

Typed Records are preferred, but handwritten is acceptable for members ages 8-10.

Give completed Records to your club leader at the end of the 4-H year. After signing them, your leader will submit them to the county 4-H office. Your records will be reviewed at the county level, and you will be given feedback on areas to expand or improve.

Name: Jenny Jones	
4-H age (your age as of September 1, 2021):	12
Year you joined 4-H: 2018	
4-н сlub: Happy Helpers 4-H Club	)
Number of meetings held by your 4-H club t	The Control of the Co
Number of 4-H club meetings you attended	this year: 9
Digital signatures are acceptable.  I personally completed this document, and it	accurately reflects my work. 8/30/2022
Member's Signature	Date
I reviewed this document, and it accurately r	eflects the member's work. 8/30/2022
Parent's Signature	Date
	8/30/2022
4-H Club Leader's Signature	Date

I am submitting my Records in the following Award						
Area(s): Choose one or more areas in which you had						
the most experience and/or accomplishments during						
the 2021-2022 4-H year. Your essay(s) for Section 2						
will focus on the Award Area(s) you choose.						
Community Service Award Area						
Leadership Award Area						
Personal Growth Award Area						
✓ Project Achievement Award Area in (choose one):						
Animal Science Projects (Beef, Cats, Dairy Cattle,						
Dairy Goat, Dogs, Horse, Meat Goats, Poultry, Rabbit,						
Sheep, Swine, Small Pets, Swine, Vet Science)						
Career/Leadership Projects (Build Your Future,						
Entrepreneurship, My Financial Future, Leadership)						
Civic Engagement Projects (Civic Engagement,						
Service Learning, Collectibles, Exploratory, Family						
Heritage, Passport to the World, Diversity & Cultural						
Awareness)						
Creative Arts Projects (Communications, Creative						
Writing, Journalism, Public Speaking, Interior Design,						
Photography, Theatre Arts, Video, Visual Arts, Clothing,						
Shopping in Style)						
Environmental Sciences Projects (Entomology,						
Beekeeping, Forestry, Geology, Exploring Your Environment, Natural Resources, Outdoor Adventures,						
Sportfishing, Wildlife, Weather, Shooting Sports)						
Food Systems Projects (Crops, Floriculture,						
Vegetable Gardening, Crop Cover, Plants & Soils)						
Healthy Living Projects (Child Development,						
Cooking, Food Science, Sports Nutrition, Food						
Preservation, Health)						
STEM Projects (Aerospace, Bicycle, Computer						
Science, Electricity, Robotics, Small Engines, Maker,						
ESports, Drones, Tractor, Welding, Woodworking)						
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## Section 1 - Activity Lists

Even if you are submitting in multiple Award Areas, you should only complete Section 1 one time. Space is limited, so you may have to choose which items are most relevant and leave out things that are less important. You do not need to fill all rows.

<u>4-H Project Learning</u> – List 4-H project work completed in the past 3 years. Show the size and scope by including quantities, such as the number of animals owned/leased, dishes prepared, items made, etc. Include things you learned, things you created, workshops attended, and what you exhibited.







Project Name	What I Did & Learned		
Beef 1	raised 2 steers; learned about different breeds and how to groom cattle		
Swine 1	raised 2 barrows, did a talk/demonstration about hog feed; learned about proper feeding techniques		
Photography 1	took 125+photos and made photo story; learned how to use my digital camera		
Beef 1	raised 2 steers; learned showmanship skills		
Swine 2	raised 1 barrow; learned about getting a barrow to market weight		
Photography 2	Took 150+photos; learned about taking action shots and making a photo collage, gave a talk about photo editing		
Beef 2	raised 2 steers and 2 heifers; learned about cattle diseases, gave a talk on cattle feed		
Swine 2	raised 2 barrows and 2 gilts; learned about hog diseases and how to vaccinate hogs		
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	Beef 1 Swine 1 Photography 1 Beef 1 Swine 2 Photography 2 Beef 2		

<u>Community Service</u> – List community service activities you have done in the past 3 years. Mark if the activity was done as an Individual, at a Club/Group level (include activities done through 4-H and also through other organizations), at a County/Regional level, or at a State/National level.







Individual	Club/Group	County/Region	State/Nation	Group/Activity Name	What I Did & Learned
	✓			Happy Helpers 4-H Club	went to a local nursing home and sang Christmas carols; learned that it's nice to visit people
	1			church youth group	collected food items that were donated to local food pantry; learned what foods are most needed
	<b>✓</b>			Happy Helpers 4-H Club	painted benches at Washington Park; learned history of the park
		<b>✓</b>		Alzheimer's Walk	raised money and participated in walk with my family; learned about Alzheimer's
	<b>✓</b>			church youth group	collected food items and helped with sorting donations; learned how to work in a team
159V	<b>✓</b>			Happy Helpers 4-H Club	pulled weeds, picked up sticks, and put out flags at Washington Cemetery; learned about veterans
		<b>√</b>		Alzheimer's Walk	raised money and participated in walk, helped with check-in; learned how to raise money
	<b>✓</b>			church youth group	collected and sorted food items, helped with delivering food to food pantry; learned who needs food
✓				Cards for Solders	created and mailed 12 cards to solders who are serving overseas; learned how to make cards
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		\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	Happy Helpers 4-H Club church youth group Happy Helpers 4-H Club Alzheimer's Walk church youth group Happy Helpers 4-H Club Alzheimer's Walk church youth group Alzheimer's Walk church youth group

**Leadership** – List leadership you demonstrated in 4-H and other organizations in the past 3 years. Include officer and committee positions held, times you were in charge of something, teaching/mentoring, public speaking, talks/demonstrations presented, etc. Mark if the leadership was done at a Club/Group level, at a County/Regional level, or at a State/National level.







