contact [Betty Mullen](#).

- **[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, fishing, 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. For the past eight years, 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](#).

- **2018 L.A. County 4-H Field Day Results**

Noel Keller, LA County 4-H Incentives and Recognition Committee, Chair

Los Angeles County 2018 4-H Field Day was held Saturday, March 24 at Mount San Antonio College (MT. SAC) in Walnut, CA. Members from eight 4-H clubs participated with all four districts represented. We thank the North San Gabriel 4-H district for organizing and running the event. We thank the LA County 4-H All Star Ambassadors for all their help with the event, including helping with set up, check-in and the awards ceremony. We thank the Macy 4-H Club for providing the flag ceremony. We thank the Greenleaf 4-H Club for providing the Food Booth. We thank all the leaders, members, parents, alums, friends, staff and Mount San Antonio College, who also helped make the event a big success. This was a sunny, great day at Mt. SAC!

Award certificates were given to all 4-H members who participated. The possible Seal levels this year were Gold, Blue, Red and White. Gold Medals were given to the County Winners. Gold Medal winners are eligible to enter Southern Area Field Day, which was held on April 21 at Mt. SAC. Congratulations to the following members for their accomplishments!

[Click here to go to the Announcements/Results page to see the 2018 4-H Field Day Results.](#)

- **2018 County 4-H Fashion Revue Results**

The Los Angeles County 4-H Fashion Revue was held Saturday, March 24 at MT. SAC in conjunction with 4-H Field Day. County Winners are eligible to register and compete at State 4-H Fashion Revue in Davis, CA on June 2, 2018.

We thank all the leaders, evaluators and parents who helped make this event a success.

[Click here to see the 2018 4-H Fashion Revue Results.](#)

- **Southern Area Field Day - April 21, 2108**

The Southern Area (formerly called South Sectional) 4-H Field Day will be held at Mt. SAC on Saturday, April 21st. Everyone is invited to attend. You do not need to have competed at or attended County Field Day to attend Southern Area Field Day. Here is your chance to attend a Southern Area event in our own county. You can watch the competitions, participate in the judging contests, a modeling workshop and a community service project, try impromptu speaking, participate in an interview contest for a job and/or watch the share the fun performances. The contests will include a judging contest, a plant knowledge quiz, an entomology knowledge quiz and a clothing/sewing knowledge quiz. Greenleaf 4-H Club will be operating a Food Booth. Macy 4-H Club will be doing the flag ceremony for the afternoon program.

There will be no Area Fashion Revue show this year, just the modeling workshop, community service project and the knowledge quiz, in which everyone can participate.

Registration Guidelines - In most categories you will need to be a County Winner (Gold Medal) to be able to COMPETE at Area Field Day. No pre-registration or being a County Winner is required for Impromptu Speaking or Extemporaneous Speaking. The Interview Contest is open to all 4-H'ers though registration is required.

Registration link for required categories can be found [HERE](#) and must be complete by April 9, 2018. There are no entry fees for participating this year.

Even if you signed up with Noel Keller at County Field Day to indicate that you wanted to compete at Area Field Day, you still need to register online. If you have any questions, please contact Noel Keller.

Judges and Room Hosts Needed For Area Field Day - In order for our LA County 4-H members to compete at Area Field Day, we need to provide a proportionate number of evaluators (judges) and room hosts. The judges need to have judged before, at least at the county level. If you are available to judge or room host on Saturday, April 21st at Mt. SAC in Walnut, please contact [Noel Keller](#) as soon as possible.

- **Record Book Workshop - Saturday, May 12**

A brief record book workshop will be held before the next LA County Council meeting on Saturday, May 12th at 9:00am at the Good Shepherd Lutheran Church (6338 N. Figueroa Street) in Los Angeles by Noel Keller. This workshop will focus on preparing your record book for the State Record Book Competition. Please RSVP to Noel (nkeller91711@gmail.com) by May 9th if you plan to attend. If no RSVPs are received by May 9th, the workshop will be canceled.

- **How To Be Happier**

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

Key reasons why happiness is so important is because it allows us to achieve our goals in life and to feel more fulfilled mentally and physically. This contagious mood can be spread from just a single positive person, and the best way to see this happen is to be the one who begins it. Happiness can be under our personal control and some ways to improve your mood and satisfaction in life are:

- Realize that long lasting happiness does not come from financial success.
- Take control of your time. Happy people feel in control of their lives when they master the use of their time. Although we often overestimate how much we can accomplish in a day, we also underestimate how much we can accomplish in a year. No matter how little, progress is still progress.
- Act happy. We can sometimes act ourselves into a frame of mind. When wearing a smiling expression, people feel better about themselves, and when we frown, the world seems to frown back. Going through the motion of smiling, having a positive self-esteem, and being optimistic and outgoing can trigger the emotion of being happy.
- Participate in work and hobbies that engage your skills. Happy people are in a zone called "flow," which is when one is absorbed in a task that challenges them without quite overwhelming them. The most expensive forms of leisure often provide less flow compared to simple tasks like gardening, socializing, or craft work.
- Take part in physical activities. Research upon research reveal that exercise not only promotes health and energy, but also aids in the prevention of mild depression and anxiety. Healthy minds are found in healthy bodies.

- Give your body the sleep it needs. Happy people live dynamic lives yet reserve time for recharging through sleep. Many people who do not get enough sleep suffer fatigue, diminished alertness, and gloomy moods.
 - Give priority to positive relationships. Close friendships with those who care deeply about you can help you persevere through difficult times. Confiding in others with current problems or troubles can offer rest for the mind.
 - Focus on people other than yourself and reach out to those in need. Those who feel good do good but doing good also makes one feel good.
 - Be grateful for what you have. People who pause each day to reflect on some positive aspect of their lives experience a more appreciative outlook in life.
 - Enhance your spiritual self. For many people, putting faith in something gives a sense of purpose, passion, and hope. People who are active in a religion or movement have a higher than average happiness level and often cope well with crisis
- **[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.
 - **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:

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