How Do you Go Through Life?

We have a choice of how to progress through life. Some choose to “go” through life, while others choose to “grow” through life. Everyday we get older, so going through life is automatic, it just happens. Growing through life is a choice, it involves continual learning from all the experiences we encounter. Everybody goes through life but if you choose to “grow” through life it sets you apart from those that simply “go” through life. Let’s help our 4-H members realize that life becomes so much richer and fuller when we choose to “grow” through life.
Council News
The next council meeting will be:

**Tuesday, August 1st**
7:00 pm
UCCE Office Multi-purpose Room

Host Club: Council

Topics for discussion at the August meeting will include:
- 4-H calendar, budget, Record Book & Project judging,
- 4-H Madness.

Your opinions and contributions are important! Every club needs to be represented! 4-H Members are welcome!

Incentives & Recognition Committee

**Tuesday, June 6, 2017**
UCCE Office– Multi Purpose Room
6:00 to 7:00 PM

The Incentives & Recognition will consider the possibility of returning the judging of Record Books to the club level for 2016-2017 Club year. If you have strong feelings about this one way or another, please attend the meeting to express your views. A decision will be made at the conclusion of the meeting.

Happy New Year!!!

4-H Enrollment for 2017-2018 opens July 1st.

July 1st marks the start of a brand new 4-H year, and it is time to think about re-enrolling in 4-H! The California 4-H Online enrollment system is now open. Please click on the link below to enroll for the 2017-2018 year after July 1st!

4hOnline

Returning 4-H members and leaders, must use the same family email address that has been used in the past. Please do not create a new email or family. If you do not remember the family email address you used, please contact the UCCE Office at 852-2730. If you have forgotten your password, simply click on “I forgot my password” and a new one will be emailed to you. Click here for instructions to enroll.

**2017-2018 4-H Program Fees**

- $10.00 per leader (instead of $16.00)
- $36.00 per member (instead of $48.00)

Funds are available for fee waivers for those members who need assistance with the program fees. A fee waiver form must be completed and submitted to the UCCE Office for approval. Click here for information about the fee waiver.

We are thankful for the Kings County 4-H Sponsoring Committee’s contribution towards lowering the program fee cost for our members and leaders.

Did You Know?

What is Mindfulness? Mindfulness is focusing your attention on the present moment—and accepting it without judgement. It can help develop concentration and self-awareness. Mindfulness has been found to be a key element in happiness. There are benefits of mindfulness including reducing stress, lowers blood pressure, reduces chronic pain and improves sleep.

There is a fun, engaging curriculum for primary members using children’s books and activities to promote mindfulness practices such as emotion regulation, understanding feeling, gratitude and yoga. This curriculum is designed to be delivered in conjunction with teen leaders. For more information about mindfulness see: [http://4h.ucanr.edu/Projects/HealthyLiving/Mindfulness/](http://4h.ucanr.edu/Projects/HealthyLiving/Mindfulness/)
Calendar Committee Report

The calendar committee met to discuss activities and programming for the 2017-2018 4-H program year. Please review the proposed dates on the insert at the back of the Youth Talk. The calendar will be discussed and revised or approved at the August 1st Council Meeting.

Please note the proposed changes:
1. County Achievement Night will be moved to September so it is closer to the start of the new 4-H year.
2. Judging Day and the Council BBQ will be held on separate dates. County Judging Day will begin at 1 pm. The later time is to better accommodate those that play in sports.
3. Council BBQ will have a new look and location. Consideration is being given to having a drive through tri-tip and rolls dinner offering on Halloween. Location- perhaps in front of the UCCE office.
4. Food Olympics will be a stand alone event.
5. Presentation Day and Fashion Revue to be held on the same day. Presentation Day in the morning and Fashion Revue in the afternoon.
6. Leaders & Sponsors Dinner to be held during 4-H Week- so next dinner would be October 2018.

Your ideas and input about the calendar are very important. Please plan to attend the August 1st Council meeting to discuss your ideas regarding the calendar.