4-H Year	Club/Group	County/Region	State/Nation	Group/Event Name	What I Did & Learned
2020-2021	<b>✓</b>			Happy Helpers 4-H Club	member of Scrapbook Committee; learned how to take good photos
2021-2022	<b>✓</b>			Happy Helpers 4-H Club	member of Scrapbook Committee; learned how to design a scrapbook page
2021-2022	<b>√</b>			Happy Helpers 4-H Club	Reporter - sent Reporter Form to local newspaper after each meeting; learned who my local newspeople are
2021-2022	<b>✓</b>			First Christian Church	did readings during 2 church services; learned how to speak in front of people
2020-2021	<b>✓</b>			Happy Helpers 4-H Club	did talk/demonstration on how to make rice krispy treats; learned measuring skills
2021-2022	<b>✓</b>			Happy Helpers 4-H Club	did talk/demonstration on caring for my steer; learned how often to feed and water
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<u>Participation</u> – List ways you participated in 4-H and other organizations in the past 3 years. Include sports, music, school clubs, other youth organizations, and religious groups. Focus on things like group membership and workshops attended. Mark if you participated at a Club/Group level, at a County/Regional level, or at a State/National level.







4-H Year	Club/Group	County/Region	State/Nation	Group/Event Name	What I Did & Learned
2019-2020		✓		Library Summer Reading Program	read 17 books and earned prizes; learned new books that I like
2019-2020	✓			Blazers Soccer Team	attended weekly practices and games; learned how to pass the ball
2020-2021		<b>✓</b>		Library Summer Reading Program	read 23 books and earned prizes; learned about dinosaurs from a book
2020-2021	1			Blazers Soccer Team	attended practices twice a week and games, starting goalie; learned how to defend the goal
2020-2021	<b>√</b>			church youth group	attended weekly Bible study and sang in Christmas program; learned songs
2020-2021	<b>√</b>			school basketball team	went to practices and games; learned how to play defence
2021-2022	1			Blazers Soccer Team	attended practices twice a week and games, starting goalie; learned warmup drills
2021-2022	<b>√</b>			church youth group	attended weekly Bible study, sang and had a speaking part in Christmas program; learned public speaking
2021-2022			1	4-H Junior Leadership Conference	attended conference; learned about how to be a better leader
2021-2022	✓			Washington School Science Fair	made a display about geology; learned how to identify rocks
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## Section 2 - My 4-H Story

Use the text box on the following page, or attach extra pages as necessary.

If you are **8-10 years old** (as of September 1), write an essay of at least 1 paragraph of 4-5 sentences. Tell us about what you did in 4-H this year. What did you like best about your year in 4-H and what would you like to do next year? Try to be specific. (For example, write "I had fun using clay to make a cat figure," instead of just "I liked doing Visual Arts.") If you are submitting in multiple Award Areas, you can cover them all within one essay.

If you are 11-13 years old (as of September 1), write a 100-400 word essay for each Award Area you are entering. Write about what you accomplished over the past 3 years in that Award Area. Include what you liked best, challenges you faced, how you incorporated what you learned in previous years, and/or what you would like to do next year.

If you are 14-18 years old (as of September 1), write an essay of at least 300 words for each Award Area you are entering. The essay should emphasize activities done in the past 3 years, but it may also include earlier motivations and experiences that laid the foundation for your current involvement. It should NOT be a listing of awards received.

- For Community Service, focus on your 4-H work in service to others, including things you have done as an individual as well as group activities with your club.
- For Leadership, focus on the development of your leadership skills, including offices held, committees served on, programs led, public presentations on behalf of 4-H, and teen leadership roles such as teaching, mentoring, planning, promoting, advocating, etc.
- For Personal Growth, focus on your own personal growth through participating in 4-H. This can include, but is not limited to, growth in skills, demonstrated initiative, self-confidence, interpersonal interactions, etc.
- For Project Achievement, explain how you have mastered or excelled in that particular project area. This can include, but is not limited to,
  describing knowledge gained and skills developed in that area, goals set and how they were achieved, and how you used project-related
  knowledge/skills in other areas of your life.

My 4-H Story for Community Service -

I really enjoy doing things to help other people, and every year I look for different things that I can do. My 4-H club does a service project each year, and my church does a food collection. Besides collecting food, I also help with sorting all the donations. Last year my family participated in the Alzheimer's Walk for the first time. We did it because my grandma has Alzheimer's. Last year I collected money and walked in it, and this year I volunteered to also help at the check-in table before the walk started. Something else new I did this year was making cards for soldiers who are in another country. One of my friends at school did this, and I wanted to do it too. Next year I want to help plan a community service project for my 4-H club to do.

My 4-H Story for Project Achievement in Animal Science -

I've taken the Beef and Swine projects every year since I joined 4-H. This year I raised two steers and two barrows. It takes a lot of time to care for your animals and I didn't always like all the chores that are involved, but I had a great year with my animals. I had one steer that was pretty easy to work with, but my other steer was very stubborn and he was pretty hard to break to lead, but with my Dad's help we got that accomplished. Last year one of my steers got loose when we were unloading at the county show, but we chased him down pretty quickly. I learned that I needed t keep a closer eye and better grip on my animals, and we didn't have any problems this year. The thing I liked best this year was when one of my barrows was selected as Champion Berkshire Barrow. Next year I'd like to get a different breed of barrow and plan to also raise steers again.