

Your Picture

Name: _____

Birthdate: _____
Month / Date / Year

4-H Club: _____

Year I Joined 4-H: _____

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Instructions for Vermilion County 4-H Record Book

Record keeping is an important part of your 4-H work. It helps you remember what you did each year and becomes an excellent reference. This document is a summary of all that you have done while in 4-H. It is suggested that you use a three-ring notebook and divider tabs to compile and organize the record book data. You may use page protectors if you'd like. Forms are available by contacting the Vermilion County Extension Office at 217.442.8615 or may be downloaded: <https://web.extension.illinois.edu/cfiv/downloads/54655.pdf>. Remember that the 4-H year begins September 1 and ends August 31 of the next year. It is recommended that you use you pencil when completing your 4-H Record Book. You are encouraged to consult with your club leader while completing your **4-H Record Book**.

If you had no items for a certain section, you must enter a year and N/A. This is a good recordkeeping practice to acknowledge that you did not have any activities for that year and you did not miss that section.

“Your Picture” (Title Page)

Begin your member record by completing this page. It is suggested to update the picture every year.

Table of Contents

Be sure to include this document immediately behind the Title Page.

Instructions for Vermilion County 4-H Record Book

Please keep this in your book.

Vermilion County 4-H Member Record (Identification Section)

Complete the top identification 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, remember to add CH behind the committee name. After your first year of membership, simply add each year's information as you did before. Be sure to re-total your meetings every year.

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. Also include in this section: Livestock, Dog, Horse, Crops, and “Other” Records.

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 the Vermilion County 4-H Fair, 4-H Shows, and the Illinois State Fair. Include such things as achievement medals, certificates, etc. Record exhibit ratings from all 4-H shows (County 4-H 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.

Section XI: 4-H Story*

Develop one paragraph or 50-150 words (8-10 year olds), multiple paragraphs with more detail or 100-250 words (11-14 year olds), or a one-page essay (15+) relating to the 4-H year. Older and experienced 4-H members are expected to write more using age-appropriate vocabulary and language skills. You may choose one of the following topics, a topic of your choice, or a combination:

4-H Story Option 1

Explain how you have mastered or excelled in a project or club this year. This should not be a listing of awards received. This can include, *but is not limited to*:

- Tell us about the two skills that you felt were most important in completing your 4-H project.
- What people did you have the opportunity to work with or teach through 4-H? What did you learn from your experiences?
- How were you a leader and how did it make you feel? How do you plan to be a leader in the future?
- Tell us about 2 goals you set for your 4-H project(s) and how you reached those goals.

4-H Story Option 2

Describe the impact your experiences in 4-H have made on you and/or others. This could include, *but is not limited to*, items such as the following:

- Tell us about your favorite community service project you participated in. Why was it your favorite? How did it make you feel to give to your community?
- How did you teach or work with other members in different areas?
- Describe how it felt to work with your family members on your 4-H projects or activities. What did you learn about your family or family member(s) while completing your project or activity.
- What mistakes did you have with your 4-H projects or activities? How did you solve your mistakes and learn from them?
- How has 4-H impacted what you like to learn about? What would you like to do in the future because of what your 4-H project or activities have taught you?

A typical 8-year-old's story might look like this:

Hi! My name is Dylan and this is my first year of 4-H. I took cooking, and electricity. I liked electricity the best. Next year I want to do robotics. I won an Best of Shows award with my electricity project. I like 4-H because I get to do a lot. I like it because you get to learn stuff that you don't learn in school.

A typical 12-year-old's story might look like this:

I had a busy second year being involved in many different parts of 4-H. I completed six projects this year. They were Aerospace, Cooking 101, Entomology, Horticulture, Passport to the World and Visual Arts.

I also went to 4-H Camp and became a Master Camper. A master camper is when you get six beads, one from each station. I liked 4-H camp because I got to make lots of friends.

I even got to take my Entomology project to the State Fair and I got an Award of Excellence and Superior. It was fun talking to the judge about all the insects I had collected. I was super excited.

I was very involved in my club and my community as I participated in four different community service activities during the year. I was a part of our float committee that built two different floats during the year. We won our division both times!

Section XII: Evaluations and Signatures by Parent/Guardian and Leader*

Please have your parent/guardian and 4-H leader write a few sentences describing what you learned and sign. Remember you have to sign, too!

Captioned Pictures

Include pictures with captions from your 4-H year. Please limit pictures to one page, front and back, per 4-H year. Place current 4-H year pictures to the front of this section.