State Fashion Revue Results for Kings County

Kings County was represented at the State 4-H Field Day on May 27th at the UC Davis campus. Congratulations to the following members who received awards.

State Fashion Revue

<table>
<thead>
<tr>
<th>Name</th>
<th>Club</th>
<th>Award</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lilly Barcellos</td>
<td>Mid Valley</td>
<td>Blue</td>
<td>Stripe/Print/Plaid Challenge</td>
</tr>
<tr>
<td>Amanda Curtis</td>
<td>Corcoran</td>
<td>Medal</td>
<td>$40 Purchased</td>
</tr>
<tr>
<td>Britney Curtis</td>
<td>Corcoran</td>
<td>Medal</td>
<td>Upcycled</td>
</tr>
<tr>
<td>Laura Denham</td>
<td>Grangeville</td>
<td>Medal</td>
<td>Traditional/Constructed</td>
</tr>
<tr>
<td>Zoe Ekk</td>
<td>Mid Valley</td>
<td>Medal</td>
<td>Traditional/Constructed</td>
</tr>
<tr>
<td>Raine Palomino</td>
<td>Kings Harvest</td>
<td>State Winner</td>
<td>Stripe/Print/Plaid Challenge</td>
</tr>
<tr>
<td>Angelina Raulino</td>
<td>Island</td>
<td>Medal</td>
<td>Upcycled</td>
</tr>
<tr>
<td>Regan Valov</td>
<td>Kings River</td>
<td>Medal</td>
<td>$40 Purchased</td>
</tr>
<tr>
<td>Brooke Winterowd</td>
<td>Kings River</td>
<td>Medal</td>
<td>Traditional/Constructed</td>
</tr>
</tbody>
</table>

Emerald & Ruby Star Projects

Summer is a great time to reflect on your 4-H involvement and to begin making goals for the new 4-H club year. Emerald and Ruby Star projects just might be what you are looking for!

Emerald and Ruby Star projects provide leadership opportunities to 4-H members who wish to share skills and knowledge in any area of 4-H to help others.

To be eligible to apply for an Emerald Star project, members must have completed at least 2 years of 4-H and currently in their 3rd year of 4-H. Members must be at least 13 years of age by December 31st of the current 4-H year.

To be eligible for a Ruby Star project, applicants must have completed an Emerald Star project. The Ruby Star projects should be on a level above and beyond the type of leadership plans used for Emerald Star.

The committee that conducts the interviews appreciates projects that are fresh and new. An Emerald or Ruby Star project may focus on a specific project area or even community service. For more details see the Kings County 4-H website at: http://cekings.ucanr.edu/Kings_COUNTY_4-H_Program/Adult_Volunteers/
Kings Fair Information

Kings Fair ~ June 15-18, 2017

Come and bring the family for fun, view exhibits, animals, great music and more!!!

**Home Arts & Crafts, Electrical & Miscellaneous Exhibits:** Received for judging on Friday, June 9 (12 noon-5 pm) & Saturday, June 10 (7-10 am) in the Home Arts Building

**4-H Photography Exhibits:** Received for judging on Friday, June 9 (1-5 pm) & Saturday, June 10 (7-10 am) in the Fine Arts Building.

**Foods & Decorated Cake Exhibits:** Received for judging on Tuesday, June 13 (7-10 am) in the Home Arts Building.

**Club Feature Booths** can be set up on Monday, June 12 (8am-5pm) & Tuesday, June 13 (8am-5pm) in the Home Arts Building. ALL BOOTHS MUST BE COMPLETED BY Tuesday, June 13 at 5:00pm.

**Ag-Hort & Floriculture Exhibits:** Received on Tuesday, June 13 (9am-2pm) in the Floriculture Building.

**Indoor Exhibits Awards** will be given out on Wednesday, June 14th at 3:30 pm in the Dairy Ring.

**Exhibit Release** will be Monday, June 19 (7 am-12 noon). All unclaimed exhibits and awards will be donated to a charitable organization after June 26.

For more information call Kings Fair at 584-3318.

