



## My 4-H Records – Logan/Menard/Sangamon Counties

September 1, 2021-August 31, 2022

*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: Ella Smith

4-H age (your age as of September 1, 2021): 16

Year you joined 4-H: 2014

4-H club: Shining Stars 4-H Club

Number of meetings held by your 4-H club this year: 12

Number of 4-H club meetings you attended this year: 11

*Digital signatures are acceptable.*

I personally completed this document, and it accurately reflects my work.

\_\_\_\_\_  
Member's Signature                      8/30/22  
Date

I reviewed this document, and it accurately reflects the member's work.

\_\_\_\_\_  
Parent's Signature                      8/30/22  
Date

\_\_\_\_\_  
4-H Club Leader's Signature                      8/30/22  
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)

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.

[illegible]

[illegible]



[illegible]

[illegible]

## **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 Leadership - please see attached page

My 4-H Story for Project Achievement in Healthy Living - please see attached page

### **My 4-H Story for Leadership**

I have done many things throughout my 4-H career, and as I have gotten older I have been called upon to lead many different times. In my own 4-H club I have held almost every office and my favorite was getting to be President just this past year. As a club officer I have enjoyed the teamwork with other officers and our club leaders to plan organized meetings and interesting speakers and events. It takes brainstorming skills and 'out of the box' thinking to come up with some different ideas for our club meetings.

Leadership is a project that I have taken for a number of years, and even when sometimes the activities in the manual didn't seem all that interesting I know that I have picked up some valuable skills such as how to work with others and make good decisions. Last year, as Club President, I encouraged our young new members to participate in our meetings by pairing them with older 4-H members when we did some club activities like the Bakeoff competition. Being able to lead rather than follow is an important skill for everyone to have. Being in 4-H for so many years and having different opportunities has helped give me the self-confidence to run a meeting or lead almost any activity.

Every summer that I could, I attended 4-H Camp. It is one of my favorite places in the world! A goal of mine was to work at camp when I was old enough. I became a CIT (Counselor in Training) this year and learned various ways to manage campers and activities. You have to be very responsible as a counselor and ready to give advice, instruction, and correction to campers that attend each week. My years as a club officer and being in charge of club meetings were very helpful to me.

Another goal I had for myself was to get involved in things beyond our county 4-H program. I have achieved this goal by attending the Illini Summer Academies on the U of I campus and gaining lots of new ideas through the Leadership Academy to bring back to my 4-H club and implement. I also use some of the icebreakers I learned at ISA with my campers when I work at 4-H camp each summer.

I'm sure I would not have some of the opportunities that I do without learning so many things in the 4-H program. I hope to continue to be able to lead rather than follow in groups I get involved with as I finish high school and start college.

### **My 4-H Story for Project Achievement in Healthy Living**

I have done many different projects throughout my 4-H career and a favorite by far for both myself and my family is Cooking. I have learned so many different things through my foods projects from learning to follow a recipe, make a menu, using kitchen equipment such as mixers and microwaves to making bread and even cake from scratch. I have also learned things such as the importance of MyPlate guidelines and portion sizes. After learning about portion sizes, my family realized at times we were 'overeating' and have made an effort to change our eating habits.

I have tried lots of different foods projects and worked my way through different levels of the projects. From some of my first projects of making cereal treats or cookies to pie crusts, sweet rolls, and cake from scratch I have enjoyed "playing with food." I've even been able to lead county 4-H food workshops for younger 4-H members and taught them about how to create snacks from fruit and also ways to make kabobs for both meals and desserts. This gives them skills to go home and make some



healthy choices to create snacks for themselves and their families. It is always fun to see them excited about "playing with food" too!

I also was in charge of a Bakeoff competition for our 4-H club. I organized the activity and guided some of the younger members through the recipes. Everyone in our club was able to participate and enjoyed some friendly competition.

One of the things you can learn in Cooking 101 are different types of cookies to make. I have been able to use some of those cookie recipes to make dozens of cookies to donate to school fundraisers, use for desserts at our annual 4-H Foundation Spaghetti Meal, and for refreshments at 4-H club meetings.

A goal I have each year in 4-H is to be chosen to exhibit at the Illinois State Fair. I usually try recipes several times in advance so I have perfected them by show day. I'm happy to say that several years my foods projects have been selected and my two tone yeast bread was a big hit at State Fair.

We have a pretty good sized garden at home too, so recently I set a goal of learning food preservation. In order to learn, I worked with my Grandma who has canned for years. I have been pretty successful with preservation and have even given some jars of canned fruits and vegetables as gifts to family members.

Another goal has been to learn to make more meals from scratch so that when I eventually go to college and leave home I will be able to cook for myself. We even set up a calendar at home where different family members are assigned to cook a specific night of the week. I've tried lots of different recipes and now have some successful favorites I'm confident in preparing.

I can hardly wait for college and to someday be on my own. When that happens I know that I will be able to make healthy food choices and impress my friends with recipes and skills I have learned through my 4-H foods projects!