



Crawford County 4-H Member Portfolio

Name: _____

Birthdate: _____

4-H Club: _____

Year I Joined 4-H: _____

I. Participation in the Local 4-H Club

Club Year	Number of Meetings		Club offices held	Club committees worked on (Indicate committee chaired with "CH". <i>Record Community Service in Section VII.</i>)
	Held after joining	Attended after joining		
Total			Put totals in pencil.	

II. 4-H Project Work (*Example*)

List additional talks and demonstrations not related to your projects in Section V.

4-H Year:	Project-Unit/Level:	Activities in Project Area (Local, L; County, C; Multi-county/Unit, M; State, S)
2016 – 2017	Cooking 101	<i>Workshops Attended:</i>
Project Work Done:		Food Safety (L)
Made 2 snacks, 2 side dishes, 3 quick breads, 2 main dishes, & 3 desserts		
Colored and labeled the parts of “My Plate”		<i>Talks/Demonstrations: (topic/month)</i>
Made 2 coffee cakes		Measuring Sugar/January
		Project Exhibited: (Description, Show, Rating)
		<i>County:</i>
Skills I Learned:		Pesto Pasta Salad/Foods Demos Contest/Blue
Use “My Plate” to eat a daily balanced diet		¼ coffee cake/4-H Expo/Blue
To measure dry and liquid ingredients		<i>State:</i>
How to safely remove a pan from the oven		¼ coffee cake/AOE
		<i>Recognition in project area:</i>
		Expo/County Champion Ribbon,
		State Fair Delegate Cooking 101

4-H Year	Project-Unit/Level	Activities in Project Area (Local, L; County, C; Multi-county/Unit, M; State, S)
2016 – 2017	Project: Sportfishing 3	<i>Workshops Attended:</i>
Project Work Done:		Department of Natural Resources Fishing Workshop at
Assisted 3 novice anglers learn the basics of fishing equipment and how to cast and remove a fish from a hook		Illinois State Fairgrounds (S)
Cleaned and reassembled multiple different types of reels		U of I Workshop called "Fishing in Illinois" at ExploreACES by the Dept. of Natural Resources Fisheries group (M)
Organized a fishing backpack for use on fishing trips		<i>Talks/Demonstrations: (topic/month)</i>
		The parts and uses of a spinning reel and rod
		Project Exhibited: (Description, Show, Rating)
		<i>County:</i> Poster on parts of spinning and bait casting reels and how to care for them, 4-H Expo, Blue Rating
Skills I Learned:		
Learned the different parts of a reel and rod		
How to put new line on a fishing reel		<i>State:</i> Award of Excellence and Superior Ribbon
How to organize my equipment properly in a tackle box for easy use		
		<i>Recognition in project area:</i> 4-H Expo, Champion ribbon

II. 4-H Project Work (*Example*)

List additional talks and demonstrations not related to your projects in Section V.

4-H Year	Project-Unit/Level	Activities in Project Area (Local, L; County, C; Multi-county/Unit, M; State, S)
2016 – 2017	Project: Dog I	Workshops Attended:
Project Work Done:		Participated in 4-H dog training classes (C)
Created a family dog care schedule		
Created my “ideal dog” poster by using pictures of my favorite breeds		
Completed 6 activities in project book		Talks/Demonstrations: (topic/month)
		Talked about “My Ideal Dog” poster/April
		Project Exhibited: (Description, Show, Rating)
		County:
Skills I Learned:		Beginning Dog Obedience/Dog Show/Blue
How to create a schedule		Poster/4-H Expo/Blue
How to prevent my dog from getting lost		State:
How to research on the internet famous dogs		
		Recognition in project area:
		Dog Show- Obedience: Champion Ribbon

