

# Los Angeles County 4-H Senior Awards of Excellence 2019

## Senior Award of Excellence - Project Work

This member did excellent work in 22 projects this year. It is not the number of projects a member completes, but the work done in each one. Each one of the 22 projects had records kept for it as though it was the only project. The project meetings were carefully detailed with dates, hours, activities and what was learned. Careful records were kept of items raised, grown, made, improved, as well as awards learned. There were financial records for each project, as well as an expression page highlighting some thing learned in the project. This member earned at the Antelope Valley Fair 8 best of show, 5 merit awards and 2 judges' choice. This member also participated beyond district earning 4 gold medals at County Field Day and 4 Gold Medals at Area Field Day. There is also community service and leadership in the projects. This was an amazing record book, with careful accurate records showing great accomplishment, learning, and achievement in 22 different projects: Arts & Crafts, Beef, Bee Keeping, Cake Decorating, Clothing and Textiles, Communications, Dairy Goat, Dog, Drama, Foods & Nutrition, Food Preservation, Gardening, Goat, Horse, Leadership, Photography, Poultry, Pygmy Goat, Rabbit, Sheep, Swine and Vet Science. Congratulations to our Sr. Award of Excellence winner for project work, from Canyon Coyotes, Ava Stewart.

## Senior Award of Excellence - Healthy Living

The winner for healthy living incorporated healthy living into many projects, sharing knowledge and encouraging members to do their projects in a healthy way for themselves and others. At the first Clothing meeting this member introduced an Alzheimer activity mat that members could sew. The mat has many objects, like buttons and zippers, to keep Alzheimer patients busy with their hands. The members worked on them and presented them to a hospital. This member encouraged physical exercise and led chair exercises. In Foods and Nutrition, she taught how to make bone broth for soup and as a cooking base. She gave a talk on why sugar is not healthy and used dates to substitute for sugar in brownies. Members commented that they were delicious. In Food Preservation she made a case for making you own preserves as a healthy alternative to buying canned preserves. Quoting from her record book, "Fresh preserves retain many of their naturally occurring vitamins, and because they have not been exposed to strange chemicals for storage purposes, you can rest assured that all you are ingesting is good!" She also says, "There is something special about eating something that you and your family created together from scratch. Just knowing you have used the freshest food possible, and that you have all worked together makes your preserves taste better." Congratulations to our Sr. Award of Excellence for Healthy Living winner, from Canyon Coyotes, Rebekah Kasperson.

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

Community service means doing something significant for the community in which you live. This member was the club's Community Service officer, and each month planned a special service for the club's participation. These included donating toys, volunteering at a soup kitchen, caroling in a special neighborhood, doing beach cleanup, working on restoration at a local park, making steppingstones for a garden at a local youth center. Lots of little jobs do add up, but then this member made a major contribution to the community. This member decided to replant the garden at the Cabrillo Youth Waterfront Sports Center with drought and salt-spray tolerant plants that will benefit local wildlife, specifically butterflies. The garden included everything that butterflies need, including host plants, like milkweed and nectar plants like lantana. The result is beautiful and will benefit the area for years to come. Congratulations to our Sr. Award of Excellence for Community Service winner, from P.V.P., Sophie Loewner.

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

The Sr. Award winner for Leadership has had a leadership role in the club since his second year in the club. That makes 6 years in leadership. This member is club president and teen leader in Swine and Photography. But this is just the tip of the iceberg. This member said, "I always look forward to the fair and being able to help anyone when needed." This member taught how to raise chickens at a city park, and judging skills at a club meeting. In Arts & Crafts the member always worked to get a project done early in order to assist others if they needed help. When he taught a group how to make pizza dough, he made some up ahead of time, just to be sure. This year, the members of his club voted him the recipient of the Chris Carroll Award for being an outstanding member. Other club members describe him as someone who always finds time to help anyone in need. He is responsible, kind, caring, nice, helpful, and excellent leader, and one who works to make the club better. Congratulations to our Sr. Awards of excellence winner in Leadership, from Canyon Coyotes, Mark Kasperon.

### **Senior Award of Excellence - Achievement**

The Achievement award is awarded for excellence in all areas, projects, leadership, community service, and participation at all levels. This member completed 11 projects, doing an excellent job on them all. He completed over 175 hours of community service. He received 2 bronze and 1 silver medal at county judging day, Best of show at Food and Fashion review, Gold medals for illustrated talk, interview contest and drama skit. This member also earned his Bronze, Silver, Gold and Platinum Stars in just two years. He said, "I set a goal for myself, believed in myself and disciplined myself that I could achieve them. I've had a great last 4-H year by competing in a million events, giving over 175 hours of free time for community service, make a lot of awesome friendships that will last for years to come. I've believed in the goals I set for myself two years ago that have now succeeded... Thanks to all who supported me through the years! Congratulations to our Sr. Award of excellence in Achievement, from Canyon Coyotes, Tanner Stewart.