

Fulton & Montgomery Counties, NY

4-H PROJECT RECORD BOOK

Member's Name

Club Name

Independent Member _____

Date_____

Name_____

Date of Birth_____

I believe I deserve recognition for my 4-H project accomplishments and achievements in the following areas: (Please circle all that apply)

ACHIEVEMENT	ELECTRICITY	INDOOR GARDENING
AEROSPACE	ENERGY	LEADERSHIP
AGRICULTURE	ENTOMOLOGY	LIVESTOCK
ANIM AL SCIENCE	ENVIRONMENTAL STEWARD	M APLE SYRUP
AQUATIC SCIENCE	EXPRESSIVE & THEATRE ARTS	MONEY MANGEMENT
ASTRONOM Y	FARM SAFETY	NATURAL RESOURCES
BACKPACKING/HIKING	FISHING	NEEDLEWORK
BEEF	FIRST AID	PETS
BICYCLE	FLORICULTURE	PHOTOGRAPHY
BIRD STUDY	FOOD & NUTRITION	POULTRY
BREADS (YEAST)	FOOD PRESERVATION	PUBLIC SPEAKING
CAVIES	FORESTRY	RABBITS
CHILD DEVELOPMENT	FOSSILS	REPTILES
CITIZENSHIP	FRUIT	ROBOTICS
CLIMATECHANGE	GEOLOGY	ROCKETRY
CLOTHING & TEXTILES	GOATS	SAFETY
CLOWNING	MEAT GOATS	SCIENCE & TECH
COMMUNITY SERVICE	HEALTH/FITNESS	SHEEP
CONSUMER EDUCATION	HERBS	SM ALL ENGINES
COMPUTER/GEOSPATIAL	HIPPOLOGY	SWINE
CREATIVE ARTS & CRAFTS	HISTORY/HERITAGE	TRACTORS
CREATIVE DESIGN/FINE ARTS	HOMEENVIRONMENT	VEGETABLES
CULTURALEDUCATION	HORSE	VET SCIENCE
DAIRY	HORTICULTURE	WASTE MANAGEMENT
DOGS	INCUBATION & EMBRYOLOGY	WATER RESOURCES
DOG CARE	INTERGENERATIONAL	WEATHER
DOG OBEDIENCE		WOODWORKING/WOOD SCI

I pledge My Head to clearer thinking My Heart to greater loyalty My Hands to larger service My Health to better living for my club, community, country and my world.

NAME	
ADDRESS	
DATE OF BIRTH	YEAR JOINED 4-H

____CLUB MEMBER ____INDEPENDENT MEMBER

SCHOOL YOU ATTEND_____

4-H Year	Age	Grade This Year	Years in 4-H (Inc. this year)	Number of Club Meetings Held	Number of Club Meetings Attended

4-H PROJECT RECORD BOOK CHECKLIST

When accurately kept and carefully assembled, your 4-H project record book is a useful tool for determining your progress and personal growth. You should keep your record book up-to-date and complete.

This record book must be given to your 4-H club leader for his/her review by the date in late September or early October that he/she indicates. If you are an independent 4-H member, you must send your record book directly to the Cooperative Extension 4-H Office on or before October 15. Unless you are involved in animal science projects, this project record book is the only record of completion which should be sent to your leader and/or Cooperative Extension 4-H Office. 4-H animal science project members must complete additional record sheets for those projects and submit them with this project record book.

This record book will be used to determine county project disc recipients, award trip winners, I Dare You Leadership awards and outstanding junior and senior member awards. Project disc recipients are selected from among members, ages 9-19. Award trips and I Dare You Leadership awards are earned by 4-Hers ages 14-19.