**IMPORTANT!**

Adults are needed to provide security for the Indoor Exhibits Building. Each 4-H Club is asked to work a 2 hour shift during the fair. The building is open from 5 pm to 11 pm Thursday-Sunday. Please email angie@kingsfair.com to request a shift.

**Livestock Exhibitor Icebreaker**

*Wednesday, June 14th*  
4:30-6:30 pm  

Each livestock exhibitor will receive a ticket in their packet for a free medium Kona Ice.

**Mandatory Livestock Exhibitor Meeting**  
6:00 pm  

**Special Note:** Kings County 4-H has purchased insurance coverage through the Kings Fair that will cover any accidents which may be incurred as a result of project animals.

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**Volunteer Leader Enrollment Training for 2017-2018**

*New* for this year, there will be required training for all new and returning volunteers which can be viewed on your computer at your convenience. Links will be provided at a later date.

**New Leaders training will include:**

A. Orientation (60 minutes)
B. Foundations of Positive Youth Development (20 minutes)
C. Toward an Interculturally Connected 4-H (60 minutes)
D. Abuse Risk Management for Volunteers (15 minutes)

**Returning Leaders Training will include:**

A. Toward an Interculturally Connected 4-H (60 minutes)
B. Abuse Risk Management for Volunteers (15 minutes)

The trainings will need to be completed to receive notification of your volunteer leader appointment for the 2017-2018 4-H year.
Primary 4-H Members

Primary members are youth between the ages of five and eight, enrolled in the 4-H program. Primary members are 5 years old by December 31st of the program year. Youth who turn 9 on or after January 1st must participate as a primary member until June 30th of the program year.

Approved primary member animal projects are dogs, rabbits, cats, poultry, cavies, mice, embryology, marine science, pygmy, Nigerian and dwarf goats and therapeutic animal projects.

Fairs are open to primary members for exhibit only (item may be on display, but not judged). The use of Danish and American systems of judging is not acceptable for use with primary members. Primary members should only receive recognition for their participation.

Primary members must exhibit in shows and fairs based on their age as of December 31st of the 4-H program year regardless of when a fair, show or event is conducted during the calendar year.

Competitive events and activities are not appropriate for five–to eight-year olds. Young children have a difficult time psychologically understanding winning and losing. When children lose, they may relate negative feelings to their self-worth and identity. Competition is almost always linked to external awards and approval. In competitive settings, children begin to define themselves extrinsically. Being defined as a winner or loser is a weak foundation for their developing self-concepts.

♦ Primary members may not receive competitive ribbons purple, blue, red or white 4-H ribbons.
♦ Primary members may be encouraged to complete the state approved Primary Member 4-H Personal Development Report with assistance from their adult volunteer, parents/guardians or older members. This is the only record form for primary member use.
♦ Primary members cannot receive Star awards or participate in any other ranking systems.
♦ Primary members do not accumulate credits on the Personal Development Report Form that supports the star rank system.
♦ Primary members cannot receive premium or prize money.
♦ Primary members do receive stripe and pin for each primary year completed.

Regular 4-H Members

Regular members consist of Junior, Intermediate and Senior 4-H Members. Regular members must be 9 years old by December 31st of the program year and may continue in the program until December 31st of the calendar year in which they become 19 years of age.

Junior members are 9-10 years old
Intermediate members are 11-13 years old
Senior members are 14-19 years old

The 4-H year runs from July 1st to June 30th. Enrollment for the new 4-H year begins July 1st!
Kings County 4-H Offers Mini Grants

For the second year in a row, the Kings County 4-H has received a very generous donation from the J.G. Boswell Company. Instead of the Leaders Council deciding how the money can best be utilized, Council voted to extend an opportunity to 4-H members and leaders to apply for mini-grants. So exactly what does this mean? You determine how the money can best benefit the members of the Kings County 4-H Program. Some ideas may include, repairs to equipment owned by the club such as sewing machines, clippers etc.

