



June 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) / 661.974.8826 (Lancaster).

Download the [2017-2018 4-H Calendar](#) [4-H Calendar](#)
[\(2018-2019 4-H Calendar will be available soon\).](#)

POLICY

4-H Policy and Information Update June 2018 (Repost)

The end of the 4-H program year is near (June 30) and I'm sure each of you has greatly impacted and enhanced the lives of the 4-H youth in your club. You have been a mentor, a leader, a teacher, a facilitator, a coach, and a friend to 4-Hers throughout the year. How can we harness the work you've done with them this year and translate it into the public having a better understanding of the work of 4-H? One way is to have 4-H youth complete a record book. The record book documents in detail the value the program is having on the lives of 4-Hers and shows how impactful the experience has been. I encourage each of you to ask your 4-H members to consider doing a record book and capture their 4-H experience during this program year. I want to compile the information from the completed record books into a document that can be shown to county supervisors, state legislators and University of California representatives to demonstrate the value of the 4-H program.

CLUB

- **Outstanding Teen Award**
Dee Keese, Palos Verdes Peninsula 4-H Club Leader

Congratulations to Alexa Sutter and Wesley Rich for being honored by the Community Coordinating Council and by our district Assemblyman and State Senators receiving the Outstanding Teen Service Award for the South Bay. Well deserved!!!



COUNTY

- **End of the 2014-2015 Program Year**

It is time to finish up your 2017-2018 4-H work. Be sure to have the projects you participated in listed in your 4-H Online Profile. The 2017-2018 4-H Program Year ends Saturday, June 30, 2018. All 4-H work done from July 1, 2017 to June 30, 2018 can be included in your 2017-2018 4-H Record Book. Work done after June 30, 2018 should be included in the 2018-2019 4-H Program Year record books.

The 2018-2019 Program Year starts July 1, 2018. All 4-H Members must re-enroll to participate in 4-H. This is especially important for those 4-H Members participating in fairs and other summer month activities. For members graduating out of the program that will be finishing up their projects and/or going to fair need not re-enroll. The 4-H Fees for the 2018-2019 program year are \$54 per youth and \$18 per adult.

- **[2018-2019 LA County 4-H Plans](#)**

Noel Keller, LA County 4-H Leaders' Council Vice-President

The LA County 4-H Leaders' Council met on Saturday, May 12. Please see the draft of the meeting minutes which will be on the [county 4-H website](#). We thank the NSG district for hosting this meeting. We discussed and finalized plans for the 2018-2019 program year including the budget, calendar and council officers. Please view the county council webpage on the county 4-H website for details of the approved LA County 4-H 2018-2019 calendar and new council officers. Please forward additional information, dates and nominations to Noel Keller at: (nkeller91711@gmail.com).

- **[2018-2019 LA County 4-H Leaders' Council Officers](#)**

Noel Keller, LA County 4-H Leaders' Council Vice-President

President: Peter Michel

Vice President:

2nd Vice President (youth position): Shelby Silman

Secretary: Judylynn Pelling

Treasurer: Mary Lash and Johanna Stewart

Reporter/Historian: Nicoleene Yunker (youth)

I&R Committee Chair: Noel Keller

Agriculture Committee Chair: Katherine Shannon (youth)

Science Committee Chair: Greg Yunker and Kenneth Yunker (youth)

Home Economics Committee Chair: Melinda Kasperson

Healthy Living Committee Chair: Kaylin Kwan (youth)

Parliamentarian/Policy Secretary:

Leader Support Committee Chair: Laura Shannon

Shooting Sports Committee Chair: Dee Keese

Civics Committee Chair:

Technology Committee Chair: Evan Lam (youth)

Please send [nominations](#) for any open offices to Noel Keller

(nkeller91711@gmail.com). You can nominate yourself. All LA County 4-H District members should be represented on the council as officers. How can you help this next year? More than one person can be nominated for a position. A position can be held by two people, as perhaps Co-Chairs. A position can be held by a youth and adult in a youth-adult partnership as Co-Chairs. Some council positions can be held by a Senior youth member.

- **LA County 2019 Fashion Revue**

Noel Keller, LA County 4-H Leaders' Council Vice-President

At the May LA County Council meeting, it was voted that you will not be required to earn a Blue Ribbon at a District Fashion Revue to be eligible to compete at the LA County Fashion Revue on March 23, 2019. It is not required that you participate in a district fashion revue, but you are encouraged to do so for practice and to receive some evaluating comments for improving your entry for the County Fashion Revue. The County Fashion Revue will still be the qualifying event for the State Fashion Revue.

- **Micronutrients**

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

Micronutrients are important in human nutrition, playing a role in the prevention and treatment of various diseases and conditions, as well as optimizing physical and mental functions. Two commonly known types of micronutrients are vitamins and minerals. Although these nutrients are required by the body in small amounts at a time, they play a significant role in our health. Unable to be produced by the body, consumption of micronutrients facilitates production of hormones, enzymes, and other essential materials for growth, metabolism, or regeneration of cells. A lack of these nutrients can lead to stunted growth in adolescents or the increased risk of different diseases in adulthood.

Although small amounts are required at a time, total absence of micronutrients can be serious. The lack of vitamins or minerals can have a bad effect on health, possibly affecting the immune system. Nutrient deficiencies can occur due to unbalanced diet, which is common in highly populated areas. In the fast-moving society, fast food comes in easy access to everyone. However, ingredients like trans-fat, sugar, additives, preservatives, and excessive sodium can have a negative impact on health, energy, and mood. Severely low amounts of minerals, vitamins, or antioxidants can result in diseases such as diabetes, cancer, or various heart issues.

To avoid nutrient deficiencies, healthy nutrition that include fruits and vegetables is something to practice. It's important to integrate fruits and vegetables into diets because they're full of vitamins, minerals, carbohydrates, and protein, all of which are necessary to carry out basic bodily functions.

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
Alexander Nunley, PVP 4-H Club
Andrew Nunley, PVP 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
Enrique Morales, Macy 4-H Club
Kaylin Kwan, Macy 4-H Club
Nicole Kwan, Macy 4-H Club
Sara Conlon, PVP 4-H Club
Victoria Morales, Macy 4-H Club***

Los Angeles County, 4-H Youth Development Staff:

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

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

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