- _____ Don't sell yourself short. Include all of your efforts. Ask your parents/guardians and leader(s) to help you remember.
- _____ DO A ROUGH DRAFT ON SCRAP PAPER.
- In the 4-H Project Summaries section, write down what you <u>learned</u> in your 4-H projects. If you don't share enough details about what you <u>learned</u> in the 4-H projects you took this past year, you will not be considered for 4-H project award discs in those categories.
- Report all your 4-H involvement from your first year to this current year's work. **DON'T START** A NEW PROJECT RECORD BOOK EACH YEAR; JUST ADD ON TO YOUR PREVIOUS YEAR'S RECORD PAGES.
- Keep all your report pages together chronologically in a stiff binder. Include <u>all</u> your 4-H project summary pages, 4-H experience comments and leader comments in the back of your project record binder in order by year. It would be helpful to insert labeled dividers separating each year's work.
- Write legibly in ink, typewrite information, or use computer word processing. <u>Records written in</u> pencil will be disqualified for award consideration.
- _____ Check to see that your record book is neat, accurate and complete. Use correct grammar and spelling. Proofread for errors.
- <u>DON'T</u> include newspaper clippings, photos, certificates, letters or ribbons. These items belong in a 4-H Scrapbook or 4-H Achievement Book.
- _____ Each member must write and complete his/her own report. This is required.
- _____ Sign and date your record book each year where indicated. This is required.
- _____ Have your parent/guardian and leader sign and date your record book each year. <u>This is required</u>.

ELECTED/APPOINTED LEADERS HIP

List 4-H offices you have held and committees on which you have served. Briefly state your responsibilities.

YEAR (earliest year)	OFFICE OR COMMITTEE	RESPONSIBILITY	NUMBER OF PEOPLE IN GROUP

PROMOTIONOF 4-H/COOPERATIVEEXTENSION(DON'TincludePublicPresentationDaytopics here)

 Parades, Radio, TV and Public Meeting Appearances 8 - news articles about 4-Hclub activities 1 - spoke to supervisors/public about benefits of 4-H program a merch addition 4 H which in Manufactory Day Paradage 	County Budget Public Hearing
2 – marched with 4-H Club in Memorial Day Parades	Town of Glen & Gloversville
	A news, Kator, Ivan and Lude Streeting Appendix are set of the set of th

4-H SPECIAL PROJECT SERIES/WORKSHOPS/FIELD TRIPS/EXPERIENCES

YEARSESSIONS ATTENDED (i.e. Vet Science, Tractor Certification,
(earliest first)Dairy Barn Meetings, Judging Tours, Dairy Judging at NYS Fair)

<u>4-H VOLUNTEER/TEEN LEADER PROJECT & SUBJECT MATTER WORKSHOPS</u> (i.e. 4-H Forestry Weekend, Dairy Discovery Workshop, Animal Crackers, Bird Sleuth Nature Detectives)

YEAR (earliest first)	SESSIONS ATTENDED

CITIZENSHIP/COMMUNITY SERVICE/SERVICE LEARNING

Include things that contribute to the welfare of your club or group members, other individuals, community and/or charitable causes. Include the activities you performed as a 4-H member.

YEAR (earliest first)	GROUP OR INDIVIDUAL SERVED	INDIVIDUAL EFFORT	GROUP EFFORT	KIND OF ACTIVITY
EXAMPLE: 2013	Fort Plain Flood Victims		Х	Donated Cleaning Supplies

4-H AWARDS AND RECOGNITION

YEARAWARDS (List significant awards indicating the quality of your work.(earliest first)Include project discs, award trips & best of show project awards for county fair entries.)

Example:2010	Project Discs: Indoor Gardening, Photography, Horse
Example:2012	Best of Show rosettes for cat photo and terrarium 4-H exhibits at Fonda Fair

<u>4-H ACTIVITIES AND TRIPS</u> (For all non-Clover bud 4-H members)

Indicate the years that you have participated in the following 4-H activities. Example: 4-H Member Recognition Program $\underline{10, 11, 12}$

