



March 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](#).

COUNTY

- **Eating Habits And Body Weight**

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

Many people are self-conscious about how they look and their weight. However, there are biological factors that can determine an individual's eating habits and body weight without our conscious control.

One of the most impactful factors on one's eating habits is genetics, which is inherited characteristics. Everyone is born with a set point, the weight the body is predisposed to maintain. Although body weight can fluctuate throughout one's lifetime, we all have a certain weight we will generally stay within the range of. Because our body stays near the set point through the hypothalamus, which is a part of the brain that controls eating and drinking, it can be difficult for some people to gain or lose weight.

Basal metabolic rate is the rate our body burns energy to maintain basic body functions while at rest. Metabolic rate can affect the eating habits of an individual because if the body burns energy at a faster rate, then one may need to eat smaller amounts more frequently in a day to feel satisfied. If one has a slower metabolic rate, then they may need to eat larger amounts of food a couple times a day. Comparing two people, one with a faster metabolism and another with a slower metabolism, the amount of food and how often they eat will differ. However, they are meeting their body's needs by eating when they feel is right for themselves.

Although we should all strive for a healthy, fit life, we should keep in mind that there are also biological aspects that control our eating habits and body weight. Choosing to eat right and to participate in physical activity can truly help an individual feel better about their body and health.

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

The next meeting of the LA County 4-H Leaders' Council will be on Saturday, March 17th from 10:00am until noon in the San Fernando Valley area. 4-H volunteers and senior members are invited and encouraged to attend. We will be discussing plans for the 2018-2019 program year. Districts are asked to bring Friends of 4-H nominations, their district dates for 2018-2019, their nominations for 2018-2019 county council offices and their suggestions for a great 2018-2019 LA County 4-H year. The San Fernando Valley 4-H district is hosting this meeting. **Please have your club represented at this important planning meeting.**

- [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.

- [LA County 4-H Field Day & Fashion Revue - Saturday, Mar. 24](#)

Noel Keller, LA County Incentives and Recognition Committee, Chair

The LA County 4-H Field Day and Fashion Revue will be held on Saturday, March 24 at Mt. San Antonio College (Mt. SAC). No late entries will be accepted. The event packets are on the county website. Please reference the packets for entry and activity details.

[Field Day](#) members can display their speaking skills with demonstrations, speeches, interpretive readings, mock interviews, impromptu speaking, extemporaneous speaking, educational display talks, cultural arts acts, skits and much more. 4-H Members should send their entry forms to their club leaders. Entry forms for Field Day are due from club leaders by **March 12 (not a postmark)** to (LA County Field, 421 E Juilliard Drive, Claremont, CA 91711 or nkeller91711@gmail.com). Forms and additional information is available on the LA County 4-H website.

[Fashion Revue](#) members earning Blue Ribbons at their District Fashion Revues have the 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. Bring the forms for County Fashion Revue to the event on March 24th.

Help is needed for both events. If you are able to help, please contact Noel Keller (nkeller91711@gmail.com) for Field Day and Melinda Kasperson (Kasperson7@gmail.com) for Fashion Revue this day. Both adults and senior 4-H are encouraged to help and be part of this fun event.

- [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. Fair Ececutive Directors are Betty Mullen (Adult) AND Ashlyn Spaziano (Youth). Please see www.sgv4hfair.com for complete details and forms needed to participate. If you have any questions, please contact Dee Keese at swindude64@earthlink.net

- [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.

- [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 County Judging Day Results](#)

Los Angeles County 2018 4-H Judging Day was held Saturday, February 24 at Mt. SAC in Walnut. 53 4-H members representing 9 clubs participated in the event. We thank Dee Keese and the South San Gabriel 4-H district for organizing and running the event. We thank the LA County All-Star Ambassadors for all their help, including providing a program for the Primary Members and presenting awards in the awards ceremony. We thank all the leaders, parents, friends, youth and staff who also helped make the event a big success.

Participation certificates were given to all 4-H members who attended. Medals were given to the top three judging scores in each category for each age level. Special certificates were given to those who placed in the top 20% below the medalists.

Congratulations to the following members for their medal accomplishments!

[Click here to view the 2018 Judging Day results](#)

- **Let the Good Times Roll: NEW LA County 4-H Instagram Page**

Dawn A. Fuller, 4-H Program Coordinator

We are excited to debut our new LA County 4-H Instagram page. We would love to showcase all of the wonderful events, activities, and special moments of your club members and leaders, so send your photos with a brief description to dafuller@ucanr.edu. It would be great to have all of our clubs represented. Come follow us at [losangelescounty4h](https://www.instagram.com/losangelescounty4h/). Let the good times roll!

<https://www.instagram.com/losangelescounty4h/>

Our LA County 4-H Facebook Page has also become quite popular. Lot's of fun articles and updates on our program can be found at: <https://www.facebook.com/Los-Angeles-County-4-H-61556419670/>

- **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](#).**

AREA

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

Southern Area 4-H Field Day will be held at Mt. SAC on Saturday, April 21st. Everyone is invited to attend this event. You do not need to have competed at County Field Day to attend. You can watch the competitions, participate in the judging contests, try impromptu speaking, participate in an interview contest for a job and/or watch the fashion revue and the share the fun performances.

*****NOTE - No Area Level Fashion Revue Competition -** County Fashion Revue is the qualifier for the State Fashion Revue held on Saturday, June 2 in Davis, California. Those who win at County Fashion Revue are eligible to compete at State Fashion Revue. There will be no Fashion Revue competition at Area Field Day. However, there will be workshops on modeling and other fashion revue techniques at Area Field Day to help fashion revue members improve their skills.

Judges and Room Hosts are needed for Area Field Day in order for our LA County 4-H members can compete at the event. We must 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 (nkeller91711@gmail.com) as soon as possible.

- 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
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*

Los Angeles County, 4-H Youth Development Staff:

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