Members planning to undertake an Emerald Star project may apply for a mini grant to enable a specific project to be completed. These are just a few ideas. If you are interested in applying, please fill out the survey at this link [http://ucanr.edu/survey/survey.cfm?surveynumber=19734](http://ucanr.edu/survey/survey.cfm?surveynumber=19734). Leaders Council will review the grants and respond accordingly.

Central Area (Sub Group 4) Presentation Day

Tulare County hosted the Central Area (Sub Group 4) Presentation Day on April 29 at the International Agri-Center in Tulare. Sixteen members from Kings County participated in the event. Gold award winners advanced to the State Presentation Day held at UC Davis on May 27th.

Kings River

- Steven Loogman
- Blue
- What’s On That Steno?

Kings Harvest

- Kendra Ward
- Gold
- COTTON...Farm to Fabric

All Star Rank Achieved

**Congratulations** to the 2016-2017 All Star Candidates for completing the requirements needed to attain the rank of Kings County 4-H All Star. A **BIG** thank you to Angela Loogman for serving as the All Star Advisor.

The All Stars had a full year of activities starting with attending SLC, coordinating Achievement Night, hosting a Leadership/Officer Training, presenting a session at LCORT, passing out awards at Judging Day, Presentation Day, Fashion Revue, and 4-H Fair. To close out the year the All Stars were responsible for the program at the Leaders & Sponsors Recognition Dinner.

Tara & Kent are to be commended for their time and dedication to the Kings County 4-H Program!

Tara Fry and Kent Sheldon receiving their All Star completion certificates from their advisor Angela Loogman.
4-H Record Books

June 30th marks the end of the current 4-H year. The end of the year is celebrated with the Kings Fair and completion of 4-H Record Books (RB). The RB records all of the activities, events and awards that have been experienced throughout the current year.

The 4-H Record Book seems to be met with some trepidation. Perhaps it is the fear of the unknown, or the reluctance to learn about the new changes in Record Books. The Incentives and Recognition Committee has been meeting regularly and one topic of discussion has been Record Books and how to make them less feared. A workshop has been scheduled for:

Record Book Workshop
Tuesday, June 20, 2017
UCCE Office– Multi-purpose Room
4:00 pm to 7:00 pm
(Come when you can and stay as long as you need to)

Plan to bring your Record Book, your calendar, pictures etc. Simply put all your record book stuff in a box and bring it along. Hopefully you will have had a little time to work on your book so you can bring your list of questions with you. Leaders will be on hand to assist with answering questions. This will be an actual work session, so plan to stay as long as you like. If you are using ORB or like to download the Record Book forms and fill them out on a computer, bring your laptop along.

Club Level: Your Community Club Leader will let you know when Record Books are due at the club level. Record Books submitted at the club level will be reviewed for achievement of star ranks. To receive your year pin and stripe for your 4-H hat, a completed Annual Project Report needs to be submitted to your CCL.

County Level: Record Books submitted for County Level Judging may be judged for:

* Record Book Medals (the entire Record book is evaluated)
  (To compile RB follow the CA 4-H Record Book Manual at:
  http://4h.ucanr.edu/files/218972.pdf)

* Project Medals
  (Submit completed APR in the project area you wish to compete)

* Outstanding Record Books in the areas of Sheep, Dairy and Photography projects will be evaluated for the Brazil, Toledo and Perreira Outstanding Project Awards.

**Club Officer Books are due to the UCCE Office by August 1st.**

Mindfulness Retreat

November 3-5, 2017
Cambria Pines

Teens ages 13-19 and adults are welcome to spend the weekend at beautiful Camp Ocean Pines developing their health and well being. Teens will not only increase their personal skills in leading a healthy lifestyle, but will also gain skills needed to be a health advocate in their communities. Additionally, as a registered participant you will have the opportunity to work on developing the 4-H Mindfulness project for 4-H primary members.

