



## November 2017

### COUNTY

- **NSG Achievement Day**

The North San Gabriel District held its annual Achievement Day event on Saturday, Oct. 28. District members were honored for their achievements. The ceremony was followed by a spooky cake contest, a cake walk to raise money for district activities, a science activity making flying saucers and a community service project. A fun time was had by all.



- **Katherine Shannon Selected to Southern Area Committee**

Noel Keller, LA committee member to Southern Area Prog. Development Committee

4-H activities in the Southern Area are being planned by Event Committees under the Southern Area Program Development Committee of the California 4-H Management Board. Katherine Shannon of Quartz Hill 4-H Club has been selected to be on this committee.

Noel Keller of Pomona Valley 4-H and Katherine Shannon are our county's Adult and youth members on the Southern Area Program Development Committee. If you have suggestions or questions for Southern Area 4-H activities, please contact Noel Keller.

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

4-H Summer Camp [Youth Directors, Kings and Queens Applications](#) 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 [www.4hsummercamp.com](http://www.4hsummercamp.com) or call the [LA County 4-H Office](#).

- **Los Angeles County Healthy Living Summit - March 17**

The LA County Healthy Living Summit is being planned for Saturday, March 17<sup>th</sup> by the LA County Council Healthy Living Chair, youth 4-H Member, Kaylin Kwan of Macy 4-H Club. Mark your calendar for this fun, informative event. Contact Kaylin if you would like to help. Keep a look out for more details.

- **Stress and Eating Disorders**

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

Just as we're all beginning to settle down in the cycle of school, stress begins to kick in. Like how we are all individual people, the way we cope with stress is different. For some people, feeling stressed or overwhelmed can lead to disordered eating behaviors. And in turn, the compulsive behavior and constant harmful thoughts raise stress levels.

When we feel that our life is out-of-control, we try to find ways to deal with these negative feelings. For some, binge-eating or restricting calorie intake becomes a way to cope. Although some people may feel that these disorders can offer a sense of control or comfort, it actually causes physical and psychological stress. Worrying about food and weight can bring anxiety and feelings of low self-esteem, which results in elevated stress levels.

Eating disorders are usually associated with isolation and secrecy. Majority of the time, people who struggle with eating disorders try to maintain the image that everything's okay. The school community now-a-days has a stigma that people with any disorder are not naturally good enough for a competitive environment. Therefore, people don't tend to communicate or confide with others when they are struggling.

However, there are ways to de-stress and avoid suffering through eating disorders. Going for a walk, taking a couple minutes to stretch, listening to your favorite music, or just doing activities that help you feel more centered and body-positive are important to practice every day. But if you ever feel that you may be struggling, reach out to a teacher or trusted adult who can help. Suffering from an eating disorder because you feel that there is no one there for you should never be an option.

- **[New Record Book Manuals for 2017-2018](#)**

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

- [2017 County Awards Day Results](#) are available on the LA County 4-H website.
- **Senior Awards of Excellence, 2017**

#### **Senior Award of Excellence for Project Work-**

Congratulations to our Sr. Award of Excellence winner for Project Work, from Canyon Coyotes, Mark Kasperson. He completed 13 excellent projects as well as being a teen leader and club officer this year. Last year Mark completed 12 projects and was Jr. Leader in 2 projects. The year before that 9 projects were completed as well as being a club officer. Mark took a wide range of projects over the years and tried new ones every year and did an excellent job in them as well. Major projects have been Arts and Crafts, Poultry, and Photography 6 years each; Drama, 5 years; Leadership, Food Preservation, Communications, 4 years; Swine, Dairy Goat, 3 years; Rabbit, 2 years; New projects include Bees, Swine, Beef, and Science Day. All these projects were represented at fairs, field days and other 4-H events. Comments about some of the projects are, "Sometimes the crafts I make I give as gifts, such as knitted beanies. My favorite breed of chicken is Welsummer. My favorite food to make is beef jerky." Participating in local, district and county events enhances a 4-H member's personal development. At County Field Day Mark participated in interpretive reading, impromptu speaking cultural arts and share the 4-H fun skit. He will be able to do anything. Life's changes will only encourage him. Congratulations to our Sr. Award of Excellence winner for Project Work, from Canyon Coyotes, Mark Kasperson.