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Vermilion County 4-H Member Record

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". Record Community Service in Section VII.)
	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 Fair/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>
		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)
2017 – 2018	Project: Sportfishing 3	<i>Workshops Attended:</i>
Project Work Done:		Department of Natural Resources Fishing Workshop at Illinois State Fairgrounds (S)
Assisted 3 novice anglers learn the basics of fishing equipment and how to cast and remove a fish from a hook		U of I Workshop called "Fishing in Illinois" at ExploreACES by the Dept. of Natural Resources Fisheries group (M)
Cleaned and reassembled multiple different types of reels		<i>Talks/Demonstrations: (topic/month)</i>
Organized a fishing backpack for use on fishing trips		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 Fair, 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 Fair, 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 <small>(Local, L; County, C; Multi-county/Unit, M; State, S)</small>
2016 – 2017	Project: Dog I	<i>Workshops Attended:</i>
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		<i>Talks/Demonstrations: (topic/month)</i>
Completed 6 activities in project book		Talked about “My Ideal Dog” poster/April
		Project Exhibited: (Description, Show, Rating)
		<i>County:</i>
Skills I Learned:		Beginning Dog Obedience/Dog Show/Blue
How to create a schedule		Poster/4-H Fair/Blue
How to prevent my dog from getting lost		<i>State:</i>
How to research on the internet famous dogs		
		<i>Recognition in project area:</i>
		Dog Show- Obedience: Champion Ribbon

4-H Year	Project-Unit/Level	Activities in Project Area <small>(Local, L; County, C; Multi-county/Unit, M; State, S)</small>
2017 – 2018	Project: Beef II	<i>Workshops Attended:</i>
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		<i>Talks/Demonstrations: (topic/month)</i>
		Discussion of Ruminant Digestive System Parts/Nov.
		Project Exhibited: (Description, Show, Rating)
		<i>County:</i> Steer, C. C. 4-H Livestock Show, Blue Heifer, C. C. 4-H Livestock Show, Blue
Skills I Learned:		Junior Beef Showmanship
Learned to ID feed ingredients and nutrient content		<i>State:</i> Heifer, 2 nd Place Angus Junior Heifer
How to tie a better tie out knot		
Learned how to do a “proper show set”		
		<i>Recognition in project area:</i>
		<i>County:</i> 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 only recorded in Section I.

Club Year	Activity/Leadership Responsibility
2017-2018 (example)	Jr. Leader (L); Taught Visual Arts Workshop (11, L)
	4-H Federation (C); Taught Parliamentary Procedure to 3 clubs (32, C); Fair Helper (C)
	Attended Jr. Leadership Conference (S)

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)

Club Year	4-H Workshops and Programs
2017-2018 (example)	4-H Robotics Workshop/Parkland College (C), 4-H Camp (M), Officer Training (M), 4-H Day with the Cardinals at Busch Stadium (S), County Achievement Program (C), Horse Bowl (M), Livestock Judging Team (M&S), Livestock Retreat (M)

VI. Other 4-H Awards

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

Year	Award(s)
2016-2017 (example)	Outstanding Treasury Book Award, Top 10 First Year Member Award, 2 nd Place Individual at Livestock Judging Contest

VII. 4-H Community Service
(Local, L; County, C; Multi-county/Unit, M; State, S)

Year	4-H Community Service
2017 - 2018 (example)	Made Holiday Cards for Veterans Affairs (L)
	Made hats & scarves for Warm A Kid, (C)
	Brought pet food to Danville Dashers Hockey Game to donate to animal shelter (M)