4-H Year	Project-Unit/Level	Activities in Project Area (Local, L; County, C; Multi-county/Unit, M; State, S)
2016 – 2017	Project: Beef II	Workshops Attended:
Project Work Done- activities from project book:		Livestock Retreat (C)
Completed Feed Ingredients Activity		Workout with Hoof & Horn Club, UI (M)
Competed in Club Judging Contest		
Clipped and prepared steer for show		Talks/Demonstrations: (topic/month)
		Discussion of Ruminant Digestive System Parts/Nov.
		Project Exhibited: (Description, Show, Rating)
		County: Steer, C. C. 4-H Livestock Show, Blue
Skills I Learned:		Heifer, C. C. 4-H Livestock Show, Blue
Learned to ID feed ingredients and nutrient content		Junior Beef Showmanship
How to tie a better tie out knot		State: Heifer, 2 nd Place Angus Junior Heifer
Learned how to do a “proper show set”		
		Recognition in project area:
		County: Junior Showmanship Award

II. 4-H Project Work

List additional talks and demonstrations not related to your projects in Section V.

4-H Year:	Project-Unit/Level:	Activities in Project Area: (Local, L; County, C; Multi-county/Unit, M; State, S)
		<i>Workshops Attended:</i>
Project Work Done:		
		<i>Talks/Demonstrations: (topic/month)</i>
		Project Exhibited: (Description, Show, Rating)
		<i>County:</i>
Skills I Learned:		
		<i>State:</i>
		<i>Recognition in project area:</i>

4-H Year:	Project-Unit/Level:	Activities in Project Area: (Local, L; County, C; Multi-county/Unit, M; State, S)
		<i>Workshops Attended:</i>
Project Work Done:		
		<i>Talks/Demonstrations: (topic/month)</i>
		Project Exhibited: (Description, Show, Rating)
		<i>County:</i>
Skills I Learned:		
		<i>State:</i>
		<i>Recognition in project area:</i>

4-H Year:	Project-Unit/Level:	Activities in Project Area: (Local, L; County, C; Multi-county/Unit, M; State, S)
		<i>Workshops Attended:</i>
Project Work Done:		
		<i>Talks/Demonstrations: (topic/month)</i>
		Project Exhibited: (Description, Show, Rating)
		<i>County:</i>
Skills I Learned:		
		<i>State:</i>
		<i>Recognition in project area:</i>

4-H Year:	Project-Unit/Level:	Activities in Project Area: (Local, L; County, C; Multi-county/Unit, M; State, S)
		<i>Workshops Attended:</i>
Project Work Done:		
		<i>Talks/Demonstrations: (topic/month)</i>
		Project Exhibited: (Description, Show, Rating)
		<i>County:</i>
Skills I Learned:		
		<i>State:</i>
		<i>Recognition in project area:</i>

III. 4-H Leadership (Local, L; County, C; Multi-county/Unit, M; State, S)

Your club officer and committee responsibilities should be recorded in Section I.

[illegible]

IV. Participation in 4-H Programs

List other 4-H programs and workshops not listed in Section II.

(Local, L; County, C; Multi-county/Unit, M; State, S)

[illegible]

V. Additional Talks/Demonstrations NOT Related to Your Projects

List your project-related talks and demos in Section II.

[illegible]

VI. Other 4-H Awards

Be sure to list your exhibit ratings from Project Expo, 4-H Shows and State Fair in Section II: 4-H Project Work.

[illegible]

VII. 4-H Community Service

(Local, L; County, C; Multi-county/Unit, M; State, S)

[illegible]

VIII. Non-4-H Sponsored Programs, Workshops and Events

[illegible]

IX. Non-4-H Sponsored Activities and Community Service

4-H Club Year: 2016-2017 (example)

Membership in school/church/ community groups and organizations	Other Activities/Participation
Boy Scouts	Contributing local newspaper photographer
Jr. High Chess Club	Vacation bible school helper
Church member	Collected soup labels
Soccer team	Science fair
Band	Sold magazines for school
Non-4-H offices held and committees chaired	Honors and Recognitions
Boy Scout Senior Patrol Leader	Honor Roll
Co-chaired car wash committee at church to raise funds to purchase tent for Haiti	School perfect attendance award
	Varsity letter for soccer
	Student of the Month
	Honor Roll

4-H Club Year:[illegible]

IX. Non-4-H Sponsored Activities and Community Service (Continued)

4-H Club Year:

[illegible]

4-H Club Year:

[illegible]

IX. Non-4-H Sponsored Activities and Community Service (Continued)

4-H Club Year:

[illegible]

4-H Club Year:

[illegible]

X. Promotions, Appearances, and Displays in Support of 4-H

May include newspaper, radio, TV, displays and group appearances.

