# October 2017-Update

# COUNTY

- 2017 County Awards Day Results are available on the LA County 4-H website.
- 2017 4-H Graduate Certificate and Pins
   Noel Keller, LA County Incentives & Recognition Committee, Chair

As 4-H members graduate out of the LA County 4-H program each year, they are recognized at their district Achievement Day programs. Club leaders should notify Charlene Moore in the AV 4-H Office with the names and years of 4-H experience of their 4-H graduate so that certificates and pins can be prepared in time for their district achievement events. Please contact Charlene if you have any questions about this.

For 2017, 4-H Graduates who have been in 4-H three years or more and will receive engraved 2017 4-H graduate pins are:

Canyon Coyotes: Emma Wineland

Palos Verdes Peninsula: Liliana Brown, Blake Pickman, Tucker Del Ponti, Sierra Ryan,

Makenna Johnson, Seth Krieger

Pomona Valley: Katherine Cao, Megan Okamoto

Quartz Hill: Johnathan Larsen
Westside: Holly Whipple

- Record Books Entering State Competition
   Record Books entering State Competition are due October 20 to the Los Angeles or
   Antelope Valley 4-H Office by 4PM. For more information go to: <u>LA County 4-H website</u>.
- Attention Senior Members If you were a Senior 4-H member last year and didn't submit a Letter of Intent to submit your record book to the 2017 State Record Book Competition by June 30, you can still do it, but you need to act quickly. Go to: <a href="http://celosangeles.ucanr.edu/files/271341.pdf">http://celosangeles.ucanr.edu/files/271341.pdf</a> for more information.

#### New Record Book Manual for 2017-2018

Please discard all previous record book manuals. Use this manual for your 2017-2018 4-H records.

### Member Planning Sheet

Noel Keller, Chair of county I&R Committee

Now is the time members should be planning and working on their goals for this current 4-H year. What community service do they want to do? What leadership opportunities do they want to accept? There is a <u>Member Planning Sheet</u>, available under FORMS on the county website, to help with this planning. Members are encouraged to complete this form and reference it during the year.

## • Interested in A Leadership Role At 2018 4-H Summer Camp?

4-H Summer Camp <u>Youth Directors</u>, <u>Kings and Queens applications</u> due by December 1 with interviews Sunday, December 3, 2017. 4-H Summer Camp is tentatively scheduled for June 24-30, 2018. For more information go to <u>www.4hsummercamp.com</u> or call the <u>LA County 4-H</u> Office.

## Healthy Living

Kaylin Kwan, Macy 4-H Club, Healthy Living Committee Chair

Healthy living are the steps and actions someone takes to achieve optimum physical, mental, emotional, and social health. It's about taking responsibility and making smart choices for today and the future. Eating right, getting physically fit, having emotional and spiritual wellness, and practicing prevention are all examples of creating a satisfactory lifestyle. Since all the aspects of one's self must work together to achieve wellness, you need to put balanced energy into each part of yourself.

Throughout this year, I will be submitting monthly articles about healthy living, ranging from lifestyle to diet to general suggestions on choices you can make yourself. Since this is a wide topic, I hope to cover as much as I can to help advise you on leading your life to its maximum potential.

# Member Planning Sheet

Noel Keller, Chair of county I&R Committee

Now is the time members should be planning and working on their goals for this current 4-H year. What community service do they want to do? What leadership opportunities do they want to accept? There is a <u>Member Planning Sheet</u>, available under FORMS on the county website, to help with this planning. Members are encouraged to complete this form and reference it during the year.

#### 4-H Enrollment/Re-Enrollment

Having problems re-enrolling using the <a href="https://california.4honline.com">https://california.4honline.com</a> website? Not sure of the procedure for completing the required 4-H Volunteer Online Training? If so, please contact <a href="Roy Hillstock">Roy Hillstock</a> in the 4-H Office (626.586.1972). Instructions on how to enroll/reenroll can be found on the <a href="Los Angeles County 4-H Website">Los Angeles County 4-H Website</a>. All new and continuing Adult 4-H'ers must complete the required online trainings before being accepted in the program. The <a href="2017-2018 4-H Enrollment fees have increased to \$46 per youth and \$16 per adult">https://california.4honline.com</a> website? Not sure of the program website? Not sure of the program and the program of the pro

• 2017-2018 4-H Calendar is available on the Los Angeles County 4-H website.