4-H NATIONAL YOUTH SCIENCE DAY	4-H DAIRY DISCOVERY WORKSHOP
NATIONAL 4-H WEEK	
	4-H MARCH DOG MADNESS
4-H MEMBER RECOGNITION PROGRAM	4-H AT THE FONDA FAIR
Attended	Exhibitor
Program Helper	Teen Leader
	Presenter:
DAIRY BARN MEETINGS	Formal
	Action (Working)
DAIRY QUIZ BOWL	Clean-up Day
HORSE QUIZ BOWL	NYS STATE FAIR PARTICIPATION
	Animal Exhibitor
HIPPOLOGY	Dairy Judging Team
	Hippology
LIVESTOCK JUDGING CONTESTS	Dog Agility
	Other (Explain)
FARMER'S MUSEUM JUNIOR LIVESTOCK	
SHOW	4-H LEADERSHIP/TEEN EXPERIENCES
	4-H Club Junior Assistant
4-H PUBLIC PRESENTATION PROGRAM	4-H Club Teen Leader
Workshop Participant	
Presenter	Lewis County 4-H Teen Winter
	Weekend
Teen Leader	4-H STARR
District Level Presenter	
State Level Presenter	4-H Capital Days
	4-H Career Explorations
COUNTIESWIDE 4-H FUNDRAISERS	
Spring Food Sale	4-H Agri-Business Career Trip
4-H Snack Bar	4-H Wonders of Washington Trip
Tractor Supply Company Paper Clover	National 4-H Conference
Donated	
Display/Presentation	4-H RESIDENTIAL CAMPING
CAPITAL DISTRICT ELECTION SERVICE	OTHER
REPORTING	
NYS 4-H FORESTRY WEEKEND	
ANIMAL CRACKERS	

<u>4-H TEEN PROGRAM PARTICIPATION</u> (For members ages 13-19)

Year (earliest first)	PARTICIPATION (Activities worked on/participated in - ie. Teen Leader at PPD & Fonda Fair, participant in 4-H Career Explorations, Member of 4-H Issue Committee)

4-H PROJECTS COMPLETED (List earliest year first; skip 1 line between years and include current year's work)

YEAR	PROJECT AREA	NAME OF PROJECT	WORK DONE
2010	(Example) Foods	Six Easy Bites	7 foods prepared, 1 presentation, 2 fair exhibits

<u>NON 4-H EXPERIENCES IN SCHOOL, CHURCH AND COMMUNITY</u> List your most meaningful participation in school, church and community organizations other than 4-H; include leadership roles and honors earned.

ORGANIZATION

YEAR (earliest first)

PARTICIPATION, LEADERS HIP ROLES AND HONORS EARNED

4-H PROJECT SUMMARIES

THIS IS WHERE YOU MUST SHARE WHAT YOU *LEARNED* IN YOUR PROJECT EXPERIENCES NOT JUST WHAT YOU DID! IN THE LIMITED SPACE AVAILABLE IT IS MOST IMPORTANT TO TELL WHAT YOU HAVE LEARNED.

EXAMPLES

Name of Project: Sewing Expressions-Under Construction-Level 1 4-H Year: 2012-2013

Briefly tell what you *learned*, made, grew and did while taking this project. Tell what <u>new</u> <u>skills/information</u> you **learned**; use numbers to show size, growth, profits, losses, or savings; tell how you have shared the experience with others (i.e. exhibiting at the fair, public presentation, teaching younger members), etc. *You may write several paragraphs or use an outline format to share your information*.

- 1. **Learned** about parts of the sewing machine.
- 2. **Learned** to do straight stitching.
- 3. Made cotton print skirt with elastic casing and matching shoulder bag. **Learned** that measuring the elastic correctly is important for the skirt to fit correctly.
- 4. **Learned** about sewing box equipment. Covered a cigar box with an apple-print fabric to store my sewing supplies.
- 5. Gave a public presentation about "How to Make a Pin Cushion". Earned a red ribbon.
- 6. Exhibited skirt, shoulder bag, and sewing box at Fonda Fair. Earned 2 blue ribbons for skirt and sewing box and a red ribbon for the shoulder bag.

Name of Project: Rabbit – What's Hoppening? Level 1 4-H Year: 2012-2013

Briefly tell what you **learned**, made, grew and did while taking this project. Tell what <u>new</u> <u>skills/information</u> you **learned**; use numbers to show size, growth, profits, losses, or savings; tell how you have shared the experience with others (i.e. exhibiting at the fair, public presentation, teaching younger members), etc. *You may write several paragraphs or use an outline format to share your information*.

I began my 4-H rabbit project this year. I **learned** that the six uses of rabbits include breeding stock, meat production, fur, wool, laboratory use and pets. I **learned** about the varieties of small, medium, large and giant rabbit breeds. I decided that I wanted a small rabbit to care for as a pet.