[illegible]

[illegible]

WE HAVE REVIEWED THIS RECORD:

[illegible]

4-H Member Portfolio

Section I:	Participation in the Local 4-H Club
Section II:	4-H Project Work
Section III:	4-H Leadership
Section IV:	Participation in 4-H Programs
Section V:	Additional Talks and Demonstrations NOT Related to Your Projects
Section VI:	Other 4-H Awards
Section VII:	4-H Community Service
Section VIII:	Non-4-H Sponsored Programs, Workshops and Events
Section IX:	Non-4-H Sponsored Activities and Community Service
Section X:	Promotions, Appearances, and Displays in Support of 4-H
Section XI:	Evaluations and Signatures by Parent/Guardian and Leader

Instructions for Crawford County 4-H Record Book

1. It is suggested that you use a three-ring notebook and divider tabs to compile and organize the record book data.
2. Forms are available on the Crawford County 4-H website <http://web.extension.illinois.edu/cce/crawford4h/> or at the Crawford County Extension Office.
3. The 4-H year begins September 1 and ends August 31 of the next year.
4. **If you had no items for a certain section, enter a year and N/A.** This is a good record keeping practice to acknowledge that you did not have any activities for that year and you did not miss that section.

Section I: Participation in the Local 4-H Club

Begin with this year in 4-H and write in the number of meetings held. If you are a first year member, write in number of meetings held after you joined the club. In the third column, write in the number of meetings that you actually attended. In the fourth column, write any offices you held. In the last column, write any committees on which you served. If you were chairperson for the committee, add CH behind the committee name.

Section II: 4-H Project Work

List additional talks and demonstrations not related to your projects in **Section V: Additional Talks/Demonstrations Not Related to Your Projects**. More pages for additional projects may be added if necessary. Include the number of items made, profits and/or losses, animals raised, sold, trained, etc. under the Project Work Done section. You may include project work done beyond activities from the project book. Place current year 4-H Project Work pages to the front of this section.

Section III: 4-H Leadership

This section is to record any leadership responsibilities in 4-H other than club officer and committee responsibilities. See example for ideas. Record your club officer and committee responsibilities in Section I. Add the number of individuals who participated in parenthesis and indicate the level of service (Local, L; County, C; Multi-county/Unit, M; State, S).

Section IV: Participation in 4-H Programs

List other 4-H programs and workshops not listed in Section II. Indicate the level of participation in the program (Local, L; County, C; Multi-county/Unit, M; State, S).

Section V: Additional Talks/Demonstrations NOT Related to Your Projects

(Project related talks/demonstrations should be listed in Section II)

This section is for any additional talks and demonstrations you may have done outside of one of your project. Using the cues in each column, complete the information. Indicate the level of participation (Local, L; County, C; Multi-county/Unit, M; State, S).

Section VI: Other 4-H Awards

List the honors and awards you have received in 4-H outside of exhibit ratings from Project Expo and the State Fair. Include such things as achievement medals, certificates, etc. Record exhibit ratings from all 4-H shows (Project Expo, 4H Shows and State Fair) in Section II: Project Work.

Section VII: 4-H Community Service

List the 4-H community service you have done. Indicate the level of service (Local, L; County, C; Multi-county/Unit, M; State, S).

Section VIII: Non-4-H Sponsored Programs, Workshops, and Events

List programs, workshops, and events you attended that were non-4-H sponsored. These do not have to be related to your projects.

Section IX: Non-4-H Sponsored Activities and Community Service

List things you did in your community, school, church or other organizations. Indicate memberships, specific activities and leadership roles.

Section X: Promotions, Appearances and Displays in Support of 4-H

List the title or topic, the group addressed, the name of TV/radio station or newspaper where you were interviewed. Also list articles written by you.