#### **Senior Award of Excellence for Healthy Living-**

Congratulations to our Sr. Award of Excellence winner for Healthy Living, from Neenach, Nicole Alger. Working hard in your projects and sharing them with others is a sign of growth and maturity. Nicole has been gardening, growing food and sharing it with club and local families for at least 7 years of records. She's completed 8 projects this year including Food Preservation, Gardening and Community Service. These 3 projects have been done for 7 years. Here is where Healthy Living comes in, as a teen leader for Food Preservation and Gardening, her grown produce, food, has been preserved, shared, displayed, sold, donated, and used for the healthy living of many club members, friends, neighbors and others she has helped. Nicole has encouraged working in the garden and the healthful eating of that produce. Did someone need fresh brown eggs, deviled eggs, jams, salsa, fresh fruit? Here was someone who could help and did. At the AV Fair the member entered all 16 classes of Food Preservation. The fresh fruit and vegetable displays she made look so yummy and inviting. While doing all this she was her club's vice-president last year and club president this year. Congratulations to our Sr. Award of Excellence winner for Healthy Living, from Neenach, Nicole Alger.

### **Senior Award of Excellence for Community Service-**

Congratulations to our Sr. Award of Excellence award winner for Community Service, from Quartz Hill, Noelani Duldulao. Community Service is finding a need and then filling it. Noelani has been in 4-H 5 years, is 15 and in the 10<sup>th</sup> grade. Besides being club Sergeant at Arms and teen leader for Rabbits and Arts and Crafts, she wanted to do more for the community. A nurse told how children often come to the hospital with nothing. They are sad and scared and may have to stay for a long time in the children's ward. Pajamas was what they really needed to feel more comfortable. Noelani thought that 100 sets of pajamas for children, infant to 14/16 was doable. It was a lot of work, making a flyer, getting donations from people and stores, setting up drop locations. Then the pajamas had to be picked up, sorted and delivered. ABC Channel 7 news for Cool Kids interviewed her about her work with the pajama drive. She made the effort an Emerald Star project, encouraging 4-H members to get involved in the project. After all that work, what was the result? Not 100 sets of pajamas, but 217 sets were received, more than double the plan! Congratulations to our Sr. Award of Excellence award winner for Community Service, from Quartz Hill, Noelani Duldulao.

### **Senior Award of Excellence for Leadership-**

Congratulations to our Sr. Award of Excellence award winner for Leadership, from Quartz Hill, Katherine Shannon. How would you count your leadership activities? One is a good beginning. Five or seven would be great. But Katherine participated in 26 leadership activities this year, from one lasting 62 hours to some that were only  $\frac{1}{2}$  hour. Poultry, Dog and Market Goat were Teen leader projects for working with club members. Other leadership was with leaders on the AV district council as 2<sup>nd</sup> Vice President for 2 years. County wide leadership was as LA County All Star Ambassador, leading the LA Jr. Leadership Conference. She has completed over 50 projects during 6 years in 4-H and has earned a Platinum Star. She completed 11 projects this year. Some special leadership activities were serving as a club officer, Program Chair, reporting AV news back to the club, Leadership Development Project "How to be a leader", and led the "Cookies for Cops" program. She has held various club offices, been involved in various community service activities and worked on many committees as chair or as a member. Katherine is only 16 years old and in the 11<sup>th</sup> grade. You don't have to be "old" to accomplish great things. You can do it right now. Congratulations to our Sr. Award of Excellence award winner for Leadership, from Quartz Hill, Katherine Shannon.

### **Sr. Award of Excellence for Achievement-**

Congratulations to our Sr. Award of Excellence award winner for Achievement, from Westside, Holly Whipple. The award for achievement means excellence in all areas, project, community service, and leadership. Holly has outstanding project records for 6 projects this year. She also has been a teen leader for Dairy Goats for 4 years, Club president for 2 ½ years. Holly attends and helps at club, district, county, and area events. In community service worked on "Cookies for Cops," does an excellent job in reports, presentations, and work at the AV Fair. As a LA County All Star Ambassador put on the LA Junior Leader Conference. She is 18 years old, has Platinum star rank, and over the years has completed 49 projects. You can accomplish a lot in 10 years of 4-H work. Congratulations to our Sr. Award of Excellence award winner for Achievement, from Westside, Holly Whipple.

There were no Sr. Awards of Excellence for S.E.T. (science, engineering, technology). Now is the time to begin working in all these areas. Maybe you will be our winner next year.

- **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](#).

## **SECTIONAL**

- **Southern Youth Summit (formerly TIC) - Jan. 12-14, 2018**

Registration for Southern Youth Summit, which was formerly known as TIC is open at [http://4h.ucanr.edu/4-H\\_Events/Summits/](http://4h.ucanr.edu/4-H_Events/Summits/). See website for more information.

## **STATE**

- **State 4-H Upcoming Events and Deadlines:**

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](#)

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**4-H All-Stars:**  
**Katherine Shannon, Quartz Hill 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**

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