I like the Holland Lop rabbit the best because of its small size and its floppy ears. I bought a hutch from Agway and a wire cage from Tractor Supply Company for my rabbit. Then I bought a black and white Holland Lop rabbit from a local breeder for \$40.00 and named her Oreo. I **learned** that the dewlap is the fold or folds of loose skin that hangs from the throat of a doe rabbit.

I **learned** how to properly pick up a rabbit, remove a rabbit from a cage and turn a rabbit. Rabbits can scratch or bite when they don't feel safe. I feed my rabbit grain pellets, shredded carrots, and fresh water every day. She loves her carrots and looks forward to them every morning. The rabbit breeder told me not to feed a rabbit cabbage, Brussels sprouts, broccoli or cauliflower because it can't process the gas produced by these vegetables during digestion.

I gave a presentation about rabbit management at 4-H public presentation night and at the Fonda Fair and shared tips about cages, cleaning, feed and water.

Name of Project:

4-H Year:

Briefly tell what you **learned**, made, grew or did while taking this project. Tell what <u>new</u> <u>skills/information</u> you **learned**; use numbers to show size, growth, profits, losses, or savings; tell how you have shared the experience with others (i.e. exhibiting at the fair, public presentation, teaching younger members), etc. *You may write several paragraphs or use an outline format to share your information*.

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4-H Year:

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4-H Year:

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Name of Project:

4-H Year:

Briefly tell what you **learned**, made, grew or did while taking this project. Tell what <u>new</u> <u>skills/information</u> you **learned**; use numbers to show size, growth, profits, losses, or savings; tell how you have shared the experience with others (i.e. exhibiting at the fair, public presentation, teaching younger members), etc. *You may write several paragraphs or use an outline format to share your information*.

Name of Project:

4-H Year:

Briefly tell what you **learned**, made, grew or did while taking this project. Tell what <u>new</u> <u>skills/information</u> you **learned**; use numbers to show size, growth, profits, losses, or savings; tell how you have shared the experience with others (i.e. exhibiting at the fair, public presentation, teaching younger members), etc. *You may write several paragraphs or use an outline format to share your information*. 4-H YEAR_____

<u>4-H AWARD TRIPS</u> For members 14 (as of January 1) -19 years old

PLEASE CHECK TRIP(S) YOU WOULD LIKE TO BE CONSIDERED FOR THIS YEAR:

_____4-H Capital Days in Albany, NY

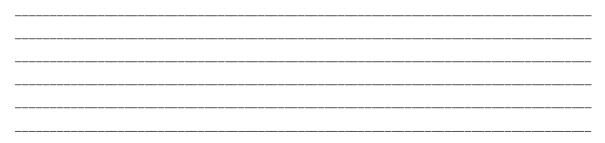
_____4-H Ag-Business Career Trip in Cobleskill, NY

_____4-H Career Explorations Program at Cornell

Please explain in a few sentences why you would like to participate in the above trip(s), what you hope to learn and ways you can share the learning experience with others. Consideration for trips will be based on this section.

MY STORY ABOUT THIS PAST 4-H YEAR

Write a paragraph or two about your 4-H experience this past 4-H year. Include things that you enjoyed doing and/or learning as well as any disappointments and/or challenges that you experienced. You may add an additional page for this section.



STATEMENT BY 4-H MEMBER

I have personally prepared this report and believe it to be correct:

Date_____ Signature of 4-H Member_____

4-H YEAR	
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4-H LEADER'S MESSAGE

This section must be completed by the 4-H organizational leader or a 4-H project leader after the member has completed the record. The parent/guardian of an individual 4-H member may also make comments here.

1. Please make constructive comments about this member's 4-H learning experiences, community service, leadership and achievements this past year.

2. Please indicate what county 4-H awards/recognition and/or 4-H award trips you recommend this member for and why he/she is particularly qualified or deserving.

APPROVAL OF THIS 4-H RECORD BOOK

I have reviewed this 4-H record book and to the best of my knowledge it has been completed satisfactorily.

Signed _____(Parent/Guardian) Date_____ _____

Signed _____(4-H Club Leader)

If you are a 4-H club member, this must be signed by your club's organizational leader.

Date