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

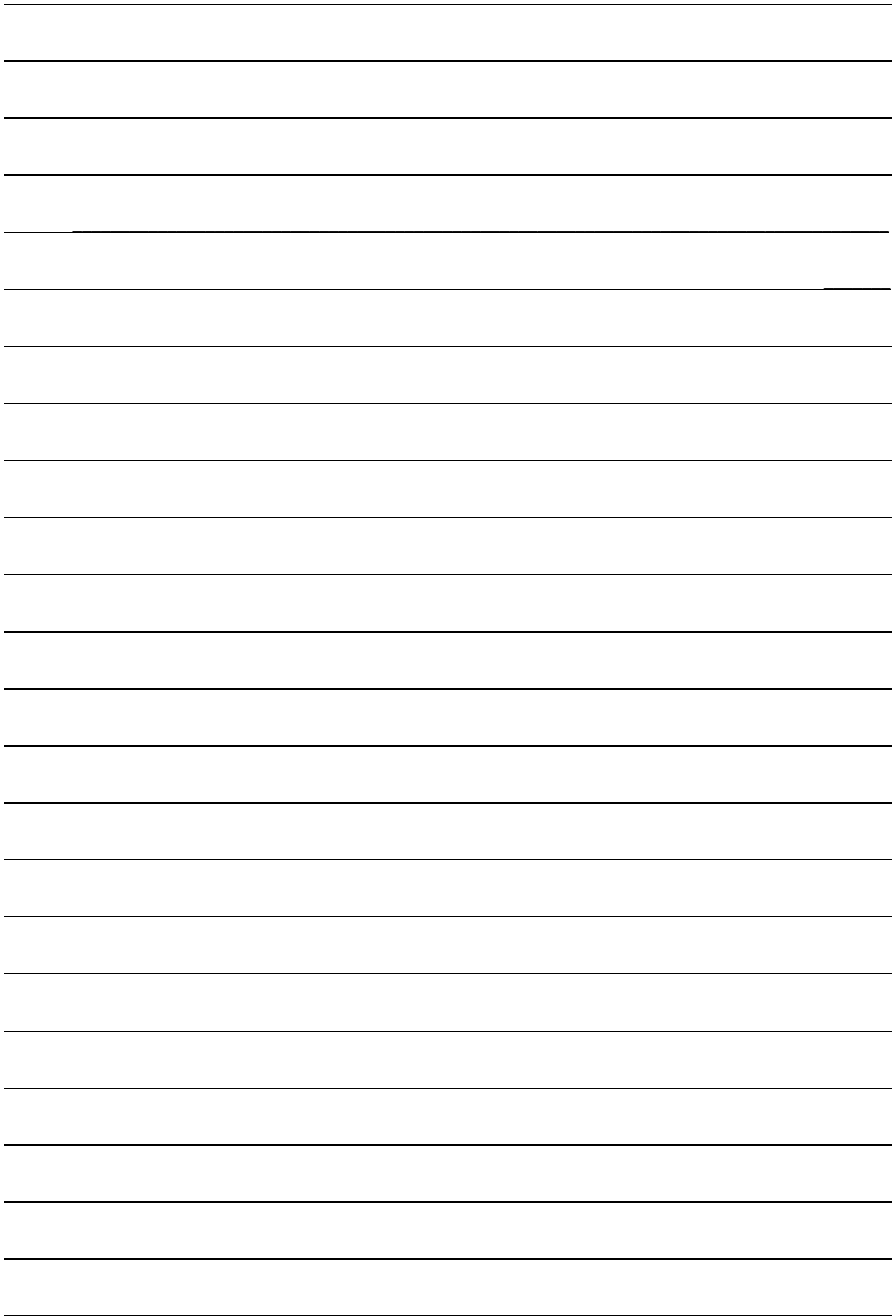
Year	Non-4-H Related Programs, Workshops, and Shows
2017 - 2018 (example)	Attended Safe Sitter Babysitting Course at the library, Attended U of I Engineering Open
	House, Attended cake decorating workshop at JoAnn, Exhibited woodworking project at
	the Georgetown Fair Junior Show

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

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

Year	Topic and promotion type
2017 - 2018 (example)	4-H Club Recruitment at School Open House
	Club News in the Commercial-News
	Club highlighted on county Extension Facebook page for winning float in the town parade

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XII. Evaluations and Signatures by Parent/Guardian and Leader

Please write a few sentences describing what your 4-H member has learned.

4-H Club Year:

Parent/Guardian Comments	4-H Leader Comments	
Approval Section: We have reviewed this record.		
Member Signature	Parent/Guardian Signature	Leader/Helper Signature

4-H Club Year:

Parent/Guardian Comments	4-H Leader Comments	
Approval Section: We have reviewed this record.		
Member Signature	Parent/Guardian Signature	Leader/Helper Signature

XII. Evaluations and Signatures by Parent/Guardian and Leader

Please write a few sentences describing what your 4-H member has learned.

4-H Club Year:

Parent/Guardian Comments	4-H Leader Comments	
Approval Section: We have reviewed this record.		
Member Signature	Parent/Guardian Signature	Leader/Helper Signature

4-H Club Year:

Parent/Guardian Comments	4-H Leader Comments	
Approval Section: We have reviewed this record.		
Member Signature	Parent/Guardian Signature	Leader/Helper Signature