Spark Surveys

It's that time of year! Tell us what you've learned in 4-H this year. Take your Sparks Surveys in the Online Record Book. You can find these surveys listed in the Online Record Book off to the right side. The surveys are all names of different colors—be sure to take each color. Be sure to tell your friends which surveys you took and ask them to take theirs as well using the hashtag #4hsnapshot. Surveys are open May 1st through July 31st!
**4-H Club News**

**Corcoran 4-H**

The Corcoran 4-H Club met on Monday, May 8 at John Muir Middle School. At this meeting, 6 people gave reports on both the 4-H Fair and Sectional Presentation Day. We have 6 people in our club going on to compete for State Presentation Day at UC Davis in May. We also discussed Fair Entries which were due that evening as well as Annual Project Reports. Each project leader was in attendance so after our meeting, we broke into groups to work with project leaders on our reports. Each person must turn in one report. Our next meeting is in June right before the fair.

Submitted by Katelyn Sherwood
Reporter

**Kings Harvest 4-H**

At the 5/18/17 meeting the Kings Harvest 4-H Club had All-Star Kent Sheldon come speak. We wrote thank you notes to our leaders. Arabella Champi gave a presentation on Ballet and Giovanna Champi gave a presentation on Polaris ATVs. Anna Felipe gave her Emerald Star Project report on making pillows for breast cancer patients. We held elections for next year's officers.

Submitted by Giovanna Champi
Reporter

**Mid Valley 4-H**

Courtney Rhoades our Vice-president called the Mid-Valley 4-H meeting to order on May 8. We had a visit from one of the All Stars, he asked if we would write on a 3 x 5 card A. Thank you to one of our leaders for the Leader's Dinner in a few days. The minutes and treasurers report was given. 4-H members gave project reports. The Green Run and 4-H fair were discussed during old business. The members had so much fun at both events. Lilly asked members and parents to give any pictures they had for their projects or events to her so she could make the Historian book. It was voted to have our next meeting on June 23. We will have our end of the year party there and our 4-H record books can be brought to the meeting to be review and get any suggestions before they are due to our club leader.

Submitted by Lilly Barcellos,
Reporter

**Join Kings County 4-H on Facebook!**

Come like our Facebook page at **Kings County 4-H Youth Development Program**. You will be able to find updates on upcoming events, meetings and other local 4-H information. You may also use this Facebook page to promote your club's fundraisers and activities. Simply submit your information and the UCCE Office will review and post for all our friends to see.

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**University of California Cooperative Extension Kings County 4-H Contacts**

**Georgene Diener** UCCE 4-H Program Representative (50% time) 852-2743  gldiener@ucanr.edu

(Office day is Tuesday, other office days vary according to 4-H meetings and activities scheduled during the week.)

**Tara Batista** UCCE 4-H Youth Development Advisor 852-2739  tabatista@ucanr.edu

**Teresa Evangelo** 4-H Support Staff 852-2731  tlevangelo@ucanr.edu

OFFICE HOURS: 8am-12 noon and 1pm-5pm  Monday-Friday

*Please feel free to call the UCCE Office before coming in if you have a specific need or to make an appointment.
June 2, 2017

Dear 4-H Families,

Change is inevitable part of life. While change isn’t easy for most of us, it enables us to grow, to learn and to experience new things. There is a big change coming to my life which I have given a great deal of thought. After 5-1/2 years of serving as the Kings County 4-H Program Representative, I am stepping down from this position.

I have enjoyed working with all of you and I am grateful for the opportunity to have met so many wonderful people. When I accepted this position my life had a great void, as all of my children were out of the house finding their own way in the world. Working with the 4-H program, helped to fill that void.

I now have 4 grandchildren and another one on the way. They say it takes a “village” to raise a child and I want to be a part of that village for each of my grandchildren. I also look forward to doing some traveling, continuing with my 4-H volunteer work in Fresno County, spending more time in my sheep barn and hopefully clean a few closets!

It is my hope that the 4-H Program Representative position will become a full time position and will be filled quickly. Terrie Evangelo will continue doing all the wonderful things she currently does. However, leaders may have to help fill in the holes while the position is being filled.

I look forward to returning to Kings County to judge some contests and to walk some laps for Relay for Life!

Thank for enriching my life!