# SECTIONAL

- <u>Southern Youth Summit (formerly TIC) Jan. 12-14, 2018</u>
  Registration for Southern Youth Summit, which was formerly known as TIC is open at <a href="http://4h.ucanr.edu/4-H\_Events/Summits/">http://4h.ucanr.edu/4-H\_Events/Summits/</a>. See website for more information.
- Present A Workshop At California Southern Youth Summit
   California Youth Summit formerly known as T.I.C. Teen Involvement Conference will
   convene January 12, 2018. The Summit is a three-day youth event for Intermediate and
   Senior 4-H members ages 11-18. Present an educational workshop at the California 4-H Youth
   Summit. Workshops should be engaging to youth ages 11-18 through a mixture of instruction
   and hands-on learning experiences. Deadline is October 31. For more information contact
   Kelly Dowlan, Adult Summit Chair or John Trammell, Southern Area Director.
- Senior 4-H Youth Member for Southern Area Program Planning Committee
   Noel Keller, LA committee member to Southern Area Prog. Development Committee

As of July 1, 2016, the California 4-H Management Board (MB) system was started and the section and state 4-H Leaders' Councils were disbanded. The state was divided into 4 Areas. Los Angeles County 4-H is part of the Southern Area (7 counties - Imperial, Los Angeles, Riverside, Orange, San Bernardino, San Diego, Ventura). Activities in the Southern Area are being planned by Event Committees under the Southern Area Program Development Committee of the Management Board.

We need a senior youth to represent LA County on this important committee this year. There will be about four meetings (some as conference calls) this program year. This committee generally decides events for the Southern Area, but sub-committees do the actual event planning.

If you are interested contact Noel Keller (<u>nkeller91711@gmail.com</u>) or contact John Trammell (<u>jwtrammell87@gmail.com</u>).

# **STATE**

# • State 4-H Upcoming Events and Deadlines:

10	1/2	/201	7 <sub>-</sub> I	ivestoc	k C	)ui7	Rowl	Rec	ictr	ation
Τ/	J/ L	/ [[] ]	/ <del>-</del> L	1162100	$\sim$	'uiz	DOM I.	- 120	11311	unon

10/6/2017 - Muzzle Loading Leader Training Registration for 10/14-10/15

11/5/2017 - National 4-H Conference - Application

11/10/2017- Shotgun Leader Training Registration for 11/18-11/19

11/10/2017- Rifle Leader Training Registration for 11/18-11/19

12/1/2017- Pistol Leader Training Registration for 12/9-11/10

12/1/2017- Archery Leader Training Registration for 12/9-11/10

12/8/2017 - Rifle Leader Training Registration for 12/16-12/17

12/29/2017- Western Heritage Leader Training Registration for 10/7-10/8

#### 4-H All-Stars:

Holly Whipple, Westside 4-H Club Katherine Shannon, Quartz Hill 4-H Club Kiran Ekanayake, PVP 4-H Club

Ir. 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 Katherine Cao, Pomona Valley 4-H Club Katie Hsu, PVP 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 Lilliana Brown, PVP 4-H Club Megan Okamoto, Pomona Valley 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:

Dr. Keith C. Nathaniel, County Director, (626) 586-1970, kcnathaniel@ucdavis.edu

Dawn Fuller, Los Angeles 4-H Coordinator, (626) 568-1980, dafuller@ucdavis.edu

Charlene Moore, Antelope Valley 4-H Coordinator, (661) 974-8826, moore@ucdavis.edu

Roy Hillstock, Computer Specialist, (626) 586-1972, <a href="right:right

Copyright © 2009 The Regents of the University of California.

The 4-H name and 4-H logo are service marks protected under 18 U.S.C. 707.

Non-Discrimination Statement

To unsubscribe from the LA County Clover Notes:

Send an email to Roy Hillstock requesting to "unsubscribe from the LA County Clover Notes".

Los Angeles County 4-H Office, 4800 E. Cesar E. Chavez, Los Angeles, CA 90022, (323) 260-3854