Sincerely,

Georgene Diener
Retiring Kings County 4-H Program Representative
<table>
<thead>
<tr>
<th>July 2017</th>
<th>January 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 UCCE Office Closed- Independence Day</td>
<td>1 UCCE Office Closed- New Year’s Day</td>
</tr>
<tr>
<td>14-30 CA State Fair</td>
<td>2 Council Meeting 7 pm</td>
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<tr>
<td>20-23 State Leadership Conference UC Davis</td>
<td>2 Fashion Revue Planning Meeting 6 pm</td>
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<tr>
<td><strong>August 2017</strong></td>
<td>18 4H Fair Planning Meeting</td>
</tr>
<tr>
<td>1 Council Meeting 7PM</td>
<td>15 UCCE Office Closed- Martin Luther King</td>
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<tr>
<td>1 Record Books due for County Judging</td>
<td>27-29 LCORT (info not yet released)</td>
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<td>1 Year end reports and Officer books due</td>
<td><strong>February 2018</strong></td>
</tr>
<tr>
<td>2 &amp; 3 County Record Book Judging</td>
<td>Record Book Workshop</td>
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<tr>
<td><strong>September 2017</strong></td>
<td>6 Council Meeting 7 pm</td>
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<tr>
<td>4 UCCE Office closed-Labor Day</td>
<td>19 UCCE Office Closed- President’s Day</td>
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<tr>
<td>5 Council Meeting 7PM</td>
<td>25 Food Olympics</td>
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<tr>
<td>23 County Achievement Night</td>
<td><strong>March 2018</strong></td>
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<tr>
<td>26 Emerald &amp; Ruby Star Entrance &amp; Exit Interviews</td>
<td>1-4 State Leader’s Forum, San Diego</td>
</tr>
<tr>
<td>28 4-H Madness @ Farmer’s Mkt.</td>
<td>2-4 Western Dairy Classic</td>
</tr>
<tr>
<td><strong>October 2017</strong></td>
<td>6 Council Meeting 7 pm</td>
</tr>
<tr>
<td>1 4-H Sunday</td>
<td>10 Presentation Day (AM) &amp; Fashion Revue (PM)</td>
</tr>
<tr>
<td>1-7 National 4-H Week</td>
<td>Kings County Farm Day</td>
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<tr>
<td>3 4-H Week Proclamation- Bd. Of Supervisors</td>
<td>17 Color Me Green Run</td>
</tr>
<tr>
<td>3 Council Meeting 7 pm</td>
<td>20 Emerald &amp; Ruby Star Entrance &amp; Exit Interviews</td>
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<tr>
<td>14-15 Relay for Life</td>
<td><strong>April 2018</strong></td>
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<tr>
<td>TBA Leadership Training (Officer/ Jr/Teen Ldr/Ldems)</td>
<td>3 Council Meeting 7 pm</td>
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<tr>
<td>31 Council BBQ Fundraiser</td>
<td>6-8 4-H Fair</td>
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<tr>
<td><strong>November 2017</strong></td>
<td>13 All Star Candidate Application DUE</td>
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<tr>
<td>5 State Record Book Judges Apps Due</td>
<td>26 All Star Candidates Interviews</td>
</tr>
<tr>
<td>7 Council Meeting 7PM</td>
<td>TBA Sec. Presentation Day (may not be held in 2018)</td>
</tr>
<tr>
<td>7 Food Olympics Planning Mtg. 6:00 PM</td>
<td><strong>May 2018</strong></td>
</tr>
<tr>
<td>4-5 Mindfulness Retreat-Cambria</td>
<td>2 Council Meeting 7 pm</td>
</tr>
<tr>
<td>4 County Judging Day- 1:00 PM</td>
<td>6 Archery &amp; Rifle Matches</td>
</tr>
<tr>
<td>10 UCCE Office Closed- Veteran’s Day</td>
<td>26 State Field Day</td>
</tr>
<tr>
<td>16 Emerald &amp; Ruby Star Entrance &amp; Exit Interviews</td>
<td>28 UCCE Office closed- Memorial Day</td>
</tr>
<tr>
<td>23-24 Thanksgiving Holiday-UCCE Office closed</td>
<td><strong>June 2018</strong></td>
</tr>
<tr>
<td>December 2017</td>
<td>No Council Meeting</td>
</tr>
<tr>
<td>No Council Meeting</td>
<td>15-18 Kings Fair</td>
</tr>
<tr>
<td>12/22-1/1 UCCE Office Closed- Christmas</td>
<td>Record Book Workshop 4-7 pm</td>
</tr>
<tr>
<td><strong>Calendar Committee is proposing to:</strong></td>
<td><strong>July 2018</strong></td>
</tr>
<tr>
<td>* Hold Achievement in Sept. Instead of Oct.</td>
<td>?? CA State Fair</td>
</tr>
<tr>
<td>* Council BBQ- tri tip &amp; rolls, new location &amp; date</td>
<td>?? State Leadership Conference</td>
</tr>
<tr>
<td>* County Judging Day to begin at 1:00 PM</td>
<td><strong>August 2018</strong></td>
</tr>
<tr>
<td>* Hold Food Olympics as a stand alone event</td>
<td>7 Council Meeting 7PM</td>
</tr>
<tr>
<td>* Hold Presentation Day &amp; Fashion Revue on the same day</td>
<td>7 Record Books, Officer Books DUE</td>
</tr>
<tr>
<td>* Leaders &amp; Sponsors Dinner to be held in October 2018 during National 4-H Week</td>
<td>Calendar will be approved at the August 1st Council meeting- Plan to attend!</td>
</tr>
</tbody>
</table>
“Drink Water Like It’s Going Out Of Style”

When the temperatures rise, getting enough to drink is important whether you’re playing sports, traveling or just sitting in the sun.

**And it’s critical for your heart health.**

Keeping the body hydrated helps the heart more easily pump blood through the blood vessels to the muscles. And, it helps the muscles work efficiently. Dehydration can be a serious condition that can lead to problems ranging from swollen feet or a headache to life-threatening illnesses such as heat stroke.

**How much water do you need?**

What does being well hydrated mean? The amount of water a person needs depends on climatic conditions, clothing worn and exercise intensity and duration. A person who perspires heavily will need to drink more than someone who doesn’t. Certain medical conditions, such as diabetes or heart disease, may also mean you need to drink more water. People with cystic fibrosis have high concentrations of sodium in their sweat and also need to use caution to avoid dehydration. And some medications can act as diuretics, causing the body to lose more fluid. Thirst isn’t the best indicator that you need to drink. If you get thirsty, you’re already dehydrated. The easiest thing to do is pay attention to the color of your urine. Pale and clear means you’re well hydrated. If it’s dark, drink more fluids.

If you want to know exactly how much fluid you need, weigh yourself before and after exercise, to see how much you’ve lost through perspiration. It’s a particular good guide for athletes training in the hot summer months. For every pound of sweat you lose, that’s a pint of water you’ll need to replenish. It’s not unusual for a high school football player, wearing pads and running through drills, to lose 5 pounds or more of sweat during a summer practice. Not sweating during vigorous physical activity can be a red flag that you’re dehydrated to the point of developing heat exhaustion.

**Water is best.**

For most people, water is the best thing to drink to stay hydrated. Sources of water also include foods, such fruits and vegetables which contain a high percentage of water. Sports drinks with electrolytes, may be useful for people doing high intensity, vigorous exercise in very hot weather, though they tend to be high in added sugars and calories. It’s healthier to drink water while you’re exercising, and then when you’re done, eat a healthy snack like orange slices, bananas or a small handful of unsalted nuts. Fruit juices or sugary drinks, such as soda can be hard on your stomach if you’re dehydrated. It’s also best to avoid drinks containing caffeine, which acts as a diuretic and causes you to lose more fluids. Drinking water before you exercise or go out in the sun is an important first step. Otherwise, you’re playing catch-up and